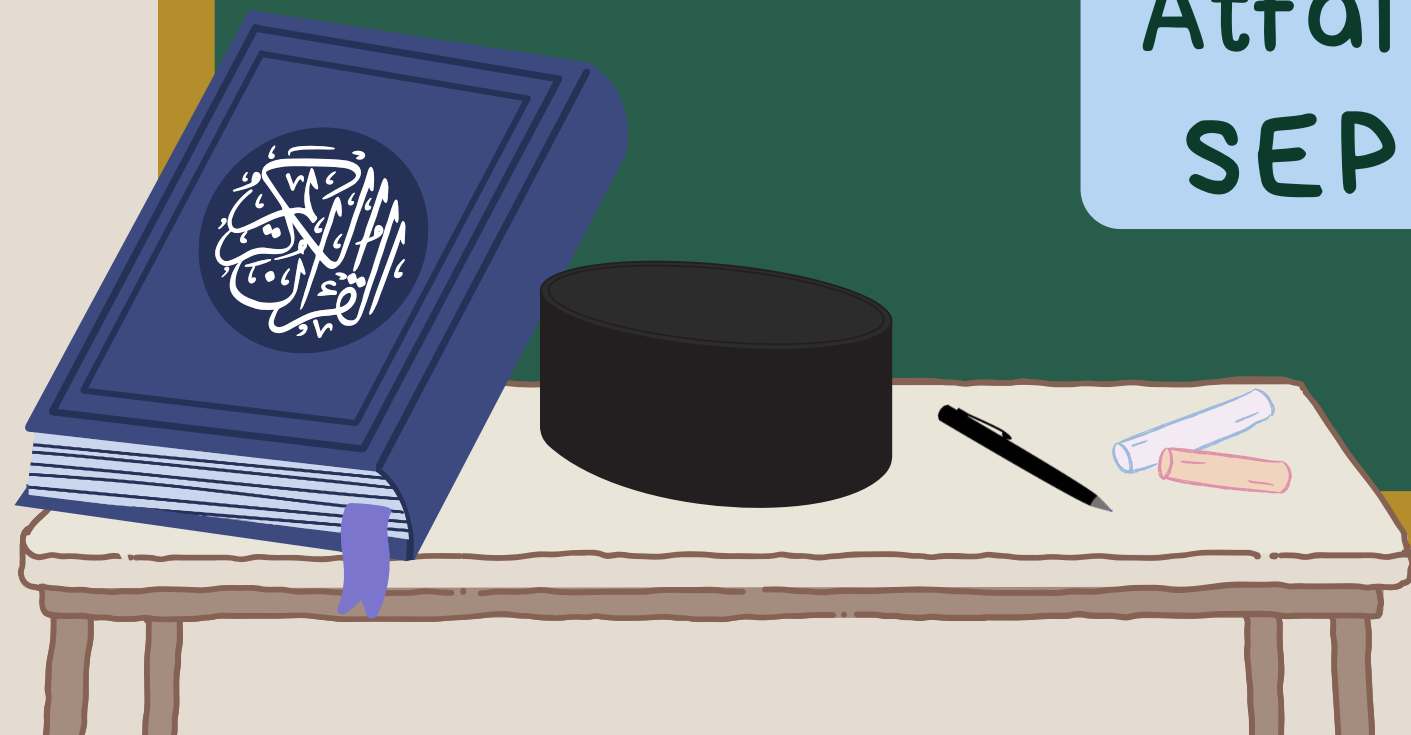


Purity of Sight PURITY OF SELF MAYAR E KABEER

Atfal Tarbiyyat Class
SEPTEMBER 2025

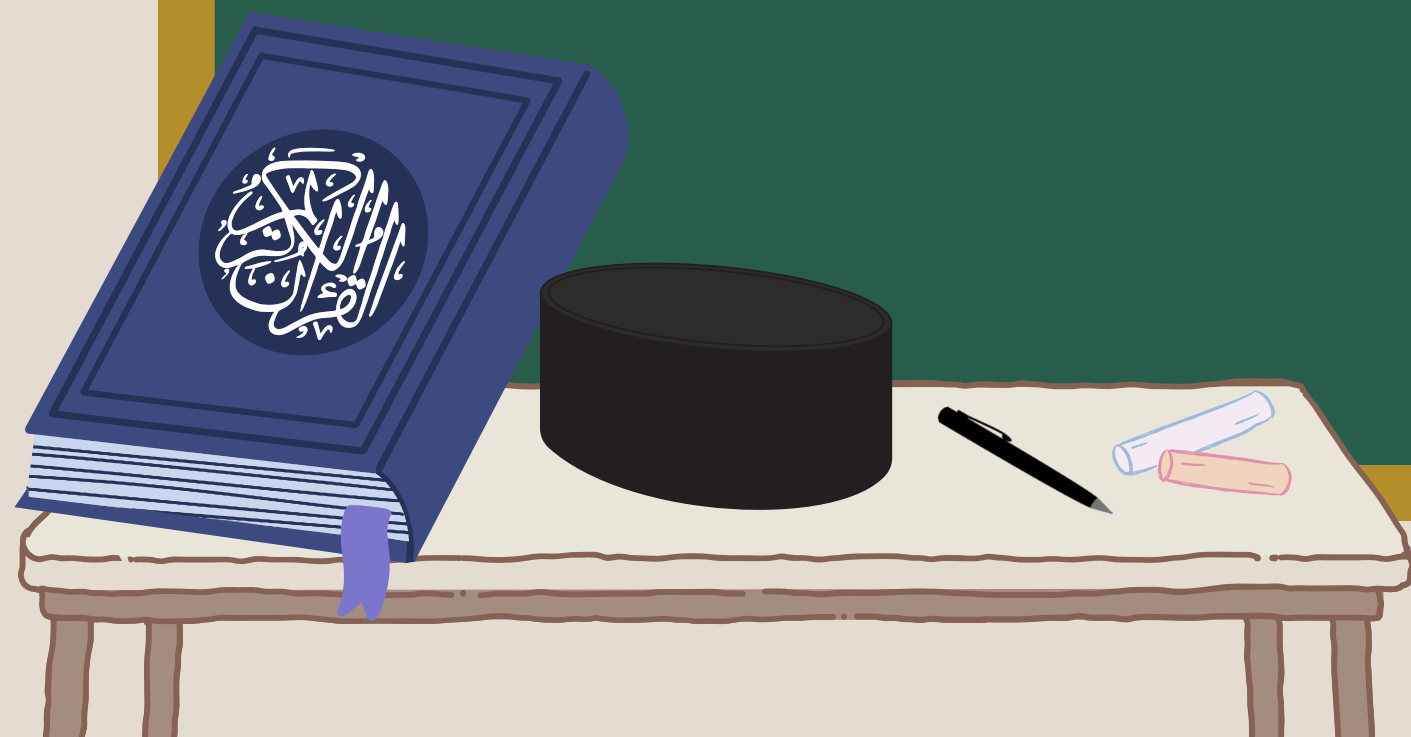


Majlis Atfalul
Ahmadiyya USA

قُلْ لِّلْمُؤْمِنِينَ يَغُضُّوا مِنْ أَبْصَارِهِمْ وَيَحْفَظُوا فُرُوجَهُمْ ۖ
