

ADAB & AKHLAQ

LEVEL 3



Quranic
Tarbiyah

3

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

ADAB & AKHLAQ

LEVEL 3

This book belongs to

Name _____

Class _____



Quranic Tarbiyah is an initiative of Life With Allah (LWA) which aims to nurture a Qur'anic generation who love and live the Qur'an.

First Edition: 2024/1446 AH

For suggestions, corrections and feedback, please email us at
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British Library Cataloguing in Publication Data

ISBN 978-1-917402-34-7

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About Quranic Tarbiyah

Vision

A generation who love and live the Qur'ān.

Mission

Nurturing a generation who are guided by revelation, grounded in reality, and who carry forward the legacy of the Prophets ﷺ.

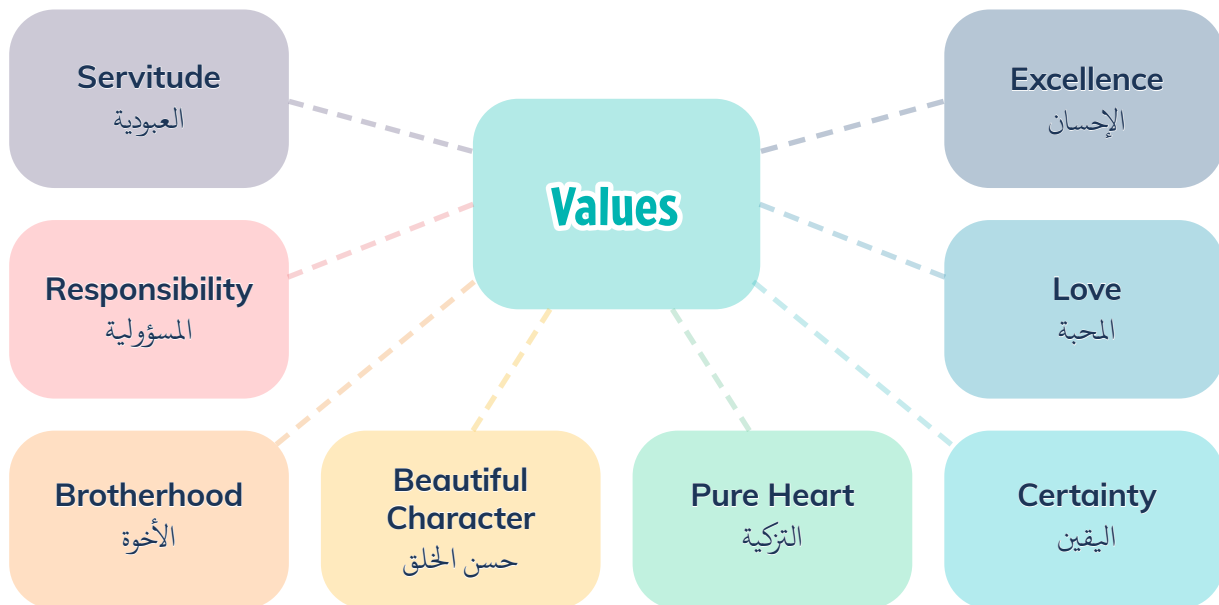
Aims & Objectives

We want every educator and learner to:

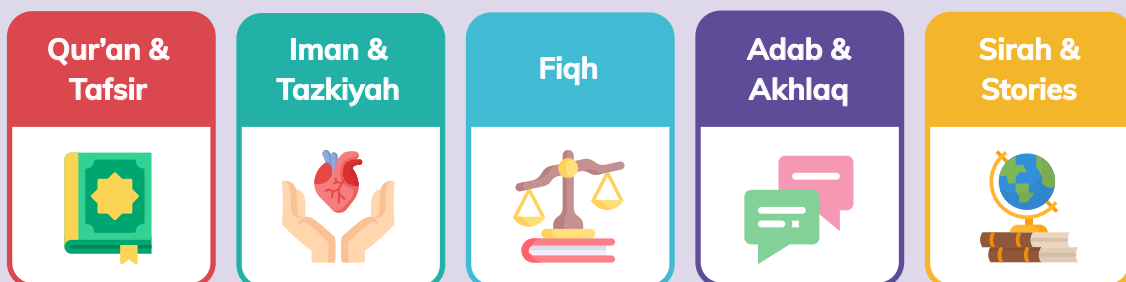
1. Develop a deep awareness of Allah, love Him and honour Him.
2. Recognise their purpose in life (i.e. 'ubūdiyyah: servitude), and worship Allah with baṣīrah (clear proof and certainty).
3. Constantly strive to strengthen their īmān and yaqīn (conviction).
4. Love the Messenger ﷺ, and embody his sunnah and character.
5. Become 'people of the Qur'ān' through reflecting and living by it.
6. Constantly strive to attain a pure heart (tazkiyah) and attain iḥsān.
7. Know the legal rulings of all necessary aspects of life (fiqh) alongside their inner dimensions, in order to taste the sweetness of worship.
8. Be confident in their dīn and feel deeply connected and proud of their heritage and history.
9. Develop a love of lifelong learning and a passion to serve the dīn of Allah.
10. Be well-equipped to deal with personal, local and global challenges, and become beacons of justice and mercy for the entire world.

لَقَدْ مَنَّ اللَّهُ عَلَى الْمُؤْمِنِينَ إِذْ بَعَثَ فِيهِمْ رَسُولًا مِّنْ أَنفُسِهِمْ يَتْلُوا
عَلَيْهِمْ ءَايَاتِهِ وَيُزَكِّيهِمْ وَيُعَلِّمُهُمُ الْكِتَابَ وَالْحِكْمَةَ وَإِن كَانُوا مِن
قَبْلُ لَفِي ضَلَالٍ مُّبِينٍ

“Indeed, Allah bestowed a favour on the believers when He raised in their midst a Messenger from among themselves — who **recites to them His verses, purifies them, and teaches them the Book and wisdom**. For indeed, they had previously been clearly astray.” (3:164)



The 5 Key Areas of the Quranic Tarbiyah Curriculum



Adab & Akhlaq

Aims of Adab & Akhlaq Lessons

- 1 To love the Prophet ﷺ and his sunnah, and memorise his sayings
- 2 To emulate his perfect example, including his character and worship
- 3 To fulfil the rights of Allah's creation, and to constantly strive for exemplary akhlāq
- 4 To feel honour in the values of our dīn and recognise their universality and superiority
- 5 To develop personal strength and live a holistically healthy lifestyle
- 6 To remember and ask Allah as the Prophet ﷺ did
- 7 To deeply connect to Allah, by memorising the adhkār and reflecting on their meanings and virtues

*“Indeed, Allah bestowed a favour on the believers when He raised in their midst a Messenger from among themselves — who recites to them His verses, **purifies them**, and teaches them the Book and **wisdom**. For indeed, they had previously been clearly astray.” (3:164)*

One of the overarching goals of the mission of the Prophet ﷺ was to **purify souls and refine character**. He ﷺ said: “I was sent to perfect good character” (Aḥmad). Akhlāq (character) and ādāb (etiquettes) are not ‘extras’ or ‘niceties’ — rather they are fundamental aspects of the dīn, and determine a person’s eternal destiny.

The Best Example

The Prophet ﷺ had the best character. The greatest testimony of his character comes from the Lord of the heavens and the earth Himself:

“And you are truly (a man) of outstanding character.” (68:4)

The goal of Qurānic Tarbiyah is to nurture children to ‘live’ the Qur’ān. The Prophet ﷺ did not merely teach his companions how to recite the Qur’ān beautifully. Rather, **‘his character was the Qur’ān’** and he nurtured exemplary character in his Companions, young and old.

Thus, it is vital that alongside teaching our children to recite the Qur’ān, we teach them how to embody its teachings, and we instil in them excellent akhlāq. One of the most powerful means of achieving this is by **learning and reflecting on the Prophetic example**. Doing this will also increase our love and īmān in him ﷺ.

Children should be inspired to follow the Prophet ﷺ as their role model, and to follow his Sunnah in every aspect of their lives, be it how he ate, drank, interacted with others, prayed, and remembered Allah.

Contemporary Challenges

Today, morality is seen as being relative. Value and morals are constantly shifting, causing havoc to our collective well-being.

In the midst of our confusion, we look around for solutions to our problems, but fail to realise that the best value system is the Divine system sent to the Prophet ﷺ.

Children have an exceptional capacity to absorb information and learn from their surroundings, be it the home, school and especially via the screen. Often, the values they are exposed to are immoral, ego-centric and have led to the disintegration of families and communities. It is vital that we proactively counteract these influences, and instead fill the hearts and minds of our young ones with the love of Allah and the **Prophetic way of ‘being’**.

Our children must be anchored by divine guidance. They should be guided by the Qur’ān and Sunnah, and feel immensely fortunate that they have been gifted the best moral compass.

Learning by Example

As educators, we should constantly engage in the purification (tazkiyah) of our souls and always strive to improve our own character. Children learn by example, and it is vital that they do not see a discrepancy between our own character and what we ‘teach’ them about Prophetic character.

Good Company

By being in the company (ṣuḥbah) of the Prophet ﷺ, his Companions absorbed the best way of being. They learned and adopted his lofty characteristics and they were purified from negative traits. Upright character is learnt through the company we keep, and as educators, we should try to foster an environment which facilitates this.

Iman & Adab with Allah

Children should be motivated to practise good character as an important means to seeking the pleasure and love of Allah ﷻ.

The scholars have mentioned that the first step to changing behaviour is to activate īmān. If we focus merely on outward poor behaviour, this may leave a negative impact on the heart. Instead we should focus on īmān so that children can learn to love what Allah loves, and hate what Allah hates. This does not mean that we should not correct unwanted behaviours — but rather we should do so with sensitivity and kindness.

Along with learning how to treat and honour Allah's creation in the best way, children should be taught about having **'adab' with Allah**. This is more important in our times where secularism, atheism and materialism are aggressively being propagated globally.

United Ummah

Character building requires time and patience. Tarbiyah is a long and gradual process. A character trait or behaviour must be rehearsed for some time before it becomes an intrinsic quality. Educators are encouraged to give children ample opportunities where they can practise these lofty qualities. In addition to this, educators are encouraged to create a space where children truly experience the value of an environment that upholds the Sunnah: a place where they are cherished, valued and nurtured.

We ask Allah ﷻ to guide us to the best character, as He is the Only One who can do this. We ask Him to make us vehicles of true transformation in the Ummah. May we treat our children with love, kindness and gentleness, so that they can become powerful building blocks of a united Ummah.

About This Book



The Adab & Akhlaq Level 3 book aims to nurture exemplary akhlāq (character) and refined ādāb (etiquettes) in young hearts through the timeless example of our beloved Prophet Muhammad ﷺ. This book consists of 25 fun and engaging lessons about the perfect ādāb and akhlāq of the Prophet ﷺ. It explores his noble conduct towards others and how he ﷺ handled emotions with incredible grace. The book concludes with a focus on the power of dhikr and du'ā.

The book has been prepared for Year 3 children, typically aged 7-8, but it can also benefit older children. Whilst this book can be used as a standalone textbook, the impact is likely greater for children who have previously completed Adab & Akhlaq Levels 1 and 2, laying a solid foundation for their spiritual growth.

Whilst using this book as a teaching resource, feel free to adapt the lessons to make them as **engaging** and as **relevant** as possible. It is important that children have positive associations and happy memories with their Islamic Studies learning. The book contains nashid pages, specifically chosen to correspond to the topics being taught. Supplement the lessons with engaging stories, and craft activities where logistically possible.




Along with this, '**Learning for Life With Allah**' (LLWA) pages have been added to make learning practical. Knowledge is nothing but ink on paper until it is translated into real-world application, and tarbiyah is the process that enables that application.

Every textbook has its limitations. Textbooks are one of the many tools which can be used to educate our children. What is more important is how the teachings and ideals of the Qur'ān and Sunnah are translated into practice, in our own lives as educators and in the lives of our young learners. We encourage educators to **nurture a Qur'ānic environment** within their learning institutions and homes to make this a reality inshaAllah.

How To Use This Book

Learning Objectives

The key aims and outcomes of the lesson are clearly listed at the beginning of the lesson. A traffic light system helps outline the differentiated learning outcomes.


-  On your mark! – This is a **beginner** level objective which all learners should be able to access and engage with.
-  Get set! – This is an **intermediate** level objective which all learners should be able to take part in, although some students may need extra support.
-  Go! – This is the **advanced** or higher-order objective that most learners will be able to engage with to some level, although some learners may need support to express their ideas in writing.

Thinking Starters




Educators are encouraged to write the question on the board before the start of the lesson. As learners walk into the classroom, they should start to think about the question or discuss it with a peer. Learners do not need to write down the answer. It will be used to set the scene for the lesson.


ADAB & AKHLAQ
Lesson 4

My Prophet ﷺ Wanted the Best for Others


 **Learning Objectives**

In this lesson, I will:

-  Recall how my Prophet ﷺ wanted the best for others
-  Identify lessons from the story of the Companions
-  Reflect on the outcomes of wanting the best for others

 **Thinking Starter**


Think about your **favourite possession** (something that belongs to you and you like very much). How would you feel if you had to share this with someone else? Would you be able to give it away?

 **Memorise**

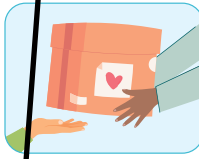
لَا يُؤْمِنُ أَحَدُكُمْ حَتَّىٰ يُحِبَّ لِأَخِيهِ مَا يُحِبُّ لِنَفْسِهِ


“None of you will have firm belief (iman) until he loves for his brother what he loves for himself” (Bukhari)

A true believer loves for his brother or sister what he loves for himself. And he also dislikes for others what he dislikes for himself.

 **Key Words**

Possessions
Brotherhood
Selflessness



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 Quranic Tarbiyah

Memorise

Learners can memorise short Qur'ānic verses, hadiths and du'ās to help them internalise the teachings of the dīn.

Key Words

The key words will develop student literacy and expand their vocabulary. Educators are encouraged to do spelling tests and play word games with their class once a week/every 2 weeks to assess learning.

ADAB & AKHLAQ

This hadith is not only about sharing objects or possessions. It is also about **treating others how you would like to be treated!**

What is the word used to describe someone who only wants good things for themselves?

Did You Know?
Allah gives MORE to those who want good things for others!

Task 1
Write down or draw 5 things or good behaviours that you like for yourself.

Do you want these same things for ALL of your siblings and classmates?

QuranicTarbiyah My Prophet صلى الله عليه وسلم Wanted the Best for Others 14

Discuss

Learners should talk about what they understand with their educator or peers.

Tasks

There are accompanying tasks in each lesson for reinforcement and practical application. Learners can do these individually, in pairs or in groups. Educators can collect the books to mark the learners' work, or go through the answers orally together as a class.

Think and Reflect

Learners should self-reflect and share their reflections with their educator or their peers. Answers don't need to be written down.

Challenge

Learners can boost their level of understanding if they have extra time available.

I Act On What I Learn

This is an important part of the lesson where the learners can transform their learning to action. Educators should follow up in the next lesson by asking learners if they managed to act upon the prompt.

P Progress Check


Educators should end the lesson by reviewing the learning objectives and using a plenary. At the end of every lesson, learners should check which learning objectives they learnt and understood, and clearly identify what they don't know. The educator can do a quiz, test or even play a game with the class using these evaluation questions. Learners can write the answers or just say the answers verbally to the educator.

It's Story Time!

Educators should read the story before the lesson, and narrate it within the lesson to the learners in an engaging manner (using facial expressions, hand gestures, change in tone of voice, asking questions etc).

ADAB & AKHLAQ

There was a Prophet who would be joined by the birds and mountains when he did dhikr in the morning. Do you know his name?



Task 3

Match the benefits of adhkar with the correct examples:

Connect with Allah and feel at peace.	There is a heavy storm, but you don't feel scared.
Be protected from illnesses, harm and all types of evil.	Say رَضِيتُ بِاللّٰهِ رَبًّا ، وَبِالْإِسْلَامِ دِينًا ، وَبِمُحَمَّدٍ ﷺ نَبِيًّا 3x every morning and evening and the Prophet ﷺ will take your hand and enter you into Paradise!
Gain the strength to complete our daily tasks.	You don't think you'll get your homework done, but you manage to finish it all in a short while.
Earn lots of rewards and blessings from Allah.	You almost fell down the stairs, but you managed to balance yourself and didn't fall.

I Act On What I Learn

I will start my day with dhikr and du'a, like Muhammad ﷺ.

P Progress Check

✓

- How did our Prophet ﷺ start his day?
- What is the morning dhikr that begins with أَصْبَحْتُ؟
- Why should we recite the morning adhkar?

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My Prophet ﷺ Did Dhikr and Du'a Every Morning
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ADAB & AKHLAQ


IT'S STORY TIME!

A Dream Lesson

One night the Prophet ﷺ had a special dream. He saw himself cleaning his blessed teeth with a siwak. Have you ever used a siwak before?

Whilst he was cleaning his teeth, two men came to him. One of them was older than the other one.

The Prophet first gave the siwak to the younger of the two. But then Jibril عليه السلام told him, "Give it to the older man." The Prophet ﷺ then gave the siwak to the older man.



As-salamu ‘Alaykum Dear Explorers,

Imagine a world shining with kindness, love and respect. That’s the world we’re going to explore together – a world where we live in the way that pleases Allah and we can be the best versions of ourselves.

In this book, we will connect with our role model, Muhammad صلى الله عليه وسلم. We will learn about his amazing character and how he managed his feelings beautifully, so that we can too!

We’ll also learn some more wonderful dhikr and du’a to make our hearts shine brighter.

So, are you ready to embark on this wonderful adventure? Let’s dive into the pages of this book and discover the secrets of good character together!

With excitement and love,

Maryam & Musa



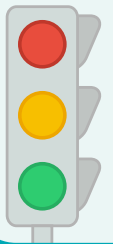
Lesson 1

My Prophet صلى الله عليه وسلم Had the Best Character



Learning Objectives

In this lesson, I will:



Describe the character of the Prophet

صلى الله عليه وسلم

Explain how I can improve my character

Reflect on my own manners and compare them with the Prophet's character



Key Words

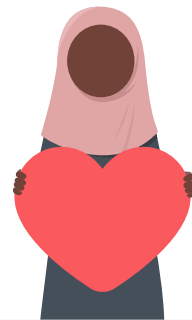
Outstanding

Character - خُلُقٌ (ج) أَخْلَاقٌ

Role model

T Thinking Starter

Describe the person you love the most in three words.



The Outstanding Character of Prophet Muhammad صلى الله عليه وسلم

Allah سبحانه وتعالى said to our beloved Prophet Muhammad صلى الله عليه وسلم:

وَإِنَّكَ لَعَلَىٰ خُلُقٍ عَظِيمٍ

"And you are truly (a man) of outstanding character."

(Surah al-Qalam: 4)

Prophet Muhammad صلى الله عليه وسلم had the best **character** (akhlaq).

He was perfect in every way. Allah sent him as the best **role model** for the whole world.



We hope to become like him صلى الله عليه وسلم!



Character: the way you think, feel and behave.

Role model: someone who sets a good example for you to copy.



When do you find it hard to practise good manners?

آداب

Etiquettes & Good Manners

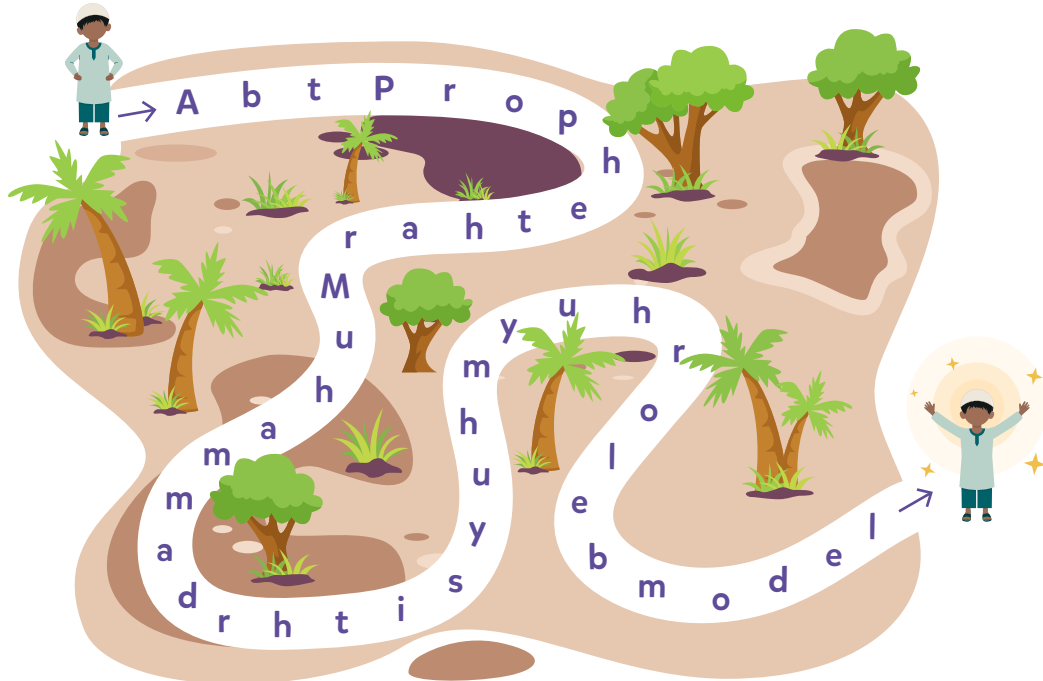
أَخْلَاق

Character



Task 1

Find 6 real words in this word-path to make a sentence.



