

**Age Group 10-11**

Qur'an e Hakeem: *Memorize the following part of Ayatul Kursi in next two weeks.*

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَةٌ وَلَا نَوْمٌ لَهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ

[Al Baqra 2:256] Allah- there is no God but He, the Living, the Self-Subsisting and All-Sustaining. Slumber seizes Him not, nor sleep. To Him belongs whatsoever is in the heavens and whatsoever is in the earth.

**Age Group 11-12**

Qur'an e Hakeem: *Memorize the following verse of Sura Al Baqra in next two weeks.*

285. To Allāh belongs whatever is in the heavens and whatever is in the earth; and whether you disclose what is in your minds or keep it hidden, Allāh will call you to account for<sup>356</sup> it, then will He forgive whomsoever He pleases and punish whomsoever He pleases; and Allāh has the power to do all that He wills.<sup>357</sup>

لِلَّهِ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ  
وَأَن تُبَدَّوْا مَا فِي أَنفُسِكُمْ أَو تُخْفَوْهُ  
يُحَاسِبْكُمْ بِهِ اللَّهُ فَيَغْفِرُ لِمَن يَشَاءُ  
وَيُعَذِّبُ مَن يَشَاءُ وَاللَّهُ عَلَى كُلِّ  
شَيْءٍ قَدِيرٌ

Prayer to Memorize:

**Prayer after Adhan**

Hadhrat Jaber bin Abdullah relates the Holy Prophet<sup>sa</sup> said that whoever listens to Adhan and prays in this way will deserve my intercession on the day of judgement.

(Bukhari Kitabul Adhan)

اللَّهُمَّ رَبِّ هَذِهِ الدَّعْوَةُ التَّامَّةُ وَالصَّلَاةُ الْقَائِمَةُ اتِّمَامُ مُحَمَّدٍ الْوَسِيلَةَ  
وَالْفَضِيلَةَ وَابْعَثْهُ مَقَامًا مَّحْمُودًا الَّذِي وَعَدْتَهُ، إِنَّكَ لَا تُخْلِفُ الْمِيعَادَ.

O Lord of this perfect prayer and salat, which is about to be observed, make Muhammad<sup>sa</sup> an intermediary. Grant him excellence and a lofty station. Establish him on "Maqam-e-Mahmood" (a praiseworthy status), which You have promised. You never break Your Promise

## Age Group 12-13

**Salat** – Hazrat Masihe Maoud<sup>asw</sup> (from speech of Jalsa Salana 1906)

It should be well understood that Prayer is an **entreaty** which a worshipper makes to God at the time of his separation from Him in torment and with a melting heart that he may be granted a meeting with God, inasmuch as no one can be purified unless God purifies him and no one can meet with God until God brings about a meeting. Man is held in a diversity of chains and collars. He desires to get rid of them but they persist. Despite man's intense desire to be purified his Reproaching Self (*Nafse-Lawwamah*) does sometimes stumble. It is for God to purify a person from sin. There is no power that can purify you by force. God has prescribed Prayer for the generation of pure sentiments. *Salat* is a prayer which is submitted to God in travail and burning with a heart aflame, so that vicious thoughts and evil designs may be got rid of and a holy love and a pure relationship may be established and one may be enabled to keep God's commandments. The word *Salat* indicates that true Prayer is not offered only with the tongue but must be accompanied by burning and sizzling and being consumed by fire. God Almighty does not accept Prayer until the worshipper at the time of prayer arrives a kind of death....

*Salat* is prayer at a very high level, but people do not appreciate it duly. In this age many Muslims are devoted to frequent repetition of pious formulas, as, for instance, the *Naushahis* and *Naqshbandis*, etc. It is a pity that none of these is free from innovations. These people are unaware of the reality of *Salat* and defame God's commandments. For a seeker none of these innovations is of any benefit compared with the *Salat*. The way of the Holy Prophet (peace and blessings of Allah be on him) was that at a time of difficulty he made his ablutions and stood up in *Salat* and made his supplications in the *Salat*.

