EXPLORING AL-QUR'AN & SCIENCE

IRON SENT DOWN FROM THE SKY

From the Womb of the Stars to the Bloodstream of Mankind



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بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ

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From the Womb of the Stars to the Bloodstream of Mankind

وَأَنزَلْنَا ٱلْحَدِيدَ فِيهِ بَأْسٌ شَدِيدٌ وَمَنَٰفِعُ لِلنَّاسِ

"…And We sent down iron, wherein is great military might and benefits for the people…"

SURAH AL-HADID 57:25

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ACKNOWLEDGEMENTS

All praise belongs to Allah, who sent down the Scripture and the balance of justice, and sent down iron, wherein is great might and benefits for the people. Blessings and peace be upon the Messenger of Allah ﷺ, who passed away while his coat of armour was pledged for a little food for his family, and upon his family and Companions.

This eBook is dedicated especially to my beloved wife,

ZAHARAH MOHD LATIF;

my dear children,

MUHAMMAD HAFIZ, NOOR HAZWANI, ABDUL HAKIM, NOOR HIDAYAH, NOR AQILA and **NOR ATIQAH**;

and my sons- and daughters-in-law,

FAZILAH, MALEK, HANIN, FAIRIZAL and **FIRWAN**.

May every time we see iron — in a house, a vehicle or a drop of blood — remind us of His words: ***"And We sent down iron"*** (57:25) — and may this eBook become *'ilmun yuntafa'u bih*, knowledge that is benefited from.

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ABOUT THE COVER OF THIS EBOOK

The cover of this eBook shows ***an exploding star*** (a supernova) in the darkness of outer space, radiating orange and golden light. From that explosion, ***a stream of glowing iron particles*** flows down across space towards a small ***blue Earth***.

At the bottom, the stream turns into ***a flow of shining red blood cells*** — symbolising the journey of the iron atom: born in the womb of a star, arriving on Earth, then flowing in human blood. It reminds us of Allah's words: ***"And We sent down iron… and benefits for the people"*** (57:25).

Note: This image is ***a symbolic illustration*** only, not an actual astronomical or medical image. ***Two gold lines*** at the bottom frame the author's name.

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IRON SENT DOWN FROM THE SKY

Iron is all around us: in the pillars of our houses, bridges, vehicles, the pots in our kitchen — and even in every drop of our blood. Yet we rarely ask: ***where does iron come from?*** Al-Qur'an mentions it with an expression that catches our attention: ***wa anzalnā al-hadīd*** — "And We sent down iron". In fact, a whole surah is named after this metal: ***Surah Al-Hadid*** (Iron).

The classical scholars of tafsir understood the word *anzalnā* as "We created and provided" — just as Allah also "sent down" livestock (39:6) and clothing (7:26). At the same time, modern science has discovered that iron atoms ***were indeed born inside stars*** — long before the Earth existed — and then scattered across space by exploding stars.

This eBook explores the verses about iron, the related authentic Hadith, and the findings of modern science — with an honest attitude: distinguishing between ***solid harmony*** and ***forced interpretation***.

IRON IN NUMBERS

Before we dive into the verses of Al-Qur'an, here are some brief facts about iron that will be explained in this eBook, together with their sources:

FACT	FIGURE AND SOURCE
Share of the Earth's mass made of iron	About ***one third*** — mostly in the core (McDonough & Sun, 1995).
Iron in an adult's body	About ***3–4 grams***, most of it in haemoglobin (Abbaspour et al., 2014).
People in the world living with anaemia (2021)	***1.92 billion people*** — about 24% (GBD 2021, 2023).
World crude steel production (2025)	About ***1,849 million tonnes***; 209 kg per person (worldsteel, 2026).
Half-life of iron-60 from supernovae	***2.6 million years*** (Wallner et al., 2016).
Nickel in Tutankhamun's iron dagger	About ***11%*** — a sign of meteoritic iron (Comelli et al., 2016).
Oceans whose fertility is limited by iron	About ***one third*** of the world's oceans (Boyd et al., 2007).

Note: The translation of Al-Qur'an verses in this eBook is Sahih International. The grade of each Hadith is stated in its Hadith box, with a link to sunnah.com. Every scientific finding includes a link to its original source.

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IRON THAT WAS SENT DOWN

SURAH AL-HADID 57:25

لَقَدۡ أَرۡسَلۡنَا رُسُلَنَا بِٱلۡبَيِّنَٰتِ وَأَنزَلۡنَا مَعَهُمُ ٱلۡكِتَٰبَ وَٱلۡمِيزَانَ لِيَقُومَ ٱلنَّاسُ بِٱلۡقِسۡطِۖ وَأَنزَلۡنَا ٱلۡحَدِيدَ فِيهِ بَأۡسٞ شَدِيدٞ وَمَنَٰفِعُ لِلنَّاسِ وَلِيَعۡلَمَ ٱللَّهُ مَن يَنصُرُهُۥ وَرُسُلَهُۥ بِٱلۡغَيۡبِۚ إِنَّ ٱللَّهَ قَوِيٌّ عَزِيزٞ ٢٥

We have already sent Our messengers with clear evidences and sent down with them the Scripture and the balance that the people may maintain [their affairs] in justice. And We sent down iron, wherein is great military might and benefits for the people, and so that Allah may make evident those who support Him and His messengers unseen. Indeed, Allah is Powerful and Exalted in Might.

Translation: Sahih International — 57:25

EXPLANATION OF VERSE 57:25

This verse pairs three things that were "sent down": ***the Scripture*** (revelation), ***the balance of justice***, and ***iron***. Imam Ibn Kathir explains that the Scripture and the balance are guidance for those who wish to accept the truth, while iron is made a ***deterrent*** for those who oppose the truth after the proof has been established. Tafsir Ibn Kathir 57:25

About ***"great military might"*** (*ba'sun shadīd*), Ibn Kathir says it refers to weapons such as swords, spears and armour. About ***"benefits for the people"*** (*manāfi'u lin-nās*), he lists the tools of daily life: ***ploughshares, axes, adzes, saws, chisels and hoes***, as well as the implements used for farming, weaving, cooking and baking bread — things people cannot live without.

The verse closes with a purpose: ***"so that Allah may make evident those who support Him and His messengers unseen"***. Iron is a test: it can build or destroy, depending on the hand that holds it.

THE MEANING OF "ANZALNĀ" — SENT DOWN OR CREATED?

SURAH AL-A'RAF 7:26

يَٰبَنِيٓ ءَادَمَ قَدۡ أَنزَلۡنَا عَلَيۡكُمۡ لِبَاسٗا يُوَٰرِي سَوۡءَٰتِكُمۡ وَرِيشٗاۖ وَلِبَاسُ ٱلتَّقۡوَىٰ ذَٰلِكَ خَيۡرٞۚ ذَٰلِكَ مِنۡ ءَايَٰتِ ٱللَّهِ لَعَلَّهُمۡ يَذَّكَّرُونَ ٢٦

O children of Adam, We have bestowed upon you clothing to conceal your private parts and as adornment. But the clothing of righteousness - that is best. That is from the signs of Allah that perhaps they will remember.

Translation: Sahih International — 7:26

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Al-Qur'an uses the same word — *anzalnā* — for ***clothing*** (7:26) and ***livestock*** (39:6), even though both come into being on Earth. For this reason some exegetes, as reported by Imam al-Qurtubi, understood *anzalnā al-hadīd* as ***"We created and provided iron"*** as a gift from Allah. Tafsir al-Qurtubi 57:25

This is an important lesson in I'jaz Ilmi: ***the original meaning of a verse according to the scholars must come first***. The scientific discovery about the origin of iron in the stars is a beautiful harmony to reflect upon — not an interpretation that replaces the understanding of the scholars.

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REFLECTION — HARD IRON, HARDER HEARTS

SURAH AL-HADID 57:16

۞ أَلَمۡ يَأۡنِ لِلَّذِينَ ءَامَنُوٓاْ أَن تَخۡشَعَ قُلُوبُهُمۡ لِذِكۡرِ ٱللَّهِ وَمَا نَزَلَ مِنَ ٱلۡحَقِّ وَلَا يَكُونُواْ كَٱلَّذِينَ أُوتُواْ ٱلۡكِتَٰبَ مِن قَبۡلُ فَطَالَ عَلَيۡهِمُ ٱلۡأَمَدُ فَقَسَتۡ قُلُوبُهُمۡۖ وَكَثِيرٞ مِّنۡهُمۡ فَٰسِقُونَ ١٦

Has the time not come for those who have believed that their hearts should become humbly submissive at the remembrance of Allah and what has come down of the truth? And let them not be like those who were given the Scripture before, and a long period passed over them, so their hearts hardened; and many of them are defiantly disobedient.

Translation: Sahih International — 57:16

Interestingly, in this very surah named ***Iron***, Allah reproaches the believers about ***hearts that have hardened*** (*fa-qasat qulūbuhum*). Hard iron can be softened by fire; Allah even made it pliable for Prophet Dawud عَلَيْهِ السَّلَامُ. But a heart heedless of remembrance and Al-Qur'an can become ***harder than stone*** — as He says about the Children of Israel:

SURAH AL-BAQARAH 2:74

ثُمَّ قَسَتۡ قُلُوبُكُم مِّنۢ بَعۡدِ ذَٰلِكَ فَهِيَ كَٱلۡحِجَارَةِ أَوۡ أَشَدُّ قَسۡوَةٗۚ وَإِنَّ مِنَ ٱلۡحِجَارَةِ لَمَا يَتَفَجَّرُ مِنۡهُ ٱلۡأَنۡهَٰرُۚ وَإِنَّ مِنۡهَا لَمَا يَشَّقَّقُ فَيَخۡرُجُ مِنۡهُ ٱلۡمَآءُۚ وَإِنَّ مِنۡهَا لَمَا يَهۡبِطُ مِنۡ خَشۡيَةِ ٱللَّهِۗ وَمَا ٱللَّهُ بِغَٰفِلٍ عَمَّا تَعۡمَلُونَ ٧٤

Then your hearts became hardened after that, being like stones or even harder. For indeed, there are stones from which rivers burst forth, and there are some of them that split open and water comes out, and there are some of them that fall down for fear of Allah. And Allah is not unaware of what you do.

Translation: Sahih International — 2:74

Ibn Kathir explains that verse 57:16 is a call for the hearts of the believers to be ***soft and humble*** when they hear Allah's reminder, and not to resemble the People of the Book whose hearts hardened after a long time had passed. Tafsir Ibn Kathir 57:16 So the lesson of Surah Al-Hadid is not only about the metal in the earth, but about ***the metal in the chest***: can our hearts still be softened by revelation?

