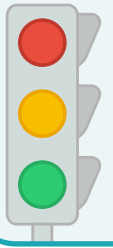


My Prophet صلى الله عليه وسلم Was Grateful



Learning Objectives

In this lesson, I will:



Identify some of my blessings

Reflect on how the Prophet صلى الله عليه وسلم thanked Allah

Explain how to express shukr



Key Words

Countless

Gratitude (shukr) - شُكْرٌ

The Most Appreciative - الشَّكُورُ

T Thinking Starter

When did you last thank Allah? What did you thank Him for?
How did you thank Him?

Thank You
Allah!

Can You Count Your Blessings?

In the Qur'an, Allah سبحانه وتعالى says:

وَإِنْ تَعُدُّوا نِعْمَةَ اللَّهِ لَا تُحْصُوهَا إِنَّ اللَّهَ لَغَفُورٌ رَحِيمٌ

"If you tried to count Allah's blessings, you would never be able to count them. Indeed Allah is All-Forgiving, Most Merciful." (Surah an-Nahl: 18)

Allah has given us **countless** blessings and favours! He blessed us with Islam, the best way of life.

When we appreciate our blessings, Allah will give us **more**.



With your partner, how many blessings can you list in a minute?



Task 1

Reflect on your day today and write 4 blessings of Allah upon you. Then, write how life would be different without each one.

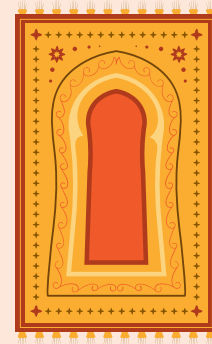
My blessing	How my life would be different without it
<i>I am grateful for my sister, Maryam</i>	<i>Without her, I wouldn't have anyone to play with at home.</i>

Muhammad ﷺ : A Grateful Servant

Our beloved Prophet ﷺ was very grateful. There were many days, and sometimes even weeks, when he had hardly any food. He went through so many difficulties in his life, but he always thanked Allah, and never complained.

The Prophet ﷺ would always wake up at night to perform extra prayers. He would pray for so long that his feet would become swollen. One of his Companions asked him, "Why do you do this when Allah has forgiven your past and future sins?" The Prophet ﷺ replied: "Shall I not be a grateful servant?"

So even though he did not have to, he would do this amazing worship to thank Allah!



How did Prophet Muhammad ﷺ thank Allah?



Which two Prophets are praised as 'grateful' servants in the Qur'an?



Task 2

Trace and memorise

The Prophet صلى الله عليه وسلم taught us to thank Allah by saying this du'a every morning and evening:

اَللّٰهُمَّ مَا اَصْبَحَ بِيْ مِنْ نِّعْمَةٍ اَوْ بِاَحَدٍ مِّنْ خَلْقِكَ ،
فَمِنْكَ وَحْدَكَ لَا شَرِيْكَ لَكَ ، فَلكَ الْحَمْدُ وَلَكَ الشُّكْرُ

O Allah, all the favours that I or anyone from Your creation has received in the morning, are from You Alone. You have no partner. To You Alone belongs all praise and all thanks. (Abu Dawud)

*When saying it in the evening, we should replace أَصْبَحَ (morning) with أَمْسَى (evening).

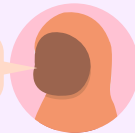
How Can I Be Grateful?

Our Prophet صلى الله عليه وسلم showed us many easy ways to express **shukr** (gratitude):



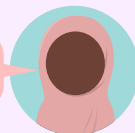
Recognise that everything we have is from Allah.

Thank Allah with our tongues (e.g. say alhamdulillah).



Share our blessings with others.

Not complain about things.



Use our blessings to worship Allah.

Appreciate and thank everybody who helps us.





What are some nice things you can do to thank the special people in your life?



Did You Know?

One of Allah's names is **ash-Shakur** (الشَّكُورُ), **The Most Appreciative!** This means that when we do something small, Allah appreciates our efforts and gives us HUGE rewards.



Task 3

In the grid below, help Musa transform his thoughts and become more grateful like the Prophet ﷺ:



An ungrateful response	A grateful response
'I don't like this food.'	
'My teacher gives me too much work.'	
'My sister is so annoying.'	
'More colouring pens? I have lots already!'	

I Act On What I Learn

I will always be a grateful servant like my Prophet ﷺ!



Progress Check



- Can you list some of your blessings? ☐
- Why did the Prophet ﷺ pray for so long at night? ☐
- How can we express shukr to Allah? ☐