

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

LAJNA IMA'ILLAH USA

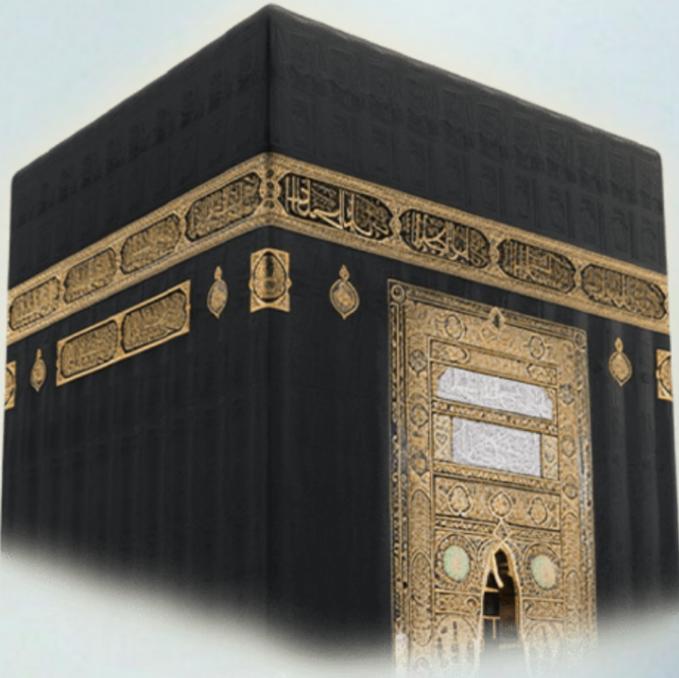
Taleem & Tarbiyyat Workbook

2025-2027

Jihad: Striving for High Moral Values

وَالَّذِينَ جَاهَدُوا فِينَا لَنَهْدِيَنَّهُمْ سُبُلَنَا

And as for those who strive in Our path- We will surely guide them in
Our ways. (29:70)



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Compiled by

Taleem and Tarbiyyat Departments, Lajna Ima'illah USA

Under the auspices of

Dhiya Tahira Bakr, Sadr Lajna Ima'illah USA

LAJNA IMA'ILLAH USA

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2025-2027

Jihad: Striving for High Moral Values

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Lajna Ima'illah Pledge

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

ASH-HADU ALLA ILAHA ILLALLAHU WAHDAHU LA
SHARIKA LAHU WA ASSH_HADO ANNA MUHAMMADAN
ABDUHU WA RASULUH

I bear witness that there is none worthy of worship except Allah. He is One and has no partner. And I bear witness that Muhammad (saw) is His servant and His Messenger.

I affirm that I shall always be ready to sacrifice my life, property, time, and children for the cause of faith and nation. I shall always adhere to truth and shall always be prepared to make every sacrifice for the perpetuation of the Ahmadiyya Khilafat, Insha'Allah.

Message by National Sadr Ima'illah USA

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the Name of Allah, the Gracious, the Merciful

Assalamo Alaikum Dear members of Lajna Ima'illah USA.

I pray that you are doing well. The Taleem and Tarbiyyat national program's theme for years April 2025 through April 2027 is **Jihad: Striving for High Moral Values**. It is based on the following guidance from beloved Khalifatul Masih V Mirza Masroor Ahmad (aba) and submissions from various majalis for shura proposals.

Guidance in a circular received from beloved Huzoor (aba) July 13, 2024, to the National Presidents of Lajna Ima'illah worldwide: He asked us to draw our attention to the moral values of good words, soft manners and respect in communications, and consideration for the elderly and young. He stated that these points are important for high morals and to bring them to the attention of our members.

Coincidentally, various majalis submitted proposals for the shura 2024 that focused on the following issues which relate to moral values. Therefore, the Taleem and Tarbiyyat national program has incorporated these issues with Islamic guidance.

Proposal for shura 2024:

...faced with a myriad of challenges in our daily lives. What strategies based on the Holy Quran, Hadith and Sunnah can we utilize to be the best in conduct? PA-York/Harrisburg

Request for plans to combat the rapidly rising illness of gossiping and talking bad about our own sisters behind their backs. TX-Dallas

Request for a series of interactive workshops for parents, focusing on positive parenting strategies, addressing behavioral challenges in teens, integrating Islamic values in childrearing, and effective stress and anger management techniques for both parents and children. NY-Brooklyn/SI

Request to provide ongoing coaching and guidance in the form of communication courses, navigating family dynamics (to strengthen family bonds and communication), building self-confidence and self-esteem as Ahmadi Muslim Americans, among other social constructs. CA-Silicon Valley

Request for the Taleem program to be simpler with mass appeal for the changing demographics of US lajna. Intellectually challenging components can be optional for higher learners. PA-Harrisburg

Design programs and trainings for parents...according to the Islamic teachings on how to safeguard from social issues, such as LGBTQ, social media, and others. (Shura Proposal 2024).

Our aim is to address the issues presented from the majalis and our beloved Huzoor (aba). The Taleem and Tarbiyyat program is just a guide. The work belongs to each of us to improve ourselves. An effort to strive for high moral values, collectively. The Holy Prophet Muhammad (saw) is the best example of high moral values. Hazrat Aishah (ra) stated, "He possessed all the moral excellences which are mentioned in the Holy Quran as the special mark of a true servant of God". This is our Jihad, to emulate the qualities of our Holy Prophet Muhammad (saw). "And thou dost surely possess high moral excellences". (68:5, comment 3091)

رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ ﴿١٢٨﴾

“O Lord! Accept this from us; for Thou art All-Hearing, All-Knowing.” Holy Qur’an (2:128)

Acknowledgements

All praise to God Almighty who Has enabled us to witness a century of Lajna Ima’illah-1922-2022.

The National Taleem and Tarbiyyat Departments of Lajna Ima’illah USA are indebted to the team members who committed to complete this monumental task. They are gratefully acknowledged and appreciated.

For the Taleem Section, we thank Fareeha Ahmad Sahiba and Kashmala Ahmad Sahiba for assisting in the initial work and editing of the English Taleem workbook. We acknowledge the preparation of workshops by Naela Najam Sahiba and Maha Malik Sahiba. Nusrat Jamal Sahiba translated the book into Urdu. She completed the subject matter and formatted the syllabus under the direct guidance and supervision of the National Taleem Secretary Sahiba. We also acknowledge the help of Sobia Laiq Sahiba in Grammar and Tarteel recordings upload, and Saliha Malik Sahiba for proofreading.

For the Tarbiyyat Section, we thank Naila Suleman Sahiba for format and content editing and Shahma Malik Sahiba for the Urdu Workbook translation, and Saliha Malik Sahiba for proofreading the English workbook.

It would not do justice if we did not mention National Sadr Dhiya Tahira Bakr Sahiba, who read the syllabus thoroughly and guided the National Taleem and Tarbiyyat Secretaries throughout the process in addition to her encouraging and motivating comments.

It is our hope, and we pray to Almighty Allah, that the Taleem & Tarbiyyat Syllabus will benefit our Lajna members. Ameen

Sincerely,

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رَبِّ زِدْنِي عِلْمًا ﴿١١٥﴾

O my Lord! Increase me in my knowledge. (20:115)

INTRODUCTION

Lajna Ima'illah USA National Taleem (Education) Workbook 2025-2027

Jihad: Striving for High Moral Values

Introduction and Incorporation of Shura Proposals

Shura Proposal 2024: Islamic Knowledge and Communication Skills

Propose the Majlis-e-Shura comes up with ways (Program & Training) to develop and integrate Islamic knowledge, communication skills and prayer strategies for parenting and interactions dealing with; Difficult/ challenging issues, exposure in schools to gun violence, LGBTQ, peer pressure, gossip, communication with elders/children and social media, establishing high moral values.

The subcommittee divided these topics into the following focus areas;

1. Contemporary issues
2. Exposure in school to gun violence
3. LGBTQ
4. Peer pressure, bullying
5. Gossip
6. Communication with elderly /or young ones
7. Social media
8. Anxiety & Depression

By the Grace and Blessings of Allah, we lived to see the centenary of Lajna Ima'illah. The centenary year was -from October 1, 2022 - October 1, 2023.

Every celebration calls for better improvements upon us to reflect on our past and to reassess current status. As compared to one hundred years ago when Lajna had minimal resources, consisting of few in numbers and with minimal financial means, Lajna started out on this mission when Khalifa Sani (ra), named them as Lajna Ima'illah, the maid servants of Allah. They embarked on this path to improve their education and tread the path of righteousness to elevate their spirituality. They came together in good spirits and with a good cause they acted with great Camaraderie and thus made a great history. We are passing through a time when we have all the information available on the tip of our fingers and one click away on the iPhone, iPad or Androids. We also now have more financial means. Every day of our lives making history that will be remembered by those who will celebrate the second centenary of Lajna Ima'illah. Insha'Allah, let it be a purposeful and beneficial history.

Shura Proposal 2024: States, "We therefore need to improve the religious and secular knowledge of Lajna USA through mutual collaboration and religious and secular education programs at the local and national level.

Shura Proposal 2023: Family Life

2023 Implementation Report Shura Proposal 1: Addaab e Hayaat (Etiquette of Life)

"Successful nations always keep an eye on their shortcomings, and there is no shame in doing so." (Friday Sermon; September 8, 2023) Our gatherings on a local as well as national level have brought to light challenges in observing basic Islamic etiquette, especially as regards appropriate behavior in the mosque, during salat, as well as decorum at Jama'at gatherings and our interactions with others. The recent addresses of Hazrat Khalifatul Masih (aba) draws particular attention to our moral training (Tarbiyyat). These reminders provide an excellent opportunity to return to the foundational principles of Islam in daily life. The Shura committee is asked to craft a dynamic program with which to reinvigorate Islamic etiquette within our members, including ways in which to train Lajna in leadership roles to facilitate implementation of the program effectively. (Tarbiyyat. National Aamilah and VA North Majlis) The recommendations made by the Subcommittee are divided into two parts:

- A.** Etiquettes of the culture of RasoolAllah **B.** Training leadership to be empathetic, successful leaders

Shura Proposal 2022: Initiative to Reach 100% Holy Qur'an Recitation, Salat and Purdah Observance for the 100th Anniversary of Lajna Ima'illah

At the occasion of Lajna Ima'illah Centennial, we would like to propose an initiative that ensures that 100% of our Lajna sisters implement these three practices:

- Daily recitation of the Holy Qur'an
- Offering the five daily prayers
- Observance of Purdah

These are the commandments of Allah. Beloved Huzoor (aba) regularly issues directives regarding these many times. Our survey data in the past several years demonstrates that the number of sisters who observe all three is sadly low. To promote sisterhood and support in this journey, this initiative would be a great way for us to commemorate our 100th anniversary, overcome the challenges in practicing these commandments regularly, and enhance our individual and communal spirituality. We request Majlis-e-Shura to propose some practical ways in which we can implement this initiative. (Virginia North) <https://www.alislam.org/friday-sermon/2004-01-30.html>

Shura Proposal 2018: Improve the Educational Standard in the Jama'at (Taleem)

In his Friday Sermon of December 19, 2008, Hazrat Khalifatul Masih V (aba) states: "I have been saying to Ahmadi students for a few years now that they should come forward in the field of all kinds of research. This field is getting vacated very speedily in these countries and the world needs it as well. This way immigrant Ahmadi will have a firm place in developed countries, and the Ahmadi who are native to these countries should do this in any case. They will be able to play an important role in the progress of their countries." It is proposed that the Shura committee present a plan to improve the educational and scientific standard of the Jama'at in order to produce the next generation of thought leaders and Nobel laureates and benefit one's country of residence. (National)"

The complete address of Hazoor (aba) can be found here: <https://www.reviewofreligions.org/19379/ahmadi-muslim-researchers-restoring-islams-golden-age/>

This is a program, Insha'Allah, that meets the learning needs of Lajna of all ages with inspiration to explore the hidden treasures in the Holy Qur'an. The program begins at a basic level then advances.

Developing Leaders: In the area of training Lajna members to become leaders in secular and religious matters:

1. Several resources and tools are posted on the Lajna website under Events-Lajna Mentoring Conference (LMC) for review. And LMC is held twice a year.
2. For your review: The implementation of the 2018 shura proposal produced a list of Mentors with the following expertise, available to assist members.

1. Scientists	4. Professors and Deans	7. Teachers	10. MS Science and Nurse Practitioners	13. Engineers	16. Medical Specialists (Clinical)
2. Doctorate Sciences	5. Social Workers	8. Stem cell researchers	11. Entrepreneurs	14. Lawyers	17. Medical doctors
3. Physicists	6. Pharmacists	9. Genealogists	12. Architects	15. Philosophers	18. Financial planners

Mentor's Role:

- They will make themselves available on request from a mentee.
- They will guide the mentee with tools and options.
- They will not be making decisions for mentees.
- They will prepare webinars for you to take advantage of.
- They will offer an opportunity for you to shadow them in their offices.
- They will help create research papers and science projects.

This list of mentors, their expertise and their contact information is posted on the Lajna Taleem webpage.

Promotion of Achievements in Secular Education:

- One of the purposes of the Taleem department is to enhance the educational standard of the Jama'at. The emphasis is on research by Ahmadi. Ahmadi should explore all possibilities of going into research programs to create thinkers and laureates. Incorporating Islamic teachings.

- Students are encouraged to apply for the Ahmadiyya Talent Awards organized by Jama'at. The application submission period is during the month of March, and the awards are given during the Jalsa Salana USA. Scholarship.committee@ahmadiyya.us

Academic Talent Awards:

Identify talented students and direct them to Ahmadiyya Talent Awards.

Areas of Taleem and Tarbiyyat Focus:

Each month and quarter will have an assigned topic. The topic is chosen based on our beloved Khalifatul Masih V (aba) circular to all National Presidents of Lajna Ima'illah to "...draw attention towards following moral values..." (July 13, 2024). In addition, incorporating aspects of Shura proposals 2024, 2023, 2022 and 2018.

Holy Qur'an:

- In the general meetings, review the Recitation with Tarteel rules and Translation with Grammar rules. Make time to listen to the recorded Tarteel and Grammar lessons in the meeting.
- Encourage teaching the Holy Qur'an one to one at the local level.
- Encourage and provide resources for online classes.
- Each quarter will have a research topic and selected verses from the Holy Qur'an that will be discussed in an interactive and thought-provoking manner with a take home message.
- The progress in this aspect will be monitored by surveys and Taleem tests on an ongoing basis and shared with Huzoor^{aba}.

Prerequisites of Reciting the Holy Qur'an

1. Cleanliness.

"That this is indeed a noble Qur'an; In a well-preserved book; Which none shall touch except those who are purified." (56:78-80)

One should be physically clean and, preferably, perform wudū before its recitation. Cleanse your thoughts, remove all doubts and recite it with an open heart.

2. Recite the following prayer before reciting the Holy Qur'an.

"And when thou recites the Qur'an, seek refuge with Allah from Satan the rejected." (16:99) The Holy Qur'an directs us to say Ta'awwuz, before reciting the Holy Qur'an.

(A'oozo Billahi minas-Shaitan ir Rajeem) - اَعُوْذُ بِاللّٰهِ مِنَ الشَّيْطٰنِ الرَّجِيْمِ

3. Remain silent and listen when the Holy Qur'an is recited.

"And when the Qur'an is recited, give ear to it and keep silent, that you may be shown mercy." (7:205)

4. Handle the Holy Qur'an respectfully.

Please refrain from placing the Holy Qur'an on the floor or in a dirty place. We always have to respect the holy book physically and in our hearts.

5. Recite the Holy Qur'an at dawn.

"And recite the Qur'an at dawn. Verily, the recitation of the Qur'an at dawn is especially acceptable to Allah." (17:79)

Hadith:

- One Hadith related to the topic of that quarter will be read, translated, and commented on in the general Lajna meeting.
- Malfuzat excerpts will be added for further clarification through the writings of the Promised Messiah (as).

Reference Book and Reminders: 2025-2027

Resources (to raise awareness):

- Flowers for the Women Wearing Veils
- Daughters of Eve
- Way of the Seekers
- Paradise Under Your Feet
- Top Tips from Amman Jan

- Ask a Murabbi
- Muslim Sunrise
- This Week with Huzoor
- Ahmadi professionals
- Some outside resources (vetted) from experts in their fields
- Letter to Huzoor
- Ahmadiyya answers (Ask Islam)
- Anonymous google form questions@ahmadiyya.us
- Spiritual Fitness
- MTA

Reminders:

- Spiritual fitness website, MTA watching
- 2025-2027 Taleem & Tarbiyyat Syllabus (and nasirat)
- Modules should address these 7 items
- Tailor the modules to apply to people in all stages of life (more inclusive)
- Best practices, do's & don'ts, guidelines/etiquettes of conversation
- Mother to Mother meetings – “Paradise Under Your Feet”
- Parents as role models “Walk your Talk” – “Way of the Seekers”
- Informal group for moms (field trips, story times, discretion of local needs)
- “Just Show Up” events
- Prayer – New prayer appeal from Huzoor
- Giving sadaqah for your children every day
- Praying every day for children
- Emphasizing tahajjud and
- congregational prayers/dars with families
- Emphasizing Quran and Hadith

Workshops and Presentations:

Each month's syllabus and study will be followed by a workshop with a prepared outline of the topics Parental Education:

1. Workshop guidelines:

- Safe & brave space, non-judgmental, open and honest
- Interactive workshops – common situations, debunk cultural norms
- Age-appropriate communication skills [family life resources]
- Workshops with scenarios of common situations Tarbiyyat and Umoor-e-talibaat secretaries, Lajna sisters and mothers who are in related professions can help facilitate this discussion (pediatricians, teachers, psychologists, etc.)
- Same-age related groups
- Mental health and issues related to divorce
- “If Only I Knew” – Parents can understand what their kids are facing
- Kids can speak generally on the issues they face
- Ex: different professions, etc.
- Mentor for refugee families (someone who has gone through the process and can understand their struggles)
- Support from professionals in related fields
- Safe-space initiative for masjids
- FAQ page (not just religious arguments include logic/scientific reason)

2. Workshop topics are described throughout the syllabus

Tarteel and Grammar Rules:

- Qaida Tarteel is a part of the Taleem program. A recorded clip of the Tarteel lesson is included in the workbook. It is only 3-4 minutes long and it is highly recommended to be heard in the meeting.

- Hazoor (aba) has shown his pleasure in us learning the Grammar rules. There is a recorded clip of these rules taken out of each month but collectively put in the Appendix F (online version). It is highly recommended to hear this 4-5-minute clip in the meeting.
- **Reminders:** Prayers from the Holy Qur'an and Salat memorization with translation (see Appendix A in the online version) will be reviewed and ongoing. Please continue to add any prayers from Khalifatul Masih (aba) advice in his Friday sermons.

Special Activity:

Seerat-un-Nabi Jalsa: The month of October will be designated to hold a Seerat-un-Nabi Jalsa in collaboration with other auxiliaries with non-Muslim guests invited. Join Jama'at Spiritual Fitness webinars, dates and times will be announced by Jama'at presidents/ Sadrat.

Annual Taleem Test:

According to the Lajna constitution, an annual Taleem Test is a requirement for all Lajna. 100% Lajna participation is required. The purpose of this test is to evaluate by simple questions the knowledge gained during the year. The test will be prepared in the following manner:

- 50% questions from the Holy Qur'an
- 25% questions from Hadith
- 25% questions from assigned books

Local, Regional and National Ijtema:

- Once a year, local and regional Ijtema are scheduled for the Lajna to come together and participate in different religious knowledge competitions while promoting sisterhood and loving relationships with each other.
- Presentations and Workshops will be held to summarize what was gleaned from the Taleem and Tarbiyyat national programs.
- Ongoing Salat memorization and learning its translation: Appendix A (online version).
The goal of the Taleem department is to have 100% of Lajna members know the Salat in Arabic with English or Urdu translation. A record of those Lajna who have already achieved this goal and those who are on their way to reach this goal should be kept and updated.
- A Taleem and Tarbiyyat survey is conducted annually or biannually. This is a way to assess our progress and send a report to our beloved Khalifa (aba).
- A video explains Huzoor's advice for Lajna officers to carry out programs to increase the numbers of those who are regular in Salat and have learned its translation. Once it is for this purpose, information collected should not be considered a personal matter anymore

Note: This book was reviewed for errors by several people. We apologize if a typo, mistake, or error was overlooked.

Learning the Holy Qur'an

خَيْرُكُمْ مَنْ تَعَلَّمَ الْقُرْآنَ وَعَلَّمَهُ

"The best among you is the one who learns and teaches the Holy Qur'an." (Sahih Bukhari)

TAQWA program through our Jama'at has set up online classes for the following:

- Tarteel: Correct pronunciation of the Holy Qur'an.
- Tarjuma (Translation) and Tafseer (Commentary) classes with Urdu Grammar.
- Arabic Grammar in English; currently available to Lajna.
- Split word translation in story style for children twice per week.

All faculty members on this website are certified Holy Qur'an teachers serving in different capacities. You may register for the above classes on <http://www.alfurqan.us> or through our Lajna website at: <http://www.lajnausa.net/web/learn-correct-pronunciation>.

Please visit these websites for more information and/or to register yourself and your children. Taleem secretaries are encouraged to attend these classes in order to teach the members.

References & Resources to Complete the Workbook

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Jihad: Striving for High Moral Values

Quarter 1. Jihad-e-Akbar: Our Internal Front

(April, May, & June 2025)

April 2025

JIHAD-E-AKBAR: OUR INTERNAL FRONT

Jihad is an Arabic word that can be translated as a “struggle”, “ability to strive”, or the exertion of one’s maximum effort to repel the enemy by word or deed. One must also distinguish between a “lesser jihad” and a “greater jihad”. The greater jihad – and therefore the more important one – is also called “jihad against the self”, i.e. a struggle to subdue one’s own ego, against evil inclinations and tendencies. It is a spiritual striving to attain nearness to God, and is a lifelong conscious striving incumbent on every Muslim.

<https://www.alislam.org/question/what-does-jihad-mean/>

Books: The Philosophy of the Teachings of Islam

<https://www.alislam.org/book/philosophy-teachings-islam/>

Our Goal this month:

Striving for high moral values through understanding the term Jihad.

The Promised Messiah (as) said:

I have brought you a commandment which is that Jihad with the sword has ended but the Jihad of the purification of your spirits must continue to be waged. I say this not on my own but in order to proclaim the design of God. Reflect on the Hadith of Bukhari wherein it is stated that the Promised Messiah (as) would put an end to fighting (يضع الحرب) for the faith. Accordingly I command those who have joined my ranks that they should discard all such notions. They should purify their hearts and foster their mercy and should have sympathy for the afflicted. They should spread peace on the earth, for this would cause their faith to spread. They should not wonder how this would come about. As God Almighty has utilized the elements and all earthly means for the purpose of bringing about new inventions to serve human needs like mechanical locomotion, etc., in the same way He will put His angels to work for the fulfilment of spiritual needs through heavenly signs, without the intervention of human agencies and there will appear many flashes of light whereby the eyes of multitudes will be opened. [Government Angrezi Aur Jihad, Ruhani Khaza'in, vol. 17, p. 15]

Holy Qur'an

And observe Prayer and pay the *Zakat*, and bow down with those who bow. (2:44)

وَأَقِيمُوا الصَّلَاةَ وَآتُوا الزَّكَاةَ وَارْكَعُوا مَعَ الرَّاكِعِينَ ﴿٤٤﴾

And seek help with with patience and Prayer; and this indeed is hard except for the humble in spirit, (2:46)

وَاسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ ۚ وَإِنَّهَا لَكَبِيرَةٌ إِلَّا عَلَى الْخَاشِعِينَ ﴿٤٦﴾

It is not righteousness that you turn your face to the East or the West, but truly righteous is he who believes in Allah and the Last Day and the angels and the Book and the Prophets, and spends his money for love of Him, on the kindred and the orphans and the needy and the wayfarer and those who ask for charity, and for ransoming the captives; and who observes Prayer and pays the Zakah; and those who fulfil their promise when they have made one, and the patient in poverty in afflictions and the steadfast in times of war, it is these who have proved truthful and it is these who are God-fearing. (2:178)

لَيْسَ الْبِرَّ أَنْ تُوَلُّوا وُجُوهَكُمْ قِبَلَ الْمَشْرِقِ وَالْمَغْرِبِ وَلَكِنَّ الْبِرَّ مَنْ آمَنَ بِاللَّهِ وَالْيَوْمِ الْآخِرِ وَالْمَلَائِكَةِ وَالْكِتَابِ وَالنَّبِيِّينَ ۖ وَآتَى الْمَالَ عَلَى حُبِّهِ ذَوِي الْقُرْبَىٰ وَالْيَتَامَىٰ وَالْمَسْكِينِ وَابْنَ السَّبِيلِ ۖ وَالسَّائِلِينَ وَفِي الرِّقَابِ ۖ وَأَقَامَ الصَّلَاةَ وَآتَى الزَّكَاةَ ۖ وَالْمُوفُونَ بِعَهْدِهِمْ إِذَا عَاهَدُوا ۖ وَالصَّابِرِينَ فِي الْبَأْسَاءِ وَالضَّرَّاءِ وَحِينَ الْبَأْسِ ۗ أُولَٰئِكَ الَّذِينَ صَدَقُوا ۗ وَأُولَٰئِكَ هُمُ الْمُتَّقُونَ ﴿١٧٨﴾

And worship Allah and associate naught with Him, and *show* kindness to parents, and to kindred, and orphans, and the needy, and to the neighbour that is a kinsman and the neighbor that is a stranger, and the companion by *your* side, and the wayfarer, and those whom your right hands possess. Surely, Allah loves not the arrogant *and* the boastful; (4:37)

وَأَعْبُدُوا اللَّهَ وَلَا تُشْرِكُوا بِهِ شَيْئًا وَبِالْوَالِدَيْنِ إِحْسَانًا وَبِذِي
الْقُرْبَىٰ وَالْيَتَامَىٰ وَالْمَسْكِينِ وَالْجَارِ ذِي الْقُرْبَىٰ وَالْجَارِ
الْجُنُبِ وَالصَّاحِبِ بِالْجَنبِ وَابْنِ السَّبِيلِ ۚ وَمَا مَلَكَتْ
أَيْمَانُكُمْ ۗ إِنَّ اللَّهَ لَا يُحِبُّ مَن كَانَ مُخْتَالًا فَخُورًا ﴿٣٧﴾

Say, 'My Prayer and my sacrifice and my life and my death are *all* for Allah, the Lord of the worlds. (6:163)

قُلْ إِنَّ صَلَاتِي وَنُسُكِي وَمَحْيَايَ وَمَمَاتِي لِلَّهِ رَبِّ الْعَالَمِينَ
﴿١٦٣﴾

'He has no partner. And so I am commanded, and I am the first of those who submit.' (6:164)

لَا شَرِيكَ لَهُ ۗ وَبِذَلِكَ أُمِرْتُ وَأَنَا أَوَّلُ الْمُسْلِمِينَ ﴿١٦٤﴾

Word meanings of Nouns, Verbs, and Particles

Nouns are names and are recognized as words starting with Alif-laam or ending in nun of nunnation/Tanween. Sometimes when words join together the Tanween or Nun of Nunnation disappears. Pronouns, Adverbs, Demonstrative Nouns, Interjections, Relative Pronouns are all Nouns.

Verbs are actions with reference to time. The *Past Perfect tense verb* means the action is completed. It always ends with a Fatha. Its plural ends in (وا) Wow-Alif. For example, (قالوا). *Imperfect verbs* are actions in present or future. They start with one of the four letters; Hamza-Ta-Ya or nun, ات ي ن

Particles are small single or multiple lettered words that help connect the Nouns and Verbs to make a sentence.

