

Introducing
***'Aqeedah and Fiqh
For Children'***

Imam Abdul Quddoos Azhari - Baqavi - Qasimi

M.A., Grad Dip. Edu(Aus). ESL(Nz)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ



In the Name of Allah the Beneficent the Merciful
Peace and Blessings of Allah upon our beloved Nabi, Muhammed
(Sallahu Alaihi Wasalam)

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**IN THE NAME OF ALLAH,
THE MERCIFUL,
THE MERCY GIVING**

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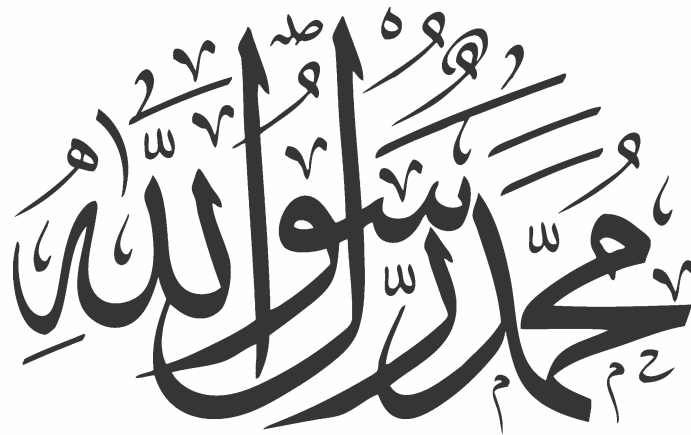
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Our Lord is Allah (*ta'ala*)

Our **Lord** is **Allah** (*ta'ala*). He **created** us and the whole universe out of nothing. He **provided** us with all that we need and He gave us many good things to enjoy.

Allah (*ta'ala*) made the skies and the earth, the night and the day, the sun and the moon.

Allah (*ta'ala*) causes the rain to fall, and the plants to grow; and He provides sustenance for all of His creatures.

Everything other than Allah (*ta'ala*) is His creation. Allah has full power over His entire creation, but His creation has no power over Him.

There is nothing at all like Allah (*ta'ala*). He is the **Most High** and the **Most Great**. Nothing is greater than Him, and nothing is higher than Him.

Allah (*ta'ala*) alone deserves to be **worshipped**, without any partners or equals.

Our Deen is Islam

The name of our *Deen* (religion) is **Islam**. Islam means **surrender** and **submission** to Allah (*ta'ala*).

Islam is to **believe** everything that **Allah** (*ta'ala*) and His Messenger **Muhammad** (*Sallallahu'alayhi wa-sallam*) have told us.

Islam is to **do** everything that Allah (*ta'ala*) and His Messenger Muhammad (*Sallallahu'alayhi wa-sallam*) have commanded us to do, and to **avoid** everything that they have prohibited us from.

Islam is to worship Allah (*ta'ala*) alone with **tawheed**, and to avoid **shirk** or worshipping others besides Allah (*ta'ala*).

Islam gives us **instructions** about everything we need to know in our lives. It teaches us to **believe** in Allah (*ta'ala*) and to **worship** Him.

It teaches us to be **respectful** and **obedient** to our parents, teachers and elders. And it teaches us to be **kind** and **helpful** to our friends.

It teaches us to be **clean, healthy, strong and brave**. It teaches us to be **generous** and helpful to others. It teaches us to always tell the **truth** and to say what is **good**.

We should always be very **thankful** to Allah (*ta'ala*) for giving us this great *Deen* of Islam

Our Prophet is Muhammad (Sallallahu'alayhi wa-sallam)

The name of our Prophet is **Muhammad** ibn 'Abdillaah ibn 'Abdil-Muttalib ibn Haashim (*Sallallahu'alayhi wa-sallam*). Haashim was from the **Quraysh**, and the Quraysh are one of the tribes of the **'Arabs**.

The 'Arabs are the children of the Prophet **Ismaa'eel** (*'alayhis-salaam*), and Ismaa'eel was the son of the Prophet **Ibraaheem** (*'alayhis-salaam*), whom Allah chose to be His **Khaleel** (close friend).

Muhammad (*Sallallahu'alayhi wa-sallam*) was the last and greatest of the Prophets and Messengers. Allah (*ta'ala*) sent down the **Qur'aan** to Muhammad (*Sallallahu'alayhi wa-sallam*), and commanded him to call the people to **tawheed**, or worshipping Allah alone, and to warn them away from **shirk**, or worshipping others besides Allah.

We must not worship or call upon the Prophet Muhammad (*Sallallahu'alayhi wa-sallam*) for help. It is only allowed to worship Allah (*ta'ala*) and to call upon Him alone for help.

Every time we mention the name of our Prophet, we must say: "***Sallallahu'alayhi wa-sallam.***" This is a

du'aa', and it means: “**May Allah grant him blessings and peace.**”

We must respect our Prophet Muhammad (*Sallallahu'alayhi wa-sallam*) and follow his **Sunnah**: his way of life, his manners, his example, his commands, and his ways of worship



The Five *Kalimahs* and their Meanings

The following five *kalimahs*, or words, contain the beliefs of the Muslim.

1. *Al-Kalimah at-Tayyibah* (the Word of Purity):

لَا إِلَهَ إِلَّا اللَّهُ مُحَمَّدٌ رَسُولُ اللَّهِ

Laa ilaaha illallah, Muhammadun rasoolullaah

(“Nothing has the right to be worshipped but Allah, and Muhammad is the Messenger of Allah.”)

لَا إِلَهَ إِلَّا اللَّهُ مُحَمَّدٌ رَسُولُ اللَّهِ

2. *Kalimatush-Shahaadatayn* (the Word of Bearing Witness):

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

Ashhadu an laa ilaaha illAllahu wahdahoo laa shareeka lahoo, wa-ashhadu anna Muhammadan 'abduhoo wa-rasooluh

("I bear witness that nothing has the right to be worshipped but Allah alone without any partners, and I bear witness that Muhammad is His slave and His Messenger.")

اللَّهُ
حَسْبُكَ
اللَّهُ
حَسْبُكَ

3. **Kalimatut-Tamjeed** (the Word of Glorification):

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

*SubhaanAllah, wal-hamdu lillaah, wa-laa ilaaha illAllah,
wAllahu akbar, wa-laa hawla wa-laa quwwata illaa
billaah*

(“Glorified is Allah, and praise be to Allah, and nothing has the right to be worshipped but Allah, and Allah is the Greatest, and there is no power or strength except with Allah.”)



4. *Kalimatut-Tawheed* (the Word of Unity):

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

*Laa ilaaha illAllahu wahdahoo laa shareeka lah. Lahul-
mulku wa-lahul-hamdu, yuhyee wa-yumeetu, bi-yadihil-
khayru, wa-huwa 'alaa kulli shay'in qadeer.*

(“Nothing has the right to be worshipped but Allah alone, without any partners. His is the Dominion, and His is the Praise. He gives life and He causes death. In His hand is all the good. And He is All-Powerful over everything.”)



5. **Kalimat Radd il-Kufr** (the Word of Rejecting Disbelief):

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ أَنْ أُشْرِكَ بِكَ شَيْئًا وَأَنَا أَعْلَمُ بِهِ
وَأَسْتَغْفِرُكَ لِمَا لَا أَعْلَمُ بِهِ. تُبْتُ عَنْهُ وَتَبَرَّأْتُ مِنَ الْكُفْرِ
وَالشِّرْكِ وَالْكَذِبِ وَالْمَعَاصِي كُلِّهَا. أَسَلَمْتُ وَآمَنْتُ
وَأَقُولُ لَا إِلَهَ إِلَّا اللَّهُ مُحَمَّدٌ رَسُولُ اللَّهِ

Allahumma innee a'oodhu bika min an ushrika bika shay'an wa-ana a'lamu bihee, wa-astaghfiruka limaa laa a'lamu bihee. Tubtu 'anhu wa-tabarra'tu minal-kufri wash-shirki wal-kadhibi wal-ma'aasee kullihaa. Aslamtu wa-aamantu wa-aqoolu: Laa ilaaha illAllah, Muhammadun rasoolullaah

("O Allah, I seek refuge with You from associating anything with You knowingly, and I seek Your forgiveness for that which I don't know. I have repented from it and freed myself from disbelief, *shirk*, dishonesty and all acts of disobedience to You. I have accepted Islam and believed, and I say: Nothing has the right to be worshipped but Allah, and Muhammad is the Messenger of Allah.")

