

# Friday Class – Session Seven

## Trivia Question

(Pair up with a partner and answer)



Read verse 14 of Sura Nahl. How many of the Arabic words in that verse do you know?

# Sura Nahl

Verse 14

Please read and ponder.



# Beginning Activity

What are the different benefits of the sea mentioned in this verse?

# The Sea

- o Marine life
- o Healthy food
- o Medicine
- o Recreation
- o Tourism
- o Trade
- o Climate





# Fish from the Sea

- o Eating fish regularly is very healthy for the body. It reduces the risk of many diseases.
- o Fish is a super food, packed with many vitamins and minerals necessary for the body.
- o Fish is low in fat, high in protein and an excellent source of omega 3 fatty acids.

# Gems from the Sea

- o Some of the rarest and most beautiful gems come from the sea.
- o Examples are pearls, coral, abalone.
- o Pearls can be freshwater or saltwater pearls.



# Transportation on Sea



- o Human beings have always used ships on the sea to travel to distant lands.
- o Travel on the sea has been used for exploration, leisure, tourism, cargo transportation, trade, military . . . . etc.
- o Different types of ships are used: boats, dhows, ships, barges, ocean liners

# Sura Rahman on the Sea

He has made the two seas to flow freely  
Between them is a barrier which they  
cannot pass.

Which then of the bounties of your Lord  
will you deny?

There come forth from them pearls, both  
large and small.

Which then of the bounties of your Lord  
will you deny?

And His are the ships reared aloft in the  
sea like mountains.

Which then of the bounties of your Lord  
will you deny?

**Sura Rahman, 55:19-25**



# Human beings and the Sea

- o Human beings have always dumped waste into the sea. Many businesses and cities dump chemicals into the sea.
- o Litter in the sea is mainly composed of plastic.
- o Many species in the sea mistake plastic for food. This results in serious consequences.

What can you do to help the sea remain pure the way God intended it to be, so that human beings can continue to benefit from it?

# A Garbage Patch city in the seas



Read:

<http://thestar.blogs.com/worlddaily/2013/04/garbage-patch-the-newest-country.html>