ذَٰلِكَ أَزْكَىٰ لَهُمْ ۖ إِنَّ اللَّهَ خَبِيرٌ بِمَا يَصْنَعُونَ ﴿٣١﴾

A part of this verse states: “Say to the believing men that they restrain their eyes...”

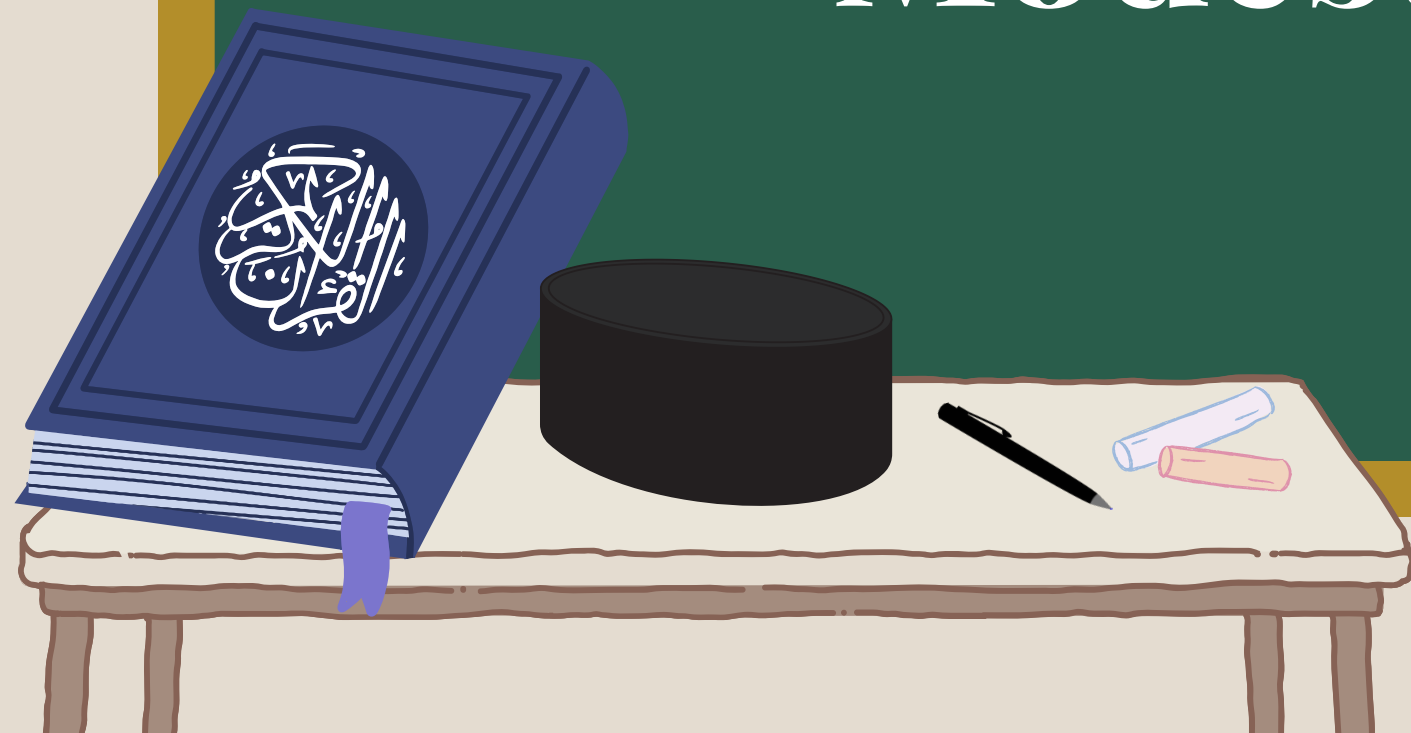
(Chapter 24, Verse 31)



