

# AI SR Sunday School

*Held at the premises of ASIC on 1409 Burks Street SW Roanoke, VA 24015*

# Level 2

## Memorization – Week 19

- ❑ Help kids memorize a surah according to each kid's level
- ❑ Help kids memorize the dhikr/dua below:

إِنَّا لِلّٰهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

# Islamic Studies – Week 19

- ❑ Sabr (Patience)
  - ❑ What is Patience
    - ❑ Sabr means being calm and strong when things get hard.
    - ❑ It is trusting Allah and not giving up.
    - ❑ It is knowing that Allah controls everything and everything comes from Allah.
    - ❑ It is to control our anger and frustration and only do and say things that are pleasing to Allah.
    - ❑ Patience/sabr is mentioned many times in the Qur'an. Example: surah al-Asr.
  - ❑ Why is Patience Important
    - ❑ Helps us not disobey Allah by using bad words and doing wrong things.
    - ❑ Helps us stay happy and hopeful.
    - ❑ Makes us closer to Allah.
      - ❑ إن الله مع الصابرين
    - ❑ Teaches us to be kind and forgiving.
    - ❑ Rewards from Allah are great for those who have patience !

## Islamic Studies – Week 19

- ❑ Our Prophet Muhammad (ﷺ) and Patience
  - ❑ Our Prophet (ﷺ) faced many difficulties but was always patient.
  - ❑ People were unkind, lied about him, hit him, beat him, denied his message but he never gave up and always trusted Allah's plans.
  - ❑ He taught us to be patient and trust Allah.
    - ❑ قال النبي صلى الله عليه وسلم: (عَجَبًا لِأَمْرِ الْمُؤْمِنِ؛ إِنَّ أَمْرَهُ كُلَّهُ لَهُ خَيْرٌ، وَلَيْسَ ذَلِكَ لِأَحَدٍ إِلَّا لِلْمُؤْمِنِ؛ إِنَّ أَصَابَتْهُ سَرَاءٌ شَكَرَ فَكَانَ خَيْرًا لَهُ، وَإِنْ أَصَابَتْهُ ضَرَاءٌ صَبَرَ فَكَانَ خَيْرًا لَهُ)
    - ❑ The Prophet ﷺ said: Wondrous is the affair of the believer, as there is good for him in every matter and this is not the case with anyone but the believer. If he is happy, he thanks Allah and thus there is good for him. If he is harmed, he shows patience and thus there is good for him.
  
- ❑ The Reward of Patience
  - ❑ Allah loves those who have sabr.
  - ❑ Jannah (Paradise) is for the patient!
  - ❑ Difficulties are tests, and patience makes us stronger.

## Islamic Studies – Week 19

- ❑ How Can We More Patience
  - ❑ Take deep breaths when upset.
  - ❑ If you are getting angry or frustrated, then if you are standing, then sit down. If you are sitting, then lie down.
  - ❑ Remember Allah and say *إنا لله و إنا إليه راجعون*
  - ❑ Think about the example of the Prophet (ﷺ).
  - ❑ Make dua and ask Allah for help.
  - ❑ Think before reacting.
  - ❑ Know that good things take time.
  
- ❑ **Activity:**
  - ❑ Ask students what are some of the situations where they get angry and frustrated?
  - ❑ How can we be patient in those situations?