

Adventures with Dr. Appy



SULEIMAN (AS) HUMILITY

Anchoring Your Akhlaq – A Walk Through Humanity: Book 23/30

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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 in your heart to be grateful for all the blessings we have from our wealth to our health. Allah (swt) says that if you are grateful, He will bless you with more;
- 2 - To understand that all these blessings are a test from Allah (swt) and to use them for His disposal. We shouldn't show off or become boastful, rather be humble at all times;
- 3 - To learn that blessings can come in the form of good events to even bad events, how we cope depends on our choice;
- 4 - To remember that Allah (swt) only wants good for us, so say Alhamdulillah when in bliss and if in distress be patient and thank Allah under all condition.

I pray this book brings us and our families closer together and that we all humble ourselves before Allah (swt) and are filled with gratitude towards our Maker. 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 Prophet Suleiman (as).
Let us begin by saying Bismillah!



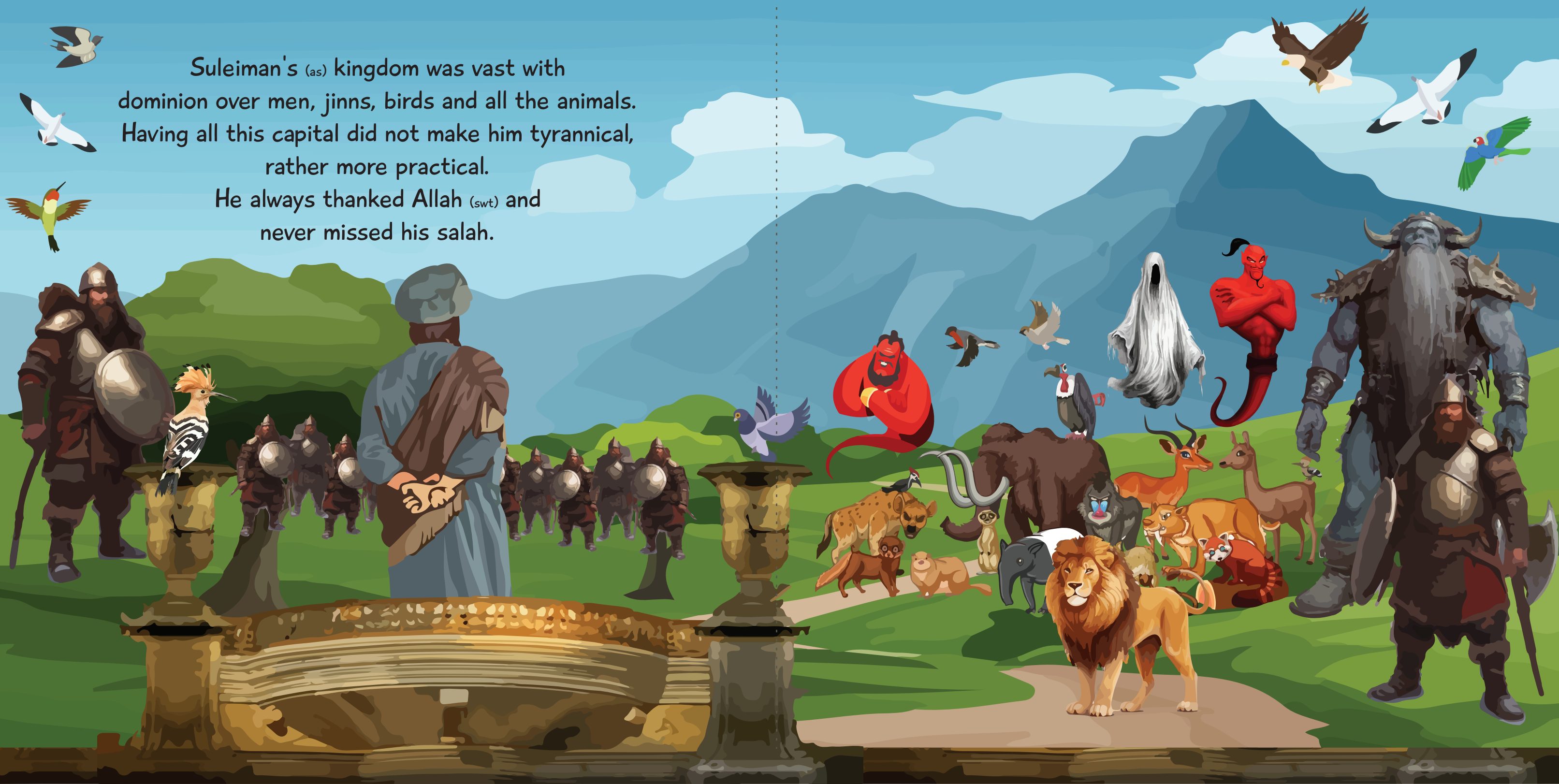
After the passing of King Dawood (as) his son,
Suleiman (as) took the throne.