Please identify Nouns, Verbs and Particles						
Arabic word	وَ	عَلَى	ارْكَعُوا	يُحِبُّ	ذِي الْقُرْبَى	مُخْتَالًا
Transliteration	Wa	Alaa	Irka'oo	Yohibbo	zil Qurba	Mukhtalan
Translation	and	on	Bow down	He loves	kinsman	Treacherous

Questions: (Research answers from Five Volume Commentary of the Holy Qur'an)

1. Please explain words الصَّبْر (Patience) and الخاشعين (the humble)
2. Please discuss the basic concept of Internal Jihad. Answers may vary; find the inference from above verses.

Hadith

Translation:

Narrated by Hadrat Tariq bin Shihab, (May Allah be pleased with him): While the Prophet of Allah (May peace and blessings of Allah be on him) was (setting forth on a journey and) putting his foot in the stirrup, a person enquired of him which form of Jihad was the best; he said, The word of truth to the wrongdoing ruler.
(Forty Gems of Beauty pg. 61)

عَنْ طَارِقِ بْنِ شِهَابٍ، أَنَّ رَجُلًا سَأَلَ النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ
وَسَلَّمَ وَقَدْ وَضَعَ رِجْلَهُ فِي الْغُرْزِ، أَيُّ الْجِهَادِ أَفْضَلُ؟ قَالَ:
كَلِمَةُ حَقٍّ عِنْدَ سُلْطَانٍ جَائِرٍ -

(مثنى النسائي كتاب التبيعة فضل من تكلم بالحق عند إمام جائر)

Question:

Discuss the fears that a person could have while saying the word of truth to a wrong doing/cruel ruler?

Malfuzat

The Promised Messiah (as) said : This revelation descended upon me repeatedly: -

إِنَّ اللَّهَ مَعَ الَّذِينَ اتَّقَوْا وَالَّذِينَ هُمْ مُحْسِنُونَ

(Verily, Allah is with those who adopt righteousness and those who do good deeds.)

And so many times that I cannot count. God knows it has happened 2,000 times. The purpose of this is to let the Jama'at know not to be fooled simply by this fact that they have joined this Jama'at or to be satisfied with just a dry empty faith. Allah's support and help will be attained only when there is true taqwa and then only if accompanied by virtues. It is not a matter of pride that someone should simply be content with so little as that; for example, he does not commit adultery or that he did not commit murder and did not steal. Is it a virtue that one becomes proud of avoiding evil deeds? In fact, he knows that if he steals, his hand will be cut off, or he will go to jail according to the current law. According to Allah the Exalted, Islam is not the name of something that teaches only the avoidance of evil deeds. On the contrary, he cannot survive in this spiritual life until he abandons vice and adopts virtues. (*Malfoozat Vol VIII pg 298*)

Learn Urdu:

Urdu alphabets <https://www.alislam.org/urdu/pdf/Asaan-Qayeda.pdf>

Learning Urdu will depend upon the needs of each majlis. Taleem secretary could assign one Lajna to start teaching Urdu to non Urdu speaking sisters. An assessment could be done at the end of the year.

Tarteel / Holy Qur'an Recitation Rule

A dot is the basic point to start writing any letter of the alphabet. A combination of dots in a certain direction makes a line or a letter. A line is actually a combined form of dots. Dots play a vital role in the identification of certain similar looking letters. In the Arabic alphabet a maximum of three dots are used. They may come above, in the middle or below the baseline of a letter. **Link:** <https://bit.ly/3SBoorJ>



May 2025

Our Goal this month:

Adopting Jihad-e-Akbar. The Promised Messiah (as) stated, "There is no guarantee of how long one is going to live. Therefore, progress in your prayers and in your sincerity and piety. Excel in your worship, elevate the standard of your truthfulness and also improve your relations with one another." (*Hazrat Khalifat-ul Masih V (aba)'s Address at the Concluding Session of Jalsa Salana [Annual Convention] Qadian 2021*)

According to Islamic teachings there are three main forms of Jihad:

(i) Jihad-e-Akbar i.e. jihad of the highest order.

This is the jihad (struggle) for self-reformation. The struggle is against our own temptations such as greed, lust and other worldly temptations. This is a journey of a person from an 'animalistic' state of existence i.e. living for immediate gratification or gain to one where his psyche is disciplined enough to exercise moral control. This type of jihad is obligatory on every Muslim throughout his life.

(ii) Jihad-e-Kabir i.e. major jihad. This is the jihad of propagation of the truth, the message of Qur'an. The Qur'an also instructs us to spread this message with wisdom, tolerance and respect to others and their beliefs.

- *Call unto the way of thy Lord with wisdom and goodly exhortation (16:126);*
- *And revile not those whom they call upon beside Allah, lest they, out of spite, revile Allah in their ignorance. Thus unto every person have caused their doing to seem fair. Then unto their Lord is their return; and He will inform them of what they used to do (6:109).*

(iii) Jihad-e-Asghar i.e. jihad of the lower order. The "lesser jihad" is fighting in self-defense against an enemy that has initiated an attack. <https://www.alislam.org/question/what-does-jihad-mean/>

Holy Qur'an

So obey not the disbelievers and strive against them by means of it (the Qur'an) a great striving. (25:53)

فَلَا تُطِيعِ الْكٰفِرِيْنَ وَجَاهِدْهُمْ بِهٖ جِهَادًا كَبِيْرًا ﴿٥٣﴾

And whoso strives, strives only for his own soul; verily, Allah is Independent of all creatures. (29:7)

وَمَنْ جَاهَدَ فَاِنَّمَّا يُجَاهِدُ لِنَفْسِهٖۗ اِنَّ اللّٰهَ لَغَنِيٌّ عَنِ الْعٰلَمِيْنَ ﴿٧﴾

And *as to* those who believe and do righteous deeds We shall, surely, remove from them their evils, and We shall, surely, give them the best reward of their works. (29:8)

وَالَّذِينَ آمَنُوا وَعَمِلُوا الصَّالِحَاتِ لَنُكَفِّرَنَّ عَنْهُمْ سَيِّئَاتِهِمْ
وَلَنَجْزِيَنَّهُمْ أَحْسَنَ الَّذِي كَانُوا يَعْمَلُونَ ﴿٨﴾

O ye who believe! shall I point out to you a bargain that will save you from a painful punishment? (61:11)

يَأَيُّهَا الَّذِينَ آمَنُوا هَلْ أَدُلُّكُمْ عَلَىٰ تِجَارَةٍ تُنْجِيكُمْ مِّنْ
عَذَابِ أَلِيمٍ ﴿١١﴾

That you believe in Allah and His Messenger, and strive in the cause of Allah with your wealth and your persons. That is better for you, if you did but know. (61:12)

تُؤْمِنُونَ بِاللَّهِ وَرَسُولِهِ وَتُجَاهِدُونَ فِي سَبِيلِ اللَّهِ
بِأَمْوَالِكُمْ وَأَنفُسِكُمْ ۚ ذَٰلِكُمْ خَيْرٌ لَّكُمْ إِن كُنتُمْ تَعْلَمُونَ
﴿١٢﴾

An orphan near of kin, (90:16)

يَتِيمًا ذَا مَقْرَبَةٍ ﴿١٦﴾

Or, a poor man *lying* in the dust. (90:17)

أَوْ مِسْكِينًا ذَا مَتْرَبَةٍ ﴿١٧﴾

Then, he should have been of those who believe and exhort one another to perseverance and exhort one another to mercy. (90:18)

ثُمَّ كَانَ مِنَ الَّذِينَ آمَنُوا وَتَوَاصَوْا بِالصَّبْرِ وَتَوَاصَوْا
بِالْمَرْحَمَةِ ﴿١٨﴾

These are the people of the right- hand. (90:19)

أُولَٰئِكَ أَصْحَابُ الْمَيْمَنَةِ ﴿١٩﴾

And by the soul and its perfection – (91:8)

وَنَفْسٍ وَّمَا سَوَّاهَا ﴿٨﴾

And He revealed to it *the ways of evil* and *the ways of righteousness*— (91:9)

فَالهَمَهَا فُجُورَهَا وَتَقْوَاهَا ﴿٩﴾

He, indeed, prospers who purifies it, (91:10)

قَدْ أَفْلَحَ مَنْ زَكَّاهَا ﴿١٠﴾

And he is ruined who corrupts it. (91:11)

وَقَدْ خَابَ مَنْ دَسَّاهَا ﴿١١﴾

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Imperfect verbs are actions in present or future. They start with one of the four letters; Hamza-Ta-Ya or nun, ا ت ي ن .

Particles are small single or multiple lettered words that help connect the Nouns and Verbs to make a sentence.

Please identify Nouns, Verbs and Particles						
Arabic word	قَدْ	ثُمَّ	خَابَ	أَفْلَحَ	أُولَٰئِكَ	الَّذِينَ
Transliteration	qad	Summa	Khaaba	Aflaha	Oolaa-ika	allazeena
Translation	Surely	Then/Again	he got destroyed	he succeeded	these are	those who

Questions: (Answers from Five Volume Commentary)

1. What more is essential to raise the all round stature of a community, besides doing good actions referred to in verse 90:18?
2. What are the three things mentioned 61:12, that could save one from painful punishment?
3. What promise does Allah make to those who strive to find Him?
4. What is the bargain discussed in 61:11 ?

Hadith

Translation:

Narrated by Hadrat Abu Hurairah (May Allah be pleased with him): The Prophet of Allah (May peace and blessings of Allah be upon him) used to say:

Whoso believed in Allah and in His Prophet and established Prayer and observed fast in Ramadan, Allah promises to admit him into Paradise whether he fights for His cause or sits in the garden house where he was born.

They (the companions) said: 'Should we then communicate these pleasant tidings to the people, O Prophet of Allah?

The Prophet answered: "There are a hundred grades in Paradise, prepared by Allah for those who fight in the path of Allah, and, in between each, is as great a distance as is between earth and heaven. So, O Muslims! When you beg of Allah (for heaven), beg of Him the Firdaus, for it is the most central Paradise, and the highest one and aloft of it is the celestial seat of the Gracious God and from there spring the streams of Paradise." (*Sahih al-Buhkari, Book of Jihad and Expeditions, Chapter: Degrees of Mujahidin in the way of Allah*)

عَنْ أَبِي هُرَيْرَةَ رَضِيَ اللَّهُ عَنْهُ، قَالَ: قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: مَنْ آمَنَ بِاللَّهِ وَبِرَسُولِهِ، وَأَقَامَ الصَّلَاةَ، وَصَامَ رَمَضَانَ كَانَ حَقًّا عَلَى اللَّهِ أَنْ يُدْخِلَهُ الْجَنَّةَ، جَاهِدًا فِي سَبِيلِ اللَّهِ أَوْ جَلَسَ فِي أَرْضِهِ الَّتِي وُلِدَ فِيهَا، فَقَالُوا: يَا رَسُولَ اللَّهِ، أَفَلَا نُبَشِّرُ النَّاسَ؟ قَالَ: إِنَّ فِي الْجَنَّةِ مِائَةَ دَرَجَةٍ، أَعَدَّهَا اللَّهُ لِلْمُجَاهِدِينَ فِي سَبِيلِ اللَّهِ، مَا بَيْنَ الدَّرَجَتَيْنِ كَمَا بَيْنَ السَّمَاءِ وَالْأَرْضِ، فَإِذَا سَأَلْتُمُ اللَّهَ، فَاسْأَلُوهُ الْفِرْدَوْسَ، فَإِنَّهُ أَوْسَطُ الْجَنَّةِ وَأَعْلَى الْجَنَّةِ - أُرَاهُ قَالَ وَفَوْقَهُ عَرْشُ الرَّحْمَنِ، وَمِنْهُ تَفَجَّرُ أَنْهَارُ الْجَنَّةِ -

(صحيح البخاري كتاب الجهاد والسير باب درجات المجاهدين في سبيل الله)

Malfuzat

The Promised Messiah (as) said:

Three States of the Human Soul There are three states of the soul: the self that incites to evil, the reproving self and the soul at rest. One state of the soul at rest is known as the soul that is pure. The soul that is pure is the one found to exist in children. It is the soul that has not been defiled by the winds of this world, and which moves forward on a smooth and level plain, without any highs or lows. The self that incites evil is the self that has been adulterated by worldly elements. The reproving self is the self that develops a sense of understanding, reflects over its lapses, and strives and prays to save itself from vices, and is cognizant of its own weaknesses. The soul at rest is one which, by the grace of Allah, finds the strength and power to abstain from all forms of evil, and feels safe from all sorts of calamities and afflictions, and in turn, feels tranquillity and comfort at heart, with no traces of apprehension or restlessness. (*Malfoozat Vol. II, pg 118*)

Question:

How many grades of Paradise are described in the above Hadith and what is the best station?

Tarteel / Holy Qur'an Recitation Rule

Arabic Letters with pronunciation guide (in order). Link: <https://bit.ly/3y3Hey1>



June 2025

Our Goals this month:

How to strive through the three stages of man's soul and reach the highest level of 'The soul at rest'.

Philosophy of the Teachings of Islam, pages: 3-14 on three stages of the soul i.e. The Physical, Moral and Spiritual States of Man related to Jihad, striving for high moral values.

The purpose of this workshop is to understand different forms of Jihad. This term is so much misunderstood by the Western society that our members have to grasp the real meanings of Jihad in order to talk to the public when needed.

1. Taleem/Tarbiyyat Workshop

WORKSHOP: [Internal Jihad: Curb My Temptations](#)

Note: Please ask the following questions to members following each workshop:

1. What are the barriers in achieving these goals?
2. How can you improve?
3. What steps will you take?

Note: Additional activity: (If time permits): Repeat in July and August.

2. Striving for high moral values in the election of Leaders

Lajna Sadr elections usually take place in the month of August. June is the month when we start reminding Lajna of the constitution of Lajna Ima'illah with reference to Local Sadr elections. Explain the reason behind every rule like Purdah, Chanda payment etc. If the Majlis has a National officer among them or Regional Sadrs, they should be responsible to do so otherwise local Sadr can.

Holy Qur'an

'And I do not hold my own self to be free from weakness—surely the soul is prone to enjoin evil— save that whereon my Lord has mercy. Surely, my Lord is Most Forgiving, Merciful.' (12:54)

And *as for* those who strive in Our path— We will surely guide them in Our ways. And verily, Allah is with those who do good. (29:70)

Nay, I swear by self-accusing soul, *that the Day of Judgement is a certainty.* (75:3)

O, thou soul at peace! (89:28)

Return to thy Lord, thou well-pleased *with Him and* He well-pleased with thee. (89:29)

So enter thou among My chosen servants, (89:30)

And enter thou, my Garden. (89:31)

He indeed *truly* prospers who purifies it, (91:10)

And he who corrupts it is ruined. (91:11)

وَمَا أُبْرِئُ نَفْسِي ۚ إِنَّ النَّفْسَ لَأَمَّارَةٌ بِالسُّوءِ
إِلَّا مَا رَحِمَ رَبِّي ۗ إِنَّ رَبِّي غَفُورٌ رَحِيمٌ ﴿٥٤﴾

وَالَّذِينَ جَاهَدُوا فِينَا لَنَهْدِيَنَّهُمْ سُبُلَنَا وَإِنَّ
اللَّهَ لَمَعَ الْمُحْسِنِينَ ﴿٧٠﴾

وَلَا أَقْسِمُ بِالنَّفْسِ اللَّوَّامَةِ ﴿٣﴾

يَا أَيُّهَا النَّفْسُ الْمَطْمَئِنَّةُ ﴿٢٨﴾

ارْجِعِي إِلَىٰ رَبِّكِ رَاضِيَةً مَّرْضِيَّةً ﴿٢٩﴾

فَادْخُلِي فِي عِبَادِي ﴿٣٠﴾

وَادْخُلِي جَنَّتِي ﴿٣١﴾

قَدْ أَفْلَحَ مَنْ زَكَّاهَا ﴿١٠﴾

وَقَدْ خَابَ مَنْ دَسَّاهَا ﴿١١﴾

Tarteel / Holy Qur'an Recitation Rules

Change in shape while letters combine: Most of the Arabic letters can be connected to the following or preceding letter to make a word. When they are connected, they usually take three different shapes: initial, medial, and final position in a word as explained in the above examples:

Link: <https://bit.ly/3KLyW5B>



Quarter 2. Adopting the Moral Value of Righteous Indignation for Tackling Social Media Immodesty (July, August, & September 2025)

ACTIVITIES FOR THE QUARTER

Resources: This Week with Huzoor

https://www.youtube.com/playlist?list=PLskzM_vEFYiv0sA4vQmFzvo-0ZFIs6m-R

Book: Flowers for Women Wearing Veils (pages 232-241)

<https://www.alislam.org/book/flowers-for-women-wearing-veils-volume-i>

Address at Lajna Ima'illah UK National Ijtema 2021

<https://www.alislam.org/articles/safeguarding-yourself-from-toxic-glamour-of-world/>

July 2025

Our Goals this month:

Adopting–Righteous Indignation for Tackling Social Media Immodesty

This challenge of our lives is not limited to one area, instead it has spread all over the world. As much as social media has brought people together, it has equally caused damage to the morals of users. It is addictive and there is an impulse to share every little detail on social media. It promotes restlessness, discontent, greed, jealousy and many more social ills. It promotes immodesty. It is exposing our youth to a highly dangerous environment. Children are watching something they should not. They are growing mature ahead of time and the innocence of childhood years has been snatched away from them. Some children were so addicted that when a real book was handed to them they tried to flip the page by swiping up on the paper page as if it were an ipad.

Addressing Lajna Ima'illah UK Ijtema Sept 26 2021, Huzoor (aba) said:

“I am sure there will come a time when they will recognize that constant exposure to material things on TV, on the internet and on social media, and the pursuit of vain desires has been to their profound detriment. They will see how all that they have considered as good and progressive has actually triggered a spiritual and moral malice, the likes of which perhaps the world has never seen before. They will be forced to admit that the riches of the world have left them spiritually penniless and morally bankrupt. Although we are seeing evidence of this, as increasingly people are suffering from anxiety, depression and other mental health issues on a far greater scale than ever before; it is my firm belief that the root cause of this is that they have been trapped by their materialistic pursuits and cravings, and above all, because they have abandoned faith in God Almighty. <https://www.alislam.org/articles/safeguarding-yourself-from-toxic-glamour-of-world/>

Holy Qur'an

And those who, when they commit a foul deed or wrong themselves, remember Allah and implore forgiveness for their sins--and who can forgive sins except Allah?--and do not persist knowingly in what they have done.

(3:136)

Say, My Lord has only forbidden foul deeds, whether open or secret, and sin and wrongful transgression, and that you associate with Allah that for which He has sent down no authority, and that you say of Allah that of which you have no knowledge. (7:34)

He answered, ‘My Lord, since Thou hast adjudged me as gone astray, I will surely make straying from the right path appear beautiful to them on the earth and I will surely lead them all astray, (15:40)

وَالَّذِينَ إِذَا فَعَلُوا فَاحِشَةً أَوْ ظَلَمُوا أَنْفُسَهُمْ ذَكَرُوا اللَّهَ
فَاسْتَغْفَرُوا لِذُنُوبِهِمْ. وَمَنْ يَغْفِرِ الذُّنُوبَ إِلَّا اللَّهُ. وَلَمْ
يُصِرُّوا عَلَىٰ مَا فَعَلُوا وَهُمْ يَعْلَمُونَ ﴿١٣٦﴾

قُلْ إِنَّمَا حَرَّمَ رَبِّيَ الْفَوَاحِشَ مَا ظَهَرَ مِنْهَا وَمَا بَطَّنَ
وَالْأَيْمَانَ وَالتَّبَغْيَ بِغَيْرِ الْحَقِّ وَأَنْ تُشْرِكُوا بِاللَّهِ مَا لَمْ يُنَزِّلْ
بِهِ سُلْطَانًا وَأَنْ تَقُولُوا عَلَى اللَّهِ مَا لَا تَعْلَمُونَ ﴿٣٤﴾

قَالَ رَبِّ بِمَا أَغْوَيْتَنِي لَأُزَيِّنَنَّ لَهُمْ فِي الْأَرْضِ وَلَأُغْوِيَنَّهُمْ
أَجْمَعِينَ ﴿٤٠﴾

Except Thy chosen servants from among them.' (15:41)

﴿٤١﴾ إِلَّا عِبَادَكَ مِنْهُمْ الْمُخْلِصِينَ

Surely, success does come to the believers, (23:2)

﴿٢﴾ قَدْ أَفْلَحَ الْمُؤْمِنُونَ

Who are humble in their Prayers, (23:3)

﴿٣﴾ الَّذِينَ هُمْ فِي صَلَاتِهِمْ خُشِعُونَ

And who shun all that which is vain. (23:4)

﴿٤﴾ وَالَّذِينَ هُمْ عَنِ اللَّغْوِ مُعْرِضُونَ

Word meanings of Nouns, Verbs, and Particles

Nouns are names and are recognized as words starting with Alif-laam or ending in nun of nunnation/Tanween. Sometimes when words join together the Tanween or Nun of Nunnation disappears. Pronouns, Adverbs, Demonstrative Nouns, Interjections, Relative Pronouns are all Nouns.

Verbs are actions with reference to time. The Past Perfect tense verb means the action is completed. It always ends with a Fatha. Its plural ends in (وا) Wow-Alif. For example, (قالوا). Imperfect verbs are actions in present or future. They start with one of the four letters; Hamza-Ta-Ya or nun, اتى ن.

Particles are small single or multiple lettered words that help connect the Nouns and Verbs to make a sentence.

Please identify Nouns, Verbs and Particles						
Arabic word	عَنْ	إِلَّا	تُطْع	يُرِيدُونَ	زِينَةٌ	خَاشِعُونَ
Transliteration	Un	Illa	tot'e	Yoreedoona	Zeenatan	Khashio'oon
Translation	from	except	you follow	they want/ decide	embellishment	Those who humble

Questions: (Research answers from five volume Commentary of the Holy Qur'an)

In verse 15:40, What is the major reason that the disbelievers wouldn't believe in the Holy Prophet (saw).?

Hadith

Translation:

Hadrat Wabisath bin Ma'bad Asadi (May Allah be pleased with him) narrated that (when) I came to The Prophet of Allah (May peace and blessings of Allah be on him), he said: "Seek the guidance of thy soul! The virtuous deed is one whereby thy heart is contented, and thy soul feels restful, and the sinful act is one which rankles in thy soul and which contracts thy heart even though the other people endorse it as lawful." (Forty Gems of Beauty, pg 120)

عَنْ وَابِصَةَ بْنِ مَعْبُدٍ، قَالَ أَتَيْتُ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ... يَقُولُ: يَا وَابِصَةُ اسْتَفْتِ نَفْسَكَ، الْبِرُّ مَا أَظْمَأَنَّ إِلَيْهِ الْقَلْبُ، وَاطْمَأَنَّتْ إِلَيْهِ النَّفْسُ، وَالْإِثْمُ مَا حَاكَ فِي الْقَلْبِ، وَتَرَدَّدَ فِي الصَّدْرِ، وَإِنْ أَفْتَاكَ النَّاسُ-

(مسند أحمد، حديث وابصة بن معبد الاسدي، جلد 7 صفحہ 423)

Question:

What is the simple rule of knowing the virtuous deed from a sinful act?

Malfuzat

The Promised Messiah (as) said:

A sinner is one who severs their relationship with God Almighty in this very life. For such a person was instructed to become devoted to God Almighty and to keep in the company of the truthful, but they instead became slaves to passion and desire, and joined hands with the wicked and those who were the enemies of God and His Messenger. In other words, they have demonstrated through their practical example that they have severed their relationship with God Almighty. It is the way of Allah that when an individual takes a step in one direction, they move further away from the opposing direction. If a person separates themselves from God Almighty and becomes a slave to carnal desires and

passions, God, in turn, moves further and further away from them. As a person grows closer to their own passions and desires, their connection with God is weakened. As the proverb goes: 'love begets love'. Therefore, if a person demonstrates that they are averse to God in practice, then they ought to know that God too is averse to them. If, on the other hand, a person loves God Almighty and flows towards Him like water, then they ought to know that God is Gracious. When a person loves Allah the Exalted, He in turn shows him greater love. (*Malfizat, volume 1, pg 140*)

Question:

The Promised Messiah (as) says "Love begets love" , comment on it.

Tarteel / Holy Qur'an Recitation Rules

Practice reading combined letters. Read each letter separately: names of 30 parts of the Holy Qur'an. **Link:** <https://bit.ly/3xZRBDk>



August 2025

Our Goal this month:

Strive to Adopt the virtue of modesty.

Huzoor (aba) advised at the occasion of Jalsa Salana UK in Ladies Jalsa Gah 2019: The female companions would beautify themselves not for fashion or to show the world, rather they did so to create a pure atmosphere within their household. Women should not put on make-up and walk around in the streets without *purdah*. He also highlighted that modesty is the true adornment of women and they should take pride in this. To say, "We have familial ties or such and such families are family friends and for this reason we do not observe *purdah*" is entirely incorrect. When the hijab is left, it is then that immodesty spreads. He also recognized that there would be some press members present during his speech who might remark, "Look how these people draw rules for their women." Huzoor (aba) advised that we should not care about what others think, but rather we should follow what Allah has taught us.

Holy Qur'an

And when they commit a foul deed, they say: 'We found our fathers doing it, and Allah has enjoined it upon us.' Say, 'Allah never enjoins foul deeds. Do you say of Allah what you know not? (7:29)

وَإِذَا فَعَلُوا فَاحِشَةً قَالُوا وَجَدْنَا عَلَيْهَا آبَاءَنَا وَاللَّهُ أَمَرَنَا بِهَا. قُلْ إِنَّ اللَّهَ لَا يَأْمُرُ بِالْفَحِشَاءِ. اتَّفَقُوا عَلَى اللَّهِ مَا لَا تَعْلَمُونَ ﴿٢٩﴾

And come not near unto adultery; Surely, it is a foul thing and an evil way. (17:33)

وَلَا تَقْرَبُوا الزِّنَى إِنَّهُ كَانَ فَاحِشَةً وَسَاءَ سَبِيلًا ﴿٣٣﴾

O ye who believe! follow not the footsteps of Satan, and whoso follows the footsteps of Satan *should know that* he surely enjoins immorality and manifest evil. And but for the grace of Allah and His mercy upon you, not one of you would ever be pure, but Allah purifies whom He pleases. And Allah is All-Hearing, All-Knowing. (24:22)

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تَتَّبِعُوا خُطُوَاتِ الشَّيْطَانِ. وَمَنْ يَتَّبِعْ خُطُوَاتِ الشَّيْطَانِ فَإِنَّهُ يَأْمُرُ بِالْفَحِشَاءِ وَالْمُنْكَرِ وَلَوْ لَا فَضْلُ اللَّهِ عَلَيْكُمْ وَرَحْمَتُهُ مَا زَكَا مِنْكُمْ مِّنْ أَحَدٍ أَبَدًا. وَلَكِنَّ اللَّهَ يُزَكِّي مَنْ يَشَاءُ. وَاللَّهُ سَمِيعٌ عَلِيمٌ ﴿٢٢﴾

He knows the treachery of the eyes and what the breasts conceal. (40:20)

يَعْلَمُ خَائِنَةَ الْأَعْيُنِ وَمَا تُخْفِي الصُّدُورُ ﴿٢٠﴾

From the evil of the whisperings of the sneaking whisperer, (114:5)

مِن شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ﴿٥﴾

Who whispers into the hearts of men. (114:6)

الَّذِي يُوسْوِسُ فِي صُدُورِ النَّاسِ ﴿٦﴾

From among the Jinn and men. (114:7)

مِنَ الْجِنَّةِ وَالنَّاسِ ﴿٧﴾

Word meanings of Nouns, Verbs, and Particles

Nouns are names and are recognized as words starting with Alif-laam or ending in nun of nunnation/Tanween. Sometimes when words join together the Tanween or Nun of Nunnation disappears. Pronouns, Adverbs, Demonstrative Nouns, Interjections, Relative Pronouns are all Nouns.

