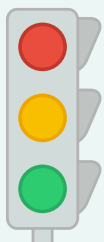


What Is 'Ubudiyyah?



Learning Objectives

In this lesson, I will:



- Recall the definition of 'ubudiyyah
- Explore the feelings Allah wants us to experience in our worship
- Explain how we can fill our hearts with 'ubudiyyah



Key Words

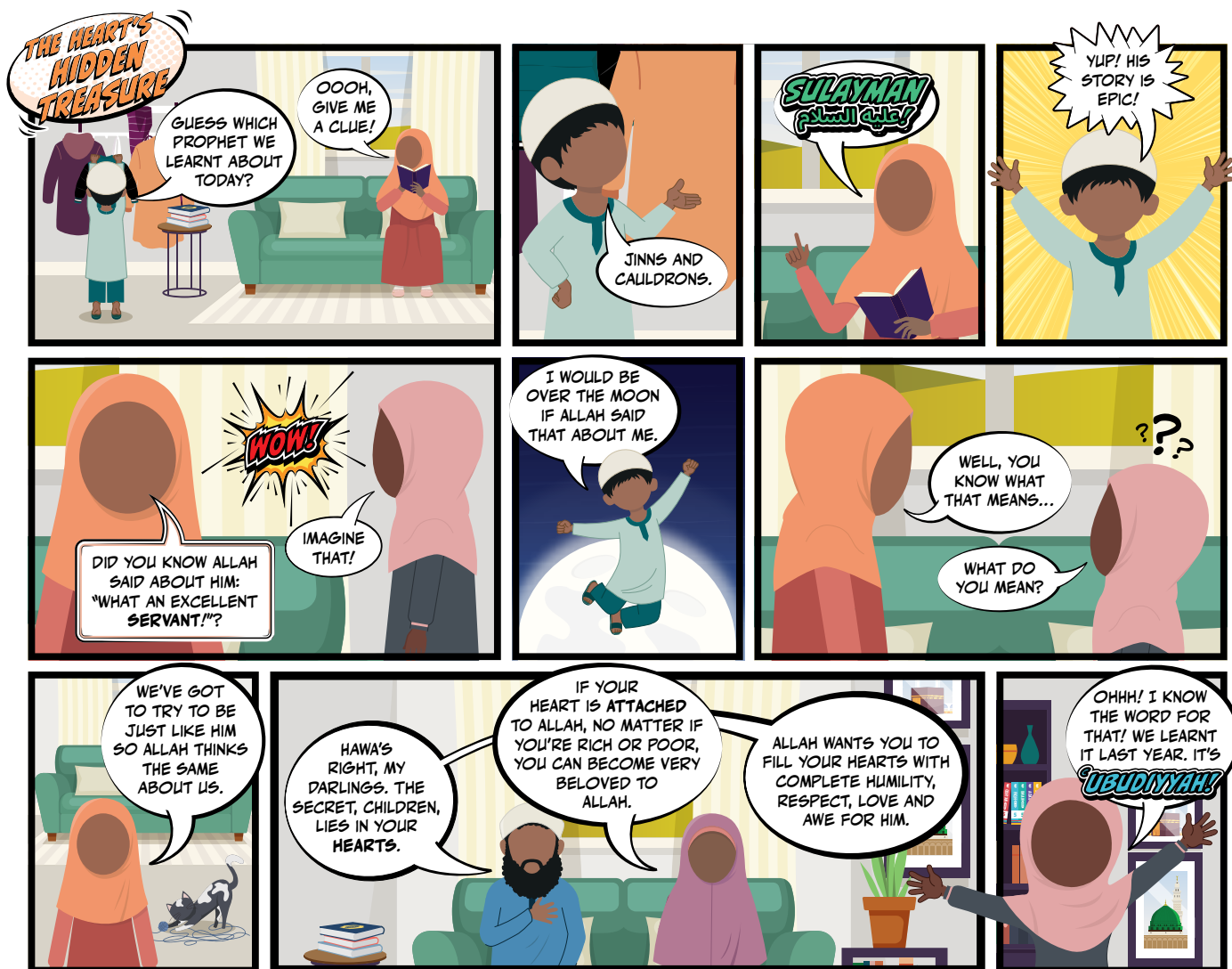
Attached

'Ubudiyyah (servitude) - الْعُبُودِيَّةُ

Emotions

T Thinking Starter

How do you feel when you pray salah?





Task 1

Read the definitions below, then find the words in the comic on the previous page.

_____ : a feeling of deep respect mixed with fear.

_____ : recognising your place before Allah and not thinking you are better than others.

_____ : to fully humble yourself before Allah, submit to Him and love Him more than anyone else.

Worship Allah With Your Heart & Body



Why am I here?

