

THIS IS LOVE *Workbook*

DR. ALI ALBARGHOUTH

THIS IS LOVE

Lectures by Dr. Ali Albarghouthi

Scan Me



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Published by:

Dakwah Corner Bookstore (M) Sdn. Bhd.

No. 5, Jalan Dato Abdul Aziz, Section 14,

46100 Petaling Jaya, Selangor Darul Ehsan,

MALAYSIA

T: +603-7956 4664

Published in 2025

Title: This Is Love Workbook

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Why a workbook?

It guides you in reading **This is Love** and absorbing its lessons. Each chapter includes questions that emphasize the main points, prompt you to reflect on what you've read, and encourage you to apply what you've learned. It will make reading **This is Love** easier and richer.

What's in this workbook?

In each chapter, you will find three categories of questions, keywords, and a space for your reflections.



The **THREE** categories of questions are:



After reading this chapter, you will be able to answer the following questions

These are questions to be answered directly from the text after reading each chapter. (**Comprehension** questions)



Questions for contemplation

These require deeper reflection. (**Reflection** questions)



Expand Your Horizons

These focus on applying knowledge to real-life situations and thinking beyond the familiar. (**Application** questions)



Keywords

They identify the main themes and ideas in each chapter.



You will be able to record your reflections under:

***What I want to
remember from this
Hadith is (quotes,
lessons, ...)***

and

***Based on this
Hadith, I will***

How do I use this workbook?

01

Before reading the chapter, read the questions and keywords to get familiar with each chapter's main ideas and lessons.

02

After reading the chapter, answer the questions in sequence: the comprehension questions first, then move on to the contemplation and application questions.

03

Finally, return to the chapter and extract your reflections from it.

(Note: If you find it easier, begin with Hadīth One and leave the introduction until the end.)

Use this workbook to prepare for a study circle, organize a book club, or teach your students. It can also be a study guide for personal learning and growth.

Lastly, be creative!

This workbook is a starting point. Try to come up with more activities, ideas, and projects. Consider it your assistant and use it in whatever way helps you.

How do I read **This is Love**?

There are different ways to read **This is Love**.

- ☒ You can read the book in sequence.
- ☒ You can begin with Part Three (Loving People), move to Part Two (Loving the Prophet), and finish with Part One (Loving Allāh). This is a **reverse reading**.
- ☒ You can move through the book based on what interests you using the workbook questions and keywords in each chapter to guide your reading. This is a **non-linear reading**.
- ☒ You can read seeking answers to specific questions. In that case, use the keywords in each chapter to guide your reading. This is **guided reading**.

This is Love and its workbook are many books in one. They are a book on divine love, self-development, self-help, hope, tazkiyah (soul-purification), loving the Prophet, romantic love, Muslim character, Hadīth, and Aqīdah (Islāmic creed).

Please share any suggestions you have for this workbook. Also, we would appreciate your thoughts on what a Heart Therapy workbook should look like. Should it be like this one or different? If different, in what ways?

Please let us know: muslimresearchinstitute@gmail.com



INTRODUCTION



AFTER READING THIS CHAPTER, YOU WILL BE ABLE TO ANSWER THE FOLLOWING QUESTIONS

01 What makes love so complicated? Why is it particularly complicated when it comes to religion and God?

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02 What are the two extreme religious paths regarding God and love?

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03 What wrong assumptions do many non-Muslims hold about love in Islām? Do some Muslims believe the same misconceptions? Why?

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04 How has modern life stripped us of love, personally and collectively? How has it introduced and marketed wrong conceptions of love?

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05 “When Allāh ﷻ is absent, love is absent too.” Please explain.

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06 What is the problem with the slogan “all we need is love” and “love is the answer”?

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07 What is the connection between love and worship in Islām? Please explain how the definition of worship is related to love. Can there be worship without love? Can there be a religion without love?

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08 What is the connection between Allāh’s creation, revelation, and love?

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09 What is the connection between Tawhīd, shirk, and love?

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10 Why are the Qurān and Sunnah the best to teach us about love? Think about what we love and how we love it.

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11 What were the reasons for the decline in Islāmic spirituality and the place of love in Islām?

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12 What made the study of Fiqh and Islāmic Spirituality turn into opposites? How did that produce exaggerations in each? Why is it improper to separate spirituality and divine love from Fiqh?

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13 Some who overemphasized love in Islām developed dangerous beliefs and practices. What were they? How do we maintain the necessary balance?

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QUESTIONS FOR CONTEMPLATION

01 How has love replaced God and religion in Western and modern societies?

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02 Based on your reading, can you list the main goals of the book and its main arguments? This will help you focus on these points as you read. After finishing the book, return to compare your initial answers to what you have learned.

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EXPAND YOUR HORIZONS

01 **This is love** and its workbook are based on combining knowledge with action. Are you ready to take the words you read into real life?

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02 Our spirituality and perception of the world influence what we think of love. How did Western and Eastern spiritual beliefs and popular culture impact our understanding of love? This is a challenging question. Feel free to contemplate it as you continue reading the rest of the book.

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KEYWORDS

Allāh's Love; Worship; Tawhīd; Shirk; Modernity; The West; Sufism; Misconceptions; Religious Balance; New Sacred; Secular; Extremism.

*What I want to
remember from this
chapter is (quotes,
lessons, ...)*

and

*Based on this
chapter, I will*

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THIS IS LOVE *Workbook*
Your Answer

Handwriting practice lines consisting of 25 horizontal dotted lines.



PART 1

01

Hadīth One

Īmān is Love

After reading this chapter, you will be able to answer the following questions

1. What is the sweetness of Īmān? What is stopping us from tasting it?
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2. According to the Hadīth, what are the conditions for finding the sweetness of Iman?
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3. We must know Allāh ﷻ first to love Him. How can we know Allāh ﷻ?
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4. What are the two main reasons why we love people? How are these reasons amplified in our love for Allāh ﷻ?
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5. People love Allāh ﷻ for different reasons. What is the difference between the love of the masses for Allāh ﷻ and the love of the select?
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6. There are two levels to loving Allāh ﷻ: obligatory and recommended. Explain them.

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7. Why is love for Allāh's sake one of Īmān's best indicators?

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8. Why is our love for Allāh ﷻ incomplete until we love what He loves?

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9. Why would a believer choose death over disbelief? How does this relate to love?

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10. What is the difference between hating something for Allāh's sake and hating it based on personal whim and desire?

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Questions for Contemplation

1. Many of us fail to find joy in our worship of Allāh ﷻ. What can you do to enjoy our worship? Please come up with specific steps and ways to make them part of your daily routine.

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2. Some believers desire a closer relationship to Allāh ﷻ more than fish need water. Can you imagine having such a relationship with Allāh ﷻ? How would you start? Find the answer from the chapter.

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3. We sin when we love sin more than Allāh ﷻ. How can we decrease our attachment to sin and replace it with a greater love for Allāh ﷻ?

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4. Yusuf ﷺ favored prison over Allāh's disobedience. What contemporary examples would be equivalent today? List things, big and small, that we should sacrifice for Allāh's sake. What would make these sacrifices possible?

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Expand Your Horizons

1. You are the Imām's assistant, and someone needs your advice. They are struggling to find joy and meaning in their worship, and this is causing them great distress, guilt, and feelings of alienation from religion. What would you advise them? What should they do to regain the love they lost for worship? How long will it take? What evidence do you have to convince them?

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2. The sick tongue cannot enjoy delicious food. Similarly, many of us today find the truth bitter because we are not ready to accept it. Can you provide examples of how we find the truth hard to accept and how we can help someone struggling with this?

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3. Can we stop loving ourselves? Is it Islāmically required? If not, how are we asked to regulate it?

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4. Disbelief (Kufr) can be described as the ultimate ingratitude and disconnect from Allāh ﷻ. Could you explain why that is the case using love?

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Keywords

Sweetness of Īmān; Tawhīd; Shirk; Kufr; Allāh's Love; Prophet's Love; People's Love; Tazkiyah; Peaceful Heart; Effect Of Sin; Hate.

What I want to remember from this Hadīth is (quotes, lessons, ...)

and

***Based on this
Hadīth, I will***

This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the page.



PART 1

02

Hadīth Two

Allāh ﷻ is Beautiful

After reading this chapter, you will be able to answer the following questions

- 1.** Allāh's Beauty is made up of four levels. What are they? How do they help us graduate in our knowledge and love of Allāh ﷻ?

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- 2.** We love people because of their inner and outer beauty. Explain how this is most applicable to Allāh ﷻ?

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- 3.** Why is knowing and worshipping Allāh ﷻ as the Beautiful often neglected?

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- 4.** What is the greatest joy in Jannah? Why?

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- 5.** How can you induce from Allāh's creation that Allāh ﷻ is Beautiful?

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6. What types of beauty does Allāh ﷻ love?

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7. If we believe Allāh ﷻ is Beautiful, we should infuse our lives with beauty. Explain with examples.

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8. Give examples of Halāl and recommended beautifications. Give examples of Harām beautifications. When is outer beautification a problem?

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9. Allāh ﷻ is the Most Generous. How should this belief affect us? How does it change the way we worship? How does it change how we interact with people?

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10. Allāh ﷻ loves nobility and hates ignobility. What examples can you give of each?

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11. Why would Allāh ﷻ be angry when we fail to make duā and ask Him?

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12. Why is it important to showcase the blessings of Allāh ﷻ? And what are the conditions for such a display?

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Questions for Contemplation

1. Humbleness in dress is virtuous. How can we reconcile this with our love for beauty?

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2. How would you explain to a non-Muslim that Allāh ﷻ is Beautiful even though the world seems filled with ugliness?

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3. How does relating to the Beauty of Allāh ﷻ change the way we worship or see the world?

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4. Explain the connection between the engraving and the engraver in the book. What does it say about seeing beyond the material?

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Expand Your Horizons

1. How can we make our lives more beautiful? What motives can drive this project, and what specific acts help us implement and sustain it?

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2. Allāh ﷻ loves nobility. What obstacles stop us today from embracing nobility in our lives?

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3. The Hadīth connects our beliefs with our actions: what can we learn from this connection to help us in the pursuit of knowledge, self-improvement, and societal change?

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4. How can our belief in Allāh's Beauty increase our love for Him?

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5. Explain to the youth why following Allāh's religion—including the hijāb for women and the beard for men—is beautiful. Why modest garment is beautiful?

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6. Beauty is one of the fundamental invitations to Islām. Allāh's Beauty draws us closer to Him, and the Beauty of our character and actions brings people closer to Islām. What specific acts of beauty can you add to your life? How can you sustain them?

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7. Muslims should surpass non-Muslims in honorable speech, acts, and lifestyles. At times, this is not the case. Why? And how do we change that?

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Keywords

Allāh's Love; Beauty; Sharīah and Beauty; People's Love; Muslim Character; Tawhīd; Tazkiyah (Self-Development); Question of Evil.

***What I want to
remember from this
Hadīth is (quotes,
lessons, ...)***

and

***Based on this
Hadīth, I will***

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Yours Angwen



PART 1

03

Hadīth Three

Allāh  **Loves Ease**

After reading this chapter, you will be able to answer the following questions

1. Explain how tawhīd is centered on the love of Allāh ﷻ. Explain how shirk comes down to love as well.

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2. Explain why love is the basis of the religion of Islām.

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3. What is the meaning of Hanīfiyyah? Why is it associated with Ibrāhīm ؑ?

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4. What is the link between Hanīfiyyah and Islām? How is it related to love?

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5. Explain the ease found in Islāmic practice and give some examples.

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6. What aspects of ease are we recommended to adopt?

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7. Use the example of the prohibition of alcohol in Islām to demonstrate how Allāh ﷻ cares about us and leads us to ease.

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8. Why does Allāh ﷻ create things that He does not like?

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Questions for Contemplation

1. There is no hate without love. Do you agree with this statement? Why?

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2. Some believe that religious practice is hard and restrictive. Based on what you read, how would you respond to that?

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- 3.** Some believe following their desires is easier than following religious guidance. Explain how the freedom to follow our desires is imaginary and leads to hardship.

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- 4.** “Imagine that you are living in a world of love!” [See p.33]. Explain this statement.

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Expand Your Horizons

- 1.** How does true religion produce the right type of love while others do not? Why do you think that is the case?

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- 2.** In the name of religious ease, some become lax in their religious practice and opinions. On the other hand, some adopt stricter opinions in the name of religious devoutness and authenticity. How do we know what ease Allāh ﷻ loves? How do we maintain the balance between seeking ease and being true to the message of Islām?

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- 3.** What is the connection between Hanīfiyyah and ease? Why must shirk produce difficulty and complexity?

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Keywords

Tawhīd; Hanīfiyyah; Shirk; Allāh's Love; Sharīah and Love; Worship and Love; Islām and Ease; Tazkiyah; Wrong Love; Question of Evil; Hate; Popular Culture; Religious Balance.

What I want to remember from this Hadīth is (quotes, lessons, ...)

and

***Based on this
Hadīth, I will***

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PART 1

04

Hadīth Four

Allāh ﷻ **Loves Excellence**

After reading this chapter, you will be able to answer the following questions

1. Explain why Allāh's Love is limitless. Give examples from His other attributes to explain.

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2. Allāh's Power is not constrained by the presence of evil on earth. Use the same principle to explain the prevalence of His love despite the presence of what we hate.

