



Under the Supervision of
Shaikh Azhar Iqbal (MZA)



Salah and Tarbiyah Q&A – Part 5

Age Group: Ages 6-12 years

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Salah Q&A

Q1: At what time should I be sleeping to ensure that I get up for Fajr prayers?

A: You should try to sleep by 10 pm or maximum 1030 pm.

Q2: Is it sunnah of Muhammad ﷺ to sleep early?

A: Yes, it is sunnah to sleep after Isha prayers. Prophet ﷺ didn't like to converse with anyone after Isha. He preferred to sleep after Isha prayers.

Q3: If Prophet ﷺ used to sleep early, he must have gotten up early also?

A: Yes, Prophet ﷺ got up early. In fact, he used to pray his Tahajjud prayers regularly (which we say during the night before Fajr صلاة).

Q4: MaashAllah – I am impressed that Prophet ﷺ prayed Tahajjud regularly. This means that sleeping early will ensure that I get up early?

A: Yes, if you sleep early, i.e., after Isha prayers, it is almost sure that you will get up early Insha'Allah and offer your Fajr prayers on time.



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Q5: Ok, that's good alhamdulillah. So, how many hours should I be sleeping exactly?

A: For age 6-14 years, you should be sleeping at least 7 hours or more at night. However, some days you will sleep a bit more and some days, you will sleep a bit less. This is also OK.

Q6: Did Prophet ﷺ used to sleep for long hours at night?

A: Not at all. Generally, dear Prophet ﷺ used to sleep early and he got up early for Tahajjud. He probably slept for only a few hours at night. However, there is no proof that he ﷺ slept for a long time.

Q7: So, I should also sleep for a few hours and not for 7 or 8 hours?

A: It is best for you to sleep early and sleep as much as you require. Your first goal is to say your Fajr prayers regularly on time. If you want to pray Tahajjud, then you should pray to Allah Taala and Insha'Allah He will wake you up earlier for Tahajjud.

Q8: I am a boy. Do I have to say my Fajr prayers in the masjid as well?

A: Yes, definitely. Even if you are a boy, you need to say your Fajr in the masjid. Because if you don't develop the habit now, the devil (Iblees) might not let you develop this habit later.



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Q9: I am a Muslim boy. To say my prayers, should my ankles be covered like girls?

A: No, definitely not. Your ankles should be completely bare and your lower clothing (shalwar, trousers etc.) should be above your ankles.

Q10: OK, I did not know it. How much above the ankles should my clothes be?

A: It should be above the ankles by a small amount, not too much.

Q11: What if my ankles are not bare in صلاة?

A: If you are a boy or a man, and your ankles are not bare, then this is against Sunnah, and you may get punishment for it (may Allah Taala protect us).

Q12: Oh, I will keep my ankles bare now Insha'Allah. Now tell me, can I wear Bermuda shorts for my Salah because my ankles will be bare in Bermuda?

A: You can wear Bermuda shorts but wearing them for your Salah is *very disrespectful*. In your Salah, you are having a direct (live) meeting with Allah Taala. Will you go and meet some professional people in your Bermuda shorts? No. *So, how is it feasible for you to wear a Bermuda for a meeting with your Creator!?*

Q12: I am a Muslim boy. What if I wear a Bermuda or some rough trousers in an emergency to say my Salah. Will my Salah be accepted?

A: If your Bermuda starts from your waist and is falling beneath your knees, then your Salah will be accepted. But if your waist is laid bare during your



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sajdah, then your salah will become faasid (void/null)– you will need to say your Salah again.

Q13: Oh! How can my waist be laid bare during my Salah?

A: If you are wearing a tight and small shirt, then it may rise above your waist during Sajdah. If you tied your Bermuda/trousers/shalwar beneath your waist, and if your shirt rises above your waist, then your Salah will become void – you will need to repeat it.

Q14: I am a Muslim boy. Should my ankles be bare outside Salah also?

A: Yes, try to keep your ankles bare outside of Salah as well. This is a permanent Sunnah of Muhammad ﷺ.

Q15: What is my ستر (satar – part of body which should always be covered) as a Muslim boy?

A: You should be covered from your waist till below your knees.

Q16: What is my ستر (satar – part of body which should always be covered) as a Muslim girl?

A: You should be covered from your head till your ankles – your hands and feet and face can be bare.



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Q17: As a Muslim boy, from what age should I start saying my Salah in the masjid?

A: You should start saying Salah in masjid when you are 7 years old. When you are 10 years old, you should pray all 5 Fard Salah in the masjid.

Q18: What if the masjid is far from my home?

A: You should then go to the masjid only with some elder (father, older brother, uncle etc.) You should not go alone.

Q19: From what age should I start going to the masjid alone?

A: You can go to masjid yourself after 10 years if the masjid is very near your house and you live in a closed, gated and safe community. If the masjid is far off, then you should start going to masjid yourself after 18 years of age. You need to ask your parents about it.

Q20: I am getting late for Salah. Can I run towards the masjid to join the jamaat (congregational prayers) as soon as possible?

