



RECREATION IN ISLAM

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People require rest and recreation. This is something completely natural. Without it, a person cannot be productive in life. The Companion Abû al-Dardâ' said: "I seek recreation in something that is neither useful nor unlawful, and this makes me stronger on the truth." Islam is complete and comprehensive, addressing all aspects of our lives and all of our needs, including our need for diversions and for recreation. It provides for us lawful means to fulfill this need.

Â'ishah relates the following about her husband, the Prophet (s.a.w): I swear by Allah that I saw Allah's Messenger (s.a.w) standing at the door of my room while the Abyssinians were engaged in spear play in the mosque of Allah's Messenger (s.a.w). He screened me with his cloak so I could watch them perform. He stood there for my sake until I decided that I had had enough. Now just imagine how much time a young girl eager for entertainment would stand there watching. [Sahîh al-Bukhârî] Qarazah b. Ka`b and Abû Sa`ûd al-Ansârî both said: "The Prophet (s.a.w) permitted us to engage in recreation during weddings." [Sunan al-Nasâ'î] In the Sunnah, we see the Companions participating in many different forms of lawful entertainment and play. They engaged in sports like footraces, horseracing, wrestling, and archery. They spent time in telling jokes and in lighthearted conversation.

Salmân al-Fârisî said to Abû al-Dardâ': "Your own self has a right over you, your Lord has a right over you, your guest has a right over you, and your family has a right over you. So give everyone his due." When the Prophet (s.a.w) heard about what Salmân had said, he approved of it, saying: "Salmân has spoken the truth." [Sahîh al-Bukhârî and Sunan al-Tirmidhî] The scholars of Islam have attested to the importance of lawful recreation to the healthy development of a person's character.

Imam Ghazâli writes:

After completing his bookwork, a child should be allowed to play in a nice manner so that he can relax from the fatigue of his studies. His play should not tire him out. If the child is forbidden to engage in play and forced to spend his time in perpetual study, this will result in his heart dying, his intelligence waning, and his manner of living becoming so wretched that he will seek from it any escape he can find.

Ibn Miskawayh writes:

A child should be permitted on occasion to engage in nice play so that he can relax from the fatigue of his proper upbringing. His play should neither cause injury nor be very tiring.

Ibn Jamâ`ah observes:

There is nothing wrong with the student resting himself, his heart, his mind, and his eyes – if any of these grows tired or languid – with play and recreation. This will return him to his proper state so that his time will not be wasted. There is nothing wrong with it being strenuous and exercising his body, for it has been said that this refreshes the metabolism, rids the system of excess toxins, and revitalizes the body. Though recreation and entertainment is essentially lawful in Islam, it is necessary for us to keep the following in mind:

1. Time is precious. We must always be acutely aware of how valuable the time is that we have been given.

Allah says: “It is He who has made the night and the day in succession for whoever desires to remember or show gratitude.” [Sûrah al-Furqân: 62]

Our lives should be spent in the remembrance of Allah and in thanks to Him. Indeed, Allah says: “I created neither humanity nor the jinn except to worship Me.” [Sûrah al-Dhâriyât: 56]

This is the ultimate purpose of life, and it should be what preoccupies our time. The Prophet (s.a.w) speaks to us about how much we lose when we waste our time, saying: “There are two blessings that many people squander: health and time.” [Sahîh al-Bukhârî]

We all know that we will be standing before Allah and questioned about how we spent our time.

