

## Ḳḥairaat, Ibaadat, Aur Rozā

**Injeel : Mattā 6:1-18**

[Īsā<sup>(a.s)</sup> ne maujud logoñ ko ḳḥairaat ke baare me bataayā. Unhone kahā:]

“Jab tum kuch acḥā kaam karo to hoshiyaarī se kaam lo, usko dikhaawe ke liye logoñ ke saamne nā karo. Agar tum aisā karoge to tumheñ parwardigaar se koī sawaab naheen milegā. <sup>(1)</sup> Islie, jab tum kisī zaruratmañd kī madad karo, to uskā ḡhiñḡhorā mat peeto. Tum un munaafikoñ kī tarah nā ho jao jo sirf dusroñ kī taareef haasil karnā chaahte haiñ. Wo log agar ibaadatgaah yā saḡak par kisī zaruratmañd kī madad karte haiñ, to ḡhol bajā kar ailaan karwaate haiñ taaki log us madad ko dekh leñ. Maiñ tumko sacchaaī bataatā huñ, ki un logoñ ko iskā koī sawaab naheen milegā. <sup>(2)</sup> Tum jab kisī ḡareeb kī madad karo to apne ulte haath ko ḳḥabar nā lagne do ki seedhā haath kyā kar rahā hai. <sup>(3)</sup> Ḳḥairaat hameshā ḡḥupā kar do. Jab parwardigaar tumko is tarah se ḡḥupā kar dete hue dekhegā, to tumko iskā sawaab atā karegā. <sup>(4)</sup>

[Tab Īsā<sup>(a.s)</sup> ne logoñ ko ibaadat ke baare me bataayā aur unhone kahā:]

“Jab tum ibaadat karo to paakhandī logoñ kī tarah mat karo. Wo ibaadatgaah me aur saḡak ke kinaare khaḡe ho kar ibaadat karnā pasañd karte haiñ aur tez āwaaz me duā karte haiñ. Wo chaahte haiñ ki log unheñ dekheñ. Maiñ tumko sacchaaī bataatā huñ ki un logoñ ko iskā koī aur sawaab naheen milegā. <sup>(5)</sup> To jab tum ibaadat karnā chaho to kisī sukun kī jagah par bañd darwaaze me us rab kī ibaadat karo. Wo us ḳḥaas jagah par tumhaare saath hogā. Jab tumhaarā rab tumko aisī ḳḥaas jagah par ibaadat kartā dekhegā, to tumko iskā sawaab atā karegā. <sup>(6)</sup>

“Aur jab tum ibaadat karo, to faaltu baaton ko baar-baar mat dohrao jaise Allaah rabbul kareem ko nā jaanne waale dohraate haiñ. Unko lagtā hai ki unkī baat islie sun lī jaaegī kyunki wo zyaadā lafzon kā istemaal karte haiñ. <sup>(7)</sup> Tum un logoñ kī tarah bilkul bhī nā karo, kyunki Allaah rabbul ālameen tumhaare maañgne se pahale jaantā hai ki tumheñ kyā chaahe. <sup>(8)</sup> Tum is tarah se duā maañgo:

Ai Allaah rabbul ālameen,  
log tere naam kī azmat aur paakeezgī ko pahachaaneñ. <sup>(9)</sup>  
Terī saltanat zameen par ḡḥā jaae.  
Aur jannat kī tarah zameen par bhī bas terī marzī kā hī kaam ho. <sup>(10)</sup>  
Hameñ wo rizq de jiskī hameñ zarurat hai, <sup>(11)</sup>  
aur hamaare gunaahoñ ko maaf kar de,  
usī tarah se jaise ham un logoñ ko maaf karte haiñ jo hamaare saath saazish karte haiñ. <sup>(12)</sup>  
Hamko bahakaawe se dur rakh,  
aur hamko Shaitaan se bachā. [Āmeen.] <sup>(13)</sup>

[Īsā<sup>(a.s)</sup> ne kahā:] “Haañ, agar tum logoñ kī ḡaltiyon ko maaf kar doge, to Allaah rabbul azeem bhī tumhe maaf kar degā. <sup>(14)</sup> Lekin agar tum dusroñ ko maaf naheen karoge, to parwardigaar bhī tumko kabhī maaf naheen karegā. <sup>(15)</sup>

“Jab tum rozā rakho to apne āp ko munaafikoñ kī tarah kamzor mat zaahir karo. Wo log apne chehre ko aise banā lete haiñ ki log unko dekh kar samajh jaaeñ ki unkā rozā hai. Haqeeqat ye hai ki un logoñ ko iskā koī sawaab naheen milegā. <sup>(16)</sup> Jab tum rozā rakho to apne chehre ko dho lo taaki tum acḡe dikho. <sup>(17)</sup> Tab Allaah taa’alā ke alaawā kisī ko patā naheen chalegā ki tum roze se ho. Allaah rabbul ālameen tumhaare saath akele me bhī hai. Wo us amal kā sawaab atā karegā jo binā kisī ko bataae chupke se kiyā gayā ho.” <sup>(18)</sup>