



ISLAMIYAH SERIES

Journey Towards Excellence

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My Journey towards Excellence (MJE)

Marifatullah

(Knowing Allah through His creations)

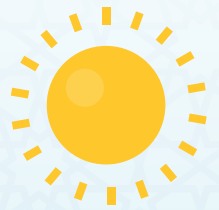
Name of Allah

Ar Razzaq

الرَّزَّاقُ

Topic

Fruit



Lesson 1 - Allah as Ar-Razzaq الرزاق

Allah Ar-Razzāq – The Provider

Allah Most High has many beautiful names and qualities.

One of them is الرزاق – **Ar-Razzāq**, which means The Provider .

(The One who gives food, water, and everything we need to live.)

Ar-Razzāq means Allah provides for every single creature:

- People
- Animals
- Birds
- Insects
- Even tiny fish in the sea

Every living thing depends on Allah for its food and needs.

Did you know, children:

Once Prophet Mūsā عليه السلام went to the mountain to receive wahy — a special message from Allah Most High. On his way, he thought about his family and wondered, “I hope my family is safe and has food to eat.”

Allah Most High wanted to teach Mūsā عليه السلام a powerful lesson — that He is Ar-Razzāq, the One who provides for every creature, no matter how hidden it may be.

So Allah Ta’ālā commanded Mūsā عليه السلام to strike a rock with his staff. He struck it once — and the rock split open.

Inside it was another rock. Allah told him to strike again. He did — and it split, revealing a third rock. When Mūsā عليه السلام struck the third rock, he saw something tiny moving inside.

It was a small worm, deep inside the rock, eating its food! Then Allah gave Mūsā عليه السلام the ability to hear the worm’s voice.

The worm was praising Allah, saying:

“Glory be to the One who sees me, hears me, knows where I live, remembers me, and never forgets me.”

Mūsā عليه السلام was amazed. He realised that if Allah can see, feed, and care for a tiny worm hidden inside three rocks — then surely Allah never forgets or neglects any of His creation, not even us!

Student Discussion

A Moment to Think:

- What does Ar-Razzāq teach us about Allah?
- If Allah provides for a tiny worm hidden in a rock, what does that tell us about how He cares for us?
- Can you name some things Allah has provided for you today?
- How does knowing Allah is Ar-Razzāq make you feel?

Say together:

"Allah is Ar-Razzāq, He provides for me and never forgets me."

Lesson 2 - Allah as Ar-Razzaq الرزاق Allah Gives the Best Food to the Best of His Creation

Children, in our last session we learnt that Allah Ar-Razzāq –

The Provider feeds every creature –from the biggest animals on land and sea, to the smallest insects and worms hidden inside rocks.

But from all of Allah's creation, human beings are the most honoured and special. Allah says in the Qur'an:

| *"We have indeed honoured the children of Ādam."*

(Surah Al-Isrā', 17:70)

Because humans are the best of creation, Allah gives us the best kind of food – full of colour, taste, and nutrition.

The Blessing of Variety

Allah has given us so many kinds of food to enjoy – like bread, rice, chicken, meat, fish, vegetables, fruits, milk etc.

Some are sweet, some are savoury, some are soft, and some are crunchy – all made by Allah Ar-Razzāq, just to keep us healthy and strong.

If we look at animals, they often eat the same type of food every day — a cow eats grass, a lion eats meat, a bird eats seeds, and a fish eats tiny plants. But we humans have been given so much choice — different fruits, spices, and flavours!

This shows how kind and generous Allah is to us. He wants us to enjoy food, but also to remember Him with every bite.

STUDENT - DISCUSSION

Ask the students:

- “What’s your favourite food and why?”

Encourage the children to answer beginning with:

“Subhanallah, my favourite food is...
(e.g. “Subhanallah, my favourite food is,)”

Lesson 3 - Allah Gives the Best Food to the Best of His Creation - Fruit

In our last session we spoke How Allah Most High is providing us with so many delicious different type of food- like— bread, milk, meat, fish, vegetables, and fruits.

