

# جواهر التقوى

## JEWELS OF PIETY

PATIENCE MODESTY GRATITUDE HUMILITY SINCERITY



“WHEN THINGS  
ARE TOO HARD TO  
HANDLE, RETREAT  
& COUNT YOUR  
BLESSINGS  
INSTEAD.”



Name of Allah

الْحَنِيفُ

### Events This Month

8th Feb - Al Isra wal Me'raj

25th Feb - Shabe Bara'at

Look inside for activities and to gain  
achievement points



PRESTON MUSLIM GIRLS  
HIGH SCHOOL

Practice  
GRATITUDE



PRESTON MUSLIM GIRLS  
— HIGH SCHOOL —

Let's go back in time. Back to Madīnah, through the masjid and to the Prophet's (sal Allahu alayhi wa sallam) home. We see him there, in the darkness of the night, praying to his Lord. He is crying as he reads the Ayat of the Qur'an. He has been standing for so long, and you see that his blessed feet have swelled and the skin is cracking.

Many of us would think what A'ishah, his beloved wife, RA asked him afterward. She said, "O Prophet of Allāh, why do you undergo so much hardship despite the fact that Allāh has pardoned for you your earlier and later sins?" He SAW responded, "Afala akuna abdan shakura? Should I not prove myself to be a thankful servant?"

## Did you know...

The posture of prostration (Sujūd or sajdah) is a physical practice of thanksgiving and gratitude to God, in which Muslims bow on the ground.



Gratitude is shown through deeds. Shukr is by action. The Prophet (sal Allahu alayhi wa sallam) was not commanded to worship to this degree but rather it was a complete act of devotion and thankfulness to Allāh (azza wa jall).



A Polaroid-style photograph with a white border. Inside, there is a colorful rainbow with red, orange, yellow, green, blue, and purple bands. Below the rainbow, the words "GRATEFUL!" are written in a bold, orange, sans-serif font. The photo is hanging from a black string with a silver clip.

A Polaroid-style photograph with a white border. Inside, the words "ATTITUDE OF GRATITUDE" are written in a pink, cursive, handwritten-style font. The photo is hanging from a black string with a silver clip.



A Polaroid-style photograph with a white border. Inside, there is a pink, rectangular tag with a scalloped edge. On the tag, the word "GRATEFUL!" is written in a pink, sans-serif font. There are also small heart icons on the tag. The photo is hanging from a black string with a silver clip.

WHEN WE WANT TO THANK SOMEONE, WE GO THE EXTRA MILE TO MAKE THEM HAPPY, ESPECIALLY WHEN THEY ARE BELOVED TO US. WE GO TO GREAT LENGTHS TO SHOW OUR PARENTS, SPOUSE OR FRIEND THAT WE APPRECIATE THEM. WE OFFER OUR HELP WITHOUT THEIR ASKING. WE PLAN TIME TO SPEND TOGETHER. WE GIVE THEM GIFTS WITHOUT EXPECTING ONE IN RETURN. WE DO WHATEVER WILL MAKE THEM HAPPY. WE SHOW OUR LOVE AND APPRECIATE THROUGH OUR ACTIONS.





# Gratitude

## Being thankful

There was once a King who had a servant named Shukr. They were the closest of friends and the King would take Shukr everywhere. Shukr was aptly named, because he was always grateful to Allah for whatever he had and for whatever situation he was in, and this was a noble quality of his which the King greatly admired.

One day the King and Shukr went out hunting, as the King loved to hunt in the forest. They came across a deer and the King shot at the deer and killed it. "Alhamdulillah!" exclaimed Shukr.

The King and Shukr went to remove the arrow from the deer and as it was being withdrawn the end of the King's little finger was chopped off! "Alhamdulillah!" exclaimed Shukr again. This time, the King was not pleased with Shukr's gratitude and condemned him for it. In fact the King was so angry that he threw Shukr in prison. "Alhamdulillah!" cried Shukr once again, confusing all of those around him.

The next week, the King went hunting alone. As he was exploring the forest, he came across a tribe of indigenous people.