الْحَيَاءُ شُعْبَةٌ مِنَ الْإِيمَانِ

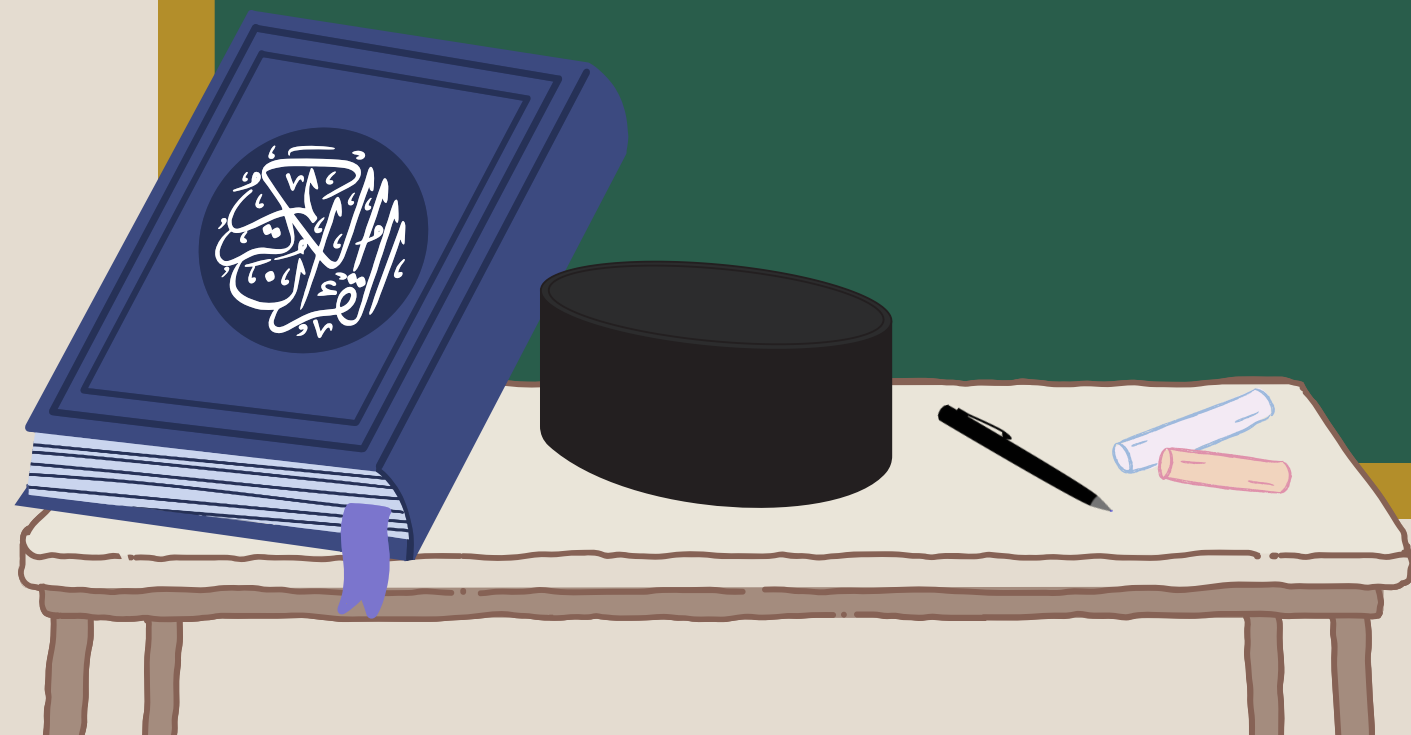
The Holy Prophet Muhammad (saw) states:

“Modesty is a part of faith”

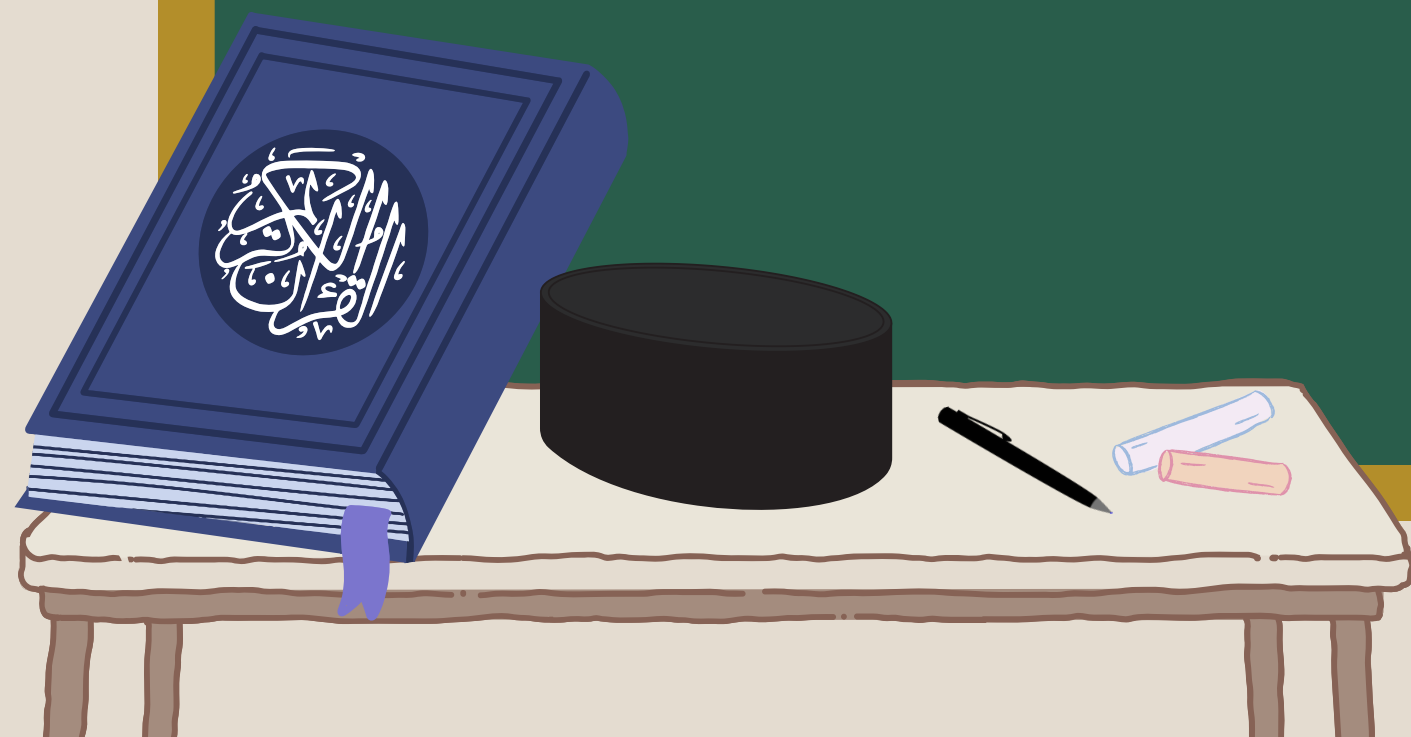


Islam teaches us to stay away from looking where you're not supposed to and to steer clear of anything that might lead to it.

A Muslim should be careful about what they see, hear, and should avoid things that are not allowed.



What does '*lowering
the gaze*' even mean?



STORY TIME:

The Promised Messiah (as), even in his youth, would be so careful not to take even one glance at a woman.

It is narrated that “upon entering his home, to refrain from looking outside whilst closing the door so that his vision would not meet with a woman’s.

As soon as he entered, he would close the door with both hands behind his back and then would turn around to place the latch on the door.”



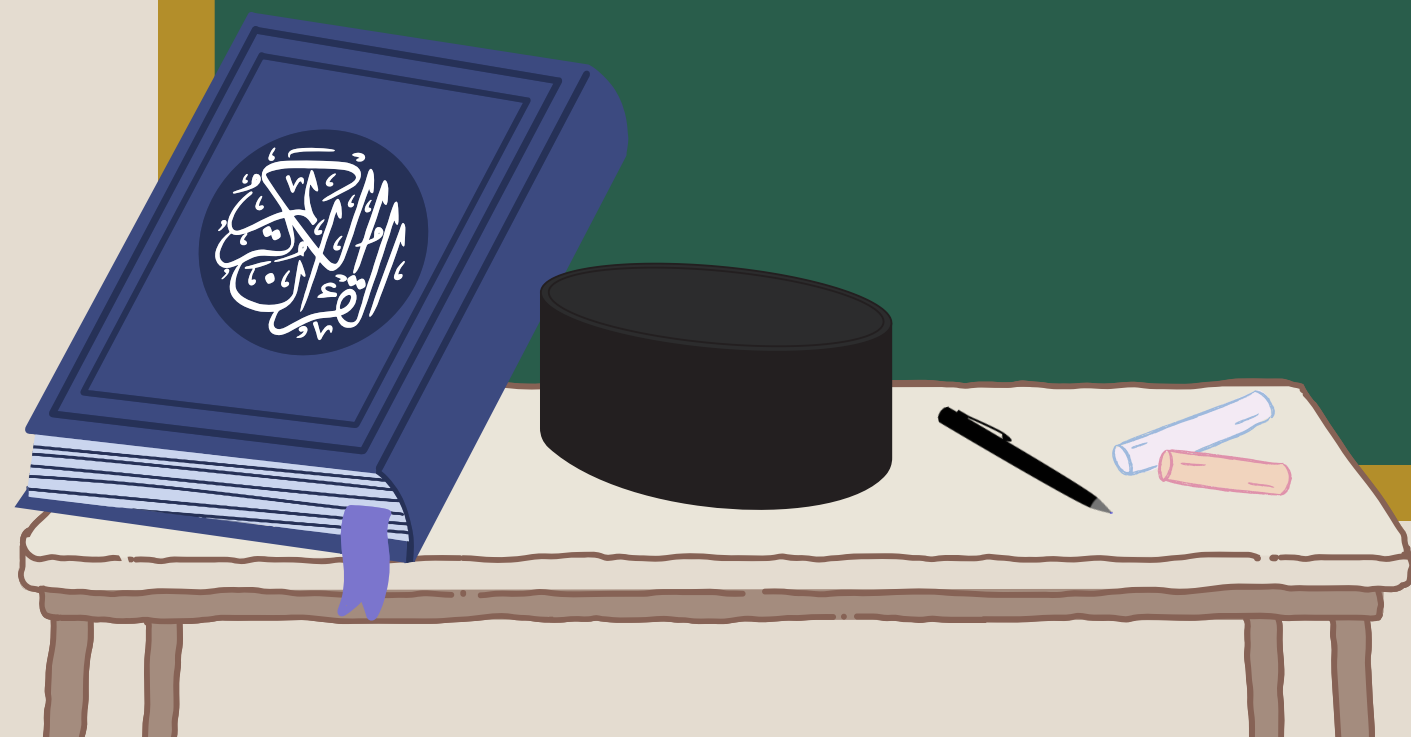
“Out of sight, out of mind”

Looking down or away can help keep your thoughts clean. When you look at something, it can make you think about it more. This is why people say, “Out of sight, out of mind.” It means if you don’t see something, you don’t think about it.

Every action starts with a thought, so it’s important to be careful about what you look at. Saying “It’s okay to look or think as long as you don’t do anything bad” isn’t right. Being truly good means not even thinking about things that might lead to bad actions.



What is 'Jihad of
the Nafs'?



Bad Habits Hinder Reformation

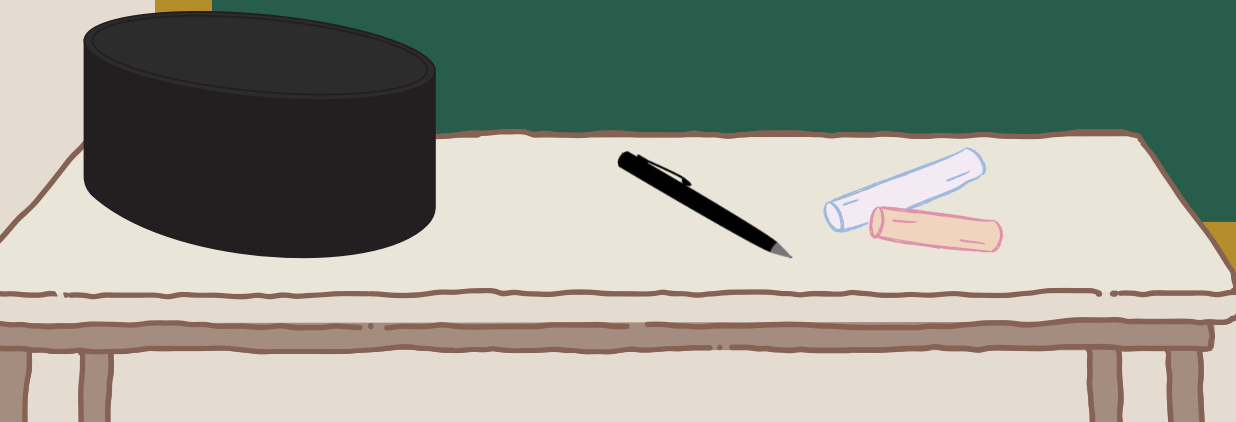


Huzoor (aba) Said: "habits create a strong impediment against practical acts [of reformation]. These days, people are drawn to watching unsuitable films.

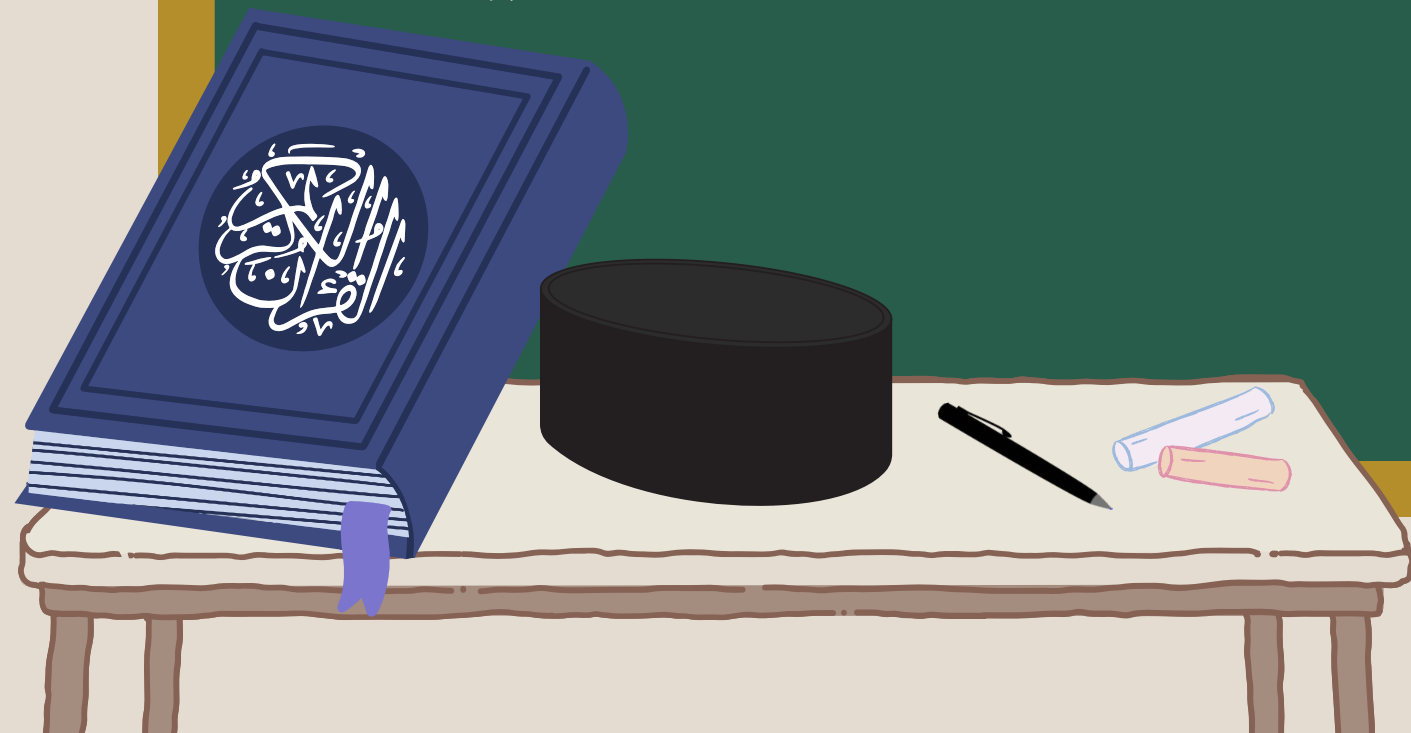
People are interested in the films as if they were addicted to them. They do not eat, but simply sit and continue watching films.

If they sit on the Internet, they will continue sitting there. Even if they are falling asleep, they just continue sitting there, not caring about their wife and children.

Such people exist. Thus, these habits play a major role in obstructing practical reformation."



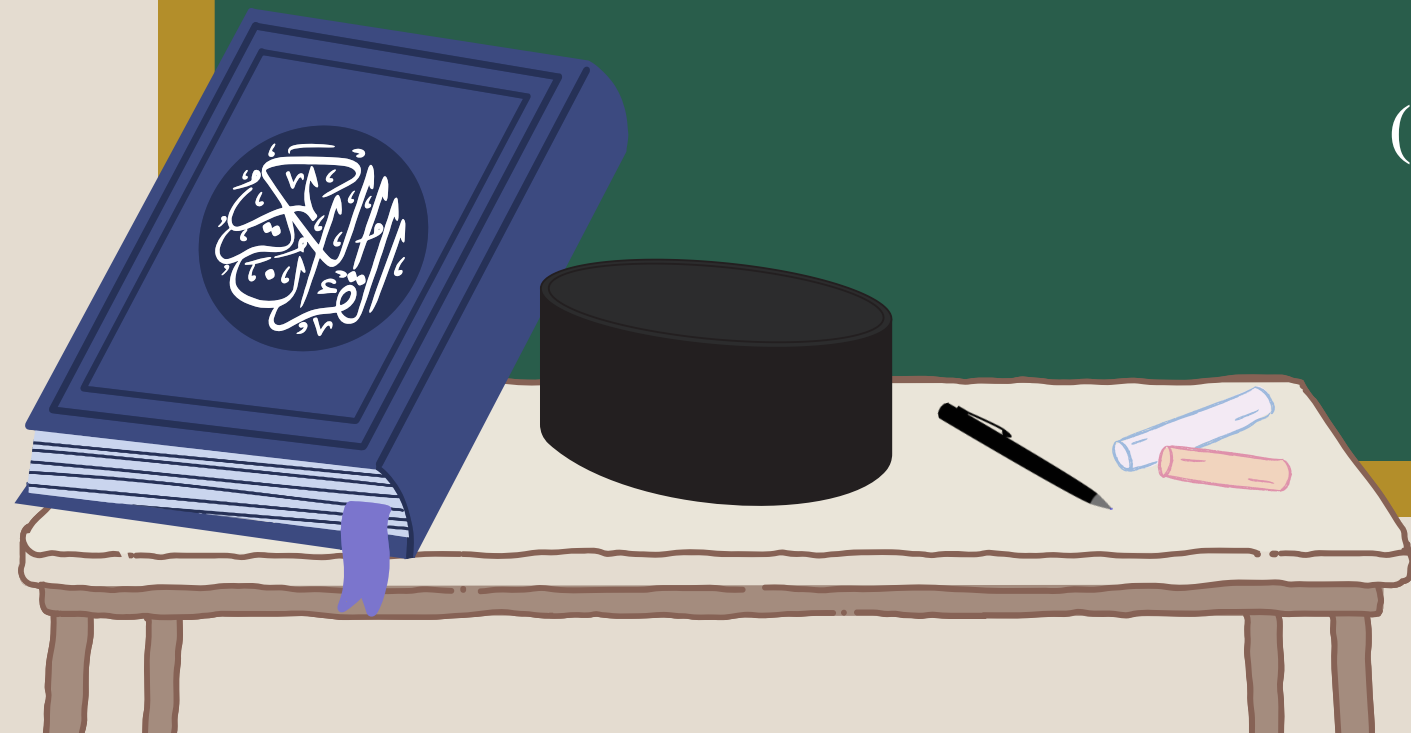
Good and Bad Habits



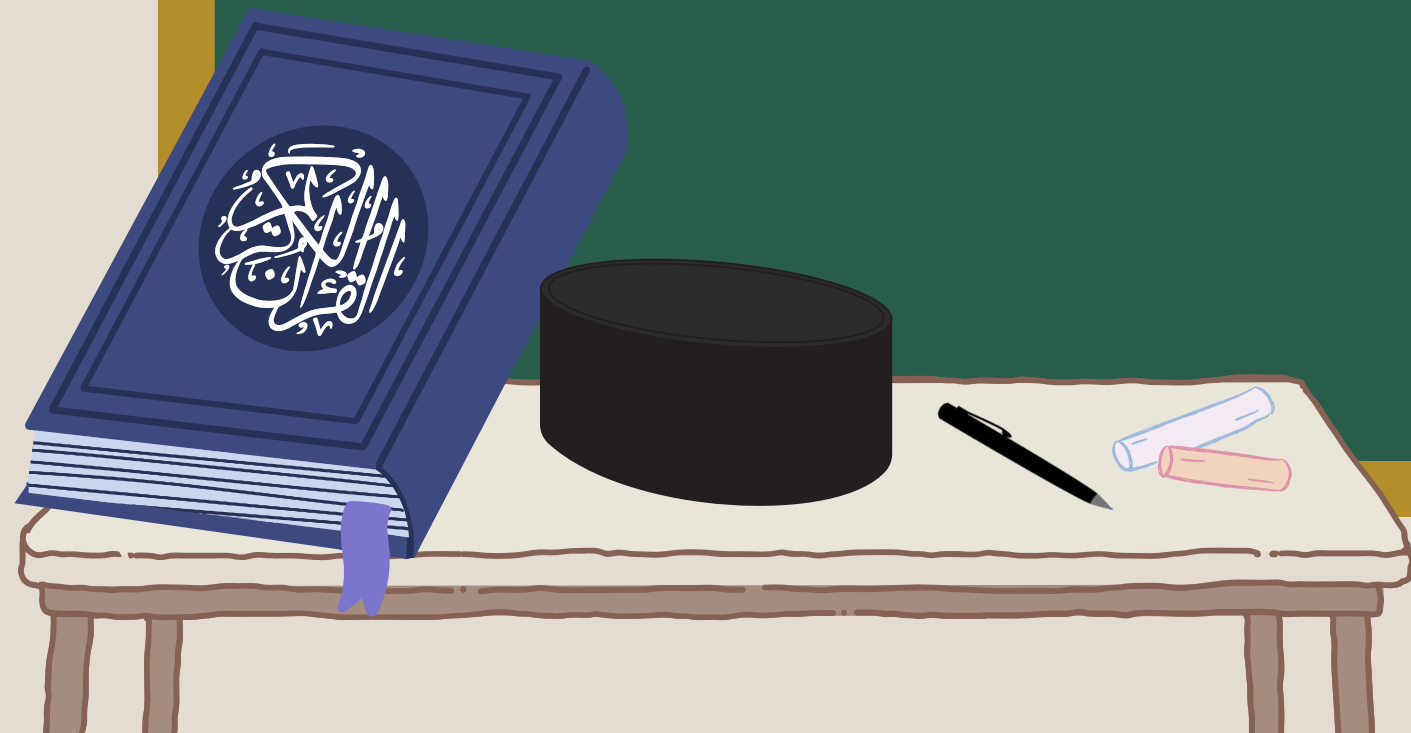


‘AND MAKES LAWFUL FOR THEM THE **GOOD**
THINGS AND FORBIDS THEM THE **BAD...**’

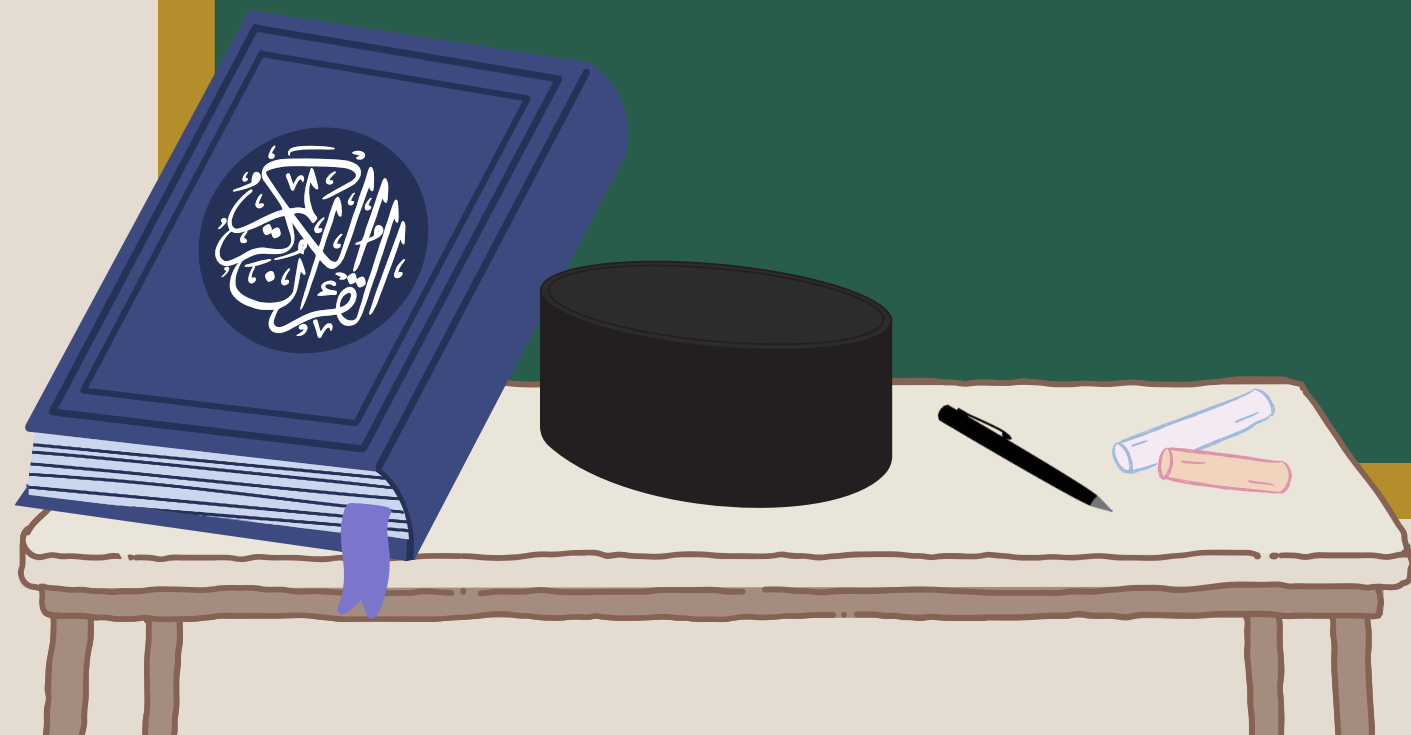
(CHAPTER 7, VERSE 158)



