

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



When you are going through a difficult time, what strategies/techniques do you use to navigate those times?



AN EASY RESURRECTION

Surah Qāf: Session 4

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 Explore the importance of tadabbur
- 02 Understand how to apply true patience to difficulties in life
- 03 Connect the start of the surah to the end of the surah
- 04 Read and reflect upon verses 36-45 of Surah Qāf

Outcome of Rejection

وَكَمْ أَهْلَكْنَا قَبْلَهُمْ مِّن قَرْنٍ هُمْ أَشَدُّ مِنْهُمْ بَطْشًا فَنَقَّبُوا فِي الْبِلَادِ هَلْ مِن مَّجِيصٍ

36. 'Imagine' how many peoples We destroyed before them, who were far mightier than them. Then 'when the torment came,' they 'desperately' sought refuge in the land. 'But' was there any escape?

They built a lot of strong and mighty buildings (a strong civilisation);
They roamed the lands to search for rizq

فَنَقَّبُوا فِي الْبِلَادِ



Reflect

What is this verse saying to you? Do we subconsciously think wealth and power will protect us?

The Reminder

إِنَّ فِي ذَٰلِكَ لَذِكْرٍ لِّمَن كَانَ لَهُ قَلْبٌ أَوْ
أَلْقَى السَّمْعَ وَهُوَ شَهِيدٌ

37. Surely in this is a reminder for whoever has a 'mindful' heart and lends an attentive ear.

Literal Meaning: 'this'

Refers to:

- Destruction of previous nations
- What has been discussed in the sūrah

ذَٰلِكَ

- The Qur'ān is a reminder
- It is there for us to take lessons and benefit from. This is its purpose.

لَذِكْرٍ

Reminder for...

إِنَّ فِي ذَٰلِكَ لَذِكْرَىٰ لِمَن كَانَ لَهُ قَلْبٌ أَوْ
أَلْقَى السَّمْعَ وَهُوَ شَهِيدٌ

37. Surely in this is a reminder for whoever has a 'mindful' heart and lends an attentive ear.

3 conditions

قَلْب - Heart

أَلْقَى السَّمْعَ - Direct their sense of hearing completely to the One who is speaking.

شَهِيدٌ - Their hearts and minds must be present during the experience.



