

Adventures with Dr. Appy



SHEETH (AS) OBEDIENCE

Anchoring Your Akhlaq – A Walk Through Humanity: Book 2/30

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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 - To teach our children to respect and listen to Allah (swt) first and then our parents, teachers, societal law, government etc;
- 2 - Instill the value that if something is asked of us that we complete it to the best of our ability, always giving our 110% in everything that we do;
- 3 - To generate a healthy discussion between you and your children regarding emotions and how we can self regulate and practice self-control.
- 4 - To understand that when we get distracted or are unmindful of our actions, Shaytan takes advantage and tries to control us. Henceforth, we should try to always be alert to the waswasah of Shaytan.

I pray this book brings us and our families closer together and that we all internalize that obedience firstly belongs to Allah (swt) and then emanates outwards. Ameen.

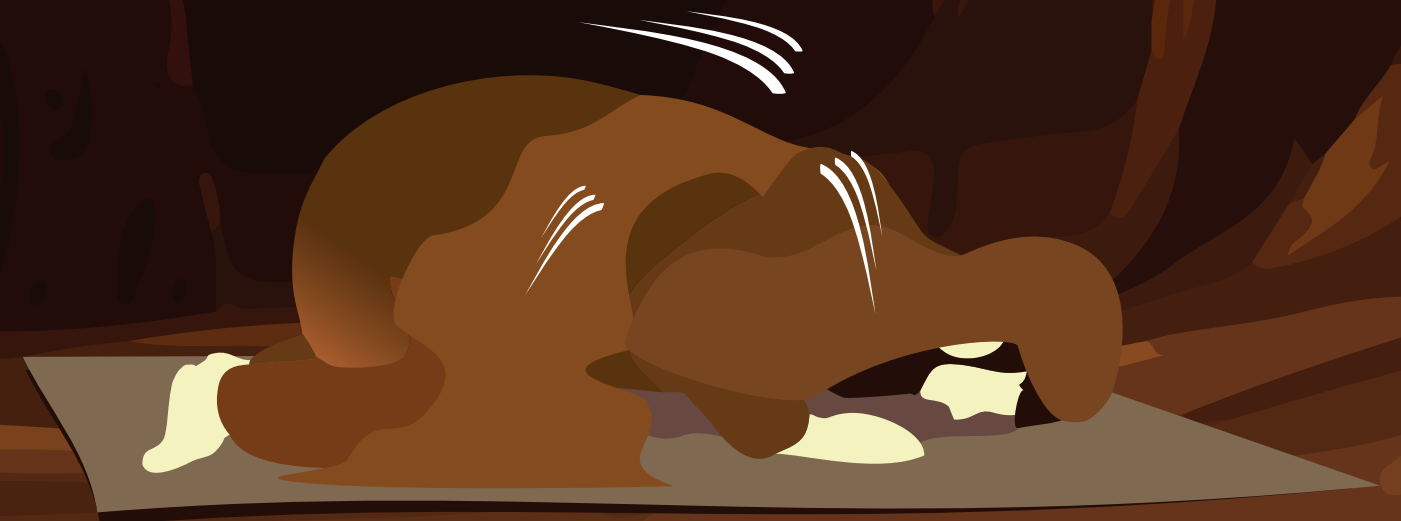
Assalam u Alaikum wa Rahmatullah _____.
(insert child name)
Jazak Allah hu Khairan for joining us in our adventure!

Today we will be exploring the story of Sheeth (as),
another son of Adam (as).

Let us begin by saying Bismillah!



After Habil (as) and Kabil, came their brother Sheeth (as).
His obedience to Allah was present in his every breath.



When his father Adam (as) gave him a job,
Sheeth (as) immediately set up shop.
He was mindful of his actions and
did not want any distractions.



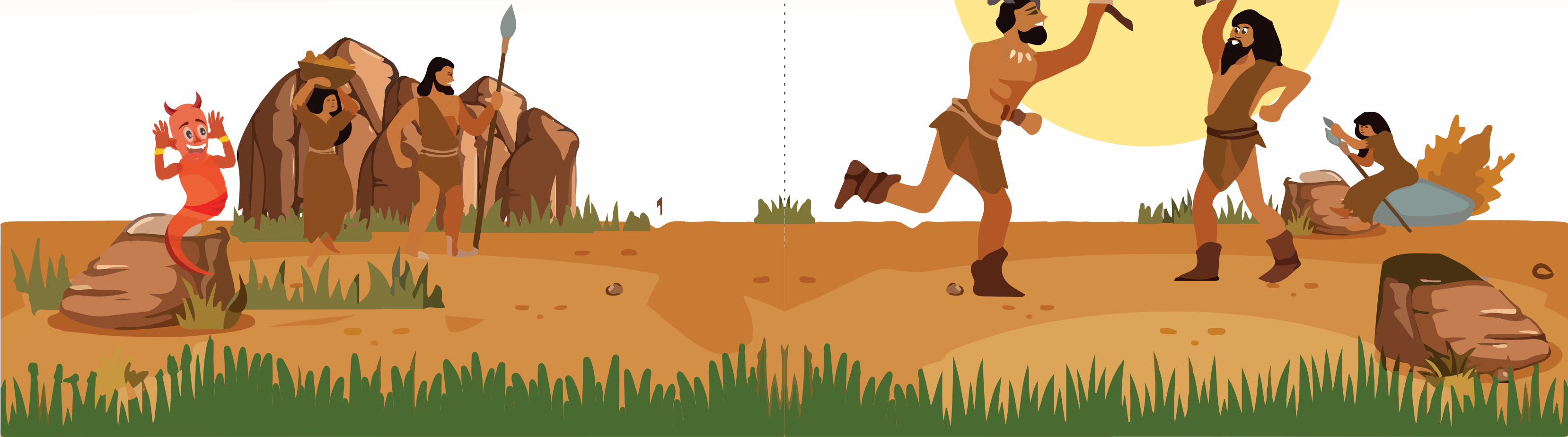
He was entrusted with a will,
the contents of which he would never spill.

He kept it safe for this was an amanah,
and perhaps this good deed
may take him to Jannah.



Some people were becoming wayward,
their challenges truly tailored.

He prayed for their akhira and
continued to move forward.



The pulsating sound of the drum
truly made everyone numb.
Enchanted by the trance
some people started to prance.



In this state of heedlessness,
Shaytan started his deviousness.
He began to control one's mind,
making some people blind.



Sheeth (as) became a Mullah,
preaching the oneness of Allah.
He prayed and he fasted asking
that tauheed be lasted.



The moral of the story is to complete all tasks that have been asked,¹ to listen to your parents² and elders³ and always stay in Allah's (swt) obedience.⁴



يَا مُقَلِّبَ الْقُلُوبِ ثَبِّتْ قَلْبِي عَلَى دِينِكَ

Yaa Muqallibal Quloob Thabbit Qalbee 'alaa Deenik.

"Oh turner of the hearts (Allah, the Most High), keep our hearts firm on your religion" Ameen.



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 أَسْتَوْدِعُكَ 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
Akhira	The eternal life after death
Amanah	Responsibility
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)
Jannah	Heaven
Jazak Allah Khairun	May Allah (swt) reward you with good
Mullah	a Muslim learned in Islamic theology and sacred law
Shaytan	Devil
Sunnah	The way of the Prophet Muhammad (saw)
Tauheed	Oneness of Allah
Waswasah	Whispering from the Shaytan

REFERENCES

- 1 Narrated by Ibn Umar (ra): That the Prophet (saw) said: "Indeed each of you is a shepherd and all of you will be questioned regarding your flock. The commander who is in authority over the Muslims is responsible and he will be questioned regarding his responsibility. The man is responsible for the inhabitants of his house and he is the one who will be questioned about them. The wife is responsible for her husband's house and she will be questioned about it. The slave is responsible regarding his master's property, and he will be questioned about it. Indeed each of you is a shepherd and each of you will be questioned about his flock." (Sahih (Darussalam), Jami at-Tirmidhi 1705, Book 23, Hadith 36)
- 2 And your Lord has decreed that you not worship except Him, and to parents, good treatment. Whether one or both of them reach old age [while] with you, say not to them [so much as], "uff," and do not repel them but speak to them a noble word. And act humbly to them in mercy, and say, 'My Lord, have mercy on them, since they cared for me when I was small.' (Quran 17:23-24)







"Worship Allah, associate nothing with Him, and be good to your parents." (Quran 4:36)

Ubaidullah b. Abu Bakr (ra) said: I heard Anas b. Malik (ra) saying: The Messenger of Allah (saw) talked about the major sins, or he was asked about the major sins. Upon this he observed: Associating anyone with Allah, killing of a person, disobedience to parents. He (the Prophet further) said: Should I not inform you about the gravest of the major sins, and (in this connection) observed: False utterance or false testimony. Shu'ba said. It was most probably "false testimony." (Sahih Muslim 88b, Book 1, Hadith 167)
- 3 Amr bin Shu'aib (ra) narrated that his father, from his grandfather, who said that the Messenger of Allah (saw) said: 'He is not one of us who does not have mercy upon our young, nor knows the honor of our elders.' (Hasan (Darussalam), Jami` at-Tirmidhi 1920)
- 4 O you who believe, obey Allah and obey the Messenger and those in authority among you. Then, if you quarrel about something, revert it back to Allah and the Messenger, if you believe in Allah and the Last Day. That is good, and the best at the end." (Quran 4:59)
It was narrated that Masruq (ra) said: "I said to Aishah (ra): 'Which deed was most beloved to the Messenger of Allah (saw)?' She said: 'That which was done persistently.' I said: 'At what part of the night did he pray Qiyam?' She said: 'When he heard the rooster.' (Sahih (Darussalam), Sunan an-Nasa'i 1616, Book 20, Hadith 19)

Narrated by 'Aisha (ra): The Prophet (saw) never fasted in any month more than in the month of Shaban. He used to say, "Do those deeds which you can do easily, as Allah will not get tired (of giving rewards) till you get bored and tired (of performing religious deeds)." The most beloved prayer to the Prophet (saw) was the one that was done regularly (throughout the life) even if it were little. And whenever the Prophet (saw) offered a prayer he used to offer it regularly. (Sahih al-Bukhari 1970, Book 30, Hadith 77). Imam an-Nawawi (ra) said: In other words, that which you will be able to do regularly without it causing you any harm. This indicates that it is encouraged to be moderate in doing acts of worship and to avoid taking on too much. The hadith is not speaking only of prayer; rather it is general in meaning and applies to all righteous deeds.

SYNOPSIS OF STORY

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

-  The progeny of Kabil lived in the valley and the progeny of the other family members lived up on the mountain.
-  Shaytan was able to influence the family of Kabil more readily so he started to live amongst them and introduced the first musical instrument - drum.
-  After the workweek Shaytan started to amuse people with the sound of the drum which put some in a hypnotic trance and they started to dance.
-  In this state of heedlessness, Shaytan started to control them and introduced other immoralities such as alcohol, adultery etc.
-  Sheeth (as) was chosen as the prophet at that time to remove the immorality that was starting to spread. Allah (swt) sent 104 psalms and 50 were sent to Sheeth (as).
-  It is also narrated from Jewish traditions that Sheeth (as) was given a will by Adam (as) and he safeguarded this will and passed it down to his generations to come.

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

