

SAVING OUR FAMILIES

Ta'lim & Tarbiyat

2015 **HANDBOOK**

A Guide for Ansar Monthly Meetings

2015 Ta‘līm and Tarbiyat Handbook

(A Guide for Monthly Meetings)

يَا أَيُّهَا الَّذِينَ آمَنُوا قُوا أَنْفُسَكُمْ
وَأَهْلِيكُمْ نَارًا وَقُودُهَا النَّاسُ
وَالْحِجَارَةُ عَلَيْهَا مَلَائِكَةٌ غِلَاظٌ شِدَادٌ
لَّا يَعْصُونَ اللَّهَ مَا أَمَرَهُمْ وَيَفْعَلُونَ
مَا يُؤْمَرُونَ ﴿٧﴾

[66:7] O ye who believe! **Save yourselves and your families from a Fire** whose fuel is men and stones, over which are appointed angels, stern *and* severe, who disobey not Allāh in what He commands them and do as they are commanded.



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Anṣār Pledge

Say this part three times:

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ
لَا شَرِيكَ لَهُ وَأَشْهَدُ أَنَّ
مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

*Ash-hadu • allā ilāha • illallāhu • waḥdahū •
lā sharīka lahū • wa ash-hadu • anna
Muḥammadan • ‘abduhū • wa rasūluh*

Say this part once:

*I bear witness • that there is none worthy of worship • except Allāh. • He is One • (and) has no partner, •
and I bear witness • that Muḥammad (peace be upon him) • is His servant • and messenger.*

Say this part once:

*I solemnly pledge • that I shall endeavor • throughout my life • for the propagation • and consolidation •
of Aḥmadiyyat in Islām, • and shall stand guard • in defense of • the institution of Khilāfat. • I shall not
hesitate • to offer any sacrifice • in this regard. • Moreover, • I shall exhort my children • to always remain
dedicated • and devoted • to Khilāfat. • Inshā’allāh.*

Notes:

- *Text in parenthesis is not in the original Arabic text and has been added to the translation.*
- *“•” in the text indicates where person leading the pledge should pause to allow members to repeat the same portion.*

**Dear Brothers,
As-Salāmu ‘Alaikum Wa Raḥmatullāh**

“Now that you have started one thing, it’s better to complete it.”

During an official meeting in November 2014, this is what Ḥaḍrat Khalīfatul Masīḥ V (may Allāh be his helper) instructed me. Ḥuḍūr wants us to remain focused on “save yourselves and your families from a fire.”(The Holy Qur’ān, 66:7)

In 2014 handbook, our topics focused on “saving ourselves” and the Majlis responded to their Khalīfah’s message with vigor: Our financial sacrifices increased by 10%, attendance at monthly meetings increased by 25%, National Ijtimā’ witnessed a surge of over 35%, and 60% of those who came, felt more engaged at the Ijtimā’.

This year, we are expanding the scope of the topics to include our families. The material in this handbook will equip you—Inshā’ allāh—to extinguish the fires of neglecting congregational Ṣalāt and not listening to Ḥuḍūr’s Friday sermons. We will explore issues of honesty, Purdah, backbiting, and forgiveness to strengthen our ties of kinship.

My gratitude to Qā’idīn Tarbiyat, Ta’līm, Ta’līmūl Qur’ān, and Health for the immense effort and to Nā’ib Ṣadr Ṣaff Dom for leading this project. Our Ishā’at team does a remarkable job from cover design to multiple reviews of the text. May Allāh reward them and their families with physical and spiritual abundance. Āmīn.

Only Allāh is perfect. Forgive us, therefore, should you find any inadvertent errors in this handbook. You may find a spelling mistake. That is largely because our team created a lot of original content. You may find a topic irrelevant to your situation. We know every topic is not relevant to every Nāṣir but we also know that every Nāṣir will find a relevant topic in this book. We deal with complex issues. At times, you may have clarity of expression that we may lack. If that happens, remember Pharaoh who said about Ḥaḍrat Moses (may peace be on him)—*I am better than this despicable fellow who can hardly express himself clearly* (The Holy Qur’ān, 43:53)—and forgive our shortcomings.

Let’s march forward. This is not the time to argue over minutiae. Instead, in the blessed words of the Promised Messiah (may peace be on him):

“My dear people! This is the time for serving the cause of the religion you claim to profess. Realize the value of this rare opportunity, for if you let it slip, it will not offer itself to you a second time. Being the follower of such a great and exalted Prophet (may peace and blessings of Allāh be on him), why do you lose heart? Be firm of faith and set an example that even the angels in heaven should wonder at your strength and steadfastness, and should pray for blessings on you.” (Our Teachings, p. 30)

Wassalām,

Faheem Younus Qureshi
Serving Majlis Anṣārullāh, USA

December 12, 2014

Dear Zu‘amā and Members of Majlis Anṣārullāh, USA
As-Salāmu ‘Alaikum Wa Raḥmatullāh

We would like to present the monthly meeting guide of Majlis Anṣārullāh, USA for the year 2015. The suggested format and goals of the monthly meeting remains the same as in the year 2014 except for some suggested changes as highlighted below:

- 1) Instead of quarterly presentations on health, there is a health related topic included in the handbook for each monthly meeting. It is expected that Za‘īm can assign Muntazim Health or someone with medical background to read the material and then entertain some questions as time permits. If Za‘īm cannot find anyone with appropriate medical background to answer any follow up questions, he can refer those questions to Qā’id Health for answers via email.
- 2) A segment is added in the monthly meeting to remind Anṣār of the prescribed memorization of verses of the Holy Qur’ān for that particular month.
- 3) It is also suggested in the agenda that Za‘īm allocates a small segment of time at the end of the meeting to remind Anṣār to listen to or read Ḥuḍūr’s (may Allāh be his helper) Friday sermons regularly with their families and discuss those sermons in daily life routines. Za‘īm is also requested to take this time to ask ‘Āmilah members if they have submitted the monthly report for the previous month regarding listening to/reading of the Friday sermons. Za‘īm can request the members—who have not submitted the report—to submit the report on their smartphones. If someone does not have a smartphone, he can use someone else’s smartphone for this purpose.
- 4) An Urdu translation of the Ta‘līm portion for the Tarbiyat interactive discussion is provided in the handbook for those who cannot read English at all so that they can read the Urdu section and prepare themselves to actively participate in Tarbiyat discussions. This will also help them take the Ta‘līm test in Urdu.

Except these changes, the meeting format remains the same. Please note that the major emphasis of the monthly meetings is around the theme of ‘savings ourselves and our families from a fire’ given by Ḥuḍūr in 2014 last year and endorsed by him for 2015 as well. Please note that interactive discussion is the most important aspect of each monthly meeting so we would request either Za‘īm or his assigned chair to make the discussion more fruitful, by following the guidelines of our Nizām-i-Mushāwarat (the system of Mushāwarat). The chair should allow everyone to contribute in an atmosphere of prayers and patience. While making comments, every member should address the chair, avoid arguments, and should not feel offended if asked to stop by the chair. Also, if a member feels that his point is already made, he should remain silent in the interest of time and wait for the next opportunity to speak. It is also suggested that each Nāṣir read the material once before coming to the meeting to make the discussion more fruitful.

At the end, Majlis Anṣārullāh, USA, takes full responsibility of any miscommunication or errors in this document. Our team welcomes any feedback on the new format and the choice of topics. We would especially request your feedback after you have conducted a couple of meetings and have gotten a better feel of the new format.

Requesting prayers,
Qā’idīn Ta‘līm, Tarbiyat, Ta‘līmūl Qur’ān, and Health

Suggested Agenda for Anṣār Monthly Meeting

The suggested agenda is intended for a 75-minute meeting. However, members can adjust the time allocations based on local realities.

- 1) **Recitation of the Holy Qur'ān with Translation** **5 minutes**
Selected verses on monthly topic – included in this handbook
(Za'īm can assign this to Muntazim TuQ or someone who recites the HQ correctly)
- 2) **Pledge** **2 minutes**
- 3) **Ta'īm Material including Aḥādīth, excerpts from the sayings/books of the Promised Messiah or books/sermons of Khulafā'** **10 minutes**
Ta'īm material – included in handbook
(Za'īm could assign this to Muntazim Ta'īm or someone else)
- 4) **Interactive Discussion using real life scenarios** **30 minutes**
Tarbiyat exercises – included in the handbook
(Answers to Tarbiyat exercises are available on page 52)
(Za'īm could chair himself, or assign Muntazim Tarbiyat or anyone else)
- 5) **Health Discussion** **10 minutes**
This section is to provide Anṣār an important tip on health related topic.
Za'īm can assign this topic to Muntazim Health or someone with a medical Background, if present in the Majlis. Za'īm should allow a few minutes for Q&A before moving on to the next segment of the meeting.
- 6) **Memorization of the Holy Qur'ān Segment** **8 minutes**
In this segment, Za'īm can assign Muntazim TuQ to read the verse(s) prescribed for the month for memorization. Anṣār can read these verses a few times in the allocated time to familiarize themselves with these verses so that they can memorize them at home.
(Please note that these verses are not included in the handbook.)
- 7) **Friday Sermon Report** **5 minutes**
In this segment, Za'īm can emphasize the need of every family member's listening of Ḥuḍūr's Friday sermons and discuss at dinner table. During this time, Za'īm can also ask 'Āmilah members present in the meeting whether they have submitted their online report on last month's listening to/reading of Friday sermons. If someone has not submitted the report, this time can be utilized to submit the report using his or someone else's smart device.
- 8) **Announcements and silent prayers** **5 minutes**
In this segment, Za'īm can make announcements about any national or local campaigns about any other departmental goals.

Total Time

75 minutes

Proposed Topics for the Monthly Meetings (At a Glance)

Month	Ta'lim & Tarbiyat Topic	Health Topic	Verses for the Memorization of the Holy Qur'an	Suggested Monthly Book Reading ¹
Jan	Congregational Prayers	Health Insurance	Chapter 78 (Al-Nabā')	Book: The Need for the Imām ² English: Pages 1 – 9 Urdu: Pages 472 - 476
Feb	Listening to Ḥuḍūr's Friday Sermons	High Blood Pressure	Chapter 78 (Al-Nabā')	Book: The Need for the Imām English: Pages 10 – 21 Urdu: Pages 477 - 483
Mar	Status of Purdah in our Families	Obesity	Chapter 78 (Al-Nabā')	Book: The Need for the Imām English: Pages 22 – 28 Urdu: Pages 484 - 490
Apr	Honesty and Truthfulness	Alzheimer's Disease	Chapter 78 (Al-Nabā')	Book: The Need for the Imām English: Pages 29 – 39 Urdu: Pages 491 - 495
May	Forgiveness	Diabetes – Part I	Chapter 78 (Al-Nabā')	Book: The Need for the Imām English: Pages 40 – 53 Urdu: Pages 496 - 502
Jun	Effects of TV and Music in our Families	Diabetes – Part II	Chapter 78 (Al-Nabā')	Book: Our Teachings ³ English: Pages 1 – 10 Urdu: Pages 1 - 4
Jul	National Jalsa Sālāna – Monthly meeting not mandatory			
Aug	Balancing Jamā'at and Family Lives	Diabetes – Part III	Chapter 78 (Al-Nabā')	Book: Our Teachings English: Pages 11 – 15 Urdu: Pages 5 - 8
Sep	Gossiping and Backbiting	Prostrate Cancer	Chapter 78 (Al-Nabā')	Book: Our Teachings English: Pages 16 – 23 Urdu: Pages 9 - 15
Oct	National Anṣār Ijtīmā' – Monthly meeting not mandatory			
Nov	Our obligations towards elderly family members	Influenza	Chapter 78 (Al-Nabā')	Book: Our Teachings English: Pages 24 – 30 Urdu: Pages 16 - 23
Dec	Tolerance and Forebearance	Stroke	Chapter 78 (Al-Nabā')	Book: Our Teachings English: Pages 31 – 36 Urdu: Pages 24 - 30

Notes:

1. The suggested book reading is not meant to be read during the monthly meetings. Anṣār are encouraged to read those books on their own during their regular reading time.
2. The English version of the book is available on Anṣār website under Ta'lim department.
3. The Urdu version of the book is from Rūḥānī Khazā'in Vol. 13 and the link to that book is also available on Anṣār website under Ta'lim department.

Topic 1: As a family, how are we doing with congregational Prayers?

Qur'ānic Verses:

<p>[14:41] ‘My Lord, make me observe Prayer, and my children <i>too</i>. Our Lord! <i>Bestow Thy grace on me</i> and accept my prayer.’</p>	<p>رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي ۗ رَبَّنَا وَتَقَبَّلْ دُعَاءِ ﴿٤١﴾</p>
<p>[31:18] ‘O my dear son! Observe Prayer, and enjoin good, and forbid evil, and endure patiently whatever may befall thee. Surely this is of those matters <i>which require</i> firm resolve.’</p>	<p>يُيَسِّرْكَ يٰأَبْنٰىٓ اَقِمِ الصَّلٰوةَ وَاْمُرْ بِالْمَعْرُوفِ وَاَنْهَ عَنِ الْمُنْكَرِ وَاَصْبِرْ عَلٰى مَا اَصَابَكَ ۗ اِنَّ ذٰلِكَ مِنْ عَزْمِ الْاُمُورِ ﴿١٨﴾</p>

Religious Guidelines

Ḥadīth 1: Abū Ayūb Anṣārī (may Allāh be pleased with him) relates that a man said, “Messenger of Allāh, tell me that which will cause me to be admitted to Paradise and will keep me away from the Fire. He answered: Worship Allāh and do not associate anything with Him, observe Prayer, pay the Zakāt and join the ties of kinship.” (*Bukhārī, Kitābul Adab*)

Ḥadīth 2: Jābir (may Allāh be pleased with him) relates that the Holy Prophet (may peace and blessings of Allāh be on him) said, “Giving up Prayers is tantamount to disbelief and Paganism. (*Muslim*)

The Promised Messiah (may peace be on him) says, “Be aware, and in fact become good-hearted and humble in spirit. You shall be recognized by offering five daily Prayers and exhibiting good morals.” (*Majmū‘ah Ishtihārāt, vol. 3, p. 48.*)

The Holy Prophet used to stand immediately in offering Prayer when he faced any trouble or trial. It is my personal experience, and the experience of all the truthful people who have passed away, that there is nothing greater than Prayer to lead one towards God.” (*Malfūzāt, vol. 9, p. 110*)

Ḥaḍrat Khalīfatul Masīḥ IV (may Allāh shower His mercy on him) stated, “So, O Aḥmadī young men, elders, children, and women! You are out to fight with the great powers of the world. But your numbers are so small, your condition is so weak and insignificant and you are without any resources that it is like a grain of dust in front of the grandeur of Himalayas. If you wish that defeat should become the destiny of the worldly majestic powers, and victory is granted to your humbleness, meekness, and paucity, then stand up, and become deserving recipient of that prayer of the Holy Prophet Muḥammad of Arabia (may peace and blessings of Allāh be on him) that he had made in the battleground of Badr. Become so resolved in offering your Prayer, and offer it so beautifully, that the Prayer remains intact because of you, and you remain unharmed because of Prayer. (*Essence of Prayer, Jalsa Sālāna Speeches before Khilāfat, page 213*)

“To obtain dignity and receive the blessings of Khilāfat, the first and foremost condition is to establish Prayer; because offering Prayer and worshipping God bring down the grace of Allāh to be absorbed. Therefore, every Aḥmadī must keep in mind that we will take advantage of the favor granted to us in the

form of Khilāfat only when we will safeguard our daily Prayers.” (*Khuṭbāt-i-Masroor*, vol. 5, p. 151, *Daily Al-Faḍl*, November 23, 2012, p. 1)

“A new research shows that a man, to whom God gives 70 years to live, spends 24 years of that time sleeping, 14 years working, 8 years in playing, 6 years in eating and drinking, 4 years in chatting, 3 years in reading, 3 years in education, and 3 years in watching television. For offering 5 daily Prayers, the total time consumed is only 5 months.” (*Daily Al-Faḍl*, December 31, 2009, p. 59. *Sālāna Number*)

Tarbiyat Exercises

The Holy Qur’ān repeatedly emphasizes the importance of five daily congregational Prayers. If we establish the habit of congregational Prayers in our families, then we will not worry about losing our children to the ills of the society. Today’s interactive discussion is about learning from each other various strategies which can help us establish congregational Prayers either at home or at a Ṣalāt center/mosque.

- 1) Last year, you tried to implement some changes in yourself and your family to offer more daily Prayers in congregation at home, mosque, or Ṣalāt center. There was some progress initially but after thinking carefully, you realize that things have not changed much long term even with yourself. As the father, grandfather, or husband, you realize that this is the time when you have to step up again. What should you do now?
 - A) You put charts up for Ṣalāt times and announce that from now on there will be some sort of punishment for any missed Ṣalāt. You don’t want to sacrifice your family’s moral integrity by being nice about it anymore.
 - B) Begin a Ṣalāt campaign. Make sure Adhān goes off in the house at appointed times, and a room is designated for Ṣalāt. Start a reward system for younger kids and family as a whole. Do not be negative or angry when Prayers are missed but keep reminding that there is a reward for getting the family to pray together.
 - C) Create a more spiritual atmosphere at home and set an open area in the house for praying where everyone can see you. Call Adhān yourself if necessary and after waiting for a few minutes begin offering Prayer.
 - D) Come up with a better plan.

- 2) You have only one person at home—a teenage son or grandson—who has not involved himself with congregational Ṣalāt. Your family is much more involved in Ṣalāt as well as other activities together. This has exposed the fact that your son/grandson has not been praying much on his own either. When you confront him, he becomes very upset and asks, “Why do you make me pray? It’s between me and Allāh, right?” What do you do?
 - A) Express that at this time in his life it is no longer optional. If he is under your care in your home it is something that he will need to comply with or leave home.
 - B) Explain to him that God has blessed us with so many bounties and He is the one Who is the source of all what we need and aspire. It is to our benefit to make Him our friend by praying to Him so that He takes care of us in good or tough times. Ask him to pray on his own the best he can and to join family Ṣalāt at least once a week. Tell him that he should ask Allāh to make it easier for him during the times he does pray.
 - C) Express to him that you will pray for him and hope he will reconsider his position. Tell him he is correct that it is between Allāh and him but only if an effort is made will he then understand the value of Ṣalāt. Let him have the space to work it out while you keep praying for him.
 - D) Do something else.

- 3) Please share some real life experiences in this area from a perspective of a parent or a son. There are beautiful stories to be shared about Ṣalāt—both struggles and rewards! This may end up being the most beneficial part of the discussion! Take as much time as allowed by the Za‘īm.

Action Item:

For everyone present at the meeting: Take a pen and paper, write down one detailed thing to do to help your family with collective Ṣalāt—something you haven’t been doing. Fold this paper up, it is personal, not for anyone else to see. When you get home find a place to put this paper that will remind you to stay true to your personal promise! See if you can make a difference through this.

Health Topic: Health Insurance

Healthcare in the USA is one of the best in the world. If you can afford to pay for your treatment, then you are likely to receive high quality care. But the cost of health care is prohibitive and most people are not able to afford out-of-pocket expense. The healthcare costs include doctor’s fee, facility fee (such as clinic or hospital), lab fees for the blood tests, x-rays, CT scans, and other very expensive and modern tests. Even if you knew a doctor and he did not charge you for his services, you will still need to pay for many different tests to diagnose your health problem. After diagnosis you will need treatment, which can include medicines and sometimes surgical procedures and operations. Therefore, it is not surprising that healthcare expenses are the single largest cause of bankruptcy in the USA. To address this problem, the government has provided help and support for those people who cannot afford health insurance, through the Affordable Care Act. In common language, it is called Obamacare. Every person, regardless of their income status, should have health insurance in this country.

Who can get Obamacare?

- Must live in the United States
- Must be a U.S. citizen or national (or be lawfully present in the country)
- Can’t be currently incarcerated (because government provides healthcare for the prisoners)
- Those who have Medicare (they already have health insurance)
- US citizens living outside of the U.S.

Use the Marketplace to get covered (www.healthcare.gov). The Health Insurance Marketplace helps uninsured people enroll in health coverage. Fill out a Marketplace application and you will find out if you qualify for:

- Private health insurance with savings based on your income. Plans cover essential health benefits, pre-existing conditions, and preventive care. Most people who apply through the Marketplace qualify for premium tax credits and savings on out-of-pocket costs based on household size and income.
- Medicaid and the Children’s Health Insurance Program (CHIP). These programs provide free or low-cost coverage to millions of families with limited income. Many states are expanding Medicaid to cover more people.
- Everyone is required to have health coverage or pay a fine. If you don’t have coverage in 2015, you’ll pay a penalty of either 2% of your income, or \$325 per adult (\$162.50 per child)—whichever is higher.
- You’re considered covered under the health care law if you have any job-based plan, any plan you bought yourself, Medicare, Medicaid, CHIP, and many other kinds of coverage.

Take action: Please note that enrollment for health insurance opens only for a fixed period of time each year. Open Enrollment for health insurance starts November 15, 2014. This is the time when you can get health insurance from your employer or from the government website www.healthcare.gov. For Obamacare the closing date is February 15, 2015.

Memorization of the Holy Qur'ān Verses of the Month (Chapter Al-Nabā', verses 1-5)

[78:1] In the name of Allāh, the Gracious, the Merciful.	بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ①
[78:2] About what do they question one another?	عَمَّ يَتَسَاءَلُونَ ②
[78:3] About the great Event,	عَنِ النَّبَاِ الْعَظِيمِ ③
[78:4] Concerning which they differ	الَّذِي هُمْ فِيهِ مُخْتَلِفُونَ ④
[78:5] Nay, soon they will come to know.	كَأَلَّا سَيَعْلَمُونَ ⑤

Topic 2: Is listening to Ḥuḍūr’s sermons an integral part of our family life?

Qur’ānic Verses:

[24:56] Allāh has promised to those among you who believe and do good works that He will surely make them Successors in the earth, as He made Successors *from among* those who were before them; and that He will surely establish for them their religion which He has chosen for them; and that He will surely give them in exchange security *and peace* after their fear: They will worship Me, *and* they will not associate anything with Me. Then whoso is ungrateful after that, they will be the rebellious.

وَعَدَ اللَّهُ الَّذِينَ آمَنُوا مِنكُمْ وَعَمِلُوا
الصَّالِحَاتِ لَيَسْتَخْلِفَنَّهُمْ فِي الْأَرْضِ كَمَا
اسْتَخْلَفَ الَّذِينَ مِنْ قَبْلِهِمْ ۖ وَيُمَكِّنَنَّ
لَهُمْ دِينَهُمُ الَّذِي ارْتَضَىٰ لَهُمْ
وَيُعْبَدُونَنِي لَا يَشْرِكُونَ بِي شَيْئًا ۗ وَمَنْ
كَفَرَ بَعْدَ ذَلِكَ فَأُولَٰئِكَ هُمُ الْفَاسِقُونَ ﴿٥٦﴾

Religious Guidelines:

The Āyat (verse) Istikhlāf is usually recited on Khilāfat Day programs to establish the fact that we are blessed with Khilāfat. To continuously benefit from the blessings of Khilāfat, we need to have a live and continuous connection with the Khalīfah of the time. In today’s age and time, regardless of where we live, the best way to keep the connection with Khalīfatul Masīḥ is to listen to his Friday sermons regularly, and if we want our next generations to stay connected with Khilāfat, we need to create the habit of listening to the Friday sermons of Khalīfatul Masīḥ and of seeking his advice in everyday matters.

Ḥaḍrat Khalīfatul Masīḥ V (may Allāh be his helper) stated in his Friday sermon of August 16, 2013:

“So this is the matter that has to do with our beliefs. Now I want to turn to the second item that has to do with our training. This has to do with the connection of the members of the Jamā‘at with Khilāfat. And, in connection with this, mention has to be made of Muslim Television Aḥmadiyya which Allāh has given us as a means to further this objective. Similarly, we also have the alislam.org website. So, it must be our focus and work to try and ensure that every Aḥmadī is connected to these tools as much as possible, and the system of the Jamā‘at and that of the auxiliaries must also work towards this end.

There is a very large number of sincere Aḥmadīs—sincere and loyal Aḥmadīs—who come to this mosque in person and listen to the sermon and there are many who in various parts of the world, via MTA, listen to the sermon and do so regularly—indeed there are some who listen to these sermons twice or three times. Nevertheless, there is a certain number who do not listen. Right here, in the UK, there are some who do not listen to the sermons, nor do they watch the other programs and also do not even participate in some of the programs.

In one Jamā‘at, a large number of people did things quite opposed to the teachings and practices of the Jamā‘at and so, out of necessity, disciplinary measures were taken against them and they had to work under some restrictions. When further investigation was done, it was found that most of these were people who did not listen to the sermons and most were those who were not very actively involved with the Jamā‘at on a routine daily basis nor do they generally participate in Jamā‘at programs.”

Tarbiyat Exercises:

Ḥuḍūr (may Allāh be his helper) has repeatedly reminded us to listen to his Friday sermons regularly. Listening to these sermons helps us stay connected with Khilāfat and we continuously benefit from the

unlimited blessings of Khilāfat. The blessings appear in various forms including solution to many of our everyday problems through following Ḥuḍūr's advice. In today's exercises, we will learn from each other's various strategies to get regular in listening to Ḥuḍūr's Friday sermons with our families on a regular basis.

