

## أولاً: القراءة والاستيعاب

### الشاي الأخضر

هو أحد المشروبات الساخنة الأكثر شيوعاً، وفوائد الشاي الأخضر كثيرة ما يجعل استهلاكه بشكل ثابت يعالج مشاكل صحية شائعة.

لطالما استخدم الشاي الأخضر في الطب الصيني التقليدي، وعُرفت فوائد الشاي الأخضر في علاج العديد من المشاكل الصحية، فما هي فوائد الشاي الأخضر؟

- فعال في علاج الصداع وحالات الاكتئاب.
- أوراق الشاي الخضراء الياضعة اغنى بمضادات الاكسدة من أنواع الشاي المستخدمة عادة، نتيجة تعرضها لعدة عمليات اثناء معالجتها.
- خسارة الوزن وتشجيع عمليات الأيض وحرق الدهون.
- خفض الكوليسترول وحماية القلب والشرابين.
- الوقاية من السرطانات ومرض الزهايمر.
- غني بالمواد المضادة للأكسدة، والقادرة على محاربة السموم الناتجة عن الجذور الحرة التي هي منتجات مرافقة لأجسامنا عند التعرض للإشعاع، تلوث الهواء، التدخين وأكثر هذه العوامل تتسبب في:
  - تلف الأنسجة والأعضاء.
  - يمكن أن تزيد من خطر الإصابة بالأمراض المختلفة.
  - تسارع الشيخوخة.

### الأسئلة:

- ما هي أهم فوائد الشاي الأخضر؟

## ثانياً: القواعد اللغوية

### الجملة الفعلية

#### تدريبات :

أعرب الجمل التالية:

- 1- ضرب الولد القطة.
- 2- يرسم الفنان اللوحات.
- 3- تطبخ الأم الطعام.
- 4- تتعاون الصديقات.
- 5- جاهد المسلمون.

#### الواجب:

أكتب خمسة جمل فعلية .

## Islamic studies

### THE NIGHT OF POWER

#### **What is Laylat-al-Qadr?**

The Night of Power – also referred to as Laylat-al-Qadr – is considered to be the Holiest night in the Islamic calendar. This was the night when the first verses of the Holy Qur'an were revealed to the Prophet Muhammad (PBUH), by Angel Jibrail. This night falls within the last 10 days of

Ramadan, and although the exact date is unknown, it is widely believed to be the 27th day of the Holy month.

This is a night of great remembrance and worship to Allah (SWT) and ranks higher than that of 1,000 months.

On this night, a single good deed brings the blessings of 1,000 months. Just some of the good deeds that we can carry out on the Holiest of nights include dedicating the day to worship to increase your taqwa, reciting the Holy Qur'an to familiarise yourself with its teachings and giving to those most in need, thus fulfilling one of the Five Pillars of Islam. In fact, giving charity on Laylat-al-Qadr means that rewards for such a deed will come back manifold.

- **Why is the Night of Power important?**

Lailat al Qadr, the Night of Power, marks the night in which the Qur'an was first revealed to the Prophet Muhammad by Allah. Muslims regard this as the most important event in history, and the Qur'an says that this night is better than a thousand months (97:3), and that on this night the angels descend to earth.

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- **When is The Night of Power?**

Laylat-al-Qadr falls in the final 10 days of Ramadan. The Prophet Muhammad (PBUH) advised Muslims to "Look for it in the odd nights of the last ten nights of the month of Ramadan." (Bukhari). However, it is typically believed to fall on the 27th night.

### **- How Long is Laylat-al-Qadr?**

Laylat-al-Qadr is the same length as every other night, however, during Ramadan, many Muslims prefer to sacrifice sleep on this Holy day in order to immerse themselves in prayer and worship. It is believed that giving up sleep for Allah (SWT) to pray and undertake good deeds will have all previous sins forgiven.

### **- How is Laylat-al-Qadr Celebrated and Observed?**

The Night of Power is a time for prayer and reflection; a time for good deeds and forgiveness - Laylat-al-Qadr will see your prayers answered by Allah (SWT).

The Holy month of Ramadan encourages us to reflect, and it is this night where the significance is heightened. There is truly no better way to be thankful for all the good that Allah (SWT) brings than by reciting the Holy Qur'an – dedicating the entirety of the day to your faith.

You should also be encouraged to study the Holy Qur'an on Laylat-al-Qadr. It is one thing to recite its message and teachings, but another to fully understand its meaning. By improving your understanding of the Qur'an and its message on the day when it was first revealed to the Prophet Muhammad (PBUH), you will receive back the blessings of a thousand months.