

# Fatimah & Fuaad

## Table of Contents

### Part I: Preparing for Salaah

|                                   |       |
|-----------------------------------|-------|
| Lesson 1: Salaah                  | p. 2  |
| Lesson 2: The Five Daily Salawaat | p. 10 |
| Lesson 3: Mathaahib               | p. 22 |
| Lesson 4: Review                  | p. 32 |
| Lesson 5: Wudoo'                  | p. 34 |
| Lesson 6: Zeenatookoom            | p. 46 |
| Lesson 7: Qiblah                  | p. 56 |
| Lesson 8: Review                  | p. 66 |

### Part II: Performing Salaah

|                               |        |
|-------------------------------|--------|
| Lesson 9: Adhaan              | p. 70  |
| Lesson 10: Du'a after Adhaan  | p. 80  |
| Lesson 11: Iqaamah            | p. 92  |
| Lesson 12: Review             | p. 104 |
| Lesson 13: Qiyaam             | p. 106 |
| Lesson 14: Niyyah             | p. 118 |
| Lesson 15: Takbeer            | p. 128 |
| Lesson 16: Review             | p. 140 |
| Lesson 17: Doo'aaul-Istiftaah | p. 142 |
| Lesson 18: Isti'aatha         | p. 154 |
| Lesson 19: Suratul-Faatiha    | p. 164 |
| Lesson 20: Review             | p. 174 |
| Glossary                      | p. 176 |
| Bibliography                  | p. 191 |



## Lesson 1: Salaah

**"...set up Regular Prayers: For such prayers are enjoined on believers at stated times."  
(4:103)**

*...fa-a-qee-moos-sa-laa-ta in-nas-sa-laa-ta kaa-nat 'a-lal-moo'-mee-nee-na kee-taa-bun mow-qoo-taa*

...فَأَقِمْوُا الصَّلَاةَ إِنَّ الصَّلَاةَ كَانَتْ  
عَلَى الْمُؤْمِنِينَ كِتَابًا مَّوْقُوتًا

## Lesson Warm-Up

Directions: Ask your child the following questions to get him/her thinking about the topic of today's lesson.

1. What is **Salaah**?
2. How many times do we make salaah each day?
3. What are the names of the daily **Salawaat**?
4. When did Allah tell **Rasulullah** about salaah?
5. Why is salaah so important?
6. Whom should we make our salaah like?

Let's learn the answers to all of these questions by reading the story that follows! When you find the answer to any of these questions, remember what it is. You will have a chance at the end of the lesson to answer more questions.

## Morning in Madinah

Once there was a boy named Fuaad who had a little sister named Fatimah. They lived with their parents in an apartment in **Madinah, Saudi Arabia**. Madinah is the city where Rasulullah built his first Masjid, **Masjid An-Nabawi**. Their apartment was close enough to the Masjid that they could see its **minarets** and hear the sound of the **Adhaan** when it was called five times each day.

Fatimah was six years old, almost seven, and her brother Fuaad had just turned ten. They had moved to Madinah about a year ago when their father was accepted into The Madinah University. He was a **Hafidhz**, and was studying to become an **Imaam**. The family planned to be in Madinah until Abu (that was their father's nickname) had finished his studies.

Fatimah and Fuaad did not go to the local schools because Mama wanted to teach them herself, so Mama home schooled Fatimah and Fuaad in one room of their apartment that had been set up just like a regular classroom. It had desks and chairs, a large chalkboard that filled one wall, a cabinet for all their supplies, and lots of books on a large bookshelf in one corner near the window.

For today's lesson Mama wrote the title "Five Pillars of Islam" at the top of the chalkboard and gave Fuaad and Fatimah each a worksheet.

Mama started with a question, "Do you know what the five pillars of Islam are?"

Fuaad said, "I remember them. They are..."

**Shahaada, Salaah, Sowm, Zakaah and Hajj**

"That's right!" said Mama with a smile. "Now Fatimah we talked about the Shahaada before, do you remember what the Shahaada is?"

"That is when we say that there is only one God, Allah, and Rasulallahﷺ is His Messenger!" she replied confidently.

"Right again!" said Mama. "Today we are going to move on to the second pillar of Islam. The second pillar is called Salaah. You already know what Salaah is; we do it five times everyday. Salaah is when we pray to Allah. The names of the five daily salawaat are **Fajr**, **Dhuhur**, **'Asr**, **Maghrib**, and **Ishaa'**."

Fatimah asked, "Why are there five salawaat, why not one or two or ten instead?"

Fuaad giggled, he thought Fatimah's question was a little bit silly, but Mama said, "At first when **Rasulullah**ﷺ told the **sahaaba** that they needed to make Salaah, it was only in the morning and in the evening, and the Salaah was not as long as the Salaah we do today.

"Later **Angel Gibreel** took Rasulallahﷺ up to **Jannah** on a special trip called **Al-Is-raa' Wal-Mi'raaj**. Allah told Rasulallahﷺ during this visit that the Salaah would be done fifty times every day! Rasulallahﷺ met Prophet Musa during this trip and he told Rasulallahﷺ that people would not be able to pray so many times each day, so Rasulallahﷺ went back to Allah and asked if the prayers could be made less. Eventually Allah made it five prayers, but those five prayers are still worth fifty prayers a day."

"Fuaad was curious, "Why did Rasulallahﷺ have to go to Jannah to learn about Salaah?"

Mama answered, "Allah knows best Fuaad, some people say it is because Salaah is so important and that it is a special gift from Allah."

Fatimah asked, "Why is Salaah so important? Abu is always telling us to make our Salaah on time, it seems like that is the most important thing in the world to Abu."

"It is the most important thing in the world Fatimah," said Mama. Fatimah and Fuaad looked at each other in surprise.

"What do you mean?" said Fatimah.

