

Islam & Moral Education



Class: One

Lesson 1 - Identity of Allah

The Almighty Allah is one and unique. None is comparable with Him. He has no partner. Only He is our Ma'bud. He is Eternal and Infinite.

We humans are not created by ourselves. The Almighty Allah has created us. The Almighty Allah has created the whole universe. He has created everything necessary for us. He has created light, air, water and soil and kept all His creations alive and nurtured.

The Great Allah is perfectly maintaining and managing everything in this universe. He is All-Powerful. Everything on earth and the heavens is running by His command.

To Allah belongs all that is in the Heaven and the Earth. He is also the Lord of our joy and sorrow. We are living and dying also for His Wish.

If Allah wishes to punish someone, nobody can resist Him from doing so. Again, if the Great Allah wishes to save someone nobody can give him death. We should do good work for the pleasure of Allah. We must seek help only from Him and must depend on Him. We shall obey all His commands and worship only Him.

Allah has many beautiful names. He has also many beautiful attributes. Through these names, the identity of Allah is very beautifully revealed. The beautiful names of Allah are collectively known as Asmaul Husna.

Some beautiful names of Allah with meaning are giving below.

Beautiful Names of Allah	Meaning
1. AR-RAHMAN	The Most Gracious
2. AR-RAHEEM	The Most Merciful
3. AL-KHALIQ	The Creator
4. AR-RAZZAQ	The Provider
5. AL-MALIK	The Lord
6. AL-QADIR	The All-Powerful
7. AS-SALAM	The Peace-Giver
8. AL-GAFUR	The Oft-Forgiving

Allah Ta'la has created us for this Ibadat. We will be obedient to Him and only Him. Islam is the name of obedience to Allah, the Exalted.

Activity:

Questions:

1. What has Allah Ta'la created?
2. How is Allah Ta'la maintaining and managing everything in the universe?
3. Who is running everything on earth and the heavens?
4. How did Allah Ta'la nurture us?
5. Introduce Allah Ta'la in five sentences.
6. What can we do to please the Almighty Allah?
7. What is Asmaul Husna?
8. Tell the five beautiful name of Allah Ta'la with meaning.
9. Why has Allah created us?
10. What do you mean by Islam?

Lesson 2 - Iman

Iman is the main pillar of Islam. The meaning of Iman is faith.

To have faith heart and soul in basic aspects of Islam such as belief in One Allah, His prophets & messengers and Asmani Kitab is called Iman.

The person who has Iman is called Mumin or believer.

Kalima Tayyiba is the basis of Tawhid, Iman and Islam.

The meaning of Kalima Tayyiba is 'the holy sentence'. Nobody can make his or her entry into Islam without accepting this Kalima.

Kalima Tayyiba

لَا إِلَهَ إِلَّا اللَّهُ مُحَمَّدٌ رَّسُولُ اللَّهِ

Pronunciation: La Ilaha Illallahu Muhammadur Rasullullah.

Meaning: There is no Mabud except Allah. Hazrat Muhammad (SM) Allah's Rasul.

On the other hand, Kalima Shahadat is the 'word of testimony'. That means, testimony to Iman is given with this Kalima. By believing in Allah and reciting 'Kalima Shahadat', one has to achieve Iman on Allah.

Kalima Shahadat

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

Pronunciation: Ashhadu Al La-Ilaha Illallahu Wahdahu La-Sharika Lahu, Wa Ashhadu Anna Muhammadan Abduhu Wa Rasuluhu.

Meaning: I testify that there is indeed no Deity then Allah. He is one and He has no partner. I also testify that Muhammad (SM) is Allah's servant and messenger.

Therefore, we shall utter the Kalima correctly and act according to its inner meaning.

Activity

Questions:

1. What is the meaning of the word Iman?
2. What is Iman?
3. Who is called a Mumin or believer?
4. What is the basis of Tawhid, Iman and Islam?
5. What does Kalima Tayyiba mean?
6. What does Kalema Shahadat mean?
7. By what Kalima do we give the testimony of Iman?
8. How will we achieve Iman on Allah?
9. Tell the Kalima Tayyiba with meaning.
10. Tell the Kalima Shahadat with meaning.

Lesson 3 - Nabi and Rasul

Those to whom Allah sends message and chooses to preach His religion are called Nabi and Rasul (Prophet and Messenger). In order to guide people, Allah the Almighty has sent many Nabis and Rasuls into this earth.

The prophets and messengers are the most favorite human beings to Allah. They were without sin. They were also just and intelligent. They always did virtuous and good deeds. They did not do unfair and obscene activities. They possessed excellent character.

Prophets were the ideal teachers for the people. They did good to human being sincerely. Their goal was to spread the truth and establish justice. They have told and done everything by the command of Allah. They have never done anything for their own pleasure or self-interest. We believe, respect, and honor all the prophets and messengers.

Prophets and messengers used to acquire knowledge from Allah through revelation. Revelation (Wahi) means message of Allah.

To those whom Asmani Kitabs were revealed were the Rasul (Messenger). To those whom no Asmani Kitab was revealed were the Nabi (Prophet).

The first man and the first Nabi on this earth is the Hazrat Adam (A.). Allah, the Almighty created Hazrat Adam (A.) by Himself.

And the last and greatest Nabi is Hazrat Muhammad (SM). Prophet Hazrat Muhammad (SM) was born on 20th April of 570 A.D & 12th Rabiul Awal, Monday in Quraish family of the holy city of Makkah. After the Farewell Hajj, he passed away on 12th Rabiul Awal of the 11th Hizri and in 632 A.D in Madina.

He always did good deeds, spoke well, advised people to do good deeds. He used to help people in danger. He used to speak the truth always and to keep his promise. Everyone trusted him. That's why everyone used to call him 'Al-Amin'. 'Al-Amin' means the most trustworthy.

At the age of forty, Hazrat Muhammad (SM) became very worried. During this period, he used to remain in deep meditation in the thoughts of Allah in the cave of Hera of Jabal-e-Noor. At last, in a day of Ramadan, the Almighty Allah sent first five verses of surah Al-Alaq from Quran Majid to him through Hazrat Jibrael (A). This is the incident of attaining the prophethood of the great prophet (SM) at the age of forty.

After attaining prophethood, these messages of Allah were gradually revealed to the Prophet Muhammad (SM) over a period of twenty-three years. Some messages of Allah were revealed in Makkah and some in Medina.

Activity

Questions:

1. Who are called Nabi and Rasul?
2. Why did Allah send many Nabis and Rasuls in the world?
3. What are the qualities of Nabi and Rasul?
4. Why do we believe, respect, and honour all the prophets and messengers?
5. How did Prophets and messengers acquire knowledge?
6. What is the meaning of Revelation?
7. What is the difference between the Nabi and the Rasul?
8. What is the name of our first Nabi?
9. How did Allah create the first man and Nabi?
10. Who is the last and greatest Nabi?
11. Where and when was Hazrat Muhammad (SM) born?
12. Where and when did Hazrat Muhammad (SM) pass away?
13. What is the meaning of “Al-Amin”?
14. Why did everyone call Hazrat Muhammad (SM) “Al-Amin”?
15. When did Hazrat Muhammad (SM) attain prophethood?
16. Where did Hazrat Muhammad (SM) use to remain in deep meditation in the thoughts of Allah?
17. What is the name of the angel through whom Almighty Allah sent the verses of Quran Majid during attaining the prophethood of the great prophet (SM)?
18. How many verses of which surah did the Almighty Allah send from Quran Majid during attaining the prophethood of the great prophet (SM)?
19. How and for how many years was the Quran Majid revealed?
20. Where were the message of Allah revealed?

Lesson 4 – Ibadat

Ibadat is an Arabic word. It means slavery or allegiance. Ibadat or worship is the subjection of and allegiance to Allah. Obedience to Allah and to abide by the orders of Allah is called Ibadat.

The meaning of the word Ibadat is wide. For example, to perform salat, to recite Quran Majid, to give nursing the sick and to tell the truth – all these are Ibadat. Allah Ta'ala has created us for his Ibadat. Allah Ta'ala becomes pleased with our Ibadat.

There are five pillars of Islam. They are -

- | | | | | |
|---------|----------|---------|---------|----------|
| 1) Iman | 2) Salat | 3) Sawm | 4) Hajj | 5) Zakat |
|---------|----------|---------|---------|----------|

We already know about Iman. Position of Salat is next to Iman. Salat is the most important Ibadat.

During a day and night, a person has to perform Salat five times. Five Waqt Salat are -

- | | | | | |
|---------|---------|--------|------------|---------|
| 1) Fajr | 2) Zuhr | 3) Asr | 4) Maghrib | 5) Isha |
|---------|---------|--------|------------|---------|

It is obligatory for all Muslims to perform their Salat from the age of seven.

Doing any good deed in accordance with the orders of Allah Ta'ala and the path shown by prophet Muhammad (SM) is also Ibadat. Such as: getting education, always speaking the truth, avoiding the lies, giving salaam, obeying parents, nursing the sick, helping Yatim-miskins, eating, sleeping, doing household work, exercising, being kind to other living creatures etc.

So, we shall be sincere to perform Ibadat. We shall remain alert and try all the time so that our entire lifetime is treated as Ibadat.

Activity

Questions:

1. What is the meaning of the word Ibadat?
2. What is Ibadat?
3. Why has Allah created us?
4. Which works will be regarded as Ibadat?
5. How many pillars of Islam? And what are they?
6. Which is the most important Ibadat?
7. How many times do we perform Salat in a night and a day? Tell the name of the Waqts.
8. From which age is Salat obligatory to all Muslims?
9. Which good deeds are also Ibadat?
10. How shall we perform Ibadat?
11. Why shall we remain alert and try all the time?

Lesson 5 - Study of the Quran Majid

The Quran Majid is the message of Allah. It is the latest Asmani Kitab. This is the holy scripture of Muslims.

It is Farz to recite some verses from the Quran Majid in our Salat. So, recitation of the Quran Majid must be correct. That is why we shall learn to read the Quran Majid correctly and teach others to read it correctly. We shall act according to the sayings of the Quran Majid.

The language of Quran Majid is Arabic. There are 29 letters in Arabic language. Arabic letters are called Harf. Arabic is to be read from the right to the left.

29 Arabic Letters:

ا	ب	ت	ث	ج	ح	خ	د
ذ	ر	ز	س	ش	ص	ض	ط
ظ	ع	غ	ف	ق	ك	ل	م
ن	و	ه	ء	ي			

The chart below shows the differences that occur if certain letters are placed at the beginning, in the middle, or at the end of a word. Such as-

Together	At the end	In the middle	At the beginning	Letter
ا	ا = بابا	ا = باب	ا = اب	ا
بب	ب = حب	ب = جبل	ب = باب	ب
تت	ت = بيت	ت = فتح	ت = تمر	ت
ثث	ث = بحث	ث = مثل	ث = ثمر	ث
جج	ج = حج	ج = فجر	ج = جبل	ج
حح	ح = صلح	ح = بحث	ح = جبل	ح
خخ	خ = شيخ	خ = بخت	خ = خبر	خ
د د	د = بعد	د = مدد	د = دار	د
ذ ذ	ذ = لذیذ	ذ = هذا	ذ = ذیل	ذ

Together	At the end	In the middle	At the beginning	Letter
ر ر	ر = قبر	ر = فرق	ر = ريب	ر
ز ز ز	ز = هز	ز = هزق	ز = زهق	ز
س س س	س = ليس	س = مسح	س = سيل	س
ش ش ش	ش = عطش	ش = مشط	ش = شيس	ش
ص ص ص	ص = نص	ص = بصر	ص = صل	ص
ض ض ض	ض = بيض	ض = فضل	ض = ضل	ض
ط ط ط	ط = بط	ط = مطر	ط = طب	ط
ظ ظ ظ	ظ = جظ	ظ = مطل	ظ = ظل	ظ
ع ع ع	ع = سبع	ع = نعم	ع = عين	ع
غ غ غ	غ = رسغ	غ = بغير	غ = غير	غ
ف ف ف	ف = صف	ف = سفر	ف = فن	ف
ق ق ق	ق = حق	ق = لقب	ق = قمر	ق
ك ك ك	ك = شك	ك = بكر	ك = كف	ك
ل ل ل	ل = خيل	ل = ملل	ل = ليل	ل
م م م	م = كم	م = قمر	م = من	م
ن ن ن	ن = من	ن = سند	ن = نور	ن
و و و	و = دلو	و = نور	و = ويل	و
ه ه ه	ه = طه	ه = سهر	ه = هم	ه
ء ء ء	ء = شاء	ء = سئل	أ = أمر	ء
ي ي ي	ي = نبى	ي = خير	ي = يد	ي

Harkat

The vowels that are used to pronounce Arabic words are called Harkat. There are three kinds of Harkat, such as-

Jabor ـَ , Jer ـِ , Pesh ـُ

1) When Jabor is written on any letter it is pronounced as 'aa'.

