

# Workbook – سُورَةُ الْكَهْفِ

*A Journey Through the Straight Lens*

SESSIONS 1–2

STUDENT WORKBOOK

Faith

People of the Cave

Wealth

Two Gardens

Knowledge

Mūsā عليه السلام & Khidr عليه السلام

Power

Dhul-Qarnayn

## Surah Overview & Virtues

### Al-Kahf – سُورَةُ الْكَهْفِ

**The Cave** – الْكَهْفُ means a wide cave in a mountain (plural: كُهُوف)

**110 Verses** · Makkan Surah

This surah focuses on **belief, identity, and worldview**. Before action... comes understanding.

**Main Theme:** Protection from life's four major trials – Faith, Wealth, Knowledge, and Power.

### Why "The Cave"?

Because of the story of أصحاب الكهف (The People of the Cave). But more deeply, it represents finding protection when the world becomes overwhelming.

### How to Use This Workbook

- Write what actually hits you
- Circle what stays with you
- Don't rush your answers
- Use Google Classroom for full lecture notes, deeper explanations, and weekly assignments

## Virtues of the Surah

### Protection from Dajjāl

«مَنْ حَفِظَ عَشْرَ آيَاتٍ مِنْ  
أَوَّلِ سُورَةِ الْكَهْفِ عُصِمَ مِنَ  
الدَّجَالِ» (رواه مسلم)

"Whoever memorizes the first ten verses of Surah Al-Kahf will be protected from the Dajjāl." — This surah protects you from **the greatest form of confusion and deception.**

### Light Between Two Fridays

«مَنْ قَرَأَ سُورَةَ الْكَهْفِ يَوْمَ  
الْجُمُعَةِ أَضَاءَ لَهُ مِنَ النُّورِ مَا  
بَيْنَ الْجُمُعَتَيْنِ» (رواه  
البيهقي)

"Whoever recites Surah Al-Kahf on Friday will have a light between this Friday and the next." — This surah gives **clarity in a confusing world.**

### From the Early Foundational Surahs

«إِنَّ فِي بَنِي إِسْرَائِيلَ،  
وَالْكَهْفِ، وَمَرْيَمَ، وَطَةَ،  
وَالْأَنْبِيَاءِ، هُنَّ مِنَ الْعِتَاقِ  
الأُولِ» (رواه البخاري — ابن  
مسعود رضي الله عنه)

These surahs built **belief, clarity, and identity.** Before rules... your foundation must be strong.

## Connections Within the Surah



### Beginning

It starts with **hope** — ﴿وَبَشِّرِ الْمُؤْمِنِينَ﴾



### Ending

It ends with — ﴿كَانَتْ لَهُمْ جَنَّاتُ الْفِرْدَوْسِ نُزُلًا﴾ (١٠٧) — **fulfillment**



Connection to Sūrat al-Isrā': The end of Isrā' closes with ﴿وَقُلِ الْحَمْدُ لِلَّهِ﴾ and Kahf opens with ﴿الْحَمْدُ لِلَّهِ الَّذِي أَنْزَلَ عَلَى عَبْدِهِ الْكِتَابَ﴾ — Praise continues. Your relationship with Allah continues.



# Introduction — What This Surah Does

- Surah Al-Kahf is not just a surah to be read. It is **a way to correct how you see life.**

## The Core Problem

We don't struggle because we lack information. We struggle because **we see things the wrong way.**

- Culture shapes our assumptions
- Environment normalizes wrong ideas
- What we're used to feels like truth

  The danger: Wrong ideas start to feel normal.

## The Dominant Lens Today

Most people define life through success, money, and status. The result:

- Faith feels distant
- Submission feels hard
- The unseen feels less real

## What the Qur'an Does

It doesn't begin by telling you what to do. It begins by **helping you see clearly.**

### Corrects

Your worldview

### Warns

Against trials

### Gives Hope

To believers

# The Four Tests in This Surah

## Faith

People of the Cave

Tested through pressure to abandon belief



## Wealth

Two Gardens

Tested through pride and love of this world

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Tested through ego and limited understanding



## Power

Dhul-Qarnayn

Tested through authority and responsibility



**Core Question:** What happens when your faith is tested? Each story in this surah is a mirror — which one reflects your life right now?



## Reflection

### Question 1

What shapes how I see success and happiness?

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### Question 2

Which test feels most real in my life right now?

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# Sessions 1 & 2 — Study Notes & Reflection

## Session 1 — The Straight Lens

﴿الْحَمْدُ لِلَّهِ الَّذِي أَنْزَلَ عَلَىٰ عَبْدِهِ الْكِتَابَ وَلَمْ يَجْعَلْ لَهُ عِوَجًا﴾

### Key Vocabulary:

- Complete praise — الْحَمْدُ
- His servant — عَبْدِهِ
- Crookedness / distortion — عِوَجًا

**Core Idea:** The Qur'an is completely straight. The issue is not truth... it's how we see.

## Session 2 — Identity & Revelation

﴿فَيَمَّا لِيُنذِرَ بَأْسًا شَدِيدًا مِّن لَّدُنْهُ وَيُبَشِّرَ الْمُؤْمِنِينَ﴾

### Key Vocabulary:

- Upright / correcting — قَيِّمًا
- To warn — يُنذِرَ
- To give good news — يُبَشِّرَ
- From Him (directly) — مِّن لَّدُنْهُ

**Core Idea:** You are described as 'abd (عَبْد) — a servant of Allah. Without this identity... guidance won't fully impact you.



# Guided Notes

1 Main point from today's session

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2 Example or explanation that stood out

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3 Something I didn't fully understand

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## Weekly Reflection

 Biggest takeaway

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 Something that stayed with me

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 A question I still have

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 One change I want to make

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Surah Al-Kahf begins by correcting **how you see** and **who you are** — because when those are aligned... everything else begins to follow.