

5 Tips for Tadabbur

Q1) Fill in the gaps:

Visualize īmān greatness repeating Juz ‘Amma entertainment du‘ā’
fear prohibition protection

Heading	
1)	When you begin reciting the Qur’ān, Imām al-Ghazālī ؒ advised that you should bring the _____ of the One who is addressing you to the forefront of your mind. The words you are reciting did not originate from a human being; they are the words of the Lord of the worlds.
2)	Imām al-Ghazālī ؒ said, “One is to assume that he is the one who is being addressed in every statement in the Qur’ān. Hence, if he hears a command or _____, he assumes that he is the one who is being commanded and prohibited. If he hears a promise or threat, he does the same. If he hears the stories of the past and those of prophets, he realises that _____ is not the objective, but rather, it is for him to take lessons, and to extract from its content what he needs.”
3)	Think deeply about the words you are reciting and try to _____ the meaning they are conveying. For instance, when reading about the descriptions of Hell- fire in _____, make the imagery come alive in your mind. To achieve this, repeat the āyāt wherever necessary.
4)	The Qur’ān was sent down for us to derive guidance from it and to increase our īmān in Allah ؒ, the Prophet ﷺ and the hereafter. Allah ؒ says, “And when His āyāt are recited to them, it increases them in _____” (8:2). Accordingly, when reciting an āyah about Paradise, feel your longing for Paradise increasing. On feeling this effect in your heart, continue to repeat this āyah. Similarly, when reciting an āyah about Hell-fire, feel _____ in your heart. On feeling this effect, keep repeating the āyah. Let it move you to the point of crying over it. Similarly, when reading an āyah about the greatness of Allah, feel shyness and awe before Him. Keep _____ this āyah until you feel the effect of it in your heart.
5)	‘Awwf b. Mālik ؒ said, “I stood up to pray along with the Messenger of Allah ﷺ one night. He got up and recited Sūrah al-Baqarah. When he came to an āyah of mercy, he stopped and made _____, and when he came to an āyah of punishment, he stopped and asked for Allah’s _____” (Abū Dāwūd).

Q2) Now give each of the above sections a heading from the list below:

- Feel the emotion and repeat the āyah
- Personalise. Allah is talking to YOU.
- Interact with the āyāt.
- Think of WHO is talking to you
- Visualise