My experience is that nothing takes one so near to God as *Salat*. The various postures of the *Salat* demonstrate respect, humility and meekness. In *Qiyam* (standing posture) the worshipper stands with his arms folded as a slave stands respectfully before his master and king. In *Ruku'* (bowing) the worshipper bends down in humility. The climax of humility is reached in *Sajdah* (prostration), which indicates extreme helplessness.

**entreaty**: an earnest request or petition.

## Age Group 13-14

**Qur'an e Hakeem**: Memorize the verses 79 - 81 of Sura Bani Israel (time: 2 weeks)

79. <sup>c</sup>Observe Prayer from the declining and paling of the sun till the darkness of the night, and recite the *Qur'an* at dawn. Verily, the recitation of the *Qur'an* at dawn is specially acceptable to Allāh.<sup>1641</sup>

اقِمِ الصَّلَاةَ لِدُلُوكِ الشَّمْسِ إِلَى غَسَقِ  
الَّيْلِ وَقُرْآنَ الْفَجْرِ إِنَّ قُرْآنَ الْفَجْرِ  
كَانَ مَشْهُودًا ﴿٧٩﴾

80. <sup>d</sup>And during a part of the night wake up for its recitation—a supererogatory<sup>1642</sup> service for thee. It may be that thy Lord will raise thee to an exalted station.<sup>1643</sup>

وَمِنَ اللَّيْلِ فَتَهَجَّدْ بِهِ نَافِلَةً لَكَ ۚ  
عَسَىٰ أَنْ يَبْعَثَكَ رَبُّكَ مَقَامًا  
مَّخْمُودًا ﴿٨٠﴾

81. And say, 'O my Lord, make my entry a good entry and make me go forth a good going forth.<sup>1644</sup> And grant me from Thyself a helping power.'

وَقُلْ رَبِّ آذِنِّيْ مُدْخِلَ صَدْقِيْ وَ  
أَخْرِجْنِيْ مُخْرَجَ صَدْقِيْ وَاجْعَلْ لِّيْ مِنْ  
لَّدُنْكَ سُلْطٰنًا نَّصِيْرًا ﴿٨١﴾

## PRAYER TO MEMORIZE (Dua e Qunu't)

Khalid Bin Abi Umar relates the angel Gabriel taught the Holy Prophet<sup>sa</sup> this prayer:

اللَّهُمَّ إِنَّا نَسْتَعِينُكَ وَنَسْتَغْفِرُكَ وَنُؤْمِنُ بِكَ وَنَتَوَكَّلُ  
عَلَيْكَ وَنُثْنِي عَلَيْكَ الْخَيْرَ وَنَشْكُرُكَ وَلَا نَكْفُرُكَ  
وَنَخْلَعُ وَنَتْرُكُ مَنْ يَفْجُرُكَ اللَّهُمَّ إِيَّاكَ نَعْبُدُ وَلَكَ  
نُصَلِّي وَنَسْجُدُ وَإِلَيْكَ نَسْعَى وَنَحْفِدُ وَنَرْجُو رَحْمَتَكَ  
وَنَخْشَى عَذَابَكَ إِنَّ عَذَابَكَ بِالْكَفَّارِ مُلْحِقٌ

*(Tohfat- tul- Fuqaha babus Salatul Vitr, published in Damascus)*

*O Allah, we beg You for help and seek Your forgiveness. We believe in You and trust in You. We offer best praise to You. We thank You and we are not ungrateful. We cast off and forsake the one who disobeys You. O Allah, we worship You and to You alone do we pray and make obeisance. To You we flee and present ourselves for service. We hope for Your mercy and we fear Your chastisement, for surely Your chastisement overtakes the disbelievers.*

**NOTE:** This famous prayer is found in the following books without any change in the words.

*(Muraseel Abu Daud, Baihaqi, Sh'rah al Sunnah Kitabul Vitr Sheikh Muhammad bin Nasr al-Maruzi)*

**Poem:** Woh Peshwa Hamara