

# Quranic Ayat (Verses) of courage and our own Reflection questions:

**There is no justice without courage**

**There is no justice without truth**

This article contains 30 Quranic Ayahs and reflection questions on the theme of courage. As you reflect in light of Allah's name, AL-QAWIYY (THE MOST POWERFUL), you and your family can think on the prophetic example of character emulating courage in the name of the Divine. Use these Ayat to spark conversations with family and friends on the universal principle of courage.

1. فَمَا آمَنَ لِمُوسَىٰ إِلَّا ذُرِّيَّتُهُ مِّن قَوْمِهِ عَلَىٰ خَوْفٍ مِّن فِرْعَوْنَ وَمَلَئِهِمْ أَن يَفْتِنَهُمْ وَإِنَّ فِرْعَوْنَ لَعَالٍ فِي الْأَرْضِ وَإِنَّهُ لَمِنَ الْمُسْرِفِينَ

But none believed in Moses except some children of his people, for fear that Pharaoh and his chiefs would persecute them. Pharaoh was high and mighty in the land. He was a tyrant [Q10/83]

**REFLECTION QUESTION:** Can you give example of an “oppressive system” that you stood up against?

2. وَإِن جَنَحُوا لِلسَّلْمِ فَاجْنَحْ لَهَا وَتَوَكَّلْ عَلَى اللَّهِ إِنَّهُ هُوَ السَّمِيعُ الْعَلِيمُ

But if they incline towards peace, then incline towards it, and put your trust in God. He is the Hearer, the Knower.[Q 8/61]

**REFLECTION QUESTION:** Is it harder to bring on peace or war? How do you establish peace in your life?

وَلَمَّا جَاء مُوسَى لِمِيقَاتِنَا وَكَلَّمَهُ رَبُّهُ قَالَ رَبِّ أَرِنِي أَنظُرْ إِلَيْكَ قَالَ لَن نَرَاكَ وَلَكِن 3. انظر إلى الجبل فإن استقر مكانه فسوف ترائني فلما تجلّى ربّه للجبل جعله دكاً وحرّ موسى صعفاً فلما أفاق قال سبحانك تبت إليك وأنا أول المؤمنين

And when Moses came to Our appointment, and his Lord spoke to him, he said, “My Lord, allow me to look and see You.” He said, “You will not see Me, but look at the mountain; if it stays in its place, you will see Me.” But when his Lord manifested Himself to the mountain, He turned it into dust, and Moses fell down unconscious. Then, when he recovered, he said, “Glory be to you, I repent to you, and I am the first of the believers.[Q7/143]

**REFLECTION QUESTION:** Musa (AS) showed a lot of courage when asking Allah to reveal Himself. When have you wanted to ask for something, and went for it? How did you feel about yourself thereafter?

4. كِتَابٌ أَنْزَلَ إِلَيْكَ فَلَا يَكُن فِي صَدْرِكَ حَرَجٌ مِّنْهُ لِتُنذِرَ بِهِ وَذِكْرَى لِلْمُؤْمِنِينَ

A Scripture was revealed to you (O Prophet), so let there be no anxiety in your heart because of it. You are to warn with it—and a reminder for the believers [Q7/2]

**REFLECTION QUESTION:** How do you engage with the Quran? How often do you seek guidance from it fir your everyday life? Is the Quran a book of reference and guidance for you?

5. يَا أَيُّهَا الَّذِينَ آمَنُوا عَلَيْكُمْ أَنْفُسَكُمْ لَا يَضُرُّكُمْ مَن ضَلَّ إِذَا اهْتَدَيْتُمْ إِلَى اللَّهِ مَرْجِعُكُمْ 5. جَمِيعًا فَيُنَبِّئُكُم بِمَا كُنتُمْ تَعْمَلُونَ

O you who believe! You are responsible for your own souls. He who has strayed cannot harm you if you are guided. To Allah is your return, all of you, and He will inform you of what you used to do.[Q5/105]

**REFLECTION QUESTION:** When you see people you care about going against your values, are you able to speak up? Say NO? Are you willing to stand up on your own side for your beliefs?

قَالَ رَجُلَانِ مِنَ الَّذِينَ يَخَافُونَ أَنْعَمَ اللَّهُ عَلَيْهِمَا ادْخُلُوا عَلَيْهِمُ الْبَابَ فَإِذَا دَخَلْتُمُوهُ 6.  
فَأِنَّكُمْ غَالِبُونَ وَعَلَى اللَّهِ فَتَوَكَّلُوا إِنْ كُنْتُمْ مُؤْمِنِينَ

Two men of those who feared, but whom Allah had blessed, said, “Go at them by the gate; and when you have entered it, you will prevail. And put your trust in Allah, if you are believers.”[Q5/23]

**REFLECTION QUESTION:** Who is your role model? Do they show courage? Are they brave? What qualities does your role model possess?

