



GAZA NEWS

No Food

No Water

No Electricity

At least **5,087** Palestinians have been killed in Israeli strikes since October 7. The dead included **2,055 children**. Additionally, 15,273 people had been wounded. Muslim Youth Magazine Team stands by Palestinian children and civilians and asks the world's decision-makers and leaders to stop that genocide and save them.



Muslim Youth Role
During
Humanitarian Crises

Read 

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Muslim Youth Role During Humanitarian Crises

By: Dr. Suher Khirallah with the collaboration of MYM members

It has been over two weeks since the horrific war in Gaza began. What is happening is overwhelming and heartbreaking. A lot of our youth are mentally disturbed and feel angry and helpless. Some youth think they can't do a lot during these catastrophe crises. The truth is that young people are capable of much more than they believe.

Here are **eight tips** (Short and long-term tips) to help youth deal with crises in Gaza or any humanitarian calamity they may face. These tips aim to ensure their safety and positive impact In Shaa Allah.

1- Stay grounded by taking care of your spiritual, physical, and social needs:

To be able to stay mentally strong in the face of calamity you need to take care of yourself **on a daily basis**: spiritually, physically, and socially.

Spiritually by connecting yourself with Allah, the One Who owns everything and can do anything He wants. Of course, your **Salah** is the first thing you must consider. When you pray, you believe Allah is greater than any sadness or fear. You believe that there is nothing in this world that cannot be managed by the power of Allah. You ask Allah consistently for His help, mercy, and guidance. Salah recharges your spiritual energy and makes you feel safe because Allah is by your side.

Physically by taking good care of our body. It is of immense importance as it is a trust Allah gives us. On the day of judgment, we will be held accountable for how we have taken care of this trust. Therefore, maintaining a healthy lifestyle is a form of worship in Islam. Eating a balanced diet, getting enough sleep, maintaining good hygiene, and exercising regularly not only help in improving physical health but also have a great impact on mental well-being.

Socially by maintaining good relationships. This is essential for our social well-being. Allah SWT has instructed us to take care of our relationships with our parents, siblings, family, good friends, and community. Allah knows that our social network will provide us with support during difficult times. These people are the shoulders we can lean on when we need it the most.

2- Stand firm with patience and gratitude:

Allah SWT told us in the Quran that this life is a test.¹ Meanwhile, He SWT promised to reward us if we are patient and grateful: “We will certainly test you with a touch of fear and famine and loss of property, life, and crops. Give good news to those who patiently endure who say, when struck by a disaster, “Surely to Allah we belong and to Him we will ‘all’ return.” They are the ones who will receive Allah’s blessings and mercy. And it is they who are ‘rightly’ guided.”²

The people in Gaza amazed the world with their patience and gratitude. You see them standing on their destroyed house counting their lost family members crying with serenity and saying Alhamdulillah, because they believe in Akhirah, where they will receive just and great rewards.

This life is not the end. We are just passengers in this short life. Our destination is Paradise or Hell. Those who **believe in Akhira** (The Hereafter) and the rewards that Allah SWT has in store for those who live righteously can find the strength to be patient and grateful.

3- Educate yourself and seek the truth:

Seeking knowledge -especially of our religion- is an obligation for a Muslim. It becomes more manifest at times of fear, crises, and trials. This is because knowledge helps you to worship Allah correctly and guides you to do what is right in every situation.

¹ Surat Al-Baqarah, Ayah 214, Surat Al-Imran, Ayah 140-142, Surat At-Tawbah, Ayah 16, and many other Ayat.

² Surat Al-Baqarah, Ayah 155-157

Knowledge is like a light that helps you tell what's true from what's not, find the right way when you're lost, and make smart choices without big mistakes. Always seek knowledge and search for the truth. Prophet Muhammad PBUH encouraged young companions like Zaid Ibn Thabit RAA and Ibn Abbas RAA to seek knowledge. They became great scholars and leaders who still serve the Ummah, even after death.

In our current circumstances, [knowing more about Palestine](#) and [learning its history](#) can help you better comprehend the situation.

4- Provide help and support:

From creating awareness, giving charity, making Duaa, sharing kindness, and posting words of compassion, youths are uniquely placed to play a valuable role in humanitarian actions using their networks across their communities and great innovative approaches.

One inspiring story from Gaza is about a young man called [Mohammed Qreqa'](#). He made a courageous decision to help those in need. He gathered the children who were at Al-Ahli Hospital in Gaza, sang songs for peace, played with them, and brought smiles to their faces. Tragically, he lost his life along with them when a strike hit the hospital, taking the lives of over 500 people, the majority of whom were innocent children. In Shaa Allah he will be rewarded by Allah SWT as a martyr who did what he could till the end.