The *Shahaadah* and its Meaning

In order for a person to be a Muslim he or she must pronounce the ***Shahaadah***. The *Shahaadah* is as follows:

لَا إِلَهَ إِلَّا اللَّهُ مُحَمَّدٌ رَسُولُ اللَّهِ

Laa ilaaha illAllah, Muhammadun rasoolullaah

Laa ilaaha illAllah means that nothing has the right to be worshipped but Allah alone. The meaning of **worship**, or **'ibaadah**, is every word or deed that Allah (*ta'alaah*) loves and is pleased with. We devote all of our acts of *'ibaadah* to Allah alone. He has no partners or equals. We are not permitted to worship or pray to anyone or anything other than Allah (*ta'alaah*).

Muhammadun rasoolullaah means that our Prophet Muhammad (*Sallallahu'alayhi wa-sallam*) is the **Messenger** of Allah. He delivered Allah's Message to us, and he fulfilled the responsibility that Allah (*ta'alaah*) gave him, and he gave us sincere advice and directions.

We must follow the ***Sunnah*** of our Prophet Muhammad (*Sallallahu'alayhi wa-sallam*): his orders, his teachings, his conduct and his ways of worshipping Allah.

The Five Pillars of Islam

'Abdullah ibn 'Umar (*radiyAllahu 'anhumaa*) narrated that the Messenger of Allah (*Sallallahu 'alayhi wa-sallam*) said:

بُنِيَ الْإِسْلَامُ عَلَى خَمْسٍ: شَهَادَةِ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَنَّ مُحَمَّدًا رَسُولُ اللَّهِ وَإِقَامِ الصَّلَاةِ وَإِيتَاءِ الزَّكَاةِ وَحِجِّ الْبَيْتِ وَصَوْمِ رَمَضَانَ

"Islam is built on five pillars:

- 1) *The **Shahaadah**: that none has the right to be worshipped but Allah, and that Muhammad is the Messenger of Allah,*
- 2) *Establishing the **Salaat** (prayer),*
- 3) *Giving the **Zakaah** (obligatory charity),*
- 4) *Making the **Hajj** to the Baytul-Haraam (the Ka'abah in Makkah), and*
- 5) ***Sawm** (fasting) in the month of Ramadaan."*

(This hadeeth was related by al-Bukhari and Muslim)

The Six Pillars of Eemaan

Ameerul-Mu'mineen 'Umar ibnul-Khattaab (*radiyAllahu 'anhu*) narrated that the Messenger of Allah (*Sallallahu'alayhi wa-sallam*) said:

الإِيمَانُ أَنْ تُؤْمِنَ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ وَالْيَوْمِ
الْآخِرِ وَالْقَدَرَ خَيْرِهِ وَشَرِّهِ مِنَ اللَّهِ تَعَالَى

"Eemaan is to believe in:

- 1) **Allah** (subhanahu wa-ta'ala),
- 2) **His Malaa'ikah** (Angels),
- 3) **His Kutub** (Revealed Books),
- 4) **His Rusul** (Messengers),
- 5) **The Last Day**, and
- 6) **Al-Qadar**: *that everything – whether good or bad – happens only with the Permission of Allah (ta'ala).*"

(This *hadeeth* was related by Muslim)

We Believe in Allah (*ta'ala*)

We believe in **Allah** (*ta'ala*). He is our Lord and our Creator. He created us and the whole world and everything in it; and He provided us with all of His Bounties and Favours.

Allah (*ta'ala*) controls everything. He makes the night go into the day and the day go into the night... and He makes the sun and the moon rise and set...

Allah (*ta'ala*) causes the rain to fall and the plants to grow, and He provides us with all that we need to live, like water, food, shelter and other things.

Allah (*ta'ala*) is **above His Throne**, above the heavens: but He is **with us** by His **Knowledge**. He can **see** and **hear** everything.

He knows all that ever happened in the past, and He also knows all that will happen in the future. And He knows all that is in our hearts.

We must offer **worship**, or '***ibaadah***, to none but Allah alone. '***ibaadah*** is all words and deeds that Allah loves and is pleased with, like prayer, *du'a*, fasting, going to the masjid, telling the truth, being nice to our parents,

giving charity, and going to perform *Hajj*... and there are many more...

We must worship Allah (*ta'ala*) as if we could see Him, and we must know that even though we can't see Him, He sees us.



We Believe in Allah's Angels

We believe in the **Angels** of Allah. They are creatures that Allah (*ta'ala*) has created from light. They always obey Allah and they cannot disobey Him. We cannot see them unless Allah especially allows us to see them.

There are many thousands of angels, and there is not a hand-span of space in the heavens in which there is not an angel standing, bowing or prostrating to Allah (*ta'ala*).

The angels have their own particular tasks: Some of them worship Allah day and night, others are in charge of preparing *Jannah* (Paradise) for the believers, others are in charge of preparing *Jahannam* (the Hell-fire) for the disbelievers.

Some of them are sent to bring Allah's Messages to His Prophets and Messengers. Others are sent to protect the believers and to give them victory against their enemies.

Jibreel (*'alayhis-salaam*) is the angel that brought Allah's Message to Moosaa, 'Eesaa and Muhammad (*'alayhimus-salaatu was-salaam*).

Meekaa'eel (*'alayhis-salaam*) is in charge of rain, food and provision.

Israafeel (*'alayhis-salaam*) is the angel who will blow the Horn on the Last Day.

The **Angel of Death** takes people's souls at death.

Munkar and **Nakeer** are two angels that question every person in the grave. And every person has two angels with him always: one on his right, recording his good deeds; and the other on his left, recording his bad deeds.



We Believe in Allah's Books

We believe that Allah (*ta'ala*) sent down **Books** of guidance and laws to His Messengers. Among the Books that Allah (*ta'ala*) sent down are:

[1] The **Tawraah**, which was sent down to Moosaa (*'alayhis-salaam*),

[2] The **Zaboor**, which was sent down to Daawood (*'alayhis-salaam*),

[3] The **Injeel**, which was sent down to 'Eesaa (*'alayhis-salaam*),

[4] And the last and most perfect Book, the **Qur'aan**, which was sent down to the Last Prophet Muhammad (*Sallallahu'alayhi wa-sallam*).

All of the Books except the Qur'aan were changed later on by selfish and evil people who were not happy with Allah's laws and commandments. But Allah has promised us that He will guard the Qur'an from being altered up to the Day of Resurrection.

The Qur'an was sent down in the **Arabic** language, over a period of **23 years**. It contains all of the instructions

that we must follow in order for Allah (*ta'ala*) to be pleased with us and in order for us to go to *Jannah*

(Paradise) after we die. We must **memorise** the Qur'an and **learn** its meanings, and **act upon** all of its laws and commandments.

Allah (*ta'ala*) has made the Qur'an very **easy** to memorise, so we should try our best to memorise as much as we can of it.

We should **respect** the Qur'an, because it is the **Speech of Allah** (*ta'ala*), and we are only allowed to touch it if we have *wudoo'*.



We Believe in Allah's Messengers

We believe that Allah (*ta'ala*) sent many **Messengers** to mankind to teach them to worship Allah alone and to obey Him.

These Messengers taught us the right way to live, and they showed us what is right and what is wrong, what is *halaal* and what is *haraam*. And everything that they taught us was in fact what Allah (*ta'ala*) ordered them to teach us in order to guide us.

The first of the Messengers was **Nooh** (*'alayhis-salaam*). He called his people to Allah for 950 years, and after that Allah sent a flood that drowned all of the disbelievers. Only Nooh and his followers were saved.

And the last and best of the Messengers was **Muhammad** (*Sallallahu'alayhi wa-sallam*). We are from the **Ummah** of Muhammad (*Sallallahu'alayhi wa-sallam*). We must obey him and follow his **Sunnah**.

