

Adventures with Dr. Appy

YUNUS (AS) SINCERITY

Anchoring Your Akhlaq - A Walk Through Humanity: Book 16/30

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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 - Instill sincerity in your child's heart about the love and mercy of Allah (swt);
- 2 - To understand that no matter how bleak the situation may look, call out to Allah (swt);
- 3 - Instill the strong conviction that Allah (swt) does everything for our betterment, even if we do not understand why certain things are happening;
- 4 - To become aware of the signs and examples left behind to teach us lessons, repent and come back to our Maker, the one we all will be returning to.

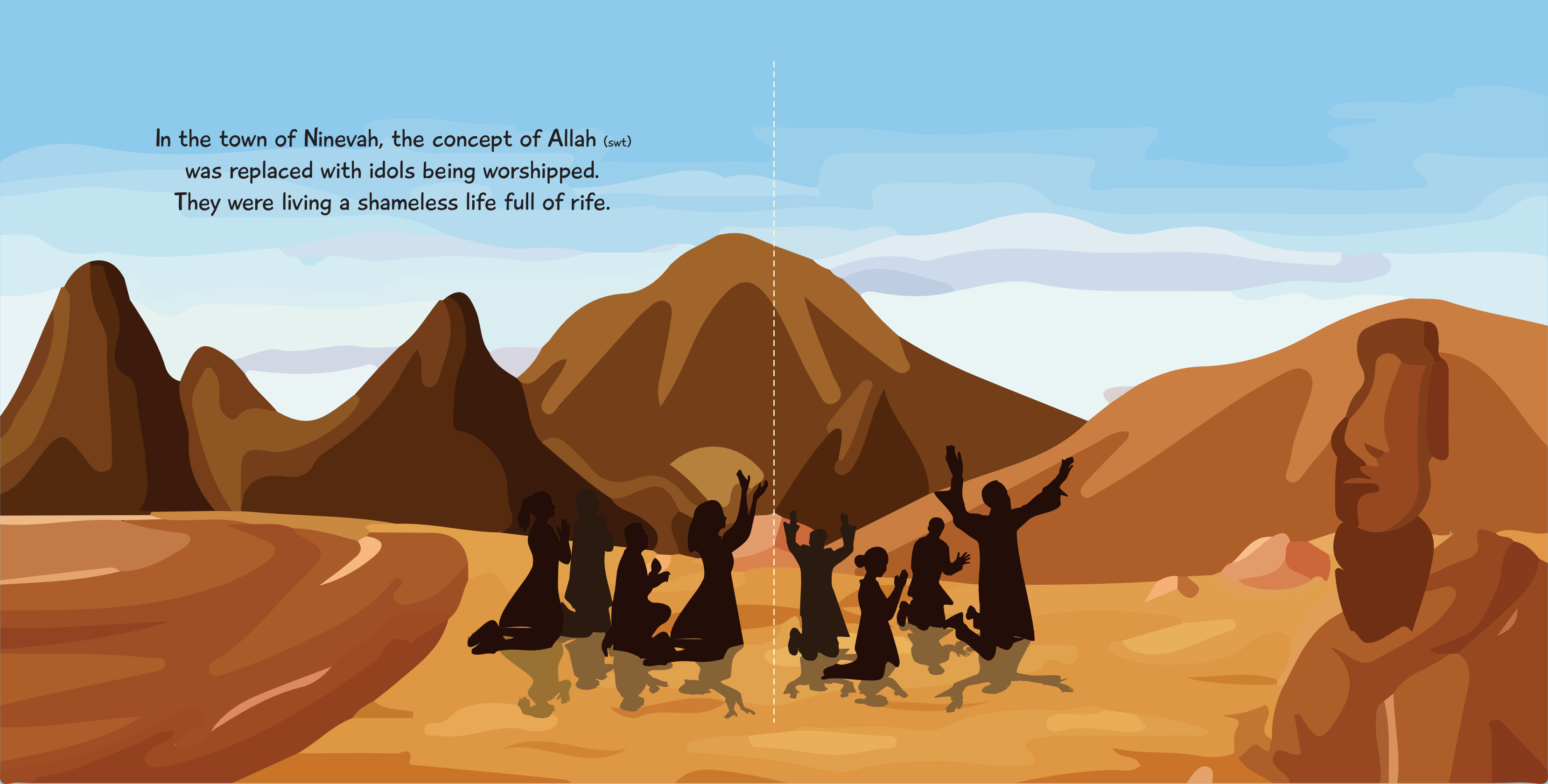
I pray this book brings us and our families closer together and that you both are able to see the love and mercy of Allah (swt) and find contentment in your heart over all your affairs. Ameen.

