

The children  
version of

# The Path of Prophet Muhammad (Peace be upon Him)



TAREEQAH  
MUHAMMADIYAH  
Book 1

My Journey to the  
Pleasure of  
Allah and Happiness  
Forever



# My journey to the Pleasure of Allah and happiness forever

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date of birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Education: \_\_\_\_\_

Purpose of life: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Hobbies/activities: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



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**YEAR**

**ONE**



# بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Assalaamu Alaykum wa Rahmatullah. Welcome to the Tareeqah Muhammadiyah children's book. My name is Ahmad and this is my sister Maryam and Insha 'Allah you will be coming with us on a very special journey to the Palace of Allah's Pleasure. Together with Our Teacher, we are going to try and please Allah by travelling across different lands and worlds. We Pray to Allah that He makes this journey easy and helps us! Ameen.

This book will teach you how to reach FOUR TARGETS. They are:

## 1. LOVING ALLAH AND FOLLOWING HIS COMMANDS

You should always love and follow all of Allah's commands like prayer, fasting, charity, Hajj etc. and NOT follow your evil desires e.g. playing games instead of praying to Allah, or disrespecting parents.

## 2. LOVING ALLAH'S MESSENGER (SALLALLAAHU ALAYHI WA SALLAM) AND FOLLOWING HIM

You should always try to love and follow the way of the Holy Prophet (Sallallahu Alayhi wa Sallam) in all your actions and to love and follow His life style as much as possible. Like his way of eating, drinking, talking, sleeping etc. He should be your star and role model of how to live your life, not pop stars, film actors or any other people.



### **3. BEING VERY KIND AND HAVING MERCY ON ALLAH'S CREATION**

You should always try to look after the Creation of Allah so that you make Allah happy. Like your mum, dad, Teacher, siblings, friends, people, animals and so forth. You should try to be kind to them and try to make their lives better in this world by giving charity, helping people who are ill for example. You should also try to make their lives better in the hereafter by telling them about Islam so that they can go to heaven.

### **4. TO ALWAYS THINK ABOUT ALLAH**

You should try to remember Allah with your heart and mind as much as possible throughout the day. Try to remember the three keys:

- 1) Allah is watching me
- 2) Allah is with me
- 3) Allah is listening/hearing me

(This helps build your friendship with Allah! If you think about Allah, Allah thinks of you.)

**These are the four targets you need to  
aim for if you want to make Allah happy**





## WHAT YOU WILL LEARN IN YEAR 1

In this book we will follow a Path which takes us to the Palace of the Pleasure of Allah (which contains all the Treasures of happiness). We will be going together with the Special one who knows all the secrets of the adventure we are about to take, He is known as the Teacher. In this Journey we will have to cross many checkpoints and levels.

In year 1 we will be covering the first part of the Journey to the land of Allah's Pleasure, which is to climb the Mountain of Four Checkpoints. The Four Checkpoints are to:

- 1. Learn the Seven Secrets of Success:** You should learn the correct faith (Aqeedah) that a Muslim should have.
- 2. Learn the important Do's and Don'ts:** You should learn the rules of how to clean yourself, do Wudhu, pray Salaah etc.
- 3. Fresh start:** Saying sorry to Allah for the bad things you did in the past. If you have not followed Allah properly in the past or you have done something wrong to any of His creation, then you must try to fix that and ask forgiveness from Allah and His Creation as well.
- 4. Trying hard:** In this Journey, the evil devils, your own evil desires (evil behaviour and wanting bad things) and evil people will be trying to stop you reaching your goal; Heaven and the Pleasure of Allah! Before you start the journey you must be strong and ready to battle against them.

So Let's begin, there's no time to waste!



One day Ahmad and his sister Maryam were getting ready to go to the Masjid for their Islamic Study classes



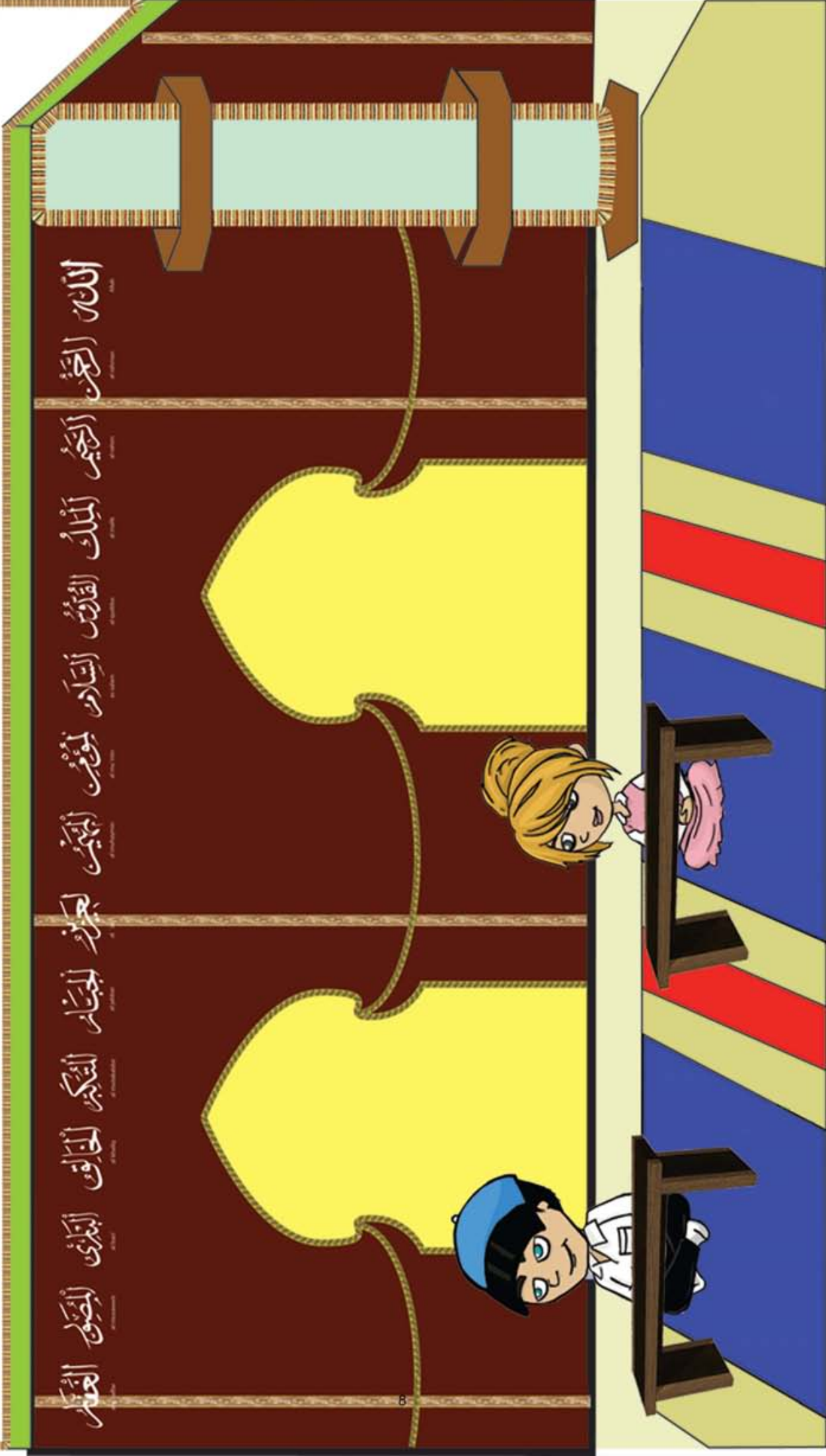








They then sat down waiting patiently for the Teacher  
to begin the lesson



## Our Whole Story

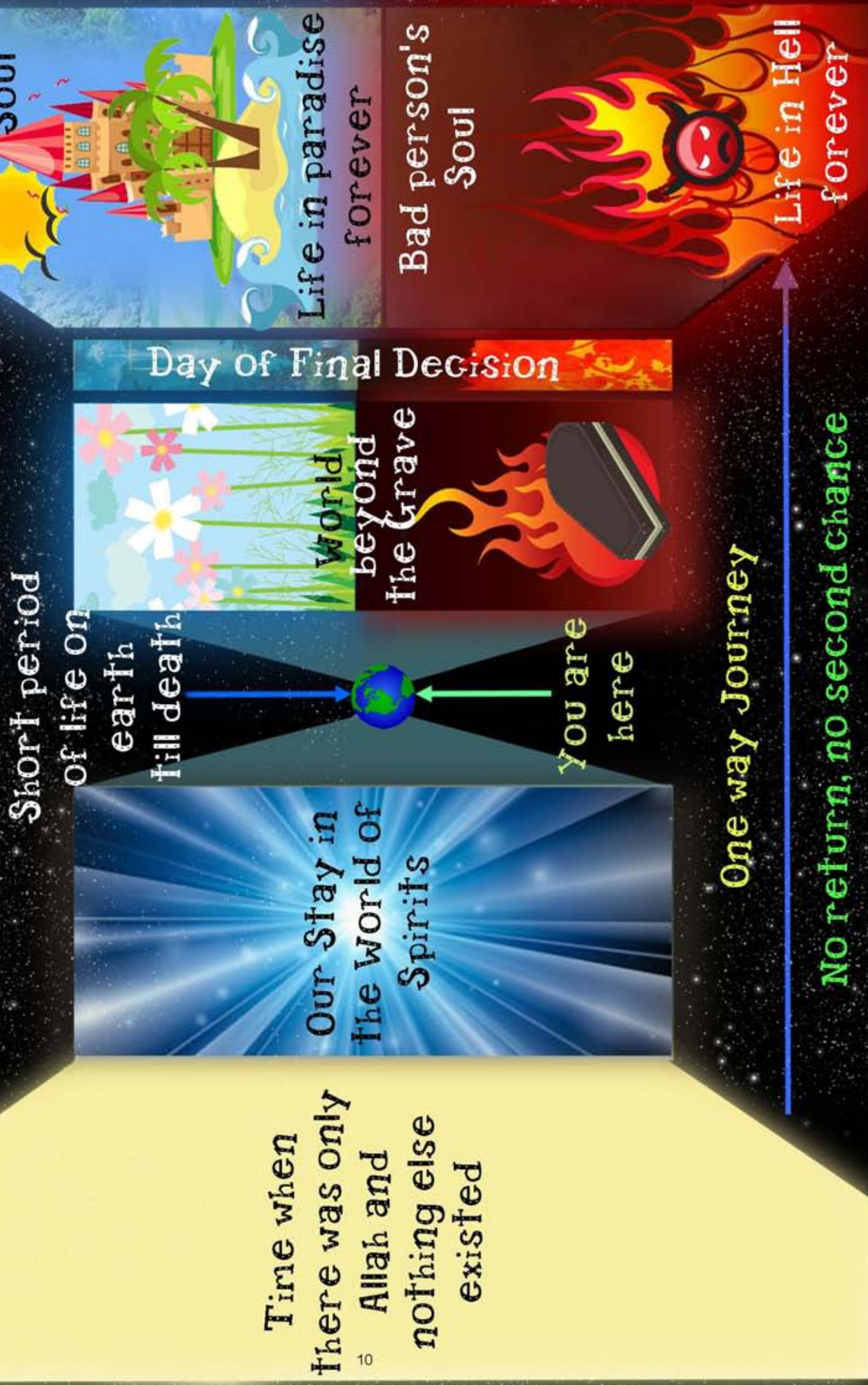
2nd April

Today we will be learning about our whole story. It is the Story of each and everyone of us. It is the story of our life from the very beginning to the very end. If we understand this then we will understand why we are alive today. As you will be discovering very soon; whatever we do in this life will affect us forever and ever especially in the Hereafter.





# Our Whole Story





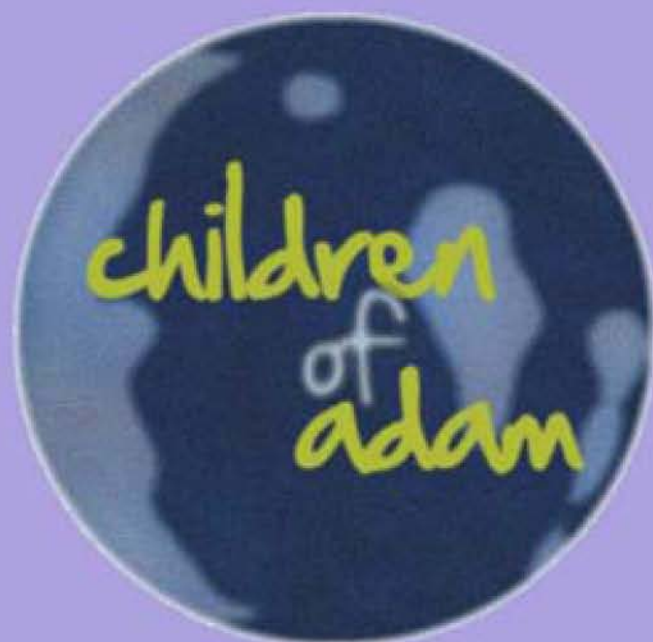
## Time when there was only Allah and nothing else existed

If you look at the first box it shows us the time when only Allah (Subhaanahu wa Ta'Aala) existed alone and nothing else existed apart from Him. There was no sun, no moon, no stars, no earth, no humans. Absolutely nothing! Then later there came a time when the whole universe, including the sun, stars, planets and human beings came into existence.





Have you ever wondered how the whole universe, sun, stars, planets and us humans came into existence? You will probably say, "Everyone has a mother and father." But that answer is incorrect. After all, it does not explain how the first mother and father, that is, the first man, came into being. You may have heard some stories on this subject at school or from people around you. Yet the only true answer is that it is Allah Who created you. The first human being who Allah created on earth was the Prophet Adam (Alayhi salam). All other human beings came from him.



Allah has told us the reason why He has created everything. He says, "I was a hidden treasure, and I wished to be known, so I created a creation (humankind), then made Myself known to them, and they came to know Me."

In other words, Allah (Subhaanahu wa Ta'Aala) created human beings to worship Him. Human beings did not create themselves, that is why they cannot spend their life the way they want. Instead they must spend their life the way Allah (Subhaanahu wa Ta'Aala) wants them to live. This is the only way that they can be happy forever and ever. In Surah Mulk (In the Holy Qur'aan), Allah (Subhaanahu wa Ta'Aala) mentions "He has created death and life that He may test which one of you does the best deeds" (good action, behaviour, etc).

# Questions

1. What existed with Allah (Subhaanahu wa Ta'Aala) in the beginning? \_\_\_\_\_

\_\_\_\_\_

2. Who was the first person Allah (Subhaanahu wa Ta'Aala) created? \_\_\_\_\_

3. Who did the rest of the people come from?

\_\_\_\_\_

4. Fill in the missing words.

Allah says, "I was a \_\_\_\_\_ treasure, and I \_\_\_\_\_ to be known, so I created a creation (mankind), then made \_\_\_\_\_ known to them, and they recognised Me."

5. Why did Allah (Subhaanahu wa Ta'Aala) the Most High create Humans?

\_\_\_\_\_

\_\_\_\_\_

6. Why can't Human beings spend their life the way that they want?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

7. What does Allah (Subhaanahu wa Ta'Aala) say in the Qur'aan about life and death, mention the verse. (Clue Surah Mulk)? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## World when we were Spirits (Souls only)

Now if you take a look at the second box. This is the first stage of our story, and is the place where Allah (Subhaanahu wa Ta'Aala) put us first when He made us, before we came onto planet earth. Yes that's right! At that time we had no bodies, we were just Spirits. In this world Allah (Subhaanahu wa Ta'Aala) asked the souls "Am I not your Lord (your Creator)". Every soul replied "Yes, Oh Allah you are our Lord". Every soul! Every person's soul who has come into this World has said this! Interesting!

In other words all the souls accepted that Allah (Subhaanahu wa Ta'Aala) is the Only God and promised Allah (Subhaanahu wa Ta'Aala) that if He sent them to planet earth they would worship Him with their own choice, not through force.

The other creations of Allah (Subhaanahu wa Ta'Aala) like the Sun, Moon, Mountains and Rivers have no choice in obeying Allah (Subhaanahu wa Ta'Aala). For example, the sun cannot say that today I don't feel like rising so I will take a rest, or the Mountains move from their places, but rather they have no choice.



It is only Human beings and Jinns (another invisible Creation - made of fire) that have been given the freedom to choose between listening to Allah (Subhaanahu wa Ta'Aala) and not listening to Allah. If they choose the right way they will be rewarded forever and ever in the Hereafter. However if they choose not to obey Allah (Subhaanahu wa Ta'Aala) then they will be punished in the Hereafter.

# Questions

## 1. Fill in the missing gaps

a. The first stage of our journey where our life began from is the World when we \_\_\_\_\_.

b. Allah (Subhaanahu wa Ta'Aala) asked the souls "Am I \_\_\_\_\_?"

c. Every soul replied "Yes, Oh Allah \_\_\_\_\_".

2. What was the promise that human beings made with Allah (Subhaanahu wa Ta'Aala) if they were sent to planet earth? \_\_\_\_\_

3. Do other Creation like the sun and the moon also have a choice in following Allah (Subhaanahu wa Ta'Aala)? \_\_\_\_\_

4. What will happen if the humans obey Allah (Subhaanahu wa Ta'Aala)? \_\_\_\_\_

5. What happens if the humans disobey Allah (Subhaanahu wa Ta'Aala)? \_\_\_\_\_



## Planet Earth - The place of test, competition and war

The second stage of our story is this world in which we are living in now. Out of all the different stages of your journey this is the most dangerous one. This is because it is the shortest one compared to the other stages and whatever you do in this life will affect what is going to happen to us forever and ever.

Some people believe that this world is only a place of fun and joy. They live to eat, drink, and enjoy life. However as Muslims we believe that we have been sent to this World for a short time to be tested. The test is whether we use our body to obey the command of Allah (Subhaanahu wa Ta'Aala) and follow the way of The Messenger of Allah (Sallallahu Alayhi wa Sallam), which is the Purpose of life. Or whether we will follow the devil and our own evil ways.

Allah tests some people by giving them good health to see whether they thank Him or not, while He tests others by giving them illnesses to see whether they are patient or impatient. He also tests some people by giving them lots of money, while He tests others by making them poor.

However unlike the tests and exams that we do at school, we do not have the option of resitting this test again, as once a person dies there is no return to planet earth, no second chance.

These are the two choices which we all have been given. As part of the test Allah has placed many different challenges to distract us, like the devil and evil ways. This has been done purposely to see who you choose; Allah, The Most Kind, OR the evil devil.



Look at the two examples shown below that explain how this life is a test:

1) You are playing on your computer game and having lots of fun. The time for prayer comes. What do you do? Leave your game and pray or continue to play?



**OR**

**Prayer**

2) It is the month of Ramadhan. You are fasting and very hungry because you have not eaten all day. What do you do? Quickly eat a chocolate bar when no one is looking or control your hunger for a little while longer?



**OR**

**Fast**

You decide, but before you make your decision remember that all of these things in the world like games and food are going to finish as soon as you die. You can't take them with you to the grave. In fact how often do you play a computer game before you get bored of it? Or how long did you keep your trainers before you wanted a new pair?

However, in Heaven people will never ever get bored of the things they will be given and the fun will be never ending. They will be young forever and ever and they will be given whatever they wish for. Allah describes the short life of this world in many verses of the Qur'aan and reminds us that the real home of human beings is in the Hereafter (life after we die). A person who is tested in this world will one day die and start his eternal life in the Hereafter.



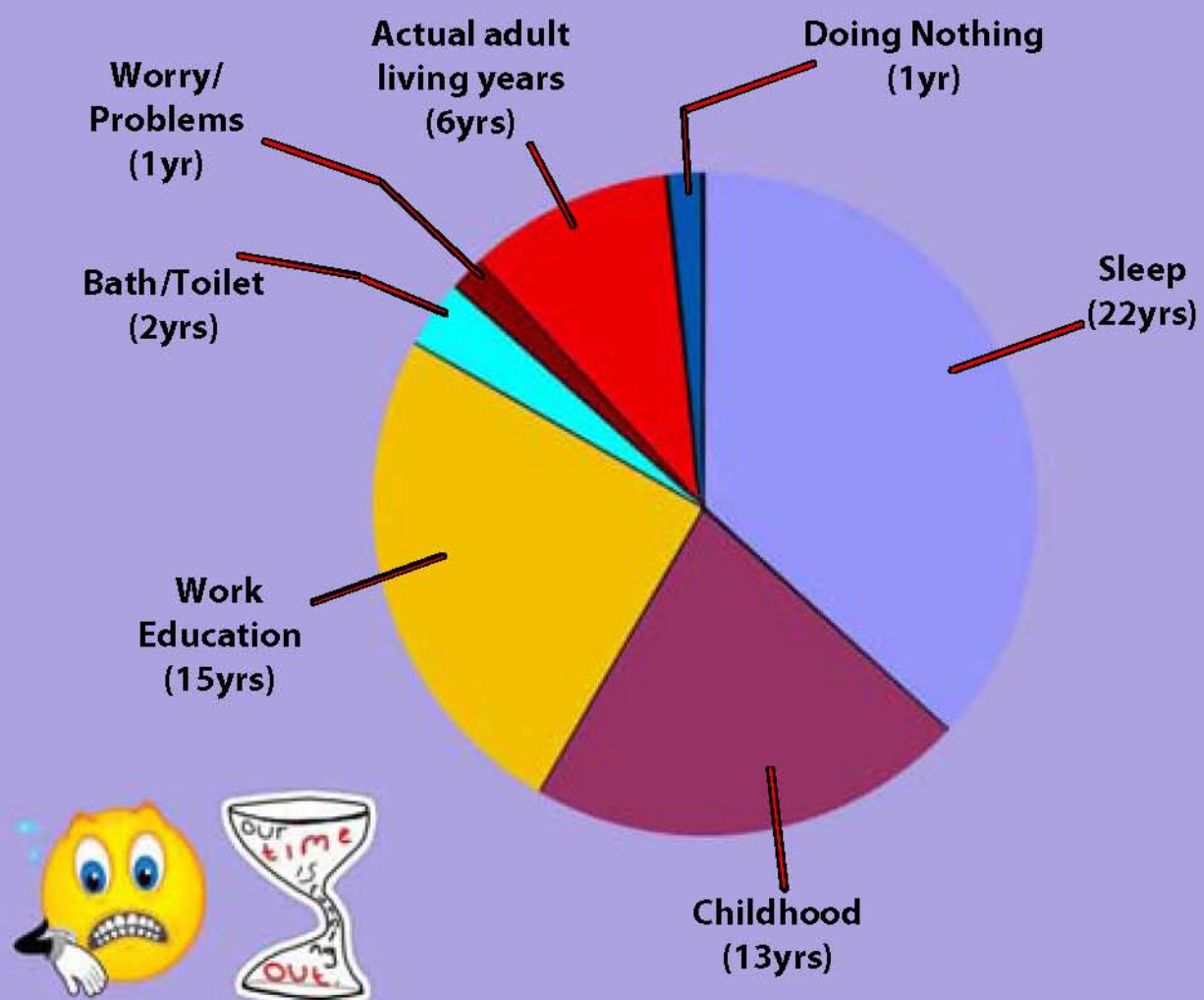
# Our Whole Story





## Number of years spent on different activities During an average life span of 60 years

Take a look at the pie chart below. Even if a person lives a long life, for example 60 years, most of this time is wasted anyway. In a 60 years life, we spend 13 years in childhood, 22 years sleeping, 15 years in education and other years are wasted doing nothing and general things. The actual time which we spend living is about 6 years. In days this works out to be only 2,190. Even then there is no guarantee that we will reach that age as many of people die before that.



That is why it is very important that we don't waste our time as it is very precious and instead we should try to spend every moment worshipping Allah because once a second or minute is gone we will not get that second or minute back.

Insha' Allah later it will be explained how you can please Allah (Subhaanahu wa Ta'Aala) in this life and how to avoid displeasing Him.



# Questions

**1. Why is the second stage of our story, our time on the planet Earth the most dangerous out of all stages?**

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**2. What is the test on the planet earth?**

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**3. What are the two things that have been mentioned to distract us in the earth?**

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**4. Give an example of how we are being tested in the world.**

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**5. Mention three reasons why the life in the Hereafter is better than the life of this world.**

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**6. If a person was to live a life of 60 years how many years is the actual adult time that they spend living?**

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## Death and the World beyond the grave

Some people think that death is the end of everything. But the truth is that death is a changeover from the life of this world to the life of the Hereafter. It is like a gate to the afterlife. On the other side of this gate, is the life of the Hereafter. Whether we will enter the Garden of Paradise or the Fire depends on our Belief in Allah and whether or not Allah is happy with our actions in this life. Death is the door to happiness or misery forever!



As previously mentioned, Allah has sent us in this world for a test and trial. However He has given a different length of trial to each person. Some live thirty years, while some others enjoy a life as long as one hundred years. Just as Allah decided your date of birth, which is the beginning of your time of test, Allah decides the time when this period will end. In other words, only Allah knows at which age you will die.





The Third stage of our story is the Grave. This is where a person will stay after death and until the Day of Final decision. From this moment onwards the choice of a person ends. His grave will either become a garden of enjoyment if he was a good person, or a pit of fire because of the bad deeds he did in the world.

We may think that when we are young we sometimes feel as though we will live forever. But this is not true. In fact there is no guarantee that we will even die old. If you pay a visit to the graveyard you will see this. The grandfather comes to the world first, then the father and finally the son. From a visit to the graveyard we can see that there is no order when leaving this world. Even though the grandfather comes into this world first the grandson may leave first.

There are many children buried in the graveyard, their lives finished before their expected time. There is no guarantee how long we will be living in this world and it is just a matter of time before we leave. So always try to do good so you can leave in a good way.



# Questions

**1. Is death the end of everything?**

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**2. Death is a gate to the afterlife. Explain what are the two different places people will be going to after death.**

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**3. What is the third Stage of our Story?**

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**4. What happens to the choice of a person in this stage?**

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**5. What will the grave become for a good person?**

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**6. What will the grave become for a bad person?**

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**7. Will everyone die at an old age? What can we learn from this?**

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**8. Which place should you try to visit regularly to remind you that you may not live to old age?**

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## The Day of Final Decision

The Fourth stage of our story is the Day of Final Decision. All Muslims believe that everything will die and come to an end, except Allah. After death Allah will bring us back to life on the Last Day, the Day of Final Decision.

On this day you will have to explain about each and every second spent in this world. In particular the days when you were young and when you grow older how you earned your money and what you spent it on.

You will also certainly be asked about how much you acted upon your knowledge i.e. what you knew about Islam. For the good people this day will pass very quickly. The bad people this Day may last for 50,000 years.

Everyone's actions that they did in the world will be weighed. Those who have done more good actions than bad will be given their books in the right hand and will be rewarded with Heaven. Those who have done more bad actions than good, will be given their books in their left hand and punished in Hellfire.



# Questions

**1. What is the fourth stage of our story?**

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**2. What will happen to everything before the Day of Final Decision?**

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**3. Fill in the missing words**

On \_\_\_\_\_ you will have to \_\_\_\_\_ about each and every \_\_\_\_\_ spent in this world. In particular the days when you were \_\_\_\_\_ and when you grow \_\_\_\_\_ how you earned your money and what you \_\_\_\_\_ it on.

You will also \_\_\_\_\_ be asked about how much you acted upon your \_\_\_\_\_ i.e. what you knew about Islam.

**4. How long may this day last for some people?**

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**5. What will happen to people's actions on the Day of Final Decision?**

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**6. What will happen to people whose good actions weigh more than their bad ones?**

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**7. What will happen to people whose bad actions weigh more than their good ones?**

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# Heaven and Hell

The final phase of our story will be in one of the two destinations forever. Heaven or Hell. These are the two separate places where people will spend their lives after the Day of Final Decision depending on what they were doing on the planet earth.

## Heaven

You might have been to places with beautiful Sceneries or seen breathtaking scenes in movies. There may be places you wished you had never left. Heaven is many times more beautiful than any of these places. The food good people will enjoy in Heaven is much more delicious than the food of this world. Allah, the Creator of all beauty in this world, tells us that He creates much greater beauty in the Garden for good Believers.



The Heaven of a normal person will be many times bigger than this world. Every person in Heaven will have the height of Prophet Adam, beauty of Prophet Yusuf, age of Prophet Isa, voice of Prophet Daud, and the Character of Prophet Muhammad (Peace be upon them all). Allah The Giver of peace, will speak directly to the people and show them His unmatched beauty. In Heaven there will be no sickness, death or any other problems. People will get whatever they can imagine. It will be for those people who have pleased Allah in this world.

## Hellfire

People who disobey Allah and refuse to believe in Him will also be repaid for what they did. They did not accept Allah (Subhaanahu wa Ta'Aala) or believe that He is the One Who creates everything and failed to do the acts of worship expected of them. In return for all this, they will be punished in the Fire.

Some people commit different crimes in this world. In situations where no one sees them, they may also go unpunished. But these people fail to understand that Allah sees them every moment, and that He even knows their inner thoughts.



The people who didn't believe in Allah and His Messenger (Sallallahu Alayhi wa Sallam) will live in the Hellfire forever. Those muslims that did bad things and died without asking for forgiveness from Allah will also go to Hell, unless they are forgiven by Allah, but will be taken out after a period of time after being washed from all the sins (like lying, stealing, swearing). Reason for this is that they did not clean themselves from the sins in this world so they will be cleansed in the Hellfire through punishment. Only people who have cleansed themselves from all their sins will be able to go to Heaven directly.



# Questions

**1. What are the two different places people will be going to after the Day of Final Decision?**

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**2. Are the good things in the world like the things that you will get if you go to Heaven? Explain your answer.**

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**3. Fill in the missing words**

Every person in Heaven will have the \_\_\_\_\_ of Prophet Adam, \_\_\_\_\_ of Prophet Yusuf, \_\_\_\_\_ of Prophet Isa, \_\_\_\_\_ of Prophet Daud, and the \_\_\_\_\_ of Prophet Muhammad (Peace be upon them all).

**4. Why will people go to Hell? Mention two reasons.**

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**5. The people who didn't believe in Allah and His Messenger (Sallallahu Alayhi wa Sallam) will live in the \_\_\_\_\_. The sinful Muslims that died without \_\_\_\_\_ will also go to Hell, unless they are forgiven by Allah, but will be taken out after \_\_\_\_\_ after being washed from all the sins.**

**Reason for this is that they did not \_\_\_\_\_ themselves from the \_\_\_\_\_ in this world so they will be cleansed in the \_\_\_\_\_.**

You will need to team up together with me on this journey as you will need my help and advice in order to cross the different levels of struggle and hardships that are yet to come your way.

Now that we have understood 'Our Whole Story' we should understand that it is very important that we clean ourselves from the sins and evil things otherwise we may end up in the Hellfire for a very long time.

So whoever would like to please Allah by learning and walking on the path to the Palace of the Land of the Pleasure of Allah, then raise your hands.





## Questions

**1. What is the first stage of our story and mention a bit about the main thing that happened there?**

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**2. What is the second stage of our story and mention a bit about why we were sent there?**

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**3. What is the third stage of our story and can you mention how people will be treated in this world and why?**

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**4. What is the fourth stage of our story? Describe a bit about what will happen to the people here.**

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**5. What is the Fifth and final stage of our Story and what are the two places people will end up in and why?**

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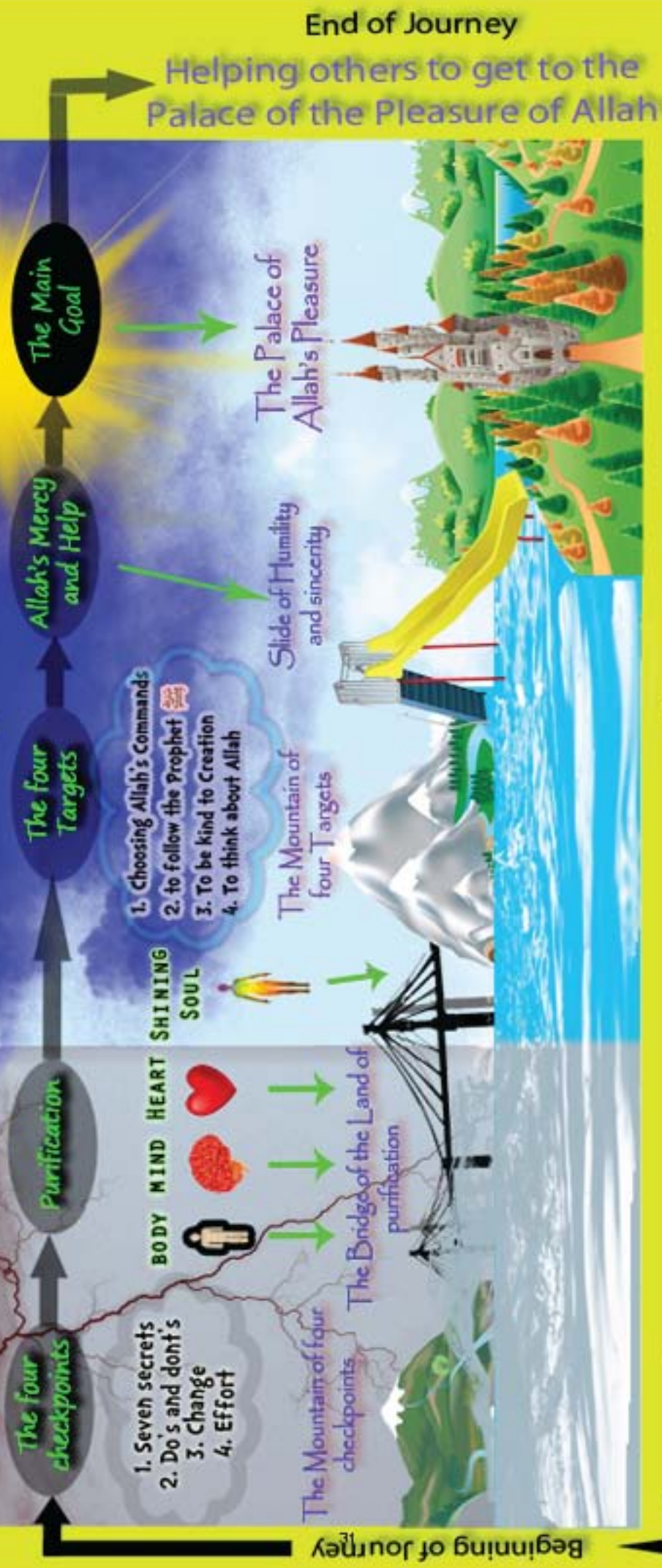
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# Tareeqah Muhammadiyah

## The Journey to the Land of the Pleasure of Allah



To learn and think about:	Death, Grave, The Day of final decision, Heaven and Hell	Going to good places e.g. Masjid to Remember Allah
To Think about how short this life is and that one day you will leave it	Reading Holy Quran	To be in good company like your Islamic Teacher

If a person is doing bad actions and has forgotten Allah



# Questions

**1. Mention some of the things you can do to help you to start your Journey to the Land of the Pleasure of Allah.**

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**2. Unscramble the words below which mention all those things you should try to do in the beginning in order to help you begin your journey to the Palace of the Pleasure of Allah.**

h t a d e \_ \_ \_ \_ \_

r h o p p t s e \_ \_ \_ \_ \_

d o g o m y c n o p a \_ \_ \_ \_ \_ \_ \_ \_ \_ \_

o l y h n r u Q a \_ \_ \_ \_ \_ \_ \_ \_ \_ \_

**3. What are the four checkpoints that you need to cross before entering the Bridge of the Land of Purification?**

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**4. What are the four stages that you must cross on the Bridge of Purification?**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_





The diagram you just saw is the Journey you must cross in order to reach the Palace of Allah's (Subhaanahu wa Ta'Aala) Pleasure. Before we begin the journey, however, we need to learn what the goals and targets are at the end of the Journey (Mountain of four Targets). Only after reaching these targets will you be able to enter the Palace of the Pleasure of Allah (Subhaanahu wa Ta'Aala). Take a look at the diagram on the following page. There is a summary of the four goals.





# Four Targets if you want to please Allah (Subhaanahu wa Ta'Aala)

Highest Target  
Pleasure of Allah

1. Choosing the  
Commands of Allah

2. Choosing to  
follow  
The Holy Prophet ﷺ

3. To be kind and  
having mercy on  
Allah's Creation

4. To be thinking  
of Allah

Follow the way  
across the journey  
with a Teacher



Never quitting to  
please Allah



Trying hard





## Four Targets

As shown on the diagram on the previous page, at the end of this journey you will reach the four targets. They are like having four skills or four qualities in you. Insh 'Allah if you reach there one day with Allah's Mercy you will enter the Palace of the pleasure of Allah.

### First Target - Choosing the Commands of Allah

The first target that you need to reach, so that you can enter the Palace of the pleasure of Allah is:

To always choose to follow and love all of Allah's command like prayer, doing your Salaah, fasting in the month of Ramadhan, doing your Dhikr, obeying your parents amongst many other things. In order to follow Allah's command you cannot follow your own evil desires or the evil devil.

One of the examples of following Allah's commands is to tell the truth and not to tell lies. So when you speak to your parents or your teachers you should never lie to them and always speak the truth because we know Allah will be happy with us. This is an example of choosing Allah's command to tell the truth and not following the devil by lying.

Let's see if you understand what I mean? One day Fatima was playing hop scotch outside with her friends. The time for Asar salah came. The shaitaan whispered in Fatima's ear tempting her not to do her Salaah and instead instructed her to continue playing hop scotch with her friends. What do you think Fatima did? Do you think she went inside to do her salaah or did she carry on playing?

Yes well done you are absolutely correct!!! Because Fatima knew that Allah and the Prophet (SallAllaho alaihi wa salam) would become extremely happy if she did her salaah on time Fatima told her friends to wait, she went inside her home, did Wudhu and did her Salaah. Alhamdulillah! Allah and the Prophet (SallAllaho alaihi wa salam) became very pleased with Fatima.



## Second Target - Choosing to follow the Holy Prophet ﷺ

The second target you need to reach is: To always choose to love and follow the life and way of the Holy Prophet (Sallallahu Alayhi wa Sallam) in all your actions as much as possible. As He (Sallallahu Alayhi wa Sallam) is the most beloved person to Allah and Allah loves all of his actions and manners. Allah has said that he will also love all those people who copy all of the actions and manners of the Prophet (Sallallahu Alayhi wa Sallam).

This means that you should copy the way He (Sallallahu Alayhi wa Sallam) ate, the way He drank, the way He spoke, how He slept and the clothes He wore amongst many other things.

He (Sallallahu Alayhi wa Sallam) is the most perfect human being. He never made any mistakes! Wow!! This means that we should make him our star and our role model. Not the pop stars, film actors, footballers or any other such people.

Let me give you an example of Yahyah who does everything according to the way the Holy Prophet (Sallallahu Alayhi wa Sallam) did them. Before he eats he washes his hands, wears a hat or turban, recites the eating Dua, sits on the floor in the sunnah way and eats with his right hand. Do you know something else amazing about Yahyah? When a grain of food drops on the ground, he picks it up, cleans it and then eats it.

So, eating in this way and following the Prophet (Sallallahu Alayhi wa Sallam's) way makes Allah and his Prophet (Sallallahu Alayhi wa Sallam) extremely happy. Gradually, we become closer and closer to the Prophet (Sallallahu Alayhi wa Sallam) and travel one step closer to the Palace of the Pleasure of Allah.

### Third Target - To be kind and Merciful to the creation

The third target that you need to reach is: To be extra kind and have mercy on Allah's creation. Allah's creation includes your parents, brothers and sisters, friends, teachers, old people, poor people, animals, insects, trees, plants, the environment, and many many other things as well. (can cartoon pics of trees, plants, flowers, birds, insects, a bumble bee buzzing around and sitting on Maryam's shoulder pop up?)