Verbs are actions with reference to time. The *Past Perfect tense verb* means the action is completed. It always ends with a Fatha. Its plural ends in (وا) Wow-Alif. For example, (قالوا). *Imperfect verbs* are actions in present or future. They start with one of the four letters; Hamza-Ta-Ya or nun, ات ى ن.

Particles are small single or multiple lettered words that help connect the Nouns and Verbs to make a sentence.

Please identify Nouns, Verbs and Particles						
Arabic word	إِنَّ	لَوْ	فَعَلُوا	يَتَّبِعُ	الزَّانِي	خُطُوتٍ
Transliteration	Inna	La'oo	Fa'aloo	Yattab'e	Azzinaa	Khutowaat
Translation	Surely	If	They did	He follows	Adultery	Footsteps

Questions:

(Research answers from Five Volume Commentary of the Holy Qur'an)

1. What may be implied by the verse 7:29 according to the five volume commentary?
2. What is meant by the treachery of the eyes? 40:20

Hadith

حَدَّثَنَا أَحْمَدُ بْنُ مَنِيعٍ، حَدَّثَنَا النَّضْرُ بْنُ إِسْمَاعِيلَ أَبُو الْمُغِيرَةِ، عَنْ مُحَمَّدِ بْنِ سُوْقَةَ، عَنْ عَبْدِ اللَّهِ بْنِ دِينَارٍ، عَنْ ابْنِ عُمَرَ، قَالَ خَطَبَنَا عُمَرُ بِالْجَابِيَةِ فَقَالَ يَا أَيُّهَا النَّاسُ إِنِّي قُفْتُ فِيكُمْ كَمَقَامِ رَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ فِينَا فَقَالَ... أَلَا لَا يَخْلُونَ رَجُلٌ بِامْرَأَةٍ إِلَّا كَانَ تَالِثَهُمَا الشَّيْطَانُ ...

Translation:

Umar delivered a Khutbah to us at Al-Jabiyah. He said: 'O you people! Indeed I have stood among you as the Messenger of Allah (saw) stood among us, and he (saw) said: "..... Behold! A man is not alone with a woman but the third of them is Ash-Shaitan...'

(Sunan Tirmidhi, Kitabar Raza baab ma ja'a fi karaheyatad dakhool ala-Imaghibaah, Hadith #117)

Malfuzat

The Promised Messiah (as) said:

It is to counter these very adverse effects that the Founder of Islam has forbidden an individual altogether from approaching anything that may lead them to stumble. In this relation, the Holy Prophet (saw) has stated that where a non-mahram man and woman sit in seclusion, the third of them is Satan. Just reflect on the harrowing outcomes that Europe is having to bear as a result of this non-restrictive and unbridled teaching. In certain places, an utterly shameless life of promiscuity is led. This is due to teachings of the sort just mentioned. If you wish to protect a thing from misuse, it must be safeguarded. However, if one does not watch over a possession—and considers the world to be innocent—then keep in mind that it will surely be ruined.

(Malfuzat, volume 1, pg 33-34)

Question:

Please discuss the role of Satan according to the above Malfuzat.

September 2025

Our Goals this month:

Mother to Mother Workshop (Tarbiyyat 1)

Using the books *Paradise Under Your Feet* and *Social Media* hold a discussion on:

- A. Control the impulse/ addiction to social media.
- B. Why Purdah of eyes and ears calls upon us to limit social media to good usage.

The purpose of this workshop is for parents and young mothers to understand the effect of social media on children. It is commonly observed, and Huzoor (aba) also has brought our attention towards it, that when mothers are tired of their children making a fuss, they hand them their cell phone to watch different things. They need to realize how many bad effects the rays from the cell phone have on their brains. They get addicted to holding the phone in their hands in order to sometimes even walk straight. Let alone the content of the social media which is presented as a norm is sometimes against our religious values.

WORKSHOP : Social Media and Immodesty

Note: Please ask the following questions to members following each workshop:

1. What are the barriers to achieve this goal?
2. How can you improve?
3. What steps will you take?

Holy Qur'an

He said, 'Now, since Thou hast adjudged me to be erring, I will assuredly lie in wait for them on Thy straight path;' (7:17)

قَالَ فَبِمَا أَغْوَيْتَنِي لَأَقْعُدَنَّ لَهُمْ صِرَاطَكَ الْمُسْتَقِيمَ ﴿١٧﴾

'Then I will surely come upon them from before them and from behind them and from their right and from their left, and Thou wilt not find most of them to be grateful.' (7:18)

ثُمَّ لَأَتِيَنَّهُمْ مِّنْ بَيْنِ أَيْدِيهِمْ وَمِنْ خَلْفِهِمْ وَعَنْ أَيْمَانِهِمْ وَعَنْ شَمَائِلِهِمْ ۖ وَلَا تَجِدُ أَكْثَرَهُمْ شَاكِرِينَ ﴿١٨﴾

God said, 'Get out hence, despised and banished. Whosoever of them shall follow thee, I will surely fill Hell with you all;' (7:19)

قَالَ اخْرُجْ مِنْهَا مَذْءُومًا مَّدْحُورًا ۚ لَمَنْ تَبِعَكَ مِنْهُمْ لَأَمْلَأَنَّ جَهَنَّمَ مِنْكُمْ أَجْمَعِينَ ﴿١٩﴾

And keep thyself attached to those who call on their Lord, morning and evening, seeking His pleasure; and let not thy eyes pass beyond them, seeking the adornment of the life of the world; and obey not him whose heart We have made heedless of Our remembrance and who follows his evil inclinations and his case exceeds all bounds. (18:29)

وَاصْبِرْ نَفْسَكَ مَعَ الَّذِينَ يَدْعُونَ رَبَّهُمْ بِالْغَدَاةِ وَالْعَشِيِّ يُرِيدُونَ وَجْهَهُ وَلَا تَعْدُ عَيْنُكَ عَنْهُمْ تُرِيدُ زِينَةَ الْحَيَاةِ الدُّنْيَا ۗ وَلَا تُطِعْ مَنْ أَغْفَلْنَا قَلْبَهُ عَنْ ذِكْرِنَا وَاتَّبَعَ هَوَاهُ وَكَانَ أَمْرُهُ فُرْطًا ﴿٢٩﴾

Know that the life of this world is only a sport and a pastime, and an adornment, and a source of boasting among yourselves, and of rivalry in multiplying riches and children. This life is like the rain, the vegetation produced whereby, rejoices the tillers. Then it dries up and thou seest it turn yellow; then it becomes broken pieces of straw. And in the Hereafter there is severe punishment, and also forgiveness from Allah. and His pleasure. And the life of this world is nothing but a temporary enjoyment of deceitful things. (57:21)

اعْلَمُوا أَنَّمَا الْحَيَاةُ الدُّنْيَا لَعِبٌ وَلَهُوَ زِينَةٌ وَتَفَاخُرٌ بَيْنَكُمْ وَتَكَاثُرٌ فِي الْأَمْوَالِ وَالْأَوْلَادِ ۗ كَمَثَلِ غَيْثٍ أَعْجَبَ الْكُفَّارَ نَبَاتُهُ ثُمَّ يَهَيِّجُ فَتْرًا بِهِ مُصْفَرًّا ثُمَّ يَكُونُ حُطَامًا ۗ وَفِي الْآخِرَةِ عَذَابٌ شَدِيدٌ ۗ وَمَغْفِرَةٌ مِّنَ اللَّهِ وَرِضْوَانٌ ۗ وَمَا الْحَيَاةُ الدُّنْيَا إِلَّا مَتَاعُ الْغُرُورِ ﴿٢١﴾

Word meanings of Nouns, Verbs, and Particles

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Particles are small single or multiple lettered words that help connect the Nouns and Verbs to make a sentence.

Please identify Nouns, Verbs and Particles						
Arabic word	لا	ما	يَكُونُ	إِعْلَمُوا	الْحَيَوَةُ	مَغْفِرَةٌ
Transliteration	Laa	Maa	Yakoono	E'alamoo	Al-Hayat	Mughfiratin
Translation	Not	Not	it is	Know that	The life	forgiveness

Questions: (Research answers from five volume Commentary of the Holy Qur'an)

What is one command and two prohibitions Allah gave to the Holy Prophet (saw) in verse 18:29?

Hadith

Translation:

Narrated by Hadrat Ibn Umar (May Allah be pleased with him): The Prophet of Allah (May peace and blessings of Allah be on him) said: "Whoso imitates another people (leaving the way and tradition of his own community and people) will be considered one of them."

(Sunan Abu Dawud, Book of Dress, Chapter: A garment of fame and vanity)

عَنِ ابْنِ عُمَرَ، قَالَ: قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ:
 مَنْ تَشَبَّهَ بِقَوْمٍ فَهُوَ مِنْهُمْ -
 (سُنَنُ أَبِي دَاوُدَ كِتَابُ اللَّيْبَاسِ بَابُ فِي لُبْسِ الشُّهُورَةِ)

Tarteel / Holy Qur'an Recitation Rules/

Practice Allah's attributive names

Link: <https://bit.ly/3Z7LRD9>



Quarter 3. Adopting the Moral Value of Thinking Well of Others (Bai'at # 9): Beneficence to mankind. (October, November, & December 2025)

ACTIVITIES FOR THE QUARTER Communication Skills with Elders

Books:

Message of The Promised Messiah (as) on contemporary Issues

<https://www.alislam.org/articles/message-of-the-promised-messiah-for-contemporary-society/>

Way of the Seekers

<https://files.alislam.cloud/pdf/Way-of-Seekers.pdf>

The Holy Prophet (peace and blessings of Allah be on him) said: It is a grievous sin for a person to abuse his parents. Someone asked: Would a person ever abuse his parents? Yes, said the Holy Prophet (peace and blessings of Allah be on him). If a person abuses another's father, his own father will be abused in return, and if he abuses the other's mother the same abuse will be returned. (*Wisdom of Holy Prophet (saw) pg 15*)

October 2025

Our Goal for this month:

Adopting beneficence through good communication skills with elders.

Our religion Islam stresses upon being respectful towards the elders even if elders are saying a wrong thing. The western society however doesn't mind children talking back and even ridiculing the elders. They are referred to as smart children. If God forbid elders, especially grandparents, make a mistake or utter something that children don't like, the children don't hesitate to mock them.

Instead of discouraging our young ones from doing so, parents would say, "they live in America so let it go. They are not old school." But what needs to be remembered is that Islamic teachings stay the same whether it is old school or new school. Whether it be Eastern society or Western, Islam stays the same. Children or young ones should always be respectful of elders.

What is prevalent now is that grandparents zip their mouths, they are not allowed to say anything and are forced to adopt the non Islamic ways instead of verbalizing against it.

Holy Qur'an

They ask thee what they shall spend. Say, 'Whatever of good and abundant wealth you spend should be for parents and near relatives and orphans and the needy and the wayfarer. And whatever good you do, surely Allah knows perfectly well. (2:216).

يَسْأَلُونَكَ مَاذَا يُنْفِقُونَ. قُلْ مَا أَنْفَقْتُمْ مِنْ خَيْرٍ
فَلِلْوَالِدَيْنِ وَالْأَقْرَبِينَ وَالْيَتَامَى وَالْمَسْكِينِ وَابْنِ
السَّبِيلِ. وَمَا تَفْعَلُوا مِنْ خَيْرٍ فَإِنَّ اللَّهَ بِهِ عَلِيمٌ
﴿٢١٦﴾

Thy Lord has commanded, “Worship none but Him, and show kindness to parents. If one of them attain old age with thee or both of them, never say unto them any word expressive of disgust nor reproach them, but *always* address them with excellent speech. (17:24)

And lower to them the wing of humility out of tenderness. And say, ‘My Lord, have mercy on them even as they nourished me in *my* childhood. (17:25)

And we have enjoined on man concerning his parents– his mother bears him in weakness, and his weaning takes two years– ‘Give thanks to Me and to thy parents. Unto Me is the *final* return. (31:15)

And We have enjoined on man to be good to his parents. His mother bears him with pain, and brings him forth with pain, and the bearing of him and his weaning *takes* thirty months till, when he attains his full maturity and reaches *the age* of forty years, he says, ‘My Lord, grant me that I may be grateful for Thy favour which Thou hast bestowed upon me and my parents, and I may do such righteous deeds as may please Thee. And establish righteousness among my progeny for me. I do turn to Thee; and, truly, I am one of those who are obedient to *Thee*. (46:16)

These are they from whom we accept the best of what they do and overlook their evil deeds. *They shall be* among the inmates of the Garden, *in fulfilment of* the true promise which was made to them. (46:17)

وَقَضَىٰ رَبُّكَ أَلَّا تَعْبُدُوا إِلَّا إِيَّاهُ وَبِالْوَالِدَيْنِ إِحْسَانًا ۚ
إِمَّا يَبْلُغَنَّ عِنْدَكَ الْكِبَرَ أَحَدُهُمَا أَوْ كِلَيْهِمَا فَلَا تَقُلْ
لَهُمَا أَفٍّ وَلَا تَنْهَرْهُمَا وَقُلْ لَهُمَا قَوْلًا كَرِيمًا ﴿٢٤﴾

وَاحْفَظْ لَهُمَا جَنَاحَ الذُّلِّ مِنَ الرَّحْمَةِ وَقُلْ رَبِّ
ارْحَمْهُمَا كَمَا رَبَّيْنِي صَغِيرًا ﴿٢٥﴾

وَوَصَّيْنَا الْإِنْسَانَ بِوَالِدَيْهِ ۖ حَمَلَتْهُ أُمُّهُ وَهْنًا عَلَىٰ
وَهْنٍ وَفِصْلُهُ فِي سِنَيْنِ ۖ أَنْ أَشْكُرَ لِي وَلِوَالِدَيْكَ
إِلَى الْمَصِيرِ ﴿١٥﴾

وَوَصَّيْنَا الْإِنْسَانَ بِوَالِدَيْهِ إِحْسَانًا ۚ حَمَلَتْهُ أُمُّهُ كُرْهًا
وَوَضَعَتْهُ كُرْهًا ۚ وَحَمَلُهُ وَفِصْلُهُ ثَلَاثُونَ شَهْرًا ۚ حَتَّىٰ
إِذَا بَلَغَ أَشُدَّهُ وَبَلَغَ أَرْبَعِينَ سَنَةً ۚ قَالَ رَبِّ أَوْزِعْنِي
أَنْ أَشْكُرَ نِعْمَتِكَ الَّتِي أَنْعَمْتَ عَلَيَّ وَعَلَىٰ وَالِدَيَّ
وَأَنْ أَعْمَلَ صَالِحًا تَرْضَاهُ وَأَصْلِحْ لِي فِي ذُرِّيَّتِي ۗ
إِنِّي تَبْتُ إِلَيْكَ وَإِنِّي مِنَ الْمُسْلِمِينَ ﴿١٦﴾

أُولَئِكَ الَّذِينَ نَتَقَبَّلُ عَنْهُمْ أَحْسَنَ مَا عَمِلُوا
وَنَتَجَاوَزُ عَنْ سَيِّئَاتِهِمْ فِي أَصْحَابِ الْجَنَّةِ ۚ وَعَدَّ
الصِّدْقِ الَّذِي كَانُوا يُوعَدُونَ ﴿١٧﴾

Word meanings of Nouns, Verbs, and Particles

Nouns are names and are recognized as words starting with Alif-laam or ending in nun of nunation/Tanween. Sometimes when words join together the Tanween or Nun of Nunation disappears. Pronouns, Adverbs, Demonstrative Nouns, Interjections, Relative Pronouns are all Nouns.

Verbs are actions with reference to time. The *Past Perfect tense verb* means the action is completed. It always ends with a Fatha. Its plural ends in (و ا) Wow-Alif. For example, (قالوا). *Imperfect verbs* are actions in present or future. They start with one of the four letters; Hamza-Ta-Ya or nun, ا ت ي ن.

Particles are small single or multiple lettered words that help connect the Nouns and Verbs to make a sentence.

Please identify Nouns, Verbs and Particles						
Arabic word	أَنَّ	حَتَّى	وَضَعَتْهُ	وَصَّيْنَا	كُرْهًا	الْوَالِدَيْنِ
Transliteration	Anna	Hatta	Waza'atoho	wassaina	kurhan	Alwaledaine
Translation	That	Until	gave birth to him	we advised	painful	the parents

Questions:

1. According to 2:216, what is the best place where your money should be spent? -
2. According to verse 46:16, what is meant by احسان (Five Volume commentary)

November 2025

Our Goal for this month:

Workshop: Improving communication skills with elders and youth

Most common challenge for parents is to communicate the right information with their children. We will learn some communication skills through this workshop. Parents are facing this challenge with their children and grandchildren.

Taleem/Tarbiyyat Workshop (Taleem 2)

WORKSHOP : Communication Skills

Note: Please ask the following questions to members following each workshop:

1. What are the barriers to achieve this goal ?
2. How can you improve?
3. What steps will you take?

Holy Qur'an

My Lord, make me *constant* in observing Prayer, and my children *too*. Our Lord! *bestow Thy grace on me* and accept my prayer, (14:41)

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي * رَبَّنَا
وَتَقَبَّلْ دُعَاءِ ﴿٤١﴾

And those who say, 'Our Lord, grant us of our wives and children the delight of our eyes, and make us a model for the righteous.' (25:75)

وَالَّذِينَ يَقُولُونَ رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا
قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا ﴿٧٥﴾

Tarteel / Holy Qur'an Recitation Rules

Fat'hah: Fat'hah is a small slant hyphen placed in a slanted position over a letter. In order to join two letters together, the preceding letter must have a stroke/vowel eg. تَرَ (tara). When a letter carries a fat-ha it is called 'Maftūh' meaning 'Opened". A Maftūh letter should be articulated softly i.e. without jerk and must not be prolonged for more than one second or one count. Care must be taken when pronouncing such letters in a combined form, giving each letter an equal time otherwise meanings might change. For example, فَعَلَ means 'he did' while a slight prolongation of the last letter would be pronounced as فَعَلَا (fa'ala) which means: 'they both did'. **Link:** <https://bit.ly/3KJOBLY>



Scan for recording

December 2025

Our Goal for this month:

Adopting Conflict Resolution Skills with elders.

Sometimes a parent tries to communicate a good thing with their children. However due to lack of communication skills they might aggravate the situation instead of doing good.

There are different levels of communication, for example;

Children younger than 5 years old need to be communicated by simple language or by playing games. Children 5-8 years old can understand the concrete way of explaining things while those above 8 years old could understand abstract thinking as well. 9-13 years old can understand what is right and wrong and they can also mend their ways. This is the time of learning and growing from minor to adolescents. Above 13 you have to use logic and that is the best way to communicate. Communication is a great art and it can make you win or lose your battle. Choosing how to convey a message will decide on the results of your conversation. Allah admonishes us to say the straightforward thing. Another place it says to be lenient in your words or to bring the common beliefs first. This is a skill that could be adopted and improved through our workshops.

Holy Qur'an

A kind word and forgiveness are better than charity followed by injury. And Allah is Self-Sufficient, Forbearing. (2:264)

قَوْلٌ مَّعْرُوفٌ وَمَغْفِرَةٌ خَيْرٌ مِّنْ صَدَقَةٍ يَتَّبِعُهَا أَذَىٰ ۗ
وَاللَّهُ غَنِيٌّ حَلِيمٌ ﴿٢٦٤﴾

And it is by the *great* mercy of Allah that thou art kind towards them, and if thou hadst been rough and hard-hearted, they would surely have dispersed from around thee. So pardon them and ask forgiveness for them, and consult them in matters of *administration*; and when thou art resolved, then put thy trust in Allah. Surely, Allah loves those who put their trust in Him. (3:160)

فَبِمَا رَحْمَةٍ مِّنَ اللَّهِ لِنْتَ لَهُمْ ۗ وَلَوْ كُنْتَ فَظًّا غَلِيظَ
الْقَلْبِ لَأَنفَضُّوْا مِنْ حَوْلِكَ ۖ فَاعْفُ عَنْهُمْ وَاسْتَغْفِرْ
لَهُمْ وَشَاوِرْهُمْ فِي الْأَمْرِ ۚ فَإِذَا عَزَمْتَ فَتَوَكَّلْ عَلَى اللَّهِ ۗ
إِنَّ اللَّهَ يُحِبُّ الْمُتَوَكِّلِينَ ﴿١٦٠﴾

And when you are greeted with a greeting, greet ye with a better greeting or *at least* return it. Surely, Allah takes account of all things, (4:87)

وَإِذَا حُيِّئْتُمْ بِهِ بِحَبِيبَةٍ فَحَيُّوْا بِأَحْسَنِ مِنْهَا أَوْ رُدُّوْهَا ۗ إِنَّ
اللَّهَ كَانَ عَلَىٰ كُلِّ شَيْءٍ حَسِيبًا ﴿٨٧﴾

Verily, Allah enjoins justice, and the doing of good to others; and giving *like* kindred; and forbids indecency and manifest evil and transgression. He admonishes you that you may take heed. (16:91)

إِنَّ اللَّهَ يَأْمُرُ بِالْعَدْلِ وَالْإِحْسَانِ وَإِيتَايَ ذِي الْقُرْبَىٰ
وَيَنْهَىٰ عَنِ الْفَحْشَاءِ وَالْمُنْكَرِ وَالْبَغْيِ ۗ يَعِظُكُمْ لَعَلَّكُمْ
تَذَكَّرُونَ ﴿٩١﴾

Call unto the way of thy Lord with wisdom and goodly exhortation and argue with them in a way that is best. Surely, thy Lord knows best who has strayed from His way; and He *also* knows those who are rightly guided. (16:126)

أَدْعُ إِلَىٰ سَبِيلِ رَبِّكَ بِالْحُكْمَةِ وَالْمَوْعِظَةِ الْحَسَنَةِ
وَجَادِلْهُمْ بَالَّتِي هِيَ أَحْسَنُ ۗ إِنَّ رَبَّكَ بِهُوَ أَعْلَمُ بِمَنْ
صَلَّ عَنْ سَبِيلِهِ وَهُوَ أَعْلَمُ بِالْمُهْتَدِينَ ﴿١٢٦﴾

And say to My servants that they should *always* speak that which is best. Surely, Satan stirs up discord among them. Surely, Satan is an open enemy to man. (17:54)

وَقُلْ لِّعِبَادِي يَقُولُوا الَّتِي هِيَ أَحْسَنُ ۗ إِنَّ الشَّيْطَانَ
يَنْزِعُ بَيْنَهُمْ ۗ إِنَّ الشَّيْطَانَ كَانَ لِلْإِنْسَانِ عَدُوًّا مُّبِينًا
﴿٥٤﴾

O ye who believe! fear Allah, and say the straightforward word. (33:71)

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ وَقُولُوا قَوْلًا سَدِيدًا
﴿٧١﴾

He will set right your actions for you and forgive you your sins. And whoso obeys Allah and His Messenger, shall surely attain a mighty success. (33:72)

يُصْلِحْ لَكُمْ أَعْمَالَكُمْ وَيَغْفِرْ لَكُمْ ذُنُوبَكُمْ ۗ وَمَنْ يُطِيعِ
اللَّهَ وَرَسُولَهُ فَقَدْ فَازَ فَوْزًا عَظِيمًا ﴿٧٢﴾

And if an incitement from Satan incite thee, then seek refuge in Allah. Surely, He is the All- Hearing, the All- Knowing. (41:37)

وَأَمَّا يَنْزِعَنَّكَ مِنَ الشَّيْطَانِ نَزْعٌ فَاسْتَعِذْ بِاللَّهِ ۗ إِنَّهُ هُوَ
السَّمِيعُ الْعَلِيمُ ﴿٣٧﴾

Questions:

1. What are the 3 commands and 3 prohibitions in verse 16:91?
2. Comment on "Say only that which is good" How could it reform our community?

Word meanings of Nouns, Verbs, and Particles

Nouns are names and are recognized as words starting with Alif-laam or ending in nun of nunation/Tanween. Sometimes when words join together the Tanween or Nun of Nunation disappears. Pronouns, Adverbs, Demonstrative Nouns, Interjections, Relative Pronouns are all Nouns.

Verbs are actions with reference to time. The *Past Perfect tense verb* means the action is completed. It always ends with a Fatha. Its plural ends in (وا) Wow-Alif. For example, (قالوا). *Imperfect verbs* are actions in present or future. They start with one of the four letters; Hamza-Ta-Ya or nun, ن ت ي ا.

Particles are small single or multiple lettered words that help connect the Nouns and Verbs to make a sentence.

Please identify Nouns, Verbs and Particles						
Arabic word	إِلَى	ف	يَتْرَعُ	ضَلَّ	ذِي الْقُرْبَى	الْحِكْمَةِ
Transliteration	Illa	Fa	Yanzeghu	Dhalla	Zil Qurba	Al Hikmah
Translation	towards	so/Thus	He takes away	He went astray	Kinsman	The wisdom

Hadith

Translation:

Haris bin Nauman said, I heard Hazrat Anas bin Malik (May Allah be pleased with him) narrate that the Prophet of Allah (May peace and blessings of Allah be on him) said: Respect your children and cultivate in them the best of manners. (Sunan Ibn Majah, Book of Manners, Chapter: Good Behavior and Kindness of Father to Daughters) (Forty Gems of Beauty, pg 73)

أَخْبَرَنِي الْحَارِثُ بْنُ النُّعْمَانِ قَالَ: سَمِعْتُ أَنَسَ بْنَ مَالِكٍ يُحَدِّثُ عَنْ رَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ: أَكْرَمُوا أَوْلَادَكُمْ وَأَحْسِنُوا أَدَبَهُمْ -

(سُنَنِ ابْنِ مَاجَةَ كِتَابُ الْإِدَابِ بَابُ بِرِّ الْوَالِدِ، وَالْإِحْسَانِ إِلَى الْبَنَاتِ)

Question:

How do we respect our children and cultivate good morals in them according to the Hadith?

Malfuzat

The Promised Messiah (as) said,:

Patience is a great treasure. A person who is patient and does not speak while consumed by anger, his speech is not his own, but rather it is God that makes him speak...

I do not like that members of my Community should attack anyone or do anything contrary to good morals. God Almighty commands forbearance, and one should act in accord with this. The understanding of God’s revelations is also that forbearance be exercised. I do not possess any such elixir that can immediately be put on someone’s hands. Presently, there are even such followers who do not fully believe; nay rather, they spew evil doubts. However, the weak should be shown mercy, and everyone should remember that he was also in a similar state of weakness when he began [his journey]. Satan is attached to everyone. The blessing of tranquillity is attained gradually because the poison of past sins continues to make mischief. (Malfoozat Vol VIII, pg 67-68)

Question:

What did the Promised Messiah (as) advise that we treat those who are weak in faith?

Tarteel / Holy Qur’an Recitation Rule

The student should be able to read out the following lines without difficulty, recognising the different shapes of Arabic letters. For instance, Fā, Bā, Tā, etc. Link: <https://bit.ly/3KLIkWS>

Noon Quiescent Rules play an important role in Arabic Recitation. From time to time in this program you will find a Noon Quiescent rule to practice.

