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Core Themes
& Topics of the
Glorious Qur'an

JANNAH AND JAHANNUM

Published By:



DARUL IHSAN
HUMANITARIAN CENTRE
GUIDANCE • UBUNTU • EMPOWERMENT

Jannah and Jahannum

Paradise and Hell

Jannah, meaning garden, in Qur'anic terminology refers to the eternal garden of paradise. Jannah is the place of ideal bliss. The true believers, who had faith and did good deeds will be admitted into Jannah by the grace and mercy of Allah Ta'ala.

The word Jannah appears approximately 147 times in the Qur'an and is also translated a heaven or paradise.

Time in Jannah

Wherever mention is made of Jannah, Allah says gardens in which they will remain forever, for eternity. One day in paradise will be equal to a thousand years on earth.

“And verily a day with your Lord is as a thousand years of what you reckon.”

(Surah Al Hajj 22 Verse 47)

It is mentioned in a Hadith: *“This world in comparison with the Hereafter is like the amount of water one of you gets when he dips his finger in the sea. Let him see what his finger returns with.”*

(Muslim)

There can be no comparison between a drop and the ocean, and this is the reality of time in this world compared to the Hereafter.

Levels of Jannah

It is mentioned in a hadith “... *There are a hundred levels in Paradise which Allah has prepared for those who strive in His path. The distance between every two degrees is like the distance between the sky and the earth. Thus, when you ask Allah, ask Him for Al-Firdous, for it is the best and the highest (level) of Paradise. Above it is the Throne of The All-Merciful, and from it the rivers of Paradise gush forth.*” (Bukhari)

A Place of True Pleasure

The people of Jannah “*will have whatever they wish for, forever;*” (25:16)

Everyone in Jannah will be beautiful, radiant and hair free. Nobody spits, blows their noses or needs to go to the bathroom. Even their sweat will carry the fragrance of musk. In Jannah everyone will be of the same age with – there will be no old age, frailness or death.

“The people of Paradise will eat and drink, but they will neither defecate, nor sneeze, nor urinate. Rather, their food will be digested, emitting a scent like musk. They will glorify and praise Allah as easily as you breathe.” (Muslim)

In Jannah, hearts will overflow with love and gratitude to Allah Ta’ala.

“Surely those who believe and do good, their Lord will guide them to Paradise through their faith, rivers will flow under their feet in the Gardens of Bliss, in which their prayer will be, “Glory be to You, O Allah!” and their

greeting will be, “Peace!” and their closing prayer will be, *“All praise is for Allah – Lord of all worlds!”*

(Surah Yunus 10 – Verse 9 & 10)

Verse 10 denotes the code word of people of Jannah whenever they want something they will say ‘Subhana Kallahumma’. Hearing this, the angels will instantly present what they wished before them. These words will serve as a password or access code for the people of Jannah through which they will articulate their wish, and the angels, doing their duty, will fulfill it every time.

(Rubul Ma’ani and Qurtubi)

Jannah is beyond imagination. It is the ultimate prize and reward Allah Ta’ala has prepared for His obedient servants. Jannah is what no eye has ever seen, what no ear has ever heard and what no mind could ever imagine.

The End of Grief and Worries

The Qur’an paints Jannah as a place where the inner wounds are healed, not just the outer hardships removed.

Allah says: *“And We will remove whatever is in their hearts of resentment (ghill)...”*

(Surah Al-Araf 7 – Verse 43)

All bitterness, pain and emotional residue will be removed. No lingering grief – no betrayal. No regrets, no feelings of anxiety and depression. In this world, pain often lives on inside us long after the event has passed. But Jannah is different. It is peace without anxiety, joy without fear of loss and love without jealousy.

Another verse says: *“They will have whatever they wish therein, and with Us is even more.”* (Surah Qaf 50 – Verse 35)

The scholars explain that this ‘more’ includes complete inner serenity, a heart so purified that it cannot even feel sorrow.

So the promise of Jannah is not just rivers and gardens; it is emotional redemption. Every tear, every silent heartbreak, every injustice that left a mark. Allah does not merely compensate for them, He erases their pain entirely.

That’s why the people of Jannah say: *“All praise is for Allah who has removed grief from us.”* (Surah Fatir 35:34)

That’s absolute bliss. And that’s why this world, no matter how heavy, was never meant to be the final stop.

