

AR-RAHMAN 55:10-11

وَالْأَرْضَ وَضَعَهَا لِلْأَنَامِ (١٠) فِيهَا فَكِهَةٌ وَالنَّخْلُ ذَاتُ الْأَكْمَامِ (١١)

As for the earth, He has placed it for creatures, (10) In which there are fruits and date palms having sheaths, (11)

Late Makki surah, just before Raasulullah's hijrah to Madinah

1

Surah Ar-Rahman (75 Ayaat)

In this surah, Allah informs of His favors and His mercy for His creatures. He revealed the Qur'an to His servants & He made memorizing and understanding of it easy for those on whom He has bestowed His mercy.

Ayat 10 & 11

10 : Allah raised the heavens and laid the earth and balanced it with firm mountains, so that it would be stable for its residents that live on it, i.e. the various types and kinds of creatures, different in species, shape, color and language.

11 : Allah specifically mentioned the date tree here because of its benefit, both fresh and dry.

2

Fresh dates are a better source of vitamin C.



3

Dried dates are a better source of iron and calcium than fresh dates.

Benefit of Dates

- Very Nutritious – contain some important vitamins and minerals
- High in fiber
- High in disease-fighting antioxidants
- May promote brain health
- May promote & ease natural labor
- Excellent natural sweetener
- Other potential health benefits
- Easy to add to our Diet.



LESSONS

1. Allah makes survival on earth not only for humankind but also for all other creatures eg animals
2. Allah provides food not only for their nutritious values but also for humankind to enjoy the good taste that make value-added to their survival on the earth

References

Tafsir Ibn Kathir
Nouman Ali Khan Al Bayyinah