1) Noon Rule of Izhaar or manifest Noon Sound:

When Noon Quiescent is followed by Throat letters (Hamza, Ha, Kha, sharp Ha, Ain and Ghain), it is pronounced with a clear and crisp Noon sound without any elongation.



Quarter 4. Adopting the Moral Values of Courage & Justice to Overcome Peer Pressure/Bullying/School Challenges

(January, February, & March 2026)

ACTIVITIES FOR THE QUARTER

Books: Way of the Seekers

<https://files.alislam.cloud/pdf/Way-of-Seekers.pdf>

Paradise under your feet

<https://files.alislam.cloud/pdf/Paradise-Under-Your-Feet.pdf>

January 2026

Our Goal for this month:

Taleem & Tarbiyyat Workshop:

Adopting Moral Courage & Justice to overcome Peer pressure/Bullying/School Challenges

“If Only I Knew”

The purpose of this workshop is to learn how to handle the feeling of anxiety or depression while putting our trust in Allah; strengthening our faith and finding guidance from the Holy Qur'an. It is very distressing for a parent to watch their child go through the pain endured due to bullying and the pressure they feel to adopt some un-Islamic ways because of the peer pressure. This workshop will emphasize parental education on promoting the child's mental health by enhancing their confidence and overcoming their inferiority complex by giving them words and examples from the Holy Qur'an. ‘...Allah has revealed to me that you should comfort yourselves with humility towards one another so that no one transgresses against another, nor boasts of any superiority over another.’

(Wisdom of the Holy Prophet (saw) pg 27)

Taleem & Tarbiyyat WORKSHOP: [Bullying & Peer Pressure](#)

Note: Please ask the following questions to members following each workshop:

1. What are the barriers in achieving these goals?
2. How can you improve?
3. What steps will you take?

Tarteel / Holy Qur'an Recitation Rules

Practice and recognize sound of Fatha and Kasrah _Link: <https://bit.ly/41yej>



February 2026

Communication Skills: Peer Pressure/Bullying

Our Goals for this month:

Adopting bidirectional open communications and confidence:

Most parents are not aware of the challenges their children go through. Once they realize then it's too late and parents say; **“If Only I knew.”** Many children are influenced mostly because they are different in their color, race or being an immigrant. They might not be socioeconomically strong and want to look like those and act like those who come from affluent families. They lack the confidence to stand up against bullying and a vicious cycle starts. Sometimes out of shame they don't give the information to their parents, and parents are oblivious to the situation. It sabotages children's confidence, their level of education, their career and thus their whole life.

Holy Qur'an

Slacken not, nor grieve; and you shall certainly have the upper hand, if you are believers. (3:140)

وَلَا تَهِنُوا وَلَا تَحْزَنُوا وَأَنْتُمْ الْأَعْلَوْنَ إِنْ كُنْتُمْ مُؤْمِنِينَ ﴿١٤٠﴾

And let not their words grieve thee. Surely, all power belongs to Allah. He is the All-Hearing, the All-Knowing. (10:66)

وَلَا يَحْزَنَكَ قَوْلُهُمْ إِنَّ الْعِزَّةَ لِلَّهِ جَمِيعًا هُوَ السَّمِيعُ الْعَلِيمُ ﴿٦٦﴾

Surely, success does come to the believers, (23:2)

قَدْ أَفْلَحَ الْمُؤْمِنُونَ ﴿٢﴾

Who are humble in their Prayers, (23:3)

الَّذِينَ هُمْ فِي صَلَاتِهِمْ خُشِعُونَ ﴿٣﴾

And who shun all that which is vain, (23:4)

وَالَّذِينَ هُمْ عَنِ اللَّغْوِ مُعْرِضُونَ ﴿٤﴾

And the *true* servants of the Gracious God are those who walk on the earth humbly and when the ignorant address them, they *avoid them gracefully* by saying, 'Peace!' (25:64)

وَعِبَادُ الرَّحْمَنِ الَّذِينَ يَمْشُونَ عَلَى الْأَرْضِ هَوْنًا وَإِذَا خَاطَبَهُمُ الْجَاهِلُونَ قَالُوا سَلَامًا ﴿٦٤﴾

And those who bear not false witness, and when they pass by anything vain, they pass on with dignity; (25:73)

وَالَّذِينَ لَا يَشْهَدُونَ الزُّورَ وَإِذَا مَرُّوا بِاللَّغْوِ مَرُّوا كِرَامًا ﴿٧٣﴾

And turn not thy cheek away from men in pride, nor walk in the earth haughtily; surely, Allah loves not any arrogant boaster. (31:19)

وَلَا تُصَعِّرْ خَدَّكَ لِلنَّاسِ وَلَا تَمْشِ فِي الْأَرْضِ مَرَحًا إِنَّ اللَّهَ لَا يُحِبُّ كُلَّ مُخْتَالٍ فَخُورٍ ﴿١٩﴾

And walk thou at a moderate pace, and lower thy voice; verily, the most disagreeable of voices is the braying of the ass. (31:20)

وَأَقْصِدْ فِي مَشْيِكَ وَاغْضُضْ مِنْ صَوْتِكَ إِنَّ أَنْكَرَ الْأَصْوَاتِ لَصَوْتُ الْحَمِيرِ ﴿٢٠﴾

And on the day when those who disbelieve will be brought before the Fire, *it will be said to them*, 'You exhausted your good things in the life of the world, and you *fully* enjoyed them. Now this day you shall be requited with ignominious punishment because you were arrogant in the earth without justification, and because you acted rebelliously.' (46:21).

وَيَوْمَ يُعْرَضُ الَّذِينَ كَفَرُوا عَلَى النَّارِ أَدَّهَبْتُمْ طَيِّبَاتِكُمْ فِي حَيَاتِكُمُ الدُّنْيَا وَاسْتَمْتَعْتُمْ بِهَا فَالْيَوْمَ تُجْرَوْنَ عَذَابَ الْهُونِ بِمَا كُنْتُمْ تَسْتَكْبِرُونَ فِي الْأَرْضِ بِغَيْرِ الْحَقِّ وَبِمَا كُنْتُمْ تَفْسُقُونَ ﴿٢١﴾

Word meanings of Nouns, Verbs, and Particles

Nouns are names and are recognized as words starting with Alif-laam or ending in nun of nunnation/Tanween. Sometimes when words join together the Tanween or Nun of Nunnation disappears. Pronouns, Adverbs, Demonstrative Nouns, Interjections, Relative Pronouns are all Nouns.

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Particles are small single or multiple lettered words that help connect the Nouns and Verbs to make a sentence.

Please identify Nouns, Verbs and Particles						
Arabic word	كُلٌّ	إذا	يُعْرَضُ	تَمْشِي	الزُّورِ	مُؤْمِنِينَ
Transliteration	Kulla (Adverb)	Izaa (Adverb)	Yo'razo	Tamshi	Azzurra	Mo'amenoona
Translation	Every/All	When (future)	Will be objected on	You walk	The Falsehood	Believers

Questions: (Five Volume commentary)

1. What is the promise of Allah in verse 3:140. "Slacken not" (for future danger) and "grieve not" (for the Past)
2. How should one ignore the ignorant people when they show aggression? (Come up with your own answers)

Hadith

Translation:

Narrated by Hadrat Abu Hurairah (May Allah be pleased with him): The Prophet of Allah (May peace and blessings of Allah be upon him) said: "When a man declares about certain people that they are doomed, it is he who consigns them to the doom (or he is the one who is most doomed among them)." (*Sahih Muslim, Book of Good Treatment, Mercy, and Respect, Chapter: It is forbidden to say nations were destroyed*) (Forty Gems of Beauty, pg 123)

عَنْ أَبِي هُرَيْرَةَ أَنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ، قَالَ: إِذَا قَالَ الرَّجُلُ: هَلَكَ النَّاسُ فَهُوَ أَهْلَكُهُمْ -
(صحيح مسلم، كتاب البر والصلة والآداب، باب النهي عن قول هلك الناس)

Malfuzat

The Promised Messiah (as) said:

Verily, I say that you should not consider anyone as your personal enemy and completely abandon this habit of malice. If God is with you and you become God's, He can transform even enemies into your servants. But if you are cut off from God, and there is no bond of friendship left with Him, and your conduct is against His will, then who will be your enemy more than God? Man can safeguard himself against the enmity of people, but when God is your enemy, even if all mankind were to befriend you, it would be to no avail. Therefore, your conduct should be like that of the Prophets, peace be on them. It is Almighty God's desire that you should have no personal enmities. Remember it well that an individual finds dignity and prosperity only when he is not a personal enemy of anyone. Of course, it is a different matter when it is for the honor of God and His Messenger; (*Malfuzat Vol VII pg 470*)

Question:

What advice did the Promised Messiah (as) give about personal enemies?

Tarteel / Holy Qur'an Recitation Rules

Kasrah is another important slanted stroke that is commonly placed below a letter. When a letter carries a kasrah it is called: '**Maksūr**'. A **Maksūr** letter should be articulated softly and must not be prolonged for more than one second or one count like a Maftūh letter. [Link: https://bit.ly/3Klc0E1](https://bit.ly/3Klc0E1)

Noon Quiescent rule of Iqlab:

When letter Ba follows the Noon quiescent its sound is changed into the sound of Meem to ease the pronunciation.



March 2026

Ramadan (February 18-March 18)

Our Goal for this month:

Adopting humility and forbearance. Peer pressure plays a great role in our adapting to skills and in shaping our personality. We start modifying our demeanor and attitude due to bullying under the influence of others and we might lose focus on who we really are. It gives us negative effects like low self-esteem and anxiety.

Allah admonishes us to not exceed the bounds. Bullying is the best example of exceeding one's bounds. It is categorized under aggression. Transgression and Zulm. Zulm means to move something from its right place to where it does not belong.

There is no place for bullying in Islam.

The Holy Prophet (saw) said : Be mindful of your duty to Allah and do not neglect the smallest good you can do, even if it should be no more than pouring water from your bucket into that of one who is thirsty, or meeting your brother with a smiling face. Do not let your robe trail below the ankles for this is a sign of vanity which is displeasing to Allah. Should a

person abuse you or taunt you with a failing from which you do not suffer, do not taunt him with a failing from which he does suffer. Forbear, and he will carry the burden of his guilt and you will be rewarded for your forbearance; and speak not ill of anyone. (The Wisdom of Holy Prophet (saw) pg18)

Holy Qur'an

O ye who believe, take not disbelievers for friends, in preference to believers. Do you mean to give Allah a manifest proof against yourselves? (4:145)

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تَتَّخِذُوا الْكَافِرِينَ أَوْلِيَاءَ مِنْ دُونِ
الْمُؤْمِنِينَ أَلَا تَرِيدُونَ أَنْ تَجْعَلُوا لِلَّهِ عَلَيْكُمْ سُلْطَانًا مُبِينًا
﴿١٤٥﴾

And when they hear idle talk, they turn away from it and say, 'For us are our works and for you are your works. Peace be upon you. We have no concern with the ignorant.' (28:56)

وَإِذَا سَمِعُوا اللَّغْوَ أَعْرَضُوا عَنْهُ وَقَالُوا لَنَا أَعْمَالُنَا وَلَكُمْ
أَعْمَالُكُمْ سَلَامٌ عَلَيْكُمْ لَا نَبْتَغِي الْجَاهِلِينَ ﴿٥٦﴾

Is not Allah sufficient for His servant? And yet they would frighten thee with those beside Him. And he whom Allah adjudges astray— for him there is no guide. (39:37)

أَلَيْسَ اللَّهُ بِكَافٍ عَبْدَهُ وَيُخَوِّفُونَكَ بِالَّذِينَ مِنْ دُونِهِ وَمَنْ
يُضِلِلِ اللَّهُ فَمَا لَهُ مِنْ هَادٍ ﴿٣٧﴾

The blame is only on those who wrong men and transgress in the earth without justification. Such will have a grievous punishment. (42:43)

إِنَّمَا السَّبِيلُ عَلَى الَّذِينَ يَظْلِمُونَ النَّاسَ وَيَبْغُونَ فِي
الْأَرْضِ بِغَيْرِ الْحَقِّ أُولَئِكَ لَهُمْ عَذَابٌ أَلِيمٌ ﴿٤٣﴾

And he who is patient and forgives—that is surely a matter of high resolve. (43:44)

فَاسْتَمْسِكْ بِالَّذِي أُوحِيَ إِلَيْكَ إِنَّكَ عَلَى صِرَاطٍ
مُسْتَقِيمٍ ﴿٤٤﴾

Say, 'O ye disbelievers! 'I worship not as you worship, 'Nor do you worship as I worship, 'Nor do I worship those that you worship, 'Nor do you worship Him Whom I worship. 'For you your religion, and for me my religion.' (109:2-7)

قُلْ يَا أَيُّهَا الْكَافِرُونَ ﴿٢﴾ لَا أَعْبُدُ مَا تَعْبُدُونَ ﴿٣﴾ وَلَا أَنْتُمْ
عِبُدُونَ مَا أَعْبُدُ ﴿٤﴾ وَلَا أَنَا عَابِدٌ مِمَّا عَبَدْتُمْ ﴿٥﴾ وَلَا أَنْتُمْ
عِبُدُونَ مِمَّا أَعْبُدُ ﴿٦﴾ لَكُمْ دِينُكُمْ وَلِيَ دِينِ ﴿٧﴾

Word meanings of Nouns, Verbs, and Particles

Nouns are names and are recognized as words starting with Alif-laam or ending in nun of nunation/Tanween. Sometimes when words join together the Tanween or Nun of Nunation disappears. Pronouns, Adverbs, Demonstrative Nouns, Interjections, Relative Pronouns are all Nouns.

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Particles are small single or multiple lettered words that help connect the Nouns and Verbs to make a sentence.

Please identify Nouns, Verbs and Particles						
Arabic word	مَنْ	دُونَ	يُضِلِلِ	أَلَيْسَ	سَلَامٌ	الْجَاهِلِينَ
Transliteration	<i>mun</i>	<i>doona</i>	<i>yuzlil</i>	<i>A' laisa</i>	<i>Salaamun</i>	<i>AllJahileena</i>
Translation	who (Relative pronoun)	Other than (Adverb)	He adjudges astray	Is not	peace	The ignorant

Question:

How do the words, "It shall have *the reward* it earns, and it shall get *the punishment* it incurs (2:287)" console us when we are oppressed?

Hadith

Translation:

Narrated by Hadrat Anas (May Allah be pleased with him): The Prophet of Allah (May peace and blessings of Allah be on him) said: Help your brother be he the oppressor or the oppressed. The companions said, 'O Prophet of Allah, we understand that we should help him when he is the aggrieved party, but how should we help him when he is the wrongdoer?' He said: "Hold his hand." (Sahih al-Bukhari, Book of Grievances, Chapter: Help your brother whether he is unjust or oppressed) (*Forty Gems of Beauty, pg 54*)

عَنْ أَنَسٍ رَضِيَ اللَّهُ عَنْهُ، قَالَ: قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: أَنْصُرْ أَخَاكَ ظَالِمًا أَوْ مَظْلُومًا، قَالُوا: يَا رَسُولَ اللَّهِ، هَذَا نَنْصُرُهُ مَظْلُومًا، فَكَيْفَ نَنْصُرُهُ ظَالِمًا؟ قَالَ: تَأْخُذُ فَوْقَ يَدَيْهِ-

(صحيح البخاري كتاب العقاب باب: أعن أخاك ظالماً أو مظلوماً)

Malfuzat

Live a Life Of Humility and Modesty

It is necessary for the righteous to live a life of humility and modesty. This is an aspect of piety by which we must combat undue anger. To refrain from anger was the final and most trying stage experienced by many a great saint and the Truthful. Vanity and pride stem from anger; and in certain cases, anger itself is the result of arrogance and conceit. For anger comes about when an individual gives superiority to themselves over another. I do not desire that members of my community should consider themselves superior or inferior, behave arrogantly, or look down upon one another. God knows who is superior or inferior. This is a form of neglect that reeks of contempt. I fear that this contempt may grow like a seed and ruin such a person. Certain people meet those of high standing with immense respect, but truly great is the one who listens to a lowly person with humility, comforts them, gives importance to their opinion and does not rebuke them in a manner that would cause them grief. God Almighty states:

وَلَا تَنَابَرُوا بِالْأَلْقَابِ ۚ بِئْسَ الْإِسْمُ الْفُسُوقُ بَعْدَ الْإِيمَانِ ۚ وَمَنْ لَمْ يَتُبْ فَأُولَٰئِكَ هُمُ الظَّالِمُونَ ﴿١٢﴾
Do not call another by nicknames. Bad indeed is evil reputation after the profession of belief; and those who repent not are the wrongdoers. (49:12)

Do not call upon one another in a hurtful manner out of irritation. For this is the way of the sinners and the transgressors. A person who scoffs at another shall not meet death until they too are subjected to the same. Do not look down upon your brethren. When all drink from the same stream, who knows which of you are destined to drink more than the other. Worldly definitions cannot afford a person honor and greatness. In the sight of God Almighty, great is the one who is righteous. (*Malfuzat Vol 1 pg 35*)

Question:

It is very common for people to judge each other or to look down upon others. What advice did the Promised Messiah (as) give us?

Tarteel / Holy Qur'an Recitation Rules

Join Letters with Fatha. Link: <https://bit.ly/3Zoru4z>



Quarter 5. Adopting the Moral Value of Zik-re-Ilahi & Reliance on God to Overcome Stress/Anxiety/Depression (April, May, & June 2026)

ACTIVITIES FOR THE QUARTER

Resources:

Ask a Murrabbi

<https://askamurabbi.com/>

Remembrance of Allah

<https://www.alislam.org/book/remembrance-of-allah/>

April 2026

Goals for this month:

Adopting the Moral Value of Zik-re-Ilahi & Reliance on God to overcome Stress and Anxiety.

Anxiety is a natural response to stress or perceived threats. It causes unrest of the mind and is sometimes visible through body language. Anxiety is a form of fear, worry or unease. It could be fear of the future, fear of being among people, fear of being left alone, fear of closed spaces or fear of being outside in the open. Anxiety develops over time due to one's surroundings. Some good forms of anxiety can lead to extra good performances. Like anxiety of an exam or preparing a book.

Stress is a state of mental or emotional strain or tension resulting from challenging or demanding circumstances (Definition from AI). Wars, famines or pandemics can all cause anxiety/stress in us. Like fear of the unknown or impending doom.

Holy Qur'an

Allah burdens not any soul beyond its capacity. It shall have *the reward* it earns, and it shall get *the punishment* it incurs. Our Lord, do not punish, if we forget or fall into error; and our Lord, lay not on us a responsibility as Thou didst lay upon those before us. Our Lord, burden us not with what we have not the strength to bear; and efface our *sins*, and grant us forgiveness and have mercy on us; Thou art our Master; so help us Thou against the disbelieving people. (2:287)

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا ۗ لَهَا مَا كَسَبَتْ وَعَلَيْهَا
مَا اكْتَسَبَتْ ۗ رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا ۗ رَبَّنَا
وَلَا تَحْمِلْ عَلَيْنَا إصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ
قَبْلِنَا ۗ رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ ۗ وَاعْفُ عَنَّا
وَاعْفِرْ لَنَا، وَارْحَمْنَا، أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ
الْكَافِرِينَ ﴿٢٨٧﴾

O ye who believe, seek help with patience and Prayer; surely, Allah is with the steadfast. (2:154)

يَا أَيُّهَا الَّذِينَ آمَنُوا اسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ ۗ إِنَّ اللَّهَ
مَعَ الصَّابِرِينَ ﴿١٥٤﴾

He replied, 'I only complain of my sorrow and my grief to Allah, and I know from Allah that which you know not. (12:87)

قَالَ إِنَّمَا أَشْكُوا بَثِّي وَحُزْنِي إِلَى اللَّهِ وَأَعْلَمُ مِنَ اللَّهِ
مَا لَا تَعْلَمُونَ ﴿٨٧﴾

We have put round their necks collars reaching unto their chins, so that their heads are raised up. (36:9)

إِنَّا جَعَلْنَا فِي أَعْنَاقِهِمْ أَغْلَالًا فَهِيَ إِلَى الْأَذْقَانِ فَهُمْ
مُقْمَحُونَ ﴿٩﴾

Word meanings of Nouns, Verbs, and Particles

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Particles are small single or multiple lettered words that help connect the Nouns and Verbs to make a sentence.

Please identify Nouns, Verbs and Particles						
Arabic word	كَمَا	أَوْ	كَسَبَتْ	يُكَلِّفُ	نَفْسًا	الَّذِينَ
Transliteration	<i>Kama</i>	<i>A'o</i>	<i>Kasabat</i>	<i>Yukallifu</i>	<i>Nafsan</i>	<i>Allazeena</i>
Translation	just like	Or	It(She) earned	he burdens	Soul	Those who

Questions:

1. What is the difference between كَسَبَتْ *Kasabat* and اِكْتَسَبَتْ *Iktasabat*?
2. How is this verse 2:287 a refutation of the doctrine of atonement? (Five Volume)

Hadith

Translation:

Abu Hurairah, God be pleased with him, narrates that the Holy Prophet, peace and blessings of Allah be upon him, conveyed that Allah The Almighty says: 'I treat My servant in accordance with his understanding of Me. I am with him whenever he remembers Me.' Allah is more pleased with the repentance of a servant of His than one of you would be if he were to lose his camel in a barren desert and then find it unexpectedly. Allah says: 'Whoever moves towards Me by the span of an open hand, I move towards him by half an arm's length. And whoever moves towards Me by half an arm's length, I move towards him by the length of an arm. When he comes walking towards Me, I run to meet him.' (*Muslim*) (*Selected Sayings of Holy Prophet Mohammad (saw) pg 11*)

عَنْ أَبِي هُرَيْرَةَ رَضِيَ اللَّهُ عَنْهُ عَنْ رَسُولِ اللَّهِ ﷺ أَنَّهُ قَالَ : قَالَ اللَّهُ عَزَّ وَجَلَّ : أَنَا عِنْدَ ظَنِّ عَبْدِي بِي وَأَنَا مَعَهُ حَيْثُ يَذْكُرُنِي وَاللَّهُ أَفْرَحُ بِتَوْبَةِ عَبْدِهِ مِنْ أَحَدِكُمْ يَجِدُ ضَالَّتَهُ بِالْفَلَاحِ وَمَنْ تَقَرَّبَ إِلَيَّ شِبْرًا تَقَرَّبْتُ إِلَيْهِ ذِرَاعًا ، وَمَنْ تَقَرَّبَ إِلَيَّ ذِرَاعًا تَقَرَّبْتُ إِلَيْهِ بَاعًا ، وَإِذَا أَقْبَلَ إِلَيَّ يَمْشِي أَقْبَلْتُ إِلَيْهِ أَهْرَؤُ -
« مسلم كتاب التوبة باب في الحَضَّ على التوبة »

Malfuzat

Promised Messiah (as) said,:

Now, one ought to understand what hell is exactly. One hell is that which Allah Almighty has promised after death. Secondly, this life also, if not devoted to God Almighty, is also a hell. Allah the Exalted does not concern Himself to save such people from pain and give them comfort. Do not think that a large share of worldly riches, authority, wealth, honor and children can give a person any pleasure, comfort and tranquillity, and that these things constitute an early paradise in this world. Not at all. That comfort, that satisfaction, and that tranquillity which are from among the rewards of paradise cannot be attained through such means. This can only be attained by living and dying in complete devotion to God... The pleasures of this world only spawn a filthy greed which further increases one's desire and thirst. The thirst of such a person can never be quenched, like someone suffering from polydipsia who eventually dies. Therefore, the fire of these unnecessary desires and longings is also from the fires of hell, which do not let a person's heart feel peace and comfort, but rather causes them to writhe in anxiety and restlessness. Therefore, my friends must never lose sight of the fact that man should not lose himself and become intoxicated in the love and passion of wealth and riches, or in a woman or son, to the extent that they become a screen between him and God Almighty. This is why wealth and children have been termed a 'trial.' These too can lead a person to hell; and when a person is separated from them, man displays extreme anxiety and restlessness. (*Malfuzat Vol. II pg, 274*)

Question:

Why are children and wealth considered to be a trial?

Tarteel / Holy Qur'an Recitation Rules

Dammah and Practice Fatah Kasra and Damma

Dammah is another basic stroke/short vowel that resembles a miniature wao (و) and is placed over a letter. When a letter carries a **Damma** it is called: **Madmūm**. Like Maftūh and Maksūr letters, a Madmūm letter should also be articulated softly, without a jerk and must not be prolonged for more than one second or one count. Care must be taken when pronouncing such letters in a combined form, ensuring that each letter is given an equal time in terms of prolongation. **Link:** <https://bit.ly/3SBKUAT>



Noon Quiescent Rule of Ikhfa:

When Noon Quiescent is followed by certain letters other than letters Ba, Ya, Ra, meem, laam and noon, Then the noon sound is concealed and sustained for two seconds as in following practice.

May 2026

Our Goals for this month:

Adopting the Moral Value of Zik-re-Ilahi & Reliance on God to overcome Depression. Depression on the other hand is sadness that emerges from past experiences like loss of life, property, or provisions. Depression could be due to remorse as well. Grieving causes hopelessness and depression with low energy and lack of motivation. It could also stem from chronic diseases like Diabetes, Hypertension or cancer. Every situation should be assessed individually and helped by family and community.

Holy Qur'an

Behold! the friends of Allah shall certainly have no fear, nor shall they grieve– (10:63)

أَلَا إِنَّ أَوْلِيَاءَ اللَّهِ لَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ يَحْزَنُونَ ﴿٦٣﴾

‘Those who believe, and whose hearts find comfort in the remembrance of Allah. Aye! It is in the remembrance of Allah that hearts can find comfort; (13:29)

الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ ﴿٢٩﴾

‘Those who believe, and do good works– happiness is decreed for them, and an excellent place of return.’ (13:30)

الَّذِينَ آمَنُوا وَعَمِلُوا الصَّالِحَاتِ طُوبَى لَهُمْ وَحُسْنُ مَآبٍ ﴿٣٠﴾

And We are *gradually* revealing of the Qur'an that which is a healing and a mercy to the believers; but it only adds to the loss of the wrongdoers. (17:83)

وَنُنزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ وَلَا يَزِيدُ الظَّالِمِينَ إِلَّا خَسَارًا ﴿٨٣﴾

And they will say, ‘All praise belongs to Allah Who has removed grief from us. Surely, our Lord is Most Forgiving, Most Appreciating (35:35)

وَقَالُوا الْحَمْدُ لِلَّهِ الَّذِي أَذْهَبَ عَنَّا الْحَزْنَ إِنَّ رَبَّنَا لَغَفُورٌ شَكُورٌ ﴿٣٥﴾

As for those who say, ‘Our Lord is Allah,’ and then remain steadfast, the angels descend on them, *saying*: ‘Fear ye not, nor grieve; and receive glad tidings of the Garden which you were promised. (41:31)

ذَٰلِكَ بِأَنَّ اللَّهَ هُوَ الْحَقُّ وَأَنَّ مَا يَدْعُونَ مِن دُونِهِ الْبَاطِلُ وَأَنَّ اللَّهَ هُوَ الْعَلِيُّ الْكَبِيرُ ﴿٣١﴾

Surely, there is ease after hardship. (94:6)

فَإِنَّ مَعَ الْعُسْرِ يُسْرًا ﴿٦﴾

Aye, surely, there is ease after hardship. (94:7)

إِنَّ مَعَ الْعُسْرِ يُسْرًا ﴿٧﴾

So when thou art free from thy immediate task, strive hard, (94:8)

فَإِذَا فَرَغْتَ فَانصَبْ ﴿٨﴾

And to thy Lord do thou turn with full attention (94:9)

وَإِلَىٰ رَبِّكَ فَارْجِعْ ﴿٩﴾

Word meanings of Nouns, Verbs, and Particles

Nouns are names and are recognized as words starting with Alif-laam or ending in nun of nunnation/Tanween. Sometimes when words join together the Tanween or Nun of Nunnation disappears. Pronouns, Adverbs, Demonstrative Nouns, Interjections, Relative Pronouns are all Nouns.