Bounties Upon Bounties

Jannah is lush and green and beautiful scenery stretch as far as the eye can see. Tree trunks are of pure gold and orchards overflow with pomegranates, grapes, dates and clusters of delicious and sweet fruit. Each fruit is perfect, always in season and always within reach.

In Surah Yasin, verse 57, Allah Ta’ala explains that those in heaven will get everything their heart desires. All types of food or drink will be provided to the believers eternally and limitlessly. Jannah will have wine that does not intoxicate, fruit in endless abundance, and meat from a myriad of birds.

Allah Ta'ala describes this eternal joy: *“Platters and cups of gold will be passed around them. There will be whatever the souls desire and the eyes delight in. And you will be there forever.”*
(*Surah Az-Zukhruf, 43: Verse 71*)

“... And any fruit they specify and any bird-meat they desire...”
(*Surah Waqiah 56 – Verse 20-21*)

A reference is also made in the Qur'an to 'zanjabil', referring to ginger that will be mixed into drinks and served to people in heaven. (*Surah Insan 76 – Verse 17*)

Bananas are also alluded to as a fruit of Paradise, “Amid thornless lote-trees and banana-trees, one above another and extended shade and water flowing constantly and abundant fruit, neither intercepted nor forbidden.”
(*Surah Waqiah 28 – Verses 29-33*)

Easy Entry

A man questioned the Messenger of Allah ﷺ and said: "Do you think that if I perform the obligatory prayers, fast in Ramadan, treat as lawful that which is halal, and treat as forbidden that which is haram, and do not increase upon that (in voluntary good deeds), then I shall enter Paradise?" He ﷺ replied, "Yes."
(*Muslim*)

Jahannum – The Fire of Hell

Jahannam Heated for Three Thousand Years

Nabi ﷺ said, “Jahannam was heated for a thousand years and its fire turned red; it was then heated for another thousand years and it became white; it was again heated for another thousand years and it turned black. At present, Jahannam is pitch black and dark.” (Tirmizi)

Nabi ﷺ said, “If a rock is dropped into Jahannam, it will remain plummeting for 70 years before touching the pit of Jahannam”. (Muslim)

Jahannam has Seven Gates

Allah says: *“Verily, the fire is the dwelling place of them all. It has seven gates and within each gate there is an appropriate punishment for each inhabitant...”*

(Surah Al-Hijr 15 – Verse 44)

The seven gates of Jahannam (Hell) are in terms of seven levels, one upon the other. Some others have taken these as common gates where every gate will be reserved for a specific category of sinners. (Qurtubi)

Intensity of the Fire

Various verses of the Qur’an describe the intensity and horror of Hell,

“There is no way out for them, except Laza (the fierce blaze), (it) will certainly scorch the inward organs and the outward flesh! It will invite everyone who turned away from following the truth, heedless of it and gathered wealth but refused to spend it in the cause of Allah...”

(Surah Al-Ma’arij 70 – Verse 15)

“Every time the fire eats away their flesh, We will replace it with new flesh so they can taste the punishment...”

(Surah An-Nisa – Verse 56)

Entry into the Fire

The inmates of the fire will forget all the joy they enjoyed in the world. It will be as though they had never experienced any happiness in the world.

“(Remind them of) the Day We will ask Hell, ‘Are you filled up?’ And it will respond, ‘Are there any more?’”

(Surah Qaf 50 – Verse 30)

“Nay they will be thrown into Al Hutamah (i.e. Crushing Fire). And what will make you know what Al Hutamah is? The fire of Allah kindled by men and stones which scorches the hearts. Surely it is vaulted over them in pillars widely extended.”

(Surah Humazah – Verse 4-9)

No Exit

The keepers of Jahannam will be harsh and stern. The leader of the keepers of the fire is Malik.

The inhabitants will be screaming for help. They will scream, “*Our Lord, take us out (from here), and we will act righteously, not in the way we have been doing before.*” (Surah Fatir 35 – Verse 37)

In another verse they will beg them: “*Pray to your Lord to lighten the torment for us for one day!*” (Surah Ghafir 40 – Verse 49)

Eventually, they will seek death. They will call out to Malik, the Keeper of Hell: “*O Malik! Let your Lord end our lives.*” (Surah Az-Zukhruf 43 – Verse 77)

The Tree of Zaqqum

The inmates of Hell will eat from a tree named Zaqqum. It is a tree which springs out of the bottom of Jahannam. Its fruits will scald their intestines.

