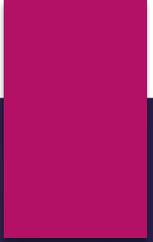


Qur'ānic Reflections

SESSION 2

تَسْبِيح
the tasbeeh project



Reminder: Reflecting on the Holy Qur'ān

“

الَّذِينَ آتَيْنَاهُمُ الْكِتَابَ يَتْلُونَهُ حَقَّ تِلَاوَتِهِ...

Those to whom We have given the Book
read it as it ought to be read... ”

SŪRAH AL-BAQARAH (2:121)



Imam Ja'far as-Sadiq (as): “They recite its verses **slowly**, and **understand** it, and **act** according to its orders, and **hope** for its promises, and are **afraid** of its threats, and take **lessons** from its stories, and **obey** its commandments, and **desist** from what it prohibits.”



**A truly immersive,
transformational
experience!**

“ O mankind! There has certainly come to you an **advice** from your Lord, and a **cure** for what is in the hearts, and a **guidance** and **mercy** for the faithful. ”

SŪRAH YŪNUS (10:57)

مَوْعِظَةٌ

1. Advice against sin (restrain intermingled with warning and awakening).



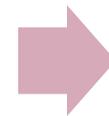
شِفَاءٌ

2. Cure / purging of the soul / heart from spiritual diseases (ethical and social evils).



هُدًى

3. Guidance to happiness and prosperity in this life and the Hereafter for the faithful.



رَحْمَةٌ

4. Bestowal of divine blessings and mercy (forgiveness and proximity) for the faithful.

Tafsīr and Tadabbur

Tafsīr: reveal the meaning of a verse. The task of the Holy Prophet (saw), his righteous successors and specialist scholars.

Tadabbur: reflection and pondering on the message of a verse, internalising the implicit meaning of the verse, taking admonition and making changes. An order for all - Surah Muhammad (47:24):

أَفَلَا يَتَدَبَّرُونَ الْقُرْآنَ أَمْ عَلَى قُلُوبٍ أَقْفَالُهَا

Do they not contemplate the Qur'an, or are there locks on the hearts?

Session 2:

Surāh Hūd

(11:1-15)

“

وَاصْبِرْ فَإِنَّ اللَّهَ لَا يُضِيعُ أَجْرَ الْمُحْسِنِينَ

And be patient; indeed Allah does not waste the reward of the virtuous.

”

SŪRAH HŪD (11:115)

An **instruction** from Allah (swt) to be patient.

A **promise** from Allah (swt) of reward for the virtuous.

Imam Ali ibn Abu Talib (as) said:

“Patience (sabr) to faith (imān) is like the head to the body. When the head is gone, so is the body. Likewise, when patience is gone so is faith.”

Mishkāt al-anwār fī ghurar al-akhbār, Hadith 77

Sabr: صبر

- ▶ It's literal meaning is to bind, tie or shackle.
- ▶ It's not passive endurance, for example it can mean to **exercise restraint**, to **persevere**, to **abstain**, to **preserve**, to **bear calmly**, to **be lenient**, or to **wait for the proper time to act**, depending on the circumstances.
- ▶ Sabr is an essential part of faith – also described in narrations as the **pillar**, **cornerstone**, **fruit**, **treasure** and **peak** of faith. It's described as **جميل** in the Holy Qur'an (12:18, 12:83, 70:5).

Types of Patience

Imam Ali (as)* has advised that there are **three forms** of patience:

In Afflictions

To bear the bitterness of troubles and misfortunes that befall us.

In Obedience

To bear the difficulty of performing what we are commanded.

In Sins

To stop and refrain from committing sins despite their attraction.

Reflection: how does each link with faith?

Faith means we know Allah (swt) sees any affliction that befalls us and also that it's a means to gain proximity.

Faith also entails a sense of obedience and servitude to God, which leads one to do what He has commanded.

Belief in God's presence and that He is All-Seeing also necessitates us to avoid committing sins.

* *Mishkāt al-anwār fī ghurar al-akhbār, Hadith 78*

“

...and give good news to the patient. **وَبَشِّرِ الصَّابِرِينَ**

الَّذِينَ إِذَا أَصَابَتْهُمُ مُصِيبَةٌ قَالُوا إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

Those who, when an affliction visits them, say,
'Indeed we belong to Allah, and to Him do we indeed return.'

The 'good news' has been interpreted as the reward of heaven / divine forgiveness and also the reappearance of Imam al Mahdi (ajtf).

