



ISLAMIYAH SERIES
Journey Towards Excellence
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My Journey towards Excellence (MJE)

Marifatullah

(Knowing Allah through His creations)

Name of Allah

Al-Khāliq

الخالق

Topic

Water



Lesson 1 - Getting to Know Allah Most High

Getting to Know Allah Most High

Allah Most High is our Creator, our Provider, and the One who takes care of everything in the world. He is perfect, powerful, and full of mercy and love.

Allah is the One who made everything we see and everything we cannot see. The sky, the mountains, the oceans, the animals, and every human being all belong to Him and are under His care.

Student:

Can anyone mention something which we can't see which was created by Allah Most High.

Everything in our lives depends on Allah Most High. The air we breathe, the food we eat, the strength in our bodies, and even the beating of our hearts all happen because Allah allows them to happen.

Student:

Can anyone tell me if we didn't eat what would happen to us?

Allah does not forget His creation. He looks after every single thing, from the biggest star in the sky to the smallest creature on the earth.

When we look at the world around us, we should remember Allah and feel thankful to Him for everything He has given us.

Student activity

- Can anyone mention something Allah Most High has created?
- Can you name one thing Allah Most High has created in the world?
- What is one thing you see around you that reminds you of Allah Most High?

Lesson 2 - Understanding SubhanAllah

When we say **SubhanAllah**, it means: *“How perfect Allah is!”*

It is a very special word that reminds us that Allah never makes mistakes. Everything He created is beautiful, powerful, and full of wisdom.

For example:

- When we see a beautiful flower with bright colours, we say **SubhanAllah**.
- When we look at the moon and stars shining in the sky, we say **SubhanAllah**.
- When we see a new baby smiling or moving, we say **SubhanAllah**.
- When we hear the birds singing in the morning, we say **SubhanAllah**.
- When we see the rain falling and plants growing, we say **SubhanAllah**.

Student:

Can anyone mention something which Allah has created very beautiful?

Why do we say Subhanallah?

Because Subhanallah reminds us that only Allah could make all these amazing things. No person could ever create the sun, the sky, or even a tiny ant. Saying SubhanAllah is our way of praising Allah and remembering His greatness.

When you say SubhanAllah, you are telling Allah that He is perfect and amazing, and you are amazed at what He has created.

Reflection Meditation

Teacher Instructions:

- Ask everyone to sit quietly and say to the students:
“Close your eyes and think about one thing Allah Subhanahu wa Ta’ala created.”
- Pause for 10–15 seconds to let children imagine that thing.
- Say:
“Now think how amazing the creation of Allah Subhanahu wa Ta’ala is.”
- Then say:
“Now, together, let us say: SubhanAllah 10 times. Count on your fingers as you say it.”
- Students (quietly, all together, with closed eyes):
“SubhanAllah... SubhanAllah... SubhanAllah...” (10 times)

Lesson 3 - Al-Khaliq – The Creator

Allah Most High has many beautiful names and qualities.

One of the qualities of Allah is الخالق – **Al-Khāliq**, which means The Creator.

Al-Khāliq is the One who made everything in the world, and He made it in the best and most perfect way. Every mountain, every tree, every star, every animal, and every person was created by Allah Subhanahu wa Ta'ala.

When we look around us, everything reminds us of Allah's power.

- **The sun** gives us light and warmth
- **The moon** shines at night
- **The birds** fly in the sky
- **The fish** swim in the sea

Even our eyes, ears, and hearts are all from Allah, and no human being could ever make them.

Student:

Why do you think the birds are able to fly?

Birds can fly because it shows just how perfectly everything has been designed by Allah (Al-Khāliq, "The Creator").

Think about it:

birds aren't just randomly able to fly.

Their bodies are made in a very special way:

- They have **lightweight bones** that help them stay in the air
- Their **wings are shaped perfectly** to catch the wind
- Their **feathers** help with balance and control
- They have **strong muscles** to flap their wings

Even the way air moves around their wings helps lift them up—something humans had to study for a long time before inventing airplanes.

As Muslims, it is our belief that everything was created by Allah Most High. Some people believe that the world was created on its own, which is absolutely wrong. Just like a house needs a builder, the whole world needs a Creator — and that Creator is Allah Subhanahu wa Ta'ala.

Story – Imam Abu Hanifa رحمه الله

A long time ago, there was a very pious person called Imam Abu Hanifa رحمه الله.

One day, a man came to him and argued, saying:

“The world was made all by itself!”

Imam Abu Hanifa رحمه الله told him that he was wrong, but the man did not want to listen.

Imam Abu Hanifa رحمه الله told the man to meet him at a certain place. The Imam arrived a little late.

The man became upset and said,

“Why are you late?”

The Imam said,

“On my way, I reached a river and could not cross it. Suddenly, a tree fell into the water and became a boat by itself. I sat on the boat and came here – that is why I am late.”

