

Adventures with Dr. Appy



ISHAC (AS) TRUSTING

Anchoring Your Akhlaq - A Walk Through Humanity: Book 9/30

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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 the trust in Allah and belief that everything will happen at the time decreed by Allah (swt)
- 2 - To never lose hope and constantly make dua, as not a dua is wasted and it is marked as an ibadah;
- 3 - To be hospitable to your guests, making them comfortable and offering them food and drinks;
- 4 - To listen to your parents advice and always maintain family relations understanding that breaking up the family is the core of ruining society and Shaytan works extra hard to do so.

I pray this book brings us and our families closer together and that we are able to trust Allah (swt) and His decree with contentment.

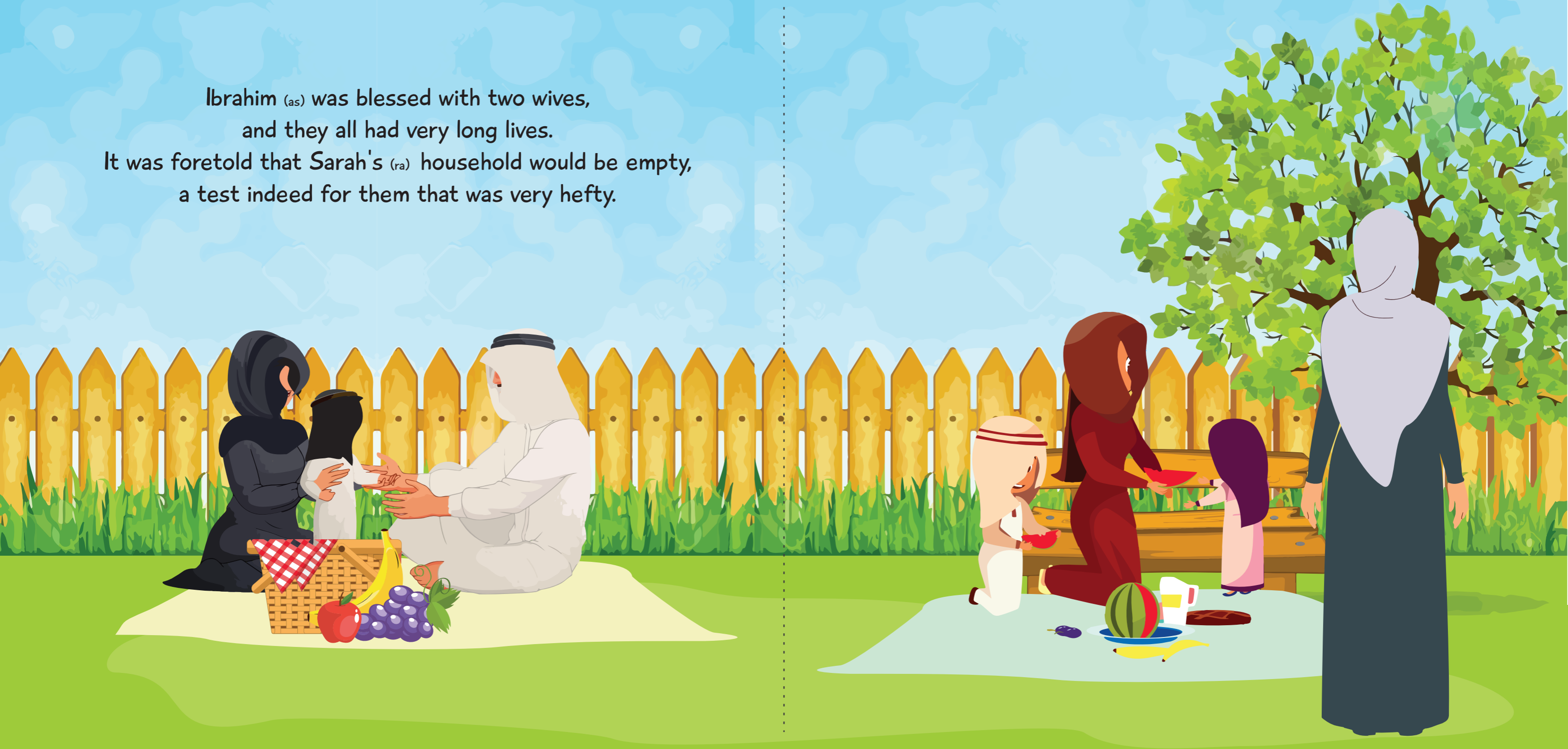
Ameen.

