

April 2020

Productive Teens

A 10 Day Ebook

الرفق بالدينار

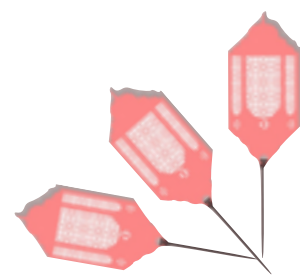


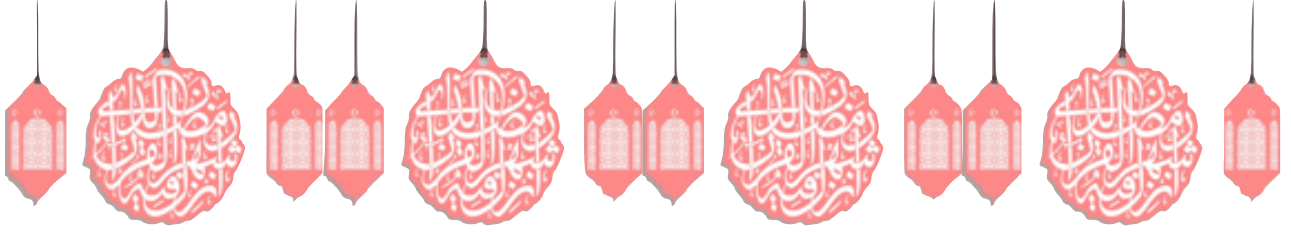
Ramadan
Handbook
2020 Collection

Book One

Written by
Jaamia Zainab

Foreword	3
Introduction	4
<i>Book Objectives</i>	4
<i>How to Use the Book</i>	4
Chapter One	5
Chapter Two	6
Chapter Three	7
Chapter Four	8
Chapter Five.....	9
Chapter Six.....	10
Chapter Seven.....	11
Chapter Eight	12
Chapter Nine	13
Chapter Ten.....	14
The Mercy Mission	20
Useful Links	21
Bibliography	22





Foreword

In the name of Allah, the most gracious, the most merciful.

We praise Allah ﷻ and offer salutations upon His Noble Messenger and his family and companions.

The Prophet of Allah ﷺ said: “It (Ramadhan) is the month, whose beginning is mercy, its middle, forgiveness and its end, emancipation from the fire of hell” [Bayhaqi’s Shu’bul Imaan 3608]

The three stages of Ramadhan are called Ashra, which means “ten”. There are three Ashra’s in Ramadhan. Keeping this Hadeeth Shareef in mind, this book has been designed to help you understand the concept of mercy by being merciful to others, thus, attracting the mercy of Allah ﷻ.

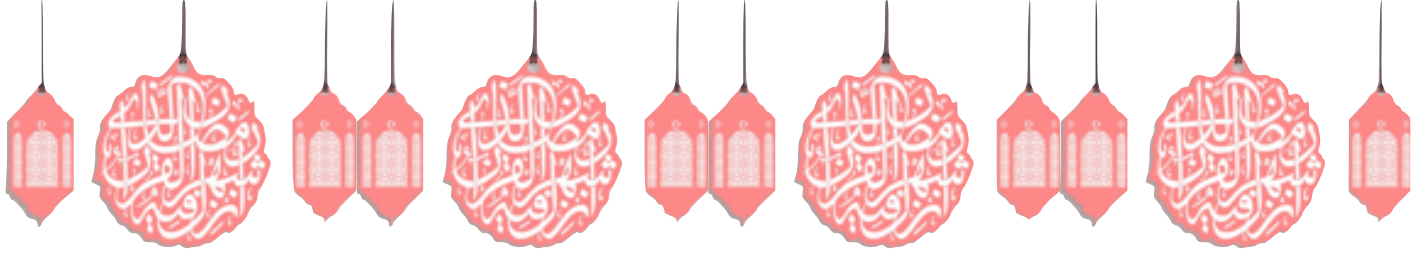
Most of us experience the overwhelming feeling that our sins are just too many, thinking that not even a drop of Allah ﷻ’s mercy is going to reach us. We fall into a ditch of sadness and lose hope of entering Jannah through Allah ﷻ’s infinite mercy.

