

STUDY  
GUIDE

# ENJOYING ISLAM

WITH  
ZAIN & DAWUD

PART 3

FROM THE SERIES:  
ENJOYING ISLAM WITH ZAIN & DAWUD



# COURSE OUTLINE

## Course Topics

1. Introduction – companions of the Prophet (pbuh)
2. Mus'ab Ibn Umair (ra) the man who gave it all away for Islam
3. Barakah – the Prophet's (pbuh) caretaker
4. Abu Bakr (ra) – the Prophet's (pbuh) best friend
5. Abu Bakr (ra) – the Hijrah to Madinah
6. Umar (ra) – the second caliph of Islam
7. Focus on needs, not wants and desires
8. Backbiting and slander
9. Bad habits we must avoid
10. You are judged for your deeds
11. Following the middle path during celebrations
12. Importance of being good to your neighbours



# COURSE OUTLINE

## Course Objectives

1. Learn about the importance of being good to others and the importance of neighbours
2. Learn about the lives of the Sahaabah (ra)
3. Learn about the ill effects of backbiting and slader

## Question & Answer Bucket

## Transcripts

## Assessment

Multiple Choice Questions

Match the Columns

True or False

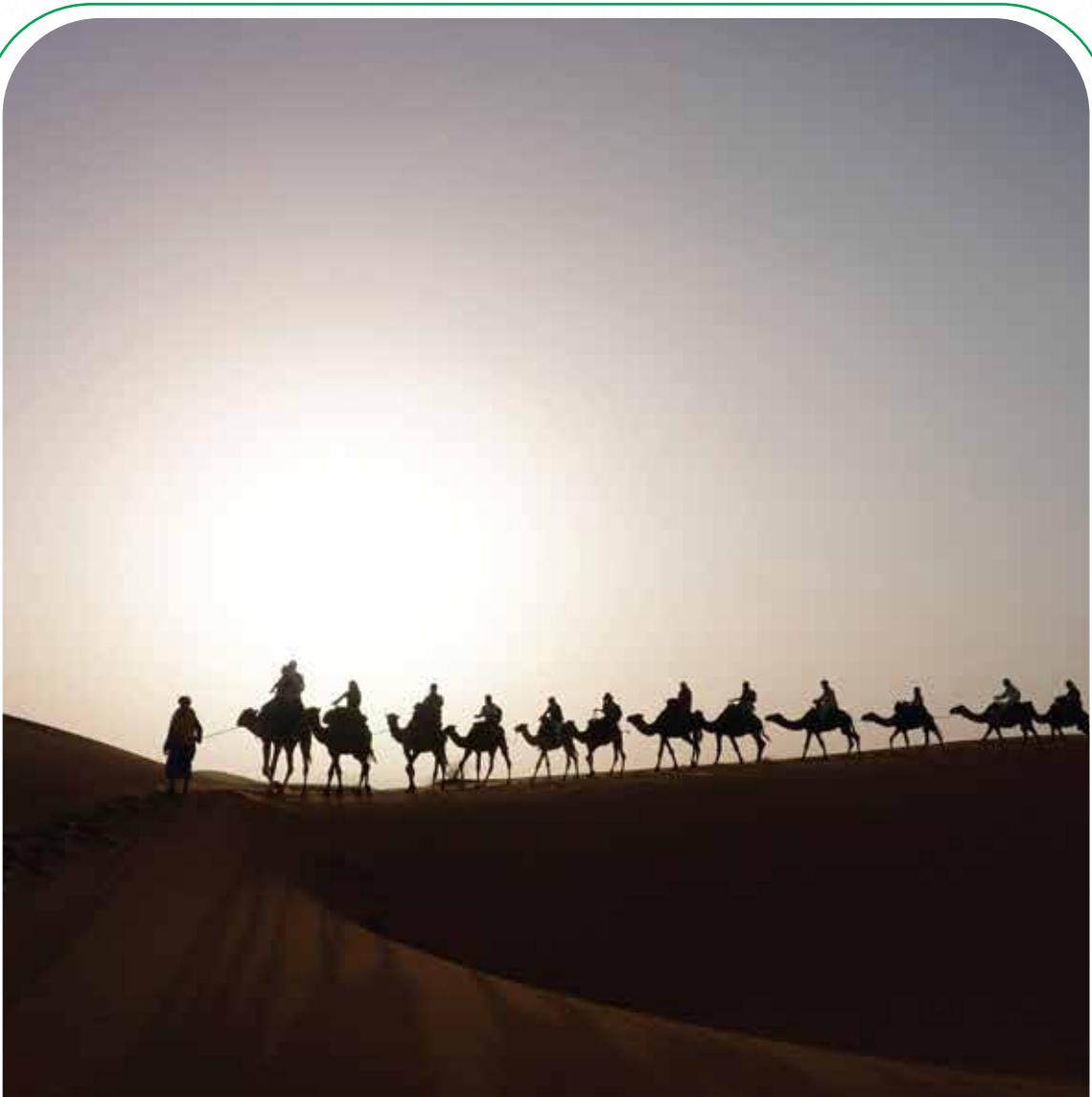
## Course Duration

Video	-	1 hours 55 min
Study Guide	-	45 min
Assessment	-	10 min
Total Duration	-	3 hours 15 min

LESSON 1



# Beloved Companions





# 1

## INTRODUCTION COMPANIONS OF THE PROPHET (PBUH)

Each companion of the Prophet (pbuh) has got a unique story. Many of them sacrificed many things in their lives to help spread the message of the Qur'an and the Sunnah of the Prophet (pbuh) brought for all mankind. They travelled to places far away from their homes and their families for months and years to spread the message of Islam with each and every one and to bring them peace and closer to Allah.