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IRON IN THE HANDS OF PROPHET DAWUD عَلَيْهِ السَّلَامُ

SURAH SABA' 34:10–11

۞ وَلَقَدْ ءَاتَيْنَا دَاوُۥدَ مِنَّا فَضْلًا ۖ يَٰجِبَالُ أَوِّبِى مَعَهُۥ وَٱلطَّيْرَ ۖ وَأَلَنَّا لَهُ ٱلْحَدِيدَ

١٠

And We certainly gave David from Us bounty. [We said], "O mountains, repeat [Our] praises with him, and the birds [as well]." And We made pliable for him iron.

أَنِ ٱعْمَلْ سَٰبِغَٰتٍ وَقَدِّرْ فِى ٱلسَّرْدِ ۖ وَٱعْمَلُوا۟ صَٰلِحًا ۖ إِنِّى بِمَا تَعْمَلُونَ بَصِيرٌ

١١

[Commanding him], "Make full coats of mail and calculate [precisely] the links, and work [all of you] righteousness. Indeed I, of what you do, am Seeing."

Translation: Sahih International — 34:10-11

EXPLANATION OF VERSES 34:10–11

Ibn Kathir reports from al-Hasan al-Basri, Qatadah and al-A'mash that Allah softened iron for Prophet Dawud عَلَيْهِ السَّلَامُ so that he ***did not need to heat it in fire or strike it with a hammer*** — he twisted it with his hands like thread. This was ***a miracle***, a special gift from Allah. Tafsir Ibn Kathir 34:10

The command ***"Make full coats of mail"*** (*sābighāt*) refers to chain mail covering the whole body. The command ***"calculate [precisely] the links"*** (*qaddir fis-sard*) was explained by Mujahid: do not make the rivets (joining the rings) too thin so that they come loose, nor too thick so that they break — that is, ***the exact measure***. This is an engineering principle contained in revelation.

SURAH AL-ANBIYA' 21:80

وَعَلَّمْنَٰهُ صَنْعَةَ لَبُوسٍ لَّكُمْ لِتُحْصِنَكُم مِّنۢ بَأْسِكُمْ ۖ فَهَلْ أَنتُمْ شَٰكِرُونَ

٨٠

And We taught him the fashioning of coats of armor to protect you from your [enemy in] battle. So will you then be grateful?

Translation: Sahih International — 21:80

EXPLANATION OF VERSE 21:80

This verse affirms that the skill of making armour is ***knowledge taught by Allah*** (*wa 'allamnāhu san'ata labūs*), to protect people in battle. It closes with a question that touches the heart: ***"So will you then be grateful?"*** — technology is a blessing that demands gratitude. Tafsir Ibn Kathir 21:80

REFLECTION — A KING WHO WORKED WITH HIS HANDS

Prophet Dawud عَلَيْهِ السَّلَامُ was both a prophet and a king. Yet he still ***ate from the work of his own hands***, as mentioned in an authentic Hadith (see Chapter 5). Iron in his hands was not a tool of oppression, but a tool of protection and a source of lawful provision.

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THE IRON WALL OF DHUL-QARNAYN

SURAH AL-KAHF 18:96

ءَاتُونِي زُبَرَ ٱلۡحَدِيدِۖ حَتَّىٰٓ إِذَا سَاوَىٰ بَيۡنَ ٱلصَّدَفَيۡنِ قَالَ ٱنفُخُواْۖ حَتَّىٰٓ إِذَا جَعَلَهُۥ نَارٗا قَالَ ءَاتُونِيٓ أُفۡرِغۡ عَلَيۡهِ قِطۡرٗا ٩٦

Bring me sheets of iron" - until, when he had leveled [them] between the two mountain walls, he said, "Blow [with bellows]," until when he had made it [like] fire, he said, "Bring me, that I may pour over it molten copper.

Translation: Sahih International — 18:96

EXPLANATION OF VERSE 18:96

Dhul-Qarnayn was asked to build a barrier against Ya'juj and Ma'juj (Gog and Magog). He asked for ***sheets of iron*** (*zubar al-hadīd*), stacked them until they were level with the two mountains, then ordered that they be ***blown upon*** (with bellows) until they glowed red like fire. Finally he ***poured molten copper*** (*qitr*) over it. Ibn Kathir reports from Ibn 'Abbas, Mujahid, 'Ikrimah, al-Dahhak and Qatadah that *qitr* is ***molten copper***. Tafsir Ibn Kathir 18:96

This verse describes an orderly process: ***gathering the material, heating it, then joining it with molten metal*** — steps that are well known in metalwork. However, the technical details of that structure, its location and its actual appearance are not stated in Al-Qur'an or in authentic Hadith; we do not add what is not mentioned.

REFLECTION — STRENGTH TO PROTECT THE WEAK

Dhul-Qarnayn refused payment and said: ***"That in which my Lord has established me is better [than what you offer]"*** (18:95). The strength of iron was used to ***protect a weak people***, not to oppress them. When it was finished, he said: ***"This is a mercy from my Lord"*** (18:98) — without the slightest pride in his own greatness.

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IRON IN THE PAGES OF AL-QUR'AN

The word ***hadīd*** (iron) is mentioned several times in Al-Qur'an. Besides the verses about Prophet Dawud عَلَيْهِ السَّلَامُ and Dhul-Qarnayn, iron also appears as ***a parable of hardness***, ***a picture of punishment*** and ***a symbol of sharpness***. Each usage carries its own lesson.

SURAH AL-ISRA' 17:49–51

وَقَالُوٓاْ أَءِذَا كُنَّا عِظَٰمٗا وَرُفَٰتًا أَءِنَّا لَمَبۡعُوثُونَ خَلۡقٗا جَدِيدٗا ٤٩

And they say, "When we are bones and crumbled particles, will we [truly] be resurrected as a new creation?"

قُلۡ كُونُواْ حِجَارَةً أَوۡ حَدِيدًا ٥٠

Say, "Be you stones or iron."

أَوۡ خَلۡقٗا مِّمَّا يَكۡبُرُ فِي صُدُورِكُمۡۚ فَسَيَقُولُونَ مَن يُعِيدُنَاۖ قُلِ ٱلَّذِي فَطَرَكُمۡ أَوَّلَ مَرَّةٖۚ فَسَيُنۡغِضُونَ إِلَيۡكَ رُءُوسَهُمۡ وَيَقُولُونَ مَتَىٰ هُوَۖ قُلۡ عَسَىٰٓ أَن يَكُونَ قَرِيبٗا ٥١

Or [any] creation of that which is great within your breasts." And they will say, "Who will restore us?" Say, "He who brought you forth the first time." Then they will nod their heads toward you and say, "When is that?" Say, "Perhaps it will be soon.

Translation: Sahih International — 17:49-51

EXPLANATION OF VERSES 17:49–51

The idolaters of Makkah questioned the resurrection: how could crumbled bones be brought back to life? Allah answers: ***"Be you stones or iron"*** — that is, even if you became the hardest material, the furthest from life, Allah is still able to bring you back to life. Ibn Kathir explains that this is a challenge: even if you became something most difficult to imagine coming to life, He who created you the first time will resurrect you. Tafsir Ibn Kathir 17:50

Iron was chosen because in human experience it is the symbol of ***hardness and endurance***. Al-Qur'an uses this everyday experience to bring the argument closer to the mind.

SURAH AL-HAJJ 22:19–22

۞ هَٰذَانِ خَصۡمَانِ ٱخۡتَصَمُواْ فِي رَبِّهِمۡۖ فَٱلَّذِينَ كَفَرُواْ قُطِّعَتۡ لَهُمۡ ثِيَابٞ
مِّن نَّارٖ يُصَبُّ مِن فَوۡقِ رُءُوسِهِمُ ٱلۡحَمِيمُ ١٩

These are two adversaries who have disputed over their Lord. But those who disbelieved will have cut out for them garments of fire. Poured upon their heads will be scalding water.

يُصۡهَرُ بِهِۦ مَا فِي بُطُونِهِمۡ وَٱلۡجُلُودُ ٢٠

By which is melted that within their bellies and [their] skins.

وَلَهُم مَّقَٰمِعُ مِنۡ حَدِيدٖ ٢١

And for [striking] them are maces of iron.

كُلَّمَآ أَرَادُوٓاْ أَن يَخۡرُجُواْ مِنۡهَا مِنۡ غَمٍّ أُعِيدُواْ فِيهَا وَذُوقُواْ عَذَابَ ٱلۡحَرِيقِ ٢٢

Every time they want to get out of Hellfire from anguish, they will be returned to it, and [it will be said], "Taste the punishment of the Burning Fire."

Translation: Sahih International — 22:19-22

EXPLANATION OF VERSES 22:19–22

These verses describe the punishment of those who disbelieve, including ***maces of iron*** (*maqāmi'u min hadīd*). Iron, which in this world is a source of benefit, becomes in the Hereafter a means of punishment for those who misused blessings and rejected the truth. This is ***a matter of the unseen***; we believe in it as it is mentioned without adding details. Tafsir Ibn Kathir 22:21

SURAH QAF 50:22

لَّقَدۡ كُنتَ فِي غَفۡلَةٖ مِّنۡ هَٰذَا فَكَشَفۡنَا عَنكَ غِطَآءَكَ فَبَصَرُكَ ٱلۡيَوۡمَ حَدِيدٞ
٢٢

[It will be said], "You were certainly in unmindfulness of this, and We have removed from you your cover, so your sight, this Day, is sharp."

Translation: Sahih International — 50:22

EXPLANATION OF VERSE 50:22

Here the word *hadīd* is used as a description: ***"so your sight, this Day, is sharp"***. In Arabic, something sharp and decisive is called *hadīd* — because an iron blade is the sharpest thing people know. On the

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Day of Judgement the veil of heedlessness is removed, and people see clearly what they used to ignore. Tafsir Ibn Kathir 50:22

REFLECTION — THE FOUR FACES OF IRON IN AL-QUR'AN

When gathered together, iron in Al-Qur'an has ***four faces***: (1) ***blessing and benefit*** (57:25), (2) ***knowledge and technology*** taught by Allah (21:80; 34:10–11; 18:96), (3) ***a parable of hardness*** to affirm Allah's power (17:50), and (4) ***warning and sharpness*** in the Hereafter (22:21; 50:22). The same metal can be a blessing or a punishment — depending on how people use it.

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EVIDENCE FROM THE HADITH

This chapter presents ***nine Hadith*** that mention iron directly or are related to it. Each Hadith is shown in full with its Arabic text, its chain linked to the narrators' pages on sunnah.com, its translation and its grade.

