

# 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



## Imagine your outcome

Imagine you are standing on the Day of Judgement, waiting for the outcome of your test and you hear one of these scenarios.

On a post-it note, write down how you would feel in each of the scenarios.

“You have been granted entry into Jannah, the eternal Paradise of peace and eternal bliss, where no sorrow, no pain, will ever touch you again.”

“You have been condemned to the Hell-fire, where you will dwell in agony forever, with no escape, no relief.”

# HEAVEN & HELL

Surah Qāf: Session 3

## Du'ā for opening of the heart

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

اللَّهُمَّ إِنِّي عَبْدُكَ ، وَابْنُ عَبْدِكَ ، وَابْنُ أَمَتِكَ ، نَاصِيَتِي بِيَدِكَ ، مَا ضِيقَ حُكْمِكَ ، عَدْلٌ فِيَّ  
قَضَاؤُكَ ، 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 رَبِيعَ 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 importance of the heart
- 02 Learn how to develop a heart that always turns to Allah
- 03 Explore the characteristics of the People of Jannah
- 04 Read and reflect upon verses 30-35 of Surah Qāf

# Shiver-inducing

يَوْمَ نَقُولُ لِجَهَنَّمَ هَلِ امْتَلَأَتْ وَتَقُولُ هَلْ  
مِنْ مَّزِيدٍ

30. 'Beware of' the Day We will ask Hell, "Are you full 'yet'?" And it will respond, "Are there any more?"

Horrifying & frightening scene:

- Hell will become full to the extent that no more can be added to it.
- There will always be room for more in Hell: current people will get squashed and constricted even further.
- Hell is so huge that despite the huge numbers of people entering it, there will be room for more.

# The Contrast

وَأُزْلِفَتِ الْجَنَّةُ لِلْمُتَّقِينَ غَيْرَ بَعِيدٍ

31. And Paradise will be brought near to the righteous, not far off.

- Pleasant, calm and friendly scene.
- أُزْلِفَتِ - brought close. They won't go to Jannah, it will be brought close to them.
- Honour is shown with every word in these scenes; Paradise is brought near so they don't have to trouble themselves by going to it.

# The People of Paradise I

هَذَا مَا تُوعَدُونَ لِكُلِّ أَوَّابٍ حَفِيظٍ

32. 'And it will be said to them,' "This is what you were promised, for whoever 'constantly' turned 'to Allah' and kept up 'His commandments'—

The one who constantly returns to his Lord. The one who always repents to Allah.

أَوَّابٍ

Protector; the one who protects their eyes, ears etc from anything ḥarām and from crossing Allah's boundaries.

حَفِيظٍ



# The People of Paradise II



مَنْ خَشِيَ الرَّحْمَنَ بِالْغَيْبِ وَجَاءَ بِقَلْبٍ  
مُنِيبٍ

33. who were in awe of the Most Compassionate without seeing 'Him', and have come with a heart turning 'only to Him'.

**Sincere heart**  
Heart that is always turning to Allah  
A heart that remembers its sins in private and seeks repentance for it

بِقَلْبٍ  
مُنِيبٍ

**Reflect**  
Do you sometimes feel unworthy of Jannah because of your sins?  
How does this verse shift your perspective on the characteristics of the People of Jannah?

# Repentance & The Heart

- Allah mentions the people of Jannah: He starts with repentance ('awwāb') and ends with repentance ('munīb').
- Every act of worship has an outer and inner aspect.
- Focus on the inner and the outer will follow in course.



## Challenge

In which other verse in this surah does the word 'munīb' come?

Which Prophet was described as 'munīb'?

**One of our key life goals and du‘ā’ should be to reach the level of inābah. Inābah consists of repeatedly turning to Allah with love and humility; and to turn away from other than Him.**

# Write a Letter

Think of a recent sin you have committed

Write down a letter to Allah begging Him to forgive you

Acknowledge your lowly status

BEG

Promise to try your best to never go back to the sin

Ask Allah to help you stay away from the sin



## Reflect

How did the activity make you feel?

What stops **you** from turning to Allah in repentance?

What steps can you take to ensure you are always turning to Allah and focused on Him?

# Eternal Bliss

Session 3: Part 2

# The Best Welcome

أَدْخُلُوهَا بِسَلَامٍ ۖ ذَٰلِكَ يَوْمُ الْخُلُودِ

34. Enter it in peace. This is the Day of eternal life!”

- Salām has two meanings: peace and greetings. Both are intended here.
- Salām; **eternal** peace and serenity is the ultimate goal; this dunyā is not a place of peace.
- The best greeting we will inshā’Allāh hear is: **سَلَامٌ قَوْلًا مِّن رَّبِّ رَجِيمٍ**



## Challenge

Which surah is the ayah above in?