7. مَا أَصَابَكَ مِنْ حَسَنَةٍ فَمِنَ اللَّهِ وَمَا أَصَابَكَ مِنْ سَيِّئَةٍ فَمِنْ نَفْسِكَ وَأَرْسَلْنَاكَ لِلنَّاسِ  
رَسُولًا وَكَفَى بِاللَّهِ شَهِيدًا

Whatever good happens to you is from God, and whatever bad happens to you is from your own self. We sent you to humanity as a messenger, and God is Witness enough.[Q4/79]

**REFLECTION QUESTION:** What does personal responsibility look like and mean to you in your life? Can you see your “EGO” when you are hurt or challenged in life?

8. وَلَتَكُنْ مِنْكُمْ أُمَّةٌ يَدْعُونَ إِلَى الْخَيْرِ وَيَأْمُرُونَ بِالْمَعْرُوفِ وَيَنْهَوْنَ عَنِ الْمُنْكَرِ 8.  
وَأُولَئِكَ هُمُ الْمُفْلِحُونَ

And let there be among you a community calling to virtue, and advocating righteousness, and deterring from evil. These are the successful.

**REFLECTION QUESTION:** Do you have what it takes to stand up when others can't, or won't? What does being BRAVE mean to you?

9. أَلَمْ تَرَ إِلَى الَّذِي حَاجَّ إِبْرَاهِيمَ فِي رَبِّهِ أَنْ آتَاهُ اللَّهُ الْمُلْكَ إِذْ قَالَ إِبْرَاهِيمُ رَبِّيَ الَّذِي 9.  
يُحْيِي وَيُمِيتُ قَالَ أَنَا أَحْيِي وَأُمِيتُ قَالَ إِبْرَاهِيمُ فَإِنَّ اللَّهَ يَأْتِي بِالشَّمْسِ مِنَ الْمَشْرِقِ  
فَأَتِ بِهَا مِنَ الْمَغْرِبِ فَبُهِتَ الَّذِي كَفَرَ وَاللَّهُ لَا يَهْدِي الْقَوْمَ الظَّالِمِينَ

Have you not considered him who argued with Abraham about his Lord, because Allah had given him sovereignty? Abraham said, “My Lord is He who gives life and causes death.” He said, “I give life and cause death.”

Abraham said, “Allah brings the sun from the East, so bring it from the West,” so the blasphemer was confounded. Allah does not guide the wrongdoing people [Q2/258]

**REFLECTION QUESTION:** Share an example of when you spoke to “Truth to Power”? How did it make you feel? Did you accomplish your goal? Who has “power” over your life?

10. وَلَمَّا بَرَزُوا لِجَالُوتَ وَجُنُودِهِ قَالُوا رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَثَبِّتْ أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

And when they confronted Goliath and his troops, they said, “Our Lord, shower down patience/perseverance on us, and strengthen our foothold, and support us against the faithless people.”[Q2/250]

**REFLECTION QUESTION:** When in your life did you feel like you were like Daoud (AS) facing a “Goliath”? How did you handle the situation and what did you learn about yourself in that process?

11. وَإِذْ قَالَ رَبُّكَ لِلْمَلَائِكَةِ إِنِّي جَاعِلٌ فِي الْأَرْضِ خَلِيفَةً قَالُوا أَتَجْعَلُ فِيهَا مَنْ يُفْسِدُ فِيهَا وَيَسْفِكُ الدِّمَاءَ وَنَحْنُ نُسَبِّحُ بِحَمْدِكَ وَنُقَدِّسُ لَكَ قَالَ إِنِّي أَعْلَمُ مَا لَا تَعْلَمُونَ

When your Lord said to the angels, “I am placing a successor/trustee on earth.” They said, “Will You place in it someone who will cause corruption in it and shed blood, while we declare Your praises and sanctify You?” He said, “I know what you do not know.[Q2/30]

**REFLECTION QUESTION:** What characteristics do you need to cultivate in order to be courageous? What quality do you see the angels demonstrating for us?

12. وَلَا تَرْكَبُوا إِلَى الَّذِينَ ظَلَمُوا فَتَمَسَّكُمُ النَّارُ وَمَا لَكُم مِّنْ دُونِ اللَّهِ مِنْ أَوْلِيَاءَ ثُمَّ لَا تُنصَرُونَ

And do not incline towards those who do wrong, or the Fire may touch you; and you will have no protectors besides Allah, and you will not be saved.[Q11/113]

**REFLECTION QUESTION:** How do you handle temptation in life? What moves you towards or away from what you know is not good for you?

13. قُلْ هَذِهِ سَبِيلِي أَدْعُو إِلَى اللَّهِ عَلَى بَصِيرَةٍ أَنَا وَمَنِ اتَّبَعَنِي وَسُبْحَانَ اللَّهِ وَمَا أَنَا مِنَ الْمُشْرِكِينَ

Say, (O Prophet) “This is my way; I invite to God, based on clear knowledge—I and whoever follows me. Glory be to God; and I am not of the polytheists [Q12/108]

**REFLECTION QUESTION:** How does your faith and your belief in one Allah manifest in your life and in your family? What does having faith mean to you?

14. وَلَقَدْ عَلَّمْنَا الْمُتَّقِدِيمِينَ مِنْكُمْ وَلَقَدْ عَلَّمْنَا الْمُتَأَخِرِينَ

And We certainly know those of you who have gawn before you and those who will come after you. [Q15/24]

**REFLECTION QUESTION:** Allah describes Himself as the ALL-Knowing. How does this belief help you when you are confronted by challenges in your life?

15. وَقُلْ لِعِبَادِي يَقُولُوا الَّتِي هِيَ أَحْسَنُ إِنَّ الشَّيْطَانَ يَنْزَعُ بَيْنَهُمْ إِنْ الشَّيْطَانَ كَانَ لِلْإِنْسَانِ عَدُوًّا مُبِينًا

Tell My (believing) Slaves to say only what is best. Satan sows discord among them. Satan is indeed a sworn enemy to humankind.[Q17/53]

**REFLECTION QUESTION:** Does it take courage to “keep the peace”? If so, how and why?

16.

قَالُوا أَأَنْتَ فَعَلْتَ هَذَا بِالْهَتِنَا يَا إِبْرَاهِيمُ

قَالَ بَلْ فَعَلَهُ كَبِيرُهُمْ هَذَا فَاسْأَلُوهُمْ إِنْ كَانُوا يَنْطِقُونَ

They said, “Are you the one who did this to our gods, O Abraham?”

He said, “But it was this biggest of them that did it. Ask them, if they can speak.

**REFLECTION QUESTION:** What is Tawheed? How did Tawheed guide Ibrahim (AS) IN HIS THOUGHTS AND INTERACTIONS? Does Tawheed guide you? If so, how? If not, why?

17. قَالَتْ أَنَّى يَكُونُ لِي غُلَامٌ وَلَمْ يَمَسِّنِي بَشَرٌ وَلَمْ أَكُ بَغِيًّا

She (Maryam AS) said, “How can I have a son, when no man has touched me, and I was never unchaste?”[Q19/20]

**REFLECTION QUESTION:** Does questioning your state make you a disbeliever or make you a strong believer?

18. وَلَوْلَا إِذْ سَمِعْتُمُوهُ قُلْتُمْ مَا يَكُونُ لَنَا أَنْ نَتَكَلَّمَ بِهَذَا سُبْحَانَكَ هَذَا بُهْتَانٌ عَظِيمٌ

When you heard it, you should have said, “It is not for us to repeat this. By Your glory, this is a serious slander.” [Q24.16]

**REFLECTION QUESTION:** Are you able to “see” yourself when you make mistakes? Does asking Allah for forgiveness require courage? If so, how?

19. وَالَّذِينَ لَا يَشْهَدُونَ الزُّورَ وَإِذَا مَرُّوا بِاللَّغْوِ مَرُّوا كِرَامًا

And those who do not bear false witness; and when they come across indecencies, they pass by with dignity.[Q25/72]

**REFLECTION QUESTION:** Why do you think Allah (SWT) so clearly forbids bearing false testimony?

20. قَالَتْ إِحْدَاهُمَا يَا أَبَتِ اسْتَأْجِرْهُ إِنَّ خَيْرَ مَنِ اسْتَأْجَرْتَ الْقَوِيُّ الْأَمِينُ

One of the two women said, “Father, hire him; the best employee for you is the strong and trustworthy.”[Q28/26]

**REFLECTION QUESTION:** How can you exhibit courage in the way you carry yourself?

21. وَالَّذِينَ جَاهَدُوا فِينَا لَنَهْدِيَنَّهُمْ سُبُلَنَا وَإِنَّ اللَّهَ لَمَعَ الْمُحْسِنِينَ.

As for those who strive for Our cause.—We will surely guide them in Our ways. Allah is certainly is with the doers of good.[Q29/69]

**REFLECTION QUESTION:** Does being courageous requires patience? Please explain?

22. وَادْكُرْنَ مَا يُتْلَى فِي بُيُوتِكُنَّ مِنْ آيَاتِ اللَّهِ وَالْحِكْمَةِ إِنَّ اللَّهَ كَانَ لَطِيفًا خَبِيرًا.

