

Qur'an City



HOW TO
REMEMBER
114 CHAPTER
NAMES OF
THE QUR'AN



Contents

1	Introduction
3	Suwer 1-10
5	Suwer 11-15
6	Suwer 16-20
7	Suwer 21-30
9	Suwer 31-34
10	Suwer 35-39
11	Suwer 40-46
13	Suwer 47-50
14	Wajib sajaadaat
15	Suwer 51-60
17	Suwer 61-70
19	Suwer 71-77
21	Did you know?
22	Suwer 78-90
25	Suwer 91-100
27	Suwer 101-111
30	Suwer 113-114
31	Exercise sheet
34	Notes

Introduction

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
وَلَقَدْ يَسَّرْنَا الْقُرْآنَ لِلذِّكْرِ فَهَلْ مِنْ مُدَكِّرٍ

**And certainly We have made the Quran easy for remembrance,
but is there anyone who will mind? 54:17.**

Hifz ul Qur'an or memorisation of the Qur'an is an aspiration for all Muslims.

The Qur'an may be seen as a metaphor of the journey of the human being over time. Beginning with the foundation of Suratul Fatiha (01) and aspiring to reach the goal of Suratul Ikhlas (112); Unity in belief. After that the two suratayn of Suratul Falaq (113) and Suratun Naas (114) are known as Maudhatayn to prevent diversion.

Q114 is a modular study of the Qur'an beginning with the familiarisation of the names of the suwer of Qur'an in sequence using the Link system.

The Link system of memory is designed to enable one to remember any number of things in sequence.



The process is divided into three stages:

1. Encoding the elements of information into visual images as image information is far easier to memorise than textual information.
2. The memorisation process itself.
3. Remembering the sequence of information.

Mnemonics (pronounced ne-monik) is a memory aid in the form of a word, phrase or story. It is derived from a Greek word 'mnemonikon' – an art of memorisation.

For example, most of us are able to remember the colours of the rainbow by using a mnemonic such as 'Richard of York gave battle in vain'. Here the initial letters of the seven words give us the colours: red, orange, yellow, green, blue, indigo and violet. This example demonstrates two elements of memorisation: imagination and association. Thus you create a sentence (imagination) using words starting with the initial letters of the colours (association).

Aristotle wrote, as the first sentence of one of his books, "In order to think we must speculate with images."

The 114 names have been divided into 15 sections to allow easy memorisation.

The first step is to create focus points or 'pegs' for each section on which we can 'hang' the story mnemonics. On the following pages you will find the focus points (sura word mnemonics) and the corresponding story mnemonics. There are some spaces to create your own focus points.



Suwar


1-5

When the door **Opened (1)** we saw **Beef (2)** which was donated by the children of **Imran (3)** and served by his **Women (4)** on a **Table (5)**.

~ Focus Points ~



4



AL-NISA'
The Women

Remember through the analogy of 4 wives.

1



الفاطحة

AL-FATIHA
The Opening

2



البقرة

AL-BAQARA
The Cow

3



ال عمران

ALI 'IMRAN
Family of 'Imran

4



النساء

AL-NISA'
The Women

5



المائدة

AL-MA'IDA
The Table



Snayer

6-10

On smelling the aroma people rushed like **Cattle (6)** from **Heights (7)** thinking it was Spoils of **War (8)**. When they realised their error they did **Tawba (9)** like **Yunus (10)**.

~ Focus Points ~

7



AL-A'RAAF
The Height

Link this with the drink 7UP and remember reaching up to the roof (Araaf).

10



YUNUS
Yunus

Using the 0 in the 10 draw a fish with a Y in the stomach to remember that Prophet Yunus was in the stomach of a fish.

6



الانعام

AL-AN'AM
Livestock

7



الاعراف

AL-A'RAF
The Heights

8



الانفال

AL-ANFAL
The Spoils of War

9



التوبة

AL-BARA'A
Repentance

10



يونس

YUNUS
Jonah



Suwar

11-15

Hud (11) and **Yusuf (12)** were overawed when they saw the **Thunder (13)** created by **Ibraheem (14)** breaking the **Stone (15)** idols.

~ Focus Points ~

11



HUD
Hud

Add a horizontal line
to the number
11 to make H.