what are things
that are Good for
our health



And what are
things that are
Bad for our health

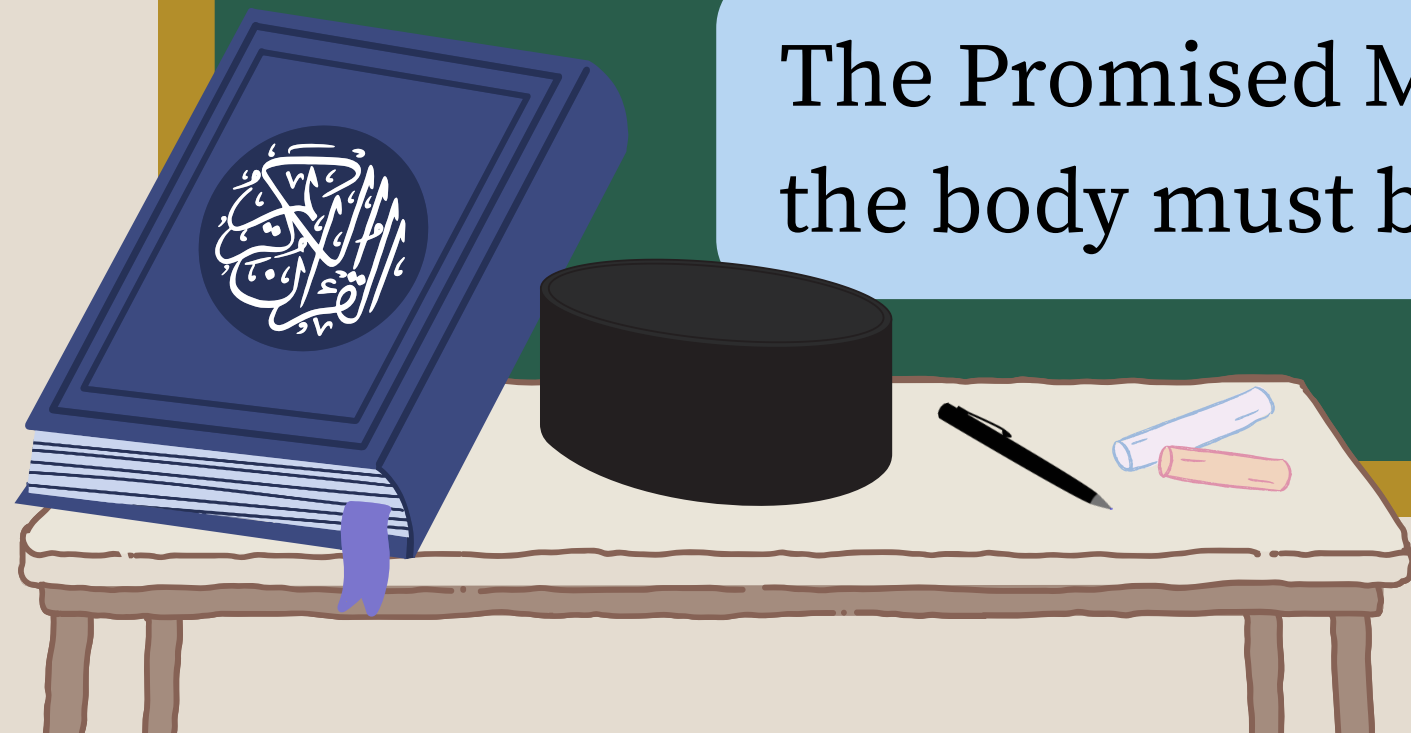


PURITY OF SELF

The Holy Prophet (saw) states: “There are two blessings which many people waste: **Health and Free time**”

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.”

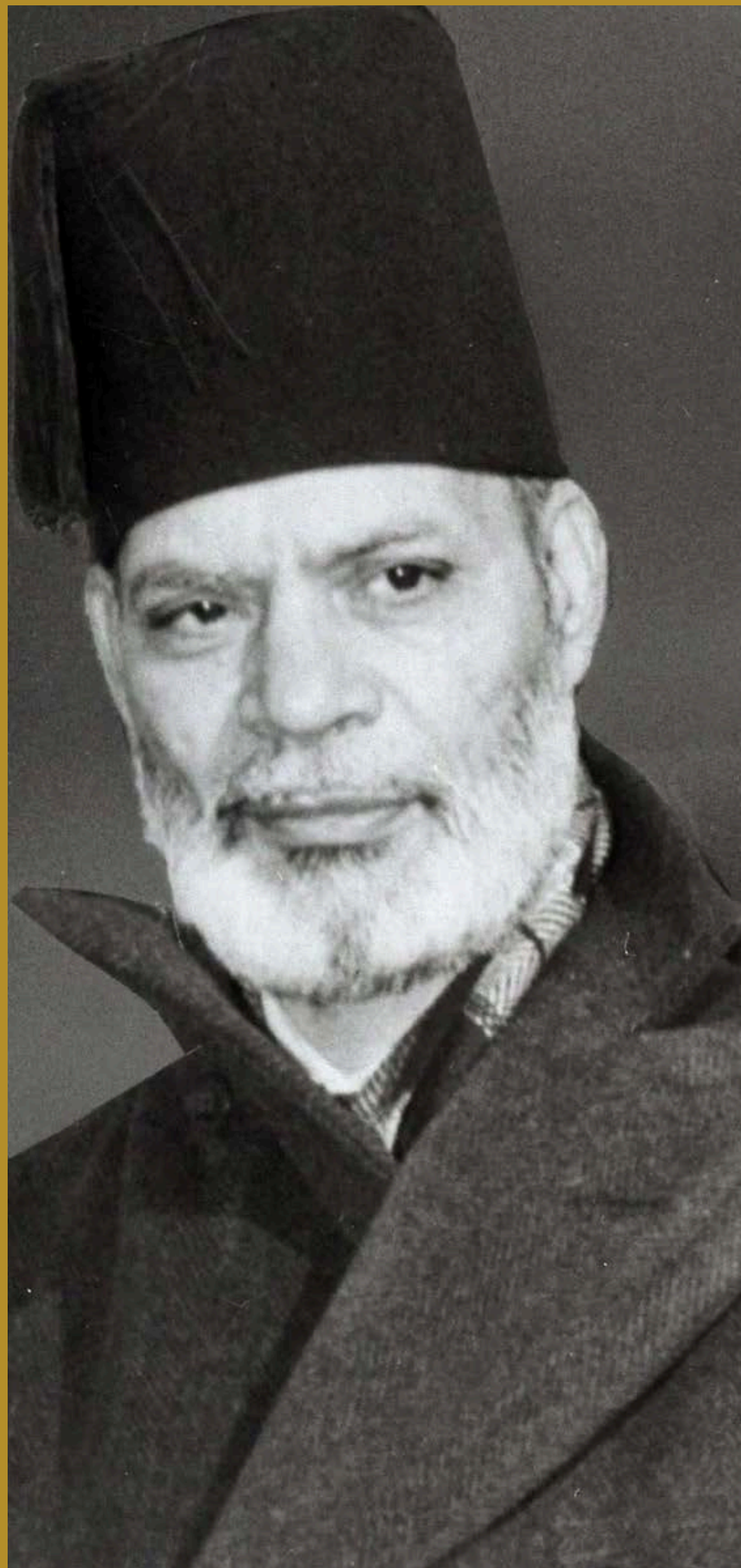
The Promised Messiah (as) states; “that for the soul to prosper the body must be physically healthy.”



Stay Away from

- ***EATING UNHEALTHY FOODS LIKE JUNK FOOD (EVERY NOW AND THEN)***
- ***VAPING AND SMOKING***
- ***DRUGS***
- ***DRINKING***





Hazrat Sir Chaudhry Zafarullah Khan (ra) has said:

"Whenever the Holy Prophet saw his face in a mirror, he used to pray, "O Lord! Make my nature as pleasing as my body." It shows that in religious matters, the human body is not an inferior thing.

Without the body, you cannot have a spiritual life. The body is indeed like a container and the soul is what is placed in that container.

The body is only like a husk and the soul is a kernel. If we carefully analyze, we can see that if you break any container then the contents will spill. The soul and the body are also associated in this way and any damage to the body will affect the soul.

According to the commandment of Allah the Almighty, whilst it is important to take care of your soul, it is equally important to look after your body."

GAME: KAHOOT!

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*





Majlis Atfalul
Ahmadiyya USA

