

Lesson-09: Easy steps to Benefit from Qur'an

Lesson Outcomes

- What is our relationship with the Qur'an?
- How to act upon the verses of the Qur'an?
- How to do تَدَبَّرُ and تَذَكَّرُ?

Recitation and Explanation

Recite with Tajweed and feelings, the way the Prophet ﷺ used to recite. This is the continuation of the ayah that we studied in previous lesson. Allah says that He sent down the book...

29 أُولُوا الْأَلْبَابِ

وَلِيَتَذَكَّرَ

آيَاتِهِ

لِيَدَّبَّرُوا

those of understanding.

and so that (they)
receive admonition

its verses

so that they
ponder

That they ponder over its verses, and that men of understanding may receive admonition.

Surah Saad: 29

Two of the important objectives of sending the Qur'an down are:

- تَدَبَّرُ: To ponder, to reflect upon, to think over.
- تَذَكَّرُ: To take lessons.
- To understand what is pondering, we can take the example of a newspaper. We understand the news by reading it just once. The books of science and mathematics cannot be read like a newspaper. We need to ponder their subject matter, that is, we must do the reading and thinking repeatedly.

A simple method for تَدَبَّرُ is:

1. **Study:** Recite the verses of the Qur'an with understanding again and again. The translation doing the explanation of these verses.
2. **Imagine:** Use your imagination wherever possible. For example, when the earth and the skies are mentioned, imagine their vastness; when the Rabb of worlds is mentioned, think about the different worlds and the living creatures in them.
3. **Feel:** Feel the pleasure in reciting الرَّحْمَنِ الرَّحِيمِ and recite with fear where الْمَغْضُوبِ عَلَيْهِمْ is mentioned.

A simple method for تَذَكَّرُ is:

1. **Ask** (Du'aa): Ask Allah to help you bring into your life whatever you recite. For example, you read that the Qur'an is sent down for tadabbur. You can ask: *O Allah! Help me do tadabbur.*
2. **Evaluate:** Are you doing what you asked Allah for? If you are doing it, thank Allah for that. Example: *Am I spending time doing tadabbur on the Qur'an?*
3. **Plan:** If you are not doing it yet, then plan for it. Example: *Let me study the Qur'an at least 5 minutes every day.*

Propagate:

Prophet Muhammad ﷺ said, “Convey from me, even it is one verse.” [Bukhari].

This means that whatever we study in the Qur’an and Hadith, we must convey it to others. Therefore, try to spread the beautiful and peaceful message of Islam to as many people as possible.

NOTE: The points for Tadabbur, Tadhakkur, and propagation are presented in the form of a logo to remember them easily.



Practice Questions

1. How to act upon the verses of the Qur’an?
2. How to do تدبر and تذکر?
3. List out the three steps of تدبر and تذکر?
4. What will happen if we don’t ponder upon the verses ?
5. Apply تدبر and تذکر on الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ.