

The Year of Sadness

Prophet Muhammad ﷺ returned to Makkah from the valley with his family and the Muslims. He ﷺ had been a Prophet for almost ten years now.

Around this time, his dear uncle Abu Talib became very sick. Muhammad ﷺ tried one last time to help him understand that Allah is One.

But some of the Quraysh were there and told Abu Talib not to listen. Sadly, Abu Talib passed away without becoming a Muslim.

Soon after, Khadijah رضي الله عنها, the Prophet's ﷺ loving wife, also became ill and passed away.

This was a very sad and painful time for the Prophet ﷺ. He lost two people who loved him very much.



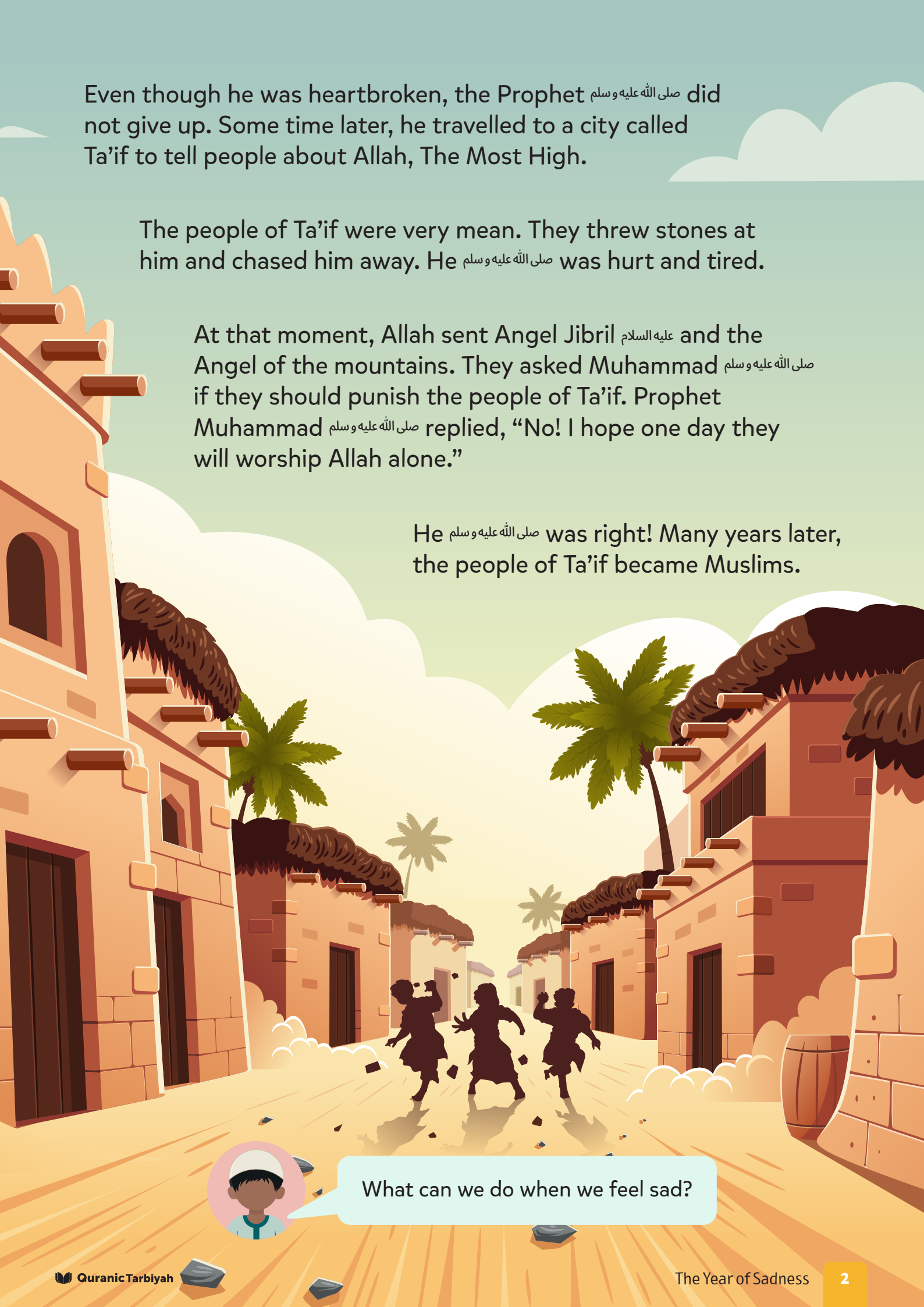
It's okay to feel sad sometimes. Even Prophet Muhammad ﷺ felt sad.

Even though he was heartbroken, the Prophet صلى الله عليه وسلم did not give up. Some time later, he travelled to a city called Ta'if to tell people about Allah, The Most High.

The people of Ta'if were very mean. They threw stones at him and chased him away. He صلى الله عليه وسلم was hurt and tired.

