

The Holy Qur'an: A Perfect Guide for a Life Transformation



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FAITH & FITNESS ASHRA

"A (PHYSICALLY) STRONG BELIEVER IS BETTER THAN A WEAK ONE."

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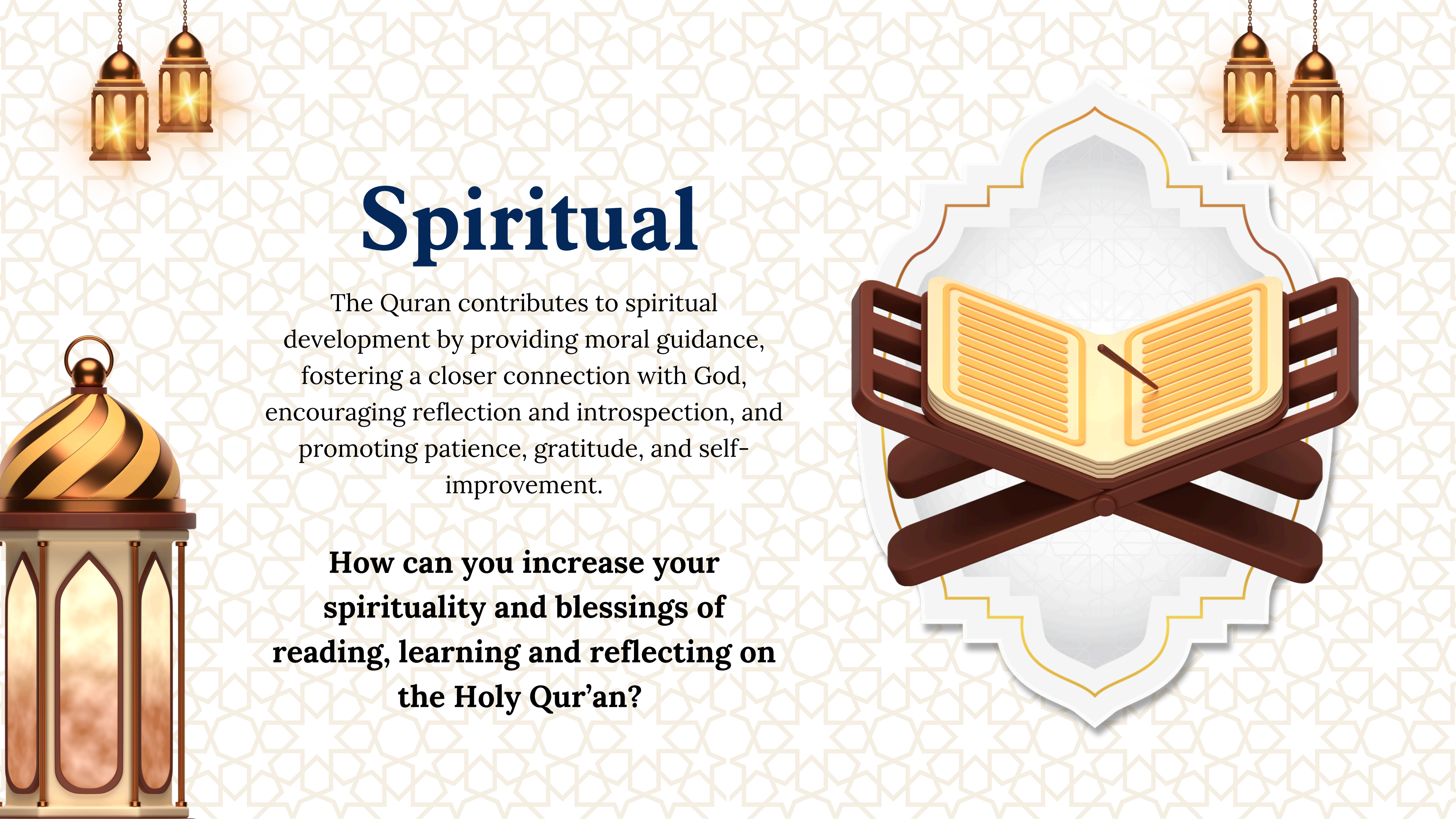


Introduction

This presentation explores briefly over the Spiritual, Mental and Physical benefits of the Holy Qur'an

Discuss the various discussion points mentioned and explore new ideas about the blessings of the Holy Qur'an!





Spiritual

The Quran contributes to spiritual development by providing moral guidance, fostering a closer connection with God, encouraging reflection and introspection, and promoting patience, gratitude, and self-improvement.

How can you increase your spirituality and blessings of reading, learning and reflecting on the Holy Qur'an?



Mental



Reading, listening or reflecting on the Quran can bring a sense of tranquillity and clarity, helping to reduce stress, anxiety, and other mental burdens.



The Quran serves as a source of purification for believers by offering solace during times of hardship, helping them overcome challenges, and guiding them toward righteousness.



Discussion scenario - you encounter a fellow Muslim friend who expresses their recent bouts of feeling down - how can you utilise the teachings of the Qur'an in speaking to this fellow friend?





Physical

The Holy Qur'an is filled with guidance regarding physical growth in terms of better eating habits and physical endurance.

Linking mental and physical benefits together, studies show that reading, learning and reflecting over the Quran can improve cognitive function, including attention span, memory retention, and problem-solving skills. The complex linguistic structure of Arabic used in the Quran enhances brain activity, stimulating intellectual growth.

What can you think of how the Quran can help with physical wellbeing?





Q & A

Session



Jazakmullah

Find out more about the Faith and Fitness

Ashra:

www.Khuddam.org.uk/FaithFitness

