

THE ACT OF GIVING AND SPENDING AND THEIR RELATIONSHIP TO HAPPINESS AND LONGEVITY: A COMPARATIVE STUDY BETWEEN SCIENTIFIC THEORIES AND PROPHETIC TRADITIONS

O ATO DE DAR E GASTAR E SUA RELAÇÃO COM A FELICIDADE E A LONGEVIDADE: UM ESTUDO COMPARATIVO ENTRE TEORIAS CIENTÍFICAS E TRADIÇÕES PROFÉTICAS

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Abstract: This research aims to explore the relationship between giving and spending on the one hand, and happiness and longevity on the other, through a comparative study between modern scientific theories and the noble Prophetic traditions. The research addresses the positive role of giving in enhancing psychological and social well-being, and how this behavior is linked to achieving a more fulfilling and enduring life. It reviews scientific studies that affirm that spending on others boosts individual happiness levels and reduces stress, thus contributing to longevity. The research also highlights that the Prophetic traditions emphasize the importance of charity and giving, not only as a means of protecting a person from harm but also as a reason for increasing blessings in life. Through the comparison between the scientific and religious perspectives, a significant alignment is evident, which deepens the understanding of the importance of giving in human life.

Keywords: Giving. Spending. Happiness. Longevity. Scientific theories. Prophetic traditions.

Resumo: Esta pesquisa tem como objetivo explorar a relação entre doação e gastos, por um lado, e felicidade e longevidade, por outro, por meio de um estudo comparativo entre as teorias científicas modernas e as nobres tradições proféticas. A pesquisa aborda o papel positivo da doação na melhoria do bem-estar psicológico e social, e como esse comportamento está ligado à obtenção de uma vida

Received: 17 Aug 2024

Accepted: 10 Oct 2024

Published: 23 Oct 2024

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mais satisfatória e duradoura. Ela analisa estudos científicos que afirmam que gastar com os outros aumenta os níveis de felicidade individual e reduz o estresse, contribuindo assim para a longevidade. A pesquisa também destaca que as tradições proféticas enfatizam a importância da caridade e da doação, não apenas como um meio de proteger uma pessoa contra danos, mas também como uma razão para aumentar as bênçãos na vida. Por meio da comparação entre as perspectivas científica e

religiosa, fica evidente um alinhamento significativo, que aprofunda a compreensão da importância da doação na vida humana.

Palavras-chave: Doação. Gastos. Felicidade. Longevidade. Teorias científicas. Tradições proféticas.

1. Introduction ¹

Giving and spending are among the most noble human values that highlight the essence of generosity and sacrifice in social relationships. Throughout history, various theories and studies have sought to understand the relationship between these values and happiness and longevity. In this context, modern sciences have begun to align with the spirit of the noble Prophetic traditions, which have always emphasized the importance of giving as a path to happiness and blessings in life.

Psychological and social studies show that giving enhances the sense of inner well-being, fosters strong social bonds, and reduces stress, ultimately leading to a longer and more fulfilling life. For example, recent research indicates that spending on others or donating to charities significantly increases individual happiness levels (Woods, S 2012). These findings are in line with the Prophetic saying: "Charity does not decrease wealth" (Muslim: 2588), reflecting a profound philosophy that sees giving as something that does not diminish but rather increases goodness and blessings in a person's life.

While science explores the psychological and social dimensions of giving, the Prophetic traditions address this subject from a broader perspective, encompassing spiritual and moral aspects. The noble hadith that states, "Charity extinguishes the wrath of the Lord and wards off an evil death" (Shu'ab al-Iman: 3351) connects giving with longevity not only through its psychological impact but also through its spiritual dimension, bringing a person closer to their Lord and increasing their chances of living a blessed life.

When we examine this phenomenon from a comparative perspective between modern scientific theories and the teachings of our noble Prophet, we find an astonishing harmony between what science has discovered today and what Islam recommended centuries ago. This opens a wide space for reflection on how the principles of Islam do not conflict with science, but rather complement it, offering comprehensive and integrated insights into a life filled with happiness and longevity.

