

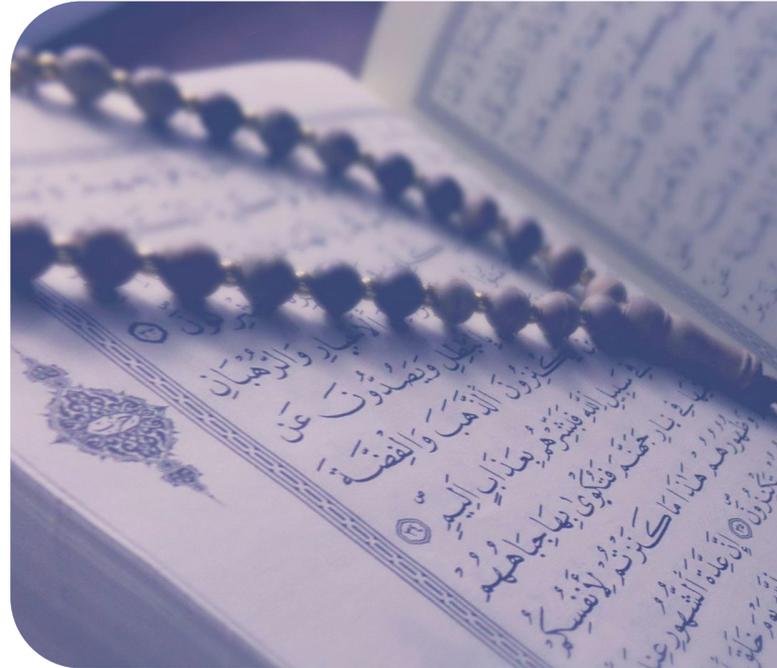
Instructions for Use

- **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



What does your current relationship with the Qur'ān look like?



TRUTH & DENIAL

Surah Qāf: Session 1

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 رَيْعَ 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 centrality of the Qur'ān in our lives
- 02 Explore the impact of belief in the hereafter on our lives
- 03 Reflect on the signs of Allah all around us
- 04 Read and reflect upon verses 1-14 of Surah Qāf

What You'll Need:

- An open mind and an attentive heart
- A pen and notebook to jot down your thoughts, reflections and inspiration
- Focus and attention
- To recite loudly along with the teacher to allow the words of the Qur'ān to penetrate your heart
- Curiosity and thirst for knowledge
- Sincere intention to be transformed by the Divine words

Makkan vs. Madinan Revelation

- The majority of the Qur'ān was revealed in Makkah; less than 30 sūrahs were revealed in Madinah.
- 3 main themes of Makkī sūrahs:
 - Allah's Oneness
 - Prophethood
 - Resurrection
- The Companions were ready to do anything for the sake of Allah because their hearts were already filled with love for Him and īmān.



Discuss

Why were Allah's Oneness, Prophethood & Resurrection the main themes of Makkī sūrahs?

Background

The Prophet ﷺ would recite Surah Qāf in large gatherings:

- Jumu'ah ṣalāh
- The Friday sermon: Umm Hishām b. Ḥārithah b. Nu'mān memorised the sūrah just by hearing it in the Prophet's khuṭbah
- The two Eid ṣalāhs
- Fajr ṣalāh

Sūrah Qāf was revealed in Makkah

Main Themes of the Sūrah:
Death, Resurrection, Day of Judgement & Afterlife



The Qur'ān

ق وَالْقُرْآنِ الْمَجِيدِ

1. Qāf. By the glorious Quran!

Disjoined letter
Strong letter: why?
Letter repeated in the
surah

ق

Oath
Lofty status;
Glorious;
Majestic;

وَالْقُرْآنِ الْمَجِيدِ



Write

Complete this sentence:
The Qur'an is

Engage with the Qur'ān

أَفَلَا يَتَذَكَّرُونَ الْقُرْآنَ أَمْ عَلَى قُلُوبٍ أَقْفَالُهَا

Do they not then reflect on the Qur'ān? Or are there locks upon their hearts? (47:24)

“I have not seen anything that nourishes the mind and the soul, protects the body, and guarantees success more than **constantly engaging** with the Book of Allah.”

