



# Nasirat Study Guide

**Age 7**  
**Term 3**

# Holy Quran

## AL-FALAQ

- 1 بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ  
اللہ کے نام کے ساتھ جو بے انتہا رحم کرنے والا، بن مانگے دینے والا (اور) بار بار رحم کرنے والا ہے۔
- 2 قُلْ اَعُوْذُ بِرَبِّ الْفَلَقِ  
تو کہہ دے کہ میں (چیزوں کو) پھاڑ کر (نئی چیز) پیدا کرنے والے رب کی پناہ مانگتا ہوں۔
- 3 مِنْ شَرِّ مَا خَلَقَ  
اُس کے شر سے جو اس نے پیدا کیا۔
- 4 وَمِنْ شَرِّ غَاسِقٍ اِذَا وَقَبَ  
اور اندھیرا کرنے والے کے شر سے جب وہ چھا چکا ہو۔
- 5 وَمِنْ شَرِّ النَّفّٰثٰتِ فِی الْعُقَدِ  
اور گرہوں میں پھونکنے والیوں کے شر سے۔
- 6 وَمِنْ شَرِّ حَاسِدٍ اِذَا حَسَدَ  
اور حاسد کے شر سے جب وہ حسد کرے۔

[113:1] In the name of Allah, the Gracious, the Merciful.

[113:2] Say, 'I seek refuge in the Lord of the dawn,

[113:3] 'From the evil of that which He has created,

[113:4] 'And from the evil of the night when it overspreads,

[113:5] 'And from the evil of those who blow upon the knots to undo them,

[113:6] 'And from the evil of the envier when he envies.'

# Attributes of Allah



رَبُّ الْعَالَمِينَ	<i>Rabul-Aalameen</i>	Lord of all the worlds	تمام جہانوں کا پالنے والا
الرَّحْمَنُ	<i>Al-Rahman</i>	The Gracious	بہت مہربان
الرَّحِيمُ	<i>Al-Raheem</i>	The Merciful	بہت رحم کرنے والا
مَلِكِ يَوْمِ الدِّينِ	<i>Maaliki Yaum-id-Din</i>	Master of the Day of Judgment	جزا سزا کے دن کا مالک

# Etiquettes

## Review the etiquettes of eating

- If you are using cutlery such as forks and spoons, keep them from clanging together or with the plate, so as to minimize noise
- Do not attempt to gulp down large quantities of water. Allow 3 breathing pauses. Do not go “Haaa” after you have finished drinking
- You should always start your meal or eating with the prayer. And if you remember it during the meal then say:
  - I begin with the name of Allah and I end with the name of Allah
- When done, recite the prayer as well.
- If you have a napkin in your lap, then at the end of your meal use it to clean your hands and mouth. Wash your hands and rinse your mouth
- Foods with excess of sugar, salt or spices should be avoided
- Do not eat extremely food, nor drink excessively hot beverages
- Do not drink excessively cold water

## Review the etiquettes of eating in the company of others

- When you sit at the table, greet those who are already seated with Assalam o Alaikum
- After taking a dish or a pitcher, make sure to put it back at its appropriate place so that others are not inconvenienced in any way
- If you wish to serve yourself from a dish which is out of reach, do not stand up and try to reach across the table to get it. You should politely request someone else to pass it to you.
- Try to keep conversation to a minimum during the meal. If you must speak, do not talk with your mouth full
- If there are elders accompanying you at the table, wait to serve yourself after they have been served. Once you have finished, wait for them at the table before getting up. If you need to leave, excuse yourself before leaving the table
- If you are sitting at a dining table, place your chair without dragging it and seat yourself comfortably. After finishing the meal, place the chair back under the table so that it does not stick out as an obstacle to others
- Do not stare at someone who is eating
- When invited do not bring with you uninvited guests

# Salat

## Review Surah Ikhlaas

*BismiLlahi-r-Rahmanir Raheem*

In the name of Allah, the Gracious,  
the Merciful

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

اللہ کے نام کے ساتھ (شروع کرتا ہوں) جو نہایت مہربان اور بار بار  
رحم کرنے والا ہے

