

Adventures with Dr. Appy



MARYAM (AS) MODESTY

Anchoring Your Akhlaq – A Walk Through Humanity: Book 27/30

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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.

ISBN

Electronic: 978-1-990398-56-8

Hardcover: 978-1-990398-57-5

Paperback: 979-8-375033-93-8

Dear Parents

The purpose of this book is as follows:

- 1 - To never to lose hope in Allah (swt) and continue praying and making dua;
- 2 - To understand that Allah (swt) gives to whom He wills and pray for contentment in our heart for what we have;
- 3 - Instill in your heart that we should carry ourselves with a high degree of dignity and integrity be it from our words to our clothes;
- 4 - To trust Allah (swt) plan and do our best to ensure we are on the right path.

I pray this book brings us and our families closer together and that we all preserve our modesty in all domains. Ameen.

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

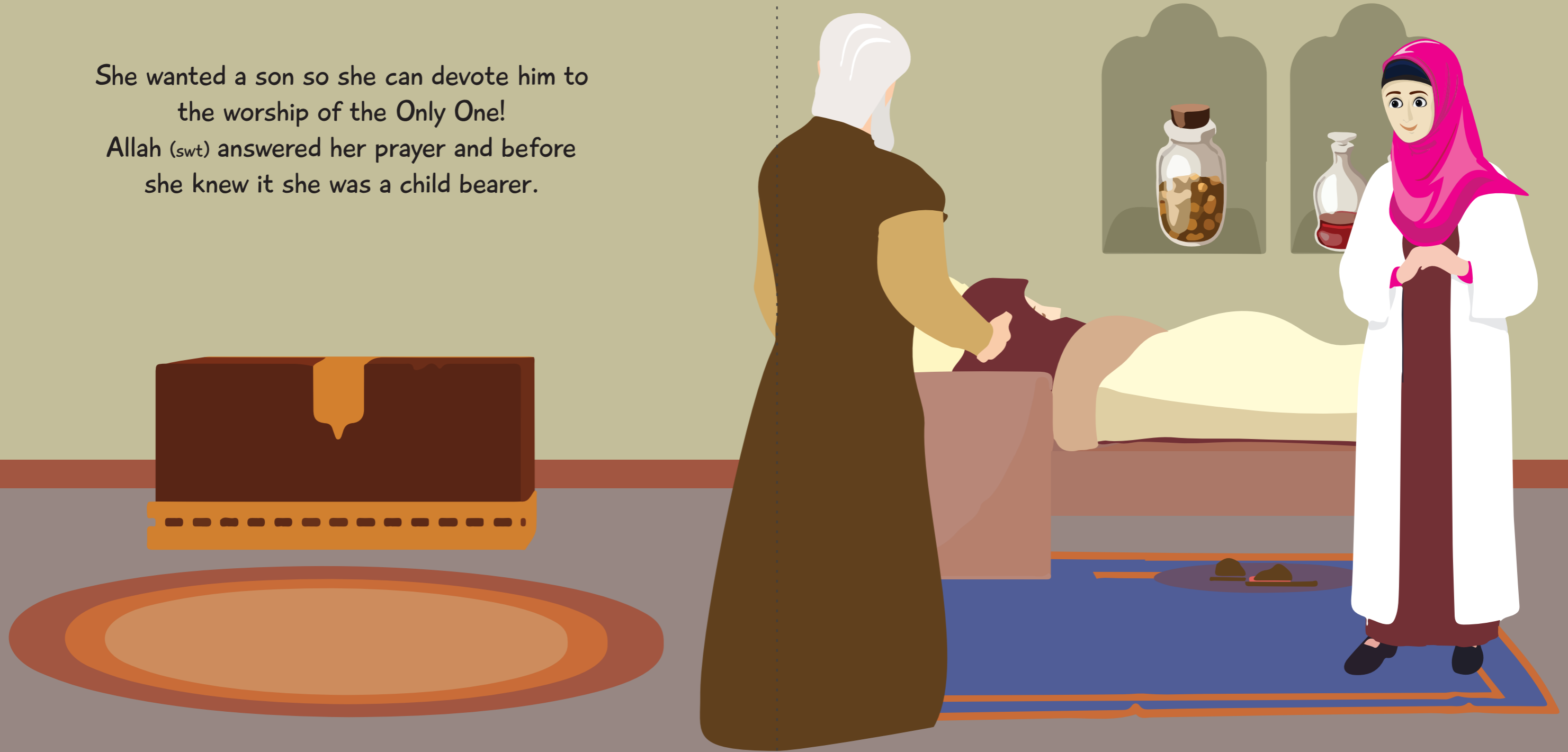
Today we will be exploring the story of Prophet Maryam (as).
Let us begin by saying Bismillah!