11



هود

HUD
Hud

12



يوسف

YUSUF
Joseph

13



الرعد

AL-RA'AD
Thunder

14



ابراهيم

IBRAHEEM
Ibraheem

15



الحجر

AL-HIJR
The Rock



Surah

16-20

The **Bees (16)** seeing **Israa (17)** swarmed in the **Cave (18)** and watched **Maryam (19)** meet **Taha (20)**.

~ Focus Points ~

16



AL-NAHL
The Bee

The age 16 is normally referred to as "sweet 16" which reminds one of honey which is produced by bees.

17



ISRAA
The Night Journey

Israa is linked to the journey of Me'raj, so think of the 1 who ascended to the 7 heavens. Number 1 in 17 could be written as an arrow pointing upwards.

18



AL-KAHF
The Cave

The age of 18 is normally considered at entering adulthood and thus time to leave the CAVE of the parents.

16



النحل
AL-NAHL
The Bee

17



الاسراء
ISRAA
The Night Journey

18



الكهف
AL-KAHF
The Cave

19



مريم
MARYAM
Mary

20



طه
TA HA
Ta Ha



Suwar

21-25

The **Ambiya (21)** went to **Hajj (22)** with the **Mu'minun (23)** to show them the **Light (24)** of the **Difference between right and wrong (25)**.

~ Focus Points ~

22

Ha22

AL-HAJJ The Pilgrimage

Think of going to Hajj 2 by 2. The 2 'j' of Hajj could be hooked to look '2'.

21



الانبياء

AL-AMBIYA'
The Prophets

22



الحج

AL-HAJJ
The Pilgrimage

23



المؤمنون

AL-MU'MINUN
The Believers

24



النور

AL-NUR
The Light

25



الفرقان

AL-FURQAN
The Criterion



Surah

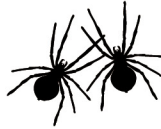
26-30

The **Poets (26)** and the **Ants (27)** who went returned only to tell a **Story (28)** about **Spiders (29)** eating **Romans (30)**.

~ Focus Points ~



29



AL-'ANKABUT
The Spider

Draw 2 mutant spiders
with 9 legs each.

30

XXX

AL-RUM
The Romans

X is the Roman symbol
for 10, so XXX is 30 in
Roman numerals.

26



الشعراء

AL-SHU'ARA'
The Poet

27



النمل

AL-NAML
The Ant

28



القصص

AL-QASAS
The Story

29



العنكبوت

AL-'ANKABUT
The Spider

30



الروم

AL-RUM
The Romans



Luqman (31) went into **Sajda (32)** when he heard of the **Parties (33)** of **Sabaa (34)**.

~ Focus Points ~

31



LUQMAN
Luqman

3 women with West Indian accents glance at 1 man and say "Look maan!"

34

$$3+4=7$$

SABA
Saba

3 + 4 add up to 7. In Arabic/ Kiswahili saba means 7.

31



لقمان

LUQMAN
Luqman

32



السجدة

AL-SAJDA
Prostration

33



الاحزاب

AL-AHZAB
The Coalition

34



سبا

SABA
Saba

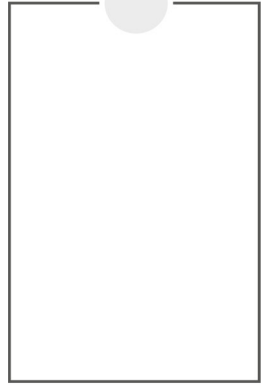


Suwar

35-39

The **Originator (35)** sent **Yaseen (36)** with **His Troops (37)** of angels with the **Secret (38)** of how to be his **Companions (39)**.

~ Focus Points ~



35



فاطر

FATIR
The Originator

36



يس

YA SIN
Ya Sin

37



الصفات

AL-SAFFAT
The Troops

38



صاد

SAD
Sad

39



الزمر

AL-ZUMAR
The Companions



The Forgiver (40) Explained in detail (41) at the Meeting (42) of how to Decorate (43) ...

~ Focus Points ~

40



AL-GHAFIR
The Forgiver

In Salaatul Layl, we do istighfaar of 40 mu'min.

