

# Quran 101

## Surah Al Bakarah ( the Cow), Ayah 256

May 7, 2025

Welcome everyone, happy to see you! Today we will be reading verse 256 from the 2nd Surah Al Bakarah (the cow)



***Let there be no compulsion in religion, for the truth stands out clearly from falsehood.1 So whoever renounces false gods and believes in Allah has certainly grasped the firmest, unfailing hand-hold. And Allah is All-Hearing, All-Knowing. 2:256***

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## Reflections\*:

**\*Reflections are personal insights and interpretations. They are not meant to be taken as authoritative**

A- "Let there be no compulsion in religion" Al-Baqara 2:256 This verse, I believe, can be applied to a variety of situations because it is not only limited to the original context. This is what this verse means to me.

- 1) According to this specific Quranic verse, people inherited "freedom" / the right to choose "right things in their lives" as one's human rights, regardless of race, language, ethnicity, sex, nationality, or any other position they have.
- 2) As a Muslim, I can only offer a cordial invitation to Islam; I cannot force or even judge individuals.
- 3) This remarkable passage also instructs us not to promote violence and hatred through religion.

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4) Embrace our society's diversity and be tolerant of people's varied opinions and perspectives, even if we disagree with them.

5) When religion is a significant aspect of life, and the Quran clarifies that religion cannot be forced, everyone has the right to pursue their way of life, as religion is described as "a way of life."

\*Summarized from: <https://quran.com/2:256/reflections>

B- It feels like the focus of this ayah is العروة الوثقى, this is the goal of it all, of the deen, of the belief in Allah and denouncing the false gods/ idols. The “firmest, unfailing hand-hold” is something that will not happen with compulsion; it is too strong of a force to be brought into existence with something as weak as compulsion, it is too high of a status to be reached by something as lowly as coercion, it is too valuable of a gem to be maintained and safeguarded with a sword. Allah swt further enhances the firmness of العروة الوثقى by adding لا انفصام لها - “it has no flaw or break in it” - for something this precious, pure and sacred, any amount of force will just not work and it will actually just weaken it and do the contrary. Interesting to note that the preceding ayah is ayat-al-kursi which is a comprehensive introduction of Allah swt - الحي القيوم.

Tawakkul: Holding The Handhold That Never Breaks

There are times when we feel we have lost everything, or things look broken and nothing like how we wished they would be. At times we even feel as though we’ve been abandoned and nothing is working out the way we planned.

But things are often not what they seem, and tawakkul (trusting and relying on Allah) is realizing that our Protector has a plan for us. Tawakkul is having complete trust that Allah’s plan is the best plan. Tawakkul is having full faith that Allah will take care of you—even when things look impossible. Tawakkul is standing in front of the Red Sea—as Prophet Musa did—with an army behind you, and not even flinching, knowing that Allah will get you through.

There can be no faith without tawakkul; and if there is true faith, tawakkul must always follow. Allah says in the Qur’an: “The believers are only those who, when Allah is mentioned,

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their hearts become fearful, and when His verses are recited to them, it increases them in faith; and upon their Lord they rely (have tawakkul)” (8:2).

If one truly understands the Reality and the power of Allah, one will realize that it is in fact an infirmity of the human mind to not rely on Allah. Nothing in the entire universe happens except by the permission of Allah. Not even a leaf falls from a tree without His leave (hadith). It is He who provides for everything in existence; He has power over all things, and in His hand is the dominion of the heavens and the earth (Qur'an, 67:1-2).

So how could we not but put our entire trust in Him?

Allah tells the believers in the Qur'an: “Say, “Never will we be struck except by what Allah has decreed for us; He is our protector.” And upon Allah let the believers rely” (9:51).

The Qur'an explains that, “And whoever relies upon Allah – then He is sufficient for him” (65:3). And the Reality is that there is nothing and nowhere else that will be sufficient. Allah is the only handhold that never breaks (Quran 2: 256).

The Messenger of Allah (s) said: “If you trust Allah with the right kind of tawakkul, He will provide you sustenance as He provides for the birds – they go out in the morning with empty stomachs and come back in the evening with full stomachs” (Tirmidhi).

And just like He does for the birds and the newborn child, Allah provides for us from places we could never imagine.

Summarised from : <https://quranreflect.com/?filters=2:256&feed=true>

### Takeaway:

There is a crucial lesson in this verse: that there is only one hand-hold that never breaks. There is only one place where we can lay our dependencies. There is only one relationship that should define our self-worth and only one source from which to seek our ultimate happiness, fulfillment, and security. That place is God.

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### Suggested video to watch later:

A Reflection on 2:256

<https://youtu.be/eLQO9gKTBmc>

(about 9 minutes)



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### Feedback / Suggestions

We appreciate your comments & Feedback, please scan the QR code or use the link below for a short survey:

<https://docs.google.com/forms/d/e/1FAIpQLScAdwqSy3O74IOjXgFpme2ii2251jvmYYcGmGQKquRFn6AKZA/viewform>



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