



**Qura**  
Curriculum

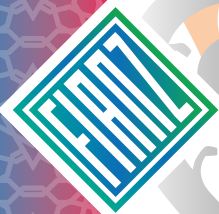
# Islamic Studies

Book 6

School Years 5-7

(Suitable for ages 9-12 years)

FIANZ Education Series







# Islamic Studies

## Book 6 - School Years 5-7

(Suitable for ages 9-12 years)

First published 2002.

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### Teacher's Note

This textbook is part of the Qura Curriculum series that has been in continuous use in New Zealand madrasah settings for 20 years. Its content has been refined and tested in teaching situations and has been proven to deliver age appropriate, inclusive Islamic learning, together with broad minded attitudes that suit its Western setting. Learning is achieved through focussing on key concepts, as well as listening to or reading stories and informative text. At age 9 -12, students should have already learnt and be practising Salah. However, they will need to revise this learning often, and add to it with extra ad'iyah and surahs. Revision of Iman, Islam, Ihsan and Akhlaq is presented, with added general Islamic knowledge and stories. Some students of this age will still need help to read the text by themselves, so teacher support is important. Exercises are often interactive and are mainly designed to be part of the lesson. A few selected tasks can be given as homework and followed up on in the next lesson.

# Suggested Lesson Format



For an hour's lesson, it is wise to divide the lesson into chunks of time. Some time should be spent as a whole group and some time spent on individual or small group practical activities.

For each lesson, the teacher should be ready with extra paper, pens and colouring things, spare paper and whatever is needed for any extra activity at the end (if required). The teacher should work carefully through the exercises built into each lesson, rather than bypassing them, and should encourage any discussion that is generated. The exercises are an important aspect, allowing students to reflect on the subject matter of the lesson. If there isn't time to finish the exercises one week or if some exercises are given as homework, they should be returned to and revised in the following week.

## **A suggested format for time management in one hour, that generally works well is:**

- 1. 5 min:** Take roll and settle students at tables or in a circle. Recite the learning du'a together: "Rabbi zidni 'ilmaa" "Oh Allah give me knowledge."
- 2. 5 min:** Recite Surah Fatiha, the last 10 surahs and parts of Salah, perhaps with saved visual aids of Arabic and English words, flash cards, posters, etc.
- 3. 25 min:** Read and discuss the book lesson, with teacher questions that bring out the main ideas and challenge students to think about them. Take time for any generated discussion or questions, don't be in a rush.
- 4. 15 min:** Writing, colouring or drawing for the book exercises, with teacher and parent help if required.
- 5. 5 min:** Extra activity if required, such as listening to a book or podcast story or doing a more in-depth practical activity involving Arabic language, drawing, cutting out or some other creative work. Or alternatively play an active game that uses words from the lesson. Or have a short team quiz or individual quiz about the lesson and other revision, where correct answers are rewarded by stickers, team points, etc.
- 6. Last 5 min:** Tidy up paper, pens, books, etc, pick up rubbish, sit back in the circle and finish with the teacher helping the children recall the main points of the lesson, then Surah Fatiha and a finishing du'a together.



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# Lesson 1&2: SALAH REVISION



(The teacher should use various strategies to help students revise the parts of Salah, using the text as a resource. The teacher should keep returning to this lesson to ensure that students are continuing to learn the parts of Salah that they do not know.)

Check that you know all the following things for Salah and try to get tested on them. If you do not know something or you have forgotten, spend time learning or revising it.

- > Names, rakaat and sun times of the five Salah
- > Istiftah / Thanah (du'a at start of Salah)
- > Surah Al Fatiha
- > Surah Al Ikhlas and 6 other surahs
- > Recitations in Ruku, Qiyaam and Sujood (bending, standing and prostrating)
- > Tahiyaat (Attahaatu...) in Juloos
- > Salawaat (Allahumma salli 'alaa...)
- > Qunoot Witr or Qunoot Fajr
- > Ad'iyah (dua) for the end of Salah
- > Ad'iyah for after Salah and anytime



Things I need to revise and learn:

Learnt

_____	<input type="checkbox"/>
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## Recitations in Salah



أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

### A'udthu billaahi min ash-shaitanir-rajeem

I seek protection with Allah from the Shaitan, the rejected.

(Said only in first Rakah)

### Surah al Fatiha

سُورَةُ الْفَاتِحَةِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ١

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ٢

الرَّحْمَنِ الرَّحِيمِ ٣ مَلِكِ يَوْمِ الدِّينِ ٤

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ٥

الصِّرَاطَ الْمُسْتَقِيمَ ٦ صِرَاطَ الَّذِينَ أَنْعَمْتَ

عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ

وَلَا الضَّالِّينَ ٧

Bismillaahi-rrahmaani-rraheem.

Alhamdu lillaahi rabbil 'aalameen.

Arrahmaani-rraheem.

Maaliki yawmiddeen.

Eeyaaka na'budu wa eeyaaka nasta'een.

Ihdina-ssiraatal mustaqeem.

Siraatal ladheena an'amta 'alaihim

Ghairil maghdoobi 'alaihim Wala-ddhaaa-ileen.

I begin in the name of Allah, the Most Kind, the Most Merciful.

All praise is to Allah, the Lord of all the worlds.

The Most Kind, the Most Merciful. Master of the Day of Judgement.

Only You do we worship and Only Your help do we seek.

Guide us to the straight path - the path of those whom You blessed, Not of those with whom You were angry And not of those who went astray.





## Surah Al Ikhlas

سُورَةُ الْاِخْلَاصِ

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

قُلْ هُوَ اللّٰهُ اَحَدٌ ۝۱ اللّٰهُ الصَّمَدُ ۝۲ لَمْ يَكُنْ لِهٖ  
وَلَمْ يُولَدْ ۝۳ وَلَمْ يَكُنْ لَهٗ كُفُوًا اَحَدٌ ۝۴

**Bismillah-irrahman-nirraheem**  
**Qul huw-Allaahu ahad. Allahu-ssamad.**  
**Lam yalid wa lam yoolad**  
**Wa lam yakullahoo kufuwan ahad.**

Say! He is Allah, the One. Allah does not need anything.  
He did not have any children and He was not born.  
There is no one like Him.

(Say this or another surah, after Surah Al Fatiha, in the first two Rakaat of a Fard Salah, and in all the Rakaat of a Sunnah or Nafil Salah.)



## Recitations in Movements

**Allahu Akbar**

اللَّهُ أَكْبَرُ

Allah is Great!

(When starting Salah, and in most movements)



**Subhaana Rabbiyal 'Azheem**

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Glory to My Rabb the Mighty

(Three times in Ruku)







## Sami Allaahu liman hamidah

سَمِعَ اللهُ لِمَنْ حَمِدَهُ

Allah listens to one who praises Him.

(While getting up from Ruku)



## Rabbanaa walakal hamd

رَبَّنَا وَلَكَ الْحَمْدُ

Our Rabb! for You is all Praise.

(While standing after Ruku)

## Subhaana Rabbiy-ala'la

سُبْحَانَ رَبِّيَ الْأَعْلَى

Glory to My Rabb the Most High.

(Three times in Sujood)



## Rabbighfirlee

رَبِّ اغْفِرْ لِي

O Rabb, forgive me.

(Optional, while sitting after first Sujood)



## Assalaamu alaikum wa rahmatullah

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللهِ

May peace and blessing of Allah be upon you.

(Once, while turning head to right, and once again while turning head to left, to finish Salah)





## Tahiyaat

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ

**At-tahiyaatu lillaahi was-salawaatu  
wat-tayyibaat.**

(Alternative first line below:)(Schools of thought)

التَّحِيَّاتُ الْمُبَارَكَاتُ الصَّلَوَاتُ الطَّيِّبَاتُ لِلَّهِ

**At-tahiyaatul mubarakaatus-  
salawaatut-tayyibaatu lillaah**

السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ  
السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِ اللَّهِ الصَّالِحِينَ  
أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ  
وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

**Assalamu 'alaika ayyuhannabbiyu  
wa rahmatullaahi wa barakaatuh.  
Assalamu 'alaina wa 'ala 'ibaadillaahis saliheen.  
Ash hadu an-laa laaha illAllahu  
Wa ash hadu anna Muhammadan  
'abduhu wa Rasuluh.**

All good words, actions and spending are purely for Allah.  
Oh Prophet! May the Peace, blessing and mercy  
of Allah be upon you. Peace be upon us - the pious  
servants of Allah. I witness that there is no god  
except Allah and I witness that Muhammad is  
His servant and messenger.

(While sitting in Julooos, after two Rakaat and before finishing Salah)





## Salawaat (Darood)

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ  
عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ  
اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ  
وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

**Allaahumma salli 'alaa Muhammadiw-wa 'alaa aali Muhammad.  
Kamaa sallaita 'alaa Ibraahima wa 'alaa aali Ibraahima  
innaka hamidum-majeed.**

**Allahumma baarik 'alaa Muhammadiw-wa 'ala aali Muhammad.  
Kama baarakta 'alaa Ibraahima wa 'alaa aali Ibrahima  
innaka hamidum-majeed.**

Oh Allah! Send peace on Muhammad and on the family of  
Muhammad, as You sent peace on Ibrahim and the family of Ibrahim.  
Indeed You are Praiseworthy and Exalted.

Oh Allah! Send blessings on Muhammad and on the family of  
Muhammad, as You sent blessings on Ibrahim and the family of  
Ibrahim. Indeed You are Praiseworthy and Exalted.

(While sitting in Juloos before finishing Salah)



## Du'a دُعَاءُ



رَبَّنَا ظَلَمْنَا أَنْفُسَنَا وَإِن لَّمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا

لَنَكُونَنَّ مِنَ الْخُسِرِينَ ﴿٢٣﴾

**Rabbanaa zhalamnaa anfusanaa wa illam taghfilanaa  
wa tarhamnaa lanakoonanna min-al khaasireen.**

Oh Allah! We have done wrong to ourselves.  
If you do not forgive us then surely we will be among the losers.

(Du'a of Adam and Hawwa)

(Quran Surah 7, Al A'raaf, Ayah 23)



رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي رَبَّنَا وَتَقَبَّلْ دُعَاءِ ﴿٤٠﴾

رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ ﴿٤١﴾

**Rabbij'alnee muqeemassalaati wa min dhuriyatee Rabbanaa  
wa taqabbal du'aa. Rabanna-ghfirlee  
wa liwaalidaiya wa lil-mu'mineena  
yawma yaqoomul hisaab.**

Lord, make me and my children those who establish prayers. Our Lord,  
accept our prayer. Our Lord, forgive me and my parents and the believers  
on the Day of Judgement.

(Quran Surah 14, Ibrahim, Ayaat 40-41)



رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً

وَ قِنَا عَذَابَ النَّارِ ﴿٢٠١﴾  
سورة البقرة

**Rabbanaa aatinaa fiddunyaa hasanata-wa filakhirati  
hasanata-wa qinaa 'adhaaban-naar.**

Our Lord, give us good in this world and good in the Hereafter  
and save us from the punishment of the Fire.

(Quran Surah 2, Al Baqarah, Ayah 201)





## Istiftah 1 (Thana)

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ  
وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ

**Subhaanak-Allahumma wa bihamdika  
wa tabaarak-asmuka wa ta'aalaa jadduka  
wa laa ilaaha ghairuk.**

Glory is to You O Allah, and all praise is for You. And Your name is blessed and Your position is high and there is no god except You.

## Istiftah 2

الله اكبر \* الله اكبر كبيرا \* والحمد لله كثيرا \*  
و سبحان الله بكرة و اصيلا و جهت وجهي للذي فطر  
السموات و الارض حنيفا مسلما وما أنا من المشركين \*  
إن صلاتي ونسكي ومحياي ومماتي  
لله رب العالمين \* لا شريك له وبذلك أمرت  
و أنا من المسلمين

**Allaahu Akbar. Allaahu Akbaru kabeera. Wal hamdulillaahi katheera.  
Wa subhaan Allaahi bukrata-wwa aseela. Wajjahto waj-hiya lillathee  
fatara-ssamaawaati wal arddha haneefa-mmuslimaa. Wa maa ana  
minal mushrikeen. Inna salaatee wa nusukee wa mahyaaya wa  
mamaatee lillaahi rabbil 'aalameen. Laa shareeka lahu wa bi-dha-lika  
umirtu wa ana minal muslimen.**

Allah is Great, Allah is the Greatest. All praise is for Allah. Glory is to Allah in the morning and the evening. I turn towards the Creator of the universe and the earth in sincere submission. I am not a person who worships things other than Allah. My Salah, my devotion, my life and my dying are for Allah the Rabb of the worlds. Allah does not have a partner and this I am told. And I am a Muslim.

(Say either of these after Takbir at beginning of Salah)





## Surahs to Revise

### Surah Al Falaq

سُورَةُ الْفَلَقِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ① مِنْ شَرِّ مَا خَلَقَ ② وَمِنْ  
شَرِّ غَاسِقٍ إِذَا وَقَبَ ③ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي  
الْعُقَدِ ④ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ⑤

**Bismillah-irrahman-nirraheem**

**Qul a'uthu bi rabbil falaq. Min sharri maa khalaq. Wa min sharri  
ghaasiqin ithaa waqab. Wa min sharrin naffaathaati fil 'uqad.  
Wa min sharri haasidin ithaa hasad.**

I begin in the name of Allah, the Most Kind and the Most Merciful  
Say, I seek safety with the Lord of the dawn. From the evil of created  
things. From the evil of darkness as it spreads. From the evil of those who  
practise magic. And from the evil of the jealous person who practises envy.



### Surah An Naas

سُورَةُ النَّاسِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ النَّاسِ ① مَلِكِ النَّاسِ ② إِلَهِ  
النَّاسِ ③ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ④ الَّذِي  
يُوسْوِسُ فِي صُدُورِ النَّاسِ ⑤  
مِنَ الْجِنَّةِ وَالنَّاسِ ⑥

**Bismillah-irrahman-nirraheem**

**Qul a'uthu bi rabbinnaas. Malikinnaas. Ilaahinnaas. Min sharril waswaasil  
khannaas. Allathi yuwaswisu fee sudoorinnaas.  
Minal jinnati wannaas.**

Say, I seek safety with the Lord of the people, The King of the people,  
The God of the people, From the harm of the hidden whisperer,  
Who whispers into the hearts of the people,  
From among the jinns and the people.





## Surah Al Kawthar

سُورَةُ الْكَوْثَرِ  
بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
إِنَّا أَعْطَيْنَاكَ الْكَوْثَرَ ﴿١﴾ فَصَلِّ لِرَبِّكَ وَأَنْحَرِ ﴿٢﴾  
إِنَّ شَانِئَكَ هُوَ الْأَبْتَرُ ﴿٣﴾

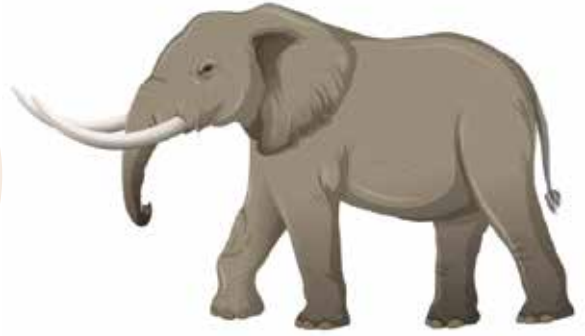
**Bismillah hirrahmaanir Raheem.  
Innaa a'taynaakal kawthar. Fasalli lirabbika wanhar.  
Inna shaani-aka huwal abtar.**

In the name of Allah, the Most Kind and the Most Merciful.  
Indeed We (Allah) have given you Al Kawthar (Abundance). So pray to  
your Lord and sacrifice. Indeed the one who hates you, he will be cut off.