- 1) Everyone in your family says, "I listen to Ḥuḍūr's sermons" but you are not sure if it's actually happening. You sense a need for everyone to be on the same page and for you to keep track of everyone's regularity. What should you do?
 - A) You pick a time during the week when the whole family will watch the sermon together. Encourage discussion after the sermon to ensure that everyone understands the essence and make a pledge that we will do our best to follow the guidelines of our beloved Imām.
 - B) You ask family members to jot down a couple of ideas from the latest sermon to share with you after every Friday Sermon.
 - C) Make sure MTA is on, especially on Fridays in the morning and remind everyone to watch the sermons on MTA or use one of many other options.
 - D) Over dinner or other informal family occasions, talk about what you learned from last Friday sermon.
 - E) Any other ideas?

- 2) You have an older son or grandson who lacks interest in listening to Friday sermons. He is also struggling with his Ṣalāt and other responsibilities. You feel it is very important for him to be in touch with Ḥuḍūr, not just from a moral discipline standpoint, but also to connect with Ḥuḍūr's message about current events. This is an ongoing situation, what should you do?
 - A) Create a discipline code where he needs to listen to the sermon prior to attending any social events or activities.
 - B) Ask him to write a letter to Ḥuḍūr and offer to help him write it. Have him be honest about his struggles in his writings to Ḥuḍūr asking Ḥuḍūr's for prayers and advice.
 - C) Become more involved in the activities he likes in addition to listening to the Friday sermons together with him, and keep praying that May Allāh create in him the love of listening of Friday sermons.
 - D) Buy a ticket to London and set up his Mulāqāt (meeting) with Ḥuḍūr.
 - E) Do something else.

- 3) You bring a non-Aḥmadī Muslim friend to a Jamā'at meeting where an intensive call for improvement in listening to Ḥuḍūr's sermons is made. Upon reaching home your guest asks why listening to Ḥuḍūr's sermons is so important. The visitor is confused about this priority compared with other Islāmīc duties. How should you respond?
 - A) Explain that Aḥmadiyyat stems from true Islām and fundamentals, and listening to Ḥuḍūr's guidance keeps us focused on those Islāmīc fundamentals.
 - B) Invite him to listen to one or two sermons with you, either at the mosque or at home. Let him absorb the information and then have a talk with him highlighting how Ḥuḍūr is inspiring us to follow the commands of Islāmīc teachings in order to improve living environment for us and bringing us closer to our Lord.
 - C) Give him literature on Aḥmadiyyat; let him know that until he understands the concept of Khilāfat he will not be able to make sense of the importance of listening to Ḥuḍūr's sermons. Tell him about our website where Friday sermons are archived and ask him that he can search topics that interest him.

D) Try a different approach.

Action Item:

Make a written promise to pick one strategy discussed today to improve the intensity and regularity of listening to Ḥuḍūr’s sermon. Take that written promise home and try hard to adhere until the next meeting. Then share your experience at the next meeting.

Health Topic: High Blood Pressure

What is High Blood Pressure (Hypertension): Pressure of blood in the arteries above a certain level is called high blood pressure. Normal blood pressure in a healthy adult is under 120/80. You can have high blood pressure for years without any symptoms. Even without symptoms, damage to blood vessels and heart continues. Uncontrolled high blood pressure increases your risk of serious health problems, including heart attack and stroke. High blood pressure generally develops over many years, and it affects nearly everyone eventually. Fortunately, high blood pressure can be easily detected. And once you know you have high blood pressure, you can work with your doctor to control it.

Symptoms: Most people with high blood pressure have no signs or symptoms, even if blood pressure readings reach dangerously high levels. Ask your doctor for a blood pressure reading at least every two years starting at age 18. Blood pressure should be checked in both arms to determine if there is a difference. If you don’t regularly see your doctor, you may be able to get a free blood pressure screening at a health resource fair or other locations in your community. You can also find machines in some stores that will measure your blood pressure for free, but these machines can give you inaccurate results.

Causes: There are two types of high blood pressure.

Primary (essential) Hypertension

For most adults, there is no identifiable cause of high blood pressure. This type of high blood pressure, called essential hypertension or primary hypertension, tends to develop gradually over many years. More than 95% people who have high blood pressure fall into this category.

Secondary Hypertension

Some people have high blood pressure caused by an underlying condition. Your doctor can run tests to make this diagnosis.

Risk Factors:

Age - The risk of high blood pressure increases as you age.

Race - High blood pressure is particularly common among blacks, often developing at an earlier age than it does in whites.

Family history - High blood pressure tends to run in families.

Being overweight or obese - Overweight people tend to have higher blood pressure.

Physical activity - People who are inactive tend to have higher heart rates and higher blood pressure. Exercise helps to lower the blood pressure as well as weight.

Using tobacco - Smoking or chewing tobacco immediately raises your blood pressure temporarily, and the chemicals in tobacco can damage the lining of your artery walls. This can cause your arteries to narrow, increasing your blood pressure. Second-hand smoke also can increase your blood pressure.

Too much salt in diet - Too much salt in diet can cause body to retain fluid, which increases blood pressure.

Stress - High levels of stress can lead to a temporary increase in blood pressure.

Certain chronic conditions - Certain chronic conditions also may increase your risk of high blood pressure, such as kidney disease, and sleep apnea.

Complications: Uncontrolled high blood pressure can lead to:

Heart attack or stroke - High blood pressure can cause hardening and thickening of the arteries (atherosclerosis), which can lead to a heart attack, stroke, or other complications.

Aneurysm - Increased blood pressure can cause your blood vessels to weaken and bulge, forming an aneurysm. If an aneurysm ruptures, it can be life-threatening.

Heart failure - To pump blood against the higher pressure in your vessels, your heart muscle thickens. Eventually, the thickened muscle may have a hard time pumping enough blood to meet your body's needs, which can lead to heart failure.

Kidney (Renal) failure - High blood pressure can damage your kidneys permanently.

Thickened, narrowed or torn blood vessels in the eyes - This can result in vision loss and blindness.

Trouble with memory or understanding - Uncontrolled high blood pressure may also affect your ability to think, remember, and learn.

Treatment: Changing your lifestyle can go a long way toward controlling high blood pressure. Your doctor may recommend you to eat a healthy diet with less salt, exercise regularly, quit smoking, and maintain a healthy weight. But sometimes lifestyle changes aren't enough.

In addition to lifestyle changes, your doctor may recommend medication to lower your blood pressure. Most patients will need medication to control their blood pressure. There are several classes of medicines which can be used to gain control of blood pressure. Your doctor will decide which drugs to use.

There is no cure for high blood pressure. Medicines help to control it as long as you use them. If you stop using medicines, blood pressure will go up again. So treatment should not be changed or stopped without consulting your doctor.

Memorization of the Holy Qur'an Verses of the Month (Chapter Al-Nabā', verses 6-9)

[78:6] Nay, <i>We say it</i> again, they will soon come to know.	ثُمَّ كَلَّا سَيَعْلَمُونَ ﴿٦﴾
[78:7] Have We not made the earth a bed,	أَلَمْ نَجْعَلِ الْأَرْضَ مِهْدًا ﴿٧﴾
[78:8] And the mountains as pegs?	وَالْجِبَالَ أَوْتَادًا ﴿٨﴾
[78:9] And We have created you in pairs,	وَوَخَلَقْنَاكُمْ أَزْوَاجًا ﴿٩﴾

Topic 3: Are we helping or hurting the standard of Purdah in our family?

Qur'ānic Verses:

[24:32] And say to the believing women that they restrain their eyes and guard their private parts, and that they disclose not their *natural and artificial* beauty except that which is apparent thereof, and that they draw their head-coverings over their bosoms, and that they disclose not their beauty save to their husbands, or to their fathers, or the fathers of their husbands or their sons or the sons of their husbands or their brothers, or the sons of their brothers, or the sons of their sisters, or their women, or what their right hands possess, or such of male attendants as have no sexual appetite, or young children who have no knowledge of the hidden parts of women. And they strike not their feet so that what they hide of their ornaments may become known. And turn ye to Allāh all together, O believers, that you may succeed.

أَوْ أَبَاءَ بُعُولَتِهِنَّ أَوْ أَبْنَاءَهُنَّ أَوْ إِخْوَانَهُنَّ
 أَوْ بَنِي إِخْوَانِهِنَّ أَوْ نِسَائِهِنَّ أَوْ مَا مَلَكَتْ
 أَيْمَانُهُنَّ أَوِ الشَّبِيعِينَ غَيْرِ أُولِي الْإِرْبَةِ
 مِنَ الرِّجَالِ أَوْ الصِّبْيَانِ لَمْ يَأْكُلْ
 لِبَاسَهُنَّ مِمَّا خِفَتَيْنِ وَمَنْ يَفْعَلْ
 ذَلِكَ فَأُولَئِكَ سَاءَ مَا يَحْكُمُونَ ﴿٣٢﴾

Religious Guidelines:

Ḥadīth 1: Abdullah ibn Umar narrated that the Holy Prophet (may peace and blessings of Allāh be on him) said, “Indeed Ḥayā (modesty) and Īmān (faith) are companions. When one of them is lifted, the other leaves as well.” (*Al-Bayhaqī*)

Ḥadīth 2: Ḥayā (modesty) is a part of faith. (*Ṣaḥīḥ al-Bukhārī, Book 2, Ḥadīth 2*)

The Promised Messiah (may peace be on him) states that, “But those whose eyes commit adultery and whose hearts are more dirty than filth and who have totally forgotten that they have to leave this world one day, I and my God are completely disgusted with them. I shall feel happy if such people, on their own account, sever their connection with me, because God intends to make this community a model for others, who strive to reach the highest rung of the ladder of piety and purity and those who have truly given priority to faith over their worldly pursuits.” (*Rūḥānī Khazā'in, vol. 20, p. 77, Tadḥkiratush Shahādātāin*)

Ḥaḍrat Khalīfatul Masīḥ III (may Allāh shower His mercy on him) has stated, during an address to the Norway Lajna, “I ask those women who feel that it is not necessary to observe ‘Purdah’ that what favor have they done to Islām by abandoning the ‘Purdah?’ Today some seek permission to do away with ‘Purdah.’ Tomorrow, they will seek permission to skinny dip in the sea and to lay bare on the beaches. Later, they will seek permission to bear children out of wedlock. I will tell them that they should be prepared to feel the fire of Hell. They should mend their ways before God’s wrath overtakes them.”
 (As quoted by Ḥaḍrat Khalīfatul Masīḥ V in an address to UK Lajna on November 19, 2006)

Ḥaḍrat Khalīfatul Masīḥ V (may Allāh be his helper) stated in a Friday sermon on October 1, 2010, “If Anṣār and Lajna take their obligations in the Jamā‘at seriously, then our next generation will be guided and safeguarded and will increase in sincerity and loyalty and remain attached to the Jamā‘at. If we

remain steadfast in Taqwā and reform ourselves and our children...then and only then will we gain the benevolence and blessings of Allāh.”

On a Norwegian tour, Ḥaḍrat Khalīfatul Masīh V stated: It is the duty of every Aḥmadī girl to not suffer an inferiority complex so that she drowns in this flood of Western indecency. Instead, she should—through her good character and high morals—create such a strong wall against this onslaught that she proves to the world that by following Islāmīc teachings, she can protect herself against all trials and temptations.

Therefore, an Aḥmadī girl should remember that by accepting the Promised Messiah (may peace be on him), she has pledged to follow the true Islāmīc teachings. She should stay away from any action that will cast a shadow on her modesty and good character. She should pray to Allāh fervently for protection and cover herself in the dress of righteousness.

(Al-Faḍl, October 19, 2011)

And for all you Aḥmadī boys and men, you are not off the hook just because you’re not wearing Ḥijāb. You are equally required to observe the same kinds of restrictions on immodest behavior and influences.

Tarbiyat Exercises:

The issue of Purdah has been addressed in every way as a critical part of Islāmīc faith and Islāmīc culture. It is practiced in many forms and shapes throughout the world. The key is that the Islāmīc concept of Purdah stems from modesty. It should always emanate from the heart and soul internally to the outside in dress and mannerism. It is particularly hard in our western society for Muslim women to wear appropriate Purdah. With passage of time, this is only becoming more and more difficult as prejudice against Muslims becomes more intense day by day. In today’s discussion, we will collectively learn from each other that as husbands and fathers, how to make this difficult task easy for our wives and daughters.

- 1) The children/grandchildren are out of school. You and your wife have had a long winter. Finally, the sun is out and it’s vacation time! Theme parks, water parks, and beaches are among many other options, but the family is divided on the selection of the site. Some prefer to go to theme parks, some to a beach resort. You want to avoid going to the beach resort as you don’t deem the environment to be appropriate for an Aḥmadī family. How would you handle the situation to avoid resistant feelings?
 - A) Explain to family members that beach resort environment is against our moral and religious standards so support to go to the theme park, where the environment is not ideal but still much better than beach resort.
 - B) Value the sentiments of the family; after all they deserve to enjoy the way they want and let them choose the venue of their choice.
 - C) Tell the family that either they will go to a venue of your choice or there will be no vacation.
 - D) Do something else.

- 2) Your daughter just finished college with flying colors and is starting a new job. Though she offers regular Ṣalāt and is of high moral character, it pains you that she does not observe Purdah. Over the years, your wife has told her many times that she should be wearing a head cover and an outer coat but her objection is that it’s more about conformity and less about pleasing Allāh. “If it was about pleasing Allāh,” she says, “there would be an equal stress on backbiting, honesty, and arrogance as well.” What is the best course of action for you?
 - A) Tell her that she is wrong and will not be allowed to live in the house without complying with the Purdah requirements

- B) Tell her that she is wrong because you cannot compare those small vices with the big vice of immodesty.
- C) Tell her that she is right and the Jamā‘at should stress more on those other vices.
- D) Don’t say anything to her. Seek Allāh’s forgiveness for your faults as parents, pray intensely for her, and continue to give her unconditional love.
- E) Any other suggestion?
- 3) Previously, your wife used to wear make-up and only a head scarf before leaving home. But lately, she has stopped wearing make-up, improved the standard of her head scarf, and also started wearing a long coat before going out. One particular day, before leaving for the mall you realize that change. How should you react?
- A) Express happiness and pray for her that she stayed that way.
- B) Explain your uneasiness in going out with her and ask her to revert back to her old standard of Purdah.
- C) Cancel the trip to the mall but commend her actions.
- D) Encourage her to observe such level of Purdah only at the mosque but not in public.
- E) Do something else.

Health Topic: Obesity

What is Obesity (Excessive weight)? Obesity is a disorder involving an excessive amount of body fat. Obesity isn’t just a cosmetic concern. It increases our risk of diseases and health problems such as heart disease, diabetes, and high blood pressure.

Symptoms: Obesity is likely when an individual’s body mass index (BMI) is 30 or higher. Body mass index is calculated by dividing weight in kilograms (kg) by height in meters (m) squared.

BMI	Weight Status
Below 18.5	Underweight
18.5 to 24.9	Normal
25.0 to 29.9	Overweight
30.0 to 34.9	Obese (Class I)
35.0 to 39.9	Obese (Class II)
40.0 and higher	Extreme Obesity (Class III)

For most people, BMI is a reasonable estimate of body fat. However, BMI doesn’t directly measure body fat, so some people, such as muscular athletes, may have a BMI in the obese category even though they don’t have excess body fat.

Causes: Although there are genetic and hormonal influences on body weight, obesity occurs when we eat more calories than we burn through exercise and normal daily activities. Body stores these excess calories as fat. Obesity results from inactivity and unhealthy eating.

Inactivity - If we are not very active, we don’t burn as many calories. With a sedentary lifestyle, we can easily take in more calories every day than we use through exercise and normal daily activities.

Unhealthy diet and eating habits - Having a diet that’s high in calories, lacking in fruits and vegetables, full of fast food, missing breakfast, and laden with high-calorie beverages and oversized portions all contribute to weight gain.

Complications:

If you're obese, you're more likely to develop a number of serious health problems, including:

- High triglycerides and low high-density lipoprotein (HDL) cholesterol
- Type 2 diabetes
- High blood pressure
- Metabolic syndrome—a combination of high blood sugar, high blood pressure, high triglycerides, and low HDL cholesterol
- Heart disease
- Stroke
- Cancer, including cancer of the uterus, cervix, endometrium, ovaries, breast, colon, rectum, esophagus, liver, gallbladder, pancreas, kidney, and prostate
- Breathing disorders, including sleep apnea, a potentially serious sleep disorder in which breathing repeatedly stops and starts
- Nonalcoholic fatty liver disease, a condition in which fat builds up in the liver and can cause inflammation or scarring
- Osteoarthritis

When you're obese, your overall quality of life may be lower, too. You may not be able to do things you'd normally enjoy as easily as you'd like, such as participating in enjoyable activities.

Treatment: The goal of obesity treatment is to reach and stay at a healthy weight.

All weight-loss programs require changes in eating habits and increased physical activity. The treatment methods that are right for you depend on your level of obesity, overall health, and willingness to participate in your weight-loss plan. Other treatment tools include:

- Dietary changes
- Exercise and activity
- Weight-loss surgery

Dietary Changes: Reducing calories (amount of food) and eating healthier are vital to overcoming obesity. Although you may lose weight quickly at first, slow and steady weight loss over the long term is considered the safest way to lose weight and the best way to keep it off permanently.

It is important to reduce the total number of calories in the diet. An average sized man or woman should eat 1200 to 1500 calories a day to lose weight. Number of calories in a food can be found on the label.

Exercise and activity: People who are overweight or obese need to get at least 150 minutes a week of moderate-intensity physical activity (pulse rate of 100 to 120) to prevent further weight gain or to maintain the loss of a modest amount of weight. To achieve more significant weight loss, you may need to exercise 300 or more minutes a week. You probably will need to gradually increase the amount you exercise as your endurance and fitness improve. To make your own exercise goal more doable, break it up into several sessions throughout the day, doing just 10 minutes at a time.

Weight-loss surgery: In some cases, weight-loss surgery, also called bariatric surgery, is an option.

Weight-loss surgery offers the best chance of losing the most weight, but it can pose serious risks.

Weight-loss surgery limits the amount of food you're able to comfortably eat or decreases the absorption of food and calories or both.

Weight-loss surgery for obesity may be considered if you have tried other methods to lose weight that haven't worked and:

- You have extreme obesity with a body mass index (BMI) of 40 or higher
- Your BMI is 35 to 39.9, and you also have a serious weight-related health problem, such as diabetes or high blood pressure
- You're committed to making the lifestyle changes that are necessary for surgery to work

Weight-loss surgery can often help you lose as much as 35 percent or more of your body weight. But weight-loss surgery isn't a miracle obesity cure. It doesn't guarantee that you'll lose all of your excess

weight or that you'll keep it off long term. Weight-loss success after surgery depends on your commitment to making lifelong changes in your eating and exercise habits.

Memorization of the Holy Qur'an Verses of the Month (Chapter Al-Nabā', verses 10-13)

[78:10] And We have made your sleep for rest,	وَجَعَلْنَا نَوْمَكُمْ سُبَاتًا ۝١٠
[78:11] And We have made the night as a covering,	وَجَعَلْنَا اللَّيْلَ لِبَاسًا ۝١١
[78:12] And We have made the day for the activities of life.	وَجَعَلْنَا النَّهَارَ مَعَاشًا ۝١٢
[78:13] And We have built over you seven strong <i>heavens</i> ;	وَبَنَيْنَا فَوْقَكُمْ سَبْعًا شِدَادًا ۝١٣

Topic 4: Are we an honest family?

Qur'ānic Verses:

<p>[24:43] And to Allāh belongs the kingdom of the heavens and the earth, and to Allāh shall be the return.</p>	<p>وَاللَّهُ مَلِكُ السَّمَوَاتِ وَالْأَرْضِ ۗ وَإِلَى اللَّهِ الْمَصِيرُ ﴿٤٣﴾</p>
<p>[4:136] O ye who believe! Be strict in observing justice, <i>and be</i> witnesses for Allāh, even though it be against yourselves or <i>against</i> parents and kindred. Whether he be rich or poor, Allāh is more regardful of them both <i>than you are</i>. Therefore follow not low desires so that you may <i>be able</i> to act equitably. And if you conceal <i>the truth</i> or evade <i>it</i>, then <i>remember that</i> Allāh is well aware of what you do.</p>	<p>يَا أَيُّهَا الَّذِينَ آمَنُوا كُونُوا قَوِّمِينَ بِالْقِسْطِ شُهَدَاءَ لِلَّهِ وَلَوْ عَلَىٰ أَنفُسِكُمْ أَوِ أَوْلَادِكُمْ وَالْأَقْرَبِينَ ۚ إِن يَكُنْ غَنِيًّا أَوْ فَقِيرًا فَإِنَّهُ أَوْلَىٰ بِهِمَا ۚ فَلَا تَتَّبِعُوا الْهَوَىٰ أَن تَعْدِلُوا ۗ وَإِن تَلَوَّا أَوْ تَعْرِضُوا فَإِنَّ اللَّهَ كَانَ بِمَا تَعْمَلُونَ خَبِيرًا ﴿١٣٦﴾</p>

Religious Guidelines:

The Promised Messiah (may peace be on him) says regarding the meaning of honesty and integrity, “The second quality in the context of the discarding of evil is the one known as honesty or integrity, that is to say, intolerance of the causing of harm to a fellow being by taking possession of his property dishonestly or unlawfully. Integrity is one of the natural conditions of man. That is why an infant, who follows his natural bent and who has not yet acquired any bad habit, so much dislikes anything belonging to another that it can only be persuaded with difficulty to be suckled by a wet nurse. If a wet nurse is not appointed for it while it is quite small and has not yet developed a keen consciousness, it becomes very difficult for a wet nurse to suckle it. It is naturally disinclined to be suckled by a woman other than its mother. This disinclination sometimes imposes great suffering upon it, and in extreme cases pushes it to the brink of death. What is the secret of this disinclination? It is that it naturally dislikes to leave its mother and to turn to something that belongs to another. When we reflect deeply upon this habit of an infant it becomes clear that this habit is at the root of all honesty and integrity. No one can be credited with the quality of integrity unless his heart becomes charged with dislike and hatred of the property of another as is the case with an infant. (*The Philosophy of the Teachings of Islām, p. 51*)

Ḥaḍrat Khalīfatul Masīḥ V (may Allāh be his helper) stated, “The other aspect is that of high morals. A main quality of those with high morals is honesty which is also an attribute of true believers. It is only possible to be this way when one abhors falsehood. People tell lies at various times in life and then say that they did not intend to say what was not true it was simply a slip of the tongue. Those who apply for asylum do this. God is forgiving and pardons those who feel remorse at their mistake. Of course, it is important that regret is shown in such matters. How can one be counted among those who have high morals and be firm on faith when one does not show remorse after telling lies or if one’s lies cause harm to another and one does not redress the situation and on the contrary tries to authenticate the lies or says that falsehood was unavoidable!” (*Friday sermon delivered on October 10, 2014*)

Tarbiyat Exercises

Allāh loves honesty. The Holy Qur’ān teaches us that the Ṣādiqīn (truthful) will be one group of men accepted into Paradise. One of the most blessed things we can do is to guide ourselves and our families on

a path to honesty and truthfulness in order to attain the pleasure of Allāh. Honesty is only achievable when one wants to please Allāh and show faith in Allāh alone and doesn't let this world, money, power, ego, or family come its way. Let's start with some small practical exercises today and learn how to increase the level of Honesty in our everyday life.

- 1) You are the sole earner of the family and lately things have been a bit tough and expenses are high. You are told that you should expect a hefty bonus at the end of the year so you borrow some money on a credit card hoping to pay it off when you get the bonus. You bring this money in as a "raise or interim bonus" to your wife who spends this money on new furniture for the home. This pleases your wife and takes the weight off you and your relationship. At the end of the year, your bonus does not come through and the credit card balance is high. What should you do?
 - A) Go to your wife and tell her that the bonus was in fact the credit card loan and you did not actually get the bonus this year. Explain to her that your intentions were pure. Ask her to help think of a plan to pay off the credit card loan by cutting some expenses.
 - B) Don't put the stress on your wife. Just keep the credit card loan and pay it off later when you get bonus next year. After all, you almost always get bonuses.
 - C) Find a part-time job and tell your wife that you got "more hours" at work to keep things calm. Try to pay off the credit card debt before she finds out.
 - D) Do something else.

- 2) You and your wife are in the process of looking for a marriage proposal for your son. You find a good proposal from a righteous and well known family. After the engagement, the father of the future bride invites you to have dinner with him alone. During the conversation, he expresses deep gratitude at finding a righteous boy (your son) for his righteous daughter. You know that your son went through a tough time in college and in fact had female relationships and drank alcohol. But he has moved on. Now he offers Prayers, pays Chanda, and has a good job. How should you respond to this situation?
 - A) Protect your family's reputation and the marriage and don't say anything. It is too late and perhaps unnecessary.
 - B) Don't say anything to the girl's father but talk to your son. Tell him that he needs to man up and tell the girl about his past before marriage.
 - C) Explain the truth completely—about your son's past and present—to the girl's father as the 'straightforward talk' (Qaul-i-Sadīd) is enjoined in the matters of marriage.
 - D) Find a better way to respond.

- 3) You have moved to a new small city and you meet a group of Muslims at a mall. They notice your wife's head is covered so they are excited to meet you. After many Ṣalāms and smiles, they say it is such a blessing to see a Muslim family in our local community. They express that they belong to a Sunnī mosque and they invite you to come their mosque for Jumu'ah and show you much love. They also invite you to their Saturday night potluck. How should you respond?
 - A) You tell them that you would try to come if possible hoping that you may not face them again.
 - B) You tell them that you belong to Aḥmadiyya Muslim Community and go to Aḥmadiyya Muslim mosque for Jumu'ah Prayer and other meetings. You invite them as well to join you in one of your meetings.
 - C) You tell them that you would come to their potluck but you are busy during the Jumu'ah and cannot come.
 - D) Some other response.