Everything has been created by Allah and that is why Allah becomes happy with the person who is good to his creation and is extra kind to them.

For example, you should find happiness in helping someone in difficulty and always show care for the sick, old and the poor. The Holy Prophet (Sallallahu Alayhi wa Sallam) has said: "Allah will not show mercy to him who does not show mercy to others." (Bukharee).

Once upon a time a girl called Salma was being nasty to Zohra by calling her horrible names which made Zohra very upset.

One day however, Salma lost all of her dinner money and she did not have anything to eat at lunchtime. Salma asked all of her classmates to lend her some money but they refused to help her. Salma became very worried and began to cry.

Zohra knew that if she helped Salma in her difficult situation then this would make Allah soooo happy and put a smile on the face of the Prophet (Sallallahu Alayhi wa Sallam). So Zohra forgot about the time when Salma was horrible to her and instead she shared her dinner money with her.

Salma was very surprised, she became regretful for being horrible to Zohra in the past. Both the girls became good friends.

Being extra kind to creation and helping them is a very important stage. We should try to do this all the time.



#### Fourth Target - To be thinking of Allah

The fourth Target you will reach is to think about Allah most of the time wherever you are.

This means that you will think that Allah is with you wherever you are. Allah is watching you whatever you are doing, and listening to whatever you say.

For example when you are in the Masjid and are praying you will be thinking about Allah. However, even when you go out of the Masjid you will not forget about Allah like most people do. Instead you will still be thinking about Allah wherever you are, even in the market, at school and even at home.

For example there is a boy named Adam who always thinks that Allah is with him, that Allah is watching his actions and Allah is even listening to him when he goes shopping.

Because Adam knows this, he is always on his best behaviour. Often Adam even speaks silently to Allah with his mind. Whilst he is in the market he says Oh Allah thank you for giving me a healthy body to walk to the market, sometimes he says Oh Allah help me to do my shopping with honesty and sometimes he says Oh Allah protect from any evil in the market.

Like this Adam never forgets about Allah, he is constantly thinking about him and that is why Adam hardly misbehaves.

If you reach this target, similarly to Adam, you will not do anything naughty because you will always know that Allah is watching you wherever you are.

# Questions

**1. What is the First Target you need to reach in order to reach the Palace of the Pleasure of Allah?**

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**2. Give an example of the First Target.**

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**3. What is the Second Target?**

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**4. Give an example of the Second Target.**

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**5. What is the Third Target?**

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**6. Give an example of the Third Target.**

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**7. What is the Fourth Target?**

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**8. Give an example of the Fourth Target.**

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The Journey begins from the Mountain of four checkpoints. Insh 'Allah this year this is what you will be crossing. If you climb this mountain it will give you all the tools that you will need to complete the rest of the Journey. When you reach each checkpoint you will be given something to help you. So are you ready to begin?

Yes! We are so excited! We can't wait to begin.



In order to reach the first checkpoint you must learn the Seven Secrets of Success. Without the knowledge of this you cannot enter the next Land. This is the key to everything, without this you cannot even begin your journey. Take this book; it has the knowledge of the seven secrets within it. You need to understand and learn all the things that are mentioned inside. Then you can reach the first checkpoint.

May Allah be with you!



Thank you  
Oh Teacher





# The Seven Secrets of



*Year 1*

## Lesson 1 - Seven Secrets of Success

Our Religion is based on the Seven Secrets of Success. A person has to believe in each one of them and say: "that there is none worthy of worship except Allah and Muhammad (Sallallahu Alayhi wa Sallam) is His Messenger."

This is what we say when we read the first two Kalimahs. If a person does not have belief in these two Kalimahs then he will not be able to go to the Palace of the Pleasure of Allah.

So before we learn the Seven Secrets you need to learn them with the meanings:

لَا إِلَهَ إِلَّا اللَّهُ مُحَمَّدٌ رَّسُولُ اللَّهِ

There is no God besides Allah; Prophet Muhammad (Sallallahu Alayhi wa Sallam) is the Messenger of Allah.

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ  
مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

I bear witness that there is no God besides Allah and I bear witness that Prophet Muhammad is His servant and Messenger.

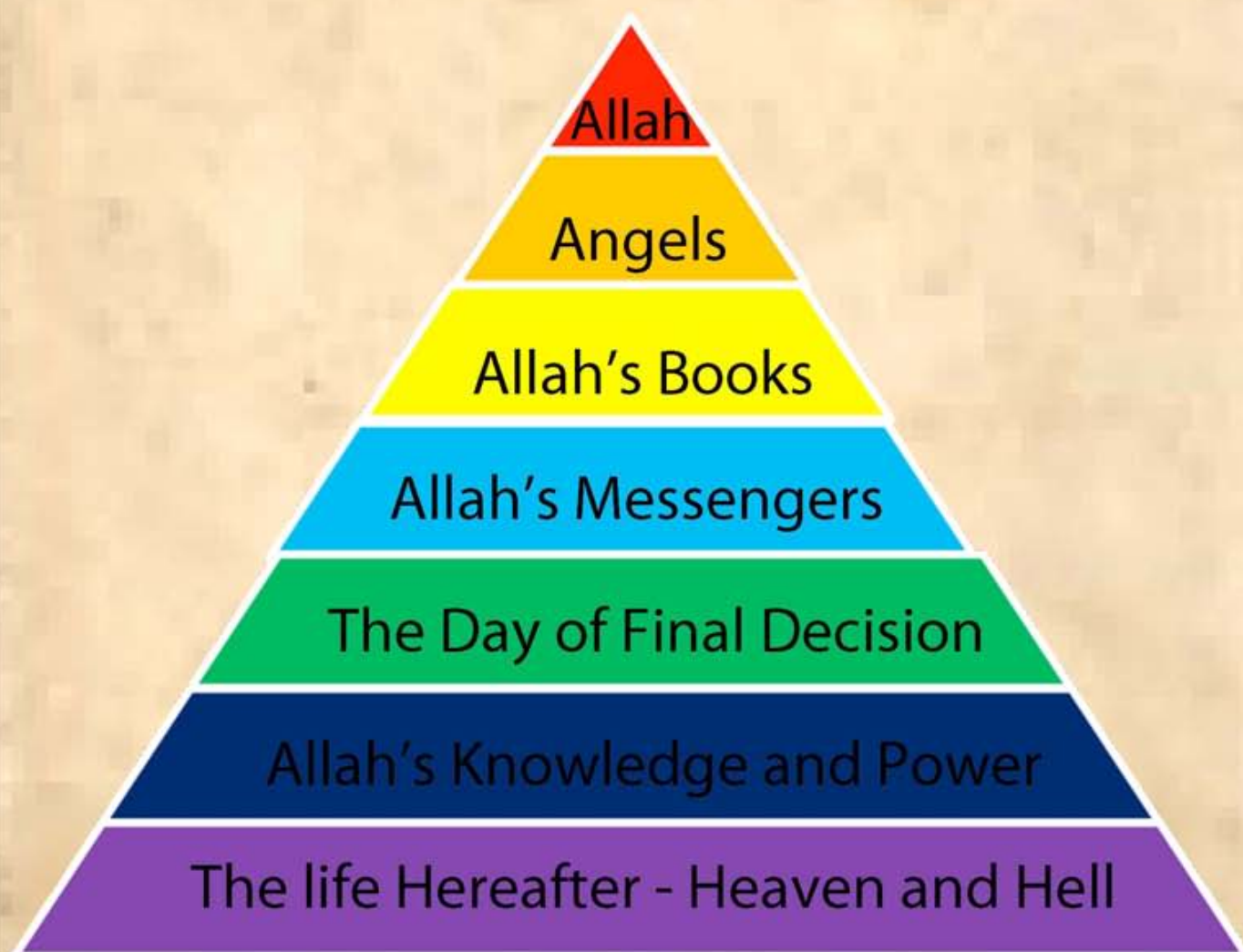


Now we are going to learn the about the Seven Secrets of Success.

If a person does not Believe in any one of these Seven Secrets then he/she and will not be able to enter the Palace of the Pleasure of Allah.

He must say them with his tongue and believe them in his heart.

The Seven Secrets of Success are to believe in:



## Questions

**1. Complete the following sentences:**

**Our Religion is based on the Seven Secrets of \_\_\_\_\_.  
A person has to \_\_\_\_\_ in each one of them and say: "that  
there is none worthy of \_\_\_\_\_ except Allah and Mu-  
hammad (Sallallahu Alayhi wa Sallam) is His \_\_\_\_\_."**

**If a person does not Believe in any one of these Seven Se-  
crets then his \_\_\_\_\_ will not be \_\_\_\_\_ and will not be  
able to enter the \_\_\_\_\_.**

**2. What are the seven things that every Muslim must be-  
lieve in?**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_
- g. \_\_\_\_\_

**3. Read the first Kalimah to your teacher from your memory  
with the meanings.**

**4. Read the second Kalimah to your teacher from your  
memory with the meanings.**



## Lesson 2 - First Secret of Success: To believe in Allah

All Muslims believe in One God, Allah, Who made us and is feeding us.

There is no other God apart from Him and there is no one like Him.

He is the greatest.

He is the Most powerful.

He has no parents and He has no children.

He lives forever and never dies.

He gives life and death.

Allah is not in need of us. We are in need of Allah.

Allah knows everything.

Allah knows what we do.

Allah knows what we think.

Allah knows what we feel.

We worship Allah only.

The person who worships someone or something other than Allah Almighty is not a Muslim.



Learn the third Kalimah below which explains some of the qualities of Allah The Most High. In Arabic it is known as Kalimah Tamjeed.

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

Glory be to Allah and all praise be to Allah. There is no God besides Allah. And, Allah is the Greatest. There is no power and might except from Allah, The Most High, The Great.

Now learn the fourth Kalimah below with the meanings. It explains some more things about Allah's qualities. In Arabic it is known as Kalimah Tauheed.

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ  
لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ يُحْيِي وَيُمِيتُ  
بِيَدِهِ الْخَيْرُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

There is no God besides Allah He is One. He has no partner. His is the kingdom and for Him is all praise. He gives life and causes death. In His hand is all good. And He has power over everything.



## Questions

1. How many Gods are there?

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2. Is there anyone greater than Allah? \_\_\_\_\_

3. Does Allah need need any of His creation?

---

4. What happens if a person worships anyone other than Allah? \_\_\_\_\_

5. Complete the following sentences:

Allah knows \_\_\_\_\_

Allah knows what we d \_\_\_\_

Allah knows what we t \_\_\_\_ k

Allah knows what we f \_\_\_\_ l

We worship Allah only.

6. Read the third Kalimah to your teacher from your memory with the meanings.

7. Read the fourth Kalimah to your teacher from your memory with the meanings.

## Lesson 3 - Second Secret of Success: To believe in Angels

Angels are created from Light (Noor).

They are not human beings.

They are not male or female.

Angels do not have any human needs. They do not eat, drink or sleep.

Only Allah the Most High knows the exact number of angels.

Angels do not disobey Allah the Most High.

The four famous angels are:

Sayyidina Jibraeel (Alayhi salam)

Sayyidina Israafeel (Alayhi salam)

Sayyidina Mikaaeel (Alayhi salam)

Sayyidina Israaeel (Alayhi salam)





## Questions

1. What are Angels made of?

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2. They \_\_\_\_\_ the commands of Allah the Most High.

3. What are the exact number of angels?

---

4. Name the four famous angels?

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---

5. Are angels male or female?

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6. How many times a day do the angels eat and drink?

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7. Colour in the following:

ANGELS

## Lesson 4 - Third Secret of Success: To believe in Allah's Books

Allah the Most High sent Books to guide people to the straight path.

We believe in all the Books revealed by Allah the Most High.

Some Books were changed by the enemies of Allah.

The Qur'aan is the final Book of Allah the Most High.

It is the only Book that is not changed.

The Qur'aan was sent to all of mankind.

The Qur'aan came to complete the message of the previous Books.

The four famous books are the Zaboor, Torah, Injeel, and Qur'aan.





## Questions

1. What did Allah send to the people to guide them to the straight path? \_\_\_\_\_

2. We \_\_\_\_\_ in all the books of \_\_\_\_\_

3. Who changed the books of Allah?

\_\_\_\_\_

4. What Is the final Book of Allah?

\_\_\_\_\_

5. Which is the only Book that is not changed?

\_\_\_\_\_

6. Was the Qur'aan just sent to the Muslims?

\_\_\_\_\_

7. Name the four famous Books:

\_\_\_\_\_

\_\_\_\_\_

8. Colour in the following:

Books of  
Allah

## **Lesson 5 - Fourth Secret of Success: To believe in Allah's Messengers**

Messengers were sent to guide people so that they can worship Allah the Most High.

Messengers received revelation from Allah the Most High.

There were about 124,000 Messengers that Allah sent.

They did not commit any sin.

They were the pious and truthful servants of Allah the Most High.

The person who does not believe in any Messenger of Allah is not a Muslim.

Some of the Messengers mentioned in the Qur'aan are:

**Adam (Alayhi salam)**

**Nuh (Alayhi salam)**

**Ibraheem (Alayhi salam)**

**Musa (Alayhi salam)**

**Isa (Alayhi salam)**

**Muhammad (Sallallahu Alayhi wa Sallam)**

The first Messenger was **Adam (Alayhi salam)**.

The last and greatest Messenger of all was **Muhammad (Sallallahu Alayhi wa Sallam)**.



## Questions

1. Why did Allah the Most High send Messengers?

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2. About how many Messengers were sent by Allah?

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3. Do Messengers of Allah commit sin?

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4. They were \_\_\_\_\_ and \_\_\_\_\_ servants of Allah the Most High.

5. Name some of the Messengers of Allah.

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6. Colour in the following:

Messengers  
of Allah

## Lesson 6 - Our beloved Prophet Muhammad ﷺ

The Holy Prophet (Sallallahu Alayhi wa Sallam) was born in Makkah in 570 AD in the Islamic month of Rabii-ul-Awaal.

His father's name was Abdullah (RadiAllaho anhu) and His mother's name was Amina (RadiAllaho anha).

He lived for 63 years. 53 of those years He spent in Makkah and 10 years in Madinat-ul-Munawwarah.

His (Sallallahu Alayhi wa Sallam) Prophethood was announced at the age of 40.

He (Sallallahu Alayhi wa Sallam) had three sons; Qasim, Abdullah and Ibraheem (RadiAllaho anhum), and four daughter; Zainab, Ruqayyah, Umm-e-kulthoom, Fatimat-uz-Zahra (RadiAllaho anhuna).

In total He (Sallallahu Alayhi wa Sallam) had 12 wives; Khadijah, Saudah, Aisha, Hafsa, Zainab, Umm-e-Salmah, Umm-e-Habibah, Juwairiyah, Maimoonah, and Safiyyah (RadiAllaho anhuna).

He (Sallallahu Alayhi wa Sallam) passed away in Madinat-ul-Munawwarah and His Blessed Body is buried there.





## Questions

1. Where was the Holy Prophet Muhammad (Sallallahu Alayhi wa Sallam) born?

---

2. What is the name of the Islamic month He (Sallallahu Alayhi wa Sallam) was born in? \_\_\_\_\_

3. What was the name of His (Sallallahu Alayhi wa Sallam) father and mother?

---

4. What is the total number of children that He (Sallallahu Alayhi wa Sallam) had? \_\_\_\_\_

5. Write the names of all His (Sallallahu Alayhi wa Sallam) children. \_\_\_\_\_

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6. How many wives did He (Sallallahu Alayhi wa Sallam) have? \_\_\_\_\_

7. In which city did He (Sallallahu Alayhi wa Sallam) pass away? \_\_\_\_\_

8. Colour in the following:

Beloved Prophet

Muhammad ﷺ

## **Lesson 7 - Fifth Secret of Success to believe in The Last Day**

All Muslims believe that everything will die and come to an end, except Allah on the Last Day.

Allah will command the noble Angel Israfeel (Alayhi salam) to blow the trumpet.

The frightening sound will destroy the mountains, the sun, moon, and everything in the heavens and on earth.

Allah created us and placed us in the world to test us, to see how we obey Him and how we prepare for our real and never ending life in the Hereafter.

After death Allah will bring us back to life.

It will be a very long day on which Allah will question each and every one about his life on earth. Allah will judge us according to our actions and behaviour.





## Questions

1. What will happen on The Last Day?

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2. Which Angel will Allah command to blow the trumpet?

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3. What will happen after the frightening sound is made?

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4. What will happen to the people after death?

---

---

5. Complete the following sentences:

It will be a \_\_\_\_\_ day on which Allah will \_\_\_\_\_ each and every one about his life on earth. Allah will \_\_\_\_\_ us according to our actions and behaviour.

6. Colour in the following:

The Last  
Day

## Lesson 8 - Sixth Secret of Success to believe in Allah's Knowledge and power

All Muslims believe that Allah is All-Powerful and He controls everything.

Everything happens only with the permission of Allah.

Our birth is recorded by Allah.

Our death is recorded by Allah.

Allah has recorded the amount of food we will have in this world. In fact everything that will happen to a person has been recorded

Every good and bad thing that happens in this world is a test from Allah.





## Questions

1. Who controls the whole universe and world?

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2. Our \_\_\_\_\_ is recorded by Allah.

3. Our \_\_\_\_\_ is recorded by Allah.

4. Allah has \_\_\_\_\_ the amount of \_\_\_\_\_ we will have in this world.

5. Every \_\_\_\_\_ and \_\_\_\_\_ thing that happens in this world is a \_\_\_\_\_ from Allah.

6. Colour in the following:

Allah's

knowledge and

power

## **Lesson 9 - Seventh Secret of Success: To believe in the life Hereafter**

After the end of the world, the Noble Angel Israfeel (Upon Him be peace) will again blow the trumpet. The dead will rise from their graves and gather to give account of their deeds. Those who believed and did good deeds will go to Heaven, while those who did not will go to Hell.

### **Heaven**

The believers will live forever in the Garden of Paradise (Heaven) which is more beautiful than anyone can imagine.

The buildings in Heaven are made from gold and silver bricks  
The cups and plates of Heaven are of gold and silver.

Heaven has rivers of honey, milk, and wine (a pure heavenly drink).

### **Hell**

The disbelievers will live forever in the Fire of Hell which is more terrifying than anyone can imagine.

The drink of the people of Hell will be pus and boiling water.  
The food of the people of Hell will be bitter, thorny, and bad smelling plant.

Even in the grave our bodies are dead but not our souls. The grave becomes either a Garden of Heaven or a Pit of Hell.



## Questions

1. Who will live in the Heaven forever?

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2. What are the houses in Heaven made of?

3. Heaven has rivers of \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

4. Who will live in the Hell forever?

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5. What will the people of Hellfire drink?

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6. The grave too becomes either a \_\_\_\_\_ of \_\_\_\_\_ or  
a \_\_\_\_\_ of \_\_\_\_\_.

7. Colour in the following:

Life in  
the  
Hereafter

## Lesson 10 - Al-Iman Al-Mufasssal

The basic beliefs of a Muslim are listed in THE KALIMAH called Al-Iman Al-Mufasssal, 'The Complete Statement of Belief'. It contains a summary of the Seven Secrets of Success.

Let us learn Al-Iman Al-Mufasssal in Arabic and English:

أَمَنْتُ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ وَالْيَوْمِ  
الْآخِرِ وَالْقَدَرِ خَيْرِهِ وَشَرِّهِ مِنَ اللَّهِ تَعَالَى  
وَالْبَعْثِ بَعْدَ الْمَوْتِ

"I believe in Allah, and His angels, and His books, and His Messengers, and in the Last Day, and in Allah's knowledge and power, the good thereof and the bad thereof coming from Allah, the Most High, and in Life after death."





Well done! You have worked really well to learn that.  
May Allah (Subhaanahu wa Ta'Aala) grant you goodness.  
Ameen

This is the key of faith (Iman). Both of you will get one each.  
Make sure you keep it safe with you all the time as it is the  
most important thing in the whole world. Without it you  
cannot even begin your journey, as this is the key which  
opens the door to the Land of Purification. You will also  
get a prize for learning the book!



Alhamdulillah now that you have learnt the seven secrets of success, the time has come to learn the Do's and Don'ts so that you know how to worship Allah (Subhaanahu wa Ta'Aala). For example what are the things you are allowed to do in Islam, and what are the things you are not allowed to do, how to do Wudhu, Salaah etc. Without this knowledge you can't complete this journey as you won't know what to do or where to go.

Take this special book. In it contains all the necessary knowledge regarding Ibadaah (worship) that every Muslim should know. You need to understand and learn all the things that are mentioned in it. Then you can reach the second checkpoint - May Allah be with you.





# Do's and Don'ts



# Lesson 1 - Taharah (Purification)

The Arabic word for purity and cleanliness is Taharah. Taharah is one of the most important duties for a Muslim.

Taharah means cleanliness of the:

- 1) Mind and soul
- 2) Body and clothes
- 3) Home and environment

We keep our minds and souls clean by not having evil thoughts nor doing bad actions.

We keep our bodies and clothes clean by washing them regularly. Also you should always brush your teeth when you wake up in the morning and when you go to sleep.

We keep our homes and environment clean by being tidy and hygienic, and not littering or polluting.

If a Muslim is not Tahir, pure and clean, then he cannot do Salah or touch the Holy Qur'aan.

Therefore a Muslim always stays clean.

The angels are pure and clean and remain close to those who are pure and clean.

Shaytan is impure and unclean and is always close to those who are impure and unclean.

Allah only loves those who are pure and clean.





## Questions

1. Rewrite the words and copy the sentence.

Allah \_\_\_\_\_  
loves \_\_\_\_\_  
those \_\_\_\_\_  
who \_\_\_\_\_  
are \_\_\_\_\_  
clean \_\_\_\_\_

Allah loves those who are clean.

\_\_\_\_\_

2. Complete the sentences using the list below

Allah Muslim deeds Salah Taharah  
Qur'aan bodies thoughts clothes

The Arabic word for purity and cleanliness is \_\_\_\_\_

Taharah is one of the most important duties for a \_\_\_\_\_

We keep our minds and souls clean by not having evil  
\_\_\_\_\_ nor doing evil \_\_\_\_\_.

We keep our \_\_\_\_\_ and \_\_\_\_\_ clean by washing  
them regularly. If a Muslim is not clean then he cannot  
perform \_\_\_\_\_ nor touch the Holy \_\_\_\_\_.

\_\_\_\_\_ only loves those who are pure and clean.

## Lesson 2 - Using the Toilet

Islam is a complete way of life. Islam teaches manners and habits for every part of our lives, even when we use the toilet. Islam teaches us respect and cleanliness, when using the toilet. Written below are some of the manners when going to the toilet:

1. We do not enter the toilet barefoot and bare head.
2. We do not face the Qiblah while passing urine (wee) or stool (poo).
3. We do not show our back to the Qiblah while passing urine or stool (poo).
4. We do not eat drink or talk in the toilet.
5. We do not read any books, or newspapers in the toilet.
6. We do not read Dua or Qur'aan in the toilet.
7. We do not enter the toilet with anything on which Allah's name can be seen.
8. No one must see you when you are in the toilet.
9. Make sure you leave the toilet clean after using it.





# Questions

1) Answer true or false:

a. We May enter the toilet barefoot\_\_\_\_\_

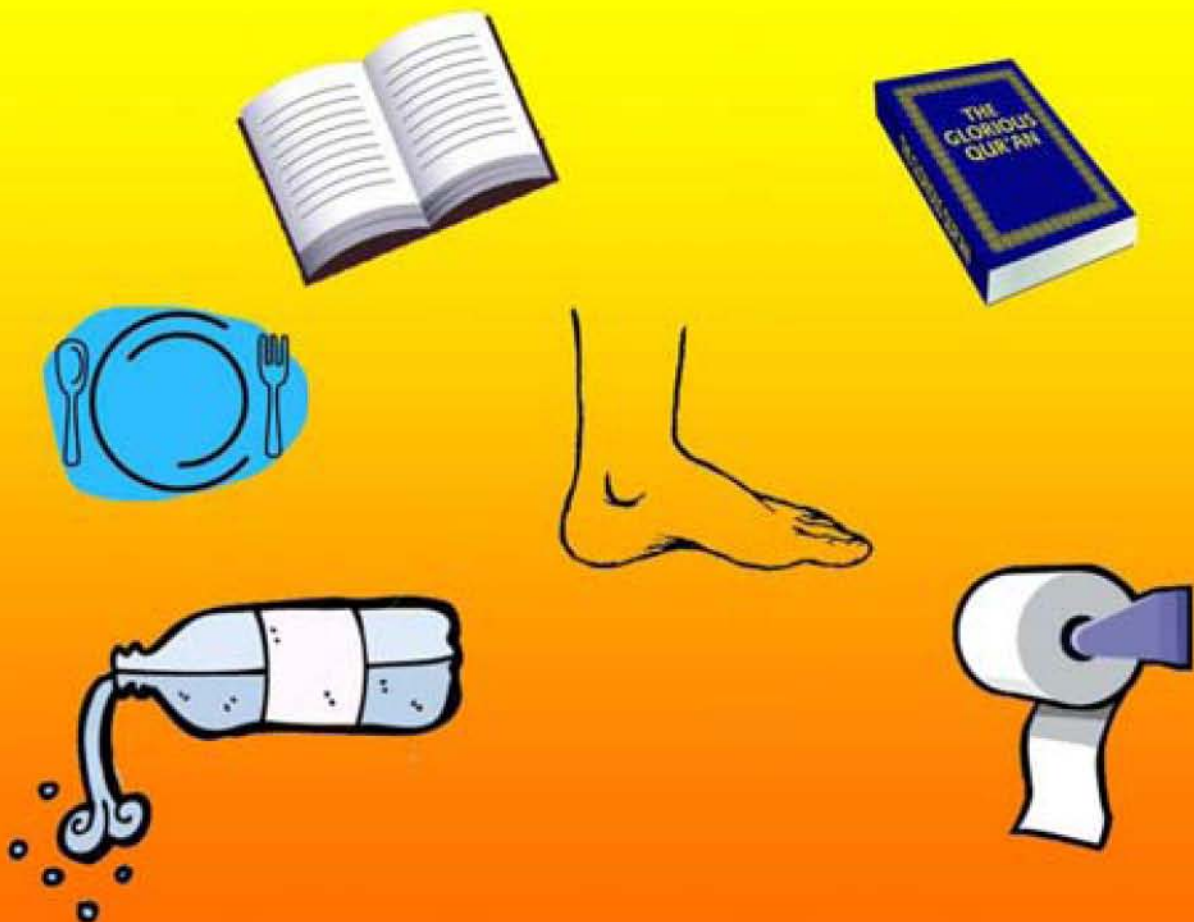
b. We do not face or show our back to the Qiblah while passing urine or stool\_\_\_\_\_

c. We May talk to our friends whilst we are in the toilet\_\_\_\_\_

d. We do not read any Dua in the toilet\_\_\_\_\_

e. We must leave the toilet in a clean state\_\_\_\_\_

2) Circle the things we must not do on entering the toilet.





## Lesson 3 - The way of going to the toilet (Istinja')

Istinja' means washing the private parts after passing urine (wee) or stool (poo). Istinja' is done with water and toilet paper. Istinja' can also be done with pebbles if no water or toilet-paper is available. The one who does not do Istinja' is not Tahir, pure and clean.

The method of Istinja' and visiting the toilet is as follows:

1) Before entering the toilet recite this Dua' or supplication:

اَللّٰهُمَّ اِنِّیْ اَعُوْذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ

"Oh Allah, I seek your protection from all filth and impure creatures."

2) Enter the toilet with the left foot first.

3) Sit down when passing urine (wee) or stool (poo).

4) Using the left hand, wipe the private parts with toilet-paper first.

5) Wash the private parts with water, using the left hand again. You may use soap as well.

6) Dry the private parts with toilet paper, again with the left hand.

7) Wash both hands with water and soap.

8) Leave the toilet with the right foot first.

9) Recite this Dua after leaving the toilet:

غُفْرَانَكَ اَلْحَمْدُ لِلّٰهِ الَّذِيْ اَذْهَبَ عَنِّيْ الْاَذَى وَعَافَانِيْ

"I seek your pardon (O Allah!). All Praise be to Allah Who has removed discomfort from me and granted me relief."



## Questions

**1. State whether true or false ( Write T or F)**

**Istinja' means washing the private parts after passing stool (poo)\_\_\_\_\_**

**Istinja' is done with toilet-paper only \_\_\_\_\_**

**Istinja' can also be done with pebbles.\_\_\_\_\_**

**The one who does not do Istinja' is still pure and clean\_\_\_\_\_**

**Enter the toilet with the left foot first \_\_\_\_\_**

**When passing urine you may stand\_\_\_\_\_**

**Use the right hand to,wash the private parts \_\_\_\_\_**

**You may not use soap when doing Istinja' \_\_\_\_\_**

**After Istinja' wash both hands thoroughly with water and soap \_\_\_\_\_**

**Leave the toilet with the right foot first \_\_\_\_\_**

## Lesson 4 - Virtues of Wudhu

Wudhu is a special way of cleaning ourselves taught to us by Allah the Great. We make Wudhu before performing Salaah or touching the Qur'aan. Wudhu cleans our body and washes our sins. Salaah is not accepted without Wudhu.

**1. Wudhu will cause our face, arms, and feet to shine brightly on the Day of Final Decision.**

**2. Our Holy Prophet (Sallallahu Alyhi wa Sallam) will recognise us through our brightly shining body parts on the Day of Final Decision.**

**Wudhu is the key to Salaah**





## Questions

1 a. When will I make Wudhu?

A \_\_\_\_\_ B \_\_\_\_\_

b. Wudhu is the key to \_\_\_\_\_

c. Wudhu will cause our \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ to shine brightly on the Day of Final Decision.

2) We must make Wudhu for the following activities:

Tick ( ✓ ) for the correct one and ( ✗ ) in the incorrect one

<b>Salaah</b>		<b>Eating</b>	
<b>Touching the Qur'aan</b>		<b>Making Dua</b>	
<b>Going to the toilet</b>		<b>Fasting</b>	
<b>Travelling by car</b>		<b>Dressing</b>	

3) Unscramble these words

u d w u      \_\_\_\_\_

a l a s a h      \_\_\_\_\_

r a u n Q a      \_\_\_\_\_

t h o c u      \_\_\_\_\_

## Lesson 5 - Things you must do in Wudhu

There are some parts of the body that must be washed in Wudhu. If any of these parts remain dry, Wudhu is not complete. Salaah is not accepted without Complete Wudhu.

The things that you must do in Wudhu are:

1. To wash the full face.
2. To wash both the arms.
3. To make *Masah* of the head: *Masah* is to wipe with wet hands over one quarter of the head.
4. To wash both feet.





## Questions

1. I must wash my \_\_\_\_\_

2. I must \_\_\_\_\_ both my \_\_\_\_\_

3. I must make \_\_\_\_\_ of my \_\_\_\_\_

4. I must \_\_\_\_\_ my feet.

5. Put the words in the order that you wash in Wudhu

arms

head

face

feet

--	--	--	--

6. Unscramble these words

d e a h      \_\_\_\_\_

s h a w      \_\_\_\_\_

e t e f      \_\_\_\_\_

m a r      \_\_\_\_\_

## Lesson 6 - Practical Wudhu

Altogether there are 13 steps in Wudhu. We shall learn each step one by one. They are:

1) Before doing Wudhu say your intention (Niyyah).  
You can utter the intention "I have the intention to perform Wudhu for Salaah."

2) Then recite the following Dua': بِسْمِ اللَّهِ وَالْحَمْدُ لِلَّهِ

"In the Name of Allah, and all Praise be to Allah."

3) Wash both hands up to the wrists three times. Begin with the right hand.



4) Rinse the mouth properly three times.



5) Rinse the nose three times.



6) Wash the face three times.

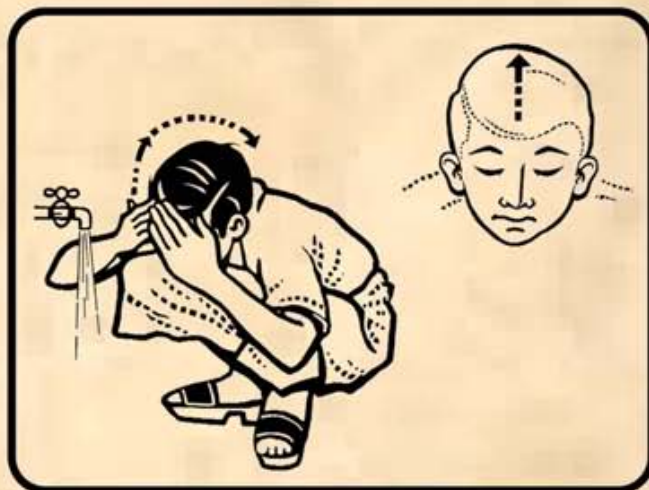




7) Wash the forearms up to the elbow three times. Begin with the right arm.



8) Pass wet hands over the head, front to back with fingers and then back to front again with palm of your hands.



9) Wipe the ears, inside and out, once.



10) Wipe the back of the neck with back of the hands, once.



11) Wash the feet up to the ankles three times. Begin with the right foot.





12) After completing the Wudhu recite the following  
Dua:

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ  
مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

13) Then recite the following Dua:

اَللّٰهُمَّ اجْعَلْنِيْ مِنَ التَّوَّابِيْنَ وَاجْعَلْنِيْ مِنَ الْمُتَطَهِّرِيْنَ

If you are performing Wudhu in a bathroom which has a toilet then wait till you have come out before reciting the Kalimah Shahadah and Dua'.

It would also be better to close the cover of the toilet pot before starting the Wudhu.

Make sure to leave the bathroom clean and dry.



The hands are washed (thrice) (once)

The (mouth) (nose) is rinsed before the (mouth) (nose).

(Only part of) (The entire) face must be washed.

The forearms must be washed up to the (elbows) (shoulders)

The head is (washed) (wiped) with wet hands (once) (thrice).

The (ears) (nape) are wiped before the (ears) (nape).

The nape is wiped using the (palms) (back of the hand).

The feet are washed (last) (first).

The feet are washed up to the (ankles) (knee) , (once) (thrice).

When washing the hands, arms and feet we begin with the (right) (left) limb.  
After completing the Wudu, recite Kalimah (Tayyibah) (Shahadah).

## Lesson 7 - Things that break Wudhu

A Muslim who has Wudhu is pure and clean. When his Wudhu breaks, he is no longer pure and clean. He has to make Wudhu again before performing Salaah or reciting the Qur'aan.

**The following things break the Wudhu:**

1. Wudhu breaks when we sleep.
2. Wudhu breaks when we pass urine (Wee).
3. Wudhu breaks when we pass stool (Poo).
4. Wudhu breaks when we pass wind.





## Questions

1. When I sleep my Wudhu\_\_\_\_\_

2. Does my Wudhu break when I break wind? \_\_\_\_\_

3. Cross out the acts that break Wudhu:

a. Eating

d. Passing urine

b. Sleeping

e. Going for a drive

c. Drinking water

f. Breaking wind

4. Join the dots

Sleep

Urine

Pass Wind

## Lesson 8 - Taking a bath (Ghusl)

Ghusl is a special method of washing the entire body to become clean from any uncleanness. Ghusl is only complete if every part of our body is wet. A clean body is loved by Allah and protects us from germs and sickness. Water is a gift from Allah; we must not waste water when making Ghusl.

There are three things that you have to do when taking a bath. If any of these are left out then your Ghusl is not complete. They are:

- 1) To gargle the whole mouth.
- 2) To put water into the nostrils.
- 3) To pour water over the whole body.





# Questions

1. I must \_\_\_\_\_ my whole \_\_\_\_\_

2. I must put \_\_\_\_\_ in my \_\_\_\_\_

3. I must \_\_\_\_\_ over my whole body

4. Draw lines to the correct answers:

a. When making Ghusl we must first

b. Next we must

c. Thereafter we must

a. Gargle mouth

b. Wash ears

c. Rinse nostrils

d. Brush teeth

e. Clean nails

f. Wash whole body

5. Join the dots

Mouth

Nostrils

Whole body

## Lesson 9 - Salaah (Prayer)

Salaah means prayer. Salaah is the second pillar of Islam. When the time for Salaah comes we must stop all work and play and prepare ourselves for prayer. We should all be quiet and peaceful.

When offering Salaah we should feel as if we are standing in front of Allah and that He is looking at us. A Muslim speaks to Allah through Salaah. Salaah is the best way of worshipping Allah and being Thankful to Him.

Salaah has to be read five times a day at certain times as taught by the Holy Prophet (Sallallahu Alyhi wa Sallam). Just as we do not perform Hajj outside the appointed time, we cannot read Salah outside its appointed time. It is a great sin to read Salaah after the time has finished.

**The times of Salaah are:**

- 1) **Fajr** - The early morning Salaah (It is performed before sunrise).
- 2) **Dhuhr** - The Midday Salaah (It is performed after midday)
- 3) **'Asr** - The late afternoon prayer (It is performed before the sun changes colour in the late afternoon).
- 4) **Maghrib** - The evening prayer (It is performed immediately after the sun has set).
- 5) **'Isha'** - The night prayer (It is performed when there is total darkness).



# Questions

## 1. What are the times for the following Salaah:

**Fajr** \_\_\_\_\_

**Dhuhr** \_\_\_\_\_

**Asr** \_\_\_\_\_

**Maghrib** \_\_\_\_\_

**Isha** \_\_\_\_\_

## 2. Match the Salaah with the time of day

Asr
Maghrib
Dhuhr
Ishaa
Fajr

early morning
night
after sunset
afternoon
after midday

## 3. Join the dots

Fajr

Dhuhr

Asr

Maghrib

Isha

## Lesson 10 - Positions of Salaah

One day a man entered the Masjid while the Holy Prophet (Sallallahu Alyhi wa Sallam) was sitting in the corner. He read Salaah and then came to give Salaam to the Holy Prophet (Sallallahu Alyhi wa Sallam). The Holy Prophet (Sallallahu Alyhi wa Sallam) returned his Salaam and told him to read his Salaah again. The man repeated his Salaah and returned to the Holy Prophet (Sallallahu Alyhi wa Sallam). The Holy Prophet (Sallallahu Alyhi wa Sallam) told him to repeat his Salaah again. After repeating his Salaah three times the Holy Prophet (Sallallahu Alyhi wa Sallam) told him to complete every position of Salaah correctly by making sure that he keeps still before going into the next position.

The following are the different positions of Salaah and what we should read in them:

### 1. Qiyaam - to stand

To begin the Salaah by reading the Takbeer:

اللَّهُ أَكْبَرُ

Allah is the Greatest

### 2. Rukoo - to bow

To read the Tasbeeh in Ruku:

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Glory be to My Lord, the Great.



3. Qaumah - to stand after Rukoo  
before going into Sajdah.

To read the Tasmee' in Qaumah.

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

Allah hears the one who praises Him.

4. Sajdah - to rest the forehead on ground.

To Read the Tasbeeh of Sajdah

سُبْحَانَ رَبِّيَ الْأَعْلَى

Glory be to My Lord, the Most High.

5. Jalsah - to sit between two sajdahs

6. Qadah - to sit after 2 or 4 rakaahs

7. Salaam - to turn the head to the right  
then to the left to end Salaah.

Each time to read the following:

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

## Questions

1. What do the following mean? Explain by means of actions.

a. Qiyaam \_\_\_\_\_

b. Jalsah \_\_\_\_\_

c. Rukoo \_\_\_\_\_

d. Qadah \_\_\_\_\_

e. Qaumah \_\_\_\_\_

f. Salaam \_\_\_\_\_

g. Sajdah \_\_\_\_\_

2. Unscramble these words:

t n a i n g d s \_ \_ \_ \_ \_

o w b \_ \_ \_

h d s a j a \_ \_ \_ \_ \_

h a a q d \_ \_ \_ \_ \_

h a q u m a \_ \_ \_ \_ \_



Well done. You have now reached the second checkpoint as you have learnt the whole book.

