

MODULE 5

Class Title: Du'a Rabbana Atina fidduniya hasanah – part 2 - Jannah (Part 1)

(2nd part of a 4 lesson series)

Aim of Lesson: To get inspired by the description of Jannah given in the Qur'an and ahadith

Category: Scripture/*aqeedah*

Class format: Power point presentation, narration & discussion

(Greeting to students) Assalam alaikum wa Rahmatullahi wa Barakatuh

(Ta'awwudh) Aoodhubillahi min AsShaytanir Rajeem

(Tasmiyah) Bismillahir Rahmanir Raheem

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

Last week we had started off with understanding a *du'a* that we read more than five times a day for sure. And that *du'a* is '*Rabbana aatina*' right, before doing our *salaam* in *salah*, we read this *du'a*.

'Rabbana atina fiddunya hasanah, wa fil akhirah hasanah, wa qina aadhab an nar'

I had told you we will go into detail and we had dealt with the first part where we talked about '*hasanah*' the good things in this world. Today and the next week we are going to talk about *Jannah* because the second part, the middle part of the *du'a* is what? '*Akhirati hasanah*' 'give me the best in the hereafter'. But what is the best in the hereafter? We all know that's *Jannah* and then in the last two classes we're going to talk about '*wa qina aadhab an nar*' i.e. Hell and Hell Fire, right.

Slide 1 :

Now before we start talking about *Jannah* and see what the *Qur'an and hadith* tell us about *Jannah*, can somebody actually tell me why do we need to have two classes on it? Why is it so important to understand *Jannah*? Yes?

Student: It is the destiny of one who believes in Allah (swt) and because actually we belong *there* and we were only brought over *here* for testing but that is actually where we have to go.

Teacher: That's our actual home, yes, good. But why this need to understand what *Jannah* is all about? Fine there is *Jannah*, fine we go back to our original home but why is there, this need to understand the concept of *Jannah*?

Student: So that we know what we're working for.

Teacher: To know what we're working for. I mean after all whatever we're doing, whatever sacrifices we are giving why are we doing them? We are doing them because we want; we have this desire to be in *Jannah*.

On the Day of Judgment, we want our name to be announced in the list of people who are going to qualify for *Jannah*. And that's the actual reason. Unless I have that burning desire to be there, do you think I will be able to make the sacrifices that are required? The sacrifices are pretty tough. So that's the reason why it's so important to understand the concept of *Jannah*.

Now let me ask you a question, what's the first thing that comes to your mind when you think about *Jannah* that really fascinates you? What is that *one* thing that makes you tick, that makes you think that, 'See, the kind of sacrifices that I'm giving in this life are really worth it!' what's that one thing? I want you to be very honest, if you feel there's nothing, we're fine about it. Is there anything that actually makes you tick about the concept of *Jannah*?

Student: I like no tension or anxiety, like pure happiness.

Student: There's this thing of forever. Eternity, the concept of being there for ever, whatever good things that are going to happen to you will not end, there's no end to it. Forever!

Student: Freedom.

Student: You get everything you want.

Student: Beauty, you can look very pretty.

Student: Do whatever you want and get anything you want.

Student: You can eat as much as you want without having any restrictions.

Student: There will be peace, no fights.

Teacher: Alright, the things that we're going to talk about in this class and the next class are all those things that we come to know through the *Qur'an and Ahadith*. The things that Allah (swt) has told us. And I have picked ten, chosen a few of them; this is not everything that we come to know through the *Qur'an and Ahadith*. There is a definitely a lot more. But I have just picked things that I feel that you'll be able to relate to, right OK.

Slide 2:

Now, if I would ask you, 'What is the purpose of your life?' answer in one word or two words, what would you say? What is the purpose of your life? Raise hands.

Student: To worship Allah (swt).

Teacher: To worship Allah (swt), why do you want to worship Allah (swt)?

Student: He's our Creator.

Teacher: You want to please Him, right. And what is that other thing, very, very difficult thing that needs to be done?

Student: Test.

Teacher: Test, what kind of a test is there? If I would ask you what kind of a test do you experience in your life, what are you going to say?

Student: Judging between right and wrong, walking on the right path.

