

Quran is The Cure For The Heart

يَا أَيُّهَا النَّاسُ قَدْ جَاءَكُمْ مَوْعِظَةٌ مِّن رَّبِّكُمْ وَشِفَاءٌ لِّمَا فِي الصُّدُورِ وَهُدًى وَرَحْمَةٌ لِّلْمُؤْمِنِينَ

O mankind, there has come to you instruction from your Lord and healing for what is in the breasts and guidance and mercy for the believers

Yunus : 57

Juraida Jaafar

Allah addressing everyone

The cure already there

يَا أَيُّهَا النَّاسُ
O mankind

قَدْ جَاءَكُمْ
there has come to you

4 وَرَحْمَةٌ

- Mercy for those who follow Quran
- Exclusive for those who believe
- Quran brings Allah's mercy

Whoever follows the Quran or society or government that follows it, the blessings of Allah descend on him in this world as well as in the Hereafter

Quran is mercy

3 وَهُدًى

- Quran guides us in all spheres of our lives
- Quran is guidance:
 1. how to live in this world
 2. how to go to Jannah by using this world
- Everyone's rights are protected in Quran

Quran defines the rights of each individual and prescribes laws that do not infringe on the rights of any individual, society or government and do not infringe on anyone else

Quran is guidance

2 وَشِفَاءٌ لِّمَا فِي الصُّدُورِ

- Quran is cure for the heart
- Quran cures all diseases :
 1. Physical
 2. spiritual
 3. mental
 4. Social
 5. emotional
- Quran cures these diseases: shirk, jealousy, disbelief, hate, greed, miserliness, hypocrisy, doubt, sadness, arrogance, evil thoughts

Quran is healing

1 مَوْعِظَةٌ مِّن رَّبِّكُمْ

- Quran is an advice from Your Lord for the heart
- When we start taking Quran as advice:
 1. We focus on Akhirah
 2. we don't get distracted

A مَوْعِظَةٌ is a piece of advice that diverts a person's attention from the worldly pursuits to the remembrance of Allah and the Day of Judgement, and creates tenderness in the hearts, dislike of the world, and attachment to the Hereafter

Quran is admonition

لِّلْمُؤْمِنِينَ
for the believers

And if We had made it a foreign [i.e., non-Arabic] Qur'ān, they would have said, "Why are its verses not explained in detail [in our language]? Is it a foreign [recitation] and an Arab [messenger]?" Say, "It is, for those who believe, a guidance and cure." And those who do not believe - in their ears is deafness, and it is upon them blindness. Those are being called from a distant place.

Al-Fussilat :44

And We send down of the Qur'ān that which is healing and mercy for the believers, but it does not increase the wrongdoers except in loss.

Al-Israa :82

Want to sparkle for angels?

The Prophet Muhammad (SAW) said, "...Recite the Quran in (your houses). For the inhabitants of the heavens see them like people on earth see the stars

Al-Silsilah As-Sahihah :3112



We are combination of BODY & SOUL

BODY

- is from the earth
- its food comes from the earth

If we do not feed the body



our body will get sick

If we feed it with wrong food



our body will not function properly



Quran is the cure

SOUL

- is from the heavens
- its Food comes from the heavens (Quran & Sunnah)

If we do not feed the soul



our soul will get sick

If we feed it with wrong food



our soul will get corrupted

How does Quran advise us?

1 Giving us good news & warnings
A Book whose verses have been detailed, an Arabic Qur'an for a people who know. As a giver of good tidings and a Warner: but most of them turn away, so they do not hear.
Al-Fussilat :3-4

2 requirement to benefit:
1. ponder
2. quest for guidance
Stories of past nations and their outcome

3 Questions :
to make people think
أَفَلَا تَعْقِلُونَ
أَفَلَا تَسْتَغْفِرُونَ
أَفَلَا تَتَذَكَّرُونَ

4 News & prophecies
Whoever wants to acquire knowledge should ponder on the Quran because it contains all the knowledge of the first and the last
Abdullah Ibn Mas'ud

Quran has shifa in 3 ways : Quran is the best ruqyah

'Aishah (RA) reported that Allah's Messenger (Peace and Blessing upon Him) came into her house and saw with her a woman who was treating her with ruqyah. He told her: 'Treat her (only) with Allah's Book
Al-Silsilah As-Sahihah :1931