## Surah Al Fiil

سُورَةُ الْفِيلِ  
بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
أَلَمْ تَرَ كَيْفَ فَعَلَ رَبُّكَ بِأَصْحَابِ الْفِيلِ ﴿١﴾ أَلَمْ يَجْعَلْ كَيْدَهُمْ  
فِي تَضَلُّلٍ ﴿٢﴾ وَأَرْسَلَ عَلَيْهِمْ طَيْرًا أَبَابِيلَ ﴿٣﴾ تَرْمِيهِمْ  
بِحِجَارَةٍ مِّن سِجِّيلٍ ﴿٤﴾ فَجَعَلَهُمْ كَعَصْفٍ مَّأْكُولٍ ﴿٥﴾



**Bismillah hirrahmaanir Raheem.  
Alam tara kaifa f'ala Rabbuka bi  
as-haabil fiil. Alam yaj'al kaida  
hum fee tadleel. Wa-arsala  
'alahim tairan abaabeel.  
Tarmeehim bihijaa ratimmin  
sijjeel. Faja'alahum  
ka'asfim-ma'kool.**

In the name of Allah, the Most Kind  
and the Most Merciful.  
Haven't you seen how your Lord  
dealt with the army of the elephant?  
Didn't He ruin their plan? He sent  
against them flocks of birds.  
That pelted them with stones  
of baked clay. Leaving them like  
chewed up straw.





## Surah An Nasr

### سُورَةُ النَّاسِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

إِذَا جَاءَ نَصْرُ اللَّهِ وَالْفَتْحُ ﴿١﴾ وَرَأَيْتَ النَّاسَ  
يَدْخُلُونَ فِي دِينِ اللَّهِ أَفْوَاجًا ﴿٢﴾ فَسَبِّحْ بِحَمْدِ رَبِّكَ  
وَاسْتَغْفِرْهُ إِنَّهُ كَانَ تَوَّابًا ﴿٣﴾



**Bismillah hirrahmaanir Raheem.**

**Idtha jaa-a nasrullahi wal fat-h. Wara-ayta-naasa yadkhuloona fee deenillahi afwaajaa. Fasabbih bi hamdi Rabbika wastaghfirhu, Innahu kaana tawwaabaa.**

In the name of Allah, the Most Kind and the Most Merciful. When the help of Allah comes, and victory. And you see people enter God's religion in crowds. Then celebrate the praises of your Rabb and ask His forgiveness, indeed He is ever turning (towards you) to forgive.



## Surah Al Kafiroon

### سُورَةُ الْكَافِرُونَ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ يَا أَيُّهَا الْكَافِرُونَ ﴿١﴾ لَا أَعْبُدُ مَا تَعْبُدُونَ ﴿٢﴾  
وَلَا أَنْتُمْ عَابِدُونَ مَا أَعْبُدُ ﴿٣﴾ وَلَا أَنَا عَابِدٌ مَّا عَبَدْتُمْ ﴿٤﴾  
وَلَا أَنْتُمْ عَابِدُونَ مَا أَعْبُدُ ﴿٥﴾ لَكُمْ دِينُكُمْ وَلِيَ دِينِ ﴿٦﴾



**Bismillah-irrahman-nirraheem**

**Qul yaa ayuhal kafiroon. Laa a'budu maa ta'budoon. Wa laa antum 'aabidoona maa a'bud. Wa laa ana 'aabidummaa 'abattum. Wa laa antum 'aabidoona maa a'bud. Lakum deenukum wa liya deen.**

In the name of Allah, the Most Kind and the Most Merciful. Say: Oh you who reject faith. I do not worship what you worship. And you will not worship what I worship. And I will not worship what you are worshipping. And you will not worship what I worship. To you your way (religion) and to me my way.







## Qunoot Fajr

اللهم اهدنا في من هديت وعافنا في من عافيت وتولنا في من توليت  
وبارك لنا في ما أعطيت وقنا شر ما قضيت فإنك تقضي ولا يقضى  
عليك وإنه لا يضل من واليت تباركت ربنا وتعاليت

**Allahumma-hinaa fee man hadait. Wa 'aafinaa fee man 'aafait. Wa  
tawallanaa fee man tawallait. Wa baarik lanaa fee maa a'tait wa qinaa  
sharra maa qaddait. Fa innaka taqdde walaa yuqddaa 'alaik. Wa innahu  
laa yaddillu man wallait. Tabaarakta rabbanaa wa ta'aalait.**

“Oh Allah guide us with those whom You guided. Give us good with those You have given good. Be our protector with those whom You protect. Bless us in what You give us. And save us from the evil of what You decide for us. Indeed You are the One who decides and no one decides over You. And he does not stray whom You befriend. You are Magnificent and Exalted.”

## Qunoot 'Isha

اللَّهُمَّ إِنَّا نَسْتَعِينُكَ وَنَسْتَغْفِرُكَ وَنُؤْمِنُ بِكَ وَنَتَوَكَّلُ عَلَيْكَ وَنُثْنِي عَلَيْكَ  
الْخَيْرَ وَنَشْكُرُكَ وَلَا نَكْفُرُكَ وَنَخْلَعُ وَنَتْرُكُ مَنْ يَفْجُرُكَ. اللَّهُمَّ إِنَّا نَعْبُدُ  
وَلَكَ نُصَلِّي وَنَسْجُدُ وَإِلَيْكَ نَسْعِي وَنَحْفِدُ وَنَرْجُو رَحْمَتَكَ وَنَخْشَى  
عَذَابَكَ إِنَّ عَذَابَكَ بِالْكَفَّارِ مُلْحِقٌ

**Allahumma inaa nasta'iynuka wa nastaghfiruka wa nu'minu bika wa  
natawakkalu 'alaika wa nuthnee 'alaikal khair.  
Wa nashkuruka walaa nakfuruka wa nakh-la'u wa natruku ma-yyafjuruk.  
Allahumma iyyaaka na'budu wa laka nusallee  
wa nasjudu wa ilaika nas'aa.  
Wa nahfidoo narjoo rahmataka wa nakh-shaa 'adthaabaka.  
Inna 'adthaabaka bil-kuffaari mulhiq.**

“Oh Allah! We ask for your help and your forgiveness. And we believe in You and we have trust in You. And we praise You in the best way. We thank You and we are not ungrateful to You. We keep away from, and are not close to, those who disobey You. Oh Allah! You alone we worship, and to You we pray salah and do sajdah. And towards You we strive. We hope for Your mercy and we fear your punishment. Indeed, Your punishment is for the disbelievers.”





## Some Ad'iyah to say after Salah

### ادعية

اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

**Allaahumma antassalaam wa minkassalaam  
tabaarakta yaa dha-ljalaali walikraam.**

O Allah, You are the Giver of peace and from You comes peace. Blessed are You O Possessor of Greatness and Honour.



سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ، أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ، أَسْتَغْفِرُكَ، وَأَتُوبُ إِلَيْكَ

**Subhaanak-Allaahumma wa bihamdika. Ash-hadu an-laa  
ilaaha illaa anta. Astaghfiruka wa atoobu ilaik.**

Glory to You O Allah and Praise to You. I bear witness that there is none worthy of worship except You. I seek Your forgiveness and I repent to You.



اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ

**Allaahumma a'innaa 'alaa dhikrika  
wa shukrika wa husni 'ibaadatik**

O Allah, Help us in remembering You and thanking You and worshipping You to the best of our ability.



أَسْتَغْفِرُ اللَّهَ الْعَظِيمَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ وَأَتُوبُ إِلَيْهِ

**Astaghfir-ullaaha-l'adtheemi-lladthi laa ilaaha illaa huwa-lhayyul  
qayoomu wa atoobu ilaih.**

I seek the forgiveness of Allah, the Glorious; there is no other god besides Him, the Alive, the Eternal, and I repent to Him





سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ ط وَلَا حَوْلَ  
وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ ط

**Subhaan-Allaahi walhamdu lillaahi wa laa ilaaha ill-Allaahu wallaahu akbar, wa laa hawla wa laa quwwata ilaa billaahi-‘aleeyi-l’adtheem.**

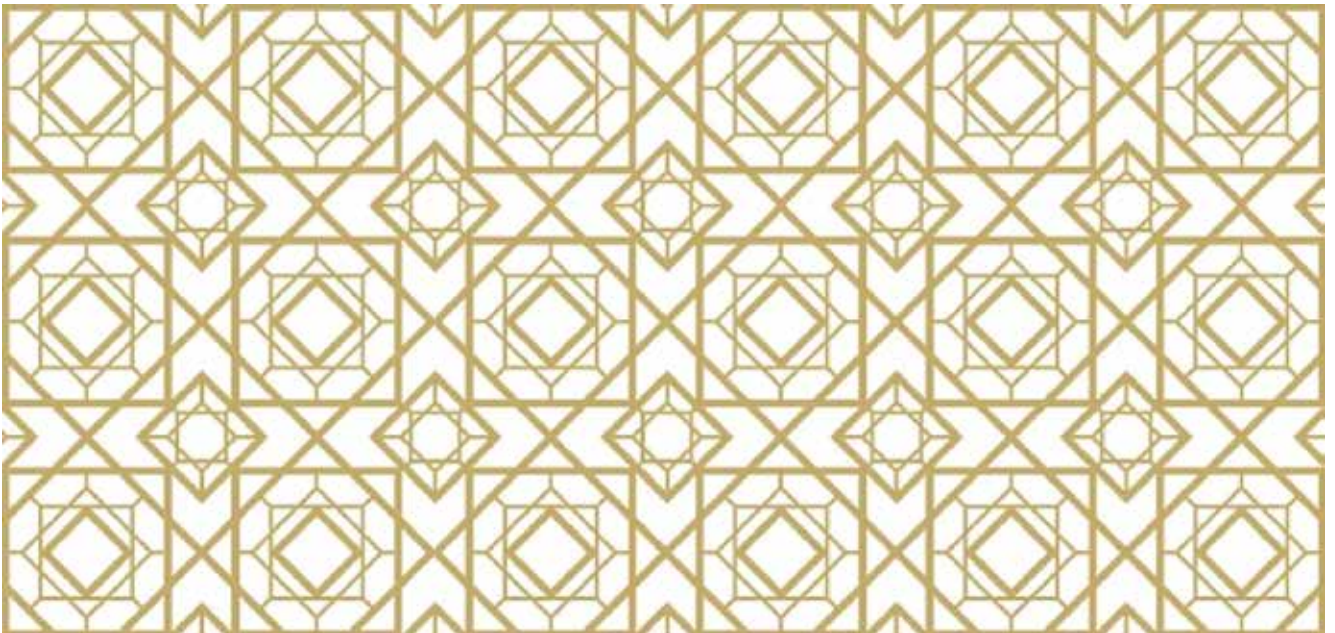
Glory to Allah and praise to Allah and there is no one worthy of worship except Allah and Allah is Great. And there is no power and no might except from Allah the Most High, the Magnificent.



**Exercise:** While practising your Salah or waiting to be tested, or if you have finished, colour the Islamic geometric design with pens, using a rule for yourself about the shapes you will colour.

The colours that I chose were:

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# Lesson 3: THE MUSLIM CALENDAR



## Months of the Muslim Calendar

- |                                   |                   |
|-----------------------------------|-------------------|
| 1. Muharram                       | 7. Rajab          |
| 2. Safar                          | 8. Shaban         |
| 3. Rabi 1 (Rabi ul-Awwal)         | 9. Ramadan        |
| 4. Rabi 2 (Rabi uth-Thaani)       | 10. Shawwal       |
| 5. Jamaadi 1 (Jamaadi ul-Awwal)   | 11. Dhul Qadah    |
| 6. Jamaadi 2 (Jamaadi uth-Thaani) | 12. Dhu al-Hijjah |

The Muslim Calendar is a Lunar Calendar. It has 12 months but they are different from the Solar months of the Gregorian Calendar. Each month has 29 or 30 days.

Every time we see the thin new crescent moon in the evening sky, we know that it is a new Muslim month. On the 29<sup>th</sup> of each month we look for the new moon in the western sky, just after sunset. If we see the new moon, then the next day will be a new month. But if we don't see the thin crescent moon then the next day will be the 30<sup>th</sup> of the month.

The Muslim Calendar counts the years since Hijrah, the migration of Prophet Muhammad, Sallallahu 'alaihi wa sallam, may Allah's peace and blessings be upon him, from Makkah to Madinah, in his 13<sup>th</sup> year of prophethood, in 622CE (of the Gregorian Calendar). The Muslim Calendar is also called the Hijri Calendar. We write "AH" after the Muslim Year, showing that it is "After Hijrah". For example, the year 1445AH approximately matches the year 2023-2024CE.

### **Important Dates in the Muslim Calendar:**

- 1<sup>st</sup> Ramadhan - start fasting for one month
- 1<sup>st</sup> Shawaal - Eid ul Fitr
- 8<sup>th</sup> Dhul Hijjah - start Hajj
- 10<sup>th</sup> Dhul Hijjah - Eid ul Adha



The **four sacred months** of the Muslim Calendar are: Dhul Qi'dah, Dhul Hijjah, Muharram and Rajab.





**Exercise:** Complete the sentences:



1. The Muslim Calendar first started when \_\_\_\_\_  
\_\_\_\_\_
2. The dates for the Muslims months are approximate because \_\_\_\_\_  
\_\_\_\_\_
3. The four sacred months of the Muslim Calendar are \_\_\_\_\_  
\_\_\_\_\_

### **FESTIVALS AND MONTHS WORD FIND**

E	A	M	U	B	A	R	A	K	M	A	R
S	I	F	I	T	N	A	A	B	A	H	S
A	H	D	K	T	A	K	B	I	R	K	H
C	M	A	U	R	A	B	I	T	A	A	A
R	L	U	W	L	S	H	I	B	M	R	J
I	A	S	H	S	A	F	A	R	A	S	J
F	D	J	D	A	L	D	M	E	D	H	I
I	H	A	A	U	R	S	H	I	H	A	H
C	U	S	D	B	D	R	E	A	A	W	L
E	T	I	I	D	A	M	A	J	N	A	U
I	E	S	A	C	R	B	U	M	J	A	H
D	H	K	H	U	T	B	A	H	I	L	D

EID UL FITR  
EID UL ADHA  
KHUTBA  
MUBARAK  
RAMADHAN

DHUL HIJJAH  
SHABAAN  
SHAWAAL  
SACRIFICE  
MUHARRAM

RABI  
RAJAB  
SAFAR  
JAMADI  
TAKBIR



**Exercise:** Make a calendar for this Gregorian year (next page), and write in approximate dates for the Muslim months this year (ask an adult). For Muslim months that haven't happened yet, make one month 29 days and the next month 30 days, and keep going in this pattern. Colour Eid and Hajj dates with special colours.





JANUARY /						
M	Tu	W	Th	F	Sa	Su

FEBRUARY /						
M	Tu	W	Th	F	Sa	Su

MARCH /						
M	Tu	W	Th	F	Sa	Su

APRIL /						
M	Tu	W	Th	F	Sa	Su

MAY /						
M	Tu	W	Th	F	Sa	Su

JUNE /						
M	Tu	W	Th	F	Sa	Su

JULY /						
M	Tu	W	Th	F	Sa	Su

AUGUST /						
M	Tu	W	Th	F	Sa	Su

SEPTEMBER /						
M	Tu	W	Th	F	Sa	Su

OCTOBER /						
M	Tu	W	Th	F	Sa	Su

NOVEMBER /						
M	Tu	W	Th	F	Sa	Su

DECEMBER /						
M	Tu	W	Th	F	Sa	Su



## Lesson 4: MUSLIM FESTIVALS



Muslims celebrate two festivals in the year.  
They are:

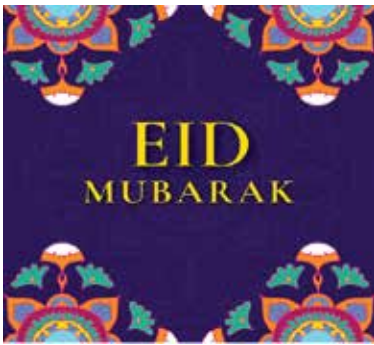
- > Eid ul Fitr
- > Eid ul Adha



### Eid Salah صلاة العيد

On the day of Eid, people pray Eid Salah in the morning. Eid Salah is a special prayer of 2 Rakaats. It is like a normal Salah, except that it has some extra **Takbirs** (raising hands and saying "Allahu Akbar").

Our Prophet, Sallallahu 'alaihi wa sallam, told us that everyone should go to the Eid Salah; men, women, children and even old people. If everyone goes, then they will all feel happy to be part of the Eid celebrations.



