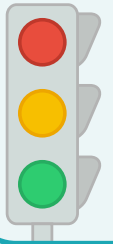


My Prophet صلى الله عليه وسلم Loved to Remember Allah



Learning Objectives

In this lesson, I will:



- Identify how dhikr affects the heart
- Describe how I should do dhikr
- Practise doing dhikr



Key Words

Content
Defects
Concentrate

T Thinking Starter

How many times a day do you remember Allah?



How Does Dhikr Affect My Heart?

Our beloved Prophet Muhammad صلى الله عليه وسلم loved Allah, and he loved to remember Him (do dhikr). When we remember Allah, we feel peaceful. We feel calm and we feel **content**.

Allah سبحانه وتعالى says:

أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ

“Truly it is in the remembrance (dhikr) of Allah that hearts find peace.” (Surah ar-Ra’d: 28)

Dhikr is very powerful! Sometimes you might feel sad, scared or worried about something. Whenever this happens, do some dhikr, and you will definitely feel better.

Sometimes we may do or say bad things. This leaves black dots on our hearts and makes them dirty. When we do dhikr, it helps us to get rid of these black dots. Remembering Allah polishes the heart!



What is the Arabic word for 'heart'?



I polish my heart!



Task 1

The Best Words of Dhikr

Polish away the dirt from this heart by filling in the blanks with the following phrases.

There is no god worthy of worship except Allah

Allah is the Greatest

All praise and thanks are for Allah

الْحَمْدُ لِلَّهِ

سُبْحَانَ اللَّهِ

Allah is free of

all defects.

لَا إِلَهَ إِلَّا اللَّهُ

اللَّهُ أَكْبَرُ

Defect: a fault or a problem.

IT'S STORY TIME!

"I Love You"

There was a young Companion called Mu'adh ibn Jabal رضي الله عنه. He was super-smart and loved to seek knowledge! Even though he was so young, he loved to learn the Qur'an until he became one of the most knowledgeable Companions.

One day, Prophet Muhammad صلى الله عليه وسلم took him by the hand.

He then said to him, "O Mu'adh, I swear by Allah that I love you. I swear by Allah that I love you."

Imagine the Prophet صلى الله عليه وسلم holding your hand!

Imagine being told that by the Prophet صلى الله عليه وسلم.

The Prophet then told him, “O Mu’adh, I advise you not to forget to make the following du’a after every salah:

اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ

O Allah, help me to remember You, to be grateful to You, and to worship You in an excellent manner.” (Abu Dawud)



How do you think Mu’adh ibn Jabal رضي الله عنه felt in the above story?



Task 2

Trace and memorise this du’a and fill in the blanks to translate it.

اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ

O _____, help me to _____ You, to be grateful to You, and to _____ You in an excellent manner.

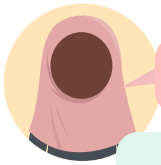
How Should I Do Dhikr?

Whenever we do dhikr, we should remember that Allah is hearing us and watching us. When we remember Allah, Allah remembers us.

We should try to reflect on the meaning of what we are saying so that we can become closer to Allah. For example, when we say ‘Alhamdulillah’ (All thanks and praises are for Allah), we can think of all the different blessings and presents Allah gives us. For example, you can think: Thank you Allah for giving me my friends. Doing this will help us to enjoy dhikr.

It is best to make dhikr in a quiet place so we can **concentrate**. However, you can make dhikr in a noisy place too!





I feel happy...

...when I remember Allah!



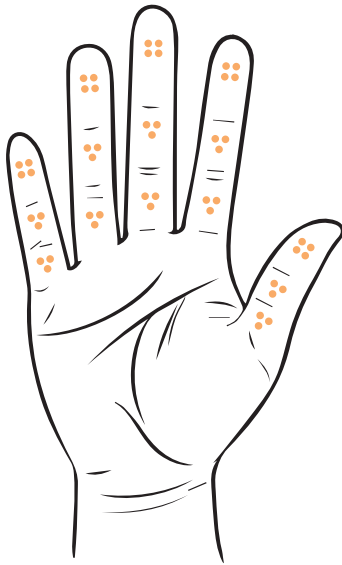
Did You Know?

You can make dhikr while you are lying down too!



Task 3

- a. This task will teach you a special method of counting dhikr on your fingers. Your teacher will demonstrate to you how to do this. Count the dots on this hand.



Total dots =

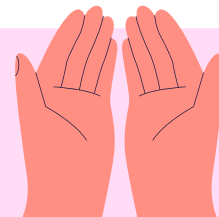
Multiply the above number by 2.

x 2 =

- b. Now, use the method above to do some dhikr. Say SubhanAllah, Alhamdulillah and Allahu Akbar.

I Act On What I Learn

I will always say the above du'a after I finish salah.



Progress Check



1. How does dhikr affect the heart?

☐

2. How should you do dhikr?

☐

3. What are some of the best words of dhikr?

☐