Health Topic: Alzheimer's Disease

What is Alzheimer's Disease: Alzheimer's disease is a progressive disease that destroys memory and other important mental functions. It's the most common cause of dementia—a group of brain disorders that result in the loss of intellectual and social skills. These changes are severe enough to interfere with day-to-day life. In Alzheimer's disease, the brain cells themselves degenerate and die, causing a steady decline in memory and mental function. Current Alzheimer's disease medications and management strategies may temporarily improve symptoms. This can sometimes help people with Alzheimer's disease maximize function and maintain independence.

Symptoms: At first, increasing forgetfulness or mild confusion may be the only symptoms of Alzheimer's disease that you notice. Everyone has occasional memory lapses. It's normal to lose track of where you put your keys or forget the name of an acquaintance. But the memory loss associated with Alzheimer's disease persists and worsens, affecting your ability to function at work and at home. People with Alzheimer's may:

- Repeat statements and questions over and over, not realizing that they've asked the question before.
- Forget conversations, appointments or events, and not remember them later.
- Routinely misplace possessions, often putting them in illogical locations.
- Eventually forget the names of family members and everyday objects.
- People with Alzheimer's disease may lose their sense of what day it is, the season, where they are or even their current life circumstances. Alzheimer's may also disrupt your brain's ability to interpret what you see, making it difficult to understand your surroundings. Eventually, these problems may lead to getting lost in familiar places.

Causes: Although the causes of Alzheimer's are not yet fully understood, its effect on the brain is clear. Alzheimer's disease damages and kills brain cells. A brain affected by Alzheimer's disease has many fewer cells and many fewer connections among surviving cells than does a healthy brain.

Risk Factors:

Increasing age is the greatest known risk factor for Alzheimer's. Alzheimer's is not a part of normal aging, but your risk increases greatly after you reach age 65. Nearly half of those older than age 85 have Alzheimer's.

Diagnosis: There's no specific test today that confirms you have Alzheimer's disease. Your doctor will make a judgment about whether Alzheimer's is the most likely cause of your symptoms based on the information you provide and results of various tests that can help clarify the diagnosis.

Doctors can nearly always determine whether you have dementia, and they can often identify whether your dementia is due to Alzheimer's disease. Alzheimer's disease can be diagnosed with complete accuracy only after death, when microscopic examination of the brain reveals the characteristic plaques and tangles.

Treatment: Current Alzheimer's medications can help for a time with memory symptoms and other cognitive changes. Two types of drugs are currently used to treat cognitive symptoms: Cholinesterase inhibitors and Memantine (Namenda). Adapting the living situation to the needs of a person with Alzheimer's is an important part of any treatment plan. For someone with Alzheimer's, establishing and strengthening routine habits and minimizing memory-demanding tasks can make life much easier. You can take these steps to support a person's sense of well-being and continued ability to function:

- Always keep keys, wallets, mobile phones, and other valuables in the same place at home, so they don't become lost.
- See if your doctor can simplify your medication regimen to once-daily dosing, and arrange for your finances to be on automatic payment and automatic deposit.
- Develop the habit of carrying a mobile phone with location capability so that you can call in case you are lost or confused and people can track your location via the phone. Also, program important phone numbers into your phone, so you don't have to try to recall them.
- Make sure regular appointments are on the same day at the same time as much as possible.
- Use a calendar or white board in the home to track daily schedules. Build the habit of checking off completed items so that you can be sure they were completed.
- Remove excess furniture, clutter, and throw rugs.
- Install sturdy handrails on stairways and in bathrooms.
- Ensure that shoes and slippers are comfortable and provide good traction.
- Reduce the number of mirrors. People with Alzheimer's may find images in mirrors confusing or frightening.

Memorization of the Holy Qur'an Verses of the Month (Chapter Al-Nabā', verses 14-17)

[78:14] And We have made <i>the sun</i> a bright lamp.	وَجَعَلْنَا سِرَاجًا وَهَّاجًا ﴿١٤﴾
[78:15] And We send down from the dripping clouds water pouring forth abundantly,	وَأَنْزَلْنَا مِنَ الْمُعْصِرَاتِ مَاءً ثَجَّاجًا ﴿١٥﴾
[78:16] That We may bring forth thereby grain and vegetation,	لِنُخْرِجَ بِهِ حَبًّا وَنَبَاتًا ﴿١٦﴾
[78:17] And gardens of luxuriant growth.	وَجَنَّاتٍ أَلْفَافًا ﴿١٧﴾

Topic 5: As a family, do we forgive?

Qur'ānic Verses:

<p>[24:23] And let not those who possess wealth and plenty among you swear not to give <i>aught</i> to the kindred and to the needy and to those who have left their homes in the cause of Allāh. Let them forgive and pass over <i>the offence</i>. Do you not desire that Allāh should forgive you? And Allāh is Most Forgiving, Merciful.</p>	<p style="text-align: center;">وَلَا يَأْتَلِ أُولُو الْفَضْلِ مِنْكُمْ وَالسَّعَةِ أَنْ يُؤْتُوا أُولِي الْقُرْبَىٰ وَالْمَسْكِينِ وَالْمُهَاجِرِينَ فِي سَبِيلِ اللَّهِ ۗ وَلِيَحْفُوا وَلِيَصْفَحُوا ۗ أَلَا تُحِبُّونَ أَنْ يَغْفِرَ اللَّهُ لَكُمْ ۗ وَاللَّهُ غَفُورٌ رَحِيمٌ ﴿٢٣﴾</p>
<p>And the recompense of an injury is an injury the like thereof; but whoso forgives and <i>his act</i> brings about reformation, his reward is with Allāh. Surely, He loves not the wrongdoers.</p>	<p style="text-align: center;">وَجَزَاءُ سَيِّئَةٍ سَيِّئَةٌ مِّثْلُهَا ۗ فَمَنْ عَفَا وَاصْلَحَ فَاجْرُهُ عَلَى اللَّهِ ۗ إِنَّهُ لَا يُحِبُّ الظَّالِمِينَ ﴿٢٤﴾</p>

Religious Guidelines

Ḥadīth: Ḥaḍrat Anas (may Allāh be pleased with him) narrates that Prophet Muḥammad (may peace and blessings of Allāh be on him) said that do not hold grudges against one another, do not be jealous, do not be indifferent or sever ties with one another. But become the servant of God and live as brothers with one another. It is not allowed for any Muslim to be angry with his brother for more than three days and sever ties with him. (*Ṣaḥīḥ Bukhārī, Kitābul Adab, chapter al hajr, Ḥadīth number 6076*)

Ḥaḍrat Khalīfatul Masīḥ V (may Allāh be his helper) in a Friday sermon quotes the Ḥadīth narrated by Ḥaḍrat Abū Hurairah, that Prophet Muḥammad said that charity does not deplete the wealth and that a person who does forgive the faults of others, Allāh makes him more honorable (*Masnad Imām Aḥmad Hanbal*). Ḥuḍūr further elaborated that forgiving faults of others does not diminish your status and this standard of forgiveness should be of each member of the Jamā'at.

The Promised Messiah (may peace be on him) states, “Forgive the sins of others and overlook the excesses and mistakes of others. Don’t you wish that Allāh forgives you and your sins. He is most forgiving and ever merciful.” (*Chashmah-i-Ma’rifat, Rūḥānī Khazā’in, vol. 23 page 387*)

The Promised Messiah said, “You should be quick to make peace and forgive the sins of your brother. That person is wicked who is not willing to make up with his brother. He will be cut off because he sows the seeds of discord. Be humble in your demeanor as though you were in the wrong, so that you yourself should be treated with forgiveness.” (*Kashtī-i-Nūḥ, Rūḥānī Khazā’in, vol. 19, p. 12*)

The Promised Messiah said, “The one among you who forgives his brother’s sins is more virtuous, and unfortunate is the one who is stubborn and refuses to forgive. He is not part of me.” (*Kashtī-i-Nūḥ, Rūḥānī Khazā’in, vol. 19, p. 13*)

Tarbiyat Exercises:

Seeking forgiveness is a common denominator in all faiths. If people are more forgiving in a society it can benefit individuals, families, communities, and even nations. There are examples where forgiveness caused remarkable transformation. Patience, forbearance, and forgiveness are all different forms of the same virtue. We must strive to develop these qualities in ourselves. Holding on to one's anger, hate, malice, and revenge is proven to be as damaging to one's self as to others. The biggest challenge in learning forgiveness is leaving ego behind and letting go of the need to be "right."

- 1) Your daughter married last month. Your family was honest in describing your daughter's likes and dislikes—including her religious practices—to the groom's family and expected the same from them. However, you are devastated to find out that your son-in-law has anger issues and that your daughter is facing physical abuse in her marriage. She becomes withdrawn, distant. As you help your daughter cope with the problem, you are furious with the boy and devastated by his family. What should you do?
 - A) Call police and have your daughter press charges. Help her file for an immediate divorce. Refuse to ever talk to the son-in-law's family again.
 - B) Help your daughter with filing a divorce. Tell Jamā'at members what happened to protect your daughter and your family's honor.
 - C) Sit with your son-in-law and his family and ask if they are willing to consider counseling and have a third party involved to help reconcile. Tell him that you are willing to forgive and help if he shows improvement in his behavior.
 - D) Control your own anger and tell your daughter to do the same and be patient and forgiving. Offer to help and don't discuss the matter with others. Pray hard for the ability to forgive the son-in-law and his family.
 - E) Try a different idea.

- 2) You have financially helped your wife's family throughout your marriage. This has caused stress in your relationship to the extent that finally you sit down with your wife. You explain your frustration by telling her that it is unfair for you to face this financial burden. You tell your wife that it needs to stop. She agrees. Things calm down. At the end of the year, you are looking over finances, which your wife usually takes care of. Your savings are depleted. When confronted, your wife confesses that she had continued sending money to her family without telling you. You are furious. What should you do?
 - A) Leave the house to avoid serious conflict. Pray hard for the strength to forgive your wife and her family. When you calm down, return home and take over the finances.
 - B) Control your anger and forgive your wife under the conditions that she asks her family to pay back the whole money in small monthly installments and never ask again. Afterwards, take control of the finances.
 - C) Control your anger. Tell your wife that you will forgive her only if she agrees not to talk to her family until they pay back the entire money.
 - D) Separate yourself for three days while controlling your anger. Pray for the strength to forgive and be kind. Go with your wife to meet her family and resolve the situation after looking at the facts.
 - E) Do something else.

- 3) You have a business in Pakistan which you have established over many years to bring it to a profitable level. But you have got an opportunity to move to USA and decide to avail it by selling your business. However, an Aḥmadī friend offers you to partner in the company by buying 50% of your shares in the business. Since the partner is inexperienced, he requests you to help him initially by

on-the-job training and then guiding him with regular visits to Pakistan. This goes on for a few years. After a couple of years, you find out that he has been stealing money from the business for quite some time. What would you do now?

- A) Tell your partner that you helped him but he stabbed you in the back. He feels sorry for it, compensates you for all the losses, and asks for forgiveness. Realizing that he is repentant, you forgive him so as not to affect him and his family from the financial devastation, which they might suffer otherwise.
- B) Report the matter to the police and take him to court for him to face the consequences regardless of how much sorry he feels and seeks your forgiveness.
- C) Ask him that you want to end the partnership and ask for your full share, otherwise, you will report the matter to police.
- D) Try something else.

Health Topic: Diabetes (Part 1)

What is Diabetes?

Diabetes mellitus refers to a group of diseases that affect how our body uses blood sugar (glucose). Glucose is vital to our health because it's an important source of energy for the cells that make up our muscles and tissues. It's also our brain's main source of fuel. If you have diabetes, no matter what type, it means you have too much glucose in your blood. Too much glucose can lead to serious health problems. Chronic diabetes conditions include type 1 diabetes and type 2 diabetes.

Symptoms: Diabetes symptoms vary depending on how much your blood sugar is elevated. Some people, especially those with type 2 diabetes, may not experience symptoms initially. In type 1 diabetes, symptoms tend to come on quickly and be more severe.

Some of the signs and symptoms of type 1 and type 2 diabetes are:

- Increased thirst
- Frequent urination
- Extreme hunger
- Unexplained weight loss
- Presence of ketones in the urine (ketones are a by-product of the breakdown of muscle and fat that happens when there's not enough insulin available)
- Fatigue
- Irritability
- Blurred vision
- Slow-healing sores
- Frequent infections, such as gums or skin infections

Although type 1 diabetes can develop at any age, it typically appears during childhood or adolescence. Type 2 diabetes, the more common type, can develop at any age, though it's more common in people older than 40.

How insulin works?

Insulin is a hormone that comes from pancreas, a gland situated behind and below the stomach.

- The pancreas secretes insulin into the bloodstream.
- The insulin circulates, enabling sugar to enter your cells.
- Insulin lowers the amount of sugar in your bloodstream.
- As your blood sugar level drops, so does the secretion of insulin from your pancreas.

The role of glucose

Glucose—a sugar—is a source of energy for the cells that make up muscles and other tissues.

- Glucose comes from two major sources: food and your liver. (Liver has large stores of glycogen which can be converted into glucose by the body.)
- Sugar is absorbed into the bloodstream where it enters cells with the help of insulin.
- Your liver stores and makes glucose.
- When your glucose levels are low, such as when you haven't eaten in a while, the liver breaks down stored glycogen into glucose to keep your glucose level within a normal range.

Causes of type 1 diabetes

The exact cause of type 1 diabetes is unknown. What is known is that your immune system—which normally fights harmful bacteria or viruses—attacks and destroys your insulin-producing cells in the pancreas. This leaves you with little or no insulin. Instead of being transported into your cells, sugar builds up in your bloodstream.

Type 1 diabetes is thought to be caused by a combination of genetic susceptibility and environmental factors, though exactly what many of those factors are is still unclear.

Causes of type 2 diabetes

In type 2 diabetes, your cells become resistant to the action of insulin, and your pancreas is unable to make enough insulin to overcome this resistance. Instead of moving into your cells where it's needed for energy, sugar builds up in your bloodstream.

Being overweight is strongly linked to the development of type 2 diabetes, but not everyone with type 2 diabetes is overweight.

Risk factors for type 1 diabetes

Although the exact cause of type 1 diabetes is unknown, factors that may signal an increased risk include:

- **Family history** - Your risk increases if a parent or sibling has type 1 diabetes.
- **Environmental factors** - Circumstances such as exposure to a viral illness likely play some role in type 1 diabetes.
- **The presence of damaging immune system cells (autoantibodies)** - Sometimes family members of people with type 1 diabetes are tested for the presence of diabetes autoantibodies. If you have these autoantibodies, you have an increased risk of developing type 1 diabetes. But not everyone who has these autoantibodies develops diabetes.
- **Dietary factors** - These include low vitamin D consumption, early exposure to cow's milk or cow's milk formula, and exposure to cereals before 4 months of age. None of these factors has been shown to directly cause type 1 diabetes.
- **Geography**. Certain countries, such as Finland and Sweden, have higher rates of type 1 diabetes.

Risk factors for type 2 diabetes

Researchers don't fully understand why some people develop type 2 diabetes and others don't. It's clear that certain factors increase the risk, however, including:

- **Weight** - The more fatty tissue you have, the more resistant your cells become to insulin.
- **Inactivity** - The less active you are, the greater your risk. Physical activity helps you control your weight, uses up glucose as energy, and makes your cells more sensitive to insulin.
- **Family history** - Your risk increases if a parent or sibling has type 2 diabetes.
- **Race** - Although it's unclear why, people of certain races—including blacks, Hispanics, American Indians, and Asian-Americans—are at higher risk.
- **Age** - Your risk increases as you get older. This may be because you tend to exercise less, lose muscle mass and gain weight as you age. But type 2 diabetes is also increasing dramatically among children, adolescents, and younger adults.

- **High blood pressure** - Having blood pressure over 140/90 is linked to an increased risk of type 2 diabetes.
- **Abnormal cholesterol and triglyceride levels.** If you have low levels of high-density lipoprotein (HDL), or “good,” cholesterol, your risk of type 2 diabetes is higher. Triglycerides are another type of fat carried in the blood. People with high levels of triglycerides have an increased risk of type 2 diabetes. Your doctor can let you know what your cholesterol and triglyceride levels are.

Memorization of the Holy Qur’ān Verses of the Month (Chapter Al-Nabā’, verses 18-21)

[78:18] Surely, the Day of Decision has an appointed time:	إِنَّ يَوْمَ الْفَصْلِ كَانَ مِيقَاتًا ۗ ﴿١٨﴾
[78:19] The day when the trumpet will be blown; and you will come in large groups;	يَوْمَ يُنْفَخُ فِي الصُّورِ فَتَأْتُونَ أَفْوَاجًا ۗ ﴿١٩﴾
[78:20] And the heaven shall be opened and shall become <i>all</i> doors;	وَوُفِّتِحَتِ السَّمَاءُ فَكَانَتْ أَبْوَابًا ۗ ﴿٢٠﴾
[78:21] And the mountains shall be made to move and shall become <i>as if they were</i> a mirage	وَسَيَّرَتِ الْجِبَالَ فَكَانَتْ سَرَابًا ۗ ﴿٢١﴾

Topic 6: How is the TV and internet impacting our family?

Qur'ānic Verses:

<p>[62:12] But when they see some merchandise or some amusement, they break up for it, and leave thee standing. Say, ‘That which is with Allāh is better than amusement and merchandise, and Allāh is the Best Provider.</p>	<p>وَإِذَا رَأَوْا تِجَارَةً أَوْ لَهْوًا انفَضُّوا إِلَيْهَا وَتَرَكَوْكَ قَائِمًا ۗ قُلْ مَا عِنْدَ اللَّهِ خَيْرٌ مِّنَ اللَّهْوِ وَمِنَ التِّجَارَةِ ۗ وَاللَّهُ خَيْرُ الرَّزَاقِينَ ﴿١٢﴾</p>
<p>[57:21] Know that the life of this world is only a sport and a pastime, and an adornment, and a source of boasting among yourselves, and of rivalry in multiplying riches and children. <i>This life is</i> like the rain the vegetation produced whereby rejoices the tillers. Then it dries up and thou seest it turn yellow; then it becomes broken pieces of straw. And in the Hereafter there is severe punishment, and also forgiveness from Allāh, and His pleasure. And the life of this world is nothing but temporary enjoyment of deceitful things.</p>	<p>إِعلمُوا أَنَّمَا الْحَيَاةُ الدُّنْيَا لَعِبٌ وَلَهْوٌ وَزِينَةٌ وَتَفَاخُرٌ بَيْنَكُمْ وَتَكَاثُرٌ فِي الْأَمْوَالِ وَالْأَوْلَادِ ۗ كَمَثَلِ غَيْثٍ أَعْجَبَ الْكُفَّارَ نَبَاتُهُ ثُمَّ يَهِيجُ فَتَرْتَبُهَا مِصْفَرًا ثُمَّ يُكُونُ حُطَامًا ۗ وَفِي الْآخِرَةِ عَذَابٌ شَدِيدٌ ۗ وَمَغْفِرَةٌ مِّنَ اللَّهِ وَرِضْوَانٌ ۗ وَمَا الْحَيَاةُ الدُّنْيَا إِلَّا مَتَاعُ الْغُرُورِ ﴿٢١﴾</p>

Religious Guidelines:

The Promised Messiah (may peace be on him) wrote:

‘It should be remembered that a godly person does not belong to the world. That is why the world hates him. He belongs to heaven and is bestowed heavenly bounties. A man of the world is given worldly bounties, and a man of heaven is bestowed heavenly bounties.’ (*Philosophy of the Teachings of Islām*, p. 142.)

Second condition of Bai‘at:

That he/she shall keep away from falsehood, fornication/adultery, trespasses of the eye, debauchery, dissipation, cruelty, dishonesty, mischief, and rebellion; and that he/she will not permit himself/herself to be carried away by passions, however strong they might be.

Sixth condition of Bai‘at:

That he/she shall refrain from following un-Islāmic customs and lustful inclinations, and shall completely submit himself/herself to the authority of the Holy Qur’ān; and shall make the Word of God and the Sayings of the Holy Prophet (may peace and blessings of Allāh be on him) the guiding principles in every walk of his/her life.

Ḥaḍrat Khalīfatul Masīḥ IV (may Allāh shower His mercy on him) states, “The pursuit of pleasure in every sphere of life requires change and novelty to provide a greater kick. Things, which used to satisfy in the past, no longer do now. Smoking and traditional intoxicants fail to provide the kick, which the progressively restless society requires. . . In the area of music, the same trends have gradually set in during the last few decades of this century.” (*Islām’s Response to Contemporary Issues*, p. 72)

Ḥaḍrat Khalīfatul Masīḥ V (may Allāh be his helper) said, “If the love of the world takes hold of you, if TV and Internet occupy you so much that you are lax in your Ṣalāt, then the love of Allāh cannot develop within you. And to attain Allāh’s love, sacrifice of worldly desires is required.” (*Al-Faḍl*, Nov. 21st, 2011, p. 3)

Tarbiyat Scenarios:

There is significant research which tells us that regular exposure to graphic violence and inappropriate content has a negative impact on our personalities. As fathers and husbands, we can affect the environment our family lives in by setting an example through our choices and behavior.

1) Your teenage son and daughter are watching a movie. You walk into the room and are caught off guard by the graphic cursing and violence on the screen. You scream, “I didn’t even realize you watch stuff like this?” Your son says, “Dad this is a well-known movie, it’s a classic, haven’t you watched it?” Your daughter says, “This is reality, dad, it happens all the time; should we pretend to be naive?” What would you do?

- A) Admit that you previously watched it and that it was disturbing to you. Then ask them to turn it off immediately.
- B) Explain that you won’t tolerate such movies at home and ask them to turn it off.
- C) Watch the movie with them. Later, discuss the pros and cons with your children and set ground rules for the future.
- D) Do something else.

2) Your son loves technology. From the time he gets home to the time he goes to sleep, he jumps from the TV to his game console to the computer to his mother’s iPhone. You are annoyed by his addiction as it is impacting his Ṣalāt and studies. What would you do?

- A) Take away the game console and put a complicated password on the remaining devices.
- B) Make it a point to play a sport with him that he likes and let him earn two hours of game/computer time only after he is done with his studies and Ṣalāt.
- C) Let him do what pleases him. He will outgrow with time.
- D) Do something else.

3) Please complete this activity and report on how it went. It is critical to work creatively to make real evaluation and real change!

Below is a list of TV shows that are popular and regularly followed by older teens and young adults. Please ask your older children or grandchildren what shows they like to see if any match up. Then make time to watch one show at least with your children/family. Please be reflective and caring. After watching the show, think of positive interventions to improve your family’s media preferences.

- The Big Bang Theory CBS
- Vampire Diaries CW
- American Horror Story Fox
- The Walking Dead AMC
- Modern Family ABC

- Sons of Anarchy FX
- Criminal Minds CBS
- Blacklist NBC
- Breaking Bad AMC
- Bones FOX
- Pretty Little Liars ABC Family
- CSI CBS

Health Topic: Diabetes (Part 2)

Tests for type 1 and type 2 diabetes and prediabetes

- **Glycated hemoglobin (A1C) test.** This blood test indicates your average blood sugar level for the past two to three months. It measures the percentage of blood sugar attached to hemoglobin, the oxygen-carrying protein in red blood cells. The higher your blood sugar levels, the more hemoglobin you'll have with sugar attached. An A1C level of 6.5 percent or higher on two separate tests indicates that you have diabetes. An A1C between 5.7 and 6.4 percent indicates prediabetes. Below 5.7 is considered normal.
- **Random blood sugar test.** A blood sample will be taken at a random time. Regardless of when you last ate, a random blood sugar level of 200 (mg/dL) or higher suggests diabetes.
- **Fasting blood sugar test.** A blood sample will be taken after an overnight fast. A fasting blood sugar level less than 100 mg/dL is normal. A fasting blood sugar level from 100 to 125 mg/dL is considered prediabetes. If it's 126 mg/dL or higher on two separate tests, you have diabetes.
- **Oral glucose tolerance test.** For this test, you fast overnight, and the fasting blood sugar level is measured. Then you drink a sugary liquid, and blood sugar levels are tested periodically for the next two hours. A blood sugar level less than 140 mg/dL is normal. A reading of more than 200 mg/dL after two hours indicates diabetes. A reading between 140 and 199 mg/dL indicates prediabetes.

If type 1 diabetes is suspected, your urine will be tested to look for the presence of a byproduct produced when muscle and fat tissue are used for energy when the body doesn't have enough insulin to use the available glucose (ketones). Your doctor will also likely run a test to see if you have the destructive immune system cells associated with type 1 diabetes called autoantibodies.

Complication of Diabetes:

Long-term complications of diabetes develop gradually. The longer you have diabetes—and the less controlled your blood sugar—the higher the risk of complications. Eventually, diabetes complications may be disabling or even life-threatening. Possible complications include:

- **Cardiovascular disease** - Diabetes dramatically increases the risk of various cardiovascular problems, including coronary artery disease with chest pain (angina), heart attack, stroke, and narrowing of arteries (atherosclerosis). If you have diabetes, you are more likely to have heart disease or stroke.
- **Nerve damage (neuropathy)** - Excess sugar can injure the walls of the tiny blood vessels (capillaries) that nourish your nerves, especially in your legs. This can cause tingling, numbness, burning or pain that usually begins at the tips of the toes or fingers and gradually spreads upward. Left untreated, you could lose all sense of feeling in the affected limbs. Damage to the nerves related to digestion can cause problems with nausea, vomiting, diarrhea, or constipation. For men, it may lead to erectile dysfunction.
- **Kidney damage (nephropathy)** - The kidneys contain millions of tiny blood vessel clusters (glomeruli) that filter waste from your blood. Diabetes can damage this delicate filtering system.

