

WEEKLY ATFAL CLASS

NAME:

DATE:



MAJLIS
ATFALUL AHMADIYYA
UNITED KINGDOM



TILAWAT

وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ

"And when I am ill,
it is He Who restores me to health."

HADITH

"Never a believer is stricken with discomfort,
hardship or illness, grief or even with mental worry
except that his sins are expiated for him."

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 normal sometimes.

Talking about feelings is.....

..... you think, feel, and act every day.

Having difficult feelings.....

..... a sign of strength, not weakness.

SALAT RECAP - THE NIYYAT (INTENTION)



حَنِيفًا	وَجَّهْتُ	الْمُشْرِكِينَ	وَالْأَرْضَ
Being ever-inclined to him	I have turned	Those who associate partners with	And the Earth

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.

Abdul Hamid 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 murder anyone.

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