How Can I Improve My Character?

Just as we take care of our bodies, we should also take care of our character. We can do this by:

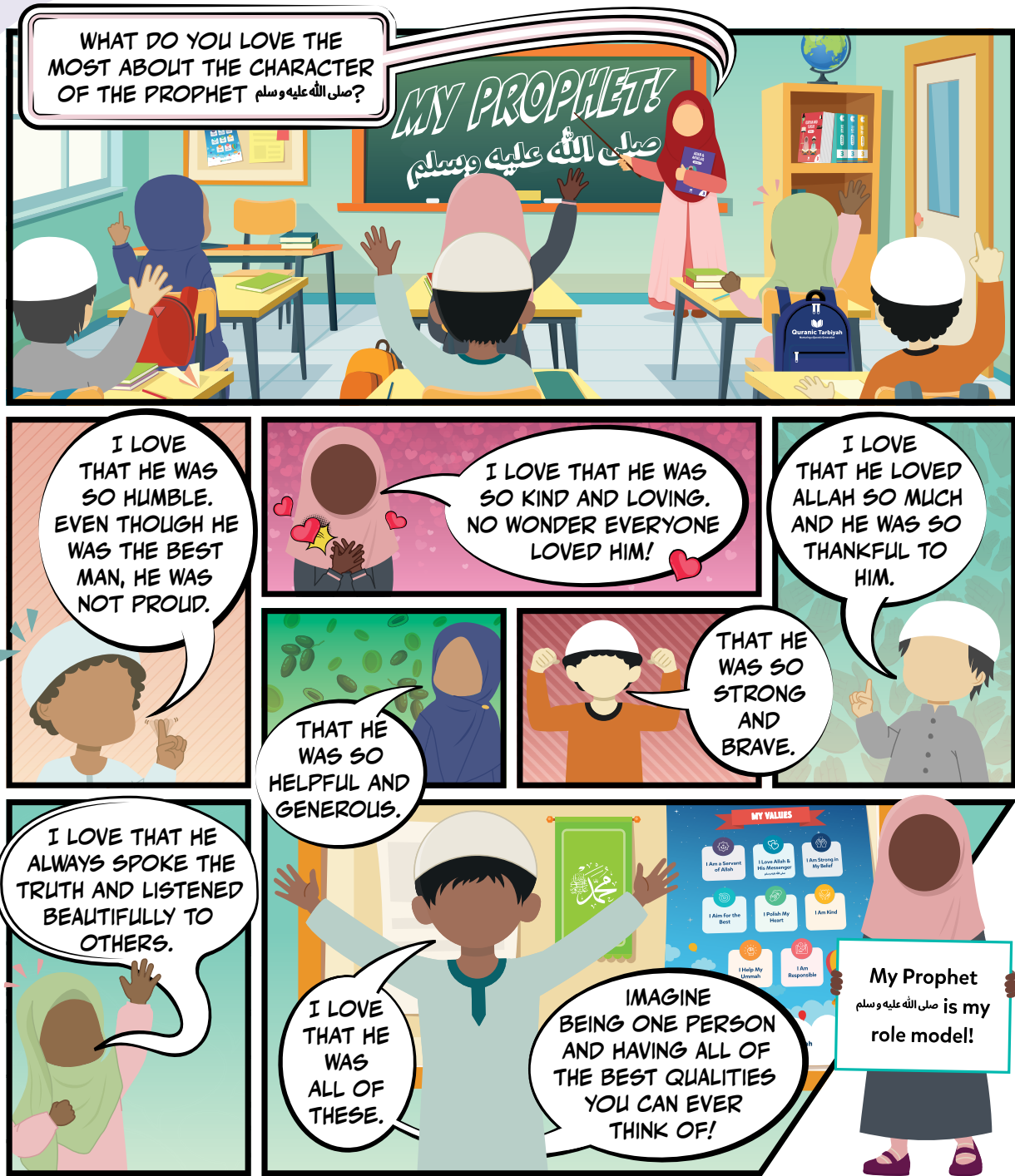
- ★ Asking Allah to give us a good character.
- ★ Learning about the character of the Prophet صلى الله عليه وسلم and trying to copy him.
- ★ Remembering that if we want to be the best, our character has to also be the best!



I polish my heart...



...when I have good character.



Task 2

Trace and memorise the following du'a of our beloved Prophet Muhammad صلى الله عليه وسلم:

اللَّهُمَّ أَحْسَنْتَ خَلْقِي فَأَحْسِنْ خُلُقِي

O Allah, beautify my character as You have beautified my appearance. (Ahmad)



Task 3

As we learn about the character of the Prophet ﷺ, we should always reflect on our own character. We should keep trying to improve our own character to be the best like him ﷺ!

Self-Evaluation - I Reflect on My Character and My Manners

- a** Put a tick in the correct box. Make sure you are honest with yourself!

Manners	Always	Sometimes	Never
I speak the truth.			
I respect my parents.			
I am kind to my siblings.			
I help people around me.			
I share my toys with others.			
I do not swear or use bad words.			
I do not say bad things about other people.			
I do not scream when things don't go my way.			
I make sure my body and clothes are clean.			
I thank Allah at least three times a day.			

- b** Choose one of the above manners for which you ticked 'sometimes' or 'never'. Work on improving this for the next week.

P Progress Check



1. Who is the perfect role model for everyone?

☐

2. Describe the Prophet ﷺ in 5 words.

☐

3. How can you improve your character?

☐

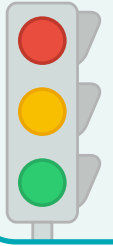
Lesson 2

My Prophet صلى الله عليه وسلم Was Trustworthy



Learning Objectives

In this lesson, I will:



Define 'trustworthy'

Recall why the Prophet Muhammad صلى الله عليه وسلم was called al-Amin

Explore how I can be trustworthy



Key Words

Trust (amanah) - أَمَانَةٌ

The trustworthy - الْأَمِينُ

Betrayed

T Thinking Starter

Who do you trust? Why do you trust them?



Trustworthiness

Amanah (أَمَانَةٌ) is the Arabic word for **trust**. In the Qur'an, Allah describes the believers as:

وَالَّذِينَ هُمْ لِأَمَانَاتِهِمْ وَعَهْدِهِمْ رَاعُونَ

"Those who honestly look after their trusts and promises."

(Surah al-Mu'minun: 8)

What does 'look after their trusts' mean? It means:

- ★ Doing everything Allah has ordered you to do e.g. making sure you pray salah on time.
- ★ Looking after the 'trusts' of other people e.g. taking care of something precious that someone has left with you.



So now, what do you think 'trustworthy' means?





Task 1

We need to show that we are worthy of being trusted ('trustworthy').

How can we show that?

Let's find out by colouring the right boxes in the maze below:

		
I keep promises	I keep secrets (only 'good' ones)	I am always late
I don't ask before borrowing things	I listen to others carefully	I don't look after things
I don't admit my mistakes	I complete my tasks properly	I tell the truth



My Prophet Was 'al-Amin'

Even before our beloved Prophet ﷺ became a Prophet, he was famously known in Makkah as 'as-Sadiq': the truthful and '**al-Amin**': the **trustworthy**. This was because he always told the truth and he never **betrayed** the trust of anyone.

A noble lady of Makkah called Khadijah hired the Prophet ﷺ to do business on her behalf. She was so impressed with his honesty, good manners and trustworthiness that she decided to marry him!

After he became a Prophet, the disbelievers of Makkah did not believe in him. Yet, they would still leave their precious possessions with him, because they knew how trustworthy and honest he was.



Did You Know?

The words *iman*, *amanah* and *amin* all come from the same 3 letters: أ - م - ن



Task 2

Write down ways to show trustworthiness in the following places:

At Home



At School



In Your Community



How Can I Be Trustworthy?

- ★ Ask Allah to make you a trustworthy person.
- ★ Say the truth and be honest.
- ★ If you make a promise, fulfil it.
- ★ Take care of people's belongings.
- ★ If someone tells you a good secret, don't share it with others.
- ★ Worship Allah in the best way possible.



Your body is an amanah that Allah is trusting you with.
What do you think this means?

When something is an ‘amanah’, it means that we have certain duties and responsibilities towards it, and to Allah سبحانه و تعالى who blessed us with it in the first place!



Task 3

Finish off the story. Try to be as creative as you can and remember to include some of what you have learned today in your story.

As Musa strolled down the bustling street, his eyes caught sight of something shiny peeking out from the corner of the sidewalk. “Wow!” gasped Musa. It was a wallet stuffed with notes of money! Musa had never seen that much money in his life....



I Act On What I Learn

I will be trustworthy like my Prophet صلى الله عليه وسلم!

P Progress Check



1. What does ‘amanah’ mean? ☐

2. Why was the Prophet Muhammed صلى الله عليه وسلم known as ‘al-Amin’? ☐

3. What are the qualities of a trustworthy person? ☐

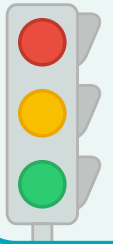
Lesson 3

My Prophet صلى الله عليه وسلم Was Very Merciful



Learning Objectives

In this lesson, I will:



Define 'rahmah'

Describe how the Prophet صلى الله عليه وسلم was merciful

Explore how I can be merciful



Key Words

Mercy (rahmah) - رَحْمَةٌ

Compassion

Fragrance

T Thinking Starter

Who is your favourite adult (other than your parents)?

Why are they your favourite?



A Mercy to Mankind

Our beloved Prophet صلى الله عليه وسلم was sent as a **mercy (rahmah)** to mankind. Allah سبحانه وتعالى says in the Qur'an:

وَمَا أَرْسَلْنَاكَ إِلَّا رَحْمَةً لِّلْعَالَمِينَ

"We have sent you (O Prophet) only as a mercy for the whole world." (Surah al-Anbiya: 107)

Rahmah:
compassion,
care, love,
kindness
and mercy.

The Prophet صلى الله عليه وسلم was a **rahmah** to those around him. This means that he was very kind and loving. He cared deeply for everyone and treated people in the best way possible. Not only was he kind to people, he was also very kind to animals, and even trees!

Muhammad صلى الله عليه وسلم was not only merciful to those around him. He was also very merciful to those people who had not even come into the world yet. He would always worry about his Ummah – me and you. He would spend a long time in sajdah crying and begging Allah to forgive his Ummah.

The Prophet ﷺ and Children

The Prophet ﷺ was super-nice and kind to everyone, including all the children around him. He would greet them with salam and speak lovingly with them. He would joke with them and comfort them if they were sad. He would give them rides on his camel and he would give them gifts. He would teach them and give them the best advice. He loved them and they loved him!



Task 1

Circle the odd word. One has been done for you as an example.

- a. Kind Mean Compassionate Nice
- b. Caring Horrible Loving Good
- c. Gentle Forgiving Angry Patient
- d. Helpful Nasty Soft-hearted Generous
- e. ar-Rahman (The All-Merciful) ar-Rahim (The Very Merciful)
ar-Ra'uf (The Most Compassionate) Musa

IT'S STORY TIME!

The Prophet's Touch

One day a young Companion named Samurah bin Jundub رضي الله عنه prayed Fajr salah behind Allah's Messenger ﷺ in al-Masjid al-Nabawi. Once the salah had finished, the Messenger ﷺ left the masjid to go home. Samurah followed him. On the way the Messenger ﷺ met some children. They were all so happy to see him. They all eagerly welcomed him.

Muhammad ﷺ began to pat their cheeks, one by one. Samurah رضي الله عنه says, "He also patted my cheek. I felt a coolness and **fragrance** from his hand as if he had taken it out from a bag of perfume!"

Not only was the Prophet ﷺ so kind and loving, he also smelt wonderful!



Task 2

Answer the following questions.



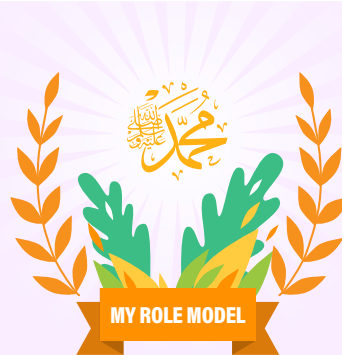
1. Did the young Companions pray salah in the Prophet's masjid?

2. How do you think young Samurah رضي الله عنه felt in the above story?

3. Why do you think the young children loved the Prophet صلى الله عليه وسلم?

How Can I Be Merciful?

We should try our best to be merciful like Muhammad صلى الله عليه وسلم. We can do this by learning more about how kind and caring the Prophet صلى الله عليه وسلم was, and then try to be like him.

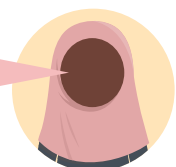


If we show mercy to others, Allah will show mercy to us!



What are the Names of Allah which contain the letters (رحم)?

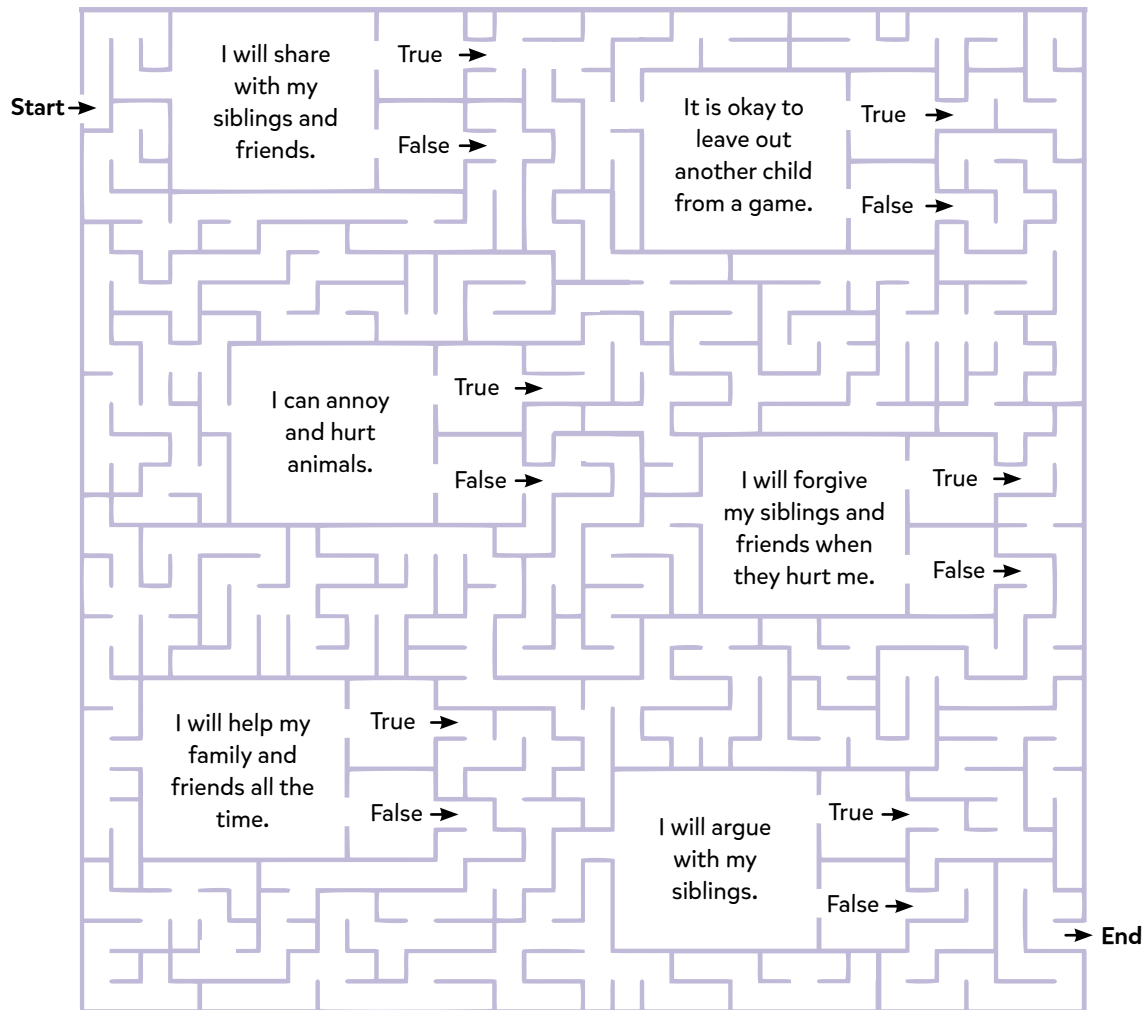
I am kind to everyone!





Task 3

Complete this multi-maze.



I Act On What I Learn

I will be kind and caring like my Prophet ﷺ!

P Progress Check



1. What does 'rahmah' mean? ☐

2. How was the Prophet ﷺ merciful towards young children? ☐

3. How can you be merciful like the Prophet ﷺ? ☐

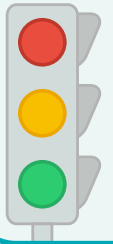
Lesson 4

My Prophet صلى الله عليه وسلم Wanted the Best for Others



Learning Objectives

In this lesson, I will:



Recall how my Prophet صلى الله عليه وسلم wanted the best for others

Identify lessons from the story of the Companions

Reflect on the outcomes of wanting the best for others



Key Words

Possessions

Brotherhood

Selflessness

T Thinking Starter

Think about your *favourite possession* (something that belongs to you and you like very much). How would you feel if you had to share this with someone else? Would you be able to give it away?



Wanting the Best For Others

Our beloved Prophet Muhammad صلى الله عليه وسلم always wanted the best for everybody. He was kind, generous and loved to share. He taught us how to behave in the best way possible.

The Prophet صلى الله عليه وسلم said:

لَا يُؤْمِنُ أَحَدُكُمْ حَتَّى يُحِبَّ لِأَخِيهِ مَا يُحِبُّ لِنَفْسِهِ

“None of you will have firm belief (iman) until he loves for his brother what he loves for himself.” (Bukhari)

A true believer loves for his brother or sister what he loves for himself. And he also dislikes for others what he dislikes for himself.

This hadith is not only about sharing objects or possessions. It is also about **treating others how you would like to be treated!**



What is the word used to describe someone who does not share and only thinks about what they want?



Did You Know?

Allah gives **MORE** to those who want good things for others!



Task 1

Write down or draw 5 things or good behaviours that you like for yourself.



Do you want these same things for **ALL** of your siblings and classmates?

IT'S STORY TIME!

The Bond of Brotherhood

During the Battle of Yarmuk, Abu Jahm ibn Hudhayfah al-Adwi رضي الله عنه, a Companion of the Prophet صلى الله عليه وسلم, found out that his cousin had been injured. He thought that if his cousin were alive, he would give him water to quench his thirst and wipe the dust from his face.

He found his cousin dropping in and out of consciousness. Upon catching a moment where his cousin was awake, he asked him: "Would you like some water?" His cousin nodded yes. Just then, they heard a sound. "Aaahhh..." –it was coming from another Companion who had been injured.

So his cousin indicated to Abu Jahm that he should go and give water to the other Companion first. Abu Jahm went to the other Companion and noticed that it was Hisham ibn al-Aas رضي الله عنه who had been injured. He asked him, "Would you like some water?" Just then, they heard another Companion moaning from his injuries. Hisham indicated to Abu Jahm that he should go and give the water to the third Companion.

Abu Jahm then hurried to the third Companion. He was too late. The Companion had passed away.

What do you think Abu Jahm did next?

