



ISLAMIYAH SERIES

Journey Towards Excellence

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My Journey towards Excellence (MJE)

Marifatullah

(Knowing Allah through His creations)

Name of Allah

Ar-rahman الرَّحْمَن

Topic

Hands



Lesson 1 - Allah as Ar-rahman الرَّحْمَن

Allah as Ar-Rahman (The Merciful)

Allah Most High has many beautiful names and qualities.

One of the qualities of Allah is الرَّحْمَن – **Ar-Rahmān**, which means The Most Merciful.

Ar-Rahmān means that Allah's mercy covers everyone and everything – people, animals, plants, the sky, and the earth.

Every day we live in Allah's mercy. He gave us the air to breathe, food to eat, water to drink, and families to love us.

Out of His mercy, Allah gave us all of this because He loves us – yes, He really loves us. Allah wants us to be safe, healthy, and happy in this world, and to succeed in the Hereafter.

Children, who loves you the most? Your mum? Your dad? Your teacher? Did you know Allah loves you even more than all of them together? He shows His love by giving us so many bounties.”

Just imagine if Allah Subhanahu wa Ta'ala took away even one of His bounties – like our eyes, our feet, or our hands – how difficult life would be. Without eyes we could not see, without feet we could not walk, without hands we could not hold or help. Every part of us is a gift of Allah's mercy.

PAUSE (Teacher's Interaction)

Ask the students:

- “Can anyone tell me what Allah Subhanahuwa Ta'ala gave us?”

Encourage the children to answer beginning with the words:

“Alhamdulillah, my Allah Most High gave us..”

(e.g., “Alhamdulillah h, my Allah Most High gave me hands.”)

Lesson 2 - Allah as Ar-rahman الرَّحْمَن

Understanding Alhamdulillah

When we say Alhamdulillah, it means: “All praise and thanks are for Allah!”

It is a very special word that reminds us that everything good we have comes from Allah. He gives us blessings every day, big and small. Saying Alhamdulillah shows that we are grateful and happy with what Allah has given us.

For example:

- When we eat something tasty → *say Alhamdulillah!*
- When we wake up in the morning and feel healthy → *say Alhamdulillah!*
- When we drink water and our thirst goes away → *say Alhamdulillah!*
- When our parents care for us and love us → *say Alhamdulillah!*
- When we finish our Salah → *say Alhamdulillah!*

Why do we say it?

Because it reminds us to thank Allah for everything — our food, our clothes, our family, our health, and even the small things we enjoy. No one else could give us all these blessings except Allah.

When you say Alhamdulillah, you are telling Allah: “Thank You, my Allah, for everything You have given me.”

Did you know, children,

When Allah Subhanahu wa Ta'ala created Adam عليه السلام, one of the very first things Prophet Adam عليه السلام did was sneeze. When he sneezed, he said “Alhamdulillah,” which means all praise belongs to Allah. Then Allah Most High answered with “*Yarhamuk-Allah*,” which means Allah showers His mercy upon you.

(Sahih Ibn Hibban 6165)

How amazing! The very first words of the very first man created were to thank Almighty Allah. And the very first thing that happened to him was Allah's mercy upon him.

Just like Prophet Adam عليه السلام, we too must remember to say Alhamdulillah for the countless blessings Allah has given us. Allah Subhanahu wa Ta'ala has given us so many gifts — our feet to walk, our ears to hear, our mouth to speak, our hands to help, and our brain to think and learn. Every part of us is a blessing, and the best way to thank Allah for all these gifts is by saying Alhamdulillah.

Student activities

Reflection Meditation – Alhamdulillah

Teacher Instructions:

- Ask everyone to sit quietly.
- Say to the students:
"Close your eyes and think about one blessing Allah Subhanahu wa Ta'ala has given you. It could be your parents, your home, your food, your health, or even the smile on your face today."
- Pause for 10–15 seconds to let children imagine their blessing.
- Say softly:
"Now think how kind Allah is to give us this blessing. Who do we thank for it?"
- Tell them:
"Now, together, let us say Alhamdulillah 10 times. Count on your fingers as you say it."
- Students (quietly, all together, with closed eyes):
"Alhamdulillah... Alhamdulillah... Alhamdulillah..." (10 times)

PAUSE (Teacher's Interaction)

➤ Ask the students:

"Can anyone tell me what we can do with our hands, eyes, nose, feet, ears, mouth, heart, tongue, and brain?"

