



Session 04 · Ya Bani Adam — Dress and Adornment



Al-A'raf 7:26–28

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Translation — Saheeh International

7:26

يٰۤاَيُّهَا اٰدَمُ قَدْ اَنْزَلْنَا عَلَيْكَ لِبَاسًا يُّورِيْ سَوْءَاتِكُمْ وَرِيشًا وَلِبَاسُ التَّقْوٰى ذٰلِكَ خَيْرٌ ذٰلِكَ مِنْ ءَايٰتِ اللّٰهِ لَعَلَّهُمْ يَذْكُرُوْنَ

O children of Adam, We have bestowed upon you clothing to conceal your private parts and as adornment. But the clothing of righteousness – that is best. That is from the signs of Allah that perhaps they will remember.

7:27

يٰۤاَيُّهَا اٰدَمُ لَا يَفْتِنَنَّكَ الشَّيْطٰنُ كَمَا اَخْرَجَ اٰدَمَ مِنَ الْجَنَّةِ يَنْزِعُ عَنْهُمَا لِبَاسَهُمَا لِيُرِيَهُمَا سَوْءَاتِهِمَا اِنَّهٗ يَرٰكُمْ هُوَ وَقَبِيْلَهٗ مِنْ حَيْثُ لَا تَرَوْنَهُمْ اِنَّا جَعَلْنَا الشَّيْطٰنَ اَوْلِيَاءَ لِلَّذِيْنَ لَا يُؤْمِنُوْنَ

O children of Adam, let not Satan tempt you as he removed your parents from Paradise, stripping them of their clothing to show them their private parts. Indeed, he sees you, he and his tribe, from where you do not see them. Indeed, We have made the devils allies to those who do not believe.

7:28

وَإِذَا فَعَلُوا فَحْشَةً قَالُوا وَجَدْنَا عَلَيْنَا ءَابَاءَنَا وَاللّٰهُ أَمَرْنَا بِهَآ قُلْ اِنَّ اللّٰهَ لَا يَأْمُرُ بِالْفَحْشَآءِ اَتَقُولُوْنَ عَلَى اللّٰهِ مَا لَا تَعْلَمُوْنَ

And when they commit an immorality, they say, "We found our fathers doing it, and Allah has ordered us to do it." Say, "Indeed, Allah does not order immorality. Do you say about Allah that which you do not know?"

7:29

قُلْ أَمَرَ رَبِّي بِالْقِسْطِ وَأَقِيمُوا وُجُوهَكُمْ عِندَ كُلِّ مَسْجِدٍ وَادْعُوهُ مُخْلِصِينَ لَهُ الدِّينَ كَمَا بَدَأَكُمْ تَعُودُونَ

Say, [O Muhammad], "My Lord has ordered justice and that you maintain yourselves [in worship of Him] at every place [or time] of prostration, and invoke Him, sincere to Him in religion." Just as He originated you, you will return [to life] –

7:30

فَرِيقًا هَدَىٰ وَفَرِيقًا حَقَّ عَلَيْهِمُ الضَّلَالَةُ إِنَّهُمْ اتَّخَذُوا الشَّيَاطِينَ أَوْلِيَاءَ مِنْ دُونِ اللَّهِ وَيَحْسَبُونَ أَنَّهُمْ مُّهْتَدُونَ

A group [of you] He guided, and a group deserved [to be in] error. Indeed, they had taken the devils as allies instead of Allah while they thought that they were guided.

7:31

*يَبْنِيْءَ آدَمَ خُذُوا زِينَتَكُمْ عِندَ كُلِّ مَسْجِدٍ وَكُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا إِنَّهُ لَا يُحِبُّ الْمُسْرِفِينَ

O children of Adam, take your adornment at every masjid, and eat and drink, but be not excessive. Indeed, He likes not those who commit excess.

Three questions

You may pass or use a general example; sharing something personal is optional.

Q1

Ayah 26 names two kinds of clothing. One covers us and makes us look good. The other, the clothing of taqwa, Allah calls best. We spend real time and money on the first kind. What makes it hard to give the same care to the second, and what helps?

Q2

Ayah 28 ends with a question: do you say about Allah what you do not know? The people in the ayah had a habit and put Allah's name on it. In ordinary life, where do we most easily say "Islam says..." without having checked, and what would help us pause first?

Q3

Ayah 31 puts three ordinary things side by side: dress well for every masjid, eat and drink, and do not go past the limit — wa-lā tusrifū. In an ordinary week, where is "enough" hardest for you to judge — food, clothes, spending, your phone — and what helps you notice before you have gone past it?

Four words

التَّقْوَى *at-taqwā* protection, taqwa (7:26) · يَفْتِنَنَّكَ *yaftinannakum* let him tempt you (7:27) · مُخْلِصِينَ *mukhliṣīna* sincere, pure (7:29) · تُسْرِفُوا *tusrifū* be not excessive (7:31)

One thing to carry

One thing I tend to overdo is One small limit I will keep this week is

Room to write, during the session or after it.



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