



# Let's learn about Palestine

Comprehensive Resource Guide  
for Parents + Teachers



# resource guide

## purpose + goals

In our interconnected world, understanding diverse cultures, histories, and struggles is essential for fostering empathy, tolerance, and global citizenship. As violence unfolds in Palestine, it becomes more important than ever to educate our children about the rich history, vibrant culture, and the resilience of the Palestinian people.

Noor Kids has created this resource guide with the aim of helping to guide difficult conversations with parents and providing support to parents who have difficulty processing the heaviness of the situation. These age-appropriate materials are to help young minds grasp the complexities of the Palestinian situation, appreciate its significance, and foster a compassionate perspective.



## about Noor Kids

Founded in the labs at Harvard University in 2011, Noor Kids is an educational services organization that seeks to raise children who build a better world, inspired by Islamic character, citizenship and faith.

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# 5 Facts About Palestine to Teach Muslim Kids

**A Guide for Muslim Parents**

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**But first:**

## Why Does Palestine Matter to Muslims?



**The Prophet ﷺ reportedly said,**

“Muslims are like one body of a person; if the eye is sore, the whole body aches, and if the head aches, the whole body aches.” (Sahih Muslim)

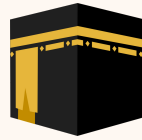
Our brothers and sisters in **Palestine** have been suffering from oppression for many years. As Muslims, we should **stand up for our brothers and sisters**, and always keep them in our prayers (Duas).

# 1 Palestine is home to the third holiest site in Islam.

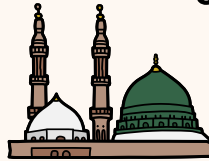
In a city called Jerusalem in Palestine, there's a masjid called Al-Aqsa or Bayt al-Maqdis (House of the Holiness). Masjid Al-Aqsa is one of the five mosques mentioned in the Holy Quran by name.

## Three Holy Mosques in Islam:

Masjid Al Haram in Makkah



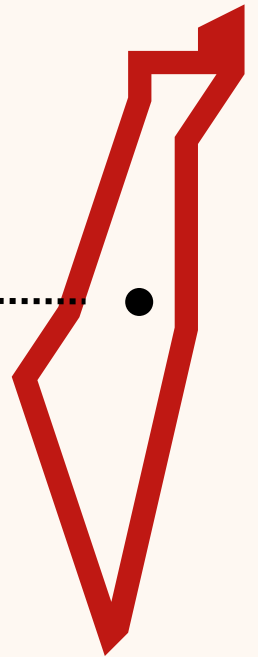
Masjid Al Nabawi in Medina



Masjid Al Aqsa in Jerusalem



Jerusalem



Narrated in a hadith in Sahih Muslim\*



2

## The First Qiblah for Muslims was in Palestine!

In the early days of Islam, Muslims used to pray towards Baytul-Musjid in Jerusalem before they prayed towards the Kaaba in Makkah. The Prophet Muhammad ﷺ and his companions prayed in that direction for about sixteen or seventeen months.\*

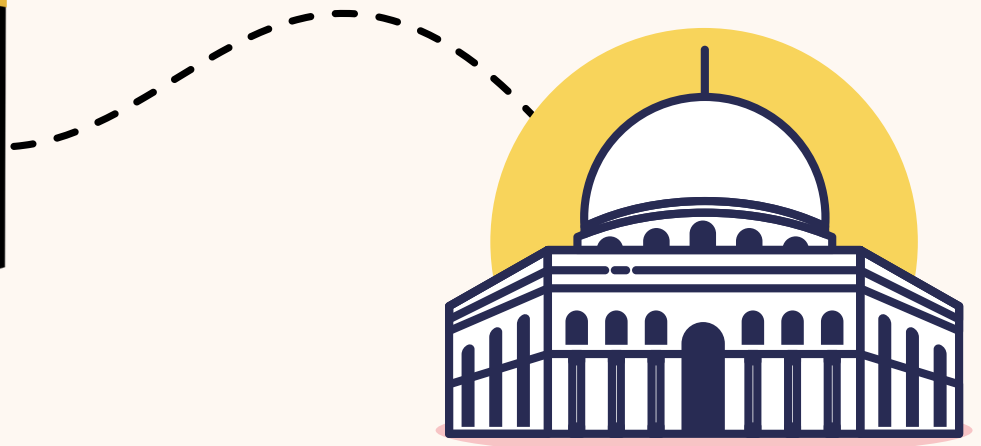
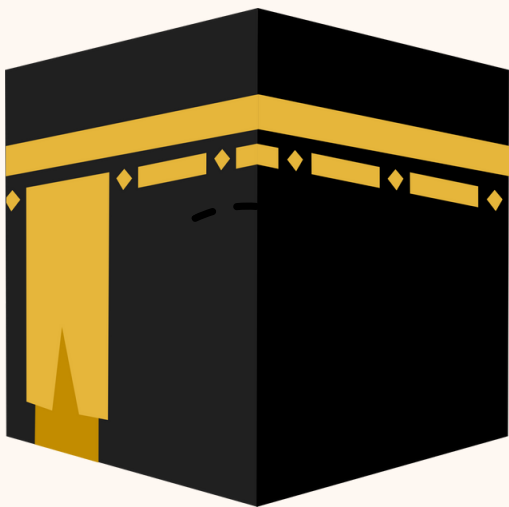


3

# The miraculous night journey of the Prophet ﷺ took place in Palestine.

During the miraculous night journey (isra'), the Angel Jibril (as) brought the Prophet ﷺ from Makkah to Masjid Al-Aqsa in Jerusalem where he ascended to heaven (mi'raj).

On the same night, he ﷺ led all of the prophets in prayer. This is also when he received important instructions from Allah, including the command for Muslims to perform the five daily prayers.



## 4 Allah calls Palestine a land blessed for the nations.

Palestine is a blessed and sacred land for Muslims! In the Qur'an, Allah calls Palestine and Masjid al Aqsa, "Holy Land", and a land "blessed for the nations".

