

Instructions for Use

- **Preparation:** Read the accompanying PDF, A Journey Through Surah Qaf, in advance to ensure smooth delivery.
- **Recitation:** Recite the passage aloud and encourage attendees to repeat after you. Begin the session with the passage from Part 1 and recite the passage from Part 2 in the middle of the session.
- **Session Structure:** Each session is divided into two parts with a short break in between.
- **Reflection & Discussion:** Dedicate the recommended time to reflection and discussion questions—this is essential for fostering a culture of tadabbur (deep contemplation).
- **Timings:** Suggested timings for each slide are provided in the slide descriptions for guidance.
- **Engagement:** Display the starter question as attendees arrive and settle in.
- **Memorisation:** Encourage all attendees to memorise both the Arabic and English translations of the verses.

Starter



On your walk, what thoughts did you have of Allah?



JOURNEY THROUGH LIFE

Surah Qāf: Session 2

Du'ā for opening of the heart

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

اللَّهُمَّ إِنِّي عَبْدُكَ ، وَابْنُ عَبْدِكَ ، وَابْنُ أَمَتِكَ ، نَاصِيَتِي بِيَدِكَ ، مَا ضِ فِي حُكْمِكَ ، عَدْلٌ فِي
قَضَاؤِكَ ، أَسْأَلُكَ بِكُلِّ اسْمٍ هُوَ لَكَ ، سَمَّيْتَ بِهِ نَفْسَكَ ، أَوْ عَلَّمْتَهُ أَحَدًا مِّنْ خَلْقِكَ ، أَوْ
أَنْزَلْتَهُ فِي كِتَابِكَ ، أَوْ اسْتَأْثَرْتَ بِهِ فِي عِلْمِ الْغَيْبِ عِنْدَكَ ، أَنْ تَجْعَلَ الْقُرْآنَ رِبْعَ قَلْبِي ، وَنُورَ
صَدْرِي ، وَجَلَاءَ حُزْنِي ، وَذَهَابَ هَمِّي

O Allah, I am Your servant and the son of Your male servant and the son of Your female servant. My forehead is in Your Hand (i.e. you have control over me). I am subject to Your judgement and Your decree concerning me is just. I ask You – by every name that is Yours, by which You have named Yourself, or taught any one of Your creation, or revealed in Your Book, or kept unto Yourself in the knowledge of the unseen that is with You – to make the Qur'an the spring of my heart, the light of my chest, the banisher of my grief and the reliever of my anxiety.

Learning Objectives

- 01 Reflect on the impact of being aware of Allah's closeness to us
- 02 Practise taking an 'audit' of your actions
- 03 Explore the characteristics of the People of Hell and develop strategies to avoid them
- 04 Read and reflect upon verses 15-29 of Surah Qāf

The 4 Stages of Life

1. On the ground
2. Under the ground
3. The Day of Judgement
4. The eternal abode: Paradise or Hell-Fire



The first, shortest and most important stage is on the ground.

Our status in all of the other stages is dependent on how we behave in the first stage of life.

Allah's Might

أَفَعَيَّنَا بِالْخَلْقِ الْأَوَّلِ بَلْ هُمْ فِي لَبْسٍ مِّنْ
خَلْقٍ جَدِيدٍ

15. Were We incapable of creating 'them' the first time? In fact, they are in doubt about 'their' re-creation.

لَبْسٍ - confusion.

يَلْبَسُ means to mix something; confusion arises when things are mixed up and are unclear.



Reflect

Is it easier to create something from scratch or to re-create something?

The Human Being

وَلَقَدْ خَلَقْنَا الْإِنْسَانَ وَنَعْلَمُ مَا تُوَسْوِسُ
بِهِ نَفْسُهُ، وَنَحْنُ أَقْرَبُ إِلَيْهِ مِنْ حَبْلِ الْوَرِيدِ

16. Indeed, 'it is' We 'Who' created humankind and 'fully' know what their souls whisper to them, and We are closer to them than 'their' jugular vein.

The biggest proof of Allah's existence, power and might: creation of the human being



Discuss

Share one amazing fact you know about the human being with the person next to you.