HADITH	THEME
Sahih al-Bukhari 2072	Prophet Dawud عَلَيْهِ السَّلَامُ ate from the work of his hands — the honour of skill.
Sahih al-Bukhari 2916	The armour of the Messenger of Allah ﷺ pledged for his family's food.
Sahih al-Bukhari 5150	A dowry, even if only an iron ring.
Sahih Muslim 2616	The prohibition of pointing iron (a weapon) at a brother.
Sunan Abi Dawud 2590	The Messenger of Allah ﷺ wore two coats of armour at Uhud.
Sahih al-Bukhari 3612	Earlier nations combed with iron combs yet firm in faith.
Sahih al-Bukhari 3346	An opening in the wall of Ya'juj and Ma'juj — linked to Dhul-Qarnayn's iron wall.
Sahih al-Bukhari 1846	The Messenger of Allah ﷺ wore an iron helmet at the Conquest of Makkah.
Sahih al-Bukhari 2911	His ﷺ helmet broken at Uhud and the treatment of his wound.

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FIRST HADITH — PROPHET DAWUD ATE FROM THE WORK OF HIS HANDS

HADITH — SAHIH AL-BUKHARI, NO. 2072

حَدَّثَنَا إِبْرَاهِيمُ بْنُ مُوسَى، أَخْبَرَنَا عِيسَى، عَنْ ثَوْرٍ، عَنْ خَالِدِ بْنِ مَعْدَانَ، عَنِ الْمِقْدَامِ ـ رضى الله عنه ـ عَنْ رَسُولِ اللَّهِ صلى الله عليه وسلم قَالَ «مَا أَكَلَ أَحَدٌ طَعَامًا قَطُّ خَيْرًا مِنْ أَنْ يَأْكُلَ مِنْ عَمَلِ يَدِهِ، وَإِنَّ نَبِيَّ اللَّهِ دَاوُدَ ـ عَلَيْهِ السَّلاَمُ ـ كَانَ يَأْكُلُ مِنْ عَمَلِ يَدِهِ».

TRANSLATION:

Al-Miqdam رضى الله عنه narrated that the Messenger of Allah ﷺ said: ***"No one has ever eaten better food than that which he eats from the work of his own hands. And the Prophet of Allah, Dawud عَلَيْهِ السَّلَامُ, used to eat from the work of his own hands."***

CHAIN Narrated by Imam al-Bukhari: from Ibrahim bin Musa, from 'Isa bin Yunus, from Thaur bin Yazid, from Khalid bin Ma'dan, from al-Miqdam bin Ma'dikarib رضى الله عنه.

REFERENCE: Narrated by Imam al-Bukhari in Sahih al-Bukhari, Book of Sales, Chapter: A Man's Earning and the Work of His Hands, Hadith No. 2072.

GRADE: SAHIH — narrated by Imam al-Bukhari in Sahih al-Bukhari.

Source: https://sunnah.com/bukhari:2072

LESSONS FROM THIS HADITH

First: The scholars connect this Hadith with Surah Saba' 34:10–11: the handiwork of Prophet Dawud عَلَيْهِ السَّلَامُ was ***making coats of armour***. The skill that Allah taught him became a source of lawful provision.

Second: Islam honours ***manual work and technical skill*** — blacksmiths, engineers and skilled workers hold an honourable position when they work honestly.

SECOND HADITH — THE ARMOUR OF THE MESSENGER OF ALLAH ﷺ

HADITH — SAHIH AL-BUKHARI, NO. 2916

حَدَّثَنَا مُحَمَّدُ بْنُ كَثِيرٍ، أَخْبَرَنَا سُفْيَانُ، عَنِ الأَعْمَشِ، عَنْ إِبْرَاهِيمَ، عَنِ الأَسْوَدِ، عَنْ عَائِشَةَ ـ رضى الله عنها ـ قَالَتْ تُوُفِّيَ رَسُولُ اللَّهِ صلى الله عليه وسلم وَدِرْعُهُ مَرْهُونَةٌ عِنْدَ يَهُودِيٍّ بِثَلاَثِينَ صَاعًا مِنْ شَعِيرٍ. وَقَالَ يَعْلَى حَدَّثَنَا الأَعْمَشُ دِرْعٌ مِنْ حَدِيدٍ. وَقَالَ مُعَلَّى حَدَّثَنَا عَبْدُ الْوَاحِدِ حَدَّثَنَا الأَعْمَشُ وَقَالَ رَهَنَهُ دِرْعًا مِنْ حَدِيدٍ.

TRANSLATION:

'Aisyah رضى الله عنها said: ***"The Messenger of Allah ﷺ passed away while his coat of armour was pledged to a Jew for (a loan of) thirty sa' of barley."***

Ya'la said: al-A'mash narrated to us: "a coat of armour made of iron". Mu'alla said: 'Abd al-Wahid narrated to us, al-A'mash narrated to us, and he said: "He pledged a coat of armour made of iron."

CHAIN Narrated by Imam al-Bukhari: from Muhammad bin Kathir, from Sufyan al-Thauri, from al-A'mash, from Ibrahim al-Nakha'i, from al-Aswad bin Yazid, from 'Aisyah رضى الله عنها.

REFERENCE: Narrated by Imam al-Bukhari in Sahih al-Bukhari, Book of Jihad and Expeditions, Chapter: What Was Said About the Armour of the Prophet ﷺ, Hadith No. 2916.

GRADE: SAHIH — narrated by Imam al-Bukhari in Sahih al-Bukhari.

Source: https://sunnah.com/bukhari:2916

LESSONS FROM THIS HADITH

First: The Messenger of Allah ﷺ owned ***a coat of armour*** — the same protective technology that Allah taught Prophet Dawud)21:80(عَلَيْهِ السَّلَامُ. The armour was among his most valuable possessions.

Second: Yet he pledged it ***for his family's food***. Strong iron gave way to a more important need: feeding the family. His simplicity (zuhd) teaches us to put wealth in its proper place.

THIRD HADITH — "EVEN IF ONLY AN IRON RING"

HADITH — SAHIH AL-BUKHARI, NO. 5150

حَدَّثَنَا يَحْيَى، حَدَّثَنَا وَكِيعٌ، عَنْ سُفْيَانَ، عَنْ أَبِي حَازِمٍ، عَنْ سَهْلِ بْنِ سَعْدٍ، أَنَّ النَّبِيَّ صلى الله عليه وسلم قَالَ لِرَجُلٍ «تَزَوَّجْ وَلَوْ بِخَاتَمٍ مِنْ حَدِيدٍ».

TRANSLATION:

Sahl bin Sa'd رضى الله عنه narrated that the Prophet ﷺ said to a man: ***"Marry, even if (the dowry is only) an iron ring."***

CHAIN Narrated by Imam al-Bukhari: from Yahya bin Musa, from Waki' bin al-Jarrah, from Sufyan al-Thauri, from Abu Hazim Salamah bin Dinar, from Sahl bin Sa'd رضى الله عنه.

REFERENCE: Narrated by Imam al-Bukhari in Sahih al-Bukhari, Book of Marriage, Chapter: The Dowry Paid in Goods and an Iron Ring, Hadith No. 5150.

GRADE: SAHIH — narrated by Imam al-Bukhari in Sahih al-Bukhari.

Source: https://sunnah.com/bukhari:5150

LESSONS FROM THIS HADITH

First: An iron ring was among the cheapest things a person could own, yet the Prophet ﷺ accepted it as a dowry. Iron is ***the metal of ordinary people*** — a living example of ***"benefits for the people"*** (57:25).

Second: Islam makes marriage ***easy, not burdensome***. The value of a marriage is not measured by gold, but by faith, good character and the willingness to bear responsibility.

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FOURTH HADITH — DO NOT POINT IRON AT YOUR BROTHER

HADITH — SAHIH MUSLIM, NO. 2616

حَدَّثَنِي عَمْرٌو النَّاقِدُ، وَابْنُ أَبِي عُمَرَ، قَالَ عَمْرٌو حَدَّثَنَا سُفْيَانُ بْنُ عُيَيْنَةَ، عَنْ أَيُّوبَ، عَنِ ابْنِ سِيرِينَ، سَمِعْتُ أَبَا هُرَيْرَةَ، يَقُولُ قَالَ أَبُو الْقَاسِمِ صلى الله عليه وسلم «مَنْ أَشَارَ إِلَى أَخِيهِ بِحَدِيدَةٍ فَإِنَّ الْمَلاَئِكَةَ تَلْعَنُهُ حَتَّى وَإِنْ كَانَ أَخَاهُ لأَبِيهِ وَأُمِّهِ».

TRANSLATION:

Abu Hurairah رضى الله عنه said: Abu al-Qasim ﷺ said: ***"Whoever points at his brother with a piece of iron (a weapon), the angels curse him, even if he is his full brother."***

CHAIN Narrated by Imam Muslim: from 'Amr al-Naqid and Ibn Abi 'Umar, from Sufyan bin 'Uyainah, from Ayyub al-Sakhtiyani, from Muhammad bin Sirin, from Abu Hurairah رضى الله عنه.

REFERENCE: Narrated by Imam Muslim in Sahih Muslim, Book of Virtue, Good Manners and Joining the Ties of Kinship, Chapter: The Prohibition of Pointing a Weapon at a Muslim, Hadith No. 2616.

GRADE: SAHIH — narrated by Imam Muslim in Sahih Muslim.

Source: https://sunnah.com/muslim:2616

LESSONS FROM THIS HADITH

First: The Prophet ﷺ described the weapon simply as ***"a piece of iron"*** (*hadīdah*). The same metal that carries oxygen in our blood can, in a careless hand, take a life. Islam guards against harm ***even before it happens*** — even a joke with a weapon is forbidden.

Second: The words ***"even if he is his full brother"*** show that the prohibition is not about enmity but about ***danger***: a moment of carelessness or a whisper of Satan can turn play into tragedy. In our time, this includes handling knives, tools and firearms with full care.

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FIFTH HADITH — TWO COATS OF ARMOUR AT UHUD

HADITH — SUNAN ABI DAWUD, NO. 2590

حَدَّثَنَا مُسَدَّدٌ، حَدَّثَنَا سُفْيَانُ، قَالَ حَسِبْتُ أَنِّي سَمِعْتُ يَزِيدَ بْنَ خُصَيْفَةَ، يَذْكُرُ عَنِ السَّائِبِ بْنِ يَزِيدَ، عَنْ رَجُلٍ، قَدْ سَمَّاهُ أَنَّ رَسُولَ اللَّهِ صلى الله عليه وسلم ظَاهَرَ يَوْمَ أُحُدٍ بَيْنَ دِرْعَيْنِ أَوْ لَبِسَ دِرْعَيْنِ.

