

FARRAKHAN



**The Light is Fading: By The Star When It Sets!**

## **STUDY GUIDE**

**LECTURE: THE LIGHT IS FADING:  
BY THE STAR WHEN IT SETS!**

**DELIVERED:  
SUNDAY JANUARY 18 2026**

**KEYNOTE:  
REGIONAL STUDENT MINISTER  
RODNEY MUHAMMAD**

## SUMMARY

This lecture features a powerful three-part presentation focused on spiritual alignment, the "Divine Line" of leadership, and the physical/mental preservation of the human family.

**Student In The Ministry Joseph Muhammad Topic: Spiritual Batteries & The Dark Hour** Brother Joseph opens the meeting by identifying the current era as a "dark hour" where the "War of Armageddon" has already begun.,

He compares the believer's spirit to a battery and the world to metal that drains energy, emphasizing that the mosque serves as a necessary "recharging station" to rejuvenate the spirit. He stresses the importance of truthfulness in these fragile times, noting that "you can lose your life just on not being truthful".

**Student In The Ministry Tuere Muhammad Topic: Food as Medicine & Government Admissions** Sister Tuere delivers an eye-opening report on the 2025–2030 USDA Dietary Guidelines, released in January 2026, where the government finally admits the 1992 "food pyramid" was a mistake that prioritized processed foods,. She contrasts modern sickness—noting that 90% of U.S. healthcare spending treats diet-related chronic disease—with the divine dietary laws of the Most Honorable Elijah Muhammad.

- The Navy Bean: A superfood capable of extending lifespan.
- The "No" List: Why we must avoid nuts (which take 5 years off your life per sitting) and soy (a hormone disruptor).
- Mental Digestion: How wrong thoughts wreak havoc on the body even when eating the right food.

**Student Regional Minister Rodney Muhammad Topic: The Great Spiritual Jailbreak & Breaking Gravity** In the keynote address, Minister Rodney compares the believer's condition to the movie The Great Escape, urging us to use the tools we have (our "spoons") to dig our way out of spiritual captivity.

He tackles the modern crisis of "change overload" and AI, explaining that human knowledge is doubling every 2–3 years, causing mass confusion and a loss of human connection.,

- The Wobble: Using the Earth's 23.5-degree tilt as an analogy, he explains that while our nature may have a "wobble," we can still walk a straight path if we are angled properly toward the light of God.,
- Your Orbit: A warning that if God is not the center of your life, your "orbit" will produce a crooked range of actions.,
- Breaking Gravity: The lecture concludes with a powerful metaphor comparing spiritual elevation to a rocket launch: just as a rocket sheds parts to break the law of gravity, we must let go of certain people and habits to reach our new destination.

## STUDENT IN THE MINISTRY JOSEPH MUHAMMAD

**Question 1: Who does Joseph Muhammad identify as the "embodiment" of Master Fard Muhammad and the Honorable Elijah Muhammad?** He identifies the Honorable Minister Louis Farrakhan as the embodiment of them both, stating that if you study his work rather than just his physical features, you can see every prophet in scripture and both predecessors within him 2.

**Question 2: How is the "heart" defined in the context of the scripture "Blessed are the pure in heart"?**

The heart is defined not merely as the physical organ but as the center of thoughts, emotion, and willpower, based on the principle that "as a man thinketh in his heart, so is he" 3, 4.

**Question 3: Why is "struggle" considered necessary for the believer?**

Struggle is necessary because no life form comes into existence without it; God has ordained struggle so that believers are forced to turn to Him for help, allowing them to manifest the gifts deposited within them 5, 6.

**Question 4: What is the specific vibrational frequency of prayer mention in the lecture?**

Prayer is described as having a frequency of 963 Hz, which allows the believer to connect with divine universal frequencies and become energized 7, 8.

**Question 5: What are the primary causes of the "chemical imbalance" or mental illness affecting people today?**

Joseph Muhammad attributes these imbalances to what people are eating, drinking, and breathing, as well as internal factors like "evil suggestion" and the stress of the current world 9, 10.

**Question 6: How does he describe *The Final Call* newspaper?**

He calls it the "most powerful paper on the planet" because it contains the Word of God (Allah) and serves as a guiding force that should be kept in the home 11, 12.

**Question 7: What does the speaker warn believers to seek refuge from, citing Surah 113?**

He warns believers to seek refuge from the "evil of intense darkness when it comes" and from the "evil of those who cast evil suggestion in firm resolution" 13.