And remember what is recited in your homes of Allah is revelations and (Prophetic) wisdom. Allah is More Subtle, All Aware.[Q33/34]

**REFLECTION QUESTION:** When you have gained knowledge, how important is it for you to share what you know? What are some ways you share knowledge and with whom?

23.

قَالَ أَتَعْبُدُونَ مَا تَنْحِتُونَ

وَاللَّهُ خَلَقَكُمْ وَمَا تَعْمَلُونَ

He argued, “How can you worship what you carve (with your own hands)? When Allah created you, and whatever you manufacture?”[Q37/95/96]

**REFLECTION QUESTION:** Why do you think humans fall into the trap of “worshipping” things we make, we do, we buy, etc?

24. وَقَالَ رَجُلٌ مُؤْمِنٌ مِنْ آلِ فِرْعَوْنَ يَكْتُمُ إِيمَانَهُ أَتَقْتُلُونَ رَجُلًا أَنْ يَقُولَ رَبِّيَ اللَّهُ وَقَدْ جَاءَكُمْ بِالْبَيِّنَاتِ مِنْ رَبِّكُمْ وَإِنْ يَكُ كَاذِبًا فَعَلَيْهِ كَذِبُهُ وَإِنْ يَكُ صَادِقًا يُصِيبْكُمْ بَعْضُ الَّذِي يَعِدُكُمْ إِنَّ اللَّهَ لَا يَهْدِي مَنْ هُوَ مُسْرِفٌ كَذَّابٌ

A believing man from Pharaoh's family, who had concealed his faith, said, “Are you going to kill a man for saying, ‘My Lord is Allah,’ and he has brought you clear proofs from your Lord? If he is a liar, his lying will rebound upon him; but if he is truthful, then some of what he promises you will befall you. Allah does not guide whoever is transgressor, a total liar.[Q 40/28]

**REFLECTION QUESTION:** When you see something wrong, do you speak out? If so, why?, If not, why?

25. وَالَّذِينَ إِذَا أَصَابَهُمُ الْبَغْيُ هُمْ يَنْتَصِرُونَ

And those who, when an oppressive wrong is inflicted on them,(are not cowed but) help and defend themselves.[Q42/39]

**REFLECTION QUESTION:** What does being BRAVE look like? When have you been brave?

26. فَلَا تَهِنُوا وَتَدْعُوا إِلَى السَّلْمِ وَأَنْتُمْ الْأَعْلَوْنَ وَاللَّهُ مَعَكُمْ وَلَنْ يَتَرَكُمُ أَعْمَالِكُمْ

So do not waver and call for peace while you have the upper hand. Allah is with you, and He will not waste your efforts.[Q42/39]

**REFLECTION QUESTION:** When have you felt desperate in your life? What decisions did you make or not make while you were in this state?

27.

فَوَيْلٌ لِلْمُصَلِّينَ  
الَّذِينَ هُمْ عَنْ صَلَاتِهِمْ سَاهُونَ

So woe to those (who pray) yet are heedless of (the purpose of) their prayer.[Q107/4,5]

**REFLECTION QUESTION:** What are some things that are “good” but may not give you Allah’s praise or reward? Why would that be true?

28. مَنْ ذَا الَّذِي يُقْرِضُ اللَّهَ قَرْضًا حَسَنًا فَيُضَاعِفَهُ لَهُ وَلَهُ أَجْرٌ كَرِيمٌ

Who is that will lend to Allah a good loan which Allah will multiply (many times over) for them, and they will have an honorable reward?  
[Q57/11]

**REFLECTION QUESTION;** what does “lending to Allah a good loan” mean to you?



قَدْ سَمِعَ اللَّهُ قَوْلَ الَّتِي تُجَادِلُكَ فِي زَوْجِهَا وَتَشْتَكِي إِلَى اللَّهِ وَاللَّهُ يَسْمَعُ تَحَاوُرَكُمَا ۚ إِنَّ اللَّهَ سَمِيعٌ بَصِيرٌ 29.

Indeed, Allah has heard the argument of the woman who argued with you (o prophet) concerning her husband, and appealed to Allah. Allah has heard your exchange. Surely Allah is All-Hearing, All-Seeing. [ Q58/1]

**REFLECTION QUESTION:** In the Quran, when a woman was being hurt she had the courage to speak her truth to the Prophet (SAW) and Allah responded to her--- share your reflection on this Ayah.

بَلِ الْإِنْسَانُ عَلَىٰ نَفْسِهِ بَصِيرَةٌ 30.

وَلَوْ أَلْقَىٰ مَعَاذِيرَهُ

In fact, people will testify against their own souls, despite the excuses they come up with. [Q75/14-15]

**REFLECTION QUESTION:** Do you stop to reflect on your own thoughts? Can you see value in doing so?