TRANSLATION:

Al-Sa'ib bin Yazid رضى الله عنه narrated from a man (a Companion) whom he named, that ***the Messenger of Allah ﷺ wore two coats of armour on the day of the Battle of Uhud*** — (the narrator was unsure whether the word was "*zāhara*" or "*labisa*").

CHAIN Narrated by Imam Abu Dawud: from Musaddad bin Musarhad, from Sufyan bin 'Uyainah, from Yazid bin Khusaifah, from al-Sa'ib bin Yazid رضى الله عنه, from a Companion رضى الله عنه.

REFERENCE: Narrated by Imam Abu Dawud in Sunan Abi Dawud, Book of Jihad, Chapter: Wearing Armour, Hadith No. 2590.

GRADE: SAHIH — graded sahih by al-Albani (as recorded on sunnah.com).

Source: https://sunnah.com/abudawud:2590

LESSONS FROM THIS HADITH

First: Trust in Allah does not mean abandoning the means. The Messenger of Allah ﷺ was the person with the greatest trust (tawakkul) in Allah, yet he still wore ***two coats of armour*** on the battlefield. This is the balance of Islam: strive with the means Allah has created, then place your trust in Him.

Second: Iron as protection. This Hadith brings to life the meaning of ***"to protect you from your [enemy in] battle"*** (21:80). The technology Allah taught Prophet Dawud عَلَيْهِ السَّلَامُ was put to use by the final Prophet ﷺ.

SIXTH HADITH — COMBED WITH IRON COMBS, YET STEADFAST

HADITH — SAHIH AL-BUKHARI, NO. 3612

حَدَّثَنِي مُحَمَّدُ بْنُ الْمُثَنَّى، حَدَّثَنَا يَحْيَى، عَنْ إِسْمَاعِيلَ، حَدَّثَنَا قَيْسٌ، عَنْ خَبَّابِ بْنِ الأَرَتِّ، قَالَ شَكَوْنَا إِلَى رَسُولِ اللَّهِ صلى الله عليه وسلم وَهْوَ مُتَوَسِّدٌ بُرْدَةً لَهُ فِي ظِلِّ الْكَعْبَةِ، قُلْنَا لَهُ أَلاَ تَسْتَنْصِرُ لَنَا أَلاَ تَدْعُو اللَّهَ لَنَا قَالَ «كَانَ الرَّجُلُ فِيمَنْ قَبْلَكُمْ يُحْفَرُ لَهُ فِي الأَرْضِ فَيُجْعَلُ فِيهِ، فَيُجَاءُ بِالْمِنْشَارِ، فَيُوضَعُ عَلَى رَأْسِهِ فَيُشَقُّ بِاثْنَتَيْنِ، وَمَا يَصُدُّهُ ذَلِكَ عَنْ دِينِهِ، وَيُمْشَطُ بِأَمْشَاطِ الْحَدِيدِ، مَا دُونَ لَحْمِهِ مِنْ عَظْمٍ أَوْ عَصَبٍ، وَمَا يَصُدُّهُ ذَلِكَ عَنْ دِينِهِ، وَاللَّهِ لَيُتِمَّنَّ هَذَا الأَمْرَ حَتَّى يَسِيرَ الرَّاكِبُ مِنْ صَنْعَاءَ إِلَى حَضْرَمَوْتَ، لاَ يَخَافُ إِلاَّ اللَّهَ أَوِ الذِّئْبَ عَلَى غَنَمِهِ، وَلَكِنَّكُمْ تَسْتَعْجِلُونَ».

TRANSLATION:

Khabbab bin al-Aratt رضى الله عنه said: We complained to the Messenger of Allah ﷺ while he was resting on his cloak in the shade of the Ka'bah. We said to him: "Will you not ask for help for us? Will you not pray to Allah for us?" He said:

"Among those before you, a man would have a pit dug for him in the earth and be placed in it. Then a saw would be brought and placed on his head and he would be split in two, yet that would not turn him away from his religion. And he would be combed with combs of iron that tore the flesh from his bones and sinews, yet that would not turn him away from his religion. By Allah, Allah will surely complete this matter (the religion) until a rider travels from San'a' to Hadramaut fearing none but Allah, or the wolf for his sheep. But you are impatient."

CHAIN Narrated by Imam al-Bukhari: from Muhammad bin al-Muthanna, from Yahya bin Sa'id al-Qattan, from Isma'il bin Abi Khalid, from Qais bin Abi Hazim, from Khabbab bin al-Aratt رضى الله عنه.

REFERENCE: Narrated by Imam al-Bukhari in Sahih al-Bukhari, Book of Virtues, Chapter: The Signs of Prophethood in Islam, Hadith No. 3612.

GRADE: SAHIH — narrated by Imam al-Bukhari in Sahih al-Bukhari.

Source: https://sunnah.com/bukhari:3612

LESSONS FROM THIS HADITH

First: Iron in the hands of the oppressor. Iron, created for the benefit of people, was used by tyrants as a tool of torture. This is the dark side of ***"great military might"*** (57:25) when it is not governed by revelation and the balance of justice.

Second: Faith is harder than iron. An iron comb tore flesh, but could not tear faith. The Messenger of Allah ﷺ taught the Companions who were being persecuted in Makkah to ***be patient and not hasty***, for Allah's promise will surely come.

SEVENTH HADITH — AN OPENING IN THE WALL OF YA'JUJ AND MA'JUJ

HADITH — SAHIH AL-BUKHARI, NO. 3346

حَدَّثَنَا يَحْيَى بْنُ بُكَيْرٍ، حَدَّثَنَا اللَّيْثُ، عَنْ عُقَيْلٍ، عَنِ ابْنِ شِهَابٍ، عَنْ عُرْوَةَ بْنِ الزُّبَيْرِ، أَنَّ زَيْنَبَ ابْنَةَ أَبِي سَلَمَةَ، حَدَّثَتْهُ عَنْ أُمِّ حَبِيبَةَ بِنْتِ أَبِي سُفْيَانَ، عَنْ زَيْنَبَ ابْنَةِ جَحْشٍ ـ رضى الله عنهن أَنَّ النَّبِيَّ صلى الله عليه وسلم دَخَلَ عَلَيْهَا فَزِعًا يَقُولُ «لاَ إِلَهَ إِلاَّ اللَّهُ، وَيْلٌ لِلْعَرَبِ مِنْ شَرٍّ قَدِ اقْتَرَبَ فُتِحَ الْيَوْمَ مِنْ رَدْمِ يَأْجُوجَ وَمَأْجُوجَ مِثْلُ هَذِهِ». وَحَلَّقَ بِإِصْبَعِهِ الإِبْهَامِ وَالَّتِي تَلِيهَا. قَالَتْ زَيْنَبُ ابْنَةُ جَحْشٍ فَقُلْتُ يَا رَسُولَ اللَّهِ أَنَهْلِكُ وَفِينَا الصَّالِحُونَ قَالَ «نَعَمْ، إِذَا كَثُرَ الْخُبْثُ».

TRANSLATION:

Zainab bint Jahsh رضى الله عنها narrated that the Prophet ﷺ came in to her in a state of alarm, saying: ***"Lā ilāha illallāh! Woe to the Arabs from an evil that has drawn near. Today an opening the size of this has been made in the wall of Ya'juj and Ma'juj"*** — and he made a circle with his thumb and index finger.

Zainab bint Jahsh said: I asked: "O Messenger of Allah, will we be destroyed while there are righteous people among us?" He answered: ***"Yes, when wickedness becomes widespread."***

CHAIN Narrated by Imam al-Bukhari: from Yahya bin Bukair, from al-Laith bin Sa'd, from 'Uqail bin Khalid, from Ibn Shihab al-Zuhri, from 'Urwah bin al-Zubair, from Zainab bint Abi Salamah رضى الله عنها, from Umm Habibah bint Abi Sufyan رضى الله عنها, from Zainab bint Jahsh رضى الله عنها.

REFERENCE: Narrated by Imam al-Bukhari in Sahih al-Bukhari, Book of the Prophets, Chapter: The Story of Ya'juj and Ma'juj, Hadith No. 3346.

GRADE: SAHIH — narrated by Imam al-Bukhari in Sahih al-Bukhari.

Source: https://sunnah.com/bukhari:3346

LESSONS FROM THIS HADITH

First: This Hadith connects directly with ***the iron and copper wall of Dhul-Qarnayn*** (18:96). The wall exists and holds back Ya'juj and Ma'juj until the time Allah has decreed — and it will collapse before the Hour (18:98). Its location and actual appearance are matters of the unseen not explained by the texts.

Second: Even the strongest iron wall cannot save a society when ***wickedness becomes widespread***. The true fortress of a nation is righteous deeds and enjoining good and forbidding evil.

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EIGHTH HADITH — THE IRON HELMET OF THE MESSENGER OF ALLAH ﷺ AT THE CONQUEST OF MAKKAH

HADITH — SAHIH AL-BUKHARI, NO. 1846

حَدَّثَنَا عَبْدُ اللَّهِ بْنُ يُوسُفَ، أَخْبَرَنَا مَالِكٌ، عَنِ ابْنِ شِهَابٍ، عَنْ أَنَسِ بْنِ مَالِكٍ ـ رضى الله عنه ـ أَنَّ رَسُولَ اللَّهِ صلى الله عليه وسلم دَخَلَ عَامَ الْفَتْحِ، وَعَلَى رَأْسِهِ الْمِغْفَرُ، فَلَمَّا نَزَعَهُ جَاءَ رَجُلٌ، فَقَالَ إِنَّ ابْنَ خَطَلٍ مُتَعَلِّقٌ بِأَسْتَارِ الْكَعْبَةِ. فَقَالَ «اقْتُلُوهُ».

TRANSLATION:

Anas bin Malik رضى الله عنه narrated that ***the Messenger of Allah ﷺ entered Makkah in the year of its conquest wearing an iron helmet (///mighfar//) on his head.*** When he took it off, a man came and said: "Ibn Khatal is clinging to the curtains of the Ka'bah." He said: "Kill him."

CHAIN Narrated by Imam al-Bukhari: from 'Abdullah bin Yusuf, from Malik bin Anas, from Ibn Shihab al-Zuhri, from Anas bin Malik رضى الله عنه.

REFERENCE: Narrated by Imam al-Bukhari in Sahih al-Bukhari, Book of the Penalty of Hunting, Chapter: Entering the Sanctuary and Makkah Without Ihram, Hadith No. 1846.

GRADE: SAHIH — narrated by Imam al-Bukhari in Sahih al-Bukhari.

