

# How To Benefit From the Qur'aan How To Understand the Qur'aan

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Allaah the Most High says:

إِنَّ فِيْ ذٰلِكَ لَذِكْرًا لِّمَنْ كَانَ لَهُ قَلْبٌ اَوْ اَلْقَى السَّمْعَ وَهُوَ شَهِيدٌ

"Indeed in this there is a remembrance for those who have a living heart, listen attentively and are awake to taking heed."

[Qaaf: 37]

Therefore, if you desire to benefit from the Qur'aan, gather your heart when reciting it, focus your attention to it and focus as if you are the one being directly addressed by it. For indeed it is an address from Allaah via the path of the Messenger sallallaahu `alayhi wa sallam.

This is because gaining complete benefit from the Qur'aan is dependent upon the object providing the benefit, the place by which it is to be received, the conditions related to attaining the benefit and the non existence of anything that may hinder the benefit from occurring. Hence the verse contains an explanation of all of these points, with the shortest and clearest of words, and those that best prove the point.

Thus the saying of Allaah: **{Indeed in this there is a remembrance}** has an inference to what has preceded the verse from the beginning of Soorah Qaaf up to this verse and this is what is causing the benefit.