**Ahmad** you have been given a Turban of Knowledge.  
**Maryam** you have been given the Head Scarf of Knowledge.

You will need them throughout your journey. Without them you cannot complete your journey as you will not know which direction to go in.

The Turban was one of the Great Sunnah's of the Holy Prophet (Sallallahu Alayhi wa Sallam).

The Head Scarf was one of the Great Sunnah's of the Wives of the Holy Prophet (Sallallahu Alayhi wa Sallam).

Both of you will be given a prize!!



Alhamdulillah now that you have learnt the Seven Secrets of Success, and also the knowledge of Do's and Don'ts, now you need to make a fresh start (Taubah) from your bad and evil ways. In other words you need to ask Allah The Most High for forgiveness from bad and evil things that you have done in the past. Without making a change you will not be able to complete this journey because the bad things that you have done in the past become like a wall between you and the palace of the Pleasure of Allah. So by making a fresh start you remove all the bad things that are in your way. Take this book. In it contains all the necessary knowledge regarding how to make a fresh start in your life. You need to understand and learn all the things that are mentioned in it. Only then, can you reach the third checkpoint.





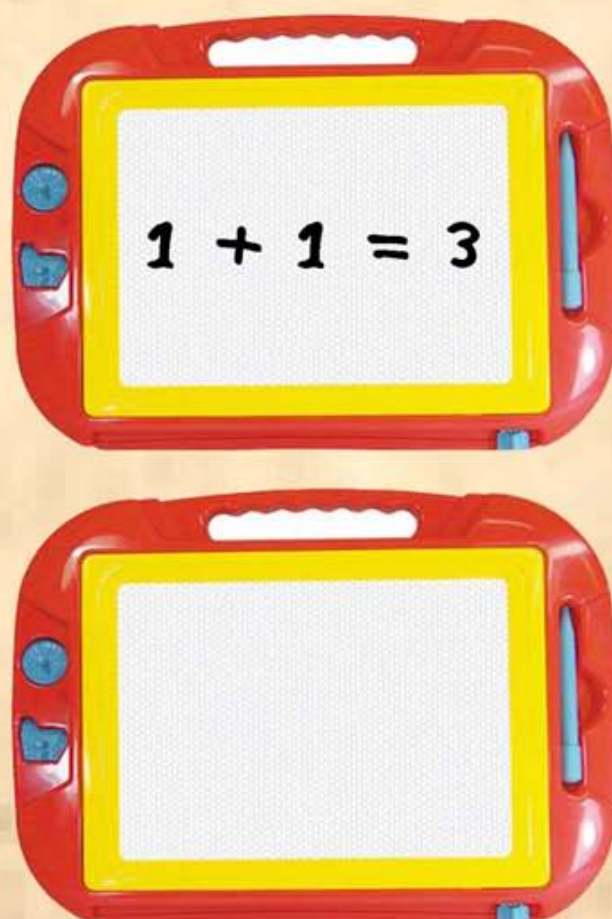
# Fresh Start (Taubah)



## To make a fresh start (Taubah)

It is very good now that you want to spend your life following Allah and the ways of the Holy Prophet (Sallallahu Alayhi wa Sallam). However in the past if you have not followed Allah, His Prophet (Sallallahu Alayhi wa Sallam), or done something wrong to the Creation of Allah e.g. friends and family, then you must start to make things better and ask for forgiveness otherwise you will not be able to reach the Palace of the Pleasure of Allah.

Have you ever used a slate or magnetic drawing board for drawing pictures. Sometimes you start to draw and half-way through you feel it is not good or you have made a mess out of it. All you do is to flip it or wipe the slate clean. Then you can start all over again. That is what Allah does when we accept and ask forgiveness from the mistakes we have made and we feel we have made a bad picture with our deeds.





# The four steps to make a fresh start

There are four steps you need to follow in order to make a fresh start all over again. The example of the steps is like, if you do not properly use the wipe or wiping button to clean, the board will not become clean. So you must properly ask forgiveness with the steps mentioned below:

- 1) To feel sorry and shameful.
- 2) To stop doing the bad act and leave the things and bad friends who lead to that act like evil/bad things TV, Internet and games etc.
- 3) Plan not to do the bad action in future.
- 4) If you have missed prayers, or stolen anything or hurt anyone you have to say sorry and return their thing.



It is important that you must complete the steps written above and must remember that you must plan not to do the bad action in the future. Remember not to make a promise just in case you do the bad action again in which case you can just return to the four steps written above in order to change. If you are not able to leave the bad action then in such a case you shouldn't stop trying to change because Allah loves those who keep turning towards Him. Only the Prophets (Upon them be peace) and Angels never do any bad things.

# Questions

## 1. Fill in the missing words

In the past if you have \_\_\_\_\_ Allah, His Prophet (Sallallahu Alayhi wa Sallam), or done something \_\_\_\_\_ to the \_\_\_\_\_ of Allah e.g. friends and family, then you must start to make \_\_\_\_\_ and ask for \_\_\_\_\_ otherwise you will not be able to reach the \_\_\_\_\_ of the Pleasure of Allah.

## 2. What are the four steps to make a fresh start?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

## 3. Should you make a promise to Allah not to do the bad action again? Why?

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## 4. What should you do if you can't leave the bad action?

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## 5. Who are the ones who never do bad things?

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# **The rights of Allah and His Creation**

A right is a thing you owe someone. It is like if you have borrowed money from someone then it is that person's right that you pay the money back.

So if you want to make a real fresh start then you need to make sure from now on you start to give everyone their right. Otherwise you will need to make a fresh start again by following the four steps that were mentioned on the last page.

Written underneath and the next few pages are the rights of Allah and the rest of Creation.

## **The rights of Allah**

1. As Allah Created you alone, you owe it to him that you worship Him alone and not to worship other Gods apart from him.
2. To worship Allah only to please Him and not to show off to others.
3. To pray your Salaah and if you have missed any prayers you need to try and pray them. (This is when you get a bit more older).
4. To fast in Ramadhan and if you have missed any fasts in Ramadhan then you need to keep them as soon as you can. (This is when you get a bit more older).



## The rights of Holy Prophet Muhammad (Sallallahu Alayhi wa Sallam)

- 1.To have a complete and perfect belief in the Holy Prophet (Sallallahu Alayhi wa Sallam).
- 2.To love the Prophet Muhammad (Sallallahu Alayhi wa Sallam) more than yourself and everyone else.
- 3.To honour and respect the Holy Prophet (Sallallahu Alayhi wa Sallam) more than everyone else.
- 4.To follow the Way of the Holy Prophet (Sallallahu Alayhi wa Sallam).
- 5.To tell other people about the Blessed Ways of the Holy Prophet (Sallallahu Alayhi wa Sallam).





# Questions

## 1. Fill in the missing words

A right is a thing you \_\_\_\_\_. It is like if you have borrowed \_\_\_\_\_ from someone then it is that person's right that you pay the money back.

So if you want to make a real \_\_\_\_\_ then you need to make sure from now on you start to give \_\_\_\_\_ their right.

## 2. Mention four rights of Allah.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

## 3. Mention five rights of the Holy Prophet (Sallallahu Alayhi wa Sallam).

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

## The rights of yourself

1. To save yourself from the Hellfire by stopping your bad actions.
2. To look after your physical health.
3. To give the body enough rest and sleep so that you are not tired.
4. To keep your body clean and pure.
5. To eat Halal food and drinks.





## The rights of other creation

1. If you have stolen someone's money then you must return it to them and ask for forgiveness.

2. If you have harmed anyone by punching, slapping or kicking them or hurt their feelings by saying bad words to them or behind their backs, or made fun of them, then you must ask them for forgiveness

Note: After asking for forgiveness you must also beg Allah (Subhaanahu wa Ta'Aala) to forgive you for hurting others.

3.If you have wrongfully killed or harmed any animal, bird or insect then you must seek forgiveness from Allah (Subhaanahu wa Ta'Aala).

4. If you have harmed the environment around you e.g. thrown litter or plucked a flower from the ground for no reason, then you must also ask Allah (Subhaanahu wa Ta'Aala) to forgive you as flowers and trees are also a living creation of Allah (Subhaanahu wa Ta'Aala).



# Questions

**1. Mention five rights of yourself.**

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

e. \_\_\_\_\_

**3. Mention five rights of other Creation.**

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

e. \_\_\_\_\_



Learn the Dua' written below in Arabic. After that you should try to learn the translation and meaning. It will help you to make a fresh start and to stop your bad habits.

اَللّٰهُمَّ اِنِّىْ اَعُوْذُ بِكَ مِنْ اَنْ اُشْرِكَ بِكَ شَيْئًا  
وَّ اَنَا اَعْلَمُ بِهِ وَاَسْتَغْفِرُكَ لِمَا لَا اَعْلَمُ بِهِ تُبْتُ  
عَنْهُ وَتَبَرَّاتُ مِنَ الْكُفْرِ وَالشِّرْكِ وَالْمَعَاصِي  
كُلِّهَا اَسْلَمْتُ وَاَمَنْتُ وَاَقُوْلُ لَا اِلَهَ اِلَّا اللهُ  
مُحَمَّدٌ رَّسُوْلُ اللهِ

O Allah, I seek protection in You from joining any partner with You knowingly. I seek Your forgiveness from that which I do not know. I repent from it.

I free myself from disbelief and from joining partners with You, and I free myself from all sins. I submit to Your will. I believe and I declare: There is no God besides Allah and Prophet Muhammad is the Messenger of Allah.





Well done! You have now been given the Sunnah clothes which have replaced your old clothing. Just as you have got rid of your old clothing for the new Islamic ones, you have also gotten rid of your bad habits and replaced them with good ones.

The only thing remaining you need is the shawl (cloak) of **trying hard and making effort**. In other words you will not be able to complete this journey without making a lot of effort as along the way you will come across many difficulties. The devils and bad people will also be trying to stop you getting to your destination. You also have many wants and desires which will be distracting you away from your goal which is the Land of Allah's (Subhaanahu wa Ta'Aala) Pleasure.

So before you begin you have to prepare your body and mind for all these hardships. Therefore in order to reach the fourth checkpoint you will need to climb the steepest part of the mountain, right to the very top. Take this book and learn the principles within it. It will prepare you with all the necessary training for the journey ahead.



Both of you will be given a prize as well!





# Making Effort

Battle  
your  
way to  
Heaven!



# Making effort to reach the Palace of Allah's Pleasure

Welcome to the book of making effort. In this book you will be learning how to prepare your body and mind for the journey ahead which is going to be full of difficulties and tests.



Before you begin the journey to the Land of Purification, You must complete this book by learning the **THREE GOLDEN PRINCIPLES** of trying hard and making effort. They are:

1. Making a strong intention in your heart that you are going to try your best to complete the journey to the Land of the Palace of Allah.
2. Always asking Allah to help you along the journey and protect you from the Devils and the evil people.
3. Trying your best and always making effort in order to reach your destination; The Land of the Palace of Allah's Pleasure.



**1. Making a strong intention in your heart that you are going to try your best to complete the journey to the Land of the Palace of the pleasure of Allah.**

By making a strong intention it means that you should be willing to pay the price and put up with all the difficulties in order to get to your goal and target. Otherwise you are only wishing for it but don't really have a strong intention to reach there.

Take a look at the following example to explain what we mean: Abdul wanted to get the latest computer game but his mum said she would only buy it for him if he was on his best behaviour for the whole month. If Abdul has a strong intention to get the game he will stop doing bad things. However if he is only wishing then he might be good for a couple of days only and go back to being naughty.



Or by wishing that you had a million pounds doesn't mean you will get it. Similarly by wishing that you will enter the Land of Allah's Pleasure doesn't mean you will get there unless you make a strong intention to reach there and then try your hardest.

# Difference Between making a strong Intention To reach Allah's Palace and just wishing to get there

**Just  
Wishing**

If you make no Effort →  
Not Travelling on the Path to Allah

Will reach the  
Devils and evil  
People

**Strong  
Intention**

If you make effort →  
Travelling on the Path to Allah

Reach Allah's  
Palace





# Questions

**1. What are the Golden Principles of trying hard and making effort?**

**a.** \_\_\_\_\_

\_\_\_\_\_

**b.** \_\_\_\_\_

\_\_\_\_\_

**c.** \_\_\_\_\_

\_\_\_\_\_

**2. Complete the following sentences:**

By making a \_\_\_\_\_ it means that you should be willing to \_\_\_\_\_ the price and put up with all the \_\_\_\_\_ in order to get to your \_\_\_\_\_ and target. Otherwise you are only \_\_\_\_\_ for it but don't really have a strong intention to reach there.

**3. Give an example from yourself to show the difference between making a strong intention and just wishing.**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## 2. Always asking Allah to help you along the journey and protect you from the devils and the evil people.

Without Allah's help and support it will be very difficult to reach Allah's Palace as there are lots of traps and obstacles on the way.

Therefore as well as making a strong intention we also need to pray to Allah for his help.

The Holy Prophet (Sallallahu Alayhi wa Sallam) said:

**"Dua' is the weapon of a Muslim"**

'Dua' means to ask Allah directly for something. There is nothing that Allah cannot do, therefore Dua' is basically the way of asking the creator to do something.

Allah can do each and everything imaginable and the things that are beyond belief for the human mind.

Therefore by asking Allah for His help, you will be able to travel and complete the Journey much faster and more safely and be protected from the devils.





### 3) Trying your best and always making effort in order to reach your destination; The Land of the Palace of Allah's Pleasure.

Without trying hard and making effort, you will not get to your destination. Rather you will arrive to the Land of Evil Devils, which is the Hellfire, unless Allah (Subhaanahu wa Ta'Aala) forgives you. As this is where the lazy people will end up. If you are not willing to climb the tree you will not get the fruit.

Long ago, there was a giant named Jalut (Goliath). He was big, tough and mean. Nobody could fight him. Everybody gave up the plan to stop him from his evil work. There was a young man named Dawood (Alayhi salam) who had a **strong intention to defeat Jalut** and did not give up and kept on trying. Dawood (Alayhi salam) and Talut (Saul) came with a small army to fight Jalut.

**Then they asked Allah for help. They prayed:**

**Our Rabb! Pour down upon us patience, and make our feet firm, and help us against the disbelieving people. (2:250).**

After that they fought Jalut and defeated him.

Because Dawood (Alayhi salam) and Talut had made a strong intention, then prayed to Allah, and also tried their best, Allah helped them to defeat Jalut.

We learn that it is not size or age that matters; it is making effort that makes the difference.



# Three golden rules of Making effort

Wings

Need to be equal to fly to Allah's Palace, one can't be bigger than the other.

So making effort and having a strong intention need to be used equally the same, together

Intention

Making effort

Help of Allah

Asking help from Allah will rush you towards the Palace of the Pleasure of Allah



# Questions

## 1. Whose Help and support will we need on the way and why?

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## 2. What did the Holy Prophet (Sallallahu Alayhi wa Sallam) say about Dua'?

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**3. After making a strong intention and asking Help from Allah what is the third golden rule that you need to follow in order to be successful?**

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**4. Can you mention the story that was given as an example to show how the THREE GOLDEN PRINCIPLES were used to get the help of Allah?**

This image shows a full page of yellow paper with horizontal black lines, resembling notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Well done! You have now reached the 4th Checkpoint. I am so proud of you!

Ahmad you have been given this special cloak to wrap around yourself just as the Holy Prophet (Sallallahu Alayhi wa Sallam) used to wear.

Maryam, you have been given the cloak to cover your body just as the wives of the Holy Prophet (Sallallahu Alayhi wa Sallam) used to wear. Now that you have collected all the necessary items for your journey you can now enter the Land of purification.

Both of you will be given a prize!





## Practice Sheets for First Stage before beginning the bridge of purification.

Inshallah later on you will begin to practise following the first stage sheets. However just to get you used to the sheets you will need to practise them this year.

The way to complete the sheet is very simple. You must keep away from the sins written on the bottom of the part of the sheet for thirty days in a row without doing any of them. This is done by monitoring yourself from morning till evening. If you don't do any sins of the tongue then you put a tick in the box before going to sleep in the evening. You then thank Allah as well for helping you to keep away from the evil sins.

You keep doing this each day. However if on the seventh day or any other day you intentionally do a sin then you must put a cross on the box and then write the sin number on the left column. Once you have done a cross you start again from day

1.  
114

## TONGUE (first three rows have been filled to show as an example)

Attempts	Start Date	Number of Days																														Sin Number
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
1		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗																				1
2		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗														2
3		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
4																																
5																																
6																																
7																																
8																																
9																																
10																																

1. Lying  
2. Swearing.  
3. Speaking rudely and saying 'no' to parents when they tell you to do something.



Tick across everyday if you don't do any of the sins written below. If however you happen to do one of the sins written below, then put a cross, stop and start again and write the sin number in the last column

## EARS

Attempts	Start Date	Number of Days																														Sin Number	
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
1																																	
2																																	
3																																	
4																																	
5																																	
6																																	
7																																	
8																																	
9																																	
10																																	

115

## HANDS

Attempts	Start Date	Number of Days																														Sin Number	
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
1																																	
2																																	
3																																	
4																																	
5																																	
6																																	
7																																	
8																																	
9																																	
10																																	

1. Punching or slapping someone.
2. Stealing.
3. Making fun of other with hands.



# EYES

Attempts	Start Date	Number of Days																														Sin Number	1. Watching bad programmes on the T.V or internet.  2. Looking at bad pictures on newspapers or magazines.
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
1																																	
2																																	
3																																	
4																																	
5																																	
6																																	
7																																	
8																																	
9																																	
10																																	

# FEET

Attempts	Start Date	Number of Days																														Sin Number	
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
1																																	1. Playing outside without parent's permission.
2																																	2. Going to the cinema to watch bad programmes and movies.
3																																	3. Kicking someone.
4																																	
5																																	
6																																	
7																																	
8																																	
9																																	
10																																	

# STOMACH

Attempts	Start Date	Number of Days																														Sin Number
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
1																																
2																																
3																																
4																																
5																																
6																																
7																																
8																																
9																																
10																																

1. Eating Haram food such as pork or gela-  
fine sweets.

2. Eating someone  
else's food without  
their permission.

# PRIVATE PARTS

Attempts	Start Date	Number of Days																														Sin Number
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
1																																
2																																
3																																
4																																
5																																
6																																
7																																
8																																
9																																
10																																

1. Not to clean private parts after going to the toilet.

2. Showing private parts in front of others.

3. Not keeping them clean.



**YEAR**

**TWO**

## WHAT YOU WILL LEARN IN YEAR 2

Assalaamu Alaykum wa Rahmatullah. Welcome to Year 2 of the Tareeqah Muhammadiyah Book of how to please Allah and reach the Palace of the Pleasure of Allah! Now that you have climbed the Mountain of four checkpoints, you will start to cross the Bridge of Purification of the organs. This is the 1st Stage of Purification.

This year you will learn how to protect the first organ Insha'Allah, which is the tongue from doing any bad things.

You will also begin to slowly start to follow the beautiful Sunnahs and ways of the Holy Prophet (Sallallahu Alayhi wa Sallam) as He (Sallallahu Alayhi wa Sallam) is the best example to follow. He was sent by Allah to teach us and be our Role model. By following Him (Sallallahu Alayhi wa Sallam) we will surely please Allah the Most High. In Year 2 we will learn and follow the Prophet's (Sallallahu Alayhi wa Sallam) beautiful way of eating, drinking and sleeping.

In addition to help us on the way we will be given something special so that we can stay strong on our journey. That is the remembrance of Allah. Without it you will not be able to fight against the evil ways and the devils as you will not have enough energy.

Finally we will also continue to increase our knowledge of the Seven Secrets of Success and the Do's and Don'ts.

So Lets begin, there's no time to waste!





# The Seven Secrets of



Year 2



# Lesson 1 - First Secret of Success: Allah

We know that every object requires a maker. A house requires a builder, and clothes require a tailor. Nothing comes into existence on its own. In this way, there must be a Creator for the heavens and the earth. There must be a power who controls the movement of the sun and the moon.

The Holy Qur'aan states: **"Who is it that created the heavens and the earth, Who sends rain down to you from the sky and with it He causes orchards to grow - full of beauty? It is not in your power to cause the growth of trees. (Can there be another) god besides Allah?"**

## Story about Prophet's (Sallallahu Alayhi wa Sallam) trust in Allah

Once the Holy Prophet (Sallallahu Alayhi wa Sallam) and his friends were returning from battle. They decided to rest for a while. The Holy Prophet (Sallallahu Alayhi wa Sallam) hung his sword on a tree and lay down to sleep.

An enemy saw the Prophet (Sallallahu Alayhi wa Sallam) sleeping and decided to attack Him. He grabbed the sword and standing over the Holy Prophet (Sallallahu Alayhi wa Sallam) asked:

"Tell me, who can save you from me?" The Holy Prophet (Sallallahu Alayhi wa Sallam) calmly replied: **"ALLAH"**.

The enemy got such a fright by his answer that he dropped his sword.

The Holy Prophet (Sallallahu Alayhi wa Sallam) picked up the sword and asked him: **"Now, tell me, who can save you?"** The man replied: "None besides you". The Holy Prophet (Sallallahu Alayhi wa Sallam) forgave the man and let him go.



# Questions

## Word Search: First Secret of Success

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

ALLAH  
GROW  
SKY  
TRUST

CONTROL  
POWER  
SUN

CREATOR  
RAIN  
SWORD

## Lesson 2 - Second Secret of Success: Angels

Allah says, "They (the Angels) do not disobey Allah in what he has commanded them and (always) do whatever they are commanded."

Angels are created from light (Noor). There are countless angels in the heavens and earth who carry out various duties placed upon them by Allah. They are sinless and do not ever disobey Allah.

### Story about Angels of Mercy

The Holy Prophet (Sallallahu Alayhi wa Sallam) said that when a good person is about to die, Allah sends beautiful Angels with shining faces to remove his soul. They bring a shroud soaked with beautiful perfumes and sit around him.

They then begin talking to him politely and show him his place in Heaven. They then very gently remove his soul and wrap it in the perfumed shroud. As they pass through the heaven with his soul all the angels in the heavens congratulate him until he is brought before Allah.

When his body is buried, the soul is returned and two angels very respectfully question him about his creator, his religion and prophet. They then leave him to rest.





# Questions

## Word Search: Second Secret of Success

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

ANGELS  
DEATH  
OBEY  
SOUL

CONGRATULATE  
JANNAH  
PERFUME

COUNTLESS  
LIGHT  
SINLESS

## **Lesson 3 -**

### **Third Secret of Success: Books of Allah**

Allah the Almighty revealed many books including four major Books for the guidance of mankind. He revealed the following Books:

1. Ten scriptures to Adam (Alayhi salam).
2. Fifty scriptures to Shees (Alayhi salam).
3. Thirty to Idress (Alayhi salam).
4. Ten or thirty to Ibraheem (Alayhi salam).
5. The Towrah to Musa (Alayhi salam).
6. The Zaboor to Dawood (Alayhi salam).
7. The Injeel to 'Isa (Alayhi salam).
8. The Holy Qur'aan to our Beloved Prophet Muhammad (Sallallahu Alayhi wa Sallam).

#### **Story about how the Qur'aan was collected**

In the time of Sayyidina Abu Bakr (Radi Allahu anhu) the Muslim army went to fight the false prophet Musailamah. In this battle there were many Companions who had memorised the Qur'aan as well. However at the end of the battle though the Muslims won, alot of those who memorised the Qur'aan were martyred.

A Companion came to Sayyidina Abu Bakr (Radi Allahu anhu) and said that he was worried that if all of them were killed then the Qur'aan would be forgotten. He suggested that it would be best if the Qur'aan was collected into a book. Sayyidina Zaid (Radi Allahu anhu) was given the task of collecting all the pieces of skins and barks upon which the Qur'aan was written and he then made the first copy of the Qur'aan into a book.



# Questions

## Word Search: Third Secret of Success

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

BATTLE  
INJEEL  
QURAAN  
ZABOOR

BOOKS  
KNOWLEDGE  
SCRIPTURES

COMPANION  
MUSAILAMAH  
TAURAH

## **Lesson 4 -**

### **Fourth Secret of Success: Messengers (Peace be upon them all)**

Allah chose certain men to be His Messengers. They were all human beings who were protected by Allah from committing sin.

They were pious, honest and humble servants of Allah. They spent all their lives inviting people to Allah. They never said or did anything without the permission of Allah. Allah granted them the power to perform miracles.

#### **Story about the false prophet**

Musailamah visited the Holy Prophet (Sallallahu Alayhi wa Sallam) and accepted Islam. When Musailamah returned to his land, he decided to call himself a prophet. So he wrote a letter to the Prophet (Sallallahu Alayhi wa Sallam) saying, "From now on You and I are going to share the prophethood."

The Holy Prophet (Sallallahu Alayhi wa Sallam) replied to him informing him that such a thing was impossible, and that Musailamah must recite the Kalimah again to become a Muslim for having made such a claim.

However, soon after that the Holy Prophet (Sallallahu Alayhi wa Sallam) passed away, now Musailamah said that he alone was the new prophet. Sayyidina Abu Bakr (Radi Allahu anho) sent an army to fight Musailamah who was finally killed. He became known as Musailamah, the great liar because he falsely called himself a prophet.



# Questions

## Word Search: Fifth Secret of Success

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

CHOSEN  
HUMBLE  
MIRACLES  
SERVANTS

HONEST  
LIAR  
PROPHETHOOD

HUMANS  
MESSENGERS  
PROTECTED

## Lesson 5 - Fifth Secret of Success: The Last Day

We only live for a fixed number of years and then leave this world. In the same way this world will exist for a fixed time and come to an end one-day.

Allah will destroy the mountains, the sun, moon, and everything in the heavens and on earth. Allah created us and placed us in this world to test us, to see how we obey Him and how we prepare for our real and everlasting life in the Hereafter.

After the end of the world. Allah will once again give life to man and Jinn.

### Story about the Last Day

There was once a cloth maker who lived in a small house. He used to weave the cloth and sell it to the shopkeepers. Sometimes the shopkeepers refused to buy his cloth because it was of very poor quality. So, he decided to cheat the shopkeepers by showing them a good quality cloth and delivering the poor quality.

One day he dreamt that it was the Last Day and Allah called him before the people and told him about his dishonest practices. He was very embarrassed and afraid. The Angels were then ordered to throw him into the fire.

He awoke shivering from the frightening dream. He made Taubah at once and stopped his dishonest practices.





# Questions

## Word Search: Fifth Secret of Success

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

DESTROY  
FIXED  
SHIVERING  
YEARS

DREAM  
LAST  
SHOPKEEPER

EVERLASTING  
LIFE  
TAUBAH

## Lesson 6 - Sixth Secret of Success: Allah's knowledge and power

All good and bad comes from Allah, Who has already recorded what will happen to each person after he is born.

In Arabic this is known as Taqdeer. Taqdeer is from among the secrets of Allah.

The Holy Prophet (Sallallahu Alayhi wa Sallam) has commanded us to believe in Taqdeer and not to argue about it.

### Story about Taqdeer

A child once swallowed a stone and became very ill. The parents did not know what the cause of the illness was. They gave the child different types of medicine and visited various doctors.

Finally, one doctor discovered the problem and decided to operate on the child to remove the stone. After the stone was removed the child felt much better, but after two days the child passed away.

The parents were very shocked and asked, "Why did our child die even after the stone was removed?" They were informed by learned people that according to the child's Taqdeer, he would only live in this world for a certain number of years and nothing can change this.





# Questions

## Word Search: Sixth Secret of Success

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

ARGUE  
GOOD  
POWER  
TAQDEER

BAD  
KNOWLEDGE  
RECORDED

DOCTOR  
MEDICINE  
STONE

## Lesson 7 - Seventh Secret of Success: Life in the Hereafter

### Story one

The Companions of the Holy Prophet (Sallallahu Alayhi wa Sallam) used to sit in his company and listen to His talks. When it was time for them to go home, they found it very difficult to leave. While they were at home, they always wanted to be in His company.

One day a Companion asked the Holy Prophet (Sallallahu Alayhi wa Sallam), "Will we be in your company in Heaven?" The Holy Prophet (Sallallahu Alayhi wa Sallam) replied, "A person will be in the company of those whom he loves."

Therefore, in addition to all the blessings of Heaven, one of the greatest blessing is that we will be in the company of the Holy Prophet (Sallallahu Alayhi wa Sallam).

### Story two

The enemies of the Holy Prophet (Sallallahu Alayhi wa Sallam) troubled him in every way. When he taught the Muslims anything about Islam the enemies made fun of him.

Once the Holy Prophet (Sallallahu Alayhi wa Sallam) taught the Muslims that after death Allah will bring us all back to life one day. An enemy came to the Holy Prophet (Sallallahu Alayhi wa Sallam) with an old bone and crushed it before Him and said "O Muhammad! Do you believe this bone will also come back to life".

The Prophet (Sallallahu Alayhi wa Sallam) said: **"Yes, everything will be brought back to life".**



# Questions

## Word Search: Seventh Secret of Success

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

ACCOUNT  
DEEDS  
HEAVEN  
TRUMPET

BONES  
ENEMIES  
ISRAFEEL

COMPANIONS  
GRAVES  
LOVE

# Do's and Don'ts





# Lesson 1 - Arabic words

Our religion (Deen) is based on the law of Allah, The Great. The law of Allah is understood from the Holy Qur'aan and from the teachings of the Holy Prophet (Sallallahu Alyhi wa Sallam). The teachings of the Prophet (Sallallahu Alyhi wa Sallam) are known as the Sunnah. The People that have studied Islam (Scholars) have placed the laws of our religion into different categories, to help us understand and practice our religion. The following Arabic terms will help us understand which acts you have to do, which acts are not allowed, which are recommended and which acts are disliked by Allah.

**1. Fardh or Waajib** - These actions are compulsory and must be done by the Muslim, such as the five daily prayers. Doing the Fardh counts as a good deed, and not doing it is considered a bad deed or a sin.

**2. Sunnah** - These are the actions which the Holy Prophet (Sallallahu Alyhi wa Sallam) did or approved. Leaving out a Sunnah act will decrease the reward and beauty of the action, even though it will be accepted. If we follow the Sunnah of the Holy Prophet (Sallallahu Alyhi wa Sallam) we earn the love of Allah and His Prophet (Sallallahu Alyhi wa Sallam). We should therefore not leave out a Sunnah without a good reason.

**3. Mustahab** - These actions are recommended for the Muslim to do as there is a great reward in it. Not doing it does not count as a bad deed or a sin.

**4. Haraam** - These actions are not allowed for the Muslim to do such as stealing and lying. Doing the Haram counts as a bad deed and not doing it counts as a good deed.

**5. Makrooh** - These actions are not liked by Allah, such as growing very long fingernails or sleeping on the stomach. Not doing the Makrooh counts as a good deed and doing it does not count as a bad deed.



# Questions

1) Answer true or false:

- a. Fardh or Waajib is an act which is not allowed
- b. Makrooh is an act which you must do
- c. Haraam is an act which is not allowed
- d. Nafl or Mustahab is an optional act

True	False

2. Answer the following questions:

a. What are the Arabic terms for an act that you must do?

\_\_\_\_\_ or \_\_\_\_\_

b. What are the ways and actions of the Holy Prophet (Sallallahu Alyhi wa Sallam) called? \_\_\_\_\_

c. What happens if you leave one of the Blessed actions of the Holy Prophet (Sallallahu Alyhi wa Sallam)? \_\_\_\_\_

\_\_\_\_\_

c. What is the Arabic word for an act which is not allowed?

\_\_\_\_\_

d. Explain the difference between an act which you must do and an act that is recommended. \_\_\_\_\_

\_\_\_\_\_



## Lesson 2 - Taking a bath (Ghusl)

Ghusl is a special method of washing the entire body to become clean from any dirt. Ghusl is only complete if every part of our body is wet. A clean body is loved by Allah and protects us from germs and sickness. Water is a gift from Allah; we must not waste it when making Ghusl.

### Fardh acts of Ghusl

There are three Fardh acts of Wudhu. They are:

1. To rinse the mouth with water. Make sure water goes to the top of the throat when gargling. However if you are fasting then you should not gargle the water to the top of the throat just incase it goes inside the mouth.
2. To rinse the nose (make sure the water reaches the hard part of the nose).
3. To wash the entire body once. Make sure no part of the body is left dry. Especially inside the belly button and inside the ears.

### Practical Ghusl

1. Make Niyyah - intention.
2. Wash both hands upto the wrists.
3. Wash the private parts.
4. Make Wudhu. If one is making Wudhu in such a place where the water gathers around the feet, then the feet should be washed at the end of Ghusl.
5. Pour water over the head three times.
6. Pour water over the right shoulder three times, then left three times.
8. Rub the body well each time so that not a single hair remains dry.

# Questions

**1. What are the three Fardh acts of Ghusl?**

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**2. Rearrange the following in the correct order that you do Ghusl.**

- a. Make wudhu.**
- b. Pour water over the right shoulder three times.**
- c. Pour water over the left shoulder three times.**
- d. Rub the body well.**
- e. Pour water over the head three times.**
- f. Wash both hands upto the wrists.**
- g. Wash the private parts.**
- h. Make Niyyah – intention.**

- a.** 

---
- b.** 

---
- c.** 

---
- d.** 

---
- e.** 

---
- f.** 

---
- g.** 

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- h.** 

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## **Lesson 3 - Wudhu (Ablution)**

Wudhu is a special way of cleaning ourselves taught to us by Allah The Most Kind. The key to Salaah is Wudhu. Just as a broken key cannot open a door, an incorrect Wudhu will not open the door to Salaah. (i.e. Salaah will not be accepted).

### **Conditions for doing Wudhu properly**

There are two conditions at the beginning of Wudhu to make sure that it is performed properly:

1. That Pure and clean water reaches all those parts of the body which are Fardh to wash.
2. To make sure that there is nothing on the body that stops water from reaching the body such nail polish, paint, wax, etc.

### **The actions that MUST be done (Fardh) in Wudhu:**

There are four acts, which are Fardh in Wudhu. If any one of these four are left out or left unfinished, Wudhu will be incomplete. Allah does not accept Salaah with incomplete Wudhu.

1. To wash the full face from the hairline of the forehead to below the chin and from one earlobe to the other earlobe once.
2. To wash both arms including the elbows once.
3. To make Masah: To wipe with wet hands over one quarter of the head once.
4. To wash both feet including the ankles once.

# Questions

1. Answer the following questions:

a. How many times is it Fardh to wash each part? \_\_\_\_\_

b. How do we wash the full face? \_\_\_\_\_  
\_\_\_\_\_

2. Answer the following questions and give a reason for your answer.

a. Will your Wudhu be complete if you do not make Masah of the whole head?  
\_\_\_\_\_  
\_\_\_\_\_

b. Will your Wudhu be complete if your elbows are not washed?  
\_\_\_\_\_  
\_\_\_\_\_

c. Is it Fardh to wash each part in order?  
\_\_\_\_\_  
\_\_\_\_\_

3. Answer True or False:

a. There are five Fardh acts in Wudhu.

b. Allah does not accept Salaah with incomplete Wudhu.

c. It is Fardh to gargle the mouth in Wudhu.

d. Masah is to wash a quarter of the head.

True	False

4. What are the two conditions for doing Wudhu properly?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## Lesson 4 - Practical Wudhu

1. To make Intention (Niyyah).
2. To recite Tasmiyyah - Bismillah.
3. To wash both hands including the wrists three times.
4. To clean the teeth using Miswaak.
5. To gargle the mouth three times.
6. To put water into the nostrils three times.
7. To wash the face three times.
8. To Wash both arms three times.
9. Make Khilaal of the fingers (Khilaal is to pass the wet fingers of one hand between the fingers of the other hand).
10. To wipe (Masah) the whole head once.
11. To wipe (Masah) both the ears once.
12. Wash both feet and pass a wet finger between the toes (make Khilaal).



# Questions

1. How many times must each part be washed during Wudhu?

---

2. What is Masah? \_\_\_\_\_

3. What is Khilaal? \_\_\_\_\_

4. What should be read before starting Wudhu?

---

5. Put in correct order for making Wudhu:

a. Wrist    b. Bismillah    c. Toes    d. Gargle    e. Miswaak

f. Khilaal of the toes    g. Arms    h. Nose    i. Intention

j. Khilaal of the fingers    k. Masah of the head    l. Face


6. Unscramble these words

u h d u w	_____
h w a s	_____
g g r a e l	_____
h k l i a l a	_____
a m h s a	_____
a d e r	_____



## Lesson 5 - When is Wudhu necessary

Wudhu is a special way of cleaning ourselves before performing certain acts of worship. Wudhu cleans our body and cleans us from sins. It makes us worthy of performing certain acts of worship. The Holy Prophet (SallAllaho alyhi wa Salam) has said: "The key to Jannah is Salaah, and the key to Salaah is purity.

Wudhu is necessary for the following four things:

1. We read Salaah
2. We touch or hold the Qur'aan
3. We make Sajdah-tilaawah
4. We make Tawaaf of the Ka'bah



# Questions

**1. Mention four things which you need to make Wudhu for.**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

**2. Answer: True or False.**

**If false write the correct answer:**

- a. Wudhu is necessary when we read Qur'aan \_\_\_\_\_
- b. Wudhu cleans our body and cleans us from sin \_\_\_\_\_
- c. Salaah without Wudhu is not accepted by Allah \_\_\_\_\_
- d. We cannot make Tawaaf without Wudhu \_\_\_\_\_

**3. Complete the following sentences:**

- a. Wudhu cleans our \_\_\_\_\_ and cleans us from \_\_\_\_\_.
- b. It makes us \_\_\_\_\_ to carry out certain acts of Ibaadah.
- c. The key to Jannah is \_\_\_\_\_, and the key to Salaah is \_\_\_\_\_.



## Lesson 6 - Seven Conditions of Salaah

Salaah is the most important act of worship in Islaam. It is the first duty of a Muslim, after believing in Allah and the Messenger (Sallallahu Alyhi wa Sallam). We read Salaah five times a day. Allah only accepts Salaah if we complete seven conditions. If any one of these seven conditions are missing, our Salaah will not be complete.

1. **Our clothes must be clean.**
2. **Our Body must be clean.**
3. **The place of Salaah must be clean.** You should find a clean place to make your Salaah. A prayer rug is not necessary. A prayer rug is always kept clean, and ensures a clean place when you are praying on it.
4. **Our body must be covered.** For boys, the cloth should cover at least from the belly button to the knees. For girls, the cloth should cover from the neck to the ankle, and to the wrist. The head is covered, while the face can remain uncovered.
5. **The time for Salaah must be correct.** Fardh (obligatory) prayers are performed at the proper and correct time. It is better to perform the prayer as soon as the Adhaan (call to prayer) is announced.
6. **We must face the Qiblah which is the direction of Ka'bah in Makkah.**
7. **We must make intention (Niyyah) for Salaah.**



# Questions

**Answer the following questions:**

**1. Which is the most important act of worship in Islaam?**

---

**2. How many times do we read Salaah in a day?**

---

**3. How many conditions are there for Salaah?**

---

**4. What is meant by “the time for Salaah must be correct”?**

---

---

**5. If you complete six of the seven conditions, will your Salaah be valid?**

---

**6. Can you pray in dirty clothes?**

---

**7. What is the direction you have to face when you pray? What happens if you don't face that direction?**

---

---

**8. Explain what is meant by the body should be covered (for both boys and girls).**

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---

**9. What does it mean by we must make intention for Salaah?**

---

---



## Lesson 7 - Obligatory (Fardh) acts of Salaah

There are different actions we HAVE to do in Salaah. If any one of these actions are left out Salaah will not be accepted. Sometimes we lift our hands when beginning Salaah but forget to say the "Takbeer-Tahreemah" which is a Fardh of Salaah. This will make our Salaah incorrect.

