



# WEEKLY ATFAL CLASS

NAME:

DATE:



## TILAWAT

وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ

.....

## HADITH

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

## THOUGHT OF THE WEEK!

This weeks 'Thought of the Week' is: **Mental Health**. Answer these questions with short sentences.

What is Mental Health?

Name a few things that can improve Mental Health?

Name a few things that can destroy Mental Health?

## SALAT RECAP - THE NIYYAT (INTENTION)



حَنِيفًا	وَجْهَتُ	الْمُشْرِكِينَ	وَالْأَرْضَ
.....	.....	.....	And
.....	.....	.....	.....

## FRIDAY SERMON - FRIDAY 8TH MAY 2026

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

..... admitted his lie. He confessed that he had been forced into making his earlier ..... 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 ..... to be ....., ..... and pious.