



# Surah Al Muminoon

CLASS 8 – RAMADAN 8, 1435

Morning Bliss | Ramadan 2014 | July 6, 2014

## Surah Al Muminoon



Surah Al Muminoon is divided into different sections. The first section from Ayah 1 -11 describes the different characteristics of the Muminoon. The second section from Ayah 12 till Ayah 16 tells about the different stages of the creation of human beings. Allah created the human being in the best of the form.

The third section of Surah Al Muminoon from Ayah 17 to 22 describes the favors of Allah upon the human being. All that Allah created around us that is necessary for our survival.

### SECTION III: CREATIONS AROUND HUMAN BEING (AYAH 17 -22)

#### Ayah 19

فَأَنشَأْنَا لَكُمْ بِهِ جَنَّاتٍ مِّنْ نَّخِيلٍ وَأَعْنَابٍ لَّكُمْ فِيهَا فَاوَكُهُ كَثِيرَةٌ وَمِنْهَا  
تَأْكُلُونَ ﴿١٩﴾

*“And We brought forth for you thereby gardens of palm trees and grapevines in which for you are abundant fruits and from which you eat.”*

Here Allah mentions about the seven heavens. When Allah created the human being, He created the universe around him starting from the seven heavens.

**فَأَنشَأْنَا لَكُمْ بِهِ** means “Then We produce” Allah

**فَأَنشَأْنَا** means “we produce” or “We construct”. The **ف** means then. This indicates an order.

**لَكُمْ** means “for you” Allah produce for the human being.

**بِهِ** means “with it (this water)”. The rain / Water are the means for the production. Everything in life is with means.

**جَنَّاتٍ** means “gardens”. In the dictionary it means a garden that has the date palm and the grape tree. This is the best type of the garden in this life (Duniya)

**مِّنْ** means “from”

**وَأَعْنَابٍ نَّخِيلٍ** means “date palm and grapes”

*Why Allah only mentions date palm and grapes ”?*

Allah associated the grapes with the dates palm tree in many places in the Quran (For the Duniya and the Akhirah). The date palm and the grapes have virtues and benefits. Allah mentions the best types of gardens, as those having the date palms and the grapes so there are advantages of having them together

