

Guard Your *Tongue*

Lying

Backbiting

Gossiping

PART 1

Atfal Tarbiyyat Class • October 2026



Majlis Atfalul
Ahmadiyya USA

Did you know?

How many lies do people tell every day?

3–4

lies every single day!

A big study in National Geographic found that everyone tells three to four lies daily.

Huzoor (aba) explained:

“It is not the human nature to lie, rather **it is the environment which makes one a liar.**”

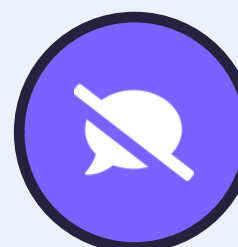
People lie “*to make their stories more colourful and attention grabbing*” and “*for the sake of self-impression.*”

Friday Sermon, 16 June 2017

Goals



Stop lying



Stop backbiting



Stop gossiping

Lying is placed next to idol-worship!



“Leave therefore the abomination of idols, and leave all words of untruth.”

The Holy Quran, Ch.22: V.31

Huzoor (aba):

“Having put worship of idols and lying together, God has clearly demonstrated that it is a sin **paramount to idol-worship.**”

Friday Sermon, 16 June 2017

The Promised Messiah (as):

“Lying too is an idol. **The one who puts his trust in lies abandons his trust in God Almighty.** So, in lying, one also loses God.”

A lie becomes an idol

The Promised Messiah (as):

“The one who lies creates his own idol and considers it to be the means of their salvation.”

Huzoor (aba) explained:

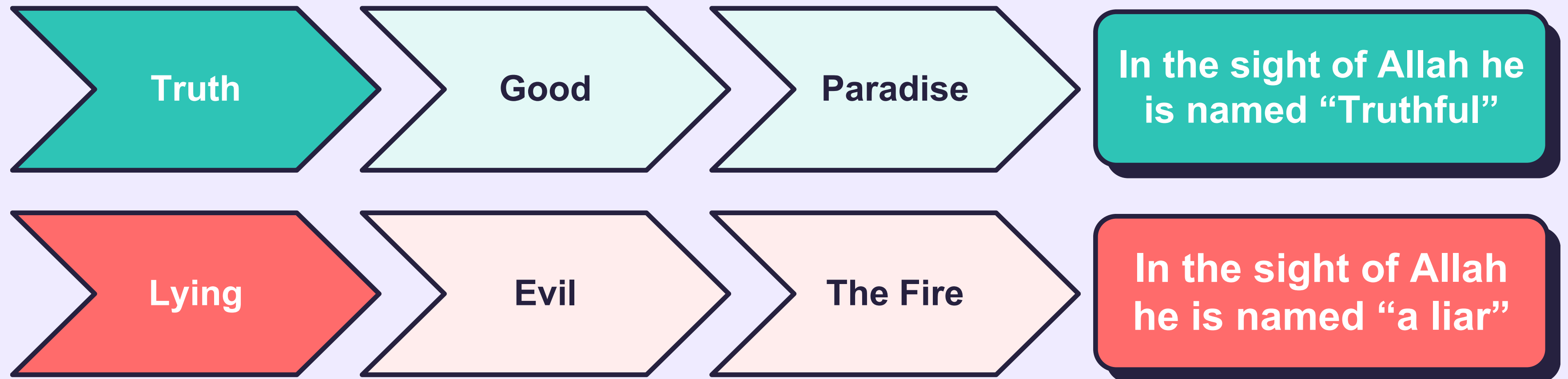
Just as people rely on idols for their own gain, a liar **relies on falsehood for his personal gain**. Then people begin to think that without falsehood they cannot get by. But indeed, **the ultimate victory is of the truth**.

Friday Sermon, 24 April 2026

“Whatever turns one away from the direction of truthfulness and leads one away from truthfulness **is an idol for you**.” — The Promised Messiah (as)

Two roads — which one will you take?

Hazrat Abdullah ibn Mas'ud (ra) relates that the Holy Prophet (saw) said:



“Truth guides to good and good guides to Paradise. A person persists in telling the truth till in the sight of Allah he is named Truthful. Lying leads to evil and evil leads to the Fire; and a person goes on lying till in the sight of Allah he is named a liar.”

