

# Qur'an Lesson-1a: 12 Habits for SUCCESS - I



## Lesson Outcomes

- Why and when we should recite Ta'awwuz.
- What should be our feelings while reciting this.
- What are habits? Why are they so important in life.

**Keywords:** الرَّجِيمِ، الشَّيْطَانِ، أَعُوذُ

## Recitation and Explanation

الرَّجِيمِ	مِنَ الشَّيْطَانِ	بِاللَّهِ	أَعُوذُ
the outcast.	from Shaitan,	In Allah,	I seek refuge

- When any set of actions are done daily & regularly, they form as habits.
  - HABITS are the autopilots of our body.
  - When an action is done out of habit, we do NOT get tired.
  - How to develop the habits? Repeat the action as many times as possible
  - Good habits will give you success effortlessly
  - Bad habits will give you failure effortlessly
  - Good habits will make a person good, while bad habits will make him lose.
  - We can take many lessons from Ta'awwuz and Surah Al-Fatihah. Based on these lessons, we will study 12 habits can help us succeed in this world and the Hereafter.
  - **Habit 1: Seek protection!** Recite it whenever Shaitan whispers to you. Realize that you are under constant attacks from Shaitan and you need to seek protection. Safety first!
  - Recite Ta'awwuz before you start reciting the Qur'an so that you ponder its verses without any distraction and get guidance without any misunderstanding.
- Hadith:** Allah's Messenger (ﷺ) said: It is obligatory for you to tell the truth, for truth leads to virtue and virtue leads to Paradise, and the man who continues to speak the truth and endeavours to tell the truth is eventually recorded as truthful with Allah, and beware of telling of a lie for telling of a lie leads to obscenity and obscenity leads to Hell-Fire, and the person who keeps telling lies and endeavours to tell a lie is recorded as a liar with Allah. (Muslim 2607)

## Tadabbur wa Tazakkur

**Imagine & Feel:** Imagine in the winter, getting up for Fajr is challenging because of cold. You feel like sleeping more in the warm bed.

- If you have a habit of getting up for the Fajr, you will overcome the comfort and be courageous to defeat the laziness and weakness.
- Good habits make you strong will help you achieve a goal while bad habits will make you weak.
- **Dua:** O Allah help me overcome my bad habits and learn good habits.
- **Evaluate:** Do I have any bad habits that are pulling me down towards failure?
- **Plan:** I shall make a list of good habits and remind myself and others around me about them.

### PRACTICE QUESTIONS

1. What happens when we recite Ta'awwuz before reciting the Qur'an?
2. What are habits and why are they important for us?
3. How to develop good habits? How to lose bad habits?