Ibn Taymiyyah

The Qur'ān is the greatest miracle Allah has sent down to us. It is the comfort to our hearts and the compass which guides us at every point in life. It is our eternal companion.

Your Relationship With the Qur'ān

1. Learn **how to recite** the Qur'ān properly.
2. Have a **fixed daily amount** (wird) of recitation.
3. Try to **memorise** a portion of the Qur'ān.
4. Know and understand the **meaning** of what you recite.
5. **Reflect** upon the Qur'ān. Ask yourself, what is Allah saying to ME in these verses?
6. Increase your **īmān** through the Qur'ān.
7. **Act** upon the Qur'ān and behave according to it.



Reflect

How will you improve your relationship with the Qur'ān this Ramadan?

Denial of the Messenger

بَلْ عَجِبُوا أَنْ جَاءَهُمْ مُنذِرٌ مِّنْهُمْ فَقَالَ
الْكَافِرُونَ هَذَا شَيْءٌ عَجِيبٌ

2. "All will be resurrected," yet the deniers are astonished that a warner has come to them from among themselves "warning of resurrection". So the disbelievers say, "This is an astonishing thing!"



Discuss

If Allah had sent an angel instead of a human messenger, how do you think some people would have reacted?

Denial of Resurrection

أَءِذَا مِتْنَا وَكُنَّا تُرَابًا ذُكِّرْكُم بِأَعْيُنِكُمْ قَالُوا سُبْحٰنَ رَبِّنَا أَمَّا لِلَّذِينَ كَفَرُوا آلٰتٌ غَيْرُ اللَّهِ أَلَمْ يَلْبَسُوا لَهُمِ الْغُفٰرَ فَمِثْلًا بِمَا كَانُوا يَكْفُرُونَ

3. 'Will we be returned to life,' when we are dead and reduced to dust? Such a return is impossible."

The Quraysh did not believe it was possible for humans to be brought back to life after they had perished and their bones decomposed.

The remainder of the sūrah is a response to this claim.

Allah's Absolute Knowledge

قَدْ عَلِمْنَا مَا تَنْقُصُ الْأَرْضُ مِنْهُمْ وَعِندَنَا
كِتَابٌ حَفِيظٌ

4. We certainly know what the earth consumes of them 'after their death', and with us is a well-preserved Record.

Recorded in al-Lawḥ al-Maḥfūz—every single thing is recorded; not one thing is missed out.

كِتَابٌ حَفِيظٌ



Reflect

How does this verse make you feel?

Wandering in Confusion

بَلْ كَذَّبُوا بِالْحَقِّ لَمَّا جَاءَهُمْ فَهُمْ فِي أَمْرٍ
مَّرِيحٍ

5. In fact, they reject the truth when it has come to them, so they are in a confused state.

- Consequence of those who reject the message = confusion
- مَرِيحٍ - Mixed and confused (marajal baḥrayn); there will be no meaning and purpose to their life if they reject the truth



Imagine waking up on a plane with no idea how you got there, who brought you, or where you're headed. How would you feel if that was your life?

How Does Belief in the Hereafter Impact the Way You Live Your Life?



Reflect

In which aspect of your life do you feel you are not prioritising the Ākhirah enough?



Act

Write down one concrete action you will take starting this week to move closer to living an Ākhirah-focused life.

The Signs of Allah Around Us

Session 1: Part 2

The Flawless Sky

أَفَلَمْ يَنْظُرُوا إِلَى السَّمَاءِ فَوْقَهُمْ كَيْفَ
بَنَيْنَاهَا وَزَيَّنَّاهَا وَمَا لَهَا مِنْ فُرُوجٍ

6. Have they not then looked at the sky above them: how We **built** it and **adorned** it 'with stars', leaving it **flawless**?

- Allah is telling us to reflect on the signs around us: nature. This is part of fitrah.
- The sky reflects Allah's **power** and **beauty**: built, adorned, and flawless in structure. Similar to the truth.
- Connect the physical to the spiritual. The Prophet ﷺ would frequently look at the sky and glorify Allah.



Act

How can we put this verse into practice?

