



Activities from Duas by Imam Sajjad (as)

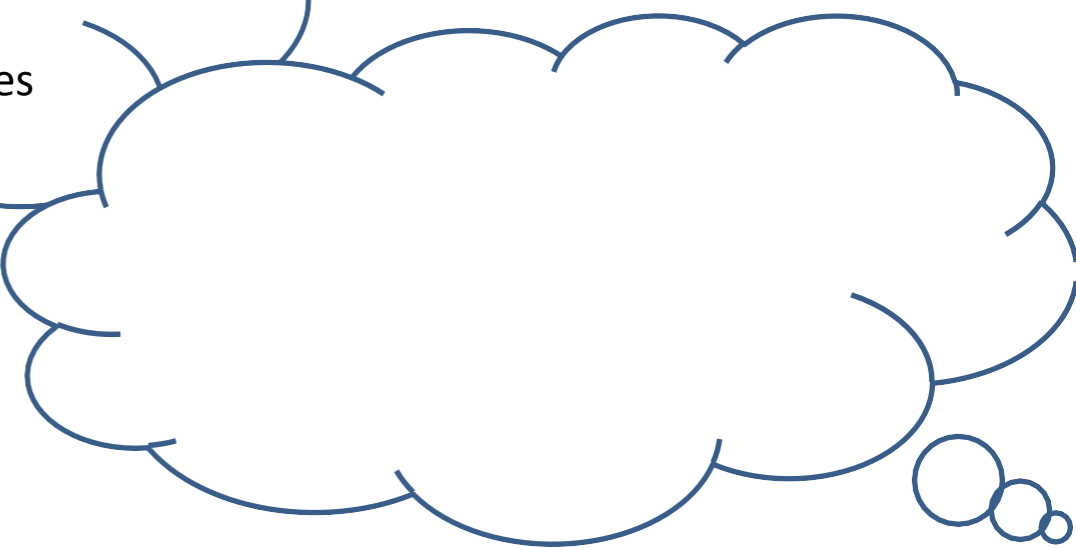
وَوَفَّقَهُمْ لِإِقَامَةِ سُنَّتِكَ

Give my
neighbours
and friends
success in
performing
Thy
prescriptions

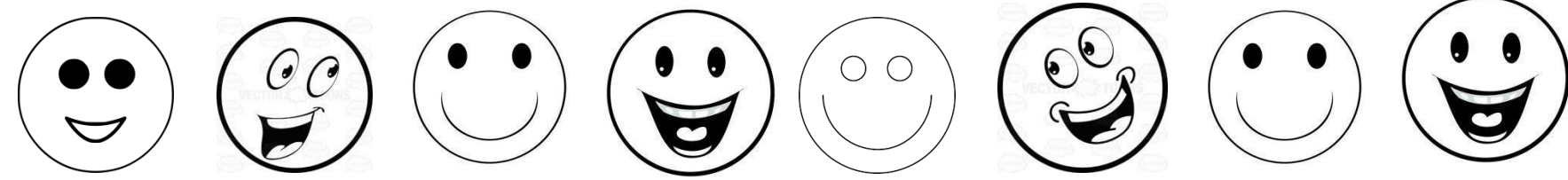


Below is a list of good deeds that you, your family, friends and neighbours can perform together. Discuss with your family and add more to the list. Choose any one and perform it for a week ...

- Feeding a poor
- Mowing or watering the lawn
- Planting and watering trees
- Feeding animals and birds
- Helping with household chores
- Teaching a skill



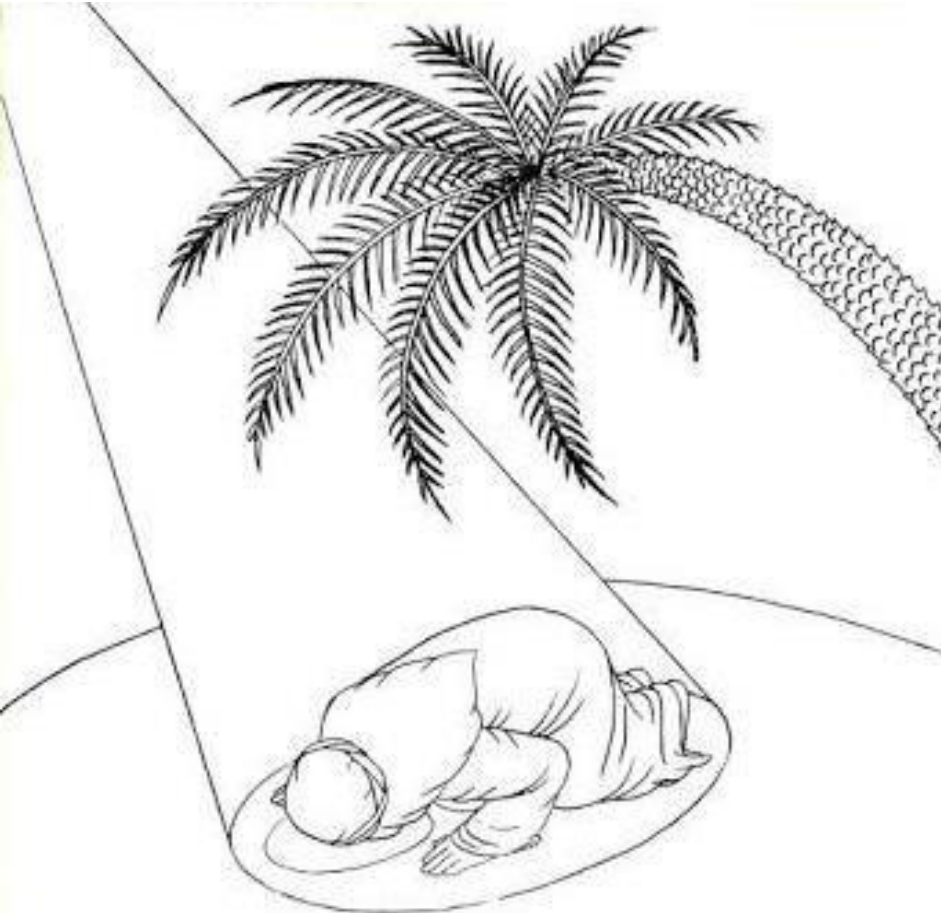
At the end of the week, once you have completed the good action award yourself by colouring the smiley faces



Supplication on Noble Moral Traits (Dua no. 20)

وَلَا تَفْتِنِّي بِالْإِسْتِعَانَةِ بِغَيْرِكَ إِذَا اضْطُرَرْتُ

Tempt me not
to seek help
from other
than Thee
when I am
distressed



Discuss with elders about the suffering, pain and agony around the world. Make a list of 5 important things that you all feel are the cause of the problems. How can you be of help to solve those issues... choose any 2 and write how you can help ease the Pain

The form consists of two large, empty speech bubble outlines on the left side, intended for students to write their notes or questions. On the right side, there is a large, rounded rectangular area with horizontal blue lines, designed for students to write their responses to the prompt.

Supplication for Children (Dua no. 25)

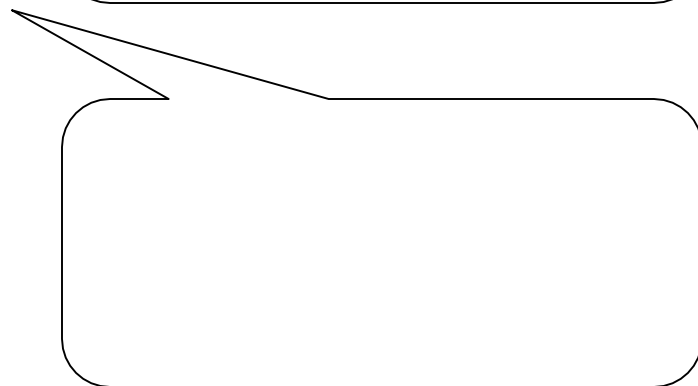
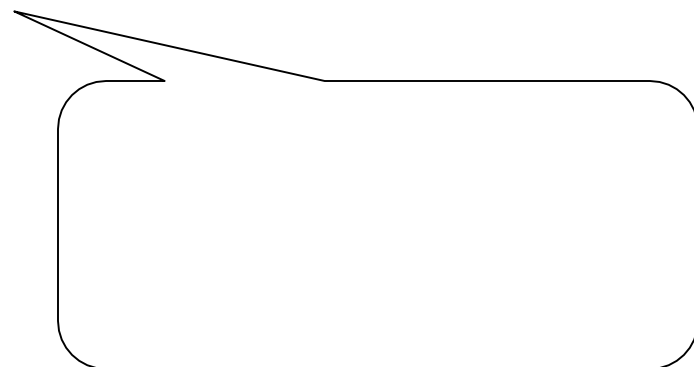
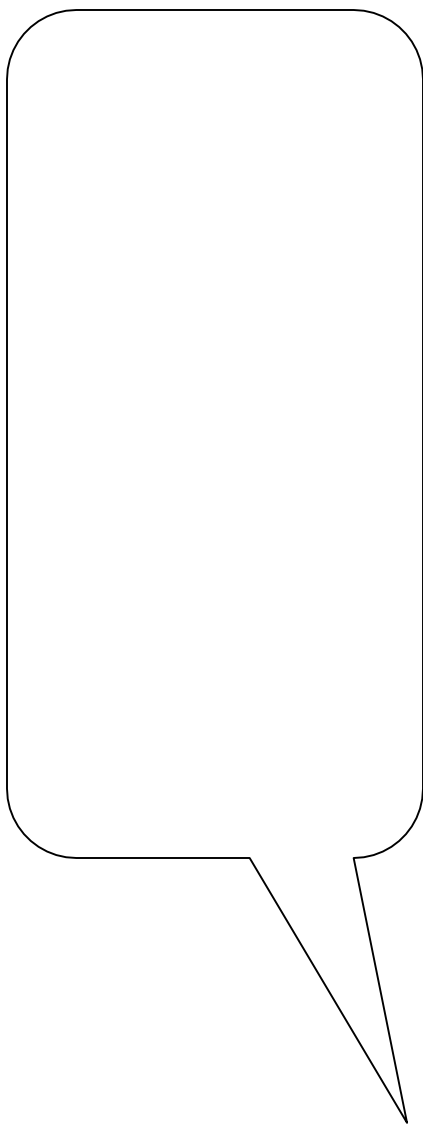
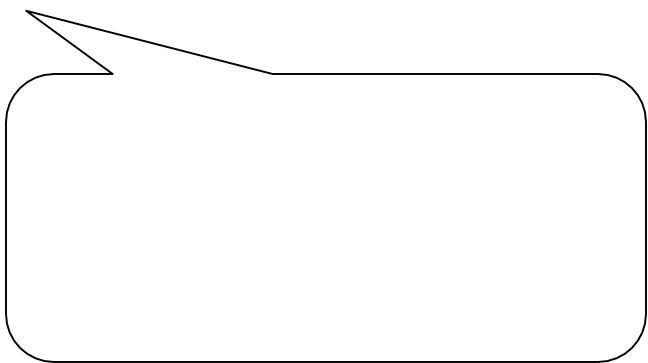
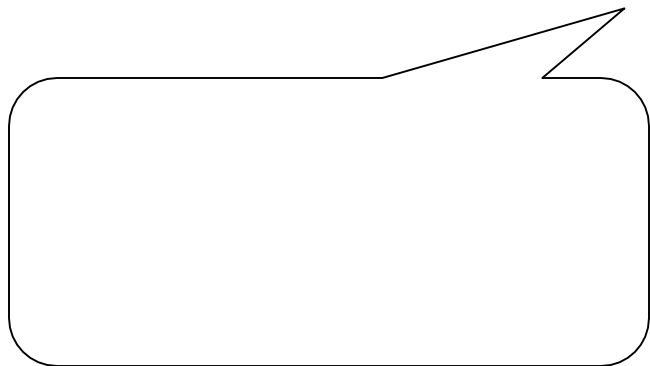
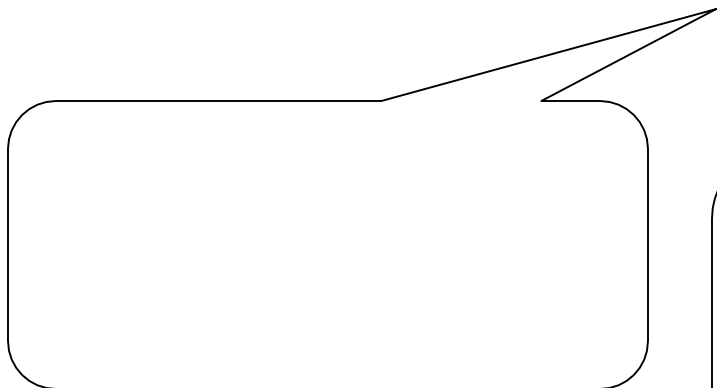
وَأَعِزِّي وَذُرِّيَّتِي مِنَ الشَّيْطَانِ الرَّجِيمِ

امام سجاد عليه السلام برای همه دعا می کند. او همه را دوست دارد.
امام کودکان تمیز و خوشحال را بیشتر دوست دارد.

Give me and
my progeny
refuge
from the
accursed
Satan



Discuss and list 7 ways you and your family can stay away from the evil of shaitan...



Supplication In Praise Of God (Dua no. 1)

وَالْحَمْدُ لِلَّهِ الَّذِي أَغْلَقَ عَلَيْنَا بَابَ الْحَاجَةِ إِلَّا إِلَيْهِ

Praise belongs
to God, who
locked for us
the gate of
need Except
toward Him.



Think, discuss and narrate an incident when you prayed to Allah (swt) and He (swt) granted your request. Share your feelings before asking the Dua, while requesting the Dua and after the Dua was granted...



Supplication For Parents (Dua no. 24)

اللَّهُمَّ اشْكُرْ لَهُمَا تَرْبِيَّتِي وَأَثْبُهُمَا عَلَيَّ تَكْرِمَتِي
وَاحْفَظْ لَهُمَا مَا حَفِظَاهُ مِنِّي فِي صِغَرِي.

O God, thank them for my
upbringing, reward them for
honouring me, and guard them
as they guarded me in my
infancy!

Read and discuss the situation ... how can you help Amna and Adeel become respectful to their Parents and elders...

“Its 4:00 pm Adeel and Amna, the guests will be coming soon, can you please help clean up the mess, said mum.” Adeel..... Amna are you listening mum yelled !!!

As mum entered the room she saw that Amna was busy playing subway surfer on her iPad and Adeel was busy watching wrestling.... I’ve been calling you two But seems like you are too busy , said mum... can you please help clean up, the guests will come anytime

NO !!!! Screamed Adeel... I will not .. I didn’t do anything Amna has created the mess she will clean...and the two started to fight and scream at each other...



My Special Dua Cube

How to play:

- The cube has names of Duas from Rights and Treaties by Imam Zainulabideen (as)
- Cut the cube along the lines and glue them, make sure the pictures face up
- As a family..... roll the dice and observe the name of the Right and then match it to the given card
- You can take help from the book Rights and Treaties and read it as a family
- Don't forget Imam Zainulabideen (as) wrote these special spiritual Duas after the events of Karbala, being his shahadat on 25th Muharram let's promise to read, reflect and act on Imam (as) advices
- Let's together recite Dua e Farj (ajtf) and begin the game.....

Right of
the
Father

Greatest
Right
Of Allah

Right of
the
Tongue

Right of
the
Mother

Right of
the
Stomach

Right of
the
Prayer

express kindness to the people, and speak well concerning them.

Whenever you see anything in yourself which pleases you, know that your father is the root of its blessing upon you. So praise God and thank Him in that measure. And there is no strength save in God.

When you do that with sincerity (*ikhlas*), He has made it binding upon Himself to give you sufficiency in the affair of this world and the next.

make it not into a container for that which is unlawful to you and you eat no more than your fill

know that it is an arrival before God and that through it you are standing before Him.

She gave up sleep for your sake, she protected you from heat and cold, all in order that you might belong to her. You will not be able to show her gratitude, unless through God's help and giving success

Certificate Of Completion

Masha'allah



You have completed the activity booklet on
Duas By Imam Zainul Abideen (as)
Inshallah may Imam Sajjad (as) reward you
and help you practice the learning in real life...

Ameen

25th Muharram 1441 AH