



Majlis Atfalul  
Ahmadiyya USA

# ATFAL TARBIYYAT CLASS

## GUIDELINES

# September 2025

"Young Khuddam and older Atfal should stay in the company of good friends and good people. Misuse of the Internet and Social Media is becoming common. If a thing or an act leads to harmful effects on the mind, then it is considered 'lughv' (a vain thing) and a characteristic of believers is that they avoid all that is vain.

Similarly, it is also obligatory on men to safeguard their piety and modesty. They have been commanded to observe ghade basr (lowering of gaze) and should keep their gaze lowered and hearts and mind safeguarded against impure thoughts and bad intentions. Each Islamic principle is based on wisdom and strong reasoning. Through ghade basr, Islam teaches control of the self. Thus, you should remember that piety is an important characteristic trait of a Khadim which can lead one to attain spiritual heights."

Hazrat Mirza Masoor Ahmad (aba) - October 10, 2017



## CLASS AGENDA

<u>Time</u>	<u>Item</u>	<u>Description</u>
11:45 AM	Arrival to Masjid/Salat Center	Please take note of attendance <b>in Atfal Tracker</b>
12:00 PM	Tilawat with English Translation	Chapter 23, Verse 1-10
12:05 PM	Pledge	Local Qaid, Nazim Atfal, Murabbi Atfal Read Pledge <i>Arabic 3x, English 1x.</i>
12:10 PM	<b>Watch:</b> This week with Huzoor <u>August 15<sup>th</sup> 2025</u>	<u>This week with Huzoor</u> <u>August 15<sup>th</sup></u> 0:00 - 18:15
12:25 PM	Tarbiyyat Class Presentation	See Guidelines
12:45 PM	Group Formations for Activity	See Guidelines
12:50 PM	Activity Session	See Guidelines
1:20 PM	Sports Activities + Lunch	Organized Sports/Waqar-e-Amal
2:10 PM	Zuhr/Asr Salat	

# Tilawat

## Surah Al-Mu'minun , Chapter 23, Verses 1 – 10

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ①

قَدْ أَفْلَحَ الْمُؤْمِنُونَ ② الَّذِينَ هُمْ فِي صَلَاتِهِمْ خِشْعُونَ ③

وَالَّذِينَ هُمْ عَنِ اللَّغْوِ مُعْرِضُونَ ④ وَالَّذِينَ هُمْ لِلزَّكَاةِ فَاعِلُونَ ⑤

وَالَّذِينَ هُمْ لِفُرُوجِهِمْ حَافِظُونَ ⑥

إِلَّا عَلَىٰ أَزْوَاجِهِمْ أَوْ مَا مَلَكَتْ أَيْمَانُهُمْ فَإِنَّهُمْ غَيْرُ مَلُومِينَ ⑦

فَمَنْ ابْتَغَىٰ وَرَاءَ ذَلِكَ فَأُولَٰئِكَ هُمُ الْعَادُونَ ⑧

وَالَّذِينَ هُمْ لِأَمْتِنَتِهِمْ وَعَهْدِهِمْ رَاعُونَ ⑨ وَالَّذِينَ هُمْ عَلَىٰ صَلَوَاتِهِمْ يُحَافِظُونَ ⑩

‘Surely, success does come to the believers, Who are humble in their Prayers, And who shun all that which is vain, And who are active in paying the Zakat, And who guard their chastity — Except from their wives or what their right hands possess, for then they are not to be blamed; But those who seek anything beyond that are the transgressors — And who are watchful of their trusts and their covenants, And who are strict in the observance of their Prayers.’

### Atfalul Ahmadiyya Pledge

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ  
وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

I bear witness that there is none worthy of worship except Allah. He is One and has no partner. And I bear witness that Muhammad صلى الله عليه وسلم is His servant and Messenger.

I sincerely promise that I shall always be ready to serve my faith Islam, Jama'at Ahmadiyya Muslima, my nation, and country.

I shall always tell the truth, will not insult and abuse anybody, and I will try my best to obey all instructions given by Hazrat Khalifatul Masih, Insha'Allah

\*Right hand over left during pledge.

