

April 2020

Productive Teens

A 10 Day Ebook



**Ramadan
Handbook
2020 Collection**

Book Two

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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 (Ramadan) 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 Ramadan are called Ashra, which means “ten”. There are three Ashra’s in Ramadan. Keeping this Hadeeth Shareef in mind, this book has been designed to help us understand the concept of forgiveness, by forgiving others and hoping that Al- Ghafoor, the Most Forgiving ﷻ will pardon us.

"Forgiving a person who has wronged you is never easy, but dwelling on those events and reliving them over and over can fill your mind with negative thoughts and suppressed anger," says Dr. Tyler VanderWeele, co-director of the Initiative on Health, Religion, and Spirituality at the Harvard T.H. Chan School of Public Health. "Yet, when you learn to forgive, you are no longer trapped by the past actions of others and can finally feel free."

Researches have proven that forgiveness plays a huge role in your physical health, including lowering cholesterol, reducing pain levels and blood pressure, bringing down anxiety, depression and stress, and lowering risks of heart attack.

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

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Introduction

Who hasn't been hurt in life? Time and again we have been hurt by the actions and words of others. It may be a parent, partner, colleague, sibling or you may have gone through some traumatic experience that has left you with an everlasting feeling of bitterness and anger. Forgiveness does not mean excusing the harm done to you or making up with the person who caused the harm, it literally means letting go of the resentment and grudges. It means allowing your positive feelings to overcome the negative ones.

Book Objectives

- ✓ Understand the forgiveness of Allah ﷻ and appreciate how the Prophet ﷺ forgave
- ✓ Improve mental and physical health through forgiveness
- ✓ Learn what true forgiveness is
- ✓ Forgive others in order to attain the forgiveness of Allah ﷻ

How to Use the Book

Not all learners are the same, so courseworks shouldn't be either. Whether you learn best by hearing, reading, 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

وَهُوَ الَّذِي يَقْبَلُ التَّوْبَةَ عَنْ عِبَادِهِ وَيَعْفُو عَنِ السَّيِّئَاتِ وَيَعْلَمُ مَا تَفْعَلُونَ

And it is He who accepts repentance from his servants and pardons misdeeds, and He knows what you do [Quran 42:25]

In this Ayah Allah ﷻ reminds His servants that if they flee to Him, by His kindness and generosity He will forgive them and conceals their sins.

سَمِعْتُ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَقُولُ وَاللَّهِ إِنِّي لَأَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ فِي الْيَوْمِ أَكْثَرَ مِنْ سَبْعِينَ مَرَّةً

I heard Allah's Messenger ﷺ saying, “I swear by Allah that I seek Allah's Pardon and turn to Him in repentance more than seventy times a day” [Sahih Bukhari]

How do you think responding to rudeness with impoliteness affects our relationship with people?

Situation

I find a strand of hair in my food

Feeling

I feel like screaming at the cook and throwing the food away

Behaviour

I stay calm, take the hair out and eat my food



Day 2

Chapter Two

ثُمَّ عَفَوْنَا عَنْكُمْ مِّنْ بَعْدِ ذَلِكَ لَعَلَّكُمْ تَشْكُرُونَ

Then after that We forgave you so that you might be grateful [Quran 2:52]

Let us be grateful to Allah ﷻ for all his favours upon us.

عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ " مَنْ قَالَ حِينَ يَأْوِي إِلَى فِرَاشِهِ أَسْتَغْفِرُ اللَّهَ الْعَظِيمَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ وَأَتُوبُ إِلَيْهِ . ثَلَاثَ مَرَّاتٍ غَفَرَ اللَّهُ ذُنُوبَهُ وَإِنْ كَانَتْ مِثْلَ زَبَدِ الْبَحْرِ وَإِنْ كَانَتْ عَدَدَ وَرَقِ الشَّجَرِ وَإِنْ كَانَتْ عَدَدَ رَمْلِ عَالِجٍ وَإِنْ كَانَتْ عَدَدَ أَيَّامِ الدُّنْيَا

The Prophet (ﷺ) said: “Whoever says, when he goes to his bed: ‘I seek forgiveness from Allah, [the Magnificent] the One whom there is none worthy of worship except for Him, the Living, the Sustainer, and I repent to Him (Astaghfirullāha [al-`Azim] alladhi lā ilāha illā huw, al-Ḥayyul-Qayyūm, wa atūbu ilaihi)’ three times, Allah shall forgive him his sins if they were like the foam of the sea, even if they were the number of leaves of the trees, even if they were the number of sand particles of `Alij, even if they were the number of the days of the world.” [Jami Tirmithi]

Did you know that being forgiving is amongst the characteristics praised by Allah ﷻ?

