



MAJLIS
ANSARULLAH
USA

Majlis Ansārullāh Monthly Meeting

February 2025

Home of Love or Fear

We have to be kind and loving to our wives



- Recitation and translation of the Holy Quran
- Pledge
- Hadith
- Discussion Segment
- Salat (Daily Prayers)
- Al-Wasiyyat
- Zahanat
- Reading The Holy Quran
- Health segment
- Local Time – Missionary Comments/Reminders/Announcements
- Du'a



And those who say, 'Our Lord, grant us of our wives and children the delight of *our* eyes, and make us a model for the righteous.

وَالَّذِينَ يَقُولُونَ رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ
وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا ﴿٧٥﴾

Chapter 25, Al Furqan, Verse 75



أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

Say this part three times:

Ash-hadu • alla ilaha • illallahu • wahdahu • la sharika lahu • wa ash-hadu • anna Muhammadan • `abduhu • wa rasuluh

Say this part once:

I bear witness • that there is none worthy of worship • except Allah. • He is One • (and) has no partner, • and I bear witness • that Muhammad (peace be upon him) • is His servant • and messenger.

Say this part once:

I solemnly promise that • I shall endeavor • till the end of my life • for the consolidation • and propagation of Islām Ahmadiyyat • and for upholding • the institution of Khilafat. • I shall also be prepared • to offer the greatest sacrifice • for this cause. • Moreover, • I shall urge all my children • to remain true • to Khilafat Ahmadiyya. • *Insha'Allah.*



MAJLIS
ANSARULLAH
USA

Hadith



O Allah, Bless Muhammad^{sa} and the people of Muhammad^{sa}, as Thou didst bless Abraham and the people of Abraham. Thou art indeed the Praiseworthy, the Glorious. Prosper, O Allah, Muhammad^{sa} and the people of Muhammad^{sa}, as Thou didst prosper Abraham and the people of Abraham. Thou are the Praiseworthy, the Glorious

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى
إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ، اللَّهُمَّ بَارِكْ
عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ
إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ -

Hadrat Abu Huraira^{ra} reported: The Prophet^{sa} said, "May Allah have mercy on a man who gets up at night and prays, and awakens his wife; if she refuses, he should sprinkle water on her face. May Allah have mercy on a woman who gets up at night and prays, and awakens her husband; if he refuses, she would sprinkle water on his face".

Sunan Abi Dawud, Hadith #1308



MAJLIS
ANSARULLAH
USA

The Holy Quran Discussion



And those who say, 'Our Lord, grant us of our wives and children the delight of *our* eyes, and make us a model for the righteous.

وَالَّذِينَ يَقُولُونَ رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ
وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا ﴿٧٥﴾

Chapter 25, Al Furqan, Verse 75



One Nasir was harsh in his approach at his home. He had instructed his wife that he would want freshly prepared hot food ready when he gets home from work. He also expected his home to always be clean and tidy. His wife was always very busy cooking cleaning and taking care of the children in the evening. One night after dinner, he got up and was getting ready to leave. His wife wanted to know where was he going. He said, "I am going to go sit with my friends, you never have any time for me".

Is his response acceptable?

Do you see anything wrong with this couple?



Some men, thinking that they have unbridled authority as the head of the house, are engaged in domestic violence and cruelty to children. So, if one wants to carry on treating his wife and children like ignorant people, then there is no benefit in coming into the Bai'at [Oath of Initiation] of the Promised Messiah^{as}. The Holy Prophet^{sa}, as the guardian of his family, made his family appreciate first and foremost, the importance of establishing Tauheed [Oneness of God]. However, he did so with love and affection, not by force. Thus, Hazrat Aisha^{ra} relates that the Holy Prophet^{sa} would wake up during the night to offer nafl [voluntary] prayers and he would wake us up with a light sprinkling of water, so that we may offer nawafil and fulfil the responsibilities which are due to Allah. Then, the Holy Prophet^{sa} helped with tasks, which were part of the duties of the wives. Hazrat Aisha^{ra} relates that he would stitch his own clothes, mend his shoes and repair the household items such as the water bucket etc. Thus, many husbands, keeping these examples in mind, will have to re-evaluate their behavior at home. Remember the Hadith, "The one from among you is the highest regarding morals and manners who is better in his treatment of his wives." Thus, good treatment of wives is the very sign of the greatness of one's standard of faith.