Each one is a blessing from Him.

From all the foods we eat, one of the most **beautiful blessings is fruits.**

Think about all the fruits we enjoy — apples, oranges, grapes, bananas, strawberries, mangoes, and dates. They all come from Allah Ar-Razzāq, who makes them grow for us to eat and enjoy.

Fruits are not just tasty — they are a great blessing from Allah for our bodies. They give us vitamins, energy, and strength to stay healthy and active. When we eat fruits, they help us fight sickness, heal faster, and keep our skin fresh and glowing.

On a hot day, fruits like watermelon, oranges, and grapes cool and refresh us, while fruits like bananas and dates keep us full and strong.

Some fruits, like honey, figs, and dates, are even used as natural medicines mentioned in the Qur'an and Sunnah!

He sends the rain, gives light from the sun, makes the seeds grow, and brings out fruits of many colours, shapes, and flavours — all from the same soil and water!
That is how powerful, wise, and kind Allah Ar-Razzāq is.

Did you know?

- The Arabic word for fruit is الثَمَرَات (ath-thamarāt).
- Fruits are mentioned many times in the Qur'an, such as dates, grapes, pomegranates, olives, and figs.
 - **Dates:** is mentioned more than 20 times.
 - **Grapes:** Mentioned 11 times.
 - **Pomegranates:** Mentioned 3 times.
 - **Figs:** Mentioned once.
 - **Olives:** Often mentioned once.
 - **Bananas:** Mentioned once.

STUDENT - DISCUSSION

Ask the students:

- “Can anyone tell me something about any of the six fruits mentioned in the Quran?”

Encourage the children to answer beginning with:

“Subhanallah, My Allah Most High... e.g.

- “Subhanallah, My Allah Most High made dates so sweet,”
- “Subhanallah, My Allah Most High made bananas soft so babies can eat them.”

Ask the student to bring a fruit to madrasah

Lesson 4 - The Blessing of Eating Fruits

When we eat fruits, we are not just filling our stomachs — we are tasting Allah's mercy. Every bite gives us the strength to study, play, and pray. Allah Most High could have made all food plain and tasteless, but out of His kindness, He made fruits sweet, juicy, and full of flavour so that we remember His mercy with every bite.

Some fruits taste sweet and creamy, like bananas and mangoes. Others are fresh, like oranges. Some are sour and tangy, like lemons and pineapples, while others are soft and mild, like melons and pears.

Each fruit has its own colour, smell, and taste, showing us how creative and powerful Allah is. He made so many flavours — from the juicy and refreshing watermelon to the tiny, sweet strawberries — all growing from the same water and sunlight!

Allah could have given us just two or three types of fruit, and we would never know what we were missing. But out of His mercy, He gave us hundreds of different fruits, each with its own taste, colour, and benefit.

Did you know

There are over 2000 different types of fruits available throughout the world.

So, when we enjoy the taste of any fruit, we should smile and say “*Alhamdulillah!*” for these beautiful gifts from Allah, the Most Kind.

STUDENT - DISCUSSION

Teacher

- Invite students to share and talk about fruit they have brought with them today.
- Ask questions like:
 - ➡ What fruit did you bring?
 - ➡ Where does it come from?
 - ➡ Can you tell me something about the fruit?

Ask the students:

- “What’s your favourite fruit and why?”

Encourage answers beginning with:

“Subhanallah, my favourite fruit is...”

(e.g. “Subhanallah, my favourite fruit is because.....”)

Lesson 5 - Banana – Look at the Banana!

Look at the banana — so bright and cheerful, just like sunshine! Its smooth yellow skin makes you want to peel it right away. And when you open it, inside is a soft, creamy fruit that smells so nice and sweet.

Now take a bite... yum!

It's so sweet and smooth, easy to chew, and it fills your tummy quickly. That soft taste and lovely smell are both from Allah Most High, who made this fruit so perfect for us.

Think about it — who wrapped the banana in its own natural cover to keep it clean and safe until we eat it? Who made it grow on tall trees, hanging in bunches, just waiting to be picked? None but Allah, the Most Wise and the Most Kind.