*Qul Huw-Allahu Ahad*

Say, He is Allah, the One

قُلْ هُوَ اللَّهُ أَحَدٌ

تو کہہ وہ اللہ ایک ہے

*Allah-us-Samad*

Allah, the Independent and Besought  
of all

اللَّهُ الصَّمَدُ

اللہ تعالیٰ کے سب محتاج ہیں (وہ بے نیاز ہے)۔

*Lam yalid wa lam yoolad*

He begets not, nor is He begotten

لَمْ يَلِدْ وَلَمْ يُولَدْ

نہ اس نے کسی کو جنا اور نہ وہ جنا گیا

*wa lam ya-kullahoo kufuwan ahad*

And there is none like unto Him

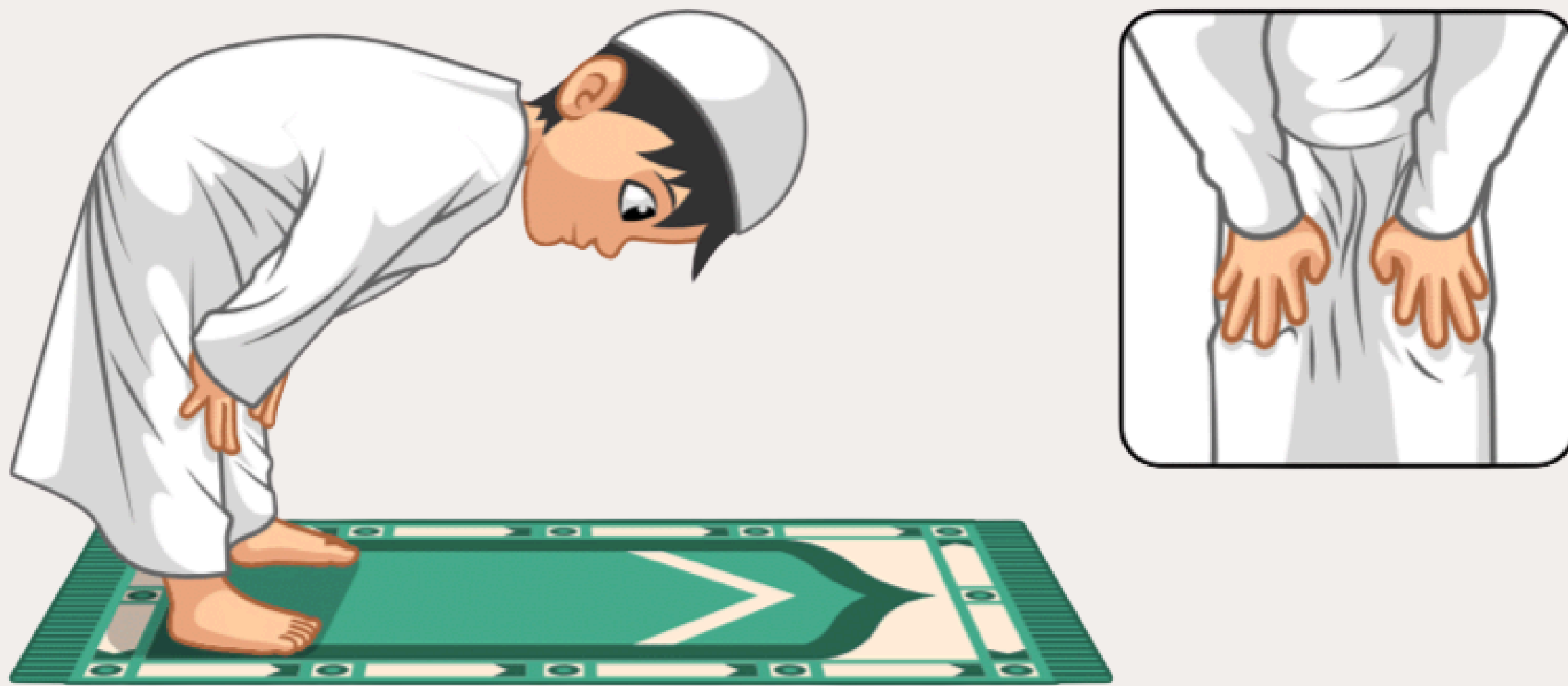
وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

اور نہ ہی کوئی اسکا ہم سر ہے

# Salat

## Review *Rukoo*

After reciting these verses or any other portion of the Holy Quran, bow (rukoo) by calling out Allahu Akbar اللهُ أَكْبَرُ



Silently recite the following 3 times:

سُبْحَانَ رَبِّيَ الْعَظِيمِ

*Subhaana rabbi yal azeem*

***Holy is my Lord, the most Great***

The return to the standing position by saying:

سَمِعَ اللهُ لِمَنْ حَمِدَهُ

*Sami allahu liman hamidah*

***Allah hears him to praises Him***



# Salat

## Review *Tahmid*

Then say *Tahmeed* in the standing position

رَبَّنَا وَلَكَ الْحَمْدُ حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ

*Rabbanaa wa lakal hamd, hamdan kaseeran tayyiban mubarakan fihi*  
***Our Lord, Yours is the praise - praise that is abundant, pure***  
***and full of blessings***

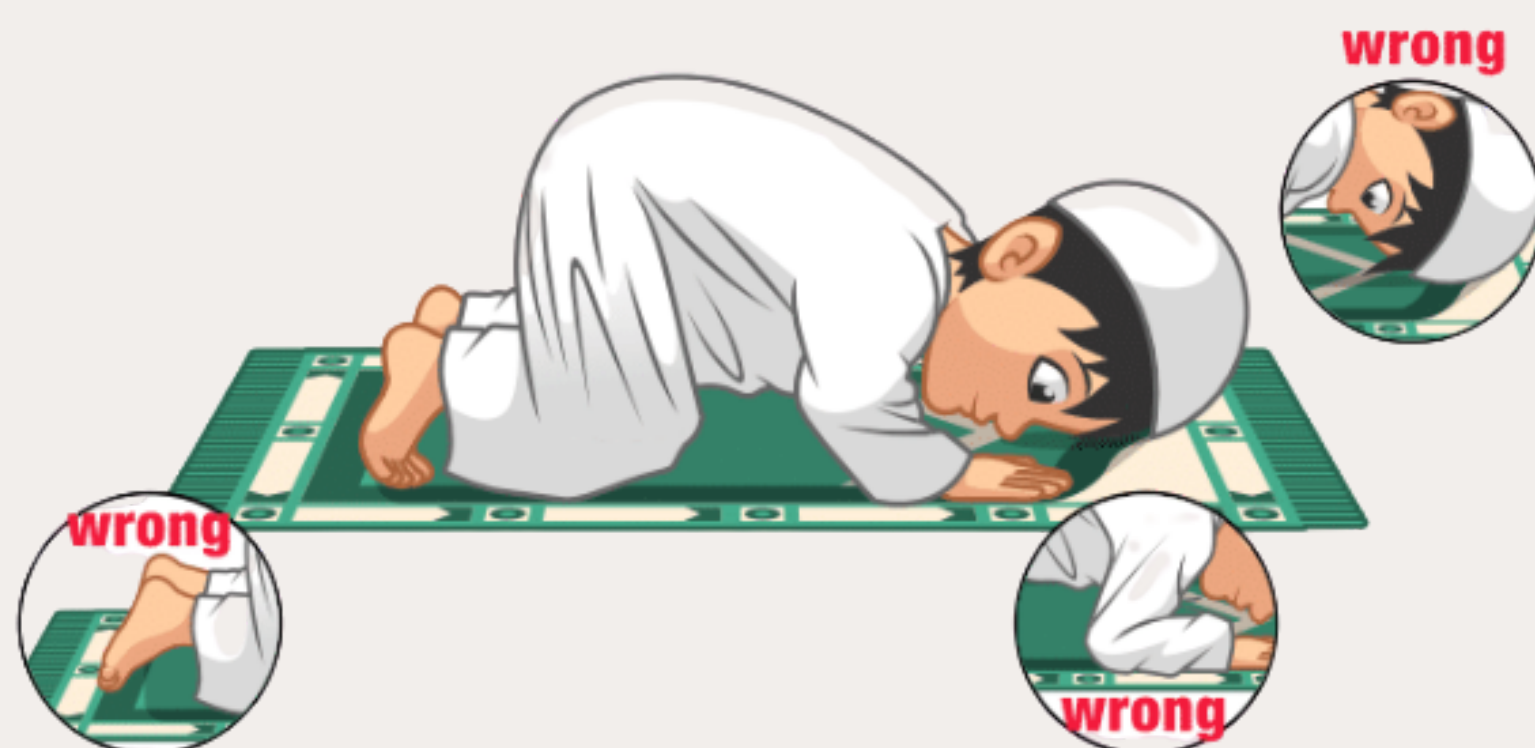
## Review *Sajdah*

After this, say Allahu Akbar **الله أكبر** and go down to prostrate (sajdah). While prostrating, the forehead, nose, palms of both hands, knees and toes should be touching the ground. Do not let the elbows rest on the ground. Whilst in prostration, recite the following 3 times:

سُبْحَانَ رَبِّيَ الْأَعْلَى

*Subhana rabbi pal ala*

***Glory to my God, the Most High***



# Salat

## Review *Tahmid*

Then say *Tahmeed* in the standing position

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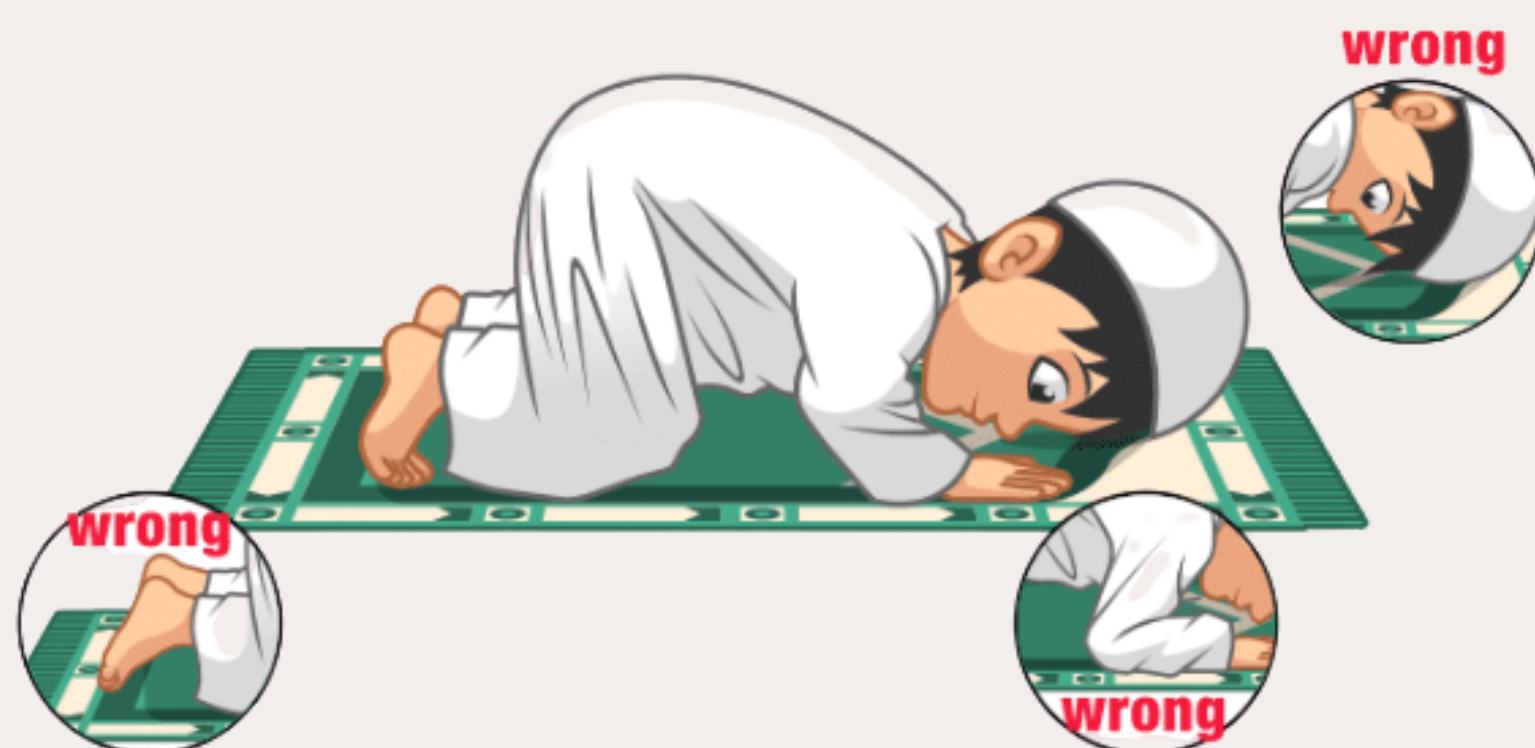
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*Subhana rabbi pal ala*