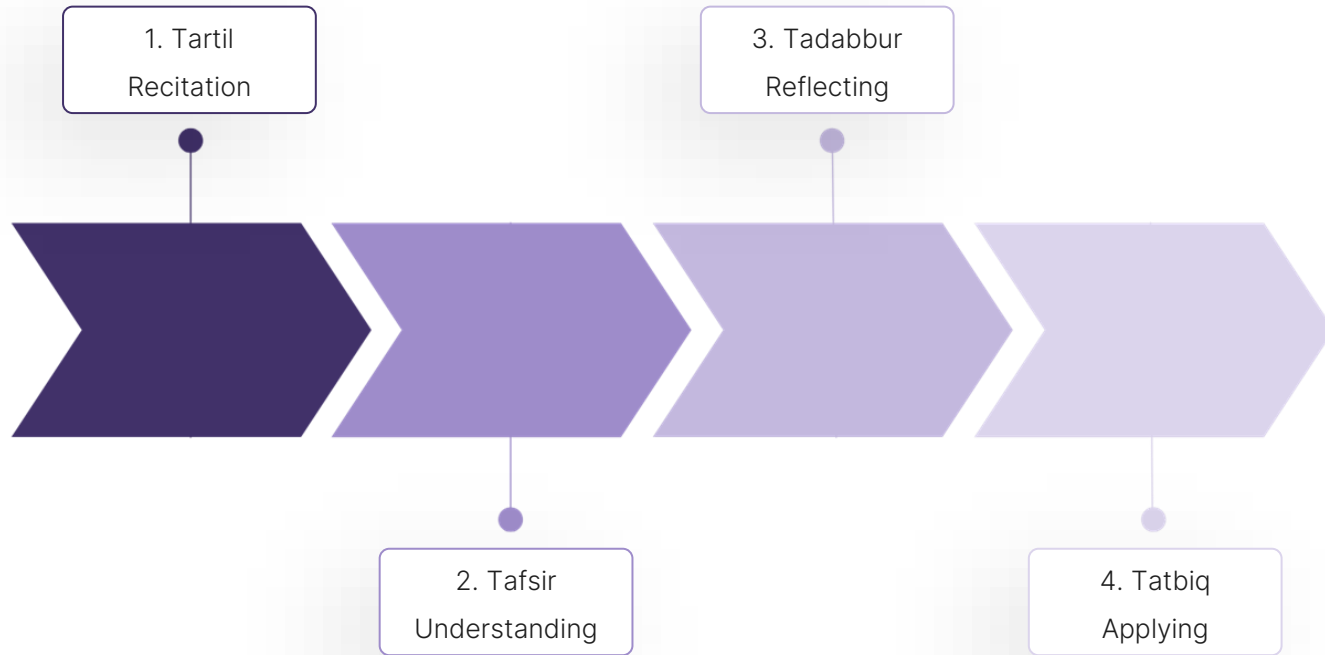
Reflect

We all have hearts, so why did this verse mention one with a heart?

“If you want to benefit from the Qur’ān, gather your heart when it is recited, focus your hearing, and act like you are being directly addressed by Allah, as it is an address from Him to you upon the tongue of His Messenger ﷺ. Allah said, ‘Indeed there is a reminder in that for whoever has a heart or whoever listens attentively with his heart present’ (50:37)”

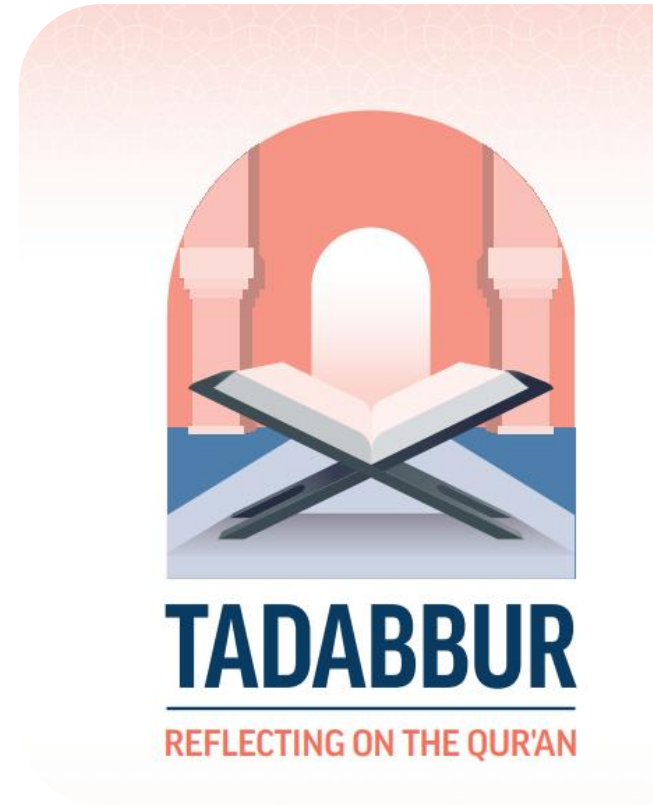
- Ibn al-Qayyim

Interacting With the Qur'ān: 4 Steps



Tadabbur

1. What is Allah telling me in this verse?
2. How does this apply to my life now?
3. What action will I take based on this?



“Reciting the Quran as it should be recited means for the tongue, the mind, and the heart to all take part in the act together. The tongue’s duty is to pronounce the letters correctly and recite beautifully, the mind’s duty is to explore the meanings, and the heart’s duty is to take heed and be responsive to the words with alarm and eagerness to comply. So the tongue recites, the mind explains, and the heart internalises.”
- Ibn al Qayyim

Connection to the Start

وَلَقَدْ خَلَقْنَا السَّمَوَاتِ وَالْأَرْضَ وَمَا بَيْنَهُمَا
فِي سِتَّةِ أَيَّامٍ وَمَا مَسَّنَا مِنْ لُغُوبٍ

38. Indeed, We created the heavens and the earth and everything in between in six Days, and We were not 'even' touched with fatigue.

Reason for revelation

- Sunday to Friday
- Six stages

سِتَّةِ أَيَّامٍ

Not even an ounce of tiredness touched Him.

لُغُوبٍ



Reflect

Why is creation mentioned here again? What is Allah proving to us?

The Remedy I

فَأَصْبِرْ عَلٰى مَا يَقُولُونَ وَسَبِّحْ بِحَمْدِ رَبِّكَ
قَبْلَ طُلُوعِ الشَّمْسِ وَقَبْلَ الْغُرُوبِ

39. So be patient 'O Prophet' with what they say.
And glorify the praises of your Lord before sunrise
and before sunset.



Discuss

Why does Allah ask us to remain patient?
What is Sabr?
Why does Allah send us trials?