Why did Allah create me?



Every day, in salah, we recite:

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

“You Alone we worship, and You Alone we ask for help.”

(Surah al-Fatihah:5)

Allah سبحانه وتعالى created us all to **worship Him**. Allah is our One and only true God: He Alone is worthy of our worship.

We are not robots. We are human beings, and Allah has given us a special gift: our **hearts**, which are full of feelings and **emotions**.

I am a servant of Allah!



Sometimes, when we pray, we might just go through the actions of standing, bowing, and prostrating without really thinking about **Allah**. It can feel like we're simply moving our bodies, almost like exercise, instead of truly praying. When this happens, our **salah** becomes like something a robot might do: just movements with no real feeling. We may be using our bodies, but we forget to focus on Allah with our **hearts**.

Allah سبحانه وتعالى wants us to worship Him **with our bodies AND hearts**. This means we fill our hearts with 'ubudiyyah: **respect** and **love** for Allah. We **humble** ourselves and think of how Great Allah is.

When we do this, we will truly **enjoy** and **love** worshipping Allah.

Worship

Body

Heart

Task 2

Fill your heart with 'ubudiyyah! Complete the diagram below.

'Ubudiyyah

Love

Humility

How can you increase your love for Allah?

★ I can always think about how much Allah gives me e.g. _____

★ _____

★ _____

How can you increase your humility for Allah?

★ I can think of how Great Allah is. _____

★ _____

★ _____

Shssh! It's Top Secret!

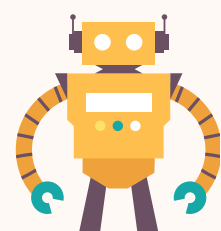
Allah سبحانه وتعالى has prescribed acts of worship, especially the 5 pillars of Islam, so that we may worship Him in the best manner and fill our hearts with 'ubudiyyah.

We can fill our hearts with 'ubudiyyah by learning the **purpose** and **secrets** behind these acts of worship.

When we don't understand 'why' we worship and the 'secrets' behind our acts of worship, our worship becomes robotic: just going through the motions without feeling.



**Be a human,
not a robot!**

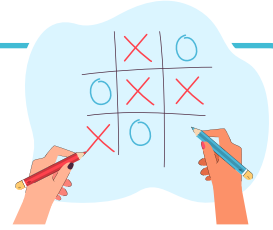


Discuss two 'secrets' of fasting and salah with your partner.



Task 3

With a piece of paper, play Noughts and Crosses with your partner. You can only use a box by answering its question correctly.



How can you increase your love for Allah?

How did Allah describe Sulayman عليه السلام?

What is 'ubudiyyah?

Why is it important to learn the purpose and secrets of worship?

Can you name two secrets of salah?

How can you fill your heart with humility?

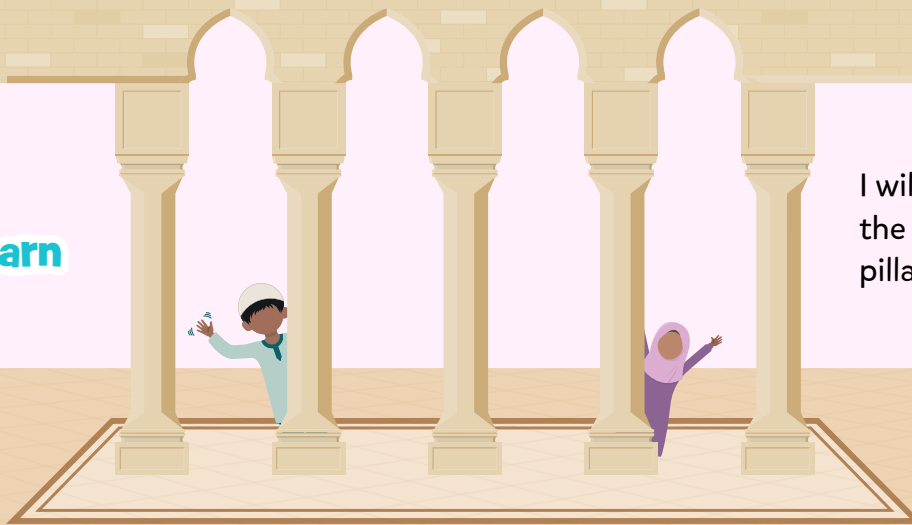
How can you make sure your salah is not like a robot's?

What does **إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ** mean?

What does 'awe' mean?

**I Act On
What I Learn**

I will learn about the secrets of the pillars of Islam.



P Progress Check



1. What does 'ubudiyyah mean?
2. What kind of feelings does Allah want us to have when we worship Him?
3. How can we fill our hearts with 'ubudiyyah?