



ISLAMIYAH SERIES

Journey Towards Excellence

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My Journey towards Excellence (MJE)

Marifatullah

(Knowing Allah through His creations)

Name of Allah

Al-Qadir الْقَادِر

Topic

Feet



Lesson 1 - Allah Al-Qadir الْقَادِر

Mahabbatullah (Loving Allah)

Allahu as
Al-Qādir

الْقَادِر

The All-Powerful

Allah Most High has many beautiful names and qualities.

One of them is Al-Qādir الْقَادِر.

What does Al-Qādir (الْقَادِر) mean?

It means that **all power and ability belong only to Allah**. No one else can do anything unless Allah allows it.

Think about it -

- Who helps you get out of bed in the morning?
- Who gives your legs the strength to stand and walk.
- Who gives your eyes the power to see.
- Who allows your heart to beat continuously, even while you are asleep.

It's **Allah**, the All-Powerful.

He gives us the strength to:

- **walk to school**
- **run in the playground**
- **smile at our friends**
- **hug our parents**

He lets our fingers move so we can write, draw, and eat.

He lets our lungs breathe in and out every second, even when we don't think about it.

The Gift of Breathing

He lets our lungs **breathe in and out every second**, even when we don't think about it.



Do you know how amazing that is?

- On average, we breathe about **20 times every minute**.
- That means in just **one hour**, we breathe **over 1,000 times**.
- In a single **day**, we take around **20,000 breaths!**

Now imagine...

- What if we had to **remember** to breathe each time?
- We'd be too busy saying, "*Inhale... exhale... inhale... exhale...*" all day long!
- We wouldn't have time to eat, sleep, play, or even talk.

But Allah, **Al-Qādir – The All-Powerful**, made our bodies so perfectly that our lungs **breathe automatically** – even when we're asleep!

He gives the order, and our body follows – without us even noticing.

Student Reflection Activity

DISCUSSION

A Moment to Think:

- Place your hand on your chest.
- Can you feel it move up and down as you breathe?
- Every breath you take is a **gift from Allah**.
- He gives you air to breathe, lungs to use it, and life with every breath that enters and leaves your body.
- So, the next time you take a deep breath, whisper in your heart:

"Alhamdulillah, thank You, Allah, for every breath You give me."

Lesson 2 - Allah Gives and Takes Strength

Yesterday, we learned that Allah is **Al-Qādir** (الْقَادِر) — **The All-Powerful**, the One who gives us strength to move, breathe, and live.

We realised that even the smallest things — like blinking our eyes or taking a breath — only happen because **Allah allows them to**.

Today, we will think about what happens when that strength is taken away.

Sometimes people become ill and can't walk or move easily. That's not because they are weak or bad — it's because **Allah wants to remind them** (and us) that power doesn't come from our muscles or food, but from **Allah Most High alone**.

We might have healthy bodies, but without Allah's help, even lifting a pencil would be impossible. He is the One who makes everything work — our brain, our bones, our breath, our heart, and even that tiny spark of energy inside us that keeps us alive.

A Gentle Reminder

When we see someone who is sick, we should remember how kind Allah has been to us.

We should make dua for them, help them if we can, and whisper,

"Alhamdulillah for the strength Allah has given me."

Because the truth is:

- Our strength is a gift.
- Our energy is a gift.
- And every gift comes from Allah — Al-Qādir, The All-Powerful.

If a robot stops working, we know it's not the robot's fault — it needs electricity from the plug to move. We are like that too — our "power" comes from Allah. Without His permission, nothing inside us could work.

That's why when we feel tired, sick, or scared, we should say: > "O Allah, You are Al-Qādir, please give me strength."

Because only Allah can give our strength back,

Student Discussion

- Who gives us the strength to move and breathe?
- What are some things you can do when you are healthy?
- How would you feel if you couldn't do them?
- When someone is sick, does it mean they are weak?
- Or is it a reminder that all power comes from Allah?
- What should we say when we see someone unwell?

Say together:

"Alhamdulillah for the strength Allah has given me."

Lesson 3 - Allah Al-Qadir Gave Us Legs to Walk

Last session, we learned that all strength comes from **Allah Al-Qādir – The All-Powerful**.

Today, let's think about one special gift that shows His power every day — **our legs!**

Allah made our legs strong so we can:

- walk to school,
- run in the playground,
- play with friends,
- help our parents,
- and stand in salah before Him.

Every step we take —happens only because **Allah gave our legs the power to move.**

Just Imagine...

Imagine waking up one day and not being able to move your legs.

- You'd need someone to help you get out of bed, to take you to school, even to stand in prayer.
- Life would feel so different and so difficult.

But Al-Qādir, Allah Most High, made it easy for us.

- He gives our legs the perfect shape, bones, and muscles to move smoothly.
- He gives our brains the ability to send messages — “stand,” “walk,” “run!” — and our body obeys.

That's how powerful and merciful Allah is.

STUDENT - DISCUSSION

Ask the students:

- “Can anyone tell me what we can do with legs and what we couldn't do if we didn't have legs?”

Encourage the children to answer beginning with:

“Alhamdulillah, my Allah Most High – Al-Qādir – gave me legs so I can...”