Severe damage can lead to kidney failure or irreversible end-stage kidney disease, which may require dialysis or a kidney transplant.

- **Eye damage (retinopathy)** - Diabetes can damage the blood vessels of the retina (diabetic retinopathy), potentially leading to blindness. Diabetes also increases the risk of other serious vision conditions, such as cataracts and glaucoma.
- **Foot damage** - Nerve damage in the feet or poor blood flow to the feet increases the risk of various foot complications. Left untreated, cuts and blisters can develop serious infections, which often heal poorly. These infections may ultimately require toe, foot, or leg amputation.
- **Skin conditions** - Diabetes may leave you more susceptible to skin problems, including bacterial and fungal infections.
- **Hearing impairment** - Hearing problems are more common in people with diabetes.
- **Alzheimer's disease** - Type 2 diabetes may increase the risk of Alzheimer's disease. The poorer your blood sugar control, the greater the risk appears to be. Although there are theories as to how these disorders might be connected, none has yet been proved.

Memorization of the Holy Qur'an Verses of the Month (Chapter Al-Nabā', verses 22-25)

[78:22] Surely Hell lies in ambush,	إِنَّ جَهَنَّمَ كَانَتْ مِرْصَادًا ۝
[78:23] A home for the rebellious,	لِلظَّالِمِينَ مَا بَاءٌ ۝
[78:24] Who will tarry therein for ages.	لُبِثِينَ فِيهَا أَحْقَابًا ۝
[78:25] They will taste therein neither sleep nor drink,	لَا يَذُوقُونَ فِيهَا بَرْدًا وَلَا شَرَابًا ۝

Topic 7: Achieving balance in obligations towards the Jamā‘at and family.

Qur’ānic Verses:

<p>[28:78] ‘And seek, in that which Allāh has given thee, the Home of the Hereafter; and neglect not thy lot in this world; and do good to others as Allāh has done good to thee; and seek not to make mischief in the earth, verily Allāh loves not those who make mischief.</p>	<p>وَابْتَغِ فِيمَا آتَاكَ اللَّهُ الدَّارَ الْآخِرَةَ وَلَا تَنْسَ نَصِيبَكَ مِنَ الدُّنْيَا وَأَحْسِنْ كَمَا أَحْسَنَ اللَّهُ إِلَيْكَ وَلَا تَبْغِ الْفُسَادَ فِي الْأَرْضِ ۗ إِنَّ اللَّهَ لَا يُحِبُّ الْمُفْسِدِينَ ﴿٧٨﴾</p>
<p>[17:27] And give thou to the kinsman his due, and to the poor and the wayfarer, and squander not thy wealth extravagantly.</p>	<p>وَأْتِ ذَا الْقُرْبَىٰ حَقَّهُ وَالْمِسْكِينَ وَابْنَ السَّبِيلِ وَلَا تَبْذُرْ تَبْذِيرًا ﴿٢٧﴾</p>

Religious Guidelines:

The Holy Prophet (may peace and blessings of Allāh be on him) once asked a companion: “Is it true, that you fast all day and stand in Prayer all night?” The companion replied that the report was indeed true. The Prophet then said, “Do not do that! Observe the fast sometimes and also leave (it) at other times. Stand up for Prayer at night and also sleep at night. Your body has a right over you, your eyes have a right over you, and your wife has a right over you.” (*Ṣaḥīḥ Al-Bukhārī, Volume 7, Ḥadīth 127*)

The Holy Prophet said, “The good deeds of any person will not make him enter Paradise (i.e., no one enters paradise only through his good deeds).” The Prophet’s companions asked: “Not even you?” The Prophet replied: “Not even myself, unless God bestows His favor and mercy on me. So be moderate in your religious deeds and do what is within your ability. None of you should wish for death, for if he is a doer of good, he may increase his good deeds, and if he is an evil doer, he may repent to God.” (*Ṣaḥīḥ al-Bukhārī, Volume 7, Ḥadīth 577*)

In his Friday sermon at the 2012 Jalsa Sālāna of Germany, Ḥaḍrat Khalīfatul Masīḥ V (may Allāh be his helper) said, “Taqwā is not attained by only performing worship, by serving the Jamā‘at, by loving God and His Messenger, and obedience to the Promised Messiah and Khilāfat. Taqwā is perfected when the rights of parents, wives, husbands, children, friends, and relatives are fulfilled, when the rights of members of the Jamā‘at are fulfilled, in fact when the rights of the enemy are fulfilled. We come to the Jalsa for spiritual development and while we keep worship and remembrance of God in view here we should also pay attention to mutual love and friendship and sympathy.”

Tarbiyat Scenarios

Sincere devotion to the Jamā‘at and to family are of the highest level of service and sacrifice. We are all at different places regarding the time and effort we put into both responsibilities. The question proposed is what is the proper balance between both and does too much effort in one area hurt the other? We need to be careful in judging the intentions of our brothers and yet be honest and sincere in this discussion. Ultimately, it is Allāh alone we are answerable to and that should be the guiding principle.

- 1) You promised your family a trip to the mall and then meeting some friends later on a Sunday. A day before, your Jamā‘at president informs you that one of the guest speakers is sick. He asks you to speak at the function. The time of the program conflicts with the time of your family’s commitment. What would you do and why?

- A) Explain to the Jamā‘at president that you are already committed so he should look for someone else.
- B) Accept the request. Talk to your family and explain that we have pledged to give precedence to religious service over our worldly obligations and that they should continue with the program as planned, without you.
- C) Go to the meeting. Cancel the trip to mall. Instead, take your family out for dinner that evening.
- D) Do something else.
- 2) You have agreed to make a presentation to the governor of your state on behalf of the Jamā‘at. You have prepared for this event and it is a special opportunity. Your son is a high school senior and an excellent soccer player. His team does very well and makes to the national finals, largely, due to the excellent performance of your son. The final is on the same day as the governor’s program. He is tremendously excited and asks you to be there no matter what as you hardly go to his games. What should you do?
- A) Explain that a Jamā‘at function of this importance has to take precedence. Tell your son that he will understand this one day and get blessings for it.
- B) Call National Tabligh secretary and Missionary and try to get someone else to make the presentation to governor so you could go to the soccer final. Tell your son that you are trying to arrange for another speaker but if it does not work, you might have to miss his soccer game or otherwise it could adversely impact the image of our Jamā‘at.
- C) Call the Governor’s office to see if they can accommodate an alternate day due to your unforeseen circumstances.
- D) Try a different approach.
- 3) Your wife is upset that you never watch Pakistani TV dramas with her. At night when the kids go to sleep, she likes to watch the popular Pakistani drama for an hour or more while you are on your laptop, doing Jamā‘at work. She feels that you spend too much time on Jamā‘at work and that it’s ok to have entertainment in life. While deep down, in your heart, you simply don’t have a taste for those dramas, what would be your response?
- A) Turn off the laptop. Watch the drama with her and do Jamā‘at work afterwards.
- B) You tell her that you don’t like these dramas and will be happy to watch something else—that you both like—and will do the Jamā‘at work later.
- C) Ignore her request. Carry on with your work.
- D) Take another approach.

Health Topic: Diabetes (Part 3)

Treatments for all types of diabetes

An important part of managing diabetes—as well as your overall health—is maintaining a healthy weight through a healthy diet and exercise plan.

- **Healthy eating.** Contrary to popular perception, there’s no specific diabetes diet. You’ll need to center your diet on more fruits, vegetables, and whole grains—foods that are high in nutrition and fiber and low in fat and calories—and cut down on animal products, refined carbohydrates, and sweets. In fact, it’s the best eating plan for the entire family.
- **Physical activity.** Everyone needs regular aerobic exercise, and people who have diabetes are no exception. Exercise lowers your blood sugar level by moving sugar into your cells, where it’s used for energy. Exercise also increases your sensitivity to insulin, which means your body needs less insulin to transport sugar to your cells. Get your doctor’s OK to exercise. Then choose activities you enjoy, such as walking, swimming, or biking. What’s most important is making

physical activity part of your daily routine. Aim for at least 30 minutes or more of aerobic exercise most days of the week. If you haven't been active for a while, start slowly and build up gradually.

Treatments for type 1 and type 2 diabetes

Treatment for type 1 diabetes involves insulin injections or the use of an insulin pump, frequent blood sugar checks, and carbohydrate counting. Treatment of type 2 diabetes primarily involves monitoring of your blood sugar, along with diabetes medications, insulin, or both.

- **Monitoring your blood sugar** - Depending on your treatment plan, you may check and record your blood sugar as often as several times a week to as many as four to eight times a day. Careful monitoring is the only way to make sure that your blood sugar level remains within your target range. People who receive insulin therapy also may choose to monitor their blood sugar levels with a continuous glucose monitor. Although this technology doesn't yet replace the glucose meter, it can provide important information about trends in blood sugar levels.
- **Insulin** - People with type 1 diabetes need insulin therapy to survive. Many people with type 2 diabetes or gestational diabetes also need insulin therapy.

Many types of insulin are available, including rapid-acting insulin, long-acting insulin, and intermediate options. Depending on your needs, your doctor may prescribe a mixture of insulin types to use throughout the day and night. Insulin can't be taken orally to lower blood sugar because stomach enzymes interfere with insulin's action. Often insulin is injected using a fine needle and syringe or an insulin pen—a device that looks like a large ink pen. An insulin pump may also be an option. The pump is a device about the size of a cell phone worn on the outside of your body. A tube connects the reservoir of insulin to a catheter that's inserted under the skin of your abdomen. A tubeless pump that works wirelessly is also now available.

Oral or other medications - Sometimes other oral or injected medications are prescribed as well. Some diabetes medications stimulate your pancreas to produce and release more insulin. Others inhibit the production and release of glucose from your liver, which means you need less insulin to transport sugar into your cells. Still others block the action of stomach or intestinal enzymes that break down carbohydrates or make your tissues more sensitive to insulin. Metformin (Glucophage, Glumetza, others) is generally the first medication prescribed for type 2 diabetes.

- **Transplantation.** In some people who have type 1 diabetes, a pancreas transplant may be an option. Islet (pronounced "eye-let") transplants are being studied as well. With a successful pancreas transplant, you would no longer need insulin therapy. But transplants aren't always successful—and these procedures pose serious risks.
- **Bariatric surgery.** Although it is not specifically considered a treatment for type 2 diabetes, people with type 2 diabetes who also have a body mass index higher than 35 may benefit from this type of surgery. People who've undergone gastric bypass have seen significant improvements in their blood sugar levels. However, this procedure's long-term risks and benefits for type 2 diabetes aren't yet known.

In addition, if you have type 1 or type 2 diabetes:

- **Identify yourself** - Wear a tag or bracelet that says you have diabetes. Keep a glucagon kit nearby in case of a low blood sugar emergency—and make sure your friends and loved ones know how to use it.
- **Schedule a yearly physical and regular eye exams** - Your regular diabetes checkups aren't meant to replace yearly physicals or routine eye exams. During the physical, your doctor will look for any diabetes-related complications and screen for other medical problems. Your eye care specialist will check for signs of retinal damage, cataracts, and glaucoma.
- **Keep your vaccinations up to date** - High blood sugar can weaken your immune system. Get a flu shot every year, and your doctor may recommend the pneumonia vaccine, as well. The Centers for Disease Control and Prevention (CDC) also currently recommends hepatitis B

vaccination if you haven't previously been vaccinated against hepatitis B and you're an adult ages 19 to 59 with type 1 or type 2 diabetes. The most recent CDC guidelines advise vaccination as soon as possible after diagnosis with type 1 or type 2 diabetes. If you are age 60 or older, have diabetes, and haven't previously received the vaccine, talk to your doctor about whether it's right for you.

- **Pay attention to your feet** - Wash your feet daily in lukewarm water. Dry them gently, especially between the toes. Moisturize with lotion, but not between the toes. Check your feet every day for blisters, cuts, sores, redness, or swelling. Consult your doctor if you have a sore or other foot problem that doesn't heal promptly on its own.
- **Keep your blood pressure and cholesterol under control** - Eating healthy foods and exercising regularly can go a long way toward controlling high blood pressure and cholesterol. Medication may be needed, too.
- **Take care of your teeth** - Diabetes may leave you prone to more-serious gum infections. Brush and floss your teeth at least twice a day. And if you have type 1 or type 2 diabetes, schedule regular dental exams. Consult your dentist right away if your gums bleed or look red or swollen.
- **If you smoke or use other types of tobacco, ask your doctor to help you quit** - Smoking increases your risk of various diabetes complications. Smokers who have diabetes are more likely to die of cardiovascular disease than are nonsmokers who have diabetes, according to the American Diabetes Association. Talk to your doctor about ways to stop smoking or to stop using other types of tobacco.
- **Take stress seriously** - The hormones your body may produce in response to prolonged stress may prevent insulin from working properly, which will raise your blood sugar and stress you even more. Set limits for yourself and prioritize your tasks. Learn relaxation techniques. And get plenty of sleep.

Alternative Treatments: Numerous substances have been shown to improve insulin sensitivity in some studies, while other studies fail to find any benefit for blood sugar control or in lowering A1C levels. Because of the conflicting findings, there aren't any alternative therapies that are currently recommended to help with blood sugar management. If you decide to try an alternative therapy, don't stop taking the medications that your doctor has prescribed. Be sure to discuss the use of any of these therapies with your doctor to make sure that they won't cause adverse reactions or interact with your current therapy. Additionally, there are no treatments—alternative or conventional—that can cure diabetes, so it's critical that people who are receiving insulin therapy for diabetes don't stop using insulin unless directed to do so by their physicians.

Memorization of the Holy Qur'an Verses of the Month (Chapter Al-Nabā', verses 26-29)

[78:26] Save boiling water and a stinking fluid —	إِلَّا حَمِيمًا وَغَسَّاقًا ﴿٢٦﴾
[78:27] A meet requital	جَزَاءً وَفَاقًا ﴿٢٧﴾
[78:28] Verily, they feared not the reckoning,	إِنَّهُمْ كَانُوا لَا يَرْجُونَ حِسَابًا ﴿٢٨﴾
[78:29] And rejected Our Signs totally.	إِنَّهُمْ كَانُوا لَا يَرْجُونَ حِسَابًا ﴿٢٩﴾

Topic 8: Is backbiting hurting our family's atmosphere?

Qur'ānic Verses:

[104:2] Woe to every backbiter, slanderer,	وَيْلٌ لِّكُلِّ هُمَزَةٍ لُّمَزَةٍ ۝٢
[49:13] O ye who believe! Avoid most of suspicions; for suspicion in some cases is a sin. And spy not, nor backbite one another. Would any of you like to eat the flesh of his brother who is dead? Certainly you would loathe it. And fear Allāh, surely, Allāh is Oft-Returning <i>with compassion and</i> is Merciful.	يَا أَيُّهَا الَّذِينَ آمَنُوا اجْتَنِبُوا كَثِيرًا مِّنَ الظَّنِّ إِنَّ بَعْضَ الظَّنِّ إِثْمٌ وَلَا تَجَسَّسُوا وَلَا يَغْتَبَ بَعْضُكُم بَعْضًا ۗ أَيُحِبُّ أَحَدُكُمْ أَن يَأْكُلَ لَحْمَ أَخِيهِ مَيْتًا فَكَرِهْتُمُوهُ ۗ وَاتَّقُوا اللَّهَ ۚ إِنَّ اللَّهَ تَوَّابٌ رَّحِيمٌ ۝١٣

Religious Guidelines:

Ḥaḍrat Anas narrates that the Holy Prophet (may peace and blessings of Allāh be on him) said, “when he experienced ascent, it was revealed to him that he passed by such a people who were scrapping off their faces and chest with their nails made up of copper. I asked Gabriel, ‘who are these folks?’ He informed me that these people used to pick off the flesh of other people and used to play with the honor and respect of others that is indulged in backbiting, recklessly used to make accusations, and looked down on others.” (*Abū Dawood, Book of manners, chapter of backbiting, as stated in sermon of Ḥaḍrat Khalīfatul Masīḥ V dated 26 Dec. 2003*)

Ḥaḍrat Abū Hurairah narrates that the Holy Prophet said, “The most beloved of me among you are those who possess good manners, they are soft spoken, they are affectionate towards others, they like being with people, and the most disliked among you are those who backbite, create separation among friends, and slander the innocent.” (*Targhīb and Turhīm, volume 3, as stated in Friday sermon, 26 Dec. 2003*)

The Promised Messiah (may peace be on him) said: “Look, that Jamā‘at cannot be considered a Jamā‘at in which some devour others and when four among them get together they begin to complain against one of their own and continue to find faults with him and talk derisively concerning the weak and helpless among them and look down upon them with hate and disdain. Such must never be the case and must not be allowed to happen, rather what is needed is unity so that strength develops and oneness, unity, takes hold from which love develops and blessings are born. Why does it not happen that the high moral qualities are given reign and caused to spread and grow? This comes about when care for each other, sympathy and love and forgiveness and overlooking the faults of others and kindness are exercised freely; and mercy and care for each other and hiding the weakness of the others are caused to become dominant over all other habits and customs.” (*Malḡūzāt Volume, 2 pages 263-265*)

“Those who gossip, enjoy that rumors are spreading, and then they compound it by saying that such was said here and such was uttered there. There are many reasons for this but the foremost is that everyone wants to come across as well informed. There is this desire of some to appear that they should know the news exclusively and then they take pleasure in this impression that they are more in the know. These kinds of folks then become victim of other moral failings. By indulging in gossip they develop the habit of lying.” (*Ḥaḍrat Khalīfatul Masīḥ IV, Sep. 25, 1987*)

Tarbiyat Scenarios:

Gossiping and backbiting can become a way of life. Many of us find ourselves falling into the trap of talking about others behind their backs in an uninformed and negative way. Backbiting and gossip are detested by Allāh and is strongly warned against by other faiths as well. It is found to be a weak and harmful character trait that destroys relationships and creates wounds that can be irreparable. We will discuss some basic scenarios to help remind us of how to eliminate this from our personal and family lives.

- 1) Your teenage daughters are talking at the dinner table. They're talking about rumors of girls in their class who drink and party and have relationships with boys. You ask how they know these things. They explain that it is common knowledge among schoolmates. They mention that there are tweets about them on the Internet as well. "Besides, by the way they dress, you can tell it's true." How do you handle this?
 - A) You tell them: this is gossiping. Without full knowledge, they should not be talking like that.
 - B) Even if it is true, they should avoid talking about it as this talk is considered backbiting.
 - C) Encourage them. After all, they are all friends.
 - D) Try something else.

- 2) In a Jamā'at meeting, a fundraising request was made to help build a mosque. There is a brother who recently acquired a new luxury car and you were told that he had not contributed a single penny towards mosque fund. You and your wife talk about it at dinner table while your children overhear it. Next time at the mosque, your children tease this other family's children saying that their parents never give any money to Jamā'at. When they tell their parents a rift is created between your families. What should you do?
 - A) Apologize to the other family and accept that your children were offensive. Then apologize to your children about backbiting in front of them, and promise yourself that you will not repeat this and seek Allāh's forgiveness through prayers and fasting.
 - B) Take the fight to the next level and stop talking to that family.
 - C) Brush it off. It will go away with time.
 - D) Try something else.

- 3) There is a Jamā'at officeholder with whom you have trouble getting along. Your family knows about it and it has become a regular topic at home and among some of your Jamā'at friends. How should you handle this?
 - A) Immediately stop talking with anyone about it. Just pray and seek guidance from Allāh.
 - B) Talk to that Jamā'at officeholder and if things do not work out, then ask your Jamā'at president or Tarbiyat secretary to mediate.
 - C) Tell your family how bad this officer is and ask them not to have any contact with his family.
 - D) Try something else.

FINAL EXERCISE:

"Great minds discuss ideas, average minds discuss events, and small minds discuss people."

(Eleanor Roosevelt)

What does this quote mean? Hint: discuss what are some of the reasons men, women, and children resort to gossip and backbiting?

Health Topic: Prostate Cancer

What is Prostate Cancer: Prostate cancer is cancer that occurs in a man's prostate—a small walnut-shaped gland that produces the seminal fluid that nourishes and transports sperm. Prostate cancer is one of the most common types of cancer in men. Prostate cancer usually grows slowly and initially remains confined to the prostate gland, where it may not cause serious harm. While some types of prostate cancer grow slowly and may need minimal or no treatment, other types are aggressive and can spread quickly.

Symptoms: Prostate cancer may not cause signs or symptoms in its early stages. Prostate cancer that is more advanced may cause signs and symptoms such as:

- Trouble urinating
- Decreased force in the stream of urine
- Blood in the urine
- Blood in the semen
- General pain in the lower back, hips or thighs
- Discomfort in the pelvic area
- Bone pain

Complications: Complications of prostate cancer and its treatments include:

- **Cancer that spreads (metastasizes)** - Prostate cancer can spread to nearby organs, such as your bladder, or travel through your bloodstream or lymphatic system to your bones or other organs. Prostate cancer that spreads to the bones can cause pain and broken bones. Once prostate cancer has spread to other areas of the body, it may still respond to treatment and may be controlled, but it can no longer be cured.
- **Incontinence** - Both prostate cancer and its treatment can cause urinary incontinence. Treatment for incontinence depends on the type you have, how severe it is, and the likelihood it will improve over time. Treatment options may include medications, catheters, and surgery.
- **Erectile dysfunction.** Erectile dysfunction can be a result of prostate cancer or its treatment, including surgery, radiation, or hormone treatments. Medications, vacuum devices that assist in achieving erection and surgery are available to treat erectile dysfunction.

Tests and Diagnosis: Some medical organizations recommend men consider prostate cancer screening in their 50s, or sooner for men who have risk factors for prostate cancer. Discuss your particular situation and the benefits and risks of screening with your doctor. Together you can decide whether prostate cancer screening is right for you. Prostate screening tests might include:

- **Digital rectal exam (DRE).** During a DRE, your doctor inserts a gloved, lubricated finger into your rectum to examine your prostate, which is adjacent to the rectum. If your doctor finds any abnormalities in the texture, shape or size of your gland, you may need more tests.
- **Prostate-specific antigen (PSA) test.** A blood test that is analyzed for PSA, a substance that's naturally produced by your prostate gland. It's normal for a small amount of PSA to be in your bloodstream. However, if a higher than normal level is found, it may be an indication of prostate infection, inflammation, enlargement, or cancer. PSA testing combined with DRE helps identify prostate cancers at their earliest stages.

Diagnosing prostate cancer

If an abnormality is detected on a DRE or PSA test, your doctor may recommend tests to determine whether you have prostate cancer, such as:

- **Ultrasound.** If other tests raise concerns, your doctor may use transrectal ultrasound to further evaluate your prostate. A small probe, about the size and shape of a cigar, is inserted into your rectum. The probe uses sound waves to make a picture of your prostate gland.
- **Collecting a sample of prostate tissue.** If initial test results suggest prostate cancer, your doctor may recommend a procedure to collect a sample of cells from your prostate (prostate biopsy). Prostate biopsy is often done using a thin needle that's inserted into the prostate to collect tissue. The tissue sample is analyzed in a lab to determine whether cancer cells are present.

- Bone scan
- Ultrasound
- Computerized tomography (CT) scan
- Magnetic resonance imaging (MRI)
- Positron emission tomography (PET) scan

Not every person should have every test. Your doctor will help determine which tests are best for your individual case. Once testing is complete, your doctor assigns your cancer a stage. This helps determine your treatment options. The prostate cancer stages are:

Treatment: For men diagnosed with a very early stage of prostate cancer, treatment may not be necessary right away. Some men may never need treatment.

- 1) **Radiation that comes from outside of your body (external beam radiation)** - During external beam radiation therapy, you lie on a table while a machine moves around your body, directing high-powered energy beams to your prostate cancer. You typically undergo external beam radiation treatments five days a week for several weeks.
- 2) **Radiation placed inside your body (brachytherapy)** - Brachytherapy involves placing many rice-sized radioactive seeds in your prostate tissue. The radioactive seeds deliver a low dose of radiation over a long period of time. Your doctor implants the radioactive seeds in your prostate using a needle guided by ultrasound images. The implanted seeds eventually stop giving off radiation and don't need to be removed.

Side effects of radiation therapy can include painful urination, frequent urination and urgent urination, as well as rectal symptoms, such as loose stools or pain when passing stools. Erectile dysfunction can also occur.

- Medications that stop your body from producing testosterone
- Medications that block testosterone from reaching cancer cells
- Surgery
- Freezing of Prostate tissue (Cryotherapy)
- Heating the Prostate tissue (Microwave therapy)
- Chemotherapy

Memorization of the Holy Qur'an Verses of the Month (Chapter Al-Nabā', verses 30-33)

[78:30] And every thing have We recorded in a Book.	وَكُلُّ شَيْءٍ أَحْصَيْنَاهُ كِتَابًا ۝
[78:31] 'Taste ye therefore <i>the punishment</i> : We will give you no increase except in torment.'	فَذُوقُوا فَلَنْ نَزِيدَكُمْ إِلَّا عَذَابًا ۝
[78:32] Verily, for the righteous is a triumph:	إِنَّ لِلْمُتَّقِينَ مَفَازًا ۝
[78:33] Walled gardens and grape-vines,	حَدَائِقٍ وَأَعْنَابًا ۝

Topic 9: Our moral obligations towards elderly family members?