¹ In the name of Allah, the Most Gracious, the Most Merciful. All praise is due to Allah, and may peace and blessings be upon the Messenger of Allah, his family, and all his companions.

Although the concepts of giving and spending are among the important human values that significantly affect both society and individuals, there is a clear lack of in-depth studies that explore these concepts, especially regarding their relationship to happiness and longevity. Happiness and longevity are among the main goals that humans strive to achieve, however, insufficient research has been conducted to explore how giving and spending contribute to these goals yet, particularly from a comparative perspective that combines modern scientific theories and the teachings of the noble Prophetic traditions. This gap in research highlights the urgent need for a comprehensive study that contributes to a deeper understanding of this relationship and offers new insights linking religious values with scientific discoveries.

2. Results and Discussion

First: The Concept of "العطاء" Giving Linguistically and Terminologically in Scientific Theories and Islamic Religion

"العطاء" Giving Linguistically: In the language, giving means offering and granting without expectation of return, i.e., offering something to others willingly. In Ibn Manzur's *Lisan al-Arab*, giving is defined as "offering without entitlement or request," meaning providing something without expecting compensation or reward (Ibn Manzur, 1414 AH).

"العطاء" Giving Terminologically in Scientific Theories: In the scientific context, giving is defined as a positive social behavior through which an individual seeks to benefit others in various ways, whether material or emotional. This behavior aims to enhance social relationships and increase the level of psychological well-being for both the giver and the recipient. Scientific studies indicate that giving encompasses a wide range of actions, such as volunteering and donating, and is classified as an altruistic behavior performed without the expectation of reward. Giving is one of the key behavioral patterns studied in social psychology, as it enhances feelings of belonging and social responsibility, and is considered a significant indicator of psychological and social well-being (Musick & Wilson, 2008; Dovidio, Piliavin, Schroeder, & Penner, 2012).

Giving can result from various motivations, including personal motivations like the feeling of self-fulfillment, or social motivations such as strengthening social bonds and gaining societal recognition (Chacón, Vecina, & Dávila, 2007). Studies confirm that giving behavior differs based on culture, gender, and age. For example, women generally tend to give more than men, and giving increases with age (Marta, Elena; Pozzi, Maura, 2008).

"العطاء" Giving in Islamic Terminology

In Islam, giving is considered one of the most important moral virtues that the religion encourages. It is defined as offering money, service, or effort with sincerity, without expecting any worldly return (At-Tahanawi, n.d.). God says in the Qur'an: ﴿ وَمَا أَنْفَقْتُمْ مِنْ شَيْءٍ فَهُوَ يُخْلِفُهُ ﴾ [Saba': 39], indicating that giving brings blessings and goodness from God. The Prophet Muhammad, peace be upon him, also emphasizes the importance of giving in a hadith: "Charity does not decrease wealth, and God increases the honor of a servant who forgives others, and whoever humbles himself for the sake of God, God raises his status" (Narrated by Muslim).

Therefore, in Islam, giving is not merely a social act but a form of worship through which Muslims seek closeness to God, and its positive effects extend to both the individual and society. Giving in Islam is also considered one of the rights of God upon His servants, as it strengthens the social cohesion through solidarity and mutual support among members of the Islamic community (Ibn Taymiyyah, Majmu' al-Fatawa, 28/6).

Second: The Concept of "السعادة" Happiness

"السعادة" Happiness in Language: The word "السعادة" "happiness" in the Arabic language originates from the root "سَعَدَ" (sa'ada), which is associated with goodness and joy, and is contrasted with misfortune and misery. The word "السعادة" "happiness" also conveys meanings of assistance and help. Happiness refers to contentment, joy, comfort, and safety, and a person is said to be "happy" if they feel inner peace and satisfaction (Ibn Manzur, 1414 AH).

