



LIVE WITH THE QUR'AN ACCEPT YOURSELF WITH TRUTH

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  t.me/markazalsalam  [+97150 8008875](https://wa.me/971508008875)

 info@markazalsalam.com  t.me/dropletsofdew    Al Salam Islamic Center



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

LIVE WITH THE QUR'AN ACCEPT YOURSELF WITH TRUTH

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INTRODUCTION

- Many people see the sunrise or the sunset, but it is not about what we see, but what we believe.
- It will be so limited when we look at things without faith, but with faith, we will see everything as a favor and we will see it as beautiful. We will not look at something just beautiful on its own, but we will see how beautiful is The Creator and Initiator behind it.
- We will accept ourselves and others when we believe Allah (سبحانه وتعالى) created everyone in

the best form. Then we can take the divine message and it will reform us and elevate us in a natural way.

- But if we are not ourselves, then we will give off wrong signals and we will be misunderstood all the time. And then we will be in a constant struggle. To be our best does not mean to hide ourselves, but to be our best is to have taqwa and be transparent with Allah (سبحانه وتعالى).

LIVE WITH THE QUR'AN

CREATED IN THE BEST FORM

- Allah (سبحانه وتعالى) created us in the best form, outwardly from our bone structure and inwardly with our nature. Some people are soft, some are rough, some are emotional, some

are practical, and when we accept this then the nurturing will be easy. The divine messages will come and correct us in the best way.

○ It is not about being ourselves and not accepting any reminder. We want to be ourselves and accept what comes. Just as we previously mentioned when the angels expressed what they thought when they were told about successors on the earth, and then Allah (سبحانه وتعالى) taught them something they do not know.

○ When we accept how Allah (سبحانه وتعالى) created us, and we accept the divine reminders that come to us, what will be the result? We will always be in the best form and there will be constant favors from Allah (سبحانه وتعالى).

- We are all born in the best form; we are not born with sins. But when there is outer influence, when we try to change the creation of Allah (سبحانه وتعالى), then we will not be our best. And all that we are talking about is found in Surah At Teen, and Allah (سبحانه وتعالى) is The All-Knower to teach us this now.

SURAH AT TEEN

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1

وَالَّتَيْنِ وَالزَّيْتُونِ

By the fig and the olive

2

وَطُورِ سَيْنِينَ

And [by] Mount Sinai

3

وَهَذَا الْبَلَدِ الْأَمِينِ

And [by] this secure city [Makkah],

4

لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي أَحْسَنِ تَقْوِيمٍ

We have certainly created man in the best of
stature;

5

ثُمَّ رَدَدْنَاهُ أَسْفَلَ سَافِلِينَ

Then We return him to the lowest of the low,

6

إِلَّا الَّذِينَ آمَنُوا وَعَمِلُوا الصَّالِحَاتِ فَلَهُمْ أَجْرٌ غَيْرُ مَمْنُونٍ

Except for those who believe and do righteous
deeds, for they will have a reward
uninterrupted.

7

فَمَا يُكَذِّبُكَ بَعْدُ بِالدِّينِ

So what yet causes you to deny the
Recompense?

8

أَلَيْسَ اللَّهُ بِأَحْكَمِ الْحَاكِمِينَ

Is not Allah the most just of judges?

- The meaning of (التَّيْنِ) is “fig”, and we will notice how the names of the Surahs of the Qur'an are all very special and distinct. Some names of the Surahs are named after people, some after animals, some after types of people, some are objects and here it is named after a fruit.
- We will notice the names of the Surahs are not just about concepts such as “happiness” or “faith”. We have to ponder all the verses and

discover the beautiful messages from Allah
(سبحانه وتعالى).

"READ" THE NURTURING OF YOUR LORD

◌ The surah that comes after Surah At Teen is Surah Al 'Alaq which is about divine knowledge and out of Allah's generosity, He will teach us by pen and to read and understand the nurturing of Allah (سبحانه وتعالى).