There are six Fardh acts in Salaah:

1. **Takbeer - Tahreemah** - To say Allaho Akbar.
2. **Qiyaam** - To stand upright.
3. **Qiraa'ah** - To recite at least three short Aayahs (verses) or one long Aayah (verse) of the Qur'aan.
4. **Rukoo** - To bow down.
5. **Sajdah** - To prostrate. There are two Sajdahs (Prostrations) in a Raka'ah (unit). In prostration both palms of the hand, the forehead, the tip of the nose, the knees and the toes touch the ground.
6. **Qadah Akheerah** - To sit at the end of the last Raka'ah (unit) for as long as it takes to read the Tashahhud.



# Questions

**Answer the following questions:**

**1. How many acts are there that we have to do in Salaah? \_\_\_\_\_**

**2. What happens if any of these acts are left out?**  
\_\_\_\_\_

**3. Fill in the missing words:**

**There are \_\_\_\_\_ Fardh acts in Salaah:**

**1. \_\_\_\_\_ - To say Allaho Akbar.**

**2. \_\_\_\_\_ - To Stand.**

**3. \_\_\_\_\_ - To recite at least three short Aayahs (verses) or one long Aayah (verse) of the Qur'aan.**

**4. \_\_\_\_\_ - To bow down.**

**5. \_\_\_\_\_ - To Prostrate. There are two Sajdahs (Prostrations) in a Rakaah (unit).**

**6. \_\_\_\_\_ - To sit at the end of the last Rakaah (unit) for as long as it takes to read the Tashahhud.**





## Lesson 8 - How to read two Rakaah Salaah according to the way of the Prophet (Sallallahu Alyhi wa Sallam)

### Before Salaah

1. Make sure that you have Wudhu and your clothes are clean.
2. Stand respectfully on a clean place facing the Qiblah.
3. Keep both feet straight and parallel, at least four fingers apart, with toes pointing towards the Qiblah.
4. Be aware that you are about to speak to Allah.
5. Make Intention (Niyyah) of whichever Salaah you are about to pray.

### Example

- I am about to perform two Rak'aahs of Fardh Salaah of Fajr (to please Allah) facing towards the Qiblah.
- When you are praying Salaah behind an Imaam, you should also make intention that:
  - I am following this Imaan.
  - You can make intention in the heart but it is better if you make it with the tongue. The intention can be made in any language.

### 1. TAKBEER-E-TAHREEMAH

After making the intention, lift the two hands up to the earlobes in such a manner that both palms face towards the Qiblah and read the following:

اللَّهُ أَكْبَرُ

Allah is the Greatest



Girls should only lift their hands up to the shoulders and be careful that only their hands are showing (not arms).



2. Next fold the hands below the belly button. Place the hands in such a way that the palm of the right hand is placed over the back of the left hand, with the right thumb and little finger gripping the wrist of the left hand and the three middle fingers of the right hand kept straight and together. While in standing position (Qiyaam) the eyes should be fixed to the spot where the forehead will rest in Sajdah.

Girls place arms on the chest NOT BELOW BELLY BUTTON. Also they place the right hand over the back of the left hand and do not hold it like the boys.



3. Now read the following Dua:

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ  
وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ

Glory be to You O Allah, praise be to You, and blessed is Your name, very lofty is Your greatness, and there is no God besides You.



4. Next read:

أَعُوْذُ بِاللّٰهِ مِنَ الشَّيْطَانِ الرَّجِيْمِ  
بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ

After that read Surah Faatiha and then any short surah.

5. Next bow down (Ruku) and read the following at least three or five times:

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Glory be to my Lord, The Great

Boys

- In Rukoo hold both the knees with the fingers apart.
- Ensure that the arms do not touch the body.
- Keep the back straight, while the head should neither be lowered nor raised.



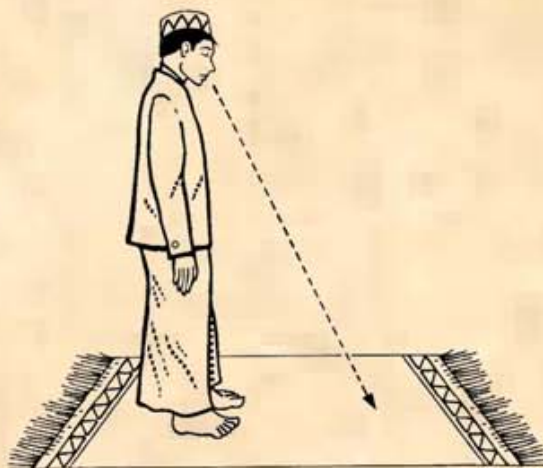
Girls

- When making Rukoo, girls should only bend over enough so that their hands reach their knees only.
- The hands should be placed on the knees, with the fingers kept together.
- In Rukoo the elbows should touch the sides of the body and the feet kept together.



6. To stand up after Rukoo (Qawmah). Whilst coming up read the following:

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ



Then when you are in a standing position to say the Dua':

رَبَّنَا وَ لَكَ الْحَمْدُ

## 7. First Sajdah (Bowing down)

Now saying Allahu Akbar and placing both hands on the knees go into Sajdah. (On completing the Takbeer you should have reached the position of Sajdah). When going into Sajdah first place the Knees on the ground, then the hands, then the nose and then the forehead. The face should rest between the two hands with fingers pointing towards the Qiblah. When in Sajdah the feet should be upright with the toes pointing towards the Qiblah. The arms should not touch the sides of the body nor the ground. The stomach should be away from the thighs.



In Sajdah recite softly at least THREE or FIVE times the following:

سُبْحَانَ رَبِّيَ الْأَعْلَى



## Girls

In Sajdah the upper part of the leg (the thigh) should not be upright but in as flat a position as possible, with the feet spread towards the right.

- While in Sajdah the stomach and thighs must be kept together.
- The forearms should be put flat on the ground in Sajdah.

Girls must not raise their voice when reading the Dua'.

## 8. Jalsa (To sit up between two Sajdahs)

Saying Allahu Akbar sit up straight, do not sit with the back crooked or stooped. It is important to sit up and pause after the first Sajdah, merely lifting the head from the ground without sitting up before the second Sajdah will nullify the Salaah.





## 9. Second Sajdah

Saying Allah hu Akbar stand up for the second Qiyaam. On getting up from the Sajdah first lift the forehead, then the nose and then the knees. Ensure that the hands are on the knees and not on the ground for support, except for a valid reason. Saying Bismillahir-rahmanir-rahim recite Surah Al-Fatiha and a Surah and complete the second Rak'aah in the same way as the first one.

## 10. Final Sitting (Qai'dah)

After completing the Second Sajdah of the second Rak'aah saying Allahu Akbar sit up for Qai'dah.

The method of sitting is placing the Left foot flat on the ground and sitting on it, with the Right foot upright and its toes facing towards the Qiblah. The hands must be placed on the thighs with the tips of the fingers near the knees. It is important that the fingers are kept close together and that they face the Qiblah and not towards the ground. The eyes should be fixed on the lap.



Then read the following:

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



On reaching the Kalimah form a circle with the thumb and middle finger and lift the index finger of the right hand and at Illallahu drop it onto the thigh. The circle should be kept to the end.

After that you should read the following:

اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَعَلٰى اٰلِ مُحَمَّدٍ كَمَا  
صَلَّيْتَ عَلٰى اِبْرَاهِيْمَ وَعَلٰى اٰلِ اِبْرَاهِيْمَ اِنَّكَ  
حَمِيْدٌ مَّجِيْدٌ

اَللّٰهُمَّ بَارِكْ عَلٰى مُحَمَّدٍ وَعَلٰى اٰلِ مُحَمَّدٍ كَمَا  
بَارَكْتَ عَلٰى اِبْرَاهِيْمَ وَعَلٰى اٰلِ اِبْرَاهِيْمَ اِنَّكَ  
حَمِيْدٌ مَّجِيْدٌ

Then read the following Dua':

اَللّٰهُمَّ اِنِّيْ ظَلَمْتُ نَفْسِيْ ظُلْمًا كَثِيْرًا  
وَّلَا يَغْفِرُ الذُّنُوْبَ اِلَّا اَنْتَ فَاغْفِرْ لِيْ مَغْفِرَةً مِّنْ  
عِنْدِكَ وَارْحَمْنِيْ اِنَّكَ اَنْتَ الْغَفُوْرُ الرَّحِيْمُ

## 11. SALAAM

Complete the Salaah by turning the face first to the right and saying:

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ



Then turn the face to the left and repeat what you just said.



**If you are performing a three Raka'ah Salaah:**

- Repeat the actions described in 1 - 11 above.
- After Tashahhud is recited, stand upright saying 'Allahu Akbar'.
- Recite Surah Al-Fatihah.
- Bow down for Rukoo.
- Perform two Sajdahs and sit upright with hands on knees.
- Perform the Tashahhud and complete Salaah as normal.

**Note:** If you are performing a four Raka'ah Salaah after step e. rather than sitting down you stand up and start from step c. all the way to f. again.



# Fasting (Sawm)

Fasting in the month of Ramadhan is the most important obligation after prayer. It is the third Pillar of Islam. The simple meaning of fasting means to stay away from eating or drinking. When Muslims fast, they do not eat or drink from dawn to sunset.

These fasts are Fardh (Compulsory) for every, sane, adult, healthy Muslim. They are not compulsory for young children. If healthy children do not experience any problems while fasting, they should also keep the fasts. This will help them to fast when they become older.

It is a major sin to miss the fasts of Ramadhan without any valid reason or genuine excuse.

## Compulsory (Fardh) acts of Fasting

1. **Intention** - it can be said with the tongue or in the heart, however saying with the tongue is better. The wordings are '**Oh Allah I intend to do a Fardh fast today only for your happiness**'. The intention can be made at night till Sehri time ends for fasts in Ramadhan.

2. Not to eat and drink from dawn to sunset.



# Questions

Answer the following questions:

1. Fasting is which pillar of Islam? \_\_\_\_\_

2. What is the simple meaning of fasting?  
\_\_\_\_\_  
\_\_\_\_\_

3. Complete the following sentences:

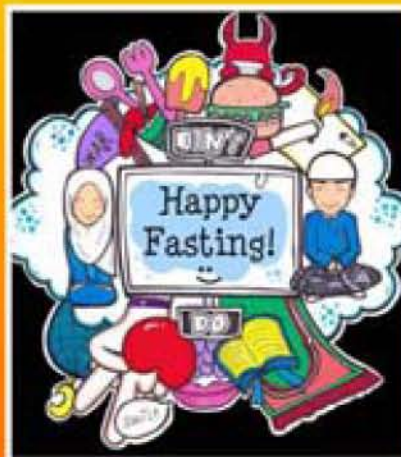
The fasts of Ramadhan are Fardh (Compulsory) for every, \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_ Muslim. They are not compulsory for \_\_\_\_\_.  
\_\_\_\_\_. If healthy children do not experience any \_\_\_\_\_ while  
fasting, they should also keep the \_\_\_\_\_. This will help them to  
fast when they become \_\_\_\_\_.

4. What are the two Fardh acts of fasting?

a. \_\_\_\_\_  
\_\_\_\_\_

b. \_\_\_\_\_  
\_\_\_\_\_

5. Write below the words of the intention that you need to make for  
fasting.  
\_\_\_\_\_  
\_\_\_\_\_





# Zakaah (Purification of wealth)

Zakaah is the fourth pillar of Islam. It is a type of charity, by which the poor people are helped.

To pay the Zakaah is Fardh (Obligatory) upon a rich Muslim. Paying the Zakaah is the command of Allah. The person who does not believe that they have to give Zakaah is a disbeliever.

Zakaah is paid once a year. It is given to the poor, helpless and needy people.

If any rich person has poor brothers and sisters, then to pay Zakaah to them is much better.

Allah puts blessing in the wealth of a person who pays the Zakaah and the poor person taking the Zakaah prays for the person.

By helping the poor and needy Allah becomes very happy.

Those people who do not pay the Zakaah, no blessings fall upon their houses and they remain sad and worried.

On the Day of Final Decision their bodies will be burnt with fire.



## Questions

Answer the following questions:

1. What is Zakaah? \_\_\_\_\_
2. If a person does not believe that they have to pay Zakaah, what do they become? \_\_\_\_\_
3. Upon whom is Zakaah obligatory? \_\_\_\_\_
4. How many times is Zakaah obligatory in a year? \_\_\_\_\_
4. To whom is Zakaah given? \_\_\_\_\_  
\_\_\_\_\_
5. What are the benefits of paying Zakaah? \_\_\_\_\_  
\_\_\_\_\_
6. What are the consequences of not paying the Zakaah?  
\_\_\_\_\_  
\_\_\_\_\_

7. Colour in the following:

And pay the  
Zakaah



# Hajj (Pilgrimage)

Hajj is the fifth Pillar of Islam.

To perform the Hajj (Pilgrimage) is the command of Allah.

The person who does not believe in Hajj is a disbeliever.

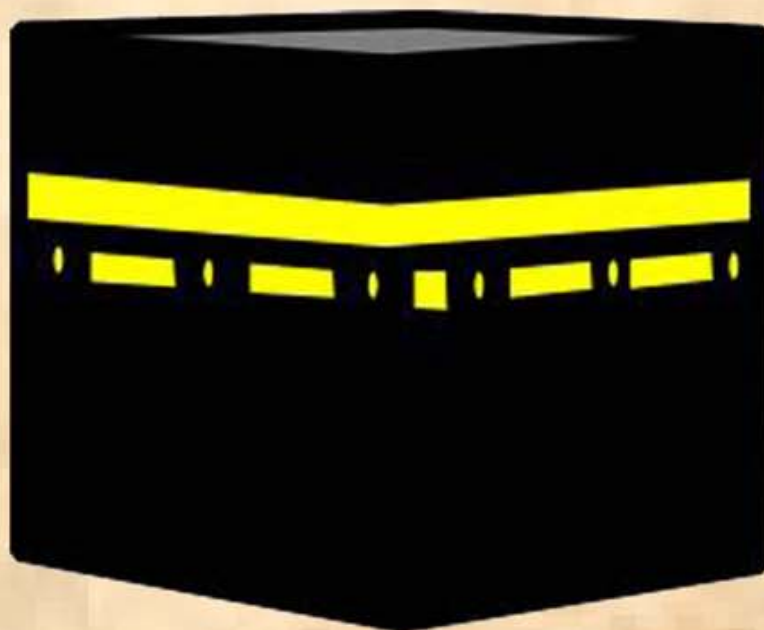
Performing the Hajj is obligatory (Fardh) only once in a lifetime.

By performing the Hajj, a person's sins and mistakes are forgiven.

To perform Hajj, Muslims need to go to the city of Makkah Mukarramah in Saudi Arabia.

Every year more than two million people go to Makkah Mukarramah to perform the Hajj. In Makkah Mukarramah is the house of Allah, which is called the Ka'bah.

The first man, Prophet Adam (Alayhi Salaam), had built this house.



## Questions

Answer the following questions:

1. How many times is Hajj Fardh on a person? \_\_\_\_\_

2. What does the person who does not believe in Hajj become?  
\_\_\_\_\_

3. Where do you have to go to perform Hajj?  
\_\_\_\_\_

4. What is the benefit of performing Hajj?  
\_\_\_\_\_  
\_\_\_\_\_

5. Who was the first person to build the Ka'bah? \_\_\_\_\_

6. Colour in the following:

Makkah

Mukarramah



# Honesty

Honesty has many different meanings. One meaning is that we are true to others and also ourselves. We are honest if we admit our mistakes. We can show honesty in two ways: a) things that we say, and b) things that we do.

An honest person always speaks and acts truthfully. When we do not cheat others, we are honest to them. When we do not cheat or harm ourselves, we are honest to ourselves.

We do not hide or steal things even if nobody is watching us. Even if nobody watches us, Allah (Subhaanahu wa Ta'Aala) always sees what we do. Allah (Subhaanahu wa Ta'Aala) loves an honest person.

Honesty also means that we keep our word. When we say something that we will do or not, we should keep our words.

When people are honest, we know we can trust them. Prophet Muhammad (Sallallahu Alayhi wa Sallam) was known as Al-Amin, the Trustworthy one. People believed him, because he never lied. We should learn from the example of our Prophet (Sallallahu Alayhi wa Sallam). Honesty means that you can be trusted.

Honesty also means that we respect other's property. If something is not mine, I cannot take it secretly.

Honesty is not to cheat, even if nobody is watching us, we should remember Allah (Subhaanahu wa Ta'Aala) watches us.

Allah (Subhaanahu wa Ta'Aala) told us to be honest and truthful. We should stand up for the truth. All the Prophets (Peace be upon them all) taught us to be truthful. They did what was right, even when it was difficult.



# Questions

Answer the following questions:

1. What are the two ways we can show honesty?

- a. \_\_\_\_\_
- b. \_\_\_\_\_

2. Complete the following sentences:

An \_\_\_\_\_ person always speaks and acts \_\_\_\_\_. When we do not cheat others, we are honest to them. When we do not \_\_\_\_\_ or \_\_\_\_\_ ourselves, we are honest to ourselves.

We do not \_\_\_\_\_ or \_\_\_\_\_ things even if nobody is watching us. Even if \_\_\_\_\_ watches us, Allah (Subhaanahu wa Ta'Aala) always \_\_\_\_\_ what we do. Allah (Subhaanahu wa Ta'Aala) loves an \_\_\_\_\_ person.

Honesty also means that we keep our \_\_\_\_\_. When we say something that we will \_\_\_\_\_, we should keep our words.

5. What was the title given to the Holy Prophet (Sallallahu Alayhi wa Sallam)? \_\_\_\_\_

6. Do you think the people would have believed the Holy Prophet (Sallallahu Alayhi wa Sallam) if he was not trustworthy?  
\_\_\_\_\_

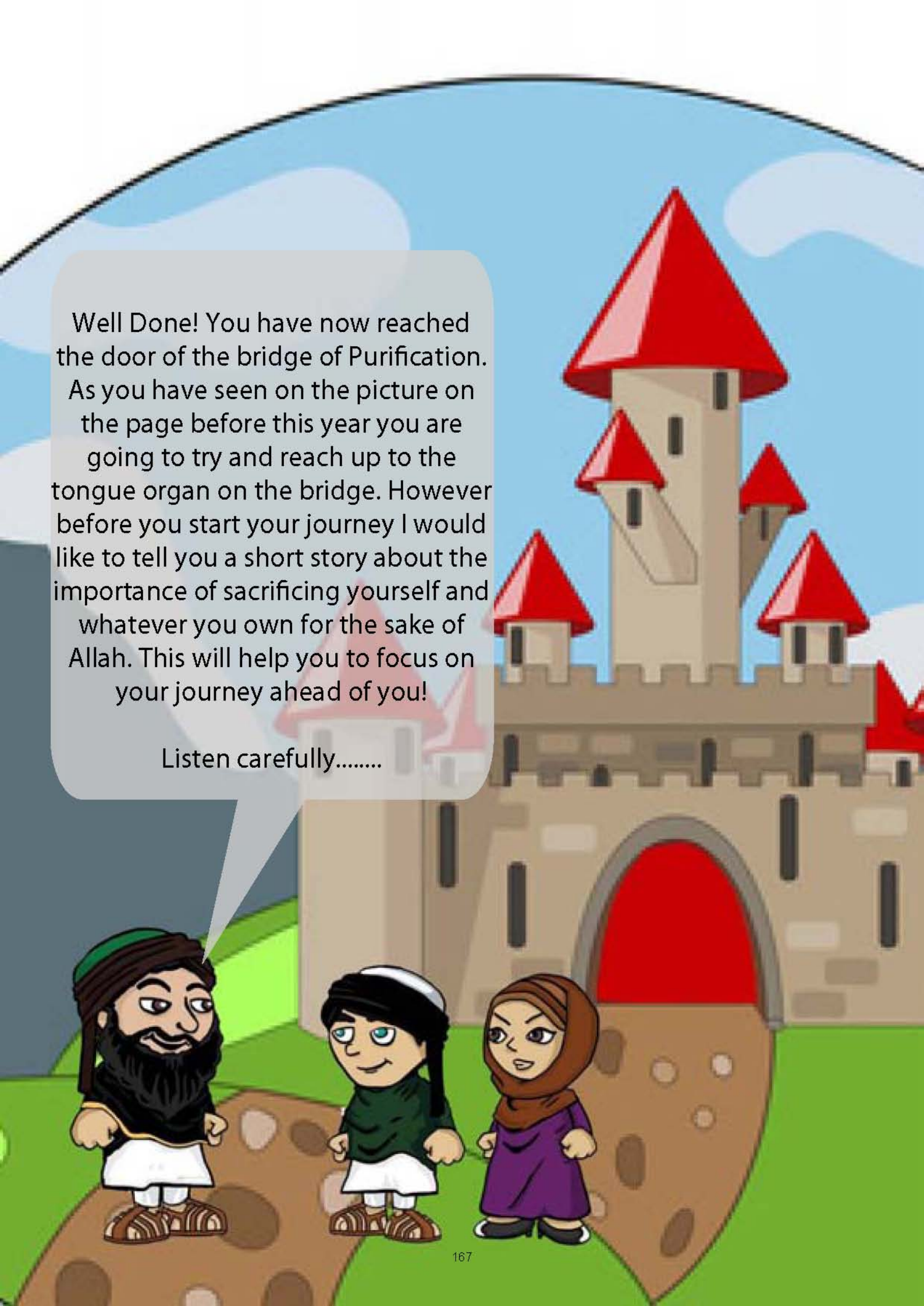






<b>To learn and think about</b>	Death, Grave, The Day of final decision, Heaven and Hell	Going to good places e.g. Masjid to Remember Allah
To Think about how short this life is and that one day you will leave it	Reading Holy Quran	Reading stories about lives of the Prophets ﷺ, Companions of the Holy Prophet ﷺ, and the Friends of Allah
		To be in good company like your Islamic Teacher

**If a person is doing bad actions and has forgotten Allah**

A cartoon illustration of a man with a long black beard and a green turban, wearing a black robe and white undergarments, standing on a brown path. He is speaking to two children. The child on the left is a boy with black hair, wearing a green tunic and white pants. The child on the right is a girl wearing a brown hijab and a purple dress. In the background is a large stone castle with multiple towers, each topped with a red conical roof. The castle has a large red arched entrance. The sky is blue with light clouds, and the ground is green grass.

Well Done! You have now reached the door of the bridge of Purification. As you have seen on the picture on the page before this year you are going to try and reach up to the tongue organ on the bridge. However before you start your journey I would like to tell you a short story about the importance of sacrificing yourself and whatever you own for the sake of Allah. This will help you to focus on your journey ahead of you!

Listen carefully.....



Once upon a time a king trusted two men with a big kingdom, including all necessary workshops, machinery, horses, weapons and so forth. But since it was a violent and war-ridden age, and nothing stayed the same; it was going to either disappear or to change. The king out of his mercy sent a most noble deputy to the two men with a message on a scroll.



### To my subjects

Sell me the property you now hold in trust, so that I may keep it for you so that it is not destroyed. After the wars are over, I will return it to you in a better condition than before. I will regard the trust as your property and pay you a high price for it. As for the machinery and the tools in the workshop, they will be used in my name and at my workbench. But the price and the fee for their use shall be increased by a thousand times. You will receive all the profit that is made. You are needy and unable to provide the cost of these great tasks. I will pay for all the expenses and equipment, and give you all the income and the profit.

Now if you do not sell me the property, you can see that no one is able to save what he possesses, and you too will lose what you now hold. It will go for nothing, and you will lose the high price I offer. The delicate and precious tools and scales, the precious metals waiting to be used, will also lose all value. You will have the trouble and concern of looking after everything and at the same time be punished for betraying your trust. Moreover, if you sell the property to me, you become my soldier and act in my name. Instead of being a prisoner, you will be the free lieutenant of a glorious emperor.

Yours sincerely, The King





After they had listened to this message, the more intelligent of the two men said:  
"By all means, I am proud and happy to sell. I offer thanks a thousand times."

But the other was arrogant, selfish and unhappy; his soul had become as proud as the Pharaoh. As if he was to stay forever on that Land, he ignored the earthquakes and trials of this world. He said:

"No! Who is the king? I won't sell my property, nor spoil my enjoyment."

After a short time, the first man reached such a high a rank that everyone become jealous of him. He received the favour of the king, and lived happily in the king's own palace. The other fell into such a state that everyone pitied him, but also said he deserved it. For as a result of his error, his happiness and property left him, and he suffered punishment and torment.





O my students there are many things that we learn from this story that relates to our life. I would like to share some of them with you:

In the story the example of **the king** is like the King of the Universe, your Provider and Creator - Allah. He has given you everything you own for a short period of time as a trust to see what you do.

As for the most **noble deputy**, it is the Noble Messenger of God. If we believe in Him and accept Him (Sallallahu Alayhi wa Sallam) and follow what he tells us we will be successful. If we don't then we will fail. Allah says in the Quran: **Verily in the Messenger of Allah you have a good example for whoever hopes for Allah and the Last Day, and remembers Allah much.**

The **Lands, machinery, tools and scales** that were mentioned are like your body, spirit and heart, eyes, ears and everything else you own. If you use your seven organs, mind and heart in the way Allah wants you to use them for a short while in this short life then Allah out of His Mercy and Love will give you whatever you want in Paradise. This is like a trade or deal we are doing with Allah. Just like it was mentioned in the story.





And the **Most Wise Message** in the story is like the wise Quran, which describes the trade we are discussing in this verse: **'Verily God has purchased from the believers their persons and property that Paradise might be theirs.'**

It is up to us now whether we sell ourselves and whatever we own to Allah and His Messenger (Sallallahu Alayhi wa Sallam) or to the Devil. We have to choose but we will have to face the result of our actions forever and ever, like the two men did.

The **Fierce field of battle** is the stormy life of the world, which continuously changes and disappears and causes every person to think: "Since everything will leave our hands, will be destroyed and be lost, is there no way in which we can transform it into something everlasting and so that we can keep it for ever and ever?"

The answer to that is yes. There is a way we can keep it forever and ever and transform it into an everlasting life of happiness in the Palace of the Pleasure of Allah.

If you want to learn how to do that then follow me to the Bridge of Purification! Use the key of Iman to enter inside.





You have now entered the Bridge of purification. Well done!!

You have now crossed the mountain of four checkpoints and learnt the seven secrets of success, the rules of do's and don'ts, the way to make a fresh start and how to work hard and struggle against the evil wants.

However before we begin the journey onto the bridge I want to teach and explain to you about the importance of the remembrance of Allah (Dhikr). This will help you very much and will give you the energy you need to keep you going on your journey. Without it you will not be able to reach your destination.

## Bridge of Purification of The organs





# Remembrance of

الله



## ***La ilaha ilallah***

In order to reach Allah there is also something very important you need to do every day. That is the Dhikr; La ilaaha ill Allah. By doing this you will get spiritual energy and strength to travel the journey.

Without it you will find it very hard to travel the journey and reach Allah.

Doing Dhikr is like a person in a computer game who picks up a potion from the floor to give him energy when it gets less.

Or like when your dad puts petrol in the car and when it gets low on fuel.

However the main purpose of the Dhikr is to cleanse you from all the evil desire that are within you.

الله



# The way to do the Remembrance of Allah

## What to think before beginning the remembrance

Before you begin, you need to make a connection with Allah the High, otherwise the benefit from the Dhikr will be less. Just like the telephone wire that is not plugged into the socket or when there is no network for your mobile, it is not possible to talk with anyone, even though you may have the best mobile or you speak in a very loud voice.

## How to start a Connection

Before beginning the remembrance you should try to bring the following three keys in your heart and mind and to hold these throughout the Dhikr:

- 1) *Allah is watching me*
- 2) *Allah is with me*
- 3) *Allah is listening to my Dhikr*

**Before beginning the remembrance of Allah you should recite the words below while keeping the meaning in mind:**

- 1) *Bismillah - In the Name of Allah (Once)*
- 2) *Astaghfirullah - Oh Allah I seek your forgiveness (three times)*
- 3) *Prayers for the Prophet (Allah Humma Salle 'Alaa Muhammadin Wa 'Alaa aali Muhammadin) - Oh Allah send your Peace and Blessings upon The Prophet Muhammad and upon His Family (three times).*
- 4) *La hawla wa la quwwata illa billah - There is no might nor power except in Allah.*

## What to say during the Remembrance

لَا إِلَهَ إِلَّا اللَّهُ

**La Ilaaha IIAllah**

*There is no true God worthy of worship except Allah.*

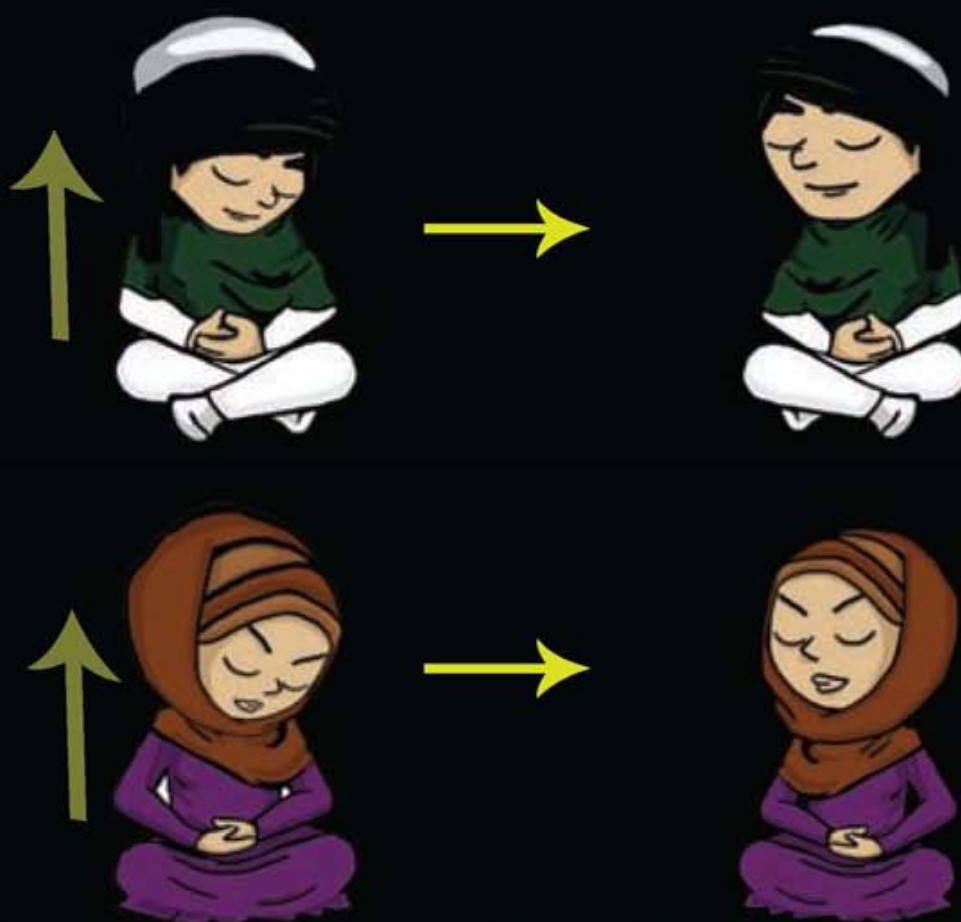


## What to think in the Mind during the Remembrance

*Firstly you should start off by thinking that the place of the Nafs (evil desires) is at the stomach (the Nafs is the place from which all the evil wants come from such as love of bad things, evil thoughts and bad qualities). You should purify and clean the heart and Nafs from the darkness and rust which have made them dirty because of the bads deeds.*

### How to do the Remembrance

**1** *Whilst reading the **Laa** you should first look towards your stomach. You should think that the place of the Nafs is at the stomach where all the evil desires come from. You should then pull your head upwards until it becomes level and think that you are pulling upwards all the darkness and dirt from the sins that are in the stomach.*



**2** **Ilaaha** – which means True God (worthy of worship), when you say this word you should imagine in the mind as though you are saying “all the things that make me forgetful of Allah the High are not gods, so why should I follow them and listen to them.” With this thought you should imagine that you have taken them out of your mind and that you are giving up all of these desires for Allah.

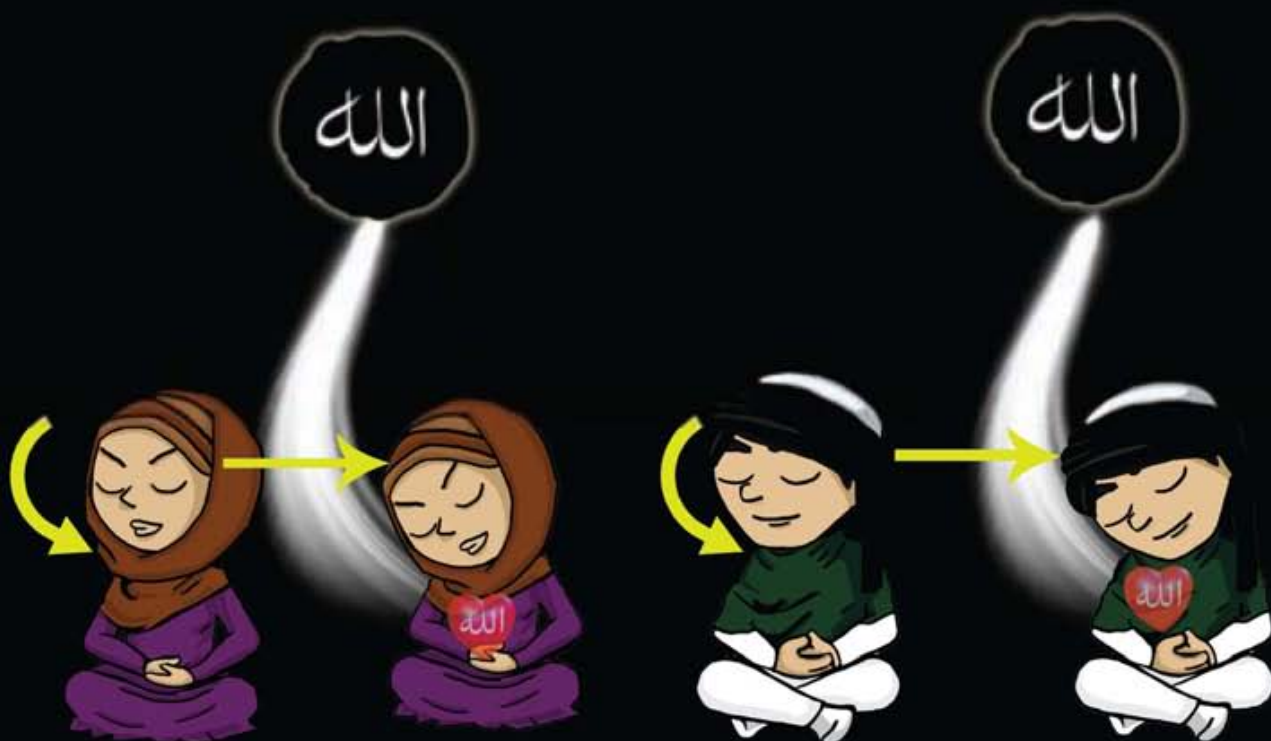


**3** After that you should imagine and think that my God is Allah, The one Who has the power to give me life and death, benefit and harm, honour and disgrace, paradise and hell, and to increase or decrease things. I will only worship Him and live my life according to His commands. You should think this with your heart and mind.





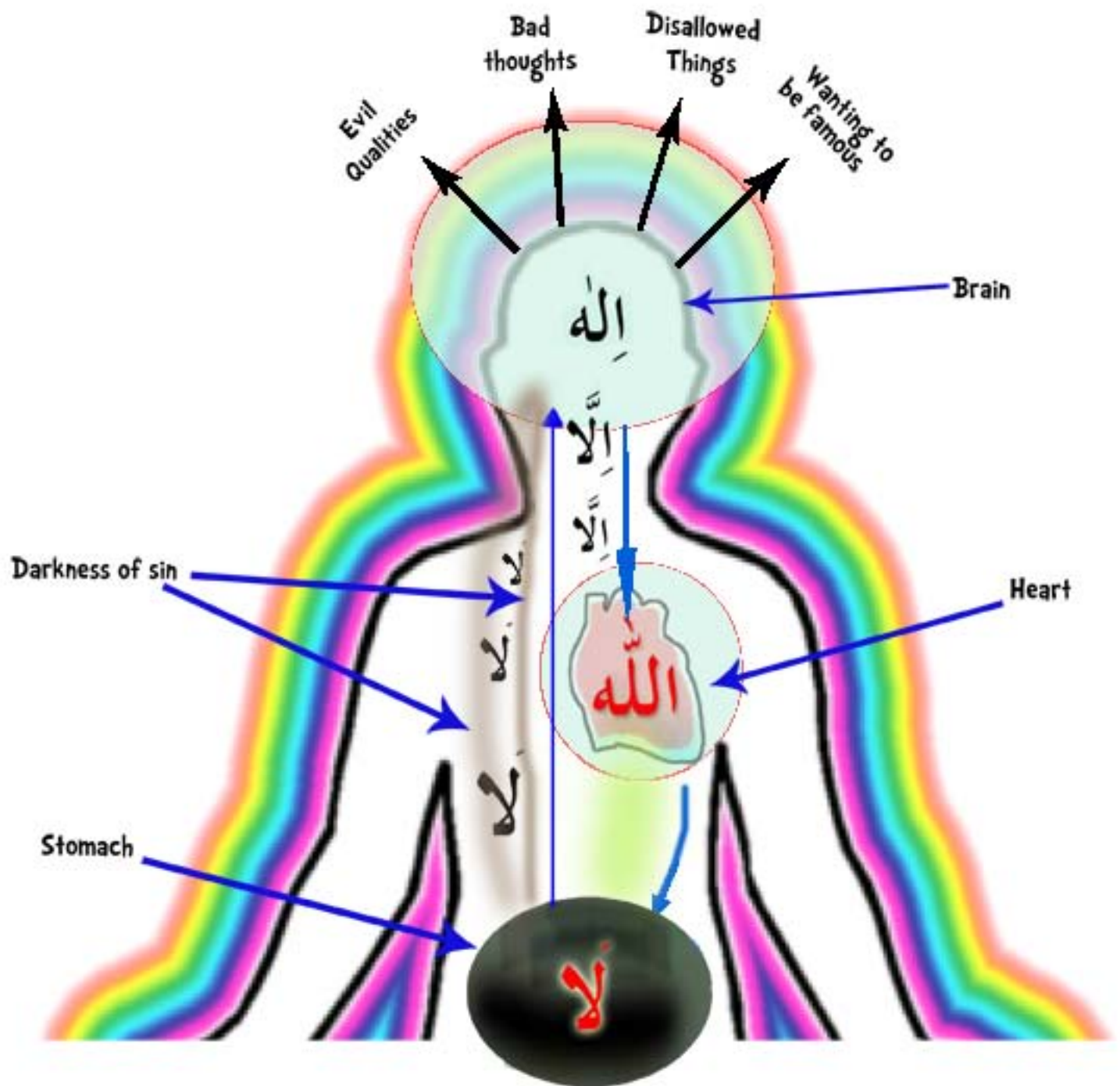
- 4 IlAllah** - Which means except Allah. When you say this you should point your head in the direction of the heart imagining that above you is the name of Allah. When you say IlAllah imagine the light of the name of Allah is making your heart shine. You should also think and imagine that in my heart there is no true God Except Allah. This will complete one cycle.



- 5** Thereafter you should carry on by going back to your stomach as you first started and repeating the process. Continue like this until you complete the length of time that was given to you (e.g. 10 minutes). Towards the end ask forgiveness from Allah, the High as you have not been able to remember Him as He deserved to be remembered and pray that He benefits you from the remembrance.



لَا إِلَهَ إِلَّا اللَّهُ  
 Dhikr Diagram  
 'La ilaha il Allah'





## ***Talking to Allah from the heart (Muraaqabah)***

To help you in your journey to the Palace of the Pleasure of Allah, you should also talk with your Lord, Allah, the All knowing through the tongue of the heart. In other words you should fix a time every day in which you talk to Allah from the heart and mind.