Source: https://sunnah.com/bukhari:1846

LESSONS FROM THIS HADITH

First: Even on the day of his greatest victory, the Messenger of Allah ﷺ still wore ***an iron helmet*** for protection — once again showing that trust in Allah goes hand in hand with effort.

Second: The day of the Conquest of Makkah was a day of ***general amnesty***. Ibn Khatal was among a handful of major criminals who were excluded because of the grave crimes he had committed, as mentioned by the scholars of sirah and the commentators of Hadith. This decision was made by the Messenger of Allah ﷺ as head of state, not as an individual act.

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NINTH HADITH — THE HELMET BROKEN AT UHUD

HADITH — SAHIH AL-BUKHARI, NO. 2911

حَدَّثَنَا عَبْدُ اللَّهِ بْنُ مَسْلَمَةَ، حَدَّثَنَا عَبْدُ الْعَزِيزِ بْنُ أَبِي حَازِمٍ، عَنْ أَبِيهِ، عَنْ سَهْلٍ - رضى الله عنه - أَنَّهُ سُئِلَ عَنْ جُرْحِ النَّبِيِّ، صلى الله عليه وسلم يوم أُحُدٍ. فَقَالَ جُرِحَ وَجْهُ النَّبِيِّ صلى الله عليه وسلم وَكُسِرَتْ رَبَاعِيَتُهُ وَهُشِمَتِ الْبَيْضَةُ عَلَى رَأْسِهِ، فَكَانَتْ فَاطِمَةُ - عَلَيْهَا السَّلاَمُ - تَغْسِلُ الدَّمَ وَعَلِيٌّ يُمْسِكُ، فَلَمَّا رَأَتْ أَنَّ الدَّمَ لاَ يَزِيدُ إِلاَّ كَثْرَةً أَخَذَتْ حَصِيرًا فَأَحْرَقَتْهُ حَتَّى صَارَ رَمَادًا ثُمَّ أَلْزَقَتْهُ، فَاسْتَمْسَكَ الدَّمُ.

TRANSLATION:

Sahl bin Sa'd رضى الله عنه was asked about the wound of the Prophet ﷺ on the day of Uhud. He said: ***"The face of the Prophet ﷺ was wounded, his front tooth was broken, and the helmet on his head was smashed.*** Fatimah رضى الله عنها washed away the blood while 'Ali held (the water). When Fatimah saw that the bleeding was increasing, she took a mat and burnt it to ashes, then applied it (to the wound), and the bleeding stopped."

CHAIN Narrated by Imam al-Bukhari: from 'Abdullah bin Maslamah, from 'Abd al-'Aziz bin Abi Hazim, from his father, Abu Hazim Salamah bin Dinar, from Sahl bin Sa'd رضى الله عنه.

REFERENCE: Narrated by Imam al-Bukhari in Sahih al-Bukhari, Book of Jihad and Expeditions, Chapter: Wearing a Helmet, Hadith No. 2911.

GRADE: SAHIH — narrated by Imam al-Bukhari in Sahih al-Bukhari.

Source: https://sunnah.com/bukhari:2911

LESSONS FROM THIS HADITH

First: The helmet of the Messenger of Allah ﷺ broke on his head at Uhud. ***He too bore pain*** for the sake of conveying the message. Iron protects, but it does not prevent the decree of Allah.

Second: This Hadith also shows ***the effort to treat wounds*** with the methods known at the time: washing the wound and stopping the bleeding. Islam encourages treatment, and treatment today develops according to current medical knowledge.

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LESSONS FROM THESE HADITH

First: The benefit of iron. An iron ring is mentioned as the simplest dowry — iron is the metal of ordinary people, easy to obtain, in keeping with the words ***"and benefits for the people"*** (57:25).

Second: The danger of iron. Pointing a weapon, even in jest, is cursed by the angels. This is the ***"great military might"*** (*ba'sun shadīd*) that must be governed by faith and good character.

WARNING — THE FABRICATED HADITH OF THE "FOUR BLESSINGS"

A narration has spread: *"Allah sent down four blessings from the sky to the earth: iron, fire, water and salt."* It was reported by al-Tha'labi from Ibn 'Umar. Shaykh al-Islam ***Ibn Taymiyyah*** stated that it is ***a fabricated hadith (mawdū')***, because its chain includes Saif bin Muhammad, whom Imam Ahmad, Yahya bin Ma'in, Abu Dawud and al-Nasa'i accused of lying. Majmu' al-Fatawa — Ibn Taymiyyah ***Do not attribute this narration to the Messenger of Allah ﷺ.***

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WHAT MODERN SCIENCE SAYS

This chapter takes us along ***the journey of a single iron atom*** — from the core of a star, to a supernova explosion, to the rocks of the Earth and the ancient oceans, until finally into the blood flowing in our bodies. Each stage is supported by peer-reviewed scientific studies, with links to their original sources.

WHY DO STARS STOP AT IRON? A SIMPLE EXPLANATION

Every atom has ***a nucleus*** made of protons and neutrons. These particles are bound by a very strong nuclear force. The stronger the binding per particle, the more ***stable*** the nucleus. Figure 1(a) shows that this stability increases from hydrogen and helium, reaches its peak around ***iron and nickel***, then falls again for heavier elements such as uranium.

This is the secret of a star's energy. As long as a star fuses elements ***lighter than iron***, energy is released and the star keeps shining. But when the star's core fills with iron, ***no more energy can be gained*** through fusion. The core collapses in an instant, and the star explodes as a supernova (Woosley, Heger and Weaver, 2002).

On the other hand, for elements ***heavier than iron***, energy is released when the nucleus is ***split*** — the principle used in nuclear reactors. Iron sits right in the "valley" of this energy: it cannot be fused for energy, and it cannot be split for energy. It is ***the end of the road*** for nuclear energy.

Reflect on this: the metal that marks ***the end of a star's life*** becomes the metal that ***begins every breath we take***, because the iron in haemoglobin carries oxygen throughout the body. ***"Blessed is He in whose hand is dominion, and He is over all things competent"*** (67:1).

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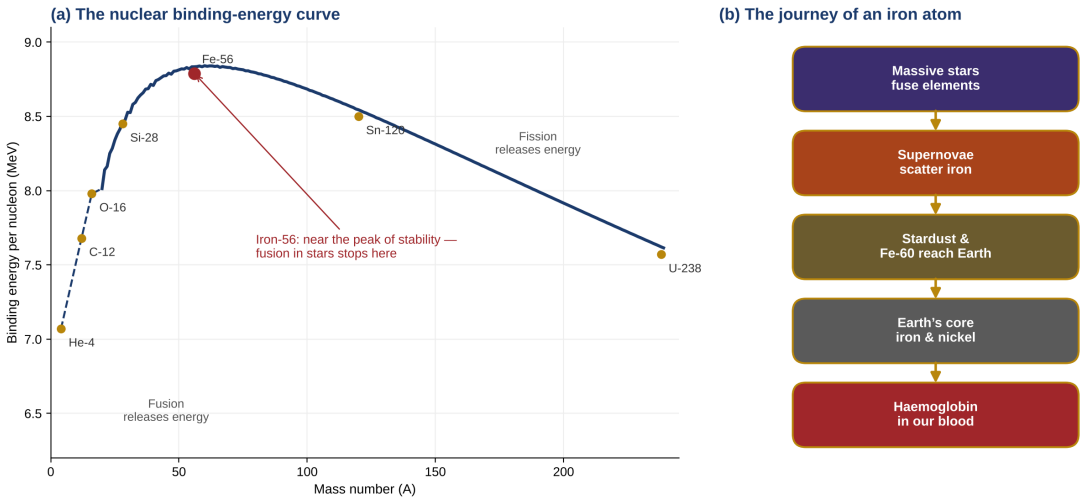


Figure 1: (a) The nuclear binding energy curve — iron-56 lies close to the peak of stability, which is why fusion in stars stops at iron (curve calculated with the semi-empirical mass formula; dots are actual values); (b) A simple picture of the journey of the iron atom from the stars to human blood.

IRON IS BORN IN THE WOMB OF THE STARS

SCIENTIFIC FINDING: NUCLEOSYNTHESIS: STARS AS ELEMENT FACTORIES

In 1957, Burbidge, Burbidge, Fowler and Hoyle published a classic study explaining that ***heavy elements are built inside stars*** through nuclear reactions. In the cores of very massive stars, hydrogen is fused into helium, then carbon, oxygen, silicon — and finally ***iron***.

Iron-56 is among the ***most stable*** nuclei in the universe. Fusing iron no longer releases energy; it absorbs it. When a star's core fills with iron, the star loses its energy source, collapses and ***explodes as a supernova*** — scattering iron and other elements into space (Woosley, Heger and Weaver, 2002).

RESEARCH REFERENCE:

Burbidge, E.M., Burbidge, G.R., Fowler, W.A. & Hoyle, F. (1957). Synthesis of the elements in stars. Reviews of Modern Physics, 29(4), 547–650. https://doi.org/10.1103/RevModPhys.29.547

Woosley, S.E., Heger, A. & Weaver, T.A. (2002). The evolution and explosion of massive stars. Reviews of Modern Physics, 74(4), 1015–1071. https://doi.org/10.1103/RevModPhys.74.1015

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SCIENTIFIC FINDING: SUPERNOVA DUST THAT REALLY FELL TO EARTH

Wallner and colleagues (2016) analysed deep-sea crusts and sediments from all the major oceans and found the radioactive isotope ***iron-60*** — an isotope produced in supernovae with a half-life of 2.6 million years. It reached the Earth as ***interstellar dust*** about 1.5–3.2 million years ago and 6.5–8.7 million years ago, from several supernova explosions that occurred within about 100 parsecs of the Earth.

An early discovery of this signal in a deep-sea crust was reported by Knie and colleagues (2004). This means that ***a little iron really did "come down" to Earth from exploding stars*** — although the amount is tiny compared with the Earth's total iron.