# Everything You've Ever Wished

لَهُمْ مَا يَشَاءُونَ فِيهَا وَلَدَيْنَا مَزِيدٌ

35. There they will have whatever they desire, and with Us is 'even' more.

In Jannah there are two types of na'im

Physical

Spiritual



**Reflect**

How does this verse make you feel?



# Jannah

Home at Last

Episode 27

**When you  
finally see  
Him**





# What More?

لَهُمْ مَا يَشَاءُونَ فِيهَا وَلَدَيْنَا مَزِيدٌ

35. There they will have whatever they desire, and with Us is 'even' more.

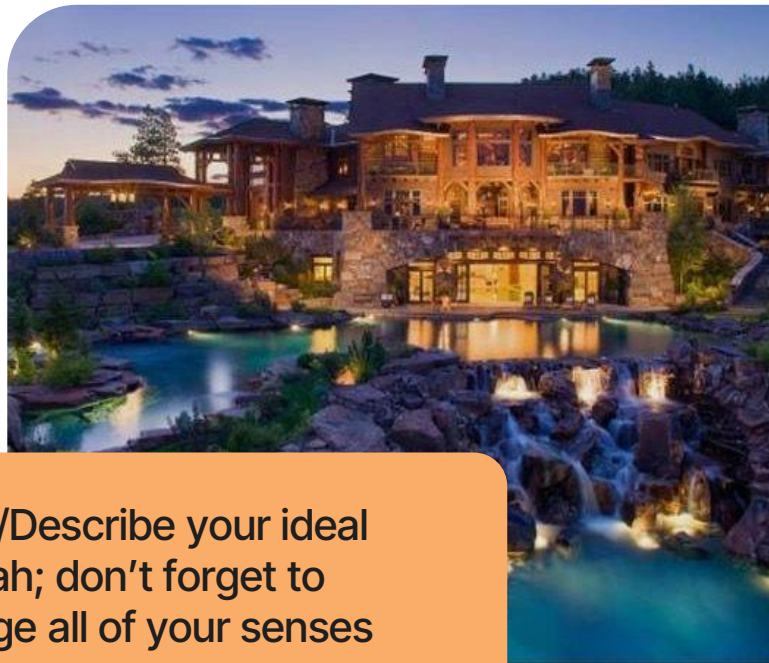
'More' refers to the gift of seeing Allah.

**The greatest joy a believer will enjoy in the hereafter will be the joy of seeing Allah and meeting Him. There are no words which can describe how phenomenal this experience will be. When the people of Jannah will see Allah ﷻ with their very own eyes, they will forget all the previous blessings given to them in Paradise.**

# Your Jannah

The Companions felt like the Hereafter was very real and this motivated them and kept them on track.

As humans we need a reminder of Jannah to motivate us.

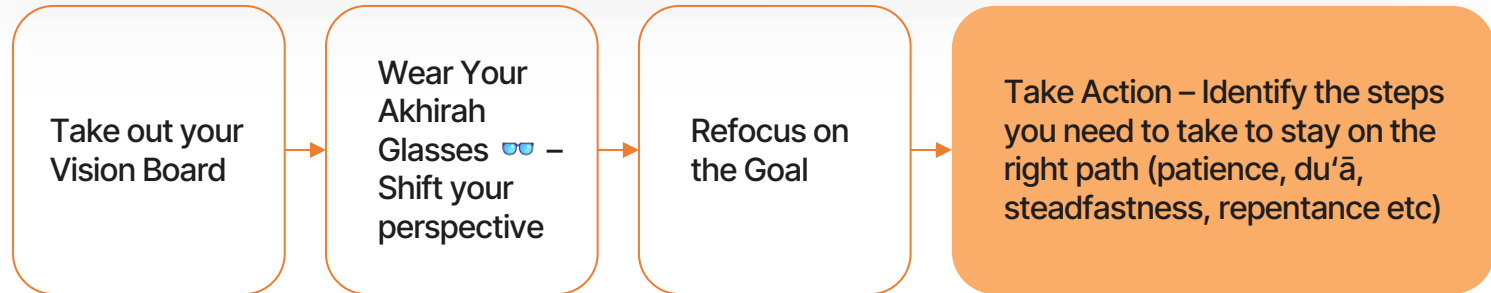


**Draw/Describe your ideal Jannah; don't forget to engage all of your senses**

# Using Your Jannah Vision

Allah gives us tribulations and trials to help us wake up and turn to Him; this is done out of His mercy as He wants eternal happiness and bliss for us.

Next time you go through a trial



# Plenary

## WRITE

What one action will you start from today to develop one of the 4 characteristics of the People of Jannah mentioned in the session?

Write it on the post-it note.

Any reflections/questions?



**Action to take away**

# For the next session...

## Homework task

When you face a challenge during the next week, take out your Jannah vision board/written piece and use it to help put your akhirah glasses on.



### **Aim High!**

Memorise verses 30-35