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

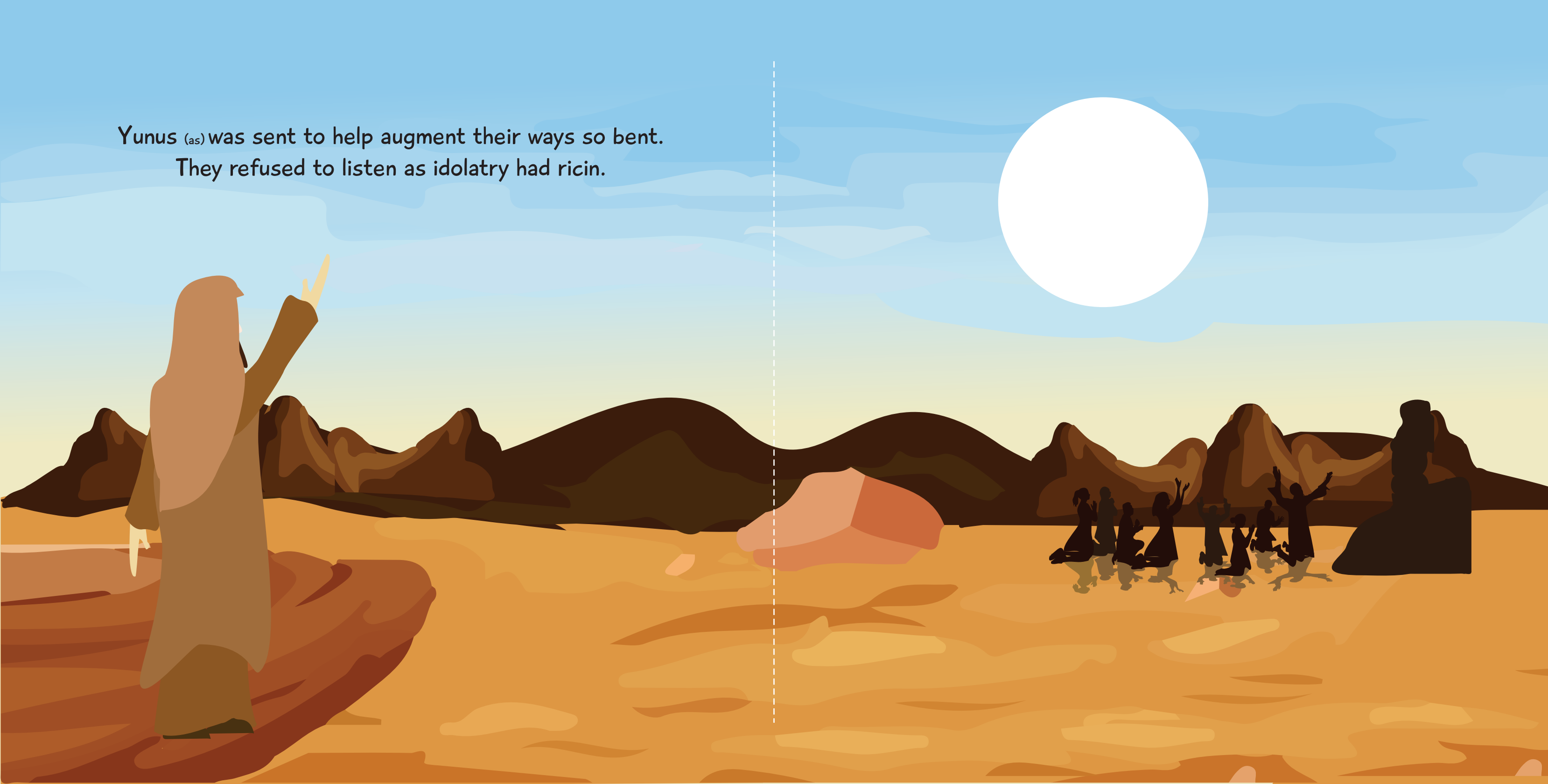
Today we will be exploring the story of Prophet Yunus (as).
Let us begin by saying Bismillah!



In the town of Ninevah, the concept of Allah ^(swt)
was replaced with idols being worshipped.
They were living a shameless life full of rife.