Bukhari and Muslim

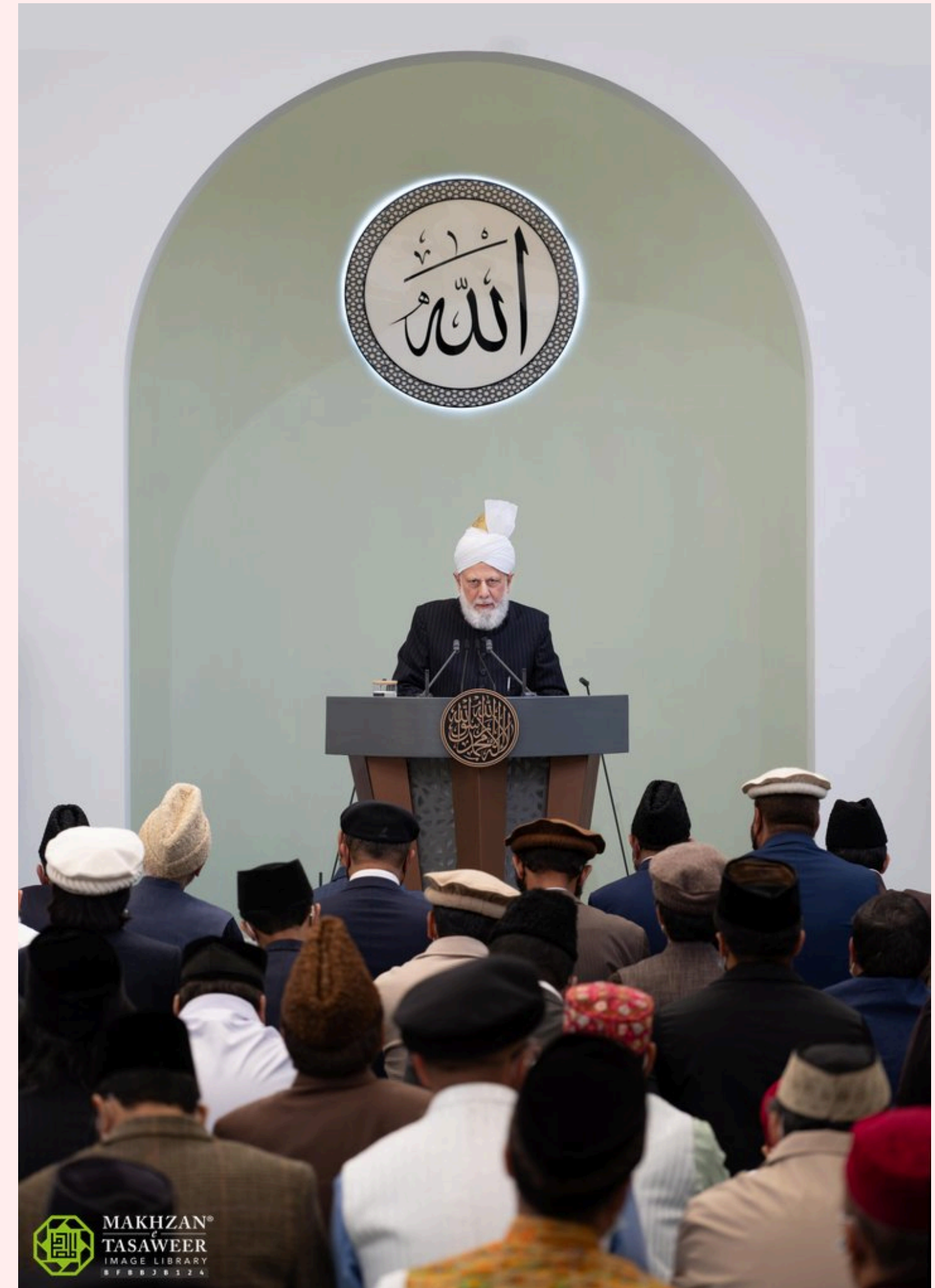
What does lying do to us?

4 signs of a hypocrite

- 1 They do not honour the trusts they are given.
- 2 **When they speak, they lie.**
- 3 When they make oaths, they break them.
- 4 **When they fight, they use foul language.**

Anyone with even one of these has a quality of hypocrisy — until he gives it up.

Friday Sermon, 24 April 2026



The Holy Quran's high standard of truth



Even against yourself!

“O ye who believe! be strict in observing justice, and be witnesses for Allah, even though it be against yourselves or against parents and kindred.”

The Holy Quran, Ch.4: V.136

The Promised Messiah (as) said: “This is the standard of truthfulness.”



Servants of the Gracious God

“And those who bear not false witness.”

