

SOWING THE SEEDS: QURAN AND NATURE JOURNALLING

WITH 'SIDRA FROM @KMALIKSIDRA

DO THEY NOT REFLECT WITHIN THEMSELVES: ALLAH DID NOT CREATE THE HEAVENS AND THE EARTH AND WHAT IS BETWEEN THEM TWO BUT WITH TRUTH, AND (FOR) AN APPOINTED TERM SURATUL RUM (30), VERSE 8

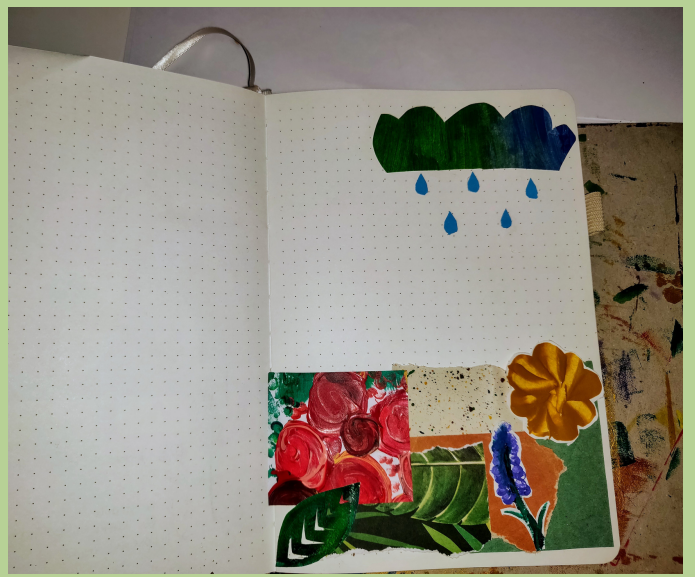
THIS POWERFUL SESSION WITH SIDRA ALLOWED US TO EXPLORE THE CREATIVE WAY OF REFLECTING UPON THE SIGNS OF ALLAH. IT ALLOWS FOR A DEEPER CONNECTION TO QURAN AND NATURE. AT THE SAME TIME USING MATERIALS THAT WE HAVE AT HOME MEANS WE ARE RECYCLING MATERIALS TO MAKE OUR REFLECTIVE JOURNALS.

MATERIALS:

- A PAIR OF SCISSORS
- A GLUE STICK
- ANY COLOURING PENS/ PAINTS/ PENCILS/ PASTELS/ PAINTS
- ANY PAPER AVAILABLE
- A JOURNAL/ NOTEBOOK



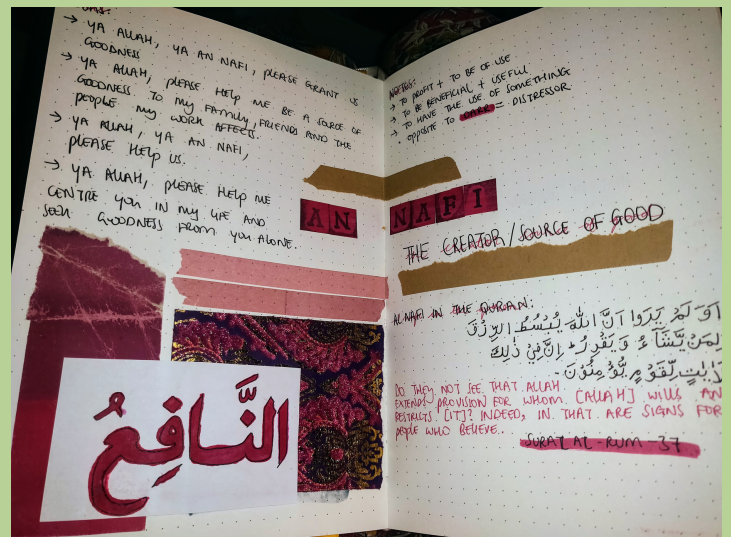
Collect materials together, cut out from magazine, wrapping paper anything you can find around the house. Also decide which ayah from the Quran you would like to reflect upon



Start to reflect on key words from the ayah. What stands out to you. What duas can be made in response to the ayah? Position some of your pieces on the paper, don't stick them down yet.



Write the ayah in your journal and continue to add colours, images, art that reflects what the ayah reminds you of. Now is the time to also add any explanation, names of Allah or duas that are linked with the ayah



The more you journal, the more creative and comfortable you will be

SOME AYAHS TO REFLECT UPON:

"And We have sent down blessed rain from the sky and made grow thereby gardens and grain from the harvest." (Qur'an, 50:9)

- "Eat and drink from the provision of Allah, and do not commit abuse on the earth, spreading corruption." (Qur'an, 2:60)

- "And We send down rain from the sky, causing every type of fine plant to grow on earth." (Qur'an, 31:10)