

## Lesson 24

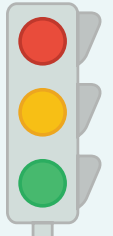
## Level 3

# Envy



## Learning Objectives

In this lesson, I will:



Define envy

Identify the harms of envy

Explain how to polish my heart from envy



## Key Words

Envy/Jealousy - حَسَدٌ

Envious

MashaAllah (This is what Allah willed) - مَا شَاءَ اللَّهُ

## T Thinking Starter

What happens when you are jealous? How does it feel?



## Envy

**Envy** is when you want something that another person has and you are not happy that the other person has this. It is similar to jealousy.

Envy makes the heart dirty, and it is a major sin. The Prophet صلى الله عليه وسلم said:

إِيَّاكُمْ وَالْحَسَدَ فَإِنَّ الْحَسَدَ يَأْكُلُ الْحَسَنَاتِ  
كَمَا تَأْكُلُ النَّارُ الْخَطْبَ

**“Beware of envy, for it eats away good deeds just as fire burns wood.”**

**(Abu Dawud)**

This means that when we are jealous, it destroys our good deeds. A person who is envious wants the blessings that Allah has given the other person to disappear!

Sometimes we might really want something that a classmate or sibling has, but we have to remember that Allah knows what is best for us. He always gives us what is best for us. Allah سبحانه وتعالى has given each one of us so many different blessings.



What might a person your age be jealous of?

Always thank Allah for **your own** special blessings. Always say 'Alhamdulillah'.



I will be happy with what Allah gives me.



### Task 1

Colour the words to match how you feel when you're jealous.

When I'm jealous, I feel...

Upset

Afraid

Happy

Hot

Angry

Cheerful

Frustrated

Is jealousy a nice feeling? Does it feel peaceful and calm?

### IT'S STORY TIME!

## Habil & Qabil

Once upon a time, there were two brothers named Habil and Qabil. They were both the sons of Adam عليه السلام and Hawa عليها السلام. As the brothers became older and it was time to marry, a dispute arose.

Qabil wanted to marry the girl Habil was supposed to marry. To solve this problem, Adam عليه السلام suggested they both offer a special sacrifice for Allah. Whoever's offering was accepted could marry the girl.

So they both offered a sacrifice; Habil offered a generous sacrifice of a fat animal whilst Qabil offered the worst crops he had. Allah accepted the sacrifice of Habil.

Qabil was furious. "I am going to kill you!" he shouted.

"Allah only accepts from the pious people," replied Habil.

Even though Habil was stronger, he refused to kill his brother. "Even if you raise your hand to kill me, I am not going to. I fear Allah, the Lord of the worlds," he told Qabil.

Blinded by his jealousy, Qabil was overcome with fury and killed his own brother.





Qabil was the first person to commit murder on this earth. What made him commit this horrible crime?

Jealousy makes people argue and fight. It makes people say and do bad things to each other. Jealousy makes the heart dirty. If we want to have a shining heart, then we have to polish it and clean it from jealousy.

Jealousy will harm us and harm others around us.

## How To Polish Your Heart From Envy

Here are three things you can do to polish your heart from envy:



**1** Be happy for other people. To have a shining heart, you need to have a big heart: with space for everybody. Say something nice to the person you feel jealous of.



**2** Always think of all the good things Allah has given **you**. If you keep looking at what other people have, you will forget to look at what you have – what Allah has given **you**!



**3** Say 'MashaAllah' or 'BarakAllahu Fik' when you see something you like.



## Task 2

Match each speech bubble to the correct meaning.

BarakAllahu Fik

MashaAllah

Alhamdulillah

May Allah bless you.


All praises and thanks are for Allah.


This is what Allah willed.





### Task 3


Write down the opposites:

	Feeling angry	<i>Feeling calm</i>
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	A shining heart	
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	Tawhid	
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	Sin	
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	Feeling envy when someone else wins the prize	
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### I Act On What I Learn

I always want the best for everyone.



I polish my heart!

### P Progress Check



1. What is envy? ☐

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2. What are the harms of envy? ☐

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3. How can you polish your heart from envy? ☐

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