Teacher: What is tough part in it? The judgment or actually choosing the right path?

Student: Choosing the right path and being on that.

Teacher: Basically fighting the temptation of this world is the challenge. So there's Allah (swt)'s pleasure which could actually lead us to *Jannah*, and there's this tough fight against our *nafs*, against *shaytaan*, against people around us where we have to fight all kinds of temptations.

Slide 3:

That's the whole idea, the whole gist of our life, the task of our lives. And time given to us to do this is a very short span of life. It is approximately what, 60-70 years on an average?

But you'll say, 'Hey! That's not short, why are you saying it's a short period of time?' why am I saying that? Sixty on an average, if its 60-70years, well no guarantees this could be for all we know someone's last day. But on average, if you could say its 60-70 years. But then why am I saying it's a short span of time? Why am I saying that?

Slide 4:

Student: Compared to the Afterlife, the life of this world is very very short.

Teacher: Yes, life in this world is like 'a blink of an eye' in comparison to the life that we're going to have after our death, after death the kind of world that we're going to live in is going to be everlasting.

If I would ask you, ‘Do you remember when you were in nursery, how long were you in nursery?’ what do you think, how long was it? It feels as if it was for a very, very short period of time.

So imagine all of us dying and getting up on the Day of Judgement and Allah (swt) asking us, we’re going to say it was a very short period of time. Sometimes we’re in agony, in some kind of pain and then when we’re out of it and we think about it, it was like for a very short period of time. So whatever has passed seems like a very short period of time, that’s one thing. And the second thing is that we know that life after death is going to be everlasting.

Slides 5-7:

Now after this life Allah (swt) has created *Jannah* for people who succeed in pleasing Him. All of us know this, even if I were to ask a two-year-old child he would know about it, very basic, right. Now the thing is we humans have a built in desire to search for the blessing that this life has to offer, right, and to attain perfection in it. All of us want perfection, most of us when we talk about studies, we want straight ‘A’s most of us, maybe not all of us but most of us desire that.

When you want to go and buy a *jora* (outfit) for *Eid*, it has to be perfect, perfect. When you do your makeup for some *shaadi* (wedding) or for some party it has to be perfect, perfect. When you cook, you want the food to be perfect. So this desire for perfection is a built in thing for human beings, right. But unfortunately, there are a lot of times when we don’t find it. We try our best, it’s not that we’re not trying our best.

A lot of times what we really want we don’t achieve it, that’s also part of life; reality!

Slide 8:

Now why did Allah (swt) create an imperfect world? Why is there so much of imperfection in this world, anyone?

It would have been very easy for Allah (swt) to create us as perfect beings who would do everything perfectly, but that’s not the case.

Student: If everybody were good, there wouldn’t have been a test.

Teacher: Yes, because we know that if there’s anything that’s perfect, it’s *Jannah*! So what we’re going to experience in *Jannah* is nowhere close to what we experience here.

Slide 9:

Practically speaking nothing is perfect here, there’s some kind of flaw, and I’m going to talk

in details as to why things are not perfect in this world. The reason is, so that people should work towards and have this eagerness for *Jannah*. There is a verse in the *Qur'an* where Allah (swt) says that:

وَمَا هَذِهِ الْحَيَاةُ الدُّنْيَا إِلَّا لَهُوٌّ وَلَعِبٌ وَإِنَّ الدَّارَ الْآخِرَةَ لَهِىَ
الْحَيَاةُ لَوْ كَانُوا يَعْلَمُونَ ﴿٦٤﴾

‘The life of this world is nothing but a game and a diversion. The abode of the *akhirah* that is truly light, if they only knew. (Surah Al Ankabut: Verse 64)

Very clear-cut thing, again this is nothing new for us, and we all knew this, right. Perhaps not in these words but we are aware of it.

Slide 10:

When we talk about an imperfect world, we are surrounded by a lot of things that are imperfect, beginning with our body. Allah (swt) created us and said, ‘You’re *ashraful mahklukaat*’ despite that there’s sickness and there’s injury, right.

Slide 11-15:

And it’s coming from Allah (swt), it’s not *shaytaan* who’s doing all this, it’s coming from Allah (swt), right. You hear so many cases of death by accident, or even death because of the slightest accident, just like you know, a steering wheel going a little bit on the left, and there end of your life. We know that everything in this world dies.

