

Normal 0 false false false EN-ZA X-NONE X-NONE

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Q: 237 ? Title: I m really ashamed of myslf. i wanted to comit suicide but too is haram in islam. i m very restless. i did tauba n promised maslf never to do it again. please kindly tell me what should i do. i just wana die...i m so scared af azab e qabr and azab e jahanum.

#### Question

my question is that a few days one of my friend forced me to show him my private part. i was reluctant? and told him that? i cant do that but he insisted me and after that i dont know what hapened to me and i showed him on live camera on internet. he said that its not wrong but i know it is. i m? really ashamed of myslf. i wanted to comit suicide but too is? haram in islam. i m very restless. i did tauba n promised maslf never to do it again.? please kindly tell me what should i do. i? just wana die. i m so scared af azab? e qabr and azab e jahanum.

#### Answer

**In the name of Allah, Most Gracious, Most Merciful**

**Assalaamu `alaykum waRahmatullahi Wabarakatuh**

*Alhamdulillah?*h, now that you realize your sin and have made sincere repentance, first, you

should realize the mercy of All?h

*Ta??/?* and not despair from it.

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????????????? ?????????????? (??????: 53)

*Say, ?O Slaves of Mine who have transgressed against themselves!? Do not despair from the mercy of All?h.? Verily, All?h forgives all sins.? Truly, he is Oft-Forgiving, Most Merciful. (Qur?? n 39:53)*

You should not think that All?h *Ta??/?* has not forgiven or will not forgive you for your sin.?

Rather, as All?h

*Ta??/?* says to the sinning person,

referring to him/her as His slave, that All?h

*Ta??/?*

is

*al-Ghaf?r*

(Oft-Forgiving) and

*al-Rah?m*

(Most Merciful).? One should find peace and comfort in this

*?y?h*

and not remain depressed about their sin, entertaining further and more severe

*har?m*

acts, such as suicide.

Next, you should immediately separate yourself from the initial *har?m* act that lead you to commit sins, which is not maintaining the laws of

*hijab*

(

*pardah*

) from non-

*mahram*

males.? It is not permissible to take a male, non-

*mahram*

friend.? This is a violation of the laws of Allah

*Ta'at*

and is bound to lead to shameful and inappropriate acts.? You should immediately cut off

relations with this 'friend' of yours, for leaving the sin and not being persistent on it is one of

the conditions of

*tawbah*

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*And those who, when they commit a shameful deed or wrong themselves, remember Allah and seek forgiveness for their sins.? And who forgives sins except for Allah?? And they do not persist in what they have done, while they know. (Qur'an 3:135)*

Furthermore, you should realize the importance of keeping good company and harms of keeping an evil one.? Allah *Ta'at* says in the Qur'an:

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(????????: 119)

*O you who believe!? Fear All?h and be with those who are truthful (Qur??n 9:119)*

As further emphasis on the importance of choosing good friends, the Prophet ??? ????? ?????  
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(??? ??? ?????? ?????? ?????????? ??? ?? ?????? ?? ??????: 4/407? ??????)

*A man is on the religion of his close friend, so let one of you see who see he takes as a close  
friend (Ab? D?w?d)*

However, if one chooses bad friends who take him/her away from All?h Ta??/? instead of  
bringing them closer, then he/she might seriously regret this choice in the Hereafter.

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(?????????: 28-29)

*Ah!? Woe to me!? I wish I had not taken so-and-so as a close friend.? Surely, he has led me  
astray from the Message after it had come to me.? Verily, Shayt?n is a traitor to man (Qur??n  
25:28-29)*

In addition, you may take extra steps to ensure the forgiveness of yours sins.? The Prophet ???  
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advised us:

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(???? ?????????? ???? ???? ????????? ???? ????????? ??????: 4/355? ?????? ???????)

*Fear All?h wherever you may be, follow-up a bad deed with a good one for it will erase it, and  
treat people with excellent etiquettes ( Tirmidh?)*

Therefore, in order to erase your bad deed, you should make an effort to increase you good deeds.? These good deeds may include additional prayers, *dhikr*, *til?wah* of the Qur??n, being more respectful to your parents, etc.? You may also give some *sadaqah*, according to your capabilities, as this cools the anger of All?h *Ta??l?*

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*The Prophet ??? ????? ????? said, ?Verily, charity cools the Lord?s anger and prevents an evil death?  
( Tirmidh?)*

After taking note and following up on all the above points, you should not remain depressed, but rather have hope in and expectation from All?h *Ta??l?* that He has forgiven you.? This incident should not be a means of wanting to end your life.? Rather, it should be that event in your life which caused you to live as a better, more God-fearing Muslim.

Yet, if, despite all this, you still feel sadness and grief, then you may also recite the following *du* ?? :

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*O Allah, I am your servant, son of your servant, son of your [female] servant. ? My forelock is in your hands (i.e. I am under your complete control). ? Your decrees are bound to prevail on me and your judgments about me are just. ? I ask you by every name You have given Yourself, revealed in Your book, taught anyone of Your creation, or You alone have knowledge of, that you make the Glorious Qur??n a source of delight for my heart, the light of my eyes, and the healer of my grief and worry (al-Hisnul Hasin, pg. 176-177; Islamic Promotions)*

**And Allah knows best**

**Wassalamu Alaikum**

**Darul Iftaa, Madrassah In'aamiyyah**