



Muharram 1447  
July 2025

## 151: Muharram – The Sacred Start

### Description

Muharram, known as **Shahrullah** (the “Sacred Month of Allah”), marks the start of the Islamic lunar calendar. It is one of the four sacred months mentioned in the Qur’aan, during which warfare was prohibited, a sign of its sanctity and the need for peace, reflection, and spiritual renewal.

The word **Muharram** is derived from the Arabic root word, ‘Haraam’, meaning “**forbidden**.” While historically this referred to conflict and warfare, it also carries a profound reminder for believers to abstain from all that is forbidden and commit to that which is pure and Halaal.

Allah Ta’ala says in the Qur’aan:

**“O mankind! Eat of what is lawful and wholesome on the earth, and do not follow the footsteps of Shaytaan. Verily, he is to you a clear enemy.”**

(Al-Baqarah, 2:168)

This verse highlights how even our diet is a spiritual matter. Eating Halaal is not merely a dietary law, it is an act of obedience, a form of worship, and a safeguard for both the body and the soul.

As we begin this new Islamic year, let us reflect and renew our commitments:

- To purity in our food, our actions, and our intentions;
- To sincerity and ethical living;
- To avoiding the doubtful and the forbidden.

As families and communities, let us take a simple yet transformative step...

**Scrutinise what we eat.** Ensure it is Halaal. Advocate for wholesomeness and purity.

What we consume forms the foundation of our spiritual wellbeing and directly influences our moral compass. **Let our homes be sanctuaries of Tyyib (wholesome) living.**

May Allah Ta’ala grant us the resolve to begin this Islamic year with sincerity, discipline, and a renewed commitment to true Halaal. May He protect us from every form of Haraam and guide us toward all that pleases Him.

Rasulullah (sallallahu ‘alayhi wasallam) said:

**“Indeed, Allah is pure and only accepts that which is pure.”**

(Sahih Muslim)