***Glory to my God, the Most High***



# Salat

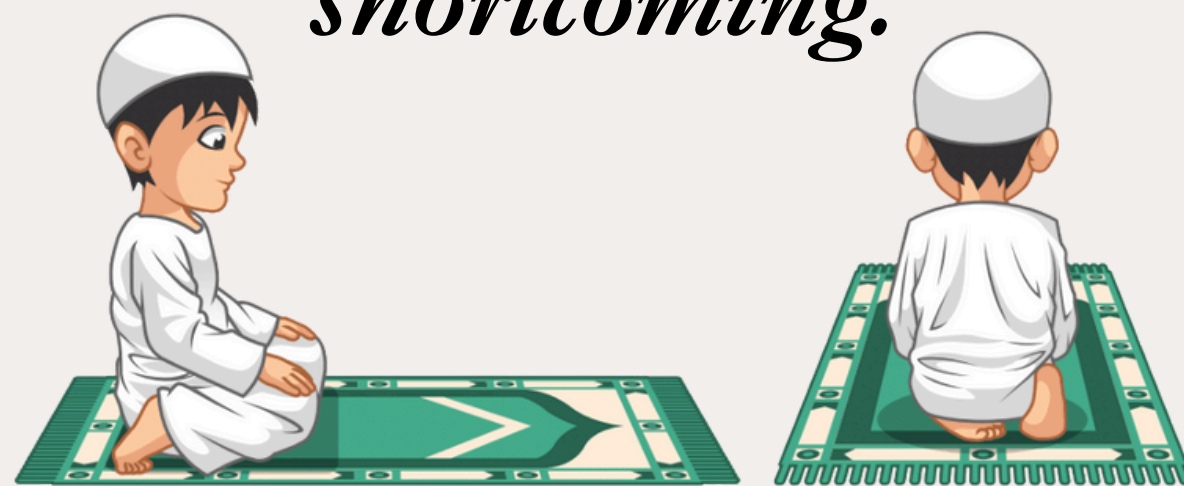
## Review *Jalsah*

Say Allahu Akbar **الله أكبر** and sit down. One should sit down on the left foot while the toes of your right foot should be touching the ground. Keep the hands on the knees and recite the following:

رَبِّ اغْفِرْ لِي وَارْحَمْنِي وَاهْدِنِي وَعَافِنِي وَاجْبُرْنِي وَارْزُقْنِي وَارْفَعْنِي

*Rabigh firli warhamni wahdini wa aafini wajburni warzuqni warfani*

*O Allah, forgive me and have mercy on me, and guide me and keep me in good health, and raise me up, and make good my shortcoming.*



After this, another sajdah is performed and the same prayer is repeated as in the first one. At the end of the second sajdah, say Allahu Akbar **الله أكبر** and stand up for the second rakat. Complete the second rakat in the same way as the first one.

## Review *Tasha-Hud*

After the second prostration, say Allahu Akbar **الله أكبر** sit down the same way as before and recite silently:

# Salat

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ  
وَبَرَكَاتُهُ السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِ اللَّهِ الصَّالِحِينَ

*Attahiyyatu lillahi was salawatu wat tayyibatu. Asslamu alaika ayyuhan  
nabiyyu wa rahma tullahi wa barakatuhu. Assalamu Alaina wa ala  
ibaadilla his saliheen*

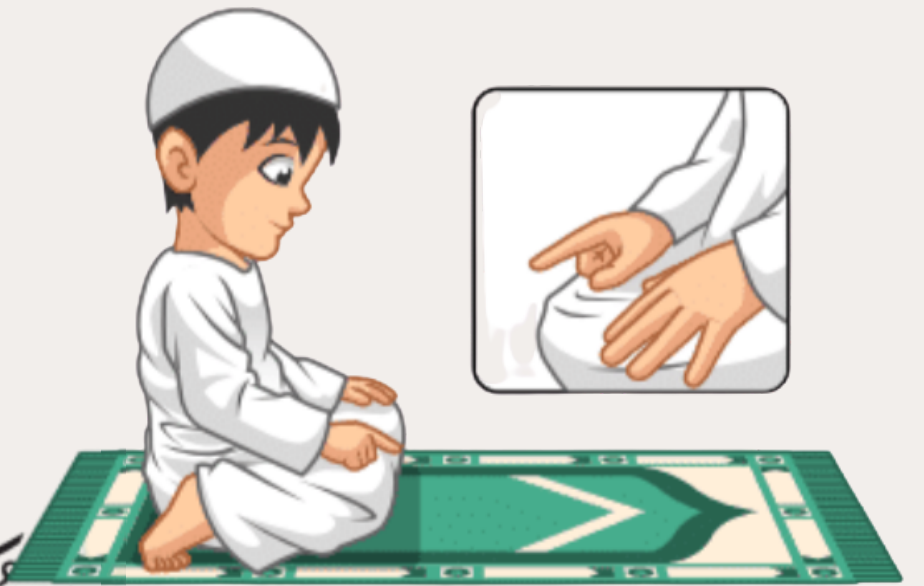
***All verbal worship is due to Allah - and all physical acts of  
worship and financial sacrifices. Peace be on you, O Prophet,  
and the Mercy of Allah and His Blessings. Peace be on us and  
the righteous servants of Allah.***