Verbs are actions with reference to time. The Past Perfect tense verb means the action is completed. It always ends with a Fatha. Its plural ends in (وا) Wow-Alif. For example, (قالوا). Imperfect verbs are actions in present or future. They start with one of the four letters; Hamza-Ta-Ya or nun, اتى ن.

Particles are small single or multiple lettered words that help connect the Nouns and Verbs to make a sentence.

Please identify Nouns, Verbs and Particles						
Arabic word	عَنَّا	مَعَ	يَحْزَنُونَ	تُوعَدُونَ	يُسْرًا	أَلْعُسْرِ
Transliteration	Anna	Ma'a	Yahzagoon	Too'adoona	Yusran	Al'user
Translation	From us	with	They grieve	You are promised	Ease	Constraint

Questions:

1. How do hearts find comfort in remembrance of Allah? (13:29 Five volume)
2. Chapter 94 brings us consolation; there is ease after every hardship. Please share your personal experiences in the meeting.

Hadith

Translation:

Abu Hurairah, God be pleased with him, narrates that the Holy Prophet, peace and blessings of Allah be upon him, said: "There are two expressions which are very dear to God The Beneficent. They are light on the tongue but are immensely weighty in substance, and they are: (Subhan Allah wa bi Hamdih; Subhan Allahil Azim) "Exalted is Allah with all His Glory; Exalted is Allah with all His Majesty." (Bukhari) (Selected Sayings of Holy Prophet Mohammad (saw) pg 4)

عَنْ أَبِي هُرَيْرَةَ رَضِيَ اللَّهُ عَنْهُ قَالَ : قَالَ النَّبِيُّ ﷺ كَلِمَتَانِ حَبِيبَتَانِ إِلَى الرَّحْمَانِ خَفِيفَتَانِ عَلَى اللِّسَانِ ثَقِيلَتَانِ فِي الْمِيزَانِ : سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ -
« بخارى كتاب الرد على الجهنمية . . . باب قول الله يضع الموازين بالقسط »

Malfuzat

The Promised Messiah (as) said: "The highest pleasure is attained in God, beyond whom no greater pleasure exists. The word jannat (paradise) refers to something that is hidden. The reason paradise is referred to as jannat is because it is covered with God's favors and bounties. The true paradise is God, to whom no form of anxiety or worry can be attributed. This is why the greatest of all bounties in paradise is none other than:

رِضْوَانٌ مِّنَ اللَّهِ أَكْبَرُ

The pleasure of Allah is the greatest of all.

Man, being human, is plagued by some grief or unease. However, the more and more one advances in nearness to God, one continues to become imbued in:

تَخَلَّقُوا بِأَخْلَاقِ اللَّهِ

Develop within yourselves the attributes of Allah.

The more this occurs, the more one grows in comfort and tranquillity. The degree to which one basks in divine nearness is the degree to which one partakes of the bounties of God; this is the meaning of elevation (rafa) (*Malfizat – Volume III pg,25*).

Questions:

1. What attributes of Allah could we develop in us? Which Sura of the Holy Qur'an mentions attributes that are only specific to Allah? (general Knowledge question)
2. The above Hadith talks about the Tasbeeh (Glorifying Allah) that Huzoor (aba) has advised us to recite 200 times a day. What is the significance behind it?

Tarteel / Holy Qur'an Recitation Rules

Vertical Fat'hah: When the stroke of Fat'hah is vertically placed over a letter it is called: **Vertical Fat'hah**. A letter bearing a vertical Fat'hah should be given double time as compared to Fat'hah i.e. approximately two seconds/counts.

Vertical Kasrah: When the stroke of Kasrah is vertically placed below a letter it is called: **Vertical Kasrah**. A letter bearing a vertical Kasrah should be stretched for approximately two seconds/counts.

Inverted Damma: When the stroke of Damma is vertically placed over a letter it is called: **Inverted Damma**. A letter bearing an inverted Damma should also be stretched for approximately two seconds/counts.

Link: <https://bit.ly/3lAtNdZ>

June 2026

Taleem/Tarbiyyat Mother to Mother Workshop (Tarbiyyat 2)

Our Goals for this month:

“Hold fast to the rope of Allah.”

“Togetherness is the great power, Be with Jama'at and raise your Children in Jama'at”

“I Can Protect Myself”

Adopting the Moral Value of Zik-re-Ilahi and Reliance on God to overcome Stress/Anxiety/Depression.

The purpose of this mother to mother workshop is to educate our mothers on how different challenges in our society could influence and stress our children. This could lead to a child experiencing symptoms of Anxiety or Depression. Bullying, peer pressure, competition and fighting jealousy all contribute to the situation. Our role is to alleviate this stress and anxiety in our youth and boost their confidence by education through the Holy Qur'an, Hadith and examples of our ancestors.

Taleem & Tarbiyyat Workshop: refer to Tarbiyyat Program

Note: Please ask the following questions to members following each workshop:

1. What are the barriers to achieve that goal ?
2. How can you improve?
3. What steps will you take?

Holy Qur'an

Mutual rivalry in *seeking* increase in worldly possessions
diverts you *from God*, (102:2)

Till you reach the graves. (102:3)

Nay! you will soon come to know *the Truth*. (102:4)

Nay again! you will soon come to know. (102:5)

Nay! if you only know with certain knowledge; (102:6)

You will, surely, see Hell *in this very life*. (102:7)

Surely, there is ease after hardship. (94:6)

Aye, surely, there is ease after hardship. (94:7)

So when thou art free *from thy immediate task*, strive
hard, (94:8)

And to thy Lord do thou turn *with full attention*. (94:9)

أَلْهَكُمُ التَّكَاثُرُ ﴿٢﴾

حَتَّى زُرْتُمُ الْمَقَابِرَ ﴿٣﴾

كَلَّا سَوْفَ تَعْلَمُونَ ﴿٤﴾

ثُمَّ كَلَّا سَوْفَ تَعْلَمُونَ ﴿٥﴾

كَلَّا لَوْ تَعْلَمُونَ عِلْمَ الْيَقِينِ ﴿٦﴾

لَتَرَوُنَّ الْجَحِيمَ ﴿٧﴾

فَإِنَّ مَعَ الْعُسْرِ يُسْرًا ﴿٦﴾

إِنَّ مَعَ الْعُسْرِ يُسْرًا ﴿٧﴾

فَإِذَا فَرَغْتَ فَانصَبْ ﴿٨﴾

وَإِلَىٰ رَبِّكَ فَارْغَبْ ﴿٩﴾

Tarteel / Holy Qur'an Recitation Rules

Practice vertical strokes inverted Dammah (*Ishbaiah*)

Inverted and vertical strokes/vowels are also called *Ishbaiah* as they stretch the sound of a letter to two counts/beats/knocks/blinks etc.

Link: <https://bit.ly/3lz3FQQ>



Scan for recording

Quarter 6. Adopting the Moral Value of Earnest Benevolence to Overcome Gossip/Backbiting/Suspicion.

(July, August, & September 2026)

ACTIVITIES FOR THE QUARTER

Books:

Seerat Hazrat Amman Jan <https://www.alislam.org/urdu/pdf/Seerat-Hazrat-Amman-Jan.pdf>

Paradise Under your feet <https://files.alislam.cloud/pdf/Paradise-Under-Your-Feet.pdf>

Backbiting is also a form of cruelty which attacks the honor of others. Then, the person regarding whom the backbiting was done will speak about the weaknesses of the backbiter, or they come face to face and fight. In either case, the peace of society is ruined. Hence, backbiting is forbidden, and in order to establish an aversion to backbiting, it is stated that backbiting is akin to the repulsion of eating the flesh of one's deceased brother. These are the standards of peace and harmony established by Islam. (Khalifat-ul Masih V (aba) Address at the Concluding Session of Jalsa Salana [Annual Convention] Qadian 2021)

The Holy Prophet (saw) said: Strive for good and shun evil, and say of others that which you would like to hear said of you when you leave a gathering and do not say of others that which would displease you if it were said of you. (Wisdom of Holy Prophet (saw) pg 29)

July 2026

Our Goals for this month:

Adopting the Moral Value of Earnest Benevolence to overcome Gossip/Backbiting/Suspicion

These are common societal ills that pollute a community. The more we encourage it the more people become bold and insensitive towards its ill effects on the society. We will learn how to turn down a person when she is starting to gossip or backbite about another person with you. My experience is that you have to clearly verbalize that I will not be a part of this conversation. Next time the person will think before doing so. Allah has very strongly admonished about backbiting, slandering and suspicion because it leads to destruction of relationships. Slandering is one of the major seven sins. It destroys a person's life.

Holy Qur'an

Aye! Whoso does evil and is encompassed by his sins—those are the inmates of the Fire; therein shall they abide. (2:82)

بَلَىٰ مَنْ كَسَبَ سَيِّئَةً وَأَحَاطَتْ بِهِ خَطِيئَتُهُ فَأُولَٰئِكَ أَصْحَابُ النَّارِ هُمْ فِيهَا خَالِدُونَ ﴿٨٢﴾

Were it not for the grace of Allah and His mercy upon you, in this world and the Hereafter, a great punishment would have befallen you for the slander into which you plunged. (24:15)

وَلَوْلَا فَضْلُ اللَّهِ عَلَيْكُمْ وَرَحْمَتُهُ فِي الدُّنْيَا وَالْآخِرَةِ لَمَسَّكُمْ فِي مَا أَفَضْتُمْ فِيهِ عَذَابٌ عَظِيمٌ ﴿١٥﴾

When you received it and then talked about it with your tongues, and you uttered with your mouths that of which you had no knowledge, and you thought it to be a light matter, while in the sight of Allah it was a grievous thing. (24:16)

إِذْ تَلَقَّوْنَهُ بِالسِّتْرِ وَالسَّيْرِ وَتَقُولُونَ بِأَفْوَاهِكُمْ مَا لَيْسَ لَكُمْ بِهِ عِلْمٌ وَتَحْسَبُونَهُ هَيِّنًا * وَهُوَ عِنْدَ اللَّهِ عَظِيمٌ ﴿١٦﴾

O my dear son! observe Prayer and enjoin good and forbid evil and endure patiently whatever may befall thee. Surely, this is of those matters which require high resolve; (31:18)

يُبْنَىٰ أَقِيمِ الصَّلَاةَ وَأْمُرْ بِالْمَعْرُوفِ وَانْهَ عَنِ الْمُنْكَرِ وَأَصْبِرْ عَلَىٰ مَا أَصَابَكَ ۚ إِنَّ ذَٰلِكَ مِنْ عَزْمِ الْأُمُورِ ﴿١٨﴾

Word meanings of Nouns, Verbs, and Particles

Nouns are names and are recognized as words starting with Alif-laam or ending in nun of nunnation/Tanween. Sometimes when words join together the Tanween or Nun of Nunnation disappears. Pronouns, Adverbs, Demonstrative Nouns, Interjections, Relative Pronouns are all Nouns.

Verbs are actions with reference to time. The *Past Perfect tense verb* means the action is completed. It always ends with a Fatha. Its plural ends in (وا) Wow-Alif. For example, (قالوا). *Imperfect verbs* are actions in present or future. They start with one of the four letters; Hamza-Ta-Ya or nun, ا ت ي ن.

Particles are small single or multiple lettered words that help connect the Nouns and Verbs to make a sentence.

Please identify Nouns, Verbs and Particles					
Arabic word	إِذْ	لَمَسَّكُمْ	تَقُولُونَ	الْمَعْرُوفِ	بُنَيَّ
Transliteration	<i>Iz</i>	<i>La Massakum</i>	<i>Taqooloona</i>	<i>Al ma'arouf</i>	<i>Bonayya</i>
Translation	Remember the time when (Past)	Surely will reach you	You all say	The good	My son

Questions:

1. What evil is talked about in 24:16 ?
2. What is the best remedy for the irresponsible use of our tongues? Refer to the last verse of this month 31:18.

Hadith

Translation:

Abdullah, God be pleased with him, narrates that the Holy Prophet, peace and blessings of Allah be upon him, said:

"You should adhere to truthfulness because it leads to virtue and virtue leads to Paradise. If a person speaks the truth and remains in pursuit of truth, a time comes when he is adjudged truthful by Allah. Beware of lying, because lying leads to vice and vice leads to Hell. If a person continues to tell lies and persists in doing so, a time comes when he is adjudged a liar of the first degree by Allah." (Muslim) *Selected Sayings of the Holy Prophet Muhammad (saw), pg. 60*

عَنْ عَبْدِ اللَّهِ رَضِيَ اللَّهُ عَنْهُ قَالَ: قَالَ رَسُولُ اللَّهِ ﷺ عَلَيَّكُمْ
بِالصِّدْقِ فَإِنَّ الصِّدْقَ يَهْدِي إِلَى الْبِرِّ وَإِنَّ الْبِرَّ يَهْدِي إِلَى
الْجَنَّةِ وَمَا يَزَالُ الرَّجُلُ يَصْدُقُ وَيَتَحَرَّى الصِّدْقَ حَتَّى
يُكْتَبَ عِنْدَ اللَّهِ صِدْقًا وَإِيَّاكُمْ وَالْكَذِبَ فَإِنَّ الْكَذِبَ يَهْدِي
إِلَى الْفُجُورِ وَإِنَّ الْفُجُورَ يَهْدِي إِلَى النَّارِ وَمَا يَزَالُ الرَّجُلُ
يَكْذِبُ وَيَتَحَرَّى الْكَذِبَ حَتَّى يُكْتَبَ عِنْدَ اللَّهِ كَذَابًا -
«مسلم كتاب البر والصلة باب قبح الكذب وحسن
الصدق وفضله»

Malfuzat

The Meaning of 'The Father of Fire' and 'The Woman Carrying Firewood'

The term the Father of Fire (*Abu Lahab*) in the Holy Qur'an implies a general connotation and does not refer to a specific individual. This term refers to any such person who possesses a flaming or fiery disposition. In the same manner, 'the woman carrying firewood' (*hammala-tal-hatab*) refers to any backbiting woman who engages in slandering and lighting the fire of mischief among men. Sa'di says:

عَنْ پلین بد بخت همزم کس است

The wretched backbiter only adds firewood to the flame. (Malfuzat Volume I pg 244)

Question:

What is the destiny of a liar? Refer to Hadith above.

August 2026

Our Goal for this month:

Adopting the moral value of Truthfulness to build a strong community against Suspicion/Slandering.

Suspicion and undue curiosity into other people's private affairs is a habit hard to break. Allah admonishes us that in certain cases it is a sin. To find weaknesses of people and then exploit them or blackmail them is a grievous sin we should avoid.

Holy Qur'an

O ye who believe! let not one people deride *another* people, haply they may be better than they, nor let women deride *other* women, haply they may be better than they. And defame not your own people, nor call *one another* by nicknames. Bad *indeed* is evil reputation after *the profession of belief*; and those who repent not, such are the wrongdoers. (49:12)

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا يَسْخَرْ قَوْمٌ مِّنْ قَوْمٍ عَسَىٰ أَنْ يَكُونُوا خَيْرًا مِّنْهُمْ وَلَا نِسَاءٌ مِّنْ نِّسَاءٍ عَسَىٰ أَنْ يَكُنَّ خَيْرًا مِّنْهُنَّ وَلَا تَلْمِزُوا أَنفُسَكُمْ وَلَا تَنَابَرُوا بِالْأَلْقَابِ بِئْسَ الْإِسْمُ الْفُسُوقُ بَعْدَ الْإِيمَانِ وَمَنْ لَّمْ يَتُبْ فَأُولَٰئِكَ هُمُ الظَّالِمُونَ ﴿١٢﴾

O ye who believe! avoid much suspicion; for suspicion in some *cases* is a sin. And spy not on one another, neither backbite one another. Would any of you like to eat the flesh of his dead brother? Certainly, you would loathe it. And fear Allah, surely, Allah is Oft-Returning *with compassion and is Merciful*. (49:13)

يَا أَيُّهَا الَّذِينَ آمَنُوا اجْتَنِبُوا كَثِيرًا مِّنَ الظَّنِّ إِنَّ بَعْضَ الظَّنِّ إِثْمٌ وَلَا تَجَسَّسُوا وَلَا يَغْتَبَ بَعْضُكُم بَعْضًا أَيُحِبُّ أَحَدُكُمْ أَنْ يَأْكُلَ لَحْمَ أَخِيهِ مَيْتًا فَكَرِهْتُمُوهُ وَاتَّقُوا اللَّهَ إِنَّ اللَّهَ تَوَّابٌ رَّحِيمٌ ﴿١٣﴾

And yield thou not to any mean swearer, (68:11)

وَلَا تُطِعْ كُلَّ حَلَّافٍ مَّهِينٍ ﴿١١﴾

Backbiter, one who goes about slandering, (68:12)

هَمَّازٍ مَّشَّاءٍ بِنَمِيمٍ ﴿١٢﴾

Forbidder of good, transgressor, sinful, (68:13)

مَنَّاعٍ لِّلْخَيْرِ مُعْتَدٍ أَثِيمٍ ﴿١٣﴾

Ill-mannered and, in addition to that, of doubtful birth. (68:14)

عُتِلُّ بَعْدَ ذَٰلِكَ زَنِيمٍ ﴿١٤﴾

This is because he possess riches and children (68:15)

أَنْ كَانَ ذَا مَالٍ وَبَنِينَ ﴿١٥﴾

Woe to every backbiter, slanderer, (104:2)

وَيْلٌ لِّكُلِّ هُمَزَةٍ لُّمَزَةٍ ﴿٢﴾

Who amassed wealth and counts it over and over. (104:3)

الَّذِي جَمَعَ مَالًا وَعَدَّدَهُ ﴿٣﴾

He thinks that his wealth will make him immortal. (104:4)

يَحْسَبُ أَنَّ مَالَهُ أَخْلَدَهُ ﴿٤﴾

Nay! He shall surely be cast into crushing punishment. (104:5)

كَلَّا لَيُنْبَذَنَّ فِي الْحُطَمَةِ ﴿٥﴾

Word meanings of Nouns, Verbs, and Particles

Nouns are names and are recognized as words starting with Alif-laam or ending in nun of nunation/Tanween. Sometimes when words join together the Tanween or Nun of Nunation disappears. Pronouns, Adverbs, Demonstrative Nouns, Interjections, Relative Pronouns are all Nouns.

Verbs are actions with reference to time. The *Past Perfect tense verb* means the action is completed. It always ends with a Fatha. Its plural ends in (وا) Wow-Alif. For example, (قالوا). *Imperfect verbs* are actions in present or future. They start with one of the four letters; Hamza-Ta-Ya or nun, ا ت ي ن.

Particles are small single or multiple lettered words that help connect the Nouns and Verbs to make a sentence.

Please identify Nouns, Verbs and Particles						
Arabic word	كَأَنَّ	بَعْدَ	بِئْسَ	عَسَى	الظَّنُّ	هَمَّازٍ
Transliteration	Kalla	Ba'ada	Ba'sa	Asaa	Azzanna	Hammazin
Translation	Nay	After (Adverb)	Bad (It's a verb used to disparage an action)	Approaching verb	Suspicion	One who backbites

Questions:

1. How does taunting, spying and backbiting contaminate a society? (Five Volume 49:12)
2. Verse 104:5 talks about the evil-minded opponents of the Holy Prophet (saw), Please comment. (Five Volume)
3. What verse or part of verse will you adopt to remember to guard yourself against backbiting or slandering?

Hadith

Translation:

Narrated by Hadrat Anas (May Allah be pleased with him):
The Prophet of Allah (May peace and blessings of Allah be on him) said: "None of you can be a truly faithful Muslim unless he likes for his brother what he likes for himself."
(Sahih al-Bukhari, Book of Faith, Chapter: To like for one's brother what one likes for himself is a part of faith) (Forty Gems of Beauty pg 51)

عَنْ أَنَسٍ عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ: لَا يُؤْمِنُ أَحَدُكُمْ، حَتَّى يُحِبَّ لِأَخِيهِ مَا يُحِبُّ لِنَفْسِهِ۔
(صَحِيحُ الْبُخَارِيِّ فِي كِتَابِ الْإِيمَانِ بَابُ: مِنَ الْإِيمَانِ أَنْ يُحِبَّ لِأَخِيهِ مَا يُحِبُّ لِنَفْسِهِ)

Malfuzat

Some sins are obvious—such as lying, adultery, breach of trust, giving false testimony and usurping rights, shirk [associating partners with Allah], etc.—but some sins are so subtle that a person is afflicted by them without even realizing it. He grows from young to old but does not realize that he is committing sins. For example, there is the habit of backbiting. Such people consider it an ordinary and trivial matter, albeit the Holy Qur'an deems it a most egregious vice. Accordingly, it states:

أَيُّحِبُّ أَحَدُكُمْ أَنْ يَأْكُلَ لَحْمَ أَخِيهِ

God is displeased when a person utters a word that belittles his brother and perpetuates an act that inconveniences him. To speak about a brother in such a way that proves him to be foolish or ignorant, or about his conduct in a secretive manner— engendering hostility and rudeness—are all evil deeds. (Malfoozat Vol VIII pg 299)

Question:

How disgusting is the habit of backbiting? Refer to the verse 49:13 of the Holy Qur'an mentioned in above Malfuzat.

September 2026

Our Goals for this month:

Adopting the Moral Value of Earnest Benevolence to overcome Gossip/Backbiting/Suspicion. “Building a strong moral community.”

Adopt a skill to reform others by example:

Someone calls you and starts backbiting, how will you turn it down and make the person know that you wouldn't partake in it?

Backbiting is a very unrelenting social ill. There is such a fine line between talking randomly about someone and slipping into backbiting. Sometimes however we speak of the unIslamic habits of the community only to come up with the ways to improve the spiritual health of our community and that is not backbiting.

Taleem & Tarbiyyat Workshop

WORKSHOP: [Gossip, Backbiting, Suspicion, and Slandering](#)

Note: Please ask the following questions to members following each workshop:

1. What are the barriers to achieve this goal?
2. How can you improve?
3. What steps will you take?

Holy Qur'an

Say, 'I seek refuge in the Lord of the dawn, (113:2)

'From the evil of that which He has created, (113:3)

'And from the evil of darkness when it overspreads, (113:4)

'And from the evil of those who blow upon the knots of mutual relationships to undo them, (113:5)

'And from the evil of the envier when he envies.' (113:6)

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ﴿٢﴾

مِنْ شَرِّ مَا خَلَقَ ﴿٣﴾

وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ﴿٤﴾

وَمِنْ شَرِّ النَّفَّاثِ فِي الْعُقَدِ ﴿٥﴾

وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ﴿٦﴾

Quarter 7. Adopting the Moral Values of Moderation/ Modesty/Dignity to hold steadfast to your God-given identity (October, November, & December 2026)

ACTIVITIES FOR THE QUARTER

Resources:

Ask a Murrabbi: <https://askamurabbi.com/>

Way of the Seekers: <https://files.alislam.cloud/pdf/Way-of-Seekers.pdf>

This Week with Huzoor: https://www.youtube.com/playlist?list=PLskzM_vEFYiv0sA4vQmFzvo-0ZFIs6m-R

October 2026

Our Goals for this month:

Adopting the Moral Values of Moderation/Modesty/Dignity to hold steadfast to your God-given identity in dealing with contemporary issues of Gender Identity/Lesbian, Gay, Bisexual, Trans sexual and Queer(LGBTQ)

One of the serious challenges for parents is that their children are being exposed to the LGBTQ in schools so much so that a child coming to a doctor's visit has to tell the doctor how she/he wants to be addressed and in exam scenarios now they call it "they" instead of he or she.

The Holy Qur'an categorically emphasizes the purpose of two genders. Many verses are found in this reference. Innocent minds are being exploited by this grievous ill of the society. Children are influenced to choose alternative sex orientations. They are confused and don't understand the gravity of the issue.

It is therefore the responsibility of parents to talk to their children before they are talked into it by strangers. All the religions agree on the immorality it is teaching. The scriptures condemn this practice with examples and narrating the punishment they incurred. The diseases have spread and the minds are totally incapable of making the right choices, even when science has refuted the possibility of genetic predisposition.

["What is your view on homosexuality?" | Interview with Huzoor Anwar \(ABA\)](#)

Holy Qur'an

O ye people! fear your Lord, Who created you from a single soul and of its *kind* created its mate, and from them twain spread many men and women; and fear Allah, in Whose name you appeal to one another, and fear Him particularly respecting ties of kinship. Verily, Allah watches over you. (4:2)

يَا أَيُّهَا النَّاسُ اتَّقُوا رَبَّكُمُ الَّذِي خَلَقَكُمْ مِنْ نَفْسٍ وَاحِدَةٍ
وَخَلَقَ مِنْهَا زَوْجَهَا وَبَثَّ مِنْهُمَا رِجَالًا كَثِيرًا وَنِسَاءً
وَاتَّقُوا اللَّهَ الَّذِي تَسَاءَلُونَ بِهِ وَالْأَرْحَامَ إِنَّ اللَّهَ كَانَ
عَلَيْكُمْ رَقِيبًا ﴿٢﴾

And who guard their chastity– (23:6)

وَالَّذِينَ هُمْ لِأَفْوَاجِهِمْ حَافِظُونَ ﴿٦﴾

Except from their wives or what their right hands possess, for then they are not to be blamed; (23:7)

إِلَّا عَلَىٰ أَزْوَاجِهِمْ أَوْ مَا مَلَكَتْ أَيْمَانُهُمْ فَإِنَّهُمْ غَيْرُ
مَلُومِينَ ﴿٧﴾

But those, who seek anything beyond that are the transgressors – (23:8)

فَمَنْ ابْتَغَىٰ وَرَاءَ ذَلِكَ فَأُولَٰئِكَ هُمُ الْعُدُونَ ﴿٨﴾

Holy is He Who created all things in pairs, of what the earth grows and of themselves, and of what they know not. (36:37)

سُبْحَانَ الَّذِي خَلَقَ الْأَزْوَاجَ كُلَّهَا مِمَّا تُنْبِتُ الْأَرْضُ وَمِنْ أَنْفُسِهِمْ وَمِمَّا لَا يَعْلَمُونَ ﴿٣٧﴾

O mankind, We have created you from a male and a female; and We have made you into tribes and subtribes that you may know one another. Verily, the most honorable among you, in the sight of Allah, is he who is the most righteous among you. Surely, Allah is All-Knowing, All-Aware. (49:14)

يَا أَيُّهَا النَّاسُ إِنَّا خَلَقْنَاكُمْ مِنْ ذَكَرٍ وَأُنْثَىٰ وَجَعَلْنَاكُمْ شُعُوبًا وَقَبَائِلَ لِتَعَارَفُوا إِنَّ أَكْرَمَكُمْ عِنْدَ اللَّهِ أَتَقْوَمُ إِنَّ اللَّهَ عَلِيمٌ خَبِيرٌ ﴿١٤﴾

And of everything have We created pairs, that you may reflect. (51:50)

وَمِنْ كُلِّ شَيْءٍ خَلَقْنَا زَوْجَيْنِ لَعَلَّكُمْ تَذَكَّرُونَ ﴿٥٠﴾

And that He creates the pairs, male and female, (53:46)

وَأَنَّهُ خَلَقَ الزَّوْجَيْنِ الذَّكَرَ وَالْأُنْثَىٰ ﴿٤٦﴾

And of His Signs is that He has created wives for you from among yourselves that you may find peace of mind in them, and He has put love and tenderness between you. In that, surely, are Signs for a people who reflect. (30:22)

وَمِنْ آيَاتِهِ أَنْ خَلَقَ لَكُمْ مِنْ أَنْفُسِكُمْ أَزْوَاجًا لِتَسْكُنُوا إِلَيْهَا وَجَعَلَ بَيْنَكُمْ مَوَدَّةً وَرَحْمَةً إِنَّ فِي ذَلِكَ لَآيَاتٍ لِقَوْمٍ يَتَفَكَّرُونَ ﴿٢٢﴾

Word meanings of Nouns, Verbs, and Particles

Nouns are names and are recognized as words starting with Alif-laam or ending in nun of nunation/Tanween. Sometimes when words join together the Tanween or Nun of Nunation disappears. Pronouns, Adverbs, Demonstrative Nouns, Interjections, Relative Pronouns are all Nouns.

