

CMCS Houston Tea and Texts

God as Helper

Psalm 121

שִׁיר לַמַּעֲלוֹת אֲשֶׁר עֵינֵי אֶל־הַהָרִים מֵאִן יָבֹא עֲזָרִי: 1
עֲזָרִי מֵעַם יְהוָה לַעֲשֵׂה שָׁמַיִם וָאָרֶץ: 2
אֶל־יִתֵּן לַמּוֹט רַגְלֶךָ אֶל־יָנוּם שְׁמֶרְךָ: 3
הִנֵּה לֹא־יָנוּם וְלֹא יִישָׁן וְיֹמֵר יִשְׂרָאֵל: 4
יְהוָה שְׁמֶרְךָ יְהוָה צִלְּךָ עַל־יַד יְמִינֶךָ: 5
יּוֹמָם הַשֶּׁמֶשׁ לֹא־יַכְּכָה וְיָרֵחַ בַּלַּיְלָה: 6
יְהוָה יִשְׁמְרֶךָ מִכָּל־רָע יִשְׁמֹר אֶת־נַפְשְׁךָ: 7
יְהוָה יִשְׁמֹר־צֵאתְךָ וּבֹאֶךָ מִעַתָּה וְעַד־עוֹלָם: 8

1I lift up my eyes to the hills.

From where does my help come?

2My help comes from the Lord,
who made heaven and earth.

3He will not let your foot be moved;
he who keeps you will not slumber.

4Behold, he who keeps Israel
will neither slumber nor sleep.

5The Lord is your keeper;
the Lord is your shade on your right hand.

6The sun shall not strike you by day,
nor the moon by night.

7The Lord will keep you from all evil;
he will keep your life.

8The Lord will keep your going out and your coming in
from this time forth and forevermore.

Psalm 146

הַלְלוּ־יְהוָה הַלְלֵי נַפְשֵׁי אֶת־יְהוָה: 1
אֵהְלֵלָה יְהוָה בְּחַיֵּי אֲזִמְרָה לְאֵלֹהֵי בְעוֹדֵי: 2
אֶל־תִּבְטְחוּ בַּנְּדִיבִים בְּכֹו־אֱלֹהִים | שְׁאִין לֹו תִשׁוּעָה: 3

תִּצַּא רוּחוֹ יֵשֵׁב לְאֲדָמָתוֹ בַּיּוֹם הַהוּא אֲבָדוֹ עֲשֵׂתִנְתִּיו: **4**

אֲשׁוּרֵי נְשָׂאֵל יַעֲקֹב בְּעֵזְרוֹ בָּרוּ עַל־יְהוָה אֱלֹהָיו: **5**

עֲשֵׂה | תְּשִׂימִים וְאֶרֶץ אֶת־תְּהִי וְאֶת־כָּל־אֲשֶׁר־בָּם הַשָּׁמַיִם אֶמְתָּ לְעוֹלָם: **6**

עֲשֵׂה מִשְׁפָּט | לְעֹשִׂוִּים נָתַן לָהֶם לְרַעֲבִים יְהוָה מִתִּיר אֲסוּרִים: **7**

יְהוָה | פָּקַח עֵינָיו יְהוָה וְזָקַף כַּפּוֹפִים יְהוָה אֲהַב צַדִּיקִים: **8**

יְהוָה | שִׁמְרֵ אֶת־גֵּרִים יְתוֹם וְאֶלְמָנָה יַעֲזֹד וְזָרָה רְשָׁעִים יַעֲזוּת: **9**

יְמַלֵּךְ יְהוָה | לְעוֹלָם אֱלֹהֵינוּ צִיּוֹן לְדָר וְדָר הַלְלוּ־יְהוָה: **10**

1 Praise the Lord!

Praise the Lord, O my soul!

2 I will praise the Lord as long as I live;

I will sing praises to my God while I have my being.

3 Put not your trust in princes,

in a son of man, in whom there is no salvation.

4 When his breath departs, he returns to the earth;

on that very day his plans perish.