Hannah and Imran (ra) were meant to be barren as per Allah's (swt) plan. Hannah (ra) yearned and she prayed, every year she had tears but to Allah (swt) she was very near.



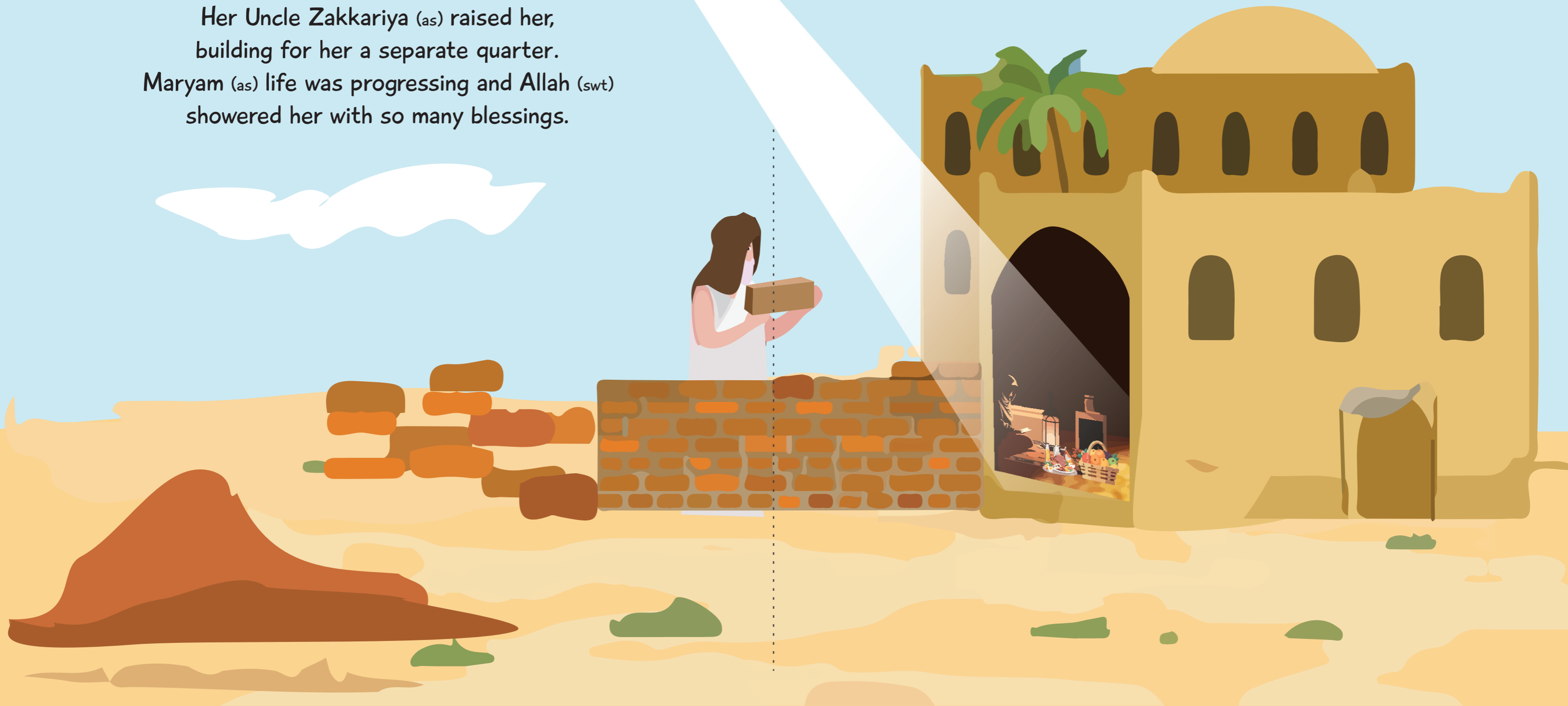
She wanted a son so she can devote him to
the worship of the Only One!
Allah (swt) answered her prayer and before
she knew it she was a child bearer.