Verbs are actions with reference to time. The *Past Perfect tense verb* means the action is completed. It always ends with a Fatha. Its plural ends in (وا) Wow-Alif. For example, (قالوا). *Imperfect verbs* are actions in present or future. They start with one of the four letters; Hamza-Ta-Ya or nun, ا ت ي ن.

Particles are small single or multiple lettered words that help connect the Nouns and Verbs to make a sentence.

Please identify Nouns, Verbs and Particles					
Arabic word	عِنْدَ	كُلُّهَا	لِتَسْكُنُوا	زَوْجَيْنِ	الْأَرْحَامِ
Transliteration	Inda	Kullaha	le taskunu	Zojaini	Al'arhaam
Translation	Near	All things	so you find peace of mind	The pairs	Ties of relationship

Questions:

1. What is the purpose described for creating two genders? (30:23 Five Volume)
2. How does Homosexuality break the law of nature and how does it endanger life? (Answers may vary.)

Hadith

Translation:

Abi Tha'labatal Khushaniyi Jurthoom bin Nashir, God be pleased with him, narrates that the Holy Prophet, peace and blessings of Allah be upon him, said: "Allah The Almighty has laid down certain obligations: Do not disregard them. He has set certain limits: do not transgress them. He has forbidden certain things: Do not go near them. He has kept silent about some other things, out of kindness to you, not because of forgetfulness: so do not make unnecessary inquiries regarding them." (Dar Qutni)(Selected Sayings of the Holy Prophet Muhammad (saw), pg 36)

رَسُولِ اللَّهِ ﷺ قَالَ: إِنَّ اللَّهَ تَعَالَىٰ فَرَضَ فَرَائِضَ فَلَا تُضَيِّعُوهَا ، وَحَدَّ حُدُودًا فَلَا تَعْتَدُوهَا ، وَحَرَّمَ أَشْيَاءَ فَلَا تَنْتَهِكُوهَا وَسَكَتَ عَنْ أَشْيَاءَ رَحْمَةً لَكُمْ غَيْرَ نِسْيَانٍ فَلَا تَبْحَثُوا عَنْهَا -

Malfuzat

Chashma-e-Marfat (چشمه معرفت)

Fountain of Spiritual Enlightenment

The Promised Messiah (as) said that: One of the objectives of marriage is this very purpose, that through marriage God's servants should be given birth who may remember Him. The second objective of marriage determined by God the Exalted, is that man through his wife and woman through her husband, may remain guarded against trespassing of the eye and illicit relations. The third objective is that men and women live together in love and are saved from the pain and sorrow of loneliness. All these verses are in the Holy Qur'an. (*Chashma-e-Marfat, Roohani Khazain, Vol 23 pg 292-293*)

Question:

What are the three main purposes of the creation of male and female?

Tarteel / Holy Qur'an Recitation Rule

Ghunnah means a sustained nasal sound that is emitted from the nose pipe. Mīm and Nūn are only two letters which emit this sustained nasal sound when they bear the sign of Shaddah. The duration of **Ghunnah** should not be less than two counts or two seconds. Some examples of **Mīm Ghunnah** and **Nūn Ghunnah** are given below. Link: <https://bit.ly/3KIHIbP>



November 2026

LGBTQ / Sexual Orientation

Our Goals in this month:

Adopting the Moral Values of Modesty/Dignity/Love of Virtue to hold steadfast to your God-given identity in dealing with contemporary issues of Gender Identity/LGBTQ.

We will give examples about how Allah narrates the stories of those who practiced unnatural ways of sexual gratification. The verses of the Holy Qur'an that clearly admonishes us against it and promotes the most purposeful use of sex in order to send forth a pious progeny and obtain satisfaction. Islam is a religion based on nature. Harmful acts are forbidden because they are dangerous for health. Science has proven the fact that unnatural ways cause diseases and morbidity. Hence healthy practices prolong one's life.

Holy Qur'an

And those of your women who are guilty of lewdness—call to witness four of you against them; and if they bear witness, then confine them to the houses until death overtake them or Allah will open a way for them. (4:16)

And if two men from among you are guilty of it, punish them both. And if they repent and amend, then leave them alone; surely Allah is Oft-Returning with compassion and Merciful. (4:17)

And *We sent* Lot— when he said to his people 'Do you commit an abomination such as no one in the world ever did before you? (7:81)

'You approach men with lust instead of women. Nay, you are a people who exceed *all bounds*.' (7:82)

Then the punishment seized them at sunrise. (15:74)

وَالَّتِي يَأْتِيَنَّ الْفَاحِشَةَ مِنْ نِسَائِكُمْ فَاسْتَشْهِدُوا عَلَيْهِنَّ
أَرْبَعَةً مِنْكُمْ فَإِنْ شَهِدُوا فَأَمْسِكُوهُنَّ فِي الْبُيُوتِ حَتَّى
يَتَوَفَّهِنَّ الْمَوْتُ أَوْ يَجْعَلَ اللَّهُ لَهُنَّ سَبِيلًا ﴿١٦﴾

وَالَّذِينَ يَأْتِيَنَّهَا مِنْكُمْ فَادُّوهُمَا فَإِنْ تَابَا وَأَصْلَحَا
فَاعْرِضُوا عَنْهُمَا إِنَّ اللَّهَ كَانَ تَوَّابًا رَحِيمًا ﴿١٧﴾

وَلَوْطًا إِذْ قَالَ لِقَوْمِهِ أَتَأْتُونَ الْفَاحِشَةَ مَا سَبَقَكُمْ بِهَا
مِنْ أَحَدٍ مِنَ الْعَالَمِينَ ﴿٨١﴾

إِنَّكُمْ لَتَأْتُونَ الرِّجَالَ شَهْوَةً مِنْ دُونِ النِّسَاءِ ۗ بَلْ أَنْتُمْ
قَوْمٌ مُسْرِفُونَ ﴿٨٢﴾

فَأَخَذَتْهُمُ الصَّيْحَةُ مُشْرِقِينَ ﴿٧٤﴾

We turned *their town* upside down and We rained upon them stones of clay. (15:75)

فَجَعَلْنَا عَالِيَهَا سَافِلَهَا وَأَمْطَرْنَا عَلَيْهِمْ حِجَارَةً مِّنْ سِجِّيلٍ ﴿٧٥﴾

Surely, in this are *many* Signs for those who use their understanding. (15:76)

إِنَّ فِي ذَٰلِكَ لَآيَاتٍ لِّلْمُتَوَسِّمِينَ ﴿٧٦﴾

And to Lot We gave wisdom and knowledge. And We saved him from the city which practised abominations. They were indeed a wicket *and* rebellious people. (21:75)

وَلَوْطًا آتَيْنَاهُ حُكْمًا وَعِلْمًا وَنَجَّيْنَاهُ مِنَ الْقَرْيَةِ الَّتِي كَانَتْ تَعْمَلُ الْخَبِيثَ ۗ إِنَّهُمْ كَانُوا قَوْمًا سَوِيًّا فُسِّقِينَ ﴿٧٥﴾

‘Do you approach men with lust and commit robbery on the highway? And you commit abomination in your meetings!’ But the only answer of his people was that they said, ‘Bring upon us the punishment of Allah if thou speakest the truth. (29:30)

أَتَيْكُمْ لَتَأْتُونَ الرِّجَالَ وَتَقْطَعُونَ السَّبِيلَ ۗ وَتَأْتُونَ فِي نَادِيكُمُ الْمُنْكَرَ ۗ فَمَا كَانَ جَوَابَ قَوْمِهِ إِلَّا أَنْ قَالُوا ائْتِنَا بِعَذَابِ اللَّهِ إِنْ كُنْتَ مِنَ الصَّادِقِينَ ﴿٣٠﴾

Word meanings of Nouns, Verbs, and Particles

Nouns are names and are recognized as words starting with Alif-laam or ending in nun of nunation/Tanween. Sometimes when words join together the Tanween or Nun of Nunation disappears. Pronouns, Adverbs, Demonstrative Nouns, Interjections, Relative Pronouns are all Nouns.

Verbs are actions with reference to time. The *Past Perfect tense verb* means the action is completed. It always ends with a Fatha. Its plural ends in (وا) Wow-Alif. For example, (قالوا). *Imperfect verbs* are actions in present or future. They start with one of the four letters; Hamza-Ta-Ya or nun, ا ت ي ن.

Particles are small single or multiple lettered words that help connect the Nouns and Verbs to make a sentence.

Please identify Nouns, Verbs and Particles					
Arabic word	كَانَتْ	أَيُّنَّ	أَمْطَرْنَا	الْخَبَائِثُ	عَذَابٍ
Transliteration	Kaanat	A'Inna	Amtarna	AlKhaba'isa	Azaabin
Translation	She was (Defective verb; Feminine)	What and Surely	We rained	The impurity	Punishment

Questions:

1. “Those of your women guilty of lewdness” or “If two men from among you are guilty of it” in 4:16-17; What is meant by lewdness? (Short commentary).
2. What did Prophet Lot (as) mean by تَقْطَعُونَ السَّبِيلَ (commit robbery) in verse 29:30?
3. Which verse will you use to explain your position against LGBTQ

Hadith

Translation:

Huzaifa, God be pleased with him, relates that the Holy Prophet, peace and blessings of Allah be upon him, said: "I swear by Him who holds my life in His hands, that you must enjoin on people to do good and forbid them from doing wrong; otherwise, it is quite likely that some punishment from Allah may be inflicted upon you. Then, too late, you will offer supplications but they will not be accepted." (Tirmidhi) (Muslim)

عَنْ حُذَيْفَةَ أَنَّ النَّبِيَّ ﷺ قَالَ: وَالَّذِي نَفْسِي بِيَدِهِ لَتَأْمُرُونَ بِالْمَعْرُوفِ وَلَتَنْهَوْنَ عَنِ الْمُنْكَرِ أُولَٰئِكَ سَيُحِبُّ اللَّهُ أَنْ يَبْعَثَ عَلَيْكُمْ عَذَابًا مِّنْ عِنْدِهِ ثُمَّ لَتَدْعُنَّهُ وَلَا يُسْتَجَابَ لَكُمْ -
« ترمذى ابواب الفتن باب الامر بالمعروف والنهي عن المنكر »

Question: Allah is forbearing and He gives plenty of time for a people to change. When is it too late to repent or start doing good?

Malfuzat

Punishment Follows upon Misconduct

The Promised Messiah (as) said, :

It is worthy of note that the Meccans had not merely rejected the Holy Prophet (peace and blessings of Allah be on him). Simple rejection based on naivety does not entail punishment in this life. But when a disbeliever transgresses beyond the limits of humanity and good behavior and has recourse to shamelessness and abuse and designs every kind of persecution and carries it to the limit, the jealousy of God Almighty is roused and He destroys the wrongdoer out of regard for His Messenger as He destroyed the people of Noah and the people of Lot. Such chastisement is inflicted only on account of the persecution and cruelties to which God's Messengers and their followers are subjected. Mere rejection is not punished in this life. God has reserved another world for such punishment. Chastisement in this life follows upon such rejection as is accompanied with mockery, jesting and persecution. (*Essence of Islam Vol II pg 373-374*)

Tarteel / Holy Qur'an Recitation Rule

Normal Elongation with long Vowels

Alif Maddia is always preceded by a consonant carrying the stroke of Fat'ḥah.

Wau Maddia is always preceded by a consonant carrying the stroke of Dhamma.

Yā-Maddia is always preceded by a consonant carrying the stroke of Kasrah as demonstrated in the following examples from the Holy Qur'an.

Madd means to lengthen or to prolong. In Arabic, the three letters of 'Hurūful-Madd' (letters of prolongation) are called **Alif**, **Wau** and **Yā**. The Qur'anic examples below include all three kinds of Madd (elongation). A Harful-Madd should be prolonged for about two seconds i.e. double the stroke of Fat'ḥah.

Link: <https://bit.ly/3EHoNDI>



December 2026

Our Goals for this month:

Mother to Mother Taleem/ Tarbiyyat Workshop (Tarbiyyat 3)

(Refer to the book, Paradise under your feet. pg 169-181)

The purpose of this workshop is to provide parents with guidelines on how to talk to their children objectively about different sexual orientations. Even if some of them might be a result of mental illness, it is being portrayed as a social norm.

Taleem & Tarbiyyat Workshop: Refer to Tarbiyyat Program #3:

Note: Please ask the following questions to members following each workshop:

1. What are the barriers to achieve this goal ?
2. How can you improve?
3. What steps will you take?

Tarteel / Holy Qur'an Recitation Rule

Madda Leen; Pliable or soft elongation with letters Ya or Wow

Līn means to ease or to soften. In the rules of recitation, if **Wau** and **Yā** are strokeless (Saakin) and preceded by a consonant bearing the stroke of Fat'hah, they are called Al-Huroof- Al-Līn (Letters of Ease). In the Qur'anic examples of both types can be seen. **Link:** <https://bit.ly/3IABXmG>



Quarter 8. Adopting the Moral Values of Commiseration, not to follow others without enlightening belief and Inner Gratefulness.

**(Contemporary Issues: Exposure to Domestic Violence/ Gun Violence/Video Games)
(January, February, & March 2027)**

ACTIVITIES FOR THE QUARTER

Books:

The Philosophy of the Teachings of Islam; pages 11-13

<https://new.alislam.org/library/books/philosophy-teachings-islam?page=39>

Way of the Seekers pages 83-89

<https://files.alislam.cloud/pdf/Way-of-Seekers.pdf>

Message of the Promised Messiah (as) about contemporary issues (4th & 18th Paragraph)

<https://www.alislam.org/articles/message-of-the-promised-messiah-for-contemporary-society/>

The Promised Messiah (as) further states:

‘Remember that those who are overcome with aggression and anger can never speak words of knowledge and wisdom. A heart that quickly becomes enraged and rampant beyond bounds upon a challenge is bereft of wisdom. A foul tongue and unbridled lips are deprived of the fountain of deep knowledge. Rage and wisdom cannot go together. One who is overcome by rage is left with a dim mind and dull reasoning. He is never granted victory or help in any situation. Anger is half of insanity, and when anger blazes, it becomes full-fledged insanity.’

(Khalifat-ul Masih V (aba) Address at the concluding session of Jalsa Salana [Annual Convention] Qadian 2021)

January 2027

Our Goals for this month:

Adopting the Moral Value of “Commiseration, not to follow others without enlighten belief” or “Power to withstand hardships and bear suffering” (Way of the Seekers pg 84): Contemporary issues of Domestic Violence/Gun Violence/ Video Games.

There are many ways a child could be exposed to violence. Starting from domestic violence between parents or siblings. Then exposure to gun violence in schools.

Parents don't have too much control over the violence exposure outside the homes however they could avoid it in the household so the child can grow in a comfortable atmosphere. Children who witness domestic violence are more prone to abuse their spouses in future. It is a learned behavior similar to alcoholism, smoking and gambling.

Gun violence in schools is terrorizing our children and parents. Once a child witnesses gun violence their personality changes . They can develop fear, low self esteem and worthlessness for life. They can lose inspiration to excel in life because for them life means nothing but very temporary. They may start having nightmares. Their school performance is affected and worse than all they may mimic the actions of the perpetrator. The value of life is diminished in their eyes.

Holy Qur'an

Those who spend in prosperity and adversity, and those who suppress anger and pardon men; and Allah loves those who do good; (3:135)

There is no good in many of their conferences except the *conferences of* such as enjoin charity, or goodness or the making of peace among men. And whoso does that, seeking the pleasure of Allah, We shall soon bestow on him a great reward. (4:115)

And thou sees many of them hastening towards sin and transgression and the eating of things forbidden. Evil indeed is that which they practise. (5:63)

And make ready for them *who fight you* whatever you can of *armed* force and of mounted pickets at the frontier, whereby you may frighten the enemy of Allah and your enemy and others besides them whom you know not, but Allah knows them. And whatever you spend in the way of Allah, it shall be paid back to you in full and you shall not be wronged. (8:61)

الَّذِينَ يُنْفِقُونَ فِي السَّرَّاءِ وَالضَّرَّاءِ وَالْكُظُمِينَ الْغَيْظِ وَالْعَافِينَ عَنِ النَّاسِ ۗ وَاللَّهُ يُحِبُّ الْمُحْسِنِينَ ﴿١٣٥﴾

لَا خَيْرَ فِي كَثِيرٍ مِّنْ تَجْوَاهُمْ إِلَّا مَنْ أَمَرَ بِصَدَقَةٍ أَوْ مَعْرُوفٍ أَوْ إِصْلَاحٍ بَيْنَ النَّاسِ ۗ وَمَنْ يَفْعَلْ ذَلِكَ ابْتِغَاءَ مَرْضَاتِ اللَّهِ فَسَوْفَ نُؤْتِيهِ أَجْرًا عَظِيمًا ﴿١١٥﴾

وَتَرَى كَثِيرًا مِّنْهُمْ يُسَارِعُونَ فِي الْإِثْمِ وَالْعُدْوَانِ وَأَكْلِهِمُ السُّحْتَ ۗ لَبِئْسَ مَا كَانُوا يَعْمَلُونَ ﴿٦٣﴾

وَأَعِدُّوا لَهُمْ مَا اسْتَطَعْتُمْ مِنْ قُوَّةٍ وَمِنْ رِبَاطِ الْخَيْلِ تُرْهِبُونَ بِهِ عَدُوَّ اللَّهِ وَعَدُوَّكُمْ وَآخَرِينَ مِنْ دُونِهِمْ ۗ لَا تَعْلَمُونَهُمُ اللَّهُ يَعْلَمُهُمْ ۗ وَمَا تُنْفِقُوا مِنْ شَيْءٍ فِي سَبِيلِ اللَّهِ يُوَفَّ إِلَيْكُمْ وَأَنْتُمْ لَا تظَلَمُونَ ﴿٦١﴾

Word meanings of Nouns, Verbs, and Particles

Nouns are names and are recognized as words starting with Alif-laam or ending in nun of nunnation/Tanween. Sometimes when words join together the Tanween or Nun of Nunnation disappears. Pronouns, Adverbs, Demonstrative Nouns, Interjections, Relative Pronouns are all Nouns.

Verbs are actions with reference to time. The *Past Perfect tense verb* means the action is completed. It always ends with a Fatha. Its plural ends in (وا) Wow-Alif. For example, (قالوا). *Imperfect verbs* are actions in present or future. They start with one of the four letters; Hamza-Ta-Ya or nun, ا ت ي ن.

Particles are small single or multiple lettered words that help connect the Nouns and Verbs to make a sentence.

Please identify Nouns, Verbs and Particles					
Arabic word	سَوْفَ	تُنْفِقُوا	يُسَارِعُونَ	عَدُوَّ اللَّهِ	الْإِثْمَ
Transliteration	<i>saufa</i>	<i>Tunfiqoo</i>	<i>Yusaari'oona</i>	<i>Aduwallah</i>	<i>Al-Ism</i>
Translation	Surely	You spend	They hasten	Allah's enemy	the sin

Questions:

1. What are some consequences of losing one's temper? (Answers may vary).
2. Discuss some of the ways to mitigate one's anger? Your method of Anger management.
3. Identify and share some resources in the community that address gun violence prevention. You can invite a guest speaker.
4. Identify and share some resources in the community to offer support to victims of domestic violence. You can invite a guest speaker.

Hadith

Translation:

Narrated by Hadrat Abu Hurairah (May Allah be pleased with him): The Prophet of Allah (May peace and blessings of Allah be on him) cautioned: "Abstain ye from seven destructive evils." They (the companions) asked 'And what are they, O Prophet of Allah?' He said: "Shirk [i.e., an association of someone with God as a partner or an equal or ascription to Him of a spouse or a son or adviser], preoccupation with illusory objects and deceptive things, slaying any man, which is forbidden by Allah, without just and a good cause, usury, consuming the property of orphans, turning tail to the enemy in battle and falsely accusing innocent believing women." (*Sahih al-Bukhari, Book of Limits, Chapter: To falsely accuse the chaste women (Forty Gems of Beauty, pg 99-100)*)

عَنْ أَبِي هُرَيْرَةَ عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ: اجْتَنِبُوا السَّبْعَ الْمُوْبِقَاتِ، قَالُوا: يَا رَسُولَ اللَّهِ وَمَاهُنَّ؟ قَالَ: الشِّرْكَ بِاللَّهِ، وَالسِّحْرُ، وَقَتْلُ النَّفْسِ الَّتِي حَرَّمَ اللَّهُ إِلَّا بِالْحَقِّ، وَأَكْلُ الرِّبَا، وَأَكْلُ مَالِ الْيَتِيمِ، وَالتَّوَلَّى يَوْمَ الرَّحْفِ، وَقَدْفُ الْمُحْصَنَاتِ الْمُؤْمِنَاتِ الْعَافِلَاتِ -
(صحيح البخاري كتاب الحدود باب رَفِي الْمُحْصَنَاتِ)

Question: What are the seven evils we should avoid according to this Hadith?

Malfuzat

The Promised Messiah (as) said,:

God has not created anger in vain; its improper use makes it unlawful. Someone asked Hazrat Umar(ra): 'When you were a disbeliever, you were a very hot-tempered man. What is the state of your anger now?' He responded: 'My anger is the same as before, but before it was unbridled, now it has been channelled in the right direction.' Otherwise, the objection would fall upon the Maker, as to why He created the faculty of anger. In actuality, no faculty is bad in itself, improper use makes it bad. (*Malfuzat Volume III pg 232*)

Question:

How is anger classified? Discuss in light of the above excerpt.

Tarteel / Holy Qur'an Recitation Rule

Practice Allah's attributive names. Link: <https://bit.ly/3KCBBP4>

February 2027

(Ramadan: February 7th-March 7th)

Our Goals for this month:

Adopting the Moral Value of Inner Gratefulness or Power to withstand hardships and bear suffering. (Contemporary issues Domestic Violence/Gun Violence/Video Games)

The Promised Messiah (as) has announced that after his advent violence in any form is prohibited. Violence is the result of anger, losing temper, insensitivity, and lack of moral training and mannerism.

Violent video games desensitize children to aggression. they develop a lack of empathy and their behavior changes.

Mothers who hand a smart phone to very young children regret it later. It affects their brain. Some children developed so much dependence on holding the phone that if the phone was taken away, they lost their balance while walking and were ataxic.

Holy Qur'an

And whoso kills a believer intentionally, his reward shall be Hell wherein he shall abide. And Allah shall be wroth with him and shall curse him and shall prepare for him a great punishment. (4:94)

وَمَنْ يَقْتُلْ مُؤْمِنًا مُتَعَمِدًا فَجَزَاؤُهُ جَهَنَّمُ خُلِيدًا فِيهَا
وَعَضِبَ اللَّهُ عَلَيْهِ وَلَعَنَهُ وَأَعَدَّ لَهُ عَذَابًا عَظِيمًا
﴿٩٤﴾

If thou stretch out thy hand against me to kill me, I shall not stretch out my hand against thee to kill thee. I do fear Allah, the Lord of the Universe; (5:29)

لَنْ بَسَطْتُ إِلَى يَدِكَ لِتَقْتُلَنِي مَا أَنَا بِبَاسِطٍ يَدِيَ إِلَيْكَ
لَأَقْتُلَكَ إِنِّي أَخَافُ اللَّهَ رَبَّ الْعَالَمِينَ ﴿٢٩﴾

But his mind induced him to kill his brother, so he killed him and became *one* of the losers. (5:31)

فَطَوَّعَتْ لَهُ نَفْسُهُ قَتْلَ أَخِيهِ فَقَتَلَهُ فَأَصْبَحَ مِنَ
الْخَاسِرِينَ ﴿٣١﴾

On account of this, We prescribed for the children of Israel that whosoever killed a person— unless it be for *killing* a person or for creating disorder in the land— it shall be as if he had killed all mankind; and whoso gave life to one, it shall be as if he had given life to all mankind. And Our Messengers came to them with clear Signs, yet even after that, many of them commit excesses in the land. (5:33)

مِنْ أَجْلِ ذَلِكَ كَتَبْنَا عَلَى بَنِي إِسْرَائِيلَ أَنَّهُ مَنْ قَتَلَ
نَفْسًا بِغَيْرِ نَفْسٍ أَوْ فَسَادٍ فِي الْأَرْضِ فَكَأَنَّمَا قَتَلَ النَّاسَ
جَمِيعًا وَمَنْ أَحْيَاهَا فَكَأَنَّمَا أَحْيَا النَّاسَ جَمِيعًا وَلَقَدْ
جَاءَتْهُمْ رُسُلُنَا بِالْبَيِّنَاتِ ثُمَّ إِنَّ كَثِيرًا مِّنْهُمْ بَعَدَ ذَلِكَ فِي
الْأَرْضِ لَمُسْرِفُونَ ﴿٣٣﴾

Say, 'Come, I will recite to you what your Lord has forbidden, that you associate not anything as partner with Him; and *that you do* good to parents, and that you slay not your children for *fear of* poverty— it is We Who provide for you and for them—and that you approach not foul deeds, whether open or secret; and that you slay not the soul *the slaying of* which Allah has forbidden, save in accordance *with the demands of* justice. That is what He has enjoined upon you, that you may understand. (6:152)

قُلْ تَعَالَوْا أَنلُ مَا حَرَّمَ رَبُّكُمْ عَلَيْكُمْ أَلَّا تُشْرِكُوا بِهِ شَيْئًا
وَبِالْوَالِدَيْنِ إِحْسَانًا وَلَا تَقْتُلُوا أَوْلَادَكُمْ مِّنْ إِمْلَاقٍ
نَحْنُ نَرْزُقُكُمْ وَإِيَّاهُمْ وَلَا تَقْرَبُوا الْفَوَاحِشَ مَا ظَهَرَ
مِنْهَا وَمَا بَطَّنَ وَلَا تَقْتُلُوا النَّفْسَ الَّتِي حَرَّمَ اللَّهُ إِلَّا
بِالْحَقِّ ذَلِكُمْ وَصَّوْكُمْ بِهِ لَعَلَّكُمْ تَعْقِلُونَ ﴿١٥٢﴾

Word meanings of Nouns, Verbs, and Particles

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Verbs are actions with reference to time. The *Past Perfect tense verb* means the action is completed. It always ends with a Fatha. Its plural ends in (وا) Wow-Alif. For example, (قالوا). *Imperfect verbs* are actions in present or future. They start with one of the four letters; Hamza-Ta-Ya or nun, ا ت ي ن.

Particles are small single or multiple lettered words that help connect the Nouns and Verbs to make a sentence.