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3. What is the meaning of Allāh's name "**al-Wadūd**"?

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4. What is Ihsān? Allāh ﷻ created everything with Ihsān. What does that mean?

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5. How is Allāh's love different from human love?

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6. All of Allāh's creation is beautiful. Explain and cite evidence from the Qur'ān or Hadīth to support your answer.

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7. Why is it insufficient to worship Allāh ﷻ with love alone? What does that lead to?

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8. Allāh's Names do not include "the Angry," "the Torturer," or "the Punisher." But He is the Merciful, the Forgiving, and the Loving One (al-Wadud). Describe the difference between the first set and the second, and explain what that tells us about Allāh ﷻ.

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9. Why should we adopt excellence in our lives? Explain the reasons for this and their impact on worship and worldly pursuits.

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Questions for Contemplation

1. If there were no sins, Allāh ﷻ would not be angry. What impact should this have on how many see and think of Allāh ﷻ?

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2. There is a difference between excellence in Capitalism and Islām. What are the differences? Give examples from your life and personal observations to support your answer.

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3. Allāh ﷻ created this world with great attention to beauty and detail. What is the connection between care and love?

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Expand Your Horizons

1. What is the difference between seeking excellence and an exhausting obsession for perfection? How do we maintain a healthy balance?

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2. What specific steps can you take to embody Ihsān in your religious life and in your worldly pursuits? Consider making small, easily adoptable changes that can contribute to larger goals.

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3. Allāh's actions and all His creation are beautiful. First, how can we properly understand this statement, though there are things that Allāh ﷻ hates on earth? Second, if someone in pain approaches you for advice, how can you use that statement to comfort them?

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Keywords

Allāh's Love; Mercy; Tawhīd; Muslim Character; Tazkiyah; Ihsān; Religious Balance; Capitalism; Question of Evil.

***What I want to
remember from this
Hadīth is (quotes,
lessons, ...)***

and

***Based on this
Hadīth, I will***

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PART 1

05

Hadīth Five

Allāh  **Loves Gentleness**

After reading this chapter, you will be able to answer the following questions

1. What names of Allāh ﷻ reflect His Gentleness and Mercy? List as many of them as you can.

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2. What evidence do we have that Allāh ﷻ is Gentle? Explain based on evidence from revelation and the universe.

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3. Is Islāmic law easy or difficult? Support your argument with evidence.

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4. Testing and afflictions have numerous benefits that reflect Allāh's care. Explain the many benefits of afflictions and how that should change how we receive them.

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5. Why does Allāh ﷻ love it when we take advantage of His exemptions in Sharīah?

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6. Do you recall the incident when the Prophet ﷺ was gentle with the abuses of the People of the Book? Explain this incident and the lessons we can learn from it.

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Questions for Contemplation

1. We should expect the best from Allāh ﷻ. Can you relate this to Allāh's attribute of gentleness?

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2. Embracing gentleness makes everything better. How can we embrace it? Can you propose specific actions that individuals and societies can adopt to become gentler? What can you personally do in various areas of your life to embrace it? Think of at least one or two things that you can change.

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Expand Your Horizons

1. You are part of the d'awah team at your university/work/neighborhood. You meet a non-Muslim who is hostile to all religions because they believe that God is harsh and that religion is hard to follow. What would you say to them? What evidence do you have from the Qur'ān and sunnah to counter their claims?

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- 2.** Where did we get the idea that God and religion are harsh in modern society? Where did the West get its image of Islām as a harsh religion?

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- 3.** How do we embrace gentleness in a cruel and materialistic world? Draw a plan that can help individuals and societies become gentler and kinder.

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- 4.** What would you advise someone who ignores Allāh's commands with the excuse that Allāh ﷻ is gentle and forgiving? How do we correctly understand Allāh's various attributes so they do not contradict each other (for example, Allāh ﷻ is forgiving but also just)?

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- 5.** Is it wise to be always gentle? Can we sometimes be strict? How do we find the proper balance?

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Keywords

Allāh's Love; Tawhīd; Gentleness; Islāmīc Ease; Sharīah and Love; Muslim Character; Tazkiyah; Modernity; Hardship; Religious Balance; Materialism; Popular Culture.

What I want to remember from this Hadīth is (quotes, lessons, ...)

and

***Based on this
Hadīth, I will***

[illegible]



PART 1

06

Hadīth Six

Allāh  **Loves Harmony**

After reading this chapter, you will be able to answer the following questions

1. Human love is based on the exchange of benefits. Why? And how does this make Allāh's love unique?

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2. Many acts of worship have a social side to them. Give examples and explanations.

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3. We cannot fully worship Allāh ﷻ without social harmony. Why?

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4. Discord is nicknamed "the Shaver." Please explain the origin of this nickname and its significance.

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5. What motivates a Muslim to facilitate reconciliation between people? List as many reasons as possible.

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6. Why should we prioritize improving our personal relationships?

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Questions for Contemplation

1. What are the main reasons for friction and hatred worldwide? What does Islām teach about them?

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2. How is Allāh's love healing?

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Expand Your Horizons

1. Many tend to be one-sided in worship, focusing on certain aspects and types of worship but neglecting others. For instance, some focus on personal acts of piety but neglect social assistance, while some devote much of their time to helping others but neglect their personal and private worship. How do we maintain the balance between the two? And why do they need each other?

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2. Is it harder to fix relationship problems with family members and friends? Why? What can motivate us to improve these relationships despite the difficulty?

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Keywords

Allāh's Love; People's Love; Sharīah and Love; Tazkiyah; Muslim Character; Family; Social Relations; Social Harmony; Hate; Question of Evil; Religious Balance.

What I want to remember from this Hadīth is (quotes, lessons, ...)

and

***Based on this
Hadīth, I will***

[illegible]



PART 1

07

Hadīth Seven

**Allāh ﷻ Loves
the Benefactors**

After reading this chapter, you will be able to answer the following questions

1. Allāh's blessings are direct and indirect. Explain the difference between them.

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2. What are the greatest blessings that humans enjoy?

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3. Why is our humanity incomplete without Allāh's revelation?

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4. Remembering Allāh's blessings brings on His love. Justify this statement.

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5. Why does Allāh ﷻ love those who benefit people the most?

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6. How can we help the people around us? List the possibilities and note the most virtuous among them.

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Questions for Contemplation

1. What blessings from Allāh ﷻ are you most grateful for? Count as many as possible.

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2. What does it mean to worship Allāh ﷻ out of gratitude? How does this transform how we view worship and religion in general? Can we ever repay Allāh ﷻ for His favors?

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3. How can we find the energy and patience to be as helpful as Abū Bakr رضى الله عنه ?

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Expand Your Horizons

1. We often overlook Allāh's numerous blessings. In your opinion, why does this happen? How can we fix it? Can you think of ways—daily or weekly routines—to help us be more aware and appreciative of Allāh's favors?

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2. How can we develop a daily intention of helping people? How can we sustain this noble intention and work to become integral to our lives?

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Keywords

Allāh's Love; Blessings; Sharīah and Love; Worship and Love; Muslim Character; Helping People; Gratitude.

What I want to remember from this Hadīth is (quotes, lessons, ...)

and

***Based on this
Hadīth, I will***

[illegible]



PART 1

08

Hadīth Eight

Allāh ﷻ **Loves Forgiveness**

After reading this chapter, you will be able to answer the following questions

1. How is Allāh's forgiveness different from human forgiveness?

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2. Why does Allāh ﷻ love it when we forgive?

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3. Forgiving others is hard. Explain the four reasons that help us forgive for the sake of Allāh ﷻ.

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4. Islāh has two meanings: explain what forgiveness with Islāh means in light of each meaning.

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5. What evidence can you bring to prove that Allāh ﷻ loves our repentance?

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6. The story of Māiz ﷺ has valuable lessons. List these lessons and explain how they should shape our relationship with Allāh ﷻ.

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7. On the best night of the year, we invoke Allāh ﷻ to forgive us and implore Him using His name, “al-Afuww.” What does that say about the place of forgiveness in our relationship with Allāh ﷻ?

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8. Allāh ﷻ created us to be merciful with us, not to punish us. How does this statement change how we see our Creator and the purpose of our creation?

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9. It is important to not be exhaustive and overly demanding in our human relationships but to accept what is easily given and shared. Explain this and the effect it has on improving our relationships.

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Questions for Contemplation

1. Some claim that the sword spread Islām, and people were compelled to follow it. Explain the purpose of Jihād in Islām and how Islām looks at conflict and war.

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2. Some criticize Islām for what they believe is harsh corporal punishment in Islāmic law. In light of what you have read, how would you respond to this criticism?

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3. When Allāh ﷻ created Ādam ﷺ, He put him in Heaven. What does that say about the purpose of our creation and destination? In other words, were we created for Heaven or Hell? What should this knowledge instill in us?

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Expand Your Horizons

1. Is Allāh ﷻ not more merciful than our mothers? Some may find this statement hard to believe. Can you provide evidence from the sunnah and rational arguments to support this statement? How does our relationship with Allāh ﷻ change when we believe that He is more merciful than our mothers? And how should our treatment of people change when we acknowledge that Allāh ﷻ is more merciful than our mothers?

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2. When we gain more knowledge, we should develop more compassion. What is the link between the two? And what should you do when you notice your knowledge has not led to compassion?

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Keywords

Allāh's Love; Forgiveness; Islāh; Repentance; Compassion; Muslim Character; Sharīah and Love; Worship and Love; People's Love; Orientalism; Modernity; Social Relations.

What I want to remember from this Hadīth is (quotes, lessons, ...)

and

***Based on this
Hadīth, I will***

[illegible]



PART 1

09

Hadīth Nine

Allāh ﷻ **Loves**
Noble Manners

After reading this chapter, you will be able to answer the following questions

1. What is the relationship between manners and Īmān?

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2. The Prophet ﷺ was sent to complete the best of manners. What are the two possible explanations for this statement?

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3. How do Aqīdah and worship improve character?

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4. There is sometimes an imbalance between worship and good character. What is this imbalance, and what is the proper balance between the two?

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5. What is the virtue of having good manners in the next life? What do we gain from it in this world? And what is the consequence of bad manners in this life and the next?

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6. Why does Allāh ﷻ love good character?

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7. How do we acquire good character? List all the means mentioned in the book.

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8. Can we change our innate manners? Please support your answer with evidence.

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9. What is the du'ā for improving manners?

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Questions for Contemplation

1. We cannot be true followers of the sunnah unless we improve our manners. Explain how character is part of a holistic understanding of the sunnah.

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2. How do we absorb the grooming effect of worship? For example, how do we ensure that our worship teaches us generosity, sincerity, and humility?

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Expand Your Horizons

1. Resisting dominant bad character and manners in society is essential if we want to please Allāh ﷻ. How could we accomplish this despite the pressure to conform? How do we stay true to Islāmic manners despite the daily pressure not to? And how could we remember to do so when everything around us pushes us daily in the opposite direction?

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2. As a marriage counselor, you are faced with a couple dealing with issues of temper and suspicion, which is driving them towards divorce. When you suggest they change, they argue that they cannot or do not know how. How can you convince them that change is possible, and what program could you develop for them to make these necessary changes?

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Keywords

Īmān; Muslim Character; Aqīdah; Religious Balance; Worship and Love; Tazkiyah; Popular Culture.

***What I want to
remember from this
Hadīth is (quotes,
lessons, ...)***

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***Based on this
Hadīth, I will***

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THIS IS LOVE *Workbook*
Your Answer

Handwriting practice lines consisting of 25 horizontal dotted lines.



PART 1

10

Hadīth Ten

Allāh ﷻ **Loves the Gentle
Hearts**

After reading this chapter, you will be able to answer the following questions

1. Our hearts are containers. How so, and what do they carry?
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2. How do we protect our hearts from carrying what Allāh ﷻ hates?
How do we make them vessels of righteousness?
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3. There are two main areas where the heart should be soft and lenient. What are they, and how are they connected?
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4. What is the relationship between increased knowledge and mercy?
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5. Why should we be merciful with Allah's creation? Give at least four reasons.
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6. The difference between the hearts of the pious and the impious is what is simmering in their hearts. Explain this statement and how it should influence our thoughts and fantasies.

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7. The hearts could be small or big, wrapped or open, soft or hard. Explain the difference between each.

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8. Why does Allāh ﷻ love soft and lenient hearts?

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9. Allāh's Mercy exceeds all human mercy combined. Explain this statement in light of what you learned in this chapter.

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Questions for Contemplation

1. Keeping our hearts focused on what Allāh ﷻ loves is challenging these days. How would you advise a friend to stay focused and avoid sinful thoughts and distractions?

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2. How do we maintain soft and lenient hearts in a cruel world? Or when we are personally mistreated?

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Expand Your Horizons

1. We often pay more attention to our appearance and behaviors because they are visible, but we tend to neglect the state of our hearts. However, Allāh ﷻ is most concerned about the condition of our hearts. How can we focus more on seeking approval from Allāh ﷻ rather than seeking validation from others? How do we cultivate a greater need for divine love and approval that surpasses our desire for human love and approval?

