



MAJLIS KHUDDAMUL AHMADIYYA UK

FAITH & FITNESS ASHRA

"A (PHYSICALLY) STRONG BELIEVER IS BETTER THAN A WEAK ONE."

25 JAN - 3 FEB

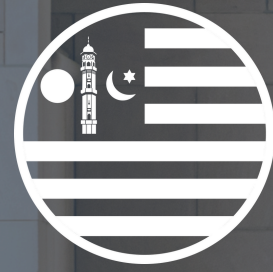
DAY 5

INSPIRATIONAL SPIRITUAL AND PHYSICAL ENDURANCE

PROPHETS OF GOD

SURELY, ALLAH CHANGES NOT THE CONDITION OF A PEOPLE UNTIL THEY CHANGE THAT WHICH IS IN THEIR HEARTS
HOLY QUR'AN (13:12)

TARBIYYAT DAY PRESENTATION



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INTRODUCTION

This presentation explores the inspirational spiritual and physical endurance shown by the Prophets of God.

Discussion Focus:

How can we as khuddam use this inspiration in our day to day lives?

INTERACTIVE SESSION

The theme of the year is 'Holy Quran: Casket of Jewels'.

From the Quran can you name any experiences, situations or accounts the Prophets of God encountered that showed inspirational spiritual or physical endurance?

STORIES OF THE PROPHETS

Hazrat Ayyub (as) was a prophet and a man of immense wealth, possessing vast lands, livestock, servants, and a large, loving family.

He was also known for his unwavering faith, piety, and generosity. He would constantly thank Allah for his blessings, care for the poor, and guide people to righteousness.

The Promised Messiah (as) highlighted Prophet Ayyub (as) an extraordinary example of steadfastness and patience in the face of severe trials.



Hazrat Ayyub (as) was tested with various severe trials including the loss of his family, wealth, health, land, and livestock

He had to deal with both physical and spiritual challenges.

Despite these hardships, Hazrat Ayyub (as) remained steadfast in his devotion to Allah. He never complained or questioned Allah's decree. Instead, he continued to praise Allah and remained hopeful of His mercy.



INTERACTIVE SESSION

How did Hazrat Ayyub (as) show
Inspirational spiritual endurance?

How can we as khuddam learn and
adapt from the story of Hazrat Ayyub
(as) to increase our spiritual
endurance?

How can we relate the story and
teachings to our physical endurance?

STORIES OF THE PROPHETS

Hazrat Musa (as) was a prophet of God who faced intense challenges and trials.

When he migrated to Midian he had a physically difficult escape, requiring him to travel alone across a harsh desert without food or provisions.

He also led his people across a difficult and vast journey.



Patience in Trials: Hazrat Musa's (as) endurance in the face of Pharaoh's tyranny and the Israelites' complaints is a model of patience for believers.

Leadership and Responsibility: Hazrat Musa's (as) commitment to guiding his people, even in the face of their rebellion, highlights the responsibility of a true leader.

Reliance on Allah: Hazrat Musa's (as) unwavering trust in Allah, whether confronting Pharaoh or crossing the Red Sea, teaches believers to place complete faith in Allah during difficulties.



INTERACTIVE SESSION

How Did Hazrat Musa (as) show
Inspirational physical?

What two qualities did Hazrat Musa's
(as) father in law see in him when he
decided to marry his daughter to him?

How can we relate the story and
teachings to day to day lives?

STORIES OF THE PROPHETS

The Holy Prophet Muhammad (saw) was the ultimate inspiration of both physical and spiritual endurance.

He faced the hardest challenges and trials such as severe persecution in Makkah, the loss of loved ones (e.g., his parents, his relatives and Hazrat Khadijah (ra)), starvation during the boycott, and physical attacks just to name a few.



The Holy Prophet (saw) fought in many wars against bigger armies.

He faced many injuries. During the Battle of Uhud the Prophet (saw) stood alone like a wall, and soon a stone struck his forehead and made a deep gash in it. Another blow drove the rings of his helmet into his cheeks. When the arrows were falling thick and fast and the Prophet (saw) was wounded he prayed, "My God, forgive my people for they know not what they are doing"



The Promised Messiah (as) described the Prophet Muhammad (saw) as the perfect model of endurance. His life reflects the highest level of submission to Allah's will and service to humanity.

Mentioning in regards to patient, the Promised Messiah (as) often emphasized that true patience means maintaining a connection with Allah, continuing to praise Him, and not losing hope or complaining about one's condition.

He stated suffering serves as a means to draw closer to Allah, and true endurance is shown when one continues to glorify God despite hardships



JAZAKMULLAH

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