## **STUDENT IN THE MINISTRY TUERE MUHAMMAD**

**Question 1: What admission did the 2025–2030 USDA Dietary Guidelines make regarding the 1992 Food Pyramid?**

The government admitted that the 1992 Food Pyramid was a mistake that misled the public for decades by prioritizing grains and carbohydrates, and they are now calling out the dangers of highly processed foods 14, 15.

**Question 2: How does the U.S. life expectancy compare to other industrialized nations?**

The U.S. has the lowest life expectancy among its peers, sitting 3.6 years below the average, despite spending more than twice as much on healthcare 16.

**Question 3: What is the historical origin of the "three meals a day" standard?**

The three-meal standard originated during the Industrial Revolution in the 1800s to accommodate factory labor schedules, which was then reinforced by institutions like the military and schools 17, 18.

**Question 4: According to the Honorable Elijah Muhammad, what health issues are caused by "fast eating"?**

Hastening meals down the throat without proper chewing places excessive labor on the digestive mechanics, leading to sores, ulcers, and cancer in the stomach 19.

**Question 5: What warning did the Honorable Elijah Muhammad give regarding television and screen time?**

In 1965, he warned that gazing into TV sets for long periods at close range could produce cancer in the body, a warning Tuere Muhammad connects to modern issues with high screen time 20.

#### **Question 6: How does "mental food" affect the individual?**

Just as processed food damages the body, consuming negative content such as gossip, violence, and slander damages the mind, leaving a person with no positive thoughts to rely on during difficult times 21.

#### **Question 7: Which specific foods does she highlight as beneficial versus harmful based on the teachings?**

She highlights the Navy bean as a superfood capable of extending life, while warning against nuts (which take five years off life per sitting) and soy (described as a hormone disruptor for cattle) 22, 23.

## **STUDENT REGIONAL MINISTER RODNEY MUHAMMAD**

#### **Question 1: What is the relationship between "strong men" and the "easy life"?**

Strong men build institutions and create an environment of ease, but this easy environment often causes the next generation of men to grow weaker because they do not have to struggle 24.

#### **Question 2: What is the "Flashlight Analogy" used to describe the difficulty of the faith today?**

Minister Rodney explains that the light was strongest near the source (when the Honorable Elijah Muhammad was physically present), but as time moves on and we get further from that immediate presence, living the life becomes more difficult 25, 26.

#### **Question 3: What is the significance of the discovery of the planet Pluto?**

Pluto rolled out of the darkness in 1930, which corresponds exactly to the year Master Fard Muhammad made Himself known; just as Pluto was frozen in darkness, the Black man was spiritually dead before His arrival 27, 28, 29.

#### **Question 4: How is an "orbit" defined in the context of human behavior?**

An orbit is defined as the course of one's life or the range of one's activities; you can determine what is at the "center" of a person's life by observing their range of actions 30, 31.

#### **Question 5: How does the brain function as a "drug store"? The brain creates chemicals to heal the body and maintain balance, but entertaining falsehood or deception produces a spiritual and chemical imbalance that leads to dysfunction 32, 33.**

#### **Question 6: What example is used to show how adults damage their brains with deception?**

The example of the Santa Claus lie is used; parents lie to their children and continue the lie even as adults, which damages the brain's ability to function truthfully and think straight 34, 35.

#### **Question 7: What contrast does he draw between public schools and the charter school he visited?**

He notes that while 50% of Black children in Philadelphia public schools cannot read, students at Veronica Joyner's charter school are excelling in grammar and math because God and prayer are present in the charter school 36, 37, 38.

#### **Question 8: What correction did the Honorable Elijah Muhammad make regarding the "Key"?**

Minister Farrakhan originally thought Elijah Muhammad said "I *laid* the key" (past tense), but he was corrected to "I will *lay* the key on this man," indicating a future station and operation 39.

**Question 9: Why are many wealthy Black couples described as unhappy?**

They are unhappy because they have made a secondary need (such as a spouse or money) their primary source; the primary need for every human is God, and without Him at the center, relationships are unbalanced 40, 41.

**Question 10: What historical lesson is drawn from the Chinese and Mau Mau revolutions?**

These examples show that God can stir the hearts of an oppressed people—who were once underestimated or "doped up"—to suddenly rise and overthrow their colonial masters 42, 43.

**Question 11: What is the "90 Day Challenge" issued to the audience?**

Minister Rodney challenges the audience to follow the Nation's "treatment plan" (program) for 90 days, asserting that it is impossible to be exposed to this teaching for that long without being changed or healed 44.

**Question 12: What does the "folding up of the sun" represent in this lecture?**

While it refers to the solar eclipse or the sun ceasing to give light, the Honorable Elijah Muhammad taught that it represents the destruction of the present system and the establishment of a new order 45.