“Exalted is He who took His Servant (Muhammad) by night from al-Masjid al-haram to al-Masjid al-Aqsa, **whose surroundings We have blessed**, to show him of Our signs. Indeed, He is the Hearing, the Seeing.” (17:1)

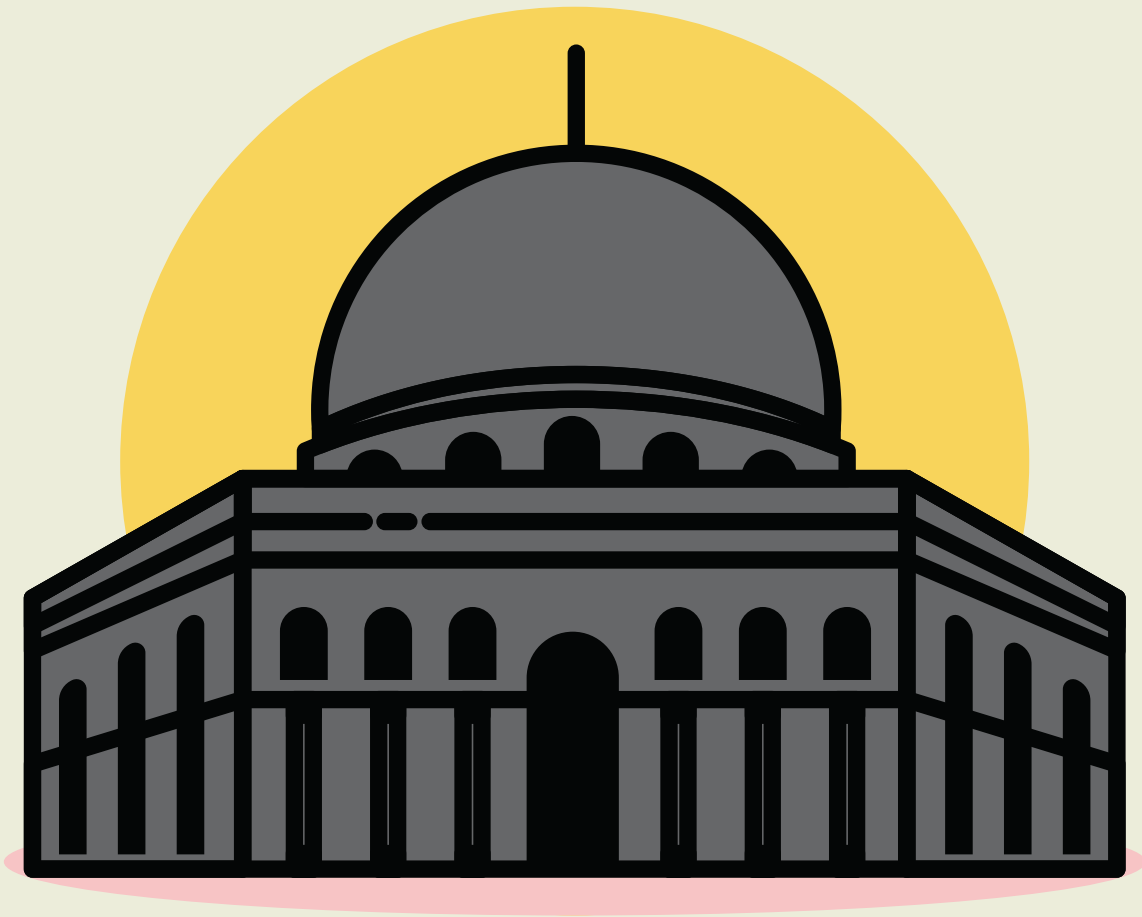


5

## It's the land of the prophets!

Many important Prophets and companions of the Prophet ﷺ were born in or spent part of their lives in the holy land of Palestine. Some of the prophets mentioned in the Qur'an were also born, raised, and buried in Palestine.





# 4 Facts About Al-Aqsa Every Muslim Kid Should Know

A Guide for Muslim Parents

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# 1 Masjid Al-Aqsa isn't just one mosque!

Masjid Al-Aqsa is not a single building; it is a compound consisting of several mosques. The entire compound is considered blessed. Al-Aqsa mosque is identified with the lead-colored dome.



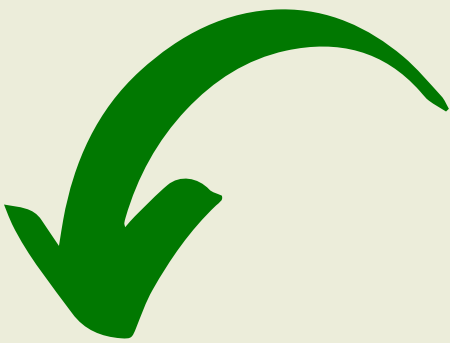
**Dome of the Rock**

**Masjid al-Aqsa**  
Baytul Maqdis

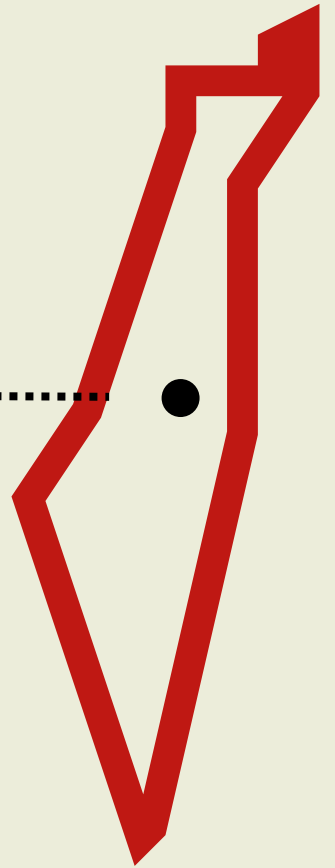
**Masjid al-Qibli**

2

**Masjid Al-Aqsa is one of the five mosques mentioned in the Holy Quran.**



Jerusalem ..... ●

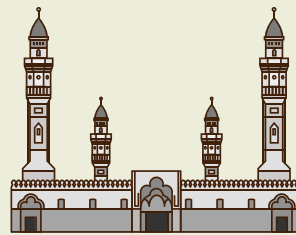


**Here are 4 of them:**

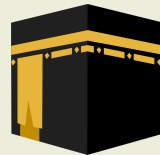
Masjid Al Aqsa in Jerusalem



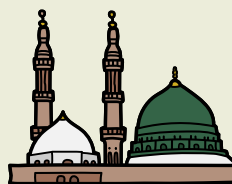
Masjid Al Quba in Medina



Masjid Al Haram in Makkah



Masjid Al Nabawi in Medina



# 3 The Prophet ﷺ led all the prophets in prayer at Al-Aqsa

During the miraculous night journey (isra'), the Angel Jibril (as) brought the Prophet ﷺ from Makkah to Masjid Al-Aqsa in Jerusalem in one night (a journey that would typically take 40 days) and ascended to heaven (mi'raj). On the same night, he ﷺ led all of the prophets in prayer in Masjid al-Aqsa.

