

اَقْرَأْ بِاسْمِ رَبِّكَ

RECITE IN THE NAME OF YOUR LORD

All praises are due to Allah . Anything good is from Allah and any mistakes are from ourselves and the shaitan. May Allah forgive us.



[www.markazalsalam.com](http://www.markazalsalam.com)



[t.me/markazalsalam](https://t.me/markazalsalam)



+97150 8008875



[info@markazalsalam.com](mailto:info@markazalsalam.com)



[t.me/dropletsofdew](https://t.me/dropletsofdew)



Al Salam Islamic Center



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

اقْرَأْ بِاسْمِ رَبِّكَ

## RECITE IN THE NAME OF YOUR LORD

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### INTRODUCTION

- Anything we cannot understand or any feelings we cannot make sense of will all make sense with the Words of Allah.
- In Surah Al Fajr, we spoke about the tranquil soul. It is not easy to understand the nafs, but believing in Allah (سبحانه وتعالى) and attaching to Him is what helps us reach a tranquil soul.

### SUPPLICATION FOR TAQWA

اللَّهُمَّ آتِ نَفْسِي تَقْوَاهَا، وَزَكِّهَا أَنْتَ خَيْرُ مَنْ زَكَّاهَا، أَنْتَ وَلِيِّهَا  
وَمَوْلَاهَا

*Allaahumma aati nafsee taq-waaha wa zak-  
kiha anta khairu man zak-kaaha anta wali-yuha  
wa maw-laaha*

O Allah, give my soul piety and purify it, for indeed You are the best of those who can purify it, You are it's Guardian and Master.<sup>1</sup>

- This nafs needs constant purification and only Allah (سبحانه وتعالى) can be the Loving Companion to deal with that nafs.
- The test is for us to realize He is our Rabb. None of the tests are to put us down or to have any negative feelings. How do we overcome these opposite situations? With belief.
- Now as we transition into Surah Al Balad, we are now not by ourselves but we are with people.

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<sup>1</sup> Muslim No# 2722 An-Nasa'i No# 5458, 5538



# SURAH AL BALAD



- The theme of the surah is that this life is the place of trials and difficulties.

- We will face decrees with others but we have to be able to hold ourselves firm first.
- When there is a tranquil soul, there will no longer be any feelings of tightness or not wanting to continue forward. All of these feelings go away because the nafs is looking at paradise and moving forward.

## SURAH AL BALAD 1

لَا أُقْسِمُ بِهَذَا الْبَلَدِ

I swear by this city, Makkah -

- The word balad means a land. That means we are in society with people now.
- If a city has either a court, police or a center of trade it is called a balad. If it has all three then it is called a Medina.
- Mecca was known as a center of trade.

- Ibrahim (عليه السلام) made dua to make the balad peaceful and to give them provision.
- We will be with people in the balad.

## SURAH AL BALAD 2

وَأَنْتَ حِلٌّ بِهَذَا الْبَلَدِ

And you, [O Muhammad], are free of restriction  
in this city -

- This is referring to the Prophet (صلى الله عليه وسلم).
- With the opening of Mecca which was a sacred land, it became free from being a land of disbelief to a land of belief, from a land of stubbornness to a land of submission. The land was purified from idols.
- We want to be free in the land we are in.

## SURAH AL BALAD 3

وَوَالِدٍ وَمَا وَلَدَ

And [by] the father and that which was born [of him],

- This is referring to Adam (عليه السلام) and all his offspring, including all of us. Now we are with people and there are connections.
- We have to go forward and do not want anyone to be left behind. If one breaks everyone else will break.

#### SURAH AL BALAD 4

لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي كَبَدٍ

We have certainly created man into hardship.

- There is hardship in life. This is not a place of ease. Jannah is the place of ease.
- There is struggle in all stages of life. From the time of birth, then the situations we face, the words we hear - everything is a struggle.