آنحضرت صلی اللہ علیہ وسلم نے تو سب سے پہلے گھر کے سربراہ ہونے کی حیثیت سے توحید کے قیام کی اہمیت اپنے بیوی بچوں پر واضح فرما کر اس پر عمل کروایا لیکن یہ کام بھی پیارا اور محبت سے کروایا۔ ڈنڈے کے زور پر نہیں۔ آنحضرت صلی اللہ علیہ وسلم نے تو گھر کے سربراہ ہونے اور دنیا کی اصلاح اور شریعت کے قیام کی تمام تر مصروفیات ہونے کے باوجود اپنے گھر والوں کے حق ادا کئے اور پیارا اور نرمی اور محبت سے یہ حق ادا کئے۔ گھر کا

سربراہ ہونے کا حق اس طرح ادا کیا کہ پہلے یہ احساس دلوا دیا کہ تمہاری ذمہ داری توحید کا قیام ہے۔ اللہ تعالیٰ کی عبادت ہے۔ چنانچہ حضرت عائشہؓ کہتی ہیں کہ آنحضرت صلی اللہ علیہ وسلم رات کو نفل کے لئے اٹھتے تھے اور پھر صبح نماز سے کچھ پہلے ہمیں پانی کے چھینٹے مار کر اٹھاتے تھے کہ نفل پڑھو۔ عبادت کرو۔ اللہ تعالیٰ کے وہ حق ادا کرو جو اللہ تعالیٰ کے حق ہیں۔ (بخاری کتاب الوتر باب ایقاظ النبی ﷺ اہلہ بالوتر حدیث 997) (سنن ابی داؤد کتاب الصلوٰۃ باب قیام اللیل حدیث 1308)

آجکل کئی گھروں کے مسائل اور شکایات سامنے آتی ہیں جہاں مرد اپنے آپ کو گھر کا سربراہ سمجھ کر، یہ سمجھتے ہوئے کہ میں گھر کا سربراہ ہوں اور بڑا ہوں اور میرے سارے اختیارات ہیں، نہ اپنی بیوی کا احترام کرتا ہے اور اسے جائز حق دیتا ہے، نہ ہی اولاد کی تربیت کا حق ادا کرتا ہے۔ صرف نام کی سربراہی ہے۔

پھر بچوں اور بچیوں پر ظلم کی حد تک بعض باپ سلوک کر رہے ہوتے ہیں۔ اگر حضرت مسیح موعود علیہ الصلوٰۃ والسلام کو ماننے کے بعد بھی جاہل لوگوں کی طرح ہی رہنا ہے، ان مسلمانوں کی طرح رہنا ہے جن کو دین کا بالکل علم نہیں ہے، اپنے بیوی بچوں سے ویسا ہی سلوک کرنا ہے جو جاہل لوگ کرتے ہیں تو پھر اپنی حالتوں کے بدلنے کا عہد کر کے حضرت مسیح موعود علیہ الصلوٰۃ والسلام کی بیعت میں آنے کا کوئی فائدہ نہیں۔



It has become a custom for men to say they have responsibilities of the house, and they are busy in their business and jobs so they cannot pay attention to the home and watching children is the responsibility of women. They should remember that as men and head of the family they are responsible to keep an eye on the household. A man should fulfil the rights towards his wife and children. He should spend time with them, even if it is only on the two days of the weekend. He should get them connected with the mosque and encourage them to participate in the Jama'at activities. He should arrange some recreational programs and should take interest in their activities so they can share their problems with him like a friend. He should talk to his wife and children about their problems and should help solve these issues; this is the only way he can have the status as the head of the family



Huzoor^{aba} spoke at length about the importance of creating homes filled with love, affection, and peace, explaining that these virtues would flow from the home into society. He shared the guidance of the Promised Messiah^{as} on the respectful and kind treatment of women, reminding the ansar of an incident where the Promised Messiah^{as} had raised his voice slightly to his wife and then spent a long time in prayer, seeking forgiveness and offering charity. This anecdote served to highlight the high standard of conduct expected from ansar, particularly in their homes

“By the time you turn forty, you reach full maturity. It is also a time when some people do not control their emotions. They start feeling like they deserve more respect and honors. If there is ever a disagreement with their wives, it can lead to situations where husbands become harsh with them or even treat their wives’ close relationships unjustly. When a husband behaves in a way that his wife finds inappropriate, it has a negative impact. This leads to much tension and discomfort in the house, which ultimately impacts the children.”