5 Blessed is he whose help is the God of Jacob,

whose hope is in the Lord his God,

6 who made heaven and earth,

the sea, and all that is in them,

who keeps faith forever;

7 who executes justice for the oppressed,

who gives food to the hungry.

The Lord sets the prisoners free;

8 the Lord opens the eyes of the blind.

The Lord lifts up those who are bowed down;

the Lord loves the righteous.

9 The Lord watches over the sojourners;

he upholds the widow and the fatherless,

but the way of the wicked he brings to ruin.

10 The Lord will reign forever,

your God, O Zion, to all generations.

Praise the Lord!

Qur'an

Surah Falaq 113

١- قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ○

1. Say: I seek refuge With the Lord of the Dawn,

٢- مِنْ شَرِّ مَا خَلَقَ ○

2. From the mischief Of created things ;

٣- وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ○

3. From the mischief Of Darkness as it overspreads ;

٤- وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ○

4. From the mischief Of those who practice Secret Arts ;

٥- وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ○

5. And from the mischief Of the envious one As he practices envy.

Surah Nas 114

١. قُلْ أَعُوذُ بِرَبِّ النَّاسِ ○

1. Say: I seek refuge With the Lord And Cherisher of Mankind,

٢. مَلِكِ النَّاسِ ○

2. The King (or Ruler) Of Mankind,

٣. إِلَهِ النَّاسِ ○

3. The God (or Judge) Of Mankind, —

٤. مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ○

4. From the mischief Of the Whisperer (Of Evil) who withdraws (After his whisper),—

٥. الَّذِي يُوسْوِسُ فِي صُدُورِ النَّاسِ ○

5. (The same) who whispers Into the hearts of Mankind,—

٦. مِنَ الْجِنَّةِ وَالنَّاسِ ○

6. Among Jinns And among Men.

Surah Hajj 22:73-78

٧٣- يَا أَيُّهَا النَّاسُ ضَرْبٌ مَثَلٌ فَاسْتَمِعُوا لَهُ إِنَّ الَّذِينَ تَدْعُونَ مِنْ دُونِ اللَّهِ لَنْ يَخْلُقُوا ذُبَابًا وَلَوْ اجْتَمَعُوا لَهُ وَإِنْ يَسْلُبْهُمُ الذُّبَابُ شَيْئًا لَا يَسْتَنْقِذُوهُ مِنْهُ ضَعُفَ الطَّالِبُ وَالْمَطْلُوبُ ○

73. ○ men ! Here is A parable set forth ! Listen to it ! Those On whom, besides God, Ye call, cannot create (Even) a fly, if they all Met together for the purpose ! And if the fly should snatch Away anything from them, They would have no power To release it from the fly. Feeble are those who petition And those whom they petition !

٧٤- مَا قَدَرُوا اللَّهَ حَقَّ قَدْرِهِ إِنَّ اللَّهَ لَقَوِيٌّ عَزِيزٌ ○

74. No just estimate have they Made of God : for God Is He Who is strong And able to carry out His Will.

٧٥- اللَّهُ يَصْطَفِي مِنَ الْمَلَائِكَةِ رُسُلًا وَمِنَ النَّاسِ إِنَّ اللَّهَ سَمِيعٌ بَصِيرٌ ○

75. God chooses Messengers From angels and from men For God is He Who hears And sees (all things).

٧٦- يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَإِلَى اللَّهِ تُرْجَعُ الْأُمُورُ ○

76. He knows what is before them And what is behind them : And to God go back All questions (for decision).

٧٧- يَا أَيُّهَا الَّذِينَ آمَنُوا ارْكَعُوا وَاسْجُدُوا وَاعْبُدُوا رَبَّكُمْ وَافْعَلُوا الْخَيْرَ لَعَلَّكُمْ تُفْلِحُونَ السَّجْدَةُ ○

77. ○ ye who believe ! Bow down, prostrate yourselves, And adore your Lord ; And do good ; That ye may prosper.

٧٨- وَجَاهِدُوا فِي اللَّهِ حَقَّ جِهَادِهِ هُوَ اجْتَبَاكُمْ وَمَا جَعَلَ عَلَيْكُمْ فِي الدِّينِ مِنْ حَرَجٍ مَلَّةً أَيْبِكُمْ إِِبْرَاهِيمَ هُوَ سَمَّاكُمُ الْمُسْلِمِينَ مِنْ قَبْلُ وَفِي هَذَا لِيَكُونَ الرَّسُولُ شَهِيدًا عَلَيْكُمْ وَتَكُونُوا شُهَدَاءَ عَلَى النَّاسِ فَأَقِيمُوا الصَّلَاةَ وَآتُوا الزَّكَاةَ وَاعْتَصِمُوا بِاللَّهِ هُوَ مَوْلَاكُمْ فَنِعْمَ الْمَوْلَى وَنِعْمَ النَّصِيرُ ○

78. And strive in His cause As ye ought to strive, (With sincerity and under discipline). He has chosen you, and has Imposed no difficulties on you In religion ; it is the cult Of your father Abraham. It is He Who has named You Muslims, both before And in this (Revelation) ; That the Apostle may be A witness for you, and ye Be witnesses for mankind ! So establish regular Prayer, Give regular Charity, And hold fast to God ! He is your Protector— The Best to protect And the Best to help !

Surah Al-il-Imran 3:149-152

١٤٩- يَا أَيُّهَا الَّذِينَ آمَنُوا إِن تَطِيعُوا الَّذِينَ كَفَرُوا يَرُدُّوكُمْ عَلَى أَعْقَابِكُمْ فَتَنْقَلِبُوا خَاسِرِينَ ○

149. ○ ye who believe! if ye obey the unbelievers they will drive you back on your heels and ye will turn back (from faith) to your own loss.

١٥٠- بَلِ اللّٰهُ مَوْلَاكُمْ ۖ وَهُوَ خَيْرُ النَّاصِرِينَ ۝

150. Nay, God is your Protector and He is the best of helpers.

١٥١- سَنُلْقِي فِي قُلُوبِ الَّذِينَ كَفَرُوا الرُّعْبَ بِمَا أَشْرَكُوا بِاللّٰهِ مَا لَمْ يُنَزَّلْ بِهِ سُلْطٰنًا ۖ وَمَأْوَاهُمُ النَّارُ ۖ وَبِئْسَ مَثْوٰى الظّٰلِمِينَ ۝

151. Soon shall We cast terror into the hearts of the unbelievers for that they joined companions with God for which He had sent no authority: their abode will be the fire; and evil is the home of the wrong- doers!.

١٥٢- وَلَقَدْ صَدَقَكُمُ اللّٰهُ وَعَدَهُ إِذْ تَحُسُّوهُم بِأَيِّهِ ۖ حَتَّىٰ إِذَا فَسِلْتُمْ وَتَنَارَ عَنْكُمْ فِي الْأَمْرِ وَعَصَيْتُمْ مِّنْ بَعْدِ مَا أَرَاكُمْ مَا تُحِبُّونَ ۚ مِّنكُمْ مَّن يُرِيدُ الدُّنْيَا وَمِنْكُمْ مَّن يُرِيدُ الْآخِرَةَ ۚ تَمَّ صِرْفَكُمْ عَنْهُمْ لِيَبْتَلِيَكُمْ ۖ وَلَقَدْ عَفَا عَنْكُمْ ۗ وَاللّٰهُ ذُو فَضْلٍ عَلَى الْمُؤْمِنِينَ ۝

152. God did indeed fulfil His promise to you when ye with His permission were about to annihilate your enemy until ye flinched and fell to disputing about the order and disobeyed it after He brought you in sight (of the Booty) which ye covet. Among you are some that hanker after this world and some that desire the Hereafter. Then did He divert you from your foes in order to test you but He forgave you: for God is full of grace to those who believe.

Surah Nisaa 4:44-45

٤٤- أَلَمْ تَرَ إِلَى الَّذِينَ أُوتُوا نَصِيْبًا مِّنَ الْكِتٰبِ يَشْتَرُونَ الضَّلٰلَةَ وَيُرِيدُونَ أَن تَضِلُّوا السَّبِيْلَ ۝

44. Hast thou not turned thy vision to those who were given a portion of the Book? They traffic in error and wish that ye should lose the right path.

٤٥- وَاللّٰهُ أَعْلَمُ بِأَعْدَانِكُمْ ۖ وَكَفَىٰ بِاللّٰهِ وَلِيًّا وَكَفَىٰ بِاللّٰهِ نَصِيْرًا ۝

45. But God hath full knowledge of your enemies: God is enough for a protector and God is enough for a Helper.

Surah An'am 6:61-67

٦١- وَهُوَ الْقَاهِرُ فَوْقَ عِبَادِهِ ۖ وَيُرْسِلُ عَلَيْكُمْ حَفَظَةً ۖ حَتَّىٰ إِذَا جَاءَ أَحَدَكُمْ الْمَوْتُ تَوَفَّتْهُ رُسُلُنَا وَهُمْ لَا يُفْرِطُونَ ۝

61. He is the Irresistible (watching) from above over his worshippers and He sets guardians over you. At length when death approaches one of you Our angels take his soul and they never fail in their duty.

٦٢- ثُمَّ رُدُّوْا إِلَى اللّٰهِ مَوْلَاهُمْ الْحَقَّ ۚ لَا لَهٗ الْحُكْمُ وَهُوَ أَسْرَعُ الْحٰسِبِينَ ۝

62. Then are men returned unto God their Protector the (only) reality: is not His the Command? And He is the swiftest in taking account.

٦٣- فُلٌ مِّن يُّنَجِيْكُمْ مِّن ظُلْمٰتِ الْبَرِّ وَالْبَحْرِ تَدْعُوْنَهُ تَضَرُّعًا وَخُفْيَةً لَّئِن أَنجٰنَا مِنْ هٰذِهِ لَنُكُوْنَنَّ مِنَ الشّٰكِرِيْنَ ۝

63. Say: “who is it that delivereth you from the dark recesses of land and sea when ye call upon Him in humility and silent terror: ` if He only delivers us from these (dangers) (we vow) we shall truly show our gratitude’ .?”

٦٤- قُلِ اللّٰهُ يَنْجِيكُمْ مِنْهَا وَمِنْ كُلِّ كَرْبٍ ثُمَّ أَنْتُمْ تُشْرِكُونَ ○

64. Say: “It is God that delivereth you from these and all (other) distresses: and yet ye worship false gods!”

٦٥- قُلْ هُوَ الْفَاقِرُ عَلَىٰ أَنْ يَبْعَثَ عَلَيْكُمْ عَذَابًا مِّنْ فَوْقِكُمْ أَوْ مِنْ تَحْتِ أَرْجُلِكُمْ أَوْ يَلْبَسَكُمْ شِيْعًا وَيُذِيقَ بَعْضَكُمْ بَأْسَ بَعْضٍ ۗ انظُرْ كَيْفَ نُصَرِّفُ الْآيَاتِ لَعَلَّهُمْ يَفْقَهُونَ ○

65. Say: “He hath power to send calamities on you from above and below or to cover you with confusion in party strife giving you a taste of mutual vengeance each from the other.” See how We explain the Signs by various (symbols) that they may understand.

٦٦- وَكَذَّبَ بِهِ قَوْمُكَ وَهُوَ الْحَقُّ ۗ قُلْ لَأَسْتَأْذِنَنَّكُمْ بِوَكِيلٍ ○

66. But thy people reject this though it is the truth. Say: “Not mine is the responsibility for arranging your affairs;

٦٧- لِكُلِّ نَبِيٍّ مُّسْتَقَرٌّ ۗ وَسَوْفَ تَعْلَمُونَ ○

67. “For every Message is a limit of time and soon shall ye know it.”