RESEARCH REFERENCE:

Wallner, A. et al. (2016). Recent near-Earth supernovae probed by global deposition of interstellar radioactive 60Fe. Nature, 532(7597), 69–72. https://doi.org/10.1038/nature17196

Knie, K. et al. (2004). 60Fe anomaly in a deep-sea manganese crust and implications for a nearby supernova source. Physical Review Letters, 93(17), 171103. https://doi.org/10.1103/PhysRevLett.93.171103

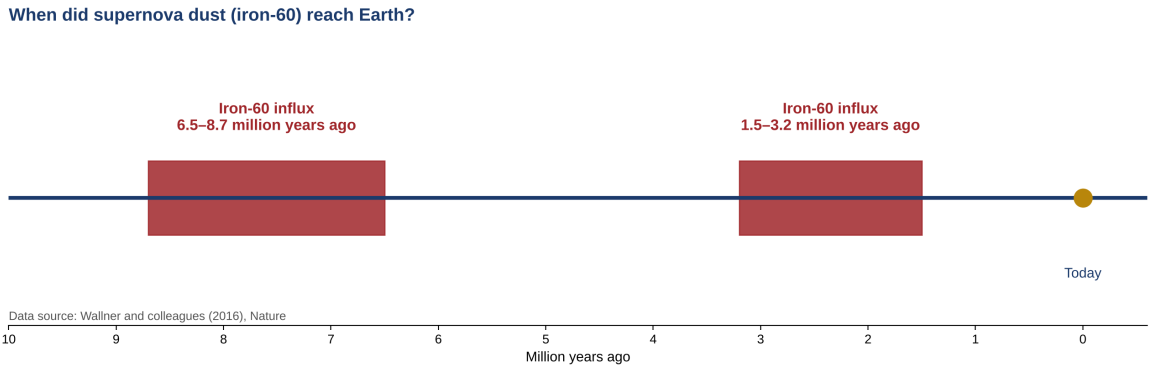


Figure 2: Two periods of iron-60 arriving on Earth from supernovae, based on analysis of deep-sea crusts and sediments from all the major oceans (Wallner and colleagues, 2016).

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IRON FROM THE SKY IN THE HANDS OF ANCIENT PEOPLE

SCIENTIFIC FINDING: THE PHARAOH'S DAGGER OF METEORITIC IRON

Before people learned to smelt iron ore, they already used ***meteoritic iron*** — iron that fell from the sky. Comelli and colleagues (2016) analysed the iron dagger blade from the tomb of Tutankhamun (14th century BC) using X-ray fluorescence and found ***about 11% nickel and some cobalt*** — a clear sign that its iron ***came from a meteorite***.

For ancient people, iron like this truly "came down from the sky". However, most of the iron we use today comes from ore in the Earth's crust.

RESEARCH REFERENCE:

Comelli, D. et al. (2016). The meteoritic origin of Tutankhamun's iron dagger blade. Meteoritics & Planetary Science, 51(7), 1301–1309. https://doi.org/10.1111/maps.12664

IRON AT THE HEART OF THE EARTH

SCIENTIFIC FINDING: THE IRON CORE AND THE EARTH'S MAGNETIC SHIELD

Iron is the most abundant element on Earth by mass — about ***one third*** of the Earth's mass — and most of it is stored in ***the Earth's core*** together with nickel (McDonough and Sun, 1995).

The movement of molten iron in the outer core generates ***the Earth's magnetic field*** (the geodynamo). Tarduno and colleagues (2015) found evidence in zircon crystals that this magnetic field already existed ***4.2 billion years*** ago. This magnetic field helps protect the atmosphere and life from the solar wind.

RESEARCH REFERENCE:

McDonough, W.F. & Sun, S.-s. (1995). The composition of the Earth. Chemical Geology, 120(3–4), 223–253. https://doi.org/10.1016/0009-2541(94)00140-4

Tarduno, J.A. et al. (2015). A Hadean to Paleoarchean geodynamo recorded by single zircon crystals. Science, 349(6247), 521–524. https://doi.org/10.1126/science.aaa9114

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SCIENTIFIC FINDING: THE PLANET THAT LOST ITS SHIELD

Mars no longer has a global magnetic field like the Earth's. NASA's ***MAVEN*** mission studies how the Martian atmosphere responds to solar storms. Jakosky and colleagues (2015) reported that when a ***coronal mass ejection*** from the Sun struck Mars in March 2015, the rate at which ions escaped from its atmosphere ***rose markedly***. The researchers concluded that events like this may have played an important role in the loss of the Martian atmosphere over its history.

This comparison shows how great a blessing ***the Earth's iron core*** is in generating a magnetic shield — protecting the air we breathe and the water we drink.

RESEARCH REFERENCE:

Jakosky, B.M. et al. (2015). MAVEN observations of the response of Mars to an interplanetary coronal mass ejection. Science, 350(6261), aad0210. https://doi.org/10.1126/science.aad0210

SCIENTIFIC FINDING: ANIMALS THAT READ THE EARTH'S "COMPASS"

A review by Mouritsen (2018) in the journal *Nature* explains that many migratory animals — including birds, sea turtles and fish — ***sense the Earth's magnetic field*** as one of the cues for direction on journeys of thousands of kilometres. However, he stresses that no single cue is enough; animals combine several senses, and many questions about the mechanism remain unanswered.

The magnetic field generated by the Earth's iron core not only protects the atmosphere but also becomes ***a hidden map*** for Allah's creatures. This reminds us: ***"Do they not see the birds controlled in the atmosphere of the sky?"*** (16:79).

RESEARCH REFERENCE:

Mouritsen, H. (2018). Long-distance navigation and magnetoreception in migratory animals. Nature, 558(7708), 50–59. https://doi.org/10.1038/s41586-018-0176-1

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IRON IN THE BLOODSTREAM OF MANKIND

SCIENTIFIC FINDING: IRON: THE OXYGEN CARRIER IN THE BLOOD

A review by Abbaspour, Hurrell and Kelishadi (2014) explains that iron is essential for almost all living things: it is involved in ***oxygen transport, DNA synthesis and electron transport*** in cells. An adult body contains about ***3 to 4 grams of iron***, and most of it is in the ***haemoglobin*** of red blood cells — each haemoglobin molecule binds oxygen through an iron atom.

But iron can also form free radicals. Too little causes anaemia; too much damages tissues. The body controls it very carefully — ***the exact measure***, like "calculate [precisely] the links" (34:11).

RESEARCH REFERENCE:

Abbaspour, N., Hurrell, R. & Kelishadi, R. (2014). Review on iron and its importance for human health. Journal of Research in Medical Sciences, 19(2), 164–174. https://pmc.ncbi.nlm.nih.gov/articles/PMC3999603/

SCIENTIFIC FINDING: IRON AND THE CHILD'S BRAIN

Georgieff (2017) explains that ***iron deficiency before the age of 3*** can have long-term effects on brain development, even when the anaemia is treated promptly. This is because when iron runs short, the body gives priority to red blood cells, and the developing brain becomes iron-deficient ***before anaemia is detected***.

Iron deficiency without anaemia is about ***three times more common*** than iron-deficiency anaemia among young children. Prevention through the nutrition of mother and child is therefore better than treatment after the fact.

RESEARCH REFERENCE:

Georgieff, M.K. (2017). Iron assessment to protect the developing brain. American Journal of Clinical Nutrition, 106(Suppl 6), 1588S–1593S. https://doi.org/10.3945/ajcn.117.155846

SCIENTIFIC FINDING: IRON DEFICIENCY: A GLOBAL HEALTH PROBLEM

The Global Burden of Disease 2021 study (published 2023) estimated that ***1.92 billion people*** worldwide were living with anaemia in 2021 — about 24% of the world's population. ***Dietary iron deficiency*** is the leading cause of the anaemia burden, especially among children under five and women.

RESEARCH REFERENCE:

GBD 2021 Anaemia Collaborators (2023). Prevalence, years lived with disability, and trends in anaemia burden by severity and cause, 1990–2021. The Lancet Haematology, 10(9), e713–e734. https://doi.org/10.1016/S2352-3026(23)00160-6

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IRON FEEDS THE OCEANS AND THE GREEN LEAVES

SCIENTIFIC FINDING: IRON CONTROLS THE FERTILITY OF A THIRD OF THE WORLD'S OCEANS

Boyd and colleagues (2007) summarised 12 large ocean experiments between 1993 and 2005, in which scientists sprinkled a little iron over the sea surface. The result was clear: ***iron supply limits the growth of phytoplankton in about one third of the world's oceans***, even though other nutrients are plentiful there. When iron was added, the phytoplankton bloomed.

Phytoplankton are the base of the marine food chain and produce a large share of the Earth's oxygen. So iron — even in very small amounts — is a key to life in the oceans and influences the carbon cycle and the Earth's climate.

RESEARCH REFERENCE:

Boyd, P.W. et al. (2007). Mesoscale iron enrichment experiments 1993–2005: synthesis and future directions. Science, 315(5812), 612–617. https://doi.org/10.1126/science.1131669

SCIENTIFIC FINDING: IRON IN THE GREEN PIGMENT OF PLANTS

Briat, Dubos and Gaymard (2015) explain that iron is ***essential for photosynthesis*** — the process by which plants make food from sunlight. Iron deficiency causes leaves to turn yellow (***chlorosis***) and crop yields to fall, especially in calcareous soils.

So every grain of rice, every fruit and vegetable we eat depends on iron in the soil. This is among the ***"benefits for the people"*** (57:25) that we rarely notice.

RESEARCH REFERENCE:

Briat, J.-F., Dubos, C. & Gaymard, F. (2015). Iron nutrition, biomass production, and plant product quality. Trends in Plant Science, 20(1), 33–40. https://doi.org/10.1016/j.tplants.2014.07.005

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THE EXACT MEASURE: HOW THE BODY CONTROLS IRON

SCIENTIFIC FINDING: HEPCIDIN: THE GATEKEEPER OF IRON IN THE BODY

Nemeth and Ganz (2021) explain that the human body ***has no specific way to get rid of excess iron***. Therefore the amount of iron is controlled at the entrance — when it is absorbed from the gut — by the hormone ***hepcidin***, produced by the liver.

When iron is sufficient, hepcidin rises and closes the absorption "gate" (the protein *ferroportin*). When the body lacks iron or after blood loss, hepcidin falls so that more iron is absorbed. During infection, hepcidin rises to ***keep iron away from germs***. Disorders of this system cause either ***iron overload (haemochromatosis)*** or ***iron deficiency***.

This delicate balance reminds us of the command ***"calculate [precisely] the links"*** (*qaddir fis-sard*, 34:11) — everything has its measure.

RESEARCH REFERENCE:

Nemeth, E. & Ganz, T. (2021). Hepcidin-ferroportin interaction controls systemic iron homeostasis. International Journal of Molecular Sciences, 22(12), 6493. https://doi.org/10.3390/ijms22126493

SCIENTIFIC FINDING: ABSORBING IRON FROM FOOD

Hurrell and Egli (2010) estimate that the body absorbs about ***14–18% of iron from a mixed diet***, but only ***5–12% from a vegetarian diet***. Iron absorption is ***enhanced*** by vitamin C (ascorbic acid) and meat, but ***reduced*** by phytate (in cereals and legumes), polyphenols (as in tea and coffee) and calcium.