- We deal with our emotions and the emotions of others and how to handle clashes.
- Why do we find disturbances? When things come across as mismatch then it disturbs us.
- For example, there was an experiment where a person was first shown the color red written with red ink, or blue color with blue ink. Their body was calm. When they were shown red color written in yellow ink, their body reacted.
- We react to mismatched situations.
- If everything was moving in one pattern, we are not going to be upgraded. We will become numb and start to disable ourselves.
- May Allah (سبحانه وتعالى) grant us to wellbeing



- Allah (سبحانه وتعالى) wants to upgrade us and gave us tools and means. Either we can go forward or a person can disable himself.
- This life is a place of difficulties but we never lose hope, give up or disable ourselves.
- We show kindness in the decree. These qualities are important to live in harmony.
- There is a struggle but the believer is rewarded for every prick and pain.
- Even waiting for relief is a worship by itself. Allah (سبحانه وتعالى) will reward those who are patient without account.
- Belief keeps us going.
- The word kabad in arabic means liver. The liver is the purifier in our body. It is the filter. All of the human blood runs through the liver. We

think it is the heart that is pumping blood but it is going through the liver, purifying it, removing any toxins, at the same time it restores different vitamins, creates protein. It is also one of the organs that can be regenerated.

- Even if you o human are so broken, and you lost yourself, but still there is hope that you will become something better.
- The surah gives a lot of hope. Sometimes we reach a point where we are so overwhelmed with the pressures of society. But with this surah we see much hope.
- The point of hardships are to purify us. If anyone tells us that our liver would be removed we would say no, I need it to purify me.

- We do not need to be alive but numb because we are not being tested and purified anymore.
- Sometime we think, I do not want to be tested anymore and feel numbed but is this growth and regeneration? Surely not.
- Sometimes we can have a very negative view about tests but there is much mercy in it.
- What can harm the liver? High cholesterol, fatty foods, drugs, alcohol.
- Temptations and especially sins of the flesh. Excessiveness, indulgence is what can harm the liver.

## SURAH AL BALAD 5 & 6

5.

أَيَحْسَبُ أَنَّ لَّنْ يَقْدِرَ عَلَيْهِ أَحَدٌ

Does he think that never will anyone overcome him?

6.

يَقُولُ أَهْلَكْتُ مَالًا لُبَدًا

He says, "I have spent wealth in abundance."

- It reaches a point where this person is living a life of parties, food, drink and relations - fulfilling temptations of the flesh.
- This kind of living is what impairs the human.

## SURAH AL BALAD 7

أَيَحْسَبُ أَنْ لَمْ يَرَهُ أَحَدٌ

Does he think that no one has seen him?

- Do you think no one sees him?

## SURAH AL BALAD 8 & 9

8.

أَلَمْ نَجْعَلْ لَهُ عَيْنَيْنِ

Have We not made for him two eyes?

9.

وَلِسَانًا وَشَفَتَيْنِ

And a tongue and two lips?

- We do want to only indulge in our temptations but continue to be purified.
- Allah (سبحانه وتعالى) gave us two eyes, a tongue and two lips. This is a different combination of blessings mentioned than in other surahs.
- We want to see what is good and not fall in haraam. And what we speak to be good.
- We need tongue to pronounce certain letters and the lips help us with eating.
- We want to use what Allah (سبحانه وتعالى) gave us for halal.

SURAH AL BALAD 10

وَهَدَيْنَاهُ النَّجْدَيْنِ

And have shown him the two ways?

- The word (النَّجْدَيْنِ) shows there is an incline. It also means a path that is connected.
- It is not like you go on a path and get disconnected but the path is connected and takes you forward.
- For example, we may be learning something but it reaches an end.
- But these paths will reach an end, either to falsehood or truth, either to paradise or hell.

## SURAH AL BALAD 11 & 12

11.

فَلَا اقْتَحَمَ الْعَقَبَةَ

But he has not broken through the difficult pass.

12.

وَمَا أَدْرَاكَ مَا الْعَقَبَةُ



And what can make you know what is  
[breaking through] the difficult pass?

- But there are hurdles. We do not want to fall but jump over to continue to get freedom and flourishing in the land.
- All of this shows how much purification is needed within us.

## SURAH AL BALAD 13

فَكَرَّ رَقَبَةً

It is the freeing of a slave

- As if there is a chain and to free.
- To free a slave needs a great amount of money.
- Or whether to free yourself from debt, or obligations.
- This is one of the hurdle that we need to overcome.

## SURAH AL BALAD 14

أَوْ إِطْعَامٌ فِي يَوْمٍ ذِي مَسْغَبَةٍ

Or feeding on a day of severe hunger

- To overcome oneself maybe too much of a struggle so now comes the second option which is to feed.
- When? When there is much struggle. It is harder to come out and search for someone.
- Either we accept to purify ourselves, have taqwa, think good of Allah (سبحانه وتعالى), fight battle against yourself, to take out anything that is not good or go and look for others.
- This is a constant struggle against the self.
- Who will you feed?