After Eid Salah there is a **Khutbah** (sermon or talk). It is important to be quiet and listen carefully to the Eid Khutbah. The imam is talking about things that everyone should listen to and understand. After the Khutbah, everyone gets up and hugs each other and says "**EID MUBARAK!**" (HAPPY EID!)

### Eid ul Fitr عيد الفطر

We celebrate Eid ul Fitr after the month of fasting in Ramadhan. Eid ul Fitr is a very happy day because people are pleased to have done their Sawm (fasting) for the pleasure of Allah. They feel that He will reward them and be pleased with them.

Everyone goes for the Eid Salah in the morning. It is good to eat something sweet before going to the Salah. After this, people spend the day visiting family and friends, eating lots of food and giving each other presents. It is good to decorate our houses and buy or give new clothes. Adults often give children money or gifts. People send Eid cards to family and friends who live far away.





On Eid ul Fitr we remember poorer people by paying **Zakat ul Fitr**. Every man, woman and child should pay the cost of about 3kg of rice, if they can afford it. A father usually pays Zakat ul Fitr for his whole family, before praying the Eid Salah. Zakat ul Fitr should be given to poorer people so that they have some money to spend on Eid Day and enjoy themselves.



## Eid ul Adha عيد الأضحى

Eid ul Adha is on the 10<sup>th</sup> of the month of Dhul Hijjah. It is at the same time as Hajj.

On Eid ul Adha, everyone should go to pray Eid Salah, just like on Eid ul Fitr. After the Eid Salah people go to sacrifice an animal, like a sheep, goat, cow or camel. This is called **Qurban**. Sometimes the sacrifice is arranged beforehand and it is done on behalf of the person. The meat is eaten and given away to family, friends and needy people. It is a day when everyone should have good food to eat. Even if they hardly eat meat on other days of the year, people would get meat on the days of Eid ul Adha. It is good to not eat anything in the morning until we get the meat from the sacrifice.



When we sacrifice an animal, we also remember the sacrifice of Prophet Ibrahim and his son Prophet Ismail, 'alahimussalam. We remember that Prophet Ibrahim was ready to give up the things he loved most in the world, just to please Allah Subhanahu wa Ta'ala.

(Teachers may wish to revise the story of Ibrahim briefly (Book 3).)

The two Eid days are special celebrations for Muslims. We should try hard to take time off work and school to enjoy them. We can decorate our homes and make nice food to eat and share. We should wear our best clothes and enjoy time with our family and friends. We are not allowed to fast on any of the Eid days because they are days for happiness and socialising.







**Exercise:** Draw lines to join the sentences correctly.



The festival after Sawm		Eid Mubarak!
The festival at Hajj time		Zakat ul Fitr
Who goes to Eid Salah		Eid ul Adha
Greeting on Eid Day		1 <sup>st</sup> Shawwal
Money for the poor on Eid ul Fitr		Eid ul Fitr
Sermon after Eid Salah		10 <sup>th</sup> Dhul Hijjah
Islamic Date of Eid ul Fitr		Eid Khutbah
Islamic date of Eid ul Adha		Men, women, children, old people



**Exercise:** Design an Eid card to give to your family or a friend:

	
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**Suggested Extra Activity:** The teacher photocopies this template onto cards and students decorate them to make their own Eid cards. (RHS becomes the cover of the card).



## Lesson 5: ADHAN



(This lesson is covered in greater detail in Book 5)



### الأذان

**Adhan** is the call to pray Salah. Adhan is called out loudly from the mosque or prayer place. Often it is called from the top of a tall minaret so that the sound can travel far. The person who calls Adhan is the Muadhin. The **Muadhin** calls out in a loud, melodious voice.

When we hear Adhan, we should stop what we are doing and get ready to join the Salah in **Jama'ah** (together). We should check that we have Wudu and go and make it if we need to. It is not good or disliked (**Makruh**) to ignore the Adhan and say “I will pray later or somewhere else”.

When we hear Adhan we should stop talking so that we can listen to it. We should quietly repeat the words. In the parts that say “Hayaa ‘alas-salah” and “Hayaa ‘alal falah”, instead of repeating it we should say:

لا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

**Laa Hawla wa laa quwwata illaa billah**

There is no power and no mightiness except from Allah.

### The Adhan

اللَّهُ أَكْبَرُ – اللَّهُ أَكْبَرُ – اللَّهُ أَكْبَرُ – اللَّهُ أَكْبَرُ  
أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ – أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ  
أَشْهَدُ أَنَّ مُحَمَّدًا رَسُولُ اللَّهِ – أَشْهَدُ أَنَّ مُحَمَّدًا رَسُولُ اللَّهِ  
حَيَّ عَلَى الصَّلَاةِ – حَيَّ عَلَى الصَّلَاةِ  
حَيَّ عَلَى الْفَلَاحِ – حَيَّ عَلَى الْفَلَاحِ  
اللَّهُ أَكْبَرُ – اللَّهُ أَكْبَرُ – لَا إِلَهَ إِلَّا اللَّهُ





Allaahu Akbar (x4).	Allah is Great Allah is Great, (repeat).
Ash-hadu al-laa ilaaha il-Allah (x2).	I Bear witness that there is no god except Allah, (repeat).
Ash-hadu anna Muhammadar-rasoolullaah (x2).	I bear witness that Muhammad is the messenger of Allah, (repeat).
Hayaa 'alas-salah (x2).	Come to Salah, (repeat).
Hayaa 'alal-falah (x2).	Come to success, (repeat).
Allaahu Akbar (x2).	Allah is Great Allah is Great.
Laa ilaaha il-Allaah.	There is no god except Allah.

After the adhan finishes we should say a du'a, which is:

### Dُعَاء بَعْدَ الْأَذَانِ

اللَّهُمَّ رَبَّ هَذِهِ الدَّعْوَةِ التَّامَّةِ، وَالصَّلَاةِ الْقَائِمَةِ، آتِ مُحَمَّدًا الْوَسِيلَةَ  
وَالْفُضِيلَةَ، وَابْعَثْهُ مَقَامًا مَحْمُودًا الَّذِي وَعَدْتَهُ

**Allahumma Rabba haadhihi-dda'wati-taaamati wassalaati-lqaaa-imah,  
Aati Muhammadan-ilwaseelata walfaddheelata,  
Wab'ath-hu maqaama-Mmahmoodaani-Iladhi wa 'attah.**

O Allah, Lord of this perfect call and of the established prayer,  
Give Muhammad the Waseelah and superiority, and raise him up to the  
praiseworthy position which You have promised him.



**Exercise:** Write a word next to the right sentence.

The person who calls the Adhan	
Adhan is called from the	
When we hear Adhan we should	

I know how to say Adhan

I know the du'a after Adhan

I know how to listen and repeat when hearing Adhan





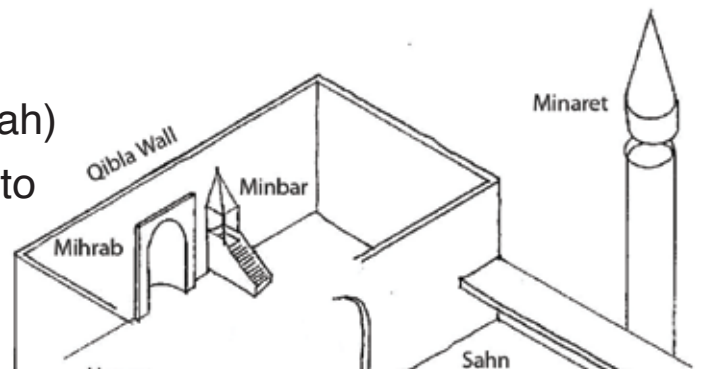
### المسجد

A Mosque or **Masjid** is a place where Muslims can gather five times a day to pray Salah. A mosque should be used for each Salah of the day. A Masjid is a place for Muslims to meet and know each another. It can be like a community centre, with spaces for classrooms, libraries, dining rooms and meeting rooms.

We should behave well in the mosque, especially in the Prayer Hall. We should not run around or be noisy (but we should be kind to very small children and teach them gently). The Prayer Hall is a quiet place to pray, sit or read Quran. We should be clean when we visit the Masjid and have wudu when we are in the Prayer Hall.

Any building can be used for a Masjid.  
The main parts of a Masjid are:

- > Prayer Hall
- > **Mihrab**, showing the direction of **Qibla** (face the Ka'ba in Makkah)
- > **Minbar**, where the imam stands to say the Khutba (sermon)
- > Mi'dhana (**Minaret**), where the Muadhlin calls Adhan



Mosques (Masaajid) can have beautiful shapes using domes and arches, and decorations with Arabic Calligraphy, Arabesque (plant drawings) and geometric designs. All these beautiful parts of a Mosque make us feel good when we enter because everyone likes to see beauty around them.





## Entering and Leaving the Masjid

When we enter the Mosque we should say "Assalamu 'alaikum" and step in with our right foot first and recite the du'a for entering the mosque.

### Dua when Entering a Mosque

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Allahumma salli 'alaa Muhammad.  
Allahummaf-tahle abwaaba rahmatik

Oh Allah! Give peace to Muhammad.  
Oh Allah! Open the doors of Your Mercy for me.

We should remove our shoes when we go to the Masjid, so that dirt we have walked in does not get into the Prayer Hall. We should be quiet so that we do not disturb people who are praying and reading the Quran. It is good to pray a two Rakaat Salah called "**Tahiyat ul Masjid**" when we enter the Mosque.



When leaving the Masjid we should step out with our left foot first and recite the du'a for leaving the Mosque.

### Dua when Leaving a Mosque

اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

Allahumma salli 'alaa Muhammad.  
Allahumma inni as-aluka min faddhlik

Oh Allah! Give peace to Muhammad.  
Oh Allah! I ask You for Your Bounty.





**Exercise:** Write a word in the box next to the right sentence.



Arabic word for Mosque	
	Shows the direction of Qibla
Place to call Adhan	
	Place to say the Khutba

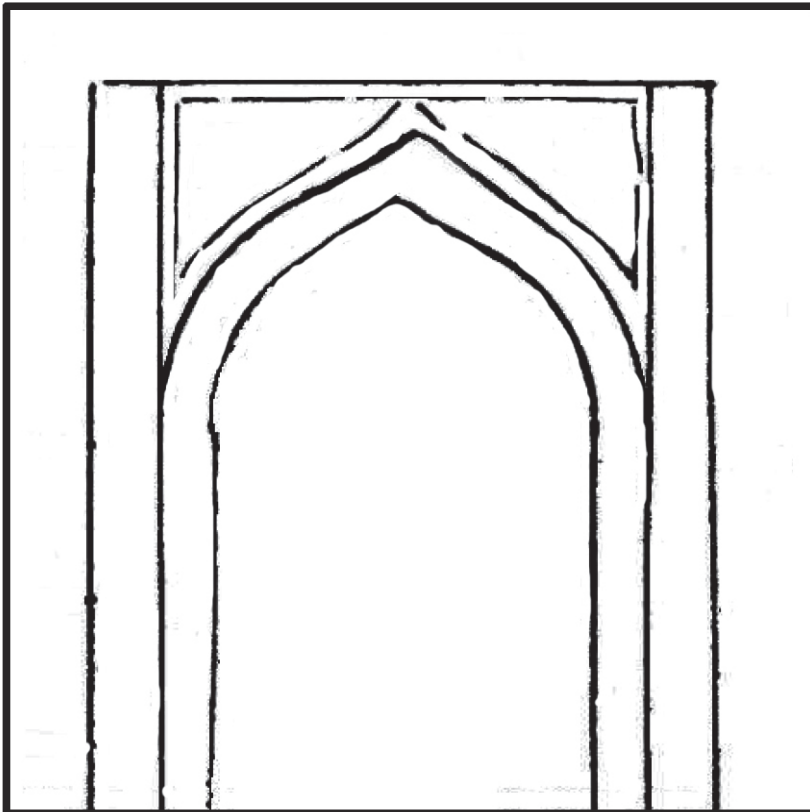
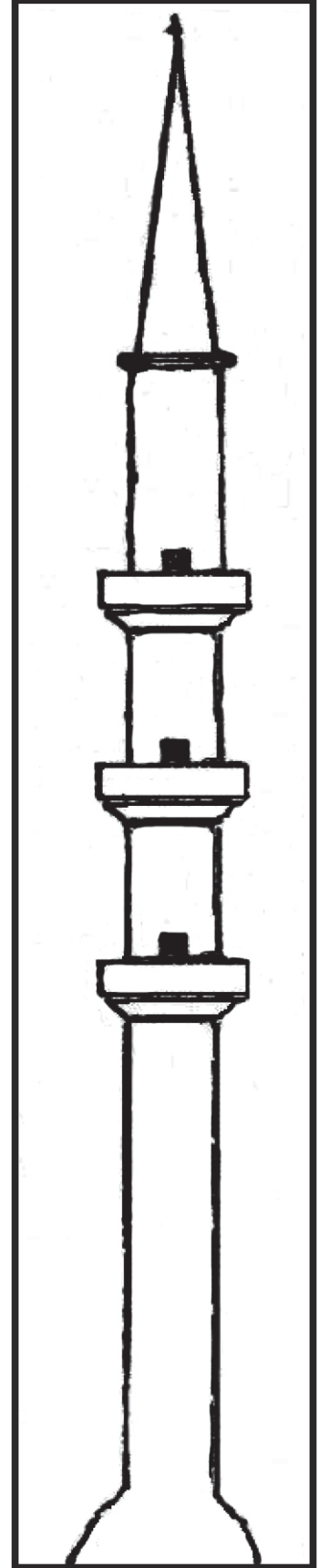
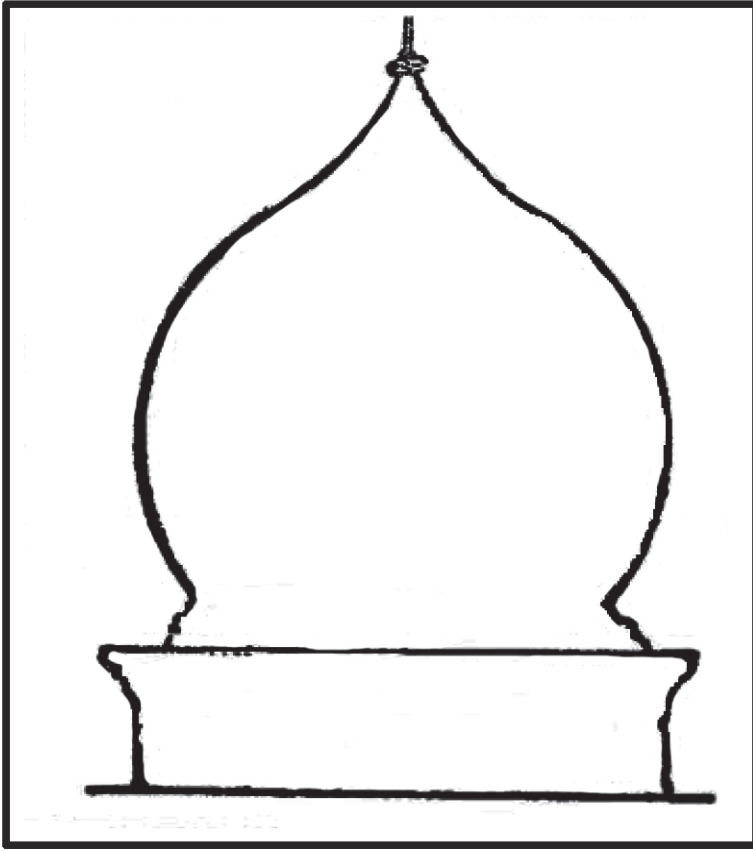
I know the du'a for entering the Masjid

I know the du'a for leaving the Masjid



**Exercise:** Design some decorations for the parts of the Masjid on the following page. You could use Arabic Calligraphy, Arabesque or Geometric designs.





## Lesson 7&8: CLEANLINESS AND THE MASJID



(This lesson is revision and has also been covered in Book 3)

Being clean and tidy is important everywhere, but especially in the Mosque. Everyone should feel good when they come to the Masjid.