40



غافر

AL-GHAFIR
The Forgiver

41



فصلت

AL-FUSSILAT
Explained in detail

42



الشورى

AL-SHURA
Counsel Meeting

43



الزخرف

AL-ZUKHRUF
Ornaments

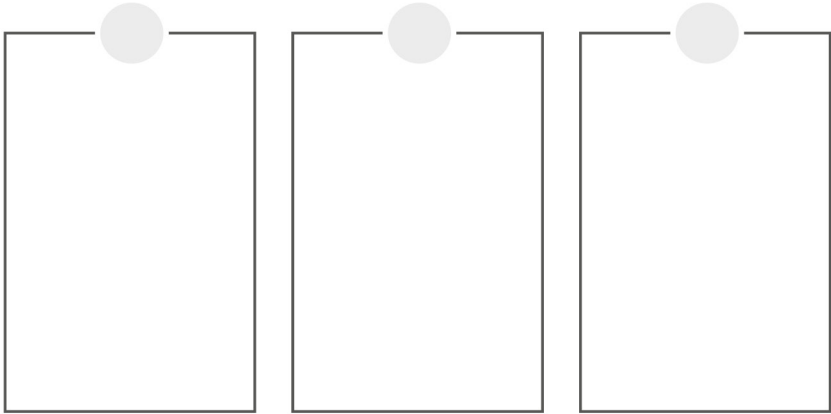


Surah

40-46

... after the devastation by the **Smoke (44)** which made people **Kneel (45)** at the **Sand Hills (46)**.

~ Focus Points ~



44



الدخان

AL-DUKHAN
The Smoke

45



الجاتية

AL-JATHIYA
Kneeling

46



الاحقاف

AL-AHQAF
The Sand Dunes



Suuf
47-50

Muhammad (47) was sent to Win (48) with the Chambers (49) of the Qur'an (50).

~ Focus Points ~







50

50%

QAF
Qaf

Remember that 50 signifies half, as in 50%. Half rhymes with qaf.

<p>47</p>  <p>محمد</p> <p>MUHAMMAD Muhammad</p>	<p>48</p>  <p>الفتح</p> <p>AL-FATH Victory</p>	<p>49</p>  <p>الحجرات</p> <p>AL-HUJURAT Chambers</p>	<p>50</p>  <p>ق</p> <p>QAF Qaf</p>
--	---	---	---



Wajib Sajaadaat

Wajib sajaadaat

There are four wajib sajadat in the Qur'an (on hearing or reciting the following 4 ayaat one must perform a sajda). It is not necessary to face qibla, or be in wudhoo...

The sajadat are in the following ayaat: 32:15, 41:38, 53:62, 96:19

~ Mnemonic ~

When a **Star (53)** is **Born (96)** do 2 **Sajda's (32) & (41)**.

There are 10 mustahab sajadat in the Qur'an (on hearing or reciting the ayaat in which they appear it is recommended that one performs sajda).

As for wajib sajadat the ayaat are marked in the Qur'an with the word sajda. The 10 ayaat with mustahab sajadat are :

7:206 13:15 16:50 17:109 19:58 22:18 25:60 27:26 38:24 84:21

I heard **Thunder (13)** and looked **Up (7)** where I saw an **Explosion (84)**. It was **Israa (17)** which I had read about in the **Furqan (25)**.

The **Bees (16)** and **Ants (27)** were scared and **Maryam (19)** went to **Hajj (22)** to seek the **Secret (38)**.

Recommended recitation in Sajda

لَا إِلَهَ إِلَّا اللَّهُ حَقًّا حَقًّا
لَا إِلَهَ إِلَّا اللَّهُ إِيْمَانًا وَ تَصَدِيقًا
لَا إِلَهَ إِلَّا اللَّهُ عُبُودِيَّةً وَرَقًّا
سَجَدْتُ لَكَ يَا رَبِّي تَعَبُّدًا وَرَقًّا
لَا مُسْتَنْكَفًا وَلَا مُسْتَكْبِرًا
بَلْ أَنَا عَبْدٌ ذَلِيلٌ ضَعِيفٌ خَائِفٌ مُسْتَجِيرٌ



Surah

51-55

The Scattered (51) ones looked up at the Mountain (52) and saw the Star (53) and the Moon (54) as a sign from the Rahman (55) ...