Situation

The helper spills hot tea on me

Feeling

I feel like screaming

Behaviour

I forgive her with the hope that Allah ﷻ will forgive me



Day 3

Chapter Three

إِنَّ اللَّهَ يَغْفِرُ الذُّنُوبَ جَمِيعًا إِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ

Indeed, Allah forgives all sins. Indeed, it is He who is the Forgiving, the Merciful. [Quran 39:53]

In this Ayah, Allah ﷻ is giving hope of his forgiveness to all those who committed sins, even if they are as many as a sea.

كَانَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ إِذَا أَنْصَرَفَ مِنْ صَلَاتِهِ اسْتَغْفَرَ اللَّهَ ثَلَاثًا

Whenever Allah's Messenger ﷺ finished his prayer, he would seek Allah ﷻ's forgiveness thrice [Sahih Muslim].

Have you ever been teased or bullied by someone? Did you forgive them?
Did forgiving them mean that you approved of their behaviour?

Situation

I have a fight with my younger sibling. My mother shouts at me, even though I was not at fault

Feeling

I feel upset, but I know that she is sick and thus, maybe she didn't hear the whole story nicely

Behaviour

I let it go and don't make a fuss about it



Day 4

Chapter Four

رَبَّنَا إِنَّا أَمْنَا فَاغْفِرْ لَنَا ذُنُوبَنَا وَقِنَا عَذَابَ النَّارِ

Our Lord, indeed we have believed, so forgive us our sins and protect us from the punishment of the Fire [Quran 3:16]

In this Ayah we are being taught to seek forgiveness for our errors and shortcomings, because of our belief in Allah ﷻ.

إِنْ كُنَّا لَنَعُدُّ لِرَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ فِي الْمَجْلِسِ الْوَاحِدِ مِائَةَ مَرَّةٍ " رَبِّ اغْفِرْ لِي وَتُبْ عَلَيَّ إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ "

We counted that the Messenger of Allah ﷺ would say a hundred times during a meeting: "My Lord! Forgive me and pardon me. Indeed, You are the Oft-Returning with compassion and Ever Merciful." [Jami Tirmithi]

Did you know that the Prophet ﷺ was free from all sins? Then why would he ask Allah ﷻ to pardon him?

Situation

My friend drops ice-cream on my clothes at our graduation party

Feeling

I feel very upset, but I know it was a mistake

Behaviour

I don't hold it against her and I forgive her



Day 5

Chapter Five

وَأَسْتَغْفِرِ اللَّهَ ^{بِهِ} إِنَّ اللَّهَ كَانَ غَفُورًا رَحِيمًا

And seek forgiveness of Allah. Indeed, Allah is ever Forgiving and Merciful
[Quran 4:106]

قَالَ رَسُولُ اللَّهِ - صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ - " مَنْ لَزِمَ الْإِسْتِغْفَارَ جَعَلَ اللَّهُ لَهُ مِنْ كُلِّ هَمٍّ فَرَجًا وَمِنْ كُلِّ ضِيقٍ مَخْرَجًا وَرَزَقَهُ مِنْ حَيْثُ لَا يَحْتَسِبُ "

The Messenger of Allah ﷺ said: "Whoever persists in asking for forgiveness, Allah will grant him relief from every worry, and a way out from every hardship, and will grant him provision from (sources) he could never imagine." [Sunan Abi Dawood]

Think of a time in your life when you got angry at someone, but you forgave them. Now, what do you think about your patience and forgiving?
Do you regret it?