At this point, raise the index finger and recite:

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ

Lower the finger and recite:

وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ



If this is the last rakat in a group of 2, 3 or 4 rakaat, one should continue with the following prayers; otherwise say Allahu Akbar and continue with the next rakat, starting with Surah Al-Fatihah.

# Salat

## Review *Durood Sharif*

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ  
وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَيِّدٌ مَجِيدٌ

*Allahumma salli ala Muhammadin wa ala aali Muhammdin,  
kama sallaita ala Ibraheema wa ala aali Ibraheema  
innaka Hameedum Majeed.*

O Allah, bless Muhammad<sup>(sa)</sup> and his people,  
as Thou didst bless Abraham and his people -  
Thou art indeed the Praiseworthy, the Exalted.

اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ  
وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَيِّدٌ مَجِيدٌ

*Allahumma barik ala Muhammadin wa ala aali Muhammdin,  
kama barakta ala Ibraheema wa ala aali Ibraheema  
innaka Hameedum Majeed.*

O Allah, prosper Muhammad<sup>(sa)</sup> and his people,  
as Thou didst prosper Abraham and his people -  
Thou art indeed the Praiseworthy, the Exalted.

# Salat

## Review *Concluding Prayers & Salam*

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

*Rabbana aatinaa fiddunyaa hasanatan wa fil aakhirati hasanatan  
wa qina azaban naar.*

*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.*

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي رَبَّنَا وَتَقَبَّلْ دُعَاءِ-  
رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ

*Rabbij alni muqeemas salati wa min zurriyati.  
Rabbanaa wa taqabbal dua. Rabbanagh firli wa li waali dayya  
wa lil mumineena yauma yaqoomul hisaab.*

*My Lord, make me observe Prayer, and make my children too.  
Our Lord! Bestow Thy grace on me, and accept my prayer.  
Our Lord, grant forgiveness to me, and to my parents,  
and to the believers on the day when the reckoning will take place.*

Turn your face to the right and say the following, and then turn your face to the left and say the same:

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

*Assalam o Alaikum Wa Rahmatullah*

***Peace be on you, and the Blessings of Allah.***

This concludes the Salat.

# Salat

## Review *Dua-e-Qunoot*

- ❑ There are three rakat in Witr. Dua-e-Qunoot is recited silently in the standing position (Qiyaam) after bowing (rukoo)

اللَّهُمَّ إِنَّا نَسْتَعِينُكَ وَنَسْتَغْفِرُكَ وَنُؤْمِنُ بِكَ وَتَتَوَكَّلُ عَلَيْنَا وَتُثْنِي عَلَيْنَا  
الْخَيْرَ وَنُشْكُرُكَ وَلَا نَكْفُرُكَ وَنُحَدِّثُكَ وَنُتَرِّكُ مَنْ يَفْجُرُكَ، اللَّهُمَّ إِنَّا نَعْبُدُ  
وَلَكَ نُصَلِّي وَنَسْجُدُ وَإِلَيْكَ نَسْعَى وَنَحْفِدُ، وَنَرْجُو رَحْمَتَكَ وَنَخْشَى عَذَابَكَ،  
إِنَّ عَذَابَكَ بِالْكَفَّارِ مُدْحِقٌ