One of the 99 names of Allah ﷻ is Ar Rahman, which means The Most Merciful. No matter how far off the track you go, how much you sin, how deep you fall, if you call onto him, He will respond to you. He will forgive you.

We pray that Allah ﷻ accepts the efforts of all those who contributed in this noble cause.

Copyright © 2 0 2 0 Jaamia Zainab

www.jamiazainablusaka.org | jamiazainab@gmail.com



Introduction

The mercy mission is a proactive and positive initiative that improves the standards of living in the society. It also increases youth engagement. Developing mercy can be a way of bringing our emotions into a healthy balance that increases our sense of well-being.

The mercy mission challenge is a ten day challenge, devoted to performing as many acts as possible.

Using the provided checklists in the ebook, the youth accept the challenge and show the world that this is the Ummah of the Prophet of mercy ﷺ.

Mercy matters!

Book Objectives

- ✓ Understand the mercy of Allah ﷻ
- ✓ Appreciate the mercy of Rahmatul lil Alameen ﷻ
- ✓ Inculcate mercy into the lives of the readers

How to Use the Book

Not all learners are the same, so courseworks shouldn't be either. Whether you learn best by hearing, reading or doing, or a mixture of all three, this unique course book uses all three approaches to help you engage with each topic.

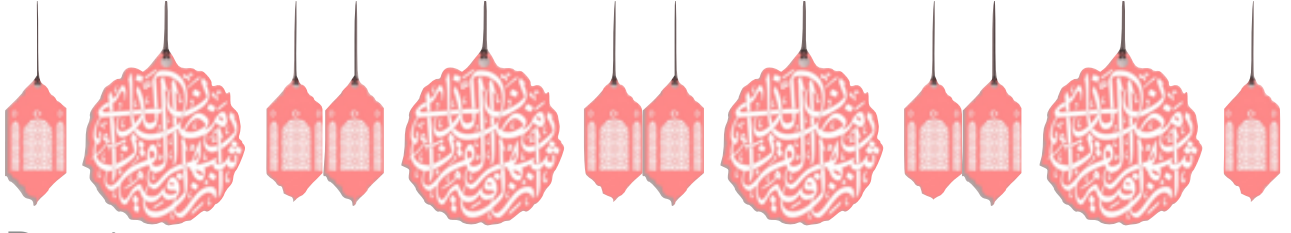
 Click on the chapter name for an audio walk-through of each topic



Hands-on activities



Highly visual layout



Day 1



Chapter One

رَبِّي أَرْحَمُهُمَا كَمَا رَبَّيَانِي صَغِيرًا

My Lord! Bestow on them Your mercy as they did bring me up when I was young. [Quran 17:24]

The idea of worshipping Allah ﷻ has a connection with honouring our parents. Allah ﷻ commanded us to treat them well when they are alive and to continuously pray for them if they have passed away.

الرَّاحِمُونَ يَرْحَمُهُمُ الرَّحْمَنُ أَرْحَمُوا مَنْ فِي الْأَرْضِ يَرْحَمَكُم مَّن فِي السَّمَاءِ الرَّحْمُ شُجْنَةٌ مِّنَ الرَّحْمَنِ فَمَنْ وَصَلَهَا وَصَلَهُ اللَّهُ وَمَنْ قَطَعَهَا قَطَعَهُ اللَّهُ

"The merciful are shown mercy by Ar-Rahman. Be merciful to those on the earth, and you will be shown mercy from Who is above the heavens. The womb is named after Ar-Rahman, so whoever connects it, Allah connects him, and whoever severs it, Allah severs him." [Jami Tirmithi]

Have you ever imagined yourself as a baby? Helpless, not being able to turn or ask for what you wanted. If you have, what did you feel? What did you want to do? Your mother lifted you, attended to your needs. Can anyone be as self-sacrificing as a mother?

Situation

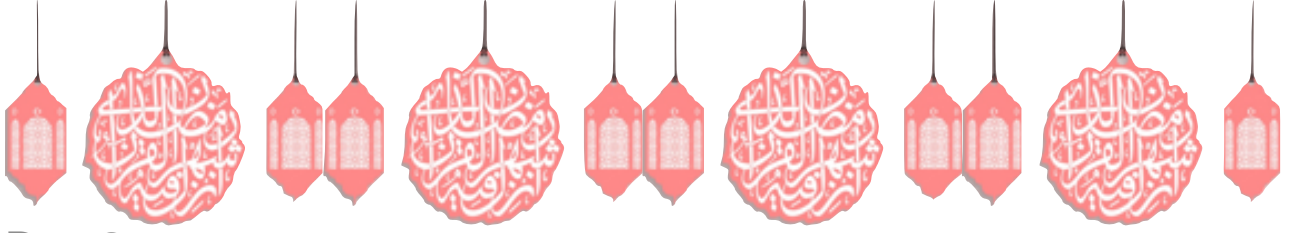
When I see my brother troubling my father when he's busy

Feeling

I think about my father not being able to concentrate on his work

Behaviour

I take care of my brother



Day 2



Chapter Two

رَبَّنَا اغْفِرْ لَنَا وَلِإِخْوَانِنَا الَّذِينَ سَبَقُونَا بِالْإِيمَانِ وَلَا تَجْعَلْ فِي قُلُوبِنَا غِلًّا لِلَّذِينَ آمَنُوا رَبَّنَا إِنَّكَ رَؤُوفٌ رَحِيمٌ

Our Lord! Forgive us and our brethren who have preceded us in faith, and put not in our hearts any hatred, against those who have believed. Our Lord! You are indeed full of kindness, Most Merciful. [Quran 59:10]

عَنْ أَبِي هُرَيْرَةَ ، أَنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ ، قَالَ : " خَلَقَ اللَّهُ مِائَةَ رَحْمَةٍ ، فَوَضَعَ وَاحِدَةً بَيْنَ خَلْقِهِ ، وَخَبَأَ عِنْدَهُ مِائَةَ إِلَّا وَاحِدَةً " ، قَالَ بَعْضُهُمْ : لِأُمَّةٍ مُحَمَّدٌ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ مِنْهَا يَوْمَ الْقِيَامَةِ النَّصْفُ كَمَا أَنَّهُمْ نَصْفُ أَهْلِ الْجَنَّةِ ، وَهُمْ أَرْحَمُ الْأُمَّمِ فِي الدُّنْيَا ، وَلِهَذَا سُمِّيَ نَبِيُّ الرَّحْمَةِ ، فَمَنْ نَزَعَتْ الرَّحْمَةَ مِنْ قَلْبِهِ خَشِيَ عَلَيْهِ أَنْ لَا يَكُونَ مِنْ أُمَّتِهِ

The Messenger of Allah ﷺ said, "Allah has created a hundred mercies, and he lowered one and placed it among his creation [or creatures] and he kept hidden with Him one hundred but one." [Sahih Muslim]

Some scholars say, "The community of Muhammad ﷺ will have out of that on the day of resurrection a full half just as they are the half of the people of paradise. And the community of Muhammad ﷺ are the most merciful of all communities in the world, that is why our Prophet ﷺ was named the Prophet of mercy. So from whoever mercy was removed from [his] their heart(s), it is feared for them that they do not actually belong to the community of the prophet ﷺ."

Situation

When I eat a chocolate

Feeling

I think of the little boy on the street who might crave for it

Behaviour

I share half of my chocolate with him

Day 3



Chapter Three

رَبَّنَا ظَلَمْنَا أَنفُسَنَا وَإِن لَّمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ

Our Lord! We have wronged ourselves. If You forgive us not, and bestow not upon us Your mercy, we shall certainly be of the losers.' [Quran 7:22]

عَنْ أَبِي بَكْرٍ الصِّدِّيقِ ، أَنَّهُ قَالَ لِرَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ : " عَلَّمَنِي دُعَاءً أَدْعُو بِهِ فِي صَلَاتِي ، قَالَ : قُلْ : اللَّهُمَّ إِنِّي ظَلَمْتُ نَفْسِي ظُلْمًا كَثِيرًا ، وَلَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ ، فَاعْفُرْ لِي مَغْفِرَةً مِنْ عِنْدِكَ ، وَارْحَمْنِي إِنَّكَ أَنْتَ الْغَفُورُ الرَّحِيمُ "

On the authority of Abu Bakr Siddiq رضي الله عنه, who said to the Messenger of Allah ﷺ: "Teach me a prayer by which I will supplicate in my prayer." He ﷺ said, "Say, O Allah, I have wronged myself greatly and none forgives sins except You, so forgive me with a special forgiveness from You, and grant me mercy, truly you are the Most Forgiving, the Most Merciful." [Sahih Muslim]

You see some people harming themselves by gambling, smoking, drinking.
How do you feel?