Before coming to the Masjid we should be clean by having a shower or bath at least every few days (**Ghusl**). We should do **Istinja** (cleaning ourselves with paper and water) after going to the toilet. We should make **Wudu** before we leave home so that we will have Wudu in the Mosque for Salah and touching the Quran. Our clothes should be clean and should not have pictures of people, animals or monsters! We should not eat bad smelling food like raw garlic and onions before going to the Masjid. Men can wear perfume to the Masjid but women should not. We should be covered properly, like when praying Salah.

The Masjid should be kept clean and tidy too. If people see rubbish lying around or dirt on the floor, they will not feel like praying there. We should take care of the things that are in the Masjid, like books, mats, tables and other things that are there for everyone to use. We should not take things home to keep for ourselves.



### Wudu وضوء

Check that you know how to make Wudu and get tested on it.

#### How to make Wudu

1. Make intention (Niyah) that you are making Wudu and say Bismillah.
2. Wash both hands.
3. Rinse the mouth three times and if possible brush the teeth.
4. Wash the nose three times.
5. Wash the face three times. Water must wet all of the face.
6. Wash the right arm three times and then the left arm three times. Make sure you wash the elbows. Water must wet all of the skin.
7. Wipe the head with wet hands and wipe the inside and outside of the ears, and the back of the neck.
8. Wash the right foot three times and then the left foot three times. Make sure to wash the ankles. Water must wet all of the skin.
9. Recite the Shahadah.







The words of the **Shahadah** are:

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ  
وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ



**Ash-hadu an laa ilaaha illAllahu  
Wa ash-hadu anna Muhammadan  
'abduhu wa rasooluh.**

I witness that there is no god other than Allah and I witness that Muhammad is His servant and Messenger.

### What Breaks Wudu

1. Passing wind (farting)
2. Going to the toilet
3. Sleeping or fainting

Your family might have some other things from this list that break Wudu: (schools of thought)

- > Vomiting
- > Bleeding
- > Touching a person of another gender (adults)

### Our Salah breaks if:



1. Our Wudu breaks while praying.
2. We laugh out loud while praying. (Some teachings also say we must make wudu again if we break Salah by laughing loudly.)
3. We pick up something and eat it.
4. We talk while praying.
5. We move around too much.
6. We turn our chest away from Qiblah (the prayer direction).

If our Salah breaks, we have to start again. If our Wudu breaks, we need to make Wudu and then say the Salah again.





## Muslim clothes

When going to the Masjid we should dress properly. Islam teaches that we should wear loose clothes. As boys and girls grow older, they should practice covering their bodies.

Older boys should not show their body between their lower chests and their knees. Older girls should cover all their body except their faces, hands and the lower parts of their feet. (Some teachings say that the feet should be covered.)

(Schools of thought.)



## Tayyamum تیمم

Tayyamum is making Wudu or Ghusl without water. We make Tayyamum if we do not have enough water for Wudu or Ghusl or if we are too sick to use water.

We make Tayyamum with clean, dry dust or sand or rock. The things that break Wudu also break Tayyamum. Tayyamum also breaks when we find water for Wudu or when we are well enough to use water again.

### How to make Tayyamum

- > Make intention that you are making Tayyamum and say Bismillah.
- > Strike the palms of your hands on sand or dust or a rock. Shake off the dust or blow it off.
- > Wipe your face with your hands.
- > Strike your palms on the sand or dust again. Shake or blow off the dust. Some teachings (schools of thought) say you can leave out this second strike.
- > Rub the right arm and hand with your left palm.
- > Rub the left arm and hand with your right palm.



# Ghusl غُضُل



Ghusl is having a full bath or shower. Muslims should make Ghusl often, at least once a week.

## How to make Ghusl

- > Make intention that you are cleaning yourself.
- > Wash and clean the private parts and wash your hands.
- > Gargle water in your mouth and clean the inside of your nose with water.
- > Make Wudu.
- > Wash the whole body, including the hair. Try to wash the right parts of the body before the left parts. Rub your skin and make sure water has reached every part of the body.
- > Afterwards, when you are dressed, say the Shahadah.



**Exercise:** Write a word in the box next to the sentence.

Taking a full shower	
	Cleaning private parts after going to the toilet
Making a small wash before Salah	
	Making Wudu or Ghusl if there is no water
Say this after finishing making Wudu	

I know how to make Ghusl

I know how to make Wudu

I know how to do Istinja

I know how to make Tayyamum



**Exercise:** Write 5 things that break Salah in the boxes.






**Exercise:** For the next week, check that you are doing the things listed below.



I brush my teeth two or more times a day

I comb my hair every day

I keep my nails clean and short

I wash my hands before eating

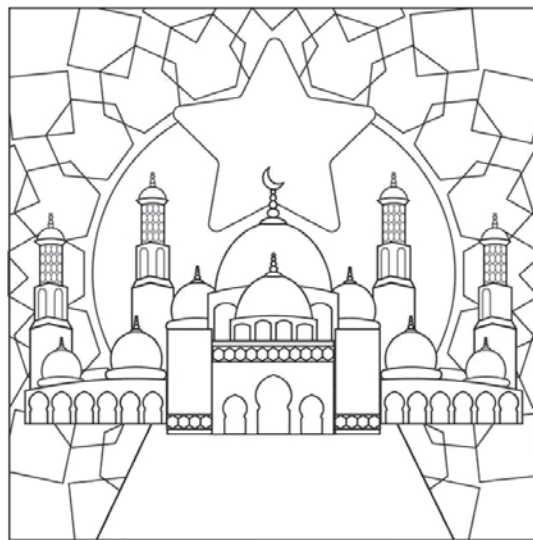
I wash private parts after going to the toilet (Istinja)

I make Wudu before I pray

I make Wudu before I read Quran

I make Ghusl often

I make Ghusl on Friday mornings or Thursday nights



**Suggested Extra Activity:** The teacher holds a discussion about the local mosque and how everyone can help make it a better place. Topics could be:

- Why is it important to keep the Masjid clean?
- What can everybody do to improve mosque cleanliness and safety?
- Whose job is it to look after the Masjid or Islamic Centre?





## Mosque Word Find



### Clues

1. When we go to the masjid our clothes should be \_\_\_\_\_.
2. We should not have \_\_\_\_\_ (unclean) socks.
3. We should not eat raw \_\_\_\_\_ or \_\_\_\_\_.
4. We should make \_\_\_\_\_ before leaving home.
5. We should step into the mosque with the \_\_\_\_\_ foot.
6. We should say a \_\_\_\_\_ when we enter the mosque.
7. We should pray a two Rakaat Salah called \_\_\_\_\_.
8. The Imam stands on the \_\_\_\_\_ when he says his \_\_\_\_\_ (speech)
9. Mosques often have decorations on the outside, like a \_\_\_\_\_ (tower where the adhan can be called) and a \_\_\_\_\_ (curved roof).
10. The place where the Adhan is called is the \_\_\_\_\_.
11. The du'a for entering the Masjid is "Oh Allah, open the doors of Your \_\_\_\_\_ for me."
12. The du'a for leaving the Masjid is "Oh Allah, I ask You for Your \_\_\_\_\_."



# Lesson 9: MORE ABOUT SALAH



(This lesson contains some revision of topics that were also covered in Book 3)

## Where to Pray Salah

We can pray Salah at any clean place. The best place to pray Salah is at the Mosque. We should do our best to pray in the Masjid as often as we can. We can pray Salah at home, at school, at work, at the beach, by the roadside, in a park, a shop, a plane... etc!

It is important not to miss our Salah or pray it too late. So sometimes we have to pray Salah while we are busy doing something else. If we need to pray Salah at school, the teachers might be able to help find a small room to pray in. People who pray at work usually use an empty meeting room or a sick room. Anywhere is clean for Salah, as long as it hasn't got toilet dirt on it.

If a group of Muslims are together, it is good to pray Salah in Jama'ah (praying all together). Prophet Muhammad, Sallallahu 'alaihi wa sallam, told us that it is 25 or 27 times better to pray Salah in Jama'ah than praying by ourselves.



**Exercise:** Write words in the boxes next to the sentences.

Places we can pray Salah	
	The best place to pray Salah
Praying Salah all together in a group	



**Suggested Extra Activity:** The teacher helps students discuss their thoughts and experiences about praying Salah in different situations. Suggested topics could be:

- What could you do if you were at the beach with your family and it is getting late for Dhuhr prayer?
- Why do you think is it important not to miss the time for Salah?
- What are some interesting places you have prayed Salah?





As well as the five daily Salah, there are other important Salah.

## Friday Prayer or Salatul Jum'ah **صلوة الجمعة**

- > The most important prayer of the week is at Friday lunchtime. This prayer is called **Salatul Jum'ah**. It is prayed in the Masjid. On Fridays, Salatul Jum'ah is prayed instead of Dhuhr Salah.
- > Men and boys should not miss Jum'ah Salah. Women and girls can also go to Jum'ah Salah.
- > It is good to make Ghusl on Friday morning or Thursday night, to get ready for Salatul Jum'ah.
- > Salatul Jum'ah has two speeches (**Khutbah**) and 2 Rakaat. It is very important to sit quietly and listen to the Khutbah.



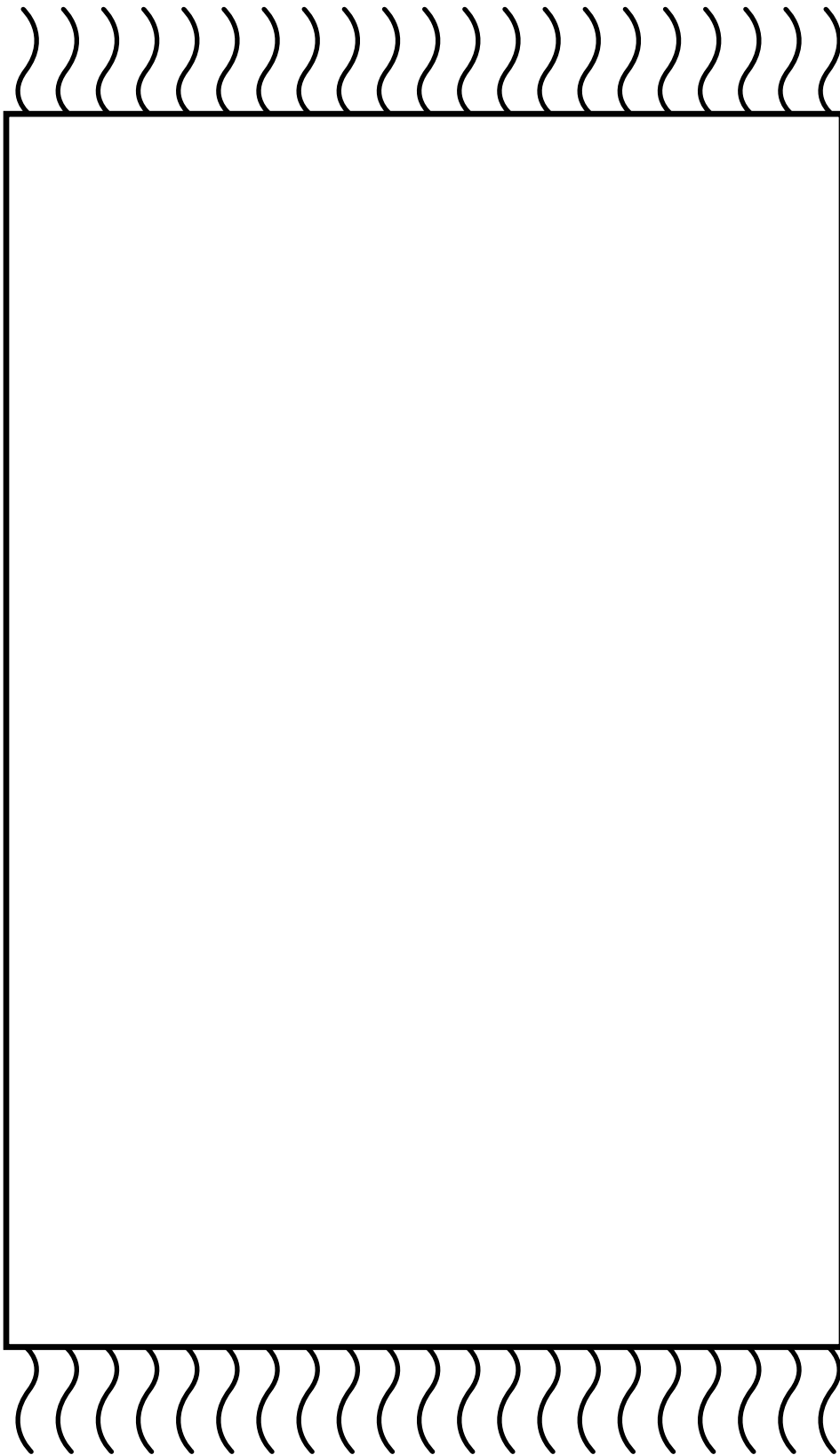
## Salatul Janazah **صلوة الجنازة**

- > Salatul Janazah is funeral prayer. We say Salatul Janazah when someone dies, before they get buried. It is very good to join a Janazah Salah when we get the chance. Men and women can all join in the Janazah Salah.
- > Salatul Janazah is short and only has three actions: Standing (Qiyaam), Takbir (Allahu Akbar) and Tasleem (Assalamu 'alaikum wa rahmatullah).
- > Here is one way to pray Salatul Janazah: 1- Do the first Takbir and recite Surah al-Fatiha. 2- Do the second Takbir and say Salawaat. 3- Do the third Takbir and make du'a for the deceased. 4- Do the fourth Takbir and then do Tasleem. (Schools of thought)





**Exercise:** Design a prayer mat:





## Lesson 10: PRAYING SALAH IN JAMA'AH



When praying Fard Salah in the Masjid, we should follow the rules of praying Salah in Jama'ah (praying all together behind an imam). Some of the rules are:

- > Everyone should have the intention (Niyah) of praying Salah in Jama'ah.
- > If the imam is a man and there are more than two people praying, the imam stands out in front and the other people line up behind him.
- > If the imam is a woman leading other women, she stands in the middle of the first row (not out in front). If there are two women praying together, they stand side by side with the imam on the left and the follower on the right.
- > If there are only two men praying in Jama'ah, the imam stands on the left and the follower stands a little bit behind, on the right of the imam.
- > Everyone should stand in straight rows, with toes all in line and shoulders almost touching. Fill any gaps in the line and don't start a new line until all the gaps are full in the other lines.
- > Stand still. Don't disturb other people by moving, fidgeting or making noises.
- > Listen and follow the words when the imam recites loudly.
- > Say the words quietly to yourself when the imam recites quietly.
- > Do everything after the imam. Don't move before the imam moves.
- > When joining the prayer late, make Takbir ("Allahu akbar") quietly, stand for a moment, and then do exactly what everyone else is doing. At the end of the Salah, after the imam says the first "Assalamu alaikum wa rahmatullah," get up and do the Rakaat that you missed. If you joined the Salah before Ruku (bending) finished, you did not miss that Rakaat.
- > If the imam makes a mistake in Salah, he will do two extra Sujood at the end of the Salah. All the followers should do the same.





**Exercise:** Write five things about praying Salah in Jama'ah, in the boxes.




**Exercise:** Draw a circle around the imam in the pictures below.



**Suggested Extra Activity:** The teacher helps students practice standing for Salah in Jama'ah, with different numbers of people.





## Salah Word Find

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

SALAH

STRAIGHT LINE

WUDU

GHUSL

WATER

CLEAN

CLOTHES

SCARF

MAT

HAT

QIBLA

KABA

FAJR

DHUHR

ASR

ISHA

DAWN

MIDDAY

COMPASS

RED

BLACK

NIGHT

ADHAN

IQAMAH



# Lesson 11: ARTICLES OF FAITH PART 1



(Lessons 11&12 are revision and are covered in more detail in Book 5. The teacher should allow for discussion time if some students are not familiar with it.)

**Islam** is the name of our **Deen** (religion). Islam is the way of life we follow if we are **Muslims**. A Muslim is a person who follows the religion of Islam.

The religion of Islam says that **Allah** is the One and only God. Allah is the Creator of everything that we see and everything that we cannot see. He made everything in the universe, and made it all work perfectly, and nobody helped Him to do it.