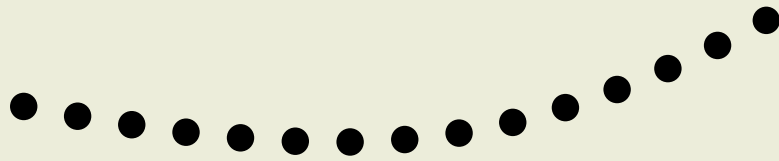
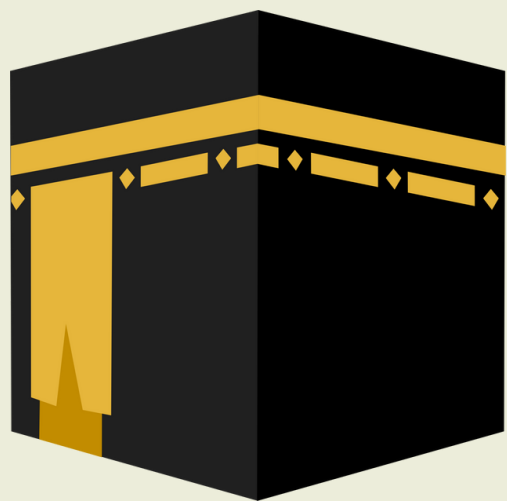




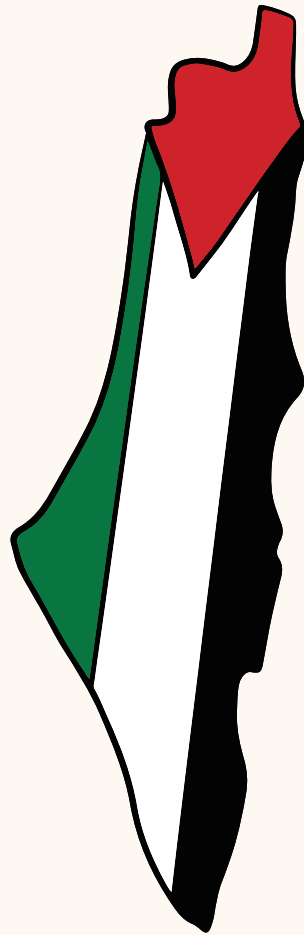
4

## Al-Aqsa is also known as "The Furthest Mosque"

When Al-Aqsa Mosque is referred to as 'the furthest mosque,' it could signify its geographical distance from Mecca, and many believe that this name emphasizes its status as the furthest holy site from the city of Mecca.



Glory be to the One Who took His servant  
 'Muḥammad by night from the Sacred Mosque to the  
 Farthest Mosque whose surroundings We have  
 blessed, so that We may show him some of Our signs.  
 [Quran 17:1]



# Mom, What's Happening in **Palestine**?

**Explained to Kids: A Guide for Muslim Parents**

1

Imagine you live in a house with **your family**, and you have a big yard where you play and **have fun**.



Mom, What's Happening in **Palestine**?

2

One day, someone from a **different place** comes and says they want to live in a part of your house and play in **your yard too**.





This new person starts **building their own** room and play area just for themselves and **their friends.**

3



4

They say that only **they** can use that part of the house and your family **can't anymore.** They even try to make your family to **leave your home.**



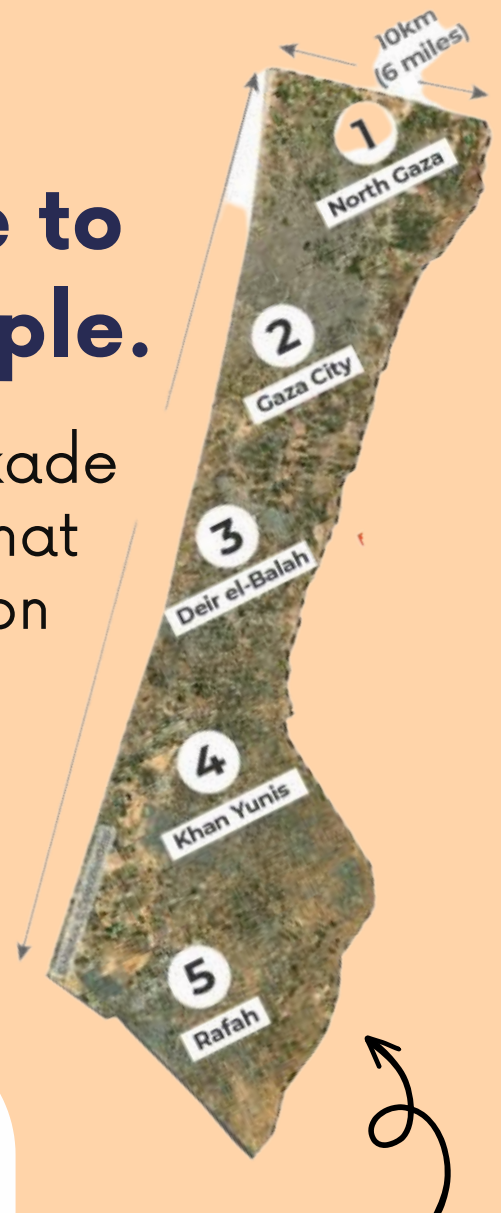
**This is called colonization.**  
**This is what is happening to Palestine.**

# The Gaza Strip is home to around 2.3 million people.

It's been surrounded by a blockade imposed by Israel. This means that they can't easily move around on **land, sea, and air travel.**

In Gaza, there's a **military blockade** in place.