Situation

My sister sits on my favourite pair of glasses and breaks them

Feeling

I get furious and feel like hitting her

Behaviour

I remember that Allah ﷻ likes the forgiving and accept her apology



Day 6

Chapter Six

قُلْ إِنْ كُنْتُمْ تُحِبُّونَ اللَّهَ فَاتَّبِعُونِي يُحِبِّبِكُمْ اللَّهُ وَيَغْفِرْ لَكُمْ ذُنُوبَكُمْ وَاللَّهُ غَفُورٌ رَحِيمٌ

Say, [O Muhammad], “If you should love Allah, then follow me, [so] Allah will love you and forgive you your sins. And Allah is Forgiving and Merciful. [Quran 3:31]

In this Ayah, we are being told that with the blessings of following the commandments of Allah ﷻ and the Prophet ﷺ, Allah ﷻ will forgive our sins.

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ " اللَّهُ أَشَدَّ فَرَحًا بِتَوْبَةِ أَحَدِكُمْ مِنْ أَحَدِكُمْ بِضَالَّتِهِ إِذَا وَجَدَهَا

Allah's Messenger ﷺ said, "Allah is more pleased with the repentance of His servant when he turns penitently towards Him than one of you would be on finding the lost camel." [Sahih Muslim]

Restraining anger and forgiving are from the qualities of the pious people. Did you know that if we bring these qualities in us we will become beloved to Allah ﷻ?

Situation

My brother wakes me up at 6 am on a Sunday morning, just to give him a sweet

Feeling

I feel upset at him for being inconsiderate. I feel like shouting at him.

Behaviour

I exercise patience and excuse his mistake



Day 7

Chapter Seven

إِلَّا الَّذِينَ صَبَرُوا وَعَمِلُوا الصَّالِحَاتِ أُولَئِكَ لَهُمْ مَغْفِرَةٌ وَأَجْرٌ كَبِيرٌ

Except for those who are patient and do righteous deeds; those will have forgiveness and great reward [Quran 11:11]

This Ayah teaches us that if we exercise patience in times of difficulty and perform good deeds in times of ease, Allah ﷻ will forgive our errors.

عَنْ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ " إِنَّ اللَّهَ عَزَّ وَجَلَّ يَبْسُطُ يَدَهُ بِاللَّيْلِ لِيَتُوبَ مُسِيءُ النَّهَارِ وَيَبْسُطُ يَدَهُ بِالنَّهَارِ لِيَتُوبَ مُسِيءُ اللَّيْلِ حَتَّى تَطْلُعَ الشَّمْسُ مِنْ مَغْرِبِهَا "

Nabi ﷺ said, "Allah, the Exalted and Glorious, Stretches out His Hand during the night so that the people may repent for the fault committed from dawn till dusk and He stretches out His Hand during the day so that the people may repent for the fault committed from dusk to dawn. (He would accept repentance) before the sun rises in the west (before the Day of Resurrection)" [Sahih Muslim]

Think of a time in your life when you got angry at someone. Now, what do you think about your impatient behaviour at that time? Do you regret it?

Situation

My nephew rips a few pages from my biology notebook

Feeling

I think he's still small and he does not understand the importance of my notes

Behaviour

I forgive him and put my book in a safer place



Day 8

Chapter Eight

رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِينَ

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

Here Allah is commanding us to recite this Dua, so that He may wipe away our sins and conceal them from people.

سَمِعْتَ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَقُولُ " يُدْنِي الْمُؤْمِنُ يَوْمَ الْقِيَامَةِ مِنْ رَبِّهِ عَزَّ وَجَلَّ حَتَّى يَضَعَ عَلَيْهِ كَنَفَهُ فَيَقْرَهُ بِذُنُوبِهِ فَيَقُولُ هَلْ تَعْرِفُ فَيَقُولُ أَيْ رَبِّ أَعْرِفُ . قَالَ فَإِنِّي قَدْ سَتَرْتَهَا عَلَيْكَ فِي الدُّنْيَا وَإِنِّي أَغْفِرُهَا لَكَ الْيَوْمَ . فَيُعْطَى صَحِيفَةً حَسَنَاتِهِ

The Prophet ﷺ said: "A believer will be brought to his Lord, the Exalted and Glorious, on the Day of Resurrection and He would place upon him His veil (of Light) and make him confess his faults and say: Do you recognise (your faults)? He would say: My Lord, I do recognise (them). He (the Lord) would say: I concealed them for you in the world. And today I forgive them. And he would then be given the Book containing (the account of his) good deeds." [Sahih Muslim]

Imagine you shared a secret with a friend and she told someone else about it. What would you do? How would you react?