He quickly hurried back to Hisham hoping to give him the water. Hisham had also passed away! He then immediately went back to his cousin to give him the water. He too had passed away!

Allahu Akbar! What an amazing example of **brotherhood** and **selflessness**!



Selflessness: to care about others more than yourself.



Task 2

Put a tick next to the sentences which are **true** and a cross next to the sentences which are **false**.

- ☐ This story teaches us that we should only think about ourselves.
- ☐ All of the Muslims are brothers and sisters.
- ☐ The Prophet Muhammad صلى الله عليه وسلم always wanted good for people.
- ☐ The opposite of selflessness is selfishness.
- ☐ To be a strong believer, you don't have to love for other Muslims what you love for yourself.

I Want the Best for Others

We should always want the best for others, just like our beloved Prophet Muhammad ﷺ. Each time we share and want good things for other people, our hearts get shinier and shinier. We feel happier and everyone around us also feels happier! And most importantly, Allah is happy with us!



Task 3

Musa is in a dilemma. Can you help him and give him some advice?

Musa always comes first whenever there is a Maths exam. He also knows that his classmate Adam really wants to come first. Today, Musa learned the above hadith in class. He's not sure what he is supposed to do.



What advice would you give him?

I Act On What I Learn

I love for others what I love for myself, just like my Prophet ﷺ!

P Progress Check



1. What did the Prophet ﷺ say about wanting good for others? ☐

2. What did you learn from the story of the Companions? ☐

3. What happens to your heart when you want the best for others? ☐

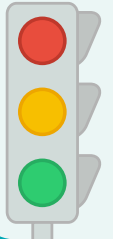
Lesson 5

My Prophet صلى الله عليه وسلم Was Easygoing



Learning Objectives

In this lesson, I will:



Reflect on how the Prophet صلى الله عليه وسلم was easygoing

Describe the benefits of being easygoing

Explain how I can be easygoing



Key Words

Harsh

Easygoing

The Most Gentle - الرِّفِيقُ

T Thinking Starter

Can you think of a time when someone was **harsh** with you? How did it feel?



IT'S STORY TIME!

The Bedouin's Blunder

At the time of the Prophet صلى الله عليه وسلم, there were some people who lived in the desert (also known as Bedouins). They did not have much knowledge.

One day, a Bedouin man came to Madinah. He entered the Masjid of the Prophet صلى الله عليه وسلم and he began to urinate in the corner of the Masjid. The Companions were horrified!

They rushed towards him and cried out, "Stop! Stop!"

However, the Prophet did something different. He was **the best of men** صلى الله عليه وسلم! He said to his Companions, "Leave him and let him finish."

He then instructed the Companions to pour water over it and told them, "You were sent to make things **easy**, and not to make things difficult."

Once the man finished urinating, the Prophet صلى الله عليه وسلم went up to him and kindly explained to him that this was not something that should be done in the masjid. Afterwards, the Bedouin said, "The Prophet did not curse me, nor did he tell me off or hit me."



Allahu Akbar! Look how **easygoing** and gentle the Prophet صلى الله عليه وسلم was.

My Prophet ﷺ Was Easygoing

Allah سبحانه وتعالى said to our beloved Prophet ﷺ:

فَبِمَا رَحْمَةٍ مِّنَ اللَّهِ لَئِن لَّهُمْ وَلَوْ كُنْتَ فَظًّا غَلِيظَ الْقَلْبِ لَانْفَضُّوا مِنْ حَوْلِكَ

“It is through Allah’s mercy that you were gentle with them. Had you been harsh or mean-hearted, they would have certainly abandoned you.” (Surah Al ‘Imran: 159)

This means that being gentle and **easygoing** is one of Allah’s gifts. Allah made the Prophet ﷺ easygoing, gentle and kind – and that is why his Companions loved him.

An **easygoing** person is calm and gentle; someone who does not get easily annoyed, worried or upset about things.



Would you rather be friends with someone who is harsh, or with someone who is easygoing and gentle?



Task 1

Put a tick next to the boxes which correctly describe the Prophet ﷺ.



- 1 He forgave others when they hurt him.
- 2 He made a big deal out of small things.
- 3 He would shout loudly when someone upset him.
- 4 He was gentle and kind.
- 5 He would not throw things when he was angry.



My Prophet ﷺ is my role model.

An Easygoing Person

Allah سبحانه وتعالى loves it when we are easygoing, calm and kind to our brothers and sisters. The Prophet صلى الله عليه وسلم said that the person who is easygoing and calm will not enter the Hell-fire.

When we are easygoing, our family and friends will love us and people will like being around us. Our hearts will also shine!



Allah Is ar-Rafiq

One of Allah's Beautiful Names is **ar-Rafiq (The Most Gentle)**. If we are gentle and kind to others, Allah will be gentle with us.



How to Be Easygoing

- 1 Make du'a to Allah to make you an easygoing person.
- 2 Stay calm when things might not be going as you expected.
- 3 Forgive people and remember that we all make mistakes.



Did You Know?

Being easygoing does not mean being weak.

The Prophet صلى الله عليه وسلم was both easygoing and strong!



Are you an easygoing person?

What steps will you take to become more easygoing?





Task 2

The Prophet ﷺ said: “When Allah wants good for a household, He grants them gentleness.” (Ahmad)



In this scenario, write how a gentle person might:

Act _____

Think _____

Speak _____



Task 3

Work in groups and perform a short role play based on the above scenario.



I Act On What I Learn

I will be easygoing like my Prophet ﷺ!

P

Progress Check



1. What does the story in this lesson teach you about the Prophet ﷺ?

2. What are the benefits of being an easygoing person?

3. How can you be easygoing?

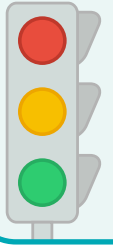
Lesson 6

My Prophet صلى الله عليه وسلم Was Proactive



Learning Objectives

In this lesson, I will:



Define 'proactive'

Reflect on how the Prophet صلى الله عليه وسلم was proactive

Describe how I can be proactive



Key Words

Proactive

Saddle

Planning

T Thinking Starter

Imagine there is a school race. What can you do to come first?



Be Proactive

Imagine you are walking down the street. You see a peel of banana skin on the floor. You don't have to pick it up. No one will tell you off if you don't pick it up. But if you are **proactive**, you will pick it up.

A **proactive** person gets things done. They take action to change things. They don't wait for others to do it.

This may seem like a very small act, but this could save someone from slipping or from becoming badly injured. And you can't even imagine the reward Allah will give you in the Next World inshaAllah.

Allah سبحانه وتعالى says:

وَسَارِعُوا إِلَىٰ مَغْفِرَةٍ مِّن رَّبِّكُمْ وَجَنَّةٍ عَرْضُهَا السَّمَوَاتُ وَالْأَرْضُ

"Hurry towards your Lord's forgiveness and a paradise as wide as the heavens and earth..." (Surah Al 'Imran: 133)

Allah is telling us not to be lazy. Instead we should rush to do good deeds and be very eager to do them.



Task 1

Word Search

a) Find the following words in the wordsearch.

Hardworking

Strong

Lazy

Brave

Responsible

Sleepy

Energetic

Helpful

Eager

Weak



b) Colour in all the words in the wordsearch which describe a 'proactive person'.

My Prophet ﷺ Was Proactive

Our beloved Prophet ﷺ was proactive. He was very eager, always rushing to worship Allah and do good deeds. As soon as he heard the adhan, he would stop whatever he was doing and make his way to the masjid. He would always help those in need. On the battlefield, he would not hide himself behind his Companions. Instead, he would be at the front, close to the enemies.



IT'S STORY TIME!

The Swift Response of Allah's Messenger ﷺ

One night, the people of Madinah woke up, startled by a large bang. They felt very scared, thinking they were being attacked by enemies. Some of the Companions came out of their houses and started to walk towards where the noise came from.

To their surprise, they found the Messenger ﷺ returning on a horse. He had already beaten them to it! The horse belonged to a Companion called Abu Talhah رضي الله عنه. The Messenger ﷺ was riding it without a **saddle**.

Saddle: a seat fastened on the back of a horse or other animal, where a rider sits.

He had a sword around his neck and he began to comfort the people, "Don't be scared! Don't be scared!" It was just a false alarm! There was nothing to be afraid of.

Riding a horse without a saddle is uncomfortable. He ﷺ gave up his own comfort to help others.

He then said "I found it (the horse) to be super-fast!" Before this incident, Abu Talhah's horse had been really slow, but due to the blessing of Allah's Messenger ﷺ, it became very fast.



Task 2

Fill in the blanks with words below:

sword

proactive

Companions

Prophet

We learn from the above story that the _____ ﷺ was very brave. He did not wait for his _____ رضي الله عنهم to go and check first. He was _____ and he went himself. We also learn that he planned wisely. He took a _____ with him, in case he had to defend himself.

How Can I Be Proactive?

We can be proactive like the Prophet Muhammad ﷺ by always thinking about what we can do to make Allah happy with us so that we can run to Jannah.

We can do this by:

- Praying salah without waiting for our parents to remind us.
- Going out of our way to help other people.
- Preparing and **planning** ahead of time.
- Taking action to make sure things go well.



Task 3

a. Put a tick next to the children who are **proactive**.



Mariya rushes through her homework on the day she has to hand it in.



Hasan packs his bag the night before school.



Musa starts doing wudu when he hears the iqamah for salah.



Maryam cleans her room every Saturday so she can find her clothes easily.



Khalid revises his Qur'an memorisation on the weekends, even though his teacher has not asked him to do so.

b. What one proactive thing can you do this week?

P Progress Check



1. What does 'proactive' mean? ☐
2. Was the Prophet ﷺ proactive? Can you think of an example? ☐
3. Give one example of how you can be proactive. ☐

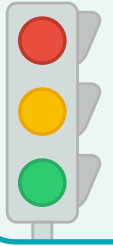
Lesson 7

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:

وَأِنْ تَعَدُّوا نِعْمَةَ اللَّهِ لَا تُحْصَوْهَا 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.

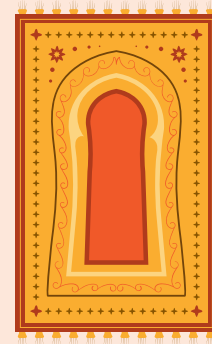
My blessing	How my life would be different without it
<i>I am grateful for my sister, Maryam</i>	<i>Without her, I wouldn't have anyone to play with at home.</i>

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).

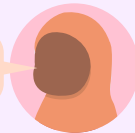
How Can I Be Grateful?

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



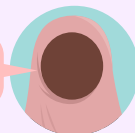
Recognise that everything we have is from Allah.

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? ☐

IT'S NASHID TIME!

Give Thanks To Allah

Give thanks to Allah
 For the moon and the stars
 Praise Him all day for what is and what was
 Take hold of your iman
 Don't give in to Shaytan
 Oh you who believe
 Please give thanks to Allah

Allahu Ghafur (Allah is the All-Forgiving)
 Allahu Rahim (Allah is Very Merciful)
 Allahu yuhibbul Muhsinin (Allah loves the doers of good)
 Huwa Khaliquna (He is our Creator)
 Huwa Raziquna (He is our Sustainer)
 Wa Huwa 'ala kulli shay'in Qadir
 (And He is the One who has power over all)



Allah is Ghafur
 Allah is Rahim
 Allah is the One who loves the Muhsinin
 He is our Creator
 He is our Sustainer
 And He is the One who has power over all

Give thanks to Allah
 For the moon and the stars
 Praise Him all day for what is and what was
 Take hold of your iman
 Don't give in to Shaytan
 Oh you who believe
 Please give thanks to Allah

By Zain Bhikha



الْمَخْلُوقِ

الرَّحِيمِ

الْخَفُوءِ

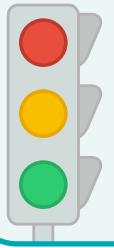
Lesson 8

My Prophet صلى الله عليه وسلم Loved Sadaqah



Learning Objectives

In this lesson, I will:



List acts of sadaqah

Explain how every Muslim can give sadaqah

Demonstrate how to give sadaqah for my body



Key Words

Sadaqah (Charity) - صَدَقَةٌ

Enjoin

Volunteer

T Thinking Starter

What's something nice you've done lately to help others or make them happy?



Sadaqah

Our Prophet صلى الله عليه وسلم loved sadaqah. **Sadaqah** means charity. We often think this only means giving money to the poor. Did you know that there is more to charity than this? Our Prophet صلى الله عليه وسلم said:

كُلُّ مَعْرُوفٍ صَدَقَةٌ

"Every act of goodness is sadaqah." (Muslim)

Sadaqah includes smiling at someone, helping a stranger, planting a tree, feeding an animal or removing a harmful object from a walkway.

These acts are all rewarded by Allah as acts of charity. We, too, should practise all these types of sadaqah. Allah has made it so easy for us to earn rewards!

I love Allah and His Messenger صلى الله عليه وسلم!



SADAQAHA SOLUTIONS

MARYAM AND IBRAHIM ARE PRACTISING THEIR HADITH ROLE PLAY FOR A SCHOOL ASSEMBLY...

EVERY MUSLIM MUST GIVE SADAQAHA.

WHAT IF HE DOESN'T HAVE ANYTHING TO GIVE?

HE SHOULD WORK WITH HIS HANDS...

...BENEFIT FROM IT HIMSELF...

...AND THEN GIVE SOME SADAQAHA FROM IT.

WHAT IF HE CAN'T DO THAT?

HE SHOULD HELP SOMEONE WHO IS IN DESPERATE NEED.

"Sadaqaah extinguishes the sins like water extinguishes a fire." (Ibn Majah)

HE SHOULD ENJOIN GOOD.

WHAT IF HE CAN'T DO THAT?

WHAT IF HE CAN'T DO THAT?

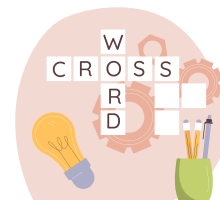
HE SHOULD STAY AWAY FROM EVIL, FOR THAT IS AN ACT OF SADAQAHA.

Enjoin:
to instruct or urge someone to do something.

Task 1

Charitable Acts

Use the clues below to complete the crossword with different acts of charity.



Across:

- Arabic word for charity.
- I can _____ a nursing home or hospital.
- I can t_____ Quran to my little sister.
- I can _____ my local masjid or park.

Down:

- I can _____ some fruit and vegetable seeds.
- I can say s_____ to my neighbour.
- I can _____ my food at lunchtime.
- I can _____ somebody with their chores.
- I can give _____ to a thirsty cat.

Sadaqah for Your Body

Our Prophet ﷺ said, “There is a sadaqah (charity) to be given for every joint of the human body (as a sign of thankfulness to Allah) every day when the sun rises:



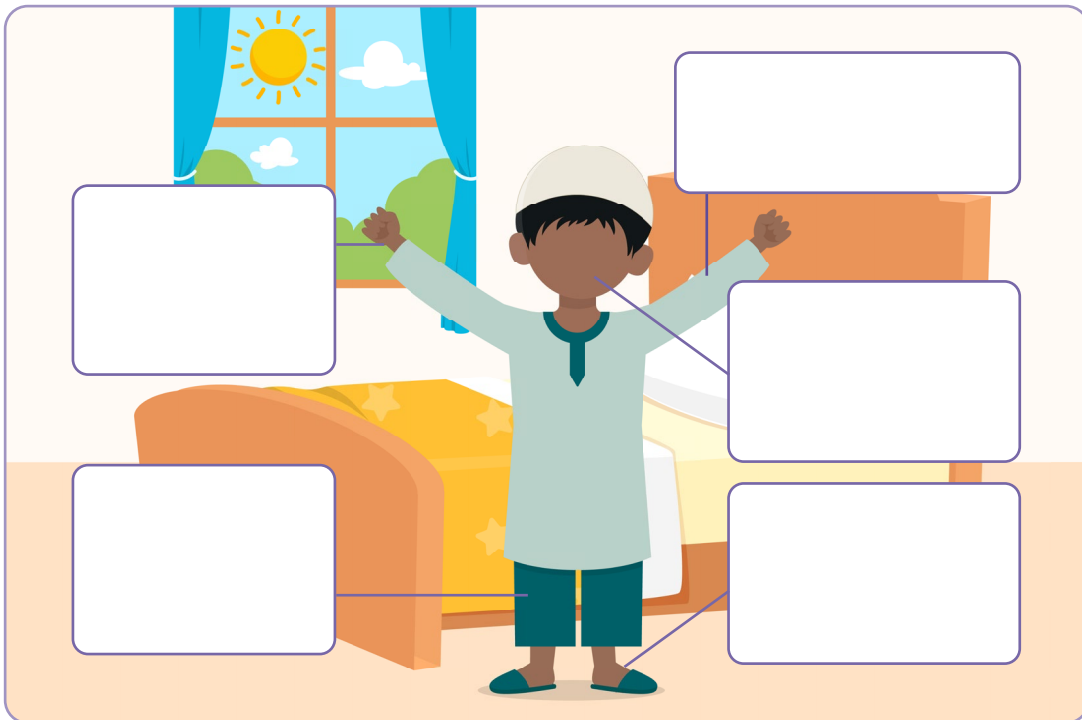
- ★ To judge fairly between two people is a sadaqah;
- ★ And to help a man with his riding animal, by helping him to ride it or by lifting his luggage on to it, is also a sadaqah;
- ★ And saying a good word is also sadaqah;
- ★ And every step taken on one's way to perform salah is also a sadaqah;
- ★ And to remove a harmful thing from the way is also a sadaqah.”
(Bukhari)



Task 2

Musa needs to give charity for each joint of his body.

Using the hadith above, can you suggest charitable acts he can do for some joints of his body?



Which two rak'ah salah acts as charity on behalf of all the joints in our body?



Task 3

Khalid and his family are spending their weekend doing some **volunteering**. Can you help him solve some problems?

Volunteer: to help with an activity or do a task, without being paid for it.

He has baked 24 cookies with his mum. There are 8 elderly people at the care home. **How many cookies can he give to each of them?**



He is visiting an orphanage 30 minutes away. He leaves home at 12:30pm. **What time will he get there?**



He has bought 20 pencils to donate to 5 friends in need. **How many pencils should he give to each friend?**



I Act On What I Learn

I will give sadaqah every day for every joint of my body.

P Progress Check



1. What is sadaqah?

☐

2. How can someone give sadaqah if they don't have money?

☐

3. How can you give sadaqah for the joints of your body?

☐

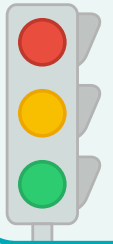
Lesson 9

My Prophet صلى الله عليه وسلم Was Kind to Animals



Learning Objectives

In this lesson, I will:



- Identify why Allah created animals for us
- Describe how the Prophet صلى الله عليه وسلم treated animals
- Explain how I should treat animals



Key Words

Warmth - دِفْءٌ
Benefits
Punished

T Thinking Starter

Imagine you're walking through a garden and you come across a little bird with a broken wing. What would you do?



Animals Are a Blessing From Allah

Animals are a blessing of Allah. Allah جل جلاله says:

وَالْأَنْعَمَ خَلَقَهَا لَكُمْ فِيهَا دِفْءٌ وَمَنْفَعٌ وَمِنْهَا تَأْكُلُونَ

“And He created the cattle for you as a source of warmth, food, and (many other) benefits.” (Surah an-Nahl: 5)

Allah created animals for us so that we can benefit from them. Animals benefit us in many different ways. Animals provide us with food and drink. They also provide warmth for us as their skin and hair can be used to make clothes. They are also a means of transport.





Did You Know?

In the olden days, people would use animal skin to make tents in which they would live!



How can we thank Allah for the blessings of animals?



Task 1

Why did Allah create animals for us? Circle the answers that are correct.

To give us milk

To ignore

No reason

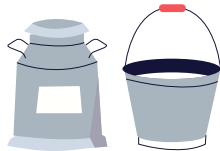
To carry things

For leather shoes

For food

As a sign of Allah's power

To make warm clothes



The Prophet ﷺ Was Kind to Animals

The Prophet ﷺ was sent as a mercy not just for humans, but the whole world! He treated animals in the best way. The animals loved the Prophet ﷺ too!

The Prophet ﷺ taught the Companions رضي الله عنهم to be good and kind to animals. He told them to be gentle with them and to not overwork them. He told them to feed them and give them water.



