

# A CURE FOR THE HEART

EPISODE 10: ATTAINING SPIRITUAL  
MATURITY THROUGH THE QURAN



# WHO IS ALLAH?

يَمْوَسَىٰ إِنَّهُ أَنَا اللَّهُ الْعَزِيزُ الْحَكِيمُ

*"O Moses, indeed it is I - Allah, the Exalted in Might, the Wise." (Surah An Naml 27:9)*

- When Allah SWT introduced himself to Prophet Musa AS, what two words did Allah use to describe Himself? The answer is Al-Aziz and Al-Hakim.
- **Al Aziz** is translated as Almighty, The Exalted in Might, or any name that connotes authority and power.
- **Al-Hakim** is commonly translated as The Wise or The Most Wise. Al-Hakim comes from the root word حكم *Hakam* which means 'to continuously judge'. It is also correct to say that Al-Hakim is 'the One that legislates'.
- In Summary, Allah is the Authoritative and the One Who legislates, which is fitting because He appoints messengers who are backed by His Authority and who come bringing His Legislation.



aa plus

# THE MIGHT OF AL-AZIZ

- **Al-Aziz and Al-Hakim are among the 5 most mentioned names of Allah SWT in the Quran, alongside Ar-Rahim, Al-Alim and Al-Ghafur.**
- If we study the occurrences of Allah's Names in the Quran, we'll notice a pattern where each word is used between 5-7 different contexts.
- For example, some of the context where the name Al-Aziz appears:
- **Where Allah SWT asserts His power.** For instance, when He promised that He was going to punish the disbelievers or hold them to account.
- **When He is going to protect or guarantee His Support to the believers** because He is Mighty to help the weak.



- **When He talks about legislation and revelations** which come with His Full Authority we cannot escape. When humans make laws, it cannot be fully enforced, unlike the laws of Allah.
- **When Allah calls to the straight path of *Azizul Hamid* (Mighty Praiseworthy);** in this context, Al-Aziz gives the meaning of honour and honour can be obtained from living a righteous life.
- Kak Natasha received the following questions a lot: *"How do we get more from our engagement with the Quran?"*
- Alhamdulillah, our desire to earn or gain more may be the reason Allah wants to give us.





# THE 4 NON-NEGOTIABLES

## 1) Consistency (*Istiqamah*).

- "Take up good deeds only as much as you are able, for the best deeds are those done regularly even if they are few." (Sunan Ibn Majah)
- We may have stepped up our Quran recitation in Ramadan but let us sustain this habit outside Ramadan too. Let's aim to read daily, no matter where we are, by allocating time for the Quran. In Sha Allah whatever benefit we want will come through our consistency.
- It's also important to read with understanding. Read translations in the language that you are comfortable with.



## 2) Immediately implement whatever ayah that comes to us on that day.

- For example, if we are reading an ayah on parents, we should take it as a reminder to call our parents or do something nice for them.
- If the ayah mentioned infaq, we shouldn't delay to make sadaqah.
- If the ayah mentions forgiveness, we should strive to forgive anyone whom we may have been holding a grudge against.
- When we are grateful for knowledge by implementing it, In Sha Allah, Allah will give us more. (Reference to Surah Ibrahim 14:7 - ***"And [remember] when your Lord proclaimed, 'If you are grateful, I will surely increase you [in favor]"***)
- The Quran needs to be experienced. (Reference to Surah At-Taghabun 64:17 - ***If you loan Allah a goodly loan, He will multiply it for you and forgive you.***) If we don't take the leap of faith and do something difficult for ourselves, we will not be able to experience a miracle.





The Quran  
needs to be  
experienced so  
that we can  
experience  
miracles.

