

REPRESENTATION OF ISSUES OF ISLAMIC RELIGION AND LIFESTYLE

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Annotation: The article talks about the incomparable role of national values, especially the Holy Qur'an and Hadiths, in educating young people towards perfection, in creating a healthy social environment in their mind and thinking. It is shown that living and working on the basis of mutual relations, humanity, love, friendship, solidarity, and harmony between people depends on intellectual and moral education in many ways.

Key words: Holy Qur'an and Hadith, Imam al-Bukhari, Imam Tirmidhi, Khoja Bahauddin Naqshband, Khoja Ahmed Yassavi, Al-Khorazmi, Abu Rayhan Beruni, Abu Ali Ibn Sina, Amir Temur, Mirza Ulughbek, Zahiriddin Muhammad Babur, five main duties, moral perfection, perfect human being.

The mature generation plays a major role in building a legal democratic state and civil society in our country. Restoring and honoring national values is an important process in educating young people, who are the foundation of our future, and in creating a healthy social environment. After all, the social environment serves as the main factor for the formation of a person as a person during his activity. It affects the renewal of human consciousness, thinking, spiritual and moral maturity. The role of the Holy Qur'an and Hadith is extremely important in this.

In addition to religious views, especially Islamic values, scientific and philosophical approaches were simultaneously formed in youth education. In these national philosophical views, an attempt was made to apply the problems related to the individual and society to the reality of life, relying on the evidence of science about the essence of social existence, the foundations of logical thinking, and the experience of natural and scientific knowledge. The service of scientists and thinkers who have grown up in our country is of special importance. In the history of Central Asia, there have been many great figures who combined political intelligence with

spiritual courage, religious worldview and encyclopedic knowledge. In particular, Imam al-Bukhari, Imam Tirmizi, Khwaja Bahauddin Naqshband, Khwaja Ahmed Yassavi, Al-Khorazmi, Abu Rayhan Beruni, Abu Ali Ibn Sina, Amir Temur, Mirza Ulughbek, Zahiruddin Muhammad Babur and many other great ancestors of our national They made a great contribution to the development of our culture and became the national pride of our people. Their names and contributions to the development of world civilization are now known to the whole world.

These works, which are considered priceless masterpieces of Islamic culture, are highly valued and important for the growing young generation not only for their physical health, but also for their spiritual and moral maturity. They encourage a person to do good and noble deeds and order to abandon bad habits. Islamic education plays an important role in building an independent family, honoring man's duty to parents, spouse and children, as well as improving human spirituality and enlightenment. Living and working on the basis of mutual relations, humaneness, love, friendship, solidarity, and harmony between people depends in many ways on mental and moral education. He pays particular attention to the issues of courage, bravery, endurance, and strength. Mentally and physically strong, intellectually mature, morally sound people are formed into people-loving people who can protect their country and Motherland from enemies.

In the "Seventh Chapter" of the Surah "Ali Imran" of the Qur'an: "O believers, know yourselves! (i.e. avoid sins!) As long as you follow the right path, those who have gone astray will not be able to harm you, and all of you will return to Allah. That's when Allah will inform you of your deeds." It can be understood from this surah that it is the duty of humanity to protect oneself from evil vices such as greed, evil, lust, and indulgence in the world of wealth and to live only with human virtues.

It is known that the basis of the Islamic religion is the fulfillment of its five main duties. These are acts of faith (faith and loyalty), prayer, fasting, zakat, and pilgrimage.

Islam means believing that Allah is the only one, obeying Him and being devoted to Him with all one's heart, and believing in the religious faith commanded by Allah.

According to the requirements for praying:

The water used for ablution should be clean and halal,

The place of prayer should be clean and pure.

The community is clean - the clothes are clean,

Intention, that is, knowing which prayer you are praying,

Timing - performing each prayer on time.

Ghusl (ablution). The condition of ghusl is to wash the mouth, nose and water all over the body, wash the hands, wash the areas that have been dirty, wash the feet, face, neck, ears, hands up to the elbows, 5 times a day. including washing before prayer. Observing the spread of certain diseases among those who regularly pray and those who do not pray, it is known that: rectal perforation, paroproctitis and other purulent diseases are almost never found in those who pray, and they also have Intestinal prolapse, complications are rare; Defecation biorhythm will be preserved.

In addition, prayer students perform conditional actions 5 times a day: turn their heads to the left and right, raise their hands, bend down, kneel, and perform similar actions. As a result, a number of diseases that occur in the elderly - osteochondrosis of the neck and joint diseases - are less common in the elderly who study namaz. In addition, praying usually has a positive effect on a person's mental and nervous system. A person feels refreshed all day.

Fasting has a positive effect on the course of a number of diseases, has a therapeutic effect on obesity, cardiovascular diseases, atherosclerosis, gout, and the like, and relieves a person of excessive burden. Therefore, in recent times, starvation treatment is widely used. It is clear to everyone that freedom is one of the main conditions of health.