Situation

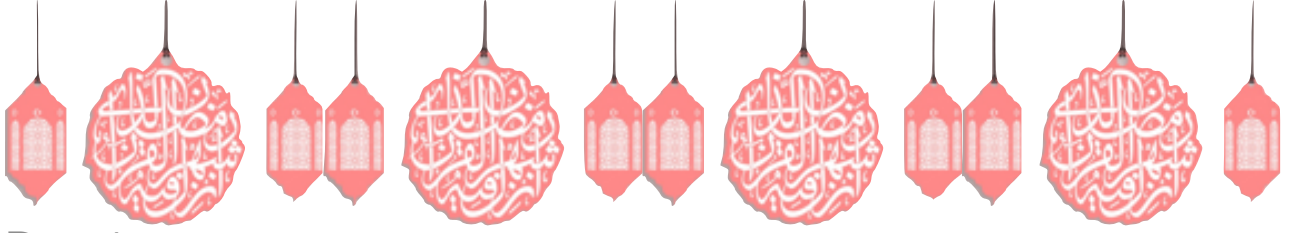
Feeling

Behaviour

When I see our old neighbour carrying a heavy bag

I think she must be struggling to carry that weight

I immediately run towards her and offer my help



Day 4



Chapter Four

رَبَّنَا آتِنَا مِنْ لَدُنْكَ رَحْمَةً وَهَيِّئْ لَنَا مِنْ أَمْرِنَا رَشَدًا

Our Lord! Bestow mercy on us mercy from your presence and dispose of our affairs for us in the right way [Quran 18:10]

This means that we are asking Allah ﷻ to grant us His mercy, conceal us from our people and grant us a good end.

قال : قال رسول الله صلى الله عليه وسلم مَنْ لَا يَرْحَمُ النَّاسَ لَا يَرْحَمُهُ اللَّهُ .

Messenger of Allah ﷺ said, "He who is not merciful to people Allah will not be merciful to him." [Al-Bukhari and Muslim].

Imagine yourself in a dark tunnel, with no one to go to, nowhere to turn to?
Now thank Allah ﷻ for guiding you to the right path.

Situation

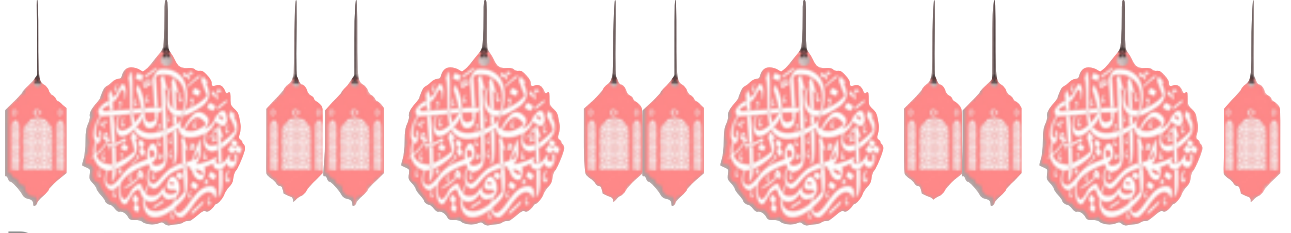
When I see charity campaigns being organised for people in war-stricken and poverty-stricken zones

Feeling

I think of how desperate they must be

Behaviour

I contribute with my own pocket money
Click [here](#) to donate this Ramadan!



