



Session 01 • The Trust of the Book and the Scales

Tuesday 8 September 2026 • 7:00 pm Central • 16 September 2026 • Revision 5

Facilitator review pending • Translation: Saheeh International

The verses • 7:1–5

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

7:1

المص

Alif, Lam, Meem, Sad.

7:2

كِتَابٌ أَنْزَلْنَا إِلَيْكَ فَلَا يَكُنْ فِي صَدْرِكَ حَرَجٌ مِّنْهُ لِتُنذِرَ بِهِ ۖ وَذِكْرَىٰ لِلْمُؤْمِنِينَ

[This is] a Book revealed to you, [O Muhammad] – so let there not be in your breast distress therefrom – that you may warn thereby and as a reminder to the believers.

7:3

اتَّبِعُوا مَا أَنْزَلَ إِلَيْكُم مِّن رَّبِّكُمْ وَلَا تَتَّبِعُوا مِن دُونِهِ أَوْلِيَاءَ ۚ قَلِيلًا مَّا تَذَكَّرُونَ

Follow, [O mankind], what has been revealed to you from your Lord and do not follow other than Him any allies. Little do you remember.

7:4

وَكَمْ مِّن قَرْيَةٍ أَهْلَكْنَاهَا فَجَاءَهَا بَأْسُنَا بَيْتًا أَوْ هُمْ قَائِلُونَ

And how many cities have We destroyed, and Our punishment came to them at night or while they were sleeping at noon.

7:5

فَمَا كَانَ دَعْوَاهُمْ إِذْ جَاءَهُمْ بَأْسُنَا إِلَّا أَنْ قَالُوا إِنَّا كُنَّا ظَالِمِينَ

And their declaration when Our punishment came to them was only that they said, "Indeed, we were wrongdoers!"

The verses • 7:6–10

7:6

فَلَنَسْأَلَنَّ الَّذِينَ أُرْسِلَ إِلَيْهِمْ وَلَنَسْأَلَنَّ الْمُرْسَلِينَ

Then We will surely question those to whom [a message] was sent, and We will surely question the messengers.

7:7

فَلَنَقْصُصَنَّ عَلَيْهِمْ بِعِلْمٍ^ط وَمَا كُنَّا غَائِبِينَ

Then We will surely relate [their deeds] to them with knowledge, and We were not [at all] absent.

7:8

وَالْوَزْنُ يَوْمَئِذٍ الْحَقُّ^ج فَمَنْ ثَقُلَتْ مَوَازِينُهُ فَأُولَئِكَ هُمُ الْمُفْلِحُونَ

And the weighing [of deeds] that Day will be the truth. So those whose scales are heavy – it is they who will be the successful.

7:9

وَمَنْ خَفَّتْ مَوَازِينُهُ فَأُولَئِكَ الَّذِينَ خَسِرُوا أَنْفُسَهُمْ بِمَا كَانُوا بِآيَاتِنَا يَظْلِمُونَ

And those whose scales are light – they are the ones who will lose themselves for what injustice they were doing toward Our verses.

7:10

وَلَقَدْ مَكَّنَّاكُمْ فِي الْأَرْضِ وَجَعَلْنَا لَكُمْ فِيهَا مَعِيشَ^ق قَلِيلًا مَّا تَشْكُرُونَ

And We have certainly established you upon the earth and made for you therein ways of livelihood. Little are you grateful.

Reflect together

Choose the three core questions. You may pass or reflect privately.

Q1 CORE

What two purposes does the verse name for the Book? Read the verse before sharing your answer.

Read 7:2

Q2 CORE

The tafsir discusses deeds, records, and people being weighed. What does the certainty of just weighing invite us to take seriously in daily life?

Read 7:8

Q3 CORE

Name one ordinary provision you used today. What is one practical way you could respond with gratitude?

Read 7:10

Four words to remember

Ḥaraj: distress (7:2) · **Dhikrā:** a reminder (7:2) · **Awliyā':** allies (7:3) · **Mawāzīn:** scales (7:8–9). Read the full translation and explanation for context.

One reflection for the week

Complete this personal reflection: "One provision I am grateful for is ... One way I will respond this week is ..."

Full verses, tafsir, narration sources and optional questions:

<https://halaqa.imatx.org/7/1-10/>

Join: <https://meet.google.com/wmw-bgua-jsy>

Source explanations and editorial reflections are distinguished on the website.