The Book of Muslims is the Quran. The **Quran** says that Allah, Subhanahu wa Ta'ala, made humans so that they could worship Him. This means that to be successful in life, we should remember Allah and think of doing what pleases Him.



## The Six Articles of Faith

### Iman Mufassal

أَمَنْتُ بِاللَّهِ وَ مَلَائِكَتِهِ وَ كُتُبِهِ وَ رُسُلِهِ وَ الْيَوْمِ الْآخِرِ وَ الْقَدْرِ  
خَيْرِهِ وَ شَرِّهِ مِنَ اللَّهِ وَ الْبَعْثِ بَعْدَ الْمَوْتِ

“**Aamantu billaahi wa malaaikatihi wa kutubihi wa rusulihi wal yawmil aakhiri wal qadri khairihi wa sharrihi minAllahi wal ba’thi ba’dalmawt**”

I believe in Allah and in His Angels and in His Books and in His Prophets and in the Last Day, and that Qadr, good and bad, is from Allah, and in the Raising after death.

I know Iman Mufassal

I know how to say it in English





## THE SIX ARTICLES OF FAITH

We believe in:

1. Allah
2. Allah's Angels
3. Allah's Books
4. Allah's Prophets
5. The Last Day (and the raising after death), and
6. Allah's Decision and Power (Qadr)

### 1. Allah الله

Allah is our Rabb. He is the One who provides everything that people, animals and all things in the universe need. He gives everything life and movement and energy. Nothing can happen in the universe without Allah's Power making it happen. If everyone in the world got together to try to make something happen and if Allah didn't say it should happen, it will not happen. But if Allah wants something to happen, He doesn't need any help from anyone. He can just say to it "Be!" and it happens.

### 2. Allah's Angels الملائكة

Muslims believe that Allah made the Angels, just like He made everything else in the universe. Angels are creatures made of light. We can't usually see them, although they can see us. Angels always obey Allah and do good. There are many thousands of angels in the universe.

### 3. Allah's Books كتب

Muslims believe that Allah has sent books to the prophets, so that people could know what Allah wants them to do. When Allah sends His words, He usually sends the Angel Jibril (Gabriel), Alaihi-salaam, (peace on him) to the prophet with the message. Four books that are named in the Quran, with the prophets who received them, are:

كتاب	Book	رسول	Prophet
توراة	Tawraat	موسى	Musa (AS)
زبور	Zaboor	داوود	Dawood (AS)
إنجيل	Injeel	عيسى	'Isa (AS)
قرآن	Quran	محمد	Muhammad (SAW)





**Exercise:** Write the Six Articles of Faith in the boxes.

We believe in:



**Exercise:** Write a word in each box next to the sentence.

The Creator of the whole universe	
	The One Who provides everything that all of creation needs
When Allah wants something to happen He just says this one word	
	The Angel who brings Allah's messages to the prophets



**Exercise:** Write the four Books that Allah sent and their prophets.

BOOK	PROPHET





The Quran is the book that Allah, Subhanahu wa Ta'ala, sent to our Prophet Muhammad, Sallallahu 'alaihi wa sallam. It is the latest Book from Allah and it is also the last Book that Allah is going to send. The other books from Allah were lost and changed through the ages but Allah has promised to protect the Quran until the last days of the world, so that people will always be able to read the truth about what Allah wants and says. The words of the Quran have not changed at all since they were first brought to Prophet Muhammad more than 1400 years ago. The word "Quran" means "to read aloud".



### 4. Allah's Prophets رسل

Muslims believe in Allah's Prophets. This means that we believe that Allah sent many thousands of prophets as messengers to people. Prophets are people just like us. We should never pray to prophets, even though they are very special. We believe that whatever the prophets told us about Allah is true and that we should follow it.

We only know the names of the prophets who are named in the Quran. There are 25 prophets' names in the Quran. Some of them are: Adam, Nuh (Noah), Ibrahim (Abraham), Ismail (Ishmael), Ishaq (Isaac), Yusuf (Joseph), Musa (Moses), Dawud (David), Sulaiman (Solomon), Yahya (John the Baptist), Isa (Jesus) and Muhammad, Alaihimus Salam, Peace on them all.

### 5. The Last Day (and Raising after Death) يوم الآخر

Muslims believe in the Last Day. It means that we believe that one day the world will end. The sky will split and even the planets and stars will be destroyed. There will be nothing left of the earth and everything on it. Then Allah will make a new creation and all the people will be raised up into new life. This will be the Aakhirah, or the Life of the Hereafter.

Every person who has lived in the world since it began will be asked by Allah to show everything they did in their lives.





It won't matter what family they belonged to, or how much wealth they had, or if they were kings or leaders or beggars. What will matter will be their belief in Allah, the state of their hearts and the things that they did in their lives.

Every person in the world has one chance to live a good life. Every day is a new chance to improve and do something that is good for our soul. As we live our lives, we need to remember to look after our soul as well as our body. When we die, our bodies will decay into the earth, but our souls will still live, and stay as they were before we died. On Judgement Day Allah, Subhanahu wa Ta'ala, will revive our souls and give us new bodies. We will not be able to hide from Allah and from the truth. He will know what our souls are like and what we did to develop our souls in this world.

## 6. Qadr قدر

Muslims believe in Qadr, Allah's Decision and Power and the sweetness (good) of it and the bitterness (bad) of it. This means that we believe that everything we experience comes from Allah and happens because of Allah's Will.



If it seems good or bad, if we understand why it happens or not, or if it is hard or easy, it is still all from Allah. We believe that Allah knows what is best for us and what is best for our future. We believe that He can make anything happen just by saying "Be", and that He needs no-one to help Him. And we believe that even if every person on earth tried to make something happen, it won't happen unless Allah wills it to happen.



**Exercise:** Write a word in each box next to the sentence.

Allah's Decision and Power	
	The Day when the universe ends
After this we can't do any more good for our souls	

**Suggested Extra Activity:** The students make their own mind maps of the Articles of Faith on coloured card and display them on the wall.





## Lesson 13: PILLARS OF ISLAM PART 1



(Lessons 13&14 are revision and are covered in more detail in Book 5. The teacher should allow for discussion time if some students are not familiar with it.)

Allah wants us to recognise Him and recognise what is good and true. He wants us to live in a way that is good for us, and for the world and all the creatures in it. He wants to reward us for believing in Him and doing good works, through our own choice. He wants to forgive us when we make mistakes and turn to him in repentance (**Tawbah**).



The Quran and our Prophet Muhammad, Sallallahu Alaihi Wasallam, tell us about how we can please Allah. There are some things we should believe, and some things we should do, and some things we should not do.

Part of the things that Muslims should be practising all the time are The Five Pillars:

### THE FIVE PILLARS

Say the <b>Shahadah</b> and have faith in Allah	شهادة
Say the five daily prayers ( <b>Salah</b> )	صلاة
Fast in the month of Ramadhan ( <b>Sawm</b> )	صوم
Give money and things to needy people ( <b>Zakah</b> )	زكاة
Go to visit the Ka'ba in Makkah ( <b>Hajj</b> )	حج

### 1. **Shahadah** شهادة

Shahadah means being a witness to the truth about Allah, and saying it out loud. A Muslim should learn the Shahadah and say it often, every day. If we say all our daily Salah then we will say the Shahadah at least 9 times a day. We should also repeat it often as a **Dhikr** (remembrance of Allah) because saying the Shahadah strengthens our faith.





## The Shahadah:

أشهد أن لا إله إلا الله وأشهد أن  
محمد عبده ورسوله

**Ash-hadu al-laa ilaaha ill-Allaahu Wa ash-hadu anna  
Muhammadan 'abduhoo wa rasooluh.**

I bear witness that there is no god except Allah And I bear witness that Muhammad is Allah's servant and messenger

I can say the Shahadah

I know what the Shahadah means

## 2. Salah صلاة



Anyone can pray to Allah at any time to praise and thank Him or ask Him for help (**Du'a**), but Salah is a special prayer that Allah asks us to do. It has special actions and words, including parts of the Quran that we have to learn in Arabic. It takes time to learn how to pray Salah. By 10 years old, we should be praying Salah every day. If we are not praying all our Salah by the time we are about 13 years old, we could get punished for neglecting it, on the Day of Judgement.

The five compulsory or Fard Salah are very important to be prayed at their correct times. We are told that if our five fard Salah are good on Judgment Day, then the rest of our judgment will be easy. If we get late for a Salah, we should make it up (**Qadaa**) as soon as possible. A good record of Salah will make it easy for us to enter **Jannah** (Heaven), **InshaAllah** (if Allah Wills)!

Here are the Five Fard Salah Prayers, their lengths (Rakaat) and their times:

### THE FIVE FARD SALAH

- |                  |                                   |
|------------------|-----------------------------------|
| 1. Fajr (Subh) - | 2 Rakaat before sunrise           |
| 2. Dhuhr -       | 4 Rakaat just after midday        |
| 3. Asr -         | 4 Rakaat in the later afternoon   |
| 4. Maghrib -     | 3 Rakaat just after sunset        |
| 5. 'Isha -       | 4 Rakaat at night when it is dark |





Prophet Muhammad, Sallallahu ‘alaihi wa sallam, taught us that there are some Sunnah Salah to say with each Fard Salah. The Sunnah Salah are not compulsory but they are still important. Here are the Sunnah Salah that Prophet Muhammad never missed saying:

THE SUNNAH MU’AKKADAH SALAH	
Fajr -	2 Rakaat before Fard
Dhuhr -	2 or 4 Rakaat before Fard, 2 Rakaat after Fard
Maghrib -	2 Rakaat after Fard
Isha -	2 Rakaat after Fard, 3 Rakaat Witr (Schools of thought)



**Exercise:** Summarise the information above into the table.

Prayer	Time of Day	Sunnah Before	Fard	Sunnah After
1.				
2.				
3.				
4.				
5.				



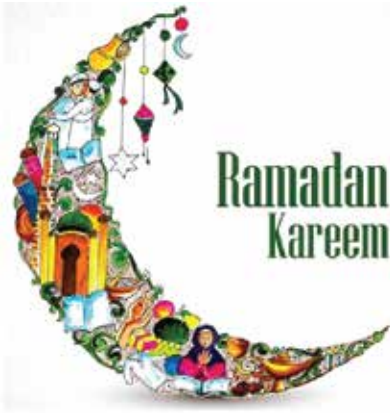
**Exercise:** Make some Salah Goals for yourself in the table. Return to this lesson and put a star in the box when you have achieved your goal.

Daily Salah I am Doing Now	Goal for Salah in 3 months	Goal for Salah in 6 months





### 3. Sawm of Ramadhan صوم



Fasting or Sawm means not eating or drinking each day during daylight hours, in the month of Ramadhan (the 9th month of the Islamic Calendar). We are allowed to eat and drink at night. A Muslim should fast only to please Allah, and we are told that the reward for fasting will come straight from Him, Insha-Allah.

Ramadhan is a special month because the first time the Angel Jibril, 'Alaihis salam, came to Prophet Muhammad, SallAllahu 'alaihi wa sallam, with the first revelation of the Quran, it was in Ramadhan.

During fasting we should not swallow any food, drink or medicine. We are not allowed to smoke. We should not make ourselves vomit. If we do any of these things by mistake because of forgetfulness, we must stop as soon as we remember and then our fast is not broken.

### 4. Zakah زكاة

Zakah is money or things that people pay to the poor once a year if they are not poor themselves. Allah, Subhanahu wa Ta'ala, says in the Quran that paying Zakah purifies and blesses our wealth. It means that we are grateful to Allah for giving us enough money for what we need, and we remember to share it with others who do not have the things that we have. We also remember that it is Allah Who gives us everything we have and He has the Power to increase it or take it away.



Zakah is paid on money, gold, silver and trade goods that have been saved during the year. For money, gold and silver, 2.5 % (two and a half percent) of savings are given away. This means that for every \$100 saved during the year, \$2.50 is paid in Zakah.

**Sadaqah** is Charity that can be given freely at any time of the year, and in any amount. Muslims should give Sadaqah often.





## 5. Hajj حج



Every year, millions of Muslims from all over the world travel to Makkah for Hajj, a pilgrimage to visit the Ka'ba in Makkah. Muslims should go on Hajj at least once in their lifetime, if they can afford it. Muslims perform Hajj at a special time of year, from the 8<sup>th</sup> to the 12<sup>th</sup> of the month of Dhul Hijjah. People can also do the small pilgrimage to Makkah at any time of year, called **Umrah**.

While people are visiting the country of Saudi Arabia to go on Hajj or Umrah, they usually also visit the city of Madinah, which is about 400km from Makkah. The city of Madinah is very special because it was the first proper Muslim city, and Prophet Muhammad is buried there. Many other Sahabah (Companions of the Prophet) are also buried in Madinah.



**Exercise:** Draw Makkah and Madinah on the map.





**Exercise:** Write a word in each box next to the sentence.



Fasting in the month of Ramadhan	
	Giving away part of yearly savings
Giving Charity at any time	
	Going on Pilgrimage in Dhul Hijjah
Going on Pilgrimage at any time	



**Exercise:** Write 4 things that are not allowed while fasting.




**Exercise:** Write the amount of Zakah to pay for the yearly savings given.

Yearly Savings	Zakah to Pay
\$1000	
\$10,000	
\$50,000	



**Suggested Extra Activity:** Students make their own mind maps of the 5 Pillars, with information about each, on coloured paper and display them.



## Lesson 15: DEEDS AND INTENTIONS



A Muslim lives a good life by doing as many things as possible to please Allah, Subahanahu wa Ta'ala. A successful Muslim keeps busy doing good deeds and not wasting time in things that are of no use. A good Muslim also lives their life in moderation. This means that we share out our time sensibly and don't spend all of it on one type of activity, so that we live a healthy, balanced life.



We should read stories of the Prophets and the Sahabah (Companions of Prophet Muhammad), so that we can learn how they spent their lives. The Sahabah used to make time in their day for work, Salah, Dhikr, learning, spending time with their family and helping others. When we do all these things in moderation, they are all deeds that will be pleasing to Allah.

How can we live a good, balanced Islamic lifestyle?

For example, a young person can practise doing the right things at the right times. At school they can work hard in the classroom and play kindly with friends. At home they can quickly do the chores that they are asked to do, be responsible for their own things, and stop what they are doing to pray Salah when it is time.



Young Muslims can make time for homework or after school activities, and also for daily reading of Qur'an. They can share out their leisure time by doing lots of different things, like reading, playing quietly alone, playing outside games, playing with brothers and sisters and playing with friends. Spending time on the computer or video games or watching TV for a long time are not very healthy, so they should do these things for a limited time only. A successful Muslim learns to control themselves in their daily living so that they are not sorry later for wasting their time.





On Judgement Day Allah will ask us how we spent our lives. He will want to know if we made time for Salah and remembering Him. He will want to know if we spent time with our families and treated them with love and kindness. He will want to know if we cared for our neighbours and friends and other people in the community. All these things are duties for Muslims, and it is not an excuse to say that we were too busy for them.



The most important thing on Judgement Day will be what was in our hearts when we did our deeds. Did we do them to please Allah or to please ourselves or our friends? This is called our **Niyah** or Intention. When we do a good deed, whether it is Salah or helping someone, or anything else, we should first think of Allah and remember that we are doing it to please Him. This is how to make our deeds successful on Judgement Day, InshaAllah.