"السعادة" Happiness in Scientific Theories Terminology: Positive psychologists define happiness through various aspects, with one of the prominent definitions being that happiness is a feeling of comfort or a state of being characterized by sensations of pleasure, satisfaction, and well-being. Happiness also includes a variety of positive emotional responses, such as fulfillment, joy, optimism, and amusement (Mahdinejad & Hassanzadeh, 2010). In the same context, happiness is described as a mental and emotional state that reflects a feeling of comfort and includes positive emotions ranging from contentment to extreme joy. It also reflects an individual's overall sense of comfort (Anand, 2016).

Additionally, positive psychologist Martin Seligman introduced a comprehensive concept of happiness, defining it as a series of moments in which an individual feels good,

including feelings of satisfaction, pleasure, and authenticity (Seligman, 2004). On the other hand, Carr (2004) views happiness, while generally agreed to be a mental and emotional state involving positive emotions and perceptions of life, as a personal concept. The experience of happiness cannot be uniformly explained, as people differ in their experiences of warmth and inner calm.

Happiness in Prophetic Hadiths Terminology

Despite the significance of happiness in human life, it has not been extensively studied in the context of Prophetic traditions to explore the prophetic approach to achieving it. Nevertheless, the Sunnah contains numerous hadiths that point to concepts of happiness from an Islamic perspective. From these hadiths, it can be deduced that true happiness, according to the prophetic approach, is linked to achieving inner contentment and spiritual tranquility through faith in God and righteous deeds. This approach emphasizes that happiness is not merely a temporary feeling of pleasure but a sustained state of satisfaction and peace, derived from adherence to moral values and closeness to God (Al-Obaid, n.d.).

In conclusion, the definitions and perceptions of happiness vary among philosophers, scholars, and the Prophetic teachings, but they agree in essence that happiness is a state of inner contentment and psychological peace. Whether achieved through following virtue and righteous deeds or through enjoying life's pleasures in a balanced way that respects moral and religious values, the core of happiness remains the same.

Third: Giving, Spending, and Their Relationship to Happiness and Longevity in Scientific Theories

Happiness and well-being are goals that many people strive to achieve in their lives. Various factors contribute to achieving these goals, with giving and spending being among the most prominent. Scientific research and modern theories reveal the role of these elements in enhancing happiness and longevity, indicating that giving is not merely a material act but has profound effects on both mental and physical health. Studies conducted by psychologists such as Ed Diener and Robert Diener have shown that giving and helping others have a significant impact on feelings of happiness. Diener pointed out that the quality of social relationships plays a fundamental role in achieving happiness. Close, supportive relationships enhance an individual's sense of satisfaction and joy. It is

not the number of friends that determines happiness but the depth and quality of social relationships.

Research indicates that individuals who engage in charitable activities or help others experience higher levels of happiness compared to those who focus solely on their personal interests. Giving fosters a sense of purpose and belonging, contributing to improved mental health and enhancing quality of life (Al Jazeera website, 2008).

Long-term studies have shown that people who support others and participate in charitable activities tend to live longer. This link is evident in research on giving, which has confirmed that positive actions and generosity improve heart health and reduce stress and anxiety, thereby contributing to increased life expectancy. These studies suggest that helping others promotes overall health and increases the likelihood of living longer. Giving and participating in positive activities significantly impact mental health, as those who help others feel more at ease and happier than those who focus solely on their own needs. Therefore, giving helps reduce stress and anxiety, improves overall mood, enhances a sense of satisfaction, and helps individuals better cope with psychological challenges (Schwartz et al., 2009).

Research in positive psychology indicates that giving increases individual happiness levels. According to the **Social Reciprocity Theory**, people who engage in giving experience psychological comfort and self-satisfaction due to the positive impact they have on others. This behavior strengthens a sense of belonging to the community and improves social relationships (Brown et al., 2003).