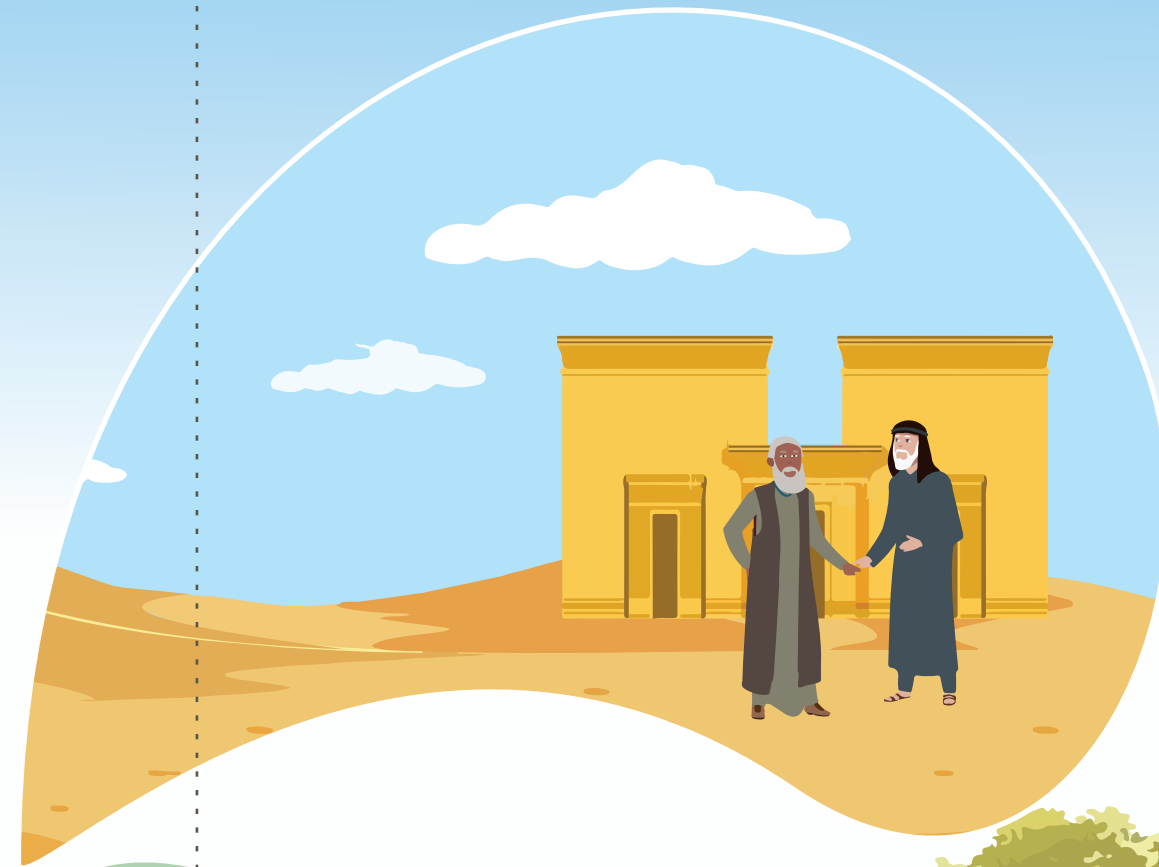


Yunus (as) was sent to help augment their ways so bent.
They refused to listen as idolatry had ricin.



Yunus (as) kept asking for their logic and all he received was our forefathers told us, so ethnologic.

Tauheed was gone indeed as Shaytan had very successfully sowed his seed.



Yunus (as) warned them about the forecoming doom that was about to loom.

Fear they did not show as Shaytan had them in his throes.



Disheartened and angry Yunus (as) decided to leave as he despondently grieved.

As soon as he left, the sky lit abright and the people realized then that Yunus (as) must have been right!



They all repented and accepted tauheed,
just as Allah (swt) had decreed.

They prayed for Yunus (as)
to return so they may truly learn.



Yunus ^(as) had boarded a small ship
which was about to flip.

They had to unload as the water was
turbulent for their abode.



They drew lots to see,
who would have to jump sea.
Not once, not twice but thrice,
Yunus (as) name was clear and he knew
it was time to jump with no fear.



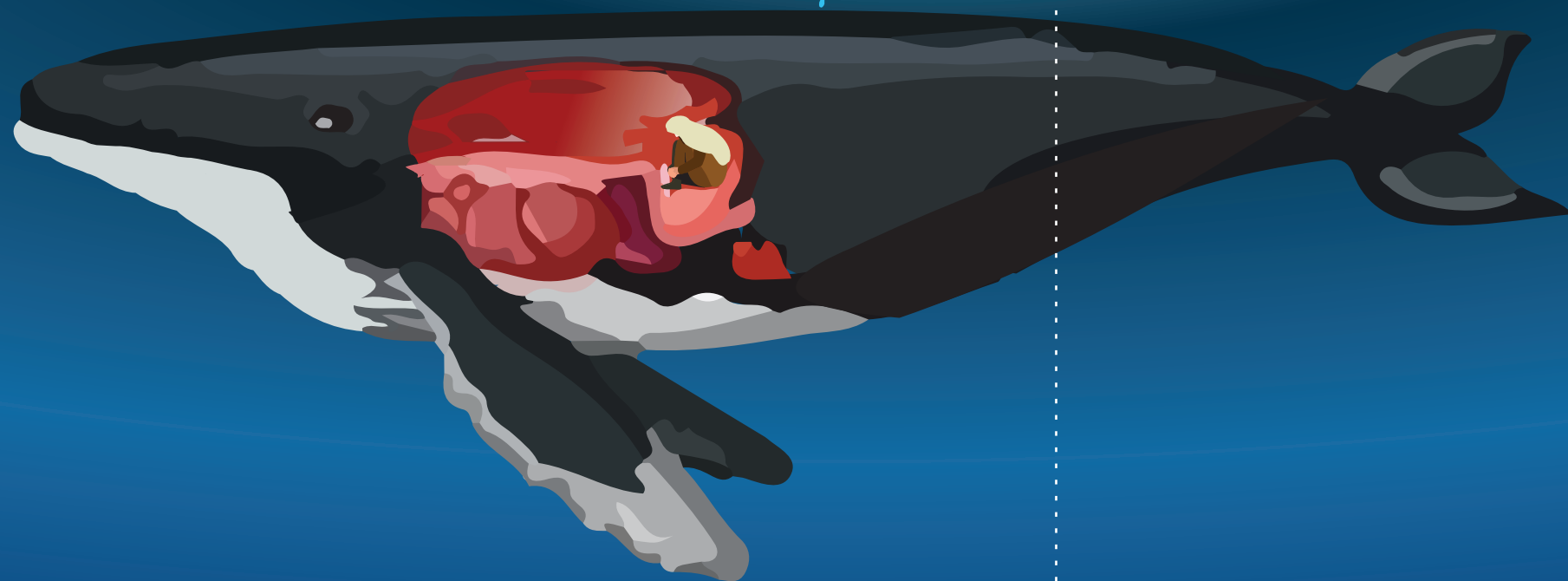
Into the belly of a whale he lay,
enveloped in three layers of darkness
he was unsure if he would ever see another day.

His senses were alert and his body he could move,
it is here where Yunus (as) was truly moved.



In the depths of the sea, the belly of the whale
in the darkness of the night he knew he was not right.

He repented to Allah (swt) for leaving his people
just yearning to be back at the steeple.



His sincerity is documented,
his dua is written for indeed he was lamenting.

The whale was instructed to eject and
on an island did he deck.



Despite being in pain, Yunus (as) just wanted Allah (swt) mercy and love to remain.

His health was restored and he returned to Ninevah with the community being overjoyed.



The moral of the story is to be sincere
to Allah (swt) in your worship.

To be aware of your actions and if you err to repent
and know with full conviction that Allah (swt)
has forgiven you.

I LOVE YOU
ALLAH! (SWT)

Zzzz

Zzzz

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

la ilaha illa anta subhanaka inneekuntu
mina aththalimeen

And he called out within the darknesses, "There is no deity except You; exalted are You.
Indeed, I have been of the wrongdoers."
[Surat Al-Anbiya: 87]

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 فَارُدَّهُ 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 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
Sunnah	The way of the Prophet Muhammad (saw)

SYNOPSIS OF STORY

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

1. The inhabitants of the town of Nineveh were idolators who lived a shameless life.
2. Allah (swt) sent Yunus (as) to re-establish tauheed but they rejected him saying their forefathers worshipped these gods and no harm has come to them.
3. They told Yunus (as) that they were not afraid of his threat. Yunus (as) was disheartened and angry he left them fearing that Allah (swt) wrath would befall soon. (Quran Ch 21:87).
4. Hardly had he left the city when the skies began to change color and looked as if they were on fire. The people were filled with fear and recalled the destruction of the people of A'ad, Thamud and Noah (as).
5. They all sought Allah (swt) forgiveness and accepted Islam and the storm was lifted and Allah (swt) showered His blessings on them again.

SYNOPSIS OF STORY

6. The people of Nineveh prayed for Yunus (as) to return and guide them.
7. Yunus (as) had boarded a small ship that was in turbulent water. They needed to unload and they drew lots for who would jump into the sea.
8. They drew the lots three times and each time Yunus (as) name was drawn. He accepted his fate and jumped into the sea.
9. A whale swallowed Yunus (as). He was now enveloped in 3 layers of darkness, one above the other; darkness of the whale's stomach, the darkness of the bottom of the sea and darkness of the night.

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