**Exercise:** Write 2 things that you could do, under the right headings.

Work at home	Work outside home	Leisure at home	Leisure outside home



**Exercise:** Write a word in each box next to the right sentence.

Intention for doing things	
	The thing we shouldn't waste in life
Who we can read about to learn examples of good Muslim lives	







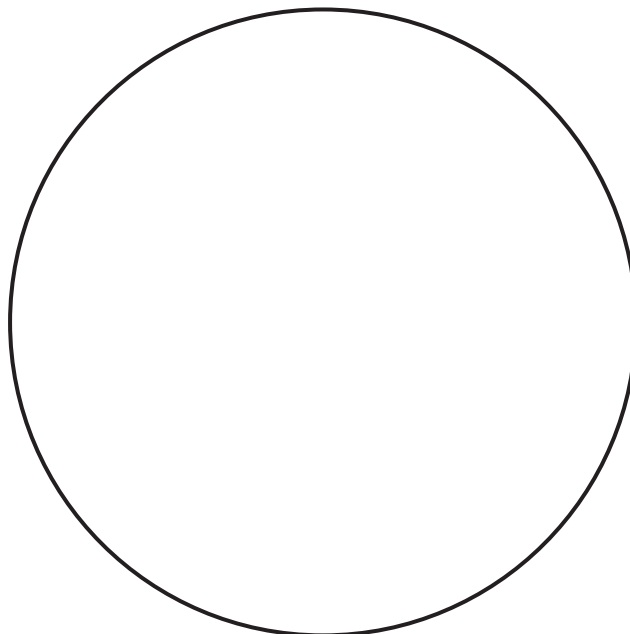
**Exercise:** Write three things that we might get asked on Judgement Day about how we spent our lives.




**Exercise:** Write down the things you do in a day, and get an adult to help you draw a pie graph of the amount of time you think you should try to spend on each activity. There are a few ideas to get you started:



Time Spent	Activity	Time Spent	Activity
	Sleeping		
	Chores		
	Eating		
	Playing outside		



## Lesson 16: HAVING GOOD FAMILY RELATIONS



Allah, Subhanahu wa Ta'ala, says in the Quran:

Your Lord has decreed that you worship only Him,  
And that you be beautiful and good towards parents (have Ihsan).  
Whether one or both of them gets to old age in your lifetime,  
do not say to them (even) “Uff”, and do not repel them,  
but talk to them honourably.  
Quran Surah 17 (Al Isra), Ayah 23

This verse shows that being good to parents is very close in importance to believing in Allah. When we are children, we don't realise how much our parents have done for us. Our mothers have gone through a lot of pain and trouble to give birth to us and look after us when we were babies. Our parents have sacrificed their time and energy working so that we can have a house, clothes, food and education. They spend time teaching us manners and other important things about life.



When people get old, they can sometimes become difficult to talk to. Muslims are asked to be patient and kind towards their parents and grandparents, and treat them well. We should be careful not to speak rudely to them or show them our impatience. The best way to be patient with them is to remember all the things they did for us when we were young.



Our Prophet Muhammad, Sallallahu 'alaihi wa sallam, also taught us about how parents should be good to their children. Children need to be brought up with love and mercy. Parents need to spend time with their children, talking and playing with them and developing good relationships.

Once, there was a man who saw Prophet Muhammad playing with his grandson, and giving him a kiss. The man was surprised because he thought that fathers don't do this.





He said: "I have ten children, and I have never kissed any of them." Prophet Muhammad was sad to hear this and he replied: "He who doesn't show mercy to others will not have Mercy (of Allah) shown on him."

(Source: Muslim 2318)



Muslims are also asked to have good relationships with everyone in their families. Our families have the first right to our **Sadaqah** (Charity). We should not quarrel with them or stop talking to them or seeing them. If they fight with us, we should be patient and show them that we are willing to be friends again. Allah sees everything that we do and knows what is in our hearts.

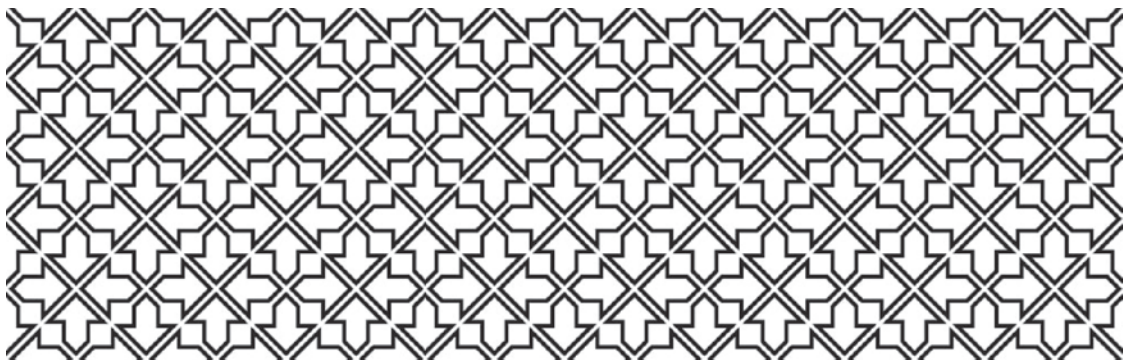


**Exercise:** Write two ideas for each topic.

Children are kind to parents because	Parents are kind to children because	Children show kindness to parents by	Parents show kindness to children by



**Exercise:** Divide the geometric design into 2 parts. For each part, choose 2 colours to colour the design. What pairs of colours look best?



**Suggested Extra Activity:** The teacher holds a discussion where students recall times when they quarrelled with brothers, sisters or family members, and how they got over it and made peace again.



## Lesson 17: HAVING GOOD SPEECH



Allah, Subhanahu wa Ta'ala, has asked us in many places in the Quran to practice speaking to others in a good way, and stop ourselves from bad habits in speech. For example, He has said:

O you who believe! Let not some men among you laugh at others. It may be that they are better than (those men). Nor let some women laugh at others. It may be that they are better than (those women). Nor defame or be sarcastic to each other, nor call each other by (bad) names. A name implying wickedness is inappropriate (for someone) after they believe. And those who do not stop (this) are doing wrong.

O you who believe! Avoid suspicion as much (as possible); suspicion in some cases is a sin. And do not spy on each other, nor speak badly of each other behind their backs. Would any of you like to eat the flesh of his dead brother? No, you would hate it... But fear Allah, for Allah is Oft-Returning, Most Merciful. (Quran 49:11,12)

These verses tell us many things! They show us that teasing, mocking, and making fun of others is a very serious matter with Allah. Otherwise He would not have mentioned it in the Quran! Many children tease and hurt other children, but as Muslims we have to stop ourselves from doing this, if we do not want Allah to be angry with us.



The verses also say that we should not call each other by bad names. It's okay to have nick-names but we should be careful that nick-names have nice meanings. Maybe people become like the names we call them, so we should use names that have good meanings. If someone doesn't like a nickname that we are using, then we should stop using it.

What should we do if our friends start teasing or gossiping about others and we know it is wrong? We can do several things. We could be brave and tell them to stop it because it is wrong.





Or we could try to say something nice about the person they are being nasty about, so that they might change their minds. Or, if we can't do anything else, we should quietly walk away, and stay away from them until they stop what they are doing.

The verses also say that we should avoid suspicion and spying. What will happen if we are suspicious of each other? We will start to think that our friends are doing bad things, even if they aren't. We will start to hide and spy on them and try to catch them doing something bad. This will turn us into nasty people, always trying to find bad in others instead of good.



Some people grow up and never learn that speaking badly about others, gossiping and being suspicious of one another are very bad sins. Allah has said that sitting and talking badly about other people (**Ghiba**) is just like sitting around and eating the flesh of the dead brother or sister!

On Judgement Day people will see how terrible these things are. It is much better for us to think about these Quranic verses and understand how wrong they are, and learn to stop our bad habits.



**Exercise:** Write 5 bad habits that the two Quranic Ayaat in this lesson warn us to stop doing.






Prophet Muhammad, Sallallahu ‘alaihi wa sallam, has said, “When you see an evil act, try to stop it with your hand. If you can’t, then at least speak out against it with your tongue. If you can’t, then at least you have to hate it with all your heart. And this is the weakest of faith.”

(Source: Muslim)



**Exercise:** Talk about what this hadith might mean and try to think of examples.

As young people or people on their own, it is often hard to stop evil with our hands, and it might cause us or others to get hurt. Sometimes, people can join groups who protest against evil. Sometimes, adults can sign petitions or write letters to the government, to try to stop evil in the world. Sometimes, adults in work places have to not listen to their bosses who are trying to make them do evil in their jobs. Sometimes, evil is just something that comes into people’s conversations and we have to learn to recognise this and keep away from it.



**Exercise:** Write one idea for each topic.

Stopping evil with our tongue	Showing that our hearts hate evil



**Suggested Extra Activity:** The teacher holds a guided discussion about times when students recall their friends hurting or teasing someone else. What was wrong about it? Did anyone try to make peace? What could be done or said if it happens again in the future?.



## Lesson 18: NOT HURTING OTHERS



Our Prophet Muhammad, SalAllahu ‘alaihi wa sallam, said: “Do not harm others and do not return harm (that others have done to you).” (Source: Ibn Majah 2340)

The Quran has strict rules against people who kill or hurt other people, especially when they have done it to make trouble for no reason. If a court finds someone guilty of murder, they can punish them harshly. People who bully or physically harm innocent people can also be punished for assault or abuse. On Judgement Day Allah, Subhanahu wa Ta’ala, will be angry with people who have harmed other people, or even harmed any other living creatures.



If we have some bad habits, like bullying or fighting or harming animals, then we should try hard to stop ourselves from doing these things. If we don't stop ourselves when we are young then we will do the same things when we are grown up, and this might make us get harshly punished by Allah when we meet Him on Judgement Day.

Even if we say our prayers, fast in Ramadhan and do other good deeds as Muslims, this might not save us from Allah's anger if we hurt other people or animals. Allah knows what is deep in the hearts of people when He judges them. So, He would surely know what is happening in the heart of a bully or a cruel person.

### STORY OF THE OLD WOMAN AND HER CAT

Once, there was an old woman who had a cat. One day she became angry with the cat, so she decided not to feed it. The cat cried and meowed, but the woman did not give in. In fact, she got more angry and locked the cat up in a room.





Now the poor cat could not even go outside to look for food. The cat cried and cried, and after some time the cat became weak and tired, until finally it died.

Prophet Muhammad told this sad story, and said that this cruel act of the old woman made Allah so angry that He sent her to Hell. This story shows that Allah knows everything about the things we do. He knows if we are being unfair or cruel, even to animals, no matter how small the animals might be. We should be careful not to be cruel to any living creature. (Source: Bukhari 2365)



Usually, we hurt others because we can't control our anger. Prophet Muhammad taught us that if we want to be good and strong Muslims, we should stop ourselves from getting too angry. He said that a good way to feel less angry could be to sit down or even lie down, to feel calmer. If this doesn't help, then we could go and make Wudu with cold water, and even pray two Rakaat of **Nafil** (Extra) Salah.

Angry and harsh words can cause great harm too. Islam teaches us that even hurting the heart of another person is a serious matter in Allah's sight.



**Exercise:** Think of a time when you felt angry with a friend. Did you control your anger or did you lose your temper? Tell a partner what things you could have done to make yourself feel less angry.







**Exercise:** List the three things we can try if we can't get our anger under control:






**Exercise:** Sometimes bullying is a problem at school. Discuss some of the things you learn at school to keep away from bullying and fighting (eg. "Stop it, I don't like it" or Counting to ten and walking away, or Going to get help.).

### Morals Word Find

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

MERCY  
DEEDS  
INTENTIONS  
NIYAH  
PARENTS  
CHILDREN  
LOVE  
KINDNESS  
ANGER

LAUGH  
TEASE  
BULLY  
GOSSIP  
SUSPICION  
SPYING  
STOP  
WALK AWAY  
WUDU





## الرزق

Allah, Subhanahu wa Ta'ala, created everything in the universe and He knows what is good for us and what is bad for us. He sent the Quran to show people what He wants us to do and explain about the good and the bad. If Allah says that a thing is good for us and He has allowed us to use it, then it is called **Halal**. If He says that a thing is bad and harmful for us and He has told us not to use it, then it is called **Haram**. Something that is good and clean and pure for us to use is called **Tayyib**. Allah says in the Quran:

Say: "Who gives you provisions (Rizq) from the heavens and the earth?"

Say: "It is Allah."

(Quran Surah 34, Saba, Ayah 24)

O people! Eat from what is on the earth things that are allowed and that are good.

(Quran Surah 2, Al Baqarah, Ayah 168)

O believers! Eat the good things that We (Allah) provided for you, and be grateful to Allah, if it is Him that you worship.

(Quran Surah 2, Al Baqarah, Ayah 172)



Food, drink and everything else that we use in the world are all gifts from Allah. All the things that we use in our lives are called our **Rizq** or Provisions from Allah. Allah knows that Halal things are good for us and make us strong and successful in our lives. He knows that Haram things are bad for us and make our lives unhealthy or unhappy. He also tells us that if we remember to thank Him for all the things He gives us, then He will give us even more blessings and happiness.

If we want to know what things are Halal and what things are Haram then we have to learn what the Quran says and what Prophet Muhammad, Sallallahu 'alaihi wa sallam, taught about them.





**Exercise:** Write a word in the box next to the sentence.

The One Who gives everything in creation their Provisions	
	Arabic word for the Provisions that Allah gave us
Things that are good for us that Allah has allowed us to use	
	Things that are harmful to us that Allah has forbidden us to use
Things that are clean and pure for us to eat or use	
What we should read to find out what is good for us and what is not	



**Exercise:** Draw some of the Provisions that Allah has given as Rizq to you and your family. Try to feel thankful for these Provisions.



## Lesson 20: EARNING MONEY



Allah, Subhanahu wa Ta'ala, wants us to have enough wealth to be able to eat and have other things to make our lives comfortable and easier. But He expects us to get our wealth in Halal ways. A Halal way of earning money is an honest way. Allah is always watching to see how honest we are when we are dealing with money!

If we have a job, we should do it properly and not be lazy. This means that we are earning our pay honestly. If we are selling things, then we should be honest about what we are selling, so that people get what they think they are buying. We should give the right change and not cheat people out of their money.



If we are buying things, then we should pay the correct money and keep our promises about business agreements. If we promise to pay people later, we should do it as soon as we can. We shouldn't try to cheat people by not paying them what we owe them. If we borrow things, we should give them back, because they don't belong to us. If we don't give them back then it is like stealing.

When Allah gives us our Rizq, He blesses our earnings and makes them useful and helpful to us. But if we get our wealth in a Haram (dishonest or wrong) way, Allah does not bless it. This means that it will never be useful or helpful to us. Haram wealth will only do us harm, especially on Judgement Day.





If we earn our wealth in Halal ways, then Allah listens to our prayers and answers them. But if we earn our wealth in Haram ways, Allah might not answer our prayers or listen to us. If Allah doesn't answer our prayers, then who is going to help us?

Many jobs are Halal. Jobs that help people, or make or trade things that people need, or help the environment, are all good jobs. Most jobs are Halal jobs. A few jobs are Haram, like selling alcohol, or working for a gambling place or working with interest (**Riba**). It is also Haram to work for somebody who is cheating people or doing them harm.

If we have gained something by asking for interest on a loan, or by lying, cheating, stealing, bribing, robbery, shoplifting, etc, then it is Haram for us. If we have worked for pay, been given a gift or inherited something, then it is Halal for us.



**Exercise:** Write answers in each box.

Examples of Halal earning	
Examples of Haram earning	
Examples of Haram kinds of jobs	



**Suggested Extra Activity:** The teacher helps students discuss the following topic: If you got some money by cheating, and then spent some of it to help poor people, do you think that Allah would reward you for it?





### حلال

Allah wants us to eat **Tayyib** (clean and good) food so that we can grow strong and healthy. **Halal** food will make our bodies, minds and souls healthy. It will also help us to become good hearted and sincere Muslims. If we are healthy, then we will be strong enough to serve Allah and live our lives properly.

Eating Tayyib, Halal food is a kind of 'Ibadah (worship of Allah). Allah, Subhanahu wa Ta'ala, will reward us if we eat this kind of food. When we eat halal food, InshaAllah, Allah listens to our prayers and answers them quickly. Many foods are Halal. Some kinds of halal foods are: rice, bread, pasta, cereals, nuts, fruit, vegetables, milk, eggs, fish and some meat.



Muslims eat Halal meat. Halal meat comes from an animal that has been slaughtered while saying Bismillah (in the name of Allah). It shows that we value the life that Allah gave the animal and we are thankful to Allah for allowing us to kill the animal for food. If Bismillah hasn't been said at the time of killing the animal then the meat is not Halal so we shouldn't eat it.