It was time for the baby to enter the world but
to her bewilderment it was a girl.
She was caught in a conundrum as girls were not
accepted into the temple as per their custom.

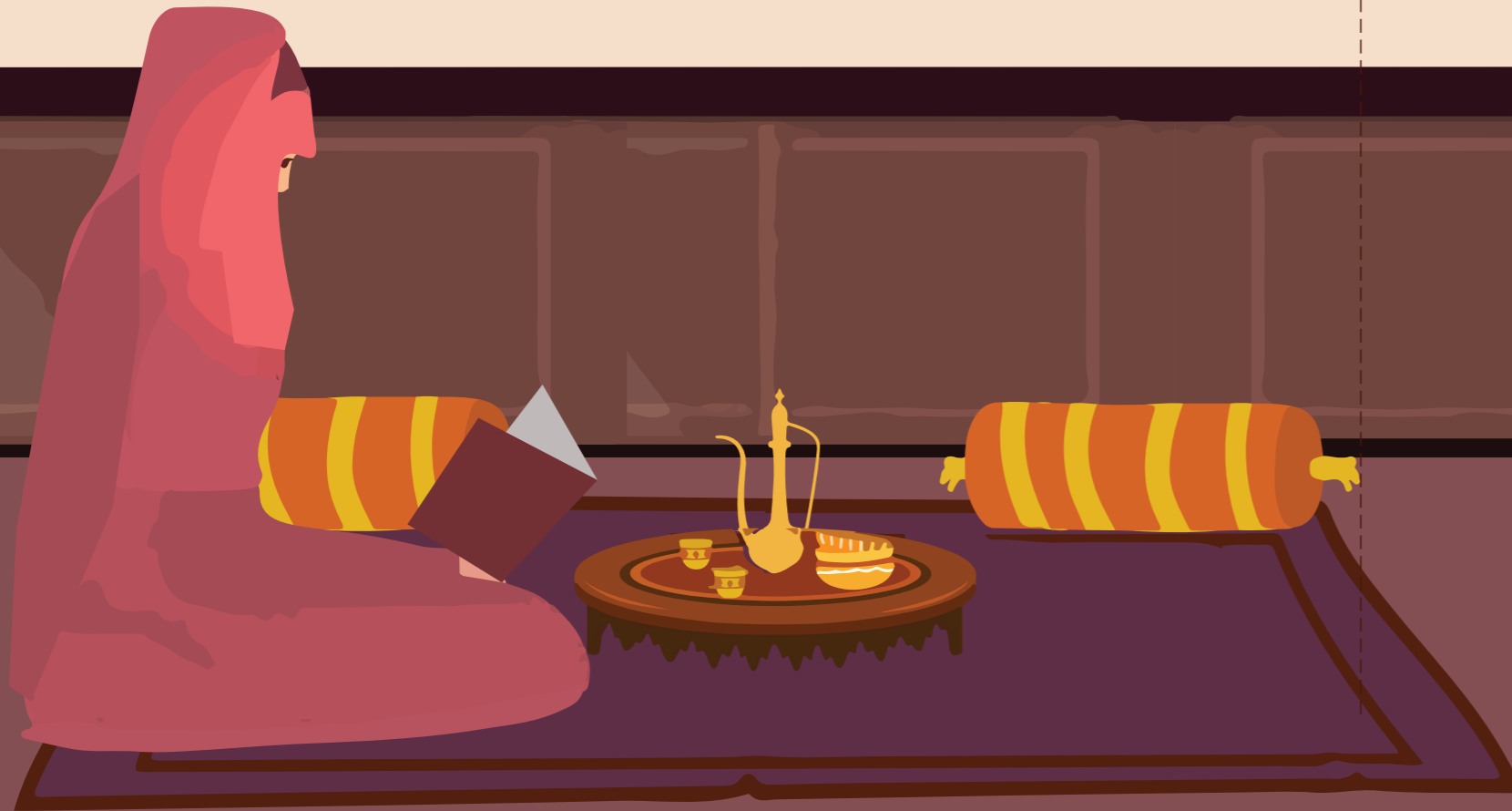


Her Uncle Zakkariya (as) raised her,
building for her a separate quarter.
Maryam (as) life was progressing and Allah (swt)
showered her with so many blessings.