Qur'ānic Verses:

<p>[17:24] Thy Lord has commanded, “Worship none but Him, and <i>show</i> kindness to parents. If one of them or both of them attain old age with thee, never say unto them any word expressive of disgust nor reproach them, but address them with excellent speech.</p>	<p style="text-align: center;">وَقَضَىٰ رَبُّكَ أَلَّا تَعْبُدُوا إِلَّا إِيَّاهُ وَبِالْوَالِدَيْنِ إِحْسَانًا ۖ إِمَّا يَبُلُغَنَّ عِنْدَكَ الْكِبَرَ أَحَدُهُمَا أَوْ كِلَيْهِمَا فَلَا تَقُلْ لَهُمَا آفٌ وَلَا تَنْهَرْهُمَا وَقُلْ لَهُمَا قَوْلًا كَرِيمًا ﴿٢٤﴾</p>
<p>[29:9] And We have enjoined on man kindness to his parents; but if they strive to make thee associate that with Me of which thou hast no knowledge, then obey them not. Unto Me is your return, and I shall inform you of what you did.</p>	<p style="text-align: center;">وَوَصَّيْنَا الْإِنْسَانَ بِوَالِدَيْهِ حُسْنًا ۖ وَإِنْ جَاهَدَاكَ لِتُشْرِكَ بِي مَا لَيْسَ لَكَ بِهِ عِلْمٌ فَلَا تُطِعْهُمَا ۖ إِلَيَّ مَرْجِعُكُمْ فَأُنَبِّئُكُمْ بِمَا كُنْتُمْ تَعْمَلُونَ ﴿٩﴾</p>

Religious Guidelines:

Ḥadīth 1: A man once told the Holy Prophet (may peace and blessings of Allāh be on him) that he had many children but did not kiss any of them. The Prophet replied: “Verily, God will only show mercy to those of His servants who do good to others.” (*Bukhārī, book of Muslim morals and manners*)

Ḥadīth 2: He is not of us who does not have mercy on our young ones, and who does not honor our old ones. (*Tirmidhī*)

Ḥadīth 3: Allāh’s messenger kissed Al-Hasan ibn Ali while Al-Aqra ibn Habis At-Tamim was sitting with him. Al-Aqra said, “I have ten children and have never kissed one of them.” The Holy Prophet cast a look at him and said, “Whoever is not merciful to others will not be treated mercifully.” (*Bukhārī, book of Muslim morals and manners*)

Ḥadīth 4: Usamah ibn Zaid narrates, “Allāh’s Messenger used to put me on (one of) his thighs and put Hassan-ibn Ali on his other thigh, and then embrace us and say, “O Allāh! Please be merciful to them, as I am merciful to them” (*Bukhārī*)

The Promised Messiah (may peace be on him) has said: “An individual with self-respect and self-control, who is also forbearing and dignified, has the right to correct a child to a certain extent or guide the child. But a wrathful and hot-headed person who is easily provoked is not fit to be a guardian of children.” (*Malḡūzāt, vol. 2, p. 4*)

“However, even before this, we must assess ourselves to see to what extent we personally are following Islām’s true teachings... We have to inculcate Islām’s true teachings into our daily lives and lead by our positive example. This is the means to show the people of the world the purity and nobility of our master,

the Holy Prophet Muḥammad (may peace and blessings of Allāh be on him) and is the means of proving that Islām is a living religion.” (*Speech to Anṣār Ijtimā‘ UK by Ḥaḍrat Khalīfatul Masīḥ V, October 19, 2014*)

“So this is a very great responsibility of the parents that they, by their actions, should make their children observe Prayer. They should, by their actions, establish their children upon the truth and by their actions they should also impart to them the other high moral qualities also so that they too can adopt those high moral qualities. They should avoid taking false oaths so that the children too can be safeguarded against these things ... If the parents are righteous and observe Ṣalāt and recite the Holy Qur’ān and live with each other in an atmosphere of love and affection and abhor falsehood, then the children, under their care and influence, will also adopt such virtues. ... But if, on the contrary, lying, fighting and disputes, abusive talk of others in the house or of disrespect to others, even not taking due regard of Jamā‘at affairs, or other such bad actions; when the child sees these, then because of that tendency to copy or because of the impact of the environment the child learns these same bad things.” (*Friday sermon, Ḥaḍrat Khalīfatul Masīḥ V, December 13, 2013*)

Tarbiyat Exercises:

Those Anṣār who reach the stage that they marry off their children, who then themselves have their own families, are in need of your help and support. What are the best ways we can provide that help and support to them and what are our moral obligations?

- 1) You immigrated to the U.S. 10 years ago, leaving your parents in Pakistan. In the beginning, you called them 3-4 times a week, visited them at least twice a year and also supported their financial and health needs. Over the years, however, things have changed. You are now happily married, with two children, a thriving career, and a future full of opportunities. Your parents call you once a month, primarily to talk to their grandchildren. Yesterday, your cousin revealed that your father is in a lot of pain. Doctors have recommended that he gets both hips replaced but the surgical cost and the lack of a caring family member in the post-operative phase is keeping your father from proceeding. You have a schedule full of business meetings for the next 3 months. How would you handle this situation?
 - A) Send \$6,000 to your cousin to pay for the surgical cost.
 - B) Call and ask your father if he needs help.
 - C) Call and tell your father that you will be coming for a two-week period and will make all the arrangements of surgery and post-op care.
 - D) Stick to your busy schedule as your success will alleviate your father’s pain.
 - E) Try something else.

- 2) Your elderly mother lives with you in the United States. She feels misfit because of her inability to speak English, independently travel to meet relatives, and not understanding all the new technology. When guests come, she prefers to stay in her room but you can tell, something is nagging her. One day, she musters enough courage to call you in her room. She expresses her concern over lack of Ṣalāt, Purdah, and Islāmic traditions in your house. “These are not the values we raised you with,” she says. How would you react?
 - A) Tell her this is not Pakistan and she should mind her own business.
 - B) Listen to her, say nothing in response, and carry on with the routine.
 - C) Acknowledge that her concerns are valid and that you will talk to the family to address them.

- D) Do something else.
- 3) Your parents are in their 80s and live in a one bedroom apartment 45 minutes away from you. Due to your busy schedule, you are unable to visit them for months sometimes. Truth be told, your wife does not like to visit them because they “interfere too much” and “scold the children on minor issues.” One day, a Jamā‘at member tells you that your parents called him to help them with moving a piece of furniture. You are furious because they never asked you for help and what would people think of you. Your reaction:
- A) Is justified. They should have called you.
B) Is not justified. You need to repair your relationship to regain their trust.
C) Is an overreaction. There is nothing wrong here.
D) Is not justified. It’s time for you to do Istighfār.
E) Any other thoughts.

Health Topic: Influenza (Flu)

What is Flu (Influenza): Influenza is a viral infection that attacks your respiratory system—your nose, throat, and lungs. Influenza, commonly called the flu, is not the same as the stomach “flu” viruses that cause diarrhea and vomiting. Influenza and its complications can be deadly. People at higher risk of developing flu complications include:

- Young children
- Adults older than 65
- Pregnant women
- People with weakened immune system
- People who have chronic illnesses

Your best defense against influenza is to receive an annual vaccination.

Symptoms: Initially, the flu may seem like a common cold with a runny nose, sneezing, and sore throat. But colds usually develop slowly, whereas the flu tends to come on suddenly. And although a cold can be a nuisance, you usually feel much worse with the flu.

Common signs and symptoms of the flu include:

- Fever over 100 F (38 C)
- Aching muscles, especially in your back, arms, and legs
- Chills and sweats
- Headache
- Dry cough
- Fatigue and weakness
- Nasal congestion

Causes: Flu viruses travel through the air in droplets when someone with the infection coughs, sneezes, or talks. You can inhale the droplets directly, or you can pick up the germs from an object—such as a telephone or computer keyboard—and then transfer them to your eyes, nose, or mouth. People with the virus are likely contagious from the day before symptoms first appear until 5 to 10 days after symptoms begin. Children and people with weakened immune systems may be contagious for a slightly longer time.

Risk Factors:

- Age - Seasonal influenza tends to target young children and people over 65. The pandemic H1N1 virus that surfaced in 2009, however, appeared to be most common in teenagers and young adults.
- Occupation - Health care workers and child care personnel are more likely to have close contact with people infected with influenza.
- Living conditions - People who live in facilities along with many other residents, such as nursing homes or military barracks, are more likely to develop influenza.
- Weakened immune system - Cancer treatments, anti-rejection drugs, corticosteroids, and HIV/AIDS can weaken your immune system - This can make it easier for you to catch influenza and may also increase your risk of developing complications.
- Chronic illnesses - Chronic conditions, such as asthma, diabetes, or heart problems may increase your risk of influenza complications.
- Pregnancy - Pregnant women are more likely to develop influenza complications, particularly in the second and third trimesters.

Complications: If you're young and healthy, seasonal influenza usually isn't serious. Although you may feel miserable while you have it, the flu usually goes away with no lasting effects. But high-risk children and adults may develop complications such as:

- Pneumonia
- Bronchitis
- Asthma flare-ups
- Sinus infections
- Ear infections

Pneumonia is the most serious complication. For older adults and people with a chronic illness, pneumonia can be deadly.

Treatment: Usually, you'll need nothing more than bed rest and plenty of fluids to treat the flu. But in some cases, your doctor may prescribe an antiviral medication, such as oseltamivir (Tamiflu) or zanamivir (Relenza). If taken soon after you notice symptoms, these drugs may shorten your illness by a day or so and help prevent serious complications.

- **Drink plenty of liquids.** Choose water, juice, and warm soups to prevent dehydration. Drink enough liquid so that your urine is clear or pale yellow.
- **Rest.** Get more sleep to help your immune system fight infection.
- **Consider pain relievers.** Use an over-the-counter pain reliever, such as acetaminophen (Tylenol, others) or ibuprofen (Advil, Motrin IB, others), to combat the aches associated with influenza. Don't give aspirin to children or teens because of the risk of Reye's syndrome, a rare, but potentially fatal disease.

Prevention: The Centers for Disease Control and Prevention now recommends annual flu vaccination for all Americans over the age of 6 months. Each year's seasonal flu vaccine contains protection from the three or four influenza viruses that are expected to be the most common during that year's flu season. The vaccine is typically available as an injection or as a nasal spray.

- **Wash your hands.** Thorough and frequent hand-washing is an effective way to prevent many common infections. Or use alcohol-based hand sanitizers if soap and water aren't readily available.
- **Contain your coughs and sneezes.** Cover your mouth and nose when you sneeze or cough. To avoid contaminating your hands, cough or sneeze into a tissue or into the inner crook of your elbow.
- **Avoid crowds.** Flu spreads easily wherever people congregate—in child care centers, schools, office buildings, auditoriums, and public transportation. By avoiding crowds during peak flu

season, you reduce your chances of infection. And, if you're sick, stay home so that you don't infect others.

Memorization of the Holy Qur'ān Verses of the Month (Chapter Al-Nabā', verses 34-37)

[78:34] And young maidens of equal age,	وَكَوَاعِبَ أْتْرَابًا ۝
[78:35] And overflowing cups.	وَكَأْسًا دِهَاقًا ۝
[78:36] Therein they will hear no idle talk nor lying:	لَا يَسْمَعُونَ فِيهَا لَعْوًا وَلَا كِذْبًا ۝
[78:37] A recompense from thy Lord — a gift in proportion to <i>their works</i> —	جَزَاءً مِّن رَّبِّكَ عَطَاءً حِسَابًا ۝

Topic 10: Forbearance—Coping up with trials and tribulations

Qur’ānic Verses:

<p>[2:156] And We will try you with something of fear and hunger, and loss of wealth and lives, and fruits; but give glad tidings to the patient,</p>	<p style="text-align: center;">وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ الْأَمْوَالِ وَالْأَنْفُسِ وَالشَّمْرِ ۗ وَبَشِيرِ الصَّابِرِينَ ﴿١٥٦﴾</p>
<p>[2:157] Who, when a misfortune overtakes them, say, ‘Surely, to Allāh we belong and to Him shall we return.’</p>	<p style="text-align: center;">الَّذِينَ إِذَا أَصَابَتْهُمُ مُصِيبَةٌ قَالُوا إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ ﴿١٥٧﴾</p>

Religious Guidelines:

Ḥadīth 1: Suhaib narrates, “The Messenger of Allāh (may peace and blessings of Allāh be on him) said, “Wondrous is the affair of the believer for there is good for him in every matter and this is not the case with anyone except the believer. If he is happy, then he thanks Allāh and thus there is good for him, and if he is harmed, then he shows patience and thus there is good for him.” (*Ṣaḥīḥ Muslim, 2999*)

Ḥadīth 2: The Messenger of Allāh said, “Verily, with greater rewards come greater trials. Verily, when Allāh loves a people He will test them, so whoever is pleased then for him is satisfaction, and whoever is angry then for him is wrath.” (*Sunan Al-Tirmidhī 2396*)

Ḥaḍrat Khalīfatul Masīḥ V (may Allāh be his helper) has said:

“One should remember that all types of adversities are temporary. When a believer hands over his complete trust and faith to God and relies solely on His existence, then in face of every trial he shall meet with success and his relationship with God will keep increasing, and God will come to the succour of His servant as a mother tries to help her child in any way that she can. The pre-requisite however is that one should truly discharge one’s duties in the way of Allāh and express absolute submission to His Will and exhibit all the qualities of steadfastness and perseverance. (*Friday sermon, October 2, 2009*)

“Once a companion asked the Holy Prophet Muḥammad (may peace and blessings of Allāh be on him) about this and said how long we should remain patient. There is a Ḥadīth narrated by Ḥaḍrat Hubab that we asked the Holy Prophet (may peace and blessings of Allāh be on him), ‘Do you pray for us that Allāh may reduce our hardships?’ The Holy Prophet Muḥammad (may peace and blessings of Allāh be on him) replied, ‘There have been people before you that had their graves dug and then a rod would be brought and they would be hit in the head and the head would be split in pieces but they would remain steadfast till the end. Sometimes a steel comb would be used to rip open a Momin’s flesh, crushing his bones, but he would still remain steadfast.’ By giving this example, the Holy Prophet Muḥammad (may peace and blessings of Allāh be on him) explained to his companions that the golden principle of a righteous community is that there will be trials and tribulations, but if you pray and are patient and remain steadfast then you will overcome this.” (*Friday sermon, November 12, 2010*)

“Once a companion of the Promised Messiah (may peace be on him) told him that a certain Maulawī at a school had harassed him and that he was worried about it, ‘please pray that he gets transferred from

there.’ The Promised Messiah smiled and said, ‘when you have entered this community, then you should follow its teachings. If there are no hardships, then how will you reap the benefits of Allāh’s blessings? The Holy Prophet (may peace and blessings of Allāh be on him) endured thirteen years of hardships in Mecca and some of you might not even know its details and eventually his enemies all perished. There will come a time upon my community that our enemies will no longer exist. Allāh has promised us that his Jamā‘at will prosper and will spread all over the world. If Allāh so desires he can get rid of all our hardships but Allāh is teaching us a lesson on how to remain patient and steadfast. The Promised Messiah said that he has received a lot of letters from people who used to use abusive language towards Aḥmadīs are now asking for forgiveness because they have performed Bai‘at and are Aḥmadīs. Allāh has promised that those who are steadfast will be blessed with unimaginable bounties.’” (*Friday sermon, November 12, 2010*)

Tarbiyat Exercises:

In the moments of suffering and setbacks, we find out who we are and what we believe in. The way we handle the hardships determine our personality and leave the lasting impression on our family members and friends. We have heard and read the great stories concerning belief in Allāh and perseverance amidst adversities. The question is how we measure up when it is our turn.

- 1) One of your Aḥmadī brother’s son had a fatal accident in which he, his wife, and a young child died. Your Aḥmadī friend and his family are devastated. How would you help out or console your brother?
 - A) Immediately go to his home and stay by his side during arrangements and handle anything he needs. Express that you could never understand his trial but that Allāh never gives us more pain than we can handle and that you will pray fervently for him.
 - B) Advise him that his son and his family have returned to Allāh and he should use his appropriate mourning time and then move on with his life.
 - C) You are not sure what to do. So it’s best to not to do anything.
 - D) Do something else.

- 2) You know an Aḥmadī brother who has two high school going daughters and one college going son. He had a decent job but suddenly, he was laid off from the job. He could not find another job for more than 6 months. He depleted his savings and feels terrible. What possible advice can you give him so that he can cope with this setback with dignity?
 - A) Suggest financial and career counseling.
 - B) Suggest that he continue his routine as before. It is needed to avoid depression.
 - C) Offer any amount of money you might be able to spare and help him get a job.
 - D) Suggest another plan.

- 3) You know an Aḥmadī brother whose daughter underwent a divorce. She has two young children, 5 and 7. Now she is living with his father who is getting old himself. When you see him, you see the misery on his face. What would you advise him so that he can cope with this setback patiently?
 - A) Provide financial help and moral support whenever he needs it.
 - B) Express that you will pray for him and he will have to face the trials with patience as Allāh burdens not a soul beyond its capacity.

- C) Tell him that women get divorced and raise their own children. It may be hard but they can make it. Tell him he should try to enjoy life the best he can for the years he has left with and stop worrying so much.
- D) Suggest some other ideas.

FINAL EXERCISE: Please share faith enhancing stories of yourself or anyone you personally know, about perseverance among hardships. Stories could include how someone you personally know, dealt with hardships like losing a loved one unexpectedly, having a child or more leave the Jamā'at, enduring significant financial hardship, struggling with marriage, experiencing serious illness, or losing belongings in a fire, flood, tornado, etc.

Health Topic: Stroke

What is Stroke: A stroke occurs when the blood supply to part of your brain is interrupted or severely reduced, depriving brain tissue of oxygen and food. Within minutes, brain cells begin to die. A stroke is a medical emergency. Prompt treatment is crucial. Early action can minimize brain damage and potential complications. The good news is that strokes can be treated and prevented, and many fewer Americans die of stroke now than even 15 years ago.

Symptoms: Watch for these signs and symptoms if you think you or someone else may be having a stroke. Note when your signs and symptoms begin, because the length of time they have been present may guide your treatment decisions:

- **Trouble with walking** - You may stumble or experience sudden dizziness, loss of balance, or loss of coordination.
- **Trouble with speaking and understanding** - You may experience confusion. You may slur your words or have difficulty understanding speech.
- **Paralysis or numbness of the face, arm, or leg** - You may develop sudden numbness, weakness, or paralysis in your face, arm, or leg, especially on one side of your body. Try to raise both your arms over your head at the same time. If one arm begins to fall, you may be having a stroke. Similarly, one side of your mouth may droop when you try to smile.
- **Trouble with seeing in one or both eyes** - You may suddenly have blurred or blackened vision in one or both eyes, or you may see double.
- **Headache** - A sudden, severe headache, which may be accompanied by vomiting, dizziness, or altered consciousness, may indicate you are having a stroke.

Causes: A stroke occurs when the blood supply to your brain is interrupted or reduced. This deprives your brain of oxygen and nutrients, which can cause your brain cells to die.

A stroke may be caused by a blocked artery (ischemic stroke) or a leaking or burst blood vessel (hemorrhagic stroke). Some people may experience a temporary disruption of blood flow through their brain (transient ischemic attack, or TIA). A transient ischemic attack (TIA)—also called a ministroke—is a brief period of symptoms similar to those you would have in a stroke. A temporary decrease in blood supply to part of your brain causes TIAs, which often last less than five minutes. Like an ischemic stroke, a TIA occurs when a clot or debris blocks blood flow to part of your brain. A TIA doesn't leave lasting symptoms because the blockage is temporary. Seek emergency care even if your symptoms seem to clear up. If you have had a TIA, it means there's likely a partially blocked or narrowed artery leading to your brain, or a clot source in the heart, putting you at a greater risk of a full-blown stroke that could cause permanent damage later. It's not possible to tell if you're having a stroke or a TIA based only on your symptoms. Up to half of people whose symptoms appear to go away actually have had a stroke causing brain damage.

Risk Factors:

Many factors can increase your risk of a stroke. Some factors can also increase your chances of having a heart attack. Stroke risk factors include:

Lifestyle risk factors

- Being overweight or obese
- Physical inactivity
- Use of illicit drugs such as cocaine and methamphetamines

Potentially treatable risk factors

High blood pressure—risk of stroke begins to increase at blood pressure readings higher than 120/80 millimeters of mercury (mm Hg). Your doctor will help you decide on a target blood pressure based on your age, whether you have diabetes and other factors.

- Cigarette smoking or exposure to secondhand smoke.
- High cholesterol—a total cholesterol level above 200 milligrams per deciliter (5.2 millimoles per liter).
- Diabetes.
- Obstructive sleep apnea—a sleep disorder in which the oxygen level intermittently drops during the night.
- Cardiovascular disease, including heart failure, heart defects, heart infection or abnormal heart rhythm.

Complications: A stroke can sometimes cause temporary or permanent disabilities, depending on how long the brain lacks blood flow and which part was affected. Complications may include:

- **Paralysis or loss of muscle movement.** You may become paralyzed on one side of your body, or lose control of certain muscles, such as those on one side of your face or one arm. Physical therapy may help you return to activities hampered by paralysis, such as walking, eating, and dressing.
- **Difficulty talking or swallowing.** A stroke may cause you to have less control over the way the muscles in your mouth and throat move, making it difficult for you to talk clearly, swallow, or eat. You also may have difficulty with language (aphasia), including speaking or understanding speech, reading, or writing. Therapy with a speech and language pathologist may help.
- **Memory loss or thinking difficulties.** Many people who have had strokes experience some memory loss. Others may have difficulty thinking, making judgments, reasoning, and understanding concepts.
- **Emotional problems.** People who have had strokes may have more difficulty controlling their emotions, or they may develop depression.
- **Pain.** People who have had strokes may have pain, numbness, or other strange sensations in parts of their bodies affected by stroke. For example, if a stroke causes you to lose feeling in your left arm, you may develop an uncomfortable tingling sensation in that arm.

As with any brain injury, the success of treating these complications will vary from person to person.

Treatment:

- **Medicines:** Aspirin. Intravenous injection of tissue plasminogen activator (TPA).
- **Surgery:** Stroke is a life threatening emergency. Patient should be transported to emergency room of the hospital as soon as possible.

Memorization of the Holy Qur’ān Verses of the Month (Chapter Al-Nabā’, verses 38-41)

<p>[78:38] Lord of the heavens and the earth and all that is between them, the Gracious. They shall not have the power to address Him.</p>	<p>رَبِّ السَّمٰوٰتِ وَالْاَرْضِ وَمَا بَيْنَهُمَا الرَّحْمٰنِ لَا يَمْلِكُوْنَ مِنْهُ خِطَابًا ﴿٣٨﴾</p>
<p>[78:39] On the day when the Spirit and the angels will stand in rows, they shall not speak, except he whom the Gracious <i>God</i> will permit and who will speak only what is right.</p>	<p>يَوْمَ يَقُوْمُ الرُّوْحُ وَالْمَلٰٓئِكَةُ صَفًّا لَّا يَتَكَلَّمُوْنَ اِلَّا مَنْ اٰذِنَ لَهُ الرَّحْمٰنُ وَقَالَ صَوَابًا ﴿٣٩﴾</p>
<p>[78:40] That day is sure to come. So let him, who will, seek recourse unto his Lord.</p>	<p>ذٰلِكَ الْيَوْمُ الْحَقُّ ؕ فَمَنْ شَاءَ اتَّخَذْ اِلٰى رَبِّهِ مٰبًا ﴿٤٠﴾</p>
<p>[78:41] Verily, We have warned you of a punishment which is near at hand: a day when man will see what his hands have sent on before, and the disbeliever will say, ‘Would that I were mere dust!’</p>	<p>اِنَّا اَنْذَرْنٰكُمْ عَذَابًا قَرِيْبًا يَوْمَ يَنْظُرُ الْمَرْءُ مَا قَدَّمَتْ يَدُوْهُ وَيَقُوْلُ الْكٰفِرُ يَلِيْتَنِيْ كُنْتُ تُرَابًا ﴿٤١﴾</p>

An Explanatory Note Regarding Interactive Tarbiyat Exercises

The Tarbiyat exercises have been designed to give Anṣār an opportunity to self-analyze and collectively learn from each other to be prepared to keep their everyday life decisions and actions according to the teachings of the Holy Qur’ān and Aḥādīth. It is important to note that the scenarios in the Tarbiyat exercises are not taken personally, however, living in America, some of our brothers are likely to face similar situations at some point in their lives. Furthermore, the sole purpose of multiple responses given at the end of each scenario is to invoke healthy discussion. Some of the responses are according to the Islāmic teachings and some are not. In Table 1 below, those responses in each scenario which are according to the Islāmic teachings and instructions of Khulafā’ are listed. Please note that during the discussion, it is possible that some other responses can surface which could also be according to the Islāmic teachings depending upon a particular situation. In such situations, if conflict of opinion arises during the discussion, it is advised that Za‘īm can get clarification from Ṣadr Majlis or respected missionaries.

