

WEEKLY ATFAL CLASS

NAME:

DATE:



MAJLIS
ATFALUL AHMADIYYA
UNITED KINGDOM



TILAWAT

وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ

"And when I am ill, it is He Who"

HADITH

"Never a believer is hardship or illness, grief or even with mental worry except that his sins"

THOUGHT OF THE WEEK!

This weeks 'Thought of the Week' is: **Mental Health**. Match these phrases to complete the sentences.

Mental health is about how.....

..... is sometimes.

Talking about feelings is.....

..... you, feel, and every day.

Having difficult feelings.....

..... a sign of, not

SALAT RECAP - THE NIYYAT (INTENTION)



حَنِيفًا	وَجْهَتُ	الْمُشْرِكِينَ	وَالْأَرْضَ
.....	I have	Those who associate partners with	And

FRIDAY SERMON - FRIDAY 8TH MAY 2026

Once, a person named charged the Promised Messiah(as) with attempted murder., appeared as a witness and did his utmost to establish the case against him.

..... admitted his lie. He confessed that he had been forced into making his earlier statement and deposed that Mirza Sahib had never sent him to anyone.

There was who had known the Promised Messiah(as) since his, as they were the same age. He said that from his childhood, he had known the Promised Messiah(as) to be, and pious.