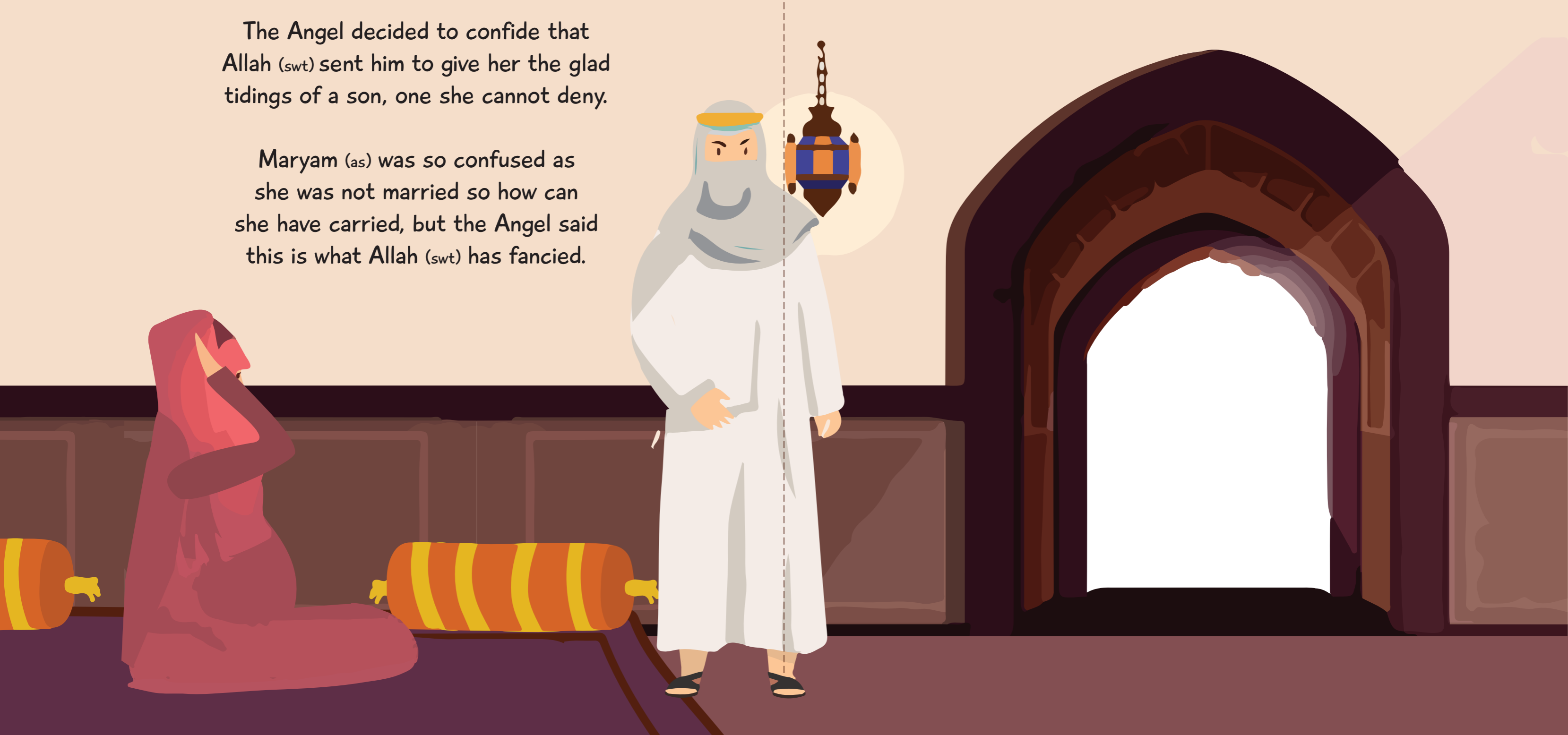


Allah (swt) chose her for a great mission,
a man entered her room with no permission.
She sought refuge in Allah, terrified
as to how he got inside.
She was very modest,
her character was flawless.

