



Gratitude

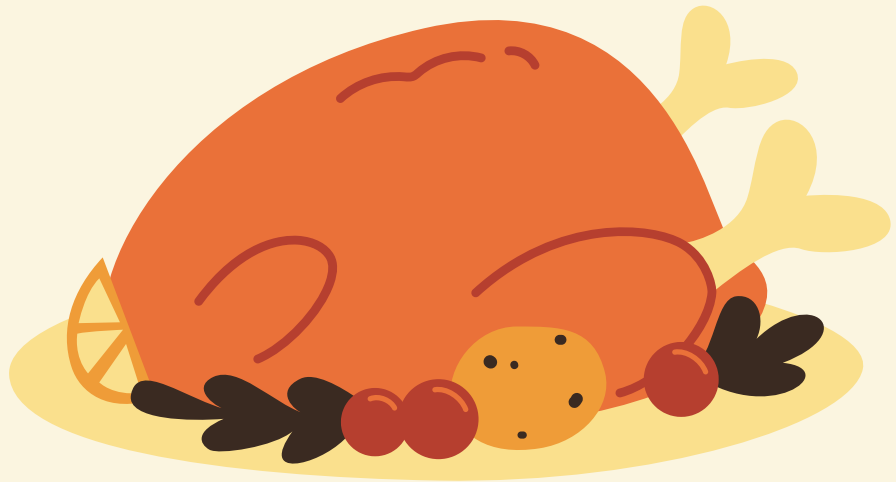
ATFAL TARBIYYAT CLASS
DECEMBER 2024



Majlis Atfalul
Ahmadiyya USA



**The past month has drawn attention to
Thanksgiving - a one-day holiday
emphasizing gratitude for the past year and
celebrated with family gatherings and huge
feasts.**



**It is undoubtedly a good time to fill ourselves with
food. But should we be grateful only once a year?**



Islam Teaches Us To



What does the Holy Qur'an say about gratitude?



What does the Holy Qur'an say?

لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ

‘If you are grateful, I will, surely, bestow more favours on you...’ (The Holy Quran 14:8)

أَنِ اشْكُرْ لِلَّهِ ۚ وَمَنْ يَشْكُرْ فَإِنَّمَا يَشْكُرُ لِنَفْسِهِ

‘Be grateful to Allah for whoso is grateful, is grateful for the good of his own soul.’ (The Holy Quran 31:13)





**Can you guess how many
verses of the Holy Qur'an
talk about**

‘Gratitude?’



25+ verses of the Holy Qur'an

Question:

**What do we say to express
our gratitude to Allah?**

ANSWER

الحمد لله

Alhamdolillah

‘All Praise belongs to Allah’

Question:

**What are you grateful to
Allah for?**

ANSWER

- For Allah granting you life
- Good Health
- The way Allah has created this world
 - Gravity, Oxygen, Trees, Ocean, Grass, etc.
- Food
- Family, Home, Car
- Being able to speak, see, hear, walk

**There are many other answers that Atfal can give*

What would you do?

You have a really bad flu and are not feeling well. Your friend asks, how are you feeling?

What do you say?

ANSWER

الحمد لله

Alhamdolillah

‘All Praise belongs to Allah’

Who holds the best
example of Gratitude
that we should
follow?



**The Holy
Prophet
Muhammad
(saw) is the
best example
of showing
gratitude to
Allah**



Example of the Holy Prophet (saw)

Even after a small meal, expressions of gratitude would surge in his heart.

- He used to say, ‘God is happy and pleased with a person who eats a morsel and thanks God, drinks water and praises Allah for it.’
- After finishing a meal, he would pray saying,
 - *‘All praise belongs to Allah who provided us with food and drink and enabled us to be Muslims.’*



Question:

What is the prayer (in Arabic) after eating food?

ANSWER

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مِنَ الْمُسْلِمِينَ.

“All praise belongs to Allah who provided us with food and drink and enabled us to be Muslims.”

Example of the Holy Prophet (saw)

The Holy Prophet (saw) said ‘Look at those who are less fortunate than yourselves, not at those who are better off than yourself, so that you will not belittle the blessings that Allah has bestowed upon you.’



Example of the Holy Prophet (saw)

The Holy Prophet (saw) even in his voluntary prayers (nawafal) had such gratitude towards Allah that he would spend the whole night in prayer. His feet would swell due to standing up for such a long time.

Hadhrat Aisha (rah) said to him ‘Why do you strive so hard?’ to which he replied, ‘Should I not be an extremely grateful servant of God?’



The Holy Prophet (saw) truly embodied all qualities of ‘**Abd Shakur**’
(grateful servant of Allah)



The Promised Messiah (as) states

It is extremely important that one should always remain grateful for all His favours which are countless and beyond comprehension.

Gratitude means honest and genuine recognition that, indeed, the favours of Allah the Exalted are countless and beyond comprehension.”

(Malfuzat, Vol. 10, Pg. 497)

What should you do
if you get an
achievement?



**Huzur (aba)'s
guidance to become
'Abd Shakur' (grateful
servant of Allah)**

Friday Sermon April 23, 2010



Huzur (aba) has said that a true believer spends his/her life as ‘Abd Shakur’ (grateful servant of Allah) in order to be a recipient of Divine grace.

- One has to remember God’s favors with all one’s heart and mind throughout the day and to continually remember Him.
- Mere verbal words are not enough. Gratefulness of a true believer is from his/her every action and there is an effort to adopt humility.
- Good health is a blessing of God. We should use it to worship Him and to serve Islam.
- Allah has given us abundance, and prosperity, and without being arrogant about it, we should spend in God’s cause.

Mayar-e-Saghir Activity

- Five things that they are grateful for
 - Hand out blank pieces of paper and pen to each Tifl and make sure they have something to write on (e.g. clipboard, desk, table)
 - Place their hand on the piece of paper and draw the outline of their hand
 - On each 'paper finger,' write out one thing that they are grateful for (for a total of five).
 - Atfal will take turns to exchange points on what they're grateful for

Mayar-e-Kabir Activity.

- Write a letter to beloved Huzur (aba)
 - Hand out blank pieces of paper and pen to each Tifl and make sure they have something to write on (e.g. clipboard)
 - Atfal should write 5 things that they are grateful for/appreciative of and prayers for further success in their lives and future.