Sometimes, when we think living in our comfortable homes, we should remember the struggles of the Sahaabah (ra) and the trials and difficulties they went through so that they could pass on the message; the message of hope, the message of good tidings, the message of a life to come after we die.



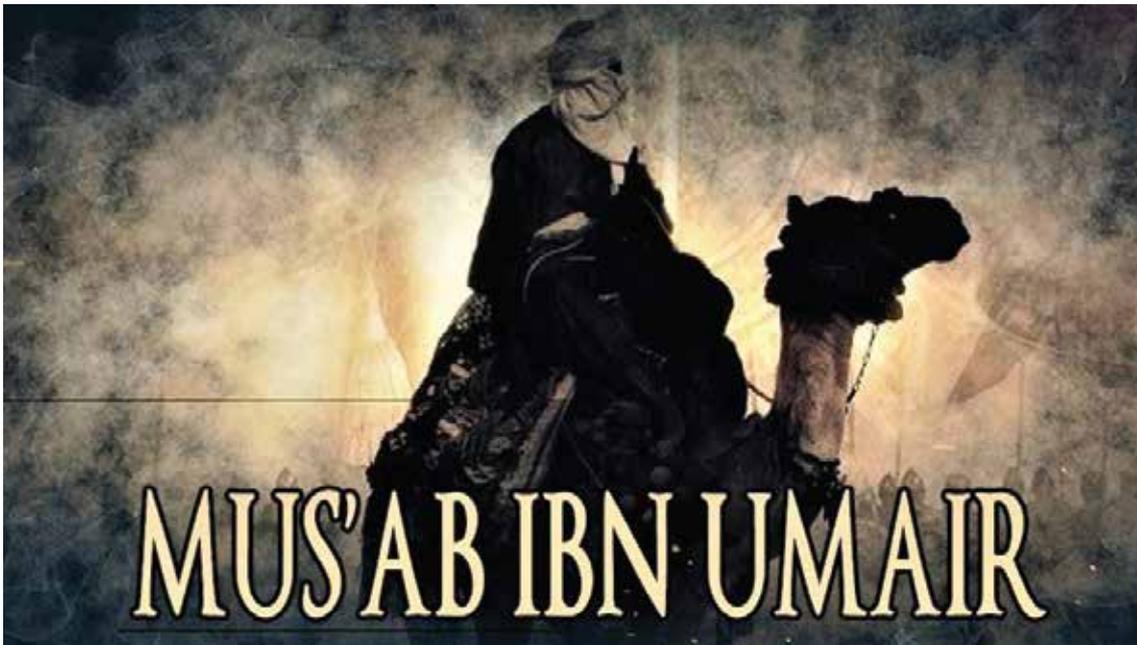


## 2

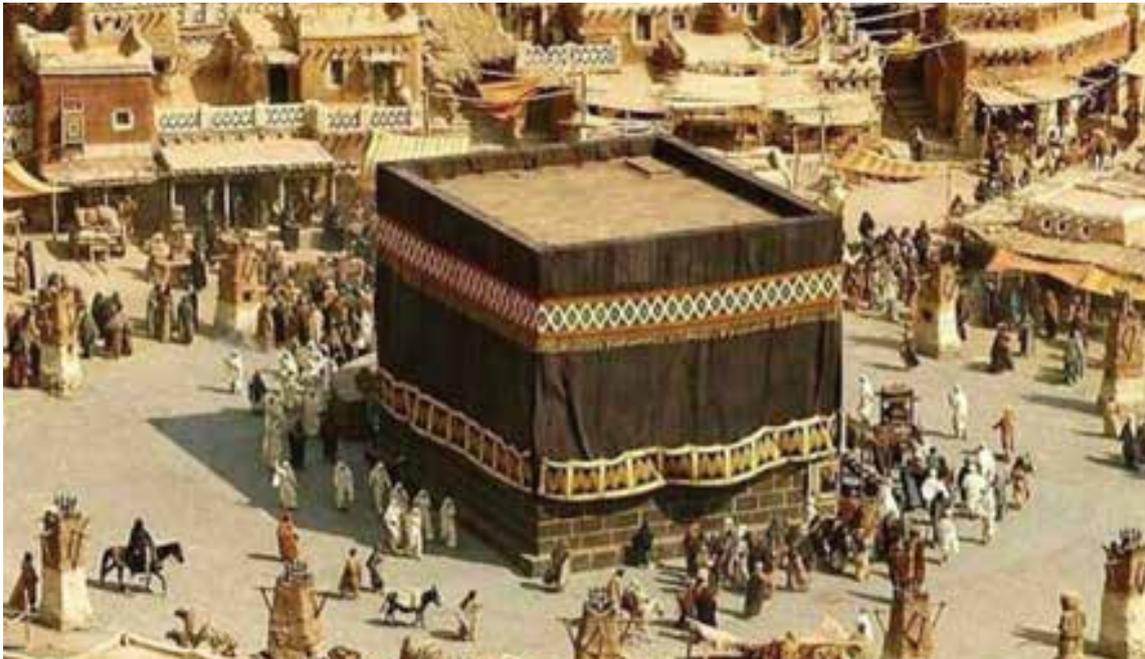
### MUS'AB IBN UMAIR (RA) THE MAN WHO GAVE IT ALL AWAY FOR ISLAM

Mus'ab Ibn Umair (ra) was born to a rich family in Makkah. When he dressed up, everyone looked at him in amazement, because he had the best of clothes and all the luxuries of life available to him.

