

# Domestic Violence Quranic Teachings

## Minimize Domestic Violence By Following Quranic Teachings

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

**AnNisa 4:1** All Humans are Progeny of one Man and one Woman  
Allah gave them title of Spouse - Husband and Wife

O mankind, fear your Lord who created you from a single soul, and He created from it its mate, and He has spread from them both a multitude of men and women. And fear Allah, Him, through whom you ask your mutual (rights), and the wombs (kinship). Indeed, Allah is All Watcher over you.

يَا أَيُّهَا النَّاسُ اتَّقُوا رَبَّكُمُ الَّذِي خَلَقَكُمْ مِنْ نَفْسٍ  
وَاحِدَةٍ وَخَلَقَ مِنْهَا زَوْجَهَا وَبَثَّ مِنْهُمَا رِجَالًا  
كَثِيرًا وَنِسَاءً وَاتَّقُوا اللَّهَ الَّذِي تَسَاءَلُونَ بِهِ وَ  
الْأَرْحَامَ إِنَّ اللَّهَ كَانَ عَلَيْكُمْ مَقِيبًا

**ArRoom 30:21** Allah bestowed Love and Mercy between Husband and Wife  
This is a natural gift between two individuals

And among His signs is that He created for you mates from yourselves that you may find tranquility in them, and He placed between you love and mercy. Indeed, in that are signs for a people who reflect.

وَمِنْ آيَاتِهِ أَنْ خَلَقَ لَكُمْ مِنْ أَنْفُسِكُمْ أَزْوَاجًا  
لِتَسْكُنُوا إِلَيْهَا وَجَعَلَ بَيْنَكُمْ مَوَدَّةً وَرَحْمَةً إِنَّ فِي  
ذَلِكَ لَآيَاتٍ لِقَوْمٍ يَتَفَكَّرُونَ

**AlFurqan 25:74** Make Dua – Our Lord make our wives and children  
Comfort of our Eyes

And those who say: “Our Lord, grant us among our wives and our children the comfort of our eyes, and make us leaders for the righteous.”

وَالَّذِينَ يَقُولُونَ رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا  
قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

**AlHujarat 49:11** Do not ridicule - Do not insult one another  
Do not call one another by evil names

O you who believe, neither should men mock other men, it may be that these are better than they, nor women (mock) other women, it may be that these are better than they. And do not insult one another among yourselves, nor call one another by nicknames. Bad is the name of disobedience after faith. And whoever does not repent, then it is those who are the wrongdoers.

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا يَسْخَرُ قَوْمٌ مِّن قَوْمٍ عَسَىٰ أَن يَكُونُوا خَيْرًا مِّنْهُمْ وَلَا نِسَاءٌ مِّن نِّسَاءٍ عَسَىٰ أَن يَكُنَّ خَيْرًا مِّنْهُنَّ وَلَا تَلْمِزُوا أَنفُسَكُمْ وَلَا تَنَابَرُوا بِالْألقَابِ بِئْسَ الإِسْمُ الفُسُوقُ بَعْدَ الإِيمَانِ وَمَن لَّمْ يَتُبْ فَأُولَئِكَ هُم الظَّالِمُونَ

**AlHujarat 49:12** Do not have suspicion about each other - Do not spy on each other - Do not backbite about each other

O you who believe, avoid much of suspicion, indeed some suspicions are sins. And do not spy, nor should any one of you backbite the other. Would any among you like to eat the flesh of his dead brother, you would hate it. And fear Allah. Indeed, Allah is Acceptor of repentance, All Merciful.

يَا أَيُّهَا الَّذِينَ آمَنُوا اجْتَنِبُوا كَثِيرًا مِّن الظَّنِّ إِنَّ بَعْضَ الظَّنِّ إِثْمٌ وَلَا تَجَسَّسُوا وَلَا يَغْتَب بَّعْضُكُم بَعْضًا أَتُحِبُّ أَحَدُكُمْ أَن يَأْكُلَ لَحْمَ أَخِيهِ مَيْتًا فَكَرِهْتُمُوهُ وَاتَّقُوا اللَّهَ إِنَّ اللَّهَ تَوَّابٌ رَّحِيمٌ

**AlBaqarah 02:187** Relationship between Husband and Wife as Garments  
Dress is closest to you-Dress covers you-Dress protects you-Dress comforts you

They are as a garment for you, and you are as a garment for them. Allah knows that you were deceiving yourselves, so He has turned to you and forgave you.

هُنَّ لِيَاسٍ لَّكُمْ وَ أَنْتُمْ لِيَاسٍ لَّهُنَّ عَلِمَ اللَّهُ أَنكُمْ كُنْتُمْ تُخْتَانُونَ أَنفُسَكُمْ فَتَابَ عَلَيْكُمْ وَعَفَا عَنْكُمْ

**AnNisa 04:35** When issues become serious between husband and wife  
Appoint one respected and senior member from each side - Let them help

And if you fear a dissension between them twain, then appoint an arbitrator from his family and an arbitrator from her family. If they (arbitrators) desire reconciliation, Allah will make between them. Indeed Allah is ever All Knower, Well Acquainted.

وَإِنْ خِفْتُمْ شِقَاقَ بَيْنِهِمَا فَابْعَثُوا حَكَمًا مِّن أَهْلِهَا وَ حَكَمًا مِّن أَهْلِهَا إِن يُرِيدَا إِصْلَاحًا يُوَفِّقِ اللَّهُ بَيْنَهُمَا إِنَّ اللَّهَ كَانَ عَلِيمًا خَبِيرًا

**Allsra 17:53** Watch and Control your tongue in family relationship  
Speak that which is best

And say to My servants to speak that which is best. Indeed, Satan sows discord among them. Indeed, Satan is to mankind an open enemy.

