CONFLICT RESOLUTION

PART 3

MODULE

Class Title: Conflict resolution – part 3 (3rd part of a 3-part series)

Aim of the lesson: To understand the causes of conflict between parents and children and focus on the ways to overcome such conflict and build a stronger relationship.

Category: Interpersonal skills

Lesson Format: Power point presentation, handouts, activities and discussion

Handouts: In folder

Greeting to students*) AssalamalaikumwaRahmatullahiwaBarakatuh*

*(Taooz) Aoodhubillahi min AsShaytanirRajeem*

*(Tasmiyah) BismillahirRahmanirRaheem*

*(Du’a) Rabbishrahlisadriwayassirliamriwahluluqdatummillisaniyafqahuqawli* (Surah At Ta-Ha 20: Verse 25-28)

Slide 1-2:

Today is the last class of this three week series of Conflict Resolution between mothers and daughters. The idea was to provide a platform and a non-judgmental environment where mothers and daughters can rethink their relationship and develop an understanding for each other. Last week, we discussed some sensitive areas, some sore spots that daughters and mothers have. Hope that has given you an insight into each other’s mind and helped to build bridges in your relationship.

Slide 3:

I would like to start off by first pointing out some misconceptions or myths. There are a lot of myths about teens not liking their parents

They are definitely not true!

* We DO LIKE parents
* We do Want to GET ALONG WITH THEM
* We do many times WISH THEY COULD SPEND more time with us
* Many children rank parents as the #1 INFLUENCE on them

Slide 4:

There are a lot of fun things you can do with your parents

List them.

Go out shopping, bake together, watch reality show together, go for a walk, play Pictionary, scrabble, go on a drive, go out to eat, watch the stars, just sit and chat, go on a vacation.

Slide 5-7:

You can choose many things in life but you can’t choose your parents so yes, you are stuck with them. You can either make your relationship a good one or be forever in a fighting, distressing zone. In the first instance, it will not be easy initially. You will have to start off by taking a huge and difficult step! You will have to swallow your pride! Respect them and obey what seems like an apparently unreasonable order but fifteen years down the road, when you look back, you will be happy you invested the time and effort it took because *Jannah* is impossible to attain without having a great relationship with parents. Once you have taken these steps then you will be on a road which will bring you peace of mind, as you are no more in the constant defensive mode and you will start seeing the barakah your obedience to your parents will bring to your life in sha Allah. This barakah stems from the fact that you have started doing things that you thought were unimportant previously. This will soften your parents and your relationship will improve.

Slide 8:

Story of the boy and the apple tree.

A long time ago, there was a huge apple tree. A little boy loved to come and play around it every day. He climbed to the treetop, ate the apples, took a nap under the shadow. He loved the tree and the tree loved to play with him. Time went by. The little boy had grown up and he no longer played around the tree every day.

One day, the boy came back to the tree and he looked sad. ‘Come and play with me’ the tree asked the boy. ‘I am no longer a kid, I do not play around trees any more’ the boy replied. ‘I want toys. I need money to buy them.’  ‘Sorry, I do not have money, but you can pick all my apples and sell them. So, you will have money.’ The boy was so excited. He grabbed all the apples on the tree and left happily. The boy never came back after he picked the apples. The tree was sad.

One day, the boy who now turned into a man returned and the tree was excited ‘Come and play with me’ the tree said. ‘I do not have time to play. I have to work for my family. We need a house for shelter. Can you help me?” Sorry, but I do not have any house. But you can chop off my branches to build your house.’ So the man cut all the branches of the tree and left happily. The tree was glad to see him happy but the man never came back since then. The tree was again lonely and sad.

One hot summer day, the man returned and the tree was delighted. ‘Come and play with me!’ the tree said. ‘I am getting old. I want to go sailing to relax myself. Can you give me a boat?’ said the man. ‘Use my trunk to build your boat. You can sail far away and be happy.’ So the man cut the tree trunk to make a boat. He went sailing and never showed up for a long time.

Finally, the man returned after many years. ‘Sorry, my boy. But I do not have anything for you anymore. No more apples for you’ the tree said. ‘No problem, I do not have any teeth to bite’ the man replied. ‘No more trunk for you to climb on’ the tree said.  ‘I am too old for that now’ the man said. ‘I really cannot give you anything. The only thing left are my dying roots’ the tree said with tears. ‘I do not need them much now, just a place to rest. I am tired after all these years’ the man replied. ‘Good! Old tree roots are the best place to lean on and rest, Come, come sit down with me and rest.’ The man sat down and the tree was glad and smiled with tears…

Slide 9-12:

Moral: The tree is like our parents. When we were young, we loved to play with our Mum and Dad. When we grow up, we leave them, only come to them when we need something or when we are in trouble. No matter what, parents will always be there and give everything they can just to make you happy. You may think the boy is cruel to the tree, but that is how all of us treat our parents. We take them for granted and we don’t appreciate all they do for us until it’s too late.

Our parents devote their entire lives for us and the least we can do is respect them and show our love by making a sincere effort to resolve our conflicts.

Slide 13:

Resolving the conflicts, is the responsibility of both parties. We can’t say that the daughters should be the ones to give in every time and mothers can walk all over them. Allah s.w.t has definitely given a high status to both the parents but He s.w.t has also given rights to children.

In fact, the rights of the children start even before they are born but we are not going to discuss all of those as that is an extensive topic in itself and not the scope of this workshop. Here we will only focus on things that are relevant to our topic of conflict resolution.