Other Messengers include: Ibraaheem, Ismaa'eel, Ishaq, Ya'qoob, Yoosuf, Moosaa, Haaron, Daawood, Sulaymaan, and 'Eesaa (*'alayhimus-salaatu was-salaam*). Altogether there were 124,000 Messengers and Prophets that Allah (*ta'ala*) sent to mankind.

All of the Messengers came to teach people the same **Message**: to worship Allah alone, to obey Him, to do all that is good and to keep away from all that is bad.

All of the Messengers were human beings like us, but the difference is that Allah sent down His Message to the, gave them the best of characters and protected them from every sin.



We Believe in the Last Day

We believe that there will be a **Last Day**, after which there will be no more days or nights. On the Last Day, this world will end, and the life of the **Hereafter**, or the **Aakhirah**, will begin.

On that Day, the angel Israafeel will blow on the **Soor** (Horn), and the whole world will fall apart and come to an end. Then the *Soor* will be blown a second time, and everyone will be raised to life again.

Allah will judge between every person on that Day. A giant set of scales called *al-Meezaan* will be set up, and everybody's good and bad deeds will be weighed in it.

If a person's good deeds are heavier than his bad deeds, he will succeed and enter **Jannah** (Paradise). But if a person's bad deeds are heavier than his good deeds, he will fail and be thrown into **Jahannam** (the Hell-fire).

The believers who obeyed Allah and followed the Messengers will be the people of *Jannah*, and they will live for eternity in the greatest of bliss, comfort and enjoyment, with no worries, pain or discomfort. There are enjoyments and pleasures in *Jannah* that we cannot even imagine in this life.

The people who made partners with Allah and disbelieved in His Messengers will be punished in *Jahannam* forever. And there will be no-one to help them or to ease them.

Those Muslims who were sinful or disobedient might be punished in *Jahannam* for a time, and then enter *Jannah*. Or Allah might choose to forgive them out of His Mercy.



We Believe in *al-Qadar* (Predestiny)

We believe in ***al-Qadar***: that everything that happens – whether good or bad – only happens with the **Permission** of Allah.

Whatever event might happen to us, it could never have missed us. And whatever event might miss us, it could never have happened. This is because Allah has full control over all things. Therefore, we should not complain when we are in difficulty, and we should not be proud and boastful when we are in ease.

Allah allows good to happen in order for us to **thank** Him and **praise** Him and be **grateful** to Him. And He allows bad to happen in order for us to be **patient** and to **trust** in Allah's Mercy and Help.

Therefore, every time something good happens, we should be grateful to Allah and say "*Al-hamdu lillaah,*" because it is only because of Allah's Permission that it happened.

And every time something bad happens, we should not complain but rather we should be patient and ask Allah to help us.

Then Allah will be pleased with us, because we are happy with what He decides for us

Tahaarah – Keeping Ourselves Clean

Allah (*ta'alaq*) wants us to be **clean** and **pure**. Allah is Pure, and He loves only that which is pure.

If we are not clean, we cannot perform *salaat* or touch the Qur'an. Therefore, we must make sure that we keep ourselves clean at all times.

We must wear **clean clothes**, and **bathe** regularly. We must **clean our teeth** every morning and evening. And we must cut our **fingernails** and **toenails** every Friday so that no dirt or harmful diseases remain underneath them.

We must eat **clean** and **pure food** to be **healthy** and **strong**, so that we can do all of the things that Allah (*ta'alaq*) likes us to do.

And we must keep our **houses** and our **rooms** tidy and clean so that no small mice or insects come and spread germs and diseases.

So we can see how important it is to keep our **bodies**, our **clothes** and our **houses** clean.

Bathroom Manners

When we use the toilet, we must follow certain rules that our Prophet (*Sallallahu‘alayhi wa-sallam*) taught us.

Firstly, we enter the toilet with the **left foot** and say:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ

Allahumma innee a'oodhu bika minal-khubuthi wal-khabaa'ith

(“O Allah, I seek Your protection from the devils, male and female.”)

We have to say this because the toilet is one of the places that the *jinn* like to inhabit.

We must always **sit** down when using the toilet, so that no impure drops fall on our clothes.

And when we are finished, we must use toilet paper and then **wash** our private parts thoroughly with water. We only use our **left hand** when cleaning ourselves.

Cleaning the private parts with toilet paper or the like is called *istijmaar*. And cleaning them with water is called

istinjaa'. The best way is to perform them both together, *istijmaar* followed by *istinjaa'*.

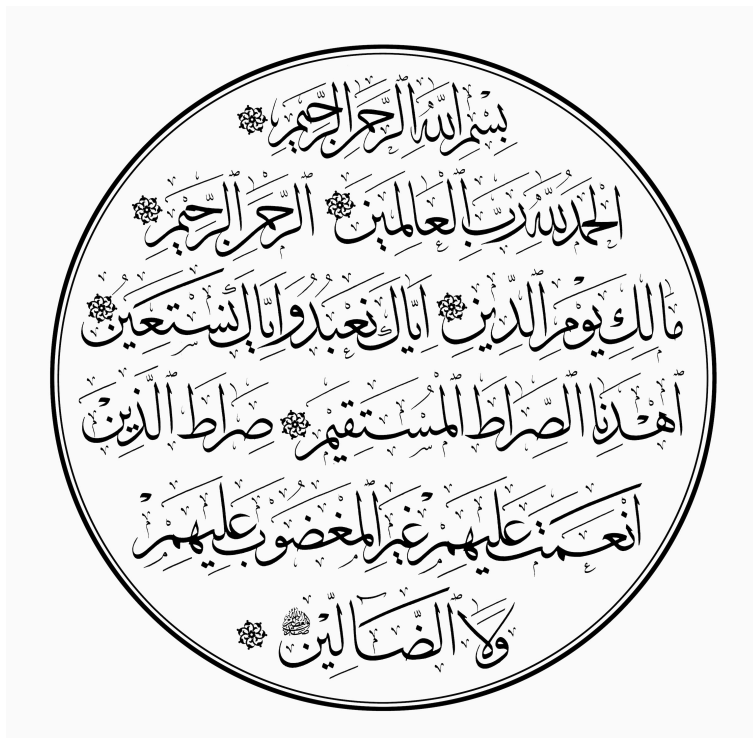
While we are in the toilet, we are not allowed to **talk**. And we must not take into the toilet anything that has the **Name of Allah** (*ta'alaah*) or words of the **Qur'aan** written on it.

After we have finished, we step out of the toilet with our **right foot** and say:

عُفْرَ اَنَّا

Ghufraanaka

(“O Allah, I seek Your Forgiveness”)



How to Make Wudoo'

Then, we go to the tap and **wash our hands** thoroughly with soap and water. And then we make **wudoo'** to get ready for the prayer.

- 1) We must intend in our heart to make *wudoo'*, and then we say:

بِسْمِ اللّٰهِ
Bismillaah

(“In the Name of Allah”)

- 2) Then we wash our **hands** up to the wrists.
- 3) We take water in our right hand and rinse out our **mouth** and our **nostrils** (3 times). We should also clean our teeth and gums with a *miswaak* or toothbrush, if possible.
- 4) Then we take water in both hands and wash our **face** from the top of the forehead to the bottom of the chin, and from ear to ear (3 times).

5) We wash our **right arm** up to the elbow, making sure that the water goes in between in the fingers (3 times). Then we do the same for our **left arm**.

6) Then we wipe our wet palms over the top of our **head**, starting from the front and moving them to the back of the neck, and then to the front again (once).

7) We clean our **ears** by wiping the insides with our wet forefingers and the backs with our wet thumbs (once).

8) We wash our **right foot** up to the ankle, making sure that the water goes in between in the toes (3 times). Then we do the same for our **left foot**.

9) Then we say:

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَشْهَدُ أَنَّ
مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ. اللَّهُمَّ اجْعَلْنِي مِنَ التَّوَّابِينَ
وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ

*Ashhadu an laa ilaaha illAllahu wahdahoo laa shareeka
lah, wa-ashhadu anna Muhammadan 'abduhoo wa-
rasooluh. Allahummaj'alnee minat-tawwaabeena
waj'alnee minal-mutatahhireen.*

“I bear witness that none has the right to be worshipped but Allah alone without any partner, and I bear witness that Muhammad is His slave and His Messenger.