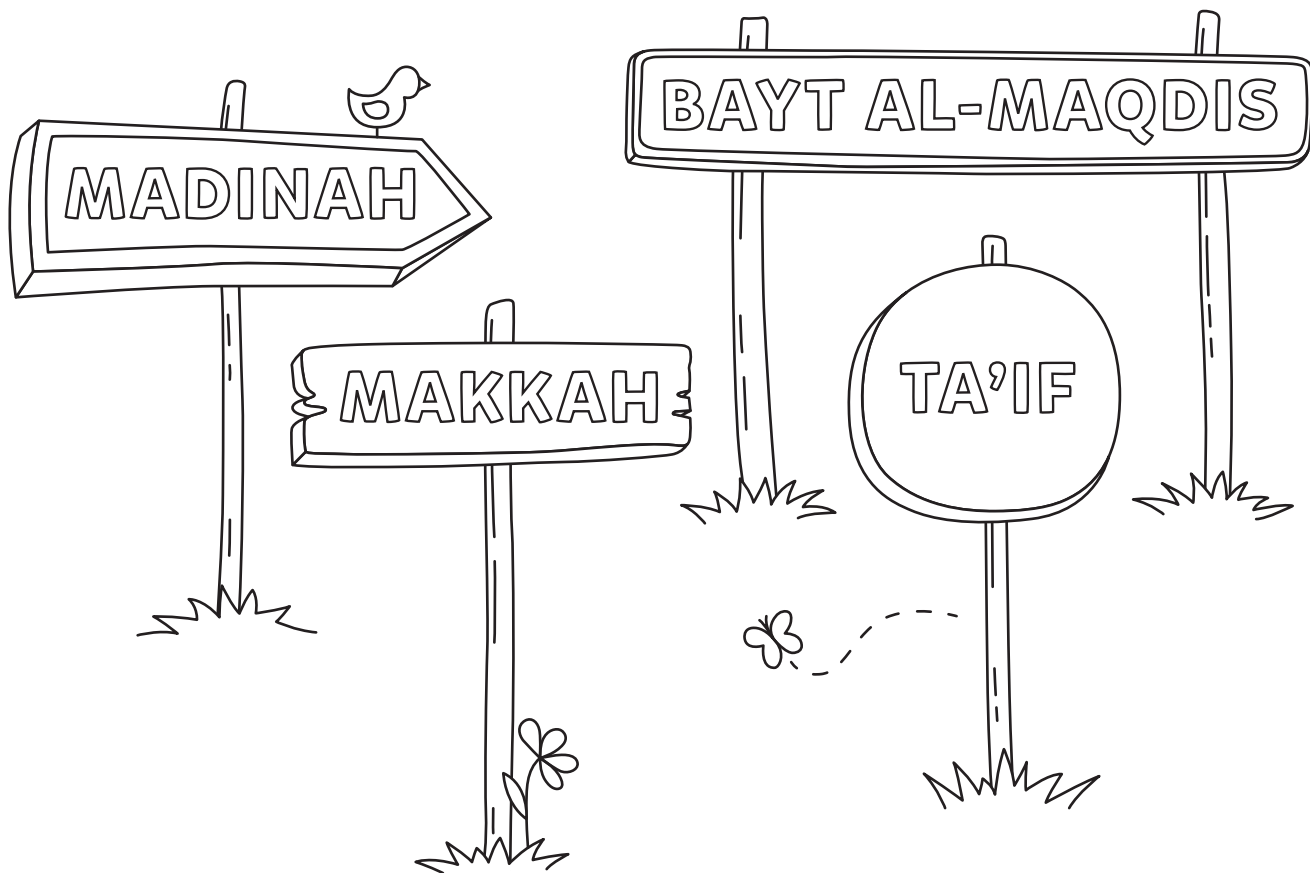
At that moment, Allah sent Angel Jibril عليه السلام and the Angel of the mountains. They asked Muhammad صلى الله عليه وسلم if they should punish the people of Ta'if. Prophet Muhammad صلى الله عليه وسلم replied, "No! I hope one day they will worship Allah alone."

He صلى الله عليه وسلم was right! Many years later, the people of Ta'if became Muslims.



What can we do when we feel sad?

- 1 Find and colour the name of the city Muhammad صلى الله عليه وسلم travelled to in 'The Year of Sadness'.



- 2 Unjumble the letters to spell the names of two family members of Muhammad صلى الله عليه وسلم who passed away in the same year.

H A K H I A D J

(loving wife)

B U A L T A B I

(loving uncle)

3

Colour and trace the feelings you felt as you heard this story.



sad



happy



angry



tired



surprised



hurt

4

Here are some things that can help you when you're feeling sad.
Fill in the blanks.

feel

Allah

cry

talk

I talk to _____ about how I feel and ask Him to make it better.

I say how I _____ .

I let myself _____ if I need to.

I _____ to or sit with a caring adult.