Situation

My brother makes a lot of noise when I am studying

Feeling

It makes me very uncomfortable

Behaviour

I politely tell him not to be noisy when I am studying



Day 9

Chapter Nine

فَمَنْ عَفَا وَأَصْلَحَ فَأَجْرُهُ عَلَى اللَّهِ إِنَّهُ لَا يُحِبُّ الظَّالِمِينَ

Whoever pardons and makes reconciliation – his reward is [due] from Allah. Indeed, He does not like wrongdoers. [Quran 42:40]

In this Ayah, we are being taught to forgive others, because forgiving does not increase a person in anything but honour.

عن النبي صلى الله عليه وسلم قال : " إن الله عز وجل يقبل توبة العبد ما لم يغرغر "

The Messenger of Allah ﷺ said, “Allah accepts a slave's repentance as long as the latter is not on his death bed (that is, before the soul of the dying person reaches the throat)” [Jami Tirmithi]

Have you ever been really angry at someone and then decided to forgive them for the sake of Allah ﷻ? Did you feel lighter after that?

For Girls

Situation

My brother steps on my injured foot

Feeling

It hurts and I feel like hurting him, too

Behaviour

I forgive him and do not try to hurt him in any way



Day 10

Chapter Ten

وَلِيَعْفُوا وَلِيَصْفَحُوا ۗ أَلَا تَحِبُّونَ أَنْ يَغْفِرَ اللَّهُ لَكُمْ

Let them pardon and overlook. Would you not like that Allah should forgive you [Quran 23:22]

It is important to overlook the faults of others, because you reap what you sow. If you forgive others, there is hope that Allah ﷻ will forgive you.

عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ " أَنْ رَجُلًا قَتَلَ تِسْعَةً وَتِسْعِينَ نَفْسًا فَجَعَلَ يَسْأَلُ هَلْ لَهُ مِنْ تَوْبَةٍ فَأَتَى رَاهِبًا فَسَأَلَهُ فَقَالَ لَيْسَتْ لَكَ تَوْبَةٌ . فَقَتَلَ الرَّاهِبَ ثُمَّ جَعَلَ يَسْأَلُ ثُمَّ خَرَجَ مِنْ قَرْيَةٍ إِلَى قَرْيَةٍ فِيهَا قَوْمٌ صَاحُونَ فَلَمَّا كَانَ فِي بَعْضِ الطَّرِيقِ أَدْرَكَهُ الْمَوْتُ فَنَأَى بَصَدْرَهُ ثُمَّ مَاتَ فَاخْتَصَمَتْ فِيهِ مَلَائِكَةُ الرَّحْمَةِ وَمَلَائِكَةُ الْعَذَابِ فَكَانَ إِلَى الْقَرْيَةِ الصَّالِحَةِ أَقْرَبَ مِنْهَا بِشِيرٍ فَجَعَلَ مِنْ أَهْلِهَا "

The Prophet ﷺ said: “a man killed ninety-nine persons and then he began to make an inquiry whether there was any way left for him for repentance. He came to a monk and asked him about that, and he said: There is no chance for repentance for you. He killed the monk also and then began to make an inquiry and moved from one village to another village where there lived pious persons, and as he had covered some distance, he was overtaken by death, but he managed to crawl upon his chest (to the side nearer to the place where the pious men lived). He died and then there was a dispute between the angels of mercy and the angels of punishment and (when it was measured) he was found to be nearer to the village where pious persons were living equal to the Space of a span and he was thus included among them.” [Sahih Muslim]

Have you ever been hurt? Do you think physical pain is worse or do you think emotional pain is worse?