*Allahumma inna nasta eenuka wa nastaghfiruka wa numinu bika  
wa natawakkalu alaika wa nuthni alaikal khaira, nashkuruka  
wa laa nakfuruka wa nakhla u wa natruku manyafjuruk.  
Allahumma iyyaaka nabudu wa laka nusalli wa nasjudu  
wa ilaika nas aa wa nahfidu wa narjoo rahmataka  
wa nakhsha azaabaka, inna azabaka bil kuffaari mulhiq.*

*O Allah! We beseech Your help and ask Your forgiveness  
and believe in You and trust in You and praise You in the best  
manner; and we thank You and we are not ungrateful to You,  
and we cast off and forsake him who disobeys You.*

*O Allah! You alone do we serve and to You alone do we pray and we  
prostrate ourselves; and we rush to You and present ourselves,  
and we hope for Your mercy and we fear Your chastisement,  
for surely Your chastisement overtakes the disbelievers.*

# Q&A

## Review the Q&A of The Holy Quran

**24. How many Chapters (Surāhs) are named after some of the prophets?**

- 7 chapters are named after the names of prophets.

**25. Name all seven chapters.**

- Muhammad<sup>sa</sup>
- Nūḥ<sup>as</sup> (Prophet Noah)
- Ibrāhīm<sup>as</sup> (Prophet Abraham)
- Yūnus<sup>as</sup> (Prophet Jonah)
- Yūsuf<sup>as</sup> (Prophet Joseph)
- Luqmān<sup>as</sup> (Prophet Luqman)
- Hūd<sup>as</sup> (Prophet Hood)

**26. Besides its proper name, the Holy Qur'ān is also known by many names. Name at least 5 of these.**

- Al-Kitāb The Book
- An-Nūr The Light
- Al-Ḥaqq The Truth
- Al-Tanzīl The Revelation
- Al-Furqān The Discrimination
- Al-Zikr The Exposition
- Al-Rahmat The Mercy
- Al-Huda The Guide

## Review the Q&A of Salat

**1. How many obligatory prayers are prescribed daily in Islām?**

- There are five obligatory Prayers daily. They are Fajr, Ṣuḥr, 'Aṣr, Maghrib, and 'Ishā'.

**2. What are the timings of these Prayers?**

- Their timings are as follows:
- Fajr - at dawn, before sunrise
- Ṣuḥr - in the early afternoon
- 'Aṣr - in the late afternoon
- Maghrib - just after sunset
- 'Ishā' - in the evening before midnight.

# Q&A

## Review the Q&A of Salat

### 3. When is it forbidden to perform Ṣalāt?

- It is forbidden to perform Ṣalāt at the following times:
- When the sun is rising, setting or at its zenith (i.e. mid-day)
- After ‘Aṣr Prayer till sunset and after Fajr Prayer till sunrise

### 4. What is the person who leads the Prayer in congregation called?

- He is called an Imām.

### 5. What is ‘Adhān’?

- ‘Adhān’ is the call to prayer.

### 6. What was the name of the companion who saw the Adhān in a dream?

- Hazrat ‘Abdullāh bin Zaid<sup>ra</sup> dreamt about the Adhān.

### 7. What did Hazrat ‘Abdullāh bin Zaid<sup>ra</sup> do after he saw this dream?

- He went to the Holy Prophet Muhammad<sup>sa</sup> and told him of his dream.

### 8. What happened as Hazrat ‘Abdullāh bin Zaid<sup>ra</sup> was telling the Holy Prophet<sup>sa</sup> his dream?

- As Hazrat ‘Abdullāh bin Zaid<sup>ra</sup> was telling the Holy Prophet<sup>sa</sup> about his dream, Hazrat ‘Umar<sup>ra</sup> came along and said that he also had seen the same dream. On this, the Holy Prophet<sup>sa</sup> also said that he had seen the same dream. This is how the tradition of the Adhān started.

### 9. What is the person who calls out the Adhān called?

- He is called a Mu’adhdhin.

### 10. Who was the first companion of the Holy Prophet<sup>sa</sup> to deliver the Adhān?

- Hazrat Bilal<sup>ra</sup> was the first person to deliver the Adhān and thus became the first Mu’adhdhin.

### 11. What does the common phrase in the Adhān “Allāhu-Akbar” mean?

- It means “Allāh is the Greatest.”

### 12. Towards which direction do the Muslims face when calling the Adhān and for Ṣalāt?

- They face towards the Holy Ka’bah in Makkah.