One day, when Mus'ab (ra) heard about the message of the Prophet (pbuh), he was intrigued and wanted to learn more about what the Prophet (pbuh) had to offer.



He snuck out and went to the Prophet's (pbuh) house to listen to what he was preaching; it was about the message of Tawheed (oneness of Allah (swt)). Mus'ab Ibn Umair (ra) accepted the message of Islam, but he was afraid of his mother's reaction when she would know that he had accepted Islam because she was strongly against the Prophet (pbuh).



Since Makkah was a very small place at that time, the news of Mus'ab (ra) acceptance had spread and soon everyone was talking about it. So, one day he came home, his mother gathered with all the nobility of Makkah was waiting for him.

He proudly accepted his belief in Islam and the Prophet (pbuh) when they questioned him if what the people were saying had any truth to it.

This angered his mother so much, she locked him up in his own house and refused to let him leave.

Mus'ab Ibn Umair (ra), along with some other companions who were also tortured for their faith migrated to Habasha (Abyssinia) after seeking permission from the Prophet (pbuh) where they were given refuge by the king.



He was disowned by his family and his mother when he tried to call them towards the message of Islam, and she broke off all family ties with him.

Though he was heartbroken, he took refuge in the idea that he was seeking the pleasure of Allah (swt) and His rewards.



Many years later when Mus'ab (ra) walked into a gathering of the companions of the Prophet (pbuh), everybody lowered their gaze and had tears in their eyes at the sight of Mus'ab (ra), because he looked so weary, and had the most tattered clothing on. He had no money, and from being one of the richest young men in the whole of Makkah, he had become poor purely because he wanted to hold on to Islam.



## 3 WAYS OF SHARING MESSAGES

Among the different ways that people used to send messages to each other at the time of the Prophet Muhammad (pbuh) were:



### A Climbing on top of a mountain and calling out to people

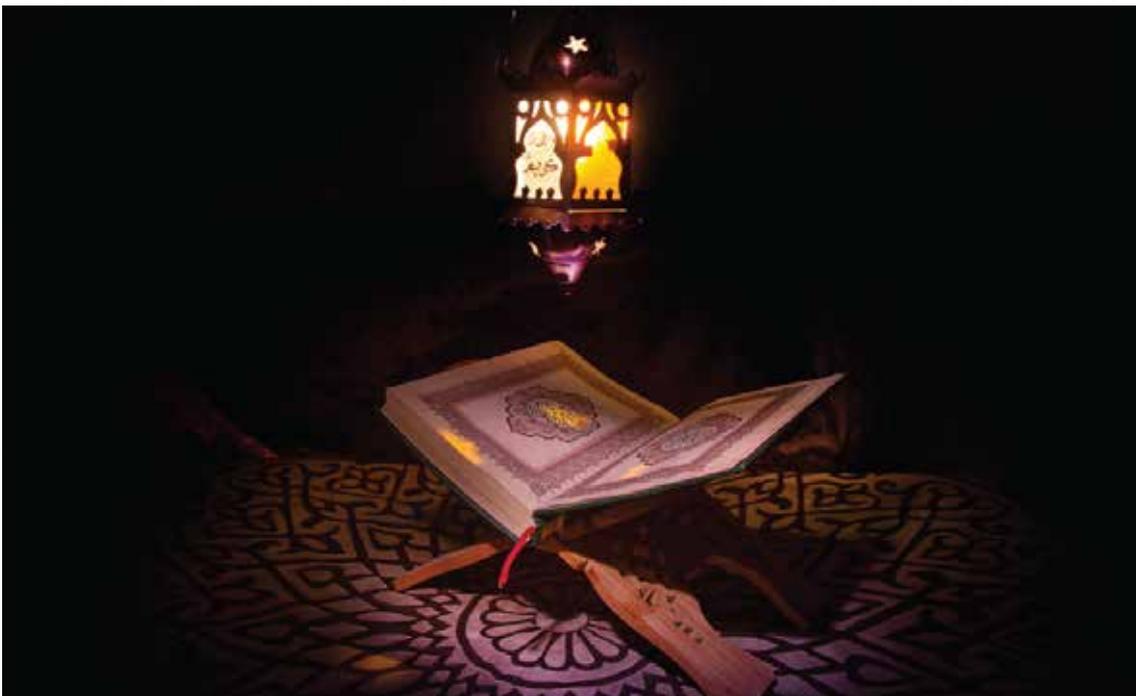
The Prophet (pbuh) when he preached Islam for the first time openly, he climbed up to Mount Safa in Makkah and called out the tribes of Quraysh because it was a tradition at that time.





## **C** Sending representatives and messengers

When the Prophet (pbuh) wanted to spread the message to far away regions and countries, he sent his close companions to teach people about Allah (swt), share with them the words of the Qur'an, and tell them more about the example of the Prophet (pbuh).