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2. If we love Allāh ﷻ, we would love our hearts to be His earthly vessels. Yet, when we decide to pursue this, Shaytān intensifies his attacks on our hearts with doubts and desires to weaken and stop us. How do we defend ourselves against those whispers, like intrusive thoughts, invitations to past sins, worry, sadness, and thinking the worst of others? Experiencing instances of these whispers and thoughts is normal, but how do we chase them away?

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Keywords

Peaceful Heart; Tazkiyah; Muslim Character; Allāh's Love; People's Love; Mercy.

What I want to remember from this Hadīth is (quotes, lessons, ...)

and

***Based on this
Hadīth, I will***

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PART 1

11

Hadīth Eleven

**Allāh ﷻ Protects Whom
He Loves**

After reading this chapter, you will be able to answer the following questions

1. Why does Allāh ﷻ beautify the world in our eyes? Mention the two reasons.

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2. What is the difference between the divine beautification of the world and how Shaytān tries to beautify it in our eyes? (Hint: think of intensity, ends, Halāl and Harām, and focus on the Hereafter.)

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3. Nothing fills the mouth of the Child of Ādam except sand. How is this a commentary on the insatiable appetite for the world?

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4. Approaching the world with greed, stinginess, and unlawful means removes its barakah. Explain this sentence and offer a solution.

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5. Our food consumption is symbolic of our worldly consumption. Explain how limiting our food intake reflects the curbs we should have on our worldly preoccupations. Also, could one lead to the other?

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- 6.** Too much food makes us sick. Similarly, too much of this world is sickening as well. What is the moderate path?

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- 7.** If receiving worldly favors is not a sign of Allāh’s love, what is?

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- 8.** How does Allāh ﷻ defend the believers? And from what type of harm?

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- 9.** We must defend our Īmān and protect it from the world. What danger does the world pose to our Īmān? And how do we defend it?

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- 10.** There is an āyah that is “the test of love.” What is it? And what does it ask us to do to prove our love for Allāh ﷻ?

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- 11.** Allāh ﷻ is the best of protectors. How can we receive His protection? And what impact would it have on us when we know Allāh ﷻ is our Protector?

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Questions for Contemplation

1. Loving the world can turn into a sickness that we—when sick—cannot see. How do we honestly assess our condition if we are blind to it?

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2. Allāh ﷻ defends the believers in proportion to their Īmān. What should we do as individuals and as an Ummah to get more of Allāh's help? Suggest practical steps. Keep in mind that gradualism and sustainability are key.

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3. The love of this world is the greatest competitor to the love of Allāh ﷻ. Explain how this statement could transform our lives if we truly believed it.

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4. Loving Allāh ﷻ moves us to follow Him. What do we do if we are not at that level yet? Does following Allāh ﷻ lead to His love?

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Expand Your Horizons

1. You may encounter many people who believe that receiving worldly favors reflects Allāh's pleasure while facing worldly hardships reflects Allāh's anger. What is wrong with this belief, and what are the dangers of holding such views? How would you correct their perspective on this matter?

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2. We often fear that if we leave what we love for Allāh's sake, we will suffer irreversible loss and regret, or we will be tested beyond our ability. How can we overcome this fear? Explain your answer in light of Allāh's overwhelming compensation, reward, and help. In other words, when we sacrifice for Allāh's sake, don't we gain much more than we sacrificed? And if we need help from Allāh, does he not always come to our aid? Give examples to support your answer.

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Keywords

Allāh's Love; Beauty; Loving the World; Love Clash; Wrong Love; Tazkiyah; Content; Greed; Barakah; Signs of Allāh's Love.

***What I want to
remember from this
Hadīth is (quotes,
lessons, ...)***

and

***Based on this
Hadīth, I will***

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Yours Angwen



PART 1

12

Hadīth Twelve

**Allāh ﷻ is the Source of
All Love**

After reading this chapter, you will be able to answer the following questions

1. The imperfection of earthly love leads us all to Allāh ﷻ. Why and how?

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2. How is Allāh ﷻ the source of all love?

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3. According to the Hadīth, what does Allāh ﷻ do when He loves someone?

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4. Each of us has a reputation in the upper realms. Explain this sentence.

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5. When Allāh ﷻ loves someone, He sweetens them before their death. How?

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6. Loving Allāh ﷻ puts you in harmony with nature and the universe. Explain this sentence with examples.

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7. How can we attain Allāh's love? Answer based on p.130.

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8. Does praise or criticism that people give about a funeral matter? Why? And does it matter what type of people give it?

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Questions for Contemplation

1. Use human love to argue for the necessity of the existence of a loving Creator. (Hint: does matter produce love?)

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2. Is loving entertainers, athletes, and influencers a sign of Allāh's love? If the answer is no, what type of love reflects Allāh's love? Defend your answer with evidence and examples.

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Expand Your Horizons

1. We often face dilemmas that force us to choose between what people love and what Allāh ﷻ loves. Explain to a friend facing such a dilemma why they should always put Allāh ﷻ first. How would you comfort your friend when they express their fear that people will stop loving them if they please Allāh ﷻ? How would you convince them to resist peer or societal pressure and to stop seeing themselves through their eyes? Can Allāh's love replace lost human love? Can Allāh's gaze matter more than the human gaze?

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Keywords

Allāh's Love; Good End; Righteous End; Earthly Reputation; Harmony; Entertainers; Athletes; Influencers; Love Clash; Wrong Love; Materialism.

***What I want to
remember from this
Hadīth is (quotes,
lessons, ...)***

and

***Based on this
Hadīth, I will***

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THIS IS LOVE *Workbook*
Your Answer

Handwriting practice lines consisting of 25 horizontal dotted lines.



PART 1

13

Hadīth Thirteen

Allāh ﷻ **Loves the Faithful**

After reading this chapter, you will be able to answer the following questions

1. Is physical strength a virtue? What about beauty? Why?
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2. Īmān adds to our physical strength. How does this happen? What evidence can you bring to support your answer?
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3. What does it mean to be strong in Īmān? Explain your answer in light of the three pillars of a strong Īmān.
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4. What is the roadmap to strength? Explain its three parts and how they relate to each other.
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5. What is the connection between a strong Īmān and the love of Allāh ﷻ? In other words, how does one produce the other? Include in your answer a discussion of sacrifice and what makes it possible.
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6. According to the Hadīth, Allāh ﷻ does not look at our appearances and wealth. What does He look at?

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7. The strong is the one who controls himself when angry. Why is this true strength?

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8. We are commanded as believers to pursue strength. Why? And how do we avoid the rebellion and arrogance of power?

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9. The Hadīth on p. 139- 140 informed us of three whom Allāh ﷻ loves and three whom Allāh ﷻ hates. Explain the virtue of the first three in light of Allāh's love and the strength of Īmān, then explain how the last three are misusing their strength and hurting themselves.

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Questions for Contemplation

1. We are told in the Hadīth that Allāh ﷻ loves the strong believers. Can you explain why Allāh ﷻ loves them?

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2. It is hard to convince people to pursue a life of devotion and faith. In your opinion, what are the reasons for this weakness? And how do you convince others to become strong in Īmān?

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3. How can Muslims become strong again? If you were to propose a road map, what steps would you include? Consider yourself part of this roadmap: what is your role in it?

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Expand Your Horizons

1. “Allāh ﷻ saved us with His revelation.” Present this sentence to a skeptic, and explain to them why this is true.

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2. Your young sibling or your child is at an age where they are starting to admire what people in popular culture do: fame, physical beauty, and wealth. You are worried. You see the destructive outcome of this thinking and how this contradicts what Allāh ﷻ loves. What is the alternative that you can offer them? How can you use Allāh’s love to give them a different life path? How can you redirect their love and admiration to Allāh ﷻ?

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3. What is the relationship between strength and trusting Allāh's decrees (between the Hadīth's beginning and conclusion)?

Keywords

Sharī'ah and Love; Worship and Love; Muslim Character; Strength;
Allāh's Love; Tazkiyah; Peaceful Heart; Īmān; Wrong Love.

What I want to remember from this Hadīth is (quotes, lessons, ...)

and

***Based on this
Hadīth, I will***



PART 1

14

Hadīth Fourteen

**Loving Allāh ﷻ and
Loving the World**

After reading this chapter, you will be able to answer the following questions

1. Why is physical travel a piece of torment? How can you relate this to our worldly journey?

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2. We move in life from one thing to another without finding everlasting comfort. Why? How does this longing and gap inside us lead us back to Allāh ﷻ?

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3. Why is the news of meeting Allāh ﷻ such good news for the believer?

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4. The believer has no comfort until they meet Allāh ﷻ. Explain this statement and how meeting Allāh ﷻ removes all burden and discomfort.

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5. What evidence can you cite to affirm that Allāh ﷻ is happy to meet the believers?

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- 6.** What is the greatest reward in Jannah? And why is al-Firdaws the best of Jannah?

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- 7.** Should we be longing to meet Allāh ﷻ? Explain.

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- 8.** If we love to meet Allāh ﷻ, He would love to meet us. How do you reconcile this with our hatred of death?

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- 9.** Loving Allāh ﷻ eases life's difficulties. Explain how this happens and the lessons we learn from it when dealing with future problems.

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- 10.** The Prophet ﷺ prayed for believers to have less of this world. Explain the wisdom of this du'ā and how it relates to Allāh's love.

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- 11.** Should believers worry about having less of this world? Why or why not?

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12. How do we minimize our attachment to this world?

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13. Relay in your own words the story of the Companion who lost his son and the good news he received.

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Questions for Contemplation

1. At low points in our lives, we may find ourselves wishing for death. Explain how the Hadīth (see p.151-152) helps us cope with and overcome this feeling.

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2. Many today have celebrities that they cannot wait to meet. Evaluate this type of love and admiration in light of Islām. Is this recommended love? Does it please Allāh ﷻ? Why? How should we reserve our hearts for something better and greater?

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3. If we love to meet Allāh, Allāh ﷻ would love to meet us. How could we live in ways that enhance our love to meet Allāh ﷻ?

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Expand Your Horizons

1. What practical steps would you recommend for a friend of similar age and interests to minimize their attachment to the world?

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2. Why do life problems lead us to Allāh ﷻ? Ponder in your answer what problems reveal about the nature of this world (lasting or temporary?), how well we can rely on it, and its ability to fill the gap in our hearts.

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Keywords

Allāh's Love; Loving the World; Love Clash; Wrong Love; Peaceful Heart; Worship and Love; Grief; Entertainment; Hollywood; Bollywood; Celebrities; Death; Hardship; Despair; Content.

***What I want to
remember from this
Hadīth is (quotes,
lessons, ...)***

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***Based on this
Hadīth, I will***

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Yours Angwen



PART 1

15

Hadīth Fifteen

**Allāh ﷻ Does Not Punish
His Beloveds**

After reading this chapter, you will be able to answer the following questions

1. What do our goals say about us? And why are goals important in life?

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2. Explain why loving Allāh ﷻ is the greatest goal in life.

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3. Loving Allāh ﷻ is the optimum station—all other stations lead to it or spring from it. Explain this statement by giving examples of antecedent and subsequent stations.

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4. In the bird analogy, Ibn al-Qayyim رحمه الله conveyed the importance of love, hope, and fear in our relationship with Allāh ﷻ. Explain his analogy and its implications for the importance of love.

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5. Should we have more of Allāh's fear or hope? Explain the various recommendations and use Ibn al-Qayyim's travel analogy to illustrate the complementarity of love, hope, and fear.

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- 6.** How can Allāh's love help us overcome our sins? Explain using the connection of sin to love.

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- 7.** Many claim to love Allāh ﷻ. What is the proof that we actually love Him?

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- 8.** The People of the Book claimed to be Allāh's favorites and loved ones. Explain how their behavior and how Allāh ﷻ dealt with them contradict their claim.

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- 9.** Explain the role of affliction in elevating the station of the believer in the Hereafter. And explain how Allāh ﷻ supports the afflicted during hard times.

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- 10.** What evidence do we have in the Qur'ān that Allāh ﷻ does not punish those He loves?

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- 11.** What is Allāh’s greatest Hesitation? What is the difference between Divine Hesitation and human hesitation? And what does it say about Allāh’s kindness and how much believers matter to Him?

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Questions for Contemplation

- 1.** What should we do if our love for Allāh ﷻ is not strong? How can we strengthen it? Develop a plan for someone who has recently started practicing to discover and nurture this love in their life.

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- 2.** When people are afflicted, they often wonder whether their affliction was a punishment or a test from Allāh ﷻ. Explain how to approach this question and how to find the correct answer. In your answer, use Ibn al-Qayyim’s distinction between discipline and punishment.

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Expand Your Horizons

- 1.** We all have different goals in life. How can we ensure our worldly ambitions do not clash with our religious beliefs? How can we tell when our pursuit of worldly success has become excessive and needs to be dialed back?

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2. We all struggle with temptations and sins, especially habitual ones. Since they stubbornly refuse to leave, we often feel defeated, hopeless, and demoralized. However, we have learned that Allāh's love can help us overcome our sins. How can Allāh's love save us from our most stubborn sins? Identify a specific sin in your life and create a plan to eliminate it based on drawing closer to Allāh ﷻ through love. Also, consider how Allāh's love can continually offer hope to keep trying, even in the face of setbacks.

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Keywords

Allāh's Love; Proof of Allāh's Love; Sacrifice; Grief; Wrong Love; Loving the World; Tawhīd; Tazkiyah; Self-Development; Religious Balance; Affliction; Question of Evil.