عَ	صَ	سَ	رَ	دَ	جَ	تَ	أَ
'Aa	Swa	Sa	Ra	Da	Ja	Ta	Aa

حَ	كَ	نَ	مَ	هَ	لَ	قَ	فَ
Ha	Ka	Na	Ma	Ha	La	Qa	Fa

Read and write down the following chart with Jabor (ـَ)

دَ	خَ	حَ	جَ	ثَ	تَ	بَ	أَ
ذَ	ضَ	صَ	شَ	سَ	زَ	رَ	دَ
ظَ	لَ	كَ	قَ	فَ	غَ	عَ	ظَ
نَ			يَ	ءَ	هَ	وَ	نَ

2) When Jer is given under any letter it is pronounced as 'ee' (ـِ).

عِ	صِ	سِ	رِ	دِ	جِ	تِ	اِ
'Eee	Swee	See	Ree	Dee	Jee	Tee	Eee

حِ	كِ	نِ	مِ	هِ	لِ	قِ	فِ
Hee	Kee	Nee	Mee	Hee	Lee	Qee	Fee

Read and write down the following chart with Jer (ـِ).

دِ	خِ	حِ	جِ	ثِ	تِ	بِ	اِ
ذِ	ضِ	صِ	شِ	سِ	زِ	رِ	دِ
ظِ	لِ	كِ	قِ	فِ	غِ	عِ	ظِ
نِ			يِ	ءِ	هِ	وِ	نِ

3) When Pesh is given on any letter it is pronounced as 'u' (ـُ).

عُ	صُ	سُ	رُ	دُ	جُ	تُ	أُ
'Au	Swu	Su	Ru	Du	Ju	Tu	Eu

حُ	كُ	نُ	مُ	هُ	لُ	قُ	فُ
Hu	Ku	Nu	Mu	Hu	Lu	Qu	Fu

Read and write down the following chart with pesh (ـُ).

دُ	خُ	حُ	جُ	تُ	تُ	بُ	أُ
طُ	ضُ	صُ	شُ	سُ	زُ	رُ	ذُ
مُ	لُ	كُ	قُ	فُ	عُ	عُ	ظُ
			يُ	ءُ	هُ	وُ	نُ

Tanbeen

Double Jabor (ـَ), Double Jer (ـِ) and Double Pesh (ـُ) are called Tanbeen. Tanbeen will be pronounced with nun.

Ba double Jabor بَ = Ban

Ba double Jer بِ = Bin

Ba double Pesh بُ = Bun

The position and sign of Tanbeen –

Name	Symbol	Position	Example
Double Jabor	ـَ	Above the haraf	بَا
Double Jer	ـِ	Below the haraf	بِي
Double Pesh	ـُ	Above the haraf	بُ

Read and write down the following chart with Tanbeen with Double Jabor (ـَ) -

دَ	خَ	حَ	جَ	تَ	تَ	بَ	أَ
طَ	ضَ	صَ	شَ	سَ	زَ	رَ	ذَ
مَ	لَ	كَ	قَ	فَ	عَ	عَ	ظَ
			يَ	ءَ	هَ	وَ	نَ

Read and write down the following chart with Tanbeen with Double Jer () -

اِ	بِ	تِ	ثِ	جِ	حِ	خِ	دِ
ذِ	رِ	زِ	سِ	شِ	صِ	ضِ	طِ
ظِ	عِ	غِ	فِ	قِ	كِ	لِ	مِ
نِ	وِ	هِ	ءِ	يِ			

Read and write down the following chart with Tanbeen with Double Pesh () -

اَ	بَ	تَ	ثَ	جَ	حَ	خَ	دَ
ذَ	رَ	زَ	سَ	شَ	صَ	ضَ	طَ
ظَ	عَ	غَ	فَ	قَ	كَ	لَ	مَ
نَ	وَ	هَ	ءَ	يَ			

Jazam

There are many letters in Arabic which do not have Jabor, Jer or Pesh. But the previous letters have Jabor, Jer or Pesh. A symbol is used to pronounce this letter. This sign is called Jazam.

Another name of Jazam is Sakin.

Jazam or Sakin is expressed by three symbols. Such as - (◌ْ / ◌َ / ◌ِ)

Example: ^{اَ}بَن Ba Nun Jabar = Ban

^{اِ}بَن Ba Nun Jer = Bin

^{اُ}بَن Ba Nun Pesh = Bun

So if there is Jazam or Sakin on any letter, it has to be pronounced together with the previous letter.

