

Adventures with Dr. Appy



MUHAMMAD (SAW) TRUSTWORTHY

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

Written by:
Dr. Appy

Illustrated by:
Mr. Majid

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

Copyright @ 2021

All rights reserved. No part of this book may be reproduced or used in any manner without permission of the copyright owner, except for the use of quotations in a book review.

A special dua is requested for Brother Majid whose creativity has allowed for these series to come alive.

ISBN

Electronic: 978-1-990398-62-9
Hardcover: 978-1-990398-63-6
Paperback: 979-8-375034-57-7

Dear Parents

The purpose of this book is as follows:

- 1 - Instill into your childrens' heart that we must be completely submitted to the will of Allah (swt).
- 2 - Teach them about Ar-Ridaa and acceptance or being pleased with Allah (swt) in happiness and affliction;
- 3 - Remind your children to be compassionate even for those that may hurt him/her;
- 4 - Teach them that we should emulate the Prophet (saw) and constantly make da'wah and be proud to be Muslims.

I pray this book brings us and our families closer together and the love of the Prophet Muhammad (saw) is instilled in all of our hearts. 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 Muhammad (saw).
Let us begin by saying Bismillah!



The last Prophet on earth had
a miraculous birth.
He was born an orphan
but had great fortune.



His heart was cleansed, and for him
the Angels would descend.
He became a shepherd which taught
him to be very centered.



Despite not having a father his childhood
was filled with laughter.

At the tender age of six, he was on his way to
Madinah when his mother returned to Allah (saw).

Allah (swt) is our Maker and for a short time our
Prophet's (saw) grandfather became his care-taker.



Fate had it's way and his grandfather passed away when he was only eight.

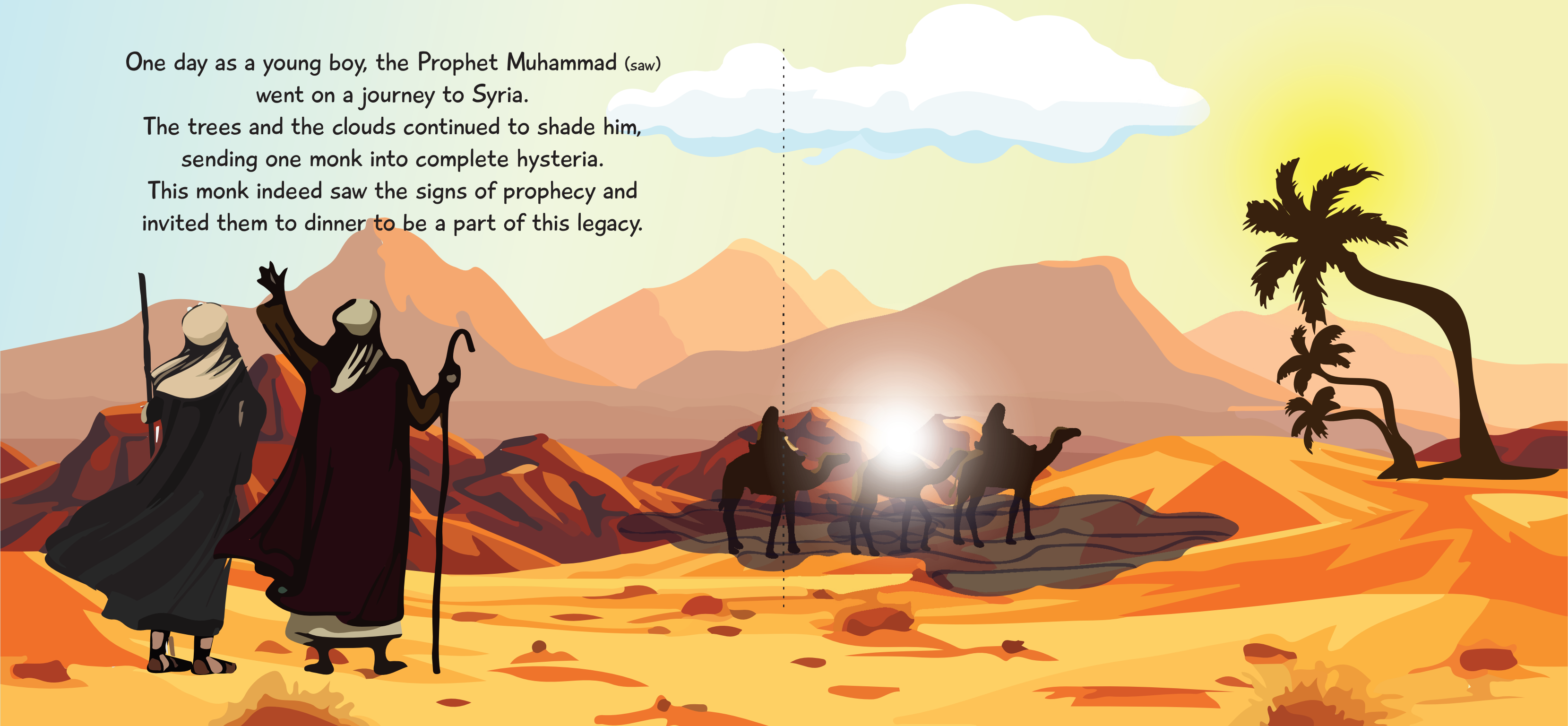
Abu Talib, his uncle took the Prophet (saw) to keep and decided to teach him how to tend to sheep.