O Allah, make me of those who are repentant, and make me of those who are pure.”)

If any of the following things happen, our *wudoo'* is broken and we have to repeat it again:

[1] If we use the toilet or pass wind.

[2] If we go to sleep or become unconscious.

[3] If we touch our private parts with our bare hands.



Salaat – The Prayer

The **salaat**, or the **prayer**, is the best of all deeds. Allah (*ta'alaq*) has commanded us to pray five times a day:

- 1) We pray the first prayer, *Fajr*, at **dawn** before sunrise.
- 2) We pray *Dhuhr* in the **early afternoon**, just after midday.
- 3) We pray *Asr* in the **mid to late afternoon**.
- 4) We pray *Maghrib* **after sunset**.
- 5) And we pray the last prayer, *Ishaa'*, in the **evening** when the sky has become dark.

We must perform all of these prayers at their fixed times, and we must not be lazy and delay them. We cannot pray them before their times, either. We want to please Allah (*ta'alaq*) by performing the *salaat* on time, as He has taught us.

There are three times that we are **not allowed** to perform any prayer:

- 1) After the *Fajr* prayer until 10-15 minutes after sunrise,
- 2) At midday when the sun is directly overhead, and
- 3) After the *'Asr* prayer until just after sunset.

We are not allowed to pray at these times because these are the times that the disbelievers who worship the sun perform their prayers. And our Prophet (*Sallallahu'alayhi wa-sallam*) taught us that we must always be different to the disbelievers.

The Number of *Rak'ahs* in Each Prayer

Each prayer has a certain number of *rak'ahs* that we must pray.

We must always pray the *fard rak'ahs* under all circumstances.

As for the *sunnah rak'ahs*, we should pray them too, but if we are travelling or short of time we may leave them. However, the two *sunnah rak'ahs* of *Fajr* and the *witr* prayer after *'Ishaa'* are very important and they should never be missed.

Prayer	<i>Fard Rak'ahs</i>	<i>Sunnah Rak'ahs</i>
<i>Fajr</i>	2	2 before <i>fard</i>
<i>Dhuhr</i>	4	2 or 4 before <i>fard</i> 2 after <i>fard</i>
<i>'Asr</i>	4	4 Before
<i>Maghrib</i>	3	2 after <i>fard</i>
<i>'Ishaa'</i>	4	2 after <i>fard</i> , plus 1 or 3 Witr
<i>Jumu'ah</i>	2	2 or 4 after <i>fard</i>

If we are **travelling** a long distance, then we have to **shorten** the prayers. In this case, we pray only **two rak'ahs** for *Dhuhr*, *'Asr* and *'Ishaa'*. *Fajr* remains two *rak'ahs*, and *Maghrib* remains three *rak'ahs*.

Other than these, we may pray at any other time. This kind of voluntary prayer is called ***naafilah*** and it is very highly recommended to do so, especially in the **last part of the night**. We call this night prayer ***tahajjud*** or ***qiyaamul-layl***, and it is very highly rewarded by Allah (*ta'ala*).

The last part of the night is a very special time, because at that time Allah (*ta'ala*) **descends** to the lowest heaven to respond to people's prayers and to forgive those who are making *tahajjud* and asking for His forgiveness.

The Adhaan and Iqaamah

Before each of the five prayers, one person must call the **adhaan** or the **call to prayer**:

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ

Allahu akbaru-llaahu akbar (twice)

(Allah is the Greatest)

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ

Ashhadu an laa ilaaha illAllah (twice)

(I bear witness that none has the right to be worshipped but Allah)

أَشْهَدُ أَنَّ مُحَمَّدًا رَسُولُ اللَّهِ

Ashhadu anna Muhammadan rasoolullaah (twice)

(I bear witness that Muhammad is the Messenger of Allah)

حَيَّ عَلَى الصَّلَاةِ

Hayya 'alas-salaah (twice)

(Come to prayer)

حَيَّ عَلَى الْفَلَاحِ

Hayya 'alal-falaah (twice)

(Come to success)

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ

Allahu akbaru-llaahu akbar

(Allah is the Greatest)

لَا إِلَهَ إِلَّا اللَّهُ

Laa ilaaha illAllah

(None has the right to be worshipped but Allah)

And in the *adhaan* of *Fajr*, the words:

الصَّلَاةُ خَيْرٌ مِنَ النَّوْمِ

As-salaatu khayrun minan-nawm
("The prayer is better than sleep")

...are repeated twice after "*Hayya 'alal-falaah*".

And after the *adhaan*, we make this *du'aa'*:

اللَّهُمَّ رَبِّ هَذِهِ الدَّعْوَةِ التَّامَّةِ وَالصَّلَاةِ الْقَائِمَةِ آتِ
مُحَمَّدًا الْوَسِيلَةَ وَالْفَضِيلَةَ وَابْعَثْهُ الْمَقَامَ الْمَحْمُودَ الَّذِي
وَعَدْتَهُ

*Allahumma rabba haadhihid-da'watit-taammah, was-
salaatil-qaa'imah, aati Muhammadan il-waseelata wal-
fadeelah, wab'ath-hul-maqaamal-mahmoodal-ladhee
wa'adtah.*

("O Allah, the Lord of this perfect call and the prayer about to be established, grant Muhammad the highest place in Paradise, and a rank above the rest of creation, and call him up to the Praiseworthy Station that You have promised him.")

Then, when everyone is ready to begin the prayer, the *iqaamah* is made:

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ

Allahu akbaru-Ilaahu akbar
(Allah is the Greatest)

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ

Ashhadu an laa ilaaha illAllah
(I bear witness that none has the right to be worshipped but Allah)

أَشْهَدُ أَنَّ مُحَمَّدًا رَسُولُ اللَّهِ

Ashhadu anna Muhammadan rasoolullaah
(I bear witness that Muhammad is the Messenger of Allah)

حَيَّ عَلَى الصَّلَاةِ

Hayya 'alas-salaah
(Come to prayer)

حَيَّ عَلَى الْفَلَاحِ

Hayya 'alal-falaah
(Come to success)

قَدْ قَامَتِ الصَّلَاةُ قَدْ قَامَتِ الصَّلَاةُ

Qad qaamatis-salaah, qad qaamatis-salaah
(The prayer has been established)

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ

Allahu akbaru-llaahu akbar
(Allah is the Greatest)

لَا إِلَهَ إِلَّا اللَّهُ

Laa ilaaha illAllah
(None has the right to be worshipped but Allah)

The Shuroot (Conditions) of the Prayer

In order to perform the prayer, we must be in a state of **wudoo'**, and our **bodies, clothes** and **place of prayer** must be clean.

We must cover our '**awrah** during the prayer. For males, the '**awrah** is the area between the **navel** and the **knees**. For females, the '**awrah** is the whole body except the **face** and **hands**.