### Shukr and The King

They seemed friendly and invited him to have dinner with them, which was of religious significance to them. Little did he know that he was to be the main course! They tied up the King and prepared the stew. When everything was ready they untied him, and one man noticed that his little finger was not complete. They all broke out in argument, saying that they could not offer an incomplete human being as a sacrifice to their gods. So they let the King go free.

Out of happiness and joy the King ran back to the city and to Shukr. After hearing his story, Shukr exclaimed "Alhamdulillah! Alhamdulillah! Alhamdulillah!" The King released him from jail and Shukr continually kept on crying "Alhamdulillah! Alhamdulillah! Alhamdulillah!" The King was surprised by this, so he asked Shukr why he was so excessively grateful. Shukr replied "Because if you had not thrown me in jail, I would have been out hunting with you and the tribe would have eaten me instead of you!"

People that I am grateful  
for...

Things that I am grateful  
for...

Five horizontal pink rounded rectangles for writing names, each with a small pink circle on the left side.

Five horizontal rounded rectangles for writing things, alternating between light orange and dark orange colors.

# Thank You Allah

Thank You Allah for all that You give,  
I know sometimes I'm naughty, so please forgive.  
Please teach me to be good every single day,  
And let my heart be ready and willing to pray.  
Thank You Allah for Prophet Muhammad whom I love,  
Please raise him in rank in Paradise above.



Fill this in and show Khadijah Apa to gain 2 achievement points



# Word search



GRATEFUL

SHUKR

BLESSINGS

THANKFUL

FAMILY

PARADISE

HEALTH

SAJDA

FAVOUR

APPRECIATION

*fill this in and show Khadijah Apa to  
gain 2 achievement points*

# شكر Shukr

Shukr, in its core, is about acknowledging the good things we receive. It can show up as a feeling, how we act, or in our interactions with others.

Most importantly, it's a way of worship. Shukr isn't just about being thankful; it promotes appreciation and cooperation among people, fosters love for the Creator, and leads to significant personal growth.

With the right mindset and a few moments of praising Allah, one unlocks greater well-being, physical health, and ultimately success in this life and the next.

Shukr is to be felt in the heart and exemplified in our external behavior.

وَإِذْ تَأَذَّنَ رَبُّكُمْ لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ

*'If you are grateful, I will surely increase you [in favor]*

Allah has blessed us with numerous tangible and intangible blessings, be they material objects or states of being. Ultimately, a blessing is anything that brings us closer to our Creator.

Oftentimes, we assume only “good” things are blessings, like having a home, attending a good school, or finding a suitable spouse. It's important that we recognize that even events we perceive to be negative (e.g., death of a loved one, divorce, or loss of a job) in reality can still be seen as blessings if they end up bringing us closer to Allah.

“A tribulation does not overtake a servant except that Allah presents with it three blessings: that the tribulation was not a test of his religion, that the tribulation was not greater than it was, and that it was an event that passed (i.e., it was not permanent).”

With this mindset, even tough setbacks are an opportunity to reflect on our blessings.



# RIDDLES

When you use me wrongly you  
can't undo your mistake, so  
please control me for Allah's  
sake. So use me well or at  
least try, now tell me who am I?

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Leave me and you will never  
find the treasure, Use me and  
you will attain Allah's  
pleasure. What am I?

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I am a security against the fire  
of hell for those who act upon  
me with sincerity and abstain  
from anything which nullifies me.  
Who am I?

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Fill this in and show  
Khadijah Apa to gain 2  
achievement points



# AL-KHABEER

الْخَبِيرُ الْخَبِيرُ الْخَبِيرُ

The Fully Aware

Circle the proof of  
this Name in the ayah  
and copy the meaning  
in English:

وَهُوَ الْقَاهِرُ فَوْقَ عِبَادِهِ  
وَهُوَ الْحَكِيمُ الْخَبِيرُ

Surah al-An'aam 6:18

Allah knows how everything will turn  
out in the future. What effect should  
this have on the heart of the Muslim  
and in his or her dua' to Allah

Allah is Aware of everything that was, is  
and will be. He knows what will bring harm  
or benefit to His creature; He knows the  
state of everything and the outcome of  
everything. Nothing is hidden from Him, not  
even the footsteps of an ant in the  
darkness of the night .