Mama replied, "Three of the things that Rasulallahﷺ told us about Salaah are..."

1. Salaah is the difference between being a Muslim and being a non-Muslim.<sup>1</sup>
2. One of the things Allah loves the most is your salawaat done on time. If Allah loves something, it must be very important.<sup>2</sup>
3. Making salaah cleans our sins away like water washes away dirt.<sup>3</sup>

Fuaad said, "Wow, I knew it was important to pray every day but I did not know that Salaah was that important! But how do we know if we are doing our Salaah the right way? Sometimes when I go to the **Masjid** I see people doing different things in the salaah, which way is right?"

Mama said, "Rasulallahﷺ did the best salaah and his salaah is the one that Allah loves the most. We should make our Salaah like Rasulallahﷺ so that it will be the best.

<sup>1</sup> The Prophet said: "between a man and disbelief is the abandonment of the prayer" (Muslim)

<sup>2</sup> When the Messenger of Allah was asked: "which deed is the best?" He said: "Performing Salaah at its due time." (Muslim)

<sup>3</sup> The Prophet said: "The five prayers remove sins the same way that water removes filth." (Muslim)

"Now you are going to ask, how do we know the way that Rasulullahﷺ made his Salaah? Well the **Ahadiith** tell us a lot, and there is information on Salaah in the Qur'aan. When we put both of these together, we know how Rasulullahﷺ prayed.

"The reason why you see people doing different things is that sometimes people follow different **Ma-dhaa-hib.**"

"What are Mathaahib?" asked Fatimah.

"We will talk about that in our next lesson Insha-Allah," said Mama. "For right now let's finish your worksheets and remember that Salaah is one of the most important things in our lives, so we have to do it properly and try to follow Rasulullahﷺ in the way that we pray."

Fatimah and Fuaad started working on their papers. Fatimah was coloring a picture of a Masjid and she imagined that she was doing her salaah in it. She made the Masjid as beautiful as she could using all her favorite colors, pink, purple, yellow, and blue. When she was finished, she showed it to Mama.

Mama said, "You did a great job on your picture Fatimah, see how much you like coloring and making your picture nice? You should try to make your salaah as beautiful and neat as you did this picture."

Fatimah asked, "How can I do that Mama, I'm just a little girl, I do not know everything about Salaah, and sometimes I forget."

"That's okay!" said Mama. "What is important is that you try to do better all the time. Learn something new and then make sure you do it. Soon enough you will know all the rules and it will be easy, Insha-Allah."


Fatimah sat next to Mama and read a book while Fuaad finished his work. When he was done, they all went to eat lunch and get ready for Salaat-ul-Dhuhur.

"Another good thing about making salaah five times a day..." said Fatimah, "is that you get **plenty** of practice!" Mama and Fuaad laughed...

## Lesson Questions

1. What is Salaah?  
(Prayers that we do each day to Allah)
2. How many times do we make Salaah each day?  
(Five)
3. What are the names of the daily salawaat?  
(Fajr, Dhuhur, 'Asr, Maghrib and Isha')
4. When did Allah tell Rasulullahﷺ about Salaah?  
(Allah told Rasulullahﷺ during the Israa' Wal-Mi'raaj)
5. Why is Salaah so important?  
(It is the difference between being a Muslim and a non-Muslim, it is the thing Allah loves most, and it cleans us of sins.)
6. Whom should we make our Salaah like?  
(Like Rasulullahﷺ)



A close-up photograph of a pink rose with green leaves in the background, serving as the background for the entire page.

## Lesson 3: Mathaahib

**"Follow (O men!) the revelation given unto you from your Lord, and follow not, as friends or protectors, other than Him. Little it is ye remember of admonition."**

**(7:3)**

*It-ta-bee'oo maa oon-zee-la ee-lay-koom-min rab-bee-  
koom wa-laa tat-ta-bee'oo min doo-nee-hee ow-lee-yaa  
qa-lee-lum-aa ta-thak-ka-roon*

اتَّبِعُوا مَا أُنْزِلَ إِلَيْكُمْ مِّن رَّبِّكُمْ وَلَا تَتَّبِعُوا  
مِنْ دُونِهِ أَوْلِيَاءَ قَلِيلًا مَّا تَذَكَّرُونَ

## Lesson Warm-Up

Directions: Ask your child the following questions to get him/her thinking about the topic of today's lesson.

1. What is a **Muth-hub**?
2. What are the four main **Ma-thaa-hib**?
3. How did the four Mathaahib get their names?
4. What is the same about all Mathaahib?
5. What is different about each of the Mathaahib?
6. Did Rasulullah (saw) tell us to have different Mathaahib?

Let's learn the answers to all of these questions by reading the story that follows! When you find the answer to any of these questions, remember what it is. You will have a chance at the end of the lesson to answer more questions.

## The Four Flowers

It was a beautiful sunny morning, and Fatimah was already up looking out the open living room window. The breeze was blowing in softly, and people in the street below could be heard walking back and forth to the **sooq** and the Masjid.

Fuaad had finished his breakfast, and was in the schoolroom across the hall getting his books ready for the day's lessons.

"Come on Fatimah!" he called, "Mama will be ready soon, we have to have all of our books, and supplies ready at our desks."

"I will be there in a minute!" she called back. She took one more long breath of fresh air and looked one more time at the bright sunny sky, then she turned back into the room to get ready for school.

Fatimah was sharpening her pencils when she saw Mama come in with a vase of flowers in her hand. "Oh! How pretty!" cried Fatimah as she saw the bright pink flowers. Mama set the vase down on the table and Fatimah leaned over and inhaled deeply. The flowers smelled wonderful she thought. Mama smiled and carefully took four of the flowers out of the vase and laid them in a row on a small towel she had brought with her.