***What I want to
remember from this
Hadīth is (quotes,
lessons, ...)***

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***Based on this
Hadīth, I will***

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PART 1

16

Hadīth Sixteen

Read the Qur'ān to Love

Allāh ﷻ

After reading this chapter, you will be able to answer the following questions

1. What makes us happy says a lot about us. How so?
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2. Are we allowed to be happy because of worldly gains? If yes, what conditions should be met for this happiness to be acceptable?
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3. What is the definition of Allāh's favor and mercy in contrast to what people amass?
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4. Why is happiness because of otherworldly favors superior to happiness because of worldly gains?
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5. Why is learning the Qur'ān so transformative? What makes it the best way to know and love Allāh ﷻ?
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6. Divine Love cannot fit the human mold of love. When we try, we perceive divine commands and actions as contrary to love. Explain the difference between divine and human love and how to approach this issue.

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7. What are your plans to deepen your love for Allāh ﷻ through the Qur'ān?

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Questions for Contemplation

1. Why don't otherworldly favors make us as happy as worldly gains? How can we change to be happiest with what benefits us in the next life?

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2. Is the Qur'ān too harsh and stern to be the book of love (i.e., the book that leads to the love of Allāh)? Explain how the presence of punishment and threats in the Qur'ān can be reconciled with divine love.

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Expand Your Horizons

1. A parent's love is different from the love you receive from a friend. Spousal love is different from the other two. Since each fills a specific gap and reflects a different relationship, how a parent loves you cannot be how a friend does. Consider this and explain how divine love must be understood on its terms and not be judged based on our experience of human love.

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2. We should not distort divine love to justify our flaws and avoid changing ourselves. We should change to earn Allāh's love rather than assume Allāh ﷻ is always happy with our decisions. For example, what is the difference between "I need to change to please Allāh," and "I will do what pleases me because Allāh ﷻ wants me to be happy"? Explain the danger of this distortion on our connection to Allāh, the Sharī'ah, and human relationships.

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Keywords

Worship and Love; Qur'ān; Happiness; Loving the World; Wrong Love;
Love Clash; Allāh's Love; Popular Culture.

What I want to remember from this Hadīth is (quotes, lessons, ...)

and

***Based on this
Hadīth, I will***

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PART 1

17

Hadīth Seventeen

**Love the World Less, and
Allāh ﷻ Will Love You More**

After reading this chapter, you will be able to answer the following questions

1. Why are loving the world and loving the Hereafter opposites? And how do we reconcile between the two loves?

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2. Does abstaining from the world mean hating everything in it? Explain the correct stand a Muslim should take towards the world.

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3. What is the definition of Zuhd? What are its three levels? And what are its common misunderstandings?

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4. Why is loving the world the root of all sin?

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5. How can we practice Zuhd in our sight and our thoughts?

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6. Why does Zuhd promote love between people?

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7. It is best not to ask people for help unless necessary. Why is that?

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8. “True Living is the living of the Hereafter.” When should we remember and repeat such a phrase? Please explain its importance.

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9. Why does reducing our attachment to the world increase our love for Allāh ﷻ?

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Questions for Contemplation

1. Indulgence in Halāl poses a problem for many of us. Provide examples of what that indulgence looks like, explain why it is a problem, and propose ways to avoid it.

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2. Recommended Zuhd—like many recommended acts—can vary from one person to another based on their personality, Īmān, and physical tolerance. Explain how one could start the practice of Zuhd without overwhelming themselves and hurting their Īmān.

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3. What would the path of Zuhd look like today? Look at the modern popular practices—how people live and what they do—through the lens of Zuhd. What should we keep? What should we discard?

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Expand Your Horizons

1. What are the shortcomings of popular self-help books? Explain their focus and what they lack. How would you write a self-help book? What would you put in it?

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2. We are often faced with situations where we have to choose between what Allāh ﷻ loves and what people around us want. Imagine a scenario where your best friend came to you with this dilemma. What advice would you give them? Should they put Allāh ﷻ first despite possible backlash? Support your argument with evidence from the Qur'ān or Sunnah.

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Keywords

Allāh's Love; Loving the World; Zuhd; Indulgence; Content; Love Clash; Wrong Love, Sacrifice; Tazkiyah; People's Love; Self-Help Books.

***What I want to
remember from this
Hadīth is (quotes,
lessons, ...)***

and

***Based on this
Hadīth, I will***

THIS IS LOVE *Workbook*
Your Answer

Handwriting practice lines consisting of 25 horizontal dotted lines.



PART 2 18

Hadīth Eighteen

**’Īmān is Loving the
Prophet** ﷺ

After reading this chapter, you will be able to answer the following questions

1. What do we mean when we say everyone must have a prophet?
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2. We don't know the Prophet ﷺ well. What can we do to fix that?
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3. Why should we love the Prophet ﷺ so much? List all the reasons mentioned in the book.
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4. Explain the three types of love mentioned in the Hadīth and the difference between them.
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5. Loving the Prophet ﷺ is divided into obligatory and recommended. Please explain each.
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6. The Hadīth negates the Īmān of one who does not love the Prophet ﷺ more than their parents, children, and all people. What type of negated Īmān is referred to here?
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7. Why should we elevate the love of the Prophet ﷺ above our natural love?

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8. What does loving the Prophet ﷺ entail? Explain the consequences of our love for him and how it should affect our thinking, perspective, worldview, lifestyle, and behavior.

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9. What is the virtue of making Salawāt and Salām for the Prophet ﷺ?

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10. What does “migrating to the Prophet’s Sunnah” mean? How is this related to the original migration to Madīnah?

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11. The Companions and early Muslims ﷺ greatly loved the Prophet ﷺ. Mention examples of this love, and how they achieved it.

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Questions for Contemplation

1. Our modern celebrity obsession has played a role in diverting our religious devotion and practice. It has influenced our way of life, thinking, and priorities. How has our modern celebrity obsession interfered with our love for the Prophet ﷺ? Bring examples of this obsession and how we can fight it to find our way back to the Prophet's love.

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2. How can we love the Prophet more than we love ourselves? We all know we need to love the Prophet ﷺ more but lack a practical plan to help us increase our love for Him. Design a daily, weekly, and annual program for young adults to help them realize that love. Make sure to utilize different methods, as per the book, and explain the role of each in creating and cementing this love.

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Expand Your Horizons

1. Please compile a list of books and lecture series related to the Prophet ﷺ (for example, biographies, physical attributes, manners, and beginner Hadīth books). (Caution: make sure they are reliable and authentic.) Set an honest and realistic plan for yourself (and your family) to read and study. But don't stop there. Share this with your friends and online. Recommend this list to book clubs, online groups, Islāmic organizations, and mosques. The goal is to create an enormous momentum to reconnect with the Prophet ﷺ and revive his love and sunnah.

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2. Those who love the Prophet ﷺ follow his Sunnah. And those who follow his Sunnah tend to receive more of his love. With that in mind, locate three acts of Sunnah of the Prophet ﷺ that you have not been practicing and adopt them. In particular, focus on good manners, dhikr, and avoidance of sin.

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Keywords

Prophet's Love; Īmān; Sunnah; People's Love; Love Clash; Loving the World; Entertainment; Hollywood; Bollywood; Celebrities.

What I want to remember from this Hadīth is (quotes, lessons, ...)

and

***Based on this
Hadīth, I will***

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PART 2

19

Hadīth Nineteen

**Be Kind For the Prophet ﷺ
To Love You**

After reading this chapter, you will be able to answer the following questions

1. Explain the physical Barakah of the Prophet ﷺ and its source. Is such barakah available from any other human or jinn?
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2. Recount the story of the camel that the Prophet ﷺ helped. What benefits can you derive from that story? Extract as many as you can.
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3. The Prophet ﷺ redirected the Companions رضى الله عنهم from one expression of love to another. Why?
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4. What are the three motivations for worship? Are they contradictory or complementary? Which one of the three is superior and subsumes the other two?
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5. If we worship Allāh ﷻ because of loving Him, does that preclude the pursuit of Jannah? Does it preclude fleeing from Jahannam? Explain your answer.
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- 6.** What happens if one worships Allāh ﷻ based on fear alone? Or hope alone? Or love alone? Which would be the most dangerous and why?

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- 7.** What are the two conditions for a deed to be accepted?

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- 8.** True love of Allāh ﷻ must yield devoted worship, or it is a false claim. Why is that? What evidence do you have to support your answer?

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- 9.** Love can extract from some of us what other motives cannot. Why is that?

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- 10.** When we worship Allāh ﷻ out of love, what we do will never be enough. Explain why that is so.

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- 11.** We must expand the circle of love that the Prophet ﷺ started. What does this mean in the context of this Hadīth?

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Questions for Contemplation

1. Love is not an absolute good. What do we mean by that statement? In other words, is love always good? Are our expressions of love always good? Is love always a good and trustworthy compass and guide? Explain with examples.

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2. If the wrong love can blind us, what can open our eyes to the truth? In other words, what love has the power to correct every other love and save us from it?

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3. The exaggerated expression of love could contradict the object of our love. Use the example of Jesus to explain how exaggerating his praise and ascribing divinity to him goes against loving him.

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Expand Your Horizons

1. Love has the power to bring out in us what other motives cannot. Explain this using the example of an employee who comes to work out of fear of being fired, another who works for a salary, and a third who loves the company and believes in its work. How does this explain the best motivation in worship?

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2. According to Ibn al-Qayyim رحمته الله (p.220), when our worship is out of love, our heart will flow to Allāh ﷻ like water moving downhill, and worship will be the joy of our souls and the comfort of our eyes. In contrast, we will drudge our worship when compelled to do it. How can we move from worship based on compulsion to worship out of choice and love? Draw a plan for yourself to help you along the way. (Hint: Be specific and consistent so your plan works.)

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Keywords

Prophet's Love; Allāh's Love; Barakah; Worship and Love; People's Love; Wrong Love; Sufism; Religious Balance; Popular Culture.

***What I want to
remember from this
Hadīth is (quotes,
lessons, ...)***

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***Based on this
Hadīth, I will***

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PART 2

20

Hadīth Twenty

Love Through Suffering

After reading this chapter, you will be able to answer the following questions

1. Each love has a price and demands sacrifice. Explain why this is especially so when we love Allāh ﷻ and the Messenger.

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2. Why does Allāh ﷻ test the believers?

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3. What are the benefits of afflictions? Why are they more valuable than worldly bounties and ease?

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4. Initially, the believers must experience pain, and the disbelievers may seem to be enjoying the better things in life. But no one can escape pain in life. In light of that fact, explain how Allāh ﷻ changes the initial conditions of the believers and the disbelievers.

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5. The disbelievers flee from the minor pain that comes with embracing Islām to the major pain that comes from rejecting it. Explain.

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6. What three questions should we ask to change our perception of afflictions?

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7. How do we protect ourselves from future tests?

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8. Who is the most tested in this world? And why were the Prophets and righteous as happy with affliction as others are delighted with worldly ease?

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Questions for Contemplation

1. We tend to love many trivial things in our lives. Take a moment to think about the undue love we give to them and how little they give back. Think of ways to transcend our excessive attachments to them and focus on loftier matters. How would you personally pursue that?

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2. What is the difference between the “Īmān of Conviction” and the “Īmān of Convenience?” And how does Allāh ﷻ separate between the two?

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Expand Your Horizons

1. Īmān provides us with the lens to see the world as it is. It allows us to see the danger of worldly pleasures and how they distance us from Allāh ﷻ. It enables us to see the benefit of afflictions and how they bring us closer to Him. How can one develop and maintain that lens today despite all the pressure and distractions? In our answer, keep in mind two realities: we are inundated with falsehood daily, and we are forgetful beings.

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Keywords

Allāh's Love; Sacrifice; Grief; Loving the World; Suffering; Tests; Afflictions; Religious Bounties.

***What I want to
remember from this
Hadīth is (quotes,
lessons, ...)***

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***Based on this
Hadīth, I will***

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PART 2

21

Hadīth Twenty-One

Praying For Love

After reading this chapter, you will be able to answer the following questions

1. Are the dreams that the Prophets ﷺ see part of Allāh's revelation? Why? Are our dreams protected from error? And if not, how do we verify the messages they contain?

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2. What were the angels arguing about? What is the significance of what they discussed?

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3. What did the Prophet ﷺ ask for? How do they prepare us for Allāh's love?

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4. It is more precious for Allāh ﷻ to love you than for you to love Him. Explain.

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5. Loving Allāh ﷻ is incomplete until we love what and whom He loves. Explain.

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6. What and whom we love could hinder loving Allāh ﷻ. How can we protect ourselves from that?

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Questions for Contemplation

1. We cannot see Allāh ﷻ in this world. But can we see Him in a dream? (You will need to listen to the audio lecture on this Hadīth or research to find the answer.)

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2. The matters revealed to the Prophet in the Hadīth are common practices among Muslims. What does this say about the idea of esoteric (i.e., hidden) knowledge in Islām? Is there hidden knowledge that only a privileged few know but most Muslims remain ignorant of?

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Expand Your Horizons

1. When we do not get what we love, or it is taken away, we may feel empty. How can we look at this more positively? How can we use it to enhance our love for Allāh ﷻ? Consider the quote on p.242-43 in supplying the perspective we need to deal with this.