This means that Gaza Strip is surrounded and **controlled** by the **Israeli military**. This has significant effects on the lives of the **people living in Gaza.**



**The Gaza Strip**



## What You Need to Know:

- For more than **70 years**, the people of Palestine have faced oppression and suffered many challenges. And, Israel has continued to **take more of the land** from the Palestinians.
- By taking over the homes of Palestinian families, many of them are left with **no home** and **nowhere to go**.



# Take action by teaching them that their voices and solidarity matter!

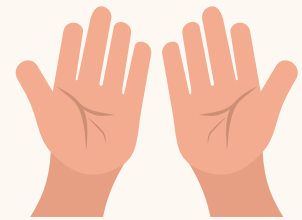
Encourage your children to stand up for their oppressed brothers and sisters through productive means, such as:



**Raising awareness and advocating for justice**



**Writing to congress members expressing their concerns**



**Turning to Allah for help**



# How to Talk to Your Kids About Gaza

**A Guide for Parents**





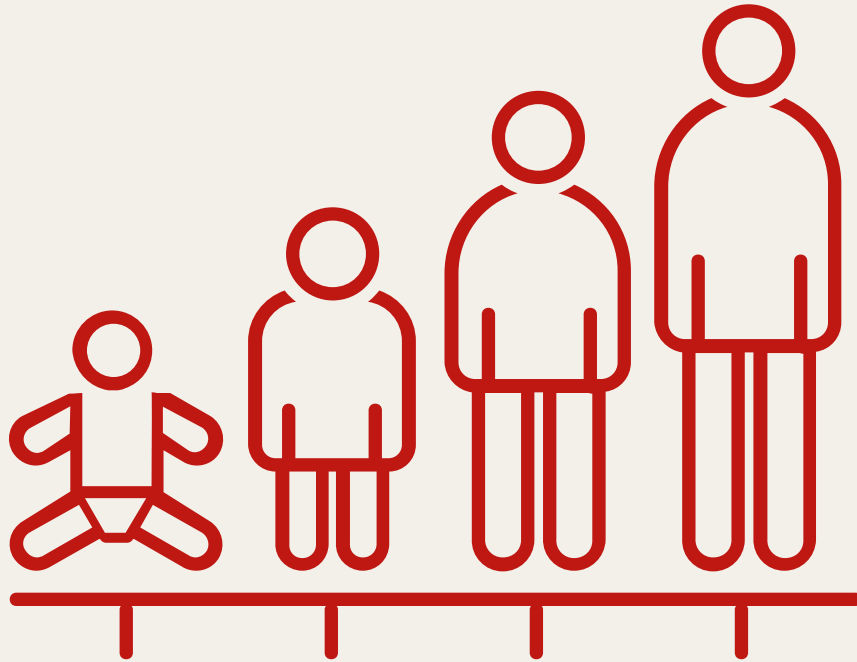
**1** **Process your own feelings before talking to your kids.**

# You are the most important role model in your child's life.

They are looking to you for cues on how they should feel anger, sadness, hostile hostility, or fear. And so for many of us, this is incredibly difficult to process.

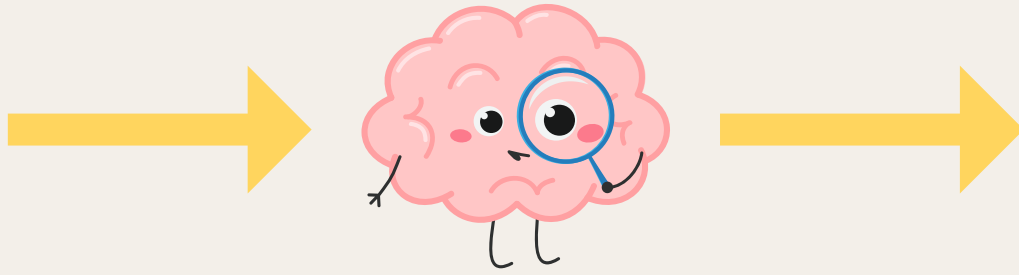


To avoid pushing our feelings of fear, anxiety, or anger onto our kids, we need to process our own feelings first.



2

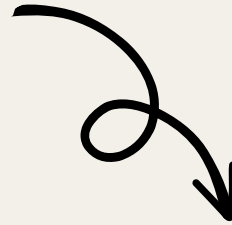
## Pay Close Attention to Age



**A child's brain is like a sponge.  
Whatever goes in, can come out.**

**For Ages 6 and Younger:**

Traumatic events, the specifics of the situation, and feelings of fear can be extremely overwhelming.



We should try to spare them from the details and be extremely sensitive with respect to how we talk about the situation, if at all.

## For Ages 7 and Older:

Start by listening and asking open-ended questions.

**What have you heard?  
How do you feel?  
What's on your mind?  
What are you worried about?**



This allows our kids to first tell us what's in their hearts, what's on their minds, and what they've heard before we introduce new information to them.

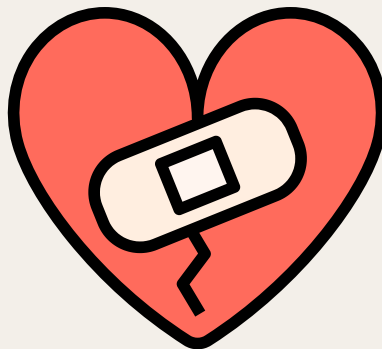
3

# Validate, Then Correct

The Prophet ﷺ reportedly said,


“Muslims are like one body of a person; if the eye is sore, the whole body aches, and if the head aches, the whole body aches.”

**It's our fitrah, the way Allah created us. When we see other people hurting, we hurt. We feel sad. We feel mad.**




**Validating those feelings  
allows us to stay balanced. It  
allows us to feel okay.**

As we listen to our kids react  
to this event, the first step is to  
validate those feelings.



**I understand  
that you feel  
angry. That's  
normal.**



**That's normal.  
That's what you're  
supposed to feel.**



**It's okay to feel  
scared or sad.**

## 4 Find Productive Ways to Channel These Feelings

Encourage your children to stand up for their oppressed brothers and sisters through productive means, such as:



**Raising awareness  
and advocating  
for justice**



**Writing to congress members  
expressing their concerns**



**Turning to  
Allah for help**





# What is Oppression? Explained to Kids.

A Guide for Parents

**Mom, what  
does oppression  
mean?**

**Oppression is when someone uses  
their **power or authority** to treat  
others in a way that is **unfair**.**



# What type of unfair treatment?



This could be denying them their rights, freedoms, and dignity.