This story is a reminder to always ask yourself and seek guidance from trustworthy leaders around you: "How can I help?" Mohammed's selflessness and dedication to making a difference, even in the hardest circumstances, highlight the power of youth to bring positive change to the world.

5- Keep doing the right things:

As Muslims, we know that the crises of the day of judgment are greater than any crises we may witness on this earth.

But even when that happens Prophet Muhammad PBUH said: **“If the Final Hour comes while you have a shoot of a plant in your hands and it is possible to plant it before the Hour comes, you should plant it.”**³ So keep doing the right thing even if no one else does it. Never quit the good deeds you're engaged in, and don't hesitate to sow goodness on this earth, even if you see no point in doing so. Our mission on this earth is to worship Allah by doing our best and Allah will take care of the rest. The results belong to Allah and He won't ask us about it.

6- Know your rights:

In the United States, we are blessed with the freedom of speech right. Free speech protections do not extend to defamation, obscenity, “true threats” or speech that incites imminent violence or law-breaking.

If someone tries to provoke you to cause a problem or try to start verbal or physical violence, seek protection, stay calm without engaging in any fight or negative talk, and [learn how to channel your anger for Palestine](#).

Islam is a religion of peace, and we ask Allah SWT to grant all people peace. Remember to focus on only promoting the rights of the people of Gaza and speaking peacefully for their justice.

7- Counter Islamophobia with faith over fear:

Islamophobia is when people unfairly hate or treat others badly just because they're Muslim or seem to be. Sadly, this can get worse when bad things happen in the Muslim world.

It's important to remember that Allah is the ultimate protector. He is the source of strength, comfort, and guidance.

³ Grade: Sahih (Al-Albani)

Sunnah.com reference: Book 1, Hadith 4


English translation: Book 27, Hadith 479

Arabic reference: Book 1, Hadith 479

While it's natural to feel concerned in such situations, we can find peace and protection through our faith. Start your mornings and evenings with Adhkar, which are supplications and remembrances of Allah. These Adhkar not only serve as a spiritual shield but also bring tranquility to your heart.


Allah SWT is the Best Protector, and with unwavering faith and the practice of Adhkar, you will find strength in the face of adversity. Turn to Him in times of difficulty, and He will guide and protect you. You can find multiple apps of Adhkar for morning and evening. Hisn ul Muslim (Fort of Muslims) is one of the best apps you can find online.

On the other hand, it is important to protect yourself when you feel you are in danger. [The Council on American-Islamic Relations \(CAIR\)](#) in California published the following plan for such situations:



What To Do If You Are the Target of a Hate Crime or Incident

- Ensure Your Safety**
 - Move to a safe location if possible
 - Call 9-1-1 if necessary
- Preserve Evidence**
 - Document the details like date, time, location, and individuals involved
 - Take photos or video if safe
- Seek Medical Attention**
- Contact the Police**
 - File a police report
 - Request a copy for your records
- Submit a Report to CAIR**
 - All reports are confidential

 CAIR CALIFORNIA

8- Finally, Improve yourself Every. Single. Day:

Don't think that victory will come without winning our war within. Allah SWT says: "O believers! If you stand up for Allah, He will help you (Grant you victory) and make your steps firm."⁴ How can we stand up for Allah? By obeying Him and worshipping Him, by doing what He wants from us to please Him, and by trying to improve ourselves every day for the sake of Allah till we meet Him.

Try to ask yourself every night before going to bed: What did I do wrong today? Did Allah accept my day? What did I do today to make the world a better place? Then decide on one small thing that you can do and will make you better. One small step every day to be closer to Allah SWT.

With each passing day, may our resolve strengthen, our deeds multiply, and our hearts remain filled with the hope of a brighter tomorrow. By living our lives as true worshippers of Allah, we become the reasons for the Ummah's rise and victory.

May Allah guide us all to be the best versions of ourselves and the sources of light in a world often shrouded in darkness. Ameen.

Sincerely Yours,
Dr. Suher Khirallah,
Abdulbaki Shehu Abdulbaki,
Hosam Hegazy,
Salma Alfakir,
Hamood Ur Rehman,
Huda Hussain,
Ahmed Khan,
Arwa Rashed Iqbal,
Mohammed Nour,
and Ahmed Nour.



We Stand for Peace

⁴ Surat Muhammad, Ayah 7

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