the sky a canopy, and Who formed you in perfected shape, providing you with all the best in creation.

This is God, Your Lord, the Giver of Blessings, Lord of all worlds! God is the Ever-Living, there is no other god but He. So call on your Lord and worship with sincere faith. All Praise be to God, Lord of the worlds.

40:59-65

October 19

[O Muhammad] Say to the nonbelievers, 'I have been forbidden to worship those whom you revere apart from God, because of what has been clearly revealed to me. For I was commanded to submit wholly in Islam, to the Lord of the worlds.'

God created you first of dust, then from a few clustered cells which grew into a fetus clinging inside the womb. Then you were brought forth from your mother as a baby. You have grown to full strength of maturity and then you will age, and even though some are fated to die young, all people reach their ordained life's term.