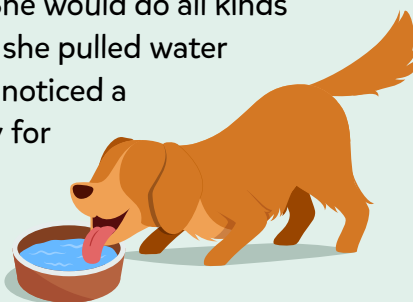
Do you remember the story “The Prophet ﷺ and the Crying Camel”? Can you recall how the Prophet ﷺ comforted it?

IT'S STORY TIME!

The Thirsty Dog

A long long time ago, there was an evil woman. She would do all kinds of bad things. One day, she passed by a well and she pulled water out of it to drink from it. As she was leaving, she noticed a thirsty dog wanting to drink water. She felt sorry for the dog and gave it water to drink.

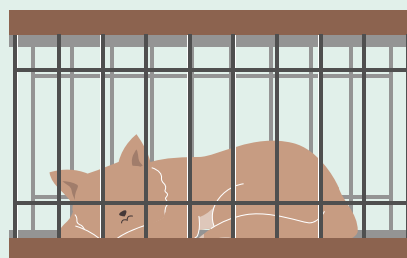
Allah loved what she did, and because of this one good deed, He forgave all of her past sins.



The Nasty Woman

Once upon a time, there was a woman who had a cat. She locked up her cat and did not give it any food. The poor cat became so skinny and eventually died of hunger. Due to this cruel act, Allah made the woman enter the Hell-fire.

Allah said to her, "You did not feed her or give her water when you tied her up! And you did not even set her free so she could go and eat the creatures of the earth."



Task 2

Answer these questions from the stories.

The Thirsty Dog

What did the woman in the story do?

What will happen to her in the Next Life?

The Nasty Woman

What did the woman in the story do?

What will happen to her in the Next Life?

How Should We Treat Animals?

Just as our beloved Prophet ﷺ was kind to animals, we should also be kind to animals. Just as we feel joy, fear and pain, animals also feel the same.

If we hurt or cause pain to any of the creation of Allah, we will be **punished** for this on the Day of Judgement.



Task 3

Draw a line to match each scenario to the action.

On her way to school, Maryam always notices a cat walking. The cat looks a bit thin and a bit sad.

Asiya sees some children laughing loudly whilst throwing sticks at a sick dog.

Musa has finished memorising Juz Amma, so his dad has brought him a rabbit as a pet.

If we have pets, we should ensure that they are fed on time and looked after properly.

If we come across animals that are hungry or thirsty, then we can give them food and drink.

If we see any animal being hurt, we should do what we can to put a stop to it.

I Act On What I Learn

I will be kind to animals just like my Prophet ﷺ!

P Progress Check



1. List 3 ways in which animals benefit us.

2. How did the Prophet ﷺ treat animals?

3. How should you treat animals?

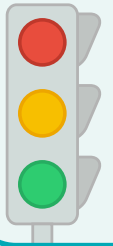
Lesson 10

My Prophet صلى الله عليه وسلم Taught Me to Respect Elders



Learning Objectives

In this lesson, I will:



Recall who 'elders' are

Explain why we should respect the elders

Demonstrate respectful gestures towards the elders



Key Words

Gestures

Initiate

Appoint



T Thinking Starter

What does respect mean to you?

What do you do to show respect towards others?

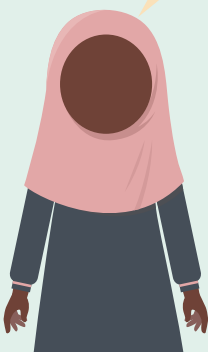
Our Elders

Elders are those who are older than us. Our beloved Prophet صلى الله عليه وسلم respected his elders and he صلى الله عليه وسلم said:

لَيْسَ مِنَّا مَنْ لَمْ يَرْحَمْ صَغِيرَنَا وَيُوَقِّرْ كَبِيرَنَا

“He is not one of us who does not have mercy on our young and does not respect our elders.” (Abu Dawud)

What did the Prophet صلى الله عليه وسلم mean when he said ‘he is not one of us’?



It means that we are not following the teachings of the Prophet صلى الله عليه وسلم. It is a warning to us that Allah and His Prophet صلى الله عليه وسلم will be very unhappy with us.

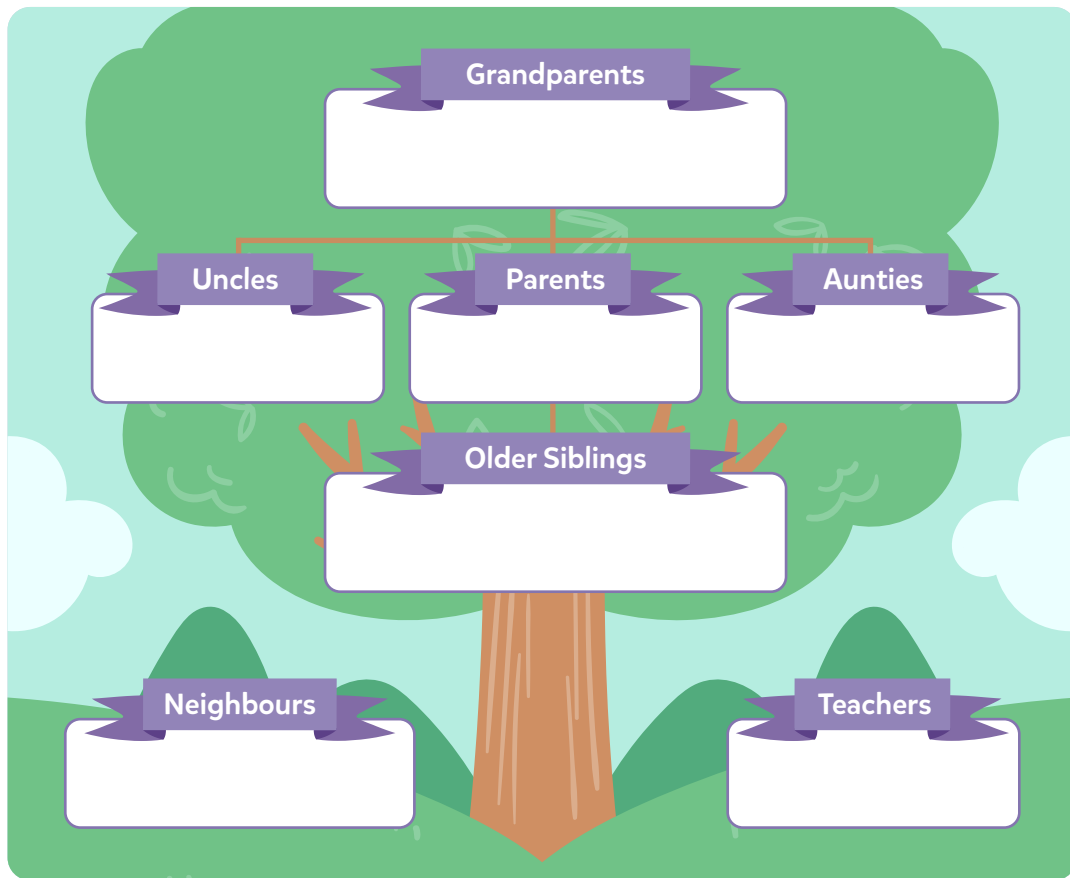
Respect means treating others the way you would like to be treated.





Task 1

Can you name some of your elders who you must respect?



Respectful Gestures

Our Prophet ﷺ showed respect to the elders in many ways: He **initiated** salam with them. He gave them his full attention when they were speaking to him. He visited them. He spent time with them. He showed them love. He helped them. He listened to their opinions and advice. He lived with them and looked out for them. He was patient with them. He was kind and compassionate towards them!

Gesture refers to an action or expression used to convey a specific message or feeling. It can be done by words or actions.

Initiate: to begin or start something.



SubhanAllah! Our Prophet ﷺ was so respectful towards the elders!

I want to be like my Prophet ﷺ, so I will do all of this too!





Task 2

Write down the respectful gestures that you would show in the scenarios below?



- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____



Discuss your responses with your class.



Did You Know?

One way of showing great respect to Allah is by respecting the elderly.

IT'S STORY TIME!

A Dream Lesson

One night the Prophet ﷺ had a special dream. He saw himself cleaning his blessed teeth with a siwak. Have you ever used a siwak before?

Whilst he was cleaning his teeth, two men came to him. One of them was older than the other one.

The Prophet first gave the siwak to the younger of the two. But then Jibril عليه السلام told him, "Give it to the older man." The Prophet ﷺ then gave the siwak to the older man.



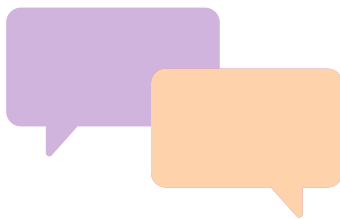
Respect makes a person feel special and loved. If we respect the elders, Allah will **appoint** someone to show us respect in our old age.

Appoint: to select someone for a particular task.



Task 3

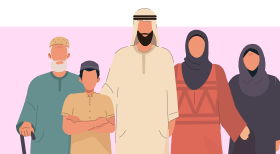
Interview an elder and ask them about a time when they felt respected.



I felt respected when...

I Act On What I Learn

I will respect my elders.



P Progress Check



1. Who are the elders? ☐

2. Why should we respect the elders? ☐

3. How should we show respect to the elders? ☐

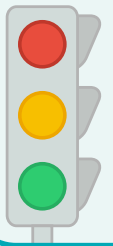
Lesson 11

My Prophet صلى الله عليه وسلم Was the Best Neighbour



Learning Objectives

In this lesson, I will:



State what Allah says about neighbours

List the rights of neighbours in Islam

Reflect on how I treat my neighbours



Key Words

Neighbour

Rights

Console

T Thinking Starter

What would you do if your **neighbour** disturbed you or annoyed you?



Neighbours

Neighbours have great importance in our din. Allah سبحانه وتعالى says:

وَأَعْبُدُوا اللَّهَ وَلَا تُشْرِكُوا بِهِ شَيْئًا وَبِالْوَالِدَيْنِ إِحْسَانًا وَبِذِي الْقُرْبَىٰ
وَالْيَتَامَىٰ وَالْمَسْكِينِ وَالْجَارِ ذِي الْقُرْبَىٰ وَالْجَارِ الْجُنُبِ وَالصَّاحِبِ بِالْجَنبِ

“Worship Allah and do not associate anything with Him. And be kind to parents, relatives, orphans, the poor, near and distant neighbours,* the friend by your side...” (Surah an-Nisa: 36)

* Your neighbours who are your relatives and those who are not your relatives

Our beloved Prophet Muhammad صلى الله عليه وسلم was the best neighbour and he also taught us how to be the best neighbour. He taught us that we cannot be true believers if we hurt our neighbours. We should never trouble our neighbours in any way and we should always take care of them.

Your **neighbour** is someone who lives close to you.



What should you say to your neighbours when you see them?

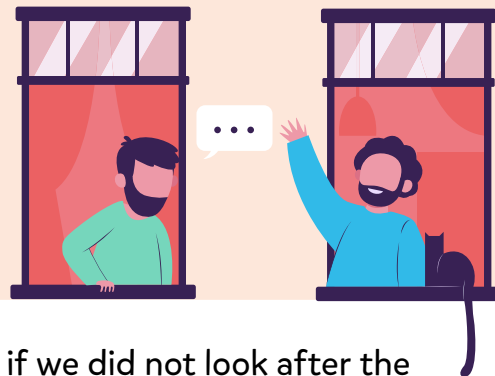
The Rights of the Neighbour

Our neighbours have **rights**. Here are some of them:

- 1 To greet them when you meet them.
- 2 To ask about them.
- 3 To visit them when they are sick.
- 4 To **console** them when they are sad.
- 5 To congratulate them on happy occasions.
- 6 To share food with them.
- 7 To forgive them when they do wrong to you.
- 8 To not bother them in any way; for example, by putting rubbish in front of their home.

A **right** is a duty and responsibility.

Console: to make someone feel better when they are sad or upset.

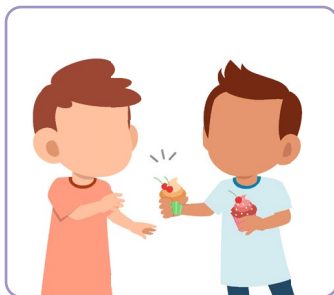


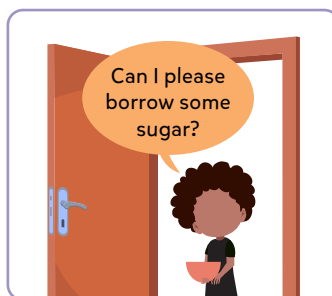
What would happen to our neighbourhood if we did not look after the rights of our neighbours?



Task 1

Use the clues in the pictures and write down the right of your neighbour.









Task 2

Self-Evaluation - I Reflect on My Character and My Manners

- a** Put a tick in the correct box. Make sure you are honest with yourself!

Manners	Always	Sometimes	Never
I do not make noise and disturb my neighbours.			
I smile at my neighbours and greet them.			
I help my neighbours.			
I share with my neighbours.			
I do not speak badly about my neighbours.			
I say salam to my neighbours and smile at them.			
I invite my neighbours to my home.			

- b** Choose one of the above manners for which you ticked 'sometimes' or 'never'. Write a reminder for yourself to improve at it.

From today, I will...

IT'S STORY TIME!

Imam Abu Hanifah & The Shoemaker

The great scholar Imam Abu Hanifah had a neighbour who was a shoemaker. During the day, the shoemaker would work, and at night he would get drunk and sing very loudly. As Imam Abu Hanifah would pray during the night, he would hear his neighbour and be disturbed by him.



One night, Imam Abu Hanifah couldn't hear the shoemaker. He became concerned. When he enquired about his whereabouts, he was told that he had been arrested for being drunk. The following morning, Imam Abu Hanifah prayed Fajr, mounted his mule and went to the leader.

"What brings you here?" asked the leader.

Imam Abu Hanifah requested the leader to free his neighbour. The leader agreed. Not only that, he also freed all the people who were arrested on that night.

Imam Abu Hanifah rode back home, whilst his neighbour walked behind him. On the way, the shoemaker thanked Imam Abu Hanifah, "May Allah reward you for taking care of the rights of your neighbour."

The shoemaker then repented, stopped drinking and became a pious man.



Task 3

Do you think you would have done what Imam Abu Hanifah did to help his neighbour?

How would you describe Imam Abu Hanifah?

I Act On What I Learn

I will fulfil all the rights of my neighbours.

P Progress Check



1. What does Allah say about neighbours?

☐

2. List 3 rights of the neighbour.

☐

3. What one thing can you do to be a better neighbour?

☐



I Learn, I Act, I Share

COOKING UP RESPECT AND KINDNESS

LEARNING FOR A
Life With Allah

In this book so far, we have been learning about the beautiful character of our Prophet ﷺ. We hope to be merciful, kind and respectful like him.

Now, it is time for you to put your learning into action! This activity will give you a chance to demonstrate mercy, kindness and respect towards your neighbours and your elders.

Speak to your parent or carer. Share with them what you have learnt about respecting your elders and being the best neighbour. Ask them if they can help you to cook up a favourite recipe to share with some neighbours and elders.

It can be any homemade item: a drink, a soup, a rice dish or even some bread.

Name of food/drink:

Serves _____ **people**

Ingredients (e.g. 2 cups of rice)



Equipment (e.g. big cooking pot)

Step-by-Step Method

1.

2.

3.

4.

5.

6.

7.

Once you have prepared the food, take it over to your neighbours and elders or invite them to join you for the meal at your house!

A picture of the food/drink that you have prepared



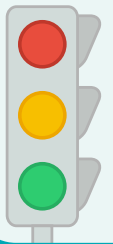
Lesson 12

My Prophet صلى الله عليه وسلم Taught Me How to Dress



Learning Objectives

In this lesson, I will:



Define 'haya'

Describe the 'awrah

Compare the male and female dress code



Key Words

Modesty - الْحَيَاءُ

Concealing

'Awrah - عَوْرَةٌ

T Thinking Starter

What du'as do we read when we wear and remove our clothes?



My Prophet صلى الله عليه وسلم Was Modest

Our beloved Prophet صلى الله عليه وسلم was extremely modest in every way: the way he dressed, the way he talked and in all his actions. He encouraged us to be modest too.

He صلى الله عليه وسلم said:

الْحَيَاءُ مِنَ الْإِيمَانِ

“Haya (modesty) is a part of iman.” (Bukhari & Muslim)

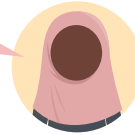
Our Prophet صلى الله عليه وسلم dressed beautifully but his clothes were always simple, respectful and modest. He wore garments that were loosely-fitted and not see-through. In this way, he made sure not to reveal the shape or skin of his body parts.

Our Prophet صلى الله عليه وسلم would also avoid dressing in any way that would show pride. He also told us that boys must not dress like girls and girls must not dress like boys, and we should not copy the dress styles of the disbelievers.

Modesty: to speak, behave and dress in a decent and respectful manner, without showing off.



I want to be like our Prophet Muhammad ﷺ!



Task 1

Match the words on the left to their opposites on the right:

Loose



Revealing



Respectful



Modest



Proud



Immodest



Disrespectful



Concealing



Humble



Tight



Concealing: covering something to keep it private and hidden from others.

The 'Awrah

Allah سبحانه وتعالى has instructed us to beautify ourselves and to cover our 'awrah with the clothes that He has provided for us:

'Awrah: parts of the body that **must** be covered in front of others.

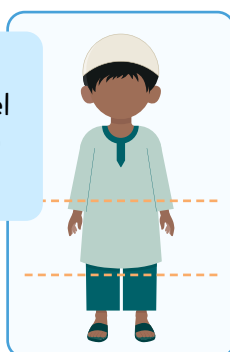
يَبْنَىٰٓ ءَادَمَ قَدْ أَنْزَلْنَا عَلَيْكُمْ لِبَاسًا يُؤْوِي سَوْءَ تِكُمْ وَرِيشًا وَلِبَاسُ التَّقْوَىٰ ذَٰلِكَ خَيْرٌ

"O children of Adam! We have provided for you clothing to cover your nakedness and as an adornment. However, the best clothing is piety..."

(Surah al-A'raf: 26)

Men

From the navel (belly-button) to the knees

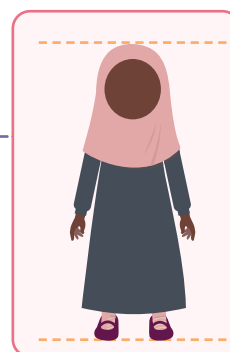


'Awrah

According to the madhab of Imam Malik رحمه الله

Women

Whole body except the hands and face*



*A woman's dress code is different when she is with her close family members or with other women only.



Did You Know?

Wearing loose clothing supports blood flow in our bodies.



Are your clothes covering your 'awrah and showing modesty?

Our Dress Code

Allah سبحانه و تعالی is the Creator of all human beings. He has made males and females similar in some ways and different in other ways because He wants the best for us. Like this, there are some dress rules that are for all of us, and some that are for only males or only females.