Not seeking cure through Quran is also leaving the Quran
Ibn Qayyim

Ways of Rasulallah
Narrated Aisha: Whenever Allah's Messenger (ﷺ) became ill, he used to recite the Muawidhatan (i.e. the last two surahs of the Qur'an) and blow his breath over himself (after their recitation) and rubbed his hands over his body. So when he was afflicted with his fatal illness, I started reciting the Muawidhatan and blowing my breath over him as he used to do and then I rubbed the hand of the Prophet (ﷺ) over his body
Sahih Bukhari :4439

1 Cure for misguidance
Quran is HUDA
2 Cure for diseases
Quran is MUBARAK
3 Cure for ignorance
Quran is KNOWLEDGE

3 basic principles of medicine (Ibn Qayyim)
1 Prevention
2 Maintain good health
3 Remove harmful objects
HE WHO DOES NOT SEEK HEALING FROM THE BOOK OF ALLAH IS ALWAYS ILL
IBN JAUZI

Shifa is in whole of the Quran
A surah is called shifa :
AL-FATIHAH
Magicians cannot stand this surah :
Al-BAQARAH

Complete Guidance
Behold, for I am leaving amongst you two weighty things, one of which is the Book of Allah, the Exalted and Glorious, and that is the rope of Allah. He who holds it fast would be on right guidance and he who abandons it would be in error,
Sahih Muslim : 2408d
Guides to the ways of peace
By which Allah guides those who pursue His pleasure to the ways of peace & brings them out from darknesses into the light, by His permission, and guides them to a straight path.
Al-Maidah : 16

Understand the Quran is important
Narrated Samura bin Jundab:
The Prophet (ﷺ) said in his narration of a dream that he saw, "He whose head was being crushed with a stone was one who learnt the Qur'an but never acted on it, and slept ignoring the compulsory prayers."
Sahih Bukhari : 1143

Advice of Kaab
Kaab said: hold on to Quran as it is understanding of intellect, Light of Wisdom and Spring of knowledge and it is the newest Book revealed from al-Rahman and Allah has mentioned that in the Torah : 'O Muhammad indeed I will reveal a new Torah upon you that will open blind eyes, deaf ears & covered hearts.
Al-Darimi : 3390

And [mention] the Day when We will resurrect among every nation a witness over them from themselves [i.e., their prophet]. And We will bring you, [O Muhammad], as a witness over these [i.e., your nation]. And We have sent down to you the Book as clarification for all things and as guidance and mercy and good tidings for the Muslims
Al-Nahl :39

3 types of heart (Ibn Qayyim)
1 Dead
• No ability & not benefit from Quran
• due to ignorance & arrogance
2 Sick
• Has ability but not benefit from Quran
• due to love of dunya
3 Alive
• Ability & benefit from Quran
Guides to the best path
Indeed, this Qur'an guides to that which is most suitable and gives good tidings to the believers who do righteous deeds that they will have a great reward
Al-Israa : 9

Beautiful hadth
Allah has given an example of a straight path, on both sides of which are two walls, in which there are open doors, and over the doors are curtains. At the beginning of the path there is a caller who says, "O people! Enter the path all together and do not go depart from it." And there is a caller who calls from further in: when a person wants to open any of those doors, he says: "Woe to you! Do not open it, for if you open it you will enter it." The straight path is Islam, the two walls are the sacred limits of Allah, while the open doors resemble what Allah has prohibited. The caller at the beginning of the path is the Book of Allah, while the caller at the top of the path is the conscience found in the heart of every Muslim"
Musnad Ahmad :17634

Quran is MERCY

1 And this [Qur'an] is a Book We have revealed [which is] blessed, so follow it and fear Allah that you may receive mercy.
Al-An'am : 155