Day 5



Chapter Five

رَبَّنَا وَلَا تَحْمِلْنَا مَا لَا طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا وَاعْفِرْ لَنَا وَارْحَمْنَا أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ
الْكَافِرِينَ

Our Lord, do not over burden us with more than we can bear. And pardon us, and forgive us, and have mercy on us. You are our Guide, so give us victory over the nation, the unbelievers. [Quran 2:286]

The scholars say that those when we commit misdeed, we need three things:

- Allah ﷻ's forgiveness
- that Allah ﷻ conceals these errors and does not expose us
- that Allah ﷻ saves us from erring

أَنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ: "رَحِمَ اللَّهُ عَبْدًا قَالَ فَعَنِمَ ، أَوْ سَكَتَ فَسَلِمَ"

The Messenger of Allah ﷺ said, "May Allah grant mercy to a servant of his who spoke and gained or keeps quiet and stays safe." [Bayhaqi]

Can you think of a time when you felt overwhelmed with life? You felt life crumbling onto you. It felt like forever, but now that you look back you come to realise how Allah ﷻ took you out of that situation.

Situation

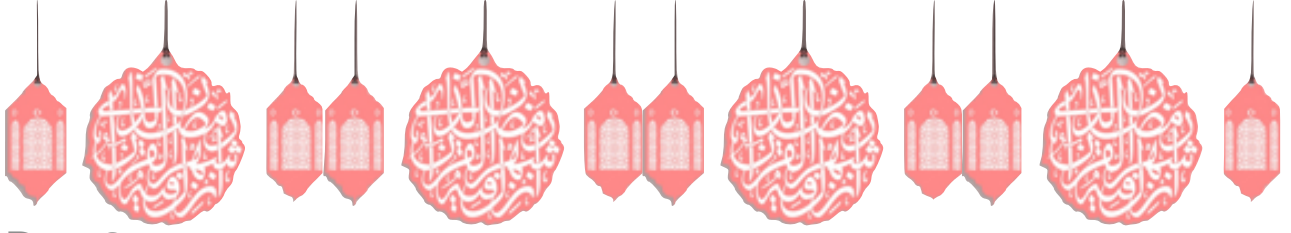
I see my friend lose a family member

Feeling

I remember when I felt overwhelmed in life

Behaviour

I remind her that Allah ﷻ doesn't burden us more than we can bear



Day 6



Chapter Six

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ لَدُنْكَ رَحْمَةً

Our Lord! Let not our hearts deviate (from the truth) after You have guided us, and grant us mercy from You [Quran 3:8]

In this Ayah, we ask Allah ﷻ to bestow on us mercy with which He makes our hearts firm and increases us in our Imaan.

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ " تَرَى الْمُؤْمِنِينَ فِي تَرَاحُمِهِمْ وَتَوَادِهِمْ وَتَعَاطُفِهِمْ كَمَثَلِ الْجَسَدِ إِذَا اشْتَكَى عَضْوًا تَدَاعَى لَهُ سَائِرُ جَسَدِهِ بِالسَّهْرِ وَالْحُمَى "

Allah's Messenger ﷺ said, "You see the believers as regards to their being merciful among themselves and showing love among themselves and being kind, resembling one body, so that, if any part of the body is not well then the whole body shares the sleeplessness (insomnia) and fever with it." [Sahih Bukhari]

What kind of a feeling is it to work and earn to spend on others instead of yourself? How about making something and donating this Ramadan?

Situation

I see all the clothes in my wardrobe

Feeling

I think of those who don't have a good pair for Eid

Behaviour

I give my favourite pair of clothes in charity

Day 7

Chapter Seven

رَبَّنَا لَا تَجْعَلْنَا فِتْنَةً لِّلْقَوْمِ الظَّالِمِينَ وَنَجِّنَا بِرَحْمَتِكَ مِّنَ الْقَوْمِ الْكَافِرِينَ

Our Lord! Make us not a trial for the folk who are wrongdoers. And save us by Your mercy, from the disbelieving folk [Quran 10:85]

This means that we ask Allah ﷻ not to give the disbelievers authority over us so they might make us fall into Fitnah and we ask him to save us with His mercy from those who rejected His message.

عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ " قَالَ اللَّهُ عَزَّ وَجَلَّ سَبَقَتْ رَحْمَتِي غَضَبِي "

Nabi ﷺ said, "Allah, the Exalted and Glorious, said: My mercy excels My wrath." [Sahih Muslim]

You did something wrong and expected your mother's wrath. You asked Allah ﷻ to forgive you and silently prayed. To your utter surprise your mother forgave you.