The Holy Quran, Ch.25: V.73

Huzoor (aba): If we wish to be counted amongst the servants of the Gracious God and progress in our faith, we must avoid these falsehoods.



Say the right word

“O ye who believe! fear Allah, and say the right word. He will bless your works for you and forgive you your sins. And whoso obeys Allah and His Messenger, shall surely attain a mighty success.”

The Holy Quran, Ch.33: V.71-72

How much did he dislike lying?



The companions **disliked no attribute more than falsehood.**



If the Holy Prophet (saw) came to learn that someone had lied, **he would feel great pain until that person repented from their falsehood.**



Honest deals are blessed

The Holy Prophet (saw) taught that when two people make a deal:

✓ If they both act with truthfulness and speak truthfully, **their business will be blessed.**

✗ If they hide things and lie, **their business will not be blessed.**

The Truthful & The Trustworthy



Al-Sadiq

The Truthful



Al-Amin

The Trustworthy

- Hazrat Musleh Maud (ra) writes that these titles were given to the Holy Prophet (saw) **by his own people**.
- Such titles are not given out by a nation without just cause, just as every British soldier does not receive the Victoria Cross.
- Being truthful is not itself a great feat, but **to be regarded as truthful and trustworthy by the entire nation** is. Never in the history of Arabia was anyone else given these titles.

Quoted by Huzoor (aba), Friday Sermon, 24 April 2026



He was known to be **so truthful that people would come to him to make decisions.**

Those who knew him best believed him first

Hazrat Khadija (ra)

When he told her of the first revelation, she did not say he was making up stories. She immediately said that **whatever he said was true**, and that God would never humiliate him, because he was kind to his relatives, helped the poor, was hospitable to guests and supported the truth.

Hazrat Abu Bakr (ra)

He accepted the claim after only hearing about it from someone else, without seeking any proof, sign or miracle, because he had seen the Holy Prophet's (saw) **truthfulness and straightforwardness from the time of his childhood**.

Then these also believed him at once:

Waraqah bin Naufal

His cousin

His freed slave

His closest friend

*The Promised Messiah (as) said that the very first proof for the truthfulness of a prophet is **his own character**.*

The wet grain

1



The Holy Prophet (saw) placed his hands in some sacks of grain and felt some of them to be wet.

2



He asked the seller about this. The seller said it had rained, which made them wet.

3



He asked why he did not put the wet grain on top of the pile, rather than hiding it at the bottom, so that people could know.

4



He said: one who deceives is not from among his people.

Huzoor (aba): As followers of the Holy Prophet (saw), it is our responsibility to **uphold the highest standards of truthfulness.**

Friday Sermon, 24 April 2026

7 court cases — not a single lie!



“Remember that **there is nothing more cursed than falsehood**... I myself have been in 7 court cases and by the grace of Allah, **not once have I had to utter a lie**. Can anyone say that God Almighty made me suffer defeat in any one of them? God Almighty is Himself **the Protector and Helper of the truthful.**”

“Adopt the truth,
**even if you learn it
from a child.**”

“Always speak the truth,
regardless of whether that
statement will go against **one’s
father, brother or friend.**”

Oops! The glass broke...



You broke a glass at home. **No one was there to see you.**
When your mom asks, “**Who broke the glass?**” — what do you do?



What would you say?



Who was watching even when no one was there?



How would you feel after telling the truth?

Lying is never the 'best option'



Can you think of a time when telling the truth was hard, but you did it anyway?





Lies adds up

Have two Atfal pick from a hat with paper slips inside that say ‘**Truth**’ and ‘**Lie**’, every time the slip which says ‘**Lie**’ is taken out we would add something heavy in their bags and they will race.

This is only a game — to show how quickly lies grow!

ACTIVITY

What did we learn?

Lie #5...

Lie #4...

Lie #3 to cover #2

Lie #2 to cover #1

Lie #1

One lie leads to another.

There is no such thing as a small lie!

Remember the Two Roads:

“Lying leads to vice and vice leads to the Fire; and **a person goes on lying till in the sight of Allah he is named a liar.**”

The Holy Prophet (saw) — Bukhari and Muslim

ACTIVITY 2

Share a story of truthfulness



The Holy Prophet (saw)

**Share a story of
truthfulness
from his life.**



The Promised Messiah
(as)

**Share a story of
truthfulness
from his life.**



Your own story

**Share a time you or
someone you know
chose the truth.**

*What happened? What
did you learn?*