Fatimah and Fuaad were curious. What did these flowers have to do with salaah? After all that was what they had been studying so far, they wondered what these flowers could teach them about salaah. They glanced at each other shrugged their shoulders and waited for Mama to explain.

"Look carefully at these four flowers," said Mama. "Are they all the same?"

Fatimah and Fuaad looked at the big pink flowers lined up on the table, "Yes!" they replied at the same time, and then giggled.

"Are you sure?" asked Mama again. "Look very closely; are they really all exactly the same? How many leaves do they have? Are they all the same height? Are they all exactly the same color?"

Fatimah and Fuaad looked a second time. Fatimah was about to say "Yes" again but she stopped.

"No, their not!" she said in surprise. "This one has three leaves," she said pointing, "and the others only have two. This one is a little darker pink than the others, and the one on the end is shorter. I didn't even notice!"

"Exactly," said Mama, "they are all basically the same, but there are small differences if you look closely.

In yesterday's lesson, you asked me a question Fuaad," said Mama. "You asked what are Mathaahib, because I told you that people follow different Mathaahib at the Masjid. These flowers are going to help us learn about Mathaahib."

Fuaad's ears perked up, now he was really curious to find out more.

"But how?" said Fatimah, not seeing any connection.

"A Muth-hub is a group of opinions that a scholar makes on how to do things in Islam, for example, how to perform salaah. There are many Mathaahib but there are four main ones that most of the Muslims follow. These four are called...

1. **Ma-li-kee**

2. **Han-ba-lee**

3. **Shaa-fi'ee**

4. **Ha-na-fee**

"Each Muth-hub is based on the teachings of a certain **scholar**. Each Muth-hub is named after the scholar who made those opinions and taught them.

"So Imaam Malik ibn Abbas taught the Malikee Muth-hub, Imaam Ahmed Ibn Hanbal taught the Hanbalee Muth-hub, Imaam Muhammad Ibn Idrees Ash-Shaafi'ee taught the Shaafi-ee Muth-hub, and Imaam Abu Haneefah An-Nu'maan taught the Hanafee Muth-hub.

For our example, each of these flowers represents one of the Mathaahib. Just as all the flowers are basically the same, all the Mathaahib are the same in that they all try to follow the Qur'aan and Sunnah. But the differences that you find, just like the differences in the flowers, are caused by differences in information available to each of the scholars when they gave their opinions."

"Oh!" said Fuaad, starting to see the connection in Mama's example.

"Now for part two of our example," she said with a smile, "Choose your favorite flower." Fatimah quickly picked up the darker pink one in front of her; she had been admiring it since she first saw it on the table. Fuaad took his time looking at each one and finally chose his favorite.

"Now, Fatimah, why did you choose that one?" Mama asked.



"I like it because I think it is the prettiest one," she replied.

"What about you Fuaad?"

"I thought it was the most perfect, with the straightest stem and leaves that were very even," he replied.

"But if Fatimah thinks hers is the best and you think yours is the best why didn't you choose the same flower? How can they both be the best one?" Mama asked.

Fuaad looked at Fatimah's flower and Fatimah looked at Fuaad's. "Fuaad's is nice, but I still like mine better," said Fatimah.

"Me too," replied Fuaad, "hers is very pretty, but I still think mine is just a little bit nicer.

"This gives you an idea of why people choose to follow different Mathaahib," Mama explained. "Each of you chose the flower that suited you best. Both are nice but in some way, you liked something special about the one you chose. In a similar way, people choose to follow one Muth-hub or another because they find something in the opinions of a certain scholar that they like and so they prefer it.

The people who follow one scholar rather than another one have chosen a Muth-hub (that is, one of the Mathaahib). So for example, people who follow the Malikee Muth-hub follow the teachings of Imaam Malik. The slight differences in opinion between these Mathaahib are why you see some people doing slightly different things in the salaah," explained Mama

"But how can they all be right? Did Rasulullah ﷺ pray lots of different ways?" asked Fatimah.

Mama replied, "No Fatimah, all of the scholars were doing their best to understand how Rasulullah ﷺ made salaah or did other things that are important in Islam. So they would make their opinion on the knowledge that they had. Sometimes they would find a hadith that showed they were wrong and they would change their opinion to go with the Sunnah.

"The thing to remember is that all of these scholars followed the Qur'aan and Sunnah of Rasulullah ﷺ before their own opinions.<sup>9</sup> The scholars told us if we find something that is different in the Sunnah from their opinion, to follow the Sunnah. So we know that as long as we follow the example of Rasulullah ﷺ we will be doing the right thing.

"Remember that at the time of Rasulullah ﷺ there were no Mathaahib, the Muslims just followed the example of Rasulullah ﷺ. Mathaahib developed later as people started listening to the opinions of the scholar that knew the most where they lived."

"Do you understand Mathaahib now Fuaad?" asked Mama.

"I think so," replied Fuaad, "The Mathaahib are the lessons that each of the scholars taught to the people

<sup>9</sup> Abu Haneefah: "When I say something contradicting the Book of Allah the Exalted or what is narrated from the Messenger ﷺ then ignore my saying." (Al-Fulaani in *Eeqaaz al-Hilmaam*, p. 50)

Imaam Malik: "Truly I am only a mortal; I make mistakes (sometimes) and I am correct (sometimes). Therefore, look into my opinion; all that agrees with the Book and the Sunnah, accept it; all that does not agree with the Book and the Sunnah, ignore it." (Ibn Abdul-Baar in *Jaami'* Bayaan al-'Ilm 2/32)

Imaam Shaafi'i: "The Muslims are unanimously agreed that if a Sunnah of the Messenger of Allah ﷺ is made clear to someone, it is not permitted for him to leave it for the saying of anyone else." (Ibn al-Qayyim 2/361 & Fulaani p.68)

Imaam Ahmad ibn Hanbal: "Do not follow my opinion; neither follow the opinion of Malik, nor Shaafi'i, nor Awzaa'i, nor Thawri, but take it from where they took." (Fulaani p. 113 & Ibn al-Qayyim in *I'laam*)

where they lived. All of the Mathaahib follow the Qur'aan and Sunnah so they are all basically the same. But each scholar gave his opinion from the ahadeeth and Qur'aan that he knew, so that is why there are some differences in each of the Mathaahib. That is why there are some slight differences in the way people make salaah. But all these scholars said to take the Sunnah over their own opinion if there is a difference between them. Is that right?"

