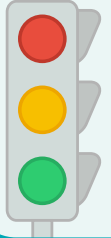


The Signs of Allah Inside Me



Learning Objectives

In this lesson, I will:



- Recognise that my body is a sign of Allah
- Recall that Allah has created me in the best way
- Reflect on some of the gifts of Allah inside my body



Key Words

Body

The Best - أَحْسَنُ

Form - تَقْوِيمٌ

T Thinking Starter

Think of three body parts.

Have you ever wondered why Allah created each part of your body?



We can know and recognise who Allah is by looking at all the signs around us. But did you know that there are so many **signs** inside our own bodies?

Allah سبحانه وتعالى says:

وَفِي أَنْفُسِكُمْ أَفَلَا تُبْصِرُونَ

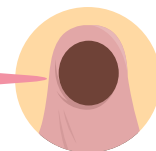
“And (there are signs) within yourselves.

Do you not see?”

(Surah adh-Dhariyat: 21)

Allah is telling us to think carefully about bodies because our bodies have been created in the most amazing ways by Allah.

“My amazing body is a sign of Allah’s existence.”

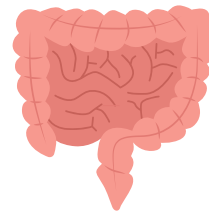
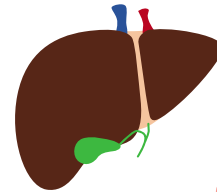
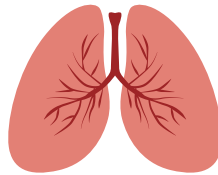
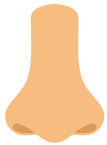




Task 1

Can you fill in the missing word?

Only _____ could have
created the amazing human body.



Allah Created Us in the Best Form

Allah tells us that He has created our bodies in the best of forms.

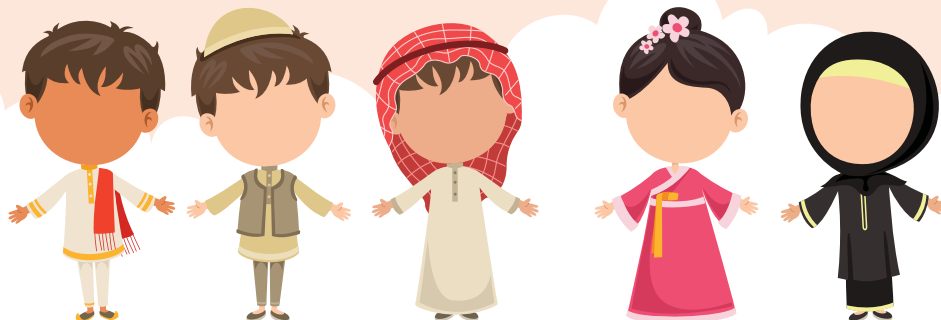
لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي أَحْسَنِ تَقْوِيمٍ

Indeed, We created humans in the best form.

(Surah at-Tin: 4)

This means that Allah made us all beautiful and we should respect our bodies.

Allah has created the human body in all shapes and sizes.



The Human Body Is Amazing!

Look at this diagram showing the inside of your body:

Allah created a **skeleton** to support your body and protect everything that is inside you.

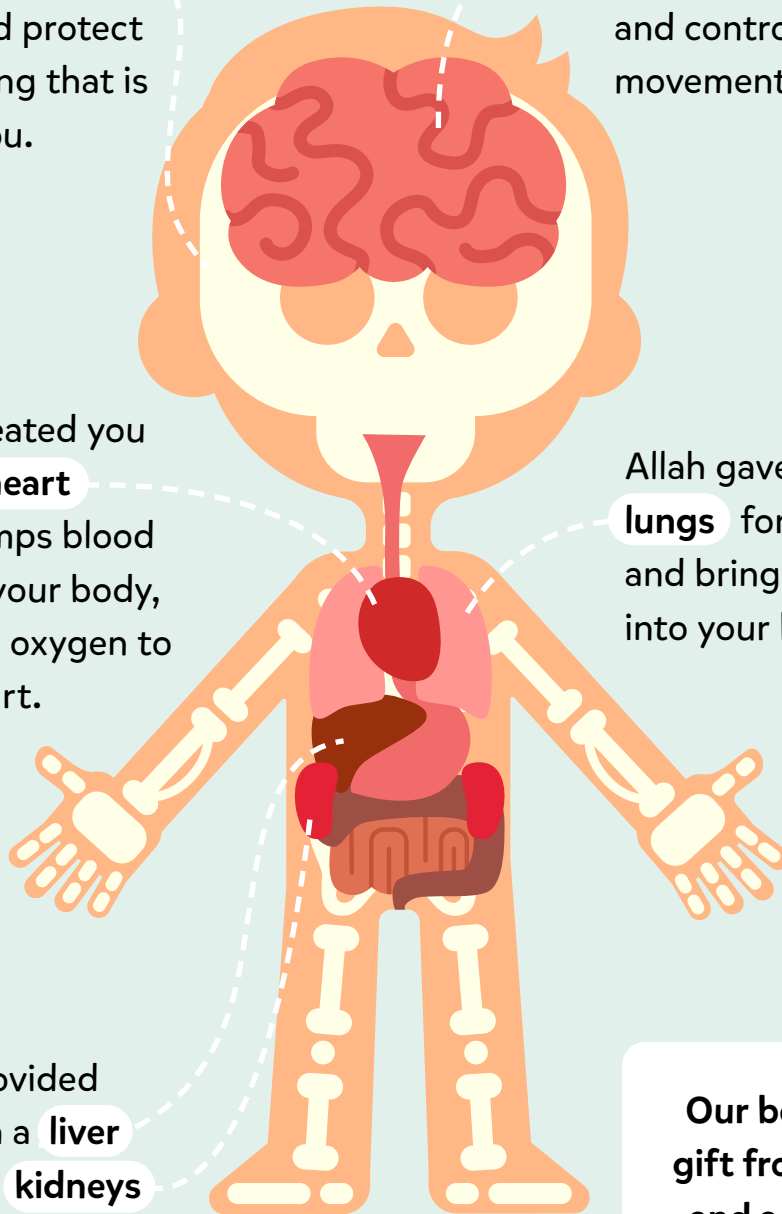
Allah gifted you with a **brain** which allows you to think and control your movements.

Allah created you with a **heart** that pumps blood around your body, bringing oxygen to every part.

Allah gave you **lungs** for breathing and bringing oxygen into your blood.

Allah provided you with a **liver** and two **kidneys** that clean your blood as it flows around your body.

Our body is a gift from Allah and a sign of His power to create.



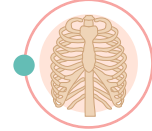


Task 2

Draw a line to match the clues on the gifts below to the correct body part that Allah has given to you:



Allah gave you this so you can breathe



Skeleton



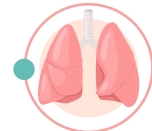
Allah gave you this so you can think about His creation



Brain



Allah gave you these bones to support and protect your body



Lungs



Task 3

Can you solve this riddle?

I help you to stand up.

I am at the end of a foot.

Most people have ten of me.

Which creation of Allah am I?

P Progress Check



1. Who is the Only One that could have created you?

2. In what form did Allah make human beings?

3. Describe one amazing thing about your body.