

MODULE 1

Class Title: Lying

Aim of the lesson: To understand types of lies, their implications and how to cure this destructive habit

Category: *Tazkiyah*

Lesson Format: Power point presentation with discussion

(Greeting to students) *Assalam alaikum wa Rahmatullahi wa Barakatuh*

(*Taooz*) *Aoodhubillahi min AsShaytanir Rajeem*

(*Tasmiyah*) *Bismillahir Rahmanir Raheem*

(*Du'a*) *Rabbish rahli sadri wa yassirli amri wahlul uqdatum millisani yafqahu qawli* (Surah At Ta-Ha 20: Verse 25-28)

Slide 1:

Today, *inshaAllah*, we are going to talk about something extremely basic: lying. Do you think it's basic? Do you think it's childish? Yes? Lying is childish? Actually, it's not as childish as we think.

Firstly, it is very essential to understand the importance of not lying and secondly, we need to see what behavior falls can be categorized as lying.

What is a lie? What would you call a lie?

Student: Something that is untrue.

Teacher: Good. Anyone else?

Student: Something that is false.

Student: Anything untrue that you say to protect yourself.

Teacher: Good. And?

Student: Sometimes you lie to show off.

Teacher: Yes, that's right.

Slide 2:

To lie means to state something that one knows to be false. When you state something that you know is either not true, or being said to maintain a secret, you are lying.

Slide 3:

What is a lying tongue? If it is on the loose, what happens? You lie easily because you don't have any control over your tongue.

Why do we lie sometimes? What are the reasons for lying?

Student: You want to cover up.

Teacher: Yes, you may want to save yourself from being judged. What else?

Student: You lie to exaggerate.

Teacher: Good. Anyone else?

Student: To create a false impression.

Student: To please others, to keep a secret, to maintain your reputation or to protect someone's feelings.

Teacher: That's true, sometimes we lie just to protect someone's feelings.

Student: And to avoid punishment.

Teacher: Most of the time, we lie because we want to avoid punishment or we want to protect ourselves.

Slide 4:

The Messenger (pbuh) of Allah (swt) said,

“Shall I not tell you the worst of major sins, associating partners with Allah, disobeying parents.”

He was reclining as he said this, and then he sat up and said,

“And indeed giving false statements and indeed bearing false witness and he kept repeating it until the companions wished that he would stop.” [Muslim]

Slide 5:

Lying is one of the major sins; we tend to forget that it is a serious sin because Satan fools us into thinking that it is just a minor sin.

We may think to ourselves, “Oh I'm just lying. It's not like I killed someone or caused anyone harm. I just told a lie.”

That's how Satan works on us; he makes us think that our sins are very small; he makes sins seem insignificant and minor to believers and then gradually deceives them into committing those sins.

All of us agreed that lying is a very minor thing; we thought that it is a very basic thing and is very childish. Without even having to ask, I know that probably no one in this room can claim that they don't lie or have never lied. We do lie. Even if we tell a very small lie, it is a lie. Today we are going to look into all the types and shades of lies, to understand what can be defined as lying.

Slide

6:

What signs make it obvious that a person is lying? If I want to know whether you are lying what

signs would I look for? It could be your body language, for example, you might hesitate. Your words and the way you talk, for example, you may stutter.

There are basically three signs: actions, thoughts and words. The kind of language you use and what you are thinking. Obviously, I can't tell what you're thinking, but your thoughts can be an indication to make you conscious of the fact that you are lying.

Now let's talk about different types of lies.

Slide 7:

Allah (swt) says in the *Qur'an*,

“Not a word does he or she utter, but there is a watcher by him ready.”

(Surah Al-Qaf 50: Verse 18)

Who is the watcher that this verse talks about? Allah (swt)? Who watches us?

Student: The angels.

Teacher: Yes, the angels. Of course Allah (swt) is watching everything, but every individual has two angels with him/her who actually write down everything we do. Every time we lie, it is written down in our book of sins.