We must pray facing the **qiblah**, the direction of **al-Masjidul-Haraam** in Makkah al-Mukarramah. And we must have the sincere **intention** in our hearts to perform our prayer for the sake of Allah (*ta'alaah*)

The *Arkaan* (Pillars) of the Prayer

The *arkaan*, or **pillars**, of the prayer are fourteen:

- 1) [1] **Standing** up straight during the prayer
- 2) Beginning the prayer with the *takbeeratul-ihraam*, that is to say:

اللَّهُ أَكْبَرُ

“Allahu akbar”

(“Allah is the Greatest”)

- 3) Reciting *al-Faatihah*
- 4) *Rukoo'*, bending down with the hands on the knees
- 5) **Straightening up** from *rukoo'*
- 6) *Sujood* on the forehead, nose, hands, knees, and toes
- 7) **Rising** from *sujood*
- 8) **Sitting** between the two *sajdahs*
- 9) **Calmness** during all of the *arkaan*

- 10) The final **tashahhud**
- 11) **Sitting** for it
- 12) **Sending prayers** on the Prophet (*Sallallahu'alayhi wa-sallam*) after the final **tashahhud**
- 13) Ending the prayer with the **tasleem**
- 14) Performing all of the **arkaan** in the **correct order**

If we **miss** any of these, then our prayer is invalid and must be **repeated**.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الَّذِينَ كَفَرُوا وَصَدُّوا عَنْ سَبِيلِ اللَّهِ أَضَلَّ أَعْمَالَهُمْ ﴿١﴾ وَالَّذِينَ آمَنُوا وَعَمِلُوا الصَّالِحَاتِ وَآمَنُوا بِمَا نُزِّلَ عَلَى مُحَمَّدٍ وَهُوَ الْحَقُّ مِنْ رَبِّهِمْ كَفَرَ عَنْهُمْ سَيِّئَاتِهِمْ وَأَصْلَحَ بَالَهُمْ ﴿٢﴾ ذَلِكَ بِأَنَّ الَّذِينَ كَفَرُوا اتَّبَعُوا الْبَاطِلَ وَأَنَّ الَّذِينَ آمَنُوا اتَّبَعُوا الْحَقَّ مِنْ رَبِّهِمْ كَذَلِكَ يَضْرِبُ اللَّهُ لِلنَّاسِ أَمْثَالَهُمْ ﴿٣﴾

The Tashahhud and Sending Prayers on the Prophet (Sallallahu‘alayhi wa-sallam)

We recite the **tashahhud** at the end of the **second** and **final rak’ahs** as follows:

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

At-tahiyyaatu lillaahi was-salawaatu wat-tayyibaat. As-salaamu ‘alayka ayyuhan-nabiyyu wa-rahmatullaahi wa-barakaatuh. As-salaamu ‘alaynaa wa-‘alaa ‘ibaadillaahis-saaliheen. Ashhadu an laa ilaaha illallahu wa-ashhadu anna Muhammadan ‘abduhoo wa-rasooluh.

(“All words of glorification are due to Allah, and all prayers and good deeds. Peace be upon you, O Prophet, and the Mercy of Allah and His Blessings. Peace be upon us, and upon the righteous slaves of Allah. I bear witness that none has the right to be worshipped but Allah, and I bear witness that Muhammad is His slave and His Messenger.”)

And after it, in the last *rak'ah*, we send **prayers** and **blessings** on the Prophet (*Sallallahu'alayhi wa-sallam*):

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

*Allahumma salli 'alaa Muhammadin wa-'alaa aali
Muhammadin kamaa sallayta 'alaa Ibraaheema wa-
'alaa aali Ibraaheem, innaka hameedun majeed.*

*Allahumma baarik 'alaa Muhammadin wa-'alaa aali
Muhammadin kamaa baarakta 'alaa Ibraaheema wa-
'alaa aali Ibraaheem, innaka hameedun majeed.*

(“O Allah, send prayers upon Muhammad and upon the followers of Muhammad, as You sent prayers upon Ibraaheem and upon the family of Ibraaheem. Verily, You are Praiseworthy and Majestic.

O Allah, send blessings upon Muhammad and upon the followers of Muhammad, as You sent blessings upon Ibraaheem and upon the family of Ibraaheem. Verily, You are Praiseworthy and Majestic.”)

The *Waajibaat* (Required Actions) of the Prayer

The *waajibaat*, or **required** actions of the prayer are seven:

1) All of the *takbeers* after the *takbeeraatul-ihraam*

2) Saying:

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

“*Sami’Allahu liman hamidah*”

(“Allah hears the one who praises Him”)

...when straightening up from *rukoo’*, for the imaam and the one praying alone

3) Saying:

رَبَّنَا وَآلِكَ الْحَمْدُ

“*Rabbanaa wa-lakal-hamd*”

(“O our Lord, to You belongs the praise”)

4) Saying the *tasbeeh* of *rukoo’*:

سُبْحَانَ رَبِّيَ الْعَظِيمِ

“*Subhaana rabbiyal-‘adheem*”

(“Glorified is my Lord, the Most Great”)

5) Saying the *tasbeeh* of *sujood*:

سُبْحَانَ رَبِّيَ الْأَعْلَى

“Subhaana rabbiyal-a’laa”

(“Glorified is my Lord, the Most High”)

6) Reciting the first *tashahhud*

7) **Sitting** for it

If we **forget** to do any of these *waajibaat*, we must perform *sujood as-sahw* (prostration for forgetfulness) at the end of the prayer.



The *Mubtilaat* (Nullifiers) of the Prayer

If any of the following happens, our prayer is **broken** and we must **repeat** it:

- 1) **Talking** or saying anything that is not part of the prayer
- 2) **Laughing**
- 3) **Eating** or **drinking**
- 4) Uncovering the '*awrah*
- 5) **Turning** the body **away** from the *qiblah*
- 6) Doing any **unnecessary** thing that is not part of the prayer
- 7) Leaving one or more of the *arkan* of the prayer
- 8) If anything happens that breaks our *wudoo'*

Sujood us-Sahw (The Forgetfulness Prostration)

Allah (*ta'ala*) created us in such a way that we all sometimes **forget** things. And sometimes during the

prayer, we may forget to do one of the *waajibaat* of the prayer, or we might forget how many *rak'ahs* that we have prayed, and so on. Therefore, if we forget during the prayer, we perform two *sajdahs* at the end

of the prayer called *sujood as-sahw* or the **prostration for forgetfulness**.

- 1) If we forgetfully **add** an extra *rak'ah*, e.g. praying *adh-Dhuhr* with five *rak'ahs* instead of four, we perform *sujood as-sahw* **after** the *tasleem*.
- 2) If we forgetfully **miss** a *rak'ah*, e.g. praying *adh-Dhuhr* with three *rak'ahs* instead of four, we perform *sujood as-sahw* **before** the *tasleem*.
- 3) If we are **unsure** as to how many *rak'ahs* we have prayed, we pray the **lesser** number that we are sure of, and then we perform *sujood as-sahw* **before** the *tasleem*.
- 4) If we forgetfully miss one of the *waajibaat* of the prayer, we perform *sujood as-sahw* **before** the *tasleem*.

Zakaah

Islam teaches that everyone should **help** each other.

Some people are **poor** and have no food and clothing, and others are **rich** and own a lot of property.

So Allah (*ta'ala*) tells us in the Qur'aan that the rich Muslims should **help** the poor Muslims by giving them a part of their wealth every year. This is called ***zakaah***.

Zakaah means **purifying** or **cleaning**. This is because *zakaah* cleans the society from **poverty** and **need**, and it cleans the hearts from **selfishness** and **greediness**.

If a Muslim has a certain amount of money that he keeps for one year, and it is above what he needs to support himself and his family and pay off his debts, he must pay *zakaah* on it. This amount is called the ***nisaab***. It is equal to 88 grams of **gold** or 612 grams of **silver**, or the equal value in **currency** or **trading goods**. And if a woman has gold or silver **jewelry** equal to the *nisaab*, she must pay *zakaah* on it.

The amount of money that must be paid in *zakaah* is **2.5%**. So for example if we have \$1000, we must pay \$25 of it in *zakaah*.

We do not pay *zakaah* on our **clothing**, the **houses** that we live in, our **cars** or our necessary **household items**.

And if we possess **animals**, we have to pay *zakaah* on them too.

If we have **sheep**, then we must pay *zakaah* on them as follows:

Number of sheep	Number to be given in <i>zakaah</i>
0 to 39	None
40 to 120	1
121 to 200	2
201 to 399	3
400	4
Every extra 100	1

If we have **cows**, then we must pay *zakaah* on them as follows:

Number of cows	Number to be given in <i>zakaah</i>
0 to 29	None
30 to 39	1 1-year-old calf
40 to 59	1 2-year-old calf
60 or more	2 1-year old calves

If we produce **crops** or **agricultural products**, we must pay **10%** of them in *zakaah* if they are **rain-fed**. If they are **irrigated**, we pay only **5%** in *zakaah*.

Zakaah may be given at any time during the year, but it is best to pay it every **Ramadaan**. It may only be given to **Muslims**.