Task 2

Use the words below to fill the gaps in the diagram.

jewellery

beard

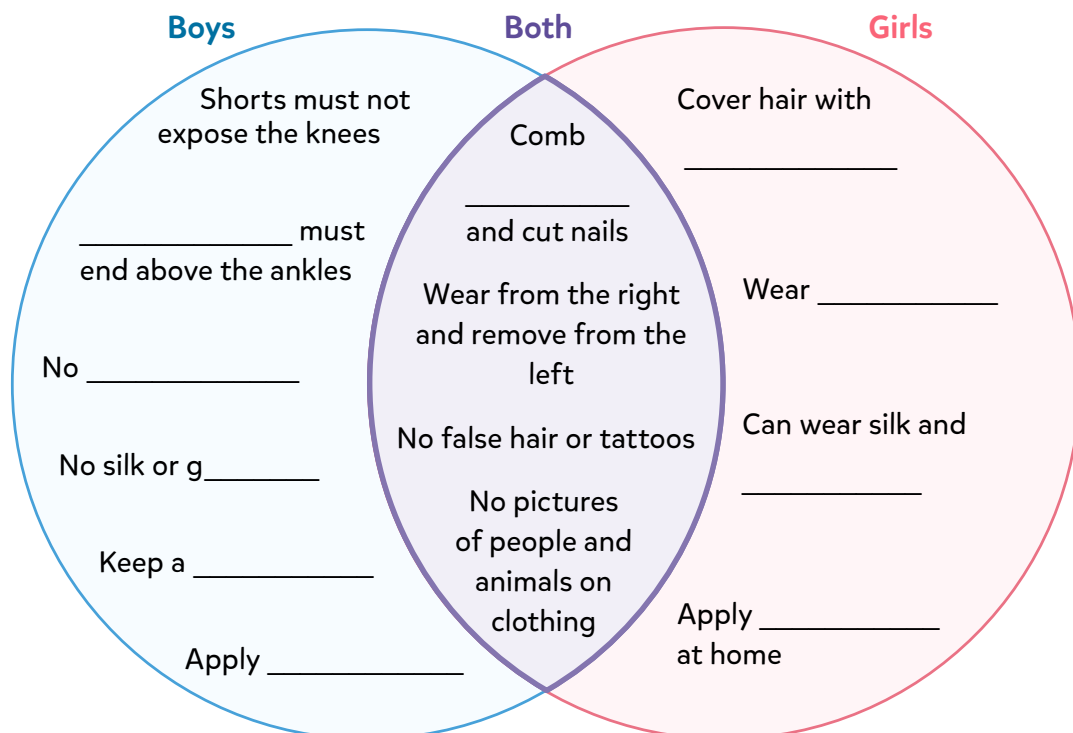
perfume

gold

hair

hijab

trousers

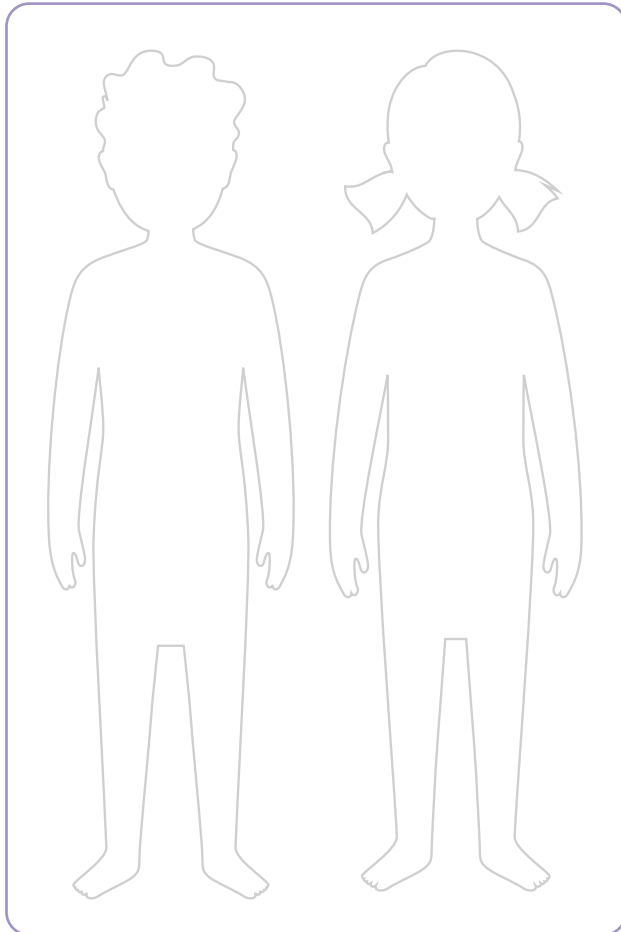




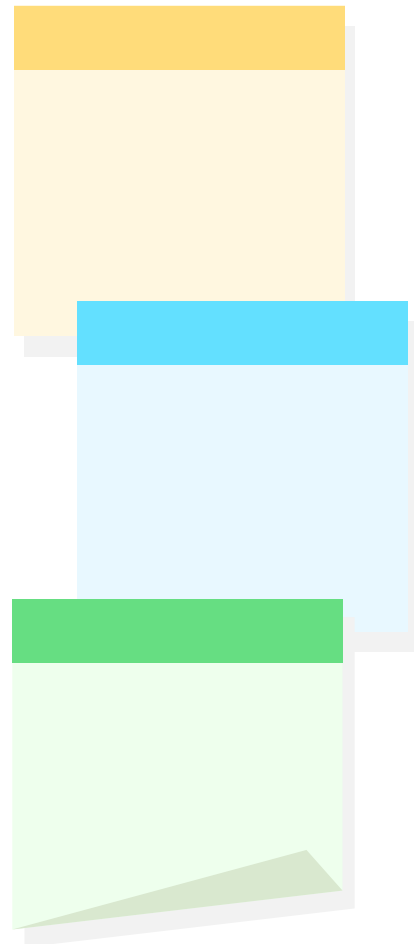
Task 3

Imagine you are the headteacher of a new Islamic school.

1. Design a modest uniform to dress the children below:



2. Write some reminders about modesty:



I Act On What I Learn

I will dress modestly like my beloved Prophet

ﷺ

P Progress Check



1. What is haya? ☐

2. What is the 'awrah of a male and female? ☐

3. State a similarity and a difference between the male and female dress code. ☐

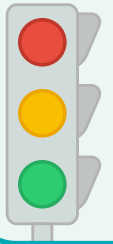
Lesson 13

My Prophet صلى الله عليه وسلم Was Mindful of His Tongue



Learning Objectives

In this lesson, I will:



- Describe how my tongue can make others unsafe
- Explain why we should stay mindful of our tongues
- Demonstrate speech that pleases Allah



Key Words

Mindful

Righteous

Word - قَوْلٌ

T Thinking Starter

How can we use our tongues to make the world a better place?



My Prophet صلى الله عليه وسلم Was Mindful of His Tongue

Our beloved Prophet صلى الله عليه وسلم was always **mindful** of his tongue: he never lied, nor did he say hurtful words, nor did he speak about useless things. He صلى الله عليه وسلم said:

الْمُسْلِمُ مَنْ سَلِمَ الْمُسْلِمُونَ مِنْ لِسَانِهِ وَيَدِهِ

“A Muslim is the one from whose tongue and hand the Muslims are safe.” (Muslim)

This means that the ‘true’ Muslim is the one who does not hurt others with his words and his actions.

Assalamu Alaykum!

I'm sorry!

Thank You!



Task 1

Complete the word search to find out how our tongue can make others feel unsafe:

Bullying

Gossip

Hurtful

Lying

Nonsense

Sarcasm

Swearing

Unkind

Useless



Sarcasm: to use words that mean the opposite of what you really want to say, to hurt someone. Example: to say 'You're so tall' to a short person.

IT'S STORY TIME!

The Insult and The Smile

One day, our beloved Prophet ﷺ was sitting with some of his Companions. A man insulted Abu Bakr رضي الله عنه – the Prophet's best friend. Abu Bakr remained silent and did not respond. The Prophet ﷺ watched this and smiled. The man then insulted him again, but Abu Bakr رضي الله عنه remained silent. When the man insulted him the third time, Abu Bakr responded to him with a few words. At this point, the Prophet ﷺ stood up. Abu Bakr followed him and asked him: "Were you angry with me, Messenger of Allah?"

The Prophet ﷺ replied: "There was an angel with you who came down from the heavens. He was defending you and responding on your behalf. When you responded yourself, Shaytan came – and I was not going to sit with Shaytan!"



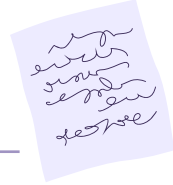
What do we learn from this story? How else can we respond to rude speech?



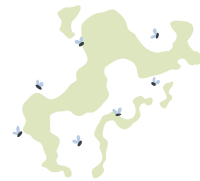
Task 2

Role play these scenarios and write down your responses.

- 1 A classmate teases you about your handwriting



- 2 Your brother calls you 'smelly'



We Can't Take Back What We Say!

Our tongue is a part of our mouth that enables us to speak. It is a blessing from Allah سبحانه و تعالى. We should only use it for **righteous** words and we definitely shouldn't use it for words that would displease Allah.

Allah سبحانه و تعالى says in the Qur'an:

مَا يَلْفِظُ مِنْ قَوْلٍ إِلَّا لَدَيْهِ رَقِيبٌ عَتِيدٌ

"He does not utter a single word, except that there is an observer with him, ready (to write it down)." (Surah Qaf: 18)

This means that everything we say is recorded by an angel.



What words have you spoken with your tongue today?

Were they recorded by the angel on the right or the angel on the left?

I am kind!





Task 3

Let's play a game: Practise each type of righteous speech below, writing down the words you speak in each box.

The first to complete wins!

(You can play this as a class or in pairs - your teacher will give you instructions.)



Doing Dhikr

Reading Qur'an

Sharing Knowledge

e.g. Smiling is sunnah.

Apologising

Being Thankful

Complimenting

Offering Help

Encouraging

Speaking Kindly

I Act On What I Learn

I will speak words that please Allah, otherwise I will remain silent.

P Progress Check



1. How can our tongues make others unsafe?

☐

2. Why should we stay mindful of our tongues?

☐

3. How can you use your tongue to please Allah?

☐

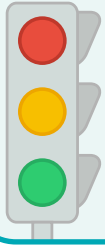
Lesson 14

My Prophet صلى الله عليه وسلم Did Not Backbite



Learning Objectives

In this lesson, I will:



Define 'backbiting'

Discuss the consequences of backbiting

Explain how I can stay away from backbiting



Key Words

Backbiting (*Ghibah*) - غَيْبَةٌ

Pollute

Consequence

T Thinking Starter

Think of a time when somebody made an unkind comment about you to others. How did you feel?



Backbiting

Backbiting (**ghibah**) is to say something which is true about a Muslim that they would not like, behind their back (i.e. when they are not there). Backbiting is a very serious sin and it angers Allah. Allah سبحانه وتعالى says:

وَلَا يَغْتَابَ بَعْضُكُم بَعْضًا

“...And do not backbite one another...” (Surah al-Hujurat: 12)

Our Prophet صلى الله عليه وسلم would never backbite. One day, one of his wives told him صلى الله عليه وسلم something about a man. He صلى الله عليه وسلم said, “I do not like to talk about a man, even if I were to get this or that.” He meant that even if someone gave him so much money, he would still not like to say something bad about that man.

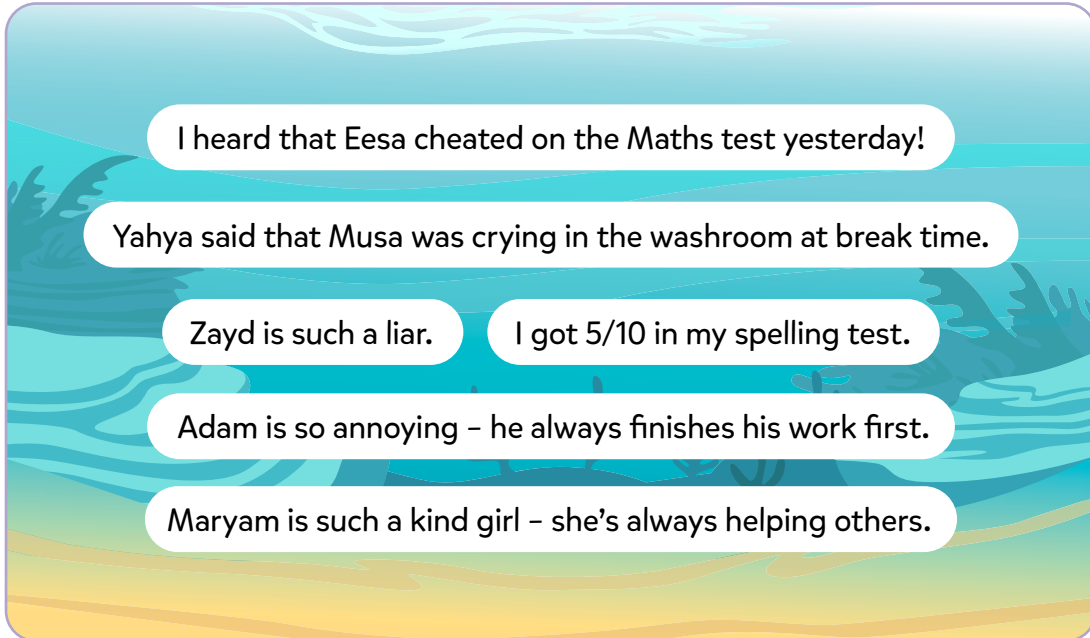
She then said, “Safiyah is a woman who is ...” and she used her hand as if to indicate that she is short. So the Prophet صلى الله عليه وسلم said to her: “You have said a statement which, if it were mixed in the water of the sea, it would **pollute** it.” (Abu Dawud)

Pollute: to make something very dirty



Task 1

Which of these comments below would pollute the water of the sea if they were mixed with it? Can you shade them in?



Did You Know?

It is not ghibah when you report someone for harming someone or something. It is our duty to stop others from doing wrong.



IT'S STORY TIME!

Playground Whispers

Children are running, laughing, and playing together on the school playground. Ustadh Jamal calls Yusuf to the side to have a word with him. Adam whispers to Salih that he saw Yusuf taking a sweet from Ustadh Jamal's jar, and maybe he is speaking to him about that. Then, Yusuf and Ustadh Jamal go inside.

When the children line up at the end of break, Salih is standing behind Khadijah and he tells her what Adam told him about Yusuf. Some other children hear this and they all become curious, *thinking badly* of Yusuf.



The *gossip spreads like wildfire* amongst the children in the class. Yusuf's other friends *start avoiding him*, whispering amongst themselves whenever he comes over. Yusuf overhears them speaking about him. He starts tearing up: he is *hurt and confused*, feeling *lonely and unloved*.

By the next day, Yusuf *loses his confidence*. He cries at the school gate, refusing to go into school. Adam and Salih watch regretfully from a distance, realising the *damage* their gossip has caused.

Later on, Ustadh Jamal tells the class, "I told Yusuf to take a sweet from my jar as he was feeling dizzy. Then, on the playground, I called him over to see if he was feeling better. He wasn't feeling better, so we came back inside where he could sit and take a rest." Adam and Salih are speechless and ashamed of themselves. It clearly wasn't what it seemed! *They wish they could take back what they said, but it isn't possible now.*

The children all apologise to Yusuf and express how they wish they hadn't believed what they were told. Adam and Salih admit that they had started the gossip. Yusuf forgives them, but he finds it very difficult to *trust* them again.



Reflect on the story above and identify at least **five consequences** of ghibah.



Task 2

At the end of the school day, the teacher writes a question on the board:

'Why is ghibah not allowed in Islam?'

Write an answer to the teacher's question.

How Can I Stay Away From Backbiting?

- ★ Remind yourself that it is a major sin – something which makes Allah angry.
- ★ Ask yourself: Would I want someone to say this about me?
- ★ Ask yourself: Do I want Allah to wipe out my good deeds and give them away to another person?



Task 3

Role Play

You are thinking of telling your friend, 'My neighbour is very nose-y.'

What questions can you ask yourself before you say this?

Your friend says, 'Did you see that boy? His clothes were so dirty.'

How should you respond to your friend?

I Act On What I Learn

I will stay far away from backbiting just like my Prophet ﷺ!

Progress Check



1. What is ghibah? ☐

2. What are some of the consequences of ghibah? ☐

3. How can we keep away from ghibah? ☐

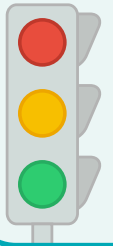
Lesson 15

My Prophet صلى الله عليه وسلم Never Bullied Others



Learning Objectives

In this lesson, I will:



- Define 'bullying' and its types
- Explain why name-calling and mocking is not allowed
- Describe what to do when I see someone being bullied



Key Words

Bullying
Abusive
Mocking

T Thinking Starter

How would you feel if you see a group of children picking on someone younger than them? What would you do?



Bullying

Bullying is when you hurt anyone with your words or your hands. Laughing at others, pointing out faults in their clothes, commenting on their skin colour, and excluding them from a group is also bullying.

Common types of bullying:



Physical

hitting, kicking and taking someone's things without asking them.



Verbal

name-calling, teasing and making fun of someone.



Emotional

telling lies about someone, making them feel left out and spreading rumours.

The Prophet صلى الله عليه وسلم said: "A Muslim is not a person who insults, curses, speaks rude words or is **abusive**." (Bukhari)

Always treat others how you would like to be treated.



Task 1

Be a Buddy, not a Bully

Sort out the phrases below into the correct columns.

You're a loser, nobody likes you!

Let me help you with that.

I wish you weren't in our class.

Would you like to play with us?

I heard that she cheated in the test.

I like sitting next to you.

You can't join our game.

You're very kind. May Allah bless you.

Let's hide her shoes.

You're so ugly.

The Bully	The Buddy



I will...

REACH OUT to others who are bullied,



SPEAK UP when I see bullying,

BE A FRIEND whenever I see bullying.



Name-Calling and Mocking

We are not allowed to call people by names they do not like or names which make them feel sad. The Prophet ﷺ would always call people with names that made them feel happy and loved.

Allah سبحانه وتعالى says: “O believers! Do not let men mock other men, they may be better than them, and do not let women mock other women, they may be better than them.” (Surah al-Hujurat: 11)

Mocking: Making fun of someone in a cruel way.



Did You Know?

When a bullied person makes a du'a against a bully, Allah accepts it.



Task 2

You are guilty of bullying one of your classmates and he is very upset. You are sorry for what you have done. You have asked Allah to forgive you. **Now write a letter to your classmate and apologise to him.**

Dear _____ ,

From _____

What Should I Do if Someone Is Being Bullied?

If we ever see someone else getting bullied, we should try to stop it. We can also stay near them or play with them to keep the bully away. We should advise the bully to stop or tell an older person. The Prophet ﷺ said:



وَاللَّهُ فِي عَوْنِ الْعَبْدِ مَا كَانَ الْعَبْدُ فِي عَوْنِ أَخِيهِ

“Allah will help His servant as long as the servant helps his brother.” (Muslim)



Do you remember the hadith about loving for your brother what you love for yourself? (Hint: It's in Lesson 4)



Task 3

Encourage others to stop bullying. Use what you have learnt today to write an anti-bullying message that can be displayed on your school noticeboard.

I Act On What I Learn

I will always help anyone who is being bullied.

P Progress Check



1. What are some common types of bullying?
2. Why is name-calling and mocking not allowed?
3. How can you help someone who is being bullied?

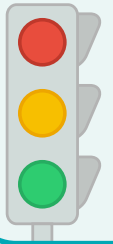
Lesson 16

My Prophet صلى الله عليه وسلم Taught Us to Never Steal



Learning Objectives

In this lesson, I will:



State the punishment of stealing

Define **ar-Raqib**

Explain how Allah chooses what is best for us



Key Words

Severe

Thief - سَارِقٌ

The Ever Watchful - الرَّقِيبُ

T Thinking Starter

How would you feel if you opened your school bag to find all your colouring pens missing?



Stealing Is Haram!

Stealing or **theft** means taking something that does not belong to you. Stealing is haram (unlawful) and a major sin. The punishment for stealing is mentioned by Allah in the Qur'an and it is very **severe**.

Allah جلّ جلاله tells us the punishment of the person who steals in the Qur'an:

وَالسَّارِقُ وَالسَّارِقَةُ فَاقْطَعُوا أَيْدِيَهُمَا

جَزَاءُ بِمَا كَسَبَا نَكَالًا

"Cut off the hands of the **thief**, male or female, as punishment for what they have done...*" (Surah al-Ma'idah: 38)

* This command is for the government of the Muslim lands.

Severe means something really serious or intense.





Did You Know?

Stealing is so evil that Allah punishes a person in this world and in the hereafter. When we steal, we are taking something which is not rightfully ours, without permission.



Task 1

Look at each scenario below.

Decide if the picture shows something that is right  or wrong .

Tick the correct column.

Scenario	Right 	Wrong 
Taking something without permission 		
Borrowing something and not giving it back 		
Finding something and keeping it 		
Taking fruit from your neighbour's tree with their permission 		

Allah Is Always Watching

Allah سبحانه وتعالى is **ar-Raqib, The Ever Watchful**. Allah watches everything. Allah can see what we can see, but He also sees what we **cannot** see. Even though we may think that no one can see us, Allah is always watching. Allah جلّ جلاله says:

الرَّقِيبُ

إِنَّ اللَّهَ كَانَ عَلَيْكُمْ رَقِيبًا

“Indeed Allah is Ever Watchful over you.” (Surah an-Nisa: 1)



Task 2

Complete the ayah:

إِنَّ اللَّهَ كَانَ عَلَيْكُمْ _____

Meaning in English:

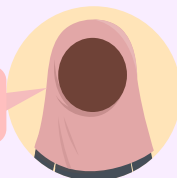
Trusting Allah's Choices

Sometimes we really, really want something, like a new toy or a special treat. But did you know that Allah knows what's best for us, even when we don't get what we want?