Slide 8:

What are the two greatest lies that anyone can tell? Does anyone know?

See, the greatest lies would be firstly, against Allah (swt) and secondly, against the Prophet (pbuh).

Now, what is a lie against Allah (swt)?

In the *Qur'an*, Allah (swt) says, “Who can be wicked than the one who invents a lie against Allah?” (Surah Al-An'am 6: Verse 93)

How can we invent lies against Allah (swt)? Can anyone tell me? We try to pick up points from the *Qur'an* which are slightly vague and change them a little bit, claiming that our interpretation is what Allah (swt) is trying to say. This is how we try and invent a lie against Allah (swt). How else?

Student: Do any Muslims actually say that Allah (swt) has partners?

Teacher: No, but we say '*Allahu Akbar*'. What does '*Allahu Akbar*' mean? It means Allah (swt) is the Greatest! However, for example, if we do things to please our friend, even if it means disobeying Allah (swt) in the process, we're lying when we say '*Allahu Akbar*'. Do you agree? We are lying because we say Allah (swt) is the Greatest, but we don't really mean it. For us, our friend is the greatest because we try to please her at the cost of displeasing Allah (swt).

People can also lie against Muhammad (pbuh).

The Prophet (pbuh) once said, “Ascribing false things to me is not like ascribing false things to anyone else. Whoever tells a lie against me intentionally can surely occupy his seat in the hell fire.” [Bukhari]

What do you understand by this *hadith*?

Student: We must not misquote any *ahadith*.

Teacher: How do we misquote *ahadith*?

Student: Sometimes, people add things to the *hadith*.

Teacher: So unless we are absolutely sure about a *hadith* we must not quote it. How can we be sure about a *hadith* that it is authentic?

Student: We can use trustworthy resources like *Bukhari*.

Teacher: Yes. We should look up the *hadith* in good books like *Sahih Bukhari*, *Muslim* and *Tirmidhi* and we should trust the *hadith* if we can find a good source for it. Just because you read a *hadith* somewhere does not mean that you should believe it, unless you know the source. There are a lot of people who fabricate *ahadith*.

Slide 9:

What is a **fabrication**? What does it mean to fabricate? Making something like a story or an excuse.

“The dog ate my homework.”

“I can’t do my homework for medical reasons.”

“I didn’t come to school because I was sick.”

“I didn’t clean up my room because I had a lot of homework.”

“I can’t give you my notes because they are lost, I can’t find them”

These are all fabrications.

When you make up something to deceive somebody, it is a fabrication. Can you give me some other examples of fabrication? How do we make up stuff? What do we say? Do we make up stories? (*discuss with class about other examples of fabrications*)

Slide 10:

Then there are **save face lies**. What are save face lies? When you lie to protect yourself from some kind of negative consequences. In order to protect yourself, you tell a lie; you could blame others to save yourself from punishment. For example, if something breaks in your house and you mom wants to know who broke it; you might say it was probably the maid servant. The maid would say it’s probably the driver. You may even go as far as to claim that you actually saw the maid break it, even though it was you who actually broke it. So you are trying to save yourself

by blaming your maid servant. And, even though the maid knows that you broke the object, she may say that she saw the driver do it. These are save face lies; everyone is blaming other people to save themselves.

For example, if your teacher hears you talking in class and she asks you why you're talking, you may blame another student, insisting that he/she is the one who is talking. That's also a save face lie.

Slide 11:

Bargain lies. What are bargain lies? For example, when we are trying to haggle with shopkeepers we claim that other shops are selling the same item at a lesser price, in order to get them to bring down their price. That is a bargain lie; when you misquote and you lie in order to bring the price down. Unfortunately a lot of women do this.

Slide 12:

Another type of a lie is that which misleads others. You tell your dad that you're doing your homework while you are just sitting around, relaxing; that is a misleading lie. Or, for example, you tell your parents that you are going to a friend's house for a project but when you get there you just have fun; you don't work on any project. You are misleading your parents.

