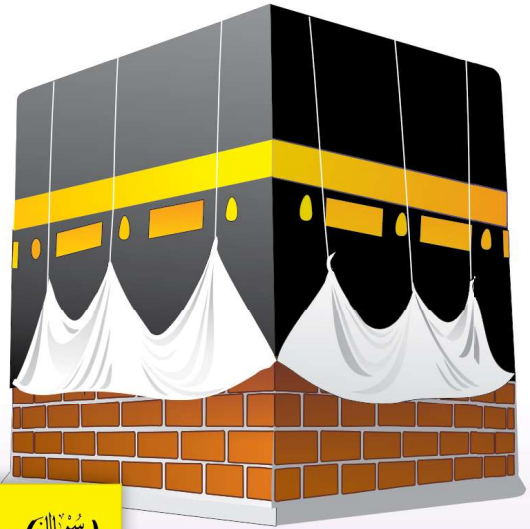


سُورَةُ قُرَيْشٍ

The Quraish



Theme:

The surah of gratitude to Allah (ﷻ)

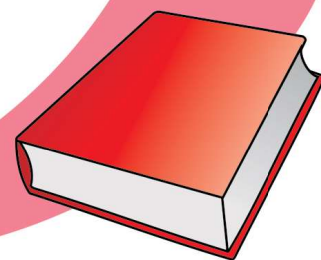
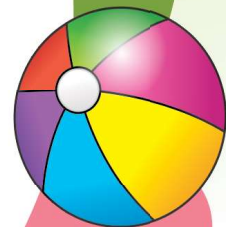
- The Quraish were the noblest tribe of Arabia as they were the care taker of the Ka'aba. (The Prophet (ﷺ) himself belonged to Quraish).
- The respect which they enjoyed was because of the Ka'aba and so they owed it to Allah (ﷻ).
- Therefore Allah (ﷻ) reminded them of the blessings which they were enjoying like food, shelter and peace.
- Then it was their duty to be thankful to their ever loving lord Allah (ﷻ) by worshiping Him alone.



سُبْحَانَ اللَّهِ
وَعَجَلَى
اللَّهُ

PRACTICAL TIPS

We too should look around to see who has given us all the good that we enjoy like our loving parents, different foods, toys, books and much more. It is Allah (ﷻ) who makes us enjoy all the time. Therefore we have to ask Him and only Him for all our needs. We should offer salah everyday to thank Him for all that we have.



ALLAH (ﷻ) GIVES US FOOD

Food is the greatest blessing of Allah (ﷻ) on us. We have to take a balanced diet to stay healthy. In the following activity fill your plate with the help of clues to find appropriate proportions in balanced diet.

CLUES

RED	FRUITS
ORANGE	VEGETABLES
BROWN	GRAINS
GREEN	PROTEINS
BLUE	DAIRY

Evaluation

Answer the following questions

Name few blessings of Allah (ﷻ) on you?

How can one be thankful to Allah (ﷻ) for the blessings that he is enjoying?