Allah جلّ جلاله sees everything, even the things we can't see. So, when we ask for something and we do not get it, it is not because Allah doesn't care. It is because He knows what is best for us, even if we don't understand why at the time.

Stealing is never the right answer, even when we might feel sad or upset because we don't get what we want. Allah wants us to be honest. He wants us to be patient. He wants us to trust Him. He always knows what is best for us.

I trust Allah!





Task 3

Help Grandma to respond to Maryam:

It's not fair. Ruqayyah in my class has so many toys and so many new clothes. Every week, she brings new stationery. I don't even think she would notice if I took one of her pens and kept it for myself.



I Act On What I Learn

I will never steal and will always be happy with what Allah has given me.



P Progress Check



1. What is the punishment for stealing? ☐

2. Which name of Allah should we remember when we think of stealing? ☐

3. Why should we trust Allah's choices? ☐

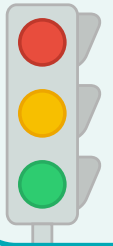
Lesson 17

My Prophet صلى الله عليه وسلم Did Not Look for the Faults of Others



Learning Objectives

In this lesson, I will:



Define 'fault-finding'

Recognise that the Prophet صلى الله عليه وسلم did not look for others' faults

Explain the consequences of fault-finding



Key Words

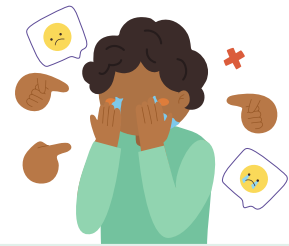
Fault-finding

Suspicion

Distance

T Thinking Starter

Have you ever had someone point out a fault of yours?
Did you find it helpful or hurtful? Why?



Fault-finding

The Prophet صلى الله عليه وسلم said, "Beware of **suspicion**, for suspicion is the worst of false tales. **Do not look for others' faults**, do not spy on each other, and do not be jealous of one another. Do not cut your relations with one another, do not hate one another; and be servants of Allah as brothers." (Bukhari)

In this hadith, the Messenger صلى الله عليه وسلم is teaching us how to live beautifully as brothers and sisters.



I strengthen my Ummah.

Fault-finding and finger pointing means looking for mistakes and faults instead of noticing what's **good**.

Suspicion: thinking someone might be doing something wrong, without being sure.



When we point a finger at another person, how many fingers are pointing back at us? What does this teach us?



Task 1

It can be tempting to find fault with others, but we must stay kind.
Can you circle the phrases that show kindness?

I was wrong too.

It was her.

I'm sorry.

Mistakes happen.

I know you did it!

They started it.

It was his idea.

It was me.

How can I help to fix it?



Task 2

Can you remind these children with the advice of our beloved Prophet ﷺ? Match the statement with the correct part of the hadith.

We lost the game because you didn't play well.

Do not be jealous of one another

I'm not your friend anymore.

Do not hate one another

I don't like her. She always takes my things.

Do not cut your relations with one another

I think they are talking about me.

Do not spy on each other

I will follow him and see who he talks to.

Do not look for others' faults

Why does she have such a pretty bag?

Beware of suspicion

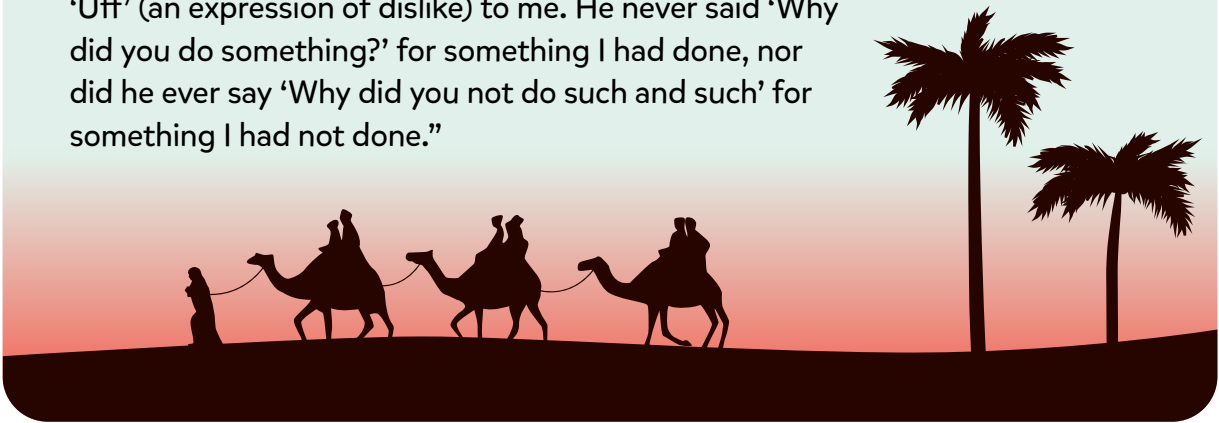
IT'S STORY TIME!

Not even 'Uff'!

Anas bin Malik رضي الله عنه was a young 10 years old boy when our beloved Prophet صلى الله عليه وسلم migrated from Makkah to Madinah. He was amongst the delighted children of Madinah who waited excitedly to welcome Muhammad صلى الله عليه وسلم.

When Muhammad صلى الله عليه وسلم arrived, everybody wanted to serve him. The mother of Anas bin Malik approached Muhammad صلى الله عليه وسلم while holding the hand of Anas, and she said, "O Messenger of Allah. I am a poor woman and I have nothing to offer you. This is my son; I am leaving him with you so he can help you and serve you. Please accept him." Muhammad صلى الله عليه وسلم did not turn her down.

Anas رضي الله عنه said, "I never felt any piece of velvet or silk softer than the palm of the Rasulullah صلى الله عليه وسلم, nor did I smell any fragrance more pleasant than the smell of Rasulullah صلى الله عليه وسلم. I served him for 10 years and he never said 'Uff' (an expression of dislike) to me. He never said 'Why did you do something?' for something I had done, nor did he ever say 'Why did you not do such and such' for something I had not done."



How does this story connect to the title of our lesson: 'My Prophet did not look for the faults of others'?

The Consequences of Looking for Faults in Others

When we look for faults in others:

- ★ We will lose friends.
- ★ Others will **distance** themselves from us.
- ★ We won't improve ourselves.
- ★ We will make others upset and less confident.

When we look for faults in others, we forget that we have our own faults. Sometimes we might look for faults in others because we think we are better than them.





Task 3

Shaytan can really tempt us to **find faults** with others.
We must not let him win!

Can you respond to each incident with goodness?



Incident	Unkind response	Kind response
Your team loses the competition.	It's because so-and-so didn't do their part properly.	We are a team. Let's figure out how we can work better together.
Your brother is not tidying up with you.	You never tidy up! You're lazy.	
Your classmate is taking a long time finishing a task.	You're so slow. You're holding us back.	
Your friend has a different idea about a game to play.	Your ideas are silly. I'll play with somebody else.	

I Act On What I Learn

I will not look for the faults of others.
Instead I will focus on how I can improve.

P Progress Check



- What is fault-finding? ☐
- How did our Prophet ﷺ treat Anas bin Malik رضي الله عنه? ☐
- What happens when we look for faults in others? ☐

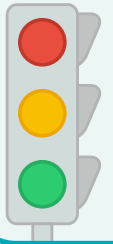
Lesson 18

My Prophet صلى الله عليه وسلم Taught Me to Manage My Anger



Learning Objectives

In this lesson, I will:



Discuss the harms of anger

State how to manage my anger

Reflect on the forbearance of the Prophet
صلى الله عليه وسلم



Key Words

Manage

Regret

Forbearance



T Thinking Starter

When did you last get angry? What did you do?

Anger

Once a man came to the Messenger of Allah صلى الله عليه وسلم and asked him: "Give me some advice." The Prophet صلى الله عليه وسلم replied:

لا تَغْضَبْ

"Do not get angry." (Bukhari)

The man wanted more advice, but each time the Prophet would give the same reply: "Do not get angry".

Anger is a natural feeling that we all experience sometimes. Maybe your sibling took your toy without asking, or a friend said something hurtful. It's okay to feel angry in these situations, but what matters is how we react. It is important that we **manage** our anger.

When we get angry, sometimes we say things or do things that may really **hurt others**. Sometimes we may even say or do something which we really **regret** later.



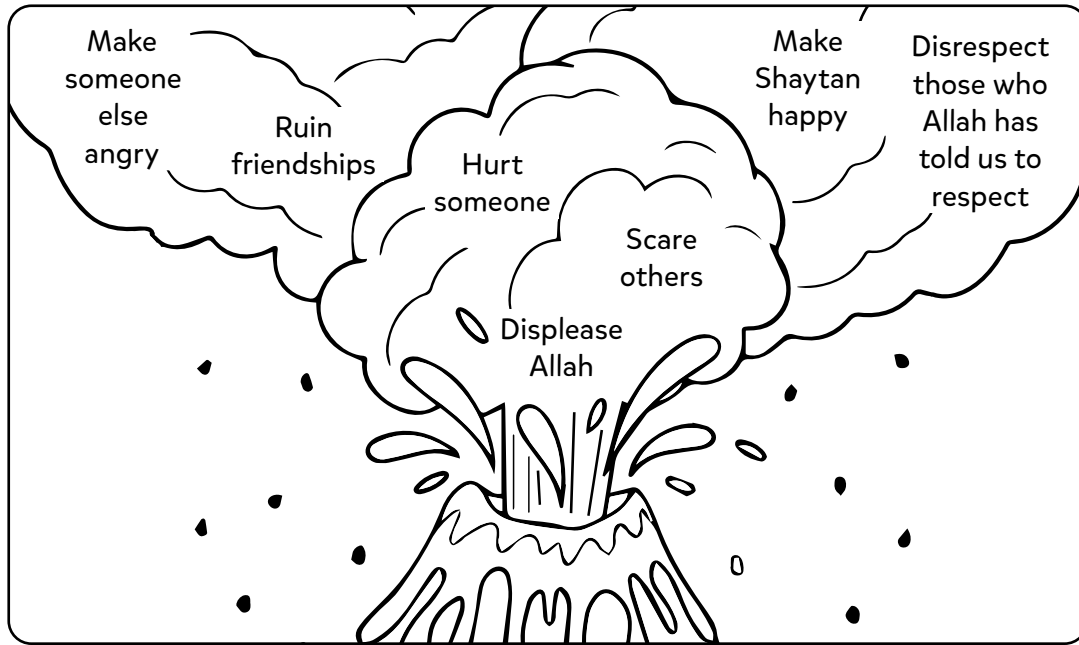
Task 1

Think about how a volcano might sound or look when it is erupting.

How would you feel if you were near this volcano?

How do you feel when others get angry?

Colour in the volcano and all the consequences of getting angry.



Task 2

The Prophet ﷺ taught us how to manage our anger.

Draw images for the methods of managing anger in the boxes below.

When I feel angry, I should

Say the isti'adhah to make Shaytan run away

أَعُوذُ بِاللَّهِ مِنَ
الشَّيْطَانِ الرَّجِيمِ

Do wudu

Drink water

Sit down if I am standing

Lie down if I am sitting

Remain quiet



Why do you think we ask Allah to protect us from Shaytan when we get angry?

The Forbearance of the Prophet ﷺ

Forbearance is when you control your anger even when you have the power to take revenge. The Prophet ﷺ was extremely forbearing. People would say or do nasty things to him, but he would remain calm.

The Prophet ﷺ did get angry at times – but it was always for the right reason and to please Allah. And even when he did get angry, he would not say bad words or throw things. He would **manage** his anger.



Can you think of a right reason for getting angry?

IT'S STORY TIME!

The Demanding Desert Man

One day, the Prophet ﷺ was walking with young Anas – his loyal servant. The Prophet ﷺ was wearing a simple cloak which had a rough edge. The Prophet did not wear fancy clothes like powerful leaders usually do – he lived a simple life.

All of a sudden, a Bedouin (someone who lives in the desert) man came up behind him, took hold of the shawl and pulled it with great force. He pulled it so hard that the edge of the garment left marks on the neck of the Prophet ﷺ!

Imagine how angry you would be if somebody did that to you!

Not only that, the man then rudely exclaimed, “Muhammad!” He didn’t even call him ‘O Messenger of Allah’ like the other Companions used to. He then said, “Order them (your Companions) to give me something from Allah’s money which you have!”

The Prophet turned to him and **he smiled** warmly! He then asked one of his Companions to give some money to this bedouin man.



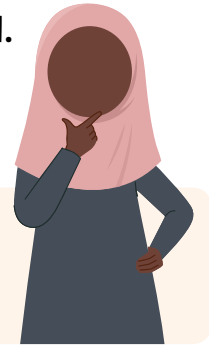
What can you learn from this story?



Task 3

Sometimes, others around us can get angry or lose control. From the previous story, we learn that we should be extra kind to an angry person to help them to calm down.

What can you do the next time someone does something to make you angry?



Write a short reminder to yourself.

If someone does something to make me angry, I will...

One of Allah's Beautiful Names is **al-Halim (The Forbearing)**. So many people disobey Allah and do bad things. But Allah does not punish them even though He easily can. Allah gives them so many chances!



I Act On What I Learn

I will stay calm like my Prophet ﷺ

P Progress Check



1. What are the harms of anger? ☐

2. What can you do to control your anger? ☐

3. How would the Prophet ﷺ respond when people did and said nasty things to him? ☐

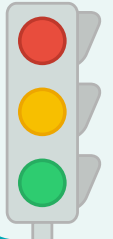
Lesson 19

My Prophet صلى الله عليه وسلم Also Felt Sad



Learning Objectives

In this lesson, I will:



Recognise that our Prophet صلى الله عليه وسلم also felt sad

Identify ways to cope with sadness

Design a card to comfort someone who is feeling sad



Key Words

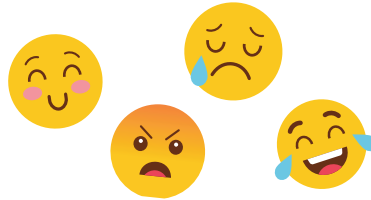
Emotions

Grief

Distress

T Thinking Starter

How many different **emotions** can you name?



Emotions:
strong feelings.

IT'S STORY TIME!

Comfort in Tears

The Prophet صلى الله عليه وسلم hurried to the side of his dear son, Ibrahim. Little Ibrahim was not feeling well. Mariyah, Ibrahim's mum, and the Prophet صلى الله عليه وسلم watched sadly as their son's condition worsened. The beautiful, sweet boy soon took his last breath.

With tears welling up in his eyes, the Prophet صلى الله عليه وسلم gently cuddled Ibrahim. His tears, like pearls, streamed down his cheeks. 'Abdur-Rahman bin 'Awf, a close Companion, was surprised to see the Prophet صلى الله عليه وسلم weeping.

"Messenger of Allah, you cry too?" 'Abdur-Rahman asked with concern.

The Prophet صلى الله عليه وسلم replied softly, "Ibn 'Awf! It is mercy."

And then, like a river flowing, the Prophet's صلى الله عليه وسلم tears fell freely. But amidst his tears, he spoke words of comfort and faith:

"The eyes are shedding tears and the heart is **grieved**, and we will not say anything except what pleases our Rabb. O Ibrahim! Indeed, we are saddened by your departure."

Grief: to feel great sadness, especially when someone dies.

It's Okay to Feel Sad

Our Prophet ﷺ, the greatest of men, felt sad many times too and he reminded us that even heroes cry. But, from the above story, we learn that he would seek comfort with Allah and trust Allah's plan. And just like him, we too should trust that Allah knows what's best for us.



Task 1

In the thought bubbles, write or draw what makes you feel sad.



Du'a in Distress

When a matter would **distress** the Prophet ﷺ, he would say:

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ

O Ever-Living One, O Sustainer (The One who looks after everything), I seek help through Your mercy. (Tirmidhi)



Discuss all the ways in which Allah has blessed you.

Coping with Sadness

In the early days of Islam, our Prophet ﷺ also felt very sad when he hadn't received revelation for a very long time. He missed it very much and he worried that Allah had become unhappy with him. Allah سبحانه وتعالى then revealed Surah ad-Duha, in which Allah comforted him.

Allah سبحانه وتعالى says in Surah ad-Duha:

Your Lord has not abandoned you, nor has He become hateful (of you). (3)

مَا وَدَّعَكَ رَبُّكَ وَمَا قَلَىٰ ﴿٣﴾

This means that Allah is always present and He knows what is happening.

And the Next Life is certainly far better for you than this one. And your Lord will give so much to you that you will be pleased. (4-5)

وَلِلْآخِرَةِ خَيْرٌ لَّكَ مِنَ الْأُولَىٰ ﴿٤﴾
وَلَسَوْفَ يُعْطِيكَ رَبُّكَ فَتَرْضَىٰ ﴿٥﴾

This means that Jannah is our forever home where Allah will give us so much that we will never feel sad again.

Did He not find you as an orphan, then sheltered you? Did He not find you unguided, then guided you? And did He not find you needy, then satisfied your needs? (6-8)

أَلَمْ يَجِدْكَ يَتِيمًا فَآوَىٰ ﴿٦﴾
وَوَجَدَكَ ضَالًّا فَهَدَىٰ ﴿٧﴾
وَوَجَدَكَ عَائِلًا فَأَغْنَىٰ ﴿٨﴾

This means that Allah is always present and He knows what is happening.



Task 2

Fill in the missing boxes, using the knowledge you have learnt above:

When I feel sad...

I should say:

I can speak to:

I can listen to:



Task 3

Design a card for somebody who is feeling sad.

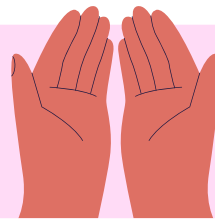
Draw a picture on one side and write a message on the other side.

Draw a picture on this side.

Write your message on this side.

I Act On What I Learn

When I feel sad, I will say the 'du'a in distress'.



P Progress Check



1. Recall an event when our Prophet ﷺ felt sad.

☐

2. How can we cope when we feel sad?

☐

3. What du'a can you recite when you feel sad?

☐

IT'S NASHID TIME!

Anger

Sometimes we feel happy, sometimes we'll feel sad
 Sometimes we get angry, and mad mad mad
 It feels like your head is hot hot hot
 Boiling over like a bubbling pot
 Your ears are burning and your eyes are red
 You try to smile... but you scream instead

Take a breath, and make wudu
 Pray salah, it's best for you
 You'll be stronger, and oh so cool
 Say toodle doo, your grumpiness is through

At times we get tested, at times it goes down
 Don't act like a grizzly, growling around
 You scratch and you claw and bicker and fight
 Nobody listening, you wanna be right
 And the more that you try, they don't understand
 The mercury rising, red red red

If you're standing up
 Then walk away
 Try settle down
 It's a better way
 Cos the one that's strongest
 Is one who holds his tongue
 When the grizzly comes
 Until their grumpiness is done!



Sometimes you want something, something right now
 And they say that you can't, and you don't know why
 Cos it can't be fair, and it don't seem right
 You just wanna play and you don't wanna fight
 But you scream out loud and your insides burn
 Why is it everyone else's turn?

Just say the words, 'Audhubillah'
 Oh Allah, save me from Shaytan
 It's a mighty weapon, when we have iman
 And it cools the fire, wave your grumpiness goodbye

Sometimes you feel sad and you don't even know
 Why they don't call you to come and play along
 You really wanna join them, but they say no!
 It's never ever nice to be all alone

Sometimes we win, sometimes we lose
 Allah will choose, what is best for you
 Every up and down, c'mon bring it on
 Oh you have to be strong, till your grumpiness is gone

So take a breath, and make wudu
 Pray to Allah, He'll get you through
 So c'mon save yourself
 And those around you too
 From the grumpy, grizzly YOU!

By Zain Bhikha



Lesson 20

My Prophet صلى الله عليه وسلم Also Felt Ill



Learning Objectives

In this lesson, I will:



Recognise that the Prophet صلى الله عليه وسلم also felt ill

Describe what to do when I feel ill

Explain how to stay positive when I am ill



Key Words

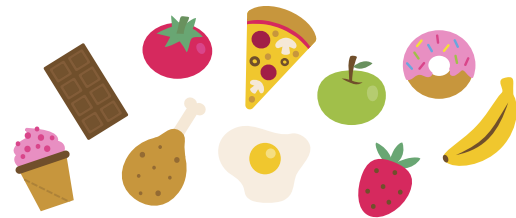
Fever

Complain

Power - قُدْرَة

T Thinking Starter

What foods can you eat to help you stay healthy?

