

Lajna Ima'illah UK Ta'lim Lesson Plan

Month: July 2020

Learning Objectives:

- To learn the key points from the advice given by Hazrat Mirza Bashiruddin Mahmud Ahmad^(RA) to improve one's Salat
- To understand the portions of Malfoozat.

ACTIVITY **SALAT** Time: 10 min

RESOURCE: "Remembrance of Allah" By: Hazrat Mirza Bashiruddin Mahmud Ahmad^{ra} Khalifatul Masih II Lajna Ima'illah UK Ta'lim Syllabus -Term 3 June 2020 to September 2020, Page 81-84

How to Get Up at Night for Tahajjud Cont.

5. Resolve firmly at bedtime to get up for Tahajjud. ... While your body sleeps, your mind will be alert. It will wake you up exactly at the desired time.

6. Instead of performing Vitr ... after Isha, leave Vitr for Tahajjud time. ... Vitr are Wajib—an essential act of worship, not obligatory but more important than the voluntary.

7. They should start offering Nawafil after Isha Prayer and continue until they begin to doze off in Prayers and are overpowered by sleep.

8. If you get into the habit of oversleeping, then change the soft bed to a hard one.

9. Take dinner several hours before going to bed. Eat before Maghrib Prayer or immediately after it. ... The stomach should not be full at bedtime. It has an adverse effect upon the heart and makes a man lazy.

10. Do not go to bed unclean. Angels associate with those who are clean; they do not approach the unclean. ... Angels abhor filth. ... So keep your bodies clean.

11. The bed should be clean.

12. Husband and wife should avoid going to sleep in the same bed. Amongst ordinary Muslims, this habit can harm spirituality, but it does not affect the spiritually advanced. ... A carnal passion adversely affects spirituality. That is why Islam teaches: ... *eat and drink but exceed not the bounds...* (7:32)
... Because it harms spirituality. People with self-control will not suffer by sleeping together, but ordinary Muslims may find that it keeps their minds inclined towards passion. That hurts spirituality and prevents them from getting up.

13. Before retiring for sleep, ponder if you have any malice or harbor any rancor or prejudices against anybody. If so, remove it. The purification achieved by this exercise will enable you to get up for Tahajjud. ... The heart should be totally clean at bedtime.

ACTIVITY MALFOOZAT Time: 15 min

RESOURCE: Lajna Ima'illah UK Ta'lim Syllabus -JUN 2020 to SEP 2020, Page 91-96

An Exhortation to Offer Tahajjud

- If our entire lives are spent in worldly engagements, what will we have accumulated for the hereafter?
- Make a special effort to wake up for Tahajjud and offer it with fervour and joy.

To Bear Hardship for the Sake of Allah the Exalted

- Those who shoulder pain and difficulty so that righteousness may be upheld find favour amongst people as well. This is the way of the Prophets and the Truthful.
- Allah the Exalted never remains in debt of an individual who sustains material loss for His sake, and always grants a full reward.

Do Not Adopt Hypocritical Ways

- It is incumbent that man not adopt the way of hypocrisy.
- One should always respond politely. It is not wise to make comments that unnecessarily enrage others and which result in pointless conflict.
- But, a person should never conceal the truth.
- An individual who pliantly accepts the false statements of others eventually becomes a disbeliever.
- Become the friend of he who is dominant, so that you too may become dominant.
- Allah the Exalted should always be honoured and respected. There is not a single aspect of our religion that is at odds with civility.

An Injustice Against Islam

- A similar form of injustice is being committed against Islam, which came after all the past religions.
- The errors committed by these religions were corrected by Islam and since they consider themselves greater, they have become displeased with Islam just as it is customary for an ignorant person to grow hostile towards the one who means them well.
- People always act unjustly towards the truth.

Islam is a Benefactor of Other Religions

- Islam is such a pure religion that it does not permit the use of abusive language against any religious founder.
- Islam is a benefactor for other religions because it vindicated every Prophet and divine scripture of the past. But despite this, Islam is abused.
- The essence of Islam:

لا إله إلا الله مُحَمَّدٌ رَسُوْلُ اللهِ
(There is none worthy of worship except Allah)

is to be found in no other religion.

(Al-Badr, vol. 1, no. 8, 19 December 1902, p. 59)

One Ought to Pray for One's Opponents

The Promised Messiah^{as} said:

- I have only ever sternly addressed my opponents in order to purge them of arrogance.
- This is not an act of retaliation for harsh words; rather, it is a bitter pill meant to cure them—as the proverb has it: (The truth is bitter).
- However, it is not justified that anyone should feel at liberty to pen such harsh words.
- The community ought to exercise caution.
- Each and every individual ought to first delve into their heart and see whether they write such words with pure intention or merely out of obstinacy and enmity.
- One should not harbour malevolence against one’s adversaries.
- Instead, a person ought to pray for such people more than anything else and use other means to reform them.

(Badr, vol. 11, no. 6-7, dated 23 November 1911, p. 3)

1897

The Promised Messiah^{as} said:

- I never call myself a ‘maulvi’, nor do I approve of anyone ever referring to me as such.
- In fact, when someone calls me a maulvi I am so grieved that I feel as if they have sworn at me.
- People shall give you grief and inflict upon you all sorts of pain, but the people of my community must not become incensed.
- Do not say hurtful words in the heat of emotion, for Allah the Exalted does not like such people.
- Allah Almighty desires to make my community a model for others.

(Badr, vol. 11, dated 2 November 1911, p.3)

The Promised Messiah^{as} said:

- My mission is heavenly in nature and divine work cannot be frustrated.
- In this undertaking I have no vested interests and my own efforts amount to nothing
- Abusive language does not stoke my anger.
- The affluent tend to be arrogant, but the scholars of this age are worse than them.
- Their conceit stands before them like a wall that obstructs their way.
- I desire to demolish this wall. When this wall crumbles, they shall come and join us with humility.
- Allah the Exalted loves a righteous person.
- Everyone ought to keep in mind the majesty of God and remain fearful, and remember that all people are the servants of God.
- Do not oppress or act harshly towards anyone.
- Do not deride another person.
- If even a single member of our community is evil, they defame us all.
- If your disposition veers towards emotions of anger, examine your heart to identify the source from which these emotions have gushed forth. This is a very delicate state.

(Badr, vol. 11, nos. 8-9, dated 30 November 1911, p. 3)

December 1897

- News was received from Qadian, the Abode of Peace, that members of our community ought to profusely recite the following prayer in the last rak’at of their formal Prayers after the ruku:
“Our Lord, grant us good in this world as well as good in the world to come, and protect us from the torment of the Fire.” (Al-Baqarah, 2:202)

(Al-Hakam, vol. 1, no. 7, dated 9 December 1897, p. 5)