~ Focus Points ~

55



AL-RAHMAN
The All Merciful

Think of a hug (kindness and mercy) with two hands (5 fingers on each hand).

51



الذاريات

AL-DHARIYAT
The Scatterers

52



الطور

AL-TUR
The Mountain

53



النجم

AL-NAJM
The Star

54



القمر

AL-QAMAR
The Moon

55



الرحمن

AL-RAHMAN
The All-Merciful



Snover

56-60

about the **Great Event (56)** which has **Ironclad (57)** security where one will have to **Plead (58)** not to be **Banished (59)** when **Examined (60)**.

~ Focus Points ~



60



AL-MUMTAHANA
The Examined One

Women retire at the age of 60. It is at this point that one would begin to examine their lives.

56



الواقعة

AL-WAQI'A
The Great Event

57



الحديد

AL-HADID
Iron

58



المجادلة

AL-MUJADALA
The Pleading One

59



الحشر

AL-HASHR
The Banishment

60



المتحنة

AL-MUMTAHANA
The Examined One



In the **Saff (61)** of **Jumua' (62)** the **Hypocrites (63)** worry about **Loss and Gain (64)**, thus **Divorcing (65)** ...

~ Focus Points ~

62



AL-JUMUA'
Congregation

Friday is the 6th day of the Islamic week. In Salaatul Jumua' we pray 2 rakaat salaa instead of the 4 of Zuhr.

65



AL-TALAQ
Divorce

In the UK, men retire at the age of 65. They divorce themselves from the office.

61



الصف

AL-SAFF
The Ranks

62



الجمعة

AL-JUMUA'
Congregation

63



المنافقون

AL-MUNAFIQUN
Hypocrites

64



التغابن

AL-TAGHABUN
Loss & Gain

65



الطلاق

AL-TALAQ
Divorce

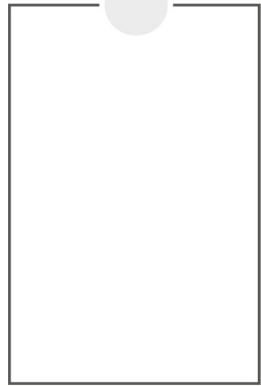


Surah

66-70

... themselves from reality and **Prohibiting (66)** themselves from the **Kingdom (67)**. This is signed by the **Pen (68)** of **Truth (69)** which **Ascends (70)** all others.

~ Focus Points ~



66



التحريم

AL-TAHRIM
The Forbidden

67



الملك

AL-MULK
The Kingdom

68



القلم

AL-QALAM
The Pen

69



الحاقة

AL-HAQQA
The Truth

70



المعارج

AL-MA'ARIJ
The Stairway

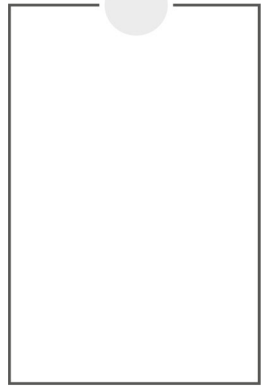


Suufar

71-74

Nuh (71) told the Jinn (72) to copy Muzzammil (73) and Muddathir (74) ...

~ Focus Points ~



71



نوح

NUH
Noah

72



الجن

AL-JINN
The Jinn

73



المدثر

AL-MUZAMMIL
The Wrapped One

74



المزمل

AL-MUDATHHIR
The Cloaked One



Suwar
75-77

... (75) they wanted to be like a **Human (76)** Mr **Salaat (77)**.

~ Focus Points ~

77



AL-MURSALAT
Emissaries

Think of 77 as a picture of 2 men in rukoo, and call them Mr. Salaat. Mr Salaat sounds like Mur-salaat.

75



القيامة

AL-QIYAMA
The Day of Judgement

76



الانسان

INSAAN
Human Being

77



المرسلات

AL-MURSALAT
Emissaries



Did you know?

The Qur'an has been divided into 30 equal parts, each known as a Juz (pl. Ajzaa) to enable the completion of recitation in a month.

The next sura (78) sees the beginning of the 30th Juz, more commonly known as Juz 'Amma (Taken from the first word of Sura 78).