The man laughed and said,

“That is silly! A boat cannot make itself. It needs a maker!”

Imam Abu Hanifa رحمه الله replied,

“If a boat cannot be made without a maker, then how can this whole world be made without a Creator?”

The man understood that he was wrong. He realised that only Allah is Al-Khāliq – The Creator, and He made the whole world.

Student:

This story teaches us that Allah is not only Al-Khāliq – The Creator, but also the Greatest.

Allah is the Greatest

Allahu Akbar اللهُ أَكْبَرُ

Student activities

PAUSE (Teacher's Interaction)

- Ask the students:
"Can anyone tell me something that Allah Most High has created?"
- Encourage the children to answer beginning with:
"SubhanAllah, my Allah Most High created..."

Reflection on Nature

Ask the students:

- What is your favourite thing Allah created, and why?
- If Allah did not create the sun or the moon, what would happen?
- Can any person make a moon, a star, or even an eye? Why not?
- When you see something amazing in the world, what words can we say to remember Allah?

Reflection Meditation

Teacher Instructions:

- Ask everyone to sit quietly. Say:
"Close your eyes and think about something very big."
- Pause for 10–15 seconds.
- Say:
"Now think how great that thing is which was created by Allah Most High."
- Then say:
"Now, together, let us say: Allahu Akbar 10 times. Count on your fingers."
- Students (quietly, all together):
"Allahu Akbar... Allahu Akbar... Allahu Akbar..." (10 times)

Lesson 4 - Water

Now that we know Allah is Al-Khāliq, let us look at one of His greatest creations, water. Allah Subhanahu wa Ta'ala created everything we can see and everything we cannot see. One of the most amazing creations of Allah Most High is water.

Student:

why do you think water is amazing?

Did You Know?

- Water was created even before Allah created the heavens, the earth, and human beings.
- The Arabic word for water is الماء (al-mā').
- It is so important that Allah mentioned it many times in the Qur'an.
- Water is one of the greatest blessings that Allah Most High has given us, but often we forget to thank Allah for it. Without water, humans, animals, and plants would not be able to survive. Everything needs water to survive.

Did you
know?

Why We Need Water

Water is essential for all people and animals to stay alive. Here are some of the vital reasons why we need water:

- Most of our body is made of water.
- Water helps our body function properly and keeps our joints moving easily.
- It helps keep our body cool.
- Water also helps remove waste and harmful substances from our body.

Allah made water clean and pure, and able to clean other things. That is why Allah ordered us to use it for ghusl and wudhu.

Student activities

PAUSE (Teacher's Interaction)

➔ Ask the students:

"Can anyone tell me something about water?"

➔ Encourage the children to answer beginning with:

"My Allah Most High made water so..."

Reflection on Water

Ask the students:

- ➔ What do you use water for every day?
- ➔ How would life be without water for one whole day?
- ➔ Why do you think Allah made water pure?

Reflection Meditation

Teacher Instructions:

- Ask everyone to sit quietly and say to the students:
"Close your eyes and think about water."
- Pause for 10–15 seconds to let children imagine.
- Say:
"Now think how amazing water is."
- Say together:
"SubhanAllah..." (10 times)

Water

A blessing from Allah Most High

Lesson 5 - Water and its Importance

Every day, we use water in many different ways. We use it:

- To wash and clean.
- To grow food.
- To help us stay alive.

When we drink water:

- It removes our thirst and makes us feel fresh.
- It helps our food digest.
- It gives us energy to play, study, and pray.
- It keeps our bodies cool, especially on hot days or after running around.

Without water, our bodies would become weak, and we would not be able to survive.

Student:

Let us think carefully – why do we need water to drink?

Water is something we cannot live without. It is one of Allah's greatest blessings.

Water:

- **Keeps our body cool**, especially when it is hot or when we run and play.
- Helps our **food digest** and gives us **energy**.
- **Keeps our joints moving** easily so we can walk, run, and play.
- **Washes away waste** from inside our body.

Drinking water also reminds us of how kind Allah Most High is. He could have made it bitter or harmful, but instead He made it clear, pure, and pleasant so that it helps us every day. Every sip of water is really a sip of Allah's mercy.

Truly, water is a blessing we use every day but often forget to thank Allah for. Every time we drink it, we should remember how kind Allah is for providing it.

When we drink water, we should not think of it as just something to stop our thirst. Instead, we should remember that every drop is a blessing from Allah.

That is why the Prophet Muhammad ﷺ taught us to say "Bismillah" before drinking and "Alhamdulillah" after finishing.

Student activities

Teacher's Activity – Drinking Water Reflection (PAUSE)

➔ Ask the students:

"Can anyone tell me why we need to drink water every day?"

➔ Encourage the children to answer beginning with:

"My Allah Most High made water so..."