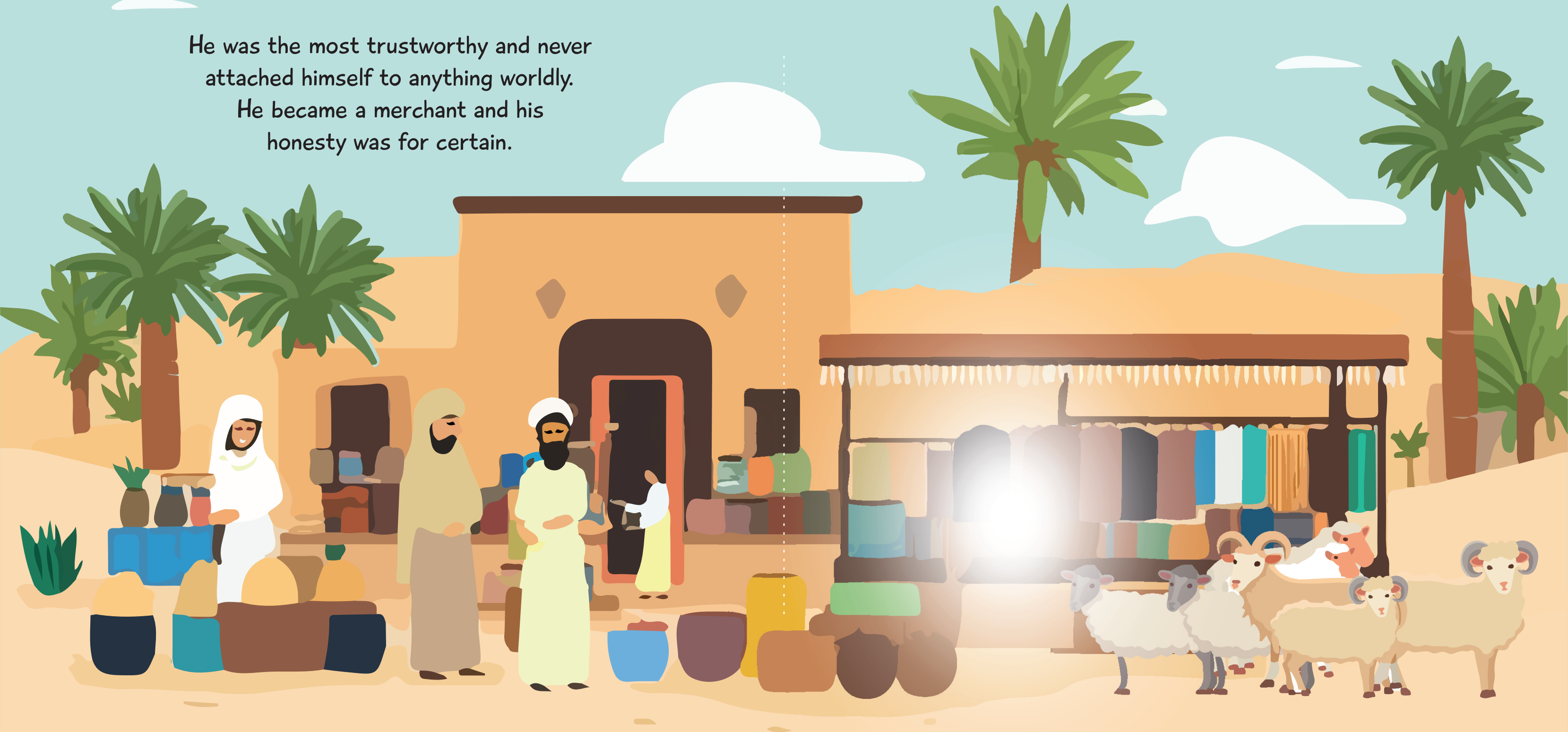
One day as a young boy, the Prophet Muhammad (saw) went on a journey to Syria.

The trees and the clouds continued to shade him, sending one monk into complete hysteria.

This monk indeed saw the signs of prophecy and invited them to dinner to be a part of this legacy.