However, a person's iron status has a greater effect than the composition of the meal: an iron-deficient body absorbs more.

RESEARCH REFERENCE:

Hurrell, R. & Egli, I. (2010). Iron bioavailability and dietary reference values. American Journal of Clinical Nutrition, 91(5), 1461S–1467S. https://doi.org/10.3945/ajcn.2010.28674F

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IRON, OXYGEN AND THE HISTORY OF THE EARTH

SCIENTIFIC FINDING: ANCIENT OCEANS RICH IN IRON

A review by Lyons, Reinhard and Planavsky (2014) in the journal *Nature* tells how free oxygen began to rise in the Earth's atmosphere about ***2.5 billion years ago***, the result of photosynthesis by early life. At that time the ancient oceans contained a great deal of ***dissolved iron***. As oxygen increased, the iron reacted with oxygen and settled on the sea floor — leaving iron-rich rock layers that are now among ***the world's main sources of iron ore***.

So the iron we mine today holds a long history of the Earth: from the stars, to the ancient oceans, to the rocks, and finally into human hands — a chain of ***"benefits for the people"*** prepared over billions of years.

RESEARCH REFERENCE:

Lyons, T.W., Reinhard, C.T. & Planavsky, N.J. (2014). The rise of oxygen in Earth's early ocean and atmosphere. Nature, 506(7488), 307–315. https://doi.org/10.1038/nature13068

SCIENTIFIC FINDING: RUST: IRON RETURNING TO ITS ORIGIN

Pure iron does not last long in nature. When exposed to oxygen and water, it ***rusts*** — turning back into iron oxide like its original ore. The IMPACT study by NACE International (2016) estimated the global cost of corrosion at about ***US$2.5 trillion a year***, equal to about ***3.4% of world GDP***.

Rust reminds us that all worldly strength is temporary. Even the strongest iron eventually returns to the earth — ***"Everyone upon the earth will perish"*** (55:26).

RESEARCH REFERENCE:

NACE International (2016). International Measures of Prevention, Application, and Economics of Corrosion Technologies (IMPACT) — news report. https://inspectioneering.com/news/2016-03-08/5202/nace-study-estimates-global-cost-of-corrosion-at-25-trillion-ann

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IRON IN HUMAN CIVILISATION

SCIENTIFIC FINDING: STEEL: THE BACKBONE OF MODERN CIVILISATION

According to the World Steel Association (worldsteel), the world produced about ***1,849 million tonnes of crude steel in 2025***. On average, ***209 kg of steel*** was used in new products for every person in the world that year.

Steel — an alloy of iron with a little carbon — is found in buildings, bridges, vehicles, ships, railway tracks, medical instruments and kitchen utensils. Modern civilisation is almost impossible without iron: this is a living picture of ***"benefits for the people"***.

RESEARCH REFERENCE:

World Steel Association (2026). World Steel in Figures 2026. https://worldsteel.org/data/world-steel-in-figures/world-steel-in-figures-2026/

SCIENTIFIC FINDING: THE DAMASCUS SWORD: THE SKILL OF THE BLACKSMITHS OF THE MUSLIM WORLD

Damascus steel swords have been famous since the Middle Ages for the ***wavy pattern*** on their blades, their strength and their sharpness — the Crusaders first encountered them when facing Muslim armies. Reibold and colleagues (2006) examined a sample of a Damascus sabre from the ***17th century*** using high-resolution electron microscopy and found ***carbon nanotubes*** and cementite nanowires inside it.

The researchers suggested that these nanostructures may help explain the pattern and special properties of the steel, whose original recipe has long been lost. It is evidence of the skill of the blacksmiths of Islamic civilisation — inheriting the spirit of ***"And We taught him the fashioning of coats of armor"*** (21:80).

RESEARCH REFERENCE:

Reibold, M. et al. (2006). Carbon nanotubes in an ancient Damascus sabre. Nature, 444(7117), 286. https://doi.org/10.1038/444286a

THE STORY OF AN IRON ATOM IN YOUR BODY

Imagine an iron atom circulating in your blood as you read this page. Billions of years ago, it was formed in ***the core of a very massive star*** that was burning itself up (Burbidge et al., 1957). When that star died in a supernova explosion, this iron atom was hurled into space together with dust and gas (Woosley et al., 2002).

That dust eventually gathered to form the Sun and its planets. Our iron atom may once have been in ***an ancient ocean***, then settled into rock as oxygen began to fill the Earth (Lyons et al., 2014). It was absorbed by the roots of plants and became part of a green leaf carrying out photosynthesis (Briat et al., 2015).

Then it reached our plate — through meat, legumes or vegetables — was absorbed in the gut under the careful control of the hormone hepcidin (Nemeth & Ganz, 2021), and was placed at the very centre of a ***haemoglobin*** molecule. There it binds oxygen in the lungs and releases it in the brain, heart and muscles — ***every second, without our noticing***.

All of this happens with exact measure and delicate order. Truly Allah has spoken the truth: ***"And We sent down iron, wherein is great military might and benefits for the people"*** (57:25).

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REFLECTION — IRON AND THE DUTY OF GRATITUDE

Every chapter of this eBook returns to one question that Allah asks after mentioning the armour of Prophet Dawud عَلَيْهِ السَّلَامُ: ***"So will you then be grateful?"*** (21:80). Gratitude for iron is not only words. It is ***using its strength justly***, earning lawful provision with the skills Allah has taught us, protecting the weak as Dhul-Qarnayn did, and looking after the bodies in which iron carries the breath of life.

The scholars say that gratitude has three parts: ***acknowledging the blessing in the heart***, ***praising the Giver with the tongue***, and ***using the blessing in obedience to Him*** with the limbs. When we hold a tool, drive a vehicle, or look at a bridge of steel, we can say *al-hamdu lillāh* — and ask ourselves whether this strength is being used in the way that pleases its Creator.

And when we recall that the same iron was forged in stars that died long before the Earth existed, we realise how vast the preparation was for our existence. Nothing in the heavens and the earth was created in vain: ***"Our Lord, You did not create this aimlessly; exalted are You"*** (3:191).

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BETWEEN HARMONY AND CAUTION

The table below summarises our assessment of each claim that is often heard about iron, Al-Qur'an and science.

POPULAR CLAIMS AND THEIR ASSESSMENT

CLAIM OFTEN HEARD	ASSESSMENT
"Verse 57:25 proves that iron came from outer space."	***Caution needed.*** The classical scholars understood *anzalnā* as "We created/provided" (as in 7:26 and 39:6). Iron atoms are indeed formed in stars (Burbidge et al., 1957) — this is ***a beautiful harmony***, not proof that the verse speaks of supernovae.
"All the iron on Earth fell as meteorites."	***Inaccurate.*** Most of the Earth's iron has been present since the Earth formed and is stored in the core (McDonough & Sun, 1995). Only a little iron arrived later through meteorites and supernova dust (Wallner, 2016).
"Surah Al-Hadid is number 57 because of the isotope iron-57; its verses and letters point to atomic number 26."	***Numerology — do not use it as proof.*** The main isotope of iron is iron-56; iron-57 is only about 2%. These number links did not come from the Messenger of Allah ﷺ or the Companions.
"Allah sent down four blessings: iron, fire, water and salt."	***A fabricated hadith (mawdū')*** according to Ibn Taymiyyah. It must not be attributed to the Messenger of Allah ﷺ.
"Prophet Dawud softened iron without fire — science proves it."	Ibn Kathir describes it as ***a miracle***. Science does not prove miracles, and miracles do not need scientific confirmation.
"Dhul-Qarnayn's wall is a rust-proof iron-copper alloy."	***Speculative.*** The verse mentions iron and molten copper; there is no archaeological evidence of its composition or location.
"The Damascus sword contains nanotechnology ahead of its time."	***Partly true.*** Carbon nanotubes were indeed found in a 17th-century sample (Reibold et al., 2006), but they resulted from the traditional forging process, not from deliberate nano-design.
"Iron fertilises the oceans — proof of the verse 'benefits for the people'."	***A good harmony for reflection.*** Iron limits the fertility of a third of the oceans (Boyd et al., 2007). The verse mentions benefits in general; the classical scholars listed the benefits they knew.
"The iron in our blood came from the stars."	***Solid.*** All the iron atoms in the universe were produced by stellar nucleosynthesis. But verse 57:25 does not mention blood — this is a reflection, not an interpretation of the verse.

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THREE QUESTIONS BEFORE ACCEPTING A "SCIENTIFIC MIRACLE" CLAIM

First: What did the scholars understand from the verse? The meaning understood by the Companions and the classical exegetes comes first. A scientific reading may be added as a reflection, but it must not cancel the original meaning.

Second: Is the science solid? Is the finding published in a peer-reviewed journal and accepted by scientists, or is it a single study, a hypothesis or a viral claim? A verse must not be tied to a theory that may change tomorrow.

Third: Does the verse really say it? Many claims read into a verse things it does not mention — numbers, dates or technical details. Honesty means saying ***"this is a harmony for reflection"*** when that is all it is, and ***"this is not stated in the text"*** when it is not.

REFLECTION — WHY THIS CAUTION MATTERS

Al-Qur'an is a book of guidance, not an astrophysics textbook. The purpose of the verse about iron is to remind us that ***strength and technology are a trust***: the Scripture and the balance were sent down together with iron, so that strength submits to revelation and justice. When science discovers the journey of the iron atom from the stars to our blood, it adds to our wonder — but our faith does not depend on laboratory findings.

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IRON AND HEALTH: A SHORT GUIDE

Knowledge about iron is not merely for reflection; it also helps us look after ***the trust of the body***. The following general guide is based on the studies cited in this eBook (Abbaspour et al., 2014; Hurrell & Egli, 2010; GBD 2021). It is ***not personal medical advice***.

SOURCES OF IRON IN FOOD

TYPE OF SOURCE	EXAMPLES AND NOTES
Haem iron (from animals)	Red meat, liver, chicken and fish. More easily absorbed by the body.
Non-haem iron (from plants)	Legumes, lentils, dark green leafy vegetables, whole grains and iron-fortified foods. Its absorption is lower.
Absorption enhancers	Vitamin C — fresh fruit and vegetables eaten with the meal.
Absorption inhibitors	Tea and coffee (polyphenols), phytate in cereals, and large amounts of calcium at mealtimes.

THINGS TO REMEMBER

First: Young children, women (especially during pregnancy) and those who lose blood are at greater risk of ***iron-deficiency anaemia*** (GBD 2021).

Second: ***Do not take iron supplements without a doctor's advice.*** The body has no specific way to get rid of excess iron (Nemeth & Ganz, 2021), and too much iron can damage organs.