Examples they may say:

- *"My Allah Most High made water so I can live."*
- *"My Allah Most High made water so I can stay healthy."*
- *"My Allah Most High made water so I can play and have energy."*

Then ask the students:

"What would happen if there was no water for one whole day?"

Allow children to imagine and respond:

- *no drinking*
- *no energy*
- *no washing*
- *no cleaning*

Then ask the students:

"How does water show us the mercy of Allah Most High?"

Guide their thinking towards:

- *it is clean*
- *it helps every part of our body*
- *it is easy to drink*
- *it is always available*

Student Activity – Reflection Meditation (L5)

Teacher Instructions for students:

- **Ask everyone to sit quietly. Say:**
"Close your eyes and imagine you are very thirsty."
- **Pause for 10–15 seconds. Say:**
"Now imagine Allah Most High gives you a cool glass of water."
- **Pause again for reflection. Say softly:**
"Think how kind Allah is for giving us water so easily."
- **Then guide students to repeat together slowly:**
"SubhanAllah..." (10 times slowly)

Lesson 6 - Water – Mercy of Allah

Children, today we are going to think a little deeper about something very important we do every single day without even thinking – drinking water.

Every day, we use water in many different ways. We use it to wash ourselves, to clean things, to grow food, and to stay alive. But out of all of these uses, the most important and most necessary is still drinking water.

Student:

Does anyone know what happens to water inside our body?

When we drink water, something amazing happens inside our bodies. It removes our thirst and immediately makes us feel refreshed.

It helps our food digest properly so that our bodies can turn it into energy. That energy then helps us to play, to study, to walk, to think, and even to worship Allah Most High.

Water also helps our bodies in another very important way – it keeps us cool. When it is hot outside, or when we run around and become tired, water helps our body stay balanced and not overheat. Without water, our bodies would become weak, tired, and unable to function properly.

Now let us stop and think carefully:

Why do we actually need water to drink?

Without water, we cannot live at all.

- Humans cannot survive for more than a few days without water.
- Water helps keep our body cool, especially during hot weather or physical activity.
- It helps digest food and provides the energy we need throughout the day.
- Water keeps our joints moving smoothly, allowing us to walk, run, sit, stand, and play comfortably.
- It also helps remove harmful waste from our bodies and keeps us healthy from the inside.

Drinking water is not just something normal or ordinary – it is something that should remind us of how kind and merciful Allah Most High is.

Allah could have made water bitter, salty, or harmful. He could have made it difficult for us to find. But instead, out of His mercy, He made it clear, pure, refreshing, and easy for us to use. Every time we drink it, it benefits our body in so many ways without us even noticing.

Every single sip of water is actually a sip of Allah's mercy.

Yet children, even though we use water every day, we often forget to thank Allah for it.

That is why we must always remember:

- When we drink water, we should not just think, "I am drinking to stop my thirst." Instead, we should think, "This is a gift from Allah Most High."
- Every drop is a blessing, and every sip is a mercy.

Sunnah of Drinking Water

Prophet Muhammad ﷺ taught us beautiful manners when drinking water so that even something simple becomes an act of worship.

The Sunnah includes:

- Sit down when drinking water
- Hold the cup in the right hand
- Say "Bismillah" before drinking water
- Drink water in 3 sips (or more)
- Say "Alhamdulillah" after drinking water

When we follow these Sunnahs, there are three great benefits:

1. Turning a basic act into worship

Drinking water is a daily need. But when we follow the Sunnah — saying Bismillah, sitting down, drinking properly, and saying Alhamdulillah — that simple act becomes worship. Even drinking becomes an act of ibadah.

2. Gaining reward for following the Sunnah

Prophet Muhammad ﷺ said:

"Whoever revives one of my Sunnahs... will have a reward equal to that of those who follow it."

(Tirmidhi)

Every sip becomes rewarded when done the Sunnah way.

3. Reflecting gratitude for Allah's blessings

Millions of people in the world do not have clean water. When we follow the Sunnah, we stop and realise how great this blessing is. We begin with Bismillah and end with Alhamdulillah, and our hearts become thankful.

Student activities

Student Reflection Activity

Lesson 6 (Sunnah of Drinking Water)

Teacher Instructions:

- Ask everyone to sit quietly and become still.
- Say softly:
*"Children, Imagine you are holding a glass of water in your hand."
And imagine lifting it up and drinking it*
- Pause for 10–15 seconds.
- Say:
"Now imagine you are about to drink it, following the beautiful Sunnah of our beloved Prophet Muhammad ﷺ."
- Guide slowly:
"Say in your heart: Bismillah... sit calmly... drink in small sips... thinking of Allah..."
- Pause:
- Say:
"Now you have finished drinking."
- Say:
"Say in your heart: Alhamdulillah."
- Final reminder:
"Even drinking water becomes worship when we follow the Sunnah of the Prophet Muhammad ﷺ."

Students (quietly together):

"Alhamdulillah..." (slowly a few times)