Every Little Secret

وَلَقَدْ خَلَقْنَا الْإِنْسَانَ وَنَعْلَمُ مَا تُوَسْوِسُ
بِهِ نَفْسُهُ، وَنَحْنُ أَقْرَبُ إِلَيْهِ مِنْ حَبْلِ
الْوَرِيدِ

16. Indeed, 'it is' We 'Who' created humankind and 'fully' know what their souls whisper to them, and We are closer to them than 'their' jugular vein.

- Verse 4 mentions the grand things Allah knows; now He mentions the minutiae = absolute knowledge
- We would not dare say a single word that does not please Allah. We wouldn't even dwell on a bad thought = Taqwa
- He doesn't record our thoughts out of His mercy (verse 18)

Closer than we think

وَلَقَدْ خَلَقْنَا الْإِنْسَانَ وَنَعْلَمُ مَا تُوَسْوِسُ
بِهِ نَفْسُهُ، وَنَحْنُ أَقْرَبُ إِلَيْهِ مِنْ حَبْلِ
الْوَرِيدِ

16. Indeed, "it is" We "Who" created humankind and "fully" know what their souls whisper to them, and We are closer to them than "their" jugular vein.

Just as the jugular vein is close yet can go unnoticed, Allah's presence is near even if not always perceived.



Reflect

How does this verse make you feel?

**“In this verse, there is awe,
dread, and fear for one group;
and comfort, solace, and peace
of heart for another group.”**

Imam Qushayrī

The Two Angels

إِذْ يَتَلَقَى الْمُتَلَقِيَانِ عَنِ الْيَمِينِ وَعَنِ
الشَّمَالِ قَعِيدٌ

17. As the two recording-angels—‘one’ sitting to the right, and ‘the other to’ the left—note ‘everything’

The Prophet ﷺ said, “The scribe (angel) on the left delays registering the sin of a Muslim for six hours. If he repents (within these six hours), and seeks Allah’s forgiveness, they drop it off. If he doesn’t, they write it down as a single sin” (Ṭabarānī).

Every Utterance

مَا يَلْفِظُ مِنْ قَوْلٍ إِلَّا لَدَيْهِ رَقِيبٌ عَتِيدٌ

18. not a word does a person utter without having a 'vigilant' observer ready 'to write it down'.

Watching carefully

رَقِيبٌ

Writing everything

diligently

عَتِيدٌ



Reflect

Why is the recording of **'uttering'/speech** emphasised here in this verse?

Daily Audit Challenge



Think of the last 24 hours and write down the good and bad things you said.

Positive/kind things I said/did in the last 24 hours

Negative/hurtful things I said/did in the last 24 hours

Death & Resurrection

The Only Guarantee

وَجَاءَتْ سَكْرَةُ الْمَوْتِ بِالْحَقِّ ذُلِكَ مَا
كُنْتَ مِنْهُ تَحِيدُ

19. "Ultimately," with the throes of death will come the truth. This is what you were trying to escape!

Death brings an overwhelming, almost drunken state. Even the Prophet ﷺ felt its intensity.

سَكْرَةُ الْمَوْتِ

At the moment of death, reality becomes clear—there is no denial.

بِالْحَقِّ

We all know death is certain, yet delay preparing for it.

تَحِيدُ

The Trumpet

وَنُفِخَ فِي الصُّورِ ذَٰلِكَ يَوْمَ الْوَعِيدِ

20. And the Trumpet will be blown.
This is the Day 'you were' warned of.



Loud sounds are used for important announcements

The angel has already placed the trumpet on his lips, awaiting the command to blow.



Write

If you knew the trumpet was going to be blown tomorrow, how would you spend your day today?

The Companions

وَجَاءَتْ كُلُّ نَفْسٍ مَّعَهَا سَائِقٌ وَشَهِيدٌ

21. Each soul will come forth with an angel to drive it and another to testify.

- سَائِقٌ - Someone who drives/pushes forward.
- شَهِيدٌ - One to bear witness for or against the person.
- In a court, the police arrive with the criminal.