Zakaah is given to **eight** categories of people:

1. The **poor**
2. The **destitute** and **needy**
3. The people whose job it is to **distribute** the *zakaah*
4. People who are likely to accept Islam, and also new Muslims
5. Freeing Muslim **hostages** and **prisoners** of war
6. Muslims who are overburdened with **debt**
7. Those working in the **Cause of Allah** (*ta'alaah*)
8. **Travellers** who are in need of funds to return home

Sawm (Fasting) in Ramadaan

Ramadaan is a very special month because it is the month in which the Qur'aan was sent down to our Prophet Muhammad (*Sallallahu'alayhi wa-sallam*).

Every Muslim who has reached the age of maturity must fast the month of Ramadaan. But we should begin fasting before that age so that we will get used to it when we reach maturity.

Fasting means to refrain from eating and drinking. A Muslim who is fasting must not eat or drink from before *Fajr* until *Maghrib* every day of the month of Ramadaan.

Fasting also includes refraining from backbiting, cheating, lying, stealing and all bad actions and words.

Every day in Ramadaan, we must wake up very early, at about 3 am, to eat our *suhoo*r meal. When we hear the *adhaan* for *Fajr*, we must begin fasting.

Towards the end of the day, when the sun is about to set, we should make *du'aa'* to Allah for whatever we wish: to give us good in this life and in the Hereafter, to forgive us and our parents, to make us good Muslims and so on...

And then, as soon as the sun has set, we must break our fast. It is very highly recommended to break our fast with water and then dates, because this was the manner of our Prophet Muhammad (*Sallallahu‘alayhi wa-sallam*).

And we should say this *du‘aa’* before we break our fast:

اللَّهُمَّ لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma laka sumtu, wa-bika aamantu, wa-‘alaa rizqika aftartu

(“O Allah, for You I have fasted, in You I believe, and with Your provision I break my fast.”)

After we break our fast, we pray *Maghrib* and then it is time to have our dinner and to relax for a while.

After ‘*Ishaa’*, we stay in the masjid and pray the *taraaweeh* prayer. And when the *taraaweeh* prayer is over, we can go to sleep early so that we can wake up early to fast the next day...

If we fast Ramadaan properly, Allah (*ta‘alaa*) will be very happy with us and He will forgive us and clean us of all of our sins.

Sawm or fasting makes us become good Muslims. It helps us to be well-mannered and responsible.

The *Hajj* and '*Umrah* to the House of Allah

Every Muslim who can afford it must go to the Holy City of Makkah al-Mukarramah at least once in his or her life to perform the *Hajj*.

Makkah is the city in which our Prophet (*Sallallahu 'alayhi wa-sallam*) was born. It also contains the Ka'bah, which is the first house that was ever built for the worship of Allah (*ta'ala*) alone. It was built by the first man, Aadam (*'alayhis-salaam*), and it was rebuilt by Ibraaheem and Ismaa'eel (*'alayhimas-salaam*).

We perform the *Hajj* to re-enact the rituals and worships that the Prophet Ibraaheem (*'alayhis-salaam*) performed there. The *Hajj* represents turning away from the distractions of the world to worship Allah (*ta'ala*).

The *Hajj* is performed during the month of Dhul-Hijjah. The '*Umrah* may be performed at any time.

1) When we perform the *Hajj*, we begin by entering the state of *ihraam* at one of the *meeqaats* outside the city of Makkah. We take a shower and then we wear two seamless pieces of cloth: an

izaar to cover our lower body and a *ridaa'* to cover our upper body. Ladies wear simple clothing that

2) covers their whole bodies except the face and hands. While in *ihraam*, we are not allowed to cut our hair or nails, use bad language, use perfume, kill any animal or cover our head. (But ladies keep their heads covered, of course.)

3) We then say the *talbiyah*:

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ إِنَّ الْحَمْدَ
وَالنِّعْمَةَ لَكَ وَالْمُلْكَ لَا شَرِيكَ لَكَ

*Labbayk Allahumma labbayka, labbayka laa shareeka
laka labbayka, innal-hamda wan-ni'mata laka wal-
mulk, laa shareeka lak*

("Here I am, O Allah, here I am. Here I am, You have no partners, here I am. Verily, all praise, and bounties are Yours, and the Dominion; You have no partners...")

4) When we enter al-Masjid al-Haraam, we must make *tawaaf* around the Ka'bah 7 times anti-clockwise. When we have completed *tawaaf*, we pray two *rak'ahs* at *Maqaam Ibraaheem*.

5) Then we perform the *sa'y*, going between the small hillocks of as-Safaa and al-Marwah seven times.

6) On the 9th day of Dhul-Hijjah, we go to the Plain of 'Arafah and stand there from noon until sunset,

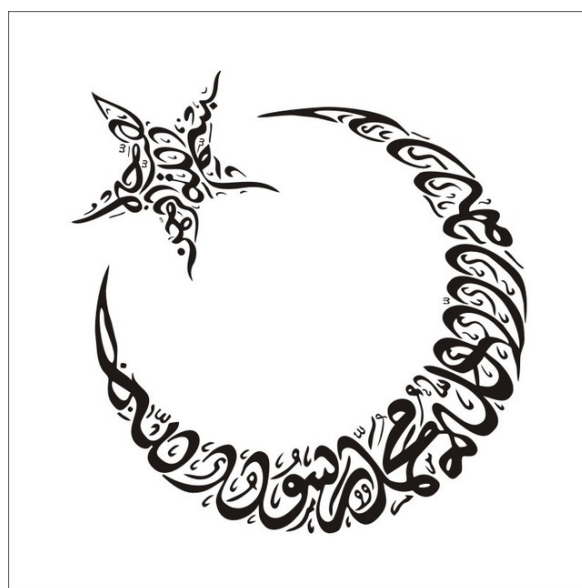
7) making *du'aa'* to Allah (*ta'ala*) and asking Him for His Mercy and Forgiveness.

8) Then we spent the night at Muzdalifah, and the next day we do to Minaa to perform *ramy*, or throwing the small stones at the three *jamaraat* or stone pillars there.

9) Then, on the day of 'Eidul-Adhaa, we go back to the *Haram*, perform *tawaaf* and then offer our *Udhiyah* by slaughtering an animal and giving some of its meat to the poor and needy.

10) We complete the *Hajj* by performing the farewell *tawaaf* (*tawaaful-widaa'*).

After performing the *Hajj*, it is highly recommended to visit the Holy City of al-Madeenah al-Munawwarah and pray in the Prophet's Masjid (*al-Masjidun-Nabawee*).



Wajib, Mustahabb, Mubaah, Makrooh and Haraam

Islam classifies everything into one of five categories:

1. **Wajib** or obligatory. These are things that we must do. Allah (*ta'ala*) will reward us if we do them and He will punish us if we do not do them. Examples of things that are *wajib* are the five daily prayers, *zakaah*, fasting in Ramadaan etc.
2. **Mustahabb** or recommended. These are things that are good but not obligatory. Allah (*ta'ala*) will reward us if we do them but He will not punish us if we do not do them. Examples of things that are *mustahabb* are eating with the fingers, cleaning the teeth with a *miswaak* before praying, offering extra *nawaafil* prayers, cleaning the masjid etc.
3. **Mubaah** or allowed. These are things that are neither good or bad. Allah (*ta'ala*) will neither reward or punish us if we do them or if we do not do them. Examples of things that are *mubaah* are walking, sleeping, eating, drinking etc.
4. **Makrooh** or discouraged. These are things that are bad but not forbidden. Allah (*ta'ala*) will not

punish us if we do them but He will reward us if we do not do them. Examples of things that are *makrooh* are eating raw onions or garlic before coming to the prayer, dressing in an untidy manner, joking too much etc.

5. **Haraam** or forbidden. These are things that we must not do. Allah (*ta'ala*) will punish us if we do them and He will reward us if we do not do them. Examples of things that are *haraam* are murder, backbiting, stealing, lying, not performing the prayer, drinking alcohol etc.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Food and Drink

Allah (*ta'ala*) has created many kinds of food and drink. There are some that are **good** and **healthy**, and there are others that are **bad** and **unhealthy**.

If we eat and drink only that which is good and pure, we will become good and pure ourselves. But if we eat and drink things that are bad and unhealthy, we will also become bad and unhealthy.

Allah (*ta'ala*) wants us to eat and drink **only** that which is **pure** and **clean** and **healthy**. And He has told us in the Qur'aan what kinds of food and drinks are good and what kinds are bad.

When we eat or drink, we should **sit** down. Before eating, we must say:

بِسْمِ اللَّهِ

Bismillaah

("In the Name of Allah")

We must eat with our **right hand**. It is better to pick up the food with the **thumb** and the **two fingers** of the right hand in order to avoid taking huge mouthfuls that will give us **indigestion**.

If we are sharing a plate of food, we should eat from the side **nearest** to us, and we should not take food from the

other people's area of the plate, because that is bad manners.

When we drink water, we should first say:

بِسْمِ اللَّهِ

Bismillaah

("In the Name of Allah")

...and then take **one** sip, and then say:

الْحَمْدُ لِلَّهِ

Al-hamdu lillaah

("Praise be to Allah")

...and then take **two** more sips.

We should fill **one-third** of our stomach up with **food**, **one-third** with **water**, and leave the other third **empty**. This is the healthiest way to eat, and it is the manner in which our Prophet (*Sallallahu'alayhi wa-sallam*) used to do so.

We should **finish** all of our food and not **leave** any behind for the Shaytaan to eat. We must not **waste** food,

because food is **precious**. And we should **lick** our fingers clean.

When we have finished eating, we should say:

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مِنَ الْمُسْلِمِينَ

Al-hamdu lillaahil-ladhee at'amanaa wa-saqaanaa wa-ja'alanaa minal-Muslimeen

("Praise be to Allah, Who gave us food and drink and made us Muslims.")

Halaal Food

Allah (*ta'ala*) has made many kinds of food and drink ***halaal***, or allowed. ***Halaal*** food includes:

- 1) All kinds of fresh and dried **fruits** and **vegetables**
- 2) **Wheat** and bread (without any *haraam* animal products)
- 3) **Milk** and dairy products
- 4) **Eggs**
- 5) **Fish** and other **seafood**

And there are a lot of other things that are *halaal* for us to eat and drink.

The kinds of **animals** that are *halaal* to eat include:

- 1) **Sheep**
- 2) **Cows**
- 3) **Chicken**
- 4) **Goat**

5) Camels

But for them to be *halaal* for us to eat, they must be **slaughtered** in the proper Islamic way:

- 1) The slaughterman must be a **Muslim**, or a **practicing Jew or Christian**.
- 2) He must face the animal towards the ***qiblah***.
- 3) Then he must say:

بِسْمِ اللَّهِ

“*Bismillaah*”

(“In the Name of Allah”)

...as he cuts the animal’s **throat** with a **sharp** knife.

- 4) He must wait for all of the **blood** to be **pumped out** and for the animal to **stop moving** before he takes its skin off and cuts up its meat.

If an animal is not killed in this way, it is not *halaal* for us to eat.



Haraam Food

There are some animals that are ***haraam***. We are not allowed to eat them because Allah (*ta'ala*) has told us that they are impure and not good for us. They include:

- 1) **Pigs**
- 2) **Birds of prey**
- 3) Animals that live both **in** and **out of the water**
- 4) Animals that have **claws** or **fangs**
- 5) Animals that are found **dead**, not having been slaughtered
- 6) **Frogs**

And it is ***haraam*** to drink anything with **alcohol** in it, like **wine**, **beer** or other things like that. Also, any food that has alcohol included in it is ***haraam***.

Alcohol is ***haraam*** because if a person drinks too much of it, he **loses control** of his mind and his senses and begins to behave like an **animal**.

He might **harm** people and do all sorts of bad things, and he might not even remember what he did when he comes back to normal again.

There are others things that are ***haraam*** as well, like narcotic **drugs** and **cigarettes**. Drugs **harm** a person's **body** and **mind**, sometimes for the rest of his life

And smoking **cigarettes** or **cigars** causes many kinds of deadly **diseases like lung cancer** and **throat cancer**. It also harms other people around the smoker who have to breathe in the cigarette **fumes**.

We must be very **careful** of the things that are *haram*. We should **stay away** from the places that sell *haram* things, and we should **avoid** being in the company of people who eat and drink *haram* things.

In Australia, many of the people are not Muslims. So they do not have the same rules as us when it comes to *halaal* and *haram*. Many kinds of food have **ingredients** in them with *haram* substance.

Many kinds of food contain **animal products** from animals that have not been killed in the *halaal* way. We are not allowed to eat food that contains these kind of animal products, unless they were taken from an animal killed in the *halaal* way. Examples of these *haram* animal products are **gelatine** and some **emulsifiers**.

Therefore, when we go to the shop to buy food, we must always **check the ingredients** to make sure that there is nothing *haram* in it. We should always ask our parents to check the ingredients of anything before we eat it.

We should only go to eat a Muslim **restaurants** where *halaal* food is served. We should not go to **fast-food** places or **takeaways** run by non-Muslims, because they have many *haram* ingredients in nearly all of their food.

We should try to buy as much of our food as possible from Muslim shops, so that we can eat *halaal* food and help the businesses run by Muslims.

Clothing

Allah (*ta'ala*) has told us that we should wear nice clean clothes. He has also told us what kind of clothes we can wear and what kind of clothes we can't wear.

We should always look **respectable** and **dignified** by wearing **clean, neat** and **tidy** clothes. It doesn't look good if we wear dirty, torn clothes with holes in them, does it?

In Islam, there are also some **requirements** for covering the body.

Males must always wear **loose** clothing that covers at least from the **navel** to the **knees**. And females must wear **loose** clothing that covers the **whole body** except

the **face** and **hands** wear **loose** clothing that covers the **whole body** except the **face** and **hands**.

Our clothing should not be so tight that it shows the shape of our bodies. This is very important, because Allah (*ta'ala*) wants us to be **modest** and **respectable**.

And our Prophet Muhammad (*Sallallahu'alayhi wa-sallam*) taught us that we should dress in such a way that it can be **seen** that we are **Muslims**.

There are many kinds of **Islamic clothing**, such as the **thobe**, **shalwar qamees**, **sarong** and so on. For females, they must wear the **hijab** which is clothing that covers their **hair** and **bodies**.

The usual manner of the Prophet (*Sallallahu'alayhi wa-sallam*) was to wear an **izaar** (a lower garment like a sarong) that would come down to mid-calf, **shoes** or **sandals**, a **qamees** (a long shirt coming down to the shins) with sleeves that would come down to his wrists, and a cloth **cap** on his head. He would often wear an **'imaamah** (turban) wrapped around his cap as well, with its ends hanging down the middle of his back or over his shoulder. Sometimes he would wear a **sheet** like a shawl wrapped around his upper body too. It is very highly

recommended to imitate the manner of dressing of our Prophet Muhammad (*Sallallahu'alayhi wa-sallam*).

Our Prophet (*Sallallahu'alayhi wa-sallam*) said that the **best colour** for men is **white**, and the **best colour** for women is **black**.

Our clothing should be **simple** and **moderate**, and not too **extravagant**. Islam teaches us to be **humble**, and our way of dressing should reflect that.

Our Prophet (*Sallallahu'alayhi wa-sallam*) taught us that it is *haram* for males to wear clothing that contains **silk** or **gold**.

He also taught us that it is *haram* for males to wear clothing that hangs down **below the ankles**. This is very important. We should make sure that when we buy new clothes that they fit this rule. If they don't, we should ask our parents to **cut** and **modify** them accordingly.

We should not wear clothing that have **pictures** of **people** or **animals** on them, because our Prophet (*Sallallahu'alayhi wa-sallam*) taught us that pictures are

haraam and that those who make pictures are in the Hell-fire.

Also, it is not allowed to wear clothing that has the **symbols of other religions** on it, like the Christian **cross**, the Jewish **star**, the images of the **idols** of the *mushrikeen* or anything like that...