# IN THE MORNING

## 3) Choose the morning for Quran time

- Reading the Quran in the mornings allows us to ponder on an ayah for the rest of the day.
- There are places in the Quran where Allah puts special emphasis such as when He uses an analogy, a historical account, an oath or when He throws a challenge. **These verses are meant to grab our attention, hence we need to ask ourselves what lessons can be taken from them and how they are relevant to us.**
- Take for example the following verse in Surah Al-Ankabut 29:41 - "***The example of those who take allies other than Allah is like that of the spider who takes [i.e., constructs] a home. And indeed, the weakest of homes is the home of the spider, if they only knew***"



aa plus



- When Allah SWT points to an ayah in nature/science, it is worth exploring the sciences of it as it will unlock more meaning.
- If we refer to the Encyclopaedia to understand more about this verse referencing a spider's web, three things will stand out: **1) The web is a trap; 2) The victim will be entangled if it tries to escape and 3) it will cause destruction.**
- In applying this to our lives: When we take our boss, our power or our money as our source of protection, we are trapping ourselves. We will dig ourselves into a hole that will entangle us, and eventually cause our destruction.
- There is so much more meaning that we can unlock by looking at the context of the verse.

# RESEARCH ON QURAN

## 4) Set a research question for each cycle of Khitma

- Kak Natasha shared one of her research questions on Angels: What does Allah say about them? What is the function of Angels? How many Angels are there? Etc.
- When we finish the Quran, we will have a better and more in-depth understanding of Angels (or whatever research topic we focus on). Usually, we will find a disparity between what is being taught in school and what we learn from the Quran.
- Other topics we can consider researching on: the Israelites, ethical principles in the business context, financial and economic matters in the Quran, names of Allah in the Quran and so much more.
- We all have the intention to make the Quran our constant companion and the niyyah (Intention) to make the most of our Quran journey.





# The 4 Non-negotiables in our Quran journey

- 1) Consistency (Istiqamah)**
- 2) Implement- acting on the  
Ayah that calls out to us**
- 3) Process and expand our  
curiosity on the Ayah**
- 4) Make a research project for  
each Quran cycle**





# INCREASING OUR IMAN

- Question to ask ourselves: ***“How do we know if our Iman is increasing?”***
- 1) It is **willing to be put through something that we know is painful or truly difficult yet needs to be done for the sake of Allah** since we won't gain anything from it.
- 2) **Checking our Khusyu' in our Solah.** The good deeds and acts of worship that we do are only a means to an end. They are not the ultimate goal; they are means to get closeness and connection to Allah. We must be careful that we just do, do, do when the connectedness is lacking.
- **Increase in physical worship will obtain closeness to Allah SWT and will result in the desire to do more physical worship.**
- Islam is a religion of balance - it is not just a religion of physical ibadah nor a religion of claim, because a claim needs to be backed by an action.



# WE WILL HATE TO DISOBEY ALLAH

- 3) When we notice **everything pleasing to Allah is pleasing to us** since Allah has beautified the Iman in our hearts.
- **Everything that involves disobedience to Allah becomes displeasing to us.** For example, we will naturally find it offensive to watch TV, even without trying.
- We should continue to self-check and correct our cause when we are not doing enough. We should hold ourselves accountable before we are being held into account.
- **Doing hard things like asking difficult questions or calling ourselves out are signs of spiritual maturity.**

May Allah  
continue to  
make us love  
what He loves,  
and hate what  
He hates.







# A PARTING REMINDER

- Our spiritual level cannot remain at the beginner level. The more we progress in this Dunia, the more we should progress spiritually and ask ourselves the hard questions.
- Leaving Ramadan, **we should ask ourselves if the Quran has transformed our hearts.** If not, we must check which of our sins are stopping us from this transformation so that we can start on the work of purifying.
- **Remember:** The act of repentance is ongoing for as long as we live.



# HEART WORK

## ACTION:

Choose a research topic that you can embark on in your personal project with the Quran.

## REFLECTION:

What are the sins stopping you from being transformed spiritually this Ramadan? What are the steps that need to be taken immediately?

## CONTRIBUTION:

Share Kak Natasha's four non-negotiables with someone you know is on their journey to understanding the Quran better.