SURAH AL 'ALAQ 1 TO 5

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1

اقْرَأْ بِاسْمِ رَبِّكَ الَّذِي خَلَقَ

Recite in the name of your Lord who created -

2

خَلَقَ الْإِنْسَانَ مِنْ عَلَقٍ

Created man from a clinging substance.

3

اقْرَأْ وَرَبُّكَ الْأَكْرَمُ

Recite, and your Lord is the most Generous -

4

الَّذِي عَلَّمَ بِالْقَلَمِ

Who taught by the pen -

5

عَلَّمَ الْإِنْسَانَ مَا لَمْ يَعْلَمْ

Taught man that which he knew not.

- If asked, “who is illiterate?”, it will be said the one who does not know how to read or write, so they will learn the letters and connect them to make words in order to understand.

- But here are not talking about someone illiterate who does not know how to read or write, but to read the actions of Allah (سبحانه وتعالى).
- With the religion, Allah (سبحانه وتعالى) will teach us to read, but to read what? The nurturing of Allah (سبحانه وتعالى).

SURAH AL 'ALAQ 1

اقْرَأْ بِاسْمِ رَبِّكَ

Recite in the name of your Lord

- How can we read the nurturing of Allah (سبحانه وتعالى)? We do not just look at incidents at surface level, for example, “I was born in this place and went to this school and settled here”. This is not “reading”, it is just outer. But

“reading” is to connect it back to the actions and nurturing of Allah (سبحانه وتعالى). We see how Allah (سبحانه وتعالى) guided us, how He decreed things for us in the best way, and when we know this, then Allah (سبحانه وتعالى) will always teach us something we do not know.

- The real learning is when we understand the messages from our Lord. Everything reminds of Allah (سبحانه وتعالى) and inspires us to do our best, to be grateful, to seek forgiveness and so forth.
- For example, Suleiman (عليه السلام) cannot see Allah talking to him, but he sees the situations around him. He saw an ant panicking and this pushed him to make dua to Allah (سبحانه وتعالى) to be grateful because he could understand the speech of the ant. May Allah (سبحانه وتعالى) teach

us what no one can teach except Him and may He help us to translate all that we see by connecting to Him. Ameen.

- For example, if we see an ant struggling, is it not a message for us? Yes, it reminds us to be patient. The ant struggles but it has no reward, but we struggle and we are rewarded.
- So we do not take the incidents as being random, in vain, or bad, but we see it as Allah (سبحانه وتعالى) teaching us. This whole life is one big book for us to “read”. And we all want this nurturing.
- What will help us to easily and quickly detect the nurturing? The Surah before Surah Al ‘Alaq – Surah At Teen.

SURAH AT TEEN

- What is the overall message of Surah At Teen?

أَلَيْسَ اللَّهُ بِأَحْكَمِ الْحَاكِمِينَ

Is not Allah the most just of judges?

- Glory be to You, Yes, Allah (سبحانه وتعالى) is The Most Just of Judges, and He created the human in the best stature.
- Imagine a school that has the best resources, best equipment and best teachers, but the students do not feel their best, they do not like the way they look and see themselves as weak and unaccepting of themselves. Will these students learn and grow despite having the best resources? No.
- So if we do not even appreciate the way Allah (سبحانه وتعالى) created us, as mentioned in Surah At

Teen, then how can we read the nurturing of Allah (سبحانه وتعالى), as mentioned in Surah Al 'Alaq.

- When someone does not accept something about themselves, they will either be rebellious and bully others because they want to prove themselves in order to hide a weakness they have. Or others who do not like themselves will further hide themselves and suppress their feelings, so in the end no one will benefit. They may learn information, but there will be no feelings or understanding of the nurturing.
- Allah (سبحانه وتعالى) created us in the best form. We think how we look is not important, and then we will be perfect in paradise. But while we are here, we need to believe Allah (سبحانه وتعالى) fashioned us in the best form.