2. Our work and our efforts are important in Islam, and as Muslims, we are encouraged to be industrious. Allah makes clear to us the effect that our works have on our recompense in the Hereafter. He says: “Are you recompensed except for the work that you used to do?” [Sûrah al-Naml: 90]

He also says: "Is the recompense for goodness anything but goodness?" [Sûrah al-Rahmân: 60]

The Prophet (s.a.w) said: "The believer who is strong is better and more beloved to Allah than the believer who is weak." [Sahîh Muslim]

The Prophet (s.a.w) also said: "Allah loves that when you engage in some work, you do so with proficiency." [al-Bayhaqî, Shu`ab al-Îmân]

He also emphasized the importance of continuing with our deeds throughout the duration of our lives, saying: "If the Final Hour arrives and one of you has a sapling in his hand, if he can finish planting it before standing up, then he should do so." [al-Bukhârî,]

A Muslim alternates from his worldly work to his work for the Hereafter, being equally diligent in both. Allah says: "Therefore, when you are free from your immediate task, still labor hard. And strive to please your Lord." [Sûrah al-Sharh: 7-8]

3. Islam stresses the importance of striving to reap benefits for both this world and the next. The life of this world is the harvesting ground for the Hereafter. It is but a passing phase and the life to come is the eternal abode. A Muslim, therefore, should expend his efforts for the sake of the Hereafter and at the same time bring about benefits in this world.

The Muslim world today is behind everyone else in knowledge, enterprise, and productivity. One of the reasons for this is that Muslims are not making productive use of their time and generally do not have a positive work ethic. We must resolve to stop wasting time, to stop falling short in our work, and to put an end to our unproductive habits.

In light of all of this, we can place recreation and entertainment in the proper context: We must observe the following guidelines:

- 1. Recreation must never cause us to neglect our obligatory worship and our obedience to Allah.*
- 2. Recreation and entertainment should not take up too much of our time. We should not engage in it to the point where it ceases to be beneficial.*
- 3. It should not become our habit to perpetually seek recreation and diversion.*
- 4. Recreation should not keep us from activities that will benefit us in our worldly or spiritual lives.*
- 5. Our means of recreation and our entertainments must be completely free from anything that is unlawful in Islam.*

TIPS FOR EXAM SUCCESS

Given it's the time of the year when many are either sitting exams or about to over the coming weeks, I thought I would share my top tips for exam success. I pray you find them beneficial and that Allah grants you success in this life and the hereafter, Ameen.

1, Avoid unnecessary talking outside the exam hall before the exam, it's too late to do anything now and listening to others about what they have revised, or not, might just damage your confidence

2, Commence with Bismillah. Read the paper/ exam question carefully (note how many questions need to be answered).

3, Decide on which questions you will answer. At first you might tick all those you can answer and then narrow them down further by preference if you have too many.

4, Divide your time equally in proportion to the marks available for each question/ sub question.

5, Re read the question, highlighting any key words.

6, Make an answer plan. Even if it is only brief notes beside the question it will help you cover all your points and give a structure to your answer.

7, Pray Bismillah and start answering the question, sticking with the time allocation you planned out and referring back to the question so you actually answer the question and not go off track.

8, Write clearly – the examiner cannot mark what they cannot read! Leave a line space between your main points/ paragraph to help the examiner mark your work.

9, Avoid the post-mortam analysis after the exam with friends and other students.

10, Perform 2 units of prayer and make dua in gratitude to Allah that the exam went well and that He grants you success.

MADRASAH NOTICES FOR PARENTS

- Madrasah exams will start from **Friday 28th June 2019**. For 2 weeks. Also on the Final exam (Friday 12th July Madrasah will finish at 7:00pm for just 1 day).
- Madrasah Jalsa will be held on **Saturday 27th July**. Also a completion of Hifz ceremony will take place (of Hafiz Talhah Diwan) in our Jalsa.

🕌	June Student of the Month	🕌
Class 1	Hannah & Hadiyah Abid	
Class 2	Aneesah Sidat	
Class 3	Amilah Bhana	
Class 4	Khadijah Rawat	
Class 5B	Suliaman Mamaniat	
Class 5G	Samina Mahmood	
Class 6A	Umar Karolia	
Class 6B	Umar Mahmood	
Class 7	Hafsah Shervani	
Class 8	Kaashif Mamaniat	
Class A1	Sufyan Rajee	

Total Madrasah Attendance	JUNE	96.3%
Best Attendance	CLASS 4	100%

QUOTE OF THE MONTH

“Don’t stress, do your best, and forget the rest.”