Some examples of animals whose meat can be Halal if slaughtered in the proper way are: cow, sheep, goat, deer, rabbit, camel, buffalo, etc. Some examples of birds whose meat can be halal if slaughtered in the proper way are: chicken, duck, goose, turkey, pigeon, parrot, swan, ostrich, etc. Fish and everything from the sea is Halal, (Schools of thought) and we don't have to slaughter food from the sea, except turtles. All kinds of fruit, grains and vegetables are Halal.

An animal that is used for Halal food should always be taken care of kindly. Our Prophet taught us that farm animals should be allowed to move around in their natural habitats and eat the food that they are used to eating in their natural surroundings.



They should be allowed to socialise in their animal groups. They should be kept clean and safe and never be treated cruelly. Even when they are slaughtered, they should be treated kindly beforehand, and they should not see other animals being slaughtered because it would distress them.



Food that we buy in the shops and supermarkets often has many ingredients. We should read labels of the food that we buy to find out if everything in the food is Halal. Some common ingredients that are often not Halal are: animal fat, animal shortening, gelatine, and some emulsifiers and chemicals.



**Exercise:** Ask an adult how an animal is slaughtered in a Halal way and write two things about it here.


**Suggested Extra Activity:** The teacher brings some cans and packets and students practice reading the labels and checking if ingredients are Halal.





### حرام

**Haram** means unlawful or not allowed. Allah, Subhanahu wa Ta'ala, has made some foods Haram because He knows that they are harmful for us. He knows that if we eat them, they will hurt our bodies, minds and souls. Here are some Haram foods:

1. Pig meat. Any meat from the pig is always Haram. Some names for pig meat are ham, bacon and pork. Pig fat is called lard. Sometimes lard is put into a fat called shortening that is used to make cakes and pastries. Sometimes gelatine, which is put into some jellies, cakes and desserts, has pig meat in it. Some foods, like pizzas, sausages and luncheon meats often have pig meat in them. We need to be careful and find out about the food we are buying, to make sure we are not accidentally eating pig meat.
2. Blood of any animal or bird. Halal meat has been bled, so that there is not a lot of blood left in the meat. Muslims are not allowed to eat animal blood in large amounts.
3. Dead animals. Any animal that has died naturally without being slaughtered should not be eaten.
4. Any food that has been killed or dedicated in the name of an idol or something other than Allah, cannot be eaten.
5. Drugs that will intoxicate us (send us out of our senses), like marijuana, kava, khat, ecstasy, cocaine, heroin, methamphetamine and others. All drugs that take us out of our normal senses are Haram.

If we eat Haram food, we are going against the rule of Allah and disobeying Him. If we do this, then we might suffer the bad effects and harm that He has warned us about because of these bad foods.

There are a few other animals whose meat Muslims should not usually eat. Examples of these are: dog family, cat family, bears, monkeys, elephants, frogs, snakes, rats, and squirrels.

Examples of some birds that Muslims should not usually eat are: crow, eagle, vulture, owl, and other birds of prey.







**Exercise:** Write the 5 types of things that are Haram to eat or consume.

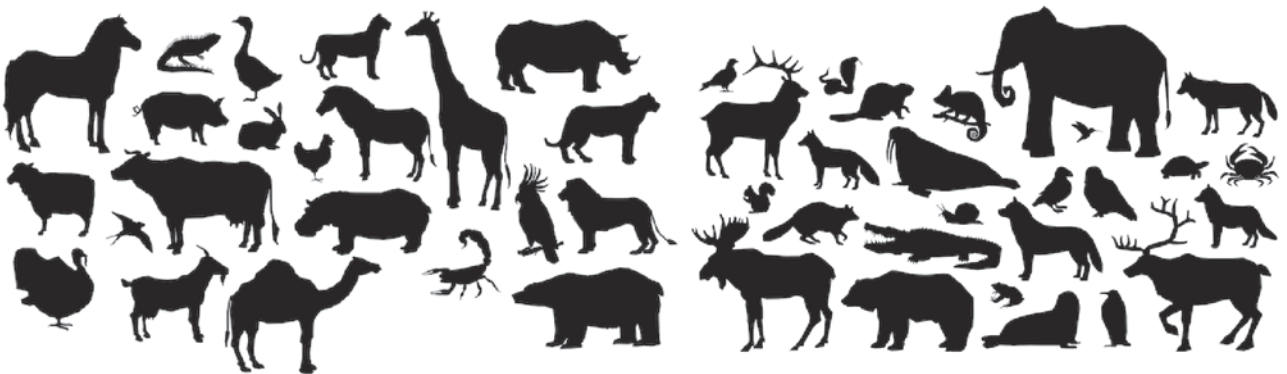



**Exercise:** Write answers in the boxes next to the sentences.

Some names for pig meat	
	Some foods that might contain pig meat
Some animals and birds that Muslims should not normally eat	



**Exercise:** Draw a circle around the Halal animals that Muslims can eat.



**Suggested Extra Activity:** The teacher helps students do this role play: Get together with a partner and pretend that one of you is inviting the other to a party where there will probably be non-Halal food. What will you say to politely tell your friend about the kinds of foods you will be able to eat?



# Lesson 23: HALAL AND HARAM DRINK



Drinks can also be Halal or Haram. Examples of Halal drinks are: water, milk, fruit juice, yoghurt, tea, coffee, fizzy drinks, etc.

We should be careful to drink clean water and be sure that it is **Tayyib**, so that we will not become sick with tummy bugs and other diseases. Clean water usually comes from streams, rivers, reservoirs, lakes, wells, springs and rainwater. Sometimes if our water gets polluted, we have to boil it or purify it before it is safe and Tayyib to drink.



All alcoholic drinks are Haram. They are Haram because they can intoxicate us, which means they can take us out of our senses. When people are out of their senses, they might harm themselves or others, or commit other kinds of wrong deeds while they don't know what they are doing. Examples of alcoholic drinks are: beer, wine, champagne, whiskey, gin, liquor and many other names. All drinks that take us out of our senses are Haram.



**Exercise:** Make a list of drinks which are Halal (eg. Milkshakes, soft drinks, etc). Which of these drinks are also Healthy?.

Halal Drink	Healthy?



**Exercise:** In most countries, driving after drinking alcohol is prohibited. People can be fined or go to jail if they drink and drive. Talk about why this law would be made, even in a non-Muslim country.

**Suggested Extra Activity:** The teacher holds a class discussion on where the drinking water in homes comes from and ways that people might purify it if it becomes polluted.



## Lesson 24: A HEALTHY DIET AND LIFESTYLE



As Muslims, we agree with the idea that says “You are what you eat”. If we eat clean, healthy food, we will be healthy. If we eat unclean or unhealthy food, we will be unhealthy. We should be careful to choose food that is good for us and is in good condition.

If possible, we should check that our food has been grown and processed safely, without too many additives and harmful chemicals. If some foods make us sick or give us an allergy, we should keep away from them.

Allah gave us our bodies as a gift. He asks us to take good care of our bodies. We should not eat so little that our bodies become too thin and weak. We should also not be greedy and eat so much that our bodies become overweight and weak. Allah says in the Quran:



Do not kill or destroy yourselves, for truly Allah has been Most Merciful to you.

(Quran Surah 4, An Nisa, Ayah 29)

This verse shows that people should not wipe out or destroy each other or themselves. The verse also shows us that if someone kills themselves or commits suicide, this is a very wrong thing in the eyes of Allah. Some people get so sad that they wish their lives would end. But this is a wrong way to think, because if we have faith in Allah, Subhanahu wa Ta’ala, we know that if we pray to Him and be patient, He can change our lives completely and make us happy again.



If we think of our bodies as a gift that Allah trusts us to look after, then we will not do anything to harm ourselves. We should be active and walk or play sports. We should do a number of different things with our bodies every day.

Smoking is a bad habit that does a lot of harm to our bodies. Doctors have proven that smoking causes lung cancer and some other life-threatening diseases.





Muslims are discouraged from smoking, and many scholars say it is Haram. We should understand the bad effects on our bodies from smoking, and not start this bad habit.



A healthy diet is one where we eat different kinds of foods. Every day we should eat some fruit and vegetables, carbohydrates or cereals, and some protein like beans, meat, eggs or dairy products. We should eat very little food that has a lot of sugar in it.

Drink is just as important as food, so we should be careful to drink enough water.

Prophet Muhammad, SallAllahu ‘alaihi wa sallam, taught us not to eat to make ourselves too full. We should leave some room for air in our stomachs. He also taught us to sit down and relax while we eat and drink, not walk about and be in a rush. If we follow the rules of healthy eating, InshaAllah we will feel fit and be less troubled by sickness and tiredness.



**Exercise:** Choose 4 snack foods that you like. Read their ingredient labels and see if you can decide if they are healthy or unhealthy.

Snack Food	Healthy	Unhealthy



**Suggested Extra Activity:** The teacher helps students discuss topics on healthy lifestyles. Three suggested topics could be: Discuss what the saying “You are what you eat” means. Share some ideas for exercise activities to stay healthy. Why would Muslims say that smoking is like killing yourself?



## Lesson 25: ISLAMIC MANNERS OF EATING



Our Prophet Muhammad, Sallallahu 'alaihi wa sallam, taught us good Islamic manners for eating and drinking. If we follow his advice, we will be healthy and our food will bring us blessings for our bodies and souls, InshaAllah. Here are some of the main points of Islamic manners for eating and drinking:

- > Wash hands before eating
- > Sit down and relax when eating and drinking, don't walk around
- > Start by remembering Allah and saying a du'a
- > Finish by thanking Allah and saying a du'a
- > Eat when you are hungry, and at regular times
- > Eat slowly and chew food properly
- > Don't overeat. Leave space for drink and air in your tummy
- > Don't take more food than you can eat
- > Don't throw away or waste food
- > Eat politely with your right hand, and from one side of the plate
- > Take time to drink. Take breaths in between swallowing
- > Share your food with others and think of them as well as yourself
- > Serve others food first, especially guests and elders
- > Wait for others to finish before getting up to leave, or say "Excuse me" if you need to go

**Du'a Before Drinking:** (sit down and hold glass in right hand)

بِسْمِ اللَّهِ

**Bismillaah**

In the name of Allah

**Du'a After Drinking:**

الْحَمْدُ لِلَّهِ

**Alhamdu lillaah**

Praise to Allah





**Du'a Before Eating:** (wash hands, sit down and eat with right hand)

بِسْمِ اللَّهِ وَعَلَى بَرَكَاتِهِ اللَّهُ

**Bismillah wa 'alaa barakati-llaah**

In the name of Allah and with the blessing of Allah



**Du'a While Eating:**

(if you forget at the beginning):

بِسْمِ اللَّهِ أَوَّلَهُ وَآخِرَهُ

**Bismillahi awwalahu wa akhirahu**

In the Name of Allah at the beginning and at the end.

(Source: Abu Dawud)



**Dua After Eating(1):**

الحمد لله الذي اطعمنا و سقانا و جعلنا من المسلمين

**Alhamdu lillaahi-lathi at'amanaa wa saqaanaa  
wa ja'alanaa minal Muslimeen**

All praise to Allah who fed us and gave us drink and made us Muslims.

(Source: Tirmidhi)



**Du'a After Eating(2):**

الْحَمْدُ لِلَّهِ كَثِيراً طَيِّباً مُّبَارَكاً فِيهِ غَيْرَ مَكْفِيٍّ وَلَا مُودَعٍ  
وَلَا مُسْتَعْنَى عَنْهُ رَبَّنَا

**Alhamdu lillaahi katheeran tayyiban mubaarakan feehi, ghaira  
makfiyyin wa laa muwadda'in, wa laa mustaghnan 'anhu Rabbanaa**

All praise to Allah, praise which is abundant, pure and full of blessings, which is indispensable and to which one cannot be indifferent.

(Source: Bukhari)





## Dua When Eating at Someone Else's House:

اللَّهُمَّ أَطْعِمْ مَنْ أَطْعَمَنِي ، وَاسْقِ مَنْ سَقَانِي

Allaahumma at'im man at'amanee wasqi man saqaanee  
O Allah, feed the one who fed me and give drink to the one  
who gave me drink.

(Source: Muslim 2055)



**Exercise:** Choose 5 Muslim manners of eating and drinking to learn and practice from today. Write them down here.




**Suggested Extra Activity:** The teacher helps students discuss why they think Islamic manners of eating and drinking are good for us and others.



## Lesson 26: THE SAHABAH'S GENEROSITY WITH FOOD



The Sahabah (Companions) of Prophet Muhammad, Sallallahu 'alaihi wa sallam, were generous with food and other things that they received. They understood that all **Rizq** (Provision) is from Allah, Subhanahu wa Ta'ala, and they understood that sharing brings **Barakah** (Blessings) in that Rizq. They were not afraid of losing things if they gave them away because they understood that by sharing, everyone receives more blessings from Allah.



Once, a very hungry Sahabi came to the Prophet, saying that his hunger was so great that he couldn't bear it anymore. But that day there was no food in the Prophet's house, so the Prophet said to the crowd of Companions around him, "Will anyone entertain this man as a guest tonight, on my behalf?"

"I will, Oh Prophet of Allah!" said one of them. So, he took the man home with him. At home, he said to his wife, "This man is a guest of the Prophet and we must feed him as best we can."

His wife agreed. "But," she whispered, "We have very little food in the house right now. There is just a little that I was planning on feeding to the children."

The Sahabi thought of a plan. "You settle the children to bed without feeding them," he said to his wife, "And I'll sit with the guest and give him the food. When we start eating, you put out the lamp, pretending to try to set it right, so that he does not see that I am not sharing the meal with him."



His wife agreed and the plan worked well. The guest was fed to his satisfaction and he did not even know that the family had not eaten. (Source: Bukhari)







Allah was so pleased with this family that he revealed an Ayah (verse) of Quran especially about it! The Ayah says:

“...They prefer others over themselves, even though they themselves are in need. And those who are saved from the selfishness of their own souls, they are the ones who succeed.”

(Quran Surah 59, Al Hashr, Ayah 9)



Once, a famous Sahabi named Abu Hurairah, RadhiAllahu ‘anhu, may Allah be pleased with him, was very hungry. He had not eaten for so long that he had been forced to tie a stone around his belly, so that the weight of it would stop his hunger pains. He decided to sit along the pathway and try to chat to other passing Sahabah, in the hope that they might invite him home for a meal.

Abu Bakr, RadhiAllahu ‘anhu, the close friend of the Prophet came by and Abu Hurairah asked him something, hoping to start a conversation. But that day it happened that Abu Bakr was in a hurry and he only answered briefly and went on his way. Next Omar, RadhiAllahu ‘anhu, another close friend of the Prophet, came past and Abu Hurairah tried the same tactic again. But again, Omar was in a hurry and did not talk for long.

Finally, the Prophet himself came along the path. He smiled at Abu Hurairah when he saw him, and realised straight away what his need was. “Come with me,” the Prophet said. When they reached the Prophet’s house, there was a bowl of milk on the eating mat. “Who brought this milk?” the Prophet asked his family. “It was sent as a gift,” a household member told him.

The Prophet then asked Abu Hurairah to go outside and invite all the people of the Suffa to come and share the milk with them. The people of the Suffa were a large group of Sahabah who were studying and learning about Islam, but who were very poor and always needed to be fed by others. Abu Hurairah looked at the small bowl of milk and his heart sank.

“The milk was so little,” Abu Hurairah said when he was telling people the story later, “That it was hardly enough to satisfy even one person! I also knew that the Prophet would ask me to serve the milk to all the people and that, being the server, I would naturally get to drink last. But still, I went out and called the people of Suffa into the Prophet’s house.





“The Prophet asked me to serve the milk, so I took the bowl around to each person, who drank as much as they wanted and then passed the bowl back to me. Soon they had all been served, and the Prophet held the bowl in his hands. He smiled at me and said, ‘There are only two of us left now.’ ‘Yes,’ I replied. ‘Then take it,’ he said. He did not have to ask me twice! I took the bowl and drank enough milk. He told me to have more, so I drank until I had no room for any more, and I was full! Then he took the bowl and drank the last of the remaining milk.” (Source: Bukhari 6452)

This amazing event was a miracle from Allah. It teaches us that the Barakah of increase is always there when we share. Allah has told us that if we share His blessings, He will send us even more Rizq than we had before!