He loved to play with horses but
this desire of his took him off course.

He missed his salah but very quickly realized that
Shaytan had had him hypnotized.



Suleiman's (as) kingdom was vast with dominion over men, jinns, birds and all the animals. Having all this capital did not make him tyrannical, rather more practical. He always thanked Allah (swt) and never missed his salah.



Suleiman (as) was able to understand the language of all the animals, including the ant worried about the damages.

He never became boastful and always thanked Allah (swt) for everything at his disposal.



In Jerusalem he built the First Temple
and was always vigilant with his talk.

He was a great leader and
Shaytan could not get him to detour.



Suleiman's ^(as) humility was ever present
as he repeatedly turned to Allah ^(swt)
for that brought him tranquility.

He was the most humble and Shaytan
could never get him to crumble.



One day the Hoopoe bird went missing and upon his return Suleiman (as) was forgiving.

Hoopoe brought forth information that Bilqis was heading down a path of damnation.



Suleiman (as) wanted to spread the message of tawheed and the Queen decided to visit him indeed.

He wanted to impress her, so he asked who can bring her throne here like a connoisseur.



He ruled with justice but the jinns were starting to create a ruckus. The jinns said they could predict the future and Suleiman (as) wanted this lie immediately sutured. Suleiman (as) enforced his dominion and made them work outside in everyone's vision.



His presence was so strong he watched
the jinns work and passed away all along.

An ant started to eat away at his staff and
days later did they realize that he had passed.



The moral of the story is that we should always be grateful for all the blessings Allah (swt) has given us.

We shouldn't boast and show off, rather say thank you to Allah and worship Him more.

وَإِذْ تَأْتِيَنَّكُمْ رِيبٌ مِّنْ رَبِّكُمْ لِأَنَّ شَكَرْتُمْ لَأَزِيدَنَّكُمْ
وَلَئِنْ كَفَرْتُمْ إِنَّ عَذَابِي لَشَدِيدٌ ۗ

Wa iz ta azzana Rabbukum la'in shakartum la azeedannakum wa la'in kafartum inna 'azaabee lashadeed

And 'remember' when your Lord proclaimed, 'If you are grateful, I will certainly give you more. But if you are ungrateful, surely My punishment is severe.'" (Quran 14:7)

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. Suleiman (as) inherited the kingdom from his late father Dawood (as). Allah (swt) also made him a prophet.
2. Suleiman (as) loved horses and he was playing with his horse and missed Asr. When he realized he was caught up in the materialism of the world he immediately asked for the horses to be returned. (Quran 38:30-40).
3. Suleiman (as) had power and dominion over men, jinns, birds and animals. He also understood the language of animals.
4. One day his army was marching and an ant cried saying "run into your dwellings lest Solomon and his hosts crush you while they perceive not." Suleiman (as) heard, smiled and showed his gratitude to Allah (swt) for the blessings of understanding and control.
5. In Jerusalem he built a temple known currently as "The Dome of the Rock."
6. He went on a pilgrimage to Mecca and on the way he saw the water systems and wanted to build this in Jerusalem.

SYNOPSIS OF STORY

7. He gathered his army and noticed one bird missing - The Hoopoe bird. The bird eventually came and Suleiman (as) was getting angry but this subsided when the bird said that he brought forth information about Queen Bilkis/Bilqis of Sab'a where satan had entered into her heart.

8. Suleiman (as) sent a letter to Bilqis with gifts. She accepted and returned his gesture with gifts and wanted to know about his army.

9. Suleiman (as) rejects her gifts saying Allah (swt) has given him plenty and that his only objective was to spread tauheed.

10. The Queen decides to visit Suleiman (as) herself. Prior to her arrival Suleiman (as) wanted to bring her throne to his house, a jinn by the name of Ifrit said he would bring it within a blink of an eye although he was in Palestine and the throne was in Yemen.

11. The Queen was impressed and Suleiman (as) also judged her to be intelligent and diplomatic. She was walking in his house and was about to set foot on a glass floor that was shimmering, she lifted her skirt slightly and Suleiman (as) assured her that it was solid glass.

12. The Queen repented from worshipping the sun and accepted Islam. (Quran 27:20-44)

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