So when you eat a banana, say *"Alhamdulillah!"* and remember — every sweet bite is a gift from Allah, who loves to give us good things to eat.

Student Activity – Reflection Meditation

Teacher Instructions:

- **Ask everyone to sit quietly and say gently:**
"Close your eyes and imagine a banana in front of you. It's bright colour. Now, imagine peeling the skin and taking a bite..."
- **Pause for 10–15 seconds — let them picture it.**
- **Say softly:**
 - ➡ *"Can you feel the sweetness on your tongue? Can you smell its lovely fragrance and see its beautiful colour in your mind?"*
 - ➡ *"Think about how Allah Most High made such a delicious fruit — from just water, sunlight, and a seed!"*
- **Continue:**
"Now let's thank Allah. Say SubhanAllah ten times together. Count on your fingers."
- **Students (quietly):**
"SubhanAllah... SubhanAllah... SubhanAllah..." (10 times)

Lesson 6 - Allah as Ar-Razzaq الرزاق

Amazing Fruit Facts – Signs of Allah Ar-Razzāq

Every fruit we eat is a beautiful blessing from Allah. All fruits come from the same soil and water, yet Allah makes each one different – This shows the power, wisdom, and creativity of Allah Most High,

Lets look at some of the fruits and how it reminds us of Allah Most High.

Amazing Fruit Facts – Signs of Allah Ar-Razzāq

1. Banana

- Bananas grow curved upward because they reach towards the sunlight, not the ground.
- Allah is teaching us that just like the banana turns toward light, we should always turn our hearts toward Allah.

2. Orange

- Oranges are wrapped in a natural peel to protect them.
- Allah Most High is teaching us to protect our īmān from Shayṭān, just as the orange protects what is inside.

3. Strawberry

- Each strawberry has tiny seeds on the outside – over 200 that we can see.
- Allah is reminding us that His blessings are many and visible, and we should thank Him for each one.

4. Grapes

- Grapes grow in beautiful bunches, not alone.
- Allah Most High is reminding us that He loves togetherness and teamwork – we are stronger when we stay united.

5. Watermelon

- Watermelons are mostly water – about 90 percent! They keep us cool on hot days.
- Allah Most High is showing us His care – He gives us what our bodies need at the perfect time.

6. Pineapple

- Pineapples grow from the ground, not trees, and have a rough, spiky skin protecting the sweet fruit inside.
- Allah is teaching us that sometimes life has rough or difficult parts, but inside them can be sweetness and reward.

7. Mango

- Mangoes are called the “king of fruits” for their rich taste and smell.
- Allah made them soft inside with one big seed that can grow into a large tree.
- Allah is teaching us that one good action, like one seed, can grow into many rewards.

8. Pear

- Pears are smooth and gentle to bite.
- Allah is teaching us to be gentle and kind, bringing benefit to others.

9. Lemon

- Lemons taste sour but help our bodies stay fresh and healthy.
- Allah is teaching us that not everything pleasant is sweet — sometimes what feels difficult is actually good for us.

10. Coconut

- Coconuts have a hard shell outside but soft, sweet water inside.
- Allah is teaching us that true beauty is on the inside — we should keep our hearts pure and kind.

Truly, every fruit is a sign of Allah’s mercy, beauty, and love for His creation.

Before you eat your next fruit, smile and say from your heart:

“SubhanAllah! Look how many fruits Allah made for us!”

And always remember:

“Bismillah before we eat, Alhamdulillah when we finish!”

Student Discussion

- Which fruit amazed you the most and why?
- What do different fruits teach us about Allah?
- Why did Allah make fruits different in taste, colour, and shape?
- Can you think of one fruit and say what it reminds you about Allah?
- How do these fruits show that Allah is Ar-Razzāq?

Say together:

“SubhanAllah! Allah provides so many beautiful fruits for us.”

Reflection:

“Next time you eat a fruit, what will you remember about Allah?”