**Exercise:** Write a sentence that explains the word.

Barakah	
Sahabah	
Rizq	



**Suggested Extra Activity:** The teacher helps students play a game of “Chinese Whispers” using one of the stories in this lesson. The story gets retold around the circle and the class analyses how the story comes out at the end of a number of repeats. What was lost? What was changed? The teacher uses this as an opportunity to explain how careful the Sahabah were when they memorised and retold the Hadiths about the Prophet, so that their retelling remained accurate.



## Lesson 27 & 28: DU'A AND DHIKR



(This lesson should take two sessions so that a number of Ad'iyah can be learnt)

### الدعا والذکر

**Dhikr** means remembering Allah, Subhanahu wa Ta'ala. A Muslim should try to remember Allah many times a day. Allah is the One Who gives us everything in our lives. To remember Him is to be grateful to Him.

When we pray Salah five times a day it reminds us to stop what we are doing and remember Allah. After praying Salah or at any other time in the day, we can make du'a to ask Allah for anything we need.

If something good happens, we should remember Allah and thank Him. If something bad happens we should remember Allah and ask for His help. We should be careful to ask Allah for good things and never wish for bad things to happen to others or even ourselves!



Reading Allah's Book, the Holy Quran, is a good way of remembering Allah. We should open the Quran and read it every day, even if it is just for a short time.



We can also learn short Ad'iyah to say when we are doing daily things. If we learn the Ad'iyah and say them, we will be remembering Allah often. Allah will also help us by blessing the things we do, and making our work easier. For example, if we say the du'a for eating, Allah will bless our food and make it good for us. If we say the du'a for using the toilet, InshaAllah we will get rid of the germs in our body. If we say the du'a for travelling, InshaAllah we will be safer while driving. All the Ad'iyah are good for us in some way.





## Some Dhikr to Say:

One of the best Dhikr we can say often every day is Kalimah Tayyibah:

لَا إِلَهَ إِلَّا اللَّهُ مُحَمَّدٌ رَّسُولُ اللَّهِ

**Laa ilaaha il-Allah, Muhammadur rasoolullah**

There is no-one worthy of worship except Allah, and Muhammad is the Messenger of Allah.

Another important dhikr is **Tasbih Fatimah**, which is:

Subhaan Allah (Glory to Allah!) 33 times

سبحان الله

Alhamdu-Lillah (Praise to Allah!) 33 times and

الحمد لله

Allahu Akbar (All is Greatest) 34 times, totaling 100

الله اكبر

It is good to say this Dhikr after Fard Salah and before going to sleep at night.

(Source: Muslim 2727)

(See the story of Fatimah (RA) and this Tasbih later in this book)



## Some Ad'iyah (Du'as) To Learn:

**Before Reading Quran:** (Have Wudu and treat Quran respectfully)



أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

**A'oodhu billaahi mina-shaitaani-rrajeem**

I ask Allah to protect me from the Shaitan the rejected.

(Source: Quran 16:98)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

**Bismillaahi-rrahmaani-rraheem**

I begin in the name of Allah, the Gracious, the Merciful.





## Before Sleeping:

(Begin by sleeping on right side)

اللهم باسمك أموت وأحيا

**Allaahumma bi'ismika amootu wa ahya**

(Then say the Shahadah)

O Allah in Your name I die (sleep) and I live (wake).

(Source: Bukhari 11/113)



## When Waking Up:

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا  
وَالِيهِ النُّشُورُ

**Alhamdu lillaahi-lladhi ahyaana ba'da  
ma amaataanaa wa ilayhinnushoor**

(Then say the Shahadah)

Praise be to Allah, Who revived us to life after giving us death, and to Him we shall return.

(Source: Muslim 4/2083)



## Before Entering the Toilet:

(Say the du'a when outside, then step in with left foot)

(بِسْمِ اللَّهِ). اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ

**Bismillaahi, Allaahumma inni a'udhubika minal khubuthi wal khabaa-ith**

In the name of Allah, O Allah I seek Your protection from male and female devils (general evils).

(Source: Bukhari 1/45)

## After Leaving the Toilet:

(Step out with right foot, then say the du'a)

عُفْرَانِكَ

**Ghuf-raanak**

I ask Your Forgiveness (O Allah).

(Source: Abu Dawud)





**After Sneezing:**

الْحَمْدُ لِلَّهِ

**Alhamdu lillaah**

Praise to Allah

**When Someone Else Sneezes and says Alhamdu lillaah, the one who hears that says:**

يَرْحَمُكَ اللَّهُ

**Yarhamuku-Ilaah**

May Allah have Mercy on you.

(Source: Bukhari 6224)



**When Leaving the House: (step out with left foot)**

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

**Bismillaahi tawaqqaltu 'alallaahi wa laa hawlaa wa laa quwwata illaah billaah**

In the name of Allah, I put my trust in Allah, and there is no power and no might, except from Allah.

(Source: Abu Dawud 4/325)

**When Entering the House: (step in with right foot)**

بِسْمِ اللَّهِ وَلَجْنَا، وَبِسْمِ اللَّهِ خَرَجْنَا، وَعَلَى رَبِّنَا تَوَكَّلْنَا

**Bismillahi walajnaa, wa bismillahi kharajnaa, wa 'alaa Rabbinaa tawakkalnaa.**

In the name of Allah we enter and in the name of Allah we leave, and upon our Lord we place our trust.

(Source: Abu Dawud 4/325)

Then say:

السلام عليكم

**Assalaamu 'alaikum**

Peace be upon you (people of the house).





## When Riding or Travelling in a Vehicle:

سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ  
وَإِنَّا إِلَىٰ رَبِّنَا لَمُنْقَلِبُونَ

**Subhaan alladhi sakhara lanaa  
haadhaa wa maa kunnaa lahu muqrineen.  
Wa inna ilaa Rabbinaa lamunqaliboon**

Glory to Him Who enabled this (transport) for us, though we could not enable it on our own. And surely to our Lord we will return.

(Surah 43, Az-Zukhruf, Ayaat 13-14)



## When Visiting a sick person

أَسْأَلُ اللَّهَ الْعَظِيمَ رَبَّ الْعَرْشِ الْعَظِيمِ أَنْ يَشْفِيكَ

**As'alullaha-l'Adheema Rabba-l'Arshi-l'Adheemi an yashfiyaka**

I ask Allah, the Mighty, the Lord of the Mighty Throne, that He cures you.

(Source: Tirmidhi 2/210)

Also:

لَا بَأْسَ طَهُورٌ إِنِ شَاءَ اللَّهُ

**Laa ba-s, tahoor InshaAllah**

Do not mind it; it is a cleanser, if Allah wills.

(Fathul-Bari 10:118)



## When Hearing Shocking News (eg. someone died)

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

**Innaa lillaahi wa innaa ilayhi raaji'oon**

Surely we belong to Allah and to Him we shall return.

(Surah 2, Al Baqarah, Ayah 156)





## When Needing to Rely on Allah

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ  
الْعَرْشِ الْعَظِيمِ

**HasbiyAllahu laa ilaaha illaa huw, a'laihi tawakkaltu  
wa huwa Rabbul 'arshil 'adzheem**

Allah is enough for me. There is no god but Him.  
On Him I rely, and He is the Lord of the Mighty Throne.  
(Surah 9, At Tawbah, Ayah 129)



Also:

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

**HasbunAllaahu wa ni'ma-lwakeel**

Allah is enough for us and the best Guardian (of our affairs).  
(Surah 3, Aali 'Imran, Ayah 173)

## When Death Approaches

لَا إِلَهَ إِلَّا اللَّهُ مُحَمَّدٌ رَّسُولُ اللَّهِ

**Laa ilaaha illa-llaah, Muhammadu-rasoolu-llaah**

There is no god except Allah; Muhammad is the messenger of Allah.

## When Asking Allah's Forgiveness (1)

أَسْتَغْفِرُ اللَّهَ , أَسْتَغْفِرُ اللَّهَ , أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ

**Astaghfirullaah, Astaghfirullaah, Astaghfirullaaha wa 'atoobu 'ilayhi**

I seek the forgiveness of Allah and turn to him.  
(Source: Muslim 1/414)

Also:

رَبِّ اغْفِرْ لِي رَبِّ اغْفِرْ لِي

**Rabbighfir lee, Rabbighfir lee**

Lord, forgive me. Lord, forgive me.  
(Source: Abu Dawud 874)







## When Asking Allah's Forgiveness (2)

رَبَّنَا ظَلَمْنَا أَنفُسَنَا وَإِن لَّمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ  
مِنَ الْخَاسِرِينَ

**Rabbana zalamna anfusana wa-in lam taghfir lana watarhamna  
lanakoonanna mina alkhasireen**

Our Rabb! We have greatly wronged ourselves, and if You don't forgive us and have mercy on us, then we will be in great loss.

(Surah 7, Al A'raf, Ayah 23)

## When Receiving Help, a Favour or a Gift

جَزَاكَ اللَّهُ خَيْر

**Jazaaka-llaahu khair**

May Allah give you good reward!



**Exercise:** Write a list of Ad'iyah that you are learning and tick the boxes when you have learnt them.

Dua to Learn	Learnt

**Suggested Extra Activity:** The teacher helps students to memorise their chosen Ad'iyah with strategies like repetition, writing, quizzes, etc



## Lesson 29: FATIMAH BINT MUHAMMAD



(The story of a loving daughter)

Fatimah, RadiAllahu ‘anha, may Allah be pleased with her, was the youngest daughter of Prophet Muhammad, SallAllahu ‘alaihi wa sallam and his beloved wife Khadijah, RadiAllahu ‘anha. Fatimah became a Muslim at a very young age because she used to listen to what her father said about Allah and about the Quran when it was first revealed.

Prophet Muhammad had four daughters and two sons, but the sons died when they were very young. Fatimah’s sisters’ names were Zaynab, Ruqayah and Umm Kulthum. All four sisters became Muslims and worked hard to please Allah and help the cause of Islam. They were all born in Makkah.

Fatimah is said to be one of the four best women who ever lived. The other three women were:

Khadijah – Fatimah’s mother and Prophet Muhammad’s wife, RadiAllahu ‘anha;

Maryam - mother of Prophet Isa (Jesus) ‘Alaiha-ssalam; and Asiyah - wife of the evil Fir’awn (Pharoah) the stepmother of Prophet Musa (Moses), RadiAllahu ‘anha.

(Source: Tirmidhi 3878)

According to Arab custom in those days, most babies born in the city were sent to the countryside and breastfed by foster mothers. In the countryside air, children grew healthy and strong. But when Fatimah was born, she stayed with her parents in Makkah. This meant that even when she was very small, she saw and heard the things that her father and mother said and did. She learnt a lot from them and it helped her to grow strong in her faith in Allah, Subhanahu wa Ta’ala.



Fatimah was very close to both of her parents. When her mother died after several years of great hardship for all the Muslims, Fatimah was very sad. Fatimah and her father, the Beloved Prophet, had a very close father-daughter relationship.



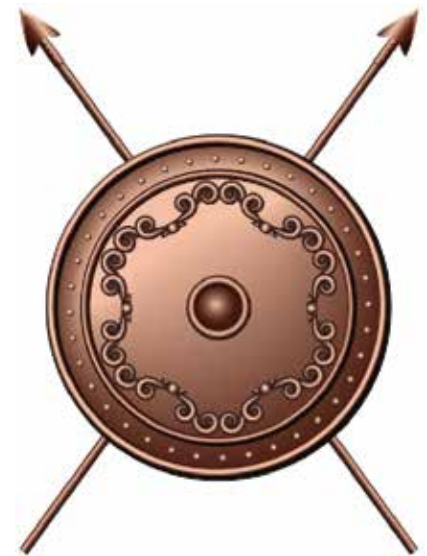


Once in the early days of Islam in Makkah, Prophet Muhammad was praying Salah at the Ka'ba. While he was praying, the unbelievers who hated the Muslims brought some camel intestines and threw it over him. On hearing the news, Fatimah rushed to her father and wiped away the filth and was not afraid to scold the men for what they had done.

(Source: Bukhari 3185)

Many of Prophet Muhammad's Companions (Sahabah) asked for Fatimah's hand in marriage, but her father waited until Allah guided him about who should marry her. His cousin 'Ali Ibn Abu Talib, RadiAllahu 'anhu, the son of Abu Talib (his loving and protective uncle) also lived in the household of the Prophet. 'Ali was just a few years older than Fatimah and he had also become Muslim when he was a child of about 7 years. 'Ali wanted to marry Fatimah but he was too shy to ask the Prophet. One day, he went to see the Prophet about it, but still he could not get himself to speak.

Prophet Muhammad understood the reason for his being there and asked 'Ali if he wanted to marry Fatimah. When 'Ali said yes, the Prophet took the proposal to his daughter and asked her if she agreed to the marriage. Fatimah agreed because she liked 'Ali too. But 'Ali was poor and did not have much money to afford to marry and to give the **Mahr** (gift to the bride). So Prophet Muhammad suggested that he sell his battle shield. 'Ali agreed, and sold his shield. Then he gave the money to Fatimah as her bridal gift.



Prophet Muhammad himself performed the marriage ceremony of his daughter. After the ceremony (**Nikah**) there was a wedding feast (**Walimah**) of dates, lamb, milk and other food. 'Ali's shield was given back to them as a wedding present!

Fatimah and 'Ali were married for about ten years and had four children who grew up to be adults. There were two boys, Hassan and Husayn, and two girls, Zaynab and Umm Kulthum, RadiAllahu 'anhum. The children were all born in Madinah after the Muslims had all migrated to live there (**Hijrah**).





In those days it was common for men to marry more than one wife but 'Ali did not marry another wife because he cared for the feelings of Fatimah and her father, the Beloved Prophet.

In Madinah, Fatimah and her father remained very close in their relationship. One of the Sahabah (Companions) donated a house to 'Ali and Fatimah because the house he owned was near the Prophet's house. After this, Fatimah and her father could see each other every day. Whenever Fatimah went to see her father, he would stand up, take her hand, give her a kiss and ask her to sit where he was sitting. (Source: Abu Dawud 5217)

Fatimah and 'Ali lived a very simple life. Many people in those days had servants but they did not. Fatimah used to do all the cooking, cleaning and grinding of flour herself and 'Ali also worked hard. Both of them would get tired but they knew that to work hard for the sake of Allah was the way to lead a good life. One of the things that Muslims have learnt from Fatimah's life is the **Dhikr** (remembrance of Allah) called **Tasbih Fatimah**.

Tasbih Fatimah came when one day Fatimah was so exhausted by her work that she went to the Prophet to ask him if he could help her get a maid. Her father asked her if she would like a gift instead that was even better than having a servant. It would please Allah and also be a way that Allah would help her get her daily work done easily. When she happily agreed, he told her to recite this at night before sleeping:



Subhaan Allah (Glory to Allah!) 33 times  
Alhamdu-Lillah (Praise to Allah!) 33 times and  
Allahu Akbar (All is Greatest) 34 times, totaling 100.

سبحان الله  
الحمد لله  
الله اكبر

Some reports say to recite Tasbih Fatimah after daily Salah also. (Source: Muslim 2727)





Prophet Muhammad was a loving grandfather as well as a loving father. Fatimah’s two small sons Hassan and Husayn often went to see their grandfather and spend time with him, even if he was busy talking or teaching. One day in the mosque when the Prophet was leading the Salah, the Sahabah were surprised that he was bowing in Sujood (prostration) for a very long time. After the Salah finished, they asked him, “Did you receive a new revelation from Allah, Oh Rasulullah?” The Prophet smiled and said, “No, my grandson was riding on my back and I did not like to rush him before he met his need (to play).”

(Source: An Nasai 1141)

After the death of her father, Fatimah was very sad because she missed him very much. In fact, just a few months afterwards, she also passed away. May Allah be pleased with her and all the beloved Companions of the Prophet!



**Exercise:** Name the 4 daughters of Prophet Muhammad and Khadijah.

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**Exercise:** Name the 4 best women and say who they were.

Name	Who was she?





**Exercise:** Name the 4 children of Fatimah and 'Ali.

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**Exercise:** Write the 3 parts of Tasbih Fatimah.








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