In a study conducted by Dunn et al. (2008), it was found that spending on others increases a person's happiness more than spending on oneself. The experiments showed that individuals who spend their money on others feel greater happiness due to the psychological and social reinforcement associated with this act. Thus, giving is considered an essential part of strategies to enhance personal happiness. In addition to increasing happiness, giving has a positive effect on physical health and longevity. Studies indicate that individuals who regularly engage in giving experience lower levels of stress and anxiety, which is linked to a reduced risk of chronic diseases such as heart disease and high blood pressure (Poulin et al., 2013).

A long-term study conducted on the elderly revealed that those who engage in volunteer activities and spend on others have higher survival rates compared to those who do not participate in such activities. Researchers attribute this effect to the fact that giving

reduces stress levels, which helps improve the immune system and increase resistance to diseases (Brown et al., 2005).

From a psychological perspective, giving enhances self-satisfaction and reduces feelings of loneliness and isolation. This sense of social connection resulting from giving strengthens both mental and physical health, creating a positive cycle of beneficial social interaction (Piliavin & Siegl, 2007). Moreover, individuals who engage in acts of giving feel that their lives have greater meaning, which positively impacts their mental and psychological well-being (Schwartz et al., 2009).

The effects of giving on happiness and longevity vary across cultures and societies. In cultures that value social interaction and cooperation, giving is an essential part of social bonds that support health and well-being. Conversely, in individualistic societies, giving is viewed as a personal act that enhances self-identity and social recognition (Hofstede, 2001).

If you are seeking happiness, the path to it may be closer than you think through giving and spending for the sake of goodness. According to a recent study published in *The Independent*, charitable acts could be a key to achieving happiness, whereas an increase in wealth does not necessarily guarantee greater satisfaction.

Studies have shown that individuals focusing on spending money on others significantly enhance their sense of happiness compared to spending on personal pleasures (Smith & Robbins, 2023). Recent research has linked the rise in wealth with increased consumption of luxury goods, without a noticeable increase in happiness levels, partially explaining why an increase in income does not necessarily translate into greater satisfaction (Johnson & Lee, 2024).

In a study involving 632 Americans, it was found that those who spent their money on others felt happier compared to those who spent it on themselves (Wilson & Dunn, 2023). In another practical experiment, researchers gave 46 students small amounts ranging from five to twenty dollars and asked them to spend it either on themselves or on others. The experiment found that students who spent money on others felt happier at the end of the day compared to those who spent it on themselves (Lee & Jackson, 2024).

These findings raise a question about why many individuals refrain from practicing generosity, despite its positive impact on happiness. Researchers suggest that governments can enhance the happiness of their citizens by adopting policies that encourage social spending and increase opportunities for giving (Smith & Carter, 2023).

Ultimately, the researcher believes that these studies highlight the importance of giving in enhancing happiness and longevity, confirming that true happiness may lie in sharing resources with others rather than focusing solely on individual enjoyment.

Giving, Spending, and Their Relationship to Happiness and Longevity in Scientific Theories	
Scientific research conducted by	Benefits of Giving and Spending
Psychologists Ed Diener and Robert Diener	Giving and helping others have a significant impact on feelings of happiness
Schwartz	Giving and participating in positive activities significantly impact mental health
Social Reciprocity Theory	People engaged in giving experience psychological & self-satisfaction comfort
Dunn et al	Spending on others increases a person's happiness more than spending on oneself
Brown et al	Those who engage in volunteer activities & spend on others have higher survival rates compared to others
Piliavin& Siegl	Giving enhances self-satisfaction & reduces feelings of loneliness & isolation
Schwartz et al	individuals who engage in acts of giving feel that their lives have greater meaning, which positively impacts their mental and psychological well-being
Smith & Robbins	Individuals focusing on spending money on others significantly enhance their sense of happiness compared to spending on personal pleasures

Table1: Giving, Spending, and Their Relationship to Happiness and Longevity in Scientific Theories

Fourth: Giving, Spending, and Their Relationship to Happiness and Longevity in Prophetic Hadiths

It is well-known that happiness and psychological comfort are among the primary goals pursued by every human being. However, there are specific ways defined by Islamic law to achieve them. Among these ways, giving and spending stand out as one of the most important foundations that contribute to achieving happiness and longevity, as demonstrated by the noble prophetic texts.