### **Warning - Disturbing thoughts:**

When you will remember your Lord, Allah, obviously the Satan's jealousy and hatred will increase. So Satan will do whatever is within his power to distract and disturb you. Satan has the power to whisper thoughts in the mind and heart. As long as you do not bring thoughts of anything other than Allah by yourself or do not think about the whispers of Satan, the thoughts do not harm you. Rather you can get more closer to Allah, by rejecting the thoughts and returning to the remembrance of Allah, the High. Try not to fight with the different thoughts. Just ignore and carry on with your task. So remember Do NOT bring any evil thoughts or fight them, JUST IGNORE THEM.

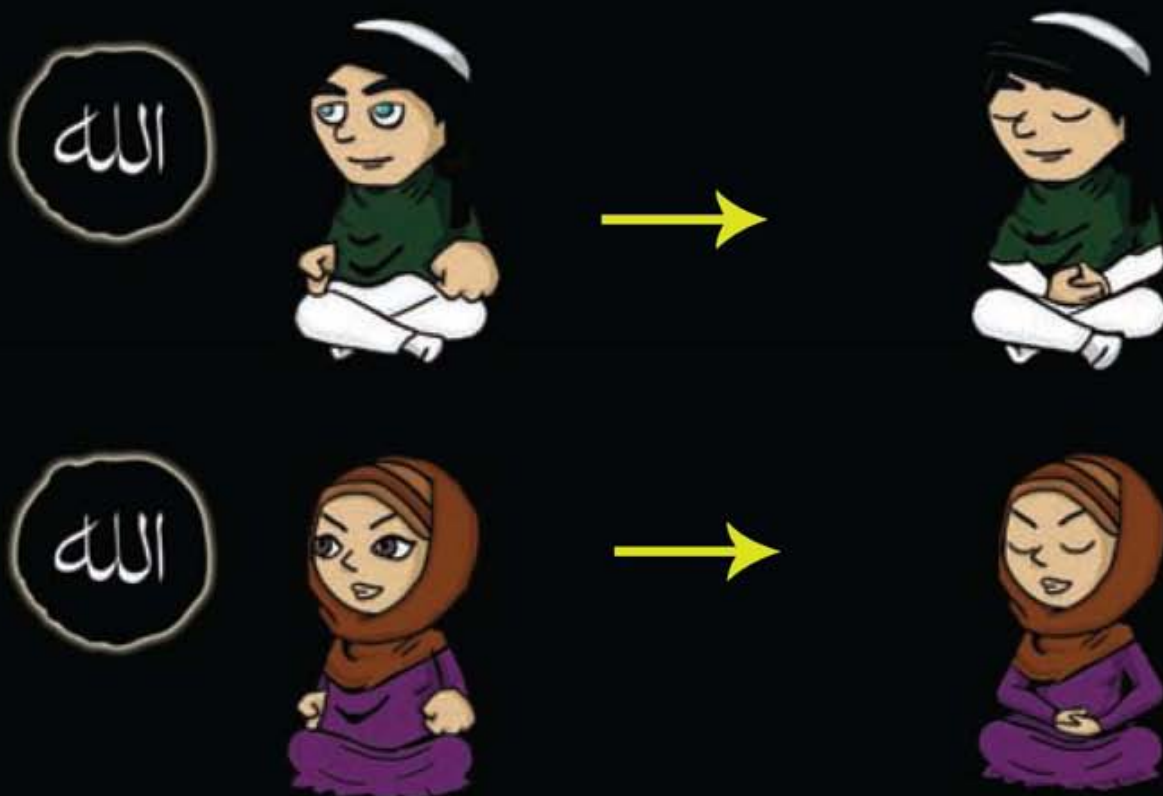


## The way to do the Muraaqabah

**Before beginning the Muraaqabah make the connection with Allah as was mentioned previously and again you should recite the words below while keeping their meaning in mind:**

- 1) *Bismillah - In the Name of Allah (Once)*
- 2) *Astaghfirullah - Oh Allah I ask your forgiveness (three times)*
- 3) *Prayers for the Prophet (Allah Humma Salle 'Alaa Muhammadin Wa 'Alaa aali Muhammadin) - Oh Allah send your Peace and Blessings upon Prophet Muhammad and upon His Family (three times)*

**1** Now Look at the name of Allah for about 20 seconds, then close your eyes and try to see the name of Allah with the power of your imagination. Open your eyes after 30 seconds again and look at the blessed name of Allah. Do this three times. If you do see the name of Allah the High when your eyes are closed then try to make the connection stronger by feeling that He is close to you. If you do not see the name of Allah, then don't worry about it.





## 2 What to think during the Muraaqabah

Now keep your eyes closed and start the Muraaqabah for ten minutes. Firstly you should try to imagine that from the name of Allah a bright light is coming and shining onto your heart and cleansing the darkness that has come onto it due to the bad things you have done.

You should also pray to Allah from the heart, mentioning your worries, difficulties or needs. You can even say to Him how much you love Him as well!! The Main purpose of this exercise is to build a strong and close connection and relationship with your Lord.

For example you can say to Allah in your heart 'Oh Allah You can do everything so please help me to pass my exam' or 'Oh Allah I am so sick please make me better'. Or even still 'Oh Allah help me to follow your beloved Messenger Muhammad (Sallallahu Alayhi wa Sallam) so that I can enter Heaven'.



۱۵۲





# Questions

**1) Before beginning the Dhikr “La ilaha ilallah”, what do you need to think in order to make a connection with Allah?**

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**2) What do you need to say before you start the Dhikr “La ilaha ilAllah”?**

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**3) Describe in your own words the complete method for doing the Dhikr “La ilaaha ilAllah”.**

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**4) Mention the complete way of doing the Muraaqabah in your own words.**

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**5) What do you do when disturbing thoughts come into your mind, during the Dhikr and Muraaqabah?**

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## 1st Stage of Purification

The Journey in the Land of purification begins from here. This is the 1st stage of the Bridge of purification. You must cross it to reach the other side. As you can see there is darkness all around you. That is why you will need my help and advice in order to reach the other side safely, otherwise it will be very difficult.

In order to get across you need to clean the seven organs of the body (written on the bridge) from the bad acts, one by one.

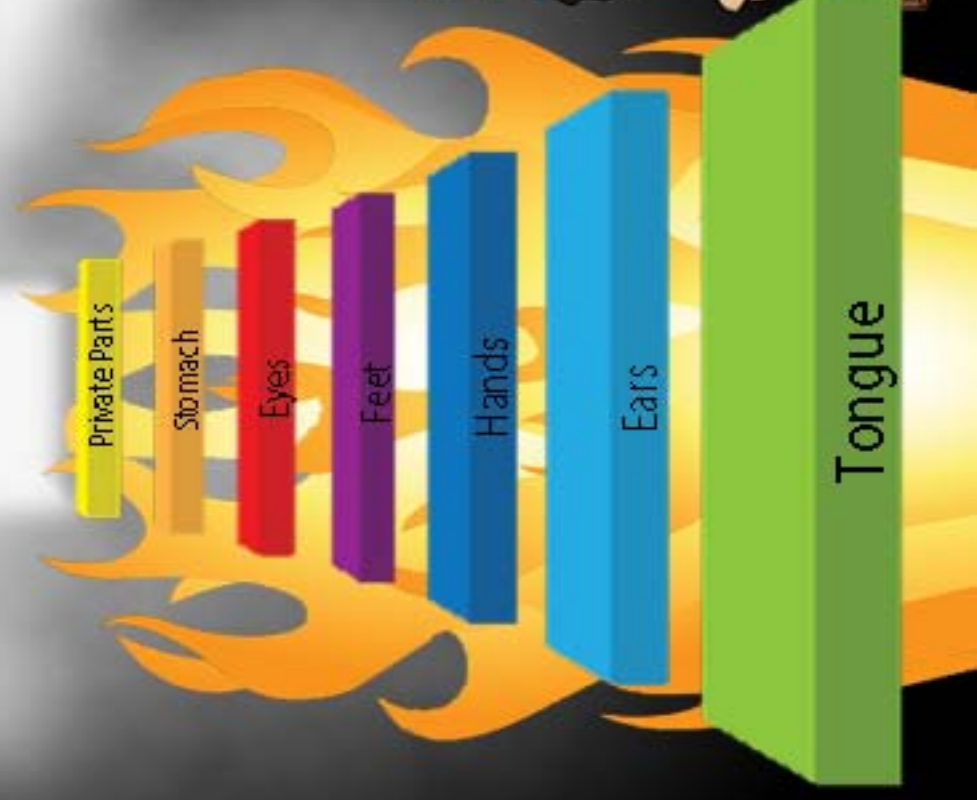
Otherwise if you don't

then you will fall into the Hell-fire below and be punished.

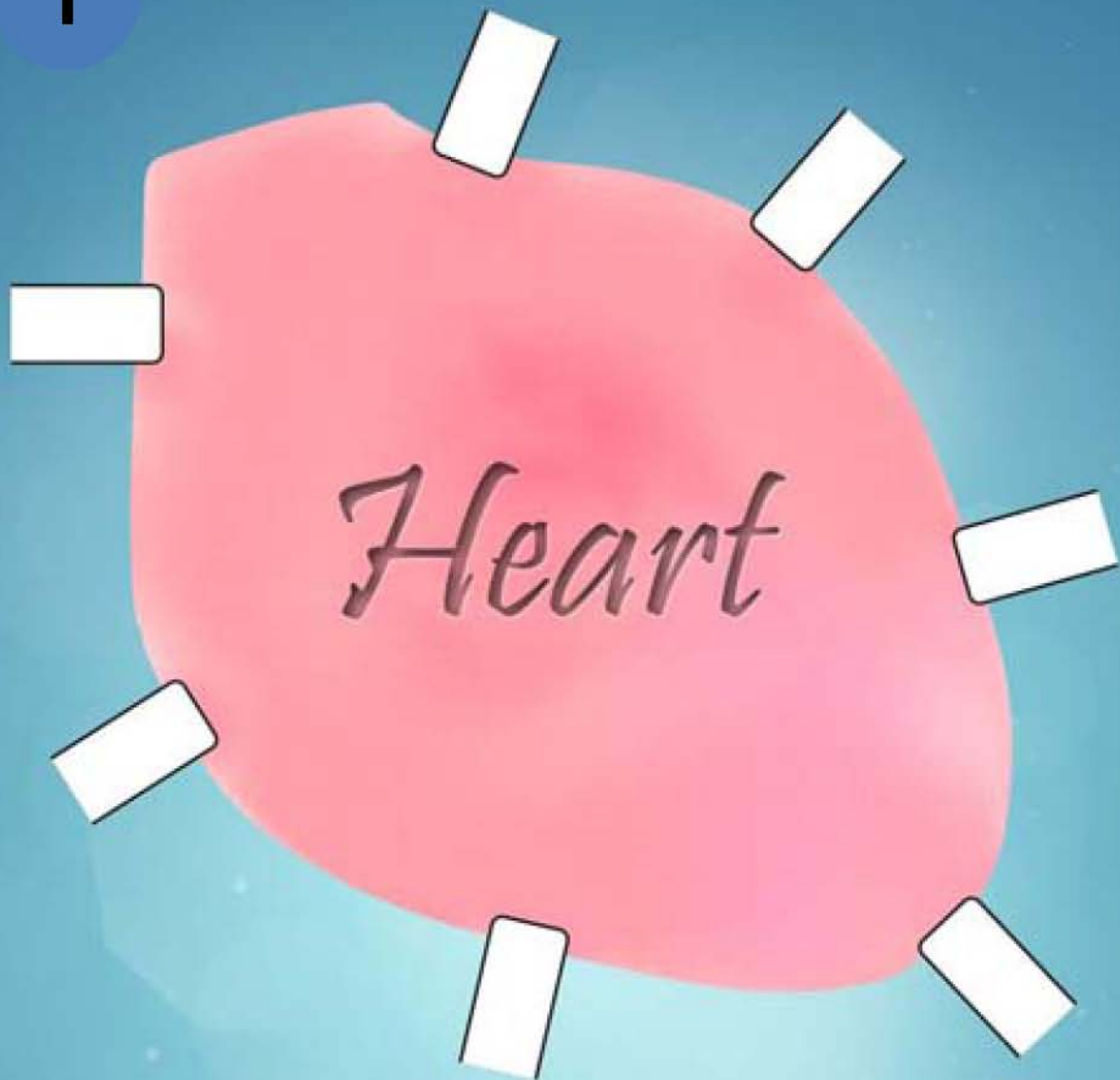
Once you stop the sins of all the seven organs you will reach the next stage Insha 'Allah.

However before you begin I want to show you how doing bad deeds affects the heart.

## 2nd Stage



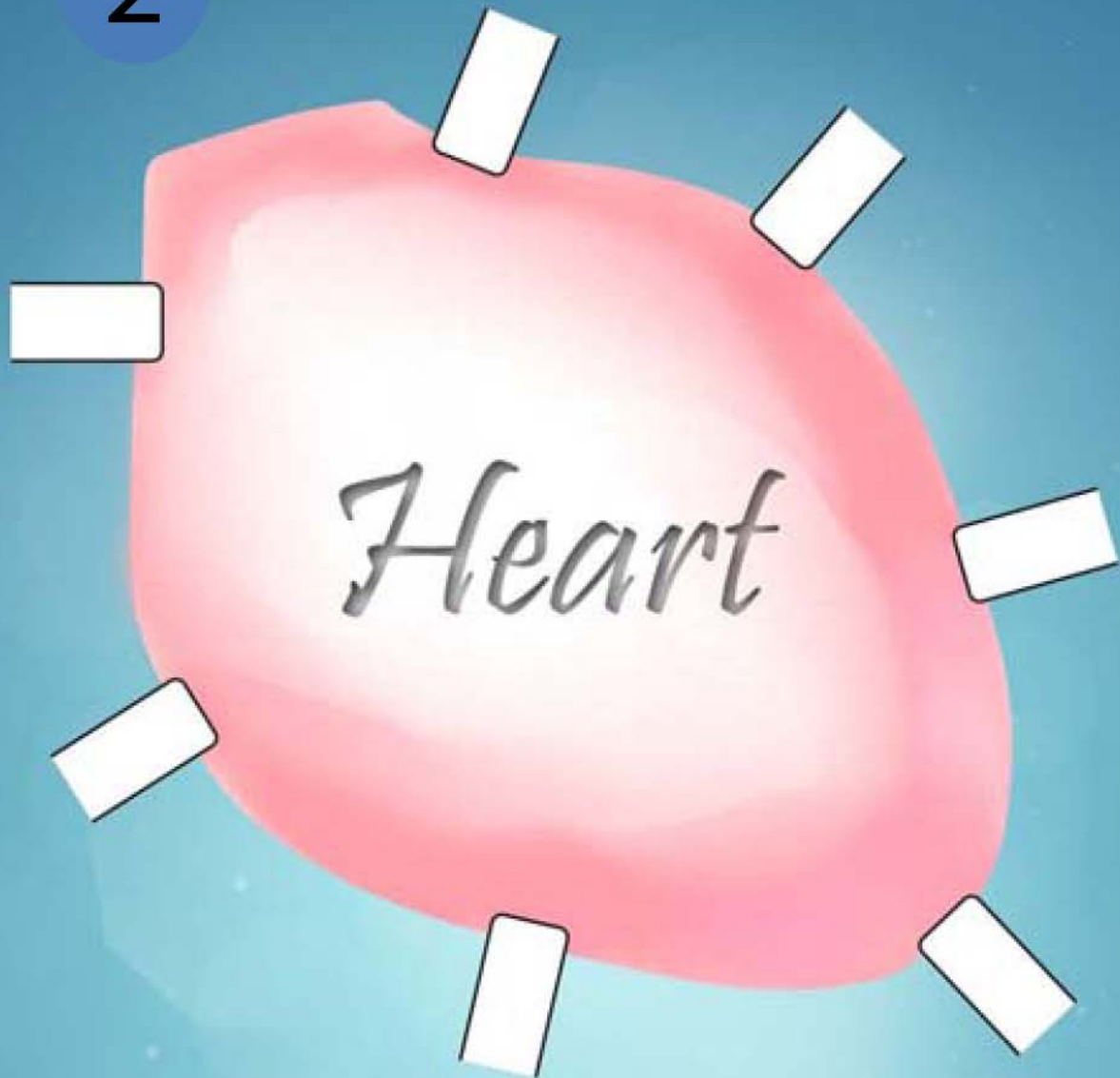
1



This is what the heart looks  
like when a person is born  
before we spoil it with all the  
evil sins.

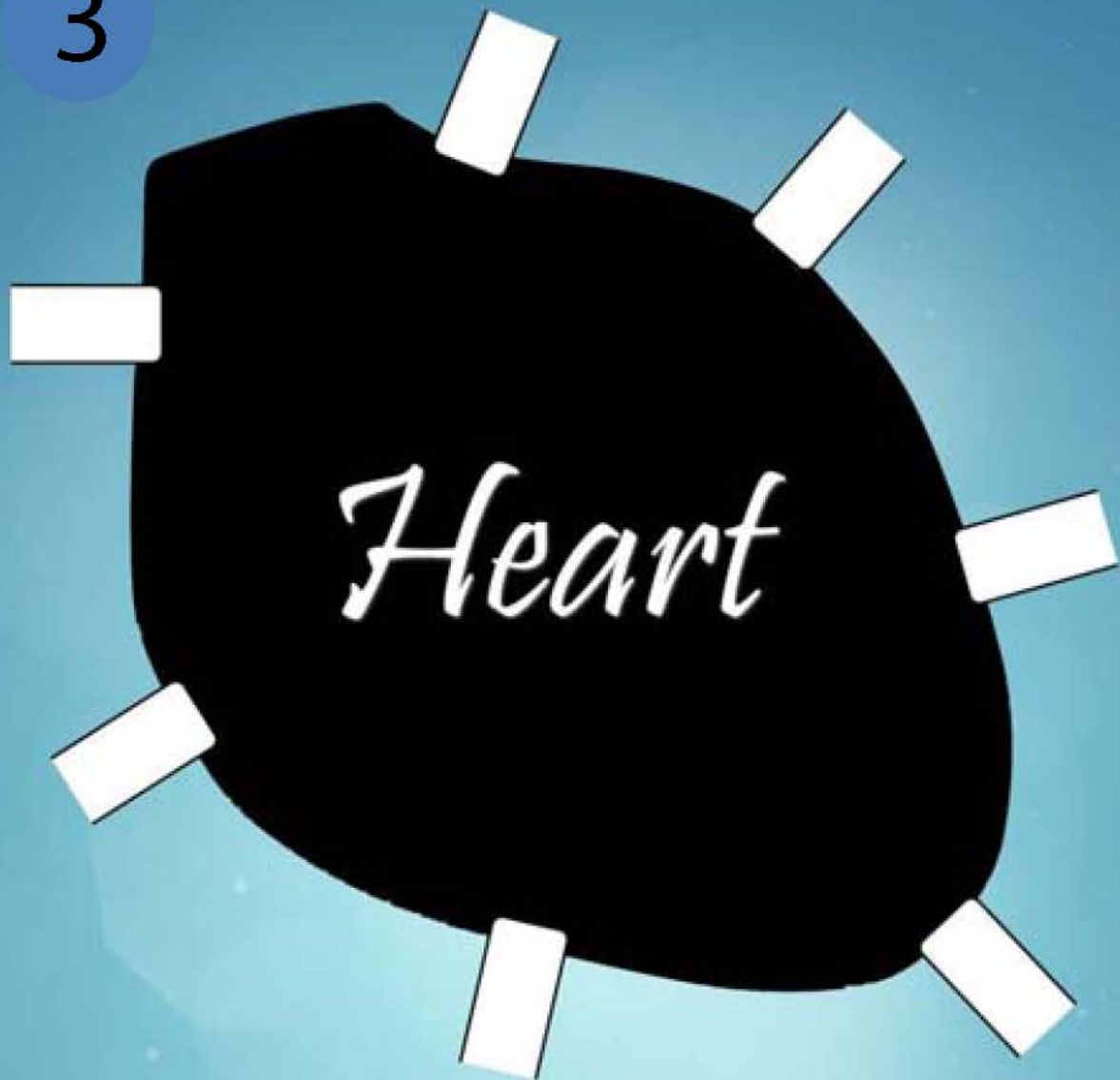


2



This is the effect on the heart when a person accepts Islam or when a person truly changes from his/her sins. It's very similar to the first heart, clean and free from any sin.

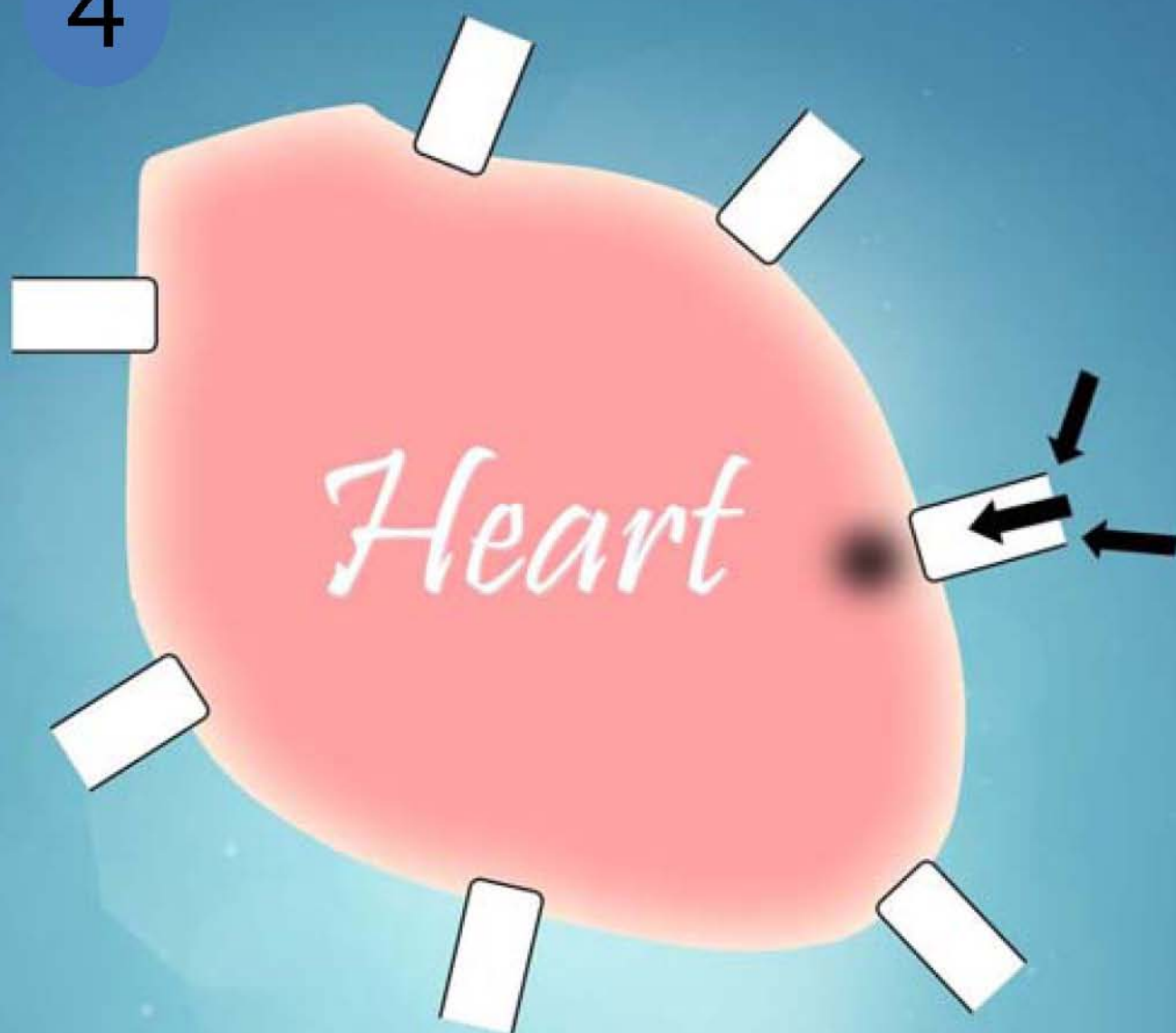
3



This is what the heart looks like when the person does not believe in Allah and His Beloved Messenger (Sallallahu Alayhi wa Sallam). It is pitch black

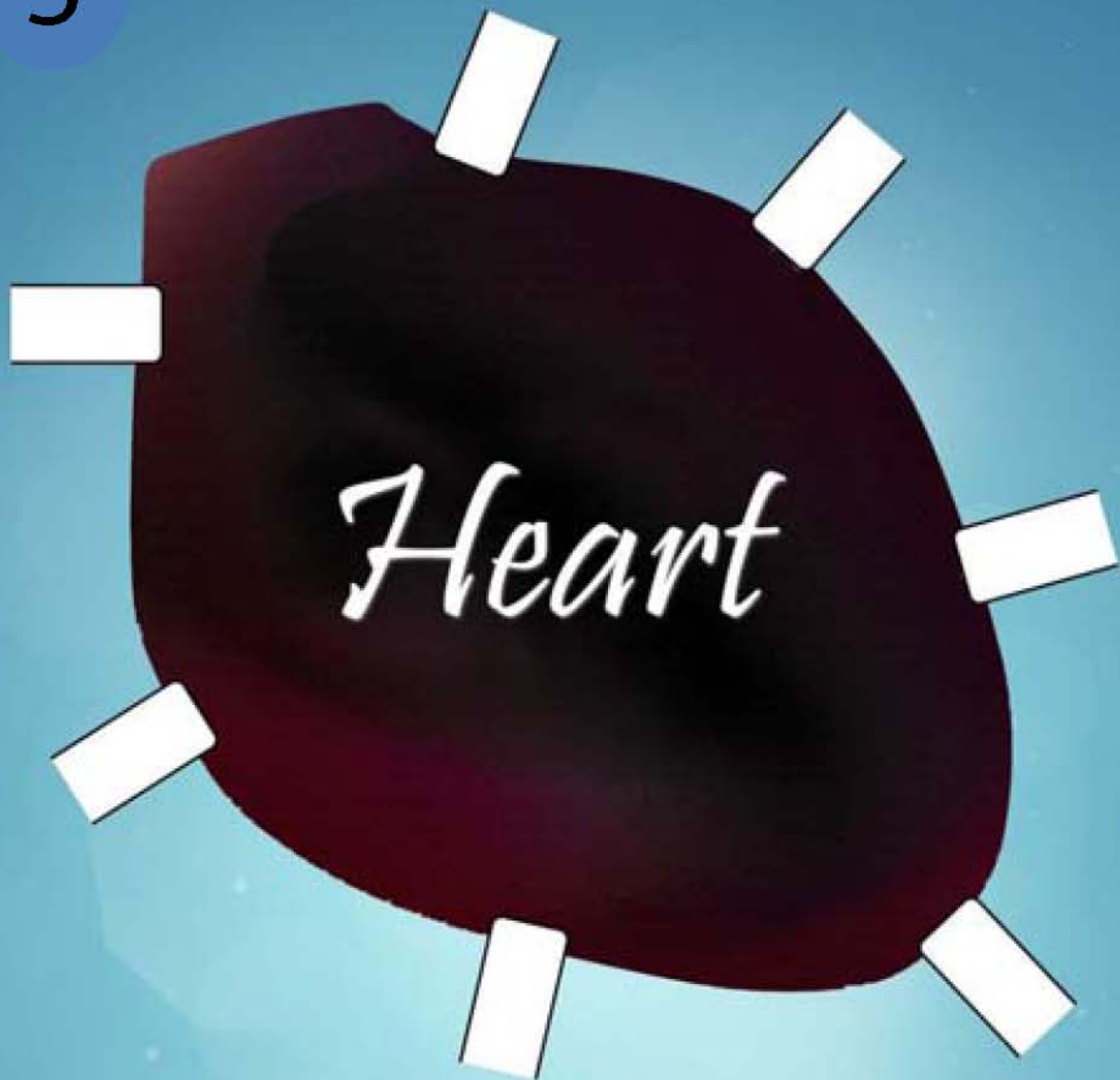


4



This is what the heart looks like when a person commits a sin. A black spot appears through one of the seven organs, which are represented by the seven pipes

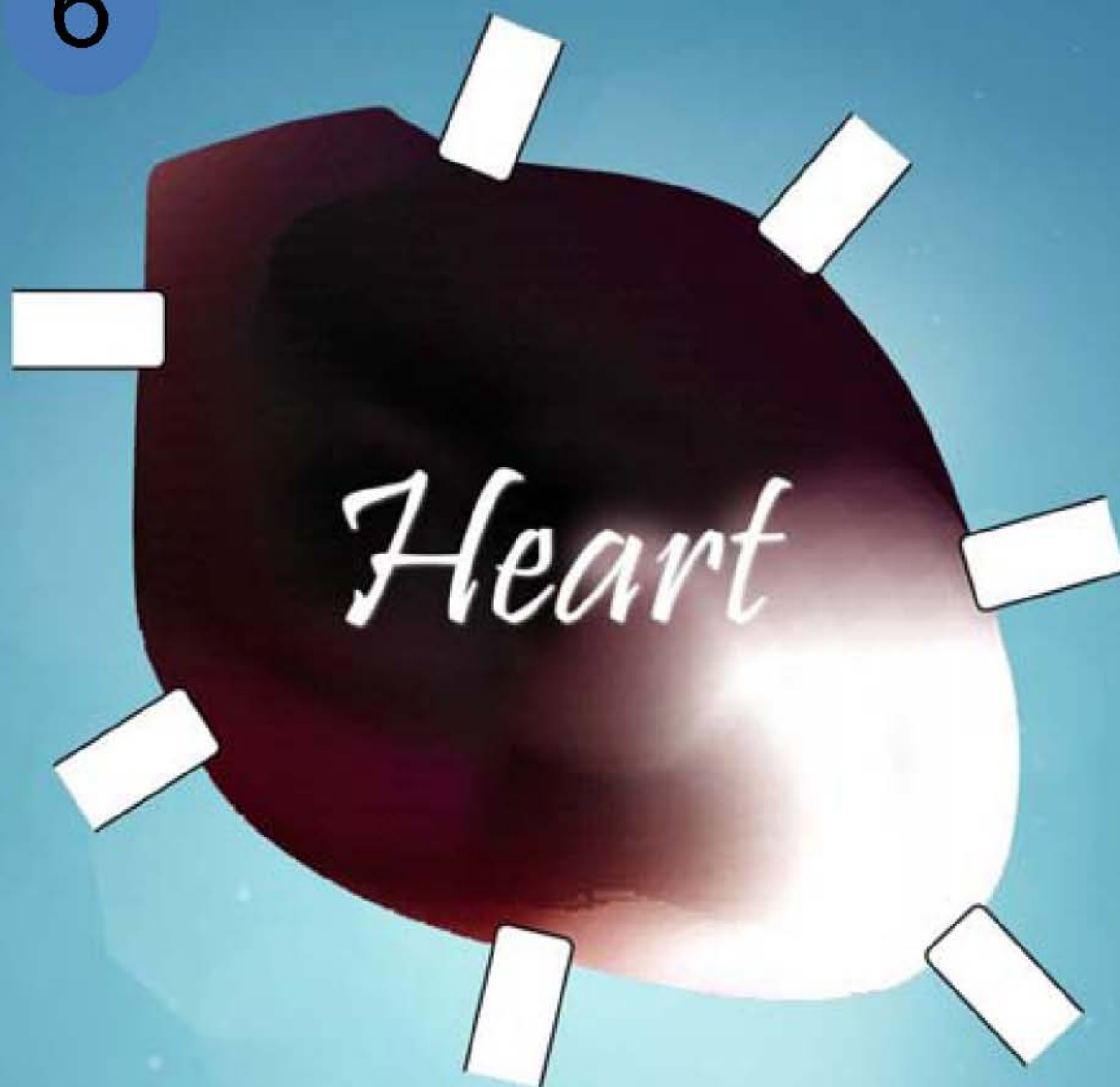
5



This is what the heart  
looks like when a person  
begins to sin all the time

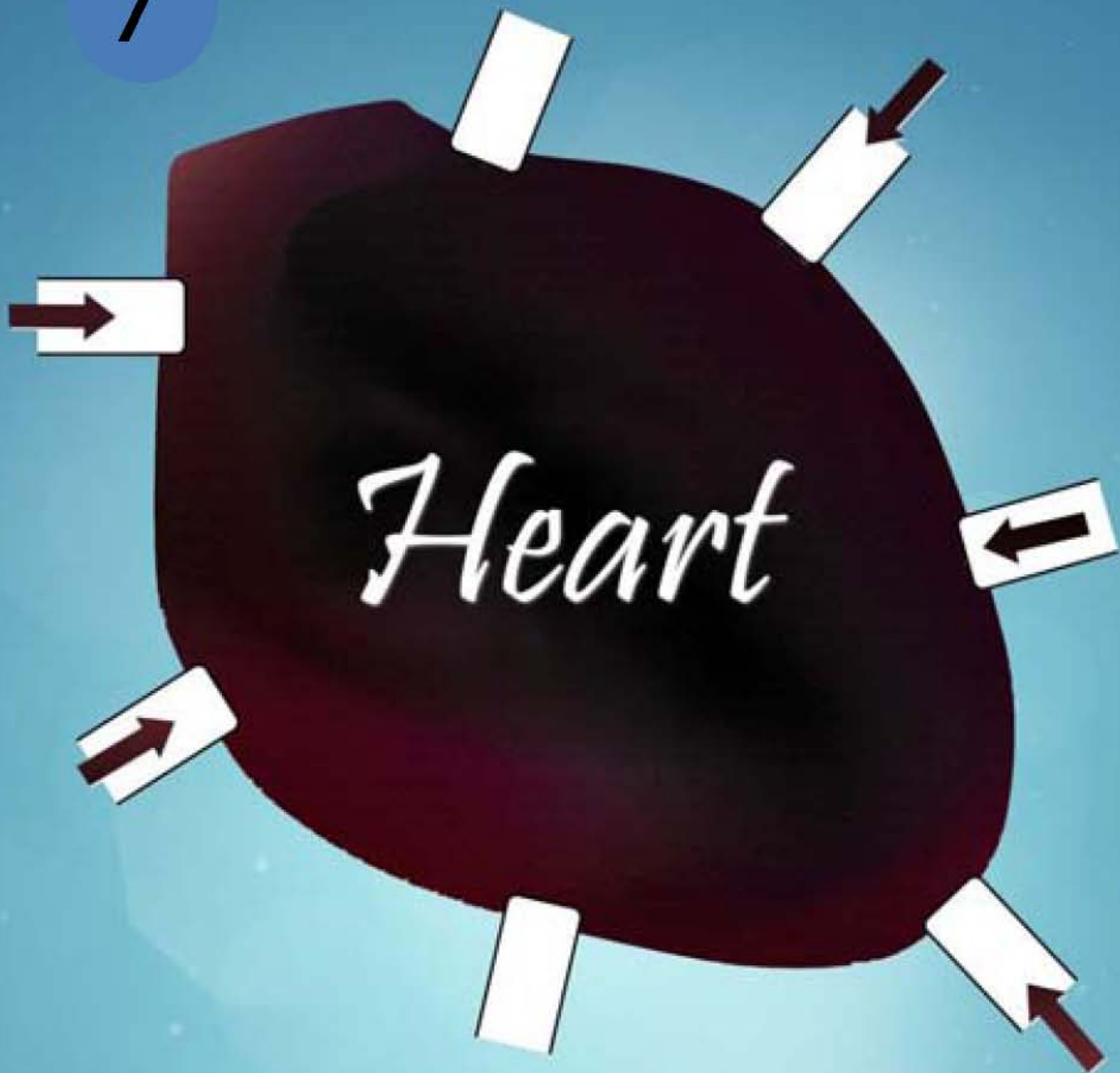


6



This is what the heart looks  
like when a person does a  
bit of Dhikr or prayer but  
only for a short while

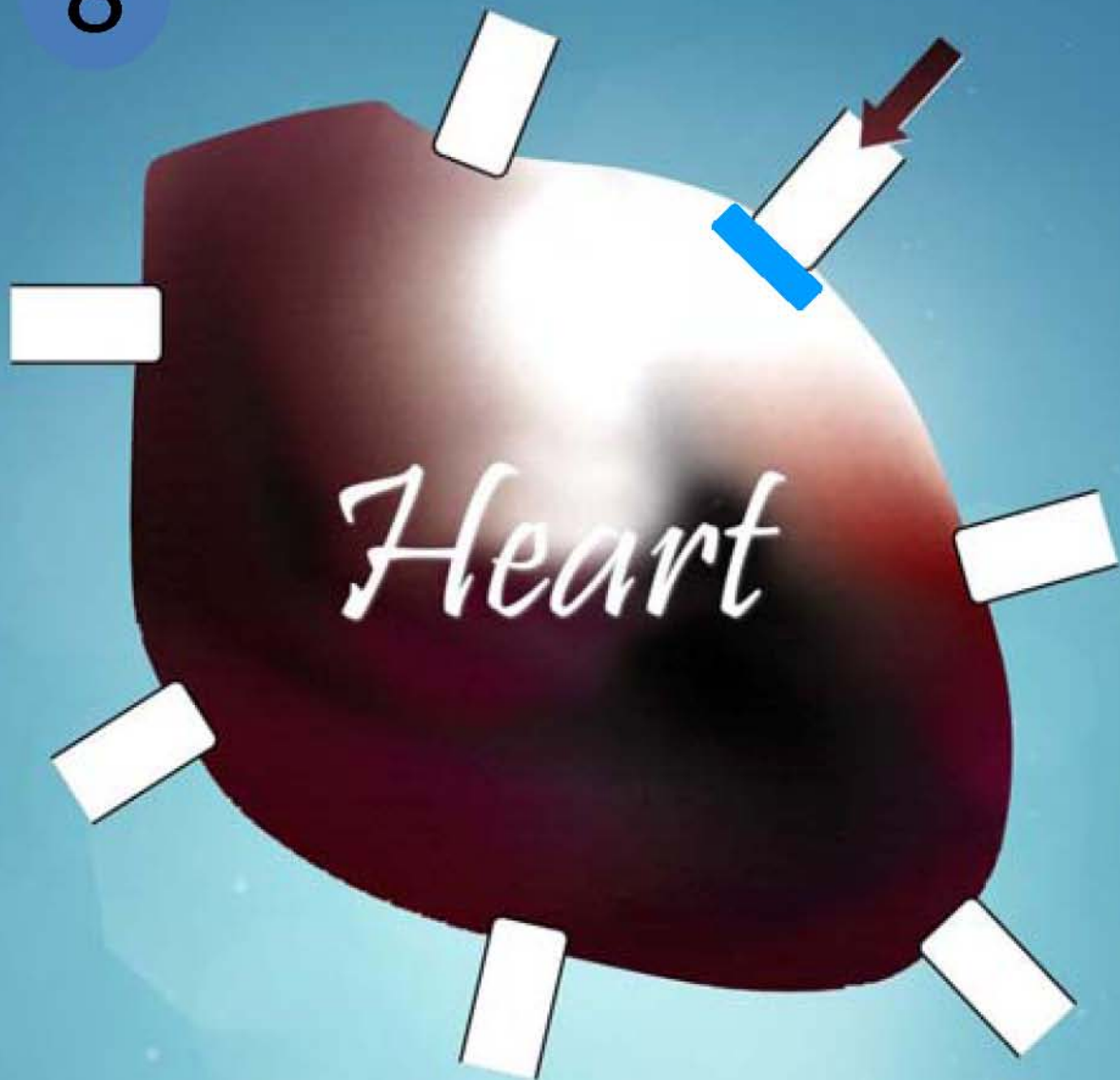
7



However the heart becomes dark again because the person does not have enough spiritual energy to stop him/her from the sins

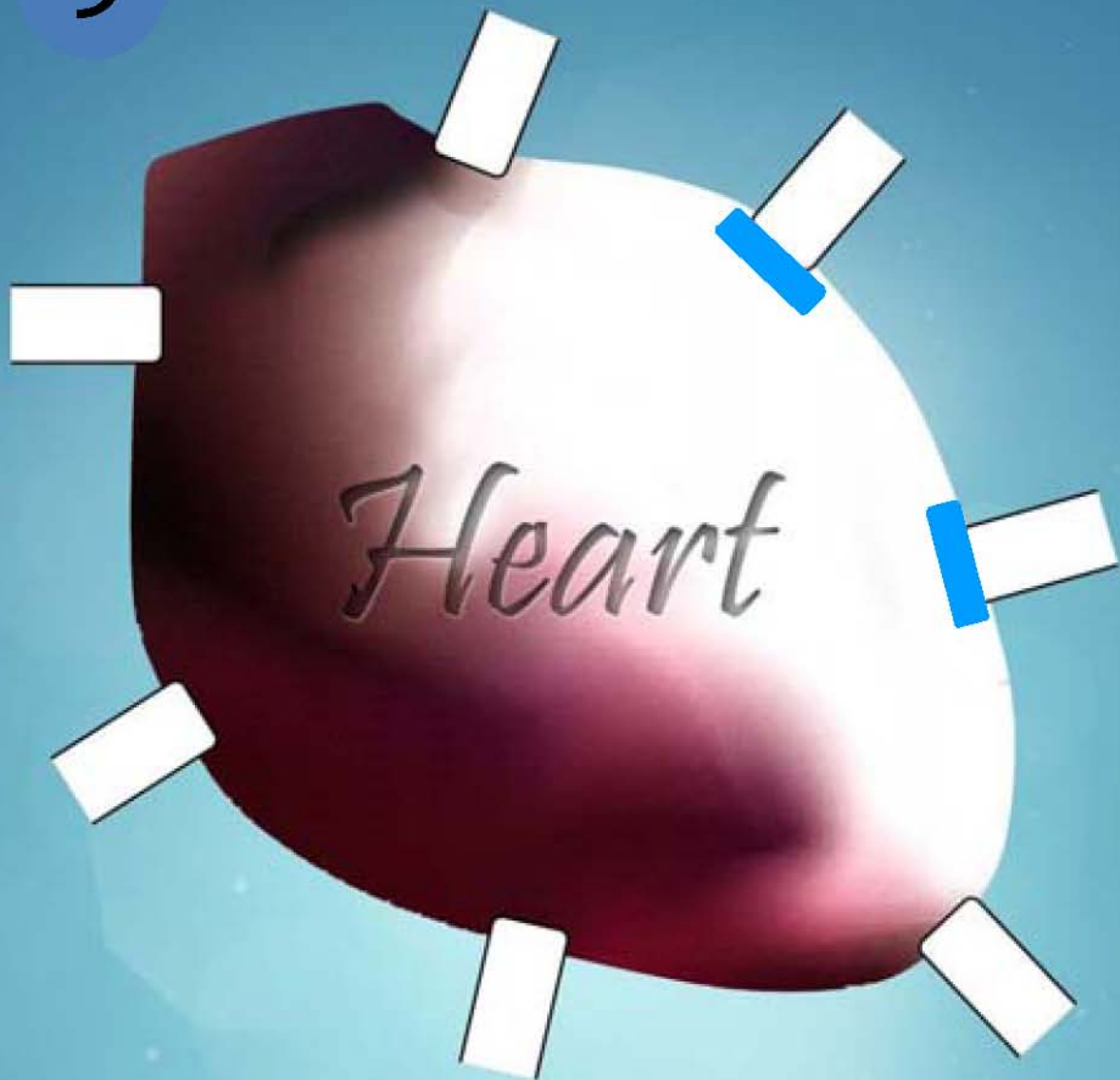


8



This is the effect on the heart of blocking only one pipe. The disease entering the heart from this pipe is blocked which means black spots caused by sin cannot enter the heart through this pipe.