Encourage the children to answer beginning with:

"Alhamdulillah, Allah Most High gave us so I can..." e.g.

"Alhamdulillah, my Allah Most High gave me hands"

- *"so I can eat,"*
- *"so I can hold the Qur'an,"*
- *"so I can help my parents."*

Lesson 3 - Allah as Ar-rahman الرَّحْمَن

One of the Greatest Blessing - Our Hands

Look at all the things we can do with the blessings of Allah Subhanahu wa Ta'ala.

Allah's Gifts in Our Body:

- ➔ **Eyes -**
so we can see our parents, the Qur'an, the sky, and the beauty of creation.
- ➔ **Ears -**
so we can hear the Qur'an, our teacher, the birds, and people we love.
- ➔ **Mouth -**
so we can speak kind words, smile, and taste delicious food.
- ➔ **Hands -**
so we can hold, eat, write, build, help others, and raise them in dua.
- ➔ **Feet -**
so we can walk, run, play, and go to the masjid.
- ➔ **Brain -**
so we can think, learn, remember, and make good choices.
- ➔ **Heart -**
so we can live, feel love, and remember Allah.
- ➔ **Nose -**
so we can breathe and smell nice things like flowers or food.
- ➔ **Skin -**
so we can feel soft, hot, cold, or rough things.
- ➔ **Tongue -**
so we can read Qur'an, make dua, and say SubhanAllah, Alhamdulillah, Allahu Akbar.

One of the greatest blessing of Allah Subhanahuwa Ta'ala which He has given is is our hands. With our hands we can eat, drink, write, play, help others, and raise them in dua to worship Him. I want everyone to look at their hands and say Alhamdulillah.

Jus imagine if we didn't have hands - how difficult would life become.

Student activities

Reflection Meditation – Alhamdulillah

Teacher Instructions:

- Ask everyone to sit quietly.
- Say to the students:
"Close your eyes and think about our hands and look at them."
- Pause for 10–15 seconds to let children imagine their blessing.
- Say softly:
"How kind is Allah Subhanahu wa Ta'ala that He gave me hands?"
- Tell them:
*"Now, together, let us say Alhamdulillah 10 times.
Count on your fingers as you say it."*
- Students (quietly, all together, with closed eyes):
"Alhamdulillah... Alhamdulillah... Alhamdulillah..." (10 times)

PAUSE (Teacher's Interaction)

➡ Ask the students:

"Can anyone tell me something that we do with our hands?"

Encourage the children to answer beginning with:

*"Alhamdulillah, my Allah Most High gave me hands so I can..." e.g.
"Alhamdulillah, my Allah Most High gave me hands"*

- *"so I can eat,"*
- *"so I can hold the Qur'an,"*
- *"so I can help my parents."*

Lesson 4 - Allah as Ar-rahman الرَّحْمَن

The Blessing of Hands

Children, today we are going to think about something very special that we use every day – our hands.

Just imagine for a moment...

What would life be like if we didn't have hands?

How would we:

- eat our food?
- hold the Qur'an?
- write or draw?
- help our parents?
- make du'ā'?

Without hands, even the simplest things would become very difficult.

Every single one of these actions is only possible because Allah Most High gave us hands – strong, flexible, and able to do so many things.

So whenever we use our hands, let us remember to thank Allah:

"Alhamdulillah, Allah Most High gave me hands so I can hold, help, and live with ease."