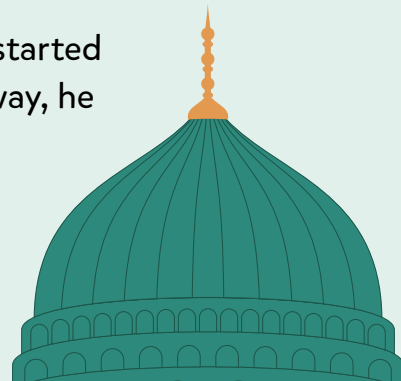


The Prophet صلى الله عليه وسلم Falls Ill

The Prophet صلى الله عليه وسلم was very active, strong and healthy. Whoever saw him would think he was younger than his actual age because he was so healthy.

It was only towards the end of life that he started to become ill. Before he صلى الله عليه وسلم passed away, he became very ill. He had a very bad **fever**.

But even when he was very ill, he worried about his Ummah, and he comforted his own family.



When the Prophet صلى الله عليه وسلم fell ill, he did not **complain**. Instead he taught us that when we are ill, Allah سبحانه وتعالى forgives our sins.

When I'm Ill

Our beloved Prophet ﷺ taught us that when we are ill, we should ask Allah to cure us and make us feel better. He also told us to take medicine and seek treatment.




Did You Know?

The Qur'an is the most powerful cure! The Prophet ﷺ would pray from the Qur'an and blow over himself when he was ill.



Task 1

The Prophet ﷺ told us to use the following as a means of cure (shifa). Can you work out what they are?

Description	What Am I?
I am small and round. Some people use me when they make bread. Oil can also be made out of me.	 Black seeds
I am produced by a bee. I am sweet.	
I came out from the ground when Hajar عليها السلام was looking for water for her baby son Isma'il عليه السلام.	
I am the oil of a fruit which is mentioned in the Qur'an. (Clue: By the Fig and the _____).	
I am the final revelation. I am the greatest cure!	

Allah is **ash-Shafi** (The Healer). Even if we think we were cured by medicine or the doctor, it was really Allah who cured us.

IT'S STORY TIME!

A Powerful Du'a

There was a Companion whose name was 'Uthman ibn Abi al-'Aas رضي الله عنه. One day he came to the Prophet Muhammad صلى الله عليه وسلم and told him that since he had accepted Islam, he had been feeling pain in his body.

What do you think the Prophet صلى الله عليه وسلم said to him?

The Messenger of Allah صلى الله عليه وسلم said to him: **"Put your hand on the part of your body where you feel pain and say 'Bismillah' three times."**

بِسْمِ اللَّهِ

He then told him to recite the following du'a seven times:

أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاذِرُ

So 'Uthman رضي الله عنه did exactly as the Prophet صلى الله عليه وسلم told him to.

Miraculously, Allah سبحانه وتعالى removed all of his pain and he felt much better!

After this, whenever any family member of 'Uthman رضي الله عنه would fall ill, he would tell them to recite this special du'a that he had learnt from the Prophet صلى الله عليه وسلم.



Task 2

Trace and memorise this du'a.

3x

بِسْمِ اللَّهِ

7x

أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاذِرُ

"In the Name of Allah. I seek protection with Allah and with His power from the evil of what I feel and from what I fear." (Muslim)



Did You Know?

The Prophet صلى الله عليه وسلم would visit the sick and say comforting words to them.



Being Patient

Being ill can be difficult, especially if we fall ill very often. However, we should try our best to be patient. We should remain positive and not complain. Allah سبحانه وتعالى says in the Qur'an:

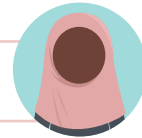
وَاللَّهُ يُحِبُّ الصَّابِرِينَ

“And Allah loves those who are patient.”
(Surah Al ‘Imran : 146)



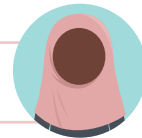
Task 3

Maryam is visiting her neighbour Auntie Khadijah who has got a terrible fever. What can she say to her neighbour?



What should she **not** say to her neighbour?

Auntie, you look so unwell! I think you're going to die!



I Act On What I Learn

If I get ill, I will do what the Prophet صلى الله عليه وسلم taught 'Uthman رضي الله عنه to do!

P Progress Check



1. Did the Prophet صلى الله عليه وسلم moan and groan when he became ill? ☐

2. What did the Prophet صلى الله عليه وسلم teach us to do when we feel ill? ☐

3. How can you be patient when you are ill? ☐



I Learn, I Act, I Share

Do You Really Know Muhammad ﷺ؟

LEARNING FOR A
Life With Allah

We have been learning about the beautiful character of our Prophet Muhammad ﷺ.

Now, it's time to use what we've learned! Our Prophet Muhammad ﷺ invited people to learn about Islam. This is called **da'wah**. Allah also wants us to share the message of Islam with others in a kind and gentle way. When we do this, Allah gives us great rewards.

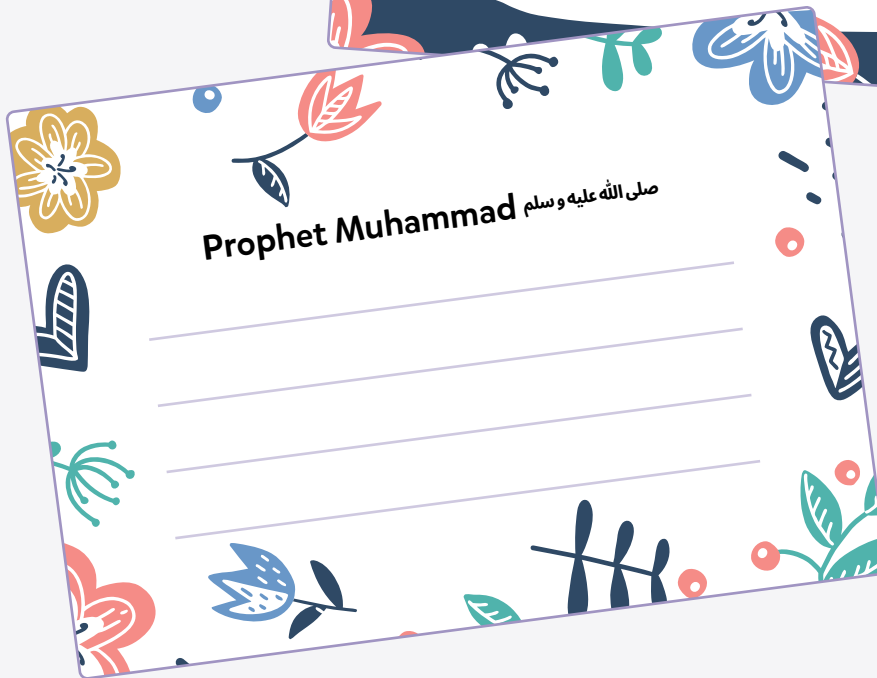
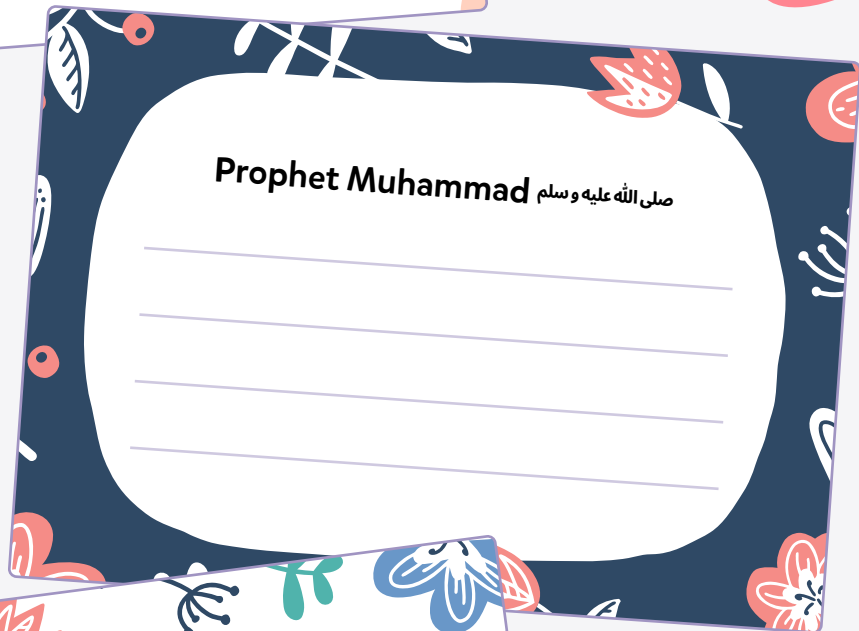
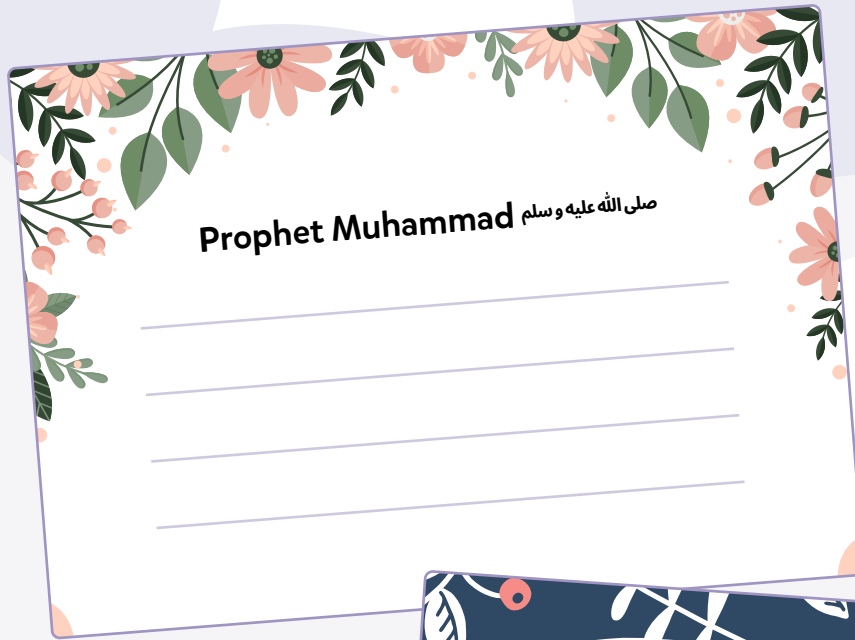
Can you recall 10 amazing qualities of the Prophet ﷺ that we learnt about in this book?

For this activity, we will make note cards about the special qualities of our Prophet Muhammad ﷺ. You can use this book to help you remember the amazing qualities of our Prophet Muhammad ﷺ.

Write about one quality on each note card. Then, give it to somebody who may not know about Islam. You can give them a small treat with it too.

Have fun, and remember you are spreading kindness and knowledge just like our Prophet ﷺ!

Prophet Muhammad ﷺ
always spoke good words. He
taught us to never hurt others
with our tongues or our hands.



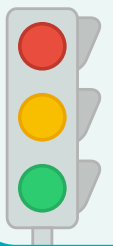
Lesson 21

My Prophet صلى الله عليه وسلم Loved the Masjid



Learning Objectives

In this lesson, I will:



- Identify the most beloved places to Allah
- List the etiquettes of the masjid
- Explain why I love the masjid

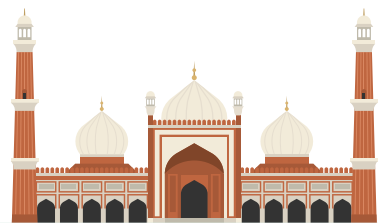


Key Words

Appropriately
Tahiyyatul-masjid
Attached

T Thinking Starter

Can you think of 5 things a masjid can be used for?



The Most Beloved Places to Allah

The masjid is the house of Allah. Allah سبحانه وتعالى loves the masjid because it is a place where He is remembered.

The Prophet صلى الله عليه وسلم said:

أَحَبُّ الْبِلَادِ إِلَى اللَّهِ مَسَاجِدُهَا

“The most beloved places to Allah are the masjid.” (Muslim)

‘Masajid’ is the plural of masjid.

The first thing the Prophet صلى الله عليه وسلم did when he migrated from Makkah to Madinah was build a masjid. For him, this was the most important thing. He started building a masjid even before his own home.

The Prophet صلى الله عليه وسلم loved the masjid and so did all his Companions رضي الله عنهم. He would use the masjid to lead salah, teach others about Islam, help the poor and needy, and do everything that would help Islam and the Muslims. **The masjid was like a home for them.**

I love the masjid!





Did You Know?

The word 'masjid' comes from the 3 Arabic letters س ج د.

س ج د



Can you think of another word which has the same 3 letters?



Task 1

Can you re-arrange these words to form proper sentences:

love I masjid the

Allah most places to are the masajid The beloved

The Etiquettes of the Masjid

Our beloved Prophet ﷺ taught us how we should behave in a masjid. Here are some of the etiquettes:

- ★ Dress **appropriately**.
- ★ Ensure your mouth does not smell of something strong you have eaten e.g. onions.
- ★ Enter with the right foot and say the du'a.
- ★ Leave with the left foot and say the du'a.
- ★ Pray two rak'ahs when entering (also known as **tahiyyatul-masjid**).
- ★ Do not talk about worldly matters.
- ★ Remain silent in the masjid.
- ★ Spend your time reciting Qur'an, praying salah and doing dhikr.
- ★ Reply to the adhan.





Do you remember the du'a for entering and leaving the masjid?



Task 2

Spot and circle the mistakes in the sentences below:

I enter the masjid with my left foot.

I make noise in the masjid.

I pray two rak'ahs when entering (also known as tahiyyatul-wudu).

I spend my time in the masjid reciting Qur'an and playing football.

I Love the Masjid



Masjid Sultan
Fatih, Turkey



I love the Masjid
because it is so
peaceful. My mum tells
me it's because there
are a lot of angels there.



I love going for
Jumu'ah and
saying salam to
my friends once the
salah has finished.



Jama' Masjid,
India



Jami' al-Azhar,
Egypt



I love
listening to
people recite
Qur'an in the
masjid.

I love going to the masjid
with my dad and praying
behind the imam because
you get 27 times more reward
than praying at home.



Masjid Sultan
Salahuddin,
Malaysia



Did You Know?

A person whose heart is **attached** to the masjid will be in the shade, under the throne of Allah, on the Day of Judgement!



Task 3



It's Competition Time!

Imagine you are an artist who has been chosen to draw your local masjid. You may visit your masjid to do this task, or you can draw it from memory. The best drawing will win a prize!

Write a brief line under your drawing, explaining why you love attending your masjid ("I love my masjid because...").

I Act On What I Learn

I will love the masjid and be respectful of it.

P Progress Check



1. What are the most beloved places to Allah?

☐

2. List 5 etiquettes of the masjid.

☐

3. Why do you love the masjid?

☐

IT'S NASHID TIME!

The Stillness Of The Mosque

There's a place I go
Where Allah only knows
It's His house, my home
Where my heart overflows

In the stillness of this place
In the midst of all the faces
It's just me and my Creator
And I know I'm not alone

I raise my hands up to the sky
He has the answers to my where and why
He gave me this blessing
So I can stand here and ask Him
Show me the way, show me the way

Chorus (One):

In the name of Allah, Most Merciful
Bismillahir Rahmanir Raheem
Only You do I turn to and ask for help
Iyyaka na'budu wa iyyaka nasta'een
Show me the straight path
The path of those you favour
Aameen ya Allah, accept my salah

It seems like time stands still
I surrender everything
All my faults and all my failures
I know Allah is listening



So He takes away my fears
All the burdens that I bear
For everything lies in His Hands
I feel at peace when I am here

I raise my hands up to the sky
And from deep inside, I feel alive
And all my hurt and pain subsides
And with my head upon the ground, I cry
Show me the way, show me the way

Chorus (Two):

All praise to Allah, Lord of the worlds
Alhamdulillah Rabbil 'alamin
Glory be to Allah, Most Great, Most High
Subhana Rabbiyal A'la, subhana Rabbiyal Adhim
Sami'Allahu liman hamidah
Allah hears the prayers of those who praise Him. Amin.
Ya Allah, accept my salah
His door of mercy is never closed
So we come as lost souls
Taking refuge from our storms
And we can never be alone
So there's this place I go

Chorus (Three):

In the name of Allah, Most Merciful
Bismillahir Rahmanir Raheem
Only You do I turn to and ask for help
Iyyaka na'budu wa iyyaka nastaeen
Show me the straight path
Ihdinas siratal mustaqim
Ya Allah, accept my salah

By Zain Bhikha

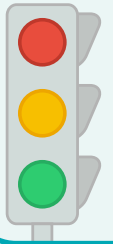
Lesson 22

My Prophet صلى الله عليه وسلم Loved to Remember Allah



Learning Objectives

In this lesson, I will:



- Identify how dhikr affects the heart
- Describe how I should do dhikr
- Practise doing dhikr



Key Words

Content
Defects
Concentrate

T Thinking Starter

How many times a day do you remember Allah?



How Does Dhikr Affect My Heart?

Our beloved Prophet Muhammad صلى الله عليه وسلم loved Allah, and he loved to remember Him (do dhikr). When we remember Allah, we feel peaceful. We feel calm and we feel **content**.

Allah سبحانه وتعالى says:

أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ

“Truly it is in the remembrance (dhikr) of Allah that hearts find peace.” (Surah ar-Ra’d: 28)

Dhikr is very powerful! Sometimes you might feel sad, scared or worried about something. Whenever this happens, do some dhikr, and you will definitely feel better.

Sometimes we may do or say bad things. This leaves black dots on our hearts and makes them dirty. When we do dhikr, it helps us to get rid of these black dots. Remembering Allah polishes the heart!



What is the Arabic word for 'heart'?



I polish my heart!



Task 1

The Best Words of Dhikr

Polish away the dirt from this heart by filling in the blanks with the following phrases.

There is no god worthy of worship except Allah

Allah is the Greatest

All praise and thanks are for Allah

الْحَمْدُ لِلَّهِ

سُبْحَانَ اللَّهِ

Allah is free of

all defects.

لَا إِلَهَ إِلَّا اللَّهُ

اللَّهُ أَكْبَرُ

Defect: a fault or a problem.

IT'S STORY TIME!

"I Love You"

There was a young Companion called Mu'adh ibn Jabal رضي الله عنه. He was super-smart and loved to seek knowledge! Even though he was so young, he loved to learn the Qur'an until he became one of the most knowledgeable Companions.

One day, Prophet Muhammad صلى الله عليه وسلم took him by the hand.

He then said to him, "O Mu'adh, I swear by Allah that I love you. I swear by Allah that I love you."

Imagine the Prophet صلى الله عليه وسلم holding your hand!

Imagine being told that by the Prophet صلى الله عليه وسلم.

The Prophet then told him, “O Mu’adh, I advise you not to forget to make the following du’a after every salah:

اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ

O Allah, help me to remember You, to be grateful to You, and to worship You in an excellent manner.” (Abu Dawud)



How do you think Mu’adh ibn Jabal رضي الله عنه felt in the above story?



Task 2

Trace and memorise this du’a and fill in the blanks to translate it.

اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ

O _____, help me to _____ You, to be grateful to You, and to _____ You in an excellent manner.

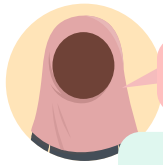
How Should I Do Dhikr?

Whenever we do dhikr, we should remember that Allah is hearing us and watching us. When we remember Allah, Allah remembers us.

We should try to reflect on the meaning of what we are saying so that we can become closer to Allah. For example, when we say ‘Alhamdulillah’ (All thanks and praises are for Allah), we can think of all the different blessings and presents Allah gives us. For example, you can think: Thank you Allah for giving me my friends. Doing this will help us to enjoy dhikr.

It is best to make dhikr in a quiet place so we can **concentrate**. However, you can make dhikr in a noisy place too!





I feel happy...

...when I remember Allah!



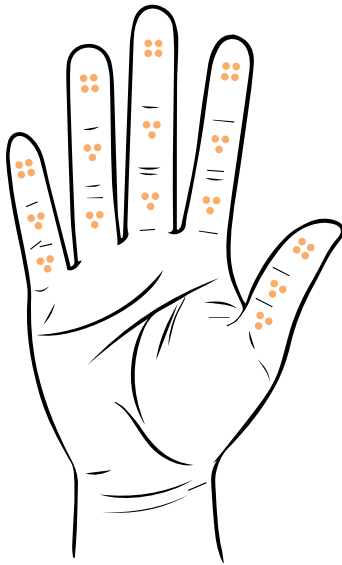
Did You Know?

