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Allah for Muslims is "Most Gracious, Most Merciful" and for ~~him~~ God to give the answers muslims must fully submit to the will of Allah. This provides adherents with meaning and purpose for such questions as human existence. It is through submitting to Allah adherents have a guideline on how to live there life which comes from sacred texts such as the Quran. The Quran is the most important book for Muslims because it is the final word of Allah. Some examples of where Muslims "turn for help" is through ethics and religious practices which help adherents in answering questions such as "human existence".