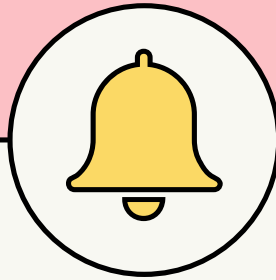
It manifests in various forms, including physical, emotional, social, economic, and political oppression.

# What does Islam say about oppression?



It was reported that the Prophet ﷺ said,

Whoever among you sees evil, let him change it with his hand. If he cannot do so, then with his tongue. If he cannot do so, then with his heart.



Islam teaches us to stand up against injustice when you see it.

# How can we help?



**First, feel for them.**

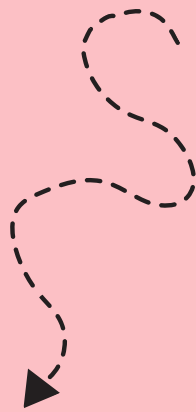
**We should feel a sense of empathy for our brothers and sisters suffering.**

**The Prophet ﷺ reportedly said,**

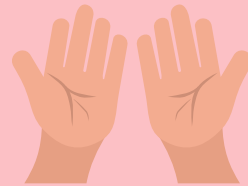
“Muslims are like one body of a person; if the eye is sore, the whole body aches, and if the head aches, the whole body aches.”

Source: Ṣaḥīḥ al-Bukhārī, Ṣaḥīḥ Muslim

# Stand up for the oppressed through productive means.



**Raising awareness and advocating for justice**



**Turning to Allah for help**

**Writing to congress members expressing their concerns**

# Mom, are Muslims against Jews?

**A Guide for Muslim Parents**

**No, Muslims are NOT  
against Jews.**

**But, we are against  
oppressors.**

Let's explain.





# 1 As Muslims, we believe that there are 5 books that are divine.

Here are three of them...



Quran from Muhammad ﷺ



Gospel from Isa (as), or Jesus



Torah from Musa (as)

.

## 2 Stand up for injustice when you see it.

It was reported that the Prophet ﷺ said, Whoever among you sees evil, let him change it with his hand. If he cannot do so, then with his tongue. If he cannot do so, then with his heart.

[Muslim]

**Ahl al-Kitāb = People of the Book**



3

## But, we are against the oppressors. Those who are unjust.

It's important to teach our kids that being a Muslim means we are against people who do wrong or hurt others, not because of their religion or background. Allah teaches us to stand against oppressors and those who do harm, but it's never about being against any specific group of people, including Jews.



**Mom, why is  
Allah doing this  
to Palestine?**

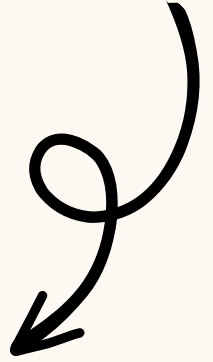
**A Guide for Muslim Parents**



**When children hear about the oppression that the people are facing in Palestine, they may ask you...**

**Mom, why is Allah allowing this?**

**Isn't Allah the most merciful?**

# Before you respond, remember:



-  We want our kids to feel **understood and supported** in their feelings and questions.
-  We should help them understand that Allah is **kind and merciful**, and this life is a test. And, that Allah wants what is best for us, so he can give us the ultimate reward of **paradise in the afterlife**.

1

# The Prophet ﷺ was the most beloved to Allah, and faced many trials.

&gt;&gt;

Despite being deeply loved by Allah, the **Prophet (ﷺ)** experienced trials such as orphanhood, debt, persecution, and much more throughout his life.

&gt;&gt;

This shows that Allah tests those whom He **loves the most**, and they will be rewarded for this in the hereafter.

&gt;&gt;

Even during challenging times, we should trust that **Allah's love and mercy** are always with us, guiding us towards a beautiful reward

## 2 Allah is the best of planners.

**“But they plan, and Allah plans. And Allah is the best of planners.” [Quran 8:30]**

Sometimes, we make plans and hope for certain things to happen the way we want them to. But Allah, **the Most Wise**, also has plans for us. He knows what's **best for us**, even when we don't understand it at the moment.

Allah's wisdom is like a big, **perfect puzzle**, and we can only see a small piece of it.





3

# The suffering of the people in Palestine does not go unnoticed.

**“Do not think that Allah is unaware of what the wrongdoers do.” [Quran 14:42]**

**Allah is Sami ul Aleem = All hearing, all knowing**

When we see our brothers and sisters in Palestine facing hardships, we should remember that their pain does not go **unnoticed by Allah.**

Their sacrifice is an honor that has been **gifted to them** by Allah and Allah will reward them.

## 4 They will be rewarded for their struggles in this life.

**“And the next life is certainly far better for you than this one. And ‘surely’ your Lord will give so much to you that you will be pleased.” [Quran 93]**

Allah will recompense them for their pain and injustice in this world with **paradise in the hereafter**. The reward of paradise is beyond imagination, where they will find **everlasting peace**, joy, and closeness to Allah, free from all suffering and hardships.



**Mom, why does  
Allah let bad  
things happen to  
good people?**

**A Guide for Muslim Parents**

**When children see the suffering experienced by our brothers and sisters in Palestine, it's natural for them to think:**


**Life is not fair.**

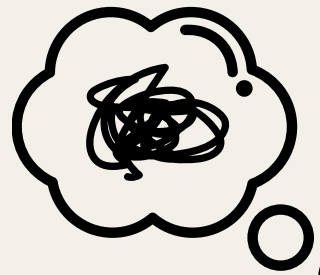
**Why does Allah make bad things happen to good people?**



## REMINDER

 In moments of adversity, children might grapple with **negative perceptions** of Allah and question His wisdom.

 As parents, this becomes a crucial moment for us to teach them about **beautiful attributes of Allah** which can serve as a reminder of His divinity and **love for us**.