- To accept that we are in the best form and that others are in the best form as well, will prevent us from being someone who is in constant conflict with themselves and others. This person will be to read the nurturing of Allah (سبحانه وتعالى).
- Allah (سبحانه وتعالى) created us to go to paradise, to worship Him and to have feelings for Him. So how He created us matches the role we have.
- Also it is important to accept our nature and the nature of others, even the Companions had distinct natures. For example, Abu Bakr (رضي الله عنه) was soft natured and would cry, we cannot say, “why do you cry so much?”. ‘Umar bin Al Khattab (رضي الله عنه) was tough and direct. ‘Uthman bin ‘Affan (رضي الله عنه) was shy.

- If it was not important to know that we are created in the best form, then Allah (سبحانه وتعالى) would not swear by three places of revelation in Surah At Teen.

1

وَالَّتَيْنِ وَالزَّيْتُونِ

By the fig and the olive

2

وَطُورِ سَيْنِينَ

And [by] Mount Sinai

3

وَهَذَا الْبَلَدِ الْأَمِينِ

And [by] this secure city [Makkah],

- So when we tell our children, “you’re too fat, you’re too skinny, you’re too tall, you’re too short”, we do not know how much we are

negatively impacting them and placing “knots” in their life.

- Allah (سبحانه وتعالى) swears by the fig and olive which refers to the place of revelation for Eisa (عليه السلام). Mount Tur refers to the place of revelation for Musa (عليه السلام) and the trustworthy land refers to Makkah, the place of revelation for Mohammed (ﷺ).
- The nature of Eisa (عليه السلام) was very soft and gentle, similar to the fig and olive. Musa (عليه السلام) was strong natured similar to the mountain. And the trustworthy land. And for what does Allah (سبحانه وتعالى) swear?

4

لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي أَحْسَنِ تَقْوِيمٍ

We have certainly created man in the best of stature;

- That Allah (سبحانه وتعالى) created us all in the best form and this means everything is proportionate and matching for each person.
- Acceptance of ourselves is important, but based on truth. People will say, “accept yourself, love yourself”, but this is just based on what they say on their own. But to accept ourselves is based on truth according to what Allah (سبحانه وتعالى) told us, and He makes three oaths to confirm this. When we accept this, we will accept the divine messages, we will not go to the lowest of low. Rather we will reach the highest of the high.
- Allah (سبحانه وتعالى) already created us in the best form and when we take in divine message, we

will be further enhanced and be even better.
But if we do not accept ourselves or do not like ourselves, then how can we learn?

- When we accept that we are created in the best form, it will remove 99% of the knots of our life, and it will remove the tears and anger without reason.
- Also notice for the three oaths, they represent matters all humans need:
 - Food (fig and olives)
 - Connections (Mount Tur where Allah spoke to Musa (عليه السلام))
 - Safe place
- When we accept ourselves, we will not try to change ourselves or compare ourselves to others, and this will remove many sicknesses of

heart. We will not pretend to be someone else, nor will we try to hide ourselves.

○ Nurturing can be very quick if we are so transparent, meaning we accept ourselves. We will be human; we will be someone who is simple and uncomplicated. But if we are in a constant battle with ourselves, then how can we take the divine messages?

○ Allah (سبحانه وتعالى) created us in the best form, but if we do not accept this then we will take ourselves lower and be something else. And we will not be the lowest when we accept ourselves, believe and do good. And then we will have ongoing reward (أَجْرٌ غَيْرُ مَمْنُونٍ), reward of more faith and more firmness. But what will make the reward discontinued and

interrupted? When we do not accept ourselves, believe or do good.

- Allah (سبحانه وتعالى) mentions the tricks of the shaitan where he swears he will make humans change the creation of Allah (سبحانه وتعالى).

SURAH AN NISAA 119

وَلَا أُضِلُّهُمْ وَلَا أُمْنِيَهُمْ وَلَا أُمَرِّيَهُمْ فَلْيُبَيِّتْكُنَّ آذَانَ الْأَنْعَامِ وَلَا أُمَرِّيَهُمْ
فَلْيُغَيِّرُنَّ خَلْقَ اللَّهِ وَمَنْ يَتَّخِذِ الشَّيْطَانَ وَلِيًّا مِّنْ دُونِ اللَّهِ فَقَدْ
خَسِرَ خُسْرًا مُّبِينًا

And I will mislead them, and I will arouse in them [sinful] desires, and I will command them so they will slit the ears of cattle, and I will command them so they will change the creation of Allah." And whoever takes Satan as an ally instead of Allah has certainly sustained a clear loss.