SŪRAH AL-BAQARAH (2:155-156)

What makes them patient is their firm belief that they belong to Allah and will return to Him!

- **We belong to Allah:** The essence of patience is the realisation that whatever exists belongs to Allah and is under His Will. I do not even own my soul, let alone possessions, qualities, relationships, achievements, actions, health or time. Whatever Allah has bestowed upon me is based on His Wisdom. With this belief in my heart, I will not feel a loss if faced by any fear or affliction.
- **We will return to Allah:** This is a reminder and also inspires hope in our hearts for the rewards and blessings that Allah (swt) has prepared for and promised to the patient. Links back to verse 11:115 – this requires us to show patience in our actions – includes doing good and refraining from evil.

“

The person who receives a calamity and thereafter, whenever they remember it, utters the phrase 'Verily we belong to Allah, and certainly unto Him shall we return', Allah gives the believer once again the reward of the day when they received that calamity.

”

Prophet Muhammad (saw)
Bihar al-Anwar, Volume 82, P.142



Even if a long time has passed since that calamity, there's so much reward in uttering this statement!

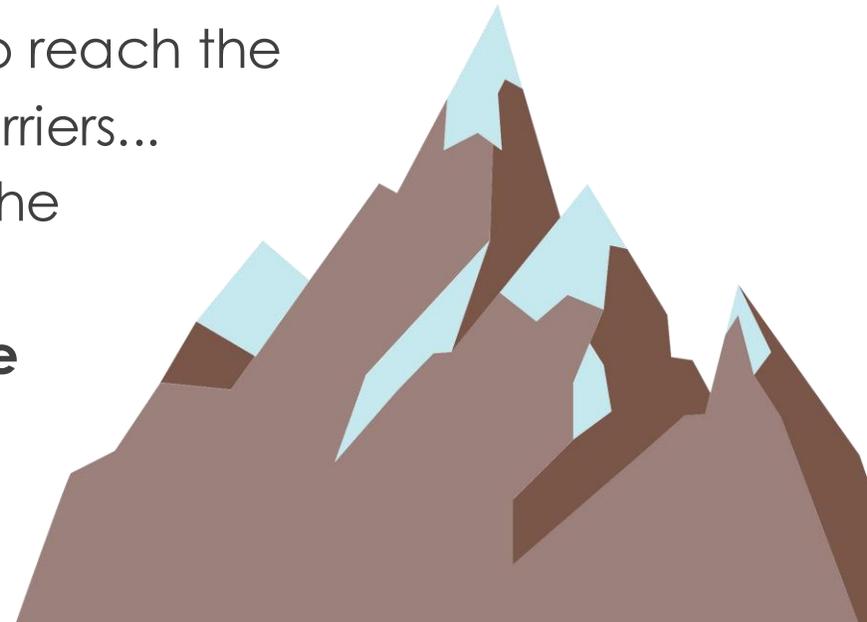
It's a statement which reinforces strength of faith and encourages patience.

The Mountaineer

► Sayyid Ali Khamene'i (*Discourses on Patience*) gives this analogy:

“...patience is defined as the resistance shown by man on the road towards perfection against mischief, corruption and degradation. Which can be compared to the **example of a mountaineer** who, in order to reach the peak, has to face internal as well as external obstacles or barriers...

Someone who is faced with these kinds of barriers will have the options to either drop his journey on this road which is full of dangers and hardships, or to **go ahead by offering resistance against them and overcoming each barrier with his power of determination. The second case is defined as patience.**”



Reflections

- ▶ All human beings are tested and need to exercise patience in different ways. Sometimes the test is when something is taken away or given, and at other times it's when we're commanded to do good or refrain from evil.
- ▶ Divine examinations are there to train the capacities and abilities of humankind. Patience in them should be done for the sake of Allah (swt).
- ▶ Patience is a means for the purification and perfection of the soul. It's not a passive act, it means standing up against all obstacles to purification of the soul, and conquering them with determination and enthusiasm.
- ▶ The essence of patience is the realisation that whatever exists belongs to Allah (swt) and is under His Will – we belong to Him and will return to Him.

Making a Change

- ▶ Tadabbur means reflection and pondering on the message of a verse, internalising the implicit meaning of the verse, taking admonition and making changes.
- ▶ **What changes will I make in my life as a result of our reflections on these verses?**

How will I make sure that I am patient in times of affliction, with regards to acts of obedience and refraining from sin?