The Prophet, peace be upon him, said, "Cleanliness is from faith," that is, cleanliness is a part of faith, and Islam calls people to public cleanliness. A person's body, clothes, standing and sitting place, and everything that belongs to him should be neat. Wudu is obligatory before all prayers, and so is ablution.

In the Holy Qur'an, Surah Ma'ida, verses 90-91, Allah explains the prohibition of alcohol and gambling and says: "O you who believe, alcohol, gambling, idolatry and

fortune-telling are unclean things and are the work of Satan. Avoid these things, you will be saved.

Shaytan wants to create enmity and hatred between you through alcohol and gambling. And he will try to block you from the remembrance of Allah and prayer." God says gambling with vodka is a dirty thing, one of the works of Satan. Because many evils and corruptions come from these two things. It is impossible to list the harms of vodka. Vodka makes the person who drinks it without conscience and without shame. Because of this, many families are broken, riots, murders and similar crimes are often caused by vodka. Friends become enemies because of vodka. Vodka prevents a person from remembering God and praying. Because a drunk person has no sense, how can a stupid person pray? Prayer depends on the mind. It is necessary for our youth to know that Islam made it forbidden for Muslims 15 centuries ago in order to protect a person from the many negative habits caused by the consumption of vodka.

Islam, first of all, calls a person to spiritual and physical purity. No other religion, system or philosophy in the world has raised cleanliness and tidiness to such a high level. Because if there is no purity, the servant's prayer will not be accepted. In order for all prayers to be accepted in Islam, the servant's heart and intention must be pure. In addition, in order for prayers to be accepted, a person's whole body, clothes, and even the place of worship must be clean, free of various large and small impurities and impurities. In our religion, special attention is paid to people being clean and pure in all spheres. The reason is that impurity and vice do not come from a pure person, purity is a reflection of good humanity. If a person observes cleanliness, follows our manners in this regard, he will achieve the highest level of beauty and health. Allah has mentioned in several places that he loves his pure servants. Including: that is: "There are people in it who like to be purified." And Allah loves those who purify themselves" (Tawba, 108). In this verse, Allah praises purity and pure people. It is mentioned that pure people grow well, and this shows how much attention we should pay to purity. We can know the greatness of the level of cleanliness and tidiness from the Hadith Sharif. that is, on the authority of Amir ibn

Sa'd ibn Abu Waqqas, and he narrates on the authority of his father: "The Prophet, may God's prayers and peace be upon him, said: "Indeed, Allah is gentle, loves gentleness, is pure, loves purity, is kind, loves kindness, is very generous. loves extreme generosity" (Tirmidhi, Bazzar and Abu Ya'la's narration). In another hadith, it says: "Purity calls a person to faith. And faith is with its owner in heaven" (Tabarani's narration), it is said. In fact, every person's heart should be pure. Because the body is the king of the human body, and the remaining organs follow it. Imam al-Ghazali (r.a.) said: "A person should avoid external impurities and keep his inner self clean. Because inner vices lead a person not only to destruction in this world, but also to suffering in the hereafter. A soul seeking purity is like a heaven, a place where angels sleep. What a day angels will find in a soul contaminated with diseases such as malice, envy, arrogance, malice, and anger! Allah, the Exalted, says: "Purify your clothes" (Muddassir, 4). A believer must keep his clothes clean and neat. In addition, keep the surroundings clean and tidy. Because clothing is also considered to be a human adornment. When we came into the world, all the conditions for our life were ready. Allah is the one who made the earth under our feet and decorated it with various flowers. is exalted. Around us, we are happy to see various fruit and ornamental trees blooming in the beauty of the world. If we protect our environment from various harmful things and pollution, we protect our body and mind. Also, keeping the soil, water, air and other things clean, not polluting them, and avoiding things that are harmful to health are the orders of our Sharia. It is a pity that some people who meet in the provinces are on the side of the road, in front of people, without seeking shelter. The Messenger of God, peace and blessings of God be upon him, said: "Beware of three curses: defecating in water bodies, in the middle of the road, and in places where people are cooling off." they warned against release". This hadeeth emphasizes once again the importance of taking care of water bodies, the streets and roads used by people, and cool shady places.

In addition, we must observe cleanliness in public places, educational institutions, subways, buses, and cars used by the general public. We should not pollute them by throwing pistachio nuts and household waste. Let's never forget to observe the

manners of cleanliness and purity at all times and everywhere, because it is not for nothing that it is said that purity comes from faith.

It is known that today in our country, the cities of every province are becoming prosperous day by day. Allah Almighty created this world full of infinite wisdom. All creations created for humans are evidence of the existence of God. Also, the renewal of nature and landscapes around us are the proofs of Allah the Exalted.

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