

Adventures with Dr. Appy



NUH (AS) RESILIENCY

Anchoring Your Akhlaq – A Walk Through Humanity: Book 4/30

Written by:
Dr. Appy

Illustrated by:
Mr. Majid

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 understand that no matter what happens you should always speak the truth, as lying is bad advice given to you by Shaytan;
- 2 - Understand that people who bully or tease are victims of Shaytan's waswasah and you should be resilient against them knowing Allah (swt) is by your side;
- 3 - To have a discussion with your child about bullying and teasing and when one should be patient and when one should defend themselves;
- 4 - Instill the concept of mercy to internalize that if they have mercy Allah (swt) will have mercy on them.

I pray this book brings you and your child closer together and that you both understand that resiliency is built through adversity and Allah (swt) is always by your side. 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 Prophet Nuh (as),
another son of Adam (as).

Let us begin by saying Bismillah!



A long time had elapsed and morals had started to collapse. Shirk was rampant and there was an eruption of significant corruption.



Allah (swt) selected Nuh (as) to change the milieu.
He preached and he taught;
repeatedly saying that Allah (swt) is one
and there is no other one.¹

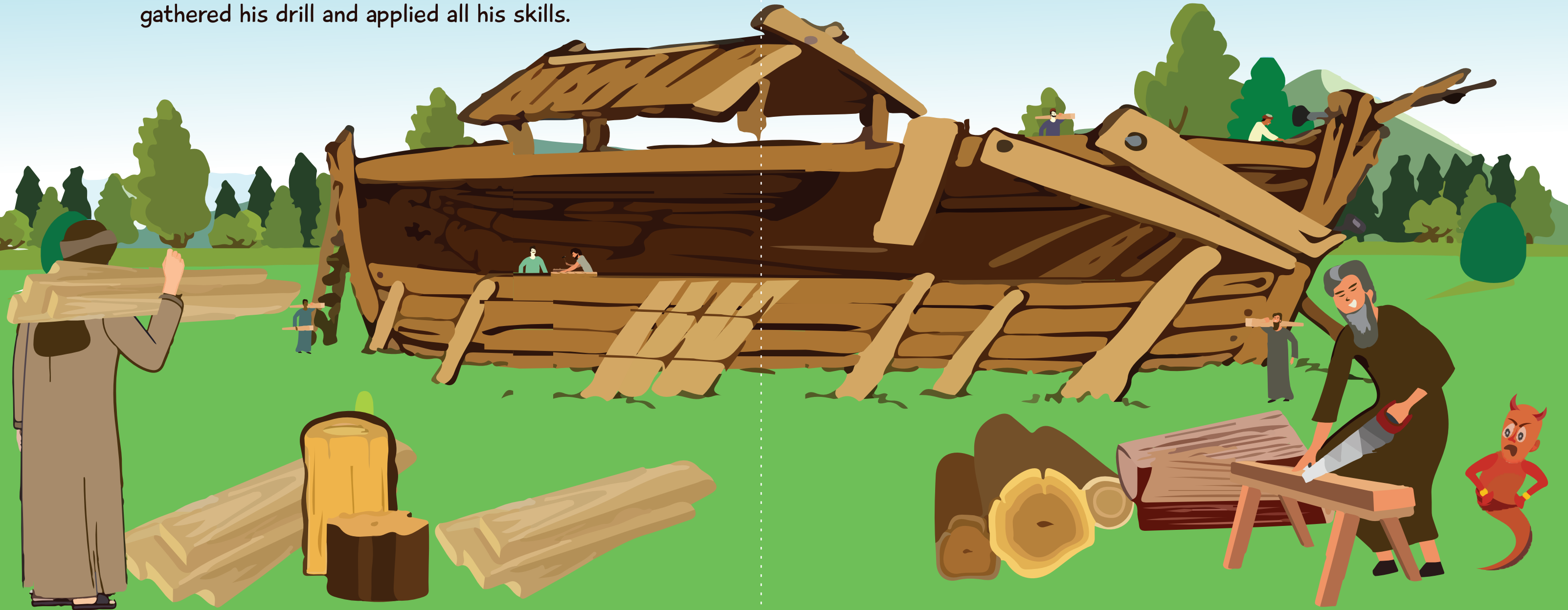


No one was listening but Nuh's (as)
resolve was never weakening.
They bullied and teased,
but only Allah's wrath did they achieve.²



Allah (swt) commanded Nuh (as)
to build the first boat that would stay afloat.

Upon learning from Allah (swt), Nuh (as)
gathered his drill and applied all his skills.



People continued to ridicule,
saying Nuh (as) is a fool.
Little did they know that
they were about to enter a whirlpool.



It appeared like Shaytan had won, but Nuh (as) continued to remind that Allah is one. Eventually the day had arrived and Nuh (as) was surely to survive.



Every pair of animals marched forward to board,
only by the decree of their Lord.
This day was very sullen, as the clouds started to hover,
and there was no place one could take cover.



The weather was ominous,
removing everyone's pompousness.
The sky started to darken and it started to rain,
covering the earth to everyone's disdain.



Nuh's ^(as) heart was in pain as he knew there was no drain. He called for his son, but he did not listen, thinking he knew better, and just continued to get wetter.



The earth was submerged,
only the boat was afloat.
Corruption had drowned and
tauheed was now crowned.



The moral of the story is to always stand up
for the truth even if you are a youth.
To always listen to your parents in all that is apparent.
To be resilient against those who may bully,
knowing Shaytan has them on a pulley.

Lastly, you should always be comforted knowing Allah (swt)
is by your side, waiting for you to confide.
So cleanse your heart and fill it with mercy and
let Allah (swt) deal with all your controversies.

وَاعْلَمُوا أَنَّمَا أَمْوَالُكُمْ وَأَوْلَادُكُمْ فِتْنَةٌ
وَأَنَّ اللَّهَ عِنْدَهُ أَجْرٌ عَظِيمٌ

Wa'lamoo annamaaa amwaalukum wa awlaadukum fitnatunw
wa annal laaha 'indahoo ajrun azeem

"And know that your possessions and your children
are but a trial and that surely, with Allah is a mighty reward."
[Quran 8: 28]2



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
Amanah	Responsibility
Assalam u Alaykum wa	May peace be with you and Allah's (swt)
Rahmatullah	mercy be upon you
Bismillah	In the name of Allah (swt)
Jazak Allah Khairun	May Allah (swt) reward you with good
Neh'ma	Blessing
Rehma	Mercy
Shaytan	Devil
Shirk	Associating partners with Allah (swt)The way of the
Sunnah	Prophet Muhammad (saw)

REFERENCES

- 1 Allah says concerning Nuh that He sent him to his people commanding him to warn them of the punishment of Allah before it befell them. He was to tell them that if they would repent and turn to Allah, then the punishment would be lifted from them. (Tafsir Ibn Kathir, Abridge Volume 10, page 178)
- 2 “And verily, everytime I called unto them that you might forgive them, they thrust their fingers into their ears, covered themselves up with their garments, and persisted and magnified themselves in pride.” (Quran 71:7)

Allah tells about His servant and Messenger, Nuh and that he complained to his Lord about the response he received from his people, and howe he was patient with them for this long period of time - which was 950 years. He complained due to his explaining and clarifying matters for them and his calling them to guidance and the straightest path. (Tafsir Ibn Kathir, Abridge Volume 10, page 181)
- 3 Allah’s reward, favor and Paradise are better for you than wealth and children. Certainly among the wealth and children there might be enemies for you and much of them avail nothing. With Allah alone is the decision and sovereignty in this life and the Hereafter, and He gives tremendous rewards on the Day of Resurrection. In the Sahih Hadith in which the Prophet (saw) said: “There are three qualities in which whomever has them, he will have tasted the sweetness of faith. (They are:) whoever Allah and His Messenger are dearer to him tan anyone else, however loves a person for Allah’s sake alone, and whoever prefers to be thrown in fire rather than revert to disbelief, after Allah has saved him from it.” Therefore, loving the Messenger of Allah (saw) comes before loving children, wealth and oneself. In the Sahih, it is confirmed that he (saw) said: “By He in Whose Hand is my soul! None of you will have faith unless I become dearer to him than himself, his family, his wealth and all people.” (Tafsir Ibn Kathir Abridge, Volume 4, page 296)

SYNOPSIS OF STORY

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

1. The period between the birth of Nuh (as) and the death of Adam (as) was 146 years to 10 centuries.
2. For many generations people were worshipping statues/paintings of the disciples of Idris (as) - the names are mentioned as Wadd, Suwa, Yaghuth, Ya uq, Nasr in the Quran, Chapter 71, verse 23.
3. Nuh (as) was instructed by Allah (swt) to remind them of tauheed - Allah is one and not to associate any partners with Him.
4. The disbelievers accused Nuh (as) as being a: 1) liar, 2) wanting fame and money.
5. They teased him, called him a mere human, a fool.
6. When he advised them about Allah they would put their fingers in their ears, covered themselves up with their garments and refused to listen or believe.
7. He continued preaching for some 950 years and only had a few believers. Allah (swt) revealed to Nuh (as) that no one else will be believing and instructed him to build a ship.
8. When water gushed out of Nuh (as) oven that was the sign that the flood was about to begin.
9. He rushed and told the believers and a pair of all the animals to board the ship.
10. Nuh (as) wife and son did not believe in the message of Nuh (as).
11. Nuh (as) son did not listen to come on the boat and believed he would be safe if he took refuge atop a mountain.
12. The water swallowed up Earth and all of the disbelievers perished and tauheed was re-established.

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

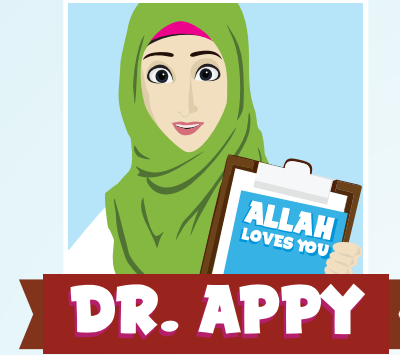
SERIES 6 TRANSITIONING INTO A TEENAGER

- 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.



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