Situation

Feeling

Behaviour

Someone humiliates me in front of others

I feel like doing the same to him

I decide to stay silent and forgive him

My Lord said:

وَهُوَ الَّذِي يَقْبَلُ التَّوْبَةَ عَنْ عِبَادِهِ
وَيَعْفُو عَنِ السَّيِّئَاتِ وَيَعْلَمُ مَا
تَفْعَلُونَ



Click the
Ayah for
translation

I have understood:

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Empty blue speech bubble for user input.

ثُمَّ عَفَوْنَا عَنْكُمْ مِّنْ بَعْدِ ذَلِكَ لَعَلَّكُمْ
تَشْكُرُونَ

إِنَّ اللَّهَ يَغْفِرُ الذُّنُوبَ جَمِيعًا إِنَّهُ هُوَ
الْغَفُورُ الرَّحِيمُ

رَبَّنَا إِنَّا أَمْنَا فَاغْفِرْ لَنَا ذُنُوبَنَا وَقِنَا
عَذَابَ النَّارِ

وَاسْتَغْفِرِ اللَّهُ ^{بِصَلِّ} إِنَّ اللَّهَ كَانَ غَفُورًا
رَّحِيمًا

قُلْ إِن كُنْتُمْ تُحِبُّونَ اللَّهَ فَاتَّبِعُونِي
يُحِبِّبِكُمْ اللَّهُ وَيَغْفِرْ لَكُمْ ذُنُوبَكُمْ وَاللَّهُ
غَفُورٌ رَحِيمٌ



Click the
Ayah for
translation

إِلَّا الَّذِينَ صَبَرُوا وَعَمِلُوا الصَّالِحَاتِ
أُولَئِكَ لَهُمْ مَغْفِرَةٌ وَأَجْرٌ كَبِيرٌ

رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِينَ

فَمَنْ عَفَا وَأَصْلَحَ فَأَجْرُهُ عَلَى اللَّهِ إِنَّهُ
لَا يُحِبُّ الظَّالِمِينَ

وَلِيَعْفُوا وَلِيَصْفَحُوا أَلَا تَحِبُّونَ أَنْ يَغْفِرَ
اللَّهُ لَكُمْ

My Prophet ﷺ said: I have understood:

I heard Allah's Messenger ﷺ saying, "I swear by Allah that I seek Allah's Pardon and turn to Him in repentance more than seventy times a day" [Sahih Bukhari]

Whoever says, when he goes to his bed: 'I seek forgiveness from Allah, [the Magnificent] the One whom there is none worthy of worship except for Him, the Living, the Sustainer, and I repent to Him three times... [Jami Tirmithi]

Whenever Allah's Messenger ﷺ finished his prayer, he would seek Allah ﷻ's forgiveness thrice [Sahih Muslim]

We counted that the Messenger of Allah ﷺ would say a hundred times during a meeting: "My Lord! Forgive me and pardon me. Indeed, You are the Oft-Returning with compassion and Ever Merciful." [Jami Tirmithi]

"Whoever persists in asking for forgiveness, Allah will grant him relief from every worry, and a way out from every hardship, and will grant him provision from (sources) he could never imagine." [Sunan Abi Dawood]

Allah's Messenger ﷺ said, "Allah is more pleased with the repentance of His servant when he turns penitently towards Him than one of you would be on finding the lost camel." [Sahih Muslim]

"Allah, the Exalted and Glorious, Stretches out His Hand during the night so that the people may repent for the fault committed from dawn till dusk ..." [Sahih Muslim]

"A believer will be brought to his Lord, on the Day of Resurrection and He would place upon him His veil and make him confess his faults and say: Do you recognise your faults? ..." [Sahih Muslim]

The Messenger of Allah ﷺ said, "Allah accepts a slave's repentance as long as the latter is not on his death bed" [Jami Tirmithi]

"A man killed ninety-nine persons and then he began to make an inquiry whether there was any way left for him for repentance. He came to a monk and asked him about that..." [Sahih Muslim]



