

## MODULE 5

**Class Title:** Du'a Rabbana Aatina fidduniya hasanah – part 1 (1<sup>st</sup> part of a 4 lesson series)

**Aim Of Lesson:** To understand the meaning of this important *du'a*

**Category:** Scripture/*aqeedah*

**Class format:** Power point presentation, narration & discussion

Greeting to students) *Assalam alaikum wa Rahmatullahi wa Barakatuh*  
(*Ta'awwudh*) *Aoodhubillahi min AsShaytanirRajeem*  
(*Tasmiyah*) *Bismillahir Rahmanir Raheem*  
(*Du'a*) *Rabbish rahli sadri wayassirli amri wahlul uqdatum milli sani yafqahu qawli*  
(Surah At Ta-Ha 20: Verse 25-28)

### Material needed:

White board

White board markers

Slide 1:

This *du'a* that we are going to start today, is *InshaAllah* going to take five classes, right. So I'm going to break it up in such a manner that by the end of the last class we're just going to finish it off, *InshaAllah*.

It is reported from Anas ibn Malik (ra) that Rasul Allah (pbuh) recited this du'a the most [Muslim, Book 35, Hadith 6705].

This *du'a* is something that we do in our *salah* all the time. The *du'a* is in Surah Al Baqarah 2: Verse 201:

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

*Rabbana Aatina Fiddunya Hasanah*

Oh Our Rabb, give us in this world that which is good

*Wa fil akhirati Hasanah*

And the Hereafter, that which is good

*Waqina a'dhaab An Naar*

And save us from the severe punishment of the fire.

Now basically I have circled three very important words that we are going to focus on, in the coming few classes: The World, The Hereafter and the Fire, the three things that we're going to talk about. Today we are going to focus on the first part of this *du'a* 'Oh our Rabb give us in this world that which is good'. What exactly are we asking Allah (swt)? Are we aware of it? Are we aware of what we want in this world, we're going to look into that.

Slides 2-3:

Now, this *du'a* is basically for the best in this world and in the Hereafter, the first part talks about the world and the second and the third part talks about the Hereafter, right.

What makes this world a happy zone?

We're asking Allah (swt) for good things in this world. So what are those things that actually make this world a happy zone for you, and for me. Certain things will be common and certain things will be different for us, right. If I ask you to make a list of your wants, what would you have in mind?

(teacher makes list on white board)

Slides 4-5:

A long list, so basically what we can say is that there are two types of wants, what are these two types? Universal, common in all of us, there are certain things that are common, you also want it and you want it, and I want it too. And then there are other things, specific wants, they could be totally different for each person, for her it could be one list of things and for you it could be an absolutely different list. It's definitely a shorter list of things that you want in this world, very specific, very specific, right.

Now let's just focus on general things that all of us would want, beginning from the time that we are born, right. And I'm going to make a list of all the things that you feel generally speaking everyone sitting in this class would want.

Now before we start making this list, I'm going to divide our lifespan into few categories, few levels. Beginning with when you're born to the time you're two years old, we are going to focus just on that and see what the general wants are.

Think about yourself as a baby when you were born, what were the things that you really wanted? It doesn't matter if you got them or not. What are the things that you would really wanted for the first two years of your life? Ok, shoot.

Students: Shelter, food, affection, clothes, toys

Attention, what else? That's about all; would you be happy if you would get these six things?

What about health? you wouldn't want to be a sick baby. You're not worried about it right now, but if you go back in time you would want to be a healthy child.

Health is something that's going to remain constant so let's just start from the beginning, you need the health at that time too. Say that you're a colicky baby, would you want that, would you like that? No, nobody would, why, what does a colicky baby do? He cries all the time, would you want to cry all the time for the first two years of your life, no, nobody would want that. So health is very important.

Now, let's come to the second level from age 3 till just before your teenage. What are the things, the extra things that you would want, besides these? You want entertainment!

Student: Education, Friends.

You want friends, what else? Would you be happy with this, anything else that you would like to have? No, OK.

Now we've entered into teenage, what are the extra things that you would want in your teenage life? Hey, this is the *du'a* you can ask anything to Allah (swt)! You would want money!

Student: A cell phone

Student: Gadgets

Student: More clothes.

