

PROGRESSIVE ISLAM IN PRACTICE



FAMILY PLANNING IN ISLAM

PART I

@MPVUSA | #ISLAMISJUSTICE



WHAT IS FAMILY PLANNING?

The ability and right of individuals and couples to plan and attain their desired number of children and the spacing and timing of their births.



WHAT DOES THE QUR'AN SAY ABOUT FAMILY PLANNING?

- **The Qur'an does not specifically mention family planning.**
- **Without the direct mention of a subject, we can therefore make assumptions based on analogies or similarities within the text.**
- **Breastfeeding infants as method of birth spacing is mentioned 14 times in the Qur'an (31:14 | 2:233 | 46:15).**
- **The Qur'an's mention of breastfeeding an infant for two years (or 33 months including pregnancy and breast feeding) indicates the approval and acceptability of birth spacing and therefore family planning to ensure the health of both the mother and the infant.**



“

And we have enjoined on man (to be dutiful and good) to his parent. His mother bore him in weakness and hardship, and his weaning is in two years.

Qur'an (31:14)

”

WHAT DID PROPHET MUHAMMAD (PBUH) SAY ABOUT FAMILY PLANNING?

- According to the Hadith, the companions of Prophet Muhammad (PBUH) practiced "azl", nowadays referred to as "the pull out method", as a means of birth control.
- When the companions approached him about the acceptability of this practice, he gave his approval, solidifying the practice of birth control and family planning in the Sunnah.

"If God wanted to create something, no one could avert it."

PROPHET MUHAMMAD
(AL-'AMILI, 1700)



“

The most gruelling
trial is to have plenty
of children with no
adequate means.

Prophet Muhammad
(Al-Bukhari, 846)

”

QUALITY OF LIFE VERSUS QUANTITY OF LIVES

- **Islamic Jurisprudence, in both the Qur'an and Hadith, consistently elevates the quality of life of an individual over the quantity of individuals in the Muslim community and in a Muslim family.**
- **The Qur'an specifically states that God does not wish to burden Muslims with the notion that the size of a Muslim family is more important than the health and wellbeing of the individuals.**

“No soul should be compelled beyond capacity, neither the mother made to suffer for the child nor the father for his offspring...”

AL-BAQARA 2:233



THE ROLE OF MARRIAGE IN FAMILY PLANNING

- In the Muslim world today, far too many scholars cite Qur'an 16:72 to justify procreation as the principal purpose of marriage.
- However, the Qur'an, and other Islamic teachings, are explicit in declaring that the purpose of marriage is not simply procreation but rather a way to achieve tranquility and a source of love and mercy for both partners (Qur'an 7:189 | Qur'an 30:21).
- Moreover, the teachings of the Qur'an states that the purpose of sex is not for procreation, but rather it acts as a source of enjoyment that supports the tranquility of both partners.



“

At MPV, we believe that Muslim children, and all children, have the right to be born into a family that is prepared to welcome them with love and stability and ready to protect them from future instability and insecurity.

”

REFERENCES

- **Islam and Family Planning by Farzaneh Roudi-Fahimi**
- **Islam and Family Planning: An Interview with Professor Ahmed Ragaa Abdel Hameed Ragab, MD, Ph.D from Faith to Action Network**
- **Islam Does Not Oppose Family Planning from Outlook**
- **Islamic Precepts and Family Planning: The Perceptions Of Jordanian Religious Leaders and Their Constituents by Carol Underwood**
- **Birth Spacing in Islam from Group Development Pakistan**
- **Islamic Support for Family Planning from KMYDO**
- **Program of Action Adopted at the International Conference on Population and Development, Cairo, 5-13 September 1994 from the United Nations**
- **United Nations World Population Policies**
- **Women and Gender in Islam: Historical Roots of a Modern Debate by Leila Ahmed**
- **Islam, Women and Family Planning: A Primer by Heather D. Boonstra**
- **Historical review about contraception in Islam by A H Shaaban**