وَقُلْ لِعِبَادِي يَقُولُوا الَّتِي هِيَ أَحْسَنُ إِنَّ الشَّيْطَانَ يَنْزِعُ بَيْنَهُمْ إِنَّ الشَّيْطَانَ كَانَ لِلْإِنْسَانِ عَدُوًّا مُّبِينًا

### AnNisa 4:34 Husband has Primary Responsibility to Support Wife

The men are in charge of the women, by what Allah has bestowed upon one of them over the other, and because they spend of their wealth.

So the righteous women are devoutly obedient (to Allah), guarding in (husband's) absence that which Allah has (ordered to be) guarded.

الرِّجَالُ قَوَّامُونَ عَلَى النِّسَاءِ بِمَا فَضَّلَ اللَّهُ بَعْضَهُمْ عَلَى بَعْضٍ وَبِمَا أَنْفَقُوا مِنْ أَمْوَالِهِمْ

فَالصَّالِحَاتُ قَانِتَاتٌ حَافِظَاتٌ لِّلْغَيْبِ بِمَا حَفِظَ اللَّهُ

### AnNisa 4:32 Husband and Wife have Rights to keep their Earned Wealth

And do not desire for that in which Allah has bestowed more to some of you over others. For men is a share of what they have earned. And for women is a share of what they have earned. And ask Allah of His bounty. Indeed, Allah is ever All Knower of all things.

وَلَا تَتَمَنَّوْا مَا فَضَّلَ اللَّهُ بِهِ بَعْضَكُمْ عَلَى بَعْضٍ لِّلرِّجَالِ نَصِيبٌ مِّمَّا كَتَبُوا وِلِّلنِّسَاءِ نَصِيبٌ مِّمَّا كَتَبْنَ وَسَأَلُوا اللّٰهَ مِنْ فَضْلِهِ إِنَّ اللّٰهَ كَانَ بِكُلِّ شَيْءٍ عَلِيمًا

### AnNisa 4:19 Husband should treat Wife with Kindness - If you dislike one thing in your spouse, there may be many other good things Allah has placed in her

O those who believe, it is not lawful for you to inherit women by compulsion (against their will). And do not put constraint upon them that you may take away a part of that which you have given them, unless they commit open lewdness (sexual misconduct). And live with them in kindness. For if you dislike them, it may be that you dislike a thing and Allah has placed therein much good.

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا يَحِلُّ لَكُمْ أَنْ تَرِثُوا النِّسَاءَ كَرِهًا وَلَا تَعْضَلُوهُنَّ لِتَذْهَبُوا بِبَعْضِ مَا آتَيْتُمُوهُنَّ إِلَّا أَنْ يَأْتِيَنَّ بِفَاحِشَةٍ مُّبِينَةٍ وَ عَاشِرُوهُنَّ بِالْمَعْرُوفِ فَإِنْ كَرِهْتُمُوهُنَّ فَعَسَى أَنْ تَكْرَهُوا شَيْئًا وَ يُجْعَلَ اللَّهُ فِيهِ خَيْرًا كَثِيرًا

### AnNisa 4:7 Husband and Wife have Rights to keep their Inheritance

For men is a share of what the parents and close relatives leave, and for women is a share of what the parents and close relatives leave, of that, be it small or large, a share ordained (by Allah).

لِّلرِّجَالِ نَصِيبٌ مِّمَّا تَرَكَ الْوَالِدَانِ وَ الْآقْرَبُونَ وَ لِّلنِّسَاءِ نَصِيبٌ مِّمَّا تَرَكَ الْوَالِدَانِ وَ الْآقْرَبُونَ مِمَّا قَلَّ مِنْهُ أَوْ كَثُرَ نَصِيبًا مَّفْرُوضًا

## Facts

**1 in 4** women in the US are victims of domestic violence. Domestic violence transcends race, religion, and nationality.

**53%** of American Muslims report experiencing family or relationship related violence in their lifetime. This could include emotional abuse, verbal abuse, physical abuse, sexual abuse, and financial abuse.

**31%** of American Muslims report experiencing abuse in an intimate partner relationship.

**66%** of American Muslims report knowing someone who was a victim of abuse.

## Domestic Violence is a form of Oppression

Domestic violence is when one person in the relationship tries to control another person or exert power by using one of many control tactics or forms of abuse.

### Types of Abuse

**Verbal:** name calling, insults.

**Psychological:** isolation, intimidation, threats (to divorce, to ruin reputation, to hurt family members, to deport, etc.), with holding affection.

**Physical:** pushing, hitting, pulling hair, throwing objects, destroying property

**Sexual:** forced or prohibited sexual activity, including forcing to watch pornography.

**Financial:** depriving financial access, using financial dependency to instill guilt.

**Spiritual:** misusing Qur'an/hadith to control behavior, interfering with religious practice, preventing access to learn about Islam, etc.

### Impact of Abuse

**Physical:** Survivor of abuse may sustain serious physical injuries (e.g. fractures, bruises, miscarriage, and in severe cases, death) and chronic health conditions due to the stress caused by abuse.

**Mental:** Survivor of abuse lives in a state of anxiety or fear, not knowing when the next attack will come. Depression and PTSD are also common.

**Spiritual:** Survivor may feel abandoned by their religious community and God, leading them to question or doubt their faith.

### Negative Impact on Children

Children who witness abuse have the same symptoms as children who are abused themselves.

Children who witness abuse are more likely to have emotional, physical and relational problems including behavioral and academic difficulties, engaging in risky behaviors, and feeling shameful and responsible for the abuse.



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