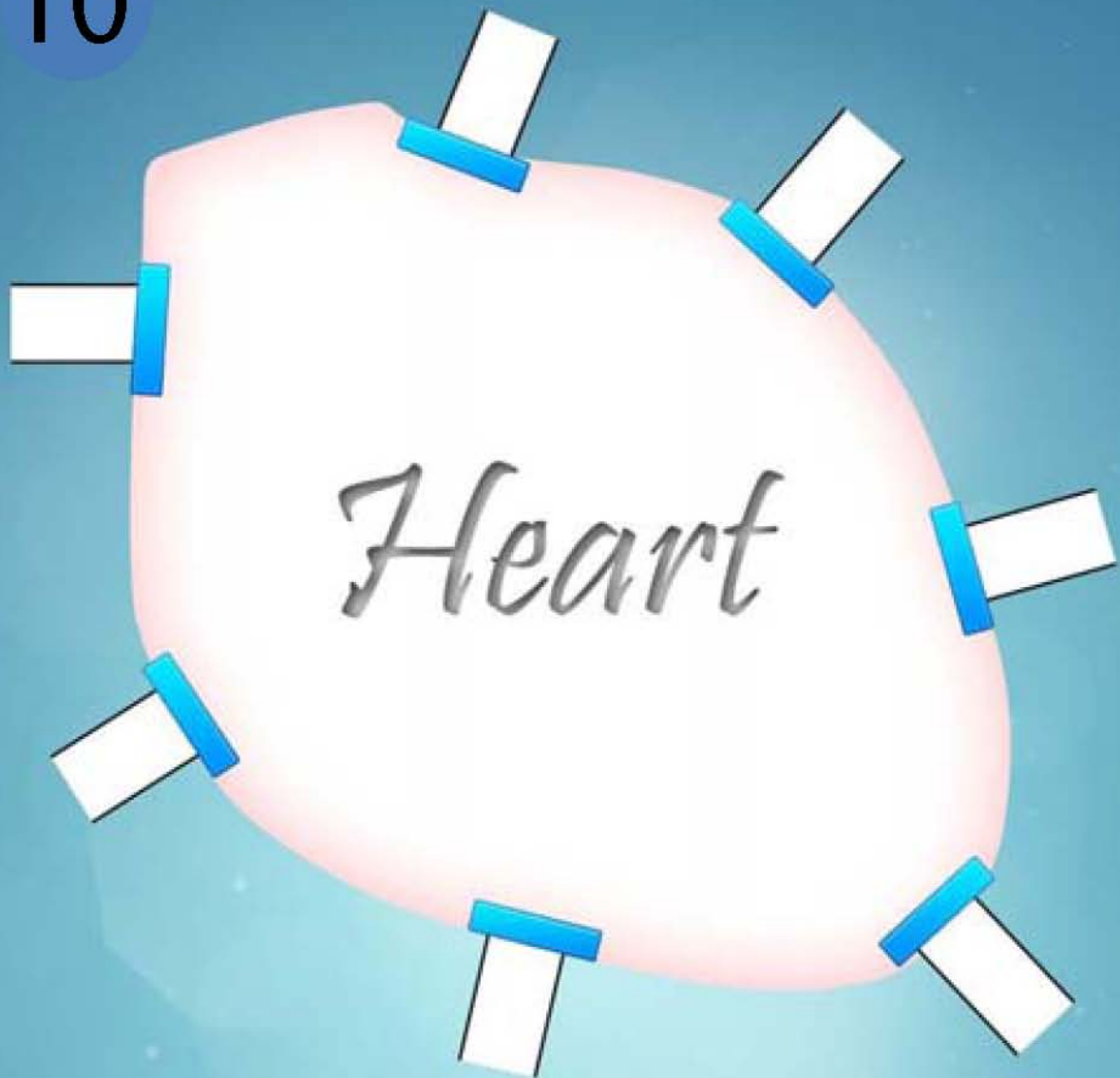
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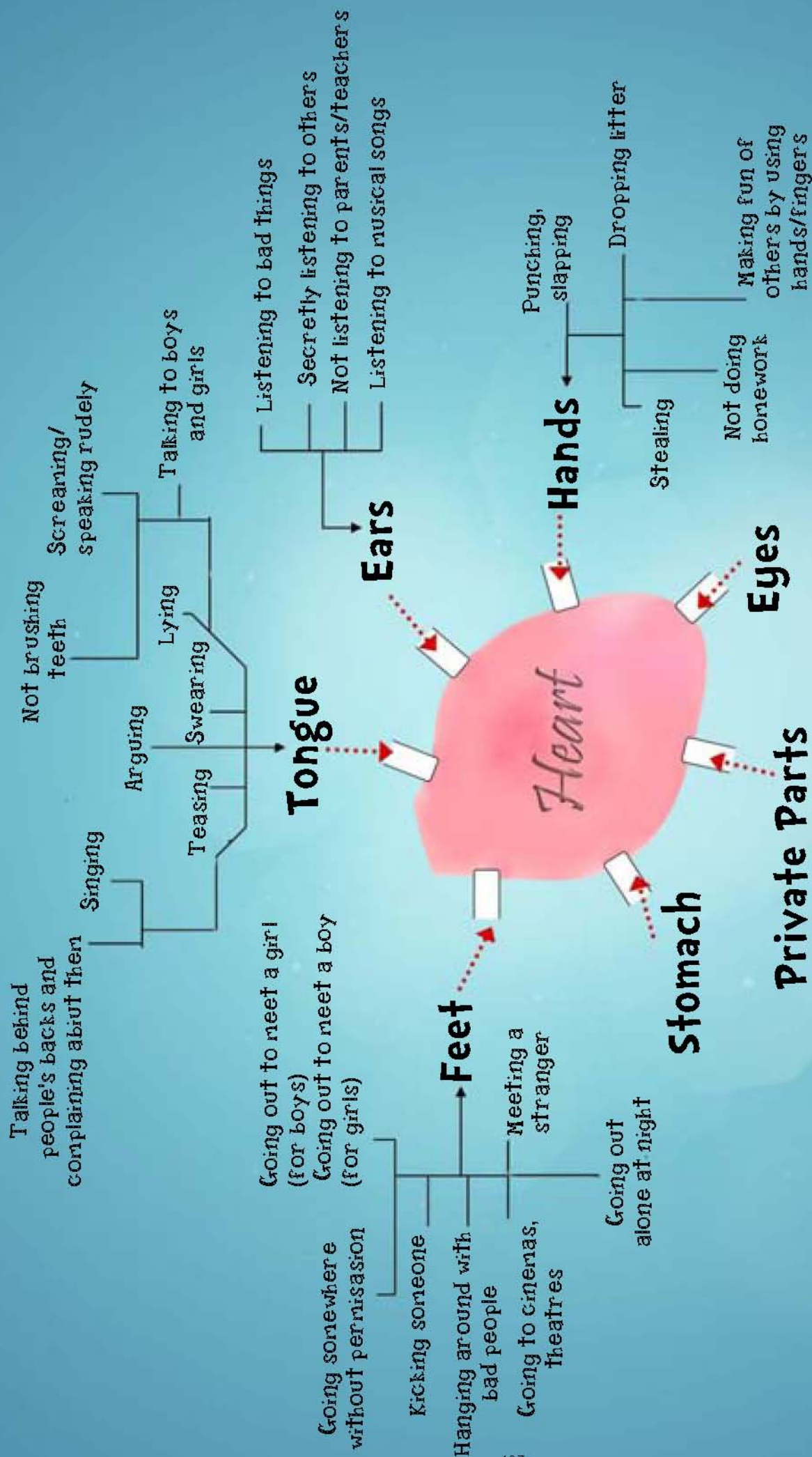


Cleansing effect due to the second channel being blocked at the same time; the area of cleanliness has increased and its affect slowly starts to spread to other parts of the heart



10







# Prayer of Taubah (Making a fresh start)

Before you start to cross the bridge of purification you will need to learn how to do the Prayer of Taubah (fresh start). You will need to pray this each time you do any of the sins that you are trying to stop from.

By Allah's mercy and kindness this will wash away all your sins like the rain washes the earth. You will need to use your knowledge of prayer that you are learning in the Book of do's and don'ts to help you pray it properly.

## Way to the read the Prayer of Taubah (making a Fresh Start)

Before you start you should make Wudhu in the correct way with all the Sunnahs and then read two units of prayer for the pleasure of Allah. After that remembering your sins tearfully from the bottom of your heart pray with lots of shame and regret to Allah that **"Oh Allah no one can forgive my sins apart from you. From your mercy and kindness forgive and protect me from committing sins in the future."**

Before and after the prayer you should recite peace and blessings upon the Holy prophet (Sallallahu Alayhi wa Sallam). The best time to pray this is the last part of the night in which Allah (Subhaanahu wa Ta'Aala) Himself announces is there anyone who seeks forgiveness from sin, so that I may forgive him? This is also known as the time of Tahajjud.

Are you ready to start the Tongue sheet now?!

Yes  
Oh Teacher





In order to reach the first step of the bridge which is the Tongue organ you must complete the tongue sheet. The way to complete the sheet is very simple. You must keep away from the sins written on the bottom part of the sheet for thirty days in a row without doing any of them. This is done by monitoring yourself from morning till evening. If you don't do any sins of the tongue then you put a tick in the box before going to sleep in the evening. You then thank Allah as well for helping you to keep away from the evil sins.

You keep doing this each day, for thirty continuous days. However if on the seventh day or any other day you intentionally do a sin then you must put a cross on the box. After that read the prayer of making a fresh start (Taubah) and do Taubah with the four steps and start again from day one on the sheet.

If you committed a mistake in forgetfulness or accidentally then you should put a tick on the box (not a cross) but at the same time you should do also do Taubah.

On the next page there is an example of how to complete the sheet.





Tick across everyday if you don't do any of the sins listed below. If however you happen to do one of the sins written below, then put a cross in the box and write the sin number in the last column

Attempts	Start Date	Number of Days																													Sin Number
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
1		✓	✓	✓	✓	✓	✓	✓	✓	✓	✗																				10
2		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗												1
3		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
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EXAMPLE

### Rules to protect the Tongue

- |  |   |  |
|--|---|--|
| 1. Saying bad things and complaining about others behind their backs | 3. Making fun of others   | 6. Talking to girls (apart from your sister) without a need (for boys) |
| 2. Screaming and speaking rudely                                     | 4. Arguing  | 7. Not brushing teeth everyday   |
|  | 5. Talking to boys (apart from your brother) without a need (for girls) | 8. Swearing at someone   |
|  |   | 9. Lying   |
|  |   | 10. Singing songs  |



## Tongue



The tongue is a small piece of flesh that can work miracles.  
It can make people cry, and it can make them laugh.  
It can make friends, and it can make enemies.  
We need to think before we speak.  
If we have nothing good to say, we must rather remain quiet.

Let me tell you a story about a little boy whose name is Zaid. Everyone, loved Zaid. Do you know why?

Zaid does not speak bad things about anyone. He is very kind. He speaks good of everybody. Do you know what he told me when I asked him why he did that? He said, "I would not like anybody to speak bad about me so I don't speak bad about them either." I said, "Masha Allah". Zaid smiled and ran off to play with his friends.

Soon a little boy began laughing at Zaid and calling him names. Zaid smiled and quietly asked the boy: "Ahmad, are you a Muslim?" "Of course I am!" said Ahmad. Zaid said, "My father told me that the Prophet of Allah (Sallallahu Alayhi wa Sallam) said: "A true Muslim is he from whose hands and tongue other Muslims are safe."

But I did not hit you with my hands or bite you with my mouth" said Ahmad. "No" said Zaid, but you spoke bad about me with your tongue." "Oh, now I get it!" said Ahmad "please forgive me". Ahmad and Zaid hugged one another and to this day, they both try very hard not to speak ill of anyone.

On the next page you will find the sheet with all the sins of the tongue. You will need to complete it like I explained to you earlier. Before you start remember one thing my dear students; a cross does not mean a fail. The main thing is that you are trying to do your best. Allah then will reward you even if you get a cross! Allah is so kind and merciful!

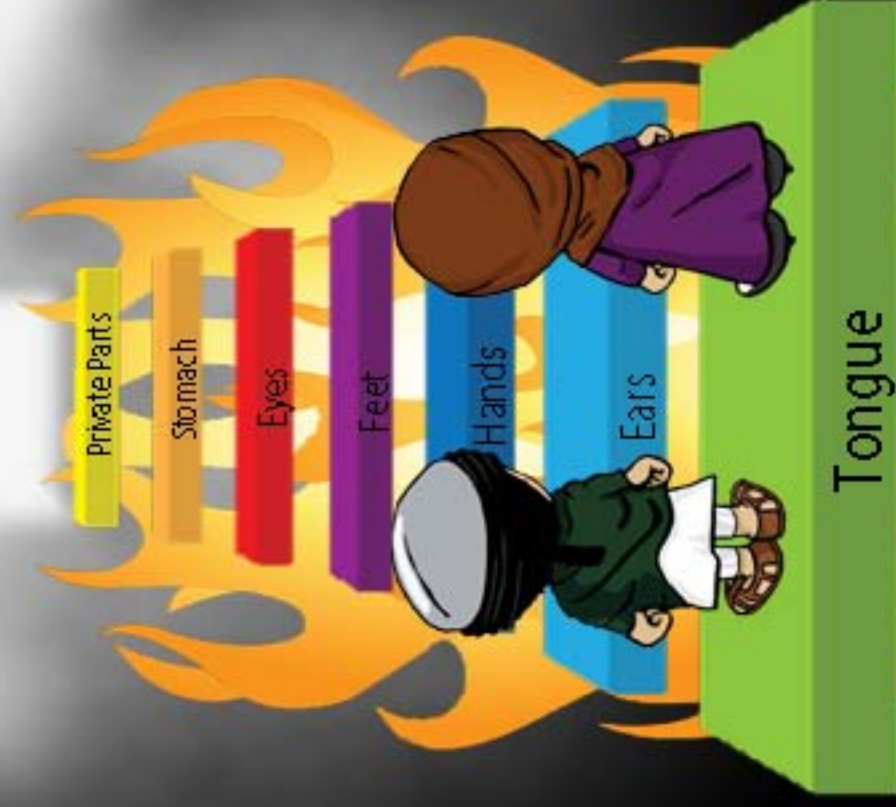


WOW!





## 2nd Stage



Congratulations! You have now finished the tongue sheet.

Both of you will be given a prize!

Your tongue has now been trained not to speak about any bad things till the day you die!

However it doesn't mean that you will never ever say anything bad again as only the Prophets (Peace be upon them all) and angels never do any sin. But rather most of the time you will never say anything bad with the tongue. Perhaps very rarely a bad word may slip out of your mouth and you just need to ask Allah for forgiveness for that. Allah will most surely forgive you as He can see you have been trying really hard!



# Love and Obedience to the Holy Prophet ﷺ

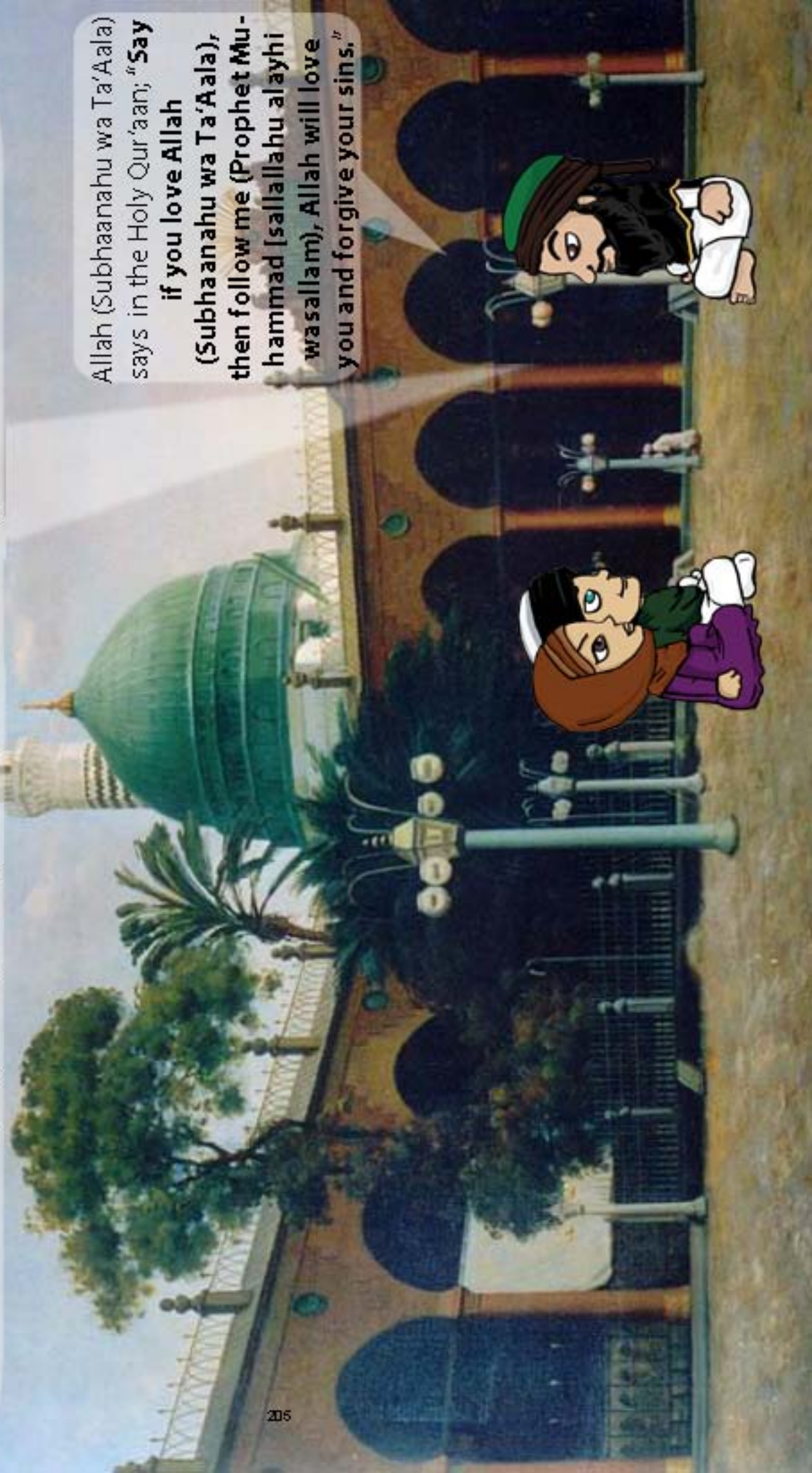


In order to gain the true love of Allah (Subhaanahu wa Ta'Aala) and His Beloved Prophet (sallallahu alayhi wasallam) we have to love and follow the Sunnah (i.e. the way of our Prophet (sallallahu alayhi wasallam)) in everything we do. It is necessary for us to follow the Sunnah throughout our lives till we finally leave this world.

The Holy Prophet (sallallahu alayhi wasallam) has shown us what to do in every step of your life, be it eating, sleeping, talking, walking, dressing and even how to go to the toilet!

Allah (Subhaanahu wa Ta'Aala) says in the Holy Qur'aan; **"Say if you love Allah**

**(Subhaanahu wa Ta'Aala), then follow me (Prophet Muhammad (sallallahu alayhi wasallam), Allah will love you and forgive your sins."**





All the Companions of the Holy Prophet (Radi Allahu anhum) strictly followed the Prophet (sallallahu alayhi wasallam) in all his Blessed Sunnahs. Listen to the following story of one of the Companions (Sahaabah) to show this:

Hadhrat Huzayfah ibn Yamaan (Radi Allahu anhu) is the conqueror of Iran.

When Iran was attacked, its ruler Khosroe, invited him to his court for negotiations. When he entered the court, food was served to him which he began to eat.

Whilst eating, a morsel of food fell onto the ground. It is the teaching of our Beloved Prophet (Sallallahu alayhi wasallam) that on such occasions the morsel should be picked up, cleaned and eaten, as food is Allah's gift and no one knows which part of the food contains Allah's special blessing.

When Huzayfah (Radi Allahu anhu) intended to pick up the fallen morsel from the ground, a man sitting by his side tried to stop him from that act, as it might put him down in the eyes of the King and his courtiers. In reply, Huzayfah (Radi Allahu anhu) uttered this wonderful sentence:

"Should I give up the Sunnah of my beloved Prophet (Sallallahu alayhi wasallam) for the sake of these fools? I cannot do that, no matter what the Iranians think of me."

Look at the steadfastness of the noble Sahaabah on the sunnah of Rasulullah (Sallallahu alayhi wasallam).





## How to follow the Sunnah in your life!

On the following pages you will find the Sunnah's of the Holy Prophet (Sallallahu alayhi wasalam) related to different aspects of His Blessed life (written on these steps).

All you need to do is follow each part of His life one at a time starting with His blessed way of eating and drinking until all your life starts to match the life of the Holy Prophet (Sallallahu alayhi wasalam) completely.

To do this you will need to tick the sheets as you are doing for the 1st Stage of Purification. You will start with the sheet of eating and drinking. On the following pages you will find all the information for this.

If you need help, just ask me for advice, is that okay?



Character

Travelling

Walking

Talking

Clothing

Sleeping

Eating and drinking



Okay oh  
Teacher





# Sunnahs relating to eating

Humans and animals both have a common need to eat. However what makes us different from animals is our behaviour and manners while eating. The way to eat taught to us by the Holy Prophet (Sallallahu Alayhi wa Sallam) makes us different not only from animals but also different from non Muslims. As Muslims we do not stand and eat like animals, and we do not eat with our left hand like some non Muslims.

1. Wash the hands before and after eating.
2. Eat with the intention that you get energy and strength through the food to do good deeds.
3. Eat sitting on the floor in one of the positions:
  - a. To sit on left leg having the other knee raised.
  - b. To sit on both legs as in the Tashahhud position.
  - c. To squat with the bum away from the ground.
4. Eat with the right hand.
5. Do not sniff the food nor blow into it.
6. Do not criticise the food.
7. Do not waste any food. Clean your plate and lick your fingers. If some food falls from the plate, pick it up, clean it and eat it.





## Sunnahs relating to drinking

Oh Allah thank you for giving us good and pure drinking water. We know there are so many children that have to walk long distances to get water for their families. We must learn not to waste water.

1. Drink with the right hand.
2. To sit and drink.
3. To look into the glass before drinking.
4. To drink in three or more sips.
5. Do not drink anything too hot.
6. To not waste water
7. To not drink from a chipped or cracked glass.





## Duas relating to eating and drinking

Written below are the Duas that the Holy Prophet (Sallallahu alayhi wasallam) read at the time of eating and drinking. You will need to learn them one by one:

### 1. Before Eating

بِسْمِ اللَّهِ وَعَلَيْ بَرَكَاتِهِ

### 2. What to say if you forget to say Bismillah

بِسْمِ اللَّهِ أَوَّلُهُ وَآخِرُهُ

### 3. What to say after eating

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مِنَ الْمُسْلِمِينَ

### 4. What to say before drinking water

بِسْمِ اللَّهِ

### 5. What to say before drinking water

الْحَمْدُ لِلَّهِ

### 6. What to say after drinking milk

اللَّهُمَّ بَارِكْ لَنَا فِيهِ وَزِدْنَا مِنْهُ

Attempts	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
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Attempts	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
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# Questions

Answer the following questions:

Complete the following sentences:

1. Wash the \_\_\_\_\_ before and \_\_\_\_\_ eating.
2. Eat with the \_\_\_\_\_ that you get energy and \_\_\_\_\_ through the food to do \_\_\_\_\_.
3. Eat and drink \_\_\_\_\_ on the floor. And to eat in one of the positions whilst eating.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
4. Eat with the \_\_\_\_\_ hand.
5. Do not \_\_\_\_\_ the food nor \_\_\_\_\_ into it.
6. Do not \_\_\_\_\_ the food.
7. Do not \_\_\_\_\_ any food. If some food \_\_\_\_\_ from the plate, \_\_\_\_\_.
8. Drink with the \_\_\_\_\_ hand.
9. To \_\_\_\_\_ and drink.
10. To \_\_\_\_\_ into the glass before drinking.
11. To drink in \_\_\_\_\_ or more sips.
12. Do not drink anything too \_\_\_\_\_.
13. To not waste water
14. To not drink from a \_\_\_\_\_ or \_\_\_\_\_ glass.



Well done Mash 'Allah!

You have worked really hard to complete the sheet of eating and drinking!

As a reward both of you get a special date to eat as the Holy Prophet (Sallallahu Alayhi wa Sallam) used to like eating dates!

Now we are going to learn the Sunnah ways of sleeping.

Sleep is a blessing from Allah. It is a form of rest and helps us to continue with our work. We must sleep early and awake early. Too little sleep makes it difficult for us to pay attention and is unhealthy.

Insha 'Allah if you go to sleep following these Blessed Sunnahs then our whole sleep becomes worship. So for 8 hours sleeping you get 8 hours of reward. Now isn't that amazing!



Character

Travelling

Walking

Talking

Clothing

Sleeping



So cool!

Wow!  
That's amazing



# Eating and Drinking



## Sunnahs relating to Sleeping

1. Perform Wudhu before sleeping and brush your teeth with a Miswak (toothstick) and tooth brush.
2. To recite Surah Ikhlaas, Surah Falaq and Surah Naas three times before sleeping thereafter blowing over the entire body three times.
3. Dust the bedding before lying on it.
4. Sleep on the right side of the body.
5. Sleep with the right cheek resting on the right palm.
6. Do not sleep on the stomach.
7. You should not sleep naked.

## Duas

1. When waking up rub the face with the palm of the hands and read the following Dua:

اَلْحَمْدُ لِلّٰهِ الَّذِيْ اَحْيَاْنَا بَعْدَ مَا اَمَاتَنَا وَاِلَيْهِ النُّشُوْرُ

2. Before going to sleep read the following Duas:

a. اَللّٰهُمَّ بِاسْمِكَ اَمُوْتُ وَاَحْيٰى

b. اَللّٰهُمَّ قِنِيْ عَذَابَكَ يَوْمَ تَبْعَثُ عِبَادَكَ



Attempts	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
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## Questions

Say whether true or false by writing T or F in the boxes:

1. Don't perform Wudhu before sleeping.

☐

2. You should do Miswak before going to sleep.

☐

3. You should recite Surah Ikhlaas, Surah Falaq and Surah Naas three times before sleeping thereafter blowing over the entire body three times.

☐

4. You should dust the bedding before lying on it.

☐

5. Sleep on the left side of the body.

☐

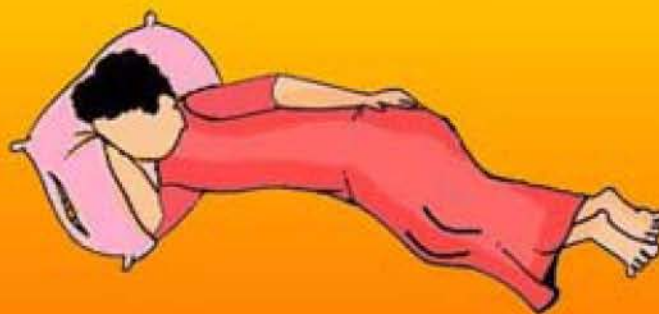
6. Sleep with the right cheek resting on the left palm.

☐

7. You should sleep on the stomach.

☐

8. You should not sleep naked.

☐



Well done Mash Allah.  
You have worked really  
hard to complete the sheet  
of sleeping!

I'm so proud of you that i'm  
going to reward you both  
with a special Miswak.

As you learnt before, the  
Miswak was a special  
Sunnah of the Holy Prophet  
(Sallallahu Alayhi wa  
Sallam) which He used to  
clean His Blessed teeth  
with before sleeping and  
also throughout the day.

The more a person follows  
the Sunnah the more the  
light increases in them.

Now the light of the  
Sunnah has increased in  
you.

Insha 'Allah later on we will  
be following the Sunnahs  
for clothing, talking and  
walking!



Character

Travelling

Walking

Talking

Clothing

Sleeping

Eating and Drinking



# Improving levels of Sincerity

In order to reach the palace of the pleasure of Allah every action that you do has to be done for the sake of Allah and to please Him. You should never ever do things in order to show off to other people or for any other reason otherwise you will not be rewarded for it but rather you may be punished instead.

On the Day of Final Decision many people will be thinking that they had done lots of good deeds, like prayer, fasting and charity. But Allah will not accept any of them because they did all these things to show other people how good they were. Allah will then throw them into the Hellfire

What a shame! All that effort gone to Waste!

So now to save all your good deeds from being wasted you need to complete the sheet on the following page for thirty days in a row.







**YEAR**

**THREE**



## WHAT YOU WILL LEARN IN YEAR 3

Assalaamu Alaykum wa Rahmatullah. Welcome to Year 3 of the Tareeqah Muhammadiyah Book of how to please Allah and the reach the Palace of the Pleasure of Allah . Well done for getting so far!

So far you have reached upto the tongue organ on the Bridge of Purification. However you are just at the beginning of the bridge, there are still many organs to conquer!

Insha 'Allah you will be continuing to learn how to save yourself from the sins of the organs of the body. During this Year you will cover three organs: ears, hands and feet.

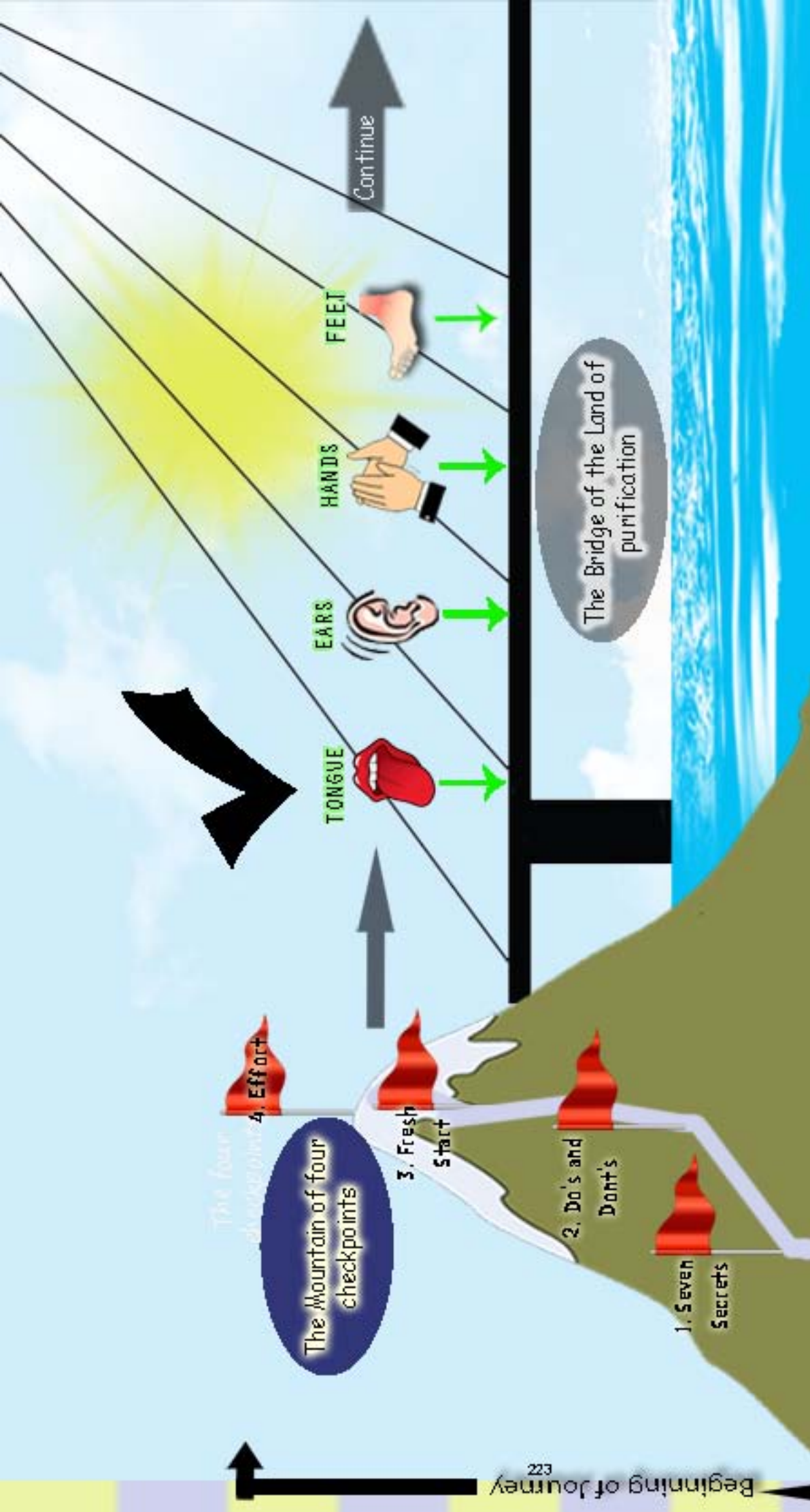
We will also continue to follow the Blessed Sunnahs of the Holy Prophet (Sallallahu Alayhi wa Sallam). In Year 3 we will learn and follow the Prophet's (Sallallahu Alayhi wa Sallam) way of dressing, talking and walking.

We will also be learning how to improve our Salaah so that it can become more like the Holy Prophet's (Sallallahu Alayhi wa Sallam). There are two parts to the Prayer which we will need to improve; Physical and Spiritual. Insha 'Allah later on we will learn how to do this.

Finally we will also continue to increase our knowledge of the Seven Secrets of Success and the Do's and Don'ts.

So are you ready to continue your battle against your evil ways and the devil!



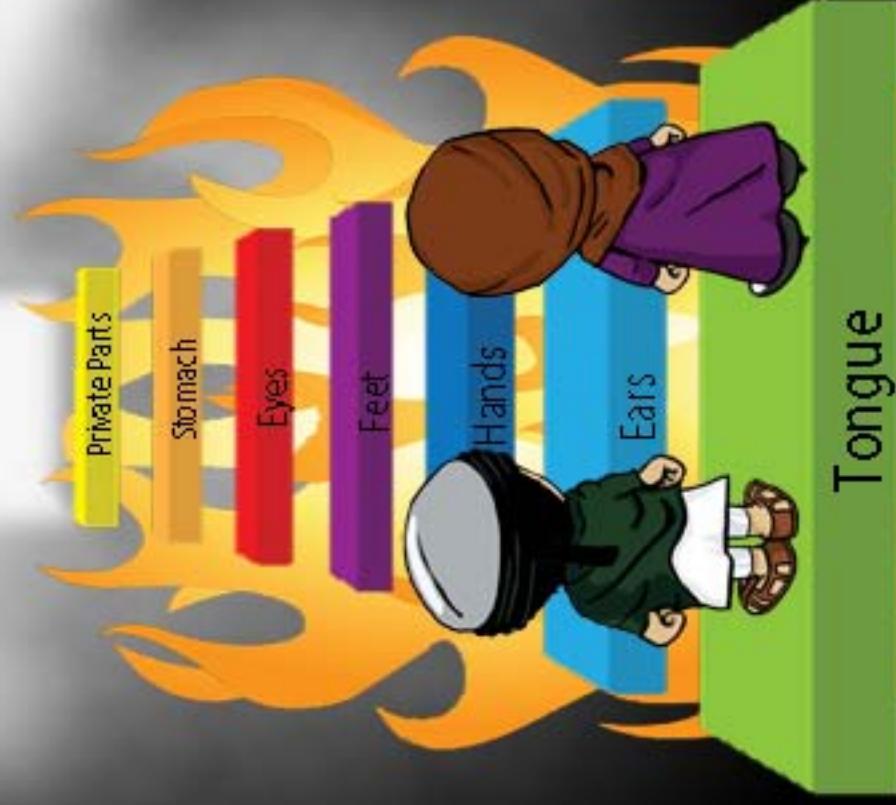


<b>To learn and think about</b> Death, Grave, The Day of final decision, Heaven and Hell	Going to good places e.g. Masjid to Remember Allah Reading stories about lives of the Prophets ﷺ, Companions of the Holy Prophet ﷺ, and the Friends of Allah
To Think about how short this life is and that one day you will leave it	Reading Holy Quran
	To be in good company like your Islamic Teacher

If a person is doing bad actions and has forgotten Allah



## 2nd Stage



Now that we have completed the tongue sheet, as shown on the diagram on the previous page. This year we are going to tackle the next three organs. They are the ears, Hands, and feet.