- Allah Al Jameel – The Most Beautiful – created everyone beautiful. We should never talk negatively about how we are and how we look. We can beautify ourselves naturally and dress nicely, but we do not need to change our structure.
- Allah (سبحانه وتعالى) is The Best of Judges, and in order to accept ourselves, what is needed? The surah before Surah At Teen – Surah Ash Sharh; we need to be open-chested, open-minded.

SURAH ASH SHARH

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1

أَلَمْ نَشْرَحْ لَكَ صَدْرَكَ

Did We not expand for you, [O Muhammad
(ﷺ)], your breast?

2

وَوَضَعْنَا عَنْكَ وِزْرَكَ

And We removed from you your burden

3

الَّذِي أَنْقَضَ ظَهْرَكَ

Which had weighed upon your back

4

وَرَفَعْنَا لَكَ ذِكْرَكَ

And raised high for you your repute.

5

فَإِنَّ مَعَ الْعُسْرِ يُسْرًا

For indeed, with hardship [will be] ease.

6

إِنَّ مَعَ الْعُسْرِ يُسْرًا

Indeed, with hardship [will be] ease.

7

فَإِذَا فَرَغْتَ فَانصَبْ

So when you have finished [your duties], then
stand up [for worship].

8

وَإِلَىٰ رَبِّكَ فَارْغَبْ

And to your Lord direct [your] longing.

- In conclusion, everything with Allah (سبحانه وتعالى) is beautiful and the beauty is to read the nurturing and actions of Allah (سبحانه وتعالى).
- When there is expansion of the chest, then we can accept that we created in the best form, and when we accept this, then we can read the nurturing of Allah (سبحانه وتعالى).

- If our heart is tight then we cannot accept anything or read the nurturing.
- We cannot start anything if our heart is tight and we cannot leave ourselves while our heart is tight either.

SURAH TA HA 25 TO 28

25.

قَالَ رَبِّ اشْرَحْ لِي صَدْرِي

[Musa (Moses)] said: "O my Lord! Open for me my chest (grant me self-confidence, contentment, and boldness).

26.

وَيَسِّرْ لِي أَمْرِي

"And ease my task for me;

27.

وَاحْلُلْ عُقْدَةً مِّن لِّسَانِي

"And loose the knot (the defect) from my tongue, (i.e. remove the incorrectness from my speech)

28.

يَفْقَهُوا قَوْلِي

"That they understand my speech.

DIVINE NURTURING LESSONS

- *The real learning is when we understand the messages from our Lord. Everything reminds of Allah (سبحانه وتعالى) and inspires us to do our best, to be grateful, to seek forgiveness and so forth.*
- *For example, if we see an ant struggling, is it not a message for us? Yes, it reminds us to be patient. The ant struggles but it has no reward, but we struggle and we are rewarded.*

- So we do not take the incidents as being random, in vain, or bad, but we see it as Allah (سبحانه وتعالى) teaching us. This whole life is one big book for us to “read”. And we all want this nurturing.
- So if we do not even appreciate the way Allah (سبحانه وتعالى) created us, as mentioned in Surah At Teen, then how can we read the nurturing of Allah (سبحانه وتعالى), as mentioned in Surah Al ‘Alaq.
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- To accept that we are in the best form and that others are in the best form as well, will prevent us from being someone who is in constant conflict with themselves and others. This person will be to read the nurturing of Allah (سبحانه وتعالى).
- Everything with Allah (سبحانه وتعالى) is beautiful and the beauty is to read the nurturing and actions of Allah (سبحانه وتعالى).
- When there is expansion of the chest, then we can accept that we created in the best form, and when we accept this, then we can read the nurturing of Allah (سبحانه وتعالى).

MAY ALLAH INCREASE US IN KNOWLEDGE. AMEEN.

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