The Truth is Now Clear

لَقَدْ كُنْتَ فِي غَفْلَةٍ مِّنْ هَذَا فَكَشَفْنَا عَنْكَ
غِطَاءَكَ فَبَصَرُكَ الْيَوْمَ حَدِيدٌ

22. 'It will be said to the denier,' "You were totally heedless of this. Now We have lifted this veil of yours, so Today your sight is sharp!"

The veil of sleep that is lifted (resurrection); compared to the veil of heedlessness being lifted.

The Divine Court

A golden scale of justice and a wooden gavel are positioned on a dark wooden surface. The scale is ornate with intricate carvings and two pans hanging from a central beam. The gavel is dark wood with a silver band. The background is a dark, textured wall with vertical lines.

Session 2: Part 2

Secrets Unveiled

وَقَالَ قَرِينُهُ هَذَا مَا لَدَيَّ عَتِيدٌ

23. And one's accompanying-angel will say, "Here is the record ready with me."

- قَرِينٌ - Close companion, the one who is always with you.
- Witness statement in Divine court: many witnesses



Reflect

What sin is Allah concealing for you today?

How would you feel if it were to be unveiled?

Take a moment to sincerely repent and seek forgiveness.

The Verdict

أَلْقِيَا فِي جَهَنَّمَ كُلَّ كَفَّارٍ عَنِيدٍ

24. "It will be said to both angels," "Throw into Hell every stubborn disbeliever"

- Verses 24-26 reason for revelation: Walīd b. Mughīrah
- Strong verse; direct command
- كَفَّارٍ - exaggeration of Kāfir. Allah gave them chance upon chance, but they were extremely stubborn and denied the truth.



Reflect

Is there a truth you've been stubborn in accepting, even though deep down you know it's right?

Attributes of People of Hell

مَنَّاعٌ لِلْخَيْرِ مُعْتَدٍ مُّرِيبٍ

25. withholder of good,
transgressor, and doubter,

مَنَّاعٌ

Always prevented goodness for himself and others.

مُرِيبٌ

Aggressive and crossing
the boundaries.

مُعْتَدٌ

Doubter and spreading
doubts amongst others.



Discuss

How many attributes in total are there
across the two verses?

Cast Into the Fire

الَّذِي جَعَلَ مَعَ اللَّهِ إِلَهًا آخَرَ فَأَلْقِيَاهُ فِي
الْعَذَابِ الشَّدِيدِ

26. who set up another god with Allah. So cast them into the severe punishment.”



Discuss

How does this verse and the two verses prior make you feel?

Journalling Activity

Use the prompts below to help you think and journal

1. Stubbornness (Kaffār)

Is there a truth you've rejected, even though deep down you know it's right?

3. Transgression (Mu'tad)

Have you crossed boundaries in your behavior, spoken out of anger, or acted unjustly?

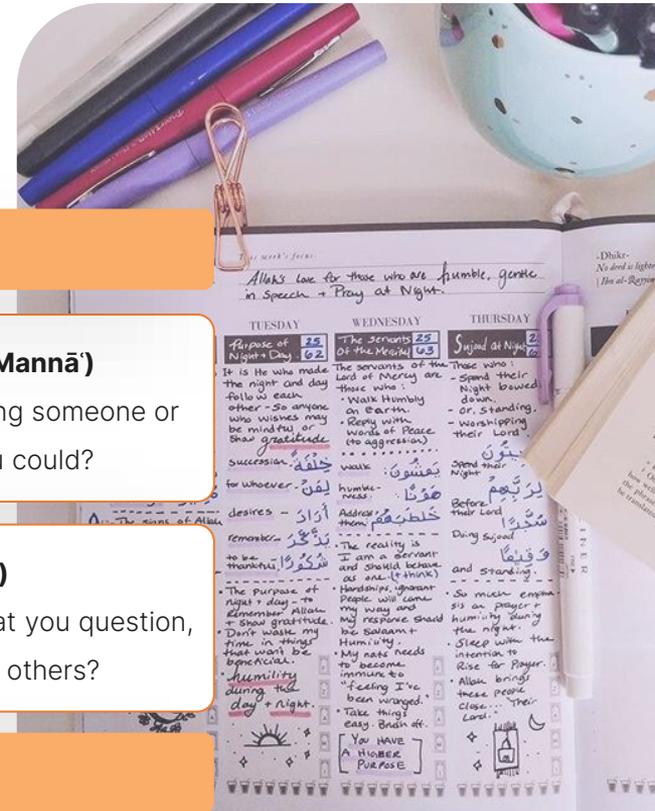
2. Withholding Good (Mannā)

Have you refrained from helping someone or giving charity when you could?