Sometimes, if you don't get good marks on a test, you might just tell your mum that you don't know your marks because your teacher lost the copy of your test; again, you're misleading your mother. You know everyone got their marks, but since you didn't get good marks, you tell your mother that the teacher lost your test. These were a few examples of misleading lies.

Slide 13:

Lying to kids; how do we lie to kids? What do we say?

Student: Put the tooth under the pillow and a Tooth Fairy will come and replace the tooth with some money.

Student: *Bhaoo Bhaao* (monster) is going to come if you don't behave.

Teacher: "A big spider is going to come."

"A witch is going to come."

Just to make children behave we tell them lies.

What do you say if children ask you how they were born? Have you heard parents making up stories? Many say that there was a fairy that put you in the cot and that's how we had you. Why do parents lie about this? It's not that they are too shy to tell their children the truth; they just feel children are too young to know the truth. But do you think they do the right thing by making up a story? They shouldn't tell their children anything at all.

They should just say, "When you grow up, I'll tell you how you were born. You are too young to know right now," rather than making up a false story and lying.

Often it happens that we tell kids that if you do this I will give you a candy or take you for a ride etc etc but once the child does that, the elder pays no heed to the promise that he made or delays it until the child forgets.

How can children trust their parents if they are going to tell lies? The concept of Santa Clause is a big lie. The story about the Tooth Fairy, like she said, is also a lie. These are all lies to kids.

Slide 14:

Web lies. What are web lies?

Student: If you lie about your age on Facebook.

Teacher: And?

Student: The edited, photo-shopped pictures that you find on the internet. Something that looks really nice in a picture may not be as pretty in reality.

Teacher: What else?

Student: Changing names.

Teacher: There are people who are actually leading double lives. They have separate identities and separate names on the web; they may even have ‘romantic’ relationships online, pretending to be completely different people. Not disclosing their real identity. Faking to be someone else, right? Have you heard of such incidents? Interacting online with people whom you don’t know, is really not a good idea. It is like talking to a complete stranger. You obviously wouldn’t want to be involved in such a situation, would you?

Slide 15:

Let’s say you make a friend on the net and she tells you that she is twelve years old or fourteen years old; you start talking to her and then you start telling her your secrets. She tells you her secrets. Would you like to be on the other end? Later, you might come to know that you have actually been talking to a forty years old guy; you wouldn’t want that to happen, right? Why wouldn’t you want to be on the other side? Because you are going to lose trust in the other person.

Slide 16:

False promises. These are lies too; making a promise with no intention of keeping it. One who commits to doing something, without intending to do it is not only lying but also breaking a promise.

“I’ll say my prayers in a minute.”

“I’ll return your book tomorrow.”

“I’ll call you in the evening.”

And then you don't; you make a promise and then you don't fulfill it. By the way, when you make a promise, you don't have to use the word 'promise' for it to be one. It is your commitment. If you tell your friend that you are going to call later and you don't call, you are lying. Or if you tell your mom that you are going to say your prayers in five minutes and then you don't say your prayers in five minutes, what is it? It's a lie.

Slide 17:

The Prophet (pbuh) once said that there are signs of the hypocrite. Do you know what a hypocrite is? One who claims to be a Muslim but is not a practicing Muslim. The three signs of a hypocrite are that when he speaks, he lies, when he promises, he breaks his promises and when he is entrusted, he betrays the trust. [Bukhari, Muslim]

Slide 18:

The Bold faced lie. What's a bold faced lie? When you lie very confidently.

"Mom, I didn't use your make up."

When you are wearing her lipstick and you are wearing her eye shadow and you very confidently say, "Mom, I didn't use your make up."

Your maid servant uses your perfume and you can smell the perfume on her but she denies it. Bold faced lie. Usually very unintelligent people do this. Lying in itself is wrong and if you are going to tell a bold faced lie, it's like falling on your face because the other person will get even more mad at how you shamelessly lie, despite obvious evidence against you.

Slide 19:

Exaggeration. Look at this picture:

"Come on. Who do you think you are kidding?"

"I swear the mouse was this big."

Use of the word never.

Have you ever said to your mum, "You never let me go to my friend's house?"

Never, ever?' Haven't you ever been to your friend's house? You have. So if you are saying that she never lets you go to your friend's house, that's a lie. And you know it. You are just angry and you want to hurt her feelings. You are just upset and that's why you are saying she never lets you go to your friend's house. That's a lie.

"She's got a loooooong tongue."

"She's got huge ears up to her waist."

These are exaggerations.

"She hit me so hard that my arm broke."

“You killed me. Ouch it hurts, you just killed me.”

If they had killed you, you wouldn't be speaking, would you?

These are exaggerations. They do come under the category of lying. We don't consider these lies, do we?

If you're being sarcastic, that's another issue. You should not be making sarcastic remarks. But, exaggerating about something is a lie. I think sarcastic remarks are very mean. Nobody would like it if you are going to be sarcastic with another person. You should not be sarcastic with anyone. It is very rude and is bad manners.

Slide 20:

Bluffing.

“My dad got a Ferrari and he says I can drive it.”

Whereas it is actually a toy; you are bluffing. When the other person knows that you are cracking a joke, its fine. But if you are actually bluffing to a person it comes under lying. What other examples can you give?

Slide 21:

“Look at this. My friend got me these fancy clothes.”

Whereas you got them with your mother's credit card; that's bluffing.

You say, “I'm studying,” whereas you are actually reading a storybook in your bedroom. Yes you are studying, but you are still bluffing your mom because you are giving her the impression that you are doing your school work. This is bluffing.

Slides 22 and 23:

Break the trust lies. These are the lies that we should avoid through and through. These are very very damaging lies. A few seconds of fun can cause an awful lot of pain and distress in life when you break someone's trust. For example, you tell your mum to drop you to your friend's house for a group study session but you go and watch a movie. You are breaking your mom's trust. Pretty much all kinds of lies break the other persons trust.

Slide 24:

Bag a laugh lies. What are these? Bag a laugh lies are when you crack a joke which is not true, just so that people around you should laugh. It could be rumors and it could be jokes about other people; cracking a joke which is not true just to make people laugh.

Slide 25:

Prophet (pbuh) said, “Woe be on one who speaks and lies in order to make people laugh, woe be on him.” [Abu Dawood]

Woe be on him. So what is the lesson that we learn from this? If you are cracking a joke, that's absolutely fine. Making people laugh is absolutely fine, but if it's at the cost of telling a lie about somebody, it is not allowed. It is not allowed to tell a lie. Mostly, the jokes we crack do involve lies to some extent.

Slide 26:

What about April fool's day? What do you think about that? What do we do on the first of April? We play pranks. How do we play pranks on people? By lying. What kind of lies do we tell? Scare them or say, "I'm going to be at your place at five o'clock," and then don't turn up.

Basically you are fooling the other person. This is especially not allowed in Islam. Fooling around on the first of April is a sin. It is as simple as that. It is a *gunnah* {sin} because Muslims do not lie. They might have other weaknesses, but they never ever tell lies.

Have you read the story about the boy who cried wolf? What happened in the story? The people trusted him, so when he cried wolf, the villagers didn't think he was lying and they actually showed up to help him. Then they found that there wasn't any wolf. So the third time what happened? There was actually a wolf and he called out for help but the villagers thought he's playing the prank again and they didn't respond and the wolf ate him up. What is the lesson that we need to learn from this? That we must not lose people's trust. When we joke around, we might feel it is harmless. We may think it is 'just' a joke, but what we don't understand is that we lose people's trust when we do that.

Slide 27:

What are the consequences of lying? What are the disadvantages of lying?

Slide 28:

The first thing is that you and your words lose significance. People are doubtful about whatever you say because they feel like you lie and joke around all the time. Effectively, you lose your words and you lose your significance. That's one disadvantage.

Slide 29:

It is also an ugly label to carry. What are people who lie called? Liars! We don't want to be labeled as liars. What happens if people start calling you a liar? Will they trust you? Of course not.

Slide 30:

Some lies can actually haunt us. Why? How can lies haunt you?

Student: You feel guilty about them.

Teacher: I wish we would. But what is the actual reason? Why do lies haunt us sometimes? Yes?

Student: At times they produce results that the person is not looking for.

Teacher: Exactly. For example, they will tell a lie, “I didn’t come to school because I was not well.” The teacher tells you to get a medical certificate from your doctor. So you go to the doctor and you make a request; another lie, “Actually I was not well so I didn’t go to school. So could you make a certificate for me?”

The doctor obviously thinks that you are telling the truth, but he requests to see your parents first. The next thing you do is you go lie to your parents, “There is a friend of mine. She needs a certificate, could you call the doctor and ask him to make the certificate for her?” Again a lie. You keep telling lie after lie. Eventually, you will ask yourself why you lied at all. One gets so sick of it because one lie leads to a hundred lies. So we must always remember that there can be lies which continue to haunt us. Lying often starts a chain reaction and one has to say a hundred lies to cover one.

Some lies can haunt us at another level. A certain person decides to celebrate April fool’s day and calls up an arch rival’s mother telling her that her only son has met a fatal accident. This news causes such a blow to the mom that she suffers a heart attack and dies ... Now the person who lied meant it to be a harmless prank and he didn’t foresee the consequences to be this dire. In such a case his one lie would literally haunt him for life!

Slide 31:

The Prophet (pbuh) once said,

“Verily lying leads to wickedness and verily wickedness leads to the hell fire.” [*Bukhari*]

You do become a wicked person once you start lying because you’ll do anything sinful to maintain your lies.

Slide 32:

When one lies to create a phony self-image, it can be a sign of low self-esteem. Why? How can you have low self-esteem? For example, you went and got a dress from your local market. Let’s say you went to *Zainab* market (local market in Karachi). But you tell your friends that your aunt got it for you from the UK. What kind of self-respect are you going to have? Everyone else is going to be impressed but what kind of self-esteem are you going to have? Will you have any respect for yourself? In your heart, you know that you lied. The clothes were not from the UK, they are local. You lose your self-esteem when you start lying.

Slide 33:

Lies are often used to cover up problem areas in your life, like a band aid; it just covers things up. You can hide things with lies, but you can’t run away from them. The bruise is very much there. You are just covering it up with a lie. The reality is that the problem still exists and continues to haunt us.

Slide 34:

The number one cause of losing people’s trust is lying. That’s the number one cause.

Slide 35:

There are certain exceptions where lying is allowed. What are these? Our religion has allowed us to lie in three special circumstances:

Slides 36-38:

- Firstly, you can tell a lie in a battle field or a war zone. It's allowed in *Islam*.
- Secondly, you're allowed to lie in order to patch up with your husband or wife. If the husband tells a lie to make up with his wife, for example, he says, "Oh you're looking so pretty," even she isn't, it's allowed. You can do that.
- Thirdly, for reconciliation between people. If you want two of your friends to patch up, you can tell a lie. You can go to one and say, "You know, she really wants to talk to you." Then you go to the other one and you say, "Oh, she really wants to meet you. And she's missing you so much." You're trying to resolve their fight by lying. That is allowed.

Slide 39:

The Prophet (pbuh) has said,

"A liar is not one who tries to bring reconciliation between people and speaks good in order to avoid dispute or he conveys good." [Muslim]

Anyone who lies to resolve problems between two people is not considered a liar.