Look at this beautiful flower and after a few days, a few hours sometimes, this is what happens to it. Something beautiful like these fruits, what happens after a couple of days? They rot, right. So though Allah (swt) has created a lot of beautiful things in this world, what happens? They rot, they die. Look at this, there’s the season of strawberries, such a beautiful fruit! The other day my daughter forgot to keep the strawberries in the fridge, (they all love strawberries) now look at them. Such beautiful things, things that we love, they don’t last. The finest automobiles, what happens to them after a couple of years? This!

Slide 16:

Now isn’t this enough to make a person understand *one* thing? That this world is not the place we long for, we are not going to get what we really, really want here and even if we do, it’s for a very short period of time and it’s not in a perfect manner, right.

Student: So what's the point? Whatever you do *uss ka kya faida* (there is no benefit in it), like whatever we want, there's no point of getting it actually.

Teacher: *Kya faida?* (what is the benefit?) No point in getting it? But that's the thing, there is a point. If you know what this life has to offer is not going to last forever; either it's going to be imperfect, or it's going to stay with me for a very short period of time, I would not strive for it as much as I'm striving right now. I would not be totally tied to the world.

The other thing is – if getting stuff here in this world makes you a grateful person, grateful to Allah (swt) then that is a clear benefit, if you share your worldly things with people, help those less fortunate – that is a clear benefit too.

Slide 17:

My priorities, my focus would change onto something that's going to remain with me and there's perfection, right. So everything that we look for is in *Jannah* and Allah (swt) wants people to actually understand that everything that they are looking for and everything that they love is actually in *Jannah*. We are not going to achieve it here, maybe small parts of it, it's not going to be perfect, and it's not going to be forever, right.

Slide 18:

Now let's just talk about all the blessings that Allah (swt) has prepared for people of *Jannah*, for people who are going to qualify for *Jannah*, right. I'm going to pinpoint just a few things mentioned in the *ahadith* and verses of the Qur'an.

Slide 19:

Now imaginary perfection in this world is very common, many films have been made, many novels have been written on imaginary perfection in this world and how we want them to be real, right. And is it actually real? There are certain novels that we read certain movies that we watch, they remain in our system for a very long period of time and we just crave and wish that they were real. Does it happen to you when you say, 'oh! I wish this was real.' We have to come back to reality. And what happens when we come back to reality?

Slide 20:

This is the result, we become more aware of the imperfections that surround us and we get depressed very easily, because whatever is portrayed in novels and books and movies is not real, that's not real. And what happens to people with faith, do they go into depression? No, why don't they go into depression?

Student: Because they know, there's something better.

Slide 21:

Their exertion is not towards the worldly things as much as they are exerting for *Jannah*, as much as they desire *Jannah*. This is a basic reason you'll see certain people who don't have a lot of things in their lives and still they are happy. And you wonder that she does not have *this* and *this* and *this* but still she's very happy, so this is the reason, because she knows that this is not a permanent thing!

Slide 22:

Now Allah (swt) talks about abundance of wealth of *Jannah*, *surah al insaan :20*

There will be wealth in *Jannah*. Why wealth, why does Allah (swt) talk about wealth? It's not that we'll be working over there, and that we'll have to go and buy stuff, then why does Allah (swt) talk about possessions and wealth?

Slide 23:

It is a symbol of power and respect. Wealth and possessions are symbols of power and respect. And it has been among the major goals that people strive for throughout their lives. So this what we crave for, so many things, so much of effort, the amount of effort that we put in is not even funny, why? Because it gives you that satisfaction, it gives you that power and respect.

Slide 24:

So Allah (swt) says you're going to get it, you're going to get it there. *Surah Sad:54 and surah al waqia:33*

And of course wealth can be really, really imperfect. Just being wealthy, do you think is enough? It could be very, very imperfect, you could have all the wealth in the world, and I'm sure a lot of us know people who've got money but they are not happy. Something else makes it imperfect, what? How does wealth become imperfect? What is the reason?

Slide 25:

The reason is, to be able to appreciate better things in *Jannah*. So Allah (swt) gives wealth in this world, abundance of it, but yet there is something seriously lacking in your life, and you say well I've got everything but that joy is not there. That's the reason, it's all a test. Wealth is test.

Slide 26:

Let me just give you an example, think about a person who has got everything, you know this

girl who's loaded with everything, she's got respect, she's got possessions, she's got a beautiful house, clothes, everything and then there's a boy or a girl who's seriously deprived of a lot of things. Now if the two of them are taken to the palace of the Queen of England who do you think is going to really, really appreciate the things in there?

Student: The poor girl.

Teacher: Obviously, obviously, right. So it's doubtless that a person's delight would be much greater than that of someone who has lived in such a place forever, for a very long period of time. So this is the reason why Allah (swt) has made a contrast in this world and *Jannah*, there is a contrast, that's the reason. So we should have something to look forward to, if we have everything over here what will make you aware of Allah (swt)?

Slides 27-29:

And the world's richest person he's actually poor in comparison to the person who is actually going to qualify for *Jannah*. He's going to be very soon, wrapped in a few meters of cloth, no matter how rich he is and everything he has will be left here. All of us, whatever possessions we've got, we're going to travel all alone, wrapped in two pieces of cloth, right. So it's really not a big deal, whatever you have in this world. And the wealth of *Jannah* is obviously an everlasting thing, it's going to remain with us for a very long period of time.

Now just wealth again is not enough. The desire that we have is again a combination of wealth with beauty, right. It's not just wealth that we want, we want beauty as well!

Slides 30-32:

So Allah (swt) talks about the beautiful stuff. He talks about the pearls and He talks about precious stones and metals in *Jannah* surah *Fatir*:33 and when He explains these things what does He do? Why is He quoting pearls and stones and metals? Any ideas? He talks about things that are real in this world, while explaining the stones and jewellery of *Jannah* why does He do that? What is the reason, why isn't He talking about something that is really not here? He could have done that, and for all we know perhaps we are going to see a lot of things that are not in this world. But He is quoting the things in this world, so we can comprehend and understand.

Slide 33:

He (swt) wants to basically broaden our horizons. He wants to tell us that see this thing that you have something like this but a lot better, right.

Because if I would put something that you have never ever seen in front of you, you might not appreciate it, right. So He quotes the things, He gives examples of things in this world and then along with them ...

Slide 34:

... He says it's going to be a lot better. That's the word of Allah (swt)! He can't be wrong when He says it's going to be a lot more better, surah Qaf:35 it's definitely going to be a lot better. But yet it cannot be compared, it really cannot be compared.

Slides 35-36;

There are a lot of verses in the *Qur'an* where He (swt) talks about the settings, surah Al Buruj:11 and surah surah Ar Rehman: 48 right. Now there will be mansions for us in *Jannah InshaAllah* and some mansions will be surrounded by greenery, and there will other mansions that will stand over water, right. There will be water flowing underneath. And Allah (swt) repeatedly talks about these places, these houses where you will actually see water flowing underneath, right. He wants our imagination to roam; He wants us to think that the best that we can with our imaginations and then He says it's going to be a lot better than that!

In the *Qur'an* Allah (swt) says that rivers flow beneath them and that they are built in high and secure places. Surah az Zumar 20

Wow, this is like if I ask you to make something beautiful, water has to be there, water is a very essential part, the tranquility, the peace that you feel. For picnics where do we go?

Beach, or somewhere close to water, we like that. Even if we go to a farm, we want a pool over there. Water is very essential. So Allah (swt) is actually working on our desire, on things that make us tick.

Slides 37-38:

And then Allah (swt) talks about cities in *Jannah*, surah Zumar 20 there will be cities in *Jannah*, right. And what comes to your mind when I talk about a cosmopolitan city for example, what comes to your mind? What's the first thing?

Student: Well built.

Student: Skyscrapers.

Student: Shopping malls.

Teacher: Yes. But along with the things that you are talking about, there are certain drawbacks of cities as well. What are those drawbacks? There are certain problems that you face in a city for example, there is traffic, health issues, pollution, communication, infrastructure, water, electricity, telephone, security, and security is a very important thing.

Slide 39:

So despite the fact that you may be living in a very huge beautiful city there can be some serious problems there. And then Allah (swt) tells you that there will be no such problems in the city of *Jannah*, surah Al Insaan 13. Think about all the good things of a city and eradicate all the problems that go with it, that's what Allah (swt) tells you, right.

Slide 40:

Then there is a verse in the Qur'an where He says that they will experience there neither burning sun nor bitter cold

Reclining therein on raised thrones, they will see there neither the excessive heat of the sun, nor the excessive bitter cold, (as in Paradise there is no sun and no moon).

(Surah Al Insan : Verse 13)

Slide 41:

These days we love the weather that we have in Karachi, it's neither hot nor cold. But there are days when in the afternoon, you go out and you say, 'ooh! Summers are coming'. So even when it's perfect.... the temperatures are perfect, some part of the day you feel it's very cold or very hot.

And Allah (swt) says the weather in *Jannah* is going to be just right surah al Insaan 13, meaning you won't require any heating system and you won't require any air-conditioning system. So temperature.... she was feeling cold and she wanted to come and sit here, right and she was so cold that she had to speak up and said, 'No, get the remote and turn it off' why?

InshaAllah when we talk about the punishments in hell, you will see that it is one of the punishments that will be given to the dwellers of hell; extreme cold and heat, we can't stand it! So Allah (swt) is promising beautiful temperature in *Jannah*. Surah al Insaan 13

Slide 42:

Now lets talk about the aroma.its mortar is of strongly scented musk...(at-Tirmidhi)
Now how many of you actually love perfume? All of you!

If it's very strong, that will make you uncomfortable.

But the thing is, with all of you sitting here, I can just get an air-freshener and spray it all around and all of a sudden, all of us are going to feel good. And let's say that if some kind of sewerage pipe breaks in the washroom and because of that there's a filthy smell coming in this room, you will not be able to concentrate on anything, you're going to hate it.

That in itself is a torture, bad odour is a torture. Some people, they smell bad and it's very difficult to sit with them, it's very difficult; you're on the verge of saying that you need to go and take a shower, right. So bad odour can be torturous for people around you.

Slides 43-44:

Another thing about perfume, if you wear a particular brand all the time, does anyone here wear a particular perfume all the time, right what happens after a little while, can you smell it? You can't smell it, right. So what do you think will happen in *Jannah*?

You are constantly going to appreciate, you're going to enjoy the smell and that's the big drawback of good perfume, no matter how expensive the perfume is, after a little while your nose becomes immune to that smell.

Student: Desensitized.

Yes. And then the sweet aroma is a wonderful, wonderful blessing that we're going to get in *Jannah*. So the blessings of this world are completely lacking in comparison to the blessings of *Jannah*.

Slides 45-47:

Then there are going to be markets in *jannah*.

There is in the garden a market wherein there will be no buying and selling but forms of men and women. So when a man wishes a form, he will enter into it.(At-tirmidhi), hmm what comes to your mind when you think about markets?

Student: Shopping.

Teacher: Shopping, buying stuff, what would you like to buy? What is that one thing that you'd love to buy, you love buying?

Clothes, what else? Have you heard this line that money cannot buy everything, have you heard it?

But that's not the case in *Jannah* that's not the case. You can practically buy anything that you want to, and you don't have to worry if you have enough money or if you can afford it not, right.

That's the biggest restriction. We talked about the city we talked about the good things and drawbacks of a cosmopolitan city, right. Perfume, good smell and drawbacks of that. Markets what are the drawbacks; sometimes you just fall in love with something but you can't afford it. Sometimes you buy something, you bring it home and then you hate it. My daughter bought these shoes, she just loved them but she could not wear them because they were very, very uncomfortable; they looked very pretty but they were uncomfortable.

So the things that we buy do not guarantee happiness and satisfaction. Then the pain that goes along with that, you know, you just fall in love with this dress or jacket or something, you know like jewellery and your mum says, 'No, we can't buy it, it's very expensive'.

And then what happens when we go out? We love to eat, try different tastes, we love doing that. What else do we like to buy? Appliances, house-hold items, decorative stuff. I mean you guys don't but generally speaking.... And there are things that you JUST want to buy it even if you don't use them, they are so cute! You say, 'Ooh I want it.' Does it happen?

Yes. Now these were the good things of going to a market, let's look at the drawbacks. You get tired, are there times when you've been on a vacation and your mum says, or your parents say that, 'OK today we're going to explore this huge mall' and that's all you do the whole day. And then your feet start aching, and your stomach is aching and you're loaded with so many bags, you're tired, you want to go home.

So there are times when you are tired and you want to go home and there are times when you love something that you cannot afford and then there are things that you buy and later on say, 'Aah! Sorry that's not the thing that I wanted'.

Slide 48:

These are the drawbacks. Allah (swt) says it's going to be perfect, perfect in *Jannah*; everything is going to be perfect.

Student: Does it say in the *Qur'an* that wherever we are not allowed to go here, we'll go there?

Teacher: See the thing is that *Jannah* is totally different... we need to understand the bottom line. The bottom line is..... there won't be any disappointment! There won't be any pain, you will not get bored for sure, none of the negative feelings are going to be there and you're going to get **whatever you want**.

So if you want anything, it's not that you love to backbite and you're stopping yourself from backbiting, and you'll say 'oh, this is one thing I'm going to do in *Jannah*,' that's not going to happen. Because you are going to be so pure.

There will be a lot of things, we are definitely not going to get bored, there will be no monotony in our lives, there will be marriages in *Jannah*, there will be children in *Jannah*, there will be a lot of food that we're going to talk about, so there will be a lot of things to do and everything will bring pleasure to you, right.

Slides 49-52:

Now another thing that we all crave for is a change in our style. We get sick of it and we want to change our style. We want it to be something different; we want to look different, after a bit of time, so let's just talk about the physical appearance in *Jannah*.

What does Allah (swt) tell us about the physical appearance in *jannah*? The thing is, that we all like to look good and most people would like.... what?

Student: Good skin

Teacher: yes, unblemished face and body, not even a single spot, beautiful complexion. We all crave for that, do we? And from birth we are given a certain hair colour, iris colour, facial features, and skin tone. There are certain things we are born with, and no matter how many creams we use, no matter what we do; it's not going to change.

We can temporarily colour our hair, we can maybe apply foundation to appear fairer or to hide the spots. But is that permanent? No it's not, it's temporary. Then of course we have a standard height and a body type too.

There are certain people who hardly eat anything and they are still fat, they have to just look at dessert and they start gaining weight, yes! And then there are people, I have one in my house, she tries to eat as much as she can and she does not gain weight. I have to stop her from standing on the weighing scale twice a day, she has to go and see if she has gained weight, it's that bad! That's the way Allah (swt) has made us, right. And the greatest delight in this world is what?

You want to look beautiful, that's the biggest delight for us women, we want to look beautiful. Is there anyone in this class, it's not a big deal for her, I mean she's like, 'I'm fine with the way I look' and you don't have this desire, you don't like it when people compliment you and say, 'you look very pretty, you know there's a glow on your face'. Can there be anyone who would not like these comments, because this is how Allah (swt) has made us women. We love it, we love it all.

Slide 53:

So human beauty for us, especially women is extremely important. And don't you wish that we could just like change our looks. Fine, I have got like big black eyes, but there are days when I wish, 'Oh I wish I had a softer look of eyes and maybe you know, a hazel shade'. And you just keeping talking to yourself, 'I would like to have full lips actually, and I love my nose.' It's not that we hate our faces, but we would like to experiment and change.

Slide 54:

There is this *hadith* where the Prophet (pbuh) said, "There is in The Garden, a market wherein there will be no buying and selling but forms and men and women" (Tirmidhi)

So who do you want to look like, just go and buy the face! It could be permanent if you want it to be and it can be temporary if you want it to be! No price paid for it. 'OK now I want to have this kind of a look' no effort made, just go and buy the face for yourself, WOW. I mean this in itself is such a big incentive. I'm willing to do anything in this world for it.

If I could have that option to keep changing my face, and my hair, and this is like, you have to just look at it and think about it and (snap of a finger) there it goes. And if you don't like it give it back to them, try another one.