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 Is'hac (as).
Let us begin by saying Bismillah!



Ibrahim (as) was blessed with two wives,
and they all had very long lives.
It was foretold that Sarah's (ra) household would be empty,
a test indeed for them that was very hefty.



They both were super patient, surrendering to the decree of the Most Compassionate.

They both were now old, but lo and behold!
Three Angels arrived saying no longer shall you be deprived.



Sarah (ra) was preparing a calf and she started to laugh.
She said we are now retired but children are what we have always admired.



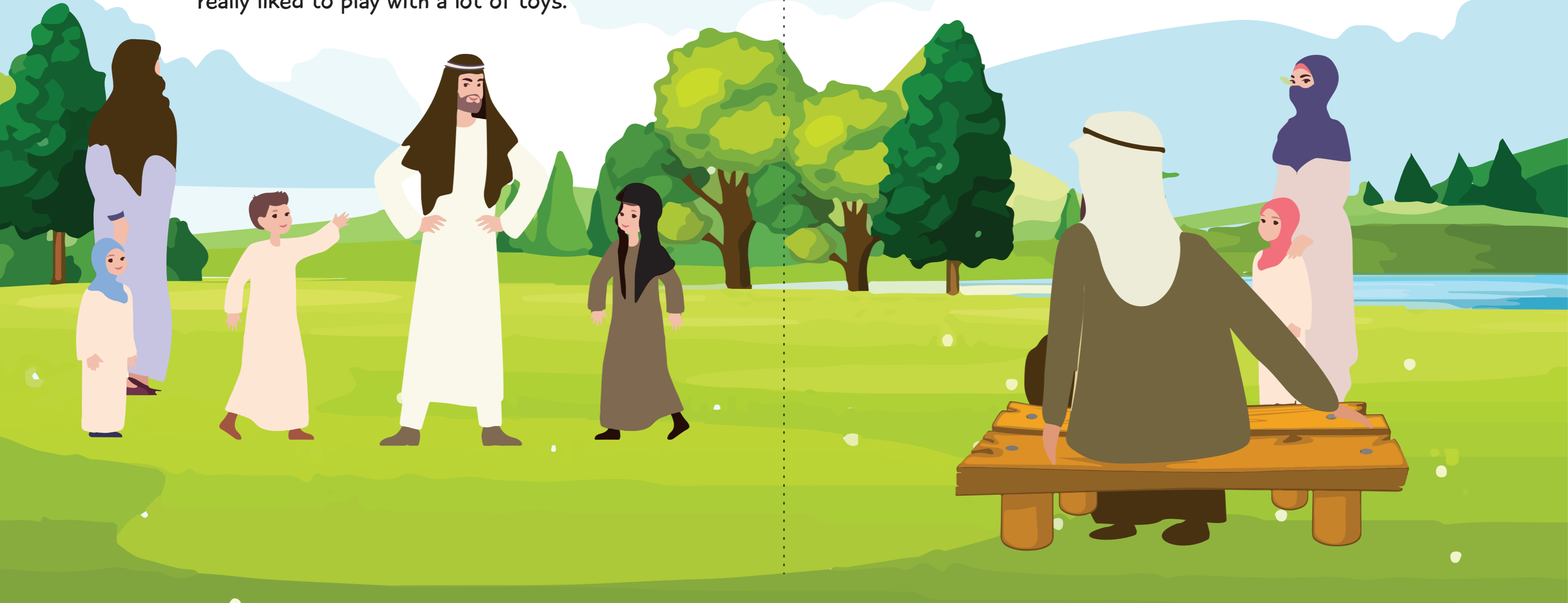
Allah (swt) blessed them with a son
and as a family they started to have fun.
Is'hac (as) was now a young man and Ibrahim (as)
felt he had lived his life span.



He wanted his son to marry and advised him of a potential suitor. Is'hac (as) trusted his father and said you can be my recruiter.



Is'hac (as) did indeed get married and his wife Rebecca (ra) started to carry. They were blessed with twin boys who really liked to play with a lot of toys.



The boys grew into men and unfortunately one fell into Shaytan's den.

Shaytan was zealous in making one very jealous.



He instilled in one the belief
that his brother was more favored.
He threatened to kill his brother, as all
Shaytan wanted was for them to break up!



Shaytan was again successful,
he truly is the devil.