Please identify Nouns, Verbs and Particles					
Arabic word	الَّتِي	ذَلِكَ	حَرَّمَ	بَنِي إِسْرَائِيلَ	مُتَعَمِدًا
Transliteration	Allati)	Zaalikum	Harrama	Bani Israeel	Muta'ammedan
Translation	She who (Feminine Relative Pronoun	That is (Demonstrative Noun Plural)	Made unlawful	Children of Israel (Prophet Jacob)	Intentionally

Questions:

1. Verse 6:152 says "And don't kill a soul that is made unlawful for you except that which is justified." What does it mean by justified? Can you kill a person if justified??
2. Explain the expression "If you kill one person it's like killing all Humanity". What appeal is made to the believers? (Five Volume 4:94)
3. How can inner gratefulness repel the thoughts that lead to domestic violence and gun violence? (You will need to explore what leads to domestic violence and gun violence to answer question)

Hadith

Translation:

Abdullah bin Omar, God be pleased with him, says that the Holy Prophet, peace and blessings of Allah be upon him, stated: "Do not be jealous of each other. Do not inflate prices. Do not hate each other. Do not turn your back on each other. Do not make an offer while two parties are engaged in bargaining. Be true servants of God by becoming brothers to one another." "Muslims are brothers to (other) Muslims. One should not transgress against the other; he should not treat the other with disdain, nor should he forsake him." "Here dwells taqwa (the fear of God)" said the Holy Prophet and he pointed to his chest three times. Then he said: 'It is enough to ruin one to disdain one's brother Muslim. The blood, the property and the honour of a Muslim is inviolable to another Muslim.' (Muslim) Selected Sayings of the Holy Prophet Muhammad (saw), pg 5

عَنْ ابْنِ عُمَرَ رَضِيَ اللهُ عَنْهُ قَالَ: قَالَ رَسُولُ اللهِ ﷺ: لَا تَحَسَدُوا وَلَا تَنَاجَشُوا وَلَا تَبَاغَضُوا وَلَا تَدَابَرُوا وَلَا يَبِعْ بَعْضُكُمْ عَلَى بَيْعِ بَعْضٍ، وَكُونُوا عِبَادَ اللهِ إِخْوَانًا - الْمُسْلِمُ أَخُو الْمُسْلِمِ: لَا يَظْلِمُهُ وَلَا يَحْقِرُهُ وَلَا يَخْذُلُهُ - التَّقْوَى هُنَا وَيُشِيرُ إِلَى صَدْرِهِ ثَلَاثَ مَرَّاتٍ بِحَسَبِ أَمْرٍ مِّنَ الشَّرِّ أَنْ يَحْقِرَ أَخَاهُ الْمُسْلِمَ - كُلُّ الْمُسْلِمِ عَلَى الْمُسْلِمِ حَرَامٌ دَمُهُ وَمَالُهُ وَعَرْضُهُ - «مسلم كتاب البر والصلة باب تحريم ظلم المسلم و خذله»

Malfuzat

The Promised Messiah (as) said,:

It is said that Hadrat 'Ali, may Allah honour and exalt him, was fighting with an enemy and was fighting him purely for the sake of God. Finally, Hadrat 'Ali (ra) wrestled him to the ground and climbed upon his chest. The enemy suddenly spat on the face of Hadrat 'Ali (ra). He immediately got off his chest and released him. He said, 'I did so because until now I was fighting with you purely for the sake of God, but now that you have spit upon my face, I am afraid some part of my ego will become involved in it. So I don't want to kill you for my own ego.' This clearly shows that he did not consider one who offended him personally to be his enemy. One should develop this kind of disposition and attitude in oneself. If you hurt someone and widen the circle of enmity for selfish desires and interests, then what could be more displeasing to God than that?

(Malfoozat Vol VII pg 471)

Question:

What are the three things of a Muslim inviolable to another Muslim? (From above Hadith)

Tarteel / Holy Qur'an Recitation Rule

Extended elongation long and super long Maddah Saghira and Kabira

It has been previously mentioned that consonant letters are prolonged when they follow letters of prolongation for about 2 seconds. Sometimes this sound is stretched further according to the rules. At this stage, it is important to know that there are two broad categories of extended elongation:

- **Al-Maddus-Saghira** – medium long elongation
- **Al-Maddul-Kabira** – extra-long elongation

Both types of extended elongations are recognized by similar signs. Please note the slight difference in its sign in the practice text. The duration of extended prolongation for type 1 is about 3 to 5 seconds/counts and for type 2 it will be 4 to 6 seconds/counts approximately, subject to mode of recitation. Link: <https://bit.ly/3kwmD2m>



March 2027

Mother to Mother Taleem/Tarbiyyat Workshop (Tarbiyyat 4)

Our Goals for this month:

Justice vs Injustice

“How does exposure to violence affect a person; Morally/Academically/and Socially”

The purpose of this workshop is to provide parents and Lajna the tools to handle the situation when children are exposed to gun violence. How to talk to their teens and adolescents with arguments from the Holy Qur'an.

WORKSHOP: refer to Tarbiyyat Program #4 :

Note: Please ask the following questions to members following each workshop:

1. What are the barriers to achieve this goal ?
2. How can you improve?
3. What steps will you take?

Holy Qur'an

God said, ‘What prevented thee from submitting when I commanded thee?’ He said, ‘I am better than him. Thou hast created me of fire while him hast Thou created of clay. (7:13)

قَالَ مَا مَنَعَكَ أَلَّا تَسْجُدَ إِذْ أَمَرْتُكَ ۚ قَالَ أَنَا خَيْرٌ
مِّنْهُ ۖ خَلَقْتَنِي مِنْ نَّارٍ وَخَلَقْتَهُ مِنْ طِينٍ ﴿١٣﴾

Tarteel / Holy Qur'an Recitation Rule

Quiescent Hamza Alif: read with Jerk

Hamzah Sākin: Some words of the Holy Qur'an contain **Alif** or **Hamzah Sākin** (Alif/Hamzah letter with Sukūn). This Hamzah should be pronounced with a soft jerk from the bottom of the throat. The reciter must ensure that this is not exchanged with the 'Ayn' [ع] sound which is pronounced from the middle of the throat.

Link: <https://bit.ly/41v6YkB>



Scan for recording

Jihad: Striving for High Moral Values

TARBIYYAT PROGRAM
2025 - 2027

‘And as for those who strive in Our path – We will surely guide them in our ways...’ [Al Ankabut 29:70]

2025-2027

CONTENTS

1. TARBIYYAT PROGRAM 2025-2027
2. IMPLEMENTATION OF SYLLABUS AND WORKBOOK
3. REFERENCES AND READING MATERIAL
4. TARBIYYAT WORKBOOK QUARTERS

TARBIYYAT PROGRAM 2025-2027

TARBIYYAT THEME AND FOCUS: JIHAD- STRIVING FOR HIGH MORAL VALUES

Keeping in mind the purpose for which Hazrat Musleh Maud (ra) founded Lajna Ima'illah, we will continue the greater jihad of striving for high moral values to become Ahmadi women of excellence. By:

- Becoming daily reciters of the Holy Quran.
- Cultivating a relationship with Allah through punctual and mindful salat.
- Observing the Quranic injunction of modesty and purdah in action and spirit.
- Becoming more attached to Nizaam-e Jama'at and active participants in Lajna Ima'illah.

Insha'Allah; Ameen!

The Tarbiyyat program for 2025-2027 is based on guidance provided by the Holy Qur'an, the Holy Prophet Muhammad (sa), the Promised Messiah (as) and the Khulafa. It focuses on the Friday sermons of Hazrat Khalifatul Masih (aba) as the source of our ongoing tarbiyyat (moral training) and incorporates recommendations from the National Lajna Majlis-e-Shura 2017, 2018, 2019, 2022, 2023 & 2024 proposals:

- | | |
|--|--|
| *Our Living God: Certainty of Faith | *Lajna Ima'illah Centennial Goals Initiative |
| *No Lajna Left Behind | *Raising Children |
| *Establishing A High Regard for Khilafat | *Materialism and Faith |
| *Etiquette of Life | *Islamic Knowledge and Communication Skills |

IMPLEMENTATION OF TARBIYYAT SYLLABUS AND WORKBOOK

The Local Sadr and Local Tarbiyyat Secretary should implement the following program:

1. **QUIZ on current sermon of Hazrat Khalifatul Masih V (aba):** Each month the Lajna meeting should include an interactive discussion on the current Friday sermons based on quiz questions posted on the Lajna USA Tarbiyyat page. Please use the second question to conduct an inclusive discussion during the meeting.
2. **TARBIYYAT WORKBOOK:** Each quarter consists of three monthly sections on a theme. Each section begins with a prayer for review/memorization and a focused activity with discussion questions. Use workshops, panel discussions or other interactive means to answer the discussion questions. *All sections should be covered.*
3. **BOOK READING:** All Lajna majalis will read & discuss
 - *Way of the Seekers* by Hazrat Musleh Maud (ra) in Quarters 3 & 4
 - *Paradise Under Your Feet: A Handbook for Ahmadi Mothers;* Lajna Ima'illah USA
4. **MOTHER TO MOTHER MEETINGS:** Joint Taleem & Tarbiyyat meetings
 - Tackling Contemporary Challenges: Social Media; Immodesty (September 2025)
 - Building Strong Connections: Peer Pressure (June 2026)
 - Decreasing Negativity through Positive Behaviors: Gender Identity (December 2026)
 - Adopting Islamic Moral Values: Enlightened Belief & Conflict Resolution (March 2027)

REFERENCES AND ADDITIONAL READING MATERIAL

- *The Philosophy of the Teachings of Islam* by Hazrat Mirza Ghulam Ahmad (as)
- *Durre Sameen Urdu* by Hazrat Mirza Ghulam Ahmad (as)
- *Flowers for the Women Wearing Veils Volume I* by Hazrat Khalifatul Masih II (ra)
- *Way of the Seekers* by Hazrat Khalifatul Masih II (ra)
- *Conditions of Bai'at & Responsibilities of an Ahmadi* by Hazrat Khalifatul Masih V (aba)
- *Precious Pearls: English Translation of Durre Sameen* by Pir Waheed Ahmad
- *Domestic Issues and Their Solutions*– Lajna Imaillah UK
- *Paradise Under Your Feet, A Handbook for Ahmadi Mothers* – Lajna Ima'illah USA
- *Garments for Each Other, Sermons of Hazrat Khalifatul Masih V (aba) on Marital Harmony*
- *Social Media* – Lajna Section Markazia
- *Hijab* – Lajna Section Markazia
- *Daughters of Eve* – Lajna Ima'illah USA
- *Purdah, The Path to Success for Every Muslim Woman* – Lajna Ima'illah USA
- Friday Sermons Archive www.alislam.org
- *The Constitution of the Lajna Imaillah Silsila 'Aliya Ahmadiyya*
- *Review of Religions*
- *The Ayesha*

QUARTER 1
JIHAD-E-AKBAR: STRIVING FOR HIGH MORALS
APRIL - MAY - JUNE 2025

A Prayer of Praise & Durood

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ - اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ

Holy is Allah with His Praise. Holy is Allah Who is the Greatest. O Allah, bestow blessings on Muhammad (sa) and his followers.



CURRENT FRIDAY SERMON QUIZ: April, May, June 2025

The quiz is posted regularly on the Lajna USA Tarbiyyat page. Use question #2 for discussion during the Lajna meeting.

SECTION 1: Gratitude and Prayer In The Words of Amman Jan (ra)

KHUDA TA'ALA KA SHUKR AUR DUA BA ZUBAAN HAZRAT AMMAN JAN (ra)

APRIL 2025

Please read the couplets from this poem of gratitude and prayer written on behalf of Hazrat Syeda Nusrat Jahan (ra), wife of the Promised Messiah (as), also known as *Amman Jan*.

Durr-e Sameen, meaning Precious Pearls, is a compilation of the Urdu poems of Hazrat Mirza Ghulam Ahmad (as) of Qadian, India (1835-1908). He used poetry as a means of conveying the true message of Islam that included deep gratitude for God's countless favors and prayers for his offspring and, by extension, his community. The following poem was published in *Al-Hakam* on November 17, 1900.

میری اولاد کو تو ایسی ہی کر دے پیارے
دیکھ لیں آنکھ سے وہ چہرہ نمایاں تیرا
عمر دے رزق دے اور عافیت و صحت بھی
سب سے بڑھ کر یہ کہ پا جائیں وہ عرفاں تیرا
اب مجھے زندگی میں ان کی مصیبت نہ دکھا
بخش دے میرے گنہ اور جو عصیاں تیرا
اس جہاں کے نہ بنیں کیڑے، یہ کر فضل ان پر
ہر کوئی ان میں سے کہلائے مسلمان تیرا

غیر ممکن ہے کہ تدبیر سے پاؤں یہ مراد
 بادشاہی ہے تری ارض و سما دونوں میں
 میرے پیارے مجھے ہر درد و مصیبت سے بچا
 صبر جو پہلے تھا اب مجھ میں نہیں ہے پیارے
 بات جب بنتی ہے۔ جب سارا ہو ساماں تیرا
 حکم چلتا ہے ہر اک ذرہ پہ ہر آں تیرا
 تو ہے غفار۔ یہی کہتا ہے قرآن تیرا
 دکھ سے اب مجھ کو بچانا ہے رحماں تیرا

ہر مصیبت سے بچا اے میرے آقا ہر دم
 حکم تیرا ہے زمیں تیری ہے دَوراں تیرا

My Beloved, make my progeny such that they
 Can see with their own eyes Thy Radiant Visage.
 Grant them long lives, sustenance, peace and health;
 Above all, may they gain true knowledge of Thee.

Pray show me not their distress in my life;
 Pray forgive me my sins and excesses against Thee.
 Pray grant that they not become creatures of this world;
 May each one be known as a submitter unto Thee.
 It is not possible to attain my objective by my own design;
 My purpose is achieved by Thy means alone.

Thy kingdom extends over both earth and heaven;
 Thy command holds sway over every atom– each instant.
 My Beloved, pray save me from every grief and affliction;
 Thou art Most Forgiving– that is what Thy Quran says.

Love, I have not the strength of patience as I had before;
 Pray save me now from grief; Thy name is the Gracious One.
 O My Master, save me from every calamity, each instant.
 All is in Thy Command; Thine is the Earth, and Thine are the times.

DISCUSSION QUESTION

What do the prayers offered and sentiments conveyed in these couplets have to do with Jihad -e- Akbar?

SECTION 2: Mothers Who Exemplify Jihad-e-Akbar

MAY 2025

Read this excerpt from *Flowers For The Women Wearing Veils* Volume 1 p 11-12:

Adopt Piety, So That Your Children Grow to Be Pious

Address to Ladies

Delivered by Hazrat Mirza Bashir-ud-Din Mahmud Ahmad Khalifatul Masih II (ra)

Only that child will be without religion or averse to religion, whose parents ridicule religion in his presence (except what God has willed). If a mother does not offer salat and does not confer significance to the prescribed time of salat, it is certain that the son will do the same when he grows up. I have often observed that even if a child cannot comprehend [what he says], he will offer the rak'at of salat in the same manner as his parents at the time of prayer, if they are regular in offering the salat. This is a truly blessed habit, which will inevitably help him when he is grown. It is these initial seeds which yield a kind of pleasant fruit that cannot be acquired later in life, no matter how much money is spent.

When something is acquired, a mother should say to the child that this has been sent to us by Allah, Who provides for us, fulfills our needs and heeds our supplications. We should be grateful to Him. At mealtimes, a mother should casually point out to her child the effort and the series of events which take place for the food to be finally presented before the child, requiring no effort on the child's part. [The mother should point out and say to the child], "this is all due to the favor of that Holy Lord, Who firstly created all of this, and secondly provided the means for it to be prepared for you. Now, it is the same Holy Lord Who makes it beneficial for you."

Likewise, when putting their child to bed, if mothers wish, they can draw the child's attention to the stars, the moon, and the sky. During the day, they can highlight other phenomena of nature, which will encourage him to focus his attention towards God Almighty.

I particularly wish for Ahmadi mothers to direct their attention towards this matter and that they should constantly strive to inspire a feeling of devotion to Allah in their small, young children. Instead of sharing absurd, nonsensical, and immoral tales with them, relate beneficial stories with a moral, which will help them to be more religious. Do not say anything in their presence which could be the basis for instilling immoral behaviors in them. If a child unwittingly speaks or behaves in an un-Islamic manner, he or she should immediately be corrected. **Strive to always inculcate a love for Allah within their hearts.**

DISCUSSION QUESTIONS

Hazrat Hajira
Hazrat Assiya
Hazrat Amina

Hazrat Khadija (ra)
Hazrat Umme Khair Fatima
Hazrat Syeda Nusrat Jahan (ra)
Hazrat Hussein Bibi (ra)

Hazrat Maryam (as)
Hazrat Umme Ammara (ra)
Hazrat Jochebed

- Do you recognize these mothers? In what way did they exemplify Jihad-e-Akbar?
- Can you think of some more names to add to this list?

SECTION 3: Taleem & Tarbiyyat Workshop

JUNE 2025

The agenda for this joint workshop is found in the corresponding Taleem section of the workbook on page 33.

QUARTER 2
ADOPTING THE MORAL VALUE OF RIGHTEOUS INDIGNATION
IMMODESTY & RESPONSIBLE USE OF SOCIAL MEDIA
JULY - AUGUST - SEPTEMBER 2025

A Prayer for Forgiveness

أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ

I seek forgiveness from Allah, for all my sins and turn towards my Lord in all sincerity.



CURRENT FRIDAY SERMONS: July, August, September 2025

A quiz based on the Friday sermons is posted on the Lajna USA Tarbiyyat page. Use question #2 for an interactive discussion during the Lajna meeting.

SECTION 1: Maintaining Modesty & Purdah In A Professional Setting
JULY 2025

Please view this clip from “This Week With Huzoor” Episode 13 January 2023

How can we maintain Purdah during online teaching?

Link: <https://www.youtube.com/watch?v=1x1ShD2VQF4&t=1021s>

Timestamp: 17:01

Scan the QR code to the right for the video.



DISCUSSION QUESTION

Lajna members should listen to this clip carefully. Notice how Huzoor’s (aba) guidance is about setting appropriate boundaries. Create bullet points listing the main ideas from Huzoor’s (aba) answer and circle any action items from this list.

SECTION 2: Becoming Exemplars of Morality and Truth
AUGUST 2025

Read this excerpt from Huzoor’s (aba) address at Lajna UK Ijtema 28 September 2024 (The Review of Religions November 2024, Vol. 119) and conduct a discussion based on the question below.

Certainly, in today’s world, the fundamental cause of conflicts, whether within families, communities, or nations, is the growing distance between humanity and God Almighty. Money, power and pursuits of wealth have become the gods of this era. And to secure these false idols, worldly people have long exploited women in deceitful and degrading ways, reducing them to mere pawns for achieving their material objectives. For instance, intelligence agencies have a history of

exploiting women, using them as bait to lure men into compromising situations. These debased tactics are used to extract state secrets and classified information and to forge secret deals through coercion.

Thus, those nations who claim to stand at the vanguard of women's rights think nothing of demeaning women and using them to fulfill their financial and political interests. In such circumstances, it lies upon Ahmadi women to take a stand for genuine women's rights by seeking to establish morality and virtue at every level of society. As I have already said, where an Ahmadi woman must protect herself and guide her children, she must always strive to save the wider society and future generations from spiritual ruin.

You may wonder how you, as individuals, can save the world. The answer lies in starting from your own home. Women undoubtedly play a pivotal role within their homes and have the power to shape the dynamics of their families. Their influence on their husbands, sons, brothers and other relatives enables them to act as catalysts for peace and harmony. Conversely, as wives, mothers, mothers-in-law or sisters-in-law, they also have the potential to be the enablers of cruelty and the cause of rifts within families. So, use your influence to cultivate love, peace and unity within your homes.

Similarly, in the wider society, use your voice, skills and capabilities to foster peace and harmony, rather than to ignite division or discord. With courage and pride, be an exemplar of morality and truth. In today's world, the free intermixing of men and women without any degree of restraint or appropriateness has become normalized. Regrettably, this societal trend is also influencing some Ahmadi men and women, who, whether through naivety or deliberate disregard for their faith, are abandoning the protective shield of the hijab and are forming inappropriate friendships or contacts. Those involved may perceive such contact as innocent or harmless; however, such relationships can easily progress and lead to devastating outcomes. The result is that women trample upon the rights of other women by forming relationships with their husbands, and the resulting pain and suffering upon families is immeasurable.

Consequently, Allah the Almighty has deemed modesty the hallmark and symbol of a righteous and believing woman and a fundamental part of one's faith. If a Muslim woman possesses this quality, the circumstances or possibility shall never arise in which they may engage in inappropriate contact with men. Thus, Ahmadi women and girls should always maintain appropriate boundaries with men so that their modesty and dignity are never compromised or questioned.

DISCUSSION QUESTIONS

Involve as many Lajna members as possible in a group discussion to address:

In what ways do you use your voice, skills, and capabilities to foster peace and harmony? **Come up with specific, practical examples.**

SECTION 3: Mother to Mother Meeting

CONTEMPORARY ISSUES: RESPONSIBLE SOCIAL MEDIA USE / IMMODESTY

SEPTEMBER 2025

Divide Lajna members into groups according to their stage on this journey; for example: daughters, young mothers, mothers of teens, etc. After some time to discuss the topic, each group should share. Use the slides linked below.

Presentation Slides:

https://docs.google.com/presentation/d/14B-1temLx-dakdwrYSbhIT1cnuavV9oOlqhgY_vHA6WU/edit?usp=drive_link



QUARTER 3
WAY OF THE SEEKERS
OCTOBER - NOVEMBER - DECEMBER 2025

A Prayer for Seeking Mercy

رَبِّ كُلِّ شَيْءٍ خَادِمَكَ رَبِّ فَاحْفَظْنِي وَاَنْصُرْنِي وَاَرْحَمْنِي

O My Lord, everything serves you; so O my Lord protect me, help me, and have mercy on me.

Ism-e-Azam (The Greatest Name)

The Promised Messiah (as) wrote on 6th December 1902:

“Last night I was in such a state that if revelation from God had not come, I had no doubt that it was my last hour. In this state I dozed off and saw that three male buffalos came. One of them came towards me and I hit it and pushed it aside. Then the second one came and I pushed it away as well. When the third one came towards me it appeared so powerful that I thought that there is no escape now. With God’s Grace, as soon as this thought occurred in my mind, the male buffalo turned its head to one side. I realized it was a Godsend and escaped by brushing past him. I started to run and thought that it would chase me, but I did not look back. At that time God inspired me with this prayer [given above].

My heart was inspired that this is “Ism-e-Azam” (The Almighty’s Great Name) and whosoever will recite these words will be delivered from affliction, (*Tadkirah*, revelation of 1902)

Afterwards the Promised Messiah (as) wrote and advised his friends to recite this prayer with humility and sincerity in salat during the ruku, prostration (sajdah), and while standing after reciting Surah Al-Fatihah. (*Malfoozat*, Volume 5, part one, page 38)



CURRENT FRIDAY SERMON QUIZ: October, November, December 2025

The quiz is posted regularly on the Lajna USA Tarbiyyat page. Use question #2 for an interactive discussion during the Lajna meeting.

SECTION 1: Minhaj ut Talibeen: What is *Khulq*?

OCTOBER 2025

Minhaj ut Talibeen or *Way of the Seekers: An exposition of the Islamic Theory of Morals and The Way of Its Translation Into Daily Life* was first published in Urdu in 1926. It is the text of a speech delivered at the Jalsa Salana December 27th-28th 1925 by Hazrat Mirza Bashir-ud-Deen Mahmud Ahmad, Khalifatul Masih II (ra).

All Lajna sisters should read from *The Name Minhaj ut Talibeen* to the end of *What is Khulq* (pages 8-27) beforehand and come ready to discuss.

DISCUSSION QUESTIONS

Hazrat Musleh Mau'ud (ra) poses this simple but devastating question, 'What do we gain by believing in a prophet if we remain the same old bunglers?'

- What level of self-purification does the Promised Messiah (as) expect of his community?
- What parts comprise "perfect man?"
- What defines a moral action? How is it different from a spiritual action?

SECTION 2: Motives To High Morals

NOVEMBER 2025

All Lajna sisters should read from *Motives to High Morals* to the end of *Sin Infected Conditions* (pages 27-50) beforehand and come ready to discuss.

DISCUSSION QUESTIONS

Conduct an interactive discussion on the following:

How do the seven sin-infected conditions contrast with the seven conditions that elevate morals through good conduct? Can you come up with an example of each?

SECTION 3: Moral Training of The Child

DECEMBER 2025

All Lajna sisters should read from *Moral Training of the Child* to the end of *Islamic Concept of Purity* (pages 51-69) beforehand and come ready to discuss.

These sections contain a detailed action plan to raise resilient children grounded firmly in Islamic values.

DISCUSSION QUESTIONS:

- Which of these practical habits have you applied in your own daily life? Evaluate whether:
 - I have implemented this.
 - I have not implemented this.
 - I am working on it.
 - This is a possible future goal for me.
- Have Lajna members share which of the methods discussed by Hazrat Musleh Mau'ud (ra) were included in their own upbringing.

QUARTER 4
WAY OF THE SEEKERS (cont)
JANUARY - FEBRUARY - MARCH 2026

A Prayer for Allah’s Help

رَبَّنَا وَإِنَّا مَا وَعَدْتَنَا عَلَىٰ رُسُلِكَ وَلَا تُخْزِنَا يَوْمَ الْقِيَامَةِ ۗ إِنَّكَ لَا تُخْلِفُ الْمِيعَادَ ﴿١٩٥﴾

Our Lord, give us that which Thou hast promised to us through Thy messengers; and disgrace us not on the Day of Resurrection. Surely Thou breakest not Thy promise.”. (Holy Qur’an; 3:195)



CURRENT FRIDAY SERMON QUIZ: January, February, March 2026

The quiz is posted regularly on the Lajna USA Tarbiyyat page. Use question #2 for an interactive discussion during the Lajna meeting.

SECTION 1: Way Of The Seekers
JANUARY 2026

All Lajna sisters should read from *Major Vices* to the end of *Virtues Which Pertain to God* (pages 69-90) beforehand and come ready to discuss.

- Each Lajna member should take time to fill out this self-evaluation form based on some of the moral values enumerated in *Way of the Seekers*.
- How many of these qualities are you currently actively striving towards?
- How many of these qualities did you mark as future goals?
- It might be helpful to refer to this chart (also located in the workbook appendix), from time to time, to evaluate individual progress towards striving for high moral values.

SELF-EVALUATION

	I model this for others	I forget some times	I lapse (willfully ignore)	I am working on this	This is challenging for me	I haven't thought much about this	This is a future goal for me
Fear of God	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Zikr-i-Ilahi	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Acquiring knowledge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Humility	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Thankfulness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To think well of others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Modesty	<input type="radio"/>						
Steadfastness	<input type="radio"/>						
Capacity to excel	<input type="radio"/>						
Plain living	<input type="radio"/>						
External cleanliness	<input type="radio"/>						
Generosity	<input type="radio"/>						
Friendship	<input type="radio"/>						
Honesty	<input type="radio"/>						
Forgiveness	<input type="radio"/>						
Keeping of promises	<input type="radio"/>						
Reconciliation	<input type="radio"/>						
Keeping secrets	<input type="radio"/>						
Cheerfulness	<input type="radio"/>						
Hospitality	<input type="radio"/>						

SECTION 2: When Knowledge of Evil Fails to Uproot Evil

FEBRUARY 2026

All Lajna sisters should read from *When Knowledge of Evil Fails to Uproot Evil, Some Suggestions* (pages 90-104) beforehand and come ready to discuss.

