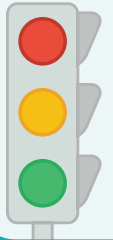


The Shining Heart



Learning Objectives

In this lesson, I will:



Differentiate between the physical and spiritual heart

State why we have to polish our hearts

Describe how to polish our hearts



Key Words

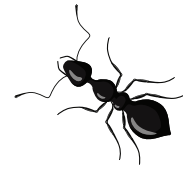
Heart - قَلْبٌ

The Spiritual Heart

Polish

T Thinking Starter

Can you think of something that you cannot see, but is there (it exists)?



The Spiritual Heart

Have you ever met a really amazing person, someone who reminded you of the Prophet ﷺ? Someone so kind and gentle, and always helping others? Someone who always recited the Qur'an and remembered Allah? Maybe his or her face was shining with nur (light).

You might wonder what is so special about this person. The answer is: they have a **shining heart**.

We all have two kinds of hearts:

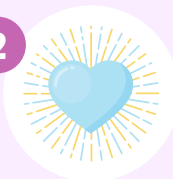
1



The Physical Heart

This heart pumps blood around the body carrying oxygen to our organs. If the physical heart stops working, the person dies.

2



The Spiritual Heart

This is a heart that we can't see – it is **invisible**. It is a special type of heart that Allah has given to every human being.

Although we cannot see our spiritual hearts, it is the most important part of us. It makes us who we **truly** are. The spiritual heart allows us to know and love Allah. The spiritual heart controls how we behave. If we want Allah to love us, and if we want to enter Jannah, then we have to make our spiritual hearts shine.



A shining spiritual heart is the key to Jannah!



Task 1

Colour the physical objects that you can see with your eyes:

YOUR BACKPACK LOVE FRIENDSHIP
A CAR THE MASJID BUILDING ANGER

Cleaning & Polishing Our Hearts

Which one would you rather drink from?

This mug?



Or this mug?



When our bodies become dirty, we have a bath and make ourselves clean so that Angels like to come near us. Similarly, our hearts also get dusty. If we don't take care of them, they can become really dirty.

Each time we do something bad, a dot appears on the heart. This dot is like rust. For example, if we lie, then one dot appears. Then if we show off with our new toys, another dot appears. We have to make sure we polish and clean our hearts all the time, before the heart becomes really dirty and rusty.

I polish my heart!





Task 2

Sort the following actions into the correct hearts:



Whining and complaining a lot

Being kind to others

Thanking Allah

Loving Allah

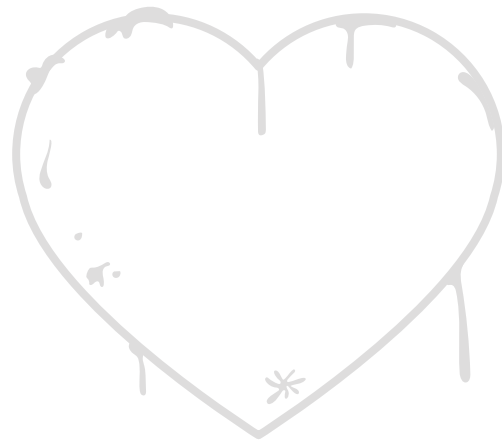
Being selfish with my toys and stationery

Being jealous of others

Saying the truth

Obeying Allah

Getting angry



What is the opposite of **whining** and **complaining**?

How Can I Polish My Heart?

We have to clean and polish our hearts until they shine and sparkle. We should:

- 1 Learn about all the 'dots' which make the heart dirty. We should try our very best to not do these things. These 'dots' include bad thoughts and actions which we have to stay away from, for example feeling jealous or being proud.
- 2 Always ask Allah to polish our hearts and make them shine like a sparkling jewel.
- 3 Good deeds - We have to do everything Allah سبحانه وتعالى has asked us to do.





How do we know what Allah wants us to do?

The Qur'an teaches us how to polish our hearts. Allah sent down the Qur'an to our beloved Prophet Muhammad ﷺ! He sent down the Qur'an with Angel Jibril عليه السلام who is very pure. And Prophet Muhammad ﷺ had the purest of hearts!



I try to polish my heart like my Prophet ﷺ!



Task 3

Fix and re-write this sentence in the box.

I have to make sure that I am always painting my physical heart before it becomes really loud and furry.



I Act On What I Learn

I will always think about how to make my heart shine.



P Progress Check



1. What is the difference between the physical and spiritual heart?

2. How do we polish our hearts?

3. Why do we have to polish our hearts?