"Very good, Fuaad!" said Mama, "Now let's get ready for our next subject." Mama started clearing the desk. Fuaad laid down his flower and started looking for his books. Fatimah picked up the flower, along with the others on the table. She carefully arranged all of them in the vase and carried it over to the window.

The sun was high in the sky now and the windowsill was warm and bright. She placed the vase on the sill and watched the sun fill all the faces of the flowers. She smiled, "I like it better that way," she thought, "all of them together seeing how they are all beautiful, and not noticing the little differences.

Today had been a very nice lesson...

## Lesson Questions

1. What is a Muth-hub?  
(A Muth-hub is the collected opinions of a certain scholar.)
2. What are the four main Mathaahib?  
(Malikee, Shafi'ee, Hanbalee, and Hanafee.)
3. How did the four Mathaahib get their names?  
(They are named after the scholar upon whose opinions the Muth-hub is based.)
4. What is the same about all Mathaahib?  
(They all are trying to follow the Qur'aan and Sunnah.)
5. What is different about each of the Mathaahib?  
(There are slight differences in opinion based on differences in information available to each scholar.)
6. Did Rasulullah ﷺ tell us to have Mathaahib?  
(No)

## Lesson 14: Niyyah

**Narrated 'Umar bin Al-Khattab:**

**“The Prophet (saw) said, 'O people! The reward of deeds depends upon the intentions, and every person will get the reward according to what he has intended...”**

**(Al-Bukhari Vol. 9, Book 86, No. 85)**

## Lesson Warm-Up

Directions: Ask your child the following questions to get him/her thinking about the topic of today's lesson.

1. What is **Niy-yah**?
2. Why is Niyyah so important?
3. When do we make our Niyyah for salaah?
4. How do we make our Niyyah for salaah?
5. Do we say our Niyyah aloud?

Let's learn the answers to all of these questions by reading the story that follows! When you find the answer to any of these questions, remember what it is. You will have a chance at the end of the lesson to answer more questions.

## Fatimah's Daydream

Since Jaddah had moved in, and they had set up the schoolroom for her to stay in, Fatimah and Fuaad were now doing their school lessons in the living room.

Fatimah didn't mind at all, because the living room was very bright and sunny, with many windows and a glass door leading out to the large balcony of the apartment. Fatimah looked out the door at the sunshine pouring over the white marble tiles that lined the balcony. The tiles glowed with the warmth of the sun. The sky was a bright clear blue, and the clouds floated past like cotton balls in a slow motion parade. Fatimah could just imagine what it would be like to go out and play in the warm afternoon.

The book she was reading suddenly felt heavy in her hands, it brought her attention back to the schoolroom. Mama sat looking at her, waiting for her to realize that she was not paying attention to the lesson. As Fatimah's eyes adjusted, she looked at her mother her cheeks turned red with embarrassment. She raised the book she was holding to hide her face.

"Fatimah has just given us an excellent example of what we have been talking about," said Mama. Fatimah peeped over the top of her book in surprise, what could she possibly have done that was part of the lesson? She hadn't even heard what Mama was saying. When Mama had started the lesson her mind had just wandered out to the balcony, she didn't remember anything else after that.

"Fatimah, we were talking today about Niyyah," She explained patiently. "Fuaad can you tell Fatimah what Niyyah is?"

Fuaad nodded yes and said, "Niyyah is our intention, and since we have been talking about salaah lately, today we are talking about the intention we make for salaah."

"Do we have to make a Niyyah for salaah?" Mama asked.

"Yes," said Fuaad, "it is one of the Fard parts of salaah. If you don't do it, your salaah is incomplete."

"When do we make our Niyyah for salaah?"

"We make it after the Iqaamah, when we stand up for salaah, but before Takbeeratool-Ihraam," continued Fuaad.

"How do we make our Niyyah?"

"We say in our hearts that we intend to make a certain salaah, like 'Asr or Maghrib, for the sake of Allah," said Fuaad.

"Do we make our Niyyah out loud?" asked Mama.

"No, we make our Niyyah silently," replied Fuaad. Fatimah slid lower in her chair after each question and answer, feeling worse and worse. She didn't know the answer to any of the questions, not even one!

"Are there any special words we use?"

"No, it is just our intention in our heart, we don't say any particular set of words," answered Fuaad.

Fatimah couldn't believe she had missed out on so much! She thought she had just looked out the window for a second, but she had missed the whole lesson. Fuaad knew all of it and she hadn't even heard what they were talking about.

"Fatimah, when you were looking out the window while we were having our lesson, what were you thinking?" said Mama gently.

"I was just thinking about what a pretty day it is, and how much I would like to go out and play," said Fatimah quietly.

"So let's look at this so we can learn from it. From the outside you and Fuaad are both here in the room doing school, and you both were sitting at your desks and holding your books, right?"

Fatimah nodded. She was starting to feel a little better since she could see that Mama was not angry with her.

"But inside, in your head, you wanted to go out and play you didn't really want to do school," Fatimah nodded again suddenly feeling very guilty again.

"Inside, in his head, Fuaad wanted to pay attention and do his lesson. So which one of you got the most benefit out of the time you spent sitting here today, you, or Fuaad?" asked Mama.