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2. The Prophet ﷺ commanded us at the end of the Hadīth to study this Hadīth to understand it. As you conclude this section on the love of the Prophet, would you consider studying the Hadīth of the Prophet? Search for a book on Hadīth in your local Islāmic bookstore or online, and commit yourself to a daily reading of one Hadīth or page. In time, you will come to appreciate how much you have learned.

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Keywords

Allāh's Love; Prophet's Love; Tawhīd; Wrong Love; People's Love; Dreams; Sufism; Worship and Love; Sharī'ah and Love.

***What I want to
remember from this
Hadīth is (quotes,
lessons, ...)***

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***Based on this
Hadīth, I will***

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PART 3

22

Hadīth Twenty-Two

**Love Others As You Love
Yourself**

After reading this chapter, you will be able to answer the following questions

- 1.** What stops us from loving for others what we love for ourselves?
How do we overcome these obstacles?

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- 2.** Is loving for others what we love for ourselves an obligation? Why?
Does it extend to non-Muslims? Explain.

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- 3.** How can we look at sinners with compassion? Why should we do it?

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- 4.** How does the love of Allāh ﷻ prompt us to care for the environment and animals?

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- 5.** Would our Īmān be complete if we fail to love for others what we love for ourselves? Why?

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6. How do we train ourselves to love for others what we love for ourselves? How is it connected to Allāh's love?

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7. How do we combat bad traits like envy, selfishness, and pride using Allāh's love and what we know about Him?

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8. Can we favor others over ourselves? Who was famous for doing this? How did they do it?

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9. Īmān elevates love by turning it into a religious mission. Explain what this means and its effects on the believers' pursuit of love.

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10. Why does love need Īmān and is incomplete without it?

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Questions for Contemplation

1. We know that love is the motivation behind the creation of this world. Does this mean that everything on earth, and everything Allāh ﷻ allows to happen, is beloved by Allāh ﷻ? Explain.

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2. Some have good social relationships but are deficient in their worship, while others are good at worship but are terrible socially. What is the reason for this imbalance? Why is balance essential? How do we attain it?

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Expand Your Horizons

1. It can be challenging to have positive feelings towards those who mistreat us. But can Allāh's love help us in this situation? Can it help us see them as Allāh ﷻ sees them rather than just through our own experiences? Can we care for them as part of Allāh's creation? Imagine you are a counselor and explain to your client how this approach is possible. Illustrate to them why adopting this approach rather than anger would be emotionally and psychologically better for them. Explain the positive effect it will have on their healing process.

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2. Some people consider love the sole guiding principle in life: if they love something, they believe it must be good and worth pursuing. In this sense, love serves as a substitute for religion. But is love inherently good or evil, or is it neutral? Does love need the support of religion? And does Īmān elevate and complete love?

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Keywords

People's Love; Allāh's Love; Tazkiyah; Muslim Character; Compassion; Īmān; Question of Evil; Religious Balance; Popular Culture.

What I want to remember from this Hadīth is (quotes, lessons, ...)

and

***Based on this
Hadīth, I will***

[illegible]



PART 3

23

Hadīth Twenty-Three

**You Will Not Enter Jannah
Until You Spread Love**

After reading this chapter, you will be able to answer the following questions

1. We cannot enter Jannah without love. Please explain how we can derive this statement from the Hadīth. What is the connection between love and Īmān?
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2. How does weakness in loving others signal weakness in loving Allāh ﷻ?
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3. What does the negation of Īmān in the Hadīth mean? In other words, is loving others an obligation? What happens in the next life if we don't do it?
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4. The completion of Īmān means that the internal movement of the heart is sincerely in sync with the external movement of the body. Explain this in more detail.
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5. Explain why hating for Allāh's sake does not inflame hate but regulates it and restricts it.
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6. Mention three reasons why the failure to love each other is a grave concern.

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7. Allāh ﷻ created us to teach us to love. Explain how this happens through social interactions and how challenges yield growth.

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8. What is meaning of “as-Salāmu ‘Alaykum”? And why is it a unique greeting?

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9. How does “as-Salāmu ‘Alaykum” reflect and cultivate Īmān and humbleness?

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Questions for Contemplation

1. One major intent of Sharīah is to promote love and combat hatred. Cite examples from obligatory/recommended acts and how they nurture love and combat hate. Should we change our attitudes and behaviors to match the Sharīah’s intent? Please give examples.

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2. The love Allāh ﷻ brings is unlike anything any other can supply. Explain.

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Expand Your Horizons

1. What manners of salām should we know to practice this Sunnah properly? Collect as many as possible and share them with family and friends.

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2. Some people associate practicing and spreading the Sunnah with harshness and judgmentalism. But in this Hadīth, it is an act of love, humility, and kindness. How can this Hadīth help the followers of the Sunnah be more loving, patient, and understanding? And how can they maintain this attitude in the face of challenges? Please include in your answer how the Sunnah is meant to save and guide, thus being the ultimate act of love.

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Keywords

People's Love; Worship and Love; Sharīah and Love; Salām ; Greeting;
Īmān; Hate; Social Relations; Sunnah; Religious Balance.

What I want to remember from this Hadīth is (quotes, lessons, ...)

and

***Based on this
Hadīth, I will***

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PART 3

24

Hadīth Twenty-Four

**The Sweetness of 'Īmān Is
In Love**

After reading this chapter, you will be able to answer the following questions

1. Explain why everything we love is an extension of loving ourselves. Is this selfish? Why is Allāh ﷻ the only one who does not love out of self-benefit?

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2. Why is loving others for Allāh's sake unique? What are its benefits?

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3. When we love for our own sake, our love is limited. However, love for Allāh's sake liberates our love, allowing it to grow, be permanent, and expect no earthly return. Explain based on what you learned in this chapter.

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4. To be a walī of Allāh, one must love for Allāh's sake. Why?

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5. We often neglect to look at love for Allāh's sake as an act of worship. Explain the importance of this act, why it's unique, and what makes it one of the best acts of worship.

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6. Is love blind? Why? Do you have Islāmic evidence to support your argument?

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Questions for Contemplation

1. It is common today to use love as a guiding principle, to argue that beliefs and actions are acceptable if they are based on love, even if they contradict Islāmic teachings. Explain, based on your knowledge from this chapter, the shortcomings of this argument.

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2. When we love, we seek to maximize our benefits and minimize our harm. However, it's also true that we sometimes love things that harm us and dislike things that benefit us. Why do we do this? And how can one address this in their life? What beliefs and practices do we need to protect ourselves from ourselves?

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Expand Your Horizons

1. Modern culture and philosophy prioritize humans as the focal point of existence. We are constantly inundated with messages and advertisements encouraging us to prioritize our needs, emotions, and immediate desires. Discuss why practicing love for the sake of Allāh ﷻ contradicts this modern standpoint.

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2. What should we do if we realize that our love for Allāh's sake is weak? How do we strengthen it? And by the way, whom do you love for Allāh's sake?

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Keywords

People's Love; Allāh's Love; Walī; Worship and Love; Popular Culture; Modernity.

***What I want to
remember from this
Hadīth is (quotes,
lessons, ...)***

and

***Based on this
Hadīth, I will***

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THIS IS LOVE *Workbook*
Your Answer

Handwriting practice lines consisting of 25 horizontal dotted lines.



PART 3

25

Hadīth Twenty-Five

Love Others For Allāh 
To Love You

After reading this chapter, you will be able to answer the following questions

1. What is the reciprocal divine law? Please give examples of it.

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2. Those who love for Allāh's sake have the purest hearts. Why?

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3. Why is sin worse than death?

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4. How does love for Allāh's sake help us fight off envy, suspicion, and misjudgment? How does it help us find excuses for other Muslims?

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5. Love for Allāh's sake is not a claim but a deep commitment. What does this commitment entail?

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6. How does love for Allāh's sake reorganize our priorities? For example, how does it guide our choices in terms of donations and causes to support?

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- 7.** Love for Allāh's sake allows us to subordinate our feelings and put Allāh ﷻ first. Explain how this allows us to avoid injustice when we hate and sin when we love.

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- 8.** Explain the connection between love for Allāh's sake and giving sincere advice. Why don't we advise each other as much as we need to today?

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- 9.** What is the reward of those who love for Allāh's sake?

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- 10.** Loving someone for Allāh's sake elevates us above our worldly obsession and greed. How does this elevation decrease hatred among people? And why does it allow us to share worldly gifts more freely?

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Questions for Contemplation

- 1.** How can we love what Allāh ﷻ loves? What would make it a more constant part of our lives?

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2. Like Īmān, love must be tested. How does it get tested? What can we do to protect this love from fading and from the whispers of Shaytān?

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Expand Your Horizons

1. Shaytān is scheming to make Muslims hate each other. What methods is he currently using? Look closely at your community (including politics, trending cultural issues, economics, and social media) to identify his most frequent tactics and how he succeeds in dividing people. Then, suggest ways your community, and the people around you in particular, can thwart his plan.

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Keywords

People's Love; Allāh's Love; Worship and Love; Sharīah and Love; Muslim Character; Tazkiyah; Advice; Loving the World.

***What I want to
remember from this
Hadīth is (quotes,
lessons, ...)***

and

***Based on this
Hadīth, I will***

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Yours Angwen



PART 3

26

Hadīth Twenty-Six

**The More You Love Others,
the More Allāh ﷻ Loves
You**

After reading this chapter, you will be able to answer the following questions

1. Loving Allāh ﷻ and worshipping Him have no end. Please explain and back up your argument with evidence.

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2. There is a loop between increasing our love for Allāh ﷻ and increasing our love for what He loves. Explain this loop and how both feed each other.

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3. How is loving what Allāh ﷻ loves a good predictor of our Īmān?

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4. The more we love for Allāh's sake, the better we are. Why?

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5. Loving Allāh ﷻ allows you to treat others better than yourself. Retell the story at the end of this chapter and reflect on how this could be done today. Try to practice this virtue and reflect on how it makes you feel.

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Questions for Contemplation

1. Allāh ﷻ has connected His love to how we love and care for others. How does this (a) safeguard humanity against its own destructive tendencies, (b) reflect Allāh's boundless mercy, and (c) help to restore the balance between individual worship and social responsibility?

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2. One of the greatest obstacles to kindness is ingratitude; while trying to help others, we are met with indifference or harm. How could Allāh's love and love for His sake help us overcome this obstacle?

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3. Loving for Allāh's sake makes you a better you. How?

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Expand Your Horizons

1. The world today is experiencing a love deficit. We see nations at war with each other and societies growing colder and more isolated. We feel less loved and more isolated. Could sin be the cause? How does sin destroy love? And what can we do to fix this problem globally, locally, and individually?

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2. Allāh's love is limitless. Explain the beauty of this realization. How can it change the way we worship?

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Keywords

Allāh's Love; People's Love; Muslim Character; Tazkiyah; Worship and Love; Social Relations; Tawhīd.

What I want to remember from this Hadīth is (quotes, lessons, ...)

and

***Based on this
Hadīth, I will***

[illegible]



PART 3

27

Hadīth Twenty-Seven

**If You Love Someone,
Let Them Know**

After reading this chapter, you will be able to answer the following questions

1. One of the main imperatives and objectives of the Sharīah of Islām is the spread of love. Explain what this means, include evidence to support your argument, and explain how this runs opposite to the propaganda we often hear about Islām and Muslims.

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2. Why is loving someone for Allāh's sake such a great gift?

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3. How can we know if we love someone for Allāh's sake?

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4. What are the benefits of loving someone for Allāh's sake?

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5. Cite some instances when the Prophet ﷺ expressed his love. What can we learn from them?

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6. Telling someone you love them for Allāh's sake may seem awkward or trivial. Explain why it is important and how to overcome these negative feelings.

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7. What do you say to someone who just informed you that they love you for Allāh's sake?

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Questions for Contemplation

1. Can a woman tell a man she is not married to that she loves him for Allāh's sake, or vice versa? Why?

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Expand Your Horizons

1. The modern epidemic of loneliness has the power to damage both mental and physical health to such an extent that some have declared it a public health issue. Based on this Hadīth and what you have learned so far, suggest practical steps we can take to combat this epidemic. Loneliness impacts both the elderly and the young, so include both in your recommendations.

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Keywords

Sharīah and Love; Worship and Love; People's Love; Social Relations; Loneliness.

What I want to remember from this Hadīth is (quotes, lessons, ...)

and

Based on this Hadīth, I will

Yours Angwen



PART 3

28

Hadīth Twenty-Eight

Give to Spread Love

After reading this chapter, you will be able to answer the following questions

1. We all seem to desire the world. Is this permissible, or should we fight this desire? If it is permissible, what are the Islāmic limits of this desire?

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2. What are the benefits of gifting others? Mention the benefits for both the giver and the receiver.

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3. How did the Prophet ﷺ use gifts to change people's hearts and bring them to Islām? What can we learn from it?

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4. The Prophet ﷺ taught us not to belittle any gift. What is the wisdom behind this?

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5. It is from the Sunnah to reward the gift-giver for their gift. Explain the benefit of this act.

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Questions for Contemplation

1. People give gifts for good and bad reasons. What are some of the good reasons and some of the bad ones? How can we make our giving righteous and pleasing to Allāh ﷻ? How can it become an act of worship and Ihsan?