A: No, you should never run towards the masjid to join your Salah. *Salah is meeting with Allah Taala.* We cannot join this sacred meeting in a hurry and panting. It is disrespectful. You can walk towards the masjid more quickly than your normal pace.



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Q21: Ok, I will not run and walk fast. But what if the Imam finishes the Salah when I reach the masjid?

A: Don't worry. You will get the reward Insha'Allah for the whole Salah with jamaat because you tried your best to join the jamaat.

Q22: Can I say my Salah in my exercise (physical activity) clothes?

A: Yes, you can say your Salah in your exercise clothes. But make sure that your **ستر** is covered.

Tarbiyah Q&A

Q1: Should I make duaa to Allah Taala to enter me in Paradise?

A: Yes, Prophet ﷺ has recommended to us to make duaa for the best possible Paradise which is called Jannat-ul-Firdous.

Q2: While studying, am I allowed to keep my books on the floor?

A: It is disrespectful to keep your books on the ground, whether they are Islamic books, or they are scientific books, or novels. Islamic books contain the name of Allah and Muhammad ﷺ, so it is more disrespectful to keep Islamic books on the ground. However, you should not keep any book on the ground.

Q3: What if I don't have a table to study. What should I do then?

A: You can study while sitting on the ground. If you are reading from a book, you should keep this book on a small floor desk (رحل). If you need to keep some



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extra books on the ground, then you can put some plastic sheet, or cloth on the ground and put your books on that in a pile.

Q4: Can I pass over my books or floor desk with my bare feet?

A: No, you should not pass over your books (lying on the ground or the floor desk) with your naked feet or with slippers on. This is a most disrespectful action. Similarly, don't pass over your school bag or stationary items.

Q5: I am about to say my Salah when my mom gives me food to eat. What should I do?

A: You should eat the food first and delay your Salah. This is a Sunnah action. However, if your mom asks you when you want to eat, then tell her a time which does not disturb your Salah.

Q6: OK, I get it. But what if my Salah in masjid finishes while eating food?

A: Don't worry. You will Insha'Allah get the reward for saying your Salah in masjid and you will also get another reward for eating when given food.

Q7: I know it is Sunnah to wash hands before eating (and not to dry them). But one day, I was a guest at my friend's house. He gave me food but there was no place to wash my hands. What to do?

A: You should wash your hands if it is only convenient. If you are a guest, then you should see whether it is easy for your host to let you wash your hands. If yes, then ask him. Otherwise, eat without washing.



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Q8: So, what's the summary of the above?

A: The summary is that you should wash hands when it is convenient and possible for you to do so. However, whenever it is not feasible or not possible, then don't force yourself into washing hands by making things difficult for others. Insha'Allah Allah Taala will reward you for it.

Q9: What is the size of mouth bites (لقمة) that I should have while eating my food?

A: You should take your food in small bites. Otherwise, if you take large bites and fill your mouth, your cheeks will look like blown-up balloons while eating. This is a disrespectful way to eat and against Sunnah.

Q10: What is the way to give something to someone?

A: The Sunnah method is to give that thing with your right hand.

Q11: What is the way to take something from someone?

A: The Sunnah method is to take that thing with your right hand.

Q12: What is the way to give a glass of water to someone?

A: Put the glass on the palm of your left hand. Hold the bottom portion of the glass with right hand. The other person will then easily hold the glass from the above part.



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Q13: As a Muslim girl, should I be wearing hijab?

A: Yes, it is obligatory (Fard) for every Muslim girl to cover her head and hair completely with hijab when going outside the house. Not covering your head and hair with hijab and not covering your **ستر** properly will lead to sin and punishment (hellfire). May Allah Taala save us from hell.

Q14: What is the sunnah of drinking water?

A: It is as follows:

- Start with bismillah
- End with alhamdulillah
- Look in the glass while drinking (so that you know what you are drinking and you can ensure that nothing dangerous is mixed with the drink)
- Sit and drink
- Drink in 3 gulps if possible

Q15: Sometimes I am thirsty. I do drink water with sunnah but while drinking, I drink it hurriedly and I make a noise of gulping the water down. Is this fine?

A: No, this seems an unsophisticated way of drinking. There should not be any noise. Take your water slowly and in small gulps of three.

Q16: What if my mother is angry at me for something. What should I do?

A: Immediately go to her. Give her some gift. Request her to forgive you. Don't leave her company until she forgives you.



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Q17: What if my father is angry at me for something. What should I do?

A: Immediately go to him. Give him some gift. Request him to forgive you. Don't leave his company until he forgives you.

Q18: Oh! So respecting parents is that important?

A: Of course. If your parents are angry with you, then your Allah Taala is angry with you. This is the teaching of our Prophet ﷺ.

Q19: If I would like to offer food to someone and eat with them, then should I eat before giving them or after giving them?

A: It is Sunnah to offer food to someone first and then eat yourself at the end. You should be the last person to eat. However, if it is possible for all to eat together, then you should eat together.

والله اعلم بالصواب