Situation

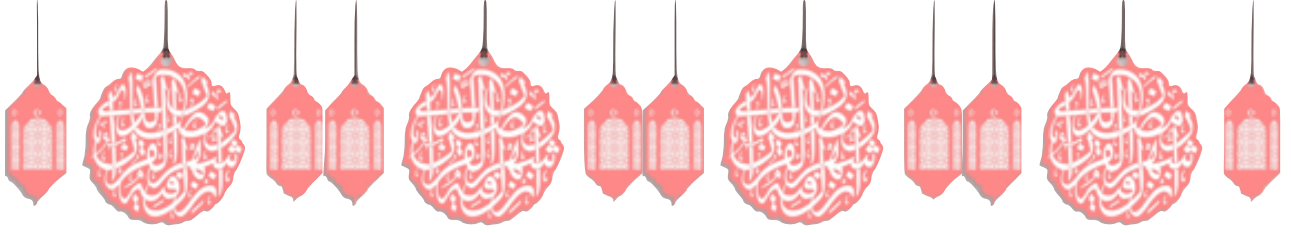
My friend scratches my brand new iPhone 11

Feeling

I feel fury and rage

Behaviour

I remember the Hadeeth and forgive her



Day 8



Chapter Eight

رَبِّ اغْفِرْ وَأَرْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِينَ

My Lord! Forgive and have mercy, for You are the best of those who show mercy! [Quran 23:118]

Allah ﷻ is teaching us to recite this Dua, for forgiveness and mercy, so that he may guide us and help us do good.

قَالَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ " لَيْسَ مِنَّا مَنْ لَمْ يَرْحَمْ صَغِيرَنَا وَيُوقِرْ كَبِيرَنَا "

The Prophet ﷺ said: "He is not one of us who does not have mercy on our young and does not respect our elders."

You see an old man walking to the mosque. You can tell he is struggling to walk. You offer him a lift, in return of which he makes Dua for you. How do you feel after helping him? Do you feel contentment and happiness?

Situation

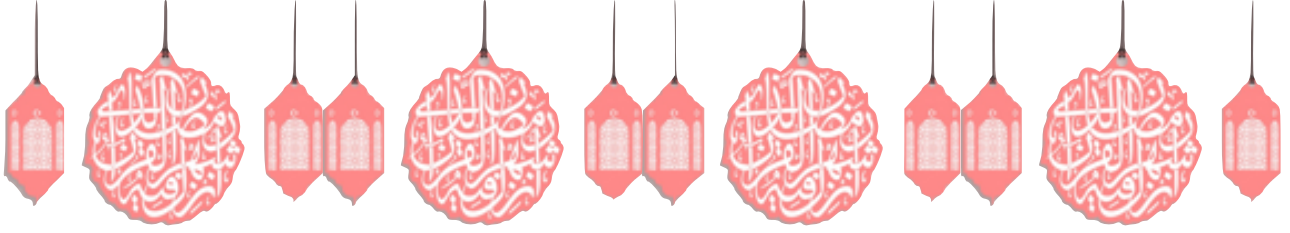
I am doing my work and I hear a little child wailing

Feeling

I get irritated

Behaviour

I remember the mercy of the Prophet ﷺ and attend to the child



Day 9



Chapter Nine

رَبِّ اغْفِرْ لِي وَلِأَخِي وَأَدْخِلْنَا فِي رَحْمَتِكَ

O my Lord! Forgive me and my brother, and admit us into Your mercy
[Quran 7:151]

Musa Alaihissalam asked Allah ﷻ to put him and his brother under the shade of His mercy.

عَنْ ابْنِ عَبَّاسٍ ، قَالَ : كَانَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَقُولُ بَيْنَ السَّجْدَتَيْنِ : " اللَّهُمَّ اغْفِرْ لِي ، وَارْحَمْنِي ، وَعَافِنِي ، وَارْزُقْنِي ، وَأَجْبِرْنِي ، وَاهْدِنِي " .

Ibn Abbas رضى الله عنه said, "The Messenger of Allah ﷺ used to say between the two prostrations [of every rakat], "O Allah my Lord forgive me, grant me mercy and heal me and sustain me and console me and guide me." [Jami Tirmithi]

Have you ever been really angry at your brother and decided to forgive him for the sake of Allah ﷻ? Did you feel Allah ﷻ's mercy envelope you after that?