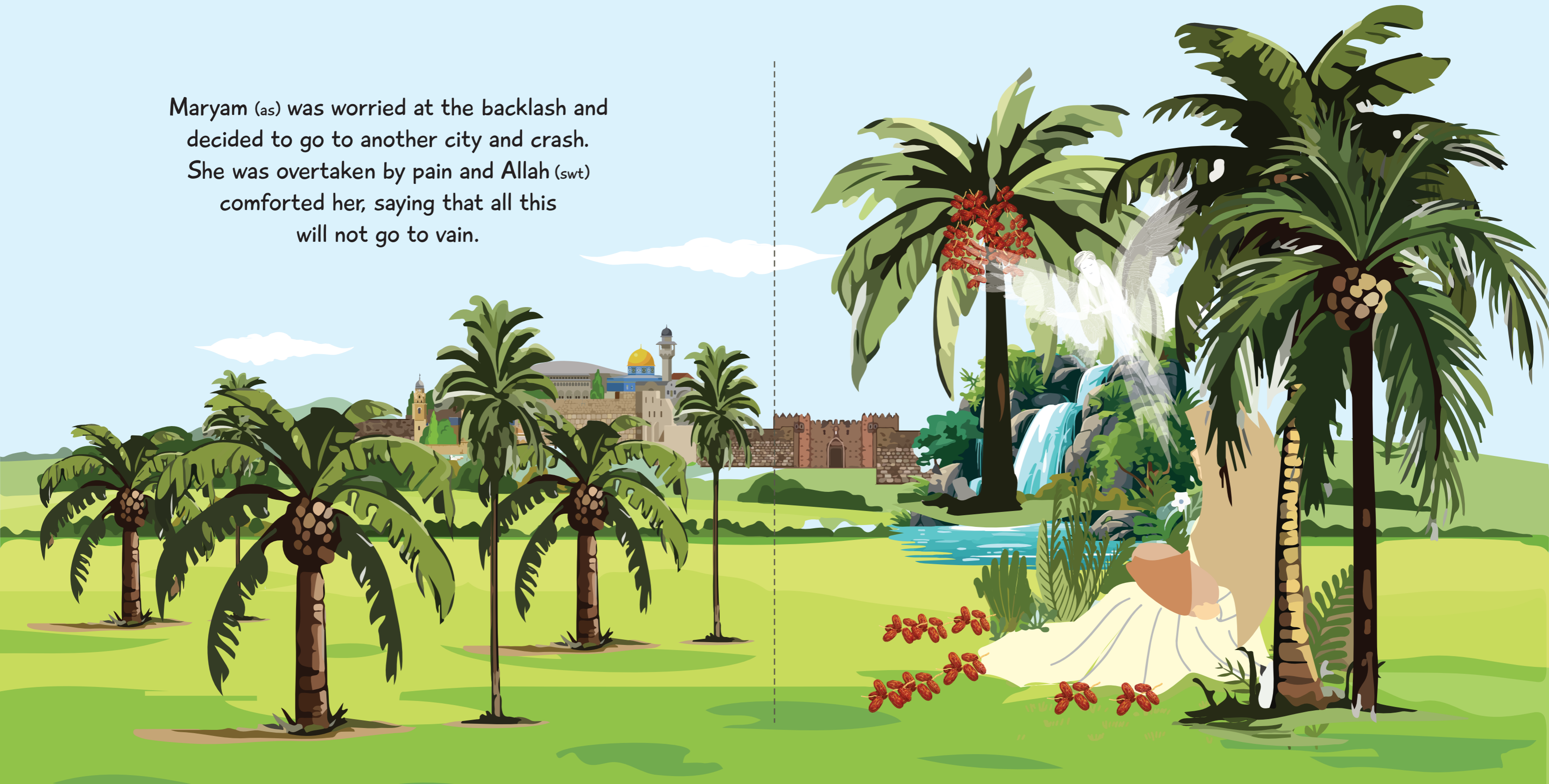


The Angel decided to confide that Allah (swt) sent him to give her the glad tidings of a son, one she cannot deny.

Maryam (as) was so confused as she was not married so how can she have carried, but the Angel said this is what Allah (swt) has fancied.



Maryam (as) was worried at the backlash and decided to go to another city and crash. She was overtaken by pain and Allah (swt) comforted her, saying that all this will not go to vain.