Lesson 4 - Reflection – Imagine Life Without Legs or Feet

Children in our last session I asked you what would life be without our legs – some of the things which we could not do would be, Children, just imagine for a moment if **we didn't have legs or feet**:

- How would we **stand in salah** or **walk to the masjid**
- How would we **climb the stairs, ride our bike, kick a football?**
- How would we **walk to help our parents,**
- How would we stand, or **balance?**

Every single one of these things is only possible because **Allah Al-Qādir** gave us legs and feet – strong, steady, and full of life. Without them, even the smallest task would be so difficult.

So whenever we walk, run, or stand, let's remember to thank Allah Most High :

➔ *Alhamdulillah, Allah Al-Qādir gave me legs and feet so I can move, stand, and live with ease.*

Student Reflection and Meditation

Reflection Activity – The Blessing of Legs

Teacher Instructions:

- **Tell the students:**
“Let's imagine what life would be like if we didn't have legs.” Just imagine how would we stand up without using our legs or how would we walk.
- **Pause and reflect:**
“See how difficult it is? Allah Al-Qādir gave us legs so we can walk, stand, pray, and move easily.”
- **Conclude:**
“Every step we take should remind us to say **Alhamdulillah.**”
“Now, together, let look at our legs and let us say **Alhamdulillah** 10 times to thank Allah Al-Qādir for our legs.”
- **Students (quietly, all together, with eyes closed):**
“Alhamdulillah... Alhamdulillah... Alhamdulillah...” (10 times)

Lesson 5 - Remembering the Blessings We Walk With

In our last session, we thanked Allah Most High for giving us **legs and feet** to walk.

We learned that Allah, **Al-Qādir – The All-Powerful**, is the One who gives us the strength to stand, move, and run every single day. But sometimes, we forget to thank Allah for the simple blessings that make our lives so easy.

We thank Him when we pass an exam or get something new — but how often do we thank Him for our **legs, feet**, or even the **ability to walk**?

Just think for a moment...

When was the last time you said in your du‘ā’, >
“Alhamdulillah, O Allah, thank You for letting me walk”?

Walking might seem ordinary — but it’s one of the greatest gifts of Allah. Some people can’t walk at all. Others wish they could take just one step.

Children sometime we forget to thank Allah Most High for this great blessing of feet.

Story – The Boy Who Wanted New Shoes

There was once a little boy who really wanted a **new pair of trainers** for Eid.

That very day he looked at the shop window and saw the shiny shoes with bright laces. He imagined how happy he would feel wearing them on Eid day.

But when Eid came, his parents couldn’t buy them. The boy felt sad — so sad that he began to cry. He didn’t want to wear his old shoes anymore. He thought,

“Everyone will have new shoes except me!”

After Eid salah, as he was putting on his shoes outside the masjid,

he noticed another young boy sitting quietly in the corner — but when he looked down at him, he was shocked and realised, the boy **didn’t have any feet**, so he couldn’t wear shoes —

The boy who had cried for new shoes felt really bad and sad,

Tears filled his eyes — not from sadness about his shoes anymore, but from realising how **ungrateful** he had been.

He whispered softly,

“Alhamdulillah... I have feet. I can walk, run, and stand in salah.

Allah Al-Qādir gave me feet, and that is one of the greatest gifts.”

From that day on, whenever he looked at his shoes — new or old — he smiled and remembered the boy without feet.

He learned that sometimes the **greatest blessings** are the ones we forget to thank Allah for.

Student Discussion

- Who gave us our legs and feet?
- When was the last time you thanked Allah for being able to walk?
- How did the boy feel before and after seeing the child without feet?
- What lesson did he learn?

Say together:

“Alhamdulillah for my feet and the ability to walk..”

Lesson 6 - Every Step Is by the Power of Allah Al-Qadir

Children, over the last few week we have learnt how **Allah Al-Qādir – The All-Powerful** gave us the strength to move, stand and walk.

We learned how our **legs and feet** help us every single day — and how lost we would be without them.

Today, let's bring it all together and remember one very special truth:

Every step we take happens only because Allah allows it.

- When you **walk to the masjid** Allah gives you the strength.
- When you **stand in salah** Allah holds you up.
- When you **run in the playground** Allah gives your feet the energy.
- Even when you **rest or sleep** Allah keeps your body alive and working.

That is the power of Al-Qādir.

- He is the One who gives and the One who can take away.
- He can make the weak strong and the strong weak.

So the best way to honour His power is to **use it for good** — to walk towards what pleases Him and away from what displeases Him.

So next time we **walk** let's say "*Alhamdulillah*" – to thank Allah for giving us feet to move.

When we **climb the stairs** let's remember the **greatness of Allah Most High**, by saying "*Allahu Akbar*" who gives us the power to rise and reach higher.

And when we **walk down the steps**, let's say "*SubhanAllah*" –for how perfectly Allah made our bodies to balance and move with ease.

Because every step, up or down, is by the power of **Allah Al-Qādir**, and every movement is a chance to remember Him.

Student Reflection and Meditation

- Ask everyone to sit quietly.
- Say softly:
"Children, close your eyes and think about your legs."
- Pause for 10–15 seconds.
- Say:
"Imagine if we couldn't walk or run. How hard would life be?"
- Say softly:
"Allah Al-Qādir gave us legs to move and stand – that is His mercy and power."
- Tell them:
"Now, together, let us say Alhamdulillah 10 times to thank Allah Al-Qādir for our legs."
- Students (quietly, all together, with eyes closed):
"Alhamdulillah... Alhamdulillah... Alhamdulillah..." (10 times)