Teacher: See you can like ask for anything, anything, it's a *du'a*.

Student: A car.

Teacher: Fine if you want a car

Student: Accessories, jewelry

Student: Fast food

Student: Permission to go anywhere

Student: We want to go to a good university but that's part of education, right?

Student: Good grades.

Teacher: Yes, what else? Anything else, anything else that's missing in it?

Student: Better friends.

Teacher: What do you mean by better friends? You mean like more friends?

Student: OK, more friends.

Student: Travelling, Vacations.

Student: Freedom

Yes, what else, what else would you want, it's a wish list, you can put anything, because when we make a *du'a*, the first thing that we need to have our *emaan* on, is that you know... when you ask somebody for something? What kind of hopes do you have? For example if a beggar comes to your car and asks for some money, he wouldn't go to another beggar, why? Can anyone tell me?

Student: You can afford to give it.

He knows you have the ability to give it, that's the reason he's coming to you and not another poor man walking by. Here when we're making a *du'a* and asking Allah (swt) for whatever in this world, we've got to have this faith and *emaan* that Allah (swt) is capable of giving us whatever we want, whatever we want, right. He's capable of giving you anything.

Now you enter into your twenties till the time that you have your first baby, so that includes a lot of things, right.

Student: Career.

Student: Good happy marriage.

Student: Graduation from a good university.

Good university, education is here, that's a constant. Health, education, food, possession we've covered that. Something else that you would want.

Student: Ability to sustain yourself.

Student: Maturity

What else? It's not that we're going to fill the whole board.

No, no, no not as yet because I know there's a long list of things you'd want with the first baby, so we're going to stop till here, right.

So you want to be happily married, you want all the other things, right the possessions and the money and comfort.

Student: You did not write beauty anywhere, I would want to be beautiful.

Teacher: Yes OK beauty, good point, what else.

Student: Good personality.

OK now you have your first kid, what do you want, a boy or a girl?

Students: Girl, boy, (mixed reply)

How many of you actually want a girl?

Student: I want the best.

Teacher: Basically when you start having children there's a long list of things that you want for your children, right, a long list of things. I mean with your own child you'd want his health...

The same thing, everything that you wanted for yourself, it's basically going to start from here again, the whole cycle, right. OK

Slides 6-12:

So you have like *MashaAllah* pretty much covered everything, starting with when you were born. When we're born we want caring parents, then we want nice toys and then as we grow we want good friends and then we want all the comfort of this world that money can buy, for example, good clothes, good food, good house, good vacation, good entertainment going out, and then of course as we further grow we want to look good, all of us want to look good.

Slides 13-15:

And then of course you want to be popular, you want a have a lot of friends around, right. And then what, then you want to be praised, you did not mention that. And is it just the praise that you want for yourself? Or is there something else that is coming from people? Respect, we want respect for ourselves too.

Slide 16:

And then what, we want to be the best in everything we do, we love competition and we want to be on the top, don't we? Most of us are quite competitive and we want to be seen at the

top, that's another desire. You mentioned education, you didn't mention I want to come first, or straight A's, come on! How come no straight A's?

Student: Good grades.

Have I written good grades, yes, good grades.

And then of course with teenage you have other set of problems, starting with what?

Student: Acne.

Slides 17-19:

Acne, yes you want a nice clear beautiful skin, you want to look as pretty as you can, right and then we want to have the coolest room, all of a sudden we start showing interest in our room, the colour scheme, we want to have nice curtains to go with the rug and quilts. And especially us girls, our interest keeps changing a little bit.

Slides 20-21:

What else, we want to do good in studies, we want to excel, and all of a sudden our parents don't really need to be at our backs, they don't have to tell us to sit with our books because it's a competition, it's a challenge for me, I need to do it for myself, it's no more doing it for parents. And we want to be our teachers favourite too, right. So you're being nice to people around you as well because you want people to think good of you.

Slides 22-24:

Then as we grow old we want to have good jobs, career. And 'guys' what do they want? Let's keep them in mind as well, they want great cars. Somebody mentioned a car here, ok fine girls want cars too. And of course how can we forget this, a good life partner! What kind of qualities do you want in your life partner? Generally speaking what are the good qualities that you should be looking for in your partner?