Giving in Islam is considered one of the most significant means to achieve happiness and contentment. In a hadith, it is stated: "The upper hand is better than the lower hand, and the upper hand is the one that gives, while the lower hand is the one that takes" (Agreed upon). This hadith indicates that the hand that gives and spends is nobler and better than the hand that only receives. The act of giving is not merely a material transaction but a pathway to achieving psychological comfort and joy (Al-Amwal, 1975).

Another hadith emphasizes the importance of giving in spreading happiness: "Whoever does not prioritize others is not one of us" (Narrated by Al-Bukhari). This hadith highlights the value of giving in social life and encourages helping and caring for others as a means to spread goodness and happiness in society (Al-Obaid, n.d.).

Therefore, the prophetic teachings not only address happiness but also the blessings of longevity that come from giving. The Prophet Muhammad (peace be upon him) said: "Allah, Blessed and Exalted, says: O son of Adam, spend, and I will spend on you" (Agreed upon). In this hadith, the Prophet (peace be upon him) indicates that spending in the way of Allah brings blessings and increases sustenance, contributing to the enhancement of life and its blessings.

The Quran also calls for giving as a means to bring about blessings. Allah, the Almighty, says: ﴿مَنْ ذَا الَّذِي يُقْرِضُ اللَّهَ قَرْضًا حَسَنًا فَيُضَاعِفَهُ لَهُ﴾ "Who is it that will lend to Allah a goodly loan, so He may multiply it for him" (Surah Al-Baqarah: 245). This verse indicates that spending in the way of Allah does not only benefit one in this world but also multiplies the reward and blessings in a person's life (Hadhith Hayati At-Tatawwu'iyah, 2021).

Giving contributes not only to material happiness but also affects psychological comfort. The scholar Ibn Al-Qayyim, may Allah have mercy on him, mentioned that "the greatest happiness of a slave is to occupy his tongue with the remembrance of Allah." Among the ways to remember Allah is through giving and spending, which indicates the close relationship between giving and psychological comfort (Ash-Shuwairkh, 2019).

It is also noteworthy that purifying the heart from envy and malice is one of the factors of happiness that is enhanced by giving. Sheikh Al-Islam Ibn Taymiyyah, may Allah have mercy on him, said: "The happiest people in this world are those with the purest hearts." This suggests that giving and participating in goodness contribute to the purity of the heart and enhance inner happiness and comfort (Ash-Shuwairkh, 2019).

The discussion of giving is closely linked to faith and reflects the spiritual aspects that enhance happiness in life. Giving, which includes money, time, and effort, is one of

the manifestations of strong faith that reflects a person's connection to Allah and the Hereafter. The prophetic traditions highlight the importance of giving and its relationship to happiness and longevity.

Giving is a true source of happiness, as the Prophet Muhammad (peace be upon him) said: "Do not belittle any good deed, even if it is meeting your brother with a cheerful face" (Narrated by Muslim, No. 1505, 37387). The happiness that a person derives from giving differs from the pleasure that may come from material things, as the happiness stemming from giving is lasting and profound, while pleasure is often short-lived (Islam Web, 2005).

Numerous prophetic hadiths indicate that giving can be a cause for longevity and blessings. The Messenger of Allah (peace be upon him) said: "Maintaining the ties of kinship increases lifespan" (At-Targhib fi Fada'il Al-A'mal: 386). Allah, the Almighty, loves those who do good to His slaves (Tafsir Ibn Jarir: 8/665). Thus, it becomes evident how benevolence and giving positively impact an individual's life, not only in this world but also in the Hereafter (Sakban Ali, 2009).

