

## **DIVINE OPPORTUNITY TO QUIT SMOKING THIS RAMADHAAN**

**Makruh or Haraam – There is no doubt that smoking causes harm, serious bodily injury and is also reported to be a major cause of death!!!**

Some Statistics:

- **The World:** 5.4 Million Deaths reported to be caused by this year.
- **South Africa:** 44.000 deaths reported this year.

Heed the message of the Noble Quran and the teachings of our beloved Prophet on causing harm to one's health (Qur'an 2:195 & 4:29), danger to your family's health and the environment (Qur'an 33:58), inconvenience, harm and discomfort to others (Hadith), waste of money (Qur'an 17:26-27) and possible ingestion of Haraam ingredients (Quran 7:157).

**We ask Allah to give courage, perseverance and steadfastness to help stub out the habit this Ramadaan.**

*For help with free articles, booklets, counselling contacts numbers, call the SANHA Helpline*