Table 1: Valid Responses to the Tarbiyat Exercises

Topic	Scenarios	Responses according Islāmic Teachings
Topic 1: Congregational Prayers	1	B and C
	2	B and C
	3	At least 3 examples
Topic 2: Listening to Ḥuḍūr’s Friday Sermons	1	A and D
	2	C and D
	3	B
Topic 3: Status of Purdah in our Families	1	A
	2	D
	3	A
Topic 4: Honesty and Truthfulness	1	A
	2	C
	3	B
Topic 5: Forgiveness	1	C
	2	D
	3	A
Topic 6: Effects of TV and Music in our families	1	C
	2	B
	3	Please follow up starting with a discussion about what our families watch on TV
Topic 7: Balancing Jamā’at and Family Lives	1	B
	2	B
	3	A and B
Topic 8: Gossiping and Backbiting	1	B
	2	A
	3	A and B
Topic 9: How to treat elderly in our families	1	C
	2	C
	3	D
Topic 10: Tolerance and Forebearance	1	A
	2	C
	3	B

موضوع نمبر 10: رواداری اور بردباری، استلاؤں اور امتحانوں سے نمٹنے میں معاون ثابت ہوتی ہیں۔

<p>[2:156] اور ہم ضرور تمہیں کچھ خوف اور کچھ بھوک اور کچھ اموال اور جانوں اور پھلوں کے نقصان کے ذریعہ آزمائیں گے۔ اور صبر کرنے والوں کو خوشخبری دے دے۔</p>	<p>وَلَتَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ الْأَمْوَالِ وَالْأَنْفُسِ وَالثَّمَرَاتِ وَبَشِيرٍ الصَّابِرِينَ ﴿١٥٦﴾</p>
<p>[2:157] اُن لوگوں کو جن پر جب کوئی مصیبت آتی ہے تو وہ کہتے ہیں ہم یقیناً اللہ ہی کے ہیں اور ہم یقیناً اسی کی طرف لوٹ کر جانے والے ہیں۔</p>	<p>الَّذِينَ إِذَا أَصَابَتْهُمُ مُصِيبَةٌ قَالُوا إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاغِبُونَ ﴿١٥٧﴾</p>

عَنْ صُهَيْبٍ قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ عَجَبًا لِأَمْرِ الْمُؤْمِنِ إِنَّ أَمْرَهُ كُلَّهُ خَيْرٌ وَلَيْسَ ذَاكَ لِأَحَدٍ إِلَّا لِلْمُؤْمِنِ إِنْ أَصَابَتْهُ سَرَاءٌ شَكَرَ فَكَانَ خَيْرًا لَهُ وَإِنْ أَصَابَتْهُ ضَرَاءٌ صَبَرَ فَكَانَ خَيْرًا لَهُ (صحيح مسلم كتاب الزهد والرفق باب المؤمن أمره كله خير)

حضرت صہیبؓ سے روایت ہے کہ رسول اللہ ﷺ نے فرمایا، ”مومن کے کام بھی عجیب ہیں کہ اس کا ہر عمل ہی بھلائی ہے اور یہ مومن کے علاوہ کسی کے لئے نہیں ہے کہ اگر اسے خوشی پہنچے تو اللہ کا شکر کرتا ہے تو اسے بھلائی حاصل ہوتی ہے، اور اگر اسے کوئی غم پہنچے تو وہ صبر کرتا ہے بھلائی حاصل کرتا ہے۔ (صحيح مسلم، كتاب الزهد والرفق، باب المؤمن امره كله خير)

عَنْ أَنَسٍ، قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ " إِنَّ عِظَمَ الْجَزَاءِ مَعَ عِظَمِ الْبَلَاءِ وَإِنَّ اللَّهَ إِذَا أَحَبَّ قَوْمًا ابْتَلَاهُمْ فَمَنْ رَضِيَ فَلَهُ الرِّضَا وَمَنْ سَخِطَ فَلَهُ السَّخَطُ " (ترمذی كتاب الزهد)

حضرت انسؓ سے مروی ہے کہ رسول اللہ ﷺ نے فرمایا: یقیناً بڑی جزا کے لئے بڑے امتحان میں سے گزرنا پڑتا ہے، اور یقیناً جس قوم سے اللہ تعالیٰ محبت فرماتا ہے اسے ابتلا میں اس لئے ڈالتا ہے تاکہ ان کا امتحان ہو سکے اور جو اس امتحان میں راضی رہا اسے رضا حاصل ہوئی اور جس کسی نے ناراضگی کا اظہار کیا اسے ناراضگی نصیب ہوئی۔ (ترمذی كتاب الزهد)

حضرت خلیفۃ المسیح الخامس ایدہ اللہ تعالیٰ بنصرہ العزیز اپنے خطبہ جمعہ میں آنحضرت ﷺ کے صحابہؓ کی قربانیوں اور ان پر ہونے والے ظلموں کا ذکر کرتے ہیں اور ایک حدیث النبوی ﷺ کا حوالہ دیتے ہوئے فرماتے ہیں، ”لیکن پھر بھی آنحضرت ﷺ کی خدمت میں سوال کر دیا۔۔۔۔۔ کہ ہم کب تک یہ برداشت کریں گے؟۔۔۔۔۔ کیا آپ ﷺ ہمارے لئے اللہ تعالیٰ سے مدد نہیں مانگتے اور دعائیں نہیں کرتے کہ اللہ تعالیٰ سختی کے یہ دن ختم کر دے۔ اس پر آپ ﷺ نے فرمایا، تم سے پہلے ایسا انسان بھی گزرا ہے جس کے لئے مذہبی دشمنی کی وجہ سے گڑھا کھودا جاتا اور اس میں اسے گاڑ دیا جاتا۔ پھر آرا لایا جاتا اور اس کے سر پر رکھ کر اسے دو ٹکڑے کر دیا جاتا۔ لیکن وہ اپنے دین

موضوع نمبر 9: ہمارے بزرگ ہماری اخلاقی ذمہ داری ہیں۔

<p>[17:24] اور تیرے رب نے فیصلہ صادر کر دیا ہے کہ تم اُس کے سوا کسی کی عبادت نہ کرو اور والدین سے احسان کا سلوک کرو۔ اگر ان دونوں میں سے کوئی ایک تیرے پاس بڑھاپے کی عمر کو پہنچے یا وہ دونوں ہی، تو انہیں اُف تک نہ کہہ اور انہیں ڈانٹ نہیں اور انہیں نرمی اور عزت کے ساتھ مخاطب کر۔</p>	<p>وَقَضَىٰ رَبُّكَ أَلَّا تَعْبُدُوا إِلَّا إِيَّاهُ وَبِالْوَالِدَيْنِ إِحْسَانًا إِمَّا يَبُلُغَنَّ عِنْدَكَ الْكِبَرَ أَحَدُهُمَا أَوْ كِلَاهُمَا فَلَا تَقُلْ لَهُمَا أُفٍ وَلَا تَنْهَرَهُمَا وَقُلْ لَهُمَا قَوْلًا كَرِيمًا ﴿٢٤﴾</p>
<p>[29:9] اور ہم نے انسان کو تاکید نصیحت کی کہ اپنے والدین سے حُسنِ سلوک کرے اور (کہا کہ) اگر وہ تجھ سے جھگڑیں کہ تو میرا شریک ٹھہرائے، جس کا تجھے کوئی علم نہیں، تو پھر ان دونوں کی اطاعت نہ کر۔ میری ہی طرف تمہارا لوٹ کر آنا ہے پس میں تمہیں ان باتوں سے آگاہ کروں گا جو تم کرتے تھے۔</p>	<p>وَوَصَّيْنَا الْإِنْسَانَ بِوَالِدَيْهِ حُسْنًا وَإِنْ جَاهَدَاكَ لِتُشْرِكَ بِي مَا لَيْسَ لَكَ بِهِ عِلْمٌ فَلَا تُطِعْهُمَا إِلَيَّ مَرْجِعُكُمْ فَأُنَبِّئُكُمْ بِمَا كُنْتُمْ تَعْمَلُونَ ﴿٩﴾</p>

عَنْ عَائِشَةَ رَضِيَ اللَّهُ عَنْهَا قَالَتْ جَاءَ أَعْرَابِيٌّ إِلَى النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ فَقَالَ تَقْبَلُونَ الصَّبِيَّانَ فَمَا نَقَبَلُهُمْ. فَقَالَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ "أَوْ أَمْلِكُ لَكَ أَنْ نَزَعَ اللَّهُ مِنْ قَلْبِكَ الرَّحْمَةَ". (صحيح البخارى كتاب الادب)

حضرت عائشہؓ بیان کرتی ہیں کہ ایک دیہاتی نبی کریم ﷺ کی خدمت میں حاضر ہوا اور کہا کہ آپ لوگ بچوں کو بوسہ دیتے ہیں، ہم تو انہیں بوسہ نہیں دیتے۔ آپ ﷺ نے فرمایا کہ اگر اللہ نے تمہارے دل سے رحم نکال دیا ہے تو میں کیا کر سکتا ہوں۔ (البخاری کتاب الادب)

أَسْبَ بِنَ مَالِكٍ قَالَ قَالَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ "لَيْسَ مِنَّا مَنْ لَمْ يَرْحَمْ صَغِيرَنَا وَيُوقِّرْ كَبِيرَنَا". (ترمذی، کتاب البر والصلوة)

انس بن مالکؓ بیان کرتے ہیں کہ رسول اللہ ﷺ نے فرمایا کہ وہ ہم میں سے نہیں جو چھوٹوں پر رحم اور بڑوں کی عزت نہیں کرتا۔ (ترمذی، کتاب البر والصلوة)

أَنَّ أَبَا هُرَيْرَةَ رَضِيَ اللَّهُ عَنْهُ قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ الْحَسَنُ بْنُ عَلِيٍّ وَعِنْدَهُ الْأَقْرَعُ بْنُ حَابِسٍ التَّمِيمِيُّ جَالِسًا. فَقَالَ الْأَقْرَعُ إِنَّ لِي عَشْرَةً مِنَ الْوَالِدِ مَا قَبَلْتُ مِنْهُمْ أَحَدًا. فَنَظَرَ إِلَيْهِ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ ثُمَّ قَالَ "مَنْ لَا يَرْحَمُ لَا يُرْحَمُ". (صحيح البخارى كتاب الادب)

حضرت ابو ہریرہؓ نے بیان کیا کہ رسول اللہ ﷺ نے حسن بن علیؓ کو بوسہ دیا۔ آنحضرت ﷺ کے پاس اقرع بن حابسؓ بیٹھے ہوئے تھے۔ اس پر انہوں نے کہا کہ میرے دس لڑکے ہیں اور میں نے ان میں سے کسی کو کبھی بوسہ نہیں دیا۔ آنحضرت ﷺ نے ان کی طرف دیکھا اور فرمایا کہ جو مخلوق خدا پر رحم نہیں کرتا اس پر بھی رحم نہیں کیا جاتا۔ (صحيح البخارى كتاب الادب)

کے درمیان جدائی ڈالنے والے اور بے گناہ لوگوں پر تہمت لگانے والے ہیں۔“ (ترغیب و ترہیب) (خطبہ جمعہ 26 دسمبر 2003ء، الفضل 13 اپریل 2004ء، صفحہ 4)

حضرت مسیح موعود علیہ السلام فرماتے ہیں: ”دیکھو وہ جماعت، جماعت نہیں ہو سکتی جو ایک دوسرے کو کھائے اور جب چار مل کر بیٹھیں تو ایک اپنے غریب بھائی کا گلہ کرے اور نکتہ چینیاں کرتے رہیں اور کمزوروں اور غریبوں کی حقارت کریں اور ان کو حقارت اور نفرت کی نگاہ سے دیکھیں۔ ایسا ہرگز نہیں چاہئے۔ بلکہ اجماع میں چاہئے کہ قوت آجاوے اور وحدت پیدا ہو جاوے جس سے محبت آتی ہے اور برکات پیدا ہوتے ہیں۔۔۔۔۔ کیوں نہیں کیا جاتا کہ اخلاقی قوتوں کو وسیع کیا جاوے اور یہ تب ہوتا ہے کہ جب ہمدردی، محبت اور عفو اور کرم کو عام کیا جاوے۔ اور تمام عادتوں پر رحم، ہمدردی اور پردہ پوشی کو مقدم کر لیا جاوے۔“ (ملفوظات حضرت مسیح موعود علیہ السلام، جلد دوم صفحہ 264)

حضرت خلیفۃ المسیح الرابع رحمہ اللہ علیہ نے فرمایا کہ وہ لوگ جو گپ بازی اور افواہ پھیلانے کے مزے لیتے ہیں اور ان افواہوں کو ہوا دینے کے لئے کہتے ہیں کہ ہم نے فلاں کو یہ کہتے ہوئے سنا اور فلاں جگہ پر یہ بات ہوئی۔ ایسا کرنے کی کئی وجوہ ہو سکتی ہیں لیکن اس کی سب سے پہلی اور بنیادی وجہ یہ ہے کہ ہم افواہیں سننے میں دلچسپی لیتے ہیں۔ افواہیں پھیلانے والے تو اپنی علمیت کے اظہار کے لئے اور اپنے آپ کو زیادہ باخبر ثابت کرنے کے لئے ایسا کرتے ہیں۔ لیکن اس طرح کے لوگ پھر دوسری اخلاقی برائیوں کے بھی مرتکب ہو جاتے ہیں۔ افواہیں پھیلانے کی عادت ان کو چھوٹ بولنے والا بنا دیتی ہے۔

موضوع نمبر 8: کیا گپ بازی اور غیبت ہمارے گھر میں متاثر قبول ہے؟ کیا ہم کوئی نئی مثال قائم کر سکتے ہیں یا گپ بازی اور غیبت ہمارا دستور زندگی رہے گا؟

تعارف: گپ بازی اور غیبت سے انسانی کردار میں برائی کرنے کا مادہ سرایت کرتا جاتا ہے اور انسان آہستہ آہستہ جھوٹ بولنے جیسی بری اور بد عادت کا شکار ہو جاتا ہے جو کہ تمام برائیوں اور بدیوں کی جڑ سمجھی جاتی ہے۔ قرآن شریف اور احادیث مبارکہ میں ان بری عادات سے نفرت کا اظہار ملتا ہے اور غور کرنے سے پتہ چلتا ہے کہ اکثر معاشرتی برائیوں کی جڑ ہی گپ بازی، غیبت، اور چغلی کی عادات ہیں۔ آج کی مشق سے ہم ایک دوسرے سے سیکھیں گے کہ کس طرح اس بنیادی انسانی خامی سے بچا جائے اور اپنے افعال اور اعمال کو بہتر بنایا جاسکے۔

[104:2] ہلاکت ہو ہر غیبت کرنے والے سخت عیب جو کے لئے۔	وَيْلٌ لِّكُلِّ هُمَزَةٍ لُّمَزَةٍ ﴿٢﴾
[49:13] اے لوگو جو ایمان لائے ہو! ظن سے بکثرت اجتناب کیا کرو۔ یقیناً بعض ظن گناہ ہوتے ہیں۔ اور تجسس نہ کیا کرو۔ اور تم میں سے کوئی کسی دوسرے کی غیبت نہ کرے۔ کیا تم میں سے کوئی یہ پسند کرتا ہے کہ اپنے مردہ بھائی کا گوشت کھائے؟ پس تم اس سے سخت کراہت کرتے ہو۔ اور اللہ کا تقویٰ اختیار کرو۔ یقیناً اللہ بہت توبہ قبول کرنے والا (اور) بار بار رحم کرنے والا ہے۔	يَتَأْتِيهَا الَّذِينَ ءَامَنُوا أَجْتَنِبُوا كَثِيرًا مِّنَ الظَّنِّ إِنَّ بَعْضَ الظَّنِّ إِثْمٌ وَلَا تَجَسَّسُوا وَلَا يَغْتَب بَّعْضُكُم بَعْضًا أَيُحِبُّ أَحَدُكُمْ أَن يَأْكُلَ لَحْمَ أَخِيهِ مَيْتًا فَكَرِهْتُمُوهُ وَاتَّقُوا اللَّهَ إِنَّ اللَّهَ تَوَّابٌ رَّحِيمٌ ﴿١٣﴾

عَنْ أَنَسِ بْنِ مَالِكٍ، قَالَ قَالَ رَسُولُ اللَّهِ ﷺ " لَمَّا عُرِجَ بِي مَرَرْتُ بِقَوْمٍ لَهُمْ أَظْفَارٌ مِنْ نَحَاسٍ يَخْمِشُونَ وُجُوهُهُمْ وَصُدُورَهُمْ فَقُلْتُ مَنْ هَؤُلَاءِ يَا جَبْرِيْلُ قَالَ هَؤُلَاءِ الَّذِينَ يَأْكُلُونَ لَحْمَ النَّاسِ وَيَقْعُونَ فِي أَعْرَاضِهِمْ - (ابوداؤد كتاب الادب باب فى الغيبة) (خطبة جمعہ 26 دسمبر 2003ء۔ الفضل 13 اپریل 2004ء صفحہ 4)

حضرت انسؓ روایت کرتے ہیں کہ آنحضرت ﷺ نے فرمایا: جب مجھے معراج ہوا تو کشتاف میں ایک ایسی قوم کے پاس سے گزرا جن کے ناخن تانے کے تھے اور وہ اس سے اپنے چہروں اور سینوں کو نوح رہے تھے۔ میں نے پوچھا، جبرائیل یہ کون ہیں؟ تو انہوں نے بتایا کہ یہ لوگ، لوگوں کا گوشت نوح نوح کر کھایا کرتے تھے اور ان کی عزت و آبرو سے کھیلتے تھے (یعنی غیبت کرتے تھے، الزام تراشیاں کرتے تھے، حقارت کی نظر سے دیکھتے تھے)۔ (ابوداؤد كتاب الادب باب فى الغيبة) (خطبة جمعہ 26 دسمبر 2003ء۔ الفضل 13 اپریل 2004ء صفحہ 4)

حضرت ابو ہریرہؓ کہتے ہیں کہ رسول اللہ ﷺ نے فرمایا: ”تم میں سے سب سے زیادہ میرے محبوب وہ ہیں جو بہترین اخلاق کے حامل ہوں، نرم خو ہوں، وہ لوگوں سے انس رکھتے ہوں اور لوگ ان سے مانوس ہوں اور تم میں سب سے زیادہ مبغوض میرے نزدیک چغل خور، دوستوں

دے۔ چنانچہ اپنی عبادتوں میں میانہ روی اختیار کرو اور نیکی کے حریص رہو، مرنے کی خواہش نہ کرو، اگر تم اچھا کرنے والے ہو تو اپنی اچھائیوں میں اور بڑھو، اور اگر کوئی برائی کرنے والا ہے تو وہ اپنے گناہوں پر نادم اور پشیمان ہو۔“ (صحیح البخاری، کتاب المرضی، جلد نمبر 7 حدیث نمبر 577)

حضرت خلیفۃ المسیح الخامس ایدہ اللہ تعالیٰ بنصرہ العزیز اپنے یکم جون 2012ء کے خطبہ جمعہ میں فرماتے ہیں، ”صرف عبادتیں تقویٰ نہیں ہیں، صرف جماعت کی خدمت کر دینا تقویٰ نہیں، صرف اللہ اور رسول سے محبت کا اظہار کر دینا تقویٰ نہیں، صرف حضرت مسیح موعود اور خلافتِ احمدیہ سے تعلق تقویٰ نہیں بلکہ تقویٰ تب مکمل ہوتا ہے جب ماں باپ کے حقوق بھی ادا ہو رہے ہوں، جب بیوی بچوں کے حقوق بھی ادا ہو رہے ہوں، جب خاوندوں اور بچوں کے حقوق بھی ادا ہو رہے ہوں، جب عزیز رشتہ داروں کے حقوق بھی ادا ہو رہے ہوں، جب دوستوں کے حقوق بھی ادا ہو رہے ہوں، جب ہمسایوں کے حقوق بھی ادا ہو رہے ہوں، جب بہن بھائیوں کے حقوق بھی ادا ہو رہے ہوں، جب افراد جماعت کے حقوق بھی ادا ہو رہے ہوں، یہاں تک کہ جب دشمنوں کے حقوق بھی ادا ہو رہے ہوں تب تقویٰ کامل ہوتا ہے۔۔۔۔ پس جہاں پر شامل ہونے والا اپنی عبادتوں اور اللہ تعالیٰ کے حقوق کی ادائیگی کی طرف نظر رکھے، وہاں یہ بھی دیکھے کہ جہاں عبادتوں، نمازوں، دعاؤں اور ذکر الہی کی طرف آپ توجہ کریں گے، وہاں آپس کی محبت اور تعلق اور ہمدردی کی طرف توجہ کرتے ہوئے اپنے جائزے لیں۔“ (الفضل 31 جولائی 2012ء، صفحہ 3)

موضوع نمبر 7: جماعت اور اہل خاندان کی ذمہ داریوں کی ادائیگی میں توازن۔ کہیں ہم ایک ذمہ داری کی ادائیگی کے لئے دوسرے کو تو نظر انداز نہیں کر رہے؟

<p>[28:78] اور جو کچھ اللہ نے تجھے عطا کیا ہے اس کے ذریعہ دارِ آخرت کمانے کی خواہش کر اور دنیا میں سے بھی اپنا معین حصہ نظر انداز نہ کر اور احسان کا سلوک کر جیسا کہ اللہ نے تجھ سے احسان کا سلوک کیا اور زمین میں فساد (پھیلانا) پسند نہ کر، یقیناً اللہ فساد یوں کو پسند نہیں کرتا۔</p>	<p>وَأَبْتَعْ فِيمَا آتَاكَ اللَّهُ الدَّارَ الْآخِرَةَ وَلَا تَنْسَ نَصِيبَكَ مِنَ الدُّنْيَا وَأَحْسِنْ كَمَا أَحْسَنَ اللَّهُ إِلَيْكَ وَلَا تَبْغِ الْفُسَادَ فِي الْأَرْضِ إِنَّ اللَّهَ لَا يُحِبُّ الْمُفْسِدِينَ ﴿٧٨﴾</p>
<p>[17:27] اور قربت دار کو اس کا حق دے اور مسکین کو بھی اور مسافر کو بھی مگر فضول خرچی نہ کر۔</p>	<p>وَعَاتِ ذَا الْقُرْبَىٰ حَقَّهُ وَالْمِسْكِينَ وَابْنَ السَّبِيلِ وَلَا تُبَذِّرْ تَبْذِيرًا ﴿٢٧﴾</p>

قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ " يَا عَبْدَ اللَّهِ أَلَمْ أُخْبِرْ أَنَّكَ تَصُومُ النَّهَارَ وَتَقُومُ اللَّيْلَ ". قُلْتُ بَلَى يَا رَسُولَ اللَّهِ. قَالَ " فَلَا تَفْعَلْ، صُمْ وَأَفْطِرْ، وَقُمْ وَنَمْ، فَإِنَّ لِحَسَدِكَ عَلَيْكَ حَقًّا، وَإِنَّ لِعَيْنِكَ عَلَيْكَ حَقًّا، وَإِنَّ لِرُوحِكَ عَلَيْكَ حَقًّا " (صحيح البخارى، كتاب النكاح، جلد نمبر 7 حديث نمبر 127)

آنحضرت ﷺ نے حضرت عبد اللہ سے دریافت فرمایا کہ اے عبد اللہ مجھے پتہ چلا ہے کہ تم دن کو روزہ رکھتے ہو اور رات بھر عبادت کرتے ہو، انہوں نے کہا ہاں یا رسول اللہ ﷺ۔ فرمایا ایسا نہ کیا کرو۔ کبھی روزہ رکھا کرو اور کبھی چھوڑ دیا کرو، اور رات کو عبادت بھی کیا کرو اور سویا بھی کرو، تمہارے جسم کا بھی تم پر حق ہے اور تمہاری آنکھوں کا بھی تم پر حق ہے، تمہاری شریک حیات کا بھی تم پر حق ہے۔ (صحیح البخاری، کتاب النکاح، جلد نمبر 7 حديث نمبر 127)

أَنَّ أَبَا هُرَيْرَةَ، قَالَ سَمِعْتُ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَقُولُ " لَنْ يُدْخَلَ أَحَدًا عَمَلُهُ الْجَنَّةَ ". قَالُوا وَلَا أَنْتَ يَا رَسُولَ اللَّهِ قَالَ " لَا، وَلَا أَنَا إِلَّا أَنْ يَتَّعَمِدَنِي اللَّهُ بِفَضْلٍ وَرَحْمَةٍ فَسَدُّوا وَقَارِبُوا وَلَا يَتَمَنَّيَنَّ أَحَدُكُمْ الْمَوْتَ إِمَّا مُحْسِنًا فَلَعَلَّهُ أَنْ يَزْدَادَ خَيْرًا، وَإِمَّا مُسِيئًا فَلَعَلَّهُ أَنْ يَسْتَعْتَبَ ". (صحيح البخارى، كتاب المرضى، جلد نمبر 7 حديث نمبر 577)

حضرت ابو ہریرہؓ کہتے ہیں کہ میں نے آنحضرت ﷺ کو یہ فرماتے ہوئے سنا ہے کہ ”کوئی اپنے اعمال کے زور پر جنت میں داخل نہیں ہوگا۔“ پوچھا کہ کیا آپ بھی نہیں یا رسول اللہ ﷺ، فرمایا ”نہیں، میں بھی نہیں سو اس کے کہ اللہ تعالیٰ اپنے فضل اور رحمت سے مجھے نواز

حضرت مسیح موعود علیہ السلام نصیحت فرماتے ہوئے لکھتے ہیں: ”یاد رکھنا چاہئے کہ باخدا آدمی دنیا میں سے نہیں ہوتا۔ اسی لئے تو دنیا اس سے بغض رکھتی ہے بلکہ وہ آسمان سے ہوتا ہے اس لئے آسمانی نعمت اس کو ملتی ہے۔ دنیا کا آدمی دنیا کی نعمتیں پاتا ہے اور آسمان کا آسمانی نعمتیں حاصل کرتا ہے۔“ (اسلامی اصول کی فلاسفی، روحانی خزائن جلد 10 صفحہ 400)

دوسری شرط بیعت: یہ کہ جھوٹ اور زنا اور بد نظری اور ہر ایک فسق و فجور اور ظلم اور خیانت اور فساد اور بغاوت کے طریقوں سے بچتا رہے گا اور نفسانی جوشوں کے وقت ان کا مغلوب نہیں ہوگا اگرچہ کیسا ہی جذبہ پیش آوے۔

چھٹی شرط بیعت: یہ کہ اتباعِ رسم اور متابعت ہو اور ہوس سے باز آجائے گا اور قرآن شریف کی حکومت کو بگلی اپنے سر پر قبول کرے گا اور قَالَ اللَّهُ اور قَالَ الرَّسُول کو اپنے ہر ایک راہ میں دستور العمل قرار دے گا۔