"Fuaad," whispered Fatimah.

"Why do you think that is?" asked Mama

"He learned all about Niyyah because he was listening, and I didn't learn anything even though I was right here in the room the whole time," replied Fatimah sadly.

"So who do you think had the better intention?" continued Mama.

"Fuaad, because he came here to do school, and he did his schoolwork, and I came here because it was time for school but I didn't really want to pay attention," said Fatimah, starting to realize what Mama was trying to say.

"I get it!" said Fatimah. "Fuaad had a good intention, so he got the benefit of the lesson, and I didn't have the intention to do school, so I didn't get any benefit."

"Exactly!" said Mama with a smile.

"When we pray it is very important that we make our Niyyah, like Fuaad explained before. If you don't make your Niyyah, your salaah will be incomplete.

"Rasulullah ﷺ taught us that everything we do will be judged by our Niyyah<sup>55</sup>. So making your Niyyah is not just about thinking about what you do. It makes a difference in what you will get from your actions and how Allah will judge you. If we have a good Niyyah, the action will be a good one and if we have a bad Niyyah, the action will be bad.

"Fuaad's intention was to do his lesson and pay attention. That is a very good intention and matches what he was doing. Fatimah, it isn't that your intention was bad, but your intention of doing school got lost and was replaced with thinking about playing. You lost your intention and so you lost the benefit of what you were doing," explained Mama.

"In the same way, when we make salaah we have to make our Niyyah. This helps us focus on what we are doing, *making salaah*, and why we are doing it, *for Allah*. We have to make that clear in our minds before we start or our salaah and keep that Niyyah throughout our salaah.

"So," said Mama with a grin, "let's see how well you were listening Fatimah. Tell me about the Niyyah for salaah." Fatimah smiled too, she knew the answer this time.

"Well first, I say my Niyyah after I get up for salaah but before the first Takbeer. I have to make my Niyyah that I am going to make my salaah, like Fajr or 'Asr, and that I am doing it for Allah. There is not a specific set of words that I have to say, and I say the Niyyah in my head, not out loud."

"That's right Fatimah!" said Mama, "Good for you!"

Fatimah and Fuaad started putting away their books in preparation for their lunch break. Fatimah was thinking to

herself that she had never really thought about how important it was to make an intention before doing something. But if we start something, and at the beginning we have a clear understanding of what we are doing and why we are doing it, we will get so much more out of it, rather than just doing something without thinking, especially things that we do for Allah.

They went to the kitchen and Mama gave them some meat and rice for lunch. Fatimah was very hungry. She always got hungry when she had a lot of thinking to do.

"Well," she said with a huge grin, "I know what my Niyyah is right now."

"What's that?" asked Fuaad.

"To eat this food that Allah has given us, Bismillah!"

<sup>55</sup> Narrated 'Umar bin Al-Khattab:

"The Prophet ﷺ said, 'O people! The reward of deeds depends upon the intentions, and every person will get the reward according to what he has intended...' (Al-Bukhari Vol. 9, Book 86, No. 85)



## Lesson Questions

1. What is Niyyah?  
*(It is your intention)*
2. Why is Niyyah for salaah so important?  
*(Because it is a Fard aspect of salaah, without it your salaah is incomplete.)*
3. When do we make our Niyyah for salaah?  
*(After the Iqaamah when we stand up for prayer before the Takbeeratool-Ihraam.)*
4. How do we make our Niyyah for salaah?  
*(In our heart, we intend silently that we are making a certain prayer for Allah.)*
5. Do we say our Niyyah aloud?  
*(No, we do not make our Niyyah out loud.)*

The image shows the interior of a mosque with a series of arches and columns. The architecture is made of light-colored stone or plaster. In the foreground, a large, ornate column supports an arch. In the background, there are more arches and a large, ornate door with circular patterns. The lighting is warm and comes from above, creating a sense of depth and grandeur.

## Lesson 17: Doo'aaul-Istiftaah

Rasulullah (saw) said, "No person's prayer is complete unless he says Takbeer, Praises Allah the Mighty and Sublime and extols Him, recites of the Qur'aan what is easy for him...."

(Al-Bukhari, Muslim & Ibn Abi Shaibah  
12/110/2)

## Lesson Warm-Up

Directions: Ask your child the following questions to get him/her thinking about the topic of today's lesson.

1. What is the **Doo'aa-ul-Is-tif-taah**?
2. Is there only one Doo'aaul-Istiftaah or are there many?
3. What is the Doo'aaul-Istiftaah that doors of heaven were opened for it?
4. What is the Doo'aaul-Istiftaah that Rasulullah (saw) used to make in his Fard salawaat?
5. What is the Doo'aaul-Istiftaah that has words in it that Allah loves?

Let's learn the answers to all of these questions by reading the story that follows! When you find the answer to any of these questions, remember what it is. You will have a chance at the end of the lesson to answer more questions.

## The Way of the Sahaaba

Fatimah went to the Masjid with Mama for their weekly ladies class. Each Thursday they went and listened to Imaam Khaalid, tell the ladies about important things they should know. Also during the class, the ladies and young girls could ask any question they liked because this class was just for them.

Fatimah liked the class very much, and thought that Imaam Khaalid had done a very nice thing by making a class just for the ladies so they could learn more about Islam.

This week, Imaam Khaalid was talking about salaah. He started by saying, "Salaah is the most important thing in our day and we have to make sure we do it right. All Muslims should learn how Rasulullahﷺ made salaah so that we will know the right way to pray.

"Alhamdulillah," he continued, "The Sahaaba learned how to make salaah from Rasulullahﷺ and what they learned was written down in ahadith. These ahadith are with us till today, from them we can learn exactly how Rasulullahﷺ made salaah.