PAUSE – Reflection on Hands

Ask the students:

- "What is your favourite thing you do with your hands, and why?"
(e.g., "I like using my hands to draw," "I like using my hands to eat food.")
- "If Allah did not give us hands, how would life be different?"
(Encourages imagination and gratitude)
- "Can anyone make a real, living hand like the one Allah gave us?"
(Shows Allah's power vs human limits)
- "When you look at your hands, what words can we say to remember Allah?"
(Teaches Alhamdulillah)

Student activities

Reflection Activity – The Blessing of Hands

Teacher Instructions:

- **Say to the students:**
*“Just imagine if we didn’t have hands – how difficult would life become?
Let’s imagine for a moment what life would be like without them.”*
- **Tell the students:**
“Everyone, put your hands behind your back.”
- **Give them simple tasks to try:**
“Now, try to turn the pages of your kitab (book) without using your hands. Could you do it?”
“Now, try to stand up without using your hands. Was it easy?”
“Now, try to pick up your pencil or water bottle. Can you do it?”
- **Pause and ask:**
“Was it difficult? How does it feel not being able to use your hands?”
- **Close with reflection:**
*“Alhamdulillah, Allah Subhanahu wa Ta’ala gave us hands.
With them we can eat, write, hold the Qur’an, and help others.
Imagine life without them – we must always thank Allah by saying Alhamdulillah.”*
- **Tell them:**
“Now, let us say Alhamdulillah 10 times and count on our fingers.”
- **Students (quietly):**
“Alhamdulillah...” (10 times)

Lesson 5 - Remembering the Blessing of Hands

In our last lesson, we learned that Allah gave us hands to help us in our daily lives. But sometimes, we forget to thank Allah for this great blessing. We thank Allah when we get something new – but how often do we thank Him for our hands? Just think...

When was the last time you said:

“Alhamdulillah, O Allah, thank You for my hands”?

Our hands help us every single day:

- We eat with them
- We write with them
- We hold the Qur'an
- We help others

Some people cannot use their hands the way we can

Story – The Child Who Couldn't Use His Hands

There was once a child who loved to draw and play. One day, he saw another child sitting quietly.

When he looked closely, he realised that the child could not use his hands. He watched as the child struggled to do simple things – things he himself did every day without thinking.

At that moment, he realised something important.

He said softly: *“Alhamdulillah... Allah gave me hands. I can write, eat, and help others.”*

From that day on, he never forgot to thank Allah for his hands.

Student Reflection – Lesson 5

- ➡ Who gave us our hands?
- ➡ What do we use our hands for?
- ➡ How did the child feel before and after?
- ➡ What lesson did he learn?

Say together:

“Alhamdulillah for my hands and what I can do with them.”

Lesson 6 - Allah as Ar-rahman الرَّحْمَن

Using Our Hands for Good

Children, we have learned that Allah gave us hands and that we should be thankful. Now let us remember something very important.

Our hands are **a gift from Allah Most High**, and we must use them in ways that please Him. With our hands, we make du‘ā’, help our parents, give to others, and hold the Qur’an. These are all good actions that Allah loves.

But we should not use our hands for anything that displeases Allah, because:
Every action of our hands is seen by Allah Most High.

So whenever we use our hands, we should remember Allah. When we eat, we say Alhamdulillah. When we help someone, we say Alhamdulillah. And when we raise our hands in du‘ā’, we remember that Allah is listening.

In this way, our hands become a means of doing good and getting closer to Allah.

Children, we have learned that Allah gave us hands and that we should be thankful.

Now let’s learn something very important:
Our hands are a gift — and we must use them for good.

We can use our hands to:

- make du‘ā’
- help our parents
- give charity
- hold and read the Qur’an
- be kind to others

But we must not use our hands for things that displease Allah.

Because:
Every action of our hands is seen by Allah Most High.

So whenever we use our hands, let us remember Allah.

- When we eat, say Alhamdulillah
- When we help, say Alhamdulillah
- When we raise our hands in du‘ā’, remember Allah is listening

Student Reflection & Activity – Lesson 6

Teacher Instructions:

- Ask students to place their hands in front of them.
- Say:
"Look at your hands carefully."
- Ask:
"What good things can we do with our hands?"
- Let students answer.
- Then say:
"Now imagine if we couldn't use them. How would life be?"
- Conclude:
"Allah gave us hands, so we must use them in ways that please Him."

Final Reflection

Tell the students:

"Every time you use your hands, remember Allah and say Alhamdulillah."

Then together:

"Alhamdulillah... Alhamdulillah... Alhamdulillah..." (10 times)

Teacher's Closing Reflection

"Children, remember:

- Every time we look at our hands or use them, we should say *"Alhamdulillah"* and thank Allah for making them.
- We should also use our hands in good ways — to help, to pray, and to do kind actions."