5 Things Prophet ﷺ Taught Us About Protecting the Environment

1. Conserve our resources as much as possible

Conservation of resources is an important practice to ensure the resources that we still have can be kept available and have much use for them for as long as possible. As the population of the world increases day by day, so does the consumption of the natural resources that we have. It is a natural increase but a necessary attempt to decrease its effects for the long term.

2. Practise sustainable consumption whenever possible

Surely most of us have heard of the 3R's; Reduce, Reuse, Recycle. Through this framework, we are reminded to use only what we need, re-use things for the same or new purpose and convert waste into useful products. The Prophet s.a.w. himself practised these sustainable approaches during his lifetime.

3. Plant trees as a means of good deeds

Trees and plants, in general, are seen in many areas of a country and also across many parts of the world. Trees are known to improve the quality of the air as well as water by absorbing pollutants, releasing oxygen, and reducing ozone levels and depletion. It also helps to reduce the temperature of the atmosphere by transpiring and providing shade for humans and animals alike.

4. Care for the animals and the rest of Allah s.w.t.’s creations

Amongst the important components and residents of the Earth, apart from humankind, are animals. All animals in nature have important roles to play in the ecosystem. They coexist and balance each other out to reduce negative impacts on the environment and unknowingly address issues of pollution, global warming and disturbances that cause a drastic change in ecosystems.
5. Keep the environment clean and safe

In the pursuit of preserving the environment and fulfilling our obligations as vicegerents on Earth, keeping the environment clean and safe is part of the duty. Also known as environmental hygiene, it is an essential part of infection prevention and control, maintaining the emotional and mental stability of the inhabitants as well as our overall wellbeing and promotes higher productivity across many levels of the ecosystems.