# The Acquainted, All-and Fully Aware, Knower of Reality

Khabeer comes from the root khaa-baa-raa, which points to two main meanings. The first main meaning is to know, to be aware, and to understand the reality or inner nature of something. The second main meaning is to test, prove, and try by experience which results in inner knowledge.

Appears **52** in the Quran

## How Can you Live by This Name?



### 2. Know that Al-Khabeer will inform you.

Not only is Allah acquainted with all your deeds, on the Day of Judgement He will inform you about all you used to do. Remember this each day and let it motivate you to do good deeds. When you slip, ask Him for forgiveness in this life so you will be saved from His punishment in the next.

### 1. Be comforted by Al-Khabeer.

Allah Al-Khabeer is the only one who is aware of all you do, say, hide, and want. Let this amazing fact comfort you in times of hardship, and in times of ease remind yourself to not get too attached to this world and its material benefits. Allah beautifully says: Does He who created not know, while He is the Subtle, the Acquainted?[Quran, 67:14]

Al-Khabeer says: If you disclose your charitable expenditures, they are good; but if you conceal them and give them to the poor, it is better for you, and He will remove from you some of your misdeeds [thereby]. And Allah, with what you do, is [fully] Acquainted. [Quran, 2:271]

Be motivated to do good deeds not for the eye of the people but for Allah Al-Khabeer!

# STORYTIME

## WHERE ARE THE BARBERS?

A man went to the barbershop to have his hair cut. As the barber began to work, they began to have a good conversation. They talked about so many things on various subjects. When they eventually touched on the subject of God, the barber said, "I don't believe that God exists."

"Why do you say that?" asked the customer.

Well, you just have to go out into the street to realize that God doesn't exist. Tell me, if God exists, would there be so many sick people? Would there be abandoned children? If God existed, there would be neither suffering nor pain. I can't imagine a loving God who would allow all of these things.

The customer thought for a moment, but didn't respond because he didn't want to start an argument.

The barber finished his job and the customer left the shop. Just as he left the barbershop, he saw a man in the street with long, stringy, dirty hair and a very long beard. He looked dirty and unkempt. The customer turned back and entered the barber shop again. Upon entering, he said to the barber, "You know what? Barbers do not exist." "How can you say that?" asked the surprised barber. "I am here, and I am a barber. And I just worked on you!"

"No!" the customer exclaimed. "Barbers don't exist because if they did, there would be no people with dirty long hair and untrimmed beards, like that man outside."

"Ah, but barbers DO exist!" answered the barber. "What happens is that people do not come to me." "Exactly!" affirmed the customer.

"That's the point! God, too, DOES exist! What happens, is, people don't go to Him and do not look for Him. That's why there is so much pain and suffering in the world."



What did you learn from the story?

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*Colour this in ...*



# سُبْحَانَ اللَّهِ

## Listen to your Heartbeat.

An adult human heart beats about 60 to 80 times per minute, about 100,000 times per day, and nearly three billion in an average lifetime. Newborns hearts beat faster at 70-190 times a minute. The heart pumps about 6 quarts (5.7 litres) of blood throughout the body. Although it's no bigger than your fist, your heart has the mighty job of keeping blood flowing through the 60,000 miles of blood vessels that feed your organs and tissues. The heart starts beating at about four months of gestation and beats until death. And we mostly don't think about that consciously.

What does Allah, Al-Muhyi, the Giver of Life to All Things, tell us about the heart?

The human heart is mentioned 132 times in the Qur'an, and while we know the importance of the physiological work of the heart, the emphasis here is on the capacity of the heart as the center of reasoning, intentions, and decision making. Al-Nu'man ibn Bashir narrated that the Prophet Muhammad, peace and blessings be upon him, said, "Verily, in the body is a piece of flesh which, if sound, the entire body is sound, and if corrupt, the entire body is corrupt. Truly, it is the heart."



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