# 1 Teach your kids that Allah knows best.

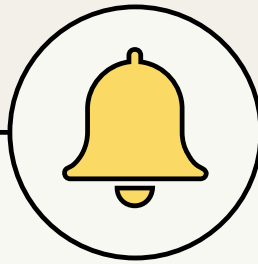
Allah says in Surah Baqarah...

It could be that you **dislike something**, when it is **good for you**; and it could be that you like something when it is bad for you. **Allah knows**, and you do not know. [2:216]

## Allah is Al-Aleem = The All-Knowing

We may only see a part of Allah's plan, and at times, we might **not understand** it. But, we should remember that **Allah knows what's best** for His believers.

## 2 Allah tests those he loves the most.



"Indeed greater reward comes with greater trial. And indeed, when Allah loves a people He subjects them to trials."\*

When Allah loves us and wants to give us a **reward in the afterlife**, He gives us **challenges** and tests in this life.

Anas narrated this from the Messenger of Allah (ﷺ) in at-Tirmidhi\*

3

## For Muslims, struggles in this life lead to rewards in the hereafter.

**“And the next life is certainly far better for you than this one. And ‘surely’ your Lord will give so much to you that you will be pleased.” [Quran 93]**

Allah will recompense them for their pain and injustice in this world with **paradise in the hereafter**. The reward of paradise is beyond imagination, where they will find **everlasting peace**, joy, and closeness to Allah, free from all suffering and hardships.







# Mom, Why Does Allah Allow Bad Things?

A Guide for Muslim Parents

# 1 Why Did Allah Create Evil?

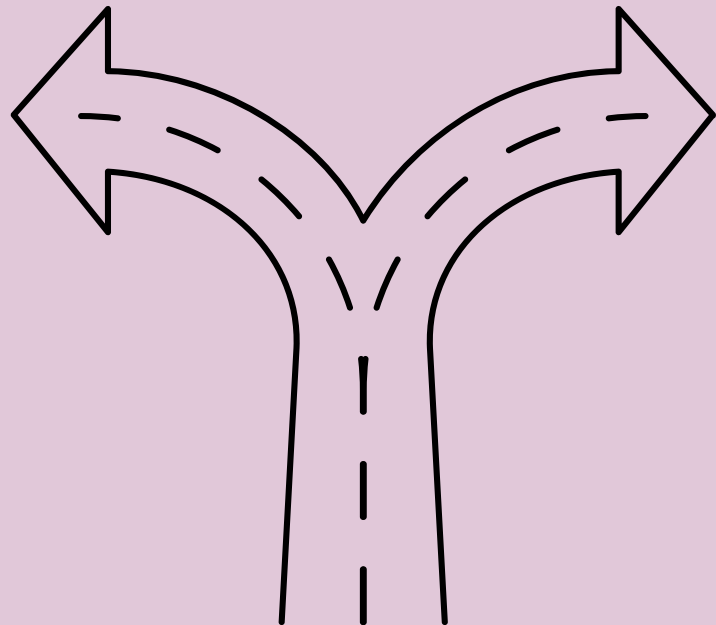
Allah, our Creator, has designed a world where both **good and bad exist**. He has also given humans something very special called "**free will**."

Allah allows both good and bad things happen in the world **as a test** for human beings to see if we will choose the path of righteousness and **resist evil** temptations.



## What is "free will"?

Free will is the power to do things without being forced or controlled.



2

## Bad Helps Us Appreciate Good.

When we see **bad things happening**, it makes us realize how important choosing good is.

It's like the darkness helps us see the light. Witnessing evil allows us to **appreciate and recognize** goodness and righteousness. It serves as a reminder of the value of **good actions**.



3

## But, Isn't Allah The Most Kind?

When the believer is afflicted with pain, even that of a **prick of a thorn** or more, **Allah forgives** his sins. (Bukhari).

Yes, Allah is the Most Kind and Merciful! For those who are oppressed or victims of evil, Allah offers **immense rewards**. Even the slightest pain or suffering can lead to the **forgiveness** of sins and rewards for one's strength.

Allah is **compassionate** and rewards those who endure hardships. It's important to remember that **Allah is fully aware** of the actions of wrongdoers, and no injustice goes **unnoticed**.

## 4

# Allah Knows Best.

Sometimes, we make plans and hope for certain things to happen the way we want them to. But Allah, **the Most Wise**, also has plans for us. He knows what's **best for us**, even when we don't understand it at the moment.

We may not **fully understand** Allah's wisdom and why certain evils occur. But, Muslims believe that Allah's wisdom goes beyond **human comprehension**. What might seem like a hardship now may be part of a larger plan that serves a **greater purpose**.



## 5 The Hereafter Is The Ultimate Destination.

Allah Is The Most Just. Every action, whether good or bad, is **noticed by Allah**.

Those who harm others will be accountable in the afterlife. But for those who do good and live righteously, **Allah's rewards is immense**.

Allah will recompense those for their pain and **injustice in this world** with paradise in the hereafter.





# Why Can't Allah Just Make It Stop?

A Guide for Muslim Parents

If Allah controls everything, why doesn't He just make all the bad things in Palestine go away?



Well first...

Allah is **All-Powerful**, and He can do anything. He's the Creator of everything, so if He willed, He could make all the bad things in the world go away. **His power is unlimited.**

But what's really important to understand is that Allah has a **special plan**, a divine plan, and His **wisdom** goes way beyond what we can understand.



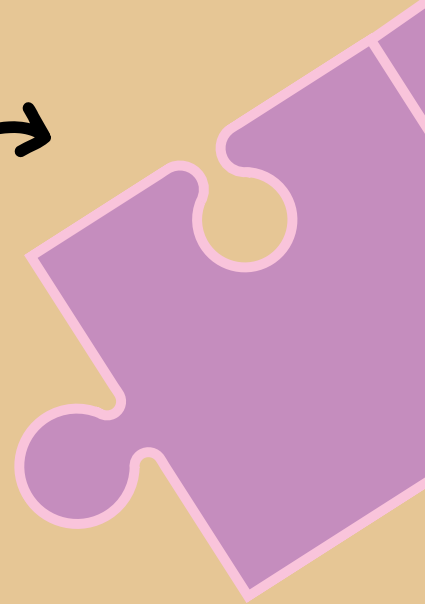
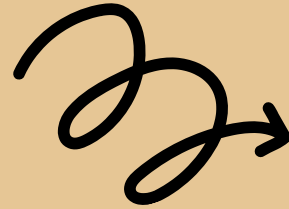
# What is Divine Wisdom?