~ 7 Parts ~

The Qur'an is also divided into 7 parts, each part known as a Manzil (pl. Manaazil).

Manzil 1: Suwer 2, 3 and 4

Manzil 2: Suwer 5 to 9

Manzil 3: Suwer 10 to 16

Manzil 4: Suwer 17 to 25

Manzil 5: Suwer 26 to 36

Manzil 6: Suwer 37 to 49

Manzil 7: Suwer 50 to 114




Snayer
78-80

The News (78) about him Pulling Out (79) made her Frown (80).

~ Focus Points ~






80



'ABASA
He Frowned

In the 0 of number 80,
draw a face that is
frowning.

<p>78</p>  <p>النبا AL-NABA' The Tidings</p>	<p>79</p>  <p>النازعات AL-NAZI'AT Those Who Pull Out</p>	<p>80</p>  <p>عبس 'ABASA He Frowned</p>
---	---	--

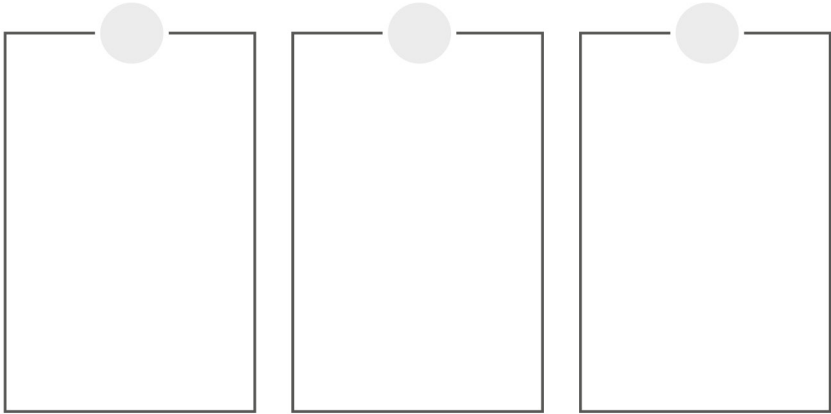


Surah

81-85

But he has **Covered Up (81)**, **Split (82)** the family, **Cheated (83)** and caused a **Crack (84)** in her heart. On reflection there were lots of **Mansions (85)** in the sky ...

~ Focus Points ~



81



التكوير

AL-TAKWIR
Covering up

82



الانفطار

AL-INFATAR
The Splitting

83



المطففين

AL-MUTAFFIFIN
The Defrauders

84



الانشقاق

AL-INSHIQAQ
Exploding

85



البروج

AL-BURUJ
The Milky Way



Summer

86-90

... especially **Taariq (86)** for direction to the highest **A'laa (87)** and now no one would **Cover Totally (88)** the new **Dawn (89)** in her life to begin in new **City (90)**.

~ Focus Points ~



88



AL-GHASHIYA
Calamity

The number 88 could represent 2 fat people. Imagine being in-between 2 such people on a train or a bus.

90



AL-BALAD
The City

The usual time for city workers to start work is 9.00am

86



الطارق

AL-TARIQ
The Night Star

87



الاعلى

AL-A'LA
The Most High

88



الغاشية

AL-GHASHIYA
Calamity

89



الفجر

AL-FAJR
The Dawn

90



البلد

AL-BALAD
The City



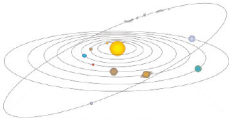
Summer

91-95

The Sun (91) ends the Night (92) with Soothing Light (93) which bring Expansion (94) just like the opening of a Fig (95).

~ Focus Points ~

91



AL-SHAMS
The Sun

Until recently we had 9 planets in our solar system, and 1 sun. 9 around 1 Sun (Shams).

91



الشمس

AL-SHAMS
The Sun

92



الليل

AL-LAYL
The Night

93



الضحى

AL-DHUHA
Early Morning

94



الانشراح

AL-INSHIRAH
The Expanding

95



التين

AL-TIN
The Fig



If you **Latch on like a leech (96)** to the Rabb of **Qadr (97)** then there is **Clear evidence (98)** that the **Earthquakes (99)** caused by **Aadiyaat (100)** ...

