

Rejuvenate Your Spirit

“The Greatest Being”

The **takbīr** or **takbeer** (تَكْبِير) is the **Arabic** name for the phrase **Allāhu Akbar**, اللهُ أَكْبَرُ. Usually translated “God is great” or “God is [the] greatest,” it is a common Arabic expression and is used as both an informal expression of faith and as a formal declaration.

Introduction

These meetings are intended to be interactive and self-run.

In this session, we focus on one of the common themes throughout the Qur’an and a common theme in most religions. God is the greatest being in the universe and is the only one worthy of praise.

- Meet and Greet (15 mins)
 - Introductions, find your spot, mingle
 - Get some coffee
- Group Prayer (30 mins)
 - Write down your prayer request on the card
 - Pull out random prayer and read aloud
- Spiritual Verses & Feedback (60 mins)
 - Read out verses
 - Individual feedback
- Conclusion
 - Concluding prayer
- Shared Dinner
 - Eat up
 - Mingle

Group Prayer

Please write down your prayer request for the group. It can be anything personal such as curing a sick person, it may be general such as world peace or a behavior such as freedom from an addiction.

Use your heart to guide your soul.

Once all the requests are collected, everyone will randomly pick out one request and read it to the group. Everyone in the group will then pray about it.

The idea here is that of community prayer and sharing your feelings.

Everyone prays for themselves, friends or a family member, but it requires a much bigger heart to pray for a stranger.

Spiritual Quotes

(In the name of God most gracious, most merciful)

Verse 7:54 "Your Guardian Lord is Allah, who created the heavens.....the sun, the moon and the stars... blessed be Allah, the cherisher and sustainer of the worlds".

Verse 17:44 "The seven heavens and the earth.....Verily He is often forbearing, most forgiving."

Verse 24:41 "See thou not that it is.....And Allah knows well all that they do".

Verse 35:44 "Do they not travel through the earth.....for He is all knowing, all powerful."

Verse 39:67 "No just estimate have they made....High is He above the partners they attribute to Him."

Verse 59:22 "Allah is He, than whom there is no other god.....most gracious, most merciful...."

Verse 59:23 "Allah is He than whom there is no other god....He is Allah the creator...He is the exalted in might, the wise."

Verse 59:24 "He is Allah the creator...He is the exalted in might, the wise."

Spiritual Discussion

Please remember to use your Qur'an to get the exact quote, as there might be slight variation on the translation from your copy.

Volunteers read out the Introduction and Summary of the start each Verse (Surah) from the Qur'an.

This allows the group to place a context of the purpose and history of each verse which will help with the meaning.

There are 6 introductions.

Volunteers read aloud each verse by turn.

There are 8 verses.

Once the readings are completed, one by one you volunteer your feedback about the verses.

Feedback includes the following:

- What you understand by these
- How it impacts your life
- How you can use them to improve your spiritual side
- A follow-up question that you may have
- A clarification about the meaning(s)

Feedback must be kept brief – no more than 5-10 minutes per person.

Concluding Verse

IN THE NAME OF GOD, THE COMPASSIONATE, THE MERCIFUL

God is the light
of the heavens and the earth.
The smile of God's light
is like a niche in which is a lamp,
the lamp in a globe of glass,
the globe of glass as if it were a shining star,
lit from a blessed olive tree
neither of the East nor of the West,
its light nearly luminous
even if fire did not touch it.
Light upon light!
God guides to this light
whomever God will:
and God gives people examples;
and God knows all things.

qur'an - 24:35 - al 'nuur - the light