Third: Tiredness, paleness and shortness of breath can be signs of anaemia — ***get a blood test*** at a clinic to be sure.

Fourth: Eat in a balanced and moderate way, as Al-Qur'an guides: ***"and eat and drink, but be not excessive"*** (7:31).

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LESSONS AND CONCLUSION

LESSONS FROM THIS EBOOK

First: Strength must be guided by revelation. Allah sent down ***the Scripture, the balance and iron*** in one verse (57:25). Technology without revelation and justice becomes a tool of oppression.

Second: Skill is a gift from Allah. ***"And We taught him the fashioning of coats of armor"*** (21:80) — honest engineers and craftsmen are using knowledge granted by Allah.

Third: Honour manual work. Prophet Dawud عَلَيْهِ السَّلَامُ ate from the work of his own hands (Bukhari 2072).

Fourth: Do not play with weapons. Pointing iron at a brother is cursed by the angels (Muslim 2616).

Fifth: Trust in Allah with effort. The Messenger of Allah ﷺ wore two coats of armour at Uhud (Abu Dawud 2590) — strive with the means, then entrust the matter to Allah.

Sixth: Faith is firmer than iron. Iron combs could not tear the faith of those who came before (Bukhari 3612). Today's trials are lighter — so be patient.

Seventh: Look after the iron in your body. Balanced nutrition prevents iron-deficiency anaemia — one of the biggest health problems in the world.

SUMMARY: VERSES, MESSAGES AND SCIENTIFIC REFLECTIONS

THE VERSE AND ITS MESSAGE	REFLECTION FROM MODERN SCIENCE
57:25 — Iron sent down with the Scripture and the balance; in it is might and benefit.	Iron atoms are formed in stars and scattered by supernovae; iron is the foundation of civilisation and life.
34:10–11 — Iron made pliable for Prophet Dawud; the links of armour measured precisely.	The body controls iron with a delicate measure through the hormone hepcidin.
21:80 — The knowledge of making armour taught by Allah to protect people.	Metallurgical skill — from chain mail to Damascus steel — keeps developing.
18:96 — Sheets of iron heated, then joined with molten copper.	Heating and joining metals is the basis of metalwork; the details of that structure are unknown.
17:50 — "Be you stones or iron" — a symbol of hardness.	Iron-56 is among the most stable nuclei in the universe.
57:16 — Do not let your hearts harden.	Iron can be softened by heat; hearts are softened by remembrance and revelation.

PERSONAL ACTION PLAN

• ***Heart:*** Set aside time every day to read Al-Qur'an so that your heart does not harden (57:16).

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• ***Work:*** Value skill and manual work; seek lawful provision like Prophet Dawud عَلَيْهِ السَّلَامُ.

• ***Technology:*** Use strength and technology to protect, not to oppress.

• ***Character:*** Never joke with weapons or tools that can injure others.

• ***Health:*** Eat a balanced diet and get a blood test if there are signs of anaemia.

• ***Knowledge:*** Spread knowledge honestly — reject fabricated hadith and forced scientific claims.

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CONCLUSION

Al-Qur'an mentions iron as a blessing that was ***sent down*** — containing might and benefit. The scholars understood it as Allah's creation and gift, while modern science has discovered that iron atoms are ***born in the womb of the stars***, scattered by supernovae, become the core that protects the Earth, and finally flow in our blood carrying oxygen to every cell. From the stars to the pulse, iron is a witness to the wisdom of the Creator.

So every time we draw a breath and oxygen is carried by the iron in our blood, remember His words: ***"And We sent down iron… and benefits for the people"*** — then ask yourself: ***"So will you then be grateful?"*** (21:80).

In sha' Allah, the series Exploring Al-Qur'an & Science will continue with the same method: Al-Qur'an, Hadith and science, with honesty and caution.

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GLOSSARY OF TERMS

TERM	SHORT MEANING
Nucleosynthesis	The process by which chemical elements are formed through nuclear reactions, mainly inside stars.
Nuclear fusion	The joining of light nuclei into a heavier nucleus, releasing energy — the energy source of stars.
Supernova	The violent explosion of a star at the end of its life, scattering heavy elements into space.
Isotope	A form of the same element with a different number of neutrons, e.g. iron-56, iron-57 and iron-60.
Half-life	The time taken for half of a radioactive substance to decay.
Meteorite	A rock or metal from space that falls and reaches the Earth's surface.
Geodynamo	The process by which the movement of molten iron in the Earth's outer core generates the Earth's magnetic field.
Haemoglobin	The protein in red blood cells that contains iron and carries oxygen throughout the body.
Hepcidin	A hormone from the liver that controls how much iron is absorbed and released in the body.
Anaemia	A shortage of haemoglobin or red blood cells; iron deficiency is its main cause.
Phytoplankton	Microscopic plants in the oceans that carry out photosynthesis and form the base of the marine food chain.
Steel	An alloy of iron with a little carbon, stronger and more durable than pure iron.
Mawdū'	A fabricated hadith — a narration invented and falsely attributed to the Messenger of Allah ﷺ.
Athar	The words or deeds of a Companion or Successor, not a saying of the Messenger of Allah ﷺ.

QUESTIONS FOR REFLECTION AND DISCUSSION

• Why did Allah mention the Scripture, the balance of justice and iron in one verse (57:25)? How are the three connected in our lives today?

• How do we distinguish between the harmony of a verse with science and a forced interpretation? Give one example from this eBook.

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• Prophet Dawud عَلَيْهِ السَّلَامُ was a king yet ate from the work of his own hands. What lesson does this hold for us in choosing a career?

• Today's technology — from steel to modern weapons — can build or destroy. How can a Muslim make sure that "great might" is used for good?

• Every time we breathe, the iron in our blood carries oxygen. What is the most fitting form of gratitude for this unseen blessing?

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SURAH AL-BAQARAH 2:261

مَّثَلُ ٱلَّذِينَ يُنفِقُونَ أَمۡوَٰلَهُمۡ فِي سَبِيلِ ٱللَّهِ كَمَثَلِ حَبَّةٍ أَنۢبَتَتۡ سَبۡعَ سَنَابِلَ فِي كُلِّ سُنۢبُلَةٖ مِّاْئَةُ حَبَّةٖۗ وَٱللَّهُ يُضَٰعِفُ لِمَن يَشَآءُۚ وَٱللَّهُ وَٰسِعٌ عَلِيمٌ ٢٦١

The example of those who spend their wealth in the way of Allah is like a seed [of grain] which grows seven spikes; in each spike is a hundred grains. And Allah multiplies [His reward] for whom He wills. And Allah is all-Encompassing and Knowing.

Translation: Sahih International — quran.com/2:261

SURAH SABA' 34:39

قُلۡ إِنَّ رَبِّي يَبۡسُطُ ٱلرِّزۡقَ لِمَن يَشَآءُ مِنۡ عِبَادِهِۦ وَيَقۡدِرُ لَهُۥۚ وَمَآ أَنفَقۡتُم مِّن شَيۡءٖ فَهُوَ يُخۡلِفُهُۥۖ وَهُوَ خَيۡرُ ٱلرَّٰزِقِينَ ٣٩

Say, "Indeed, my Lord extends provision for whom He wills of His servants and restricts [it] for him. But whatever thing you spend [in His cause] - He will compensate it; and He is the best of providers."

Translation: Sahih International — quran.com/34:39

HADITH — SAHIH MUSLIM, NO. 2588

حَدَّثَنَا يَحْيَى بْنُ أَيُّوبَ، وَقُتَيْبَةُ، وَابْنُ، حُجْرٍ قَالُوا حَدَّثَنَا إِسْمَاعِيلُ، - وَهُوَ ابْنُ جَعْفَرٍ - عَنِ الْعَلاَءِ، عَنْ أَبِيهِ، عَنْ أَبِي هُرَيْرَةَ، عَنْ رَسُولِ اللَّهِ صلى الله عليه وسلم قَالَ « مَا نَقَصَتْ صَدَقَةٌ مِنْ مَالٍ وَمَا زَادَ اللَّهُ عَبْدًا بِعَفْوٍ إِلاَّ عِزًّا وَمَا تَوَاضَعَ أَحَدٌ لِلَّهِ إِلاَّ رَفَعَهُ اللَّهُ ».

TRANSLATION:

From Abu Hurairah رضى الله عنه, from the Messenger of Allah ﷺ, who said: "Charity does not decrease wealth. Allah does not increase a servant who forgives except in honour. And no one humbles himself for the sake of Allah except that Allah raises him in rank."

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CHAIN: Narrated by Imam Muslim: from Yahya bin Ayyub, Qutaibah bin Sa'id and 'Ali bin Hujr, from Isma'il bin Ja'far, from al-'Ala' bin 'Abd al-Rahman, from his father 'Abd al-Rahman bin Ya'qub, from Abu Hurairah رضى الله عنه .

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GRADE: SAHIH — contained in Sahih Muslim.

Source: https://sunnah.com/muslim:2588

HADITH — SAHIH MUSLIM, NO. 1631

حَدَّثَنَا يَحْيَى بْنُ أَيُّوبَ، وَقُتَيْبَةُ، - يَعْنِي ابْنَ سَعِيدٍ - وَابْنُ حُجْرٍ قَالُوا حَدَّثَنَا إِسْمَاعِيلُ، - هُوَ ابْنُ جَعْفَرٍ - عَنِ الْعَلاَءِ، عَنْ أَبِيهِ، عَنْ أَبِي هُرَيْرَةَ، أَنَّ رَسُولَ اللَّهِ صلى الله عليه وسلم قَالَ « إِذَا مَاتَ الإِنْسَانُ انْقَطَعَ عَنْهُ عَمَلُهُ إِلاَّ مِنْ ثَلاَثَةٍ إِلاَّ مِنْ صَدَقَةٍ جَارِيَةٍ أَوْ عِلْمٍ يُنْتَفَعُ بِهِ أَوْ وَلَدٍ صَالِحٍ يَدْعُو لَهُ ».

TRANSLATION:

From Abu Hurairah رضى الله عنه, that the Messenger of Allah ﷺ said: "When a person dies, his deeds come to an end except for three: a continuing charity, knowledge that is benefited from, or a righteous child who prays for him."

CHAIN: Narrated by Imam Muslim: from Yahya bin Ayyub, Qutaibah bin Sa'id and 'Ali bin Hujr, from Isma'il bin Ja'far, from al-'Ala' bin 'Abd al-Rahman, from his father 'Abd al-Rahman bin Ya'qub, from Abu Hurairah رضى الله عنه .

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Source: https://sunnah.com/muslim:1631

JAZAKUMULLAHU KHAIRAN KATHIRA

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