## Explained to Kids

Imagine life as a **gigantic puzzle**. Every event, every person, every moment is a **piece of that puzzle**.

Some pieces might seem difficult or **even painful**, like our brothers and sisters **suffering** in Palestine.

But in Allah's **divine wisdom**, every piece has a **purpose**, even if we can't see it right away.



# But, Why Would Allah Allow Us to Suffer?

As Muslims, we believe that the life in this world is **temporary**, and the real and everlasting life is in the **Hereafter**.

Tests and trials help us **strengthen their faith**, and become better people. Facing challenges can teach **patience, resilience, compassion**, and other virtues.

And for those who go through extreme suffering, **Allah rewards them** for their hardships. He will recompense those for their pain and injustice in this world with **paradise** in the hereafter.

# Allah Will Reward The People of Palestine

Allah is the Most Kind and Merciful! For those who are oppressed or victims of evil, Allah offers **immense rewards**. Even the slightest pain or suffering can lead to the **forgiveness** of sins and rewards for one's strength.

For believers, difficulties are tests, reminders, and **opportunities for forgiveness** and higher rewards in the Hereafter. Even small hardships are seen as signs of **Allah's mercy and favor**.



# How Does Allah Tell Us to Cope with Tragedy?

A Guide for Muslim Parents

1

# Remember Allah in times of difficulties.

So remember Me; **I will remember you.** And be grateful to Me and do not deny Me.

[Quran 2:152]

Remembering Allah is a **source of strength** for a believer. It's a way to seek help and support during moments of distress. It reminds us that we are **not alone** in our struggles and that Allah is there to **help and guide us.**

It encourages us to keep **moving forward**, to face difficulties with courage and determination, and to trust that Allah will make **a way out** of during hardships.

## 2 Salah is your strength.

O you who have believed, seek help through **patience and prayer**. Indeed, Allah is with the patient.

[Quran 2:153]

Patience isn't just about **enduring difficulties**; it's about maintaining composure, perseverance, and resilience in the face of **adversity**.

Prayer serves as a direct line of communication with you and Allah. It encourages us to **keep moving forward**, to face difficulties with courage and determination, and to **trust that Allah will** make a way out of during hardships.

3

## Those who have passed in the cause of Allah are in a better place.

And do not say about those who are killed in **the way of Allah**, 'They are dead.' Rather, they are alive, but you **perceive [it] not**.

[Quran 2:154]

This verse acknowledges and honors the sacrifices made by the those who lose their lives in defense of their **beliefs, land, or people**. It shows that such sacrifices do not go unnoticed in the eyes of Allah.

Allah will recompense them for their pain and injustice in this world with **paradise in the hereafter**.

## 4 Be Patient.

And We will surely test you with something of **fear and hunger** and a loss of wealth and lives and fruits, but give **good tidings** to the patient,

[Quran 2:155]

- Allah tests those whom **He loves the most**, and they will be **rewarded** for this in the hereafter.

- Even during challenging times, we should be patience and trust that **Allah's love and mercy** are always with us, guiding us towards a beautiful **reward**



**Mom, why is Allah  
letting them get  
away with this?!**

Do not think that Allah is  
**unaware** of what the  
**wrongdoers** do. [14:42]



## Mom, when will Allah help Palestine?

They were touched by poverty and **hardship** and were shaken until [even their] messenger and those who believed with him said, "When is the help of Allah?" Verily, the **help of Allah is near.** [2:214]

**They are facing so much oppression, it's so tragic!**

And the next life is certainly far **better for you** than this one. And surely your Lord will give so much to you that you will **be pleased.** [Quran 93:4]

**Mom, why is  
this happening  
to Palestine?!**

We will certainly **test you** with a touch of fear and famine and loss of property, life, and crops. Give good news to those who **patiently endure** [2:155]

# 5 Hadith on Injustice to Teach Muslim Kids

A Guide for Muslim Parents



1

# A just leader will be under Allah's shade on the day of judgement.

It was reported that the Prophet ﷺ said,

There are seven categories of people whom God will shelter under the shade of His throne on the Day when there will be no shade except this. [One is] the just leader.

[Muslim]



## 2 Stand up for injustice when you see it.

It was reported that the Prophet ﷺ said,

Whoever among you sees evil, let him change it with his hand. If he cannot do so, then with his tongue. If he cannot do so, then with his heart.

[Muslim]



3

# Allah will reward you for being peaceful and fair with other people.

It was reported that the Prophet ﷺ said,

There is a Sadaqa to be given for every joint of the human body; and for every day on which the sun rises there is a reward of a Sadaqa (i.e. charitable gift) for the one who establishes justice among people.

[Al-Bukhari]





4

# Stop oppressors from being unfair if they are treating others wrongly.

It was reported that the Prophet ﷺ said,  
 Help your brother, whether he is an oppressor or he is an oppressed one. People asked, "O Allah's Messenger! It is all right to help him if he is oppressed, but how should we help him if he is an oppressor?" The Prophet said, "By preventing him from oppressing others.

[Al-Bukhari]

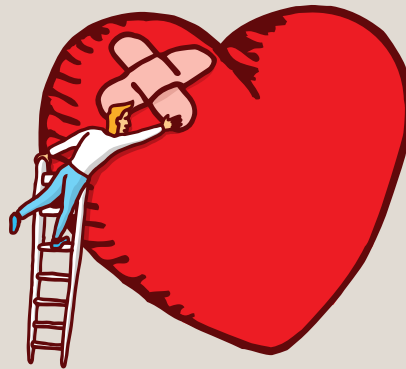


5

# If a Muslim is suffering, we should feel empathy and sadness.

It was reported that the Prophet ﷺ said, Muslims are like one body of a person; if the eye is sore, the whole body aches, and if the head aches, the whole body aches.