Students:

Funny

Well educated

Loyal

Good looking

Muslim, practicing Muslim

Understanding

Rich

Smart, good IQ

Hard working

Tall

Dark and handsome too, to go with tall?

Teacher: OK, anyways, you can ask for anything. And it's absolutely fine to pray to Allah (swt) for the kind of life partner that you want and you'll be amazed that sometimes Allah (swt) just listens to you and you get the right man, yes. So you must always pray for the kind of life partner that you want, nothing wrong with that as long as you're not imagining guys in your mind, right.

Slides 25-26:

Then you want high lifestyle too, this is something that is desired by and is appreciated by all of us, most of us (of course girls) want to be the best cook. Alright, guys also want to be the best cooks.

Slide 27:

And then what; and be great housewives, yeah you want to be a good housewife, finally but that does not include all the images that I've shown of scrubbing the floors, no it's not sexist at all. No this is something we girls have to learn, if you're not a good housewife, you're incomplete. It's our main responsibility and we have to face it and its very, very real.

Our primary responsibility is not to go out and work; this is not how Allah (swt) has made men and women.

Men are supposed to go out and work and women, their main domain is at home, they can make it as beautiful as possible, as comfortable as possible or they could just neglect everything and go out. And you have to be a super person to do both things together, let's just face it.

Because then you know, we come home tired in the evening and start doing it, yes it's a very good idea if the husbands helps you with it, there's absolutely nothing wrong in it, he should be helping. I'm going to teach my son and I'm going to train him in such a way that he does help his wife whenever he gets married, it's going to be like you know after 25-30 years. But the thing is, we have to understand the responsibility Allah (swt) has put on us and this is one.

Slides 28-29:

We also want to have....how about this? Great figures! We want to look very, very thin despite eating a lot. So we don't want to give up on eating, we still want to eat a lot, isn't that just like a dream come true, that you can eat as much as you want and not be worried about getting fat! So that's a desire too, pray to Allah (swt), and make a list for yourself.

Slide 30:

And then a new phase of life starts, and you go on to have your own child, yeah. It's a dream and women have more desires to have babies than guys, I mean they turn out to be great fathers but women, I mean you enter your teenage and you start admiring kids all around you and then you have this little desire that I want my own cute little baby.

Students: No not yet, not yet, I hate kids.

Slides 31-32:

And then of course, if you have a boy you want a girl and if you have a girl you want to have a boy, right. So you want both, it's not that you just want boys or you just want girls, all of you who said you want girls, eventually you would want a boy as well, right. And then of course, lots of them, yes, why not, lots of them, yes.

Slides 33-36:

And then you want kids who are healthy, bright and beautiful. And then of course that's not all, we want them to be obedient too. I'm sure, a lot of you most of you, how many of you want obedient children? All of you.

Slides 37-38:

OK so all of us want obedient children and then in all ages, not just when they are young, even when they grow old you want them to be obedient to you, right. Am I right in that? Yes and our own parents to be pleased with us too. So we want to have kids who are obedient and we want our parents to be proud of us as well, that's a 'want' too, that's a desire as well that all of us must have, **MUST HAVE**.

Slide 39:

Then you grow old, and does it stop here? Then we pray to be on our feet right till the end. Have you ever heard old people making this *du'a* that we want to be on our feet, we don't want to be dependent on the people around us right till end, right?

Slides 40-42:

Then of course the history repeats and you want the best education for your child, the best toys, the best food, the best outing for your children. And this time all your wants are for your children and grandchildren. The whole cycle starts again, the whole cycle of desires and wants, first for your children and when your children grow and get married and they have children, then you have the whole cycle running for your grandchildren, right. So the list goes



on and on and on. And when does it end? Your wish list only ends with *you*, not even a single day before that! This is an ongoing list for all of us.

So when we say *Rabbana Atina Fiddunya Hasanah* there are a lot of things that we want, a lot of things, this one verse covers up a lot of things, right.

Slide 43:

And you wonder is this '*hasanah*'? if I get everything or all the things that we made a list of, all the things that we actually talked about, if I get everything, is that '*hasanah*'? *Rabbana Atina Fiddunya Hasanah*, give me '*hasanah*' in this world, is this '*hasanah*'? Will you say that I got '*hasanah*' in this world?

The best, the good things in this world, would you call this *hasanah*? How many of you actually would call this *hasanah* if you would get all the things that we talked about?

Do you think that if you got all the things that we have talked about, would you consider yourself having that *hasanah* that you asked Allah (swt) for? Would you actually go into *sajdah* and thank Allah (swt) that He actually gave you what you wanted?

Individually, don't tell me what generally happens. If you actually got everything that we talked about, would you thank Allah (swt) and say that I prayed for *hasanah* and I got *hasanah*.

Slides 44-46:

Well the thing is, No this is not *hasanah*, why? Because if you only want *this*, this is not *hasanah*. All this can very easily make your life lop-sided, very easily; you will not have the balance required in life if you have just these things, if you would just ask for these things. Whereas Qur'an teaches us to have a balanced life, you would not have that balance if you're going to ask for just these things. How?

The question is 'How', can anyone think of an answer for it?  
Why is this not *hasanah*, why will it create a misbalance in our lives?

Slides 47-49:

OK let's just rewind and go back and go back to the age where you are right now.

Let's go back to reality where you are right now. Then think about all that Allah (swt) has already given you, all the things that you already have, we are not talking about the things that you want in future, we are talking about the things that Allah (swt) has already given you, right.

Slide 50:

Intelligence – how many of you feel that I am intelligent, *Alhamdulillah*, all of you, is that a *naimat* is that coming from Allah (swt)? OK, now the question is, are you using it to learn and spread Islam? Or is it just your worldly studies where you're using your intelligence.

Allah (swt) has given you intelligence, but how are you using it? That is very, very important, that is the key thing in *hasanah*, whatever HE gives to you, how do you use it? If you use it in the correct manner only then these things will become *hasanah*, only then it will become *hasanah*.

So if you've got intelligence, you asked Allah (swt) for intelligence or HE gave it to you without asking it, but if you're not using it in the right manner or in a balanced manner, yes you have to use it in your secular studies as well but is that the only area where you are using your intelligence or is it to spread the word of Islam on a very basic level?

Perhaps just by teaching your maid how to recite *kalimah* or teaching her how to do *wudhu* or teaching her how to read the Qur'an, just basic things! And you don't have to sit from morning to evening to do that, just two minutes, five minutes every day.

Because if you want this blessing to convert into *hasanah* you will have to use a small part of it into pleasing Allah (swt). And *then* this thing converts into *hasanah*. Well, are you spending a part of it?

Slide 51:

Now Allah (swt) doesn't want you to spend everything in HIS way, just a small part of it, on your friends, on relatives or poor. We all get pocket money, are we spending it on our friends, relatives and poor in a nice balanced manner. If you are *Alhamdulillah*, this blessing that you have, wealth or money it is *hasanah* for you, right.

Slide 52:

Teacher: Good looks – now how can we convert good looks into *hasanah*. Can anyone tell me?

Yes, the question that you need to ask is, do you avoid displaying it where Allah (swt) has forbidden. Allah (swt) has given you looks *Alhamdulillah*, you might have asked for it, maybe you didn't, Allah (swt) has still given you good looks and *MashaAllah* everyone sitting here, all of you are very pretty but are you actually, do you avoid displaying your beauty where Allah (swt) has forbidden?

Because if you are not avoiding this display, then this *naimah* is not *hasanah*, it's not, then it's a *fitnah*, it's a test for you. It can very easily pull you towards hell fire!

Slide 53:

And then Friends, friends are a blessing too. You have written 'friends' again and again, you have friends and then you want more friends. How do you convert friends into *hasanah*, anyone?

Student: Good company.

Yes, the question that you need to ask is, that do you talk to them about Allah (swt) or is it just like chitchat that you have about worldly things? Do you actually talk to them, bring them closer towards Allah (swt) and the second thing is that do you avoid bad company? Allah (swt) has given you what you want. You wanted lots of friends, but you make a choice out of it, which actually converts this blessing of friends into *hasanah*. Or you just like... take whatever is coming, all types of friends. This is what you need to ask and this is how you can convert this blessing of friends into *hasanah*.

Slide 54:

Then of course talent. All of us have different types of talents; you might be having a beautiful voice, you might have the talent of painting, it could be of being very organized, you could have the talent to manage your time, how do you convert this into *hasanah*? Do you use it please Allah (swt)?

If you've got the talent of singing, is it just 'songs' that you sing or do you actually recite the Qur'an in a beautiful manner as well? Or if you've got this flair for art and a talent of painting, have you ever written Allah (swt)'s name in a very beautiful manner? And do you actually stop yourself from painting faces and figures (which is not allowed in Islam)? Or do you go ahead and just join this art school and do whatever they tell you and you say, 'Oh! What can I do?

They force me to do it'. No you've got a choice, you can take a stand and you can tell them this is something that is not allowed in Islam. Take a stand for it, Allah (swt) is the one who has given you this talent and because of this talent, you actually qualified for a seat in that particular school, right.

Slide 55:

Loving parents – that's a big blessing, having loving parents, parents who can actually understand you and love you. But the question that you need to ask is that do you actually obey and respect them too? They love you, they are doing what they are supposed to, you've

got the blessing of loving parents but do they have the blessing of having loving children, respectful children or not? Because if you've got great parents and you don't respect them, and you don't obey them that's not a *hasanah* for you.

Slide 56:

Then of course a loving family - you are eventually going to have a loving family, your own husband and your own children and then you'll say *Alhamdulillah*, I asked for it and Allah (swt) gave it to me but then we have to ask ourselves one more question; Is Allah (swt) happy with them? Am I like just making sure that I'm doing my *salah* and I do my *zakah* and fasting and all the rituals of Islam, or do I make my husband and children do these things too?

Do I have any kind of influence on them, and if not what am I doing about it? If they are not towards religion am I making an effort to bring them back to the track?

Because this is a huge responsibility over you. Allah (swt) gave you that good looking, good humoured educated husband, what do you do? 'Thank you Allah (swt), fine good-bye!' .... No, we have to make sure that we convert this blessing into *hasanah* by making sure that just as you have this connection with Allah (swt) he has it too. But how do you do it? Any suggestions?

Student: Teach your children how to live life.

Teach your children, the upbringing of your children is your responsibility, you will be questioned for it, what about the husband?

Student: Talk to them about it, discuss it with them.

Discuss, talk rather than being nasty, 'Oh! What kind of a person are you? I'm so disappointed, you don't do your *salah!*' No, you have to talk it out, explain it to him that, 'See this is the thing, even I would love to keep sleeping in the morning, but *fajr salah* is very important so let's just do it together'. You have to give this feeling to your husband, let's just do it together, keep him with you and your children with you.

Not against you and it's very easy to that!

Yes, very easily you can tick them off, you do what you want to do and I do what I want to do. NO you have to keep them with you, and *how* you do it is very difficult, no set formulas for it but you can ask Allah (swt) to help you, HE has given you whatever you wanted so ask for a little bit more. You ask HIM to give you that wisdom to handle the family in such a manner that they become a *hasanah* for you, right.

Slide 57:

And then the time and energy that you have. You've got time, that's a big blessing too! We

haven't written 'time' in this wish list, won't all of us want time to sort ourselves out before we actually die? Long life or life enough to make sure that you've done whatever you need to do to qualify for *Jannah* and the energy that Allah (swt) has given you, old people don't have the energy that you have, so you need to use that too. Then how much of it is used to please Allah (swt)? You have time, you have energy but are you spending it in the path of Allah?

Slide 58:

And the respect, we asked for respect. Allah (swt) gave you the respect but how do you convert it into *hasanah*? By making sure that you too are being respectful towards other people.

Slides 59-61:

In a nutshell... what we can say is, that you can just ask yourself, is doing good deeds an entertainment for you? Is it really something that I look forward to doing, mainly because Allah (swt) gave me everything and now it's my turn to do good deeds? Well the good news is, that for getting *hasanah* we don't have to quit our desires.

*Hasanah* does not mean that you stop asking Allah (swt) for the things you want, you can still keep asking, keep asking as long as you have that conversion thing in your hand, you have the conversion trick in your hand that you keep converting it into *hasanah*. Keep asking... He'll keep on giving you, you keep converting it into *hasanah*.

Slides 62-66:

So our wish must not be 'either/ or', it should not be just the world or the hereafter, it can be both, we can have both, we can! The problem is that we feel that our life will be incomplete if we are not going to have this world, the things of this world. And also for asking for the best in the hereafter.