حضرت خلیفۃ المسیح الرابع رحمہ اللہ فرماتے ہیں، زندگی کے ہر شعبے میں خوشی کے حصول کی دوڑ ہر وقت ایک تبدیلی کی خواہاں رہتی ہے اور نئی سے نئی جہت مانگتی ہے۔ وہ چیزیں جو پہلے تسکین مہیا کرتی تھیں اب ناکافی ہیں۔ سگریٹ اور عام درجہ کی شراب نوشی اب وہ پہلے جیسا سکون اور تسکین مہیا نہیں کرتیں جو ترقی کرتے ہوئے معاشرے کی ضرورت ہیں۔ پچھلی چند دہائیوں سے یہی حال موسیقی کی دنیا کا ہو گیا ہے۔
(Islam's response to contemporary issues, page 72)

حضرت خلیفۃ المسیح الخامس ایدہ اللہ تعالیٰ بنصرہ العزیز نے فرمایا کہ اگر دنیا کی خواہشات بڑھ جائیں۔ ٹی وی ڈراموں اور انٹرنیٹ پر اتنے مگن ہوں کہ نمازوں میں تاخیر ہو جائے تو پھر خدا کی محبت پیدا نہیں ہو سکتی۔ اس محبت کے حصول کے لئے اپنی خواہشات کی قربانی کرنی پڑتی ہے۔ (الفضل، 21 نومبر 2011، صفحہ نمبر 3)

موضوع نمبر 6: ٹیلی ویژن، فلم، اور انٹرنیٹ وغیرہ پر نظر آنے والے جنسیات اور تشدد کے واقعات کو دیکھنے کے لئے ہمارے گھر میں کیا معیار مقرر ہے؟ ان معاملات کے لئے کون سی قابل قبول حدود ہونی چاہئیں؟

تعارف: ایک اہم تحقیق میں انکشاف ہوا ہے کہ گرافک تشدد اور جنسیات کے باقاعدہ دیکھنے سے انسانی شخصیت پر بہت منفی اثر پڑتا ہے۔ ایک باپ اور ایک خاوند ہونے کی حیثیت سے ہم اپنے گھریلو ماحول پر اثر رکھتے ہیں۔ اپنے طرز عمل اور اپنی پسندنا پسند کے ذریعہ سے ہم دوسروں کے لئے مثال قائم کرتے ہیں۔ اگر ہم نے اپنے طرز عمل کا جائزہ نہیں لیا ہو اور اپنے لئے کوئی اخلاقی حدود قائم نہیں کی ہوں کہ ہم اپنے گھر میں ٹیلی ویژن پر کیا دیکھتے ہیں تو پھر یہ مشقیں صرف نظریاتی بحث سے زیادہ کچھ نہیں۔ سب سے پہلے ہمیں خود صالح طرز عمل اختیار کرنا ہوگا۔

<p>[62:12] اور جب وہ کوئی تجارت یا دل بہلاوادیکیں گے تو اس کی طرف دوڑ پڑیں گے اور تجھے اکیلا کھڑا ہوا چھوڑ دیں گے۔ تو کہہ دے کہ جو اللہ کے پاس ہے وہ دل بہلاوے اور تجارت سے بہت بہتر ہے اور اللہ رزق عطا کرنے والوں میں سب سے بہتر ہے۔</p>	<p>وَإِذَا رَأَوْا تِجَارَةً أَوْ لَهْوًا انفَضُوا إِلَيْهَا وَتَرَكُوكَ قَائِمًا قُلْ مَا عِنْدَ اللَّهِ خَيْرٌ مِّنَ اللَّهْوِ وَمِنَ التِّجَارَةِ وَاللَّهُ خَيْرُ الرَّازِقِينَ ﴿١٢﴾</p>
<p>[57:21] جان لو کہ دنیا کی زندگی محض کھیل کود اور نفس کی خواہشات کو پورا کرنے کا ایسا ذریعہ ہے جو اعلیٰ مقصد سے غافل کر دے اور سچ و سچ اور باہم ایک دوسرے پر فخر کرنا ہے اور اموال اور اولاد میں ایک دوسرے سے بڑھنے کی کوشش کرنا ہے۔ (یہ زندگی) اس بارش کی مثال کی طرح ہے جس کی روئیدگی کفار (کے دلوں) کو لہاتی ہے۔ پس وہ تیزی سے بڑھتی ہے۔ پھر تُو اسے زرد ہوتا ہوا دیکھتا ہے پھر وہ ریزہ ریزہ ہو جاتی ہے۔ اور آخرت میں سخت عذاب (مقدر) ہے نیز اللہ کی طرف سے مغفرت اور رضوان بھی۔ جبکہ دنیا کی زندگی تو محض دھوکے کا ایک عارضی سامان ہے۔</p>	<p>أَعْلَمُوا أَنَّمَا الْحَيَاةُ الدُّنْيَا لَعِبٌ وَلَهُمْ وَزِينَةٌ وَتَفَاخُرٌ بَيْنَكُمْ وَتَكَاؤُرٌ فِي الْأَمْوَالِ وَالْأَوْلَادِ كَمَثَلِ غَيْثٍ أَعْجَبَ الْكُفَّارَ نَبَاتُهُ ثُمَّ يَهِيغُ فَتَرْتَهُ مُصْفَرًّا ثُمَّ يَكُونُ حُطَمًا وَفِي الْآخِرَةِ عَذَابٌ شَدِيدٌ وَمَغْفِرَةٌ مِّنَ اللَّهِ وَرِضْوَانٌ وَمَا الْحَيَاةُ الدُّنْيَا إِلَّا مَتَلَعُ الْغُرُورِ ﴿٢١﴾</p>

ہے۔ (مسند الامام احمد بن حنبل جلد 3 صفحہ 23)۔۔۔۔۔ حضور ایدہ اللہ تعالیٰ بنصرہ العزیز نے مزید فرمایا، اور کسی کے قصور معاف کر دینے سے کوئی بے عزتی نہیں ہوتی۔ اللہ کرے کہ یہ معیار ہماری جماعت کے ہر فرد میں قائم ہو جائے۔

حضرت مسیح موعود علیہ الصلوٰۃ والسلام نے اس بارے میں ایک جگہ فرمایا ہے کہ: ”لوگوں کے گناہ بخشو اور ان کی زیادتیوں اور قصوروں کو معاف کرو۔ کیا تم نہیں چاہتے کہ خدا بھی تمہیں معاف کرے اور تمہارے گناہ بخشے اور وہ تو غفور و رحیم ہے۔“ (چشمہ معرفت، روحانی خزائن جلد 23 صفحہ 387)

حضرت مسیح موعود علیہ السلام فرماتے ہیں، ”تم آپس میں جلد صلح کرو اور اپنے بھائیوں کے گناہ بخشو کیونکہ شریعہ ہے وہ انسان کہ جو اپنے بھائی کے ساتھ صلح پر راضی نہیں وہ کاٹا جائے گا کیونکہ وہ تفرقہ ڈالتا ہے تم اپنی نفسانیت ہر ایک پہلو سے چھوڑ دو اور باہمی ناراضگی جانے دو اور سچے ہو کر جھوٹے کی طرح تذلل کرو تا تم بخشے جاؤ۔“ (کشتی نوح، روحانی خزائن، جلد 19، صفحہ 12)

”تم میں سے زیادہ بزرگ وہی ہے جو زیادہ اپنے بھائی کے گناہ بخشتا ہے اور بد بخت ہے وہ جو ضد کرتا ہے اور نہیں بخشتا سو اس کا مجھ میں حصہ نہیں۔“ (کشتی نوح، روحانی خزائن، جلد 19، صفحہ 13)

موضوع نمبر 5: کیا ہمارے گھر میں معاف کر دینے کا عام رواج موجود ہے؟ آئیے ایک اعلیٰ اور قابل ذکر معیاریت نام کریں۔

تعارف: دنیا کے ہر مذہب میں کسی نہ کسی صورت میں معافی کا تصور موجود ہے۔ کسی معاشرے میں اگر لوگ زیادہ تر معاف کر دینے والے ہوں تو اس کا فائدہ شخصی سطح پر، خاندانی سطح پر، معاشرتی سطح پر، بلکہ قومی سطح پر بھی ہوتا ہے۔ اس طرح کی مثالیں موجود ہیں کہ جہاں معافی نے قابل ذکر تبدیلی پیدا کر دی۔ صبر، حوصلہ اور معافی یہ سب ایک ہی خلق کے مختلف اظہار ہیں۔ ہمیں کوشش کر کے اپنے اندر یہ اخلاق پیدا کرنے چاہئیں۔ غصہ، نفرت، بغض، اور بدلہ جتنا نقصان دوسرے کو پہنچاتا ہے اسی قدر اپنے آپ کو بھی نقصان پہنچاتا ہے۔ معاف کر دینے کی عادت اپنانے میں سب سے بڑی مشکل اپنے آپ کو سچا ثابت کرنے کی خواہش ہوتی ہے۔

<p>[24:23] اور تم میں سے صاحب فضیلت اور صاحب توفیق اپنے قریبوں اور مسکینوں اور اللہ کی راہ میں ہجرت کرنے والوں کو کچھ نہ دینے کی قسم نہ کھائیں۔ پس چاہئے کہ وہ معاف کر دیں اور درگزر کریں۔ کیا تم یہ پسند نہیں کرتے کہ اللہ تمہیں بخش دے۔ اور اللہ بہت بخشنے والا (اور) بار بار رحم کرنے والا ہے۔</p>	<p>وَلَا يَأْتَلِ أُولُو الْفَضْلِ مِنْكُمْ وَالسَّعَةِ أَنْ يُؤْتُوا أُولِي الْقُرْبَىٰ وَالْمَسْكِينِ وَالْمُهَاجِرِينَ فِي سَبِيلِ اللَّهِ وَلْيَعْفُوا وَلْيَصْفَحُوا أَلَا تُحِبُّونَ أَنْ يَغْفِرَ اللَّهُ لَكُمْ وَاللَّهُ غَفُورٌ رَحِيمٌ ﴿١٣﴾</p>
<p>[42:41] اور بدی کا بدلہ، کی جانے والی بدی کے برابر ہوتا ہے۔ پس جو کوئی معاف کرے بشرطیکہ وہ اصلاح کرنے والا ہو تو اس کا اجر اللہ پر ہے۔ یقیناً وہ ظالموں کو پسند نہیں کرتا۔</p>	<p>وَجَزَاءُ سَيِّئَةٍ سَيِّئَةٌ مِثْلُهَا فَمَنْ عَفَا وَأَصْلَحَ فَأَجْرُهُ عَلَى اللَّهِ إِنَّهُ لَا يُحِبُّ الظَّالِمِينَ ﴿٤١﴾</p>

عَنْ أَنَسِ بْنِ مَالِكٍ، أَنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ "لَا تَبَاغَضُوا، وَلَا تَحَاسَدُوا، وَلَا تَدَابَرُوا، وَكُونُوا عِبَادَ اللَّهِ إِخْوَانًا، وَلَا يَحِلُّ لِمُسْلِمٍ أَنْ يَهْجُرَ أَخَاهُ فَوْقَ ثَلَاثِ لَيَالٍ"۔ (صحیح البخاری کتاب الادب باب الهجرة، حدیث نمبر 6076)

حضرت انسؓ سے روایت ہے کہ آنحضرت ﷺ نے فرمایا کہ ایک دوسرے سے بغض نہ رکھو، حسد نہ کرو، بے رُخی اور لا تعلق اختیار نہ کرو، باہمی تعلقات نہ توڑو بلکہ اللہ تعالیٰ کے بندے اور بھائی بھائی بن کر رہو۔ کسی مسلمان کے لئے جائز نہیں کہ وہ اپنے بھائی سے تین راتوں سے زیادہ ناراض رہے اور اس سے قطع تعلق رکھے۔ (صحیح البخاری کتاب الادب باب الهجرة، حدیث نمبر 6076)

حضرت خلیفۃ المسیح الخامس ایدہ اللہ تعالیٰ بنصرہ العزیز خطبہ جمعہ میں حضرت ابو ہریرہؓ سے مروی ایک حدیث مبارکہ بیان فرماتے ہیں، کہ آنحضرت ﷺ نے فرمایا کہ صدقہ سے مال میں کمی نہیں ہوتی اور جو شخص دوسرے کے قصور معاف کر دیتا ہے اللہ تعالیٰ اسے اور عزت دیتا

کرنے سے طبعاً متنفر ہے۔ اب ہم جب گہری نظر سے بچہ کی اس عادت کو دیکھتے اور اس پر غور کرتے ہیں اور فکر کرتے کرتے اس کی اس عادت کی تہ تک چلے جاتے ہیں تو ہم پر صاف کھل جاتا ہے کہ یہ عادت جو غیر کی چیز سے اس قدر نفرت کرتا کہ اپنے اوپر مصیبت ڈال لیتا ہے۔ یہی جڑ دیانت اور امانت کی ہے اور دیانت کے خُلق میں کوئی شخص راسخ رہتا ہے۔ یہی جڑ دیانت اور امانت کی ہے اور دیانت کے خُلق میں کوئی شخص راسخ رہتا ہے۔ یہی جڑ دیانت اور امانت کی ہے اور دیانت کے خُلق میں کوئی شخص راسخ رہتا ہے۔

میں بھی سچی نفرت اور کراہت اس کے دل میں پیدا نہ ہو جائے۔“ (اسلامی اصول کی فلاسفی، روحانی خزائن جلد 10 صفحہ 345-344)

حضرت خلیفۃ المسیح الخامس ایدہ اللہ تعالیٰ بنصرہ العزیز اپنے 10 اکتوبر 2014ء کے خطبہ جمعہ میں فرماتے ہیں۔ ”اب میں دوسری بات کی طرف آتا ہوں یعنی اچھے اخلاق۔ اعلیٰ اخلاق رکھنے والوں کا ایک بہت بڑا وصف سچائی کا اظہار ہے اور سچائی پر قائم رہنا ہے۔ ایک مومن کی یہ خصوصیت ہے کہ وہ ہمیشہ سچائی پر قائم رہے گا اور جھوٹ کے قریب بھی نہ پھٹکے اور یہ اسی صورت میں ممکن ہے کہ اگر جھوٹ سے انتہائی نفرت ہو۔ لیکن عملاً ہم دنیا میں کیا دیکھتے ہیں کہ مختلف موقعوں پر جھوٹ کا سہارا لیا جاتا ہے۔ بعض لوگ کہہ دیتے ہیں کہ میرا ارادہ تو نہیں تھا لیکن غلطی سے میرے منہ سے جھوٹ نکل گیا۔ اس کلم کے لئے یہاں درخواستیں دیتے ہیں تو کہہ دیتے ہیں، وہ تو میرے منہ سے فلاں بات نکل گئی اس لئے غلطی سے نکل گئی میرا ارادہ نہیں تھا لیکن اگر عادت نہ ہو تو غلطی سے بھی باتیں نہیں نکلا کرتیں۔ بہر حال اللہ تعالیٰ تو بخشنے والا ہے ایسے لوگوں کو معاف کر دیتا ہے جن کو غلطی کا احساس ہو۔ لیکن اس صورت میں انہیں اپنے اس عمل پر اظہارِ ندامت کرنا بھی ضروری ہے۔ لیکن اگر کوئی شخص جھوٹ بولے اور پھر اس پر ندامت بھی محسوس نہ کرے، اور اس کے جھوٹ سے اگر کسی کو نقصان ہو ہے اس کا ازالہ کرنے کی کوشش نہ کرے بلکہ الٹا ضد پر آکر جھوٹ کو سچ ثابت کرنے کی کوشش کرے، یا یہ کہے کہ اس جھوٹ کے بغیر گزارہ ہی نہیں ہو سکتا تھا۔ تو ایسا شخص نہ تو ایمان پر قائم ہے اور نہ ہی اچھے اخلاق والا کہلا سکتا ہے۔“ (الفضل 2 دسمبر 2014ء صفحہ 4)

موضوع نمبر 4: ہمارے گھر میں دیانتداری کا کیا معیار ہے؟ اللہ تعالیٰ کے عالم الغیب ہونے کا اظہار مثالی طور پر ہمارے عمل سے ہونا چاہئے۔

تعارف: دیانتداری کے اعلیٰ معیار سے اللہ تعالیٰ محبت کرتا ہے۔ قرآن کریم ہمیں تعلیم دیتا ہے کہ صدیقیوں کا گروہ جنت میں داخل کیا جائے گا۔ سب سے بڑی نیکی جو ہم کر سکتے ہیں وہ ہے کہ ہم اپنے آپ کو اور اپنی اولادوں کو دیانتداری پر قائم کریں تاکہ اللہ تعالیٰ کی محبت میسر آسکے۔ دیانتداری کے اعلیٰ معیار کا حصول اسی صورت میں ممکن ہے جب ہم صرف اللہ تعالیٰ پر مکمل بھروسہ کرتے ہوئے اور اس کی خوشنودی کی خاطر دنیا، روپیہ پیسہ، جاہ و جلال، عزت و طاقت، انا، اور خاندان کسی چیز کو اپنے راستے میں حائل نہ ہونے دیں۔ آئیے اب ہم عملی مشق کریں اور اس بات کو سیکھیں کہ کس طرح ہم اپنے دیانتداری کے معیار کو بڑھا سکتے ہیں۔

<p>[24:43] اور اللہ ہی کے لئے آسمانوں اور زمین کی بادشاہی ہے اور اللہ ہی کی طرف لوٹ کر جانا ہے۔</p>	<p>وَلِلَّهِ مُلْكُ السَّمَوَاتِ وَالْأَرْضِ وَإِلَى اللَّهِ الْمَصِيرُ ﴿٤٣﴾</p>
<p>[4:136] اے وہ لوگو جو ایمان لائے ہو! اللہ کی خاطر گواہ بنتے ہوئے انصاف کو مضبوطی سے قائم کرنے والے بن جاؤ، خواہ خود اپنے خلاف گواہی دینی پڑے یا والدین اور قریبی رشتہ داروں کے خلاف۔ خواہ کوئی امیر ہو یا غریب دونوں کا اللہ ہی بہترین نگہبان ہے۔ پس اپنی خواہشات کی پیروی نہ کرو مبادا عدل سے گریز کرو۔ اور اگر تم نے گول مول بات کی یا پہلو تہی کر گئے تو یقیناً اللہ جو تم کرتے ہو اس سے بہت باخبر ہے۔</p>	<p>يَا أَيُّهَا الَّذِينَ ءَامَنُوا كُونُوا قَوَّامِينَ بِالْقِسْطِ شُهَدَاءَ لِلَّهِ وَلَوْ عَلَىٰ أَنفُسِكُمْ أَوِ الْوَالِدِينَ وَالْأَقْرَبِينَ إِن يَكُنْ غَنِيًّا أَوْ فَقِيرًا فَاللَّهُ أَوْلَىٰ بِهِمَا فَلَا تَتَّبِعُوا الْهَوَىٰ أَن تَعْدِلُوا وَإِن تَلَوَّا أَوْ تَعْرِضُوا فَإِنَّ اللَّهَ كَانَ بِمَا تَعْمَلُونَ خَبِيرًا ﴿١٣٦﴾</p>

حضرت مسیح موعود علیہ السلام اپنی کتاب ’اسلامی اصول کی فلاسفی‘ میں امانت اور دیانت کے معانی اس طرح سمجھاتے ہیں:

”دوسری قسم ترک شرکی اقسام میں سے وہ خلق ہے جس کو امانت و دیانت کہتے ہیں۔ یعنی دوسرے کے مال پر شرارت اور بدنیتی سے قبضہ کر کے اس کو ایذا پہنچانے پر راضی نہ ہونا۔ سو واضح ہو کہ دیانت اور امانت انسان کی طبعی حالتوں میں سے ایک حالت ہے۔ اسی واسطے ایک بچہ شیر خوار بھی جو بوجہ اپنی کم سنی اپنی طبعی سادگی پر ہوتا ہے اور نیز باعث صغر سنی ابھی بری عادتوں کا عادی نہیں ہوتا، اس قدر غیر کی چیز سے نفرت رکھتا ہے کہ غیر عورت کا دودھ بھی مشکل سے پیتا ہے۔ اگر بے ہوشی کے زمانہ میں کوئی اور دایہ مقرر نہ ہو تو ہوش کے زمانہ میں اس کو دوسرے کا دودھ پلانا نہایت مشکل ہو جاتا ہے اور اپنی جان پر تکلیف اٹھاتا ہے اور ممکن ہے کہ اس تکلیف سے مرنے کے قریب ہو جائے۔ مگر دوسری عورت کے دودھ سے طبعاً بیزار ہوتا ہے۔ اس قدر نفرت کا کیا بھید ہے؟ بس یہی کہ وہ والدہ کو چھوڑ کر غیر کی چیز کی طرف رجوع

حضرت ابو ہریرہؓ سے روایت ہے کہ آنحضرت ﷺ نے فرمایا ”ایمان کی ساٹھ سے زیادہ جزو ہیں اور حیا ان میں سے ایک جزو ہے۔ (بخاری)

حضرت مسیح موعود علیہ السلام فرماتے ہیں: ”لیکن وہ لوگ جن کی آنکھیں زنا کرتی ہیں۔ اور جن کے دل پاخانہ سے بدتر ہیں۔ اور جن کو مرنا ہر گز یاد نہیں ہے۔ میں اور میرا خدا ان سے بیزار ہیں۔ میں بہت خوش ہوں گا اگر ایسے لوگ اس پیوند کو قطع کر لیں کیونکہ خدا اس جماعت کو ایک ایسی قوم بنانا چاہتا ہے جس کے نمونہ سے لوگوں کو خدا یاد آوے۔ اور جو تقویٰ اور طہارت کے اول درجہ پر قائم ہوں اور جنہوں نے درحقیقت دین کو دنیا پر مقدم کیا۔“ (روحانی خزائن جلد 20، تذکرۃ الشہادتین، صفحہ 77-78)

حضرت خلیفۃ المسیح الثالثؒ نے ناروے میں لجنہ امانت سے خطاب کرتے ہوئے فرمایا ”میں ایسی خواتین سے جو یہاں پردہ کو ضروری نہیں سمجھتیں پوچھتا ہوں کہ انہوں نے پردہ کو ترک کر کے اسلام کی کیا خدمت کی ہے۔ آج بعض یہ کہتی ہیں کہ ہمیں یہاں پردہ نہ کرنے کی اجازت دی جائے۔ پھر کہیں گی کہ ننگ دھڑنگ سمندر میں نہانے اور ریت پر لیٹنے کی اجازت دی جائے۔ پھر کہیں گی شادی سے پہلے بچہ جننے کی اجازت دی جائے۔ میں کہوں گا پھر تمہیں دوزخ میں جانے کے لئے تیار رہنا چاہئے۔ وہ اپنے آپ کو ٹھیک کر لیں قبل اس کے کہ خدا کا قہر نازل ہو۔“ (خطاب حضرت خلیفۃ المسیح الخامس ایدہ اللہ تعالیٰ بنصرہ العزیز 19 نومبر 2006ء، لجنہ امانت یو کے، الفضل 28 فروری 2007 صفحہ 5)

حضرت خلیفۃ المسیح الخامس ایدہ اللہ تعالیٰ بنصرہ العزیز نے یکم اکتوبر 2010 کے خطبہ جمعہ میں فرمایا کہ ”اگر اپنی اپنی ذمہ داری کو ہماری عورتیں اور مرد حقیقی رنگ میں محسوس کر لیں اور جو ذمہ داریاں مرد اور عورت پر ہیں ان پر بھرپور طور پر توجہ دیں اور ان ذمہ داریوں کو ادا کرنے کی کوشش کریں تو اگلی نسل کے جماعت سے جڑے رہنے اور ان کے اخلاص و وفا میں بڑھتے چلے جانے کی ضمانت مل سکتی ہے۔ جہاں تک جماعتی ترقی کا سوال ہے، اس میں کوئی شک نہیں کہ یہ خدا تعالیٰ کا فیصلہ ہے۔ پس یہ ترقی تو جماعت کا مقدر ہے انشاء اللہ۔“

”ایک احمدی لڑکی کا فرض ہے کہ وہ کسی احساس کمتری کے بغیر، فیشن کی تقلید کرتے ہوئے اس حد تک نہ بڑھ جائے کہ بے حیائی کا یہ سیلاب اسے بہالے جائے۔ بلکہ اپنے کردار و عمل سے ایک مضبوط بند اس کے آگے باندھ دے اور دنیا پر یہ ثابت کر دے کہ اسلامی تعلیم پر عمل پیرا ہو کر وہ اپنی عزت و عصمت کی حفاظت دوسروں سے زیادہ بہتر انداز میں کر سکتی ہے۔۔۔ پس ہر احمدی لڑکی یہ یاد رکھے کہ اس نے اس زمانے میں حضرت مسیح موعود علیہ السلام کو مان کر اسلام کی تعلیم پر عمل کرنے کا عہد کیا ہے۔۔۔ کسی احساس کمتری میں مبتلا ہوئے بغیر ہر اس عمل سے دور رہے جس سے حیا اور پاکدامنی پر معمولی سی آنچ بھی آتی ہو۔ اپنے آپ کو شیطان کے حملوں سے بچائے اور اس کے لئے خدا کے حضور دعائیں کرنے کے ساتھ ساتھ خود کو اس لباس سے ڈھانکے جو تقویٰ کا لباس ہے۔“ (حضرت خلیفۃ المسیح الخامس ایدہ اللہ تعالیٰ بنصرہ العزیز، دورہ ناروے، الفضل 19 اکتوبر 2011 صفحہ 5 کالم 4)۔۔۔۔ اور تمام احمدی لڑکوں اور مردوں کو بے لگام نہیں چھوڑ دیا گیا کہ تمہیں حجاب اوڑھنے کا حکم نہیں دیا گیا لیکن تمہارے لئے بھی ضروری ہے کہ تم بھی اسی قدر اپنے آپ کو بے حیائی اور برے اثرات سے بچاؤ۔

موضوع نمبر 3: کیا ہماری بیویاں اور بیٹیاں مناسب پردہ کرتی ہیں؟ یا ہم خود ہی ان کے پردہ کرنے میں روک ہیں؟

تعارف: اسلامی معاشرے میں پردے کی کئی شکلیں موجود ہیں، اسے ایمان اور تہذیب کا حصہ سمجھا جاتا ہے اور اس پر ہر پہلو سے بحث ہوتی ہے۔ حیاداری اس کی اساس ہے، اس کا خیال روح اور دل سے اٹھنا چاہئے اور پھر لباس اور زندگی کے طرز عمل سے اس کا اظہار نظر آنا چاہئے۔ مغربی معاشرے میں اسلام کے خلاف تعصب کے بڑھنے کے ساتھ اسلامی پردے پر سختی سے عمل مشکل ہو گیا ہے۔ آج ہم سیکھیں گے کہ ایک خاوند اور ایک باپ ہونے کی حیثیت سے ہم کس طرح اس امر کو اپنی بیویوں اور بیٹیوں کے لئے آسان بنا سکتے ہیں۔

<p>[24:32] اور مومن عورتوں سے کہہ دے کہ وہ اپنی آنکھیں نیچی رکھا کریں اور اپنی شرم گاہوں کی حفاظت کریں اور اپنی زینت ظاہر نہ کیا کریں سوائے اس کے کہ جو اس میں سے از خود ظاہر ہو۔ اور اپنے گریبانوں پر اپنی اوڑھنیاں ڈال لیا کریں۔ اور اپنی زینتیں ظاہر نہ کیا کریں مگر اپنے خاوندوں کے لئے یا اپنے باپوں یا اپنے خاوندوں کے لئے یا اپنے بیٹوں کے لئے یا اپنے خاوندوں کے بیٹوں کے لئے یا اپنے بھائیوں یا اپنے بھائیوں کے بیٹوں یا اپنی بہنوں کے بیٹوں یا اپنی عورتوں یا اپنے زیر نگیں مردوں کے لئے یا مردوں میں ایسے خادموں کے لئے جو کوئی (جنسی) حاجت نہیں رکھتے یا ایسے بچوں کے لئے جو عورتوں کی پردہ دار جگہوں سے بے خبر ہیں۔ اور وہ اپنے پاؤں اس طرح نہ ماریں کہ (لوگوں پر) وہ ظاہر کر دیا جائے جو (عورتیں عموماً) اپنی زینت میں سے چھپاتی ہیں۔ اور اے مومنو! تم سب کے سب اللہ کی طرف توبہ کرتے ہوئے جھکو تاکہ تم کامیاب ہو جاؤ۔</p>	<p>وَقُلْ لِلْمُؤْمِنَاتِ يَعْضُضْنَ مِنْ أَبْصَرِهِنَّ وَيَحْفَظْنَ فُرُوجَهُنَّ وَلَا يُبْدِينَ زِينَتَهُنَّ إِلَّا مَا ظَهَرَ مِنْهَا وَلْيَضْرِبْنَ بِخُمُرِهِنَّ عَلَىٰ جُيُوبِهِنَّ وَلَا يُبْدِينَ زِينَتَهُنَّ إِلَّا لِبُعُولَتِهِنَّ أَوْ آبَائِهِنَّ أَوْ آبَاءِ بُعُولَتِهِنَّ أَوْ أَبْنَائِهِنَّ أَوْ أَبْنَاؤِ بُعُولَتِهِنَّ أَوْ إِخْوَانِهِنَّ أَوْ بَنِي إِخْوَانِهِنَّ أَوْ بَنِي أَخَوَاتِهِنَّ أَوْ نِسَائِهِنَّ أَوْ مَا مَلَكَتْ أَيْمَانُهُنَّ أَوْ التَّالِعِينَ غَيْرِ أُولِي الْإِرْبَةِ مِنَ الرِّجَالِ أَوِ الطِّفْلِ الَّذِينَ لَمْ يَظْهَرُوا عَلَىٰ عَوْرَاتِ النِّسَاءِ وَلَا يَضْرِبْنَ بِأَرْجُلِهِنَّ لِيُعْلَمَ مَا يُخْفِينَ مِنْ زِينَتِهِنَّ وَتُوبُوا إِلَى اللَّهِ جَمِيعًا أَيُّهُ الْمُؤْمِنُونَ لَعَلَّكُمْ تُفْلِحُونَ ﴿٣٢﴾</p>
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قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ " الْحَيَاءُ وَالْإِيمَانُ قَرْنَانِمَا إِذَا رَفَعَ أَحَدُهُمَا رَفَعَ الْآخَرَ ". رواه الحاكم
روایت ہے کہ رسول اللہ ﷺ نے فرمایا کہ حیا اور ایمان کا ہمیشہ سے چولی دامن کا ساتھ ہے اگر ایک کو چھوڑ دیا جائے تو دوسرا بھی چھٹ جاتا ہے۔ (الحاکم)

عَنْ أَبِي هُرَيْرَةَ رَضِيَ اللَّهُ عَنْهُ عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ " الْإِيمَانُ بِضْعٌ وَسِتُّونَ شُعْبَةً، وَالْحَيَاءُ شُعْبَةٌ مِنَ الْإِيمَانِ ". (صحيح البخارى كتاب الايمان)

کو، نوجوان کو، مرد ہو، عورت ہو جوڑنے کی کوشش کریں اور نظامِ جماعت کو بھی اور ذیلی تنظیموں کو بھی یہ کوشش کرنی چاہئے۔ مخلصین اور باوفا مخلصین کی بہت بڑی تعداد ہے جو بڑی کوشش سے آتے ہیں اور یہاں مسجد میں آکر بھی خطبہ سنتے ہیں اور دنیا میں مختلف جگہوں پر ایم ٹی اے کے ذریعہ سے بھی سنتے ہیں اور باقاعدگی سے سنتے ہیں، بلکہ بعض ایسے بھی ہیں جو مجھے لکھتے ہیں کہ دو تین دفعہ سنتے ہیں۔ لیکن ایک ایسی تعداد ہے جو نہیں سنتی۔ یہاں یو کے (UK) میں ہی ایسے لوگ ہیں جو خطبات نہیں سنتے اور نہ ہی دوسرے پروگرام دیکھتے ہیں بلکہ وہ بعض پروگراموں میں شامل بھی نہیں ہوتے۔ ایک جماعت میں کافی تعداد میں لوگوں نے خلافِ تعلیم سلسلہ بعض حرکتیں کیں جس کی وجہ سے مجبوراً ان پر کچھ پابندیاں عائد کی گئیں۔ جب مزید تحقیق کی تو پتہ چلا کہ ان میں سے اکثریت ایسی ہے جو خطبات نہیں سنتے، یا جن کا جماعت میں زیادہ تر actively آنا جانا نہیں ہے۔

موضوع نمبر 2: کیا حضور ایدہ تعالیٰ بنصرہ العزیز کے خطبات سننا ہماری گھریلو زندگی کا جزو ہیں؟ کیا میں اس کی ایک مثال ہوں؟ کیا ہم خطبات بوجھ سمجھ کر سنتے ہیں یا اللہ تعالیٰ کی ایک نعمت سمجھ کر سنتے ہیں؟

تعارف: حضرت خلیفۃ المسیح الخامس ایدہ اللہ تعالیٰ بنصرہ العزیز نے متعدد بار اپنے خطبہ جمعہ کو سننے کی تاکید فرمائی ہے۔ خلیفۃ المسیح کے خطبات سننے سے خلافت کے ساتھ تعلق مضبوط ہوتا ہے اور خلافت کے واسطے سے نازل ہونے والی برکات حاصل ہوتی ہیں۔ یہ برکات کئی طرح سے حاصل ہوتی ہیں، ہمارے روزمرہ مسائل کے حل حضور ایدہ تعالیٰ بنصرہ العزیز کی ہدایات کی تکمیل سے میسر آتے ہیں۔ چنانچہ آج کی مشقوں کے ذریعہ سے ہم ایک دوسرے سے سیکھیں گے کہ کس طرح خلیفۃ المسیح کے خطبات کو سننے میں باقاعدگی اختیار کی جاسکتی ہے اور اپنے اہل و عیال کو بھی اس نعمت سے مالا مال کیا جاسکتا ہے۔

<p>[24:56] تم میں سے جو لوگ ایمان لائے اور نیک اعمال بجالائے ان سے اللہ نے پختہ وعدہ کیا ہے کہ انہیں ضرور زمین میں خلیفہ بنائے گا جیسا کہ اُس نے ان سے پہلے لوگوں کو خلیفہ بنایا اور ان کے لئے ان کے دین کو، جو اُس نے ان کے لئے پسند کیا، ضرور تمکنت عطا کرے گا اور ان کی خوف کی حالت کے بعد ضرور انہیں امن کی حالت میں بدل دے گا۔ وہ میری عبادت کریں گے۔ میرے ساتھ کسی کو شریک نہیں ٹھہرائیں گے۔ اور جو اُس کے بعد بھی ناشکری کرے تو یہی وہ لوگ ہیں جو نافرمان ہیں۔</p>	<p>وَعَدَ اللَّهُ الَّذِينَ آمَنُوا مِنْكُمْ وَعَمِلُوا الصَّالِحَاتِ لَيَسْتَخْلِفَنَّهُمْ فِي الْأَرْضِ كَمَا اسْتَخْلَفَ الَّذِينَ مِنْ قَبْلِهِمْ وَلَيُمَكِّنَنَّ لَهُمْ دِينَهُمُ الَّذِي ارْتَضَى لَهُمْ وَلَيُبَدِّلَنَّهُمْ مِنْ بَعْدِ خَوْفِهِمْ أَمْنًا يَعْبُدُونَنِي لَا يُشْرِكُونَ بِي شَيْئًا وَمَنْ كَفَرَ بَعْدَ ذَلِكَ فَأُولَئِكَ هُمُ الْفٰسِقُونَ ﴿٥٦﴾</p>
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دینی رہنمائی:

آنتِ استخلاف عموماً یوم خلافت پر پڑھی جاتی ہے یہ ظاہر کرنے کے لئے کہ ہم پر خلافت کی برکات موجود ہیں۔ خلافت کی برکات کے تواتر کے لئے ضروری ہے کہ ہم زندہ اور باقاعدہ تعلق خلیفہ وقت کے ساتھ رکھیں۔ آج کے دور میں قطع نظر اس کے کہ ہم دنیا میں کہاں رہتے ہیں خلافت کے ساتھ تعلق رکھنے کا بہترین طریقہ یہ ہے کہ ہر جمعہ کے دن خلیفۃ المسیح کا خطبہ جمعہ سنا جائے۔ اور اگر ہم چاہتے ہیں کہ ہماری آئندہ نسلیں خلافت سے جڑی رہیں تو ہمیں خطبہ جمعہ سننے کی عادت اپنانا ہوگی اور خلیفہ وقت کی نصیحتوں پر عمل کرنا ہوگا۔

حضرت خلیفۃ المسیح الخامس ایدہ اللہ تعالیٰ بنصرہ العزیز 16 اگست 2013 کے خطبہ جمعہ میں فرماتے ہیں، ”دوسری بات تربیت کی ہے اور وہ افراد جماعت کا خلافت کے ساتھ تعلق ہے۔ خلافت کے ساتھ تعلق میں آج کل اللہ تعالیٰ کے فضل سے اللہ تعالیٰ نے ہمیں ایم ٹی اے کا بھی ایک ذریعہ دیا ہوا ہے۔ اسی طرح alislam.org ویب سائٹ ہے۔ پس ان سے بھی جوڑنے کی کوشش کرنے کی ضرورت ہے۔ ہر احمدی

آنحضرت ﷺ جب کسی تکلیف یا ابتلا کو دیکھتے تو فوراً نماز میں کھڑے ہو جاتے تھے اور ہمارا اپنا اور ان راستبازوں کا جو پہلے ہو گزرے ہیں ان سب کا تجربہ ہے کہ ”نماز سے بڑھ کر خدا کی طرف لے جانے والی کوئی چیز نہیں“۔ (ملفوظات جلد 9 صفحہ 94-93)

حضرت خلیفۃ المسیح الرابعیہ رحمہ اللہ فرماتے ہیں: اے احمدی نوجوانوں، بزرگو، بچو، اور عورتو! تمہارا مقابلہ دنیا کی بڑی بڑی طاقتوں سے ہے لیکن تم تعداد میں بہت تھوڑے ہو، تم پر کمزوری کی حالت ہے اور تم کوئی بھی دنیاوی حیثیت نہیں رکھتے اور نہ ہی تمہارے پاس دنیاوی وسائل ہیں، تمہارے وسائل کی حیثیت ایک رائی کے دانے کے برابر ہے ہمالہ پہاڑ کے سامنے۔ اگر تم چاہتے ہو کہ یہ بڑی بڑی طاقتیں تمہارے ہاتھ سے شکست کھا جائیں اور تم ان کے مقابل پر کامیاب ہو جاؤ تو اٹھو اور اپنے آپ کو محمد عربی آنحضرت ﷺ کی ان دعاؤں کا وارث بناؤ جو آپ ﷺ نے بدر کے میدان میں کی تھیں۔ اپنی نمازوں کو ایسی حضوری اور خوبصورتی سے قائم کرو کہ دنیا میں نماز کے قیام کی تم وجہ بن جاؤ تا یہ نمازیں تمہارے لئے ڈھال بن جائیں۔ (Essence of Prayer, Jalsa Salana Speeches before Khilafat, page 213)

حضرت خلیفۃ المسیح الخامس ایدہ اللہ تعالیٰ بنصرہ العزیز فرماتے ہیں: ”تمکن حاصل کرنے اور نظام خلافت سے فیض پانے کے لئے سب سے پہلی شرط یہ ہے کہ نماز قائم کرو۔ کیونکہ عبادت اور نماز ہی ہے جو اللہ تعالیٰ کے فضلوں کو جذب کرنے والی ہوگی۔۔۔ پس ہر احمدی کو یہ بات اپنے ذہن میں اچھی طرح بٹھالینی چاہئے کہ ہم اللہ تعالیٰ کے اس انعام کا جو خلافت کی صورت میں جاری ہے فائدہ تب اٹھا سکیں گے جب اپنی نمازوں کی حفاظت کرنے والے ہوں گے“۔ (خطبات مسرور جلد 5 صفحہ 151، روناہ الفضل 23 نومبر 2014 صفحہ 1)

ایک جدید تحقیق سے یہ ثابت کیا گیا ہے کہ اللہ تعالیٰ ایک شخص کو 70 سال کی عمر دیتا ہے تو وہ شخص اس عمر کے دوران 24 سال سونے، 14 سال کام، 8 سال کھیلنے کو دے و تفریح، 6 سال کھانے پینے، 5 سال سفر کرنے، 4 سال گپ شپ کرنے، 3 سال پڑھنے، 3 سال تعلیم حاصل کرنے، 3 سال ٹیلیویژن دیکھنے میں گزار دیتا ہے جبکہ 5 وقت نماز کی ادائیگی ان برسوں میں صرف 5 ماہ کے عرصہ تک بنتی ہے۔ (الفضل، 31 دسمبر 2009، صفحہ نمبر 59 سالانہ نمبر)

موضوع نمبر 1: پانچ وقت کی فرض نمازوں کی طرف ہمارا کیا رویہ ہے؟ کیا ہم اپنی اس ذمہ داری کو سنجیدگی سے ادا کر رہے ہیں یا اہل حناہ کو ان کے حال پر چھوڑ رکھا ہے؟

تعارف: قرآن کریم پنجگانہ فرض نمازوں کا ذکر بار بار فرماتا ہے۔ اگر ہم اپنے اہل خانہ کو نمازوں کی ادائیگی کی عادت ڈال لیں تو ہمیں اپنے بچوں کے اس ماحول کی بھول بھلیوں میں گم ہونے کے خدشات نہیں رہیں گے۔ آج کا یہ زیر بحث موضوع ایک دوسرے سے سیکھنے سکھانے میں مدد دے گا اور ہم ایسے طرز عمل سیکھ پائیں گے جن سے ہمارے لئے اپنے گھروں میں، مساجد میں، یا نماز مراکز میں اپنی نمازوں کے قیام میں مدد ملے گی۔

<p>[14:41] اے میرے رب! مجھے نماز قائم کرنے والا بنا اور میری نسلوں کو بھی۔ اے ہمارے رب! اور میری دعا قبول کر۔</p>	<p>رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي رَبَّنَا وَتَقَبَّلْ دُعَاءِ ﴿٤١﴾</p>
<p>[31:18] اے میرے پیارے بیٹے! نماز کو قائم کر اور اچھی باتوں کا حکم دے اور ناپسندیدہ باتوں سے منع کر اور اُس (مصیبت) پر صبر کر جو تجھے پہنچے۔ یقیناً یہ بہت اہم باتوں میں سے ہے۔</p>	<p>يُنَبِّئُ أَقِمِ الصَّلَاةَ وَأْمُرْ بِالْمَعْرُوفِ وَأَنْهَ عَنِ الْمُنْكَرِ وَأَصْبِرْ عَلَىٰ مَا أَصَابَكَ ۗ إِنَّ ذَٰلِكَ مِنْ عَزْمِ الْأُمُورِ ﴿١٨﴾</p>

عَنْ أَبِي أَيُّوبَ، قَالَ قِيلَ يَا رَسُولَ اللَّهِ، أَخْبِرْنِي بِعَمَلٍ، يُدْخِلُنِي الْجَنَّةَ. فَقَالَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ " تَعْبُدُ اللَّهَ لَا تُشْرِكُ بِهِ شَيْئًا، وَتُقِيمُ الصَّلَاةَ، وَتُؤْتِي الزَّكَاةَ، وَتَصِلُ الرَّحِمَ، ذَرَهَا " (صحيح البخارى كتاب الادب)

حضرت ابو ایوب انصاریؓ سے روایت ہے کہ ایک شخص نے آنحضرت ﷺ سے دریافت کیا کہ اے اللہ کے رسول وہ کون سا عمل ہے جو مجھے جنت میں داخل کر دے گا اور دوزخ سے بچالے گا؟ آنحضرت ﷺ نے فرمایا کہ اللہ کی عبادت کرو اور اس کے ساتھ کسی کو شریک نہ بناؤ، نماز قائم کرو، زکوٰۃ دو اور اپنے رحمی رشتوں کو جوڑ کر رکھو انہیں پرانہ ہونے یا بکھرنے سے بچاؤ۔ (صحیح البخاری کتاب الادب)

جَابِرُ بْنُ عَبْدِ اللَّهِ يَقُولُ سَمِعْتُ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَقُولُ بَيْنَ الرَّجُلِ وَبَيْنَ الشِّرْكِ وَالْكُفْرِ تَرْكُ الصَّلَاةِ (صحيح مسلم كتاب الايمان)

حضرت جابرؓ سے روایت ہے کہ رسول اللہ ﷺ نے فرمایا کہ نماز کا ترک کرنا شرک اور کفر کے برابر ہے۔ (صحیح مسلم کتاب الايمان)

حضرت مسیح موعود علیہ السلام فرماتے ہیں: ”سو تم ہوشیار ہو جاؤ اور واقعی نیک دل اور غریب مزاج اور راستباز بن جاؤ۔ تم پنجوقتہ نماز اور اخلاقی حالت سے شناخت کئے جاؤ گے اور جس میں بدی کا بیج ہے وہ اس نصیحت پر قائم نہیں رہ سکے گا۔“ (مجموعہ اشتہارات، صفحہ 48 جلد 3)

تعلیم و تربیت

نصاب 2015ء

يَا أَيُّهَا الَّذِينَ آمَنُوا قُوا أَنْفُسَكُمْ
وَأَهْلِيكُمْ نَارًا وَقُودُهَا النَّاسُ
وَالْحِجَارَةُ عَلَيْهَا مَلَائِكَةٌ غِلَاظٌ شِدَادٌ
لَّا يَعْصُونَ اللَّهَ مَا أَمَرَهُمْ وَيَفْعَلُونَ
مَا يُؤْمَرُونَ ﴿٧﴾

[66:7] اے لوگو جو ایمان لائے ہو! اپنے آپ کو اور اپنے اہل و عیال کو آگ سے بچاؤ جس کا
ایندھن انسان اور پتھر ہیں۔ اُس پر بہت سخت گیر قوی فرشتے (مسلط) ہیں۔ وہ اللہ کی، اُس بارہ
میں جو وہ انہیں حکم دے، نافرمانی نہیں کرتے اور وہی کرتے ہیں جو وہ حکم دیئے جاتے ہیں۔

یاد رکھو

تمہارا نام انصار اللہ ہے

یعنی اللہ تعالیٰ کے مددگار۔ گویا جس اللہ تعالیٰ کے نام کی طرف منسوب کیا گیا ہے۔ اور اللہ تعالیٰ ازیں اور ابدی ہے۔ اس لئے تم کو بھی کوشش کرنی چاہئے کہ ابدیت کے منظر ہو جاؤ۔ تم اپنے انصار ہونے کی علامت یعنی خلافت کو ہمیشہ ہمیش کے لئے قائم رکھتے چلے جاؤ۔ اور کوشش کرو کہ یہ کام سلا-بعد نسل چلتا چلا جاوے۔ اور اس کے دو ذریعے ہو سکتے ہیں۔ ایک ذریعہ تو یہ ہے کہ اپنی اولاد کی صحیح تربیت کی جائے اور اس میں خلافت کی محبت قائم کی جائے۔ اسی لئے میں نے اطفال الاحمدیہ کی تنظیم قائم کی تھی اور خدام الاحمدیہ کا قیام عمل میں لایا گیا تھا۔ یہ اطفال اور خدام آپ لوگوں کے ہی بچے ہیں۔ اگر اطفال الاحمدیہ کی تربیت صحیح ہوگی۔ تو خدام الاحمدیہ کی تربیت صحیح ہوگی۔ اور اگر خدام الاحمدیہ کی تربیت صحیح ہوگی تو اگلی نسل انصار اللہ کی اعلیٰ ہوگی۔ میں نے میٹریاں بنا دی ہیں۔ آگے کام کرنا تمہارا کام ہے۔ پہلی میٹریاں اطفال الاحمدیہ ہے۔ دوسری میٹریاں خدام الاحمدیہ ہے۔ تیسری میٹریاں انصار اللہ ہے۔ اور چوتھی میٹریاں خدا تعالیٰ ہے۔ تم اپنی اولاد کی صحیح تربیت کرو۔ اور دوسری طرف خدا تعالیٰ سے دعائیں مانگو تو یہ چاروں میٹریاں مکمل ہو جائیں گی۔ اگر تمہارے اطفال اور خدام ٹھیک ہو جائیں اور پھر تم بھی دعائیں کرو اور خدا تعالیٰ سے تعلق پیدا کر لو۔ تو پھر تمہارے لئے عرش سے نیچے کوئی جگہ نہیں اور جو عرش پر چلا جائے وہ بالکل محفوظ ہو جاتا ہے۔ دنیا حملہ کرنے کی کوشش کرے تو وہ زیادہ سے زیادہ سو دو سو فٹ پر حملہ کر سکتی ہے۔ وہ عرش پر حملہ نہیں کر سکتی۔ پس اگر تم اپنی اصلاح کر لو گے اور خدا تعالیٰ سے دعائیں کرو گے تو تمہارا اللہ تعالیٰ سے تعلق قائم ہو جائے گا۔ اور اگر تم حقیقی انصار اللہ بن جاؤ اور

خدا تعالیٰ سے تعلق

پیدا کر لو تو تمہارے اندر خلافت بھی دائمی طور پر رہے گی اور وہ عیسائیت کی خلافت سے بھی لمبی چلے گی۔

سبیل الرشاد (جلد اول)

Remember that
your name is Ansārullāh,

that is, the helpers of God Almighty. It means that you have been associated with the name of God Almighty, and God Almighty is everlasting and immortal so you should also try to be a manifestation of immortality. May you become the true symbol of Ansārullāh, meaning that may you always uphold the institution of Khilāfat and ensure that this work continues in your future generations as well. This can be achieved in two ways. One way is that your children are properly trained and love of Khilāfat is inculcated in them. That is why I established Majlis Atfālul-Ahmadiyya and Majlis Khuddāmul-Ahmadiyya was instituted for the same purpose. These Atfāl and Khuddām are your own children.

If Atfālul-Ahmadiyya are properly trained, then Khuddāmul-Ahmadiyya will also be properly trained. And if Khuddāmul-Ahmadiyya are properly trained, then the next generation of Ansārullāh will also be superior. I have created a hierarchy. The first stage is Atfālul-Ahmadiyya, the second stage is Khuddāmul-Ahmadiyya, the third stage is Ansārullāh and the fourth stage is God Almighty. If you provide proper guidance to your children as well as supplicate to God Almighty, then all these stages will be accomplished. If your Atfāl and Khuddām are properly guided as well as you supplicate to God Almighty and establish relationship with Him, then there is no other place for you except heaven. And whomever is raised to heaven, he is safe in every respect. If the world tries to attack, it can only attack up to a hundred or two hundred feet at the most, but cannot reach to the heaven. Therefore, if you reform yourselves and supplicate to God Almighty, then you will establish a relationship with Him. And if you become true Ansārullāh and establish a relationship with God Almighty then the Khilāfat will remain among you forever, and it will last even longer than the Khilāfat of Christianity.

Sabil-ur-Rishad(Part1)