The Earth

وَالْأَرْضَ مَدَدْنَاهَا وَأَلْقَيْنَا فِيهَا رَوَاسِيَ وَأَنْبَتْنَا
فِيهَا مِنْ كُلِّ زَوْجٍ بَهِيجٍ

7. As for the earth, We spread it out and placed upon it firm mountains, and produced in it every type of pleasant plant.

- Change in order: telling us to look at the earth first.
- رَوَاسِيَ - Purpose to make the earth firm/stable. Revelation's purpose is to make our hearts firm and stable too.
- Book of revelation & Book of the universe
- بَهِيجٍ - Joyous, beautiful. Look at the creation of Allah; it's beautiful. We just need to open our eyes and hearts.

The Chosen People

تَبْصِرَةً وَذِكْرًا لِكُلِّ عَبْدٍ مُنِيبٍ

8. 'all as' an insight and a reminder to every servant who turns 'to Allah'

- تَبْصِرَةً comes from baṣar (outer) and baṣīrah (internal).
- Any knowledge that does not lead us to knowing Allah is incomplete, false or useless.
- The Book of the Universe:
 - Readable in all languages by all methods;
 - Accessible to people with all abilities: literate and illiterate.
- Condition: عَبْدٍ مُنِيبٍ. The reminder will only be internalised by those who **constantly** return to Allah.

The Source of Life

وَنَزَّلْنَا مِنَ السَّمَاءِ مَاءً مُّبْرَكًا فَأَنْبَتْنَا بِهِ
جَنَّتٍ وَحَبَّ الْحَصِيدِ

9. And We send down blessed rain from the sky,
bringing forth gardens and grains for harvest



Write

5 things in nature, in your home, or in your body that depend on water to survive



Discuss

What are the similarities between water from the sky and revelation from the sky?

Palm Trees

وَالنَّخْلَ بَاسِقَاتٍ لَهَا طَلْعٌ نَضِيدٌ

10. and towering palm trees 'loaded' with clustered fruit

- Can survive in extreme heat;
- Have a long life and durability;
- Produce abundant fruit: variety of flavours, colours and textures.



Life to the Dead

رَزَقًا لِلْعِبَادِ وَأَحْيَيْنَا بِهِ بَلْدَةً مَّيْتًا
كَذَلِكَ الْخُرُوجُ

11. 'as' a provision for 'Our' servants. And with this 'rain' We revive a lifeless land. Similar is the emergence 'from the graves'

The parable Allah is giving here is regarding resurrection

Allah is telling the disbelievers:
the One who can cause the dead earth to come back to life, can certainly bring you back to life again.

A Glance at History

كَذَّبَتْ قَبْلَهُمْ قَوْمُ نُوحٍ وَأَصْحَابُ الرَّسِّ
وَتَمُودُ وَعَادٌ وَفِرْعَوْنُ وَإِخُونُ لوطِ

12. Before them, the people of Noah denied 'the truth,' as did the people of the Water-pit, Thamûd,
13. 'Âd, Pharaoh, the kinfolk of Lot

- Allah is telling us to look at nations in the past who denied the truth
- 8 civilisations are mentioned: 4 in Arabia and 4 outside of Arabia
- Water is a blessing, but can also be used as a punishment: People of Nūḥ, Aṣḥāb al-Rass, 'Ād & Fir'awn



Discuss

Why does Allah tell us to look at the signs in history?

The Stark Warning

وَأَصْحَابُ الْأَيْكَةِ وَقَوْمُ تُبَّعٍ كُلٌّ كَذَّبَ
الرُّسُلَ فَحَقَّ وَعِيدِ

14. the residents of the Forest, and the people of Tubba'. Each rejected 'their' messenger, so My warning was fulfilled.

Some civilisations reached great heights. Yet, they rejected the message and were punished.

Allah is teaching us through history that no matter how advanced a civilisation has become, it is not immune to His punishment.

Plenary

WRITE

Write down one new thing you learnt/felt during this session and display it visibly.

Any reflections/questions?



Action to take away

For the next session...

Homework task

Plan a nature walk/activity with your family. Look at Allah's magnificent creation, reflect on it, and jot down your thoughts. Bring these with you to the next session.



Aim High!

Memorise verses 1-14