

Adventures with Dr. Appy



Anchoring Your Akhlaq – A Walk Through Humanity: Book 11/30

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 discuss male female relationships;
- 2 - Understand how Shaytan will sway you to follow at times unnatural and indecent and immoral acts;
- 3 - To understand the rights of a guest upon you, to be hospitable and welcoming along with an active member of your community.
- 4 - To develop an understanding that you only have control over your own actions, thoughts and behaviours, so work on yourself first before helping others.

I pray this book brings us and our families closer together and that we all are able to respectfully listen and discuss a plethora of topics comfortably. 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 Lut (as).
Let us begin by saying Bismillah!



In the city of Sodom the people were consumed.
Lut (as) was sent to reform as immorality and
indecent had become the norm



No one was listening, their sins
were truly crippling.
Lut (as) preached and he taught but
they just wanted him impeached.



It was just Lut (as) and his daughters, as even his wife was treading a different life.
Lut (as) became despondent and Allah (swt) was his respondent.



Three Angels descended by the Dead Sea,
for Shaytan was buzzing around just
like an annoying bee.
Lut's (as) daughters saw the men and
their father quickly did they fen.



Lut (as) rushed to be the host as the other citizens were engrossed. He tried to protect, but his wife's treachery he did not expect.



He tried to explain but the people did not use their brain. They were blinded by passion, and at his door, they did start smashing.



Lut^(as) felt defeated and
the Angels then comforted.
They explained their purpose,
which was to remove this burden.



The earth started to flip and
stones started to whip.
Everything was destroyed;
only the believers survived.



The moral of this story is to be mindful of one's passions and not engage in immoral actions.

For Allah (swt) will be displeased and Shaytan truly had you deceived.

For you to be eager to be the hostess with the mostess.

To be actively engaged in the wellbeing of your community for Shaytan only wants disunity.

اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ يَدَيَّ, وَمِنْ خَلْفِي, وَعَنْ يَمِينِي, وَعَنْ شِمَالِي وَمِنْ فَوْقِي, وَأَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي ُ

Allahummah-fazni min baini yadaiya, wa min khalfi, wa 'an yameeni, wa 'an syimali wa min fauqi, wa a'uzu bi'azomatika an ughtala min tahti

O Allah protect me from my front, behind me, from my right and my left, and from above me, and I seek refuge in Your Magnificence from being taken unaware from beneath me
(Sunan Ibn Majah)



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 أَسْتَوِدُّكَ مَا قَرَأْتُ وَمَا حَفِظْتُ
وَمَا تَعَلَّمْتُ فَارُدَّهُ لِي إِلَيَّ عِنْدَ 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 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
Jannah	Heaven
Shaytan	Devil
Shirk	Associating partners with Allah (swt).
Sunnah	The way of the Prophet Muhammad (saw)
Tauheed	Oneness of Allah

SYNOPSIS OF STORY

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

1. Lut (as) was the nephew of Ibrahim(as) who left Egypt and started to reside in Sadum, on the western shore of the Dead Sea
2. The people of Sadum were engaging in evil, robbing and killing travelers to engaging in immoral and indecent behaviour.
3. Lut (as) warned them of Allah's punishment but they were lost in there unnatural desires and refused to listen. (Quran Ch 26: 160-171).
4. No one was listening to Lut (as) including his own wife. The only believers in the city were Lut (as) and his daughters. (Quran Ch 66:10)
5. Lut (as) after years of preaching became despondent and prayed to Allah (swt) to grant him victory and destroy the corrupt. (Quran Ch 29:29)
6. The 3 Angels disguised as men that were visiting Ibrahim(as) with the glad tidings of Isaac (as) to Sarah (ra) left Ibrahim(as) and came to visit Lut (as).
7. Lut (as) daughter saw the men and was stunned by their beauty. She requested for the guests to wait there and not leave as she was afraid of the corruption that may ensue if other men saw them.

SYNOPSIS OF STORY

8. Lut (as) was informed of the guests and he became distressed and wanted to convince the guests not to take up residence in his town but also demonstrate the hospitality extended to guests.

9. Lut (as) wife informed the community of the guests and a mob of people came to engage in indecency. He pleaded with them to leave his guests alone and to engage in what is permissible with their wives.

10. The people roared with laughter at his sermon and blinded by passion broke down the door and Lut (as) stood powerless.

11. Seeing Lut (as) so distressed the guests informed him that they were indeed angels and that Allah (swt) had decreed that the city of Sadum should perish.

12. An earthquake flipped the city upside down and a storm of stones rained on the city, destroying everyone and everything except Lut (as) and his daughters. (Quran Ch 15:51-77 and 26:170-175)

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