~ Focus Points ~

96

96

AL-'ALAQ
The Clot

Draw a joined up 9 & 6 in a circle, to represent twins in a womb. 'Alaq means clot.

99

99?



AL-ZILZAL
The Earthquake

In an emergency, we dial 999, however when you are faced with an earthquake, you may forget to dial the last 9.

100



AL-'ADIYAT
The Chargers

C can stand for Chargers and also looks like a horseshoe. C is the Roman symbol for 100.

96



العلق

AL-'ALAQ
The Clot

97



القدر

AL-QADR
The Power

98



البينة

AL-BAYYINA
Clear Evidence

99



الزلزلة

AL-ZILZAL
The Earthquake

100



العاديات

AL-'ADIYAT
The Chargers



Suwer
101-102

... in your life will be removed like the **Knock (101)** on the door by the Angel of death to those who **Hoard (102)**.

~ Focus Points ~

101



AL-QARI'A
The Catastrophe

Draw 2 vertical lines with a small 0 in the middle to represent a door. Qariaah means the knock.



101



القارعة

AL-QARI'A
The Catastrophe

102



التكاثر

AL-TAKATHUR
Plentiful



Suwar

103-107

It felt like my heart was **Squeezed (103)** when I heard her **Gossip (104)** about me. It was like an **Elephant (105)** had hit me reminding me of the **Quraysh (106)** who denied even a **Plate (107)** ...

~ Focus Points ~

104

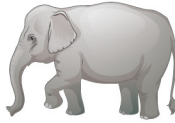


+100

AL-HUMAZA
The Backbiters

Remember that Sura 4 was Nisaa (Women). If you added 100 and 4 (Women), $100 + 4 = 104$, you would have one big gossip session.

105



AL-FEEL
The Elephant

Think of an elephant as having "5 limbs", 4 legs and 1 trunk.

103



العصر

AL-'ASR
Afternoon

104



الهمزة

AL-HUMAZA
The Backbiters

105



الفيل

AL-FEEL
The Elephant

106



قریش

QURAYSH
Quraysh

107



الماعون

AL-MA'UN
Daily Necessity



Suwer
108-112

... when I had given her **Abundance (108)**. How dare she **Cover Up The Truth (109)** about all the **Help (110)** I gave her when she was in the **Flames (111)** - I hand this over to the **ONE GOD (112)**.

~ Focus Points ~

109



AL-KAFIRUN

Cover-up the Truth

People wear sunglasses to cover-up or shield their eyes from the truth. 109 can look like a broken pair of sunglasses.

111



LAHAB

Flames

Draw the number 111 as 3 flames of a fire.



108



الكوثر

AL-KAWTHAR
The Abundance

109



الكافرون

AL-KAFIRUN
Cover-up the Truth

110



النصر

AL-NASR
Help

111



المسد

LAHAB
Flames

112



الاخلاص

AL-IKHLAS
Unity of Belief





Suwar
113-114

MAUDHATAYN (Protection) – **Falaq (113)** and **Naas (114)**







~ Focus Points ~
































































<p>113</p>  <p>الفلق</p> <p>AL-FALAQ Daybreak</p>	<p>114</p>  <p>الناس</p> <p>AL-NAAS Human Beings</p>
--	---



Exercise Sheet

107	108	109	110	111
106	105	104	103	102
89	90		91 al-Shams	92
88	87	86	85	84
	71 Nuh	72	73	74
70	69	68	67	66
52	53	54	55	56
51 al-Dharyat		50	49	48
35 Fatir	36	37	38	39
	34	33	32	31 Luqman
18	19	20		21 al-Anbiya'
17	16 al-Nahl		15	14
Start	1 al-Fatihah	2	3	4



	112  al-Ikhlās	113 	114 	Finish
101  al-Qari'ah		100 	99 	98 
93 	94 	95 	96 	97 
83 	82 	81 	80 	79 
75 	76 	77 		78  al-Naba'
65 	64 	63 	62 	61  al-Saff
57 	58 	59 	60 	
47 	Muhammad 	46 	45 	44 
	40  al-Ghafir	41 	42 	43 
	30 	29 	28 	27 
22 	23 	24 	25 	26 
13 	12 	11  Hud		10 
5 	6 	7 	8 	9 



NOTES



