

Adventures with Dr. Appy



HABIL (AS) & KABIL

SIBLING RIVALRY

Anchoring Your Akhlaq – A Walk Through Humanity: Book 1/30

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Dr. Appy prays that this book touches your heart, and requests that the reward be given to every human with even an ounce of Iman, from the time of Adam (as) until the day of judgement. Ameen.

All profits from this book will be donated to charity. For more detailed information about how the proceeds are being distributed please visit: www.drappy.ca

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A special dua is requested for Brother Majid whose creativity has allowed for these series to come alive.

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Dear Parents

The purpose of this book is as follows:

- 1 - Discuss that sibling rivalry is a normal part of development and to separate the emotion/problem from the person;
- 2 - Demonstrate to our children how Shaytan tries to break family relations;
- 3 - To generate a healthy discussion between you and your children regarding emotions and how we can self regulate and practice self-control.
- 4 - Instil the value of giving and forgiving for the sake of Allah; to be charitable and always give only the best things in sadaqa.

I pray this book brings us and our families closer together and that we all learn to control our emotions in times of anger. Ameen.

Assalam u Alaikum wa Rahmatullah _____.
(insert child name)
Jazak Allah hu Khairan for joining us in our adventure!

Today we will be exploring the story of
Habil (as) and Kabil, the sons of Adam (as).

Let us begin by saying Bismillah!



There once were two brothers,
who loved to play with each other.



Shaytan would watch them,
and want to cause mayhem.

Habil ^(as) was a shepherd
who was also very centred.

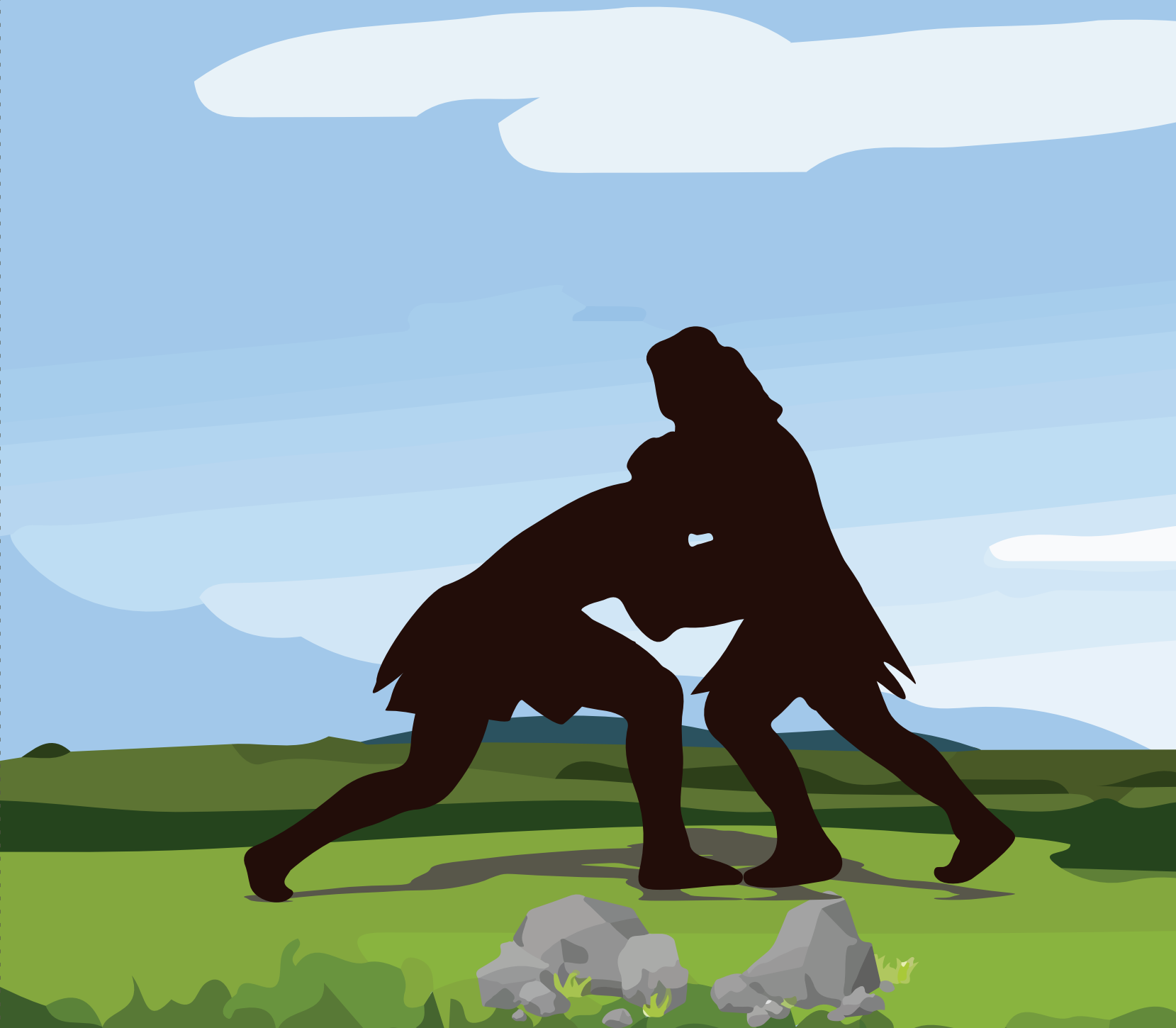


Kabil was a farmer,
but grudges did he harbour.



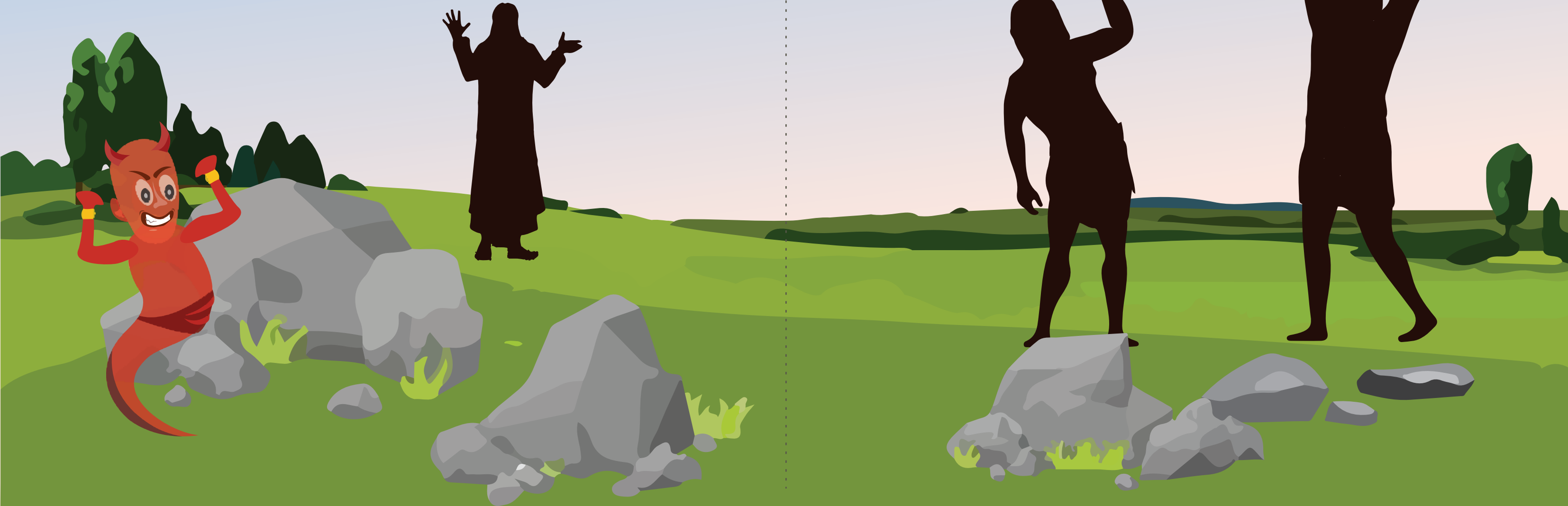
Shaytan's waswasah did not work until one night,
Kabil became jealous and started to fight.

Habil (as) was strong and did not want to do wrong.
He was forthright, and controlled with all his might!



Adam (as) tried to intervene,
but Kabil was now steamed!

He hit Habil (as) so hard,
catching him completely off guard



Habil (as) started to cry and only then did Kabil realise, that Shaytan had tricked him, so he decided to evict him.



Allah (swt) took mercy over the entire controversy as Kabil stood in remorse, wishing he had changed course.



Allah (swt) sent two crows to re-enact all the blows.
Kabil reflected to Allah (swt) and learned from his throws.¹



The moral of the story is to be mindful of one's emotions,
to not act in haste or else you will be disgraced.

Habil's (as) patience is contagious² in mending all relations.³
So always be kind and peace you shall find.



وَالَّذِينَ يَقُولُونَ رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا
فُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

Waalatheena yaqooloona rabbana hab lana min
azwajina wathurriyyatina qurrata aAAyunin
wajAAalna lilmuttaqeena imaman

"Our Lord! Grant us that our spouses and our offspring be a joy to
our eyes, and do make us the leaders of the God-fearing."
(Quran 25:74)

We pray you implement these duas and converse with Allah (swt) throughout your day for the rest of your life. Ameen.

رَبِّ زِدْنِي عِلْمًا

Rabbi zidni ilma

"My Lord, increase me in knowledge."
Ameen. (Quran 20:114)

اللَّهُمَّ إِنِّي أَسْتَوِدِعُكَ مَا قَرَأْتُ وَمَا حَفِظْتُ
وَمَا تَعَلَّمْتُ فَرُدَّهُ لِي إِذَا حَاجَتِي إِلَيْهِ ،
إِنَّكَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ وَحَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

Allahumma inni astaudi'uka ma qara'tu wa ma hafiztu wa ma ta'allamtu, fardudhu li ilayya 'inda haajati, innaka 'ala kulli syai-in qadir, wa hasbunallahu wa ni'mal wakil.

"O Allah! I entrust You with what I have read and what I have memorised and I have studied. Bring it back to me when I am in need of it. Truly you have power over all things. Sufficient for us is Allah, and (He is) the best Disposer of affairs." **Ameen.**

رَبِّ هَبْ لِي حُكْمًا وَأَلْحِقْنِي بِالصَّالِحِينَ
وَاجْعَلْ لِي لِسَانَ صِدْقٍ فِي الْآخِرِينَ
وَاجْعَلْنِي مِنْ وَرَثَةِ جَنَّةِ النَّعِيمِ

Rabbi habli hukman wa al-hiqni bis salihin, waj-'al li lisana sidqin fil-aakhirin, waj-'alni min waratha-ti jannatin-naa'im.

My Lord! bestow wisdom on me and make me among the righteous. Bless me with honourable mention among later generations and make me one of the inheritors of the Garden of Bliss. **Ameen. (Quran, 26:83-85)**



GLOSSARY OF TERMS

(as)	Alayhis-salam means peace be upon him
(ra)	Radi Allahu anhu means Allah be pleased with him.
(swt)	Subhana wa t'Ala means Allah the most High
Akhlaq	Character
Assalam u Alaykum wa Rahmatullah	May peace be with you and Allah's (swt) mercy be upon you
Bismillah	In the name of Allah (swt)
Jazak Allah Khairun	May Allah (swt) reward you with good
Shaytan	Devil
Sunnah	The way of the Prophet Muhammad (saw)
Wawasah	Shaytan's whisperings

REFERENCES

- 1 It was narrated from Abdullah (ra) that: The Prophet (saw) said: "No person is killed wrongfully, but a share of responsibility for his blood will be upon the first son of Adam, because he was the first one to set the precedence of killing." (Sahih (Darussalam), Sunan an-Nasa'i 3985, Book 37, Hadith 20)
- 2 Narrated by Anas (ra): The Prophet (saw) said, "The real patience is at the first stroke of a calamity." (Sahih al-Bukhari 1302, Book 23, Hadith 60)
- 3 Anas ibn Malik (ra) reported that the Messenger of Allah (saw) said, "Anyone who wants to have his provision expanded and his term of life prolonged should maintain ties of kinship." (Sahih (Al-Albani), Al-Adab Al-Mufrad 56, Book 2, Hadith 10)

Abdullah bin 'Amr Al-as (ra) reported: The Prophet (saw) said, "The person who perfectly maintains the ties of kinship is not the one who does it because he gets recompensed by his relatives (for being kind and good to them), but the one who truly maintains the bonds of kinship is the one who persists in doing so even though the latter has severed the ties of kinship with him." (Al-Bukhari, Riyad as-Salihin 322, Introduction, Hadith 322)

Abdu'r-Rahman ibn 'Awf (ra) heard the Messenger of Allah (saw) say, "Allah, the Almighty and Exalted, said, 'I am the Merciful (ar-Rahman). I have created ties of kinship and derive a name for it from My Name. If anyone maintains ties of kinship, I maintain connection with him, and I shall cut off anyone who cuts them off.'" (Sahih (Al-Albani), Al-Adab Al-Mufrad 53, Book 2, Hadith 7)

Narrated by Anas bin Malik (ra): Allah's Messenger (saw) said, "Do not hate one another, and do not be jealous of one another, and do not desert each other, and O, Allah's worshipers! Be brothers. Lo! It is not permissible for any Muslim to desert (not talk to) his brother (Muslim) for more than three days." (Sahih al-Bukhari 6065, Book 78, Hadith 95)

SYNOPSIS OF STORY

Based on the work of Al Imam ibn Katheer, The Stories of the Prophets

- Adam (as) and Eve (as) were blessed with twins for each conception.
- The shariah at that time was that wombmates cannot marry each other.
- Habil (as) and Kabil were brothers. Habil (as) was supposed to marry Kabil's sister and Kabil was supposed to marry Habil's (as) sister.
- Kabil was jealous as Habil's (as) sister was not as good looking as his own wombmate sister.
- An argument ensued, Adam (as) got involved and Allah (swt) ordered both son's to offer a sacrifice and leave atop a mountain, whichever sacrifice was consumed by the fire was correct.
- Habil (as) was a shepherd and he offered his best sheep.
- Kabil was a farmer and he offered the worst produce.
- Habil's (as) sacrifice was accepted. This enraged Kabil.
- Kabil physically started to fight with Habil (as). Habil (as) refused to fight back.
- Kabil committed the first murder by killing his brother Habil (as).
- He immediately felt remorseful. Adam (as) asked about Habil (as) but Kabil lied to cover up his sin.
- Allah (swt) took mercy upon Kabil and sent two crows to re-enact the fight and death and demonstrated what to do with the dead carcass.
- Kabil learned from the crows and buried Habil. (Quran 5:27-31)
- Kabil moved away from his family due to his actions.

SERIES 1 GETTING TO KNOW ALLAH (swt)

- 1 Allah Loves You
- 2 Allah is Your Best Friend
- 3 Allah is The Creator

SERIES 3 ANCHORING YOUR AKHLAQ - A WALK THROUGH HUMANITY

- 1 Habil (as) & Kabil - Sibling Rivalry
- 2 Sheeth (as) - Obedience
- 3 Idris (as) - Learning
- 4 Nuh (as) - Resilience
- 5 Hud (as) - Vanity
- 6 Saleh (as) - Sharing
- 7 Ibrahim (as) - Reasoning
- 8 Isma'il (as) - Listening
- 9 Is'hac (as) - Trusting
- 10 Ya'qub (as) - Dedicated
- 11 Lut (as) - Hospitable
- 12 Shu'ayb (as) - Justice
- 13 Yusuf (as) - Integrity
- 14 Ayyub (as) - Loyalty
- 15 Dhul-Kifl (as) - Supporting
- 16 Yunus (as) - Sincerity
- 17 Musa (as) - Optimistic
- 18 Haroon (as) - United
- 19 Al-Khidr (as) - Patience
- 20 Ezekiel, Ilyas, Shammil (as) - Dependence
- 21 Luqman (as) - Wisdom
- 22 Dawood (as) - Brave
- 23 Suleiman (as) - Humility
- 24 Isaih, Jeremiah, Daniel, Uzair (as) - Reliable
- 25 Zakarriyah (as) - Perseverance
- 26 Yahya (as) - Responsible
- 27 Marryam (as) - Modesty
- 28 Esa (as) - Respectful
- 29 People of the Cave (as) - Proactive
- 30 Muhammad (saw) - Trustworthy

SERIES 2 OUR CREATION, PURPOSE AND JOURNEY OF OUR SOUL

- 1 The First Human
- 2 The Ultimate Battle - Human vs Shaytan
- 3 Our Greatest Weapon: DUA
- 4 Journey of Our Soul

SERIES 4 HADITH A DAY TO KEEP SHAYTAN AWAY

- 1 Jannah via Sunnah - Muharram
- 2 Jannah via Sunnah - Safar
- 3 Jannah via Sunnah - Rabi Al-Awwal
- 4 Jannah via Sunnah - Rabi Al-Thani
- 5 Jannah via Sunnah - Jumada Al-Awwal
- 6 Jannah via Sunnah - Jumada Al-Thani
- 7 Jannah via Sunnah - Rajab
- 8 Jannah via Sunnah - Shaban
- 9 Jannah via Sunnah - Ramadan
- 10 Jannah via Sunnah - Shawwal
- 11 Jannah via Sunnah - Dhul Qa'dah
- 12 Jannah via Sunnah - Dhul Hijjah

SERIES 5 FOUNDATIONS OF FAITH

- 1 Foundations of Faith
- 2 Step by Step Guide to Salah
- 3 My Little Dua Book
- 4 Barakat in Harakats
- 5 Fus-ha for Allah
- 6 Plan Your Day the Islamic Way
- 7 Celebrations & Holidays
- 8 99 Name Game

SERIES 6 TRANSITIONING INTO A TEENAGER

- 1 Becoming a Man
- 2 Becoming a Woman

This book is designed to build a Muslim identity in the 21st century. The series is divided into six sections.

I humbly request that they be read in order so that one may progressively learn and prosper. Insha'Allah.

May Allah (swt) accept all our efforts and grant us Jannah with no reckoning. Ameen.



DR. APPY

About the Author

Dr. Appy is a first generation immigrant in North America who has been practicing as a Neuropsychologist for over a decade. She was inspired to write this series due to her observations of how difficult it can be to raise children in this ever-changing world.

Dr. Appy would like to dedicate this book to her family and friends who have always supported and encouraged her, especially her parents. May Allah (swt) bless and guide us all. Ameen.

Dr. Appy genuinely prays to touch the heart of every child until the day of judgement and to assist parents in instilling the love of Allah (swt), along with the morals and etiquettes needed to be an upright Muslim and by default, citizen (Insha'Allah).

These books are designed to build a Muslim identity in the 21st century. I humbly request that they be read in order, so that our children can build on their knowledge and benefit. Insha'Allah.

Series 1: Get to know Allah (swt) and instill the love and companionship of Him in our hearts.

Series 2: Understand how we were created, our purpose and the journey of our soul.

Series 3: Anchor our akhlaq by walking through humanity; each Prophet is paired with a character trait and the story ends with a moral to internalize and build our identity.

Series 4: Learn and internalize a hadith a day to keep Shaytan away.

Series 5: Learn the foundations of faith by planning our day the Islamic way.

Series 6: Help our children transition into a teenager and adult.

I pray this series brings us all closer together in this world and in the hereafter. May Allah (swt) accepts all our efforts and grants us Jannah with no reckoning. Ameen.

Download this series for FREE at drappy.ca