2 'Amir b. Wathila reported that Nafi' b. 'Abd al-Harith met 'Umar at 'Usfan and 'Umar had employed him as collector in Mecca. He ('Umar) said to him (Nafi'):
Whom have you appointed as collector over the people of the valley? He said: Ibn Abza. He said: Who is Ibn Abza? He said: He is one of our freed slaves. He (Hadrat 'Umar) said: So you have appointed a freed slave over them. He said: He is well versed in the Book of Allah, the Exalted and Great, and he is well versed in the commandments and injunctions (of the Shar'iah). 'Umar said: So the Prophet (ﷺ) said: By this Book, Allah would exalt some peoples and degrade others
Sahih Muslim : 817a

3 Benefit of Quran on Day of Judgement
It was narrated from Ibn Buraidah that his father told that the Messenger of Allah (ﷺ) said:
"The Quran will come on the Day of Resurrection, like a pale man, and will say: 'I am the one that kept you awake at night and made you thirsty during the day.'
Sunan Ibn Majah : 3781

4 Mercy for those who believe
• honour
• barakah
• devils run off
• crown
• intercessor
• JANNAH

Knowledge into Action

1

Connect with Quran

Narrated `Uthman:

The Prophet (ﷺ) said, "The best among you (Muslims) are those who learn the Qur'an and teach it."

Sahih Bukhari : 5027

2

Make du'a to Allah to Stay Connected with Quran

Dua 1 اللَّهُمَّ اهْدِنِي فِيمَنْ هَدَيْتَ

O Allah, guide me with those whom You have guided

Sunan Abi Daud : 1427

Dua 2 رَبَّنَا لَا تُرِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا

وَهَبْ لَنَا مِنْ لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ

Our Lord, let not our hearts deviate after You have guided us and grant us from Yourself mercy. Indeed, You are the Bestower

Ali-Imran : 8

3

Try to be أَهْلُ اللَّهِ

It was narrated that Anas bin Malik said:

"The Messenger of Allah said: 'Allah has His own people among mankind.' They said: 'O Messenger of Allah, who are they?' He said: 'The people of the Qur'an, the people of Allah and those who are closest to Him.'"

Sunan Ibn Majah : 215

4

Stay Happy with Quran

GOAL	WHERE	WHERE	HOW
LEARN			
RECEIVE			
MANAGE			
TEACH			
SHARE			

5

Make a daily schedule with Quran

6

Fulfill the Rights of Quran

LISTEN TO QURAN

RECITE

UNDERSTAND

MEMORIZE

IMPLEMENT

CONVEY

for by Allah, if one man is guided on the right path (i.e. converted to Islam) through you, it would be better for you than (a great number of) red camels
sahih Bukhari : 3701

Narrated `Abdullah bin `Amr:

The Prophet (ﷺ) said, "Convey (my teachings) to the people even if it were a single sentence, and tell others the stories of Bani Israel (which have been taught to you), for it is not sinful to do so. And whoever tells a lie on me intentionally, will surely take his place in the (Hell) Fire."

Sahih Bukhari : 3461

Dua 3 اللَّهُمَّ إِنِّي عَبْدُكَ ابْنُ عَبْدِكَ ابْنُ أَمَتِكَ
نَاصِيَتِي بِيَدِكَ مَاضٍ فِي حُكْمِكَ عَدْلٌ فِي قَضَائِكَ
أَسْأَلُكَ بِكُلِّ اسْمٍ هُوَ لَكَ سَمِيَتْ بِهِ نَفْسُكَ
أَوْ أُنْزِلَتْ فِي كِتَابِكَ أَوْ عَلَّمْتَهُ أَحَدًا مِنْ خَلْقِكَ
أَوْ اسْتَأْثَرْتَ بِهِ فِي عِلْمِ الْغَيْبِ عِنْدَكَ
أَنْ تَجْعَلَ الْقُرْآنَ رِيْعَ قَلْبِي
وَنُورَ صَدْرِي وَجَلَاءَ حُزْنِي وَذَهَابَ هَمِّي

O Allah, I am Your slave, and the son of Your male slave, and the son of your female slave. My forehead is in Your Hand (i.e. you have control over me). Your Judgment upon me is assured, and Your Decree concerning me is just. I ask You by every Name that You have named Yourself with, revealed in Your Book, taught any one of Your creation, or kept unto Yourself in the knowledge of the unseen that is with You, to make the Qur'an the spring of my heart, and the light of my chest, the banisher of my sadness, and the reliever of my distress.

Al-Silsilah As-Sahihah :199