However don't forget to **keep** stopping from the sins of the tongue otherwise you will go back to the beginning of the bridge.

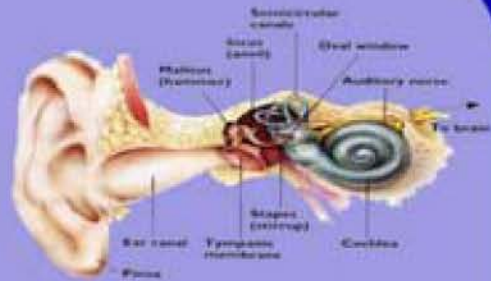
Masha'Allah, now that you have blocked the sins coming from the tongue pipe, less darkness will be entering the heart so will you will be strong enough to tackle the sins of the ear.

On the next page you will find the sheet for the ear. You will need to complete it like you did for the tongue.

So let's carry on we have a long way to go. There's no time to waste!

## Ears

The ears are another of Allah's great blessing. Allah has given the human being two ears and one tongue so that we listen more and speak less.



The ears are directly connected to the brain so whatever we listen to we will end up thinking about. So this is why we should listen to good things like Qur'aan, your parents, teachers, or any good or useful talk. And NOT listen to music, evil talk or other people's secret conversations.

Listen to the following story:

"There was once a boy called Abdul who would always listen to music. His mum used to tell him off all the time but he would never listen. He would even miss his prayers and listen to music.

One day whilst listening to his favourite song, for some reason it stopped and Abdul could not hear anything. However when he checked his mp3 player it was working. He couldn't understand why that was.

When he went downstairs his mum was saying something to him but he couldn't hear anything. He asked his mum why she was whispering but after a while his mum realised something had happened to his ears.

They went to the hospital straight away and the doctor told his mum the sad news that unfortunately Abdul had become deaf. Abdul began to cry and immediately he realised that this was a punishment from Allah."

So, remember my students, never be unthankful with your ears by listening to anything bad otherwise the same thing may happen to you one day. So let's get cracking with the ear sheet!







Ears

## 2nd Stage



Well done!

You have now completed the ears sheet. You will both be given prizes for your hard work!

Now your ears have become trained not to listen to anything bad like music, bad things about people or people's secrets.

I pray to Allah that He keeps your ears like this till the day you leave this world. Ameen!

On the next page you will find the sheet for the hands. You will need to complete it like you did for the tongue and ears.





## Hands

The hand is a great blessing that has been given to us by Allah. Allah has given the human being the hand in order to help and share things with others not to hurt or steal from them.



Surely you will be asked about how you used your hand on the Day of Final Decision. In fact the hand will speak by itself and inform the angels all the bad things it did on the earth.

Let me tell you a story about some young boys who used their hands in the wrong way.

"Once upon a time there was a big pool of water near a village. It was full of frogs. The village children played in the pool in the evening.

One day some small boys came to play near the pool. Suddenly one of them saw a few frogs swimming about in the shallow water. He felt amused to see them. Calling his play-mates, he said to them, "What fun it will be to pelt stones at these frogs! They will run about to save themselves."

So the boys ruthlessly started pelting stones at the poor frogs. They were laughing aloud while doing so. As a result, several frogs lost their lives. Seeing them lying dead, the boys laughed even louder.

At last, a young frog popped its head out of the water and said, "Oh, stop! That's enough. I beg you to stop this fun. You don't know, your cruel sport means death to us."

If these children do not ask Allah for forgiveness then on the Day of Final Decision these frogs will get their revenge from them. It's a very serious matter. So start saving yourself from the sins of the hand!





Hands



## 2nd Stage



Well done!

You have now completed the hands sheet. You will both be given prizes for your hard work!

Now your hands have become trained not to do any bad thing like stealing, punching someone, or dropping litter.

I pray to Allah that He keeps your hands like this till the day you leave this world. Ameen!

On the next page you will find the sheet for the feet. You will need to complete it like you have done for the other sheets.

## Feet



The feet are a great blessing of Allah.

Allah has given the human being feet in order to go to good places like the Masjid or school. We should NOT use them to go to bad places like the cinema, or outside without your parent's permission.

Surely you will be asked about how you used your feet on the Day of Final Decision. In fact the feet will speak by themselves and inform the angels all the bad things they did on the earth.

Let me tell you a story about a brother and sister who used their feet in the wrong way.

"It was Friday night and Rookeya and Ibrahim were very happy that there was no school the next day.

All they wanted to do was play outside. Although their mum said they should rest, they did not listen. They played till late into the night and did not want to listen to their parents.

Mum and Dad warned them that they would be tired and not be able to get up for fajr Salaah, but they continued playing.

The next morning they were not able to get up for Fajr Salaah and the whole day they felt tired and miserable."

These two children did two wrong things with their feet. First they went out without their parent's permission and secondly they did not use their feet to pray their Salaah.

So let's get cracking with the feet sheet!





Feet



someone

## 2nd Stage



Well done my great students!  
You have now completed the  
feet sheet.

You will both be given prizes  
for your hard work!

Now you just need to be  
strong and stay on the bridge  
by continuing to keep away  
from the sins of all the sheets  
you have completed. Other-  
wise you will fall off the bridge  
into the fire.

Remember if you stay strong  
the Great Palace of Allah's  
Pleasure is waiting for you!

Insha 'Allah later on if you  
follow my advice we will com-  
plete the rest of the three  
organs.





# Love and Obedience to the Holy Prophet ﷺ



## How to follow the Sunnah in your life!

Masha 'Allah now that you are following the blessed Sunnah's of the Holy Prophet (Sallallahu Alayhi wa Sallam) regarding eating and drinking and sleeping we are going to learn and follow the Sunnah's of clothing.

Clothes are a blessing from Allah the High. The purpose of wearing clothes is to cover our shameful parts and as a means of beautifying ourselves. Our clothes must be modest and decent, like the Holy Prophet (Sallallahu Alayhi wa Sallam) and His Wives (Radhi Allahi anhum) used to wear.

So let's begin!



Character

Travelling

Walking

Talking

Clothing

Sleeping

Eating and Drinking

Okay oh Teacher





## Sunnahs relating to Clothing (for boys)

1. You should not wear Gold, silk clothing, or any clothes with pictures of humans or animals on them.
2. Always take off your clothes in privacy.
3. When removing clothes remove the left limbs first. When putting on clothes start with the right limbs first.
4. Always wear clean clothes.
5. The clothing worn must be modest in colour and style. The Sunnah is to wear a long shirt and sleeves that reach up to the wrists. The collar and neckline should be towards the chest.
6. To sometimes wear a black Turban, sometimes white and sometimes green.
7. You must never allow your trousers to hang below the ankles.





## Sunnahs relating to Clothing (for girls)

1. You should not wear attractive clothing with really shiny and bright colours when you go outside,
2. Always take off your clothes in privacy.
3. When removing clothes remove the left limbs first. When putting on clothes start with the right limbs first.
4. Always wear clean clothes.
5. You should always wear loose clothing that does not reveal the shape of the body and to make sure you cover all parts of the body including the hair and head except face and hands i.e. by wearing a Hijaab and Jilbaab.
6. You should not wear any clothes with pictures of humans or animals on them.
7. You should not wear boys clothing.





## Duas relating to Clothing

1. What to say when wearing clothes

الْحَمْدُ لِلَّهِ الَّذِي كَسَانِي هَذَا وَرَزَقَنِيهِ مِنْ  
غَيْرِ حَوْلٍ مِّنِّي وَلَا قُوَّةٍ

2. What to say when wearing new clothes

الْحَمْدُ لِلَّهِ الَّذِي كَسَانِي مَا أُوَارِي بِهِ  
عَوْرَتِي وَاتَّجَمَلُ بِهِ فِي حَيَاتِي

3. What to say when looking in the mirror

اللَّهُمَّ أَنْتَ حَسَنْتَ خُلُقِي فَحَسِّنْ خُلُقِي

Attempts	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
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# Questions

Complete the following sentences:

1. Boys should not wear Gold, \_\_\_\_\_, or any clothes with pictures of \_\_\_\_\_ or \_\_\_\_\_ on them.
2. When removing clothes remove the \_\_\_\_\_ limbs first. When putting on clothes start with the \_\_\_\_\_ limbs first.
3. Always \_\_\_\_\_ your clothes in privacy.
4. Boys clothing must be modest in \_\_\_\_\_ and \_\_\_\_\_. The Sunnah was to wear a long \_\_\_\_\_ and \_\_\_\_\_ that reach up to the \_\_\_\_\_. The collar and neckline should be towards the chest.
5. Boys should sometimes wear a \_\_\_\_\_ Turban, sometimes \_\_\_\_\_ and sometimes \_\_\_\_\_.
6. Boys should must never allow their \_\_\_\_\_ to hang below the \_\_\_\_\_.
7. Girls should not wear \_\_\_\_\_ clothing with really shiny and \_\_\_\_\_ colours when they go outside.
9. Girls should always wear \_\_\_\_\_ clothing that does not reveal the \_\_\_\_\_ of the body and to make sure you \_\_\_\_\_ all parts of the body including the hair and head except \_\_\_\_\_ and \_\_\_\_\_ i.e. by wearing a \_\_\_\_\_ and \_\_\_\_\_.
10. Girls should not wear \_\_\_\_\_ clothing.

Well done Mash' Allah!

You have worked hard to complete the clothing sheet!

As a reward both of you get a special new clothing to wear. Ahmad you get a new white turban and black shawl. The Holy Prophet (Sallallahu Alayhi wa Sallam) used to mostly wear a black shawl.

Maryam you get a black scarf and black dress. This is the best colour to wear as it is least attractive!

ﷺ

Now we are going to try and tackle the Sunnahs of talking!

The Qur'aan instructs us to speak in a moderate tone, not so loud as the braying of a donkey. Our manner of talking must be simple, clear, and to the point. We must talk with respect to our elders and with kindness to our youngsters. We must be very careful of what we say because the angels record every word.



Character

Travelling

Walking

Talking



Clothing

Sleeping

Eating and Drinking



## Sunnahs relating to Talking

1. To speak slowly and clearly. Repeat yourself if necessary.
2. Never interrupt a conversation.
3. Do not speak so much that people become bored with you.
4. Speak when it is necessary. If you have nothing to say it is better to remain silent.
5. To smile when speaking and speak in an extremely cheerful manner.
6. Do not scream or shout when you speak.
7. You should always speak with respect, politeness and good manners.





## Masnoon Azkaars (Duas of the Holy Prophet (Sallallahu Alyhi wa Sallam))

The Holy Prophet (Sallallahu Alyhi wa Sallam) gave us a very important gift in order to protect us from all kinds of evil such as black magic, devils, jinn, and the evil eye. There are lots of evil people in the world and sometimes due to jealousy and hatred they may want to hurt you by doing black magic on you. These Duas have been taught to us by the Holy Prophet (Sallallahu Alyhi wa Sallam) free of charge in order to protect us.

You should read the prayers that are written below every morning at fajr time, anytime before sunrise and every evening after maghrib before isha. When you read them in the morning you are protected by a shield of light until the evening. And when you read them in the evening you are protected by a shield of light all the way till the morning.

☆ اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَعَلٰى اٰلِ مُحَمَّدٍ كَمَا  
صَلَّيْتَ عَلٰى اِبْرَاهِيْمَ وَعَلٰى اٰلِ اِبْرَاهِيْمَ اِنَّكَ حَمِيْدٌ  
مَّجِيْدٌ ☆ اَللّٰهُمَّ بَارِكْ عَلٰى مُحَمَّدٍ وَعَلٰى اٰلِ مُحَمَّدٍ  
كَمَا بَارَكْتَ عَلٰى اِبْرَاهِيْمَ وَعَلٰى اٰلِ اِبْرَاهِيْمَ اِنَّكَ  
حَمِيْدٌ مَّجِيْدٌ ☆

(Ten times)

O Allah bestow Your blessings upon Muhammad and upon the family of Muhammad just as You had bestowed Your blessings on Ibraheem and his family. Surely, You are Praiseworthy and Pure. O Allah send Your blessings upon Muhammad and upon the family of Muhammad just as You had sent Your blessings on Ibraheem and his family.

Surely, You are Praiseworthy and Pure.



☆ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ☆  
 ☆ قُلْ هُوَ اللَّهُ أَحَدٌ ☆ اللَّهُ الصَّمَدُ ☆ لَمْ يَلِدْ ۖ وَلَمْ يُولَدْ  
 ☆ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ☆

(Three times)

Say: 'He is Allah, Absolute Oneness (1), Allah, the Everlasting Sustainer of all.(2) He has not given birth and was not born.(3) And no one is comparable to Him.'(4)

☆ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ☆  
 ☆ قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ☆ مِنْ شَرِّ مَا خَلَقَ ☆ وَمِنْ شَرِّ  
 غَاسِقٍ إِذَا وَقَبَ ☆ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ☆ وَمِنْ  
 شَرِّ حَاسِدٍ إِذَا حَسَدَ ☆

(Three times)

Say: 'I seek refuge with the Lord of Daybreak(1), from the evil of what He has created (2) and from the evil of the darkness when it gathers (3) and from the evil of the women who blow on knots (4) and from the evil of an envier when he envies.'(5)

☆ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ☆  
 ☆ قُلْ أَعُوذُ بِرَبِّ النَّاسِ ☆ مَلِكِ النَّاسِ ☆ إِلَهِ النَّاسِ ☆  
 مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ☆ الَّذِي يُوَسْوِسُ فِي  
 صُدُورِ النَّاسِ ☆ مِنَ الْجِنَّةِ وَالنَّاسِ ☆

(Three times)



Say: 'I seek refuge with the Lord of mankind (1), the King of man ind (2), the God of mankind (3), from the evil of the menacing whisperer (4) who whispers in people's breasts (5) and comes from the jinn and from mankind.' (6)

### In the Morning only

☆ أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ رَبِّ الْعَالَمِينَ اللَّهُمَّ إِنِّي  
أَسْأَلُكَ خَيْرَ هَذَا الْيَوْمِ فَتْحَهُ، وَنَصْرَهُ، وَنُورَهُ، وَبَرَكَتَهُ،  
وَهُدَاهُ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِيهِ وَشَرِّ مَا بَعْدَهُ ☆

(Three times)

We together with the entire kingdom have reached the morning and all sovereignty belongs to Allah, Lord of the worlds. O Allah, I ask You for the good of this day, its openings, triumphs and its victories, its lights and its blessings and its guidance, and I take refuge in You from the evil of this day and the evil that follows it.

### In the Evening only

☆ أَمْسَيْنَا وَأَمْسَى الْمُلْكُ لِلَّهِ رَبِّ الْعَالَمِينَ اللَّهُمَّ إِنِّي  
أَسْأَلُكَ خَيْرَ هَذِهِ اللَّيْلَةِ فَتْحَهَا وَنَصْرَهَا وَنُورَهَا وَ  
بَرَكَتَهَا وَهُدَاهَا وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِيهَا وَشَرِّ مَا  
بَعْدَهَا ☆

We together with the entire kingdom have reached the evening and all sovereignty belongs to Allah, Lord of the worlds. O Allah, I ask You for the good of this night, its openings, triumphs and its victories, its lights and its blessings and its guidance, and I take refuge in You from the evil of this night and the evil that follows it.



Attempts	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
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# Questions

Complete the following sentences:

1. To speak \_\_\_\_\_ and \_\_\_\_\_. Repeat yourself if necessary.
2. Never \_\_\_\_\_ a conversation.
3. Do not \_\_\_\_\_ so much that people become \_\_\_\_\_ with you.
4. Speak when it is \_\_\_\_\_. If you have nothing to say it is better to remain \_\_\_\_\_.
5. To smile when speaking and speak in an extremely \_\_\_\_\_.
6. Do not scream or \_\_\_\_\_ when you speak.
7. You should always speak with \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.





Well done Mash 'Allah!  
You have worked hard to complete the talking sheet! Both of you are glowing with light which has come around you when you read the Sunnah Duas of Protection.

As a reward both of you get a special Tasbeeh. This will help you to count the number of times you have done Allah's Dhikr.

Nāw we are going to try and tackle the Sunnah's of walking!

The Prophet (Sallallahu Alayhi wa Sallam) used to walk in a humble and moderate manner. This means not to walk too fast or too slow. Nor must we walk like a proud person.

So let's go there's no time to waste!



Talking

Clothing

Sleeping

Eating and Drinking

## Sunnahs relating to Walking

1. To walk upright. Not with your chest out nor with your back bent.
2. To walk with long strides and lifting your feet. Do not walk while dragging your feet as this is the way of the arrogant people.
3. Remove any obstacle from the road or anything that is likely to cause an accident.
4. Do not walk ahead of your friends to display your position. Rather walk behind and never try to make your presence felt.
5. You should walk at a medium pace. Do not walk too fast as if you are jogging, or so slow as if you are ill.
6. You should not walk with one shoe or sandal.
7. You should walk with the your eyes lowered to the ground slightly, but be aware of your surroundings. Do not concern yourself with people's homes and what they are doing.





## Duas when walking to different places

### 1. When entering the market place

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ  
وَلَهُ الْحَمْدُ يُحْيِي وَيُمِيتُ وَهُوَ حَيٌّ لَا يَمُوتُ  
بِيَدِهِ الْخَيْرُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

### 2. When entering the house

اَللّٰهُمَّ اِنِّیْ اَسْئَلُكَ خَيْرَ الْمَوْلَجِ وَخَيْرَ  
الْمَخْرَجِ بِسْمِ اللّٰهِ وَلَجْنَا وَبِسْمِ اللّٰهِ خَرَجْنَا  
وَعَلَى اللّٰهِ رَبِّنَا تَوَكَّلْنَا

### 3. When leaving the house

بِسْمِ اللّٰهِ تَوَكَّلْتُ عَلَى اللّٰهِ لَا حَوْلَ  
وَلَا قُوَّةَ إِلَّا بِاللّٰهِ

### 4. When entering the Masjid

اَللّٰهُمَّ افْتَحْ لِيْ اَبْوَابَ رَحْمَتِكَ

### 5. When leaving the Masjid

اَللّٰهُمَّ اِنِّیْ اَسْئَلُكَ مِنْ فَضْلِكَ

Attempts	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
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# Questions

Complete the following sentences:

1. To walk \_\_\_\_\_. Not with your \_\_\_\_\_ out nor with your back \_\_\_\_\_.
2. To walk with \_\_\_\_\_ and lifting your feet. Do not walk while \_\_\_\_\_ your feet as this is the way of the \_\_\_\_\_ people.
3. Remove any \_\_\_\_\_ from the road or anything that is likely to cause an \_\_\_\_\_.
4. Do not walk \_\_\_\_\_ of your friends to display your \_\_\_\_\_. Rather walk \_\_\_\_\_ and never try to make your \_\_\_\_\_ felt.
5. You should walk at a \_\_\_\_\_ pace. Do not walk too fast as if you are \_\_\_\_\_, or so slow as if you are \_\_\_\_\_.
6. You should not walk with \_\_\_\_\_ shoe or sandal.
7. You should walk with the your eyes \_\_\_\_\_ to the ground \_\_\_\_\_, but be aware of your surroundings. Do not \_\_\_\_\_ yourself with \_\_\_\_\_ homes and what they are \_\_\_\_\_.



Well done Mash 'Allah!  
You have worked hard to  
complete the walking  
sheet!

As a reward both of you  
get a new special pair of  
shoes. These will help you  
to walk in the way of the  
Prophet (Sallallahu Alayhi  
wa Sallam) towards good  
places like Masjid, school,  
or to the shop when your  
mum tells you!

Mash 'Allah both of you are  
starting to shine more and  
more as more of the Blessed  
Sunnah's of the Holy  
Prophet (Sallallahu Alayhi  
wa Sallam) are entering  
your life.

Insha 'Allah later on we are  
going to learn about the  
Blessed Sunnah ways of  
Travelling.



Talking

Clothing

Sleeping

Eating and Drinking



# The Seven Secrets of



Year 3



# Lesson 1 -To believe in Allah

Muslims believe that there is no God except Allah, the One True God.

The word 'Allah' is an Arabic word meaning God. The word 'Allah' is the correct name of God.

Allah commands us to call Him by this name.

Allah is One, having no equals, no sons or daughters, no father or mother, no wife or partner.

Belief in the Oneness of Allah is called 'Tawhid'.

Before Allah created creation there was nothing but Him, and after he destroys all creation there will remain nothing but Him.

Allah is perfect, having no faults or weaknesses.

Allah is greater than we can ever know or imagine.

Allah is not in need of anyone at all, while everyone and everything needs Allah. We can give Allah nothing at all, while Allah gives us everything.

Allah has created everything.

Allah controls everything.

Allah has created the Angels, Jinns and human beings.

Allah created the sky, the stars, the sun, the earth and the moon.

He created the mountains, clouds, oceans and rivers.

He makes the wind blow, the rain fall and the snow fluffy white.

Allah created the animals, the birds, and the fish.

He makes the trees grow.

He makes the flowers bloom.

He makes the fruits grow.

Allah created this beautiful world for us.

Allah knows everything, He sees everything and He hears everything.

Nothing happens without His Knowledge and Permission.

He is very close to His servants.

When we ask for His help, He helps us.

When we ask for His guidance He guides us.

When He rewards us He is very generous.

When He punishes us He is very severe and very fair in His decision.

We came from Allah, we belong to Him and to Him is our return.

There is no other god besides Allah and no greater power than His.



# Questions

Answer the following questions:

1. How many gods do Muslims worship? \_\_\_\_\_

2. Does Allah have any relatives? \_\_\_\_\_

3. Complete the following sentences:

Allah is \_\_\_\_\_, having no \_\_\_\_\_ or \_\_\_\_\_

Allah is \_\_\_\_\_ than we can ever know or \_\_\_\_\_

Allah is not in \_\_\_\_\_ of no one at all, while \_\_\_\_\_ and everything needs Allah. We can give Allah \_\_\_\_\_ at all, while Allah gives us \_\_\_\_\_

4. Is there anything that Allah does not see or hear? \_\_\_\_\_

5. Mention five things that Allah created:

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

e. \_\_\_\_\_

6. Does anything happen besides Allah's knowledge and permission? \_\_\_\_\_

7. Complete the following sentences:

When He rewards us He is very \_\_\_\_\_

When He punishes us He is very \_\_\_\_\_

When we ask for His help, He \_\_\_\_\_

When we ask for His guidance He \_\_\_\_\_

We came from \_\_\_\_\_, we \_\_\_\_\_ to Him and to Him is our

There is no other \_\_\_\_\_ besides \_\_\_\_\_ and no \_\_\_\_\_ power than His.



## Lesson 2 - To believe in Angels

Angels are a special creation of Allah. The Arabic word for Angels is 'Mala'ikah'. They always fulfill their duties. They are never disobedient to Allah. Angels do not eat or drink. They do not sleep nor do they get tired. They are neither female nor male. They have neither families nor children.

Angels were created long before the creation of Prophet Adam (Alayhi salam). They can take different shapes and forms. Sometimes they take the form of very handsome men. Angels have huge wings. Some have two wings, some three; some four and some others have many, many more. Allah has created millions and millions of angels. No one knows their exact number. They occupy the heavens and the earth and every other world Allah has created.

### The four main Angels

**Jibra'il (Alayhi salam)** is the Angel of Revelation of Divine Holy Books (Wahi). He brings the laws and books of Allah to the Prophets (Peace and Blessings be upon them all). Sometimes he is sent by Allah to punish those who are disobedient.

**Malakul Maut** also known as **Izra'iI (Alayhi salam)** is the Angel of death. He takes the souls of people out of their bodies at the time of death. He is the first angel that we will see. He is a comfort to the believers and gives them the good news of Heaven. But he is terrifying to the disbelievers and is merciless and very harsh towards them.

**The Angel Israfil (Alayhi salam)** has been given the task of blowing the Soor, the heavenly trumpet, which will cause the universe and all of creation to be destroyed. Thereafter Allah will command him to blow the trumpet a second time. All human beings will come back to life and the Day of Final Decision will then begin.

**Mika'il (Alayhi salam)** is the Angel appointed to bring the rain and cause the plants, trees and fruit to grow. He is also in charge of the weather and the provisions for men and animals.



## Other Angels apart from the main four

**Ridwan (Alayhi salam)** is the keeper of Jannah. He is a most beautiful and majestic angel.

**Malik (Alayhi salam)** is a terrifying angel who is the guardian of Hellfire. He has no compassion or mercy and his duty is to punish the wrongdoers in hell.

Two angels named **Munkar (Alayhi salam)** and **Nakir (Alayhi salam)** will question the dead in the grave.

Every person is accompanied by another two angels, **Kiraman (Alayhi salam)** and **Katibin (Alayhi salam)**, one who sits on the right shoulder and the other on the left. The angel on the right writes whatever good we do. The angel on the left writes whatever bad we do.

**Mulhim (Alayhi salam)** is the name of an angel who accompanies every Mu'min, and encourages him to do good deeds.

There are angels who protect people from disasters and accidents.

70,000 Angels descend to the Green Dome every morning and evening. They send Peace and Blessings upon the Holy Prophet (Sallallahu Alayhi wa Sallam) and it will continue until the Day of Final Decision.

An angel is appointed on the Green Dome, who has been given power to hear people send peace and blessings upon the Holy Prophet (Sallallahu Alayhi wa Sallam) from far.

There are angels who carry the throne of Allah and continually praise and glorify Him.

# Questions

Answer the following questions:

1. What is the arabic word for an angel? \_\_\_\_\_

2. What are angels made of? \_\_\_\_\_

3. Do angels ever disobey Allah? \_\_\_\_\_

4. Mention the names of the four famous angels and a brief description of their duties:

a. \_\_\_\_\_

\_\_\_\_\_

b. \_\_\_\_\_

\_\_\_\_\_

c. \_\_\_\_\_

\_\_\_\_\_

d. \_\_\_\_\_

\_\_\_\_\_

5. What are the duties of Malik and Ridwan (Alayhi salam) ?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

6. What is the duty of the Angels Munkar and Nakeer?

\_\_\_\_\_

\_\_\_\_\_

7. How many angels descend to the Green Dome every morning and evening? \_\_\_\_\_

8. What is the name of the angel who encourages believers to do good deeds? \_\_\_\_\_



## Lesson 3 - To believe in the Books of Allah

All Muslims believe that Allah has sent His guidance (instructions) to His Prophets (Peace be upon them all) in the form of books.

These books were sent as revelation through the angel, Jibra'il (Alayhi salam) and contained the very words of Allah.

Muslims believe in these books and respect them.

All these books taught the very same message, the message of Islam, the message of submission and obedience to Allah.

Allah has sent many books to earth with His Prophets (Peace be upon them all). The Prophets (Peace be upon them all) taught the people the message of Islam revealed in these books.

The Prophets (Peace be upon them upon all) guided the people with these books.

After they left the world, the people would still read the book they brought and take lessons from them. But as time passed many of these books were forgotten and lost and many more were changed by evil, greedy men.

Many incorrect beliefs and ideas were added to these books. Many of the commands of Allah that evil men disliked were removed from these books.

It is now very hard to say what the original message of Allah was in these books. All the books of Allah have been changed by evil, greedy, bad people throughout time, except the Qur'an.



In the Qur'aan, Allah tells us about some of the books He revealed to previous Prophets (Peace and Blessing be upon them).

**The Suhuf** (Scrolls) were revealed to Prophet Ibrahim (Alayhi salam) .

**The Tawrah** (Torah) was revealed to Prophet Musa (Alayhi salam).

**The Zabur** (Psalms) was revealed to Prophet Dawud (Alayhi salam).

**The Injil** (Evangel or Bible) was revealed to Prophet 'Isa (Alayhi salam).

**The Qur'an**, was revealed to Prophet Muhammad (Sallallahu Alayhi wa Sallam).

**The Suhuf** of Prophet Ibrahim (Alayhi salam) were lost and nobody knows where they are.

The Tawrah of Prophet Musa (Alayhi salam) was changed by the Jewish rabbis because of greed, pride and not believing in Allah.

The 'Injil of Prophet 'Isa (Alayhi salam) was changed by the Christian priests because of ignorance, foolishness and evil wishes.

The Qur'aan is the only book of Allah which has not been changed.

The Qur'aan was revealed in the ancient Arabic language, the language of the Prophets and the angels.

It is still recited in its original language, just as it was revealed.

The Qur'aqn was also revealed to correct the changes made in the previous books.

No new book will be revealed after the Qur'aan.





# Questions

Answer the following questions:

1. What is the name of the angel that revealed the books of Allah?

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2. What is the same message that all the Books of Allah came with?

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3. Complete the following sentences:

After the Prophets (Peace be upon them all) left the \_\_\_\_\_, the \_\_\_\_\_ would still read the book they brought and take \_\_\_\_\_ from them. But as time passed many of these \_\_\_\_\_ were \_\_\_\_\_ and lost and many more were changed by \_\_\_\_\_, \_\_\_\_\_ men.

Many \_\_\_\_\_ and ideas were added to these books. Many of the commands of Allah that evil men \_\_\_\_\_ were \_\_\_\_\_ from these books.

The Suhuf (Scrolls) were revealed to \_\_\_\_\_

The Tawrah (Torah) was revealed to \_\_\_\_\_

The Zabur (Psalms) was revealed to \_\_\_\_\_

The Injil (Bible) was revealed to \_\_\_\_\_

The Qur'an, was revealed to \_\_\_\_\_  
(Sallallahu Alayhi wa Sallam).

4. What is the language the Qur'aan was revealed in? \_\_\_\_\_

5. Will there be another book that revealed after the Qur'aan? \_\_\_\_\_

6. What did the Qur'aan come to correct? \_\_\_\_\_

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## **Lesson 4 - To believe in Allah's Messengers and Prophets (Peace be upon them all)**

All Muslims believe in the many Prophets and messengers Allah has sent to guide people.

They all gave the same basic teaching that human beings should worship God, and God alone, and do good to his fellow-beings. Of course, the details of the teachings were different according to the people and the time in which a Prophet appeared.

In the Holy Quran, the teachings of all Prophets are called Islam, and the Prophets and their true followers are known as Muslims.

Every nation was sent a Prophet. About 124,000 Prophets were sent altogether.

All the prophets were human beings. They were all men, none of them were women.

Only Allah chooses a person to be a Prophet. No one can become a Prophet on his own. No one can equal them. They were the best of all people.

They don't commit any sins, both Major and Minor. By this they became models for their people. No person can become a Prophet or Messenger by His own effort.

Twenty-five Prophets and Messengers were mentioned in the Quran. They are: Aadam, the father of all mankind and the first of all the Prophets, Idrees, Nooh, Hood, Saalih, Ibraaheem, Luot, Shu`ayb, Ismaa'eel, Is-Haaq, Ya'qoob, Yoosuf, Ayyoob, Elyasa', Thul-Kifl, Elyaas, Yoonus, Moosaa, Haaroon, Daawood, Sulaymaan, Zakariyyaa, Yahyaa, 'Isa, and Muhammad (Peace and Blessings be upon them all).

To be respectful to them all is necessary and to disrespect any of them makes one a disbeliever.



# Questions

Answer the following questions:

1. What is the basic teaching of all the Prophets?

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2. What are the true followers of the Prophets called?

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3. About how many Prophets were sent? \_\_\_\_\_

4. Complete the following sentences:

All the prophets were \_\_\_\_\_. They were all men, none of them were \_\_\_\_\_.

Only Allah \_\_\_\_\_ a person to be a Prophet. No one can become a \_\_\_\_\_ on his own. No one can \_\_\_\_\_ them. They were the best of all people.

They don't \_\_\_\_\_ any sins, both \_\_\_\_\_ and \_\_\_\_\_. By this they became \_\_\_\_\_ for their people. No person can become a \_\_\_\_\_ or \_\_\_\_\_ by His own effort.

5. Mention the name of the 25 Prophets and Messengers mentioned in the Qur'aan.

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## Lesson 5 - Prophet Muhammad ﷺ

Out of all the Prophets and Messengers (Peace and Blessings be upon them all) the most Highest ranking were Prophet Nooh, Ibraaheem, Moosaa, 'Isa, and Muhammad (Peace and Blessings be upon them all).

And the Highest ranking amongst them was the Last and Final Prophet and Messenger Our Master Muhammad (Sallallahu Alayhi wa Sallam).

He had a special station above all the other Prophets by being the most **Beloved of Allah**. He was given many miracles to demonstrate His greatness, but his everlasting miracle was and still is the Quran.

He (Sallallahu Alayhi wa Sallam) split the moon into two, sometimes trees greeted him and animals spoke to him. Allah granted Him the most number of miracles.

He was the kindest, most generous and most concerned of all human beings. He had the best character of all.

He (Sallallahu Alayhi wa Sallam) alone saw Allah in the night of Miraaj.

He will be the first to rise from his grave on the Day of Final Decision and He will be the first to intercede on the Day of Final Decision.

He (Sallallahu Alayhi wa Sallam) will be elevated to a Glorious Station (Maqaam-al-Mahmood) on the Day of Final Decision. All of humanity will praise Him.

He was the cause of our guidance and salvation and so for this reason a Muslim should love and respect Him more than everyone else in the universe.



# Questions

Answer the following questions:

1. Who were the five most highest ranking Messengers?

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2. Who was the highest ranking Messenger of Allah?

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3. What is the everlasting miracle of Prophet Muhammad (Sallallahu Alayhi wa Sallam)?

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4. Complete the following sentences:

Prophet Muhammad (Sallallahu Alayhi wa Sallam) \_\_\_\_\_ the moon into two, sometimes \_\_\_\_\_ greeted him and \_\_\_\_\_ spoke to him. Allah granted him the most number of miracles.

He was the \_\_\_\_\_, most \_\_\_\_\_ and most \_\_\_\_\_ of all human beings. He had the best of all \_\_\_\_\_.

5. Did Prophet Muhammad (Sallallahu Alayhi wa Sallam) see Allah whilst living in this world?

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6. Where will He (Sallallahu Alayhi wa Sallam) be elevated to on the Day of Final Decision?

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7. What should you say after hearing Prophet Muhammad's name?

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8. Who should you love more than everyone in the universe including yourself?

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## Lesson 6 - To believe in The Last Day

The Last Day starts when Allah orders one of the angels to blow the trumpet for the first time. Upon this, the earth will quake, the heavens will split apart, the stars will scatter, the mountains will vanish, and all the people will die.

Then Allah will order the angel to blow a second time and the dead will be brought back to life. They will be raised from their graves and they will be alive just like they were in this world.

Allah Says (what means): {Then it will be blown a second time and behold, they will be standing, looking on (waiting).} [Quran 39: 68]

Thus, all people will be awakened from their graves and because of their vast number, they will appear just like insects spread around everywhere.

The Qur'aan says, "They will ask about the Last Hour: "When will it take place?" Say, "Verily my Rabb alone has knowledge about it. None but He will reveal it at its time." (7:187)





The approach of the Last Day will be known by its signs shown to us by our Beloved Prophet Muhammad (Sallallahu Alayhi wa Sallam)

### **Some of the minor signs**

1. People will go against their Parents and disrespect them.
2. Telling lies and breaking promises will become common.
3. Singing, music and dancing will become common.
4. Alcohol and drugs will become common.
5. Undeserving people will become leaders.
6. There will much bloodshed and violence.
7. People will not care about Halaal and Haraam.

### **Some of the major signs**

1. When Muslims will be at their weakest, a leader will emerge who will lead the Muslims to victory. He will be known as the Mahdee.
2. Dajjal will then appear. He will claim to have the powers of Allah and many ignorant people will lose their Imaan by following him.
3. Prophet 'Isa (Alayhi salam) will then descend from the heavens and lead an army against Dajjal. He will kill Dajjal, and thereafter there will be peace. When 'Isa (Alayhi salam) will come He will not come with a new law but will follow the Qur'aan and Way of the Holy Prophet (Sallallahu Alayhi wa Sallam).
4. A very evil group of people known as Yajooj and Majooj will then spread across the entire world, causing harm and destruction. Allah will finally destroy them.
5. After all the major signs pass, the trumpet will be blown and the Day of Final Decision will begin.

# Questions

Answer the following questions:

1. What happens when the angel blows the trumpet for the first time? \_\_\_\_\_  
\_\_\_\_\_

2. What will happen when the angel blows the trumpet the second time? \_\_\_\_\_  
\_\_\_\_\_

4. When people will be raised from the grave what will they appear like? \_\_\_\_\_

5. Mention the seven minor signs of the Last Day

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_
- g. \_\_\_\_\_

6. Mention the five major signs of the Last Day

- a. \_\_\_\_\_  
\_\_\_\_\_
- b. \_\_\_\_\_  
\_\_\_\_\_
- c. \_\_\_\_\_  
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- d. \_\_\_\_\_  
\_\_\_\_\_
- e. \_\_\_\_\_  
\_\_\_\_\_



## Lesson 7 - To believe in Allah's knowledge and Will

We believe that Allah knows everything that has happened is happening and is going to happen and is happening by His will. Everything big and small has come into existence with Allah's will and power.

The sun, the moon, people, animals, plants, rain, winds, and all other creatures move and work according to His Knowledge and Will.

We also believe that Allah knows everything that will happen before He made everything. However, human beings, not being aware of the future, act with free will - not being forced to do anything.

In other words Allah has given human beings power over certain things but over other things we are powerless. As an example we have been given power to choose to pray our Salaah. However we don't have power to live forever.

Allah has only ordered us to do those things which are in our power, e.g. praying Salaah, fasting, obeying your parents.

This is the reason when someone commits a sin out of his own will, he will be punished and when he does something good he will be rewarded.

Someone once asked Hadhrat Ali (Radhi Allahu anho), "Are we completely free to do whatever we want or are we forced to do as Allah wills?"

He replied, "Raise one of your feet."

He did so.

Then Ali (Radhi Allahu anho) said, "Now raise your other foot."

He replied, "I cannot raise my other foot without resting the first one on the ground."

So Ali (Radhi Allahu anho) said to him, "Just understand from this how much you can do of your will and what you are powerless to do."

# Questions

**Answer the following questions:**

**1. Is everything happening by Allah's knowledge and will? \_\_\_\_\_**

**2. Complete the following sentences:**

**The \_\_\_\_\_, the \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, rain, winds, and all other creatures move and work according to His \_\_\_\_\_ and \_\_\_\_\_.**

**We also believe that Allah knows \_\_\_\_\_ that will happen \_\_\_\_\_ He made everything. However, human beings, not being aware of the \_\_\_\_\_, act with free will – not being \_\_\_\_\_ to do anything.**

**4. Which things has Allah has ordered us to do? Give a couple of examples. \_\_\_\_\_**

**5. What happens to a person when he commits a sin out of His own will? \_\_\_\_\_**

**6. What happens to a person when he worships Allah by His own will? \_\_\_\_\_**

**7. Mention the incident of Ali (Radhi Allaho anho) regarding this.**

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## Lesson 8 - To believe in the Life Hereafter

All Muslims believe that there is a life after death which will last forever. Allah says in the Qur'aan, "On that Day when mankind will come forward, cut from one another so that they may be shown their deeds".

When a person dies he will continue to live a life in the grave before the Day of Final Decision. Many things take place in this new "world", such as the "trial" of the grave, where everyone will be questioned by Angels about their religion, prophet, and Lord.

The grave is a garden of paradise or a pit of hell depending on the Person's actions; Angels of mercy visit the souls of believers and angels of punishment come for the unbelievers.

After that people will be brought back to life into their original physical bodies from their graves, then they will enter the final phase of life.

The Horn will blow again upon which people will rise up from their graves, and go to the land of Arafat waiting for the Day of Final Decision!

There will be so much fear that people will not recognise their own parents and family.

People will run from Prophet to Prophet, pleading with them to request Allah to begin the Judgment. All these Prophets will refuse apart from the Holy Prophet Muhammad (Sallallahu Alayhi wa Sallam).

The sun will be a mile above the heads of the people and they will be drowning in their own sweat.



On the Day of Final decision there will be no trees, no buildings and no shade of any type. The only shade on that day will be that of the throne of Allah. Nobody will be allowed to sit in that shade except those whom Allah allows.

Some of the fortunate people who will be allowed to sit in the special shade of Allah's throne will be those people who loved each other only for the pleasure of Allah; those who cried out of fear for Allah; those people used to worship a lot in the Masjid; and those people who followed the Sunnah all their lives. They will have no fear or worries and will be treated with honour and respect.

The Prophet (Sallallahu Alayhi wa Sallam) will make Dua to Allah to start the Judgement and His Dua will be accepted.

A huge scale, called the Mizaan will be set up to weigh the actions of people. Those whose good actions are heavier will be successful and those whose bad actions are heavier will be thrown into the Hellfire.

The book of actions will be given to the good people in their right hands. This means that they are successful.

The bad people will receive their books in their left hands, which means that they are unsuccessful.

The Prophet (Sallallahu Alayhi wa Sallam) will give His people water to drink from the pond of Kauthar. The Water of this pond is sweeter than honey and whiter than milk.

People will then cross the Bridge of Siraat. This bridge, spans across Hell and is sharper than a sword and thinner than a hair.

The Muslims will be guided across the bridge by the light (Noor) of their faith (Imaan). Those who performed the five Salaah on time will cross it with the speed of lightning.



# Questions

**Answer the following questions:**

**1. What three things will people be questioned about in the grave?**

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**2. Complete the following sentences:**

The grave is a \_\_\_\_\_ of paradise or a \_\_\_\_\_ of hell depending on the Persons \_\_\_\_\_; Angels of \_\_\_\_\_ visit the souls of believers and angels of \_\_\_\_\_ come for the unbelievers.

After that People will be brought \_\_\_\_\_ into their original physical bodies from their graves, then they will enter the final phase of life.

**3. What will all the people request to the Prophets on the Day of Final Decision?** \_\_\_\_\_

**4. How close will the sun be on this day?** \_\_\_\_\_

**5. Mention three types of people who will under the shade of Allah's throne?** \_\_\_\_\_

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**6. How will the Day of Final Decision start?** \_\_\_\_\_

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**7. What is the name of the scales which will weigh the actions of people on the Day of Final Decision?** \_\_\_\_\_

**8. What is the name of the pond which the Prophet (Sallallahu Alayhi wa Sallam) will give His people to drink from?** \_\_\_\_\_

**9. What is the name of the bridge which people will have to cross?**

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## Lesson 9 - Heaven and Hell

We have been placed in this world for a short while. Our purpose in this life is to prepare for the never ending life in the Hereafter.

Our life in the Hereafter depends on us following or not following Allah. After we account for our deeds in the court of Allah we will either be rewarded with Heaven or punished in Hell. Heaven is a place without any sickness, hunger, worries, and pain. Hell is a place of punishment, pain, tears and sadness.

Heaven is also known as 'Darus Salaam' - the place of everlasting peace, happiness and comfort.

No person can ever imagine the beauty of Heaven.

Heaven is very spacious. The smallest Heaven will be equal to the size of this world, plus ten times greater.

Heaven has beautiful fragrances that can be smelt from as far as seventy years away.

The door known as "Ar Rayyan" is especially for those who fasted during the month of Ramadhan.

The palaces of Heaven are made with bricks of gold and silver. The bricks are stuck together with musk (Special 'Itar).

Heaven has rivers flowing with clear water, rivers of honey, rivers of wine (a pure drink of Heaven) and rivers of milk.

Heaven has been made only for the believers.



The lightest punishment in Hell will be shoes and laces made from fire which will cause the brains to boil just as a kettle boils.

Hell has seven doors. The people will be thrown into Hell most disgracefully.

They will hear the roaring and exploding sounds of the blazing flames from a great distance.

The people of Hell will be made to drink boiling water and pus. They will eat thorny plants. Huge scorpions and poisonous snakes will attack them, while the angels will whip them.

Hell has been prepared for those who disbelieved and disobeyed Allah.

The Holy Prophet (Sallallahu Alayhi wa Sallam) said that after all the people have been placed in Heaven and the people of Hell, eventually placed in Heaven, a caller will call out, "O people of Heaven, Allah wishes to fulfil a promise he made to you." The people of Heaven will say, "What more can Allah grant us when He has granted us everything in Heaven and saved us from Hell?"

A Curtain will be raised and the people of Heaven will be granted the opportunity of seeing Allah.

This will be the greatest blessing of Heaven and this will bring the most amount of happiness to them.

# Questions

Answer the following questions:

1. Complete the following sentences:

Our life in the Hereafter \_\_\_\_\_ on us following or not following Allah. After we \_\_\_\_\_ for our \_\_\_\_\_ in the court of Allah we will either be rewarded with \_\_\_\_\_ or punished in \_\_\_\_\_. Heaven is a place without any \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. Hell is a place of punishment, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

3. How big will the smallest Heaven be? \_\_\_\_\_

4. What are the four types of rivers in Heaven? \_\_\_\_\_

5. How many doors are there in Heaven? \_\_\_\_\_

6. What is the lightest punishment in Hell? \_\_\_\_\_

7. What will the people in Hellfire be made to eat and drink? \_\_\_\_\_

8. How many doors are there in Hellfire? \_\_\_\_\_

9. Complete the following sentences:

The Holy Prophet (Sallallahu Alayhi wa Sallam) said that \_\_\_\_\_ all the people have been \_\_\_\_\_ in \_\_\_\_\_ and the people of Hell placed in Heaven, a caller will call out, "O people of \_\_\_\_\_, Allah wishes to \_\_\_\_\_ a \_\_\_\_\_ he made to you." The people of Heaven will say, "What more can Allah \_\_\_\_\_ us when he has granted us \_\_\_\_\_ in Heaven and saved us from \_\_\_\_\_?"



# Do's and Don'ts



# Lesson 1 -The Sunnah way of making Ghusl

Allah says in the Qur'an: "If you are impure clean yourselves thoroughly" (Make Ghusl).

It is narrated by the Mother of the believers Sayyida 'Aisha (May Allah be pleased with her) that when the Holy Prophet (SallAllahu alyhi wa Salam) would begin by washing both hands and do Istinja'a, then he would do Wudhu like the Wudhu for Salaah. He would then wet his fingers and run them through the roots of his hair, before pouring water on His head three times. Finally He would run water over his whole body.

The following is the Prophetic (Sunnah) Way of making Ghusl:

1. Make Intention - Niyyah.
2. Wash both hands up to the wrists.
3. Wash off any filth from the body.
4. Make Istinja'a.
5. To do Wudhu like Wudhu is done for Salaah, washing each part three times and performing Masah of the head; but washing the feet should be left until the end if he is standing in a place where the water collects around the feet.
6. After Wudhu pour water over the head three times.
7. Thereafter, pour water over the right shoulder three times.
8. Then the left shoulder three times.
9. To scrub the body well so that not a single hair remains dry.
10. You should complete the Ghusl by washing each part straight after the other and not letting one part dry before you wash the next.



# Questions

**1. Answer the following questions:**

**a. Will your Ghusl be complete if a Sunnah is left out?\_\_\_\_\_**

**b. Why must you make Ghusl according to the Sunnah method?**  
\_\_\_\_\_

**c. How many times must you wash each part to complete the Fardh?\_\_\_\_\_**

**2. Complete the following sentence:**

**The Holy Prophet (SallAllaho alyhi wa Salam) would begin by washing \_\_\_\_\_ and do \_\_\_\_\_, then he would do \_\_\_\_\_ like the Wudhu for Salaah.**

**3. Put the Sunnahs of making Ghusl in the correct order.**

- a. Make Intention - Niyyah.**
- b. Wash both hands up to the wrists.**
- c. Wash off any filth from the body.**
- d. Make Istinjaa.**
- e. To do Wudhu.**
- f. After Wudhu pour water over the head three times.**
- g. Thereafter, pour water over the right shoulder three times.**
- h. Then the left shoulder three times.**
- i. To scrub the body well so that not a single hair remains dry.**

- 1. \_\_\_\_\_**
- 2. \_\_\_\_\_**
- 3. \_\_\_\_\_**
- 4. \_\_\_\_\_**
- 5. \_\_\_\_\_**
- 6. \_\_\_\_\_**
- 7. \_\_\_\_\_**
- 8. \_\_\_\_\_**
- 9. \_\_\_\_\_**

## **Lesson 2 - Wudhu**

### **The necessary (Waaajib) actions of Wudhu**

It is Waaajib to wash the outside of a thick beard.

It is Waaajib for the water to reach the skin of a thin beard.

If the nails are overgrown so that they cover any part of the fingertips, or if there is anything beneath the nails that is stopping the water such as flour, dough, then it is Waaajib to wash beneath it. This does include dirt.

If it is painful to wash the wounds of the feet (such as cracked skin around the heel area), it is permissible to just pass water over any medication applied to the wounds.

### **Actions that break the Wudhu**

When Wudhu breaks, we are in a state of lesser impurity.

Acts that break Wudhu are:

1. Passing stool, urine, or wind.
2. The flowing of blood or pus from any part of the body.
3. Vomiting a mouthful.
4. When there is blood in the Saliva.
5. To laugh (loudly) while performing Salaah whilst being awake.
6. To faint or to become insane.
7. Being drunk or drugged up.
8. To sleep while lying down or resting against something.



# Questions

**1. Mention two Waajib actions of Wudhu.**

a. \_\_\_\_\_

\_\_\_\_\_

b. \_\_\_\_\_

\_\_\_\_\_

**2. Answer: True or False**

a. Arfan's Wudhu broke because he spoke lies \_\_\_\_\_.

b. Aqeel's Wudhu broke because he vomited a mouthful \_\_\_\_\_.

c. Laughing aloud outside Salaah breaks Wudhu \_\_\_\_\_.

d. To sleep while lying down or leaning against something breaks Wudhu \_\_\_\_\_.

**3. Answer the following questions:**

a. How many acts break Wudhu? \_\_\_\_\_

b. Zahrah ate food after making Wudhu. Is her Wudhu broken?

\_\_\_\_\_

c. Zaid fell asleep lying against the wall of the Masjid. Is his Wudhu broken? \_\_\_\_\_

d. Maseeha cut herself, and blood started flowing from her finger. Is her Wudhu broken? \_\_\_\_\_

**4. Complete the following sentences:**

a. The passing of \_\_\_\_\_, \_\_\_\_\_ or \_\_\_\_\_ breaks Wudhu.

b. The flowing of \_\_\_\_\_ or \_\_\_\_\_ also breaks Wudhu.

c. To laugh \_\_\_\_\_ in Salaah breaks \_\_\_\_\_.

## Lesson 3 - The Sunnah acts in wudhu

1. To make Intention (Niyyah).
2. To recite Tasmiyyah - بِسْمِ اللَّهِ وَالْحَمْدُ لِلَّهِ
3. To wash both hands including the wrists three times.
4. To clean the teeth using Miswaak at the beginning of Wudhu (or even using the index finger, if a Miswaak or toothbrush is not available).
5. To gargle the mouth with water three times, even if one handful of water is used.
6. To put water into the nostrils three times, with three handfuls of water.
7. For someone who is not fasting, to be thorough in rinsing the mouth and nose.
8. To comb or run the fingers (Khilaal) through a thick beard with one handful of water from beneath.
9. To make Khilaal of the fingers and toes.
10. To wash each part three times.
11. To Pass wet hands (Masah) over the whole head once starting from the front of the head.
12. To make Masah of both the ears once (with the same water as the water for the Masah of the head).
13. To scrub the areas washed.
14. To make Wudhu in the correct order.
15. To wash each limb before the previous limb dries - e.g. to wash the arms before the face dries.



# Questions

**1. Answer the following questions:**

**a. How many acts are Sunnah in Wudhu?** \_\_\_\_\_

**b. Which is the first Sunnah of Wudhu?** \_\_\_\_\_

**c. What is the Khilaal of the beard?** \_\_\_\_\_  
\_\_\_\_\_

**2. Answer the following questions and give a reason for you answer.**

**a. Yusuf made Wudhu without making intention. Is his Wudhu complete?** \_\_\_\_\_  
\_\_\_\_\_

**b. Zaynab forgot to wash her feet? Is her Wudhu complete?**  
\_\_\_\_\_  
\_\_\_\_\_

**c. Fatimah washed her feet first. Is her Wudhu complete?**  
\_\_\_\_\_  
\_\_\_\_\_

**d. Faheem says that Wudhu is not complete if each part is not washed three times. Is he correct?** \_\_\_\_\_  
\_\_\_\_\_

**3. Complete the following sentences:**

**a. If the Sunnah actions are left out, Wudhu will be \_\_\_\_\_,  
although the full reward \_\_\_\_\_.**

**b. It is Sunnah to wash both hands including \_\_\_\_\_  
three times. To clean the teeth using \_\_\_\_\_.  
To gargle \_\_\_\_\_ times.**

## Lesson 4 - Salaah Chart

Name	Rakaahs	Total
Fajr	2 Sunnah Mu'akkadah, 2 Fardh	4 Rakaahs
Zuhr	4 Sunnah Mu'akkadah, 4 Fardh 2 Sunnah Mu'akkadah, 2 Nafil	12 Rakaahs
Asr	4 Sunnah Ghair Mu'akkadah, 4 Fardh	8 Rakaahs
Maghrib	3 Fardh, 2 Sunnah, 2 Nafil	7 Rakaahs
Isha	4 Sunnah Ghair Mu'akkadah, 4 Fardh 2 Sunnah Mu'akkadah, 2 Nafil 3 Witr (Waajib), 2 Nafil	17 Rakaahs
Jummah	4 Sunnah Mu'akkadah, 2 Fardh 4 Sunnah Mu'akkadah, 2 Sunnah Mu'akkadah 2 Nafil	14 Rakaahs

**Fardh Salaah** The Word Fardh means something we must do. Each of the five daily Salaah are Fardh. As an example if you look at the chart Fajr has 2 Fardh Rak'aah.

**Waajib Prayer** The Waajib prayer is necessary to do. It is very similar to a Fardh prayer. The Witr Prayer is an example of a Waajib Prayer.

**Sunnah Mu'akkadah** Is an action which the Holy Prophet (Sallallahu Alyhi wa Salam) Sallam did all the time and did not leave without a valid reason. If a person misses a Sunnah Mu'akkadah all the time he will get sin.

**Sunnah Ghair Mu'akkadah** is an action which the Holy Prophet (Sallallahu Alyhi wa Salam) did but sometimes left it without a valid reason. It is not good for a person to leave Sunnah Ghair Mu'akkadah all the time.

**Nafil Salaah** The word Nafil means a voluntary prayer. Voluntary means that you have the option to pray it or not.



## Questions

**1. Complete the chart below:**

Name	Rakaahs	Total
	2 Fardh	4 Rakaahs
	4 sunnah Muakkadah	12 Rakaahs
		8 Rakaahs
		7 Rakaahs
	2 Nafl	17 Rakaahs
		17 Rakaahs

**2a. What is Fard Salaah?** \_\_\_\_\_

\_\_\_\_\_

**2b. What is Waajib Salaah?** \_\_\_\_\_

\_\_\_\_\_

**2c. What is Waajib Salaah?** \_\_\_\_\_

\_\_\_\_\_

**2d. What does Sunnah Mu'akkadah mean?** \_\_\_\_\_

\_\_\_\_\_

**2e. What does Sunnah Ghair Mu'akkadah mean?** \_\_\_\_\_

\_\_\_\_\_

## Lesson 5 - Necessary (Waajibaat) acts of Salaah

Waajibaat are those actions that are necessary to complete the Salaah. If we miss any one of these actions forgetfully, we can redo the mistake by doing Sajda Sahw (Sajdah done for mistakes made forgetfully). If we do not perform Sajda Sahw or if we miss a Waajib action knowingly, it is necessary to perform that Salaah all over again.

The way of making the SAJDAH SAHW is that in the last rakaat you should recite the At-tahiyyaat only and after that make Salaam towards the right only. After that make two sajdahs. You should then repeat the At-tahiyyaat and complete your Salaah as normal.

There are thirteen Waajibaat in Salaah:

1. To recite Surah Faatihah.
2. To recite at least three short verses (Aayahs) or one long verse (Aayah) after Surah Al-Faatihah in every rakaat of Sunnah or Nafl Salaah.
3. To recite atleast three short verses, or one long verse after Surah AlFaatihah in the first two Raka'ah of Sunnah or Nafl Salaah.
4. To perform every act calmly, without rushing it.
5. To keep the proper order in recitation (Qira'ah), Bowing (Ruku), and Sajdah (Prostration).
6. To recite the Qira'ah softly in the Fardh salaah of Dhuhr and Asr, and loudly in all other Fardh Salaahs, including Jumu'ah, Eid, Taraaweeh and Witr salaah in Ramadhan.
7. To stand up after Ruku.
8. To sit between the two Sajdahs (Jalsah).
9. To read Tashahhud in the two sittings (Qaadahs).
10. To sit for the Tashahhud after every two Raka'ahs in a three or four Raka'ah Salaah.
11. To end the Salaah by making Salaam.
12. To recite Dua-ul-Qunoot in Witr Salaah
13. To make six extra Takbeers in both the Eid Salaahs.



## Questions

### 1. List the thirteen Necessary (Waajib) actions in Salaah.

This image shows a full page of blank, yellow-lined paper. The paper has a light cream or off-white background color. It is ruled with thin, dark blue horizontal lines that are evenly spaced across the entire page. There are no margins, text, or other markings on the paper.

## Lesson 6 - Salaat ul-Witr (Prayer of Witr)

Witr Salaah has three Raka'ahs. The first two Raka'ahs are like the normal two Raka'ahs (as in Fajr, Dhur, Asr, Maghrib or Isha) but after Tashahhud in the second Raka'ah, stand upright and recite Surah Al-Fatihah. Then recite some other verses from the Holy Qur'aan. At this stage you do not bow down for Rukoo yet, but raise your hands upto the ears saying 'Allahu Akbar' and then fold your hands. Then recite the following:

اَللّٰهُمَّ اِنَّا نَسْتَعِيْنُكَ وَنَسْتَغْفِرُكَ وَنُؤْمِنُ بِكَ  
وَنَتَوَكَّلُ عَلَيْكَ وَنُشِيْ عَلَيْكَ الْخَيْرَ وَنَشْكُرُكَ  
وَلَا نَكْفُرُكَ وَنَخْلَعُ وَنَتْرُكُ مَنْ يَّفْجُرُكَ  
اَللّٰهُمَّ اِيَّاكَ نَعْبُدُ وَلَكَ نُصَلِّيْ وَنَسْجُدُ وَ اِلَيْكَ  
نَسْعٰى وَنَحْفِدُ وَنَرْجُوْا رَحْمَتَكَ وَنَخْشٰى  
عَذَابَكَ اِنَّ عَذَابَكَ بِالْكَفَّارِ مُلْحِقٌ

O Allah! We seek help from You. We seek Your forgiveness. We believe in You. We rely on You. We praise You in the best manner. We thank You and we are not ungrateful to You. We leave and cast off one who disobeys You. O Allah! We worship You and to You do we pray and prostrate and to You do we flee and we are quick in doing so, and we hope for Your mercy and fear Your punishment. Verily, Your punishment overtakes the unbelievers.

When the above Dua is said then bow down for Rukoo saying 'Allahu Akbar' and complete the Salaah just like in Maghrib.



## Lesson 7 - Prophetic (Sunnah) acts of Salaah

Sunnah refers to such deeds, which were practiced by the Holy Prophet (Sallallahu Alayhi wa Sallam). Leaving out a Sunnah act will lessen the reward and beauty of our Salaah, though the Salaah will be accepted. If we follow the Sunnah of the Holy Prophet (Sallallahu Alayhi wa Sallam) we earn the love of Allah and His Prophet (Sallallahu Alayhi wa Sallam).

### **Sunnahs whilst standing (Qiyaaam):**

1. BOYS should raise both hands up to the ears and keep the fingers of both hands open with the palms facing the Qiblah when making Takbeerut Tahreemah (Saying Allah ho Akbar). GIRLS should only lift their hands up to the shoulders and be careful that only their hands are showing (not arms).
2. BOYS fold hands below the belly button by placing the right wrist on the left hand. GIRLS place arms on the chest NOT BELOW BELLY BUTTON. Also they place the right hand over the back of the left hand and do not hold it like the boys.

### **Sunnahs of recitation (Qir'aah):**

1. To recite the Takbeer while changing from one position to the other.
2. To recite Thana softly at the beginning of the first Raka'ah.
3. To recite Taawwuz (Aoothu Billahi minashai Ta nirajeem) at the beginning of the first Raka'ah.
4. To recite Tasmiyah (Bismillahir Rahmaanir Raheem) at the beginning of every Raka'ah.
5. To recite Surah Al-Faatiha only, in the third and fourth Raka'ah of Fardh salaah.
6. To say Aameen softly after the recitation of Surah Faatiha.



## **Sunnah's of Bowing (Ruku) and Prostration (Sujood):**

1. BOYS should keep their back and the head at the same level when making Ruku. They should make sure that the arms do not touch the body.

GIRLS should only bend over enough so that their hands reach their knees only. In Rukoo the elbows should touch the sides of the body and the feet kept together.

2. To recite Tasbeeh when you are bowing (Ruku) and prostrating (Sujood) (three times).

3. For BOYS when going into Sajdah, they should keep their back straight and first place the knees onto the ground, followed by the hands, the nose and the forehead.

GIRLS however, right from the start, lower their chest and go for Sajdah (Without keeping their back straight).

## **Sunnahs of the sitting positions (Qa'dah and Jalsah):**

1. For BOYS when In Qa'dah or Jalsah position, place the left foot on the ground horizontally. Sit on the left foot while keeping the right foot straight so that the toes of the right foot face towards the Qiblah. Place both hands on the thighs.

GIRLS when In Qa'dah or Jalsah position sit on the left hip. Slide both feet out to the right side and let the left foot rest on the right calf of the leg.

2. To raise the index finger while saying the Shahaadah in Tashahhud.

3. To recite Durood Ibraheem in the final sitting (Qa'dah Akheerah) after Tashahhud and to recite a Dua after Durood Ibraheem.

4. To turn the face when making Salaam, first to the right, then to the left.



## Questions

**1. What are the two Sunnah's of standing:**

a. \_\_\_\_\_

b. \_\_\_\_\_

**2. What are the Sunnah's of recitation?**

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

e. \_\_\_\_\_

f. \_\_\_\_\_

**3. What are the Sunnah's of bowing and prostration?**

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

**3. What are the Sunnah's of the sitting positions?**

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

## Lesson 8 - Actions that Break (Mufsideat) the Salaah

Salaah is a special way of communicating with Allah The Most High. It has to be carried out with strict rules and conditions. Some actions are not good and incorrect for a person who is in Salaah and will then make the Salaah to be broken and invalid. In this case the entire Salaah has to be repeated. The following are the actions which break Salaah:

1. To talk in Salaah even if it be a single word, knowingly or unknowingly.
2. To make a sound or to say "Ooh!" or "Aah", for example because of pain.
3. To give or reply to Salaam or by any other method, while in Salaah.
4. To reply to one who has sneezed, or to say "Ameen".
5. To make a mistake while reading the Qur'aan, which completely changes its meaning.
6. To do such actions that gives others the impression that one is not reading Salaah, for example moving left and right.
7. To eat or drink knowingly or unknowingly.
8. To walk more than the distance of two rows.
9. To turn the chest away from the Qiblah.
10. To take your time in covering the private parts (Satr), when it becomes uncovered.
11. To laugh aloud in Salaah.
12. To make Sajdah in a dirty/filthy (Najas) place.



## Questions

Fill in the missing words.

1. To talk in Salaah even if it be a single word, \_\_\_\_\_
2. To make a sound or to say \_\_\_\_\_ or "Aah", for example because of pain.
3. To make or reply to \_\_\_\_\_ or by any other method, while in Salaah.
4. To reply to one who has \_\_\_\_\_, or to say "Ameen".
5. To make a mistake while reading the \_\_\_\_\_, which completely changes its \_\_\_\_\_.
6. To do such actions that gives others the impression that one is not reading \_\_\_\_\_, for example moving left and right.
7. To \_\_\_\_\_ or \_\_\_\_\_ knowingly or unknowingly.
8. To walk more than the distance of \_\_\_\_\_.
9. To turn the \_\_\_\_\_ away from the \_\_\_\_\_.
10. To take your time in covering the \_\_\_\_\_ (Satr), when it becomes uncovered.
11. To \_\_\_\_\_ aloud in Salaah.
12. To make \_\_\_\_\_ in a dirty/filthy (Najas) place.
13. To \_\_\_\_\_ in front of the \_\_\_\_\_ in a Fardh salaah (or move \_\_\_\_\_ before the Imam moves \_\_\_\_\_).

**aah**

**Salam**

**Ameen**



## Lesson 9 - Sawm (Fasting)

Sawm, or fasting, is the third pillar of Islam. The Arabic word Sawm means staying away from something. When a Muslim keeps the Sawm, he stays away from food and drink and all other bad things such as, lying, stealing, and thinking bad thoughts from sunrise to sunset with the intention of pleasing Allah. Sawm is another way of worshipping Allah.

Sawm is not a new practice. Allah had commanded all people who had Prophets (Peace be upon them all) sent to them to fast too. Muslims fast during the month of Ramadhan, the tenth month of the Islamic calendar. It is necessary for all adult Muslims to fast in Ramadhan. Young children may fast too if they wish but it is not necessary upon them.

### Things that break (Mufsidaat) the fast

1. To swallow anything (this includes food, drink, and any other object like pebbles, cotton) intentionally. If you eat or drink forgetfully then your fast does not break.
2. If water goes down your throat, accidentally, whilst gargling then your fast will be broken.
3. Smoking cigarettes.
4. Taking medicine.
5. Eating something stuck in the teeth the size of a pea.
6. Vomiting a mouthful purposefully.
7. If you were eating thinking that it was still Sehri time but later on you found out that Sehri time had already finished.
8. If you opened the fast thinking that it was time to open the fast but later on found out that it was not opened.



# Questions

Answer the following questions:

1. Mention three things a Muslim should keep away from when he is fasting.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

2. Complete the following sentences:

Sawm is not a new \_\_\_\_\_. Allah had commanded all people who had \_\_\_\_\_ sent to them to fast too. Muslims fast during the month of \_\_\_\_\_, the tenth month of the Islamic calendar. It is necessary for all \_\_\_\_\_ to fast in Ramadhan. Young \_\_\_\_\_ may fast too if they wish but it is not necessary upon them.

5. What are the eight acts that break the fast?

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## Lesson 10 - Zakaah (Purification of Wealth)

Zakaah is a compulsory charity which the rich must give to the poor and needy. Paying Zakaah means giving £2.50 from every £100 of savings to the poor Muslims once a year. It is an act of 'Ibadah, an act of worship, commanded by Allah. Muslims give Zakaah as an act of obedience to Allah and to gain Allah's favour and pleasure. Whoever is selfish and refuses to pay the Zakaah will be disobeying a command of Allah and will deserve severe punishment. Allah is the owner of all things. We and all our wealth belong to Allah. The wealth which Allah has given us must be used in a manner that pleases Him.

One way of correctly using His wealth is by giving Zakaah. The Arabic word Zakaah means: Purity and increase. Zakaah purifies the wealth of Muslims and increases the blessings of Allah. It removes whatever evil wealth may bring like pride, greed or selfishness.

It also purifies the heart of the person receiving it from envy, jealousy and hatred. Zakaah creates love, respect and well wishing between the rich and poor. It develops a feeling of concern for others and responsibility towards the community. By giving Zakaah we help those who are unable to help themselves like orphans, widows and the disabled people. Zakaah provides Muslims with the opportunity of sharing their wealth with the less fortunate. By caring for others and showing mercy to them Allah shows us special care and mercy. Zakaah helps Muslim communities to distribute its wealth fairly. It helps bring equality between the rich and poor. Zakaah brings Allah's special blessings and favours too. Zakaah increases our wealth. It brings a great reward in Jannah.

It protects our belongings and saves us from Allah's anger and His punishment. Zakaah protects us from the fire of Jahannum. Giving Zakaah is a sign of true belief. Zakaah separates the true Muslims from the hypocrites.



# Questions

Answer the following questions:

1. If a person has £200 how much money does he have to give in Zakaah? \_\_\_\_\_

2. Complete the following sentences:

It is an act of \_\_\_\_\_, an act of worship, commanded by Allah. Muslims give Zakah as an act of \_\_\_\_\_ to Allah and to gain Allah's \_\_\_\_\_ and \_\_\_\_\_. Whoever is selfish and refuses to pay the \_\_\_\_\_ will be disobeying a command of Allah and will deserve severe \_\_\_\_\_. Allah is the \_\_\_\_\_ of all things. We and all our \_\_\_\_\_ belong to Allah. The wealth which Allah has given us must be used in a manner that \_\_\_\_\_ Him.

3. What does the word Zakaah mean in Arabic?  
\_\_\_\_\_

4. Mention some of the things that Zakaah purifies? \_\_\_\_\_  
\_\_\_\_\_

5. Does our wealth decrease when we give Zakaah? \_\_\_\_\_

6. What does Zakaah create between the rich and the poor?  
\_\_\_\_\_

7. What does Zakaah protect us from? \_\_\_\_\_  
\_\_\_\_\_

8. Give examples of the type of people we help when we give Zakaah? \_\_\_\_\_  
\_\_\_\_\_



## Lesson 11 - Hajj (Pilgrimage)

Hajj, or pilgrimage, is the fifth pillar of Islam.

Hajj is the journey to the Holy Ka'bah, the Sacred House of Allah, in Makkah for the purpose of worshipping Allah in a very special way.

Hajj is performed during the month of Dhul-Hijjah, the twelfth month of the Islamic calendar.

Allah commands that Hajj be performed once in a lifetime by those adults who can afford the journey to Makkah and are physically strong enough to do so. Children may perform the Hajj too if they wish but it is not necessary for them.

Hajj is not a new practice. Allah had commanded all his Prophets (Peace be upon them all) to perform Hajj to the sacred Ka'bah.

Hajj is a great form of worship ('Ibadah) for which Allah rewards tremendously.

Because of the great sacrifices and difficulties in performing the Hajj, Allah grants the Haji, the person performing Hajj, His greatest rewards.

The Holy prophet Muhammad (Sallallahu Alyhi wa Sallam) said, "The Hajj which is accepted by Allah has no less reward than Jannah (Paradise) itself."

Hajj is an act of worship which purifies man of all sins.

The Messenger of Allah (Sallallahu Alyhi wa Sallam), "Whoever performs Hajj for Allah's pleasure alone and does not do any evil or sin, then he will return as pure (and free of sin) as he was on the day his mother gave birth to him."



There are eleven basic steps in performing the Hajj. They are as follows:

- 1) Wearing the Ihram, the simple pieces of white cloth, before entering the area around Makkah (the Miqat).
- 2) Circling the Ka'bah seven times. This is called **Tawaf**.
- 3) Walking quickly between the two hills of Safa and Marwah. This is called **Sa'iy**.
- 4) Spending the day on the plains of Arafat just outside the city of Makkah. This is called **Wuquf**.
- 5) Staying the night in a place nearby called **Muzdalifah**.
- 6) Thereafter moving to a small town called Mina. This is called **Mabit**.
- 7) Stoning the three pillars representing shaytan. This is called **Ramy**.
- 8) Sacrificing (slaughtering) an animal. This is called **Dhabh**.
- 9) Shaving or shortening the hair of the head. This is called **Halq** or **Taqsir**.
- 10) Circling the Ka'bah seven times again. This is called **Tawafuz-Ziyarah**.
- 11) Circling the Ka'bah seven times, once more. This is called **Tawaful-Wada'**.

## Questions

**Answer the following questions:**

**1. Hajj is the journey to which special place? \_\_\_\_\_**

**2. During which month is Hajj performed?** \_\_\_\_\_

### 3. Which people are commanded to perform Hajj?

**4. Is it necessary for children to perform Hajj?** \_\_\_\_\_

5. Mention a reward of performing Hajj. \_\_\_\_\_

**6. Can you mention six of the eleven steps of Hajj?**



# Improving levels of Prayer (Salaah)

## **PRAYER**

is not asking.

It is a longing of the soul.

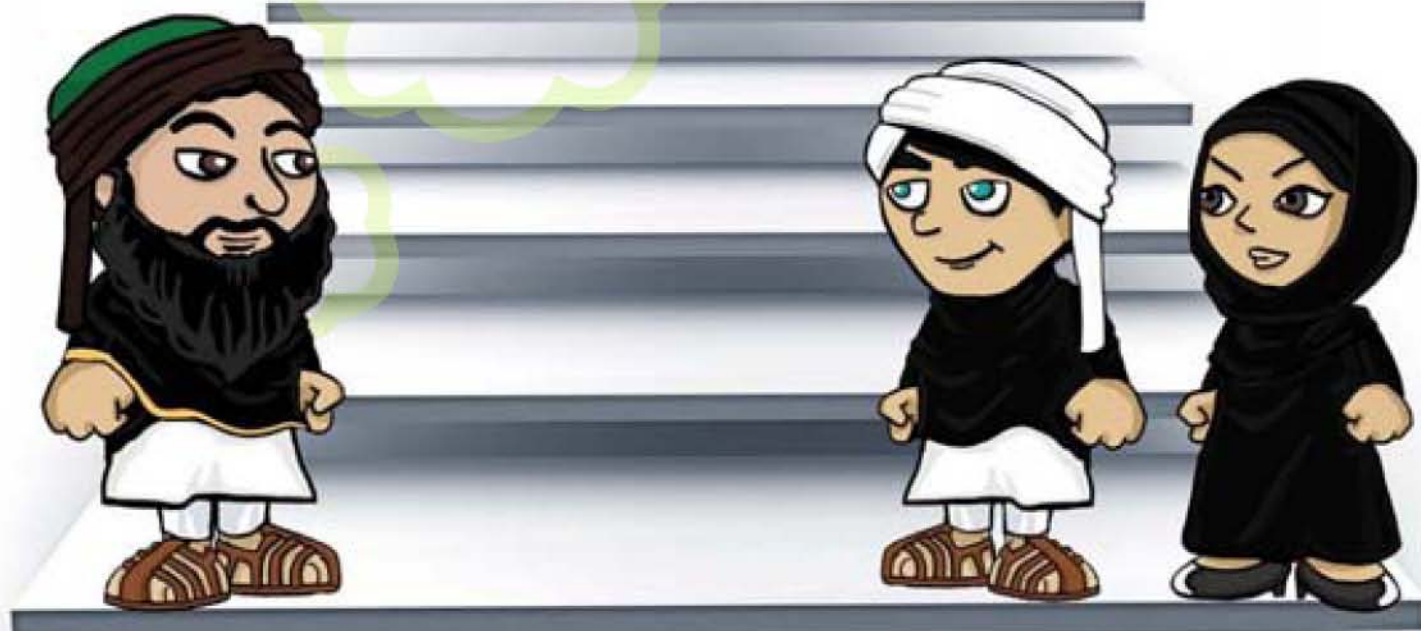
It is daily admission  
of one's weakness.

It is better in prayer  
to have a heart ,  
without words ,  
than words without  
a heart.



# Improving levels of Prayer

In order to reach Allah the High, you also need to slowly improve your level of prayer. The Prayer is like the Mi'raaj of the Believer. In the night of Mi'raaj the Holy Prophet (Sallallahu Alayhi wa Sallam) travelled through the seven Heavens and met Allah. Just like the Holy Prophet (Sallallahu Alayhi wa Sallam) travelled to Allah the High on the night of Mi'raaj, with His Blessed body, you too can travel with your spirit through the heavens by praying your Salaah more like the Prophet (Sallallahu Alayhi wa Sallam) did. You can perform the prayer at a number of levels which are never ending. There are two ways you can improve your prayer; physically and spiritually.





First of all you need to improve the physical level of your Prayer. What I mean by physical Prayer is how to pray more and more closer to the way the Holy Prophet (Sallallahu Alayhi wa Sallam) used to pray. You will achieve this by practising the knowledge of the different parts of the Wudhu, Ghusl and Salaah that you learnt from the Books of Do's and Don'ts.

What I mean by the spiritual level is the level of focus that you have.

When a person is reading their prayer then they should think of Allah the High throughout. However this is not easy in the beginning as the evil devil will put all kinds of thoughts in your mind to distract you. Therefore to reach that level you must be slowly trained step by step until you are completely thinking about Allah.

On the next pages you will find the sheets with the details of the 1st level. You need to complete this for forty days in a row.

So are you ready to begin my special students?!

Yes!









Well done Ahmad and Maryam. Both of you have completed the first level. You have really done me proud!

Now your Prayer has become more like the Prayer of the Holy Prophet (Sallallahu Alayhi wa Sallam).

However there are more levels to go. In the next book we will be learning and practising them too!

Both of you have been given a special prayer mat as a prize for your hard work!

Now get busy praying!





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## The summary of all the things you need to do

### 1) To be sorry and to make a fresh start (Taubah)

Firstly you must seek forgiveness from all those people that live close and around you, and in addition to them, those people which you have done bad things to with your tongue. For example talking bad behind someone's back, hurting someone's feelings, false accusations, lying or any other sin that you have done with the tongue that affects other people. After that you should read 2 units of prayer of making a fresh start (Salat-u-Taubah), with all its conditions and ask for forgiveness from Allah The Most High. After that make a strong intention never to commit that sin again. (For more details of this please read page number 92).

### 2) Dhikr & Muraaqabah (Talking to Allah with heart)

(For more details of this please read page number 174).

(After 7 weeks of doing the Dhikr and Muraaqabah start the sheets below)

### 3) The sheet of the sins of the tongue

(For more details of this please read page number 201).

4) You should also put a tick or cross on the sincerity sheet. (For more details of this please read page number 219)

5) You should also put a tick or a cross on the spiritual levels of prayer sheet. (For more details of this please read page number 302).

6) You should also put a tick or cross on the Sunnah sheet for eating and drinking. (For more details please read page number 208).

7) To try to attend a good gathering once a week for example in the Mosque.

8) You should see your teacher, once every two months and show him your book so that he knows how far you have reached. You should act upon whatever he tells you to do aswell.





**5) Importance of Dhikr / Muraaqabah (Personal Amaal).**

- i) Dhikr / Muraaqabah – it is energy source, without it all remains lifeless.**
- ii) Purpose of dhikr – for purification purposes, not reward.**
- iii) Explain concept of attuning (preparing) before dhikr / meditation.**
- iv) Firstly, breathe, relax and sit comfortably (but respectfully) so that you are calm.**
- v) Close your eyes and use the ‘3 keys’ - ‘Allah is with me, Allah is watching me, Allah is hearing me.’ Repeat them a few times and think about the meaning.**
- vi) Recite full ‘Bismillah....’**
- vii) Recite any words of repentance e.g. Astaghfirullah.**
- viii) Recite durood upon the Prophet (Sallallahu-alayhe-wasallam) with the tongue and heart.**
- iv) Finally, begin your Dhikr/ meditation as prescribed.**
- v) Bad effects of not preparing – very little benefit, no purification, no fez.**

**6) After 7 weeks prescribe and explain:**

- i) Tongue sheet.**
- ii) Sincerity Sheet.**
- ii) Sunnah eating sheet.**





Human beings are created to surrender and serve Allah, the High by choice whilst the other Creation have no choice. If not to Allah, you will surrender to the opinions or expectations of others, to money, to fear of people, to Satan or to your own pride, lusts and ego.

You were designed to worship your Creator and if you fail to worship Him, you will create other idols to give your life to. You are free to choose, who you surrender to but you are not free to choose the consequence of your choice.



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