Islam teaches us that it is the responsibility of both the parent’s and a child’s right that he/she should be raised well and taken care of:

Slide 14:

It was narrated from ‘Abd-Allaah (may Allaah be pleased with him) that the Messenger of Allaah (peace and blessings of Allaah be upon him) said: “Each of you is a shepherd and is responsible for his flock. The ruler who is in charge of people is a shepherd and is responsible for them. The man is the shepherd of his household and is responsible for them. The woman is the shepherd of her husband’s house and child and is responsible for them. The slave is the shepherd of his master’s wealth and is responsible for it. Each of you is a shepherd and each of you is responsible for his flock.”

Narrated by al-Bukhaari, 2416; Muslim, 1829.

The Messenger of Allaah (peace and blessings of Allaah be upon him) encouraged this righteous deed of taking care and providing for one’s children.

It was narrated that ‘Aa’ishah the wife of the Prophet (peace and blessings of Allah be upon him) said: A woman came to me with two daughters and asked me for food, and I could not find anything except one date which I gave to her. She shared it between her two daughters, then she got up and went out. The Prophet (peace and blessings of Allaah be upon him) came in and I told him what had happened. He said: “Whoever is in charge of any of these girls and treats them well, they will be a shield for him against the Fire.”

Narrated by al-Bukhaari, 5649; Muslim, 2629

Slide 15:

Parents must also take care of teaching their children the duties of Islam and other virtues that are recommended in sharee’ah, and worldly matters that they need in order to live a decent life in this world.

The man should start by teaching them the most important things, then the next most important. So he starts by teaching them correct ‘aqeedah (creed), free from shirk (polytheism) and innovations. Then he teaches them the acts of worship, especially prayer. Then he teaches them and trains them in good manners and characteristics, and everything that is good.

Slide 16:

Allah says (interpretation of the meaning):

*“And (remember) when Luqmaan said to his son when he was advising him: “O my son! Join not in worship others with Allaah. Verily, joining others in worship with Allaah is a great Zulm (wrong) indeed”*

*[Luqmaan 31:13]*

Slide 17:

Every father and mother should train their children in praiseworthy characteristics and good manners, whether towards Allah (swt), His Prophet (SAW), towards the Quran and their *ummah* (global community of believers), and with everyone whom they know and who has rights over them.

They should bring them up with good manners in all things, eating, drinking, dressing, sleeping, going out of the house, entering the house, riding in vehicles, etc, and in all their affairs. They should instill in them the attributes of a good person, such as love of sacrifice, putting others first, helping others, chivalry and generosity. They should keep them away from evil characteristics such as cowardice, stinginess, lack of chivalry, lack of ambition, etc.

Slide 18-19:

Islam also teaches as to be fair to all our children. It teaches us to even give gifts equally. This right was referred to by the Prophet (SAW) in the *Saheeh hadeeth* (authentic narration): “Fear Allah and treat your children fairly.” (Narrated by al-Bukhaari, 2447; Muslim, 1623). It is not permissible to show preference to females over males, just as it is not permissible to show preference to males over females. If the father makes this mistake and shows preference to some of his children over others, and does not treat them fairly, this will lead to many evils, such as:

The harm that befalls the father himself, for the children whom he denies or deprives will grow up to hate him. The Prophet (peace and blessings of Allah be upon him) referred to this in the hadeeth narrated by Muslim (1623) when he said to the father of al-Nu’maan, “Would you like them to honour you equally?” He said, “Yes.” In other words, if you want them all to honour you equally, then be fair in giving gifts to them.

*Fayd al-Qadeer*, 2/574

Slide 20:

He must also protect his sons and daughters from everything that may bring them close to the Fire. Allah says (interpretation of the meaning):

*“O you who believe! Ward off yourselves and your families against a Fire (Hell) whose fuel is men and stones, over which are (appointed) angels stern (and) severe, who disobey not, (from executing) the Commands they receive from Allah, but do that which they are commanded”*

*[al-Tahreem 66:6]*

So it is the right of every child that s/he should be caught what is right and what is wrong and what can bring him/her close to Jannah and what can bring him/her close to the Hellfire.

Slide 21:

It is one of the parent’s obligations towards their children that they should provide for them; it is not permissible for them to fall short in that or to neglect this matter, rather they are obliged to do this duty in the fullest sense.

It was narrated that ‘Abd-Allaah ibn ‘Amr (may Allaah be pleased with him) said: The Messenger of Allaah (peace and blessings of Allaah be upon him) said: “It is sufficient sin for a man if he neglects those on whom he is obliged to spend.”

Narrated by Abu Dawood, 1692; classed as sahan by Shaykh al-Albaani in *Saheeh al-Jaami’*, 4481.

Slide 22:

However, this does not mean that the children have a right to demand anything they want! A child can’t stand in front of the father and insist that he buys him/her the latest Iphone just because it is his obligation to spend on them.

Slide 23-26:

We can now move towards the conclusion of this class. The intent of all this discussion was to give you the picture of both sides. We hope that the daughters can now appreciate that the reason why their parents seem to be after their lives is primarily because they love you very much and it is their obligation to make you into good human beings, good muslims as they are answerable to Allah for it. On the other hand, we hope that the mothers have understood that their daughters need some space of their own and there are areas where they can be given a free hand by mutual consent for which the boundaries will be set by the parents.

We hope and pray that you found these sessions beneficial and that you now have a framework for building and improving your relationship and resolving conflicts.

(Du’a for end of a gathering) *SubhanaRabbikaRabbulIzzati ‘ammayasifunwasalamun ‘alalmursaleen, walhamdulillahiRabbil ‘alameen*

(Parting salutation to students) *Assalamalaikumwarahmatullahiwa barakatuhu*