4. Doubt (Murīb)

Are there areas of your faith that you question, or have spread doubt in others?

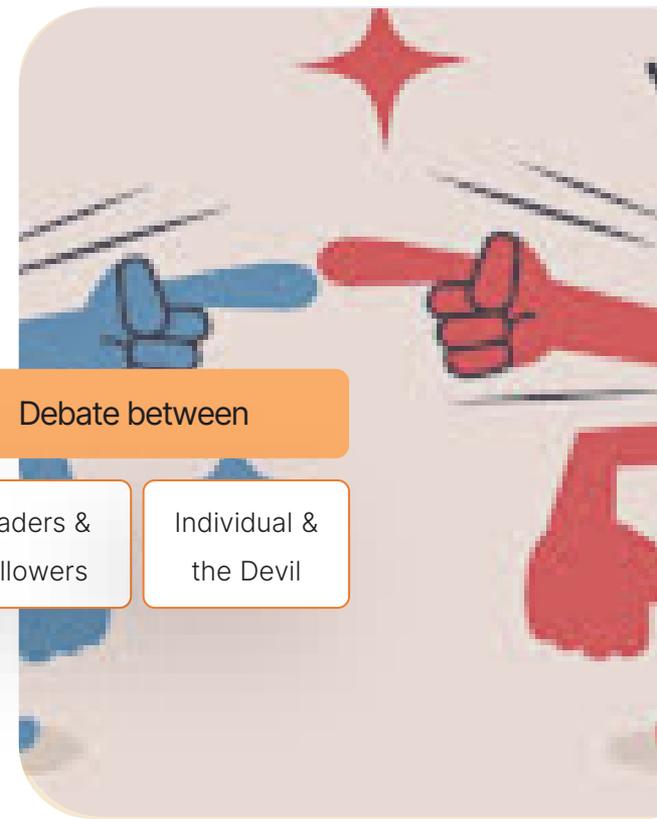
Seek forgiveness and ask Allah to remove these traits from you



The Debate

قَالَ قَرِينُهُ رَبَّنَا مَا أَطْغَيْتُهُمْ وَلَكِنَّ كَانِ فِي
ضَلَالٍ بَعِيدٍ

27. One's 'devilish' associate will say, "Our Lord! I did not make them transgress. Rather, they were far astray 'on their own'."



Debate between

Leaders &
Followers

Individual &
the Devil

It's Too Late

قَالَ لَا تَخْتَصِمُوا لَدَيَّ وَقَدْ قَدَّمْتُ إِلَيْكُمْ
بِالْوَعِيدِ

28. Allah will respond, "Do not dispute in My presence, since I had already given you a warning.

بِالْوَعِيدِ refers to:

- The Qur'ān;
- Messengers' bringing the message of warning to their people

The Verdict Is Final

مَا يُبَدَّلُ الْقَوْلُ لَدَيَّ وَمَا أَنَا بِظَلَمٍ لِلْعَبِيدِ

29. My Word cannot be changed, nor am I unjust to 'My' creation."

Allah is describing Himself in two ways in this verse:

- His **perfect knowledge** prevents any statement being altered in front of Him
- His **perfect justice and fairness** ensures that He never wrongs His servants.



Reflect

How does this verse make you feel?

Plenary

WRITE

What one specific action can you do to protect yourself from having the characteristics of the People of Hell.

You can use the journalling activity to help you.

Any reflections/questions?



Action to take away

For the next session...

Homework task

Spend 5 minutes every day doing a daily audit of your actions/words. Write down whether it is driving you closer to Paradise or the Hell-Fire.

Bring this with you next week.

Please also bring any artistic supplies with you next week for an activity.



Aim High!

Memorise verses 15-29