

Lesson-03: Develop Gratitude

Lesson Outcomes

- What is the meaning of Rabb?
- Who helps us and grants us success?
- Why and how to praise and thank Allah?
- What and how many blessings of Allah are there?

Surah Al-Fatihah has several names. **أَلْحَمْدُ** is one of them and it means “praise.”

Recitation and Explanation

Recite with Tajweed and feelings, the way the Prophet صلى الله عليه وسلم used to recite:

2 **أَلْعَالَمِينَ**

رَبِّ

لِلَّهِ

أَلْحَمْدُ

of the worlds

the Lord

be to Allah

All the praises and thanks

All the praises and thanks be to Allah, the Rabb of the worlds

- **أَلْحَمْدُ** Has two meanings: Praise and Thanks.
- Praise: Allah is the greatest and the most merciful. He has immense power and authority. He has knowledge about everything. Nothing is hidden from him. Therefore, all praises are for Allah.
- Thanks: O Allah! We are thankful to you for blessing us with parent, food, shelter, friends, and so many things.
- **لِلَّهِ** : It has two words. **لِ** means “for;” “**لِلَّهِ**” means “for Allah.”
- **أَلْحَمْدُ لِلَّهِ**: The more we thank Allah, the more He will grant us. So, praise and thank Allah wholeheartedly!
- **رَبِّ** : The one who takes care of us and provides for our sustenance. He protects us from every danger. He provides us food, clothing, shelter, good health, peace, and comfort.
- **رَبِّ أَلْعَالَمِينَ** : Allah is the Rabb of all the worlds like world of humans, world of jinns, world of angels, world of plants, etc.
- O Allah! Indeed, You are the greatest. You take care of everyone in this huge universe.

Story: Abdullah’s father gifted him five gold fish and an aquarium. To keep these fish alive, Abdullah feeds them daily, cleans the tank regularly every few days and takes good care of them. It is his big responsibility. Now, feel the power of Allah that He fulfills the needs of billions of His creatures, protects them, and takes care of them every day and every second.

Hadith: Prophet Muhammad صلى الله عليه وسلم said: Saying **أَلْحَمْدُ لِلَّهِ** fills the Balance of deeds (on the Day of Judgement).

Tadabbur – Study, Imagine, and Feel

- Reflect upon different blessings of Allah that we enjoy. What would be our life without these? Would you like to give or sell off your eye or ear? You got that as a gift from Allah. Be thankful!
- According to an estimate, there are about 7 billion people on the earth. They eat at least 7 billion kilograms of food daily which is about 50,000 truckloads. This is the intake by humans only.
- Now think about sea creatures; only one whale eats about 4000 kilograms of food at a time. Praise and thank Allah wholeheartedly, who made these arrangements for every creature.

Tadhakkur – Du'aa, Evaluate, and Plan

- There are so many people in this world who don't have good things like you have. Thank Allah so that He increases your blessings. Stop complaining.
- Say Alhamdulillah when you see people around you who love you and care for you.
- Remind yourselves and others to remember the favors of Allah when you feel like complaining.

Habit

- InshaAllah, I shall always be thankful to Allah, be kind to everyone, and keep smiling (The الحمد لله Face 😊).
- In times of difficulty, I shall be patient and not complain. In addition, I shall recall the countless favors of Allah on me at that time so that Shaitan fails to make me complain.

PRACTICE QUESTIONS

1. Why and how to praise and thank Allah?
2. How many blessings of Allah are there? Give examples.
3. Why should we have the الحمد لله face?
4. When should we say الحمد لله ? what will happen when we say الحمد لله?
5. Some people always complain. What makes them complain and how can we help them?