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2. The Prophet's generous giving convinced Safwān of his prophethood (p.301-302), a sign of prophethood that is still relevant today. Explain why this was proof of prophethood and its continued relevance.

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Expand Your Horizons

1. Some may find giving, whether gifts or charity, hard. How could one overcome this reluctance and establish a habit of giving? Give some practical advice and propose a plan for someone like that to adopt the Sunnah of giving into their life.

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2. Gifts are gateways to the heart and can be used to change someone's negative feelings and perceptions. Yet, they are different from bribery. Please explain the difference, especially in a religious context.

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Keywords

People's Love; Sharīah and Love; Worship and Love; Gifts; Loving the World; Greed; Sunnah; Generosity.

What I want to remember from this Hadīth is (quotes, lessons, ...)

and

***Based on this
Hadīth, I will***

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PART 3

29

Hadīth Twenty-Nine

**The Earthly Sign of
Allāh's Love**

After reading this chapter, you will be able to answer the following questions

1. As much as we need human love, it is hard not to notice its shortcomings. Explain these shortcomings and contrast them with divine love.

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2. How does Allāh ﷻ liberate and elevate our love? Why does love need liberation and elevation?

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3. How could human love or praise reflect Allāh's love and approval?

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4. How do we balance sincerity with receiving human praise? And how do we stop ourselves from sliding from seeking Allāh ﷻ to seeking human approval?

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5. How do we differentiate between good and bad human praise? Between good and bad human love?

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6. Like money, human praise is not something we should seek or look forward to. Explain how this sentence helps us modulate human praise and expectations.

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Questions for Contemplation

1. Human love is not an absolute good. Explain this statement with evidence and examples.

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2. Human love is fickle. But we need love. How do we convince ourselves that seeking human approval, specifically through social media and fame, is insufficient and unreliable? How can Allāh's love practically fill the need we have for love?

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Expand Your Horizons

1. Doing the right thing is not always popular. Would you be willing to sacrifice your popularity to please Allāh ﷻ? How would you stay strong and steadfast to weather the fallout?

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Keywords

People's Love; Allāh's Love; Worship and Love; Praise and Approval;
Fame and Popularity.

***Based on this
Hadīth, I will***

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PART 3

30

Hadīth Thirty

Love Elevates

After reading this chapter, you will be able to answer the following questions

1. Humans naturally look for recognition but often look for it in the wrong place. Explain the human need for recognition and how to differentiate between the right and wrong kinds.

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2. The successful in the hereafter may not be successful in this world. How does the Hadīth help us deal with worldly setbacks and failures? What is it offering us in place of worldly achievements?

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3. Those who love each other for Allāh's sake rise to a status that the Prophets ﷺ and the martyrs will admire. Why were they elevated to such heights? What did they sacrifice, and what did they strive against?

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4. The blessed will experience no fear or sadness in the next life. Can we experience some of that in this life? How so? What do we need to believe about Allāh ﷻ to reach this blessed state?

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Questions for Contemplation

1. Capitalism and much of the modern world are based on the principle of competition. However, this contradicts values like love, generosity, and empathy. Can you explain how uncontrolled competition can be harmful? How can the Islāmic teachings of love and altruism solve this extremism?

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2. We often set goals based on society's definitions of success. Yet, since many prioritize this life over the afterlife, our goals often do not align with the concept of otherworldly success and tend to focus on worldly achievements. How can we redefine success—for ourselves as individuals and in society as a whole—to prioritize spiritual and moral success over materialistic achievements? How can we stay true to those goals and not be swayed by worldly pressure and advertisements?

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Expand Your Horizons

1. If loving Allāh ﷻ and loving for His sake elevates us to unimaginable heights, why isn't it a religious priority? Why don't we seek it and work on it? Why don't we read about it and talk about it more often? Do you have ideas on how to make it part of our curriculums, study circles, and religious education? To make it our primary concern?

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Keywords

People's Love; Tazkiyah; Muslim Character; Fame; Praise; Recognition; Success; Fear; Sadness; Capitalism; Competition.

What I want to remember from this Hadīth is (quotes, lessons, ...)

and

***Based on this
Hadīth, I will***

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PART 3

31

Hadīth Thirty-One (Part 1)

Marriage and Love

After reading this chapter, you will be able to answer the following questions

1. Attraction to the opposite sex is naturally intense. How does it rank among our other desires and attractions? What evidence do you have to support this?

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2. What are the many benefits of attraction to the opposite sex?

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3. What are the many challenges of attraction to the opposite sex?

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4. Why is the family the fortress against the plots of Shaytān? How does he try to destroy it?

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5. Halāl intimate relations satisfy both body and soul. How? How does Harām fail both body and soul?

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6. What is the parable of “the Adhesive Tape”? What is it referring to?

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- 7.** What are the benefits of marriage as mentioned in Sūrah ar-Rūm [30:21] (p.319)?

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- 8.** We can create the conditions for love, but we cannot create love. Explain this sentence. Who is the one who creates love? And how can we get it?

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- 9.** According to the Hadīth, why do people choose a spouse? Does seeking someone religious exclude other factors? How do we maintain the supremacy of the religious factor despite our other attractions and inclinations?

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- 10.** An initial attraction can lead to an extended interaction, and this is likely to turn into feelings of love even though the object of our attraction is not a fit candidate for marriage. How do we protect ourselves from falling into such a trap and becoming overwhelmed by our emotions?

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- 11.** Why is marriage the best cure and solution for lovers? And why does Harām harm and kill love? What do we lose when we invite Shaytān into our hearts and relationships?

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Questions for Contemplation

1. Zinā and its contributing factors have become more prevalent than ever. First, kindly identify all the factors that lead to zinā in this modern age, particularly with the widespread use of technology. Second, devise strategies to counter these influences and safeguard yourself and the Muslim community from the temptation of engaging in prohibited activities. Please suggest practical steps that individuals can take and propose actions for governments and policymakers.

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2. What are the disastrous consequences of zinā? Please account for its effects on the individual, the family, and society.

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3. Marriage enhances love, but some people have the opposite experience. Explain first how marriage enhances love, then explain how we may be undermining its benefits and blessings.

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4. Why is piety the most important factor in choosing a spouse? What does this choice give us? What does it protect us from? How do we determine that someone is religious? What criteria should they fulfill to be considered religious?

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5. What should a man do if attracted to a woman? List all hypothetical scenarios and how he should act in each.

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Expand Your Horizons

1. A newly engaged couple comes to you for premarital advice. They are eager to know how to have a healthy Islāmic marriage and safeguard their marriage from temptations and harm. What advice would you give them? They also need a list of dos and don'ts to remind them of the foundations of a happy and healthy marriage. Under each point in the list, they ask you to include whatever evidence is available to keep them motivated and close to Allāh



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2. You meet a young person who tells you they want to get married and are searching for their soulmate. When you talk to them, you discover they have formed their expectations from watching movies and reading love stories. What advice would you give them, especially about the folly of the soulmate idea? How would you convince them to adopt a better perspective in seeking or selecting a spouse?

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Keywords

People's Love; Marriage; Romantic Love; Family; Loving the World; Love Clash; Wrong Love; Muslim Character; Tazkiyah; Righteous Company; Entertainment; Hollywood; Bollywood; Zinā; Soulmate; Temptation; Attraction; Spouse; Romantic Love; Ishq; Forbidden Attractions.

What I want to remember from this Hadīth is (quotes, lessons, ...)

and

***Based on this
Hadīth, I will***

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PART 3

31

Hadīth Thirty-One (Part 2)

Marriage and Love

After reading this chapter, you will be able to answer the following questions

- 1. What are the main characteristics of love before marriage? What does this say about “romantic love”?
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- 2. Marriage makes love grow stronger. Why? How should this knowledge influence those who are “in love?”
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- 3. What is wrong with cohabitation before marriage? Isn’t it the best way to know if two people are compatible? Defend your argument.
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- 4. Not all marriages are based on love or continue because of it. What are they based on? And why isn’t love the only element that sustains a marriage?
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- 5. Romantic love can be devastating and harmful. Why? Please support your answer with examples.
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6. What makes the idea of the soulmate so popular? Is it real? If not, what are we really looking for?

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7. What is the philosophical basis of the idea of the soulmate?

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8. What is Ishq? What is the problem with it? Why isn't Ishq compatible with Allāh's love?

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9. Does renouncing Ishq mean we stop loving our spouses and children? How do we reconcile the love of Allāh ﷻ with loving our families?

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10. Ishq starts small and balloons into an obsession. How does it grow from a fleeting thought or a glance? And how do we treat it?

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11. What are examples of forbidden attractions? How do we overcome them?

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Questions for Contemplation

1. Reflect on the following sentence: “Every love is tormenting except the love of Allāh ﷻ.” Explain how the love of a finite being inevitably causes some pain, and contrast this with the love of Allāh ﷻ. Based on your reflection, consider how your priorities and life should change.

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2. Love is often presented as the ultimate goal in life, justifying any attraction and union. It has become the new sacred of the modern age, an absolute good. Challenge these assumptions with evidence. In particular, explain with examples how love can be destructive and why. Explain also love’s need for guidance and how it can receive it.

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Expand Your Horizons

1. Hollywood and Bollywood—and similar media productions in Muslim and non-Muslim lands—have greatly influenced the minds and hearts of many Muslims. How can we counter their effect and escape their psychological and emotional damage? Please propose a plan to wean people off them and replace their influence with Islāmically sound ideas about love and marriage.

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2. Noticing that you are reading **This is Love**, someone you know approaches you and confides in you that they have inappropriate attractions, what we call in the book “Forbidden Love.” This acquaintance is worried and desperate. How would you help them? How would you explain their attractions? How can they deal with it?

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Keywords

People’s Love; Marriage; Romantic Love; Family; Loving The World; Love Clash; Wrong Love; Muslim Character; Tazkiyah; Righteous Company; Entertainment; Hollywood; Bollywood; Zinā; Soulmate; Temptation; Attraction; Spouse; Romantic Love; Ishq; Forbidden Attractions.

***What I want to
remember from this
Hadīth is (quotes,
lessons, ...)***

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***Based on this
Hadīth, I will***

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PART 3

32

Hadīth Thirty-Two

Sin Kills Love

After reading this chapter, you will be able to answer the following questions

1. Since we all need love, we try our best to secure and protect it. But when these efforts are based only on instinct and experience, without divine guidance, they fail and backfire. Explain why.

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2. Why must individuals, communities, and society learn how to enhance and protect love? Explain the needs, advantages, and dangers for each.

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3. Ponder the blessings of consciousness, high-order thinking, and love that Allāh ﷻ bestows. Why is the ability to feel love such a blessing?

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4. Our capacity to love reaches its full potential with loving Allāh ﷻ. Explain this sentence. How can we connect and relate all instances of earthly love to divine love?

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5. Why does sin kills love?

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- 6.** Why do non-Muslims continue to experience love despite their sins?

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- 7.** Islām cannot exist without love. Explain why love is foundational in our relationship with Allāh ﷻ and with people.

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- 8.** Revealed religion is not the source of hate. Why is this true, especially in the case of Islām?

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- 9.** What is the analogy of the rope, and how does it help us think about love between us and Allāh ﷻ?

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- 10.** Allāh ﷻ protects and enhances the love of those who love each other for His sake. Explain why and how this happens.

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- 11.** What should we do at the first sign of marital or social strain? Does that mean that the discord is always our fault? How does this effort help us solve our problems and motivate others to change?

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- 12.** Soul purification endows the heart with qualities that promote reconciliation and forgiveness. Explain some of these qualities. What must we learn, remember, and do to attain these qualities?

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- 13.** How many lessons can you derive from the statement of al-Muzanī (p.345)? After you have done that, explain why we need to repent when love decreases and thank Allāh ﷻ when it increases.

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Questions for Contemplation

- 1.** If we fix our relationship with Allāh, He will fix our relationship with the rest of creation. How does this belief help us prioritize our remedial efforts and what we focus on? How can we put Allāh ﷻ first when trying to solve social problems? Come up with ways that would help you do that.

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Expand Your Horizons

- 1.** A couple comes to you for marriage counseling. Each complains about what is wrong with their spouse and how they want them to change. How would you counsel them? Based on what you read in this chapter, provide structured advice with steps on how you want them to solve their problem.

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2. A couple comes to you for marriage counseling. They are very pious. As you talk to them, you discover they lack some of the social and physical foundations that sustain a marriage. The next day, you receive a different couple doing well socially and physically but engaging in some visible sins. What would you propose for each? Explain the necessary balance for a good marriage and what each couple lacks.

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Keywords

Allāh's Love; People's Love; Tazkiyah; Muslim Character; Marriage; Romantic Love; Family; Loving the World; Love Clash; Wrong Love; Orientalism; Modernity; Sin.

***What I want to
remember from this
Hadīth is (quotes,
lessons, ...)***

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***Based on this
Hadīth, I will***

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PART 3

33

Hadīth Thirty-Three

Be Moderate In Your Love

After reading this chapter, you will be able to answer the following questions

1. “All we need is love” and “love is the answer” are common slogans in the West. In light of what you read, explain what may be missing from such grand statements.

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2. Can love flourish on its own? If not, what else does it need? What happens when love is unguided and unregulated? Give examples of love gone the wrong way.

