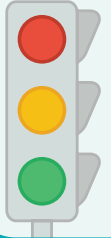


The Pure Heart



Learning Objectives

In this lesson, I will:



State why my heart is the most important part of me

Discuss some diseases of the heart

Explore some ways to purify my heart



Key Words

Pure heart (*qalb salim*)

قَلْبٌ سَلِيمٌ -

Disease - مَرَضٌ

To tempt

T Thinking Starter

What are some actions and thoughts that help to polish our hearts? What have you done today to polish your heart?



The Most Important Part of You

We all have a **spiritual heart** inside us that we cannot see. Although we can not see it, it is the most important part of us, as it controls what we do. The Messenger of Allah صلى الله عليه وسلم said,

“There is a lump of flesh in the body: when it is sound, the whole body is sound; and when it is corrupt, the whole body is corrupt. Truly, it is the heart.” (Bukhari)

To be good Muslims and strong believers, we must take care of our hearts. To be close to Allah and to be His special servants, we have to try our best to make our hearts shine.



Did You Know?

Just like our bodies can get sick, our spiritual hearts can also become ill. Some actions and feelings make the heart rusty and weak. These are known as the **‘diseases of the heart’**.





Task 1

Diseases of the Heart

Find the following diseases of the heart in the word search. Once you finish, talk to a partner about the meaning of each word.

Shirk

Pride

Envy

Anger

Greed

Hatred

Showing Off

Selfishness

W	D	G	R	E	E	D	K	R	J	Q
O	F	D	S	H	I	R	K	M	O	D
Q	O	K	W	P	P	A	N	G	E	R
Q	U	N	T	Y	R	U	A	J	R	F
Y	U	M	V	G	N	I	R	U	E	H
J	J	N	J	B	H	U	D	G	P	S
S	E	L	F	I	S	H	N	E	S	S
N	Q	M	X	C	H	A	T	R	E	D
G	L	N	F	K	F	C	C	W	M	X
Z	S	H	O	W	I	N	G	O	F	F
J	B	B	C	K	N	O	S	E	Q	W

A Pure Heart

While making du'a to Allah سبحانه وتعالى, Ibrahim عليه السلام said:

وَلَا تُخْزِنِي يَوْمَ يُبْعَثُونَ ﴿٨٧﴾ يَوْمَ لَا يَنْفَعُ مَالٌ وَلَا بَنُونَ ﴿٨٨﴾ إِلَّا مَنْ أَتَى
اللَّهَ بِقَلْبٍ سَلِيمٍ ﴿٨٩﴾

“...And do not disgrace me on the Day all will be resurrected – The Day when neither wealth nor children will be of any benefit. Only those who come before Allah with a pure heart (will be saved).”

(Surah ash-Shu'ara:87-89)

To be successful on the Day of Judgement, we need to have a **qalb salim**. A qalb salim is a pure heart – a heart that is free from all diseases. It doesn't let Shaytan control it. Every time Shaytan **tempts** a person with a pure heart, they say “NO!” to Shaytan.



A qalb salim is pure and healthy. How many 'diseases of the heart' can you list?

Our hearts become pure when we:

- Know Allah and love Him
- Fear Allah and have hope in Him
- Always remember Allah and are grateful to Him
- Be kind and gentle
- Share with others and help them
- Trust Allah and always ask Him for help
- Control our anger
- Respect our parents



A qalb salim is a heart that is attached to its Maker and Creator, Allah!



Task 2

The Heart of the Playground

Imagine you are Dr. Qalb Salim! Look at the children below.

Which children have 'sick hearts'? Put a cross (X) next to their names.





Task 3

List the children with sick hearts. Diagnose the disease they are suffering from and prescribe a remedy.

Patient Name	Diagnosis	Prescribed Remedy
Hasan	<i>Showing off</i>	

Try saying the tongue twister below as quickly as you can. See if you can say it three times in a row without getting tangled up!



Dr. Qalb Salim made a dazzling diagnosis of the diseases in Dawud's dirty heart, much to the dangerous devil's deep dismay.

I Act On What I Learn

I will always ask Allah to bless me with a pure heart.



P Progress Check



1. Why is your spiritual heart the most important part of you?



2. Name four diseases of the heart.



3. How can we have pure hearts?