He broke family relations and
was now sitting back in elation.



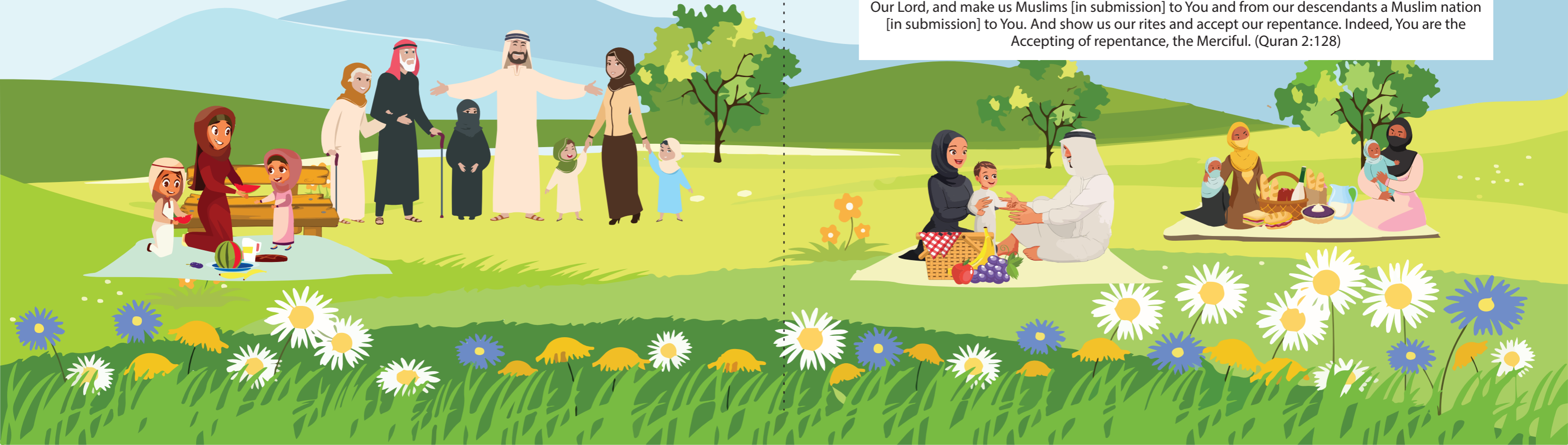
The moral of this story is to put your trust in Allah (swt), accept his decree and you shall surely succeed. To not be swayed by Shaytan and know that Allah (swt) always has the best plan.

Lastly, to nurture family relations as that is the strongest foundation.

رَبَّنَا وَاجْعَلْنَا مُسْلِمِينَ لَكَ وَمِنْ ذُرِّيَّتِنَا أُمَّةً مُسْلِمَةً لَكَ
وَأَرِنَا مَنَاسِكَنَا وَتُبْ عَلَيْنَا إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ

Rabbana waijAAalna muslimayni laka wamin thurriyyatina
ommatan muslimatan laka waarina manasikana watub
AAalayna innaka anta alttawwabu alrraheemu

Our Lord, and make us Muslims [in submission] to You and from our descendants a Muslim nation [in submission] to You. And show us our rites and accept our repentance. Indeed, You are the Accepting of repentance, the Merciful. (Quran 2:128)



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
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)
Tauheed	Oneness of Allah

SYNOPSIS OF STORY

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

1. Ibrahim(as) was blessed with two wives. His first wife was Sarah (ra). They were not blessed with a child for a long long time.
2. Until one day some guests visited Ibrahim(as) and he asked his wife Sarah (ra) to prepare some food for them.
3. The guests did not eat and said we are here to give you the glad tidings of a son - Is'hac (as).
4. Sarah (ra) heard the glad tidings and started to laugh as she was old, but Allah (swt) had willed for them to have this son.
5. Ibrahim(as) felt like his life was drawing to an end and he wanted to see his son Ish'ac (as) get married.
6. Ibrahim(as) advised his son to marry his brother's daughter. Ish'ac (as) agreed and married Rebekah (ra).

SYNOPSIS OF STORY

7. Ish'ac (as) and Rebekah (ra) had twin boys - Esau and Ya'qub (as)
8. When the twin boys grew into men, Esau became jealous of Ya'qub (as) as he was favoured by his father and Allah (swt).
9. Esau became so jealous he threatened to kill Ya'qub (as) so Ya'qub (as) fled the country.

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