You can make dhikr while you are lying down too!



Task 3

- a. This task will teach you a special method of counting dhikr on your fingers. Your teacher will demonstrate to you how to do this. Count the dots on this hand.



Total dots =

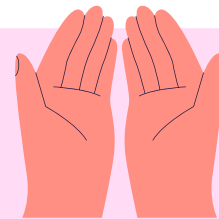
Multiply the above number by 2.

x 2 =

- b. Now, use the method above to do some dhikr. Say SubhanAllah, Alhamdulillah and Allahu Akbar.

I Act On What I Learn

I will always say the above du'a after I finish salah.



P Progress Check



1. How does dhikr affect the heart?

☐

2. How should you do dhikr?

☐

3. What are some of the best words of dhikr?

☐

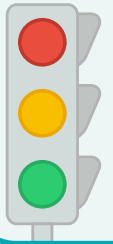
Lesson 23

My Prophet صلى الله عليه وسلم Loved to Make Du'a



Learning Objectives

In this lesson, I will:



State why the Prophet صلى الله عليه وسلم loved du'a

List some of the best times to make du'a

Explain why we only ask Allah



Key Words

Conversation

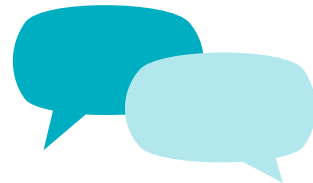
Ummah

Accepted

T Thinking Starter

Who is your favourite person to talk to?

Why do you enjoy talking to them?



My Prophet صلى الله عليه وسلم Loved Du'a

Du'a is to ask Allah. It is to have a private **conversation** with Him.

Allah سبحانه وتعالى says:

أَدْعُونِي أَسْتَجِبْ لَكُمْ

“Call upon Me; I will respond to you.”

(Surah Ghafir: 60)

This is a promise from Allah that when we ask Him, He will give to us. Our beloved Prophet صلى الله عليه وسلم loved Allah and he loved to talk to Him. The Prophet صلى الله عليه وسلم would always make du'a: whether it was in the morning, the evening or even when he woke up in the middle of the night!



The more I talk to Allah...

... the more I love Him!



The Prophet ﷺ would make du'a for himself, for his family, and he would always make du'a for me and you - his **Ummah!**



Task 1

Can you spot which du'a Maryam is making for herself, and which du'a she is making for others?

Fill in the key with a different colour for each type of du'a, and then colour in the du'as.



Key: Du'a for yourself ☐

Du'a for others ☐

Du'a for yourself & others ☐

Oh Allah, guide us along the straight path.

Oh Allah, reward my teachers in this life and in Jannah.

Oh Allah, be happy with me and accept my good deeds.

Oh Allah, please grant my parents ease in their old age.

Oh Allah, protect and bless the Ummah of Muhammad
ﷺ

Oh Allah, grant me good health.



Which of these du'as do we make to Allah when we read Surah al-Fatihah?

The Best Times to Make Du'a

There are some special times in which our du'a is accepted. These include:

★ In sajdah

★ Between the adhan and iqamah

★ At the end of salah

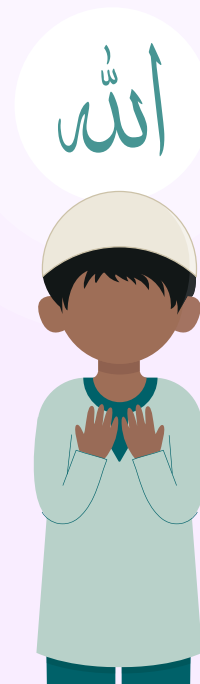
★ When it rains

Who Are You Asking?

We should make du'a to Allah Alone. Only Allah can give us what we want.

When we make du'a, we should think of WHO we are asking. We are asking Allah who owns the ENTIRE heavens and the earth. He is in charge of everything and everyone. Allah is the Most Rich and He is the Most Powerful. Allah is so Generous and He loves to give.

Allah loves it when we make du'a to Him, so we should ask Him for everything - BIG or small! Allah can do anything at any time!



Did You Know?

Du'a is one of the best forms of worship – and we only worship Allah!



Task 2

Answer the following questions.

WHAT

What is du'a?

WHO

Who do we make du'a to?

DU'A

Why do we only make du'a to Allah?

WHY

When are the best times for du'a?

WHEN

Du'a is very special. When we make du'a, we can share all our special secrets with Allah.



Task 3

- a. Write your name in the diary below and write some du'as that you would like to make.

<p>_____ 'S</p> <p>SECRET DUA DIARY</p> <p>O Allah,</p> <p>_____</p> <p>_____</p> <p>O Allah,</p> <p>_____</p> <p>_____</p>	<p></p> <p></p> <p>O Allah,</p> <p>_____</p> <p>_____</p> <p></p> <p></p>
--	---

- b. Now, turn towards the qiblah and make du'a for 5 minutes. You can use what you've written in your secret diary to help you if you get stuck.



P Progress Check



1. Why did the Prophet ﷺ love du'a?

2. What are some of the best times to make du'a?

3. Why do we only ask Allah?

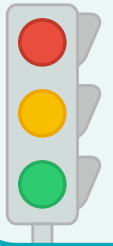
Lesson 24

My Prophet صلى الله عليه وسلم Did Dhikr and Du'a Every Morning



Learning Objectives

In this lesson, I will:



Describe the morning routine of our Prophet صلى الله عليه وسلم

Practise some morning dhikr

Explain the benefits of morning dhikr and du'a



Key Words

Adhkar - أَذْكَارٌ

Beneficial

Strife

T Thinking Starter

When you wake up, what 3 things should you do to start your day in the best way?



Morning Dhikr and Du'a

We should do dhikr and du'a at all times. However, Allah has given us a specific command to remember Him in the mornings and the evenings:

يَا أَيُّهَا الَّذِينَ آمَنُوا اذْكُرُوا اللَّهَ ذِكْرًا كَثِيرًا. وَسَبِّحُوهُ بُكْرَةً وَأَصِيلًا

“Believers, remember Allah often and glorify Him morning and evening.” (Surah al-Ahzab: 41-42)

Our Prophet صلى الله عليه وسلم would recite a collection of **adhkar** and du'as every morning and evening. We should try to copy him and recite as many as we can.

Adhkar: the plural of 'dhikr' which means remembrance of Allah.



Did You Know?

All of Allah's creation, including the animals and the mountains, remember Allah in the morning!





Task 1

Trace and memorise

Our beloved Prophet ﷺ told us to say this dhikr 3 times in the morning:

أَصْبَحْتُ أَثْنِي عَلَيْكَ حَمْدًا، وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ

I have entered the morning praising You, and I bear witness that there is no god worthy of worship but Allah.
(Nasa'i)



In the above dhikr, we thank Allah, we praise Him and we also affirm tawhid. Do you remember the meaning of tawhid?

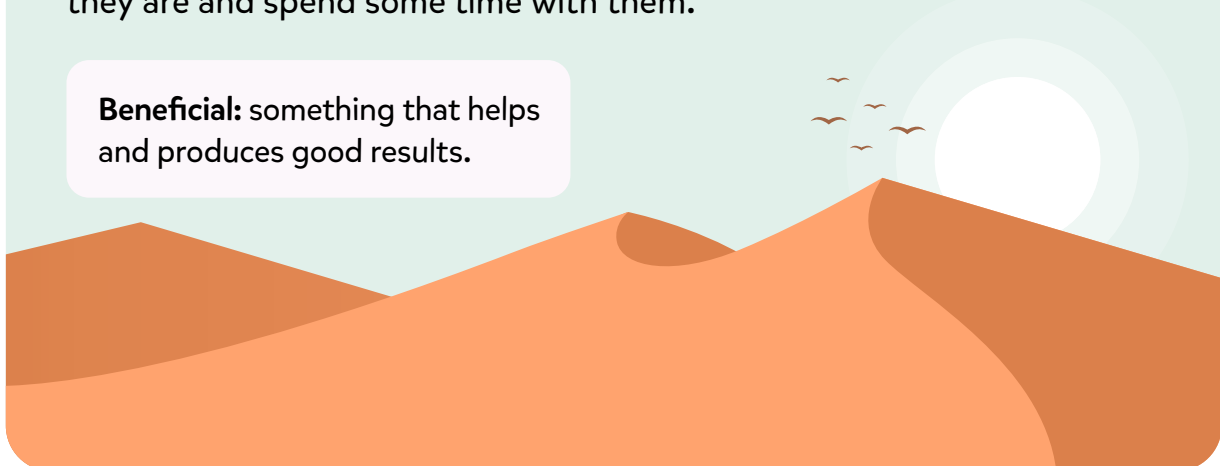
The Morning of Muhammad ﷺ

After a long night in prayer, our beloved Prophet ﷺ often rested for a short time. When he would wake up, he would rub his eyes, clean his teeth with a siwak and say the waking up du'a. He would perform wudu and prepare for salah. Then, he would listen intently to the Fajr adhan and repeat the sweet words after the muaddhin.

He would make his way to the masjid for fajr salah. He would stay there until sunrise. He would spend this time doing dhikr, making du'a, reciting Qur'an, and having **beneficial** conversations with the sahabah.

After sunrise, he would go home and greet his family. He would ask how they are and spend some time with them.

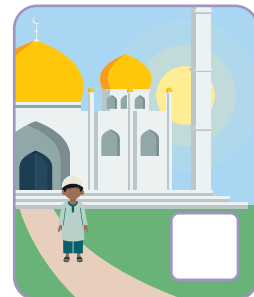
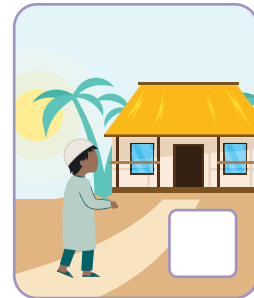
Beneficial: something that helps and produces good results.





Task 2

Musa has just woken up. Order the pictures to help him follow the morning routine of the Prophet ﷺ.



Why Should I Do Dhikr and Du'a in the Morning?

You fulfil Allah's command and make Him pleased,
Draw near to Him, stay blessed and eased.

You earn rewards and blessings that endlessly flow,
Feel peace within, wherever you go.

You are protected from harm, from illness and **strife**,
With dhikr and du'a as your shield in the journey of life.

You gain strength each day, for tasks great and small,
With dhikr and du'a, you can complete them all.



Strife: serious disagreements and fights.



There was a Prophet who would be joined by the birds and mountains when he did dhikr in the morning. Do you know his name?



Task 3

Match the benefits of adhkar with the correct examples:

Connect with Allah and feel at peace.

There is a heavy storm, but you don't feel scared.

Be protected from illnesses, harm and all types of evil.

Say رَضِيتُ بِاللّٰهِ رَبًّا ، وَبِالْإِسْلَامِ دِينًا ، وَبِمُحَمَّدٍ نَبِيًّا 3x every morning and evening and the Prophet صلى الله عليه وسلم will take your hand and enter you into Paradise!

Gain the strength to complete our daily tasks.

You don't think you'll get your homework done, but you manage to finish it all in a short while.

Earn lots of rewards and blessings from Allah.

You almost fell down the stairs, but you managed to balance yourself and didn't fall.

I Act On What I Learn

I will start my day with dhikr and du'a, like Muhammad صلى الله عليه وسلم.

P Progress Check



1. How did our Prophet صلى الله عليه وسلم start his day?



2. What is the morning dhikr that begins with أَصْبَحْتُ؟



3. Why should we recite the morning adhkar?



Lesson 25

My Prophet صلى الله عليه وسلم Did Istighfar



Learning Objectives

In this lesson, I will:



Describe the effects of sins

Practise istighfar

Reflect on the story of Musa عليه السلام



Key Words

Sincerely

Seeking forgiveness

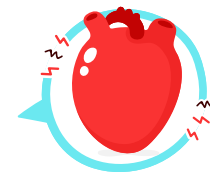
(Istighfar) - اِسْتِغْفَارٌ

The All-Forgiving - الْعَفُوْرُ

T Thinking Starter

What happens to your heart when you sin?

What can you do to stop this?



The Effects of Sins

A sin is when we do something which displeases Allah and goes against His command. Each time we do something wrong, a black dot appears on our hearts, and our hearts become rusty. However, Allah is so Merciful that if we give up the sin and seek forgiveness from Him, He removes the dots and polishes our hearts. Our hearts then shine.

Allah is always ready to forgive us when we **sincerely** ask for forgiveness. He tells us:

وَأَسْتَغْفِرُوا اللَّهَ إِنَّ اللَّهَ غَفُورٌ رَحِيمٌ

“And ask Allah for forgiveness. Indeed Allah is **All-Forgiving**, the Most Merciful.”
(Surah al-Muzzammil: 20)

Sincerely: when you're not pretending and you really mean what you say. It comes from your heart and it is true.



What are the two names of Allah mentioned in the previous ayah?
What do they tell us about Allah?



Task 1

Colour the good actions in red and colour the bad actions in black.



What is Istighfar?

Istighfar means saying sorry to Allah for any mistakes or wrongdoings that we have done. To ask His forgiveness, Allah teaches us a beautiful du'a in the Qur'an:

رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّحِيمِينَ

My Lord, forgive and have mercy. You are the Best of those who are merciful. (Surah al-Mu'minun: 118)

Our Prophet ﷺ stayed away from all sins. Even then, he would constantly do istighfar.





Did You Know?

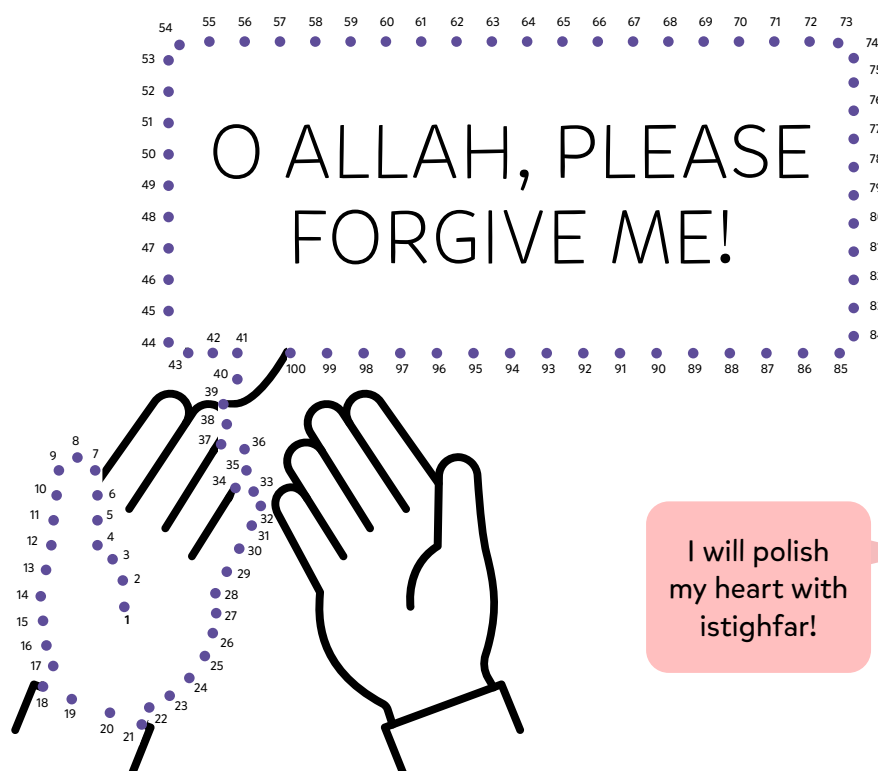
Our Prophet ﷺ would seek Allah's forgiveness at least one hundred times every day!

100
TIMES ISTIGHFAR



Task 2

Say 'Astaghfirullah' (I seek Allah's forgiveness) 100 times and join the dots to keep count.



I will polish my heart with istighfar!



IT'S STORY TIME!

Musa's Mighty Punch

One day, while Musa عليه السلام was wandering through the city, he saw two men fighting! The man being hurt was from his own people, the Banu Isra'il, and the one hurting him was an Egyptian, their enemy. Musa عليه السلام felt a surge of anger when he saw his fellow Isra'ili being oppressed - so he rushed to help him.

He stepped in to defend the Isra'ili and punched the Egyptian. The Egyptian fell to the ground and didn't get back up. He had died! Musa عليه السلام was so strong that, with one punch, he killed him.

Musa عليه السلام was horrified. He didn't mean to kill him. It was an accident. He realised Shaytan had influenced him at that moment.



Feeling deep regret, he cried out to Allah:

رَبِّ إِنِّي ظَلَمْتُ نَفْسِي فَاغْفِرْ لِي

“My Lord, I have wronged myself, so forgive me.” (Surah al-Qasas: 16)

Allah, **al-Ghafur (The All-Forgiving)**, forgave Musa عليه السلام as a result of his istighfar. Musa عليه السلام then promised Allah: “My Lord, because of the favour that You have done for me, I shall never support those who do evil.” (Surah al-Qasas: 17)



Task 3

In light of the above story, think of a similar situation where you overreacted and became too angry. Then, answer these questions:

1. Who did you become angry with? _____
2. Why were you so angry with them? _____
3. How did you show them your anger? _____
4. Did you regret it afterwards? _____
5. How did you apologise? _____
6. Did you do istighfar for it? _____



Share the incident with your classmate and discuss how you can respond in a better way next time.



I Act On What I Learn

I will stay away from sins and ask Allah's forgiveness at least 100 times everyday.

P Progress Check



1. What happens when we commit a sin? ☐
2. What is istighfar? ☐
3. What can you learn from the story of Musa عليه السلام? ☐

**Preparing to go to the masjid**

I dressed appropriately. I wore...

I performed wudu.

I cleaned my mouth.

At the masjid

Name of Masjid:

I removed my

_____.

I did dhikr of:

1. Alhamdulillah

2. _____

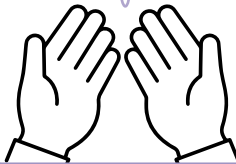
3. _____

I prayed two
rak'ahs called

I made du'a to
Allah for:

I entered with my _____
foot. I said:

I recited
_____ verses
of the Qur'an.



Leaving the masjid

I left with my _____ foot and said:

Word Bank

Aa

- Abusive
- Accepted
- Adhkar - أَذْكَارٌ
- Appoint
- Appropriately
- Attached
- 'Awrah - عَوْرَةٌ

Bb

- Backbiting (*Ghibah*)
- غَيْبَةٌ
- Beneficial
- Benefits
- Betrayed
- Brotherhood
- Bullying

Cc

- Character -
خُلُقٌ (ج) أَخْلَاقٌ
- Compassion
- Complain
- Concealing
- Concentrate
- Consequence
- Console
- Content
- Conversation
- Countless

Dd

- Defects
- Distance
- Distress

Ee

- Easygoing
- Emotions
- Enjoin

Ff

- Fault-finding
- Fever
- Forbearance
- Fragrance

Gg

- Gestures
- Gratitude (*shukr*)
- شُكْرٌ
- Grief

Hh

- Harsh

Ii

- Initiate

Mm

- Manage
- Mercy (*rahmah*) - رَحْمَةٌ
- Mindful
- Mocking
- Modesty - الْحَيَاءُ

ADAB & AKHLAQ

LEVEL 3

Nn

- Neighbour

Pp

- Planning
- Pollute
- Possessions
- Power - قُدْرَةٌ
- Proactive
- Punished

Rr

- Regret
- Righteous
- Rights
- Role model

Oo

- Outstanding

Ss

- Sadaqah (Charity)
- صَدَقَةٌ
- Saddle
- Seeking forgiveness
(Istighfar) - اِسْتِغْفَارٌ
- Selflessness
- Severe
- Sincerely
- Strife
- Suspicion

Tt

- Tahiyatul-masjid
- The All-Forgiving
- الْعَفُورُ
- The Ever Watchful
- الرَّقِيبُ
- The Most Appreciative
- الشَّكُورُ
- The Most Gentle
- الرَّفِيقُ
- The trustworthy - الْأَمِينُ
- Thief - سَارِقٌ
- Trust (amanah) - أَمَانَةٌ

Uu

- Ummah

Vv

- Volunteer

Ww

- Warmth - دِفْءٌ
- Word - قَوْلٌ



MY VALUES



**I Am a Servant
of Allah**



**I Love Allah &
His Messenger**
صلى الله عليه وسلم



**I Am Strong in
My Belief**



**I Aim for the
Best**



**I Polish My
Heart**



I Am Kind



**I Help My
Ummah**



**I Am
Responsible**



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