Situation

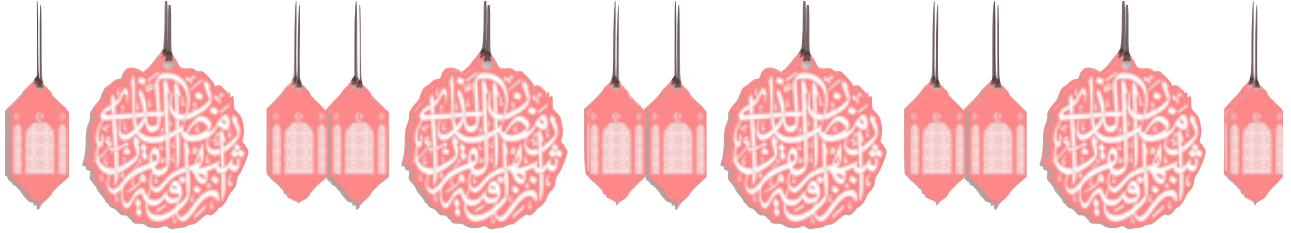
My brother is struggling with his math homework

Feeling

I want to finish my game, but I remember the times I struggled with math

Behaviour

I help my brother



Day 10



Chapter Ten

أَنِّي مَسْنِي الضَّرُّ وَأَنْتَ أَرْحَمُ الرَّاحِمِينَ

Verily, distress has seized me, and You are the Most Merciful of all those who show mercy. [Quran 21:83]

Allah ﷻ tells us about Ayub Alaihissalam and the trials that struck him, affecting his wealth, health and children. He ﷻ further tells us that when Ayub Alaihissalam asked Allah ﷻ to bestow his mercy upon him, He ﷻ answered his prayer and removed his distress.

أَشْهَدُ عَلَى أَبِي هُرَيْرَةَ وَأَبِي سَعِيدِ الْخُدْرِيِّ أَنَّهُمَا شَهِدَا عَلَى النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ أَنَّهُ قَالَ : لَا يَقْعُدُ قَوْمٌ يَذْكُرُونَ اللَّهَ عَزَّ وَجَلَّ إِلَّا أَحَفَّتْهُمُ الْمَلَائِكَةُ وَغَشِيَتْهُمُ الرَّحْمَةُ وَنَزَلَتْ عَلَيْهِمُ السَّكِينَةُ وَذَكَرَهُمُ اللَّهُ فِيمَنْ عِنْدَهُ

I bear witness to the fact that both Abu Huraira and Abu Sa'id Khudri were present when Allah's Messenger (may peace be upon him) said: "The people do not sit but they are surrounded by angels and covered by Mercy, and there descends upon them tranquillity as they remember Allah, and Allah makes a mention of them to those who are near Him." [Sahih Muslim]

Have you ever seen an animal in pain? What did you do?

Situation

An old lady who lives down the street has been hospitalised

Feeling

I remember the time when I was ill

Behaviour

I pay her a visit

My Lord said:

رَبِّي أَرْحَمُهُمَا كَمَا رَبَّيَانِي صَغِيرًا



Click the
Ayah for
translation

I have understood:

رَبَّنَا اغْفِرْ لَنَا وَلِإِخْوَانِنَا الَّذِينَ سَبَقُونَا
بِالْإِيمَانِ وَلَا تَجْعَلْ فِي قُلُوبِنَا غِلًّا لِلَّذِينَ
آمَنُوا رَبَّنَا إِنَّكَ رَؤُوفٌ رَحِيمٌ

رَبَّنَا ظَلَمْنَا أَنفُسَنَا وَإِن لَّمْ تَغْفِرْ لَنَا
وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ

رَبَّنَا آتِنَا مِن لَّدُنكَ رَحْمَةً وَهَيِّئْ لَنَا
مِنْ أَمْرِنَا رَشَدًا

رَبِّ اغْفِرْ لِي وَلِإِخِي وَأَدْخِلْنَا فِي
رَحْمَتِكَ

رَبَّنَا وَلَا تَحْمِلْنَا مَا لَا طَاقَةَ لَنَا بِهِ
وَاعْفُ عَنَّا وَاعْفِرْ لَنَا وَارْحَمْنَا