Slides 55-56:

OK then who talked food? There will be food, wonderful, wonderful food. Again Allah (swt), what He said in the *Qur'an* and through *ahadith*, He talks about the food that is already available to us, that we know, that we have tasted. **Surah Baqrah 25** And making that as a baseline then He talks about an improved version of it, right. So the good thing in *Jannah* is that we're not going to eat food because we'll be thirsty or hungry.

Teacher: Do you like being hungry?

Student: When we fast, we hate it when we are hungry, we hate it when we are thirsty, and that's a negative feeling as well.

Teacher: So *Alhamdulillah* in *Jannah* there will be no hunger and no thirst. Again it's not that our stomachs will be full, because that's another problem.

Have you ever experienced that you love something, you have this favourite food and you could have it any time of the day, any time of the year, but just because you're full, 'Aah, why I ate so much?' and that stops you from having your favourite thing! So these problems will not be there in *Jannah*. You will be able to eat as much as you want and whatever you want!

Slide 57:

Then of course there are a lot of problems here, it's the season of strawberries but there are a lot of people who are allergic to strawberries. There are a lot of people who have diabetes, they can't have sweets; a lot of people have blood pressure, they can't have such and such foods. There are lot more food restrictions as you grow old. As we grow older, with time we develop problems because of which there are certain things that we love to eat but we cannot or we should not.

Slide 58:

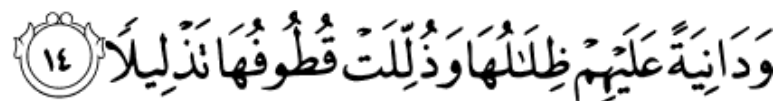
And like all blessings of this world, food also has imperfections. What kind of imperfection is there? You actually have to grow them and then you have to wash them, you're buying them, they sometimes don't have the taste that you want, right and they go bad very easily.

Slide 59:

Have you ever gone and you know, fruit would look so beautiful, beautiful colours, and you buy it and bring it home and cut it and 'Uukhh...' you hate the taste or it's *pheeka* (bland)! Or as I told you they rot very easily. These are all the imperfections of food in this world, which will not be there in *Jannah*.

Slide 60:

There is a verse in the *Qur'an* where Allah (swt) says that,



'It's shading branches will droop down over them, its ripe fruit hanging ready to be picked.'

(Surat Al Insan: Verse 14)

Slide 61:

Teacher: Have you every picked fruit from a tree, you've done that?

Student: Not a tree, but like strawberries.

Teacher: Strawberries, what else, anyone else.

Student: Apples.

Student: Guava.

Yes, It's like a wonderful feeling when you actually pick a fruit and you just eat it.... and mum says, 'No, no you have to wash it' none of these problems there of course. So handpicked fruits, they've got their own charm. And Allah (swt) talks about them, you won't have to go to a place to pick a fruit, you just have to think about a fruit and the tree would be there with beautiful fruits and you go and just eat it!

Slide 63:

Now one might feel 'nah! I'm not interested in fruits'. How many of you are not interested in fruits? Four of you, well if you don't like fruit, obviously nobody is going to push you to eat fruit that, 'Hey fruit is healthy food so you have to eat' and for all we know you might just fall in love with the types of fruits over there. You might say, 'oh back there in the world I used to hate fruit and now I just love it!'

Student: But would you remember what it was like in this world?

Teacher: Yes you are going to remember everything and I am going to talk about it. Whatever you're going to *want* you're going to get it and you will remember your desires in this world. If you'd want the same things over there you're going to get them. That's a promise that Allah (swt) has made.

Slide 64:

We could eat any bird meat that we desire. surah waqia 21

WOW, again we have to see what Allah (swt) is trying to tell us. The bottom line of the two classes that I'm going to have this and next week, what Allah (swt) is trying to tell us is, that you're going to get whatever will make you extremely happy. It's not going to happen that you'd say, 'Oh my God! I did all that for this?' No, that's not going to happen. And that's the guarantee, the promise that Allah (swt) makes to us.

We are going to stop here and *InshaAllah* we are going to continue the same topic next week.

(Du'a for end of a gathering) *Subhana Rabbika Rabbul Izzati 'amma yasifun wasalamun 'alalmursaleen, walhamdulillahiRabbil 'alameen*

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