MAJLIS
ANSARULLAH
USA

Salat



Huzoor (May Allāh be his Helper) said: We all know that the Salāt has been enjoined upon every Muslim and that the Holy Qur'ān is full of exhortations to this effect. The Holy Prophet said that Salāt is the essence of worship and that forsaking salat brings one closer to infidelity and idolatry. The Holy Prophet said that children should be exhorted to offer Salāt when they are seven years old, and when they reach the age of ten, the parents can, if necessary, use strict measures to make them regular in Salāt.

Huzoor^{aba} said: Children hear these teachings about the importance of Salāt in various gatherings, but they have no effect on them if they go home and see that their own parents are not punctual in their prayers. Such children will think that these commandments are not important, and they will then start ignoring all Islāmic commandments. Such parents remain deprived and will also deprive their children. Parents often worry about the material desires and progress of their children, but have scant regard for the things that truly matter.

Friday Sermon delivered by Hazrat Khalifatul Masih V^{aba}, January 20th, 2017

ہم میں سے کون نہیں جانتا کہ مسلمانوں پر نماز فرض ہے۔ قرآن کریم میں متعدد جگہ نماز کی اہمیت مختلف حوالوں سے بیان کر کے اس طرف توجہ دلائی گئی ہے۔ آنحضرت صلی اللہ علیہ وسلم نے بھی فرمایا ہے کہ نماز عبادت کا مغز ہے۔ پھر بچوں کو بھی نماز کا پابند بنانے کے لئے آنحضرت صلی اللہ علیہ وسلم نے ارشاد فرمایا۔ اگر ماں باپ ہی نمازوں کے پابند نہ ہوں گے تو بچوں کو کس طرح کہہ سکتے ہیں یا اگر بچے اپنے اجلاسوں یا مختلف ذریعوں سے یہ حدیث سن لیں، آنحضرت صلی اللہ علیہ وسلم کا ارشاد سن لیں لیکن گھر میں وہ اپنے باپوں کو نمازوں کا پابند نہ دیکھیں تو ان پر کیا اثر ہوگا؟

خطبہ جمعہ ۲۰ دسمبر 2017ء فرمودہ حضرت مرزا مسرور احمد، خلیفۃ المسیح الخامس ایدہ اللہ تعالیٰ بنصرہ العزیز



MAJLIS
ANSARULLAH
USA

Al-Wasiyyat



You can never ever win the pleasure of Allah unless you, relinquishing your desires, abandoning your pleasures, sacrificing your honour, disowning your wealth, discarding your life, bear such hardships in His way as make you suffer the pangs of death. But once you suffer such hardship, you will sit in the lap of God like a beloved child. And you will be made heirs of the truthful who have preceded you. The door of every blessing will be opened to you. But there are few who belong to this category.

خدا کی رضا کو تم کسی طرح پا ہی نہیں
سکتے جب تک تم اپنی رضا چھوڑ کر اپنی لذات چھوڑ کر اپنی عزت چھوڑ کر اپنا مال چھوڑ کر اپنی
جان چھوڑ کر اُس کی راہ میں وہ تلخی نہ اٹھاؤ جو موت کا نظارہ تمہارے سامنے پیش کرتی ہے
لیکن اگر تم تلخی اٹھا لو گے تو ایک پیارے بچے کی طرح خدا کی گود میں آ جاؤ گے اور تم اُن
راستبازوں کے وارث کئے جاؤ گے جو تم سے پہلے گذر چکے ہیں اور ہر ایک نعمت کے دروازے
تم پر کھولے جائیں گے لیکن تھوڑے ہیں جو ایسے ہیں



MAJLIS
ANSARULLAH
USA

Zahanat (Mental ability)



Q 1. What is the hardest natural substance on Earth?

1. Gold
2. Iron
3. Diamond
4. Quartz

Q 2. Which language has the most native speakers in the world?

1. English
2. Spanish
3. Chinese
4. Hindi

Q 3. Which country is the largest by land area?

1. Canada
2. China
3. Russia
4. United States



Q 1. What is the hardest natural substance on Earth?

1. Gold
2. Iron
3. **Diamond**
4. Quartz

Diamond

Diamond is the hardest naturally occurring substance found on earth. Diamonds also bend and reflect light and break it up into the colors of the rainbow, which is what gives them their sparkle.

Q 2. Which language has the most native speakers in the world?

1. English
2. Spanish
3. **Chinese**
4. Hindi

Chinese

1.3 Billion Native Speakers. Numbers vary widely — Ethnologue puts the number of native speakers at 1.3 billion native speakers, roughly 900 million of whom speak Mandarin — but there's no doubt it's the most spoken language in the world.

Q 3. