

Research Paper

Analytical and Interpretive Analysis of the Practical Roadmap for Understanding the Quran From the Perspective of the Verses of Surah Al-Muzzammil

Valiollah Mahdavifar ^{*1} 

¹ Assistant Professor, Theology and Islamic Studies, Islamic Studies, Payam Noor, Tehran, Iran, v.mahdavi-far@pnu.ac.ir



10.22080/qhs.2025.5871

Received:

February 8, 2025

Accepted:

July 6, 2025

Available online:

September 10, 2025

Extended Abstract

1. Introduction

Modern man is more than ever exposed to existential anxiety and confusion caused by the lack of a valid compass. Despite significant advances in material areas, human society has become unstable and excessively relativistic in the spiritual dimension and in understanding the foundations of existence. This instability underscores the need for a basic, unchanging document. A document that can play the role of a safe anchor in the turbulent sea of doubts. The Holy Quran, as the absolute divine word and the infinite source of wisdom, has this

fundamental task. However, grasping the essence of its liberating messages and ensuring peace is not possible through mere superficial reading alone, without an operational framework. The main challenge is not in proving the authenticity of the Quran, but in systematically understanding and extracting scientific authority and human lifestyle from within this divine text, in a way that directly responds to everyday crises, facilitates the transition from confusion to liberation, and serves as a healing prescription to improve the quality of human life. This study provides a deep interpretative and analytical analysis of the structure of Surah Muzzammil's

***Corresponding Author:** Valiollah Mahdavifar

Address: Theology and Islamic Studies, Islamic Studies, Payam Noor, Tehran, Iran.

Email: v.mahdavi-far@pnu.ac.ir

verses and seeks to compile its internal structure, divine guarantees, and key principles as a practical roadmap for understanding the Quran. Along this path, the author of the lines seeks to identify the contextual factors and the effective individual and social factors in Surah Muzammil, which can serve as a basis for a deep and practical understanding of the Quran. The ultimate goal of this research is to transform the Quran from a sacred text into a comprehensive operational plan for individual and collective happiness.

2. Study Method

This study was done using an analytical, interpretive, and library method, considering the coherence of the verses.

3. Findings

The findings show that the verses of Surah Muzammil constitute a comprehensive and practical framework for a deep and effective understanding of the Holy Quran, emphasizing the structured interaction among three fundamental factors. In the first step, contextual factors, including choosing the right time to study the Quran (staying up late and being alone) to achieve maximum concentration, and the need for a tertile study (slow, systematic, and concept-transfer) as the correct methodology for extracting messages, were identified. In the second step, individual and internal factors are considered as the core of behavioral transformation. These factors include the requirement for continuous orientation of the mind and purposeful guidance of attention towards Lordship, which is absolute trust in God, persistence in the path of truth, intelligent management of relationships and the environment, and

entrusting the punishment of opponents to God, which can protect a person from the psychological erosion caused by confrontations. Finally, the roadmap goes beyond the individual dimension and requires addressing external and social factors, such as participating in collective worship rituals to strengthen spiritual solidarity, engaging in healthy economic activities, and enhancing the quality of life of the people.

4. Conclusion

Surah Al-Muzamil, beyond an ordinary surah, provides a coherent and step-by-step framework for believers to enter the world of understanding the divine word; it is not only a message but also a roadmap that lays out a clear path for seekers of understanding, with nightly worship, concentration, avoiding useless preoccupations, and time management as the main pillars. This surah transforms understanding the Quran from an abstract matter into a practical, achievable process. By adhering to these individual and social principles, every believer can step on the path of the difficult word and achieve a deeper and more blessed understanding of the divine word.

Authors' Contributions

The article is a single-author work and all of its research is the responsibility of the responsible author.

Acknowledgements

With thanks to the respected editor and all those involved in the journal, especially Mr. Seyyed Ibrahim Hosseini, who played an effective role in the success of the article with their follow-up.

References

1. Ibn Faris, Ahmad bin Faris, (1404 AH). Mu'jam Maqayis al-Lughah - Qom, First Edition2. Ibn Manzur, Muhammad bin Makram, 1414 AH). Arab Language - Beirut, Dar al-Fakr, 3rd edition,
3. Ibn Arabi, Muhammad Bin Ali, (1422 A.H). Tafsir Ibn Arabi (Tawilat Abd al-Razzaq), 2 volumes, - Lebanon - Beirut, Edition: 1
4. Ibn Arabi, Muhammad Bin Ali, Tafsir Ibn Arabi (Tawilat Abd al-Razzaq), 2 vols.
5. Abuhian, Muhammad bin Yusuf, (1420 A.H). Al-Bahr al-Massin in al-Tafsir, 11 volumes, Dar al-Fakr - Lebanon - Beirut, edition: 1
6. Alousi, Mahmoud bin Abdullah, (1415 A.H). Ruh al-Ma'ani fi Tafsir al-Qur'an al-Azeem and Al-Saba al-Mathani, 16 volumes, Dar al-Kutub Al-Elamiya, Muhammad Ali Beyzoon's pamphlets - Lebanon - Beirut, edition: 1
7. Javadi Amoli Abdullah, (2014). On the wing of retreat, Qom, Isra's publication
8. Khatib al-Sharbini, Muhammad bin Ahmad, (1425 AH), Tafsir al-Khatib al-Sharbini al-Masami al-Sarraj al-Munir, 4 volumes, Dar al-Kutub Al-Elamiya, pamphlets of Muhammad Ali Beizun - Lebanon - Beirut, first edition
9. Ragheb Esfahani, Hussein bin Muhammad, (1412 AH). Al-Qur'an Vocabulary, 1 volume, Dar Al Shamia - Lebanon - Beirut, Edition: 1
10. Zaheili, Wahba bin Mustafa; Beita, Fiqh al-Islami and Adlata, Damascus, Dar al-Fikr
11. Zamakhshri, Mahmoud bin Omar, (1407 AH), Al-Kashf on the facts of the mystery of revelation and the eyes of the legends in the ways of interpretation, 4 volumes, Dar al-Kitab al-Arabi - Lebanon - Beirut, edition: third