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3. Explain why the one who is extreme when they love tends to be extreme when they hate. What is the problem with such impulses?

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4. On p.350, we discussed the example of al-Aziz’s wife. Why was she overly attached and desperately in love? What was missing from her heart?

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5. We can over-love humans but can never over-love Allāh ﷻ. Why is that?

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6. Jesus ﷺ and Alī ﷺ present us with lessons on how religious love can go wrong. Explain how extreme love and extreme hate had misguided many in relation to those two. Explain how our love for our religious leaders can go wrong.

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7. Why shouldn't we love something or someone too much or hate them too much? Explain the consequences.

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8. How does loving Allāh ﷻ protect us from the severe damage of human love?

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Questions for Contemplation

1. We often face situations where we have to decide between what we love and what Allāh ﷻ loves. How can we make the right decision? How could we leave what we love? Think of ways to help you and others reach this state of Īmān and sacrifice. After all, we cannot change the world if we cannot change ourselves.

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- 2.** We have religious teachers and scholars whom we admire and respect. What do we do when they make a mistake? How can we love the truth more than the person? How can we maintain our respect for them but honor Allāh ﷻ and the Prophet ﷺ first? This is a difficult question. Think about how so many of us put people before what Allāh ﷻ loves.

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- 3.** Love as an emotion is not always under our control, but what we do with it is. Think about how Islām helps us moderate and guide our emotions. What tools, beliefs, and actions can we rely on to help us?

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- 4.** Imagine someone coming to you having lost the love of their life. They are feeling inconsolable and have lost all hope. You try to offer them some words of comfort, but it seems like nothing is working. Dig deeper and use the power of Allāh's love to bring hope back into their lives. How do you think loving Allāh ﷻ can help them?

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Expand Your Horizons

1. Please take a moment to reflect on a time when you became angry and said or did things that you later regretted. Also, think about a time when you were overly attached to something or someone, and that attachment faded away. What was similar in those situations? What lessons you can learn from each?

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2. Ibn Umar may Allāh ﷻ be pleased with him left his wife because the Prophet ﷺ commanded it. Ponder the difficulty of that move and what it must have taken from him to do it. Think about how much Īmān we would need to do something like that. The gap between how they lived and how we live, how much they were willing to sacrifice, and how little we are willing to, is staggering. Do we have what it takes to be like them?

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Keywords

Modernity; Wrong Love; Allāh's Love; People's Love; Romantic Love; Makkah; Loving The World; Love Clash; Sacrifice; Worship and Love; Sufism; Orientalism; Modernity; Popular Culture; Worship And Love; Religious Balance; Extremism.

***What I want to
remember from this
Hadīth is (quotes,
lessons, ...)***

and

***Based on this
Hadīth, I will***

Yours Angwen



PART 3 34

Hadīth Thirty-Four

**You Will Be With
The Ones You Love**

After reading this chapter, you will be able to answer the following questions

1. Explain, in terms of love, why it is dangerous to imitate the unrighteous. What is the connection between imitation and admiration?

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2. Explain the connection between physical-emotional proximity and spiritual-intellectual proximity.

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3. "We will be with the ones we love." What does this mean? Is it in this world or the next? How should this knowledge guide our behavior?

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4. Why is it important to love the pious? What benefits does this love bring us?

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5. Why is it dangerous to love the impious? What harm does this love bring us?

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6. How can loving Allāh ﷻ, the Prophet ﷺ, and the righteous elevate us in the next life? Why does it do so?

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7. The Companions' love for the Prophet ﷺ was immense, and they could not bear to stay away from him. What examples do you have to support this? How did they attain that love?

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Questions for Contemplation

1. Most of us fail to inspect whom and what we love, even though this is far more serious than some physical sins. In people's eyes, we may be models of piety, but internally, we may like sin and desire to be like the sinners. Explain how we can overcome this duality and align our inner beliefs with our outward behavior.

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2. Love is one of the most important acts of worship, but we often fail to notice this. We focus exclusively on the piety of the body and neglect our hearts. How do we return to the Prophetic way of worshipping Allāh ﷻ with our hearts? And how do we pay attention to what we love and how to love it?

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Expand Your Horizons

1. A friend confides in you that they have fallen in love with the wrong person. They know this person is wrong for them, but they cannot control their emotions. Use what you have learned so far to advise them. How should they rely on Allāh's love to escape this harmful love? What are the consequences of surrendering to harmful love?

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2. You are a youth camp counselor. Most of the young people you see are doing the bare minimum religiously. You believe their physical piety would improve if they loved Allāh ﷻ and knew Him better. How would you improve their connection to Allāh ﷻ and their love for Him? After some hard work, some of them respond well, and you notice greater interest in worship. But you also realize that despite your best efforts, some will not do more than the minimum. How would you convince them to focus on their hearts? How would you explain to them that the heart's devotion and soundness, especially loving Allāh ﷻ and what He loves, can make up for modest physical worship? Support your argument with evidence and stories to convince them.

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Keywords

Allāh's Love; Prophet's Love; Righteous Company; People's Love; Loving the World; Love Clash; Wrong Love; Peaceful Heart; Sharīah and Love; Worship and Love.

What I want to remember from this Hadīth is (quotes, lessons, ...)

and

***Based on this
Hadīth, I will***

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PART 3 35

Hadīth Thirty-Five

Loving Knowledge

After reading this chapter, you will be able to answer the following questions

1. Why was the Prophet ﷺ able to stay cheerful and kind-hearted despite his pain and many burdens? What do we learn from this?

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2. Truth is described as “heavy.” Explain what that means and what it requires from us.

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3. Falsehood is “light” but diseased. Explain this statement and provide examples to support it.

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4. What are the three phases of following the truth? How do we move from the second to the third?

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5. Why is religious knowledge so virtuous? In your answer, please explain its rank among various religious acts.

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6. What is “khashyah”? Why is it more than simple fear?

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7. If Allāh ﷻ wants the best for you, He leads you to greater religious knowledge. What is the connection between the two?

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8. How do the angels react to the seeker of knowledge? How do animals react to the teacher of knowledge? How should we honor both seekers and teachers?

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9. How do we know that Allāh ﷻ loves us?

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10. Why is seeking knowledge better than voluntary prayers and Jihād?

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Questions for Contemplation

1. Enthusiasm is infectious. When we are upbeat and motivate others, we can change their lives. But this is not easy, especially in a selfish, detached, and cynical world. How can we maintain a positive disposition in the face of personal challenges and discouraging world events? How can we continue to motivate and not buckle under pressure?

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2. People tend to skirt communal responsibility, expecting someone else to do the work. This often leads to communal failure because everyone waits for someone else to solve problems. How do we take personal responsibility for the religion of Islām? How do we personally do the work and not be complacent?

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3. If Allāh ﷻ loves someone, He employs them in what He loves. How should this fact affect our lives, what we do, and our priorities? How can the love of Allāh ﷻ become the compass that changes our choices?

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4. If someone were to ask you to compile a list of things to do before you die, what would this list include? Would the list include acts pleasing to Allāh ﷻ that bring you closer to Him? What would this list reveal about our values and priorities? How can we change ourselves so that our bucket list honestly and naturally includes religious acts?

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Expand Your Horizons

1. Someone comes to you complaining that they have lagged in their religious worship and devotion. They want to increase their love for Allāh ﷻ but feel stuck. Based on your reading of this chapter, what advice would you give them? Note that your reply should not be quick advice but more of a systematic program to cultivate their love of Allāh ﷻ. For example, if you recommend reading more books, propose topics and books that increase one's love for Allāh ﷻ.

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2. We often neglect to look at seeking knowledge as an act of worship. What do you think we should do for us to approach seeking knowledge differently? How can we connect our pursuit of knowledge to Allāh's love? Please recommend practical steps. Explain how this would change what we read and how we read.

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Keywords

Allāh's Love; People's Love; Worship and Love; Muslim Character;
Tazkiyah; Righteous Company; Khashyah; Knowledge.

What I want to remember from this Hadīth is (quotes, lessons, ...)

and

***Based on this
Hadīth, I will***

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PART 3

36

Hadīth Thirty-Six

**Loving Whom
the Prophet ﷺ Loved**

After reading this chapter, you will be able to answer the following questions

1. What are the benefits of seeking the company of the righteous? How do we find out who they are? How is loving them connected to loving Allāh ﷻ?

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2. What is unique about whom and what the Prophet ﷺ loved? What benefits do we get when we love whom and what he loved?

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3. Explain how loving the Prophet ﷺ and following him form a loop.

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4. Why is hating the Companions ﷺ a sign of hypocrisy?

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5. Worldly love and religious love may come into conflict. What should we do in that case? And how do we prepare for this inevitable clash?

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6. What does it say about us when we are attracted to the righteous and righteousness? And what does it say if we lean towards sin and the sinful?

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7. Why did the Prophet ﷺ list Ā'ishah رضي الله عنها as the one he loved the most, even though her father was better than her?

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8. The Companions رضي الله عنهم loved the Prophet ﷺ more than they loved themselves and their families. Can you bring some examples to support this conclusion?

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9. Explain the interactions between religious love and worldly love. How do they sometimes coincide, clash, or run independently?

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10. What are some of the virtues of Abū Bakr رضي الله عنه? What made him unique among all the Companions?

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Questions for Contemplation

1. The Companions' attitude towards the Sunnah differed from how many of us approach it today. Whereas we think of Sunnah as voluntary acts we can ignore, the Companions ﷺ loved it and tried their best to follow it. Why do you believe such a difference exists? And how do we go back to the way things were?

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2. Though many of us love the Prophet ﷺ or believe we do, we fail to express this love in the most meaningful and authentic way. What are some of the inferior or wrong ways the love of the Prophet ﷺ is expressed? How should we express this love in a more lasting and fruitful way?

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3. Our love for the Prophet ﷺ is incomplete until we love whom and what he loved and hate whom and what he hated. Why do many fail to connect between loving him and loving what he loved? How do we bridge that divide?

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Expand Your Horizons

1. What are some of the things that the Prophet ﷺ loved that you could adopt and start loving?

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2. If our love for this world is stronger than our love for Allāh ﷻ and His Prophet ﷺ, tests and temptations will destroy our Īmān. Can we increase our religious love now to shield us from the inevitable fitnah of tomorrow? How would you convince someone to do this, and how would you propose he does it?

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3. The bitterness of social interactions and experiences leads many to shut people out. However, we still need human connection. How can we solve this paradox? How can we protect ourselves from getting hurt while seeking the company of those who will uplift and enrich us?

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Keywords

Prophet's Love; Righteous Company; Loving the World; Love Clash;
Wrong Love; Social Relations; Loving the Companions; Following the
Sunnah; Hypocrisy; Social Relations; Sunnah; Īmān.

What I want to remember from this Hadīth is (quotes, lessons, ...)

and

***Based on this
Hadīth, I will***

This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the paper.



PART 3

37

Hadīth Thirty-Seven

**Loving To Hear About
Allāh** ﷻ

After reading this chapter, you will be able to answer the following questions

1. Why are Allāh's beloved eager to read the Qur'ān? Explain your point by drawing parallels to romantic love.

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2. Why is the longing to meet and see Allāh ﷻ the greatest type of longing? How would this longing affect our worship and life?

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3. What makes the Qur'ān such an invaluable gift and resource? What do we get from it when we read it?

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4. How does our relationship to the Qur'ān reflect the extent of Allāh's love for us and our love for Him?

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5. What are the virtues of Sūrah al-Ikhlās? Why is it so special? When is it recommended to read it? Why is it recommended?

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Questions for Contemplation

1. When we love someone, we naturally want to hear their words and be closer to them. And the closer we stay to someone, the more likely we will develop affection towards them. Explain the interplay between Allāh's love and the Qur'ān in light of the two previous statements. How should we look at the Qur'ān through the lens of Allāh's love? And how does Allāh's love bring us closer to the Qur'ān?

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2. How is your connection to the Qur'ān? If you are dissatisfied with it, create a plan to become one of the people of the Qur'ān. Set daily goals and reading times, and consult a tafsir or translation to help you absorb and think about what you read.

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Expand Your Horizons

1. When we love someone or something, we love to talk about them and hear about them. How often do you find yourself talking about Allāh ﷻ? And how much do you love to hear about Him? Assess yourself and consider ways you may improve.

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- 2.** You have been selected to teach a class for new Muslims. Your first lesson plan includes teaching them Sūrah al-Ikhlās. Read the tafsir of the Sūrah and extract from it lessons to increase their love for Allāh ﷻ. Secondly, develop a plan for them to integrate those lessons into their lives.

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Keywords

Allāh's Love; Qur'ān; Tazkiyah; Worship and Love; Sharīah and Love;
Romantic Love; Longing.

What I want to remember from this Hadīth is (quotes, lessons, ...)

and

***Based on this
Hadīth, I will***

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PART 3

38

Hadīth Thirty-Eight

**Spend From What You
Love To Attain Love**

After reading this chapter, you will be able to answer the following questions

1. What made it possible for Abū Talhah رضي الله عنه to give away the thing he loved the most? What did he love and want more than his garden?
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2. Why is righteousness founded on spending from what we love? What is this act attempting to change in us?
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3. Does our love for the world decrease with age and time? Why?
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4. Why is charity an act of purification? Why is it more rewarding when we are healthy and hopeful of a long life?
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5. What are the disastrous consequences of excessive love for the world? Explain using the image of the two hungry wolves from the Hadīth.
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- 6.** Why is it easier to be kind to strangers than our relatives? Why is it more rewarding to be kinder to our relatives than strangers?