Activity

Questions:

1. Whose holy scripture is the Quran Majid?
2. What is the language of the Quran Majid?
3. Whose message is the Quran Majid?
4. Why should we learn to read the Quran Majid correctly?
5. How many letters are there in Arabic? Write down all the Arabic letters.
6. From which side do you have to read and write the Arabic language?
7. What is Harkat? How many Harkats are there? and what are they?
8. Where are the symbols of Harkat?
9. What is Tanbeen?
10. Where are the symbols of Tanbeen?
11. What is Jazam?
12. What is another name of Jazam?
13. How many symbols of Jazam are there? And what are they?
14. How to pronounce Jazam?

Lesson 6 - Islam in daily life

Islam is the name of a complete system of life. Islam has the correct solution of all problems from birth to death. And there is a way to attain certain happiness and peace in the eternal life of the Hereafter after death in Islam. Islam is our ideology and guidance in all aspects of life.

Allah says in the Holy Quran –

إِنَّ الدِّينَ عِنْدَ اللَّهِ الْإِسْلَامُ

Pronunciation: Innad deena 'indal laahil Islaam;

Meaning: Surely Islam is the only religion acceptable to Allah.

(Surah Al-Imran: Verse 19)

In daily life, everyone should always remember Allah, fear Allah and live according to the rules of Allah. Just as people follow Islam in their daily life, so they encourage other people to follow Islam.

There are different Doas (blessings) for every good deed in our life which the Prophet Muhammad (SM) recited in his daily life. Reading these Doas and doing those deeds brings blessings and success as well as Sawab.

Exchanging Salam:

Salam is an honorable Islamic greeting through which prayers for peace are made. By exchanging salam, just as people pray for each other, a loving and beautiful relationship and harmony of mind are created.

Salam is a virtuous Ibadat. The importance of Salam is immense in Islam. Salam is an Arabic word. It means peace, tranquility, welfare, Doa, and good wishes. 'As-Salam' is one of the beautiful names of Allah and one of the names of Paradise.

Allah Ta'la first taught Hazrat Adam (A) about giving Salam. After creating Hazrat Adam (A), Allah Ta'ala instructed him to give Salam to the angels. When he gave Salam, the angels also answered him.

If one Muslim meets another Muslim, one should give salam before speaking.

Salam: السَّلَامُ عَلَيْكُمْ - "Assalamu Alaikum"

Meaning: "Peace be upon you".

Answer to the Salam: وَعَلَيْكُمُ السَّلَام - "Wa alaykumu s-salam".

Meaning: "Peace be upon you too".

The Prophet Muhammad (SM) said that when two Muslims meet and give Salam and do Musafaha (shake hands), all their sins are forgiven before one separate from the other.

Salam is not limited to visiting and meeting, but it is important to give salam someone before entering his house. Again, after completing the work outside, when we go home and enter the house, we have to give salam.

Salam is a part of Iman and a road to Paradise. The person who gives Salam first will gain more Sawab. Hazrat Muhammad (SM) always gave Salam first and encouraged everyone in this regard.

The importance of correct pronunciation in exchanging Salam:

Apart from the above correct pronunciation, all the mispronunciations including 'Slamalikum', 'Aslamalekum', 'Assamalaikum', 'Alaikum Salam', 'Alaikum As-Salam' should be avoided consciously.

Because these mispronunciations sometimes change the meaning of salam or make salam useless. For example: 'Assamalaikum' or in more wrong pronunciation 'Assamu Alaikum' means - 'May you die'.

Therefore, from now on, whenever we give salam to someone, we will feel the meaning in our hearts and pronounce it as accurately as possible.

Allahu Akbar: Allahu Akbar (الله أكبر) means Allah Ta'ala is the greatest.

When we say Allahu Akbar, Allah blesses. When giving Azan, we have to say, Allahu Akbar. Saitan goes far away when we say Allahu Akbar. For slaughtering halal animals (such as ducks, chickens, cows, goats, etc.) we have to say, Allahu Akbar.

Alhamdulillah: The word Alhamdulillah (الْحَمْدُ لِلَّهِ) means- All praise is due to Allah alone.

When we see or hear something good and accomplish a good deed, we say Alhamdulillah. By saying this we express gratitude and thanks to Allah. It is one of the best Dua.