The moral philosophy taught by the Promised Messiah (as) points to the fact that morals do not merely mean an absence of evil, but also the presence of good. From this premise, Hazrat Musleh Mau'ud (ra) points out that our creation has a positive and not a negative purpose.

DISCUSSION QUESTIONS

- List some negative impulses that can be overcome by positive behaviors.
- Lajna members should come ready to share a passage from the reading that really spoke to them.

SECTION 3: Ego and Will-Power

MARCH 2026

All Lajna sisters should read from *Ego and Will-Power* to the end of (pages 104-117) beforehand and come ready to discuss

- Go over the steps Hazrat Musleh Mau'ud (ra) gives to build will-power and diminish the influence of the ego.
- During the holy days of Ramadan when the satans are put in chains and the doors to heaven are thrown open, what goals will you set for yourself in light of having just read *Way of the Seekers*?

QUARTER 5
ADOPTING THE MORAL VALUE OF ZIKR-E-ILAHİ & RELIANCE ON GOD TO
OVERCOME ANXIETY / DEPRESSION
APRIL - MAY - JUNE 2026

A Prayer for Relief from Weakness and Anxiety

اللَّهُمَّ اسْتُرْ عَوْرَاتِي وَآمِنْ رَوْعَاتِي

O Allah, cover up our weaknesses and relieve us of our restlessness.
(Masnad Ahmad bin Hanbal)

Hazrat Abu Sa'id bin Khudri (ra) narrates that, "On the day of Al-Khandaq, the Battle of the Ditch, we said, 'O Messenger of Allah, is there anything we should say, for our hearts have reached our throats.' The Holy Prophet (sa) replied yes and taught the prayer given above."



CURRENT FRIDAY SERMONS: April, May, June 2026

A quiz based on the Friday sermons is posted on the Lajna USA Tarbiyyat page. Use question #2 for an interactive discussion during the Lajna meeting.

SECTION 1: Becoming Exemplars of Morality & Truth (cont)

APRIL 2026

Read this excerpt from Huzoor's (aba) address at Lajna UK Ijtema 28 September 2024 (The Review of Religions November 2024, Vol. 119) and conduct a discussion based on the question below.

Always seek those virtues that unlock the treasures of Allah's grace and rewards. In this regard, in the Holy Qur'an, Allah the Almighty has stipulated specific attributes and qualities that are the hallmark of a believing woman.

Firstly, Allah has said that the symbol of believing women is that they are fully obedient and loyal to Him and reject all forms of *shirk* – that is, associating partners with Allah. Indeed, shunning *shirk* in all of its manifestations is the bedrock of our faith. Yet sometimes, without realizing it, a person becomes guilty of it. Thus, remain ever vigilant and actively guard yourselves against even the most subtle forms of *shirk*. For this, you must increase in the worship of Allah. You should reflect upon and understand Allah's individual attributes and be regular in *Zikr-e-Ilahi* – the remembrance of Allah. By keeping Allah's attributes firmly in mind, you will erect a spiritual shield against the various forms of *shirk* that can infiltrate a person's heart and mind.

As I mentioned in my Friday Sermon a few weeks ago, you should spend as much time as possible engaged in *Durood* [prayer for sending salutations on the Holy Prophet Muhammad (sa)] and *istighfar* [prayer for seeking forgiveness]. It will protect you from the advances of Satan and will cause the love of Allah to course through your veins and inspire you to act on His commands. You will naturally focus on the worship of Allah and always remember Him. Furthermore, you will engrain within your children the fundamental importance of *namaz* – that is, *salat* [prayer] – and its incomparable value.

Indeed, as I have repeatedly said, a principal duty placed upon Muslim women by Allah the Almighty is the moral and spiritual upbringing of their children. Undoubtedly, women play a pivotal role in the creation of a righteous and blessed society. Hence, every Ahmadi mother must consider it her primary duty to instill within her children and future generations this eternal value and blessings of forming an unbreakable bond with Allah the Almighty. Instill in them the paramount importance of their faith and religion so that they may grow to become the torchbearers of righteousness for the generations who follow. Therefore, whilst you should encourage your children to study and pursue academic excellence, you must also ensure that they gain religious knowledge and learn the teachings of their religion.

By collectively fulfilling your duties to your children, you will earn the noble distinction of safeguarding the future of your children and subsequently, a pure and righteous society will be nurtured. Due to your love and guidance, your children will, *Insha'Allah*, grow to serve Islam and, in turn, pass on its values to their own children. In this way, the fruits of your noble efforts shall extend across generations, *Insha'Allah*.

Furthermore, you have all pledged to obey any *ma'ruf* decision made by Khalifatul Masih. In reality, *ma'ruf* means and requires you to fulfill and act upon the commands of Allah the Almighty and the Holy Prophet of Islam (sa). It requires you to faithfully act upon all teachings of the Promised Messiah (as), which are a source of perpetual enlightenment for mankind, and it requires you to act upon the instructions and guidance that in this era, the Khalifa of the Time gives to the members of the Jama'at in light of the teachings of Allah the Almighty and the Holy Prophet (sa). In order to fulfill your duties, it is not sufficient to say that you pray that Allah grants you the ability to act upon His commands; rather, alongside prayers, you must make every possible effort and be ready for every sacrifice required along the way.

Another virtue that the Holy Qur'an commands is that you must discharge the trusts placed in you. It states that you should inculcate the spirit of sacrifice within yourself. It states that you should speak the truth. Whether intentionally or naively, people sometimes speak in half-truths or in a misleading manner. This is wrong and a sin. One must never speak in a way that deceives others to any extent. Thus, if the Lajna *Tarbiyyat* [moral training] Department makes a concerted effort to encourage *Lajna* and *Nasirat* about the immense value of truthfulness, it can spark a profound spiritual and moral transformation. In fact, I believe that if all *Lajna* members cultivate the habit of speaking and acting honestly, more than half the weaknesses and shortcomings that exist personally or collectively will be eradicated.

Further, the Holy Qur'an instructs that a person should never speak or act in a way that incites ill will and disorder in society, or fuels animosity and resentment amongst people. Then, Allah also commands that a believer must never engage in backbiting. Regrettably, speaking ill of others behind their backs is very common in society, and unfortunately, even some Ahmadi fall prey to this vice. Remember, Allah the Almighty states that if you speak about other people behind their backs, it is as if you are eating the flesh of your dead brother. How can anyone tolerate or desire to behave in such a way?

Another transgression that Allah the Almighty forbids is to mock or taunt people, as it inflicts pain and emotional distress in others and undermines the peace and cohesion of society. So, always ensure that you care for the feelings and emotions of others. Jealousy is another evil that Allah prohibits. Jealousy consumes a person from within like a raging fire that burns relentlessly. When left unchecked, this envy can escalate to the point where the individual actively seeks to harm others. Thus, every member of *Lajna* and older *Nasirat* must strive to free themselves from all those evils and wrongs that Allah has prohibited and instead adopt those virtues and good qualities required of a true believer.

Always remember that our mission is to create a pure and righteous society that will be a means of peace and security for the world and filled with love and compassion. As I said earlier, it all starts from one's home. So, you must ensure your home lives are pure and filled with love. Thereafter, strive to ensure that your towns, cities, nations, and the wider world are filled with peace, love and harmony. And always consider it a great favor of Allah the Almighty that you are amongst those fortunate people who, in fulfillment of the promise of Allah the Almighty, are united at one hand under the shade of Khilafat-e-Ahmadiyya.

DISCUSSION QUESTIONS

Huzoor (aba) highlights certain moral qualities that are hallmarks of believing woman: Conduct an interactive discussion to address the following:

- Can you list the qualities of believing women discussed in this address?
- What are some daily habits that can strengthen us in these qualities?

SECTION 2: External Pressures Require Inner Strength

MAY 2026

Watch the following clip from This Week with Huzoor of 18 October 2024

Due to external influences, some girls are moving towards abandoning purdah. What should we do in this circumstance?

Link: <https://youtu.be/FBuM8-NguXs?si=YD96YndsGRYGpQpX&t=493>

Timestamp: 8:13

Scan the QR code to the right for the video.



DISCUSSION QUESTIONS

- Lajna members should listen to this clip carefully and then create some bullet points of main ideas from Huzoor's (aba) answer and create action items from this list.

SECTION 3: Mother to Mother Meeting

Decreasing Negativity Through Positive Behaviors: Peer Pressure/ Anxiety & Depression

JUNE 2026

Divide Lajna members into groups according to their stage on this journey; for example: daughters, young mothers, mothers of teens, etc. After some time to discuss the topic, each group should share. Use the slides linked below.

Presentation Slides:

<https://docs.google.com/presentation/d/1-LO9G81Jb-8ZbvoHtOXNsLcPfPYpIX6I3Me5fHqU5ts/view>



QUARTER 6
ADOPTING THE MORAL VALUE OF EARNEST BENEVOLENCE
TO BUILD SISTERHOOD
JULY - AUGUST - SEPTEMBER 2026

A Prayer for Steadfastness and Help

رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَثَبِّتْ أَقْدَامَنَا

وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ ﴿٢٥١﴾

O Our Lord, pour forth steadfastness upon us and make our steps firm and help us Thou, against the disbelieving people. (2:251)



CURRENT FRIDAY SERMON QUIZ: July, August, September 2026

The quiz is posted regularly on the Lajna USA Tarbiyyat page. Use question #2 for an interactive discussion during the Lajna meeting.

SECTION 1: Guiding Others With Kindness
JULY 2026

Please view this clip from “This Week With Huzoor” Episode 24 February 2023

How can we advise Jama'at members without hurting their sentiments?

Link: <https://youtu.be/C1OWaj-saKM?si=Rnn8TYmy5sHnyGzf&t=801>

Timestamp: 13:21

Scan the QR code to the right for the video.



DISCUSSION QUESTION

Conduct an interactive discussion on the following:

- Create a list of effective ways to advise other Lajna sisters without hurting their feelings.

SECTION 2: Learning by Doing

AUGUST 2026

Organize and hold a sisterhood activity this month; some suggestions (based on shura recommendations) are: nature walk, tea party/ picnic, sports meet, cooking class.

- Congregational prayer should be included before or after the gathering
- Aim:
 - for maximum participation (plan what would be of most interest to your members)
 - to promote engagement
 - develop bonding/ sisterhood
- Send a report to tarbiyyat@lajnausa.net about what you planned and how it turned out. Please remember to include attendance numbers.

SECTION 3: Taleem & Tarbiyyat Workshop

SEPTEMBER 2026

The agenda for this joint workshop is found in the corresponding Taleem section of the workbook.

QUARTER 7

ADOPTING THE MORAL VALUES OF MODERATION, MODESTY & DIGNITY TO HOLD STEADFAST TO GOD-GIVEN IDENTITY OCTOBER - NOVEMBER- DECEMBER 2026

A Prayer for Protection From Harm

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي

السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ.

In the name of Allah, with the help of Whose name nothing in the earth nor in the heaven can harm,
Who is the All-Hearing, All-Knowing.
(Tirmidhi; Kitabud Da'wat)



CURRENT FRIDAY SERMONS: October, November, December 2026

SECTION 1: Raising Children With A Strong Ahmadi Muslim Identity OCTOBER 2026

Please view this clip from “This Week With Huzoor” from 24 February 2023

How should parents raise their children so that they do not go through an identity crisis?

Link: <https://youtu.be/C1OWaj-saKM?si=vdpTD3M1A-XpEKiy&t=248>

Timestamp: 4:08

Scan the QR code to the right for the video.



A quiz based on the Friday sermons is posted on the Lajna USA Tarbiyyat page. Use question #2 for an interactive discussion during the Lajna meeting.

DISCUSSION QUESTIONS

Conduct an interactive discussion to address the following:

- What are some common things that can cause an identity crisis in our children?
- Which of these are external factors over which we might not have any control and which are internal factors over which we have some control?
- What are ways we can raise children so that they can avoid such an identity crisis?

SECTION 2: Embracing Our Values With Confidence

NOVEMBER 2026

Please view this clip of a virtual mulaqat from 10 November 2021

Addressing inferiority complex that might arise from dressing modestly

Link: <https://www.youtube.com/watch?v=mhZXZsSOuig>

Scan the QR code to the right for the video.



DISCUSSION QUESTION

- Involve as many Lajna members as possible in a group discussion about the advice that Huzoor (aba) shares in his answer.

SECTION 3: Mother to Mother Meeting

Adopting the Moral Values of Moderation/ Modesty/Dignity to Hold Steadfast to God Given Identity; Addressing Gender Identity.

DECREASING NEGATIVITY BY POSITIVE BEHAVIORS

DECEMBER 2026

Divide Lajna members into groups according to their stage on this journey; for example: daughters, young mothers, mothers of teens, etc. After some time to discuss the topic, each group should share. Use the slides linked below.

Presentation Slides:

https://docs.google.com/presentation/d/1P4x-4CoL5GVQhGz9qjIrsbyXwDIs4mkyCaiKO_S0ETg/edit#slide=id.g32cb6989236_0_0



DISCUSSION QUESTION

- Each group should read Appendix 5 of Paradise Under Your Feet and create an outline of how this advice can be used and how it pertains to your current life situation.

QUARTER 8
ADOPTING THE MORAL VALUE OF COMMISERATION:
NOT TO FOLLOW OTHERS WITHOUT ENLIGHTENED BELIEF
JANUARY - FEBRUARY - MARCH 2027

A Prayer for Strength and Divine Assistance

اللَّهُمَّ أَنْتَ عَضِدِي وَنَصِيرِي بِكَ أَحُولُ وَبِكَ أَصُولُ وَبِكَ أُقَاتِلُ

Our Allah, You are my strong arm and my Helper. It is with Your help that I go about, with Your help that I attack, and with Your help that I fight my battle.
(Sunan Abu Dawood; Kitabul Jihad)



CURRENT FRIDAY SERMON QUIZ: January, February, March 2027

The quiz is posted regularly on the Lajna USA Tarbiyyat page. Use question #2 for an interactive discussion during the Lajna meeting.

SECTION 1: Resolving Inner Conflict As the First Step
JANUARY 2027

Please view this clip from “This Week With Huzoor” Episode from 17 January 2025

How can we determine which spiritual state we have reached among the three spiritual states described by the Promised Messiah (as)?

Link: https://youtu.be/Xa0Gihu_TP4?si=HSZXfiRnrBibnvr&t=417

Timestamp: 6:56

Scan the QR code to the right for the video.



In Philosophy of The Teachings of Islam, the Promised Messiah (as) describes the stages by which man can rise to moral and then spiritual heights according to the Holy Quran. The inner battle we wage with our nafs (self) forms the essence of Jihad-e-Akbar and is the first step in conflict resolution. Our inner work in this regard naturally results in the resolution of conflict with others.

DISCUSSION QUESTIONS

- What are the qualities of a person who is at the stage of *nafs-e-lawwama* (the self-reproving self) as described by the Promised Messiah (as) and summarized by Huzoor (aba) in this clip?
- Is our inner progress fixed? What does Huzoor (aba) mean by using the example of “Chutes & Ladders?”

SECTION 2: Precious Pearls

FEBRUARY 2027

Read the following couplets excerpted from an Urdu poem written by the Promised Messiah (as) on the occasion of the “Ameen,” or first completed reading of the Holy Quran, by three of his children; Mirza Bashir Ahmad (ra), Mirza Sharif Ahmad (ra) and (Nawaab) Mubarka begum (ra).

میری اولاد جو تیری عطا ہے ہر اک کو دیکھ لوں وہ پارسا ہے
تیری قدرت کے آگے روک جیسا۔ وہ سب نے انکو جو مجھ کو دیا ہے
عجب نعم ہے تو بحر الایادی
فَسُبْحَانَ الَّذِي أَخْرَجَ الْأَعْرَابِيَّ
نجات ان کو عطا کر گندگی سے برات ان کو عطا کر بندگی سے
ریں خوشحال اور فرخندگی سے بچانا اسے خدا! بد زندگی سے
وہ ہوں میری طرح دیں کے منادی
فَسُبْحَانَ الَّذِي أَخْرَجَ الْأَعْرَابِيَّ

My children, they are a bestowal from Thee
What limits are there concerning Thy Might!
O Wonderful Benefactor, the Ocean of help;

Pray rid them Thou of impurity
May they prosper and live in happiness
May they be like me— callers unto faith

May I see each one of them as a pious one.
Pray give them everything that Thou hast given me.
Holy is He Who has confounded my foes.

Pray grant them salvation through piety.
Pray save them, O God, from an evil life.
Holy is He Who has confounded my foes.

DISCUSSION PROMPT

- What is the connection between the prayers offered in these couplets and Jihad-e-Akbar?

SECTION 3: Mother to Mother Meeting

Conflict Resolution

Adopting Islamic Moral Values: Not to Follow Others Without Enlightened Belief

MARCH 2027

Divide Lajna members into groups according to their stage on this journey; for example: daughters, young mothers, mothers of teens, etc. After some time to discuss the topic, each group should share. Use the slides linked below.

Presentation Slides:

https://docs.google.com/presentation/d/16S9JdYuYo1kzwlITWtEjxFcqzlfnsUuxBQR50luPK3w/edit#slide=id.g32cb6989236_0_13



APPENDIX - A

Response Prayers

RESPONSE	PRAYER
<p style="text-align: center;">سُبْحَانَ رَبِّيَ الْأَعْلَى</p> <p>sūbhāna rabbi yal ā'lā <i>Holy is My Lord, the Most High!</i></p>	<p style="text-align: center;">سَبِّحِ اسْمَ رَبِّكَ الْأَعْلَى ﴿٢﴾</p> <p>sabbi hisma rabbikal a'la <i>Glorify the name of thy Lord, the Most High (87:2)</i></p>
<p style="text-align: center;">اللَّهُمَّ حَاسِبْنَا حِسَابًا يَسِيرًا</p> <p>allahumma hāsibnā hiṣaban yasīrā <i>O Allah, bring me to account with leniency!</i></p>	<p style="text-align: center;">ثُمَّ إِنَّ عَلَيْنَا حِسَابَهُمْ ﴿٢٧﴾</p> <p>thumma inna 'alainā hiṣabahum <i>Then, surely, it is for Us to call them to account. 88:27</i></p>
<p style="text-align: center;">بَلَىٰ وَآنَا عَلَىٰ ذَٰلِكَ مِنَ الشَّاهِدِينَ</p> <p>balā wa anā 'alā dhālika minashshāhidin <i>Yes! I am among witnesses on this point</i></p>	<p style="text-align: center;">أَلَيْسَ اللَّهُ بِأَحْكَمِ الْحَكَمِينَ ﴿٩﴾</p> <p>Alaisallahu bi ahkamil hakimin <i>Is not Allah the Most Just of judges? (95:9)</i></p>
<p style="text-align: center;">لَا بِشَيْءٍ مِّنْ نَّعْمَتِكَ نَكْذِبُ يَا رَبَّنَا</p> <p>lā bi shay'i'm minni'matika nukadhdhibu yā rabbanā <i>None of Thy favours do we deny, our Lord</i></p>	<p style="text-align: center;">فَبِأَيِّ آلَاءِ رَبِّكُمَا تُكَذِّبِينَ ﴿١٤﴾</p> <p>fabi ayyi ālāi rabbikumā tukadhdhibān <i>Which, then, of the favors of your Lord will you twain deny, O men and Jinn? (55:14)</i></p>
<p style="text-align: center;">سُبْحَانَ رَبِّيَ الْعَظِيمِ</p> <p>Subhanna rabbiyal azīm <i>Holy is my Lord, the Great</i></p>	<p style="text-align: center;">فَسَبِّحْ بِاسْمِ رَبِّكَ الْعَظِيمِ ﴿٧٥﴾</p> <p>fasabih bi'ismi rabbikal azīm <i>So glorify the name of they Lord, the Great (56:75)</i></p>
<p style="text-align: center;">آمَنَّا بِاللَّهِ</p> <p>āmannā billāhi <i>We believe in Allah</i></p>	<p style="text-align: center;">فَبِأَيِّ حَدِيثٍ بَعْدَهُ يُؤْمِنُونَ ﴿٥١﴾</p> <p>Fabi ayyi hadīthim ba'dahū yu'minūn <i>In which word then, after this, will they believe? (77:51)</i></p>

Remember the following – Wherever the Holy name of Prophet^{saw} comes while reciting the Holy Quran or any other time it is mentioned, the following should be said:

صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

Sallallahu alaihi wasallam

Peace and blessings of Allah be upon him

The name of the Holy Prophet^{saw} has been mentioned four times in the Holy Quran (3:145, 33:41, 47:3 and 48:30).

Where there is the mention of paradise one should pray:

allāhummad khilnā fi rahmatika

O Allah! Admit us to it with your Mercy

One should say **Āmīn** in a loud or low voice, upon reciting or listening to similar supplicatory verses of the Holy Qur'ān

اللَّهُمَّ ادْخِلْنَا فِي رَحْمَتِكَ

Memorize the following – It has been ordained to seek forgiveness at various occasions in the Holy Quran. For instance, in Surah Al-Baqarah: 2:200, Al-Hadid: 57:53 and Al-Nisa: 4:107.

wastagh fi rillāh, innallāha kāna ghafu rarrā himā

And ask forgiveness of Allah. Surely, Allāh is Most Forgiving, Merciful (2:200)

وَاسْتَغْفِرُوا اللَّهَ إِنَّ اللَّهَ غَفُورٌ رَّحِيمٌ ﴿٢٠٠﴾

One should say:

Astaghfirullāh

I seek forgiveness of Allah

أَسْتَغْفِرُ اللَّهَ

APPENDIX - B

Common Arabic Expressions of Daily Use: Their meanings and responses

Al-Hamdu Lillah: All praise belongs to Allah. When you get praised or to be grateful

Ma Sha' Allah: What Allah wills. When you see someone possess a good thing. Response: **Al-Hamdu Lillah**

In Sha' Allah: If Allah so Wills. When you say you will do something in future.

SubhanAllah: Holy is Allah. When you see something perfect or beautiful.

JazakAllah: May Allah reward you (Masculine). Response: **Wa Iyyaka**. Means “and to you too”,
or **Ahsanul Jaza** (for all three). Means “even better reward.”

Jazakillah: May Allah reward you (Feminine) **Wa Iyyaki**

Jazakumullah: May Allah reward you all. **Wa Iyyakum**

BarakAllaho Laka: May Allah bless it for you (Masculine). Response: **Al-Hamdu Lillah**

BarakAllaho Laki: May Allah bless it for you (feminine)

BarakAllaho Lakum: May Allah bless it for you all.

Summa: Means again or then

Fi Aman Allah: In Allah's protection. Said when someone is setting out on travel.

Al-Hamdu Lillah ala Zalik: Praise Allah on this (Favor)

When someone sneezes:

The one who sneezes says: **Al-Hamdu Lillah;** All praise belongs to Allah.

The one who hears it says: **Yarhamkumullah;** May Allah bless you with His Mercy.

The one who sneezed answers: **Yahdeekumullah;** May Allah keep you guided.

APPENDIX - C

Prayers to be Memorized and Recited Daily

اللَّهُمَّ مَزِفْهُمْ كُلَّ مُمَزَّقٍ وَ سَحِّفْهُمْ تَسْحِيفًا

Our Lord, break (my enemy) into pieces and disgrace them utterly.

رَبَّنَا لَا نُزِعْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ لَدُنْكَ رَحْمَةً ۗ إِنَّكَ أَنْتَ الْوَّابُ ﴿٩﴾

Our Lord let not our hearts become perverse after thou has guided us; and bestow on us mercy from Thyself; surely,
Thou art the Great Bestower; (3:9)

رَبَّنَا اغْفِرْ لَنَا ذُنُوبَنَا وَإِسْرَافَنَا فِي أَمْرِنَا وَ ثَبِّتْ أَقْدَامَنَا وَ انصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

Our Lord forgive us our errors and our excesses in our conduct, and make firm our steps and help us against the
disbelieving people (3:148)

أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ رَنْبٍ وَ أَتُوبُ إِلَيْهِ

I seek forgiveness from Allah for all my sins and turn to Him

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

Bless, O Allah, Muhammad and his people as You blessed Abraham and his people. You are indeed Praiseworthy, the
Exalted. Prosper, O Allah, Muhammad and his people as You prospered Abraham and his people. You are indeed the
Praiseworthy, the Exalted.

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ جَهْدِ الْبَلَاءِ، وَ دَرَكِ الشَّقَاءِ، وَ سُوءِ الْقَضَاءِ، وَ سَمَاتَةِ الْأَعْدَاءِ-

O Allah, I seek refuge in You from the hardship of the trial, being in the grip of misfortune, evil destiny and ridicule of my enemies.

اللَّهُمَّ ارْضَ عَنِّي رِضَاءً لَا سَخَطَ بَعْدَهُ وَ اغْفِرْ لِي مَغْفِرَةً لَا أَخَذَ بَعْدَهَا

O Allah be pleased with me and never be displeased with me and forgive me so that I am not brought to account.

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَ مِنْ ذُرِّيَّتِي * رَبَّنَا وَ تَقَبَّلْ دُعَاءَ- رَبَّنَا اغْفِرْ لِي وَ لِوَالِدَيَّ وَ لِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ

“My Lord make me observe Prayer, and my children too. Our Lord! Do accept my prayer. Our Lord, grant forgiveness to me and to
my parents and the believers on the day when the reckoning will take place” (Ch 14: Vs. 41-42)

SAFEGAURDING AGAINST SATAN & SEEKING ALLAH'S PROTECTION

FRIDAY SERMON AUG 23, 2024
HAZRAT KHALIFATUL MASHI V (ABA)

Salutation on Muhammad (*saw*)

200 TIMES A DAY



سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ
الْعَظِيمِ. اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ
مُحَمَّدٍ

Holy is Allah and worthy of all
praise; Holy is Allah, the Great.
O Allah, bless Muhammad^{sa}
and the people of Muhammad^{sa}.

أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ ط

I seek forgiveness from Allah for all
my sins and turn towards Him (in all
sincerity)



Seeking Forgiveness

100 TIMES A DAY

رَبِّ كُلِّ شَيْءٍ خَادِمُكَ رَبِّ فَاحْفَظْنِي
وَانصُرْنِي وَارْحَمْنِي-

O my Lord! Everything is Your
servant. O my Lord! Protect
me, help me, and have mercy
on me.

Seeking Mercy

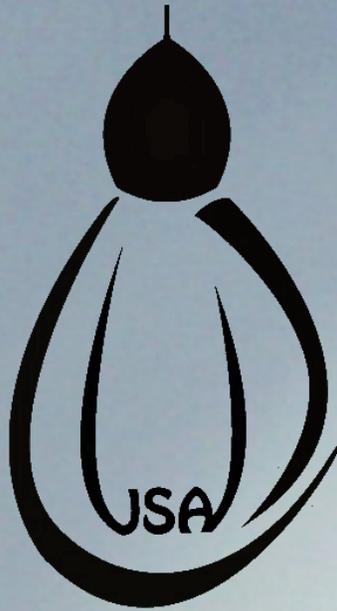
100 TIMES A DAY



رَبِّ كُلِّ شَيْءٍ خَادِمُكَ رَبِّ فَاحْفَظْنِي
وَانصُرْنِي وَارْحَمْنِي-

O my Lord! Everything is Your
servant. O my Lord! Protect
me, help me, and have mercy
on me.

100 TIMES A DAY = 15-25 YRS OF AGE
33 TIMES A DAY = EVERY CHILD
FEW TIMES/DAY = VERY YOUNG CHILDREN



LAJNA IMA'ILLAH·USA