**MODULE 2**

**Class Title**: Just because you can, doesn’t mean you should

**Aim of Lesson**: To highlight the importance of things which may not categorically be a sin or a crime but are wrong, nonetheless.

**Lesson Format**: Presentation with narration and discussion

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

*(Ta’awwudh) 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 1-3:**

(The teacher begins with the images on slide 2 and 3 to set the mood and tone for the class)

Just look at this picture. How many of you are inspired to adopt this look?? How many of you are thinking wishfully, “O man!!! I wish I could look like this??” None or hardly one, I am sure.

This person looks very weird and the look is repulsive to say the least, but can he be held accountable for crime in any court of law in this world? We will not debate the permissible or non-permissible aspect of Islam regarding piercing here as that is not the point that we are trying to bring across with this image.

Let us look at another image. There is a themed-restaurant on the island of Java, Indonesia which is making headlines, but not for the most appetizing of reasons. Jamban Cafe in Semarang is a toilet-themed restaurant where food is served in squat toilet bowls and diners dine while seated on porcelain thrones to complete the lavatorial experience. Does the food look “appetizing?” No!!!! But can someone tell the owner that what he has done isn’t right or that it’s a criminal offence? No!

Somethings in life may not be a criminal offence but they are ethically abhorrent and that is why **Just because you can, doesn’t mean you should** do them. I hope the topic is crystal clear now.

**Slide 4:**

Take, for example, watching movies incessantly whenever we have free time over the weekend or during holidays. The fact that we have some time on our hands doesn’t necessarily mean that we should watch one show after another, one season after another or one movie after another as if your life depends upon it. This is a not just a blatant waste of time, it also adversely ends up ‘rotting our brain’ .

A [new study](http://archpsyc.jamanetwork.com/article.aspx?doi=10.1001/jamapsychiatry.2015.2468) suggests that a major fast-track toward cognitive decline is skipping the gym or any other physical exercise and sitting in front of the TV for hours and hours. In fact, those with the lowest physical activity and the most TV watching — even in their 20s and 30s — were twice as likely to score lowest among their peers on a series of brain power tests. Or, in other words, your mom was right: sitting around on the couch [binging on Netflix](http://www.mindthesciencegap.org/2012/10/22/mushy-brains-and-shorter-lives-is-tv-really-that-bad-for-you/) does, in fact, appear to ‘rot your brain’.

**Slide 5:**

There is no harm in breaking from your school routine when you used to get up at 7 in the morning but is this really a good idea to sleep till noon, miss *fajr*, delay *zuhr* till it’s almost gone and remain fuzzy brained all day long?? No crime, we know! No sin, we understand! But is it right?? Bring back to your mind the images showed earlier.

Scientifically speaking, sleeping too much is linked with many of the same side effects as sleeping too little including heart disease, metabolic problems such as diabetes and obesity, and cognitive issues including difficulty with memory.

**Slide 6-7:**

Oh, we have all done that when stressed or bored! But when it exceeds more than a few days, this should ring alarm bells loud and clear because binge eating on a regular basis is detrimental to your physical as well as emotional health. Humans have a tendency to reach out for salty and fatty foods when they are stressed because it releases a ‘feel good’ hormone called “dopamine’ and thus people get hooked to the oily load of French fries, excessively sugary doughnuts and chocolates until they are growing them on their faces or its bulging out of them in the form of a tyre belly. You must have noticed that people don’t look for a stick of carrot or celery when they are bored or depressed, right?

Cyclic binging results causes hard to reverse changes to our metabolism so much so that our gastric capacity increases and more food is needed to feel full. When the rush of binge wears off, most people feel an overwhelming and uncomfortable fullness, obesity issues due to increase in fat mass and cardiac issues. Long story short: Just because you can, doesn’t mean you should…

**Slide 8-11:**

Eating well and enjoying Allah’s blessings is not a problem. It is wasting and being extravagant which is problematic. We should not disregard the fact that there are enough leftovers in fridge to suffice us, that servants are not our trash bins or that money is ours but resources belong to the society.

We occupy a position in the privileged sector of a third world country where a huge number of people are living below poverty line and for them the idea of sleeping on an empty stomach or experiencing hunger pangs isn’t restricted to the month of Ramadan like us; it’s their lifelong story. How do we justify our extravagance and our wastage of food just because we can?

Dr Kaiser Bengali, a veteran economist, writes in his journal:

“In our surveys we came across kids who had never eaten an apple, and when we offered them an apple, they were reluctant to take a bite wondering whether it was an edible thing or not.”