If anyone says Alhamdulillah, Allah will reward him. Allah will keep him well. Allah will give him more prosperous life. Allah will make the life more well. If we don't say Alhamdulillah, Allah will make the situation worse.

Subhanallah: The word Subhanallah (سُبْحَانَ اللَّهِ) means all holiness belongs to Allah, that is, Allah is perfect in an absolute sense without any defects or imperfections of any kind.

Usually, we said Subhanallah when we hear or see the might of Allah, or see an amazing good deed, or hear a wonderful good deed.

Allah has chosen this sentence for Himself. He is satisfied with this sentence. The sound of this Jikir is very pleasing to Allah, the Almighty.

The Prophet Muhammad (SM) said, “If you say Subhanallah 100 times, 1000 thousand virtues will be written for him and his 1000 sins will be forgiven.”

(Muslim: 2698, Tirmizi: 3463)

Masha Allah: The word Masha Allah (مَا شَاءَ اللَّهُ) means- “Whatever Allah desires” or “As Allah wills”.

It is used like the word Alhamdulillah. It is recited when you see something wonderful. That is, it is said about any beautiful and good thing.

When someone utters MashaAllah happily with every action, Allah Ta'la becomes very happy with him.

Insha Allah: The word Insha Allah (إِنْ شَاءَ اللَّهُ) means – “The great Allah, the Almighty wills” or “Allah willing”.

Insha Allah has to be said for any good deed which will happen or will be done in future. When we say Insha Allah, Allah is happy and our work will be accomplished fast. We will also overcome the obstacles that we face in future.

If someone says, ‘Insha Allah’ I am fine. Then the use of this sentence will be incorrect. Because, ‘Insha Allah’ is used only in future cases.

Saying ‘Insha Allah’ in any lawful deed will get reward. But it is not permissible to say 'Insha Allah' about doing something illegal. It is completely haraam to say 'Insha Allah' in all crimes and immoral acts including theft, robbery, corruption, terrorist activities.

Since it is not possible for us to do anything without the will of Allah, we should say Insha Allah before doing any good deed.

Nauzubillah: The meaning of the word Nauzubillah (نَعُوذُ بِاللَّهِ) means that we seek refuge with Allah.

If we see any evil and sinful act, this Dua is said to protect ourselves from it.

The Prophet Muhammad (SM) said, “Take refuge with Allah from the difficulties of severe calamities, from having an evil end and a bad luck and from the malicious joy of your enemies.”

(Bukhari: 6163)

Astaghfirullah: The word Asatgafirullah (أَسْتَغْفِرُ اللَّهَ) means “I seek forgiveness from Allah.”

When we commit any sinful activity or do any misdeeds, we must say this Dua.

The Prophet Muhammad (SM) asked for forgiveness and repent from Allah more than 70 times in a day. (Bukhari: 6307)

Jazakallah Khair: The word Jazakallah Khair (جَزَاكَ اللَّهُ خَيْرًا) means “May Allah give you the best reward.”

If someone does any good deed for us then, we have to say Jazakallah Khair to him/her.

The Prophet Muhammad (SM) said, “If someone is treated with gratitude by saying ‘Jazakallah Khair’, then it is as if the person saying ‘Jazakallah Khair’ is praising him properly.” (Tirmizi: 2035)

Dua for Waking up:

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

Pronunciation: Alhamdu lillaahil-lathee ahyaanaa ba da maa amaatanaa wa ilayhin-nushoor.

Meaning: Praise is to Allah Who gives us life after He has caused us to die and to Him is the return.

Dua for Sleeping:

اللَّهُمَّ بِاسْمِكَ أَمُوتُ وَأَحْيَا

Allahumma bismika amutu wa ahyaa.

Meaning: “O Allah, with Your Name will I die and live (wake up)”.

Doa Before Eating a Meal:

بِسْمِ اللَّهِ وَ عَلَى بَرَكَاتِهِ

Bismillahi wa barakatillah.

Meaning: In the name of Allah and with the blessings of Allah, we eat meals.

If we forget to recite Doa when we start eating a meal; then as soon as we remember we will recite the following Dua.

بِسْمِ اللَّهِ أَوَّلَهُ وَآخِرَهُ

Bismillahi fii awwalihi wa akhirih

Meaning: “In the Name of Allah, in the beginning and the end.”