[Muslim]



# Dua's to Teach and Recite with Your Kids

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

Hasbun Allahu wa ni'mal wakeel

Allah is sufficient for us, and He is the best disposer of affairs. (3:173)

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

Inna lillahi wa inna ilayhi raji'oon

Indeed, to Allah we belong and to Him we shall return. (2:156)

## A Dua for Palestine

اللَّهُمَّ أَصْلِحْ أَحْوََالَ الْمُسْلِمِينَ فِي فِلِسْطِينَ، اللَّهُمَّ أَصْلِحْ أَحْوََالَ  
الْمُسْلِمِينَ فِي فِلِسْطِينَ وَفِي كُلِّ مَكَانٍ، يَا ذَا الْجَلَالِ وَالْإِكْرَامِ.

**Allahumma aslih ahwaalal-muslimeena fi  
filisteen, Allahumma aslih ahwaalal-  
muslimeena fifilisteena wa fi kulli makaanin  
ya dhul-jalali wal-ikraam.**

**O Allah! Rectify the affairs of the Muslims  
in Palestine. O Allah! Rectify the affairs of  
the Muslims in Palestine and in every place,  
O Lord of Majesty and Bounty.**



# 6 Dua's To Recite in Times of Injustice and Oppression

**Kid-Friendly Duas for Muslim Parents**

# 01. Dua against injustice and oppression.

رَبِّ انصُرْنِي عَلَى الْقَوْمِ الْمُفْسِدِينَ

→ Rabbi annurni alal qawmil mufsideen

→ My Lord! Help me against people who practice corruption and spread disorder.



(Surah al-Ankabut; 29:30)

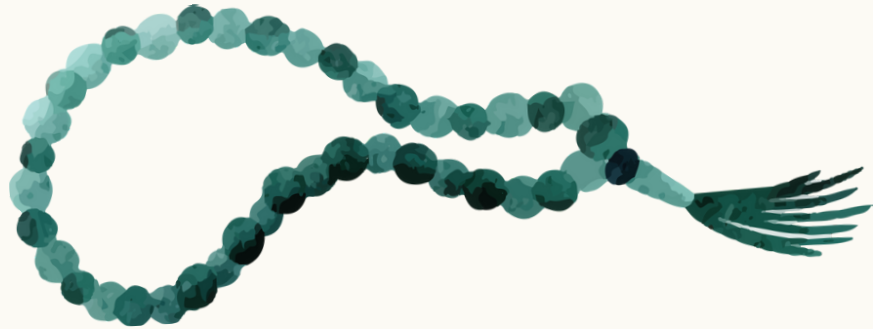
## 02. Dua for protection from the evil of creation.

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

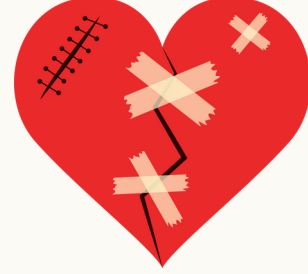
- A'udhu bi kalimati'llaahi't-taammaat min sharri ma khalaq
- **I seek refuge in the Perfect Words of Allah from the evil of what He has created**

This is a dua for protection from all kinds of evil that the Prophet (ﷺ) was known to recite this in the mornings and night.

(Sahih Muslim)



## 03. Dua for ease in difficulty.



لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

- La ilaaha illa anta subhanaka innee kuntu mina az-zalimeen
- **There is no deity except You; exalted are You. Indeed, I have been of the wrongdoers**

Surah Yunus relates the heart-touching story of Prophet Yunus (as) and when he was trapped in the belly of a whale after abandoning his people. After realizing his mistake, he calls out to Allah (SWT) with this beautiful dua:

(Surah Yunus, Ayah 87)



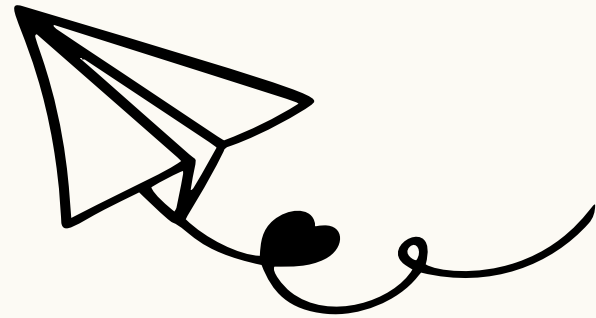
## 04. Dua for seeking relief.

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ

- Ya Hayyu Ya Qayyum! Bi rahmatika astagheeth!
- **“O Living and Eternal Sustainer! By Your mercy, I seek relief!”**

One of the best dua to Allah (SWT) that we can make in times of difficulty and oppression is simple, beautiful, and short. It asks Allah (SWT) for relief by way of His mercy.

(Tirmidhi)



## 05. Dua for Protection from all harm in the heavens and Earth

بِسْمِ اللّٰهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي  
الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

→ Bismillahil-ladhi la yadurru ma'asmihi shay'un fil  
ardhi wa la fis-sama'i wa huwas-Sami'ul 'Aleem

→ **In the Name of Allah with Who, by His Name, nothing  
in the Earth or heaven can cause harm. And He is All-  
Hearing and All-Knowing**

This dua' calls upon the beautiful names of Allah (SWT), the All-Hearing and All-Knowing, in seeking protection from all that surrounds us

(25:74)

## 06. Dua during calamity

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

- Hasbun Allahu wa ni'mal wakeel
- **Allah is sufficient for us, and He is the best disposer of affairs.**

(3:173)



# Glossary

## for kids

01

### Oppression:

Oppression is when one group or individual uses their power to unfairly treat another group or person, often causing harm or limiting their rights and opportunities.

02

### Al-Aqsa

Al-Aqsa Mosque is one of the holiest sites in Islam, located in the Old City of Jerusalem. It is a place of worship and holds religious significance for Muslims.

03

### Injustice:

Injustice refers to situations or actions that are unfair or morally wrong. It can involve the denial of rights, unequal treatment, or the violation of ethical principles.

04

### Colonization:

Colonization is the process of a powerful country or group establishing control over another region or country, often involving the settlement of its people and the exploitation of resources.

05

### People of the Book:

(Ahl al-Kitab in Arabic) Individuals who follow one of the major monotheistic religions that are considered to have received divine scriptures or revelations.