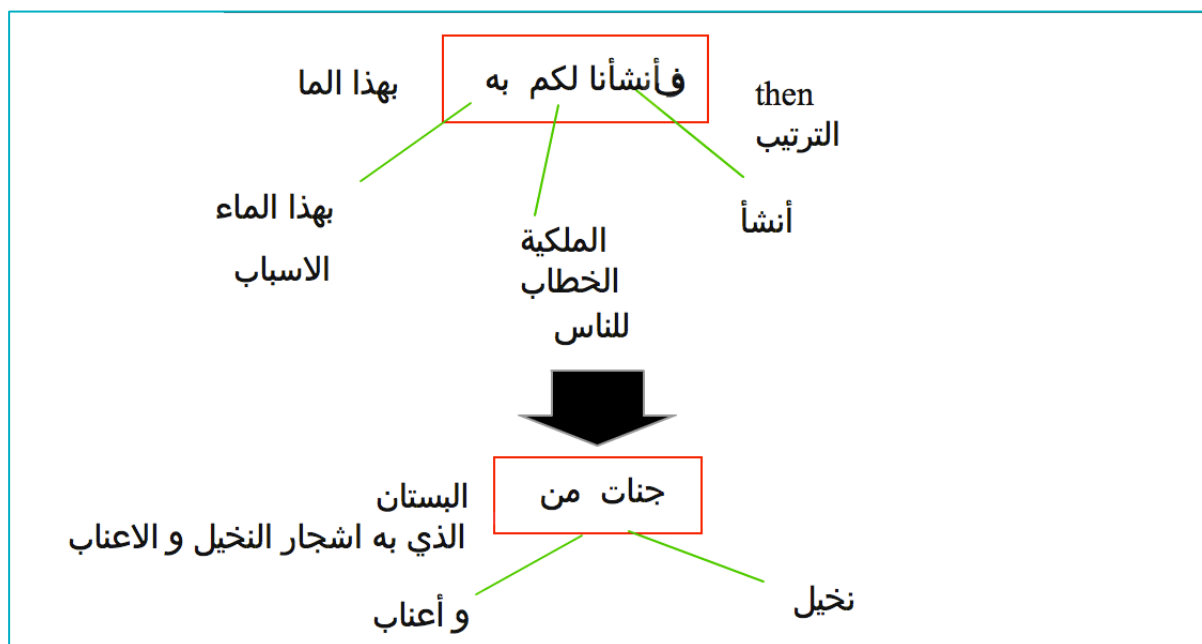
## BENEFITS OF THE DATE PALM TREE

The date palm tree

- The whole tree is mentioned. This is because the whole tree is beneficial i.e. the trunk, leaves, dates etc.
- The Prophet SAW described the believer as a date palm. We will benefit from everything of a believer and nothing will be a waste. Just like the believer, the date palm is firmly rooted in the ground and its branches reach to the sky and it bears fruit.
- The fruit of the date palm is the dates. The dates have so many benefits. It can be used as nourishment, fruit or a sweet treat.
- The Prophet SAW said if there are no dates in house, the people of that house are hungry. This means they are not eating well.
- The date is considered as full meal as it has all the nutrition.
- The date is a cure for so many sicknesses. e.g. it is good for dizziness and laziness. The dates are good for anemia as it has lot of iron. The dates also increase peace and tranquility in a person. Dates effect us physically and mentally because of vitamin B
- It is Sunnah to start morning by eating seven Ajwa. As per Hadith of the Prophet SAW it is protection from any type of poison and magic.
- As per the hadith of the Prophet SAW the best food to break the fast is dates (Fresh Dates)
- As per the hadith of the Prophet SAW the best Suhoor is dates (Dry Dates)

## BENEFITS OF THE GRAPES

- Reduces the acidity
- Reduces the blood pressure
- Good for stomach i.e. bowel movements.
- Prevents from cancer.



- Dates are usually in the Arab peninsula
- Grapes are in other countries
- The best of gardens is when we have the combination date palms and grapes together. This is a blessing of Allah.
- The different types of trees are produced due to the water that Allah sent down as per his decree.

لَكُمْ فِيهَا فَوَاكِهُ كَثِيرَةٌ means “in which for you are abundant fruits”

لَكُمْ means “for you” There is emphasis to tell that it is for us.

فِيهَا means “in it” this means gardens.

فَوَاكِهُ means “different types of fruits”

- Apart from date palms and grapes we have different varieties of fruits in the gardens.
- If we have date palms and grapes together, then we will be able to plant other fruits i.e. pomegranates, apples and figs etc. in the same garden. This is only possible in specific places where the rain falls and decreed water will be sent down
- Allah not only just gave us essential foods (bread and staple) but also gave us the fruits in abundance. There is a variety of tastes and colors of fruits. This shows us the love and mercy of Allah for us.
- The fruits are for our pleasure and enjoyment. It is not something necessary for our survival but something additional
- Allah is telling about the fruits to increase us in faith. Allah is telling us how He is caring for us.
- Just looking at the fruits makes us happy!!!

وَمِنْهَا تَأْكُلُونَ means “and you eat from it”

- Allah made it lawful for us to eat from these gardens (these fruits)
- The fruits are created for us to eat.
- Some people use the fruits to decorate the tables but the purpose of fruits is to eat it.
- The fruits have good/natural sugar for our body. White sugar is like a poison for the body. The best source of sugar is from the fruits and from among the fruits; the best is from the dates.

*When we know how Allah is caring for us in your life, it will increase us in faith!*



## Ayah 20

وَشَجَرَةً تَخْرُجُ مِنْ طُورِ سَيْنَاءَ تَنْبُتُ بِالذَّهْنِ وَصِبْغٍ لِلْأَكْلِينَ ﴿٢٠﴾

*“And [We brought forth] a tree issuing from Mount Sinai which produces oil and food for those who eat.”*

This Ayah tells us about the best type of Oil that is healthy and will not be harmful for us. The olive tree is a blessed tree because you can eat it and you can use its oil on your skin.

وَشَجَرَةً تَخْرُجُ مِنْ طُورِ سَيْنَاءَ means “And a tree (olive) that springs forth from Mount Sinai”

وَشَجَرَةً means “tree”. This refers to the Olive Tree.

تَخْرُجُ means “come out”

مِنْ طُورِ سَيْنَاءَ means “from Mount Sina”. This is referring to the olive tree. It originates from Mount Sinai, which is in As Sham. This is where the best olives are found.

Allah mentioned in Surah Nur Ayah 35 that the Olive tree is a blessed tree that is not in the east and not in west i.e. in the Mediterranean region. Here in Surah Muminoon we are told that the first Olive tree starts from the Mount Sina in As Sham.

The Prophet SAW said the Olive is a blessed tree so we need to eat it and use it.

## DUAL PURPOSE OF THE OLIVE TREE

تَنْبُتُ بِالذَّهْنِ وَصَبْغٍ لِلْأَكْلِينَ means “that grows (produces) oil and (it is a) relish for the eaters

تَنْبُتُ بِالذَّهْنِ means “it produces Oil”

- Here the thick heavy weight olive oil which is for consuming
- In Surah Nur Ayah 35, Allah mentions about the light oil that is used in lamps for illumination.

وَصَبْغٍ لِلْأَكْلِينَ means “as a food for those who eat”.

- The Olive oil has a color that is safe for the body.
- It can be used as a natural food coloring
- Anyone who has a heart surgery is advised to have two spoons of olive oil, and olive oil increases in good cholesterol and decreases in bad cholesterol.

