

Adventures with Dr. Appy



**PEOPLE OF
THE CAVE
PROACTIVE**

Anchoring Your Akhlaq – A Walk Through Humanity: Book 29/30

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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 - To protect ourselves from the trials, challenges and corruption of Dajjal;
- 2 - To engage in a discussion of however over the course time corruption and immorality has become the norm again;
- 3 - To remind us that there will be no more prophets coming as Muhammad (saw) was the last one;
- 4 - To realize the end times are here and to be proactive and prepare for our akhira.

I pray this book brings us and our families closer together and that we all make a game plan as to how we will achieve jannah and navigate ourselves in this world preparing for the arrival of the Dajjal. 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 People of the Cave.
Let us begin by saying Bismillah!



One of the greatest trials of our time shall be of Dajjal, so protect yourself and do not fall. We must prepare and be aware as Dajjal certainly will not care.



Protect yourself and be pro-active as Dajjal's abilities will be very attractive, as Do not underestimate his power as the world has been preparing for centuries for his arrival.

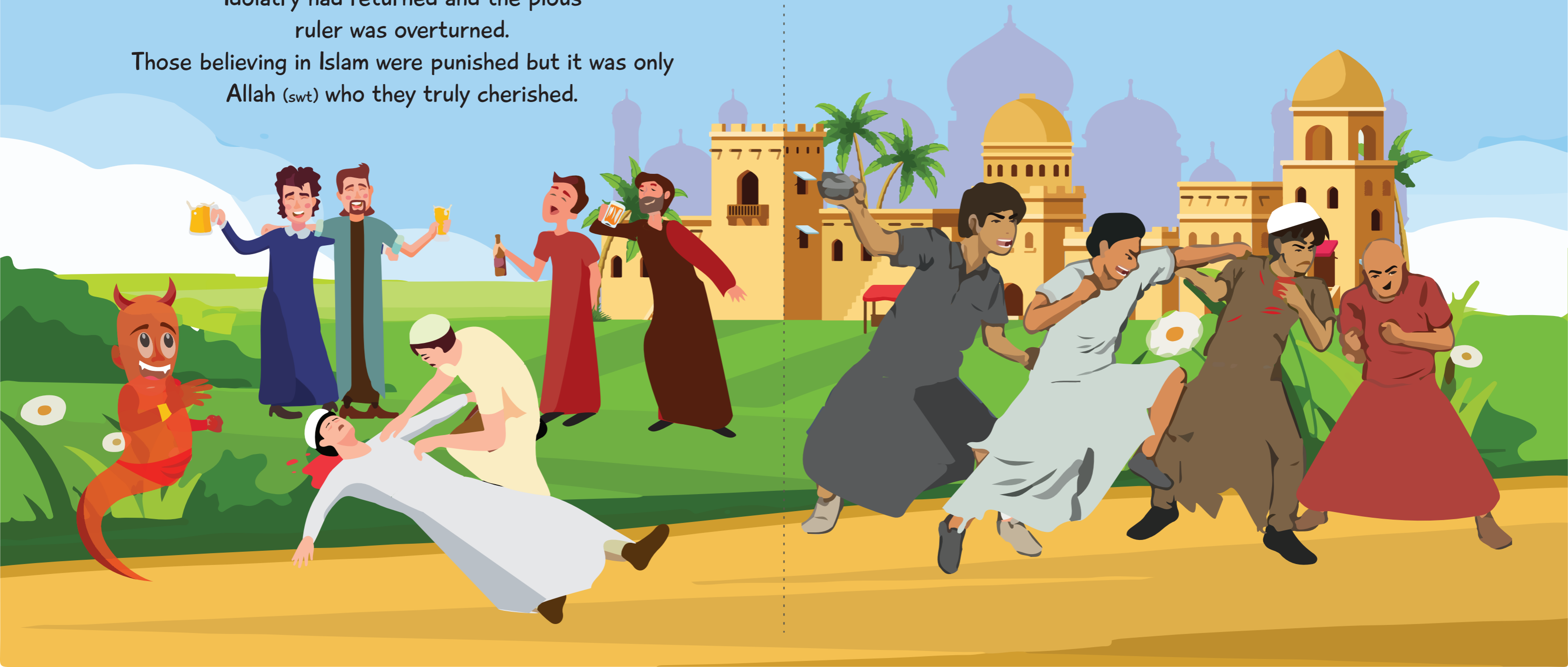


After Esa (as) was lifted the responsibility to spread Islam was shifted. His disciples took the reins but Shaytan's whisperings always remained.