Allah (swt) says in Surah At-Takathur verse 8: “Then you will surely be asked that Day about blessings (pleasure)”

Take a moment; THINK….

**Slide 12:**

The unasked question at this point is most likely to be that why can’t I live my life the way I want to even if it means I am being wasteful or excessive? Afterall, it’s my life, my money, my right and my choice!!

Before we head to the next slide and answer your unasked questions, let’s do an activity.

I want you to take your rulers (small ones) and balance something like an eraser or a sharpener on it. If you don’t have a ruler, try doing this on your forefinger but make sure your finger isn’t supported by any surface.

Activity #1:

The students will balance the object and when they are done, they are all asked to align the object to the extreme left or extreme right. This will, inevitably, topple the balance. The teacher asks the reason for this and students will obviously point out to the fact that balance is disrupted by moving the object to the extreme right or extreme left.

Activity #2:

While some students are occupied with activity #1, other students be asked to stand on one leg without holding onto any support. this continues until they feel uncomfortable. The teacher will note the time that they were able to stand on one leg.

**Slide 13:**

(the teacher connects the conclusion of both activities and links it to slide 13). There is beauty in balance and it is the integral principle which makes things run smoothly all around us. What if we watered a plant for six consecutive days and then forgot watering the next six days? Will it grow? Take another example of cooking since we were talking about obsessive cooking and eating earlier. What if I put excessive salt in something while I have everything else in perfect balance, will it ruin the dish? Why? It’s just one ingredient which is out of proportion??

Why could you not stand on one leg more than a few minutes? Why can’t you see just as clearly with one eye only? It is because the universe that Allah (swt) has created and everything in it is in perfect proportion on the principle of balance so whenever humans disrupt that balance, there is corruption in the natural order of things resulting in diseases, depression, anxiety and often death.

This is the fact that Quran told us hundreds of years ago in many verses as mentioned below:

**“Verily, We have created all things in proportion and measure”**

Surah Qamar 54:49

**“And the earth We have spread out; set thereon mountains firm and immovable; and produced therein all kinds of things in due balance.”**

Surah al Hijr15:19

**Slide 14:**

Thus, we must adopt balance as rule of thumb in all matters of life and we will *insha Allah* not go wrong. Invest time wisely, have a balanced diet and maintain relationships intelligently by giving them their due importance. It is unfortunately, a norm nowadays, to have a closer bond with friends than siblings or parents. All relationships are important and beautiful including friendship but one cannot or should not take the place of another. Don’t be so obsessed by your commitment to friends that you have no time to help your struggling sibling in a subject he seeks help nor should you be so heedless that your ailing mom who doesn’t have a helper on any particular day cannot expect help from you.

Similarly, our bond with Allah (swt) should not be left to develop till we turn 60. No one is expecting you to sit on *musallah* 6 out of 12 hours in a day but at the same time, missing salah altogether or picking and choosing few out of five is also not a good idea…

**Slide 15:**

A purposeful life starts from a purposeful and organized day because if you don’t design your own life plan, chances are you will fall into someone else’s plan and guess what they have planned for you?? Not much!! So, plan your day in order to lead a purposeful life. Clock is ticking and time is very ruthless. It waits for no one so plan meticulously and make *dua* heartily to achieve your life’s goals but keep in mind that if you live in the moment too long, your goals will just remain unfulfilled ‘wishes’.

**Slide 16:**

Mom: “What are you doing today?’

Me: “Nothing”

Friend: “What’s up?”

Me: “Nothing”

Me to Myself: “What should I do this weekend?”

Me to Myself: “Nothing….”

Doing nothing isn’t everything no matter how chill or cool that sounds. If that is an answer you are often repeating, then it’s time to change nothing into SOMETHING because nothing results in nothing…is that who you want to be: NOTHING??? Do not under estimate the power of your efforts and the importance of time. Just because you feel you can get away by doing nothing, doesn’t mean you should!!!

**Slide 17:**

Life is full of second chances and we must never give up no matter how many times we fail. We wrong ourselves by wasting opportunities, time and resources but not anymore. Making mistakes doesn’t mean we have to pay for them for the rest of our life, it just means we are human and that we are in the process of learning. Turn back and change because you can!

**(Du’a to end a gathering)**

Subhana Rabbika Rabbul Izzati ‘amma yasifun wa salamun ‘alal mursaleen, walhamdulillahi Rabbil ‘alameen

**(Parting salutation to students)**

Assalam alaikum wa rahmatullahi wa Barakatuh