All should be standing



## Talking Points for Nazimeen/Murabbiyan Atfal

*These are some points provided so that Nazimeen and Murabbiyan Atfal have a minimal idea of the message and theme of the class.*

- Say to the believing men that they restrain their eyes and guard their private parts. That is purer for them. Surely, Allah is well aware of what they do. (24:31)
- Islam not only says no to committing something your not suppose to but also to coming near to it, meaning any possibility leading to it should be avoided.
- Lowering your gaze: controlling what we look at, avoiding inappropriate or harmful sights, and keeping our eyes and heart pure for the sake of Allah.
- The Promised Messiah (as) states: “So far as our eating, drinking, sleeping and awaking are concerned, they are essential physical actions and they affect our spiritual well-being.”
- Importance of keeping a healthy body by avoiding thing that are bad for you and doing things that are good for you



# Presentation Overview

## Slide 2

*Have one Tifl recite the following verse of the Holy Quran, explain the injunctions of these verses: the meaning of restraining the eyes and guarding the private parts*

## Slide 3

*Read out the Hadith of the Holy Prophet (saw), just as cleanliness is a part of faith and other parts are in our faith, one most important part is being modest: to be humble, respectful, and decent in the way we dress, speak, act, and even think – without showing off or behaving inappropriately.*

## Slide 4

*Read the following content in this slide.*

- *practice following pardah, being modest.*
- *Be cautious of what you watch and avoid any ill scenes*

## Slide 5

*Pose the question to Atfal.*

- *Lowering your gaze: controlling what we look at, avoiding inappropriate or harmful sights, and keeping our eyes and heart pure for the sake of Allah.*

## Slide 6

*Read the content of the slide, this is the level of modesty that The Promised Messiah (as) has for observing pardah*

## Slide 7

*Read the content in the slide and briefly talk and discuss about it with Atfal.*



# Presentation Overview

## Slide 8

*Pose the question to Atfal.*

- *“That is to say, their hearts will be safeguarded from diverse types of passions, for these are the organs which primarily incite the carnal passions and provoke beastly traits. Observe, therefore, how the Holy Quran stresses safeguarding oneself from those who are not mahram and how explicitly it urges believers to restrain their eyes, ears, and private parts to avoid any occasion that might lead to impurity.” [Baraheen-e-Ahmadiyya vol 3 Rohani Khazain vol 1 page 209 margin)*

## Slide 9

*Pose the question to Atfal.*

- *Jihad of the Nafs means the greatest struggle (Jihad) – reforming oneself by fighting against bad desires and habits, and striving to purify the heart to live in obedience to Allah.*

## Slide 10

*Read the slide: what comes in the way of reforming? our bad habits, if your habits are staying on your phone and watching ill scenes, then how can you reform? See to make a change in your daily routine*

## Slide 11

*Pose the question to Atfal, How would you stop from looking at things that you are not allowed to?*

- *The example that the Promised Messiah (as) gave is that when it comes to thinking of someone, instead of focusing on her beauty, establish in your mind her bad qualities and think of her to be ugly, this may distance yourself from her.*

# Presentation Overview

## Slide 12

*Read the verse of the Holy Quran: The Quran states to stay away from bad things and go to good things (purity of self/good health). Referring to eat and consume\**

## Slide 13

*Pose the question to Atfal and hear their input.*

## Slide 14

*Pose the question to Atfal and receive their answers*

## Slide 15

*Read the content: Islam brings great attention to our health and daily routine, if we have a healthy and active body, that leads to a better spiritual life, for example: Being fit to worship Allah and increase your standards of worship, not being lazy.*

## Slide 16

*Read the list of items, if they mention more feel free to include that. Not only it is ill to the health but your spirituality as well.*

## Slide 17

*Read the saying of the companion of the Promised Messiah (as), Hazrat Sir Chaudhry Mohammad Zafarullah Khan (ra)*

# Game: Kahoot!

**Take Away:** The key takeaway of this game is to see how much they learn from the presentation

## *Instructions*

- Each Tifl will get on Kahoot from their handheld devices.
- Have the game be displayed in front, once the code is displayed.
- Each Tifl will use that code to enter on their devices and play the game.

**KAHOOT LINK\***

<https://create.kahoot.it/share/purity-of-sight-purity-of-self/6165abe5-a2f9-42d1-b0b7-72d78d624f01>