# 4

## BARAKAH THE PROPHET'S (PBUH) CARETAKER

Barakah was an Abyssinian woman who worked for the parents of the Prophet (pbuh). She knew the parents of the Prophet (pbuh) even before he was born, she was there when his father passed away and she stuck close to the Prophet's mother to console her and give her hope.



Before passing away, the Prophet (pbuh) asked her to remain close to him and take care of him like a mother.



She stayed by the Prophet when he married Khadijah (ra), and continued living with them in same house, working with them, serving them, and helping them with all the things they needed.

Barakah was even present during the Battle of Uhud and helped bring water to the soldiers who fought to defend themselves against the Quraysh.

Baraka was even present when the Prophet (pbuh) passed away. After he (pbuh) died, she used to weep and remember him and that she was with him all through his life.

A lot of the companions of the Prophet (pbuh) were from different families and had different ways of life. Some of them had been slaves, some of them were very old, some of them were very young, but whenever they were with the Prophet (pbuh), they always felt like they belong to him.

LESSON 2



— CALIPHS OF ISLAM —

# Abu Bakr and Umar (ra)





# 5

## ABU BAKR (RA) THE PROPHET'S (PBUH) BEST FRIEND

It is very important for us to stick together through the good times and the bad times and there's nothing better than having a friend by your side, because good friends stand up for each other even when times get tough.



Even though we're not the same and we like different things, we must try to be the best we can when it comes to being friends, respecting each other's differences and trying to help each other similar to the friendship of Muhammad (pbuh) and his best friend Abu Bakr (ra).



They had a very special relationship; they grew up together and shared many experiences. When the Prophet (pbuh) called people towards Islam, the first man to believe in his message and prophethood was Abu Bakr (ra). He was very devoted to the Prophet (pbuh), and he (pbuh) always knew that Abu Bakr (ra) would always be there to help him in his struggles.



The Prophet Muhammad (pbuh) is reported to have said that when he came with the message of Islam, majority of the people contemplated and thought about it, but Abu Bakr (ra) was one of the few people who accepted the message immediately without any second thoughts because he had faith in Allah (swt) and the Prophet (pbuh).

He was known as being very quiet, calm and reserved. He wasn't loud and aggressive, or liked wanting to draw attention to himself, and yet he was a very strong supporter of the Prophet (pbuh) and a very successful businessman.

He didn't care about saving his money, but rather used it to help spread the message of Islam and free slaves who had accepted Islam from facing torture at the hands of their masters.



# 6

## ABU BAKR (RA) THE HIJRAH TO MADINAH

Among the many stories that mention about the kindness and strength that Abu Bakr (ra) showed while standing at the side of the Prophet Muhammad (pbuh) is the story of Hijrah (migration) from Makkah to Madinah.

When things got really difficult in Makkah and the Quraysh were plotting to kill the Prophet Muhammad (pbuh), Allah (swt) commanded him to migrate to Madinah.



Abu Bakr (ra) stood by the Prophet's (pbuh) side, and risking his life accompanied him on the journey to Madinah.

The Quraysh sensing that the Prophet (pbuh) had left Makkah, went in pursuit of him so that they could catch him and kill him.



On their way to Madinah, they found refuge in a cave in Mount Thawr and from then onwards, they made the safe journey to Madinah.

It is this year, when the Prophet (pbuh) and Abu Bakr (ra) reached Madinah that the Islamic Hijrah calendar begins from.

Abu Bakr (ra) stuck by the Prophet (pbuh) through times of ease and difficulties for the rest of his life, and even when the Prophet (pbuh) was ill in his old age, he asked Abu Bakr (ra) to lead the prayer in his absence.





The death of the Prophet (pbuh) was a very difficult time for his companions, but it was Abu Bakr (ra) who took charge in such a difficult time and calmed down the Sahaabah (ra) with his words.

**He said:** "O you who believe in Muhammad (pbuh), know that he has died. But all of you who believe in Allah (swt), know that He is Ever Living and will never die."



# 7

## UMAR (RA) THE SECOND CALIPH OF ISLAM

We all have our own personality types, some are really loud and like to be heard wherever they go, while other a little quieter and like to listen to others. Umar (ra) had a personality that when he entered the room, everyone knew he was there.



He was tall and strong man, trained in warfare, sword, and spear skills. He knew how to defend himself and was a very good rider of horses. He was younger than the Prophet (pbuh) by twelve years.



During the beginning of Islam, when the Prophet (pbuh) began to teach people about the words of Allah in the Qur'an and urged them to come closer to the worship of One God, Umar (ra) was against the Prophet (pbuh) and far more interested in keeping the Quraysh together. He wanted the people of Makkah stay strong as one community following the traditions of their forefathers and not have anything to do with the teachings of Muhammad (pbuh).



In fact, he was so angry at the Prophet (pbuh) that he decided to try and kill him.

On his way to the Prophet's (pbuh) house, a friend of his stopped him and informed him about his sister's acceptance of Islam.

This angered Umar (ra) further, and he marched towards his sister's house to confirm the truth.



As he reached his sister's house, he could hear her reciting the Qur'an from the outside of their door. Filled with anger, he burst into the room and hit his own sister, asking her why she was reading these words.

Finally, when he calmed down, he asked his sister to let him see what she had been reciting. When he finally read the words of the Qur'an himself, he was moved by it and walked towards the house of the Prophet (pbuh).