Slide 40:

Now, can you and I honestly say that we have committed ourselves unconditionally to the truth? Can we? After discussing all the aspects of lying that we have spoken about, can we actually claim that we don't lie? There are so many shades and levels of lying that we do get stuck somewhere

It is a very painful question but we all need to ask ourselves. "Am I really a true Muslim or not? Do I not tell lies?"

Slide 41:

Abu Huraira (ra) relates that the Prophet (pbuh) was once told, "Oh Prophet (pbuh), you are joking with us," and he replied, "I only say what is true." [Tirmidhi]

The Prophet (pbuh) had a good sense of humor, but he never said anything that was untrue. We must also do the same. It's great to have a good sense of humor, as long as you don't tell lies. Say yes to jokes and no to lies.

Slide 42:

Sometimes people excuse themselves by saying things like, "I am no angel. I am no prophet. The Prophet (pbuh) didn't lie but I am bound to lie once in a while."

Slide 43:

We must understand that Prophet (pbuh) was nicknamed *As-Sadiq* and *Al-Amin*; meaning the truthful and the trustworthy. These titles were awarded to him even before he was bestowed with prophet hood. The Prophet (pbuh) had these qualities before he actually became a prophet.

Slide 44:

Every shortcoming is natural for a believer except deception and lying. These are the two things that a Muslim cannot have.

Slides 45 and 46:

We need to ask ourselves certain questions which will help give us a very clear picture as to whether we tell lies in our lives or not. Keep answering to yourself in your hearts

- Does my family trust me?
- Am I a trustworthy friend?
- Do I lie to my teachers ever?

Slide 47:

If the answer is no to any of the questions, then we need to stop and think. We need to think where we are going wrong. If our families don't trust us; or our friends or teachers don't trust us, we are lying.

Slide 48:

Is there any remedy for lying? Yes, there is. If you have understood this as a weakness in yourself and you admit that there are times that you lie. What is the remedy for it?

Slide 49:

Firstly, keep in touch with the *Qur'an*. Get into the habit of reading the *Qur'an* a little bit every day.

Secondly, ask Allah (swt) from the bottom of your heart to help you become truthful, because Allah (swt) promises to answer to our prayers if we call upon Him.

Allah (swt) promises us: وَقَالَ رَبُّكُمْ ادْعُونِي أَسْتَجِبْ لَكُمْ

"Call upon Me: I will respond to you...." (Surah Al Momin 40: Verse 60).

Make *du'a* {invocation} to Him to help you get rid of this bad habit of lying. That's the second thing that you need to do.

You should speak little but always the truth. You don't have to say too much. Sometimes we lie, because there is nothing else to talk about. We make up things because we feel that if we don't talk, people will not think that we're interesting enough. So we get into this habit. It is a lot better for people to think that you talk less than for them to think that you lie.

You should offer little, but should honor the offers that you make. Make very few commitments in your life. But when you do make a promise, always, always honor your promise. There is no hard and fast rule that you must make a lot of promises. You can make a few promises, but when you make a promise, people should know that you are not going to break it. People should have that kind of trust in you.

Lastly, hang around with honest friends. Why do you need to have honest people for friends? Because there is a saying that you are recognized by the company that you keep. If you are in the company of honest people, it means that you yourself are honest. Secondly, your friends do have an influence on you; if they are honest, you will learn how to be honest too. If they are dishonest, even if you hate them for being dishonest, some day you will start becoming dishonest yourself. Always make friends with honest people. Make sure that they do not lie to their parents. They do not lie to teachers and they do not lie to other people.

(Greeting to students) *Assalam alaikum wa Rahmatullahi wa Barakatuh*
(*Taooz*) *Aoodhubillahi min AsShaytanir Rajeem*
(*Tasmiyah*) *Bismillahir Rahmanir Raheem*
(*Du'a*) *Rabbish rahli sadri wa yassirli amri wahlul uqdatum millisani yafqahu qawli* (Surah At Ta-Ha 20: Verse 25-28)

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