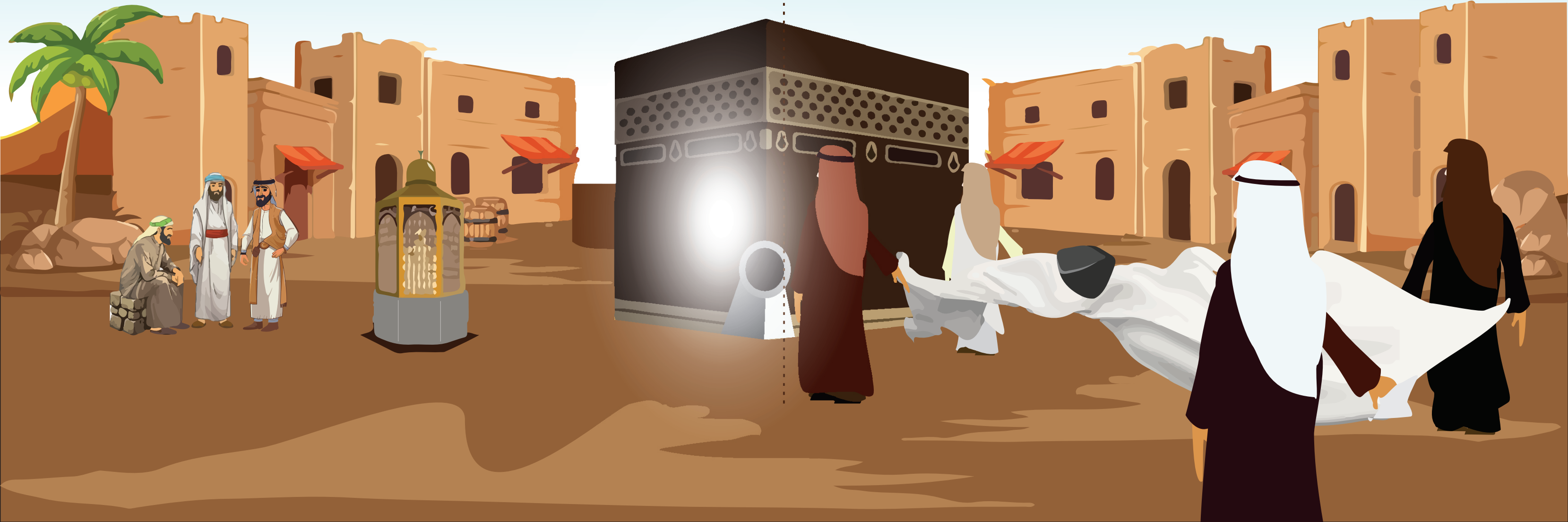
He was the most trustworthy and never
attached himself to anything worldly.
He became a merchant and his
honesty was for certain.



He was a faithful husband, and children were given to him in abundance. His character was exemplary, and his sunnah is etched in our memories.



He was a just man, and saw men
quarreling over the Ka'aba.
Amongst all the men in Quraysh,
he was chosen to judge, for in all of
the town his honesty was known.



At the age of forty, Allah (saw)
revealed to him in His glory.

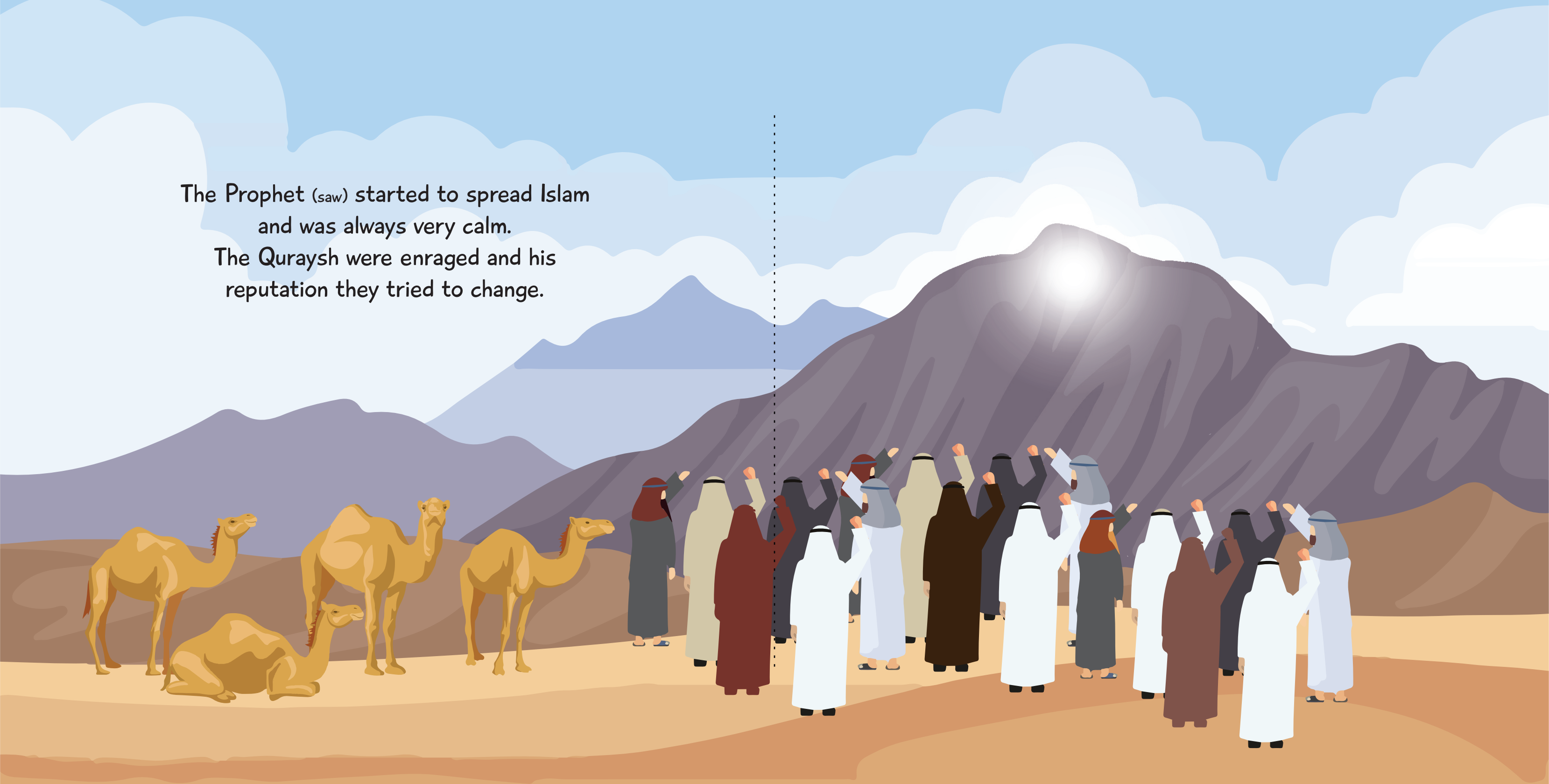
As he sat in his retreat, contemplating
Allah (saw) the Most Great.

The Angel Gibrael instructed him to read and
to prophecy take heed.

His wife gave him comfort, as
he felt very cornered.

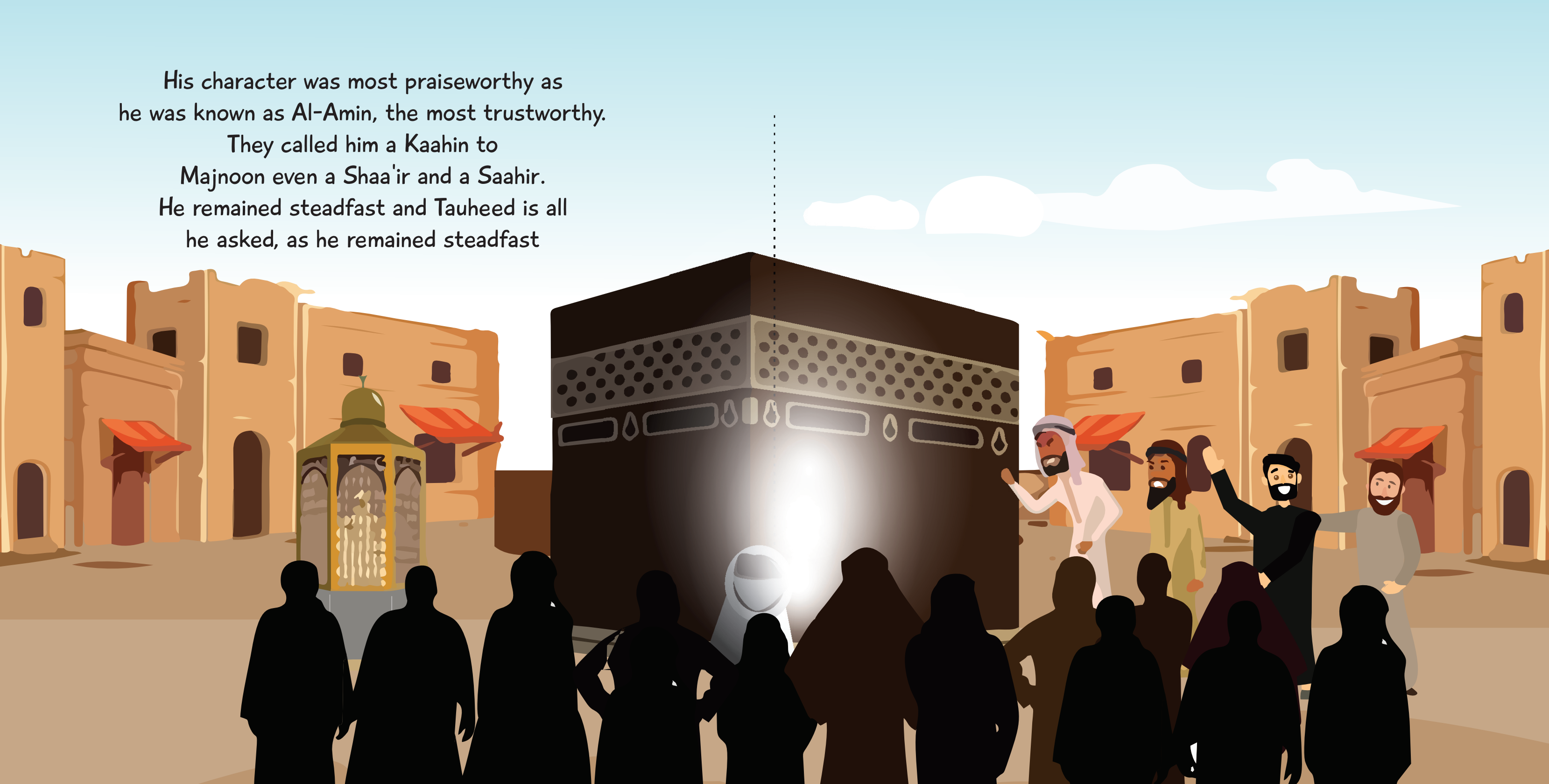


The Prophet (saw) started to spread Islam
and was always very calm.
The Quraysh were enraged and his
reputation they tried to change.

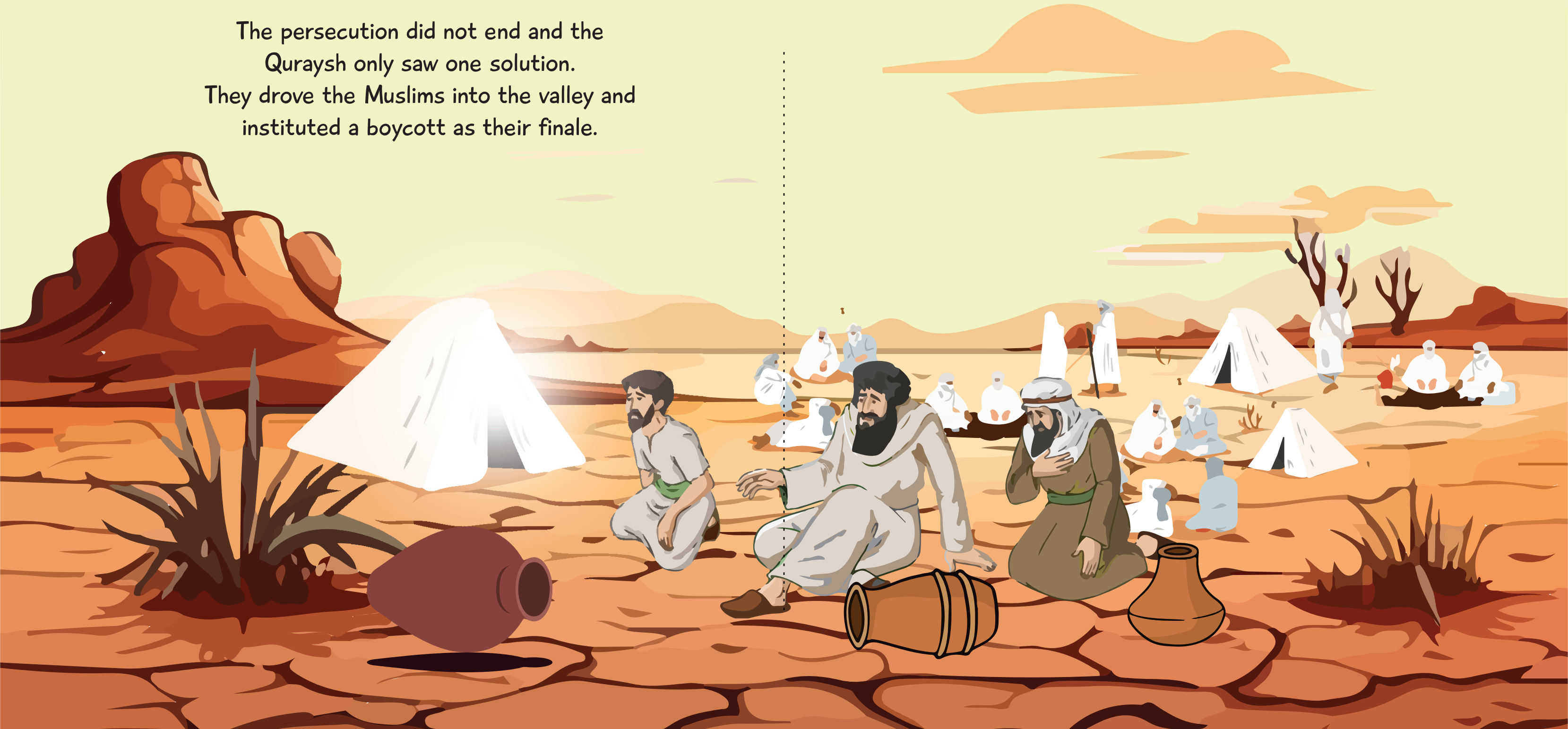


His character was most praiseworthy as he was known as *Al-Amin*, the most trustworthy.

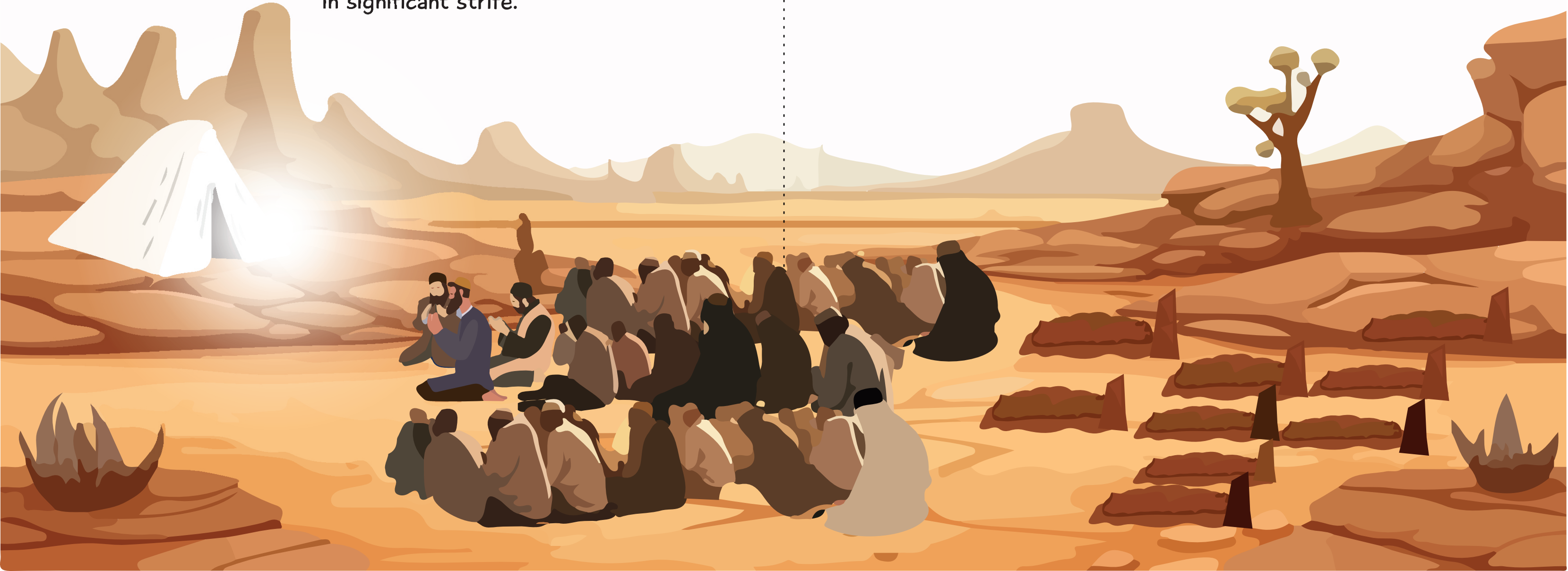
They called him a *Kaahin* to *Majnoon* even a *Shaa'ir* and a *Saahir*.
He remained steadfast and *Tauheed* is all he asked, as he remained steadfast



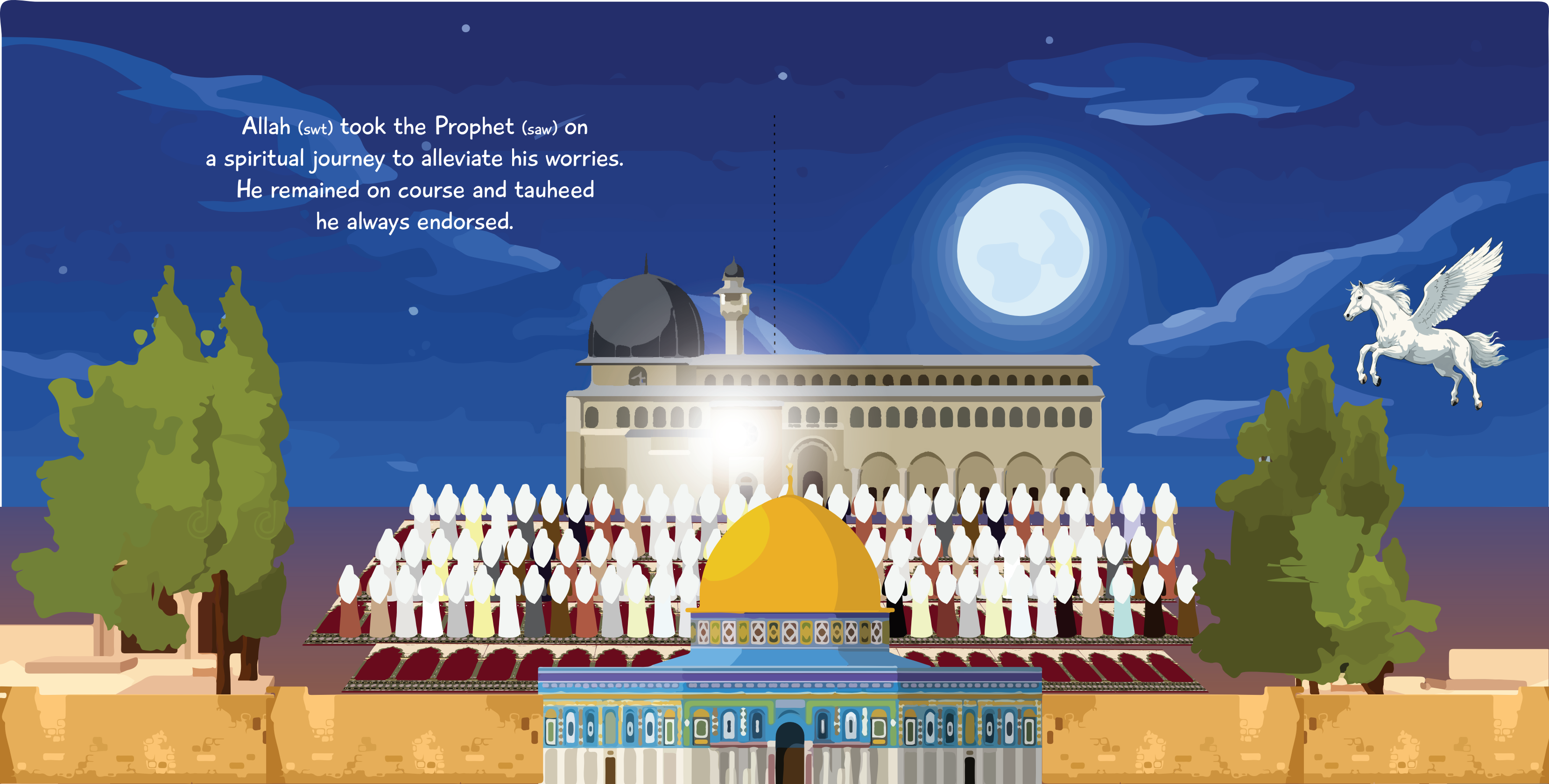
The persecution did not end and the Quraysh only saw one solution. They drove the Muslims into the valley and instituted a boycott as their finale.



Three years of hardship but their resolve
in Allah (saw) never faltered.
He lost his guardian and his wife resulting
in significant strife.



Allah (swt) took the Prophet (saw) on
a spiritual journey to alleviate his worries.
He remained on course and tauheed
he always endorsed.



People continued to harass, including the people of Taif
but all he did was pray for them to be safe.

Madinah became his abode and
he continued to strive until he was alive.



The loss is profound yet his
legacy we all shall gown.
May peace and blessings be with our beloved,
the seal of all the messengers.
Let us don the sunnah and make our Rasool (saw)
proud of us before Allah (swt).