Sabr

- Endurance
- Contentment with Allah's decree
- Persevering towards your goals
- Not losing control of yourself



“Sabr is not passive; it is perseverance in the face of obstacles, staying focused, and self-controlled during challenges. Sabr is active, deep, and essential.”



Activity

1. Think about a recent struggle you faced:

Family

Disagreements
Misunderstandings

Work

Difficult colleagues
High stress

Religion

Personal struggles with faith
Criticism from others

Islamophobia

Discrimination
Negative remarks

2. How did you react. Did you remain patient, or did frustration take over?
3. What was the outcome of your reaction? Did it improve or worsen the situation?
4. How could you have acted with sabr in the situation

The Remedy II

فَأصْبِرْ عَلَىٰ مَا يَقُولُونَ وَسَبِّحْ بِحَمْدِ رَبِّكَ
قَبْلَ طُلُوعِ الشَّمْسِ وَقَبْلَ الْغُرُوبِ

39. So be patient 'O Prophet' with what they say.
And glorify the praises of your Lord before sunrise
and before sunset.

- Tasbīḥ and ḥamd are our powerful weapons
- Morning & Evening: connects the physical signs around us to our Creator.
- When you glorify Allah, you have a direct link with Him, and one who maintains such a link is content and reassured and thus able to remain patient.



Commit to setting a daily adhkār routine.



How has dhikr helped you during a difficult time?

The Remedy III

وَمِنَ اللَّيْلِ فَسَبِّحْهُ وَأَدْبَرَ السُّجُودِ

40. And glorify Him during part of the night and after the prayers.

- Allah emphasises the night frequently in the Qur'ān.
- The night is for rest. The rest of the body is sleeping. The rest for the soul is qiyām.
- السُّجُودِ - prostrating; this indicates ṣalāh. Most important part of ṣalāh is sujūd.
- Adhkar after salah: Immediately after the ṣalāh, the Prophet ﷺ would say astaghfirullah.
- This could also refer to the sunan ṣalāh after the farḍ.

The End

Session 4: Part 2

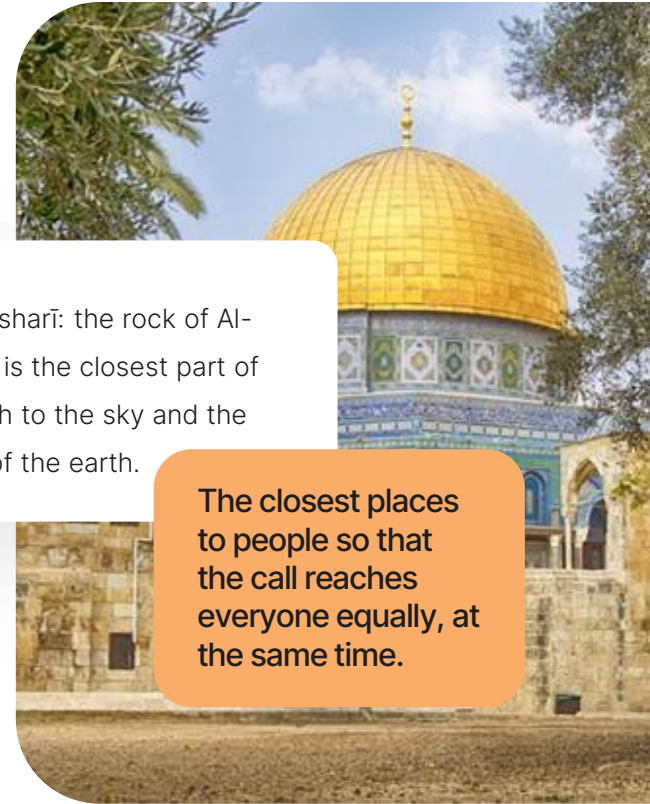
Back to the Final Day

وَأَسْتَمِعُ يَوْمَ يُنَادِ الْمُنَادِ مِنْ مَّكَانٍ قَرِيبٍ

41. And listen! On the Day the caller will call out from a near place

Zamakhsharī: the rock of Al-Quds: it is the closest part of the earth to the sky and the center of the earth.

The closest places to people so that the call reaches everyone equally, at the same time.