Idolatry had returned and the pious ruler was overturned.

Those believing in Islam were punished but it was only Allah (swt) who they truly cherished.



Seven youngsters decided to escape,
hiding in a cave with some grapes.
After they ate they decided to sleep,
while Allah (swt) managed their upkeep.



Over 300 years did they rest as
these young men were truly blessed.
When they awoke, they thought it had
only been a day or less.



They were super hungry and one of them
went searching for breakfast.
As he returned, the city had changed and
he was feeling quite estranged.



They were brought to the king who immediately
knew this was a real thing.
They were commemorated and loved,
as Islam was now accepted.



The moral of the story is to be pro-active in all your endeavors and that all you have to do is make the effort, success is always from Allah (swt).

رَبِّ إِنِّي لِمَا أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ فَقِيرٌ

Rabbi innee limaa anzalta ilayya min khayrin faqeer

“My Lord, indeed I am in need of whatever good You would send down to me.” (Quran 28:24)

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. It is recommended for us to recite Surat Al-Kahf every Friday to help against the trials posed by Dajjal. It is in this surah that the story of the people of the cave is mentioned.
2. A king named "Duqyânus" ordered the people in his territory "Afsus" (nowadays Turkey) to worship the idols.
3. One of the disciples of Esa (as) was spreading the message of Islam and some youngsters accepted Islam and rejected the idols.
4. The king was informed about them and was told, "Those people left your religion, and mocked and defied your idols." The king called them to his court and ordered them to leave Islam. He threatened them with killing if they declined.
5. The seven youngsters escaped and hid in a cave in the mountain with their dog.
6. The young men were certain that Allâh, by His Mercy, would protect them from harm. They sought refuge with Allâh, tabâraka wa ta`âlâ, and started making supplication to Him and said, "O Allâh, grant us Mercy from You, and prepare (create) good matters for us."
7. They fell asleep in the cave and the gust of the wind would not annoy them and the rumble of the thunder would not awaken them. When the sun rose it did not hit them with its high heat, as a sign of their rank. When rising, it moved to the right of the cave; and when setting, it passed by its left. They did not get much of its heat or of its sunbeams, neither at the beginning of the day nor at its end. As a result, their color did not change and their clothes did not wear out.
8. After three hundred nine years of sleep, Allâh woke them up. They could not stand the hunger they had. They asked one another about the length of the stay. One of them said, "We stayed one day or less than a day." and the storm was lifted and Allah (swt) showered His blessings on them again.

SYNOPSIS OF STORY

9. Another one said, “We went to sleep this morning and now the sun is getting ready to set.” The fourth one said, “Let us stop wondering. Allâh knows best how long we stayed. Anyhow, let us send one of us with some money to bring us some food. That person must be alert and smart. No one should recognize him, or else he would be followed. Then King Duqyânus and his followers would be told. They would know of our place and would inflict various types of torture on us until they deviate us from our Religion.”

10. King Duqyanus had passed away and a pious Muslim King was currently ruling the city.

11. The young man sent to find food reached the city of “Afsus”. He was fearful and watchful. The changes in the landmarks and the structure of the buildings surprised him. That area used to be an open land for the sheep to graze; now there were high castles. Other castles had collapsed. There were scenes he was not familiar with and faces he did not recognize.

12. His eyes glance became unstable; he looked confused and hesitant. Nervousness and agitation appeared in his glances and footsteps. Someone turned around and asked him, “Are you a stranger to this city, and what are you looking for?”

13. He said, “I am not a stranger and I am looking for food to buy. I did not find the place where I used to buy food.”

14. The man held his hand and took him to the owner of the restaurant. The young man took his money out and gave it to the seller. The seller wondered, because the money had the picture of King Duqyânus on it. That king died three hundred or more years before. He thought the young man had discovered a treasure and that he had a wealth of money in his possession. People gather around him and took him to the righteous king.

15. The news of the young man reached the king before his own arrival. The king was in fact waiting for him eagerly, because he had heard the story of the youngsters from his grandfather. When the young man came, the king asked him about his story.

16. The story of the people of the cave went as described Allâh made it for people a reminder, a lesson, and a proof of His Great Power.

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