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 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
Kaahin	Fortune teller
Majnoon	Crazy
Nehma	Blessing
Rehma	Mercy
Ridaa	Acceptance
Shaa'ir	Poet
Saahir	Magician
Shaytan	Devil
Shirk	Associating partners with Allah (swt).
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. Prophet Muhammad (saw) was an orphan. His father died before he was born; his mother (Aminah) died when he was about 6 years old; he was raised by his grandfather who died when Muhammad was 6 years old, then his uncle took care of him.
2. It was the custom at the time to send their children to the desert to develop a sound mental and physical foundation in their early years. He was taken care of by Halima and her husband (ra).
3. As soon as Halima (ra) took responsibility of the orphan boy (Muhammad saw) miracles started to happen, milk overflowed in abundance in her and the animals, flocks multiplied etc.
4. She raised him until the age of 4-5 years of age; she returned him after she learned that two angels opened his chest and removed black drops and cleaned it with snow.
5. At six years of age he was travelling to Yathrib (Madinah) with his mother and their servant when his mother passed away. His grandfather Abdul Muttalib became his gaurdian.
6. At the age of eight his grandfather passed away and his uncle Abu Talib became his gaurdian and taught him how to tend to sheep.
7. Abu Talib undertook the journey to Syria once a year and Prophet Muhammad (saw) accompanied him once. As they reached Syria a monk noticed a cloud above the caravan and trees were bending to make shade for them. He invited them to dinner and saw the signs of prophecy in Muhammad (saw).
8. Allah (swt) protected Prophet Muhammad (saw) from every sin and put him to sleep every time he thought of attending any of the parties in Mecca.
9. As a young man he made a living by being a shepherd. Khadija (ra) heard of his honesty and trustworthiness and she offered him a job to take her goods and sell in Syria.
10. Her servant, Maysarah accompanied him on the journey and was a witness to all the miracles i.e. clouds, trees bending etc. Prophet Muhammad (saw) sales were successful and he doubled the profit for Khadija (ra).
11. Khadija (ra) who was 40 years old was impressed by his honesty and her friend Nafisah approached Prophet Muhammad (saw) who was 25 years old with a proposal for marriage.
12. They married and were exclusive and were blessed with the following children: Qasim, Zainab, Ruqayyah, Umm Kulthum, Fatimah, Abdullah and Ibrahim.
13. The Prophet Muhammad (saw) was 35 when the Quraysh were rebuilding the Kaaba. A dispute arose and they chose him as the judge to solve the problem, he was known as the most truthful, honest person.

SYNOPSIS OF STORY

14. At the age of 40, Prophet Muhammad (saw) was camping in a cave alone contemplating the oneness of Allah (swt) when the Angel Gabriel came and told him to read, he said he cannot read and he was instructed to read in the name of Allah (Quran 96:1-5).

15. He was scared by this experience and went to his wife for comfort, she took him to her cousin Waraqah ib Nawfal who knew the scriptures who confirmed that this was linked with the past revelations.

16. After this revelation the Qur'an kept coming down in stages for the next 23 years: guiding the life of Muslims, answering questions and giving hope

17. Islam was spread first within the family of the Prophet (saw), then to those inclined to Tawheed, then to his tribe, then to the Arabs and then to all of humanity and jinns.

18. Three years after the first revelation Allah (swt) revealed in Surah Al Hijr, verse 94 to make the call to Islam public. The Quraysh took offense and Abu Lahab the uncle of the Prophet (saw) was the first to go against him.

19. Threats were made for the Rasool (saw) to stop, they called him a Kaahin (wizard/magician), Majnoon (insane/possessed), Shaa'ir (poet), Saahir (breaker of families) along with negotiating and offering bribes but he said that "If you were to put the sun in my right hand and moon in my left on the condition that I abandon this mission, I would never do so till Allah has made me victorious or I die trying." His uncle Abu Talib pledged to support him.

20. The message continued to spread and the Quraysh engaged in other tactics and even tried to assassinate him or trick him by asking about the people of the cave but the Prophet (saw) remained strong and steadfast.

21. The persecution became intolerable and after about five years the Prophet (saw) sent the first group of emigrants to Al-Habasha to seek sanctuary and a letter was sent to the king Najaashi, who embraced Islam.

22. The Prophet Muhammad (saw) also made dua that one of the two Umar's accept Islam to give them strength. Umar ib Al Khattab accepted islam after he caught his sister and brother in law reading quran.

23. Seven years after the first revelation, the Quraysh became very irate at the strength Islam was gaining so they decided to boycott the Muslims. No commercial transactions or marriages were allowed. This was a very difficult time as they had no food and were forced to live in a valley. This lasted 3 years.

24. As a result of the boycott his Uncle Abu Talib passed away and two months later his wife Khadjjah also passed away at the age of 65. This year was considered the year of Sorrow and Allah (swt) comforted the Prophet (saw) by taking him on the journey Isra w'al Miraj.

25. Rasool (saw) continued to preach and journeyed to At-Taif where he was insulted and stoned by the inhabitants. He refused to get upset and made dua that the people of Taif accept Islam one day. Islam continued to spread to other tribes and even the jinn.

26. Eventually they migrated to Yathrib (Madinah) and this was the official centre of Islam and where the Prophet (saw) eventually passed away at the age of 63.

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) accepts all our efforts and grants us Jannah with no reckoning. Ameen.

Download this series for FREE at drappy.ca