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- 7.** What is the greatest fitnah (i.e., test) of the Ummah of the Prophet ﷺ? Why is loving the world the opposite of loving the hereafter?

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- 8.** What does hating the world mean? How do you reconcile it with marrying, having children, and earning a living?

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- 9.** What is the connection between loving the world and Muslim weakness today?

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- 10.** Sharīah leads to decreased attachment to the world. Please explain this statement while noting the gradual stages of that detachment.

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- 11.** Loving Allāh ﷻ diminishes the love of the world in the heart. Similarly, loving the world diminishes the love of Allāh ﷻ in the heart. Why? Is it possible for the two to coexist in the heart? If not, how do we decrease one and increase the other?

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Questions for Contemplation

- 1.** How can we treat our intense love for this world? After answering, please propose small and sustainable steps we can all take to help us accomplish this goal.

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- 2.** We should not just donate what we no longer need or give others what we would not want for ourselves. By adopting an attitude of loving for others what we love for ourselves, we can change the way we interact with people. For example, the advice, attention, and help we offer would be different because we would give them what we want for ourselves. Can you think of specific examples from your life where you can start adopting this attitude?

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Expand Your Horizons

1. You have a friend who is struggling in life. They are not religious and do not pray, although they say that they are trying to be a good person. They complain that they lack focus and are facing many setbacks in their job and personal life. They do not understand why they are struggling on many fronts, while many sinful people are happy and seem to get what they want in life. What would you say to your friend? How would you help them? What would you say to correct their understanding?

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2. How should one handle ungrateful relatives? Even though you try to be kind to them, they are rude or ignore you. Many people face this issue. How do you deal with it? What beliefs and practices help you—and all of us—treat our family better despite their ingratitude?

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3. Most of us today see the world as non-believers see it: we value wealth and fame over Īmān and Taqwā, worrying about this world and ignoring the next life. How can we adopt a different viewpoint? What type of learning and work must we do to see the world how Allāh ﷻ wants us to see it?

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Keywords

Allāh's Love; Sacrifice; Muslim Character; Tazkiyah; Loving the World; Family; Love Clash; Wrong Love; Charity; Sadaqah; Sharīah.

What I want to remember from this Hadīth is (quotes, lessons, ...)

and

***Based on this
Hadīth, I will***

[illegible]



PART 3

39

Hadīth Thirty-Nine

Loving Our Hometowns

After reading this chapter, you will be able to answer the following questions

- 1.** Why are Makkah, Madīnah, and Jerusalem special? List all their virtues.

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- 2.** Why did the Prophet ﷺ love Makkah? And why did he leave? What lessons can we draw from his migration?

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- 3.** What hardships did the Companions ﷺ face settling in Madīnah? What kept them there despite the hardship? What does this teach us about tests that follow a religious sacrifice? Why may we get tested at the beginning of our sacrifice for Allāh ﷻ?

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- 4.** What is the virtue of Mount Uhud?

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- 5.** Are the heavens, earth, and mountains conscious? What evidence can you bring to support your argument?

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6. What is the virtue of one prayer in Makkah? Madīnah? Jerusalem? How are they unique in terms of travel?

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7. What are the problems with nationalism? How is that different from the natural love we have for our hometowns? What would make loving our homelands problematic?

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Questions for Contemplation

1. Everything will love you if Allāh ﷻ loves you. Explain this sentence in light of what you read in this chapter. How does this allow Muslims to be connected to and in harmony with the world around them?

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2. We may have different religious intentions for doing the right thing. But can religious and worldly intentions intermix? Explain when that would be permissible or impermissible using the example of Umrah and praying at the masjid.

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3. Can we turn our worldly actions into worship and our worldly intentions into religious ones? How? Please provide examples.

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Expand Your Horizons

1. When we learn about the sacrifices of the Prophets ﷺ and early Muslims, we may not fully comprehend their suffering until we experience loss and pain. One of the most significant sacrifices and trials a person can endure is to be compelled to leave behind everything they are familiar with. Imagine having to leave behind all that is familiar to you. How can the Prophet's ﷺ migration help us deal with loss? How does it teach us to sacrifice for Allāh's sake? How can loving Allāh ﷻ empower us to do all this? How does Allāh's promise grant us hope?

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2. What spots does Allāh ﷻ love, and what spots does He hate? Also, can you find evidence that the most beloved spots to Allāh ﷻ are the mosques, and the most hated are the markets?

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Keywords

Makkah; Madīnah; Aqsā; Jerusalem; Sacrifice; Love Clash; Wrong Love; Nationalism; Migration; Intention; Harmony; Companions.

***What I want to
remember from this
Hadīth is (quotes,
lessons, ...)***

and

***Based on this
Hadīth, I will***

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Yours Angwen



PART 3

40

Hadīth Forty

**Loving 'Īmān
and Righteousness**

After reading this chapter, you will be able to answer the following questions

1. Why should we praise Allāh ﷻ after hardship?

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2. What would the Prophet ﷺ say after witnessing good and bad events? Explain why that makes sense at both possibilities.

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3. Hardship opens our eyes and makes us better humans. How? What does it allow us to see?

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4. What are the lessons of the Battle of Uhud?

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5. What would the Prophet ﷺ do when he was distressed? Why?

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6. Why must we love Īmān and hate disobedience? How do we attain it?

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- 7.** Surrendering to Allāh ﷻ is the best way to deal with setbacks. Explain.

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- 8.** Does punishing the disbelievers contradict love? Why?

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- 9.** Love cannot decide its moral parameters. What does this mean? Who decides?

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- 10.** If love embraces all and has no boundaries, it will cease to exist. Explain.

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- 11.** Why does love require hate to be complete? Please give examples to illustrate your point.

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- 12.** Does Allāh ﷻ love everything taking place on earth? Should we accept everything we see simply because Allāh ﷻ created it and allowed it to happen? How should we respond to it?

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Questions for Contemplation

1. Focusing exclusively on this world makes us unable to deal with its challenges. How does paying greater attention to the next life help us deal with our problems?

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2. Allāh ﷻ is the only one who can move things near and far. How should this belief affect our lives and pursuits?

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3. How does sin change our hearts?

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Expand Your Horizons

1. The prevalence of sin is striking in today's society. Sinful advertisements abound, and proponents of sin passionately advocate for it at all hours. In the midst of this, believers struggle to avoid exposure to sin and prevent its gradual normalization. How can we resist the normalization of sin? What steps can we take to create a barrier between ourselves and sin to stop it from becoming the norm?

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2. As more and more people seek your advice, you notice a common theme among them: they are struggling with hardship and don't know how to deal with it, feeling trapped and hopeless. How can praising and thanking Allāh ﷻ allow them to see the other side of hardship? Use the example of the Prophet ﷺ in the aftermath of Uhud and what you learned in this chapter to create a roadmap for receiving and dealing with hardship. Turn this roadmap into a handout that can help anyone who needs it.

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3. We often face competing loves in our lives. How can we prioritize our love for Īmān over worldly attractions? Imagine advising a friend who is struggling with sin and wants to improve. What should they do to love what Allāh ﷻ has commanded and hate what He prohibited?

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Keywords

Hardship; Distress; Gratitude; Praising Allāh; Grief; Allāh's Love; Tazkiyah; Muslim Character; Worship and Love; Peaceful Heart; Popular Culture; Loving the World; Īmān; Question of Evil; Popular Culture.

***What I want to
remember from this
Hadīth is (quotes,
lessons, ...)***

and

***Based on this
Hadīth, I will***

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Yours Angwen



PART 3

41

Hadīth Forty-One

The Way to His Love

After reading this chapter, you will be able to answer the following questions

1. What is the linguistic definition of a Walī? What are the three qualities that this definition entails? Please explain them in religious terms.

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2. Each Muslim has their portion of being a Walī of Allāh ﷻ. What is portion based on? Does everyone have the same portion? The same divine protection and care? Why?

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3. Does Allāh ﷻ defend His Walī and care for him? How? What evidence do you have to support this?

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4. Why does Allāh's Walī receive such care from Allāh ﷻ? What did they strive to achieve, and how did they sacrifice?

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5. Why does Allāh's Walī remind us of Allāh ﷻ when we see them? Is this about appearance or substance? Explain.

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- 6.** Why is hurting a Walī such a serious matter? What if we disagree with them over worldly issues? Can you recount the incident with Abū Bakr رضي الله عنه and the other three Companions?

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- 7.** Is a Walī fallible? Can they make mistakes? What evidence do you have to support your answer?

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- 8.** Do the Qur’ān and Sunnah reveal the path to becoming a Walī? What is this path?

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- 9.** Allāh ﷻ loves the obligations the most. What do they give us? Why should they be our first step in fixing our problems and getting close to Allāh ﷻ?

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- 10.** The Hadīth provides a blueprint to help us plan our path to Allāh ﷻ and prioritize our steps. Explain this sentence. How does it help us whenever there is a clash between obligations and recommendations? How does it help us put the obligations first? Please provide examples.

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11. What do obligatory acts introduce to make the recommended ones possible and fruitful?

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12. What are the best voluntary acts to bring Allāh’s love?

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13. How does Allāh ﷻ become the “hearing, sight, hands, and legs” of His Walī? Mention all the ways this happens (what a Walī does and what Allāh ﷻ does).

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14. A believer may have mixed feelings about death. Why?

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15. What does Allāh’s Hesitation in taking the believer’s soul mean? How is it unlike human hesitation?

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16. What does Allāh’s greatest Hesitation say about how much He cares for believers?

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Questions for Contemplation

1. Why is the definition of a Walī so misunderstood and shrouded in mystery? Do you have any examples of that misunderstanding? What did this lead to? What does this tell us about the necessity of grounding our definitions in the Qur'ān and Sunnah?

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2. We all desire protection and yearn for someone to care for and shield us. How does the knowledge that Allāh ﷻ could fulfill that role affect our relationship with Him?

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3. If we run away from Allāh ﷻ, no one will care for us or protect us. So, why do we keep running away from Him to get what we want?

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4. Some people spend too much energy on recommended acts and neglect their obligations. Please provide a few examples of that imbalance. Explain how following what Allāh ﷻ loves, not what we love, must guide us to adopt a different path.

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Expand Your Horizons

1. Allāh ﷻ becomes the hearing, sight, hands, and legs of His Walī. Does this mean that Allāh ﷻ unites with His Walī to become one with him? Why? What evidence can you bring to support your argument?

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2. What is a Karāmāh? Why does it occur? Can we conclude solely based on it that someone is a Walī of Allāh ﷻ? Why? What is the best sign of being a Walī of Allāh ﷻ?

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3. A Walī does not say no to Allāh, so Allāh ﷻ does not say no to him. How can this fact transform our relationship with Allāh ﷻ? How does listening to Allāh ﷻ acquire a new meaning grounded in love, not obligations and burdens?

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Keywords

Allāh's Love; Tawhīd; Walī; Karāmāh (Supernatural Event); Sharīah and Love; Worship and Love; Wrong Love; Religious Balance; Sufism; Path of Love; Death.

*What I want to
remember from this
Hadīth is (quotes,
lessons, ...)*

and

*Based on this
Hadīth, I will*

THIS IS LOVE *Workbook*
Your Answer

Handwriting practice lines consisting of 25 horizontal dotted lines.



PART 3

42

Hadīth Forty-Two

Never-Ending Love

After reading this chapter, you will be able to
answer the following questions

- 1.** According to the Hadīth, how would a believer attain honor and strength? Why?

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- 2.** Everyone pays a price for their choices. Can you bring some worldly examples of good and bad choices and their consequences?

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- 3.** Knowing that we must separate from all worldly love has invaluable lessons for us. What are they?

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- 4.** Is it possible to live entirely as we like? Why?

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- 5.** How does remembering death help us make the right choices?

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Questions for Contemplation

1. The enticing call for us to live as we please, free from external influence, is appealing. Why do so many of us embrace it? What is missing from it? What is it rebelling against?

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2. We called the followers of Allāh ﷻ in this book the true revolutionaries, the actual rebels. Why? What examples around you confirm the influences we must strive against?

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3. All love ends except for the love of Allāh ﷻ. How should this realization bring us closer to Allāh ﷻ? What can you do to maintain a strong connection to the love of Allāh ﷻ?

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Expand Your Horizons

1. Congratulations on finishing the entire book! Now, let's revisit the introduction and compare your previous answers to the questions with how you would answer them now. What have you learned? How have you changed? What are the objectives of the book as you see them now? This is an important step to monitor and evaluate your progress.

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2. After reading **This is Love**, if someone notices the book in your hand and asks about it, how would you introduce and summarize the book to them?

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3. Now that you have finished reading a book about loving Allāh ﷻ, how do you plan to sustain and expand what you have learned? How can we make this the beginning and not the end? Chart a specific and realistic plan for yourself to continue and build upon what you have learned. Let the recommendations in the book be your guide.

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Keywords

Allah's love; death; desire; living as we wish; relying on Allah; honor; dignity; worship.

***What I want to
remember from this
Hadīth is (quotes,
lessons, ...)***

and

***Based on this
Hadīth, I will***

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Yours Angwen