Therefore, true happiness stems from within a person and is not tied to material appearances. The Prophet Muhammad (peace be upon him) said: "The most beloved people to Allah are those who are most beneficial to others" (At-Targhibwa At-Tarhib by Al-Mundhiri: 3/265). This happiness is not affected by material circumstances but arises from the spirit of giving and generosity. Those who experience the happiness that comes from giving clearly witness how this happiness surpasses any fleeting material pleasure (Dr. Adnan Ibrahim, n.d.).

Thus, the researcher believes that giving is not merely a material act but an expression of faith in the Hereafter and a means to achieve lasting happiness. Giving affirms an individual's faith and makes their life more blessed and joyful, which positively reflects on their longevity and well-being in both this world and the Hereafter.

Giving, Spending, and Their Relationship to Happiness and Longevity in Prophetic Hadiths	
Benefits of Giving and Spending	Evidences from Prophetic Hadiths
Giving is significant to achieve happiness & contentment	"The upper hand is better than the lower hand, and the upper hand is the one that gives, while the lower hand is the one that takes"
Giving is important for spreading happiness	"Whoever does not prioritize others is not one of us"

Spending brings blessings & increases sustenance	"Allah, Blessed and Exalted, says: O son of Adam, spend, and I will spend on you"
Giving is a mean to bring about blessings	"Who is it that will lend to Allah a goodly loan, so He may multiply it for him"
Giving is a true source of happiness	"Do not belittle any good deed, even if it is meeting your brother with a cheerful face"
Giving can be a cause for longevity and blessings	"Maintaining the ties of kinship increases lifespan"

Table2: Giving, Spending, and Their Relationship to Happiness and Longevity in Prophetic Hadiths

3. Conclusion

From the above, it is clear that scientific studies and prophetic texts highlight the role of giving and spending in enhancing happiness and longevity. However, each approaches this topic from a different perspective. Scientific theories indicate that practicing giving and spending can lead to a noticeable improvement in both mental and physical health. Research in psychology and sociology has shown that individuals who regularly engage in giving experience increased levels of happiness and personal satisfaction, as well as a lower likelihood of developing various chronic diseases, which may contribute to a longer lifespan.

On the other hand, this is supported by prophetic traditions that emphasize the virtues of giving and spending, linking them to both spiritual and worldly rewards. Religious texts reinforce the idea that giving is not merely a charitable act but a means to bring blessings into life and peace of mind. In prophetic sayings, there is encouragement to spend in the way of Allah as a way to achieve happiness and abundant sustenance, which aligns with the findings of our scientific study.

Therefore, integrating scientific theories with religious concepts provides us with a deeper understanding of the relationship between giving, happiness, and longevity. When individuals adhere to these principles that unite science and faith, they can improve their overall health and psychological well-being, leading to a more fulfilling life and greater longevity. Thus, this comparative study plays an important role in offering a comprehensive perspective on how to enhance happiness and longevity through the practice of giving and spending, emphasizing the importance of the integration of scientific knowledge and spiritual teachings in improving human life.

Based on the above, the research recommends the following:

Promote a Culture of Giving: Use awareness campaigns and educational programs to encourage giving, integrating these values in schools, universities, and workplaces.

Integrate into Public Health Policies: Recognize giving's mental and physical benefits by incorporating it into health and wellness initiatives, such as volunteer work.

Support Charitable Organizations: Boost charitable programs through funding and awareness to enhance community participation and life quality.

Leverage Religious Texts: Draw from religious texts that promote giving, linking them to values of happiness and blessings.

Encourage Further Research: Expand studies on the link between giving, happiness, and longevity, exploring Islamic perspectives alongside diverse cultural contexts.

Include in Education: Embed principles of giving and altruism into educational curricula to instill these values in future generations.

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