

If someone judged using his impulse, will it reject the benefits [of an issue] or the harms? The benefits. If you judge using your intellect and not your impulses you will decide to quit smoking and protect against its harms.

5

Fifth, preoccupy yourself with actions that will make you forget it. If you busy with actions that cause you to forget it, you will eventually forget it. He will forget [the habit of smoking] over a long duration of time. It is said that if a person who smokes does not smoke [for some time] and his blood is without Nicotine, he will submit to it. It is necessary for the serious person to make Ramadan as an opportunity to quit. In the day he does not smoke and in the night he is patient. So he leaves it off [because of this training]" [Fatawa al-Haram al-Makki 1410 H. no. 2 Side B].

### Using a Nicotine Patch

The Shaikh (may Allah have mercy upon him) also mentioned another way to quit smoking, which is by using a Nicotine patch.

**Question:** Surrounding the subject of smoking, some pharmacies sell medical patches that are placed on the body to give the body what it needs of Nicotine for twenty four hours as a step to stop smoking. The question is: if it is placed in the night for twenty four hours, then another one placed, does a person break his fast in Ramadan when using it?

**Answer:** "No, he does not break his fast during Ramadan and he can use it.

**Rather it is an obligation for him to use it if it is a way to stop smoking.**

There is no harm for a person to leave of something unlawful, step by step, because Allah did not prohibit alcohol altogether in one time. Rather he made that prohibition in stages. So first He made it lawful, then He clarified its harms, then He prohibited it in sometimes over others, then He prohibited it in general..." [Jalasaat Ramadaaniyyah year 1415 H no. 1].

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## HOW TO STOP SMOKING: AN ISLAMIC METHOD



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## How to Stop Smoking

Shaikh Ibn ul-'Uthaymeen (1421 H.), may Allah have mercy upon him, said:

"...However, how does a person quit/stop smoking? This is because if a person knows a sickness in the creation, then it is necessary that he mentions a cure. Otherwise he will leave them in confusion. So how do you quit/stop?

**1**

First, you quit by having reliance upon Allah and seeking refuge with Allah by supplication, submission, and expressing dire need to be saved from it.

**2**

Second, having strong resolve. If he has strong resolve, he will suppress his desires. The intelligent person has resolve. I will mention a man who went out for Hajj (pilgrimage) with a group. When he rode in the car, he got out a packet [of cigarettes] in order to smoke. One of the passengers said to him: we are pilgrims and our Hajj is voluntary. If you remain with us [on the pilgrimage], we will get sin every time you smoke.

How can we perform a voluntary Hajj while engaging in sin? The man threw away the packet and did not smoke for the remainder of the Hajj. Subhanallah. Every time he met that man he would supplicate for him saying: Allah saved me through your hands. He did not smoke once after that.

**3**

Third, that he avoids mixing with those who smoke because if he mixes with them, he will not be patient [in avoiding the urge to smoke]. If he avoids them, he will be safe. This is the wisdom in avoiding bad companions because the Prophet salla Allaahu alayhi wa sallam said that the example of the bad companion is like the iron smith who blows bellows. He will either burn your clothes or you will get a bad smell from him [Bukhari no. 5534].

**4**

Fourth, that he judges using his intellect without his impulses. How many people judge according to their impulses and not their intellect. This is a mistake. Judging using your intellect and not your impulses and weigh the benefits and harms.

Bismillah ar-Rahman ar-Raheem All Praise is due to Allah and may Peace and Blessings be upon the Prophet, his Companions, and his followers until the Last Day. As for what proceeds:

Smoking continues to be one of the greatest public health concerns in the modern world. There are more than 1 billion people who smoke worldwide and 5 million people die from Tobacco use every year, not to mention the thousands of second-hand smoke victims [http://www.who.int/mediacentre/factsheets/fs339/en/]. Unfortunately, many Muslims are heavy smokers and addicts. To help people quit smoking, I present the following pamphlet. Here you will find the Islamic method to quit smoking inshallah. I ask Allah that He helps all smokers quit and protect us from its harms.