Forgiveness Factsheet

- ✓ Forgiveness is not about the other person, it is about us
- ✓ Forgiveness does not justify the other person's bad behaviour
- ✓ Forgiveness is life changing
- ✓ Forgiving will benefit us more than anyone else
- ✓ Forgiving cannot undo what has been done, but it can change our feelings about what has happened
- ✓ Forgiveness improves our mental, emotional and physical health

Grudge Factsheet

- ✓ Holding onto grudges consumes a lot of energy
- ✓ We justify holding on to the grudges by reminding ourselves over and over how unacceptable the other person's behaviour was
- ✓ We keep hurting ourselves in our minds and hearts
- ✓ It makes us feel angry and sad
- ✓ It makes us feel a huge burden in our heart, body and mind

How do I take that step?

- ✓ Ponder over the Ayaat of the Quran about forgiveness
- ✓ Derive beneficial lessons from the life of the Prophet ﷺ
- ✓ Recognise the value of forgiveness
- ✓ Identify your feelings
- ✓ Acknowledge the harm you have done to yourself by not forgiving
- ✓ Move away from your role as the victim to the one who has been empowered by the power of forgiveness



My Forgiveness Table

Think of a time when you forgave someone for something they did. Then think of what you gained as a means of forgiving them. Compare that to a time when you did not forgive someone and what you lost as a result of being resentful. Once you fill this table in, you will realise how much you gain due to forgiving others and how much you lose when you remain bitter.

Steps : Identify the problem, name the hurt, let go and forgive.

What I gained when I exercised patience and forgiveness	What I lost when I held onto past grudges
My best friend snitched on me. I felt like cutting off all relationships with her. I also felt that I needed to give her a piece of my mind. I forgave her and I felt at peace.	I had an argument with my friend while joking, but I took it very seriously and decided to walk out of that friendship. I lost my close friend



Planning for forgiveness

I am demonstrating Muhammadi character when I

- I am willing to forgive
- I am tolerant
- I am quick to admit my mistakes and say sorry

And Allah ﷻ is pleased!

When I am tempted to

- be unforgiving
- be bitter and resentful
- refuse to admit my mistakes and say sorry

I know that I need to turn to Allah ﷻ for help

Forgiveness Mission

Now that you are done with this book, we hope you have let go of some grudges and forgiven some people. Your mission is to write an article on your forgiveness story, with details of how you felt after moving on from those resentments.

Send your essay to jaamiazainab@gmail.com



Activity

Aisha رضى الله عنها said, I asked the Prophet ﷺ "Have you ever experienced a day harder than the day of the battle of Uhud?" He replied, "Indeed, I experienced them (dangers) at the hands of your people (i.e., the disbelievers from amongst the Quraish tribe). The hardest treatment I met from them was on the Day of 'Aqabah when I went to Ibn 'Abd Yalil bin 'Abd Kulal (who was one of the chiefs of Ta'if) with the purpose of inviting him to Islam, but he made no response (to my call). So I departed with deep distress. I did not recover until I arrived at Qarn ath-Tha'alib. There, I raised my head and saw a cloud which had cast its shadow on me. I saw in it Jibril (Gabriel) ﷺ who called me and said: 'Indeed, Allah, the Exalted, heard what your people said to you and the response they made to you. And He has sent you the angel in charge of the mountains to order him to do to them what you wish.' Then the angel of the mountains called me, greeted me and said: 'O Muhammad, Allah listened to what your people had said to you. I am the angel of the mountains, and my Rubb has sent me to you so that you may give me your orders. (I will carry out your orders). If you wish I will bring together the two mountains that stand opposite to each other at the extremities of Makkah to crush them in between.'" But Messenger of Allah ﷺ said, "I rather hope that Allah will raise from among their descendants people as will worship Allah the One, and will not ascribe partners to Him (in worship)." [Al-Bukhari and Muslim].

Have you ever been hurt? How fast were you able to forgive the person who hurt you?

Would you be able to forgive someone the way the Prophet ﷺ did?

Why do you think the Prophet ﷺ forgave those who tortured him?

Did you see the benefits of the Prophet ﷺ's forgiveness?



Useful Links

- [Genuine Gems Forgiveness Issue](#)



Jaamia-Zainab

*For Girls
Lusaka*



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Lusaha