## SURAH AL BALAD 15

يَتِيمًا ذَا مَقْرَبَةٍ

## An orphan of near relationship

- Someone who is orphan and related to you. There is struggle to find this kind of combination.
- Sometimes when we help, there may not be emotional connection or obligation. Here it is not to give and go away. But to give to those who are close. There will be an emotional obligation after this.
- This is to overcome yourself.
- When you start with yourself, then to come to others will be easy.

## SURAH AL BALAD 16

أَوْ مِسْكِينًا ذَا مَتْرَبَةٍ

Or a needy person in misery

- There are those who may be homeless and covered in dust. May Allah (سبحانه وتعالى) grant us well-being.
- It is not easy to find these people and it needs a motivation and a push.

### SURAH AL BALAD 17

ثُمَّ كَانَ مِنَ الَّذِينَ آمَنُوا وَتَوَاصَوْا بِالصَّبْرِ وَتَوَاصَوْا بِالْمَرْحَمَةِ

And then being among those who believed and advised one another to patience and advised one another to compassion.

- There are those who do not believe but go find these kind of people and help them. But is there true benefit in this?
- There needs to be belief, doing good deeds along with enjoining patience and mercy.
- This is important when dealing with not only your nafs but also with others.

- To be patient and not give up. It is easy to give up when going through struggle. Or you try to help others and see it is getting harder so you give up. But we need to be patient.
- Not to only be patient with someone and help them but without emotional feelings or kindness with them.
- To be patient without having mercy to others or yourself is not the way of purification.

## SURAH AL BALAD 18

أُولَئِكَ أَصْحَابُ الْمَيْمَنَةِ

Those are the companions of the right.

- The word (الْمَيْمَنَةِ) shows there is goodness and optimism.
- After overcoming the hurdles, there is freedom.

## SURAH AL BALAD 19

وَالَّذِينَ كَفَرُوا بِآيَاتِنَا هُمْ أَصْحَابُ الْمَشْأَمَةِ

But they who disbelieved in Our signs - those are the companions of the left.

- On the other hand, the word (الْمَشْأَمَةِ) shows pessimism and hopelessness.
- They quickly think of negative situations.

## SURAH AL BALAD 20

عَلَيْهِمْ نَارٌ مُّؤَصَّدَةٌ

Over them will be fire closed in.

- Then they will have a fire that is tight on them.
- We want to continue to be patient, have mercy. This life has struggle but it is all purification.
- We are not in life by ourselves but with others.
- Salah, siyam will benefit us. But then the good words we tell others is what goes beyond.



- This is what keeps up this land and what brings true freedom.
- No matter what struggles we go through, we think good of Allah (سبحانه وتعالى). There is a lot of freedom and help from Allah (سبحانه وتعالى).

## NURTURING LESSONS

### SURAH AL INSHIQAQ 6

يَا أَيُّهَا الْإِنْسَانُ إِنَّكَ كَادِحٌ إِلَىٰ رَبِّكَ كَدْحًا فَمُلَاقِيهِ

O mankind, indeed you are laboring toward your Lord with [great] exertion and will meet it.

- In Surah Al Inshiqaq we see that after struggle, in the end we return to Allah (سبحانه وتعالى).

### SURAH AL BALAD 4

لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي كَبَدٍ

We have certainly created man into hardship.

- In this surah there are no Names of Allah (سبحانه وتعالى) but Allah (سبحانه وتعالى) tells us as a fact that there is struggle.
- Belief, doing good, patience and mercy is what we need to overcome our struggles.

MAY ALLAH HELP US TO OVERCOME OUR STRUGGLES.  
AMEEN.

## REFERENCES

1. TAFSEER SHEIKH AS SA'ADY - تفسير الشيخ السعدي.



## ADDITIONAL RESOURCES

LISTEN TO THE CLASS – FOR WOMEN

<https://vimeopro.com/markazalsalam/recite-in-the-name-of-your-lord>

TO REQUEST ACCESS TO THE RECORDING: <https://markazalsalam.com/recordings-notes>

CLASS NOTES FOR WOMEN AND MEN

FOR STUDENTS OF KNOWLEDGE, TEACHERS AND DA'EES IN ENGLISH

<https://t.me/markazalsalampublicationsENG>

FOR STUDENTS OF KNOWLEDGE, TEACHERS AND DA'EES IN ARABIC

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<https://t.me/truthfulentry>