"For today's lesson we will learn Doo'aa-ul-Is-tif-taah," continued Imaam Khaalid. "This is the du'a Rasulullahﷺ used to say after he said Takbeeratool-Ihraam, but before he recited **Suratul-Faatiha**<sup>63</sup>."

"There are many **ad'iyaa** that are reported in the ahadith for Doo'aaul-Istiftaah," said Imaam Khaalid, "so we

<sup>63</sup> "No person's prayer is complete unless he says Takbeer, praises Allah the Mighty and Sublime and extols Him, recites of the Qur'aan what is easy for him. (and the hadith goes on to mention all other parts of the salaah)." (Related by Bukhari, Muslim & Ibn Abi Shaibah)

will just take three of the shorter ones for our memorization today."

Imaam Khaalid wrote all three ad'iyaa on the chalkboard. Fatimah watched as Mama carefully copied each one down in her notebook, along with its meaning.

### (1)

اللَّهُمَّ بَاعِدْ بَيْنِي وَبَيْنَ خَطَايَايَ كَمَا بَاعَدْتَ بَيْنَ الْمَشْرِقِ وَالْمَغْرِبِ،  
اللَّهُمَّ تَقْنِي مِنْ خَطَايَايَ كَمَا يُتَقْنَى الثَّوْبُ الْبَيْضُ مِنَ الدَّنَسِ،  
اللَّهُمَّ اغْسِلْنِي مِنَ خَطَايَايَ بِالْمَاءِ وَالثَّلْجِ وَالْبَرَدِ.

(Al-la-hoom-ma baa-ee-da bay-nee wa bay-na kha-taa-yaa-yaa ka-ma ba-'ad-ta bay-nal mash-ree-kee wal magh-rib, al-la-hoom-ma naq-qee-nee min kha-taa-yaa-yaa ka-ma yoo-nuq-qa thow-bool ab-ya-doo min-ad-da-nas, al-la-hoom-mug-sil-nee min kha-taa-yaa-yaa bil maa-ee wath-tha-la-jee wal-ba-rad)

"O Allah! Separate me (far) from my sins as you have separated (far) the East and West. O Allah! Cleanse me of my sins as white cloth is cleansed from dirt. O Allah! Wash me of my sins with water, ice and snow."<sup>64</sup>

Imaam Khaalid said about this du'a: "This is the du'a Rasulallah ﷺ used to say in his Fard salawaat."

<sup>64</sup> He ﷺ used to say this in obligatory prayers. (Abu Dawood & Haakim)

### (2)

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ

(Sub-haa-na-kal-la-hoom-ma wa bee-ham-dee-ka wa ta-ba-ra-kas-moo-ka wa ta'aa-la jad-doo-ka, wa la ee-laa-ha ghay-roo-ka)

"You are Glorified, O Allah, and Praised; Your Name is blessed;

Your Majesty is Exalted, and none has the right to worshipped but You."<sup>65</sup>

Imaam Khaalid said about this du'a that Rasulallah ﷺ said...

**"Indeed, the words most loved by Allah are when His slave says: You are glorified, O Allah."<sup>66</sup>**

### (3)

اللَّهُ أَكْبَرُ كَبِيرًا، وَالْحَمْدُ لِلَّهِ كَثِيرًا، وَ سُبْحَانَ اللَّهِ بُكْرَةً وَأَصِيلًا

(Al-laa-hoo ak-ba-roo ka-beer-ra wal ham-doo-lil-laa-hee ka-theer-ra wa sub-haan-al-laa-hee book-ra-tun wa a-see-laa)

<sup>65</sup> (Abu Dawood & Haakim, who declared it Sahih and Dhahabi agreed.)

<sup>66</sup> (Abu Dawood & Tahaawi with a hasan Isnaad)

"Allah is the Greatest, very great. Praise be to Allah, again and again. Glorified is Allah morning and evening."

Imaam Khaalid explained that one of the sahaaba said this du'a during his salaah and Rasulullah ﷺ said....

**"Wonderful for it (the supplication) is that the doors of the heavens were opened for it.<sup>67</sup>"**

Fatimah looked at the paper with all the ad'iyaa on it; she could not decide which one she would memorize first. They were all beautiful and she wanted to start saying them right away during her prayers.

Finally, she decided du'a number two because she already knew some of the words and this would be the easiest one for her to learn right away.

After about fifteen minutes of practice, Mama tested Fatimah to see if she had memorized the whole du'a. To Mama's surprise Fatimah had not only memorized number two but she had memorized number three as well!

After class finished, Mama and Fatimah made their way home to the apartment building past the soooq. The smell of roasting lamb ***kabobs***, chicken ***shwarma*** and rice wafted through the air from the street vendors. The people giving salaams to each other in the street and bargaining from inside the shops sounded like bees buzzing around a hive.

Fatimah loved this time she spent on Thursdays with Mama. She had Mama all to herself, and Mama treated her like a grown-up too.

After they crossed the busy street that ran in front of their apartment building, Fatimah asked, "Do you think Fuaad knows the Doo'aaul-Isiftaah?"

"Why don't you ask him? If he doesn't know, then you can teach him," said Mama with a grin. Fatimah giggled, she planned to find out soon enough.

When they arrived home, Fatimah found Fuaad in the living room doing his homework.

After giving salaams and asking how his day had gone, she asked, "Do you know Doo'aaul-Isiftaah?"

"Sure," said Fuaad, "it is the du'a that you make after Takbeeratool-Ihraam but before reciting Faatiha."

Fatimah was surprised he already knew about it, but she was sure he wouldn't know there were many ad'iyaa that you could use, so she continued, "Which one do you use?"

Fuaad looked puzzled, "What do you mean 'which one'? There is only: 'O Allah! Separate me (far) from my sins...'" he recited until the end of the du'a.