We have to make sure that we ask for the best in this world, as well as for the hereafter. The biggest fear that we have is, that we are just too scared that Allah (swt) might not give this world to us then, if I'm going to ask for *akhirah* He might just take away some things of the world then, 'Oh you want *jannah*, give certain things back to me', He won't do that.

Allah (swt) is capable of giving you whatever you want in this world and HE is very much capable of putting you in *Jannah* in the Hereafter too.

Slides 67-69:

So you keep asking, He can give you, look at the potential HE has. Allah (swt) is very much capable of giving the world *and* the hereafter both to us. Our fate in this world is already

decided by Allah (swt), do we have *emaan* on this? He's decided that Sumayya is going to get a career, she's going to be travelling, she will have a lot of friends, and she will have beauty, personality whatever she wants. Allah (swt) has already decided for all of us, and all of us are not getting everything, Allah (swt) knows what He's going to give to all of us, right.

There is a long list for her, there's a long list for you, a long list for all of us right, and He's already decided. Whereas our fate in the hereafter is determined by our deeds and *that* is something that Allah (swt) has left upon us.

Our worry should actually be about the 'hereafter' where things will be decided based on how I act today. That is something which is actually in my control. Whatever you want in this world, you just have to ask Allah (swt) and HE is going to give it to you.

Student: But if our deeds in this world have already been decided, in a way, isn't that fate?

Teacher: Let me just give you an example, there is a movie going on, right and you are watching that movie... OK let me just give you another example. A small child, a mother knows him inside and out. Now the child is trying to reach an iron, a hot iron. If the mother does not stop the child and lets him do what he wants, the child actually decides if he wants to touch the iron or not. But the mother knows what he's going to do. She knows how his mind works, whether he will touch it or not? She knows his personality and his capability. So Allah (swt) knows what we are going to do, the option, the choice is in our hand, get it?

Slides 70-72:

So your deeds in this world will help you buy *Jannah* in the hereafter, this is the punch line. Whatever you are going to do here is actually going to decide if you're going to *Jannah* or not, that is something that Allah (swt) has left on us.

But if you're going to be rich or poor, if you're going to be beautiful or average, if you're going to be fat or thin, if you're going to have twins or no babies, that is something that Allah (swt) as already decided, he is written down everything. Now what do we need to do? We need to play our part.

So are you actually ready to make this *du'a*, this is the question that you and I have to ask each other, we have to ask ourselves. Are we actually ready to make this *du'a* where am I'm asking Allah (swt) to give me *hasanah* in this world because I'm playing a very active part in that. Allah (swt) is going to give me what I want but that conversion is in my hands.

Now, how many times do you recite this *du'a* in your *salah* in a day?

Student: Five times.

Just five times? It's a lot more than that, right. For every *salah* you're doing it three or four times. How many *salaams* do you do in a *salah*, let's say you're doing *zuhr*, how many times do you recite this *du'a*?

You don't do *Rabbana* for every *rakah* you do it in the last *rakah*, so you're doing four *sunnahs* one time, four *fard* one time, two *sunnah* one time, so at least thrice in *zuhr*, right.

So from today when you go home and do your *salah* and you recite this *du'a*, *Rabbana Atina Fiddunya Hasanah*... right, and just not the first part of it, today's class was just on the first part of it. You need to understand what you're asking for and you need to tell yourself, 'Hey! I have a huge responsibility in this *du'a*, Allah (swt) might give me whatever I ask for, but am I ready to handle it in a very responsible manner or not?'

I want you to focus on the first part, at least for now, because *InshaAllah* in the next four classes we are going to talk about '*akhirah*' the 'hereafter' and the punishment of the fire.

But what we need to focus on for this week is just the first part '*Rabbana Atina Fiddunya Hasanah*' 'Oh our Rabb give us in this world that which is good'.

When you talk about good or *hasanah* you must feel the huge responsibility you have on your shoulders, right.

All right we are going to stop here and continue in our next class.

(Du'a for end of a gathering) *Subhana Rabbika Rabbul zzati 'ammaya sifun wasalamun 'alalmursaleen, wal hamdulillahi Rabbil 'alameen*

(Parting salutation to students) *Assalam u alaikum wa rahmatullahi wa Barakatuh*