Click the
Ayah for
translation

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ
لَنَا مِنْ لَدُنْكَ رَحْمَةً

رَبَّنَا لَا تَجْعَلْنَا فِتْنَةً لِلْقَوْمِ الظَّالِمِينَ وَنَجِّنَا
بِرَحْمَتِكَ مِنَ الْقَوْمِ الْكَافِرِينَ

رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِينَ

أَنْي مَسْنِي الضَّرُّ وَأَنْتَ أَرْحَمُ
الرَّاحِمِينَ

My Prophet ﷺ said: I have understood:

"The merciful are shown mercy by Ar-Rahman. Be merciful to those on the earth, and you will be shown mercy from Who is above the heavens. The womb is named after Ar-Rahman, so whoever connects it, Allah connects him, and whoever severs it, Allah severs him." [Jami Tirmithi]

The Messenger of Allah ﷺ said, "Allah has created a hundred mercies, and he lowered one and placed it among his creation [or creatures] and he kept hidden with Him one hundred but one." [Sahih Muslim]

The Prophet ﷺ said, "Say, O Allah, I have wronged myself greatly and none forgives sins except You, so forgive me with a special forgiveness from You, and grant me mercy, truly you are the Most Forgiving, the Most Merciful." [Sahih Muslim]

Nabi ﷺ said: “The people do not sit but they are surrounded by angels and covered by Mercy, and there descends upon them tranquillity as they remember Allah, and Allah makes a mention of them to those who are near Him.” [Sahih Muslim]

The Messenger of Allah ﷺ said, “May Allah grant mercy to a servant of his who spoke and gained or keeps quiet and stays safe.” [Bayhaqi]

Allah's Messenger ﷺ said, "You see the believers as regards their being merciful among themselves and showing love among themselves and being kind, resembling one body, so that, if any part of the body is not well then the whole body shares the sleeplessness (insomnia) and fever with it." [Sahih Bukhari]

Nabi ﷺ said, “Allah, the Exalted and Glorious, said: My mercy excels My wrath.” [Sahih Muslim]

The Prophet ﷺ said: “He is not one of us who does not have mercy on our young and does not respect our elders.”

Nabi ﷺ used to say between the two prostrations [of every rakat], “O Allah my Lord forgive me, grant me mercy and heal me and sustain me and console me and guide me.” [Jami Tirmithi]

Messenger of Allah ﷺ said, "He who is not merciful to people Allah will not be merciful to him." [Al-Bukhari and Muslim]

The Mercy Mission

Merciful Deed	My state after showing mercy (10 points)	The state of the person or animal I showed mercy to (10 points)	Did I become a role model for other youth? (10 points)	Total Points
I fed the birds	I felt content (10 points)	The birds began chirping (10 points)	My younger sister wanted to feed the birds, too (10 points)	30 points
I watered the plants				
I paid my grandfather a visit				
I baked biscuits for my granny				
I made a beautiful card for my aunty				
I washed my father's car for him				
I cooked a meal to help my mother				
I helped my sibling with a project				
I helped my uncle with his chores				
I bought flowers for my neighbour				
I bought a gift for an orphan child				

Useful Links

- [Sheikh Abdul Nasir Jangda on The Mercy Of Allah ﷺ](#)
- [Sheikh Riyadh ul Haqq on The Prophet ﷺ A Mercy for Mankind](#)
- [Nasheed on the Mercy of Allah ﷻ](#)



Bibliography

- Tafseer Ibn Kathir. 25 Apr 2020.
- A Muslim's Character. Faruk Kanger, Aynur Tutkun. 25 Apr 2020.
- Sayings and Teachings of Prophet Muhammad ﷺ. sunnah.com. 25 Apr 2020.
- The Noble Quran. quran.com. 25 Apr 2020.
- A, Moulana Muhammad. "The Famous Hadith on the Virtues of the Three Sets of Ten Days of Ramadan." *Hadith Answers*, 11 Apr. 2020, hadithanswers.com/the-famous-virtues-of-ramadan/.

Jamia-Zainab

*For Girls
Lusaka*