"Of course there are others," said Fatimah feeling very happy that she knew something that Fuaad didn't know. Not because she wanted to be mean, but rather because he was always teaching her things, and she wished that just once she could have something to teach him.

"Would you like me to teach you some?" asked Fatimah.

Fuaad smiled, Fatimah was getting so big. He remembered when she was just learning to walk and talk

<sup>67</sup> (Muslim & Abu 'Awaanah; declared Sahih by At-Tirmithi.)

and now she was teaching him ad'iyaa; Subhan-Allah! "Yes, I would!" he said happily.

So they sat down on the floor in the living room facing each other and Fatimah taught Fuaad the ad'iyaa she had already memorized, then Fuaad helped her finish memorizing the one he already knew.

Mama wondered what they were up to when they got so quiet in the living room, but they seemed to be having a good time when she checked in on them, so she left them alone and went to the kitchen to finish making dinner.

By the time dinner was ready Abu had just returned from his evening classes at the university and Fatimah and Fuaad had finished memorizing all the ad'iyaa.

Abu took his sandals off at the door, and sat his books down on his desk, but before he could turn around to go to the living room, Fuaad and Fatimah were already close beside him, looking up at him with big smiles on their faces.

Abu grinned and looked at Mama for an explanation, but she said, "I don't know what they are up to; they have been talking in the living room all afternoon about something."

Abu turned around quickly, picked Fatimah up and put her on his back. Then he grabbed Fuaad's hand and they walked together to the living room, Fatimah squealed the whole way. Fuaad wanted to giggle but he figured he was too big for that.

Abu sat them both down on the rug, gave them each a kiss on the forehead and said, "Okay, what is the big surprise?"

Fatimah couldn't wait to tell him, she said, "We have learned three new ad'iyaa and we want you to test us on them!"

Abu said, "Masha-Allah! Go ahead, lets see what you have learned."

They each took turns reciting the ad'iyaa. Do you know what? They both said all three of them right! Abu was very happy, and so was Mama.

As they ate dinner, Fatimah and Fuaad talked about how they taught each other the ad'iyaa by working together. Abu smiled and said, "That's the way the sahaba used to learn things too. One of them would learn something from Rasulullah and then he or she would come to the other sahaba and teach it to them.

"No one was too proud to learn from someone else, even if it was a young person or a lady that was teaching. They would even travel to another city in order to learn something that they did not know," said Abu.

"So when we taught each other Doo'aaul-Istiftaah, we were doing what the sahaba used to do even though we didn't know it!" said Fuaad.

"That's right," said Mama, "when we teach each other what we have learned, without being proud, we are following the way of the sahaaba, and that leads to knowing more about your deen."



## Lesson Questions

1. What is the Doo'aaul-Istiftaah?  
(The du'a we make after Takbeeratool-Ihraam but before reciting Al-Faatihah.)
2. Is there only one Doo'aaul-Istiftaah or are there many?  
(There are many.)
3. What is the Doo'aaul-Istiftaah that doors of heaven were opened for it?  
(Allahu akbaru kabeera...)
4. What is the Doo'aaul-Istiftaah that Rasulullah used to make in his Fard salawaat?  
(Allahuma baai'da baynee...)
5. What is the Doo'aaul-Istiftaah that has words in it that Allah loves?  
(Subhaanaka Allahuma...)



## Lesson 18: Isti'aatha

**"When thou dost read the Qur'aan, seek  
Allah's protection from Satan the rejected  
one."  
(16:98)**

*Fa-ee-thaa qa-ra'-tal-Qoor'aa-na fas-ta-'ith  
bil-laa-hee mee-nash-shay-taa-nir-ra-jeem*

فَإِذَا قَرَأْتَ الْقُرْآنَ فَاسْتَعِذْ بِاللَّهِ مِنَ  
الشَّيْطَانِ الرَّجِيمِ

## Lesson Warm-Up

Directions: Ask your child the following questions to get him/her thinking about the topic of today's lesson.

1. What is **Isti'aa-tha**?
2. Who whispers to you and tries to distract you in the salaah?
3. How can Isti'aatha help you pay attention better in your salaah?
4. How do you say Isti'aatha?
5. When do you say Isti'aatha?

Let's learn the answers to all of these questions by reading the story that follows! When you find the answer to any of these questions, remember what it is. You will have a chance at the end of the lesson to answer more questions.

## Fuaad's Favorite Food

Fuaad and Abu were on their way back from the Masjid after Ishaa'. They were walking home, it was a cool pleasant night, and road was dark and silent, so they made their way slowly.

Fuaad was thinking quietly to himself when suddenly Abu broke the silence, "Fuaad," he said with a smile, "do you remember the **Surah** that Imaam Khaalid read in the salaah today?"

Fuaad thought for a minute to himself...then he realized he could not remember. During the prayer, he was thinking about what Mama would be making for dinner and how he was going to get his science project done on time. He did not remember much of the prayer at all.

"Abu," he said, feeling bad because he couldn't remember, "I don't really remember which surah Imaam Khaalid recited, I'm sorry." Fuaad felt shy that he had been so distracted in salaah, but he always told the truth, even if he would get in trouble for it.

Abu stopped smiling and looked like he was thinking very hard about something, then he said, "You know what Fuaad; that happens to me sometimes too."

"What!" said Fuaad in surprise, "You think about other things in the salaah too?"

"Actually Fuaad," said Abu, "everyone, at one time or another gets distracted in salaah. Shaytaan tries to distract us by his whispering. He tries to remind us about

other things so that we won't be paying attention in our salaah."

"That's exactly what happened!" said Fuaad, "I was making salaah and then all of a sudden I started thinking about dinner and my science project. I wasn't thinking about it before salaah at all, but as soon as we started praying I started thinking about these other things for no reason."