The Mighty Blast

يَوْمَ يَسْمَعُونَ الصَّيْحَةَ بِالْحَقِّ ۗ ذَٰلِكَ يَوْمُ
الْخُرُوجِ

42. the Day all will hear the 'mighty' Blast in 'all' truth, that will be the Day of emergence 'from the graves'.



Challenge

In which verse in this surah has the blast already been mentioned?

The Royal We

إِنَّا نَحْنُ نُحْيِيهِ وَنُمِيتُهُ وَإِلَيْنَا الْمَصِيرُ

43. It is certainly We Who give life and cause death. And to Us is the final return.

Repetition of:
we and only we.

Back to the Point

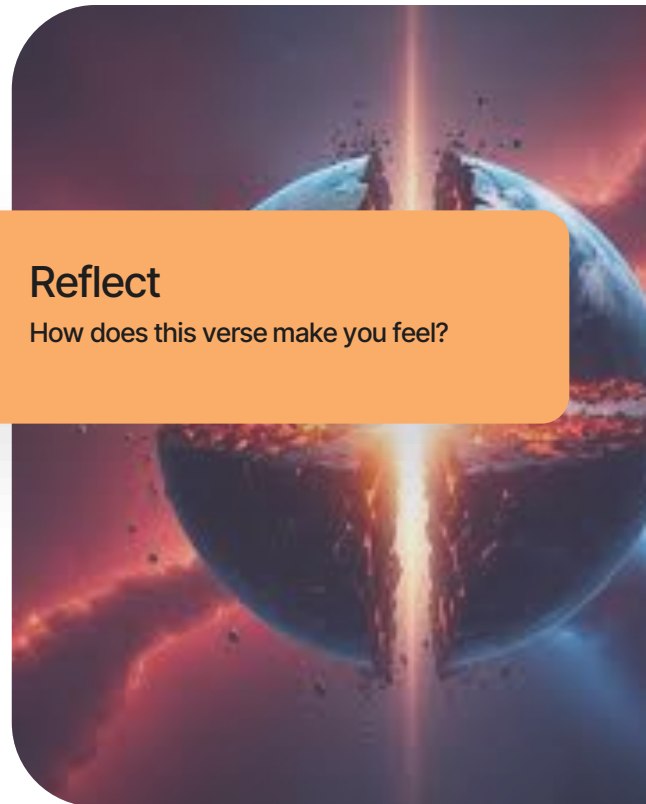
يَوْمَ تَشَقَّقُ الْأَرْضُ عَنْهُمْ سِرَاعًا ۗ ذَٰلِكَ
حَشْرٌ عَلَيْنَا يَسِيرٌ

44. 'Beware of' the Day the earth will split open, letting them rush forth. That will be an easy gathering for Us.



Reflect

How does this verse make you feel?



The All-Aware

نَحْنُ أَعْلَمُ بِمَا يَقُولُونَ ۖ وَمَا أَنْتَ
عَلَيْهِمْ بِجَبَّارٍ ۖ فَذَكِّرْ بِالْقُرْآنِ مَنْ يَخَافُ
وَعِيدِ

45. We know best what they say. And you 'O Prophet' are not 'there' to compel them 'to believe'. So remind with the Qur'an 'only' those who fear My warning.

- Comforting the Messenger
- Prophet's role is only to convey the message, not to force belief.
- Guidance comes from Allah alone. Our role is to share the truth, trusting that the outcome is in His hands.



Reflect

How are we conveying the message of Allah?
Are we giving it its due right?

The Best Reminder

نَحْنُ أَعْلَمُ بِمَا يَقُولُونَ ۖ وَمَا أَنْتَ عَلَيْهِمْ
بِجَبَّارٍ ۖ فَذَكِّرْ بِالْقُرْآنِ مَنْ يَخَافُ وَعِيدِ

45. We know best what they say. And you 'O Prophet' are not 'there' to compel them 'to believe'. So remind with the Qur'an 'only' those who fear My warning.

- The Qur'an is the best reminder; that is why we need to constantly turn to it and reflect on it.
- The Qur'an is our methodology, it is our fuel and thus we need it to navigate all of life's challenges.



Discuss

Who benefits from the reminder?

Reflect



How has your relationship with the Qur'ān changed over the last 4 weeks?



What do you want your relationship with the Qur'ān to look like going forwards?



Plenary

WRITE

Write down one thing that changed your perspective/transformed you from this surah.

Any reflections/questions?



Action to take away

Until Next Ramadan

Homework task

Commit to one new action you will take to strengthen your relationship with the Qur'ān.



Aim High!

Recite Surah Qāf in your salah