Dua when we complete our Meal:

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَ سَقَانَا وَ جَعَلَنَا مِنَ الْمُسْلِمِينَ

Alhamdulillahilladhii ath'amanaa wa saqaanaa wa ja'alanaa minalmuslimiin.

Meaning: Praise be to Allah Who has fed us and given us drink, and made us Muslims.

If someone does not say Bismillah before eating, Saitan participates in that food with him. Saitan cannot eat anything from that food when someone starts eating with Bismillah.

And if one starts eating without saying Bismillah and then recites the Dua for eating, then Saitan is forced to vomit whatever he eats.

The Prophet (SM) said, "Saitan considers the food which does not bear the name of Allah to be halal for him."

Dua before going to the toilet:

اَللّٰهُمَّ اِنِّىْ اَعُوْذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ

Allahumma innee aAAoothu bika minal-khubthi wal-khaba-ith

Meaning: (In the name of Allah). O Allah, I take refuge with you from all evil and evil-doers.

Dua when leaving the toilet:

غُفْرَانَكَ الْحَمْدُ لِلَّهِ الَّذِي أَذْهَبَ عَنِّي الْأَذَى وَعَافَانِي

Ghufra-naka Alhamdulillah-hilla-thee ath-haba ann-nil athaa wa 'afaani.

Meaning: "(O Allah) I seek forgiveness and pardon from You. All Praise be to Allah, who removed the difficulty from me and gave me ease (relief)".

The bathroom or toilet is an unclean and dirty place. Saitan lives in unclean and filthy places. Saitan sees us if we don't recite the Dua when we enter the toilet. But if we recite the Dua before entering the toilet, then Saitan can no longer see us and can't do any harm. By reciting this Dua we take refuge to Allah Ta'la.

What should we do if we yawn?

Yawning comes because of laziness and inertia. And this is come from Saitan. So when we yawn, we should check our yawning as much as possible. Because when someone yawns, Saitan laughs at him. (Bukhari: 3289)

Activity

Questions:

1. What is in Islam for our life and the Hereafter?
2. What does Allah say about Islam in Surah Al-Imran of Holy Quran?
3. What should everyone always do in daily life?
4. What did Allah Ta'la instruct Adam (A) after creating him?
5. What is the meaning of Salam?
6. When should one give Salam if one Muslim meets another Muslim?
7. How do we give Salam and respond to Salam? Mention these with the meaning.
8. In which cases should we give Salam except visiting and meeting?
9. What happens if a person gives Salam first?
10. What happens if the Salam is mispronounced?
11. What is the meaning of Allahu Akbar? What happens when we say Allahu Akbar? In which cases do we have to say Allahu Akbar?
12. What is the meaning of the word Alhamdulillah? When and why to say Alhamdulillah?
13. What happens when we say Alhamdulillah? What happens if we do not say?
14. What is the meaning of the word Subhanallah? When to say Subhanallah?
15. What happens if you say Subhanallah 100 times?
16. Which sound of the Jikir is very pleasing to Allah, the Almighty?
17. What is the other word used like Alhamdulillah? Tell the meaning of that.
18. When to say Masha Allah?
19. What is the meaning of the word Insha Allah? When and why to say Insha Allah?
20. In which cases it is completely haraam to say 'Insha Allah'?
21. What is the meaning of the word Nauzubillah? When and why to say Nauzubillah?
22. When will we take refuge with Allah?
23. What to say if we commit any sinful activity or do any misdeeds? Tell the meaning of the Dua.

24. How many times did Prophet Muhammad (SM) ask forgiveness and repent from Allah every day?
25. What is the meaning of the word Jazakallah Khair? When to say it?
26. What did the Prophet Muhammad (SM) say about Jazakallah Khair?
27. Which Dua is to be recited while waking up? Tell the meaning of it.
28. Which Dua is to be recited while sleeping? Tell the meaning of it.
29. Which Dua is to be recited before eat? Tell the meaning of it. What happens if this Doa is not recited?
30. Which Dua is to be recited at the end of the meal? What is the meaning of it?
31. If you forget to recite Dua at the beginning of eating, which Dua is to be recited when remembering in between meals? Tell the meaning of it. What happens if this Doa is recited?
32. What did the Prophet (SM) say about the Doa before eating meal?
33. Which Dua should be recited before going to the toilet? Tell the meaning of the Dua. What happens if this Doa is not recited?
34. Which Dua should be recited while come out from the toilet? Tell the meaning of the Dua.
35. What should we do if we yawn?