When we go outside, we should wear **shoes** or **sandals**. It is not good manners to walk around barefooted outside. Also, we must not walk with one shoe on and one shoe off.

And when we are praying, we should make sure that we wear our **best clothes**, because we are standing in front of Allah (*ta'ala*). While praying, we should wear a **cap** or something to **cover our heads**, and we should also wear **long-sleeved** clothes.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Things That We Must Be Careful Of

There are many things that Shaytaan uses to try and lead us to do the things that are bad and harmful. Sometimes it is very hard to avoid those things. We must be **strong-willed** in order to do what is right and avoid what is wrong, in order to please Allah (*ta'ala*) and to go to *Jannah*.

In Australia, there are many things around us that people do that we are not allowed to do. This is because most of the people in Australia are not Muslims and they do not follow our religion.

We must always remember that we are **Muslims** first and foremost. We must always **obey** Allah (*ta'ala*) and do the things that will **please** Him, **wherever** we are. Our Prophet (*Sallallahu'alayhi wa-sallam*) said:

اتَّقُوا اللَّهَ حَيْثُ مَا كُنْتُمْ

“Fear Allah wherever you are.”

Some of the things that we must be **careful** of and **avoid** are:

1. **Disrespect to parents and elders.** We must always be **respectful** and **obedient** to our parents, teachers

and elders, because they have much more **knowledge** and **experience** than we do. They

care about us and they want us to grow up to be good Muslims. So they **advise** us and **teach** us the things that we need to know. And they **protect** us from doing anything that might harm ourselves. So we should respect them and listen to them.

2. Listening to **music**. Allah (*ta'ala*) and His Messenger (*Sallallahu'alayhi wa-sallam*) have forbidden us to listen to music, because it causes the heart to become **forgetful** of Allah (*ta'ala*). If we listen to music it becomes harder for us to remember Allah and to obey Him, and it becomes more **difficult** to **memorise** the Qur'aan.

3. Watching the **TV**. We should not watch the TV, because most of the people on TV are of **bad** and **immoral** character, and most of the programmes on TV contain ***haram*** things like music, dancing, immodest dress etc. We should only use the TV for watching useful educational programmes or good Islamic videos.

4. Eating ***haram* food** or food with *haram* ingredients.

5. **Smoking** or other *haram* things.

6. We should not feel pressured by other non-Muslim children to do things that Allah (*ta'ala*) doesn't

want us to do. If they try to make us do these things, we must firmly say: **"No!"**

7. Boys should not wear **shorts** or other un-Islamic clothes. And girls should not go outside or appear in front of other males wearing perfume, make-up or without their **heads** and **bodies** completely **covered**.

8. We must avoid **parties** and **discos**, because many *haram* things happen there like music, dancing, drinking alcohol, eating *haram* food, smoking, mixing between males and females... and **Shaytaan** wants to lure us there so that we will **disobey** Allah (*ta'ala*).

9. We must not attend the religious festivals of the non-Muslims, as this is something that is forbidden.

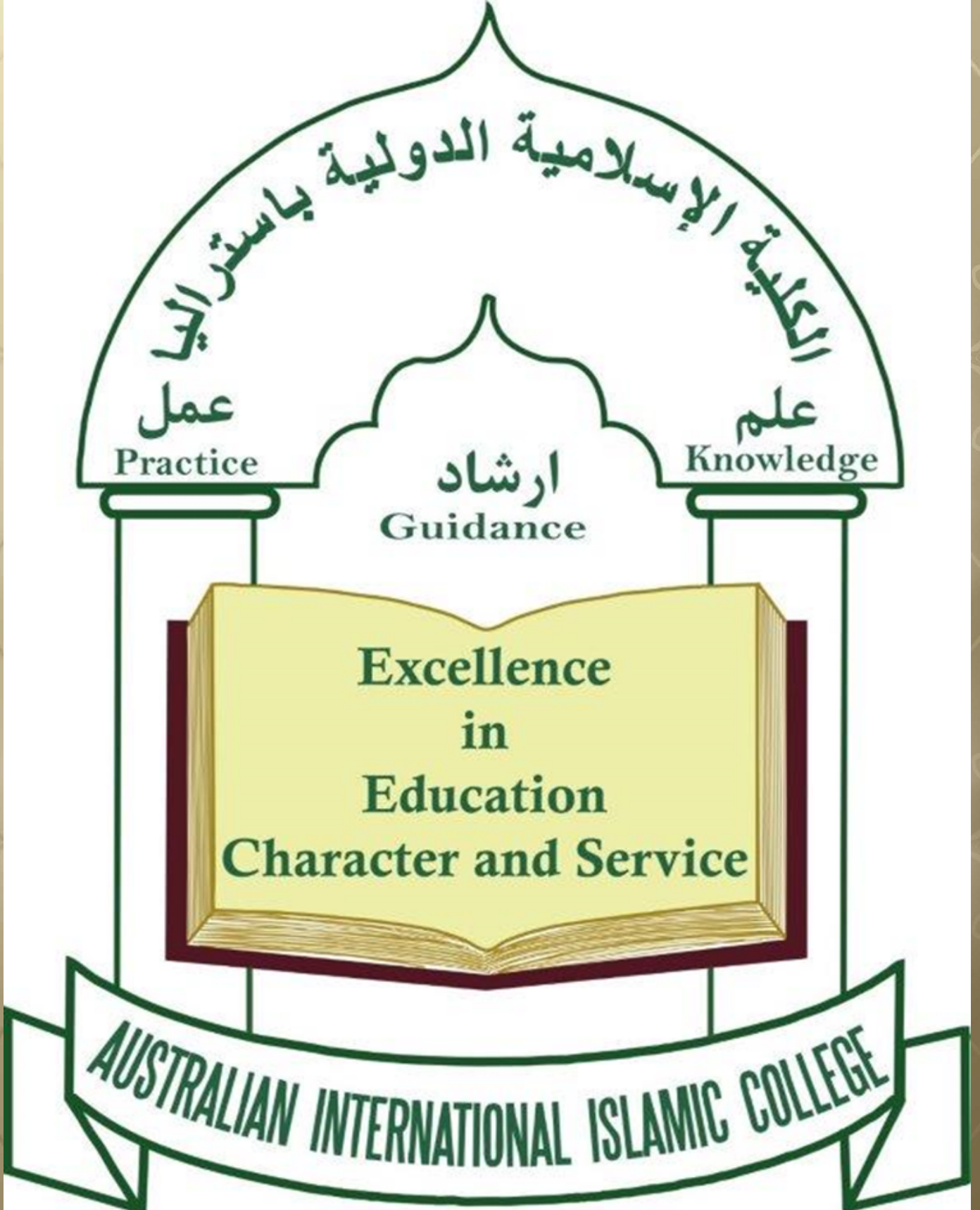
10. It is not allowed for females to visit the cemetery.
11. We should not **throw rubbish** on the ground in the masjid, or at home, or at school, or in the street, or anywhere... because we are **Muslims** and we must be **clean** and **well-mannered**. We must put all rubbish in the **bin**.
12. We must always keep ourselves **clean**. We must observe all of the hygienic rules when we go to the toilet so that we keep **clean** and do not get any harmful **diseases**. When we go to school, we should take an empty **bottle** with us to fill up with water so that we can **wash** ourselves correctly.
13. We must always **pray on time**, wherever we are. The **prayer** is the most **important** of deeds.
14. We must be kind to the animals. We must not **scare** or **harm** our pets or other animals **unless** they try to attack us first. We must not **disturb** a bird's nest or an animal's home.
15. We must not **swear** or use **bad language**.

16. Males and females that are not close relatives should not **mix freely** together. When they reach the age of **maturity**, they must be **segregated**.
17. We should make **friends** with the other Muslim children and we should go to the **masjid** and **madrasah** regularly so that we can spend as much time as possible in a good **Muslim environment**.
18. If we see any of our Muslim brothers or sisters doing any of these bad things, we should approach them and **advise** them **gently** and in the **best way**, and **explain** to them why what they are doing is wrong. We should **remind** them to **obey** Allah (*ta'ala*) so that Allah will be **pleased** with them and allow them to enter **Jannah**.



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