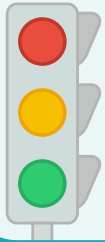


My Prophet صلى الله عليه وسلم Did Istighfar



Learning Objectives

In this lesson, I will:



Describe the effects of sins

Practise istighfar

Reflect on the story of Musa عليه السلام



Key Words

Sincerely

Seeking forgiveness

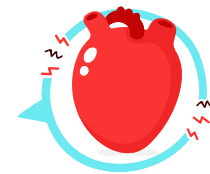
(Istighfar) - اِسْتِغْفَارٌ

The All-Forgiving - اَلْغَفُورُ

T Thinking Starter

What happens to your heart when you sin?

What can you do to stop this?



The Effects of Sins

A sin is when we do something which displeases Allah and goes against His command. Each time we do something wrong, a black dot appears on our hearts, and our hearts become rusty. However, Allah is so Merciful that if we give up the sin and seek forgiveness from Him, He removes the dots and polishes our hearts. Our hearts then shine.

Allah is always ready to forgive us when we **sincerely** ask for forgiveness. He tells us:

وَأَسْتَغْفِرُوا اللَّهَ إِنَّ اللَّهَ غَفُورٌ رَحِيمٌ

“And ask Allah for forgiveness. Indeed Allah is All-Forgiving, the Most Merciful.”

(Surah al-Muzzammil: 20)

Sincerely: when you're not pretending and you really mean what you say. It comes from your heart and it is true.



What are the two names of Allah mentioned in the previous ayah?
What do they tell us about Allah?



Task 1

Colour the good actions in red and colour the bad actions in black.



What is Istighfar?

Istighfar means saying sorry to Allah for any mistakes or wrongdoings that we have done. To ask His forgiveness, Allah teaches us a beautiful du'a in the Qur'an:

رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّحِمِينَ

My Lord, forgive and have mercy. You are the Best of those who are merciful. (Surah al-Mu'minun: 118)

Our Prophet ﷺ stayed away from all sins. Even then, he would constantly do istighfar.





Did You Know?

Our Prophet ﷺ would seek Allah's forgiveness at least one hundred times every day!

100
TIMES ISTIGHFAR



Task 2

Say 'Astaghfirullah' (I seek Allah's forgiveness) 100 times and join the dots to keep count.



IT'S STORY TIME!

Musa's Mighty Punch

One day, while Musa عليه السلام was wandering through the city, he saw two men fighting! The man being hurt was from his own people, the Banu Isra'il, and the one hurting him was an Egyptian, their enemy. Musa عليه السلام felt a surge of anger when he saw his fellow Isra'ili being oppressed - so he rushed to help him.

He stepped in to defend the Isra'ili and punched the Egyptian. The Egyptian fell to the ground and didn't get back up. He had died! Musa عليه السلام was so strong that, with one punch, he killed him.

Musa عليه السلام was horrified. He didn't mean to kill him. It was an accident. He realised Shaytan had influenced him at that moment.



Feeling deep regret, he cried out to Allah:

رَبِّ إِنِّي ظَلَمْتُ نَفْسِي فَاغْفِرْ لِي

“My Lord, I have wronged myself, so forgive me.” (Surah al-Qasas: 16)

Allah, **al-Ghafur (The All-Forgiving)**, forgave Musa عليه السلام as a result of his istighfar. Musa عليه السلام then promised Allah: “My Lord, because of the favour that You have done for me, I shall never support those who do evil.”

(Surah al-Qasas: 17)



Task 3

In light of the above story, think of a similar situation where you overreacted and became too angry. Then, answer these questions:

1. Who did you become angry with? _____
2. Why were you so angry with them? _____
3. How did you show them your anger? _____
4. Did you regret it afterwards? _____
5. How did you apologise? _____
6. Did you do istighfar for it? _____



Share the incident with your classmate and discuss how you can respond in a better way next time.



I Act On What I Learn

I will stay away from sins and ask Allah's forgiveness at least 100 times everyday.

P Progress Check



1. What happens when we commit a sin? ☐
2. What is istighfar? ☐
3. What can you learn from the story of Musa عليه السلام? ☐