Her baby Esa (as) was born who comforted his mother, saying I am here just to warn. She returned to her city and everyone had comments so witty, until Esa (as) spoke to the entire community.



The moral of the story is that one should never give up praying to Allah (swt). To be modest in their character. To always carry oneself with dignity and integrity, and try to please only Allah (swt).

قُلْ يَاعِبَادِيَ الَّذِينَ أَسْرَفُوا عَلَىٰ أَنفُسِهِمْ لَا تَقْنَطُوا
مِن رَّحْمَةِ اللَّهِ إِنَّ اللَّهَ يَغْفِرُ الذُّنُوبَ جَمِيعًا
إِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ ٥٣

Qul yaa'ibaadiyal lazeena asrafoo 'alaaa anfusihim laa taqnatoo mirrahmatil laah; innal laaha yaghfiruz zunooba jamee'aa; innahoo Huwal Ghafoorur Raheem

Say, 'O Prophet, that Allah says,' "O My servants who have exceeded the limits against their souls! Do not lose hope in Allah's mercy, for Allah certainly forgives all sins.1 He is indeed the All-Forgiving, Most Merciful. (Quran 39:53)

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 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)
Tauheed	Oneness of Allah

SYNOPSIS OF STORY

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

1. Prophet Zakkariya (as) sister (Hannah ra) was married to Imran (ra) a leader for the Israelites.
2. They were childless for years and everytime Hannah (ra) saw another woman with a child she yearned towards Allah (swt) for the same.
3. One day Hannah (ra) turned to Allah (swt) and prayed for a child whom she would dedicate to Allah's (swt) service.
4. She concieved and was the happiest woman on earth and was going to offer her baby in the serivces of Allah (swt) at the temple of Jerusalem.
5. She expected to have a boy, but it was a girl. Allah (swt) said the male is not like a female and he names her Mary (as) and blessed her and her children.
6. Hannah (ra) had a dilemma in fulfilling her promise to Allah (swt) as females were not accepted into the temple.
7. Her brother Zakkariya (as) comforted her and said Allah (swt) knew best what she had. She wrapped Maryam(as) and handed her to her brother to raise her in the temple.
8. Zakkariya (as) built a separate room for Maryam(as) in the temple. As she grew up she spent her time in the devotion of Allah (swt).
9. Zakkariya (as) visited her daily and saw she had frest fruits out of season and she informed him they are gifts from Allah (swt).
10. Maryam(as) is of high status in the eyes of Allah (swt) and it is narrated she is one of the four best women in the world, the other three being Asiya, Khadija and Fatima (ra).
11. One day when Maryam(as) was praying an Angel in the form of a man appeared before her. She was filled with terror and tried to flee while praying to Allah (swt). (Quran 19:18-21).

SYNOPSIS OF STORY

12. The Angel informed her that he is a messenger from Allah (swt) to give her the glad tidings of a righteous son. She was confused as she was not married and the Angel said this is how Allah (swt) has willed.

13. Maryam(as) was very anxious and as the months passed she was unsure how to face the world with a son when she had no husband.

14. With a heavy heart she left the temple and went to Nazareth, the city in which she had been born and settled into a simple farm to avoid the public.

15. She constantly worried what would happen as she came from a noble family and no one ever engaged in immoral behaviours.

16. After some months she left Nazareth to get away from the depressing atmosphere. She had reached Bethlehem when she was overtaken by labour pains.

17. She sat down against a palm tree and prayed to Allah (swt) for help and even wished she was dead as she was unable to bear the stress of what was to happen when she came with her son.

18. A voice came telling her not to grieve and to shake the palm tree and eat the dates. She ate the dates and drank from the river. She was comforted by Allah (swt) miracle as this was a sure sign of her innocence and purity.

19. Maryam(as) decided to return to Jerusalem but was filled with worry and this is when her baby Esa (as) spoke and informed his mother to say that she has taken a vow to fast for Allah (swt) and not speak to anyone.

20. Maryam(as) was comforted by her son and proceeded to enter the city. All the inhabitants scolded her but when Esa (as) spoke they realized that this must be from Allah (swt). (Quran 19:27-33).

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 Zakariyah (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) accept all our efforts and grants us Jannah with no reckoning. Ameen.

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