"That's the point, Shaytaan wants us to think about anything, even silly or unimportant things, rather than concentrate on our salaah and get closer to Allah. So you might be paying attention very well before salaah but as soon as salaah begins, you think of all kinds of other things that distract you.

"After a while salaah is over and we cannot even remember how many Rakaat we have done, which surah we have recited, or whether we have wudoo' or not. This is the way that Shaytaan tries take away the reward and benefit of our salaah." Abu shook his head sadly.

"So it is Shaytaan that tries to make us think of other things during salaah?" asked Fuaad, "I thought it was just me not paying attention."

"No Fuaad, it is more than not paying attention. Shaytaan is bad and he doesn't listen to Allah. So he wants human beings to be bad like him and not listen to Allah as well. So he tries very hard to make us think about things other than Allah."

"So what can we do to stop it Abu? I don't want to lose the reward and benefit of my salaah. I don't want to be thinking about other things when I am supposed to be making salaah. What can I do so I can concentrate better and not listen to Shaytaan?" asked Fuaad.

"Well, it was the Sunnah of Rasulallahﷺ to make Isti'aatha before reciting Qur'aan in salaah, so we make Isti'aatha just like he did when we make salaah.

"What is Isti'aatha?" said Fuaad; he had not heard that word before.

"Isti'aatha is asking Allah for protection from Shaytaan," explained Abu.

"How do we make Isti'aatha?" asked Fuaad still not sure what Abu was talking about.

"Well, we make Isti'aatha just like Rasulallahﷺ. He used to say...

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ مِنْ هَمِّهِ وَنَفْسِهِ وَ نَفْسِهِ

(A-oo-dho bil-lah hee-mee-nush-shay-taan-nir-ra-jeem min ham-zee-hee, wa na-fa-khee-hee, wa naf-thee-hee)

"I seek protection with Allah from Shaytaan, the rejected, from his madness, his arrogance, and his poetry.<sup>68</sup>"

He used to say this after Doo'aaul-Istiftaah, but before the **Basmallah** for Suratul-Faatiha.

"I know that! Imaam Khaalid taught us in **Hifdhz** class that we always say 'A-oo-dho bil-lah-hee-mee-nush-shay-taan-nir-ra-jeem' before reciting Qur'aan.

<sup>68</sup> Abu Dawud, Ibn Maajah, Daaragutni & Haakim who along with Ibn Hibban and Dhahabi, declared it Sahih, I is give in Inwaa' al-Ghaleel (342)

"I always say this before I recite Qur'aan for class and when I recite Qur'aan in salaah, but I didn't know it was called Isti'aatha," said Fuaad, relieved to know that it was something he already knew. "But the ending you said is a little different can you teach me that part?"

"Of course," replied Abu. So Abu spent the next few minutes helping Fuaad memorize the last few words that Fuaad needed to know.

"When you are making Isti'aatha in salaah, concentrate on the fact that you are asking Allah to help you to not be distracted by Shaytaan. Insha-Allah if you make Isti'aatha sincerely Allah will help you.

Remember, Allah tells us in the Qur'aan<sup>69</sup>...

فَإِذَا قَرَأْتَ الْقُرْآنَ فَاسْتَعِذْ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

(Fa-ee-thaa qa-ra-tal-Qoor'aa-na fas-ta-'ith bil-laa-hee  
mee-nush-shay-taa-nir-ra-jeem)

"When thou dost read the Qur'aan, seek Allah's protection from Satan the rejected one."

"Allah is telling us to ask Him for help against Shaytaan when we are reciting Qur'aan. So this applies as well to when we are reciting Qur'aan in salaah," explained Abu.

They were almost home now. They climbed the several flights of stairs to get to their apartment on the third floor. When they arrived home they opened the

<sup>69</sup> (16:98)

front door and the bright light from inside spilled out into the dark stairway. The smell of savory chicken, vegetables and rice filled the air.

They gave salaams to Mama and Fatimah as they came in. Mama and Fatimah returned salaams as they finished putting the dinner on the table. They all sat down together and began eating.

Mama noticed that Fuaad was looking at his plate with a very sad face. "What's the matter Fuaad? I thought you liked chicken and vegetables, is something wrong with your dinner?"

"No," said Fuaad sadly, "I love chicken and vegetables, that's the problem."

Fatimah giggled, "You say that you love chicken and vegetables, and you are having it for dinner, how can that be a problem?" Fatimah thought Fuaad was acting very funny tonight.

Abu looked at Fuaad, Fuaad looked back at him, and they both started laughing. Mama and Fatimah looked at each other in confusion.

"Fuaad learned about how Shaytaan tries to distract us during our salaah by reminding us of other things," explained Abu. "Mama's delicious food is so good, that Shaytaan used it to distract Fuaad during his salaah tonight."

Fatimah and Mama started laughing too, "Well, Fuaad maybe we can't have chicken and vegetables if it is going to distract you during salaah," said Mama with a grin.

Fuaad looked concerned, "No, No," he said quickly, "we can still have it; Abu told me to make Isti'aatha to ask Allah for protection from Shaytaan so I won't get

distracted during salaah anymore, insha-Allah. I'm going to concentrate and make Isti'aatha in every salaah just like Rasoolullah ﷺ."

"Oh! Well in that case I guess its okay," said Mama  
Fuaad smiled and started eating happily...

## Lesson Questions

1. What is Isti'aatha?  
*(Seeking protection with Allah from Shaytaan)*
2. Who whispers to you and tries to distract you in the salaah?  
*(Shaytaan)*
3. How can Isti'aatha help you pay attention better in your salaah?  
*(Because Allah will help you to not be distracted by Shaytaan.)*
4. How do you say Isti'aatha?  
*(Aoodho billa...)*
5. When do you say Isti'aatha?  
*(After the Doo'aaul-Istiftaah but before the Basmallah for Surah Al-Faatiha.)*