When Umar (ra) reached the Prophet's (pbuh) house, the Sahaabah (ra) stood up to surround the Prophet (pbuh) and protect him from Umar (ra), because they knew that he was against the message of Islam. But the Prophet (pbuh) asked them to step back and let him forward because he had realised that Umar (ra) was a changed man.



Umar (ra) walked right up to the Prophet (pbuh) and said, 'Laa Ilaaha Illallah Muhammadur Rasoolallah – There is no God but Allah and Muhammad is His messenger', and from that day onwards he became one of the strongest companions of the Prophet (pbuh).

The Prophet (pbuh) said that Umar (ra) was so strong in his conviction in Allah that when he walked down the road, Shaitaan himself turned and fled from that road.



The Prophet (pbuh) said:

**“O Ibn Al Khattab! By Him in Whose Hands my life is, whenever Satan sees you taking a way, he follows a way other than yours!”**





After accepting Islam, he didn't let the Quraysh step in his way. When he wanted to make his Salaah, he didn't do it in private, but rather march right up to the Ka'bah and make his Salaah and praise Allah (swt).

And when it was time to leave Makkah and migrate to Madinah, he walked right up to the Quraysh and told them just what he thought of them before he left for Madinah in broad daylight.

After the death of Abu Bakr (ra), Umar (ra) became the Khalifah (caliph) of the Muslims. Even though he had many responsibilities and so much to take care of, he never let his role of leader take him away from the people around him.



In fact, there's a famous story wherein during the night while the people were sleeping, Umar (ra) was traveling around the city trying to make sure that everything was safe. One day, he came upon a woman who was sitting outside of her little house with a pot on fire and boiling some rocks in water.

He wondered as to why would someone boil rocks in water, and he asked her. She explained to him that she had children who were very hungry, but she didn't have any food to feed them. So, she was boiling the rocks in the water to make it look like she was cooking food, and hoped that while she boiled the water, her children might fall asleep.

Umar (ra) was so shocked that here was a woman living in the city that he was supposed to be the leader of, and she had no food.





He asked her, "Why didn't you tell the Amir (leader) of the city that you needed some help, and food?"

The woman not knowing the identity of Umar (ra), told him: "If Umar was truly a good leader, he would know that I was hungry".



He went right back to the place where they kept the food for the poor and began to get bags of grain and food together. When his assistant came to him and asked if he could help wanting to carry the bags, Umar (ra) said "No, this woman is my responsibility. And just as I am going to have to carry my own deeds on the day that I meet Allah, tonight I must carry this food myself."

He took the food to the woman on his back, and he told her who he was and apologized to her for not knowing how much in need she was.

## LESSON 3



# Material is Immaterial





# 7

## FOCUS ON NEEDS NOT WANTS AND DESIRES

One must remember that happiness and peace only come from Allah (swt), and all these material things that we have with us in this world is only going to be with us for a very short time. When we return to Allah (swt), we can't take anything with us.

It's all about perspective; for example: you might want a cell phone but walking down the street you meet someone who has no food and clothing. Then, you realise the value of what you have and might begin to think that maybe I just don't need that cell phone yet. Maybe this person is worse off than me.





Think about the things in your life that you can be thankful to Allah (swt) for.

Your parents are a blessing for you, your hands and limbs, your sense of hearing, sight, and speaking are all blessings for us. We take them for granted because we didn't earn them. We were just born with legs and eyes, ears, and so we take it for granted.

There're so many people around the world who don't even have these blessings, and if we interacted with them, we would understand their value.



“The mutual rivalry for piling up (the good things of this world) diverts you (from the more serious things). Until you visit the graves. But nay, you soon shall know (the reality).”

***Al Qur'an 102:1-3***



When one dies, everyone is buried in the same earth. It doesn't matter whether you're a black or a white, living on the road or in a palace, we all are going to end up in the grave someday, and we can't take anything that we have with us. The only thing that you're going to take with you are your deeds, so what's the point in spending so much time and effort for piling up things that aren't going to matter.

The Prophet Muhammad (pbuh) lived a very simple life, and we must choose his life as an example to follow. Even though he could have lived a luxurious life, but he chose a life of balance, and that's what we need to find.

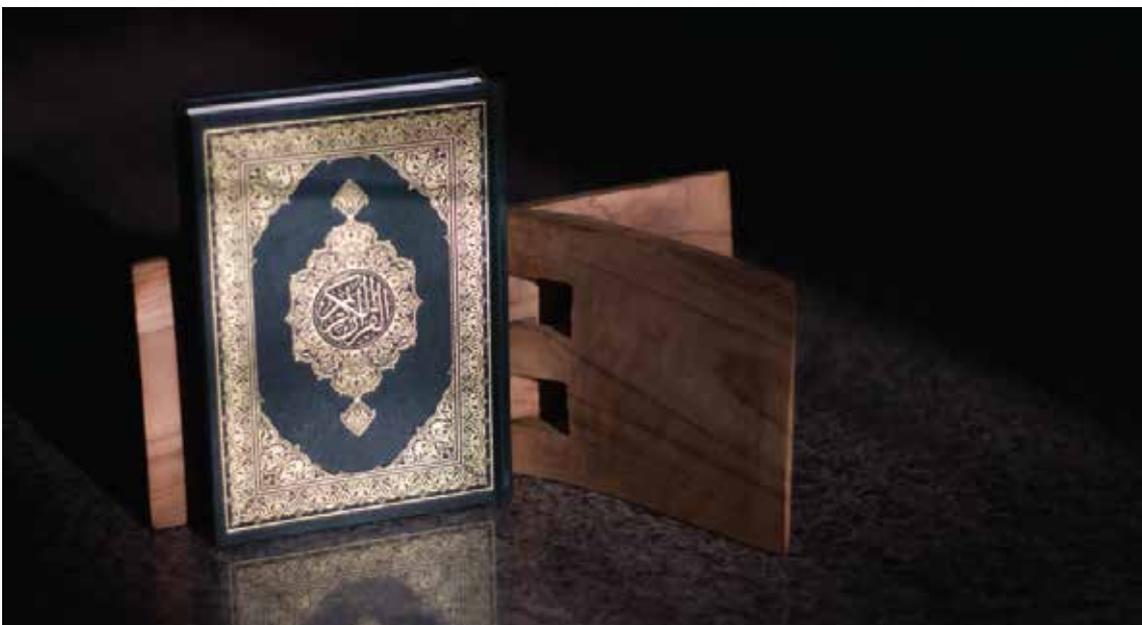


As Muslims, we're in a great position because when things go well for us, we say Shukr (thanks) to Allah (swt), and the more we give thanks, the more Allah will give us. And when things don't go that well and we are tested at times, we have Sabr (patience).

Making use of technology and having gadgets is good to a certain extent because they come in handy and help in communication. But, because technology is changing all the time, and no matter how you try to keep up with it, it's always one step ahead of you.

It's just hard when people always want you to try and have the best and do what they do and have what they have and think the way they have.

We must realise that the most important thing in the eyes of Allah is our good deeds.



LESSON 4



— Bad Habits —

Please Don't

***BAD  
HABITS***®

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# 9

## Backbiting & Slander

It's very important to never talk bad about somebody else or expect it from someone else, whether you have information about them or not.

But these days, talking about others, getting upset and speaking bad about others has become very common. Everybody is talking bad about each other and trying to put down the other person, but we fail to notice the problems it creates.

When someone speaks to you about the ills and faults of another person, you may believe it to be true, even though it may not be. This can cause great harm to the reputation of a person.





The Prophet (pbuh) said:

“Backbiting implies your talking about your brother in a manner which he does not like. It was said to him: What is your opinion about this that if I actually find (that failing) in my brother which I made a mention of? He said: If (that failing) is actually found (in him) what you assert, you in fact backbit him, and if that is not in him it is a slander.”



“And spy not on each other behind their backs. Would any of you like to eat the flesh of his dead brother? Nay, you would abhor it.”

***Al Qur'an 49:12***





So, every time we open our mouth to say something bad about somebody else, we should think about the displeasure of Allah (swt). Even though it might be something small in our eyes, but in the eyes of Allah (swt), it's a serious thing.

Being a Muslim is not only about praying Salaah and reciting the Qur'an, but it is about trying to practise Islam and be a Muslim in every part of our lives.



## 10 BAD HABITS WE MUST AVOID

Among some of the bad habits that we must avoid are:



### A Speaking ill about people

We must give special importance towards controlling our tongue, because we may hurt people and their feelings not only with our hands, but with our words and actions too.



## **B** Jealousy and Envy

Sometimes, jealousy can make us do really bad things, because we focus on what others have rather than being thankful for the favours and bounties that Allah (swt) has given us.

For example, in the story of Prophet Yusuf (pbuh), his brothers were jealous of him because Allah (swt) had bestowed him with great wisdom, intelligence and beauty. Their jealousy and envy led them to hurt him and throw him down a well.

The Qur'an and the Sunnah of the Prophet (pbuh) teaches us to help those less fortunate than us and be thankful for the for the favours and blessings upon us because we've got so much more than a lot of other people.





## **C** Prejudice and Racism

Prejudice means when you think that you're better than somebody else because of the family you live in, the colour of your skin, the language you speak, or the culture that you have.

Not too long ago, people with different skin colours were not allowed to live together in the same communities, go to the same school, work in the same places or be friends and sing on stage together.

But the good thing is that even though there were so many people who were tortured and hurt during this separation, when everything changed, and people came together as one community, there was so much forgiveness and mercy that people had for one another.





The Prophet (pbuh) is reported to have said that Allah sent him to bring people together, and not divide and separate them.

Allah (swt) does not like us indulging in prejudice because He wants us to work together, rather than us thinking that we're better than other people because of our tribe or our culture and traditions.



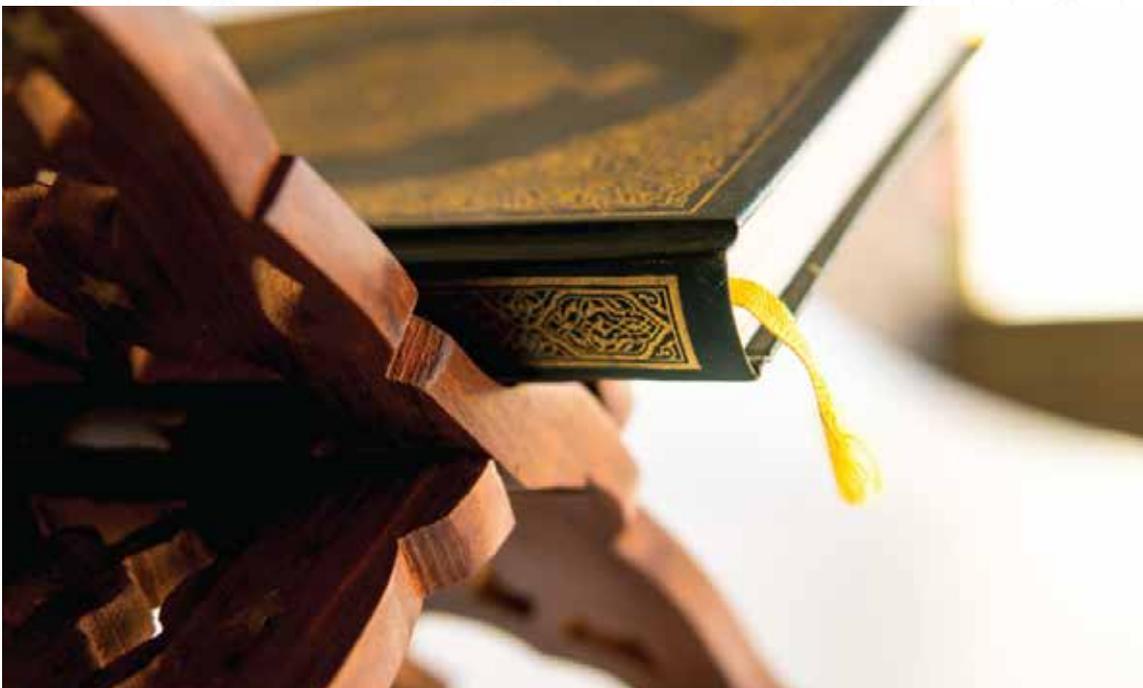
The Prophet (pbuh) said:

“He who has in his heart the weight of a mustard seed of pride shall not enter Paradise.”



“O mankind! We created you from a single (pair) of a male and a female, and made you into nations and tribes, that you may know each other (not that you may despise (each other). Verily the most honoured of you in the sight of Allah is (he who is) the most righteous of you.”

***Al Qur'an 49:13***



LESSON 5



— EVERYBODY —

# Makes a Difference





# 11

## YOU ARE JUDGED FOR YOUR DEEDS

A job fair is where your parents come to your schools and tell you about their jobs and what they enjoy about it. It is about all the things that grownups do in the world, and how they work towards taking care of people and making this world a better and safer place.



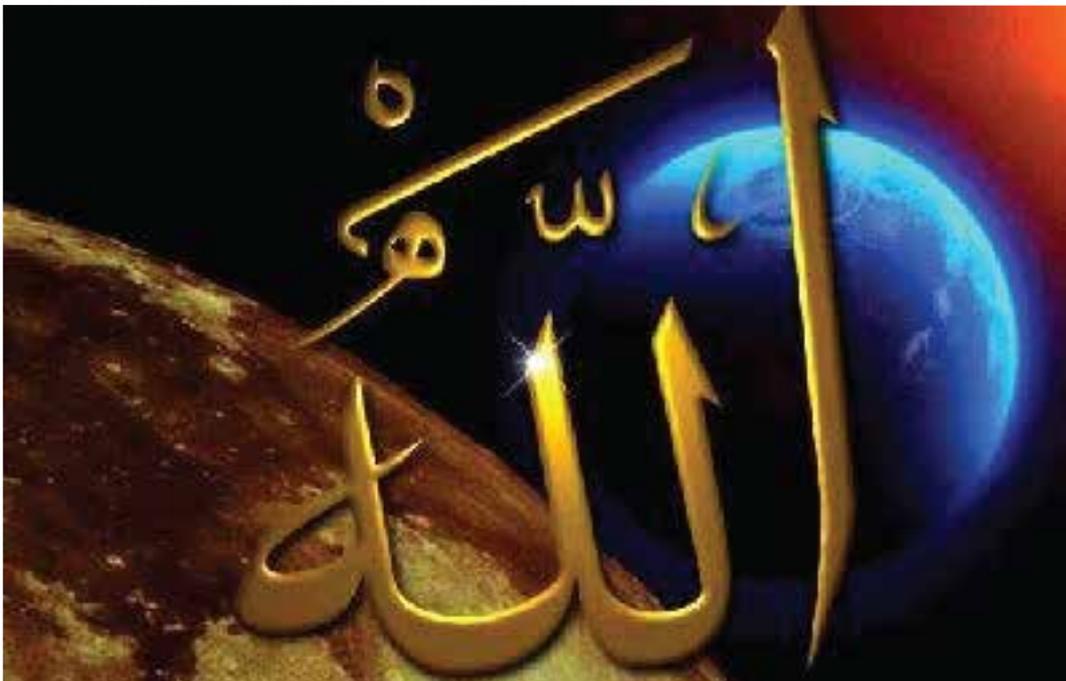
Sometimes trying to figure out what we want to do with our lives can be really confusing because there's so many things to do, so many places to go and so many things to learn and do. But no matter what you do, you should always try to do your best.

The most important thing is to always remain true to yourself. Never forget who you are because figuring out just who you are inside takes time as well.



Each of us has got a special talent in a special place, and we should use our talents to serve the rest of humanity and to help other people feel good about themselves in the world.

A lot of the times, people are forced to change their jobs or their place of working, having them to take some time off to think about what new choices they want to make in life.



Whenever you get in a situation where it's a real test for you, think about Prophet Muhammad (pbuh) because it was reported that when the Prophet (pbuh) and his companions were building the first mosque in Madinah, the Prophet (pbuh) himself was carrying bricks and helping to build the mosque with his own hands.

Allah (swt) is not going to ask us about how big our bank account was or whether we were the president of a country, but maybe the deeds that we do to make other people's lives more special will be the deeds that we'll need to talk about with Allah one day.

LESSON 6



# Joyful Days





# 12

## FOLLOWING THE MIDDLE PATH DURING CELEBRATIONS

Though the Prophet (pbuh) often enjoyed himself with his companions and encouraged them to have times of joy and celebration, he always made sure that himself and also taught us to always follow the middle path and not go to extremes.

Sometimes, people get together and have a good time, but in their excitement they end up doing things that are hurtful for themselves and others.

It is really important to always remember to keep our dignity and be on our best behaviour, and not do anything that would hurt us or disturb anyone else.





There's a story about Prophet Muhammad (pbuh) when he was travelling with a caravan. The Prophet (pbuh) had a friend who had a beautiful voice, and so to help them enjoy themselves and thinking it might help the time pass by quickly as they were travelling, the Prophet (pbuh) asked him to sing some songs for them.



While the songs were sounding very beautiful and a lot of the people were enchanted by it, the camels too started to go a little more quickly with all of the singing.

The Prophet (pbuh) realised this and knew that too much singing could be a bother for some people, so he (pbuh) then encouraged his companion very gently to stop singing so he wouldn't hurt the comfort of the people.



# 13

## IMPORTANCE OF BEING GOOD TO YOUR NEIGHBOURS



The Prophet (pbuh) said:

“Jibril kept recommending me to treat my neighbour well until I thought that he would tell me to make him one of my heirs.”



When Al Hasan (ra) was asked about who a neighbour is, he said, “The term ‘neighbour’ includes the forty houses in front a person, the forty houses behind him, the forty houses on his right and the forty houses on his left.”

In fact, the Prophet (pbuh) is also reported to have said that if your neighbour can smell the food you’re cooking, and you know that your neighbours are hungry, it is your obligation to feed your neighbour.



The Prophet (pbuh) said:

**“Abu Dharr! If you cook some stew, make a lot of it and fulfill your duty to your neighbours (or divide it among your neighbours).”**



The Prophet (pbuh) said:

**“Anyone who believes in Allah and the Last Day should be good to his neighbours.”**



So, bringing our neighbourhoods together, spreading joy and helping people to understand what it really means to be a Muslim is how we must really be with our neighbours.



# Question & Answer Bucket





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## Q1 Who were among the first to accept the call of the Prophet (pbuh) to Islam?

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Among the first people to accept the Prophet's (pbuh) call to Islam were:

- 1 Khadeejah (ra) among the women
- 2 Abu Bakr (ra) among the men
- 3 Ali (ra) among the children
- 4 Zaid ibn Harith (ra) among the freed slaves

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## Q2 What were the different ways of spreading an important message during the time of the Prophet (pbuh)?

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Among the different ways that people used to send messages to each other at the time of the Prophet Muhammad (pbuh) were:

- 1 Climbing on top of a mountain and calling out to people

The Prophet (pbuh) when he preached Islam for the first time openly, he climbed up to Mount Safa in Makkah and called out the tribes of Quraysh because it was a tradition at that time.



## 2 Bring people together for a meal

Another way of sharing a special message with someone was bringing people together. The Prophet (pbuh) brought his family together for a dinner, so he could speak with them and tell them about Allah (swt).

## 3 Sending representatives and messengers

When the Prophet (pbuh) wanted to spread the message to far away regions and countries, he sent his close companions to teach people about Allah (swt), share with them the words of the Qur'an, and tell them more about the example of the Prophet (pbuh).



## Q3

What is the importance of giving preference to our brother and giving the best of what is available to them? Do we have an example from the lives of the sahaabah (ra) ?



The Prophet (pbuh) said:

**“None of you shall have faith, until he wants for his brother what he would want for himself.”**

Therefore, it is a very important aspect of one’s Deen that he should like for his brothers what he likes for himself.

Among the stories of the companions of the Prophet (pbuh) that showed how much they thought and cared about each other more than they thought about themselves was: it happened during one of the battles, that a community had to defend themselves against the Quraysh, and one of the companions of the Prophet (pbuh) was carrying a water jug, giving water to some of the soldiers who were hurt on the battlefield.

The companion carrying the water jug came up to a soldier who had fallen on the ground due to his injury and thirst, and just when he was about to give the soldier a drink, they heard another companion of the Prophet (pbuh) who had fallen in the battle crying out for water nearby.

**The wounded soldier refused to have the drink and said:**  
“I don’t want water now. Give it to my brother first.”



The Sahaabi (companion) took the jug and ran over to where the other soldier had fallen and was about to give him the water, when they heard another companion of the Prophet (pbuh) who had been wounded in the battle crying nearby. The second soldier too refused the drink and said, "I can't drink, my brother is thirsty as in me. Give him the water". The companion picked up the jug and carried it on to the third fallen soldier, but by the time the water bearer reached the third soldier, he had passed away. He ran back to the second and the first soldier, but they too had passed away.

All of the companions of the Prophet (pbuh) were thinking more about their friends who'd fallen in the battle and wanted them to have the water before they would even take a drink showing how much we should be ready to think about our brothers and our sisters before we think about what we want.

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