

Qur'an

Workshops on Character Building

(Instructor's Guide)



Dr Shehzad Saleem



Al-Mawrid

A Foundation for Islamic Research and Education

Qur'ān Workshops on Character Building

(Instructor's Guide)

Dr Shehzad Saleem

www.javedahmadghannidi.com
www.al-mawrid.org



Al-Mawrid

A Foundation for Islamic Research and Education

All Rights Reserved

No part of this publication may be reproduced, stored in a retrieval system or transmitted by any means, electronic, mechanical, photocopying or otherwise, without the prior permission of the publisher except for the brief quotations in critical reviews or articles.



Publisher: Al-Mawrid
Printer: Fine Printers
1st Edition: May 2016
ISBN: 978-969-681-008-7

Address: P.O. Box 5185, Lahore, Pakistan
www.al-mawrid.org info@al-mawrid.org

"All rights of this book are reserved for the publisher and the author. This copy is for reading purpose only. This copy cannot be uploaded on any website except those of the publisher and the author."

Contents

1. Gratitude	7
2. Forgiveness	10
3. Humility	13
4. Moral Courage	17
5. Selflessness	20
6. Truthfulness	23
7. Sympathy	27
8. Pride and Vanity	30
9. Showing Off	34
10. Sinful Speech	37
11. Charity	41
12. Turning Foes into Friends	43
13. Kindness to Parents	46
14. If I am Born Deprived	49
15. Being Just to Enemies	52

Author's Foreword

This Instructor's Guide is a sequel to my book *Qur'an Workshops on Character Building*. It contains possible inputs to the various questions given in the respective worksheets of each workshop. The purpose is to provide some tips to the instructors who conduct these workshops. Obviously, they can add more to the information given.

The correct answers to each multiple choice quiz question are also provided for each workshop. An instructor may note that this marking scheme is an approximate indication of a participant's conduct. It is not meant to be an absolutely true reflection of his or her personality. Nonetheless, this assessment will point to some areas that need improvement. Marks should not generally be made public as it might cause undue pressure and unhealthy competition. However, the instructor should exercise discretion and in some cases may disclose marks if it is felt that disclosing them might be encouraging for the achiever and motivational for other participants. The instructor should inform the participants of the general rating given below:

90-100 = excellent
80-90 = very good
70-80 = good
60-70 = fair
below 60 = poor

Instructors are requested to give their feedback to us so that we can improve this guide for the benefit of the participants.

Shehzad Saleem
Al-Mawrid, Lahore
April 2016

Instructor's Guide

www.javedshahmadghamidi.com
www.al-mawrid.org

www.javedahmadghamidi.com
www.al-mawrid.org

Gratitude

Comprehension Questions

1. Give at least ten good reasons for being thankful to God

Input

- i. parents (think of people who lose parents at an early age)
- ii. spouse (think of people having difficult spouses)
- iii. friends (think of life without friends)
- iv. mother nature (think of how the night and day are in conformity with our needs; air, fire, water and other elements of nature serve us; stars guide us, animals are put to our service)
- v. human body (think of how we would be without the faculties of sight, sound and taste)
- vi. shelter (think of shelterless people)
- vii. food (think of people who eat a single meal per day / others who live without a meal for days)
- viii. education (think of children who have to work and cannot afford to study)
- ix. health (think of people suffering with various sicknesses)
- x. mental abilities (think of people suffering from mental disorders)
- xi. divine guidance (think that divine guidance helps us connect us to God and His creatures)
- xii. clothes (think of people not having warm clothes in winters)
- xiii. sleep (think of people who are insomniacs)
- xiv. forgetfulness (time is the greatest healer and we forget great tragedies)

2. How can we express gratitude to God?

Input

By:

- i. obeying Him
- ii. sharing our wealth with others
- iii. being sympathetic and kind
- iv. contributing to the society through our talents
- v. being humble
- vi. keeping optional fasts
- vii. offering optional prayers

- viii. being grateful to people, in particular parents, friends and families
- ix. remembering God
- x. helping the cause of religion
- xi. volunteering for some community service
- xii. donating blood / organs

3. Draw the portrait of a thankless person

Input

- i. arrogant
- ii. complaining
- iii. pessimistic
- iv. never happy whatever good comes his way
- v. jealous of others
- vi. condemns others
- vii. finds faults in others
- viii. always cursing the weather
- ix. selfish
- x. unhappy

Quiz Marking Scheme

How Grateful are you as a Person?

- 1.
 - i. (-5)
 - ii. (0)
 - iii. (8)
 - iv. (10)
- 2.
 - i. (-5)
 - ii. (0)
 - iii. (8)
 - iv. (10)
- 3.
 - i. (10)
 - ii. (8)
 - iii. (1)
 - iv. (0)

4.

- i. (-5)
- ii. (0)
- iii. (8)
- iv. (10)

5.

- i. (0)
- ii. (1)
- iii. (8)
- iv. (10)

6.

- i. (10)
- ii. (8)
- iii. (5)
- iv. (0)

7.

- i. (5)
- ii. (10)
- iii. (0)
- iv. (-5)
- v. (0)

8.

- i. (3)
- ii. (8)
- iii. (10)

9.

- i. (10)
- ii. (8)
- iii. (0)
- iv. (-5)

10. I am :

- i. (-10)
- ii. (-5)
- iii. (0)
- iv. (10)
- v. (7)
- vi. (4)

www.javedahmadghamidi.com
www.al-mawrid.org

Forgiveness

Comprehension Questions

1. Enumerate instances in which we do not normally forgive people even though we should forgive them at such instances:

Input

- i. when we punish a person for an accidental mistake
- ii. when we punish a person for a small mistake
- iii. when we punish a person for a mistake committed under compulsion
- iv. when we punish a person even when he has made amends and is genuinely sorry
- v. when we punish a person for a mistake done in ignorance
- vi. when we punish a person even after we have avenged our harm
- vii. when we punish a person for a mistake done in forgetfulness
- viii. when we punish a person who confesses his mistake before it comes to our notice
- ix. when we punish a person who repeatedly does wrong and repeatedly says sorry
- x. we must bear in mind that a wrong can be wrong in our opinion but not in that of another person

2. Suggest practical ways to make us more forgiving

Input

- i. we expect forgiveness and mercy from others when we make a mistake
- ii. we expect forgiveness and mercy from God when we make a mistake
- iii. we should look at our own faults
- iv. we should become demandless
- v. we should take it as a situation in which one grows in patience
- vi. we should read stories of forgiveness

3. How can we forgive people and at the same time correct their mistakes.

Input

- i. we must choose the right moment to communicate the hurt

- ii. if we have a list of faults of a person that need to be corrected, at times, pointing out the major ones is enough. If the person corrects these, there is a great chance that the minor ones will also be corrected by him.
- iii. we must remember that each one of us also needs forgiveness
- iv. we can remain a little reserved / silent
- v. we may write an email / letter
- vi. we can avoid eye contact to show our silent protest

4. When can we be unforgiving?

Input

- i. when we want to reform a person
- ii. when we want to show resentment
- iii. when the person is persistently behaving badly
- iv. when a person does not even feel sorry nor makes amends
- v. when a person does not realize his mistake because of arrogance
- vi. when a person has inflicted great harm on us
- vii. when a person shows repeated indifference and carelessness

Quiz Marking Scheme

How Forgiving are you?

1.

- i. (10)
- ii. (8)
- iii. (2)
- iv. (0)

2.

- i. (-5)
- ii. (0)
- iii. (2)
- iv. (10)

3.

- i. (10)
- ii. (8)
- iii. (2)
- iv. (0)

4.

- i. (0)

- ii. (0)
- iii. (2)
- iv. (10)

5.

- i. (10)
- ii. (0)
- iii. (2)

6.

- i. (0)
- ii. (2)
- iii. (8)
- iv. (10)

7.

- i. (0)
- ii. (2)
- iii. (8)
- iv. (10)

8.

- i. (0)
- ii. (0)
- iii. (2)
- iv. (10)

9.

- i. (0)
- ii. (0)
- iii. (2)
- iv. (10)

10.

- i. (0)
- ii. (0)
- iii. (0)
- iv. (0)
- v. (10)

www.javedahmadghamidi.com
www.al-mawrid.org

Humility

Comprehension Questions

1. Enumerate instances in which we do not show humility

Input

- i. when we make fun of others
- ii. when we do not let others speak
- iii. when we take credit for things in which others have a role
- iv. when we boast of our achievements
- v. when we do not say salam first to people who are lower in status
- vi. when we do not say sorry even after we realize our mistake
- vii. when we walk and gesture in an arrogant manner
- viii. when we speak with an accent
- ix. when we do not thank God enough
- x. when we express conceit on lineage
- xi. when we show off piety (eg. in worship rituals like: spending in charity and praying)
- xii. when we do not invite our poor relatives on functions and gatherings
- xiii. when we splash self-portraits all around our house / office
- xiv. when we do not admit our faults
- xv. when we are self-righteous
- xvi. when we consider our self an authority when in fact we know less
- xvii. when we intentionally deny the truth
- xviii. when we show off
- xix. when we are not being simple
- xx. when we are afflicted with superiority complex

2. Suggest practical ways to become humble

Input

- i. we must not take credit of things
- ii. we must always realize the might of God
- iii. we must realize that blessings are a gift from God and He can take them away
- iv. we must learn to confess our faults before God and before the person we

have hurt

- v. we must take the initiative in saying salam to those junior to us
- vi. we must take the initiative in holding out our hand
- vii. we must not wear / buy things which reflect status
- viii. our gait and conversation should reflect humility
- ix. we must beware of false modesty
- x. we must highlight even small achievements of others
- xi. we must encourage others
- xii. we must understand our limitations. No matter how talented we are, there is almost always somebody who can do something better than us. We must look up to those who are better than us and consider the potential for improvement. Even if we *are* the best in the world at doing one thing, there are always other things that we cannot do, and may never be able to do. Add to this the fact that there are a great many things that no person can do, and we can get some idea of our limitations.
- xiii. we must recognize our own faults. The more we learn about ourselves, the more aware we become aware of our shortcomings and therefore, the more humble we become.
- xiv. we must refer to others what we do not know
- xv. we must be accessible to others
- xvi. we must listen more than we talk
- xvii. we should use these expressions frequently as “I am honoured” “you are welcome”
- xviii. we should give others the benefit of the doubt
- xix. we should acknowledge the qualities of others and rate them above our selves
- xx. we should pray for those who persecute us
- xxi. we should not give sweeping statements

3. Draw the portrait of a humble person.

Input

- i. always thankful
- ii. caring
- iii. sympathetic
- iv. encouraging
- v. repentant
- vi. not status conscious
- vii. un-aloof
- viii. does not make fun
- ix. does not degrade people
- x. always keeps an eye on his own faults
- xi. always accepts the truth
- xii. always accepts his faults
- xiii. regards other people to be superior to him

xiv. Takes the initiative in saying salam, shaking hands, breaking the ice in conversation

Quiz Marking Scheme

How Humble are you?

1.

i. (10)

ii. (2)

iii. (0)

2.

i. (8)

ii. (10)

iii. (0)

3.

i. (0)

ii. (10)

iii. (-5)

4.

i. (0)

ii. (0)

iii. (10)

5.

i. (10)

ii. (0)

iii. (10)

6.

i. (0)

ii. (0)

iii. (10)

7.

i. (10)

ii. (0)

iii. (2)

iv. (4)

www.javedahmadghamidi.com
www.al-mawrid.org

8.

- i. (0)
- ii. (-5)
- iii. (10)
- iv. (10)

9.

- i. (10)
- ii. (0)
- iii. (-5)
- iv. (8)

10.

- i. (0)
- ii. (10)
- iii. (-10)
- iv. (-5)

www.javedahmadghamidi.com
www.al-mawrid.org

Moral Courage

Comprehension Questions

1. Enumerate instances in which we do not generally show courage

Input

- i. siding with the truth
- ii. pointing out the faults of near ones
- iii. pointing out the faults of high status people
- iv. siding with a weak person who is saying the truth
- v. admitting faults
- vi. admitting that we do not know the answer to a question
- vii. making a commitment that we cannot honour
- viii. going against cherished beliefs that we hold for fear of others
- ix. asking seemingly stupid questions fearing others may laugh at us
- x. showing boldness because of a handicap
- xi. facing the trials of life
- xii. feeling shy in asking for help from near ones
- xiii. thinking “will people say ...”
- xiv. feel shy in expressing an opinion
- xv. sharing weaknesses with closest people
- xvi. living on others priorities and not according to our own
- xvii. taking risks
- xviii. having the courage to forgive
- xix. getting angry when someone lower in status points out our faults
- xx. admitting mistakes even if done repeatedly
- xxi. showing the courage to remain second
- xxii. being persistent and never giving up
- xxiii. when our life is required to save the life of an animal
- xxiv. exhibiting the courage to face trials

2. How can courage be acquired?

Input

- i. fearing God only
- ii. becoming a person of integrity

- iii. making the cause of truth dearer to us
- iv. listing our fears
- v. learning to face fears
- vi. Desensitizing our selves to our fears. There is a technique called “systematic desensitization” which is used to treat phobias and fears. In this technique, we repeatedly do an act that we fear. This conquers our fears and builds our confidence each time we repeat the action.
- vii. following our conscience
- viii. reading inspirational stories of courage
- ix. never giving up
- x. gathering our allies and like-minded

3. Draw the portrait of a courageous person

Input

- i. takes risk
- ii. commands respect
- iii. takes big steps in life
- iv. confident
- v. always hopeful even when there is no hope

Quiz Marking Scheme

How Courageous are you?

1.

- i. (0)
- ii. (10)
- iii. (8)
- iv. (2)

2.

- i. (0)
- ii. (2)
- iii. (10)
- iv. (8)

3.

- i. (0)
- ii. (2)
- iii. (8)
- iv. (10)

4.

- i. (10)
- ii. (2)
- iii. (0)
- iv. (5)

5.

- i. (0)
- ii. (10)
- iii. (2)

6.

- i. (0)
- ii. (2)
- iii. (8)
- iv. (10)

7.

- i. (0)
- ii. (2)
- iii. (8)
- iv. (10)

8.

- i. (0)
- ii. (2)
- iii. (8)
- iv. (10)

9.

- i. (9)
- ii. (7)
- iii. (0)
- iv. (10)

10.

- i. (10)
- ii. (8)
- iii. (2)
- iv. (0)

www.javedahmadghamidi.com
www.al-mawrid.org

Selflessness

Comprehension Questions

1. Enumerate instances in which we generally show selfishness

Input

- i. not giving time to our children and to our parents
- ii. not showering praises on others' good deeds
- iii. not solving the problems of others especially when we can
- iv. not returning a favour
- v. bribing to get a thing that we do not deserve
- vi. a student is selfish when he does not share his notes
- vii. not spending on the poor fearing poverty
- viii. not sharing our blessings / talents
- ix. not taking interest in the problems of the society in general
- x. asking other people to be stingy
- xi. spouse – not showing empathy to the needs of one another
- xii. when we do not entertain guests the way we should
- xiii. disturbing neighbours pets / civil works / weddings / mosques
- xiv. showing greed for public office
- xv. not making dua for others as much as we can
- xix. not smiling enough

2. Suggest practical ways to become selfless

Input

- i. spending what is dear to us
- ii. thinking of God's reward in the Hereafter
- iii. making a list of things in which we are selfish and then trying to correct each area
- iv. making it a point to do regular voluntary work
- v. suggesting to our selves that being selfless will make us forget our own pains
- vi. reading stories of selfless people
- vii. seeking the company of selfless people
- viii. spending generously on others, in particular those in need
- ix. hiding our virtuous acts

- x. not taking credit of the noble acts we do
 - xi. returning a favour with more
 - xii. keep thanking God
 - xiii. disposing off extra things of our house by giving them in charity
 - xiii. becoming selfish where selfishness is praiseworthy: seeking forgiveness from God
 - xiv. donating blood
 - xv. donating organs
3. Draw the portrait of a selfish person.

Input

- i. greedy
- ii. conniving
- iii. no regard for the society
- iv. coward
- v. stingy
- vi. narcissist / egotistic
- vii. manipulative / scheming
- viii. calculative and accumulating possessions
- ix. jealous of others
- x. no mental peace
- xi. friend to no one.

Quiz Marking Scheme

How Selfless are you?

- 1.
- i. (0)
 - ii. (2)
 - iii. (10)
 - iv. (8)
- 2.
- i. (0)
 - ii. (2)
 - iii. (10)
 - iv. (8)
- 3.
- i. (0)
 - ii. (2)
 - iii. (10)

iv. (8)

4.

i. (0)

ii. (2)

iii. (10)

iv. (8)

5.

i. (10)

ii. (8)

iii. (0)

iv. (2)

6.

i. (0)

ii. (2)

iii. (10)

iv. (8)

7.

i. (0)

ii. (2)

iii. (10)

iv. (8)

8.

i. (0)

ii. (2)

iii. (10)

iv. (8)

9.

i. (8)

ii. (2)

iii. (10)

iv. (0)

10.

i. (8)

ii. (2)

iii. (10)

iv. (0)

www.javedahmadghamidi.com
www.al-mawrid.org

Truthfulness

Comprehension Questions

1. What are the some of common instances in which we lie

Input

- i. gossip
- ii. hearsay
- iii. backbiting
- iv. false allegations
- v. exaggeration
- vi. lame excuses
- vii. selling defective goods
- viii. giving false witness for friends
- ix. false health certificates to obtain sick leave / false passports / ID cards
- x. false age of birth certificates
- xi. false promises / commitments
- xii. not admitting mistakes and lying
- xiii. false advocacy / lawyership
- iv. mothers protecting their children
- xv. religious scholars concocting narratives
- xvi. polytheism
- xvii. plagiarism
- xviii. flattery
- xix. wrong meter reading
- xx. mixing water with milk
- xxi. proxy attendance
- xxii. false signatures in harmless letters
- xxiii. "I am coming," when we know that we are one hour away
- xxiv. lame excuses
- xxv. creating false impression about ourselves
- xxvi. false recommendations
- xxviii. impersonation

2. Mention some instances in which lying is justified

Input

- i. thanking a person for a present we really hate
- ii. praising a dish someone specially cooked for us even though it was utterly tasteless
- iii. lying to reunite two friends or a husband and wife
- iv. Telling a depressed dying patient that doctors think that he is improving day by day
- v. not giving all the money to a robber who asks you to give all the money you have
- vi. kalama e kufr – according to the Qur'ān (24:14)
- vii. jokes
- viii. certain questions of kids which cannot be answered
- ix. giving surprises

3. How can we become more truthful in our lives?

Input

- i. stop thinking what others will say or think about us
- ii. one of the greatest things which induce us to lie is arrogance: accept the fact that human beings can falter
- iii. casting off false impressions and images for each relationship
 - a. being truthful to our ourselves – accepting what we are; taking a stand on what we think is correct
 - b. being truthful to our parents
 - c. being truthful to our spouse
 - d. being truthful to our children
 - e. being truthful to our friends
- iv. refraining from comparing our selves to others
- v. learning to become a true seeker of the truth – this will make truth to be our prized possession
- vi. reading stories of people who have given their lives for the truth, who were ostracized from the society, who were hated but they stood their ground
- vii. respecting blunt people because they tell the truth
- vii. whenever we lie, we should impose a penalty on our selves
- viii. acquiring courage
- ix. confessing to God and apologizing to people
- x. avoiding situations that tempt us to lie
- xi. prizing the feeling of guilty consciousness
- xii. fasting helps because while fasting we are never dishonest to God about the restrictions imposed on us

Quiz Marking Scheme

How Truthful are you?

1.
 - i. (10)
 - ii. (-5)
 - iii. (-10)
2.
 - i. (10)
 - ii. (-5)
 - iii. (0)
3.
 - i. (-5)
 - ii. (10)
 - iii. (2)
4.
 - i. (10)
 - ii. (-10)
 - iii. (0)
5.
 - i. (-10)
 - ii. (10)
 - iii. (-10)
6.
 - i. (10)
 - ii. (0)
 - iii. (-10)
 - iv. (-20)
7.
 - i. (-5)
 - ii. (10)
 - iii. (5)
8.
 - i. (-5)
 - ii. (-10)
 - iii. (-10)
 - iv. (10)

www.javedahmadghamidi.com
www.al-mawrid.org

9.

- i. (2)
- ii. (-10)
- iii. (10)

10.

- i. (-10)
 - ii. (0)
 - iii. (10)
-

www.javedahmadghamidi.com
www.al-mawrid.org

Sympathy

Comprehension Questions

1. What are the areas in which sympathy can be shown?

Input

- i. attending to a sick relative / showing persistence / not staying too long
- ii. animal rights: pets / stray animals / beasts of burden and transport / sharp knives/ caging them
- iii. praying even if nothing else is possible
- iv. during national crisis and calamities
- v. influencing others who can help a needy
- vi. visiting hospitals / orphanages
- vii. showing sympathy for sinners
- viii. being polite to servants
- ix. attending to friends / colleagues passing through distress
- x. helping others
- xi. showing sympathy with the survivors of a deceased
- xii. at times merely listening to the problems of others is enough
- xiii. calling / emailing those who are in distress and you cannot reach
- xiv. trying to go out of the way in promoting the cause of the weak
- xv. providing legal aid
- xvi. doctors showing sympathy to the attendants of a patient
- xvii. being sympathetic to weaknesses and shortcomings of others specially the spouse / parents / children
- xviii. helping disabled individuals
- xix. helping old people
- xx. caring for plants
- xxi. not differentiating between Muslims and non-Muslims
- xxii. sensitivity to neighbours and their comfort
- xxiii. looking after guests
- xxiv. caring for labourers / artisans
- xxv. caring for widows
- xxvi. caring for orphans

2. Draw the portrait of a sympathetic person

Input

- i. patient
- ii. generous
- iii. helping
- iv. good listener
- v. kind hearted
- vi. always on the look out to help
- vii. very sensitive

3. How can we become more sympathetic in our lives?

Input

- i. being sympathetic to others makes us forget our worries
- ii. considering ourselves in distress even if we are not and seeing how much we cherish sympathy from others
- iii. never detaching our selves from our surroundings
- iv. sympathy is innate – we need to sharpen this trait.
- v. reading stories / watching movies about people who have this trait
- vi. making our child learn sympathy by making him responsible for rearing a plant or a pet
- vii. making it a point to visit people in distress
- viii. learning sympathy from God and from mothers

Quiz Marking Scheme

How Sympathetic are you?

1.

- i. (0)
- ii. (2)
- iii. (10)

2.

- i. (5)
- ii. (10)
- iii. (0)

3.

- i. (10)

- ii. (0)
- iii. (0)

4.

- i. (10)
- ii. (2)
- iii. (-5)

5.

- i. (10)
- ii. (-20)
- iii. (-20)

6.

- i. (-10)
- ii. (10)
- iii. (2)

7.

- i. (5)
- ii. (10)
- iii. (0)

8.

- i. (10)
- ii. (10)
- iii. (-5)

9.

- i. (10)
- ii. (-10)
- iii. (-20)

10.

- i. (-10)
- ii. (10)
- iii. (-20)

www.javedahmadghamidi.com
www.al-mawrid.org

Pride and Vanity

Comprehension Questions

1. The verse suggests a few manifestations of pride and arrogance like the style of walking and tone of one's voice. What are the various forms and manifestations of pride and arrogance?

Input

i. Conversation

sentences that begin with "I", "am" and "me" etc
interrupting someone's conversation, interjecting
not letting others speak
self-praise in gatherings
abusing others
name throwing - connections
speaking in an accent

ii. Mannerisms

over confidence: behaving like know alls
talking about things we have little or no knowledge of
narcissism
showing off: clothes, shoes, perfumes, hand bags
making certain gestures with the hand
walking style
taunting and making fun
being over critical when giving advice but dismissive when receiving it
showing conceit on family and lineage
show of piety (charity + praying)
false modesty
superiority complex
blaming others
not being able to see the good points in others
seldom taking the initiative in salam
lack of knowledge sharing
being status conscious
brand mania

- not inviting poor relatives
- too many self-portraits
- not socializing
- displaying expensive gadgets
- not admitting faults

iii. Intellect

- self-righteousness
- considering our selves an authority when we actually know little
- denying the truth
- answering question we do not know

iv. Collectivity

- spouse's dictatorship
- dictatorship
- caste system
- separate utensils for servants
- treatment of blacks
- apartheid
- racial discrimination (eg. Hitler exterminating Jews and Arabs; Syeds thinking themselves as superior Muslims)
- looking down upon non-Muslims

v. Religious Prohibitions

- isbal i izar
- wearing silk and gold
- the issue of beard
- utensils of gold and silver

2. Suggest ways to overcome pride and vanity

Input

- i. first realizing the problem
- ii. ridding our selves of arrogance by finding its opposite: humility
- iii. surrendering and humbling our selves before God
- iv. seeing how God teaches people a lesson of his power
- v. one reason for pride is continued success in life (a person should remember success is a form of trial)
- vi. prostrating before God
- vii. cite Ghazali: when we meet an older person, we should think that he is better than us because he has been afforded more time to do good deeds and when we meet a younger person, we should think that he has disobeyed God less than us because of his young age; if we meet a person less knowledgeable, we should think that he may have done sins in ignorance while we may have done them in awareness; if we meet someone more knowledgeable, we should think

how we can be equal to him.

3. Can you name a few people/races in history who have become symbols of arrogance and pride?

Input

- i. Jews of Prophet Muḥammad's (sws) times who intentionally denied him
- ii. the Pharaoh
- iii. Hitler
- iv. Satan
- v. Stalin
- vi. Massoulini
- vii. Henry VIII
- viii. Saddam Hussain

4. When are you most tested by pride?

Input

i. when someone praises us for a quality we actually have: eg. beauty, knowledge, strength, writing, speaking and artistic skills.

Quiz Marking Scheme

How Proud are you?

1.

- i. (10)
- ii. (10)
- iii. (2)

2.

- i. (7)
- ii. (10)
- iii. (0)

3.

- i. (0)
- ii. (10)
- iii. (-5)

4.
 - i. (0)
 - ii. (0)
 - iii. (10)

5.
 - i. (10)
 - ii. (0)
 - iii. (0)

6.
 - i. (0)
 - ii. (0)
 - iii. (10)

7.
 - i. (0)
 - ii. (0)
 - iii. (-20)
 - iv. (10)

8.
 - i. (10)
 - ii. (5)
 - iii. (0)
 - iv. (-5)

9.
 - i. (10)
 - ii. (2)
 - iii. (0)

10.
 - i. (8)
 - ii. (10)
 - iii. (2)
 - iv. (0)

www.javedahmadghamidi.com
www.al-mawrid.org

Showing Off

Comprehension Questions

1. What are the some of common instances in which we show off?

Input

- i. money
- ii. fame
- iii. religiosity: charity, prayer, fasting, *hajj*
- iv. status
- v. clothes
- vi. social contacts
- vii. hotelling
- viii. house address
- ix. hair dye when used to deceive others
- x. body / muscular
- xi. jewellery / high heels
- xii. children studying abroad
- xiii. foreign tours
- xiv. solo photographs all over
- xv. foreign decoration pieces
- xvi. holiday tours
- xvii. manner of walking
- xviii. large moustaches
- xix. expensive utensils
- xx. false modesty
- xxi. dowry
- xxii. guards / gunmen

2. How can we overcome showing off

Input

- i. not claiming credit for things
- ii. giving away what is very dear to us and is a means of showing off
- iii. evading publicity
- iv. leading a simple life

- v. seeking attention in constructive ways
- vi. considering our talent to be a gift entrusted by God
- vii. impressing God instead of wanting to impress others
- viii. fasting, spending, praying in private so that no one knows
- ix. not speaking on a subject as if we are the first and foremost authority
- x. avoiding buying things which are status symbols

3. Why do people show off

Input

- i. to get noticed
- ii. to earn praise
- iii. to satisfy their arrogance
- iv. to belittle others
- v. to make others jealous
- vii. to impress others
- viii. they feel insecure
- ix. they have fear of being rejected
- x. narcissism

Quiz Marking Scheme

How much of a Show off are you?

- 1.
 - i. (-5)
 - ii. (10)
 - iii. (10)
 - iv. (-5)
- 2.
 - i. (-5)
 - ii. (0)
 - iii. (5)
 - iv. (10)
- 3.
 - i. (-5)
 - ii. (10)
 - iii. (-10)
- 4.
 - i. (10)

- ii. (0)
- iii. (10)

5.

- i. (2)
- ii. (10)
- iii. (-5)
- iv. (-10)

6.

- i. (-5)
- ii. (10)
- iii. (-10)

7.

- i. (0)
- ii. (10)
- iii. (8)

8.

- i. (10)
- ii. (10)
- iii. (-5)

9.

- i. (-5)
- ii. (10)
- iii. (10)
- iv. (-10)

10.

- i. (-5)
- ii. (10)
- iii. (-10)

www.javedahmadghamidi.com
www.al-mawrid.org

Sinful Speech

Comprehension Questions

1. Mention some of the common sins that we commit through the tongue?

Input

- i. abusing and cursing
- ii. making fun
- iii. lying
- iv. misreporting facts
- v. back-biting
- vi. wrongly blaming others
- vii. lustful chatting
- viii. checking facts before reporting
- ix. bearing false witness to save a friend
- x. false oaths
- xi. showing off
- xiii. enticing others to sin
- ix. showing disrespect to parents
- x. imperious contempt of the inferiors / arrogance
- xi. idle talk
- xii. gossip / loose talk
- xiii. flattery
- xiv over reacting
- xv. being judgemental
- xvi. talking too much
- xvii. taunting and teasing
- xviii. exaggerating
- xix. understating
- xx. giving bad titles
- xxi. not hiding secrets of the spouse
- xxii. breaking promises
- xxiii. defrauding others
- xxiv. discouraging others
- xxv. giving wrong advice
- xxvi. taunting and teasing

2. How can we control our anger?

Input

Short Term Measures

- i. Changing of posture: for example, if we are sitting, we should stand up and vice versa.
- ii. Drawing deep breaths: it is recommended that we take ten deep breaths.
- iii. Repeating relaxing phrases: we should slowly repeat a calming word or phrase such as: “relax” and “take it easy,” while we are breathing deeply.
- iv. Drinking a glass of water.
- v. Changing location: thus only leaving the place where one has experienced this surge in temper helps.
- vi. Finding a physical release: It is suggested that “an anger workout” be done. Thus hitting a mattress with a tennis racket or slapping the sofa with a bat or punching a pillow releases the pressure built within us.
- vii. Talking to God: some of the above measures may not completely release our anger, and in spite of controlling it for the time being one may find its surge arising later. In such cases, it is best to talk with God and share our pain and anguish with Him. Inevitably, we will feel relieved.

Long Term Measures

- i. Figuring out what generally triggers our anger viz a viz our relatives and friends as well as situations: once we are able to calmly evaluate these triggers, we should try our best that we stay away from scenarios that cause these triggers.
- ii. Giving ourselves positive messages: this is particularly useful when anger is caused by a person. In this regard, we should always look at the qualities of that person, and any benefit we may have received from him or her.
- iii. Learning to relax in our lives: if we take regular time out in our daily routines to relax and enjoy we tend to become individuals who in general are not stressed out; a relaxed body has relaxed nerves that provide a tremendous buffer in critical situations.
- iv. Visualizing our response: we should imagine and visualize what we should do when the crunch time comes. We should talk to ourselves about how we will react and what we will say when it happens. This may save us from spur of the moment flare ups which really can cause great harm and havoc.
- v. Following exemplary people: we human beings are weak by nature and need encouragement and inspiration from role models. It is really worthwhile to read stories and anecdotes of people whose exemplary patience and forbearance in testing times make them unlikely victors.
- vi. Reminding ourselves that no one is perfect: most of the time anger results because of various imperfections in life that we come across. We should continue to remind our selves that we have to live with imperfections – foremost with one’s own and remember that these may be a cause of anger for others. So if

others tolerate us we should reciprocate this attitude.

vii. Learning to forgive: forgiveness mitigates anger. We expect God to forgive us for our own blemishes; all the more reason that we should forgive others in return for their faults and shortcomings.

These measures may prove helpful in restraining our fury. However, in spite of trying hard to contain anger, we humans can still err and lose our cool. And when we do, two things that befit us are:

- i. We must always apologize to the aggrieved person.
- ii. We should impose a monetary fine on ourselves and then spend the collected money in the interest and welfare of the aggrieved person.

3. Mention some virtues of soft speech

Input

- i. it teaches us wisdom
- ii. other people trust us and like to be with us
- iii. inner purification is achieved
- iv. seldom will anyone speak badly with us
- v. it is the sign of a leader

Quiz Marking Scheme

How Careful are you in your Conversation?

1.

- i. (0)
- ii. (2)
- iii. (10)

2.

- i. (-5)
- ii. (10)
- iii. (10)

3.

- i. (0)
- ii. (2)
- iii. (10)

4.

- i. (10)
- ii. (-5)

iii. (0)

5.

i. (0)

ii. (2)

iii. (8)

iv. (10)

6.

i. (10)

ii. (8)

iii. (2)

iv. (0)

7.

i. (-5)

ii. (0)

iii. (2)

iv. (10)

8.

i. (0)

ii. (2)

iii. (10)

9.

i. (-5)

ii. (0)

iii. (8)

iv. (10)

10.

i. (-10)

ii. (0)

iii. (8)

iv. (10)

www.javedahmadghamidi.com
www.al-mawrid.org

Charity

Quiz Marking Scheme

How Charitable are You?

1.
 - i. (10)
 - ii. (5)
 - iii. (0)
2.
 - i. (10)
 - ii. (10)
 - iii. (0)
 - iv. (1)
3.
 - i. (8)
 - ii. (0)
 - iii. (5)
 - iv. (10)
4.
 - i. (10)
 - ii. (7)
 - iii. (2)
 - iv. (1)
 - v. (0)
5.
 - i. (0)
 - ii. (5)
 - iii. (10)
6.
 - i. (0)

www.javedahmadghamidi.com
www.al-mawrid.org

- ii. (10)
- iii. (8)
- iv. (5)

7.

- i. (0)
- ii. (-5)
- iii. (6)
- iv. (10)

8.

- i. (10)
- ii. (0)
- iii. (3)
- iv. (0)

9.

- i. (10)
- ii. (0)
- iii. (10)
- iv. (0)

10.

- i. (10)
- ii. (0)
- iii. (-10)

www.javedahmadghamidi.com
www.al-mawrid.org

Turning Foes into Friends

Comprehension Questions

1. What do you think is the meaning of “what is better” in “Retaliate evil with that which is better”?

Input

It means to not only to forgive but to do good deeds which include

- i. giving gifts
- ii. hiding faults
- iii. praising abilities
- iv. saying salam and smiling
- v. helping the person when in distress/need
- vi. making dua/prayer for the person

Moreover:

- i. considering this to be an opportunity to earn reward from God
- ii. considering this to be an opportunity to review your own mistakes in life
- iii. resigning to God and awaiting compensation from Him
- iv. never getting frustrated

2. According to the verse, it is the patient who are able to adopt this behaviour. Suggest some ways which can create patience in a person.

Input

- i. evaluating the triggers that make us lose patience
- ii. planning before hand that when the crunch times, we have to exercise patience
- iii. thinking of the harms caused by losing patience and how they adversely affect our reputation and character
- iv. reminding our selves that things take time
- v. imagining the plight of prisoners in jail
- vi. observing the deprived and needy around us who are patient in strife
- vii. preparing ourselves for the unexpected
- viii. considering the fact that if there is some delay, then there is some good in

it for us

- ix. reading stories of heroes whose patience and edurance won them the day
- x. fasting instills patience
- xi. praying to God to grant us patience

3. What do you think is the temptation of Satan mentioned in the last part of the verse?

Input

He tries to makes us react in a violent manner towards our offender. This may include:

- i. abusing the offender
- ii. defaming the offender before others
- iii. circulating lies about the offender
- iv. harming the family of the offender
- v. harming the business interests of the offender
- vi. hitting the offender
- vii. killing the offender

Quiz Marking Scheme

How Patient are You?

1.

- i. (10)
- ii. (0)
- iii. (10)
- iv. (-10)
- v. (8)

2.

- i. (10)
- ii. (0)
- iii. (-5)
- iv. (8)
- v. (7)

3.

- i. (0)
- ii. (10)
- iii. (8)

4.

- i. (10)
- ii. (7)
- iii. (4)

5.

- i. (9)
- ii. (9)
- iii. (0)
- iv. (10)

6.

- i. (5)
- ii. (10)
- iii. (0)
- iv. (-5)

7.

- i. (-5)
- ii. (10)
- iii. (0)
- iv. (8)

8.

- i. (0)
- ii. (10)
- iii. (10)

9.

- i. (-5)
- ii. (0)
- iii. (10)
- iv. (7)

10.

- i. (0)
- ii. (10)
- iii. (7)
- iv. (8)

www.javedahmadghamidi.com
www.al-mawrid.org

Kindness to Parents

Comprehension Questions

1. What are the various ways of showing kindness to parents

Input

- i. not abandoning them for career
- ii. giving them gifts
- iii. bearing their unfounded anger
- ix. pampering them
- v. taking them out
- vi. creating a balance between the spouse and them
- vii. fulfilling their material / financial needs
- viii. visiting them / calling them / emailing them / sending them flowers
- ix. not scolding them because of their irritable behavior
- x. being sensitive to their medical needs
- xi. telling our children to respect them
- xii. praying for them
- xiii. differing with them politely
- xiv. giving them time / talking to them/ laughing with them
- xv. Hugging and kissing them
- xvi. taking pains for them
- xvii. informing them of what we do and of our achievements
- xviii. respecting their friends
- xix. making them feel wanted
- xx. showing empathy to them

2. Enlist some wrong attitudes of parents

Input

- i. harshness, abusiveness, insulting behavior and beating children
- ii. lack of time
- iii. undue restrictions
- iv. parents fighting with one another
- v. preference for the male child
- vi. high expectations from children
- vii. not realizing the cultural change
- viii. forcing them to choose a career / spouse of their choice

- ix. not giving inheritance to the female offspring
- x. not recognizing a daughter in law
- xi. being over critical, cynical
- xii. not tolerating difference of opinion
- xiii. depriving daughters of inheritance

3. How should we deal with harsh parents?

Input

- i. respecting them
- ii. remembering that we cannot change parents
- iii. assessing the personality type of our parents and adjusting with them
- iv. considering it to be a trial of life that has to be bravely faced
- v. using third party help
- vi. writing a polite letter
- vii. bearing with patience their unfounded anger
- viii. keep reminding our selves of their favours on us
- ix. compromising with their ill ways
- x. highlighting their virtues
- xi. hiding their vices
- xii. smiling when they are harsh
- xiii. helping them in distress
- xiv. praying for them
- xv. making them busy by finding out voluntary work opportunities for them

Quiz Marking Scheme

How Kind are you to your Parents?

- 1.
 - i. (0)
 - ii. (-2)
 - iii. (-10)
 - iv. (10)
- 2.
 - i. (-10)
 - ii. (-20)
 - iii. (8)
 - iv. (10)
- 3.
 - i. (-5)
 - ii. (5)

- iii. (4)
- iv. (10)

4.

- i. (-5)
- ii. (0)
- iii. (10)
- iv. (-20)

5.

- i. (10)
- ii. (7)
- iii. (0)
- iv. (-10)

6.

- i. (10)
- ii. (7)
- iii. (0)
- iv. (-10)

7.

- i. (10)
- ii. (2)
- iii. (0)
- iv. (-10)

8.

- i. (10)
- ii. (7)
- iii. (0)
- iv. (-10)

9.

- i. (-15)
- ii. (-10)
- iii. (0)
- iv. (10)

10.

- i. (10)
- ii. (2)
- iii. (0)
- iv. (-20)

www.javedahmadghamidi.com
www.al-mawrid.org

If I am Born Deprived!

Comprehension Questions

1. What are some of the extreme negative traits produced in a person if he keeps on desiring something others have which he himself can never acquire?

Input

- i. jealousy
- ii. depression
- iii. a criminal mindset
- iv. negative behaviour
- v. complaining to God

2. What are the some of the things which a person may see in others and desire them but it is impossible for him to attain?

Input

- i. beauty
- ii. fame
- iii. intelligence
- iv. good voice
- v. country born in
- vi. parents born to
- vii. height
- viii. gender

3. What are some of the deeds we can do regardless of being given qualities of head and heart?

Input

- i. fulfilling our duties towards God (expand this to following various directives related to God)
- ii. kindness to others (expand this to various acts of kindness that can be done)

Quiz Marking Scheme

How Jealous are you?

1.

- i. (10)
- ii. (0)
- iii. (-5)
- iv. (9)

2.

- i. (7)
- ii. (10)
- iii. (0)

3.

- i. (0)
- ii. (0)
- iii. (10)

4.

- i. (-5)
- ii. (10)
- iii. (0)
- iv. (10)

5.

- i. (-5)
- ii. (10)
- iii. (0)

6.

- i. (-5)
- ii. (10)
- iii. (-5)

7.

- i. (0)
- ii. (10)
- iii. (0)

www.javedahmadghamidi.com
www.al-mawrid.org

8.

- i. (0)
- ii. (10)
- iii. (10)
- iv. (-5)

9.

- i. (10)
- ii. (-5)
- iii. (10)

10.

- i. (-5)
- ii. (10)
- iii. (10)

www.javedahmadghamidi.com
www.al-mawrid.org

Being Just to Enemies

Comprehension Questions

1. Make a list of acts which can be classified as unjust and as such are prohibited by Islam?

Input

- i. bribery
- ii. not following merit
- iii. interest
- iv. embezzlement
- v. lying
- vi. selective justice

(... the list can be easily added to)

2. Can perfect justice be achieved in this world? If not why?

Input

- i. intentions cannot be known
- ii. wrong decisions can be made by a judge because of wrong information
- iii. wrong decisions can be made by a judge even if he has the right information because of human error
- iv. how can a person who has killed many people be justly punished
- v. a judge can be biased
- vi. people who have been deprived can be compensated for their good deeds
- vii. people who have done a lot of good can be rewarded

3. Make a list of things we sometimes do in our personal lives that are unfair, and a list of things our government does that are unfair. What could be done to rectify these injustices so we can cross them off the list?

Input

Personal Unfair Things

As a Person: lying, stealing, not listening to both sides, gossip, rumour, bribery

As a Teacher: plagiarism, favouritism

As a Student: copy right, pirated software, cheating, helping others cheat

As Parents: undue favour to one child

As a trader: selling counterfeit labels and adulterated medicines

As a Judge: intentionally saving the criminal

Collective Unfair Things

- i. Lack of providing basic needs to those living below the poverty line. This includes: food, shelter, clothing, health and education
- ii. Unqual implementation of law
- iii. Justice delayed

Quiz Marking Scheme

How Just are You?

1.

- i. (10)
- ii. (8)
- iii. (5)
- iv. (0)

2.

- i. (3)
- ii. (0)
- iii. (10)

3.

- i. (0)
- ii. (10)

4.

- i. (0)
- ii. (10)

5.

- i. (10)
- ii. (-5)
- iii. (0)

6.

- i. (0)

- ii. (2)
- iii. (-5)
- iv. (10)

7.

- i. (0)
- ii. (10)

8.

- i. (-5)
- ii. (10)
- iii. (-5)

9.

- i. (10)
- ii. (-5)
- iii. (3)

10.

- i. (10)
- ii. (-5)

www.javedahmadghamidi.com
www.al-mawrid.org