The Messenger of Allah ﷺ said, “If a single drop of Zaqqum was to be dropped into this world, it would ruin the food of its inhabitants. So how will it be for the person who has no other food except it (i.e. Zaqqum)?” (Ibn Majah)

Once they’ve eaten, they will start to feel thirsty. They will then be given scalding water to drink. They will drink and drink like ‘camels suffering from the disease of over thirst’ (56:55). Not only will it burn their insides, but it will also disfigure their faces.

The Lightest Punishment in Hell

Nabi ﷺ said, “Among the men of Jahannam, the least punishment given will be that both his shoes and laces will be made of fire, which will make his head boil like a cauldron such, that he will think that he is receiving the most severe punishment, although his punishment is the least.” *(Bukhari, Muslim)*

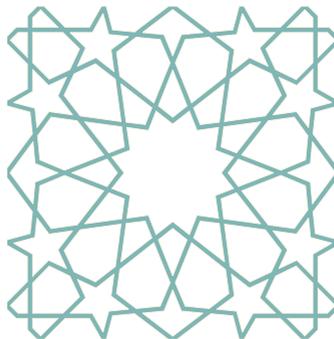
In some narrations it appears that this punishment will be given to Abu Talib bin Abdul Muttalib.

Save Yourself and your family

Allah calls upon the believers to save themselves: “*O Muslims! Save yourselves and your families from the Fire whose fuel is men and stones.*”

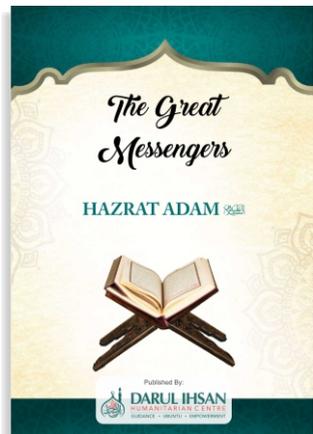
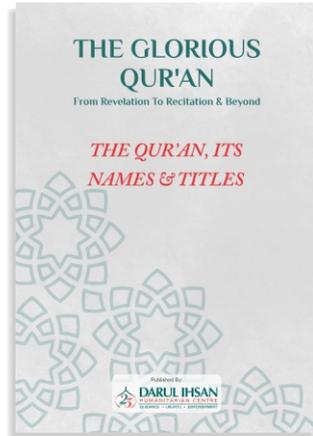
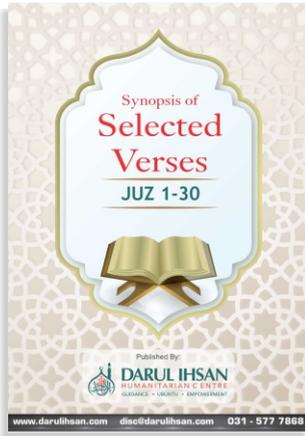
(Surah At-Tabreem 66 – Verse 6)

“*Our Lord, turn away from us the punishment of Hell-fire. Indeed, its punishment is endless. Indeed, it is an evil residence and abode.*” *(Surah Al-Furqan 25 – Verse 65 & 66)*



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About Darul Ihsan

Darul Ihsan Humanitarian Centre provides education, guidance, social, empowerment and welfare services to the community. In providing this service, we adopt a holistic approach, that gives due importance to basic needs as well as human rights and dignity of those that we serve.

Founding Philosophy

Darul Ihsan Humanitarian Centre is a multi-purpose, humanitarian-services providing organisation. 'Ihsan' means compassion towards mankind and to act with excellence. The Centre was established in the year 2000 with the primary objective of serving humanity and alleviating poverty and hardship locally and abroad. Since its inception, it has developed and established many humanitarian projects and provides a variety of free services to the community.

Key Objectives

One of the key objectives of the Centre is to promote a better understanding of humanity and peace, thereby serving as a bridge-builder between faiths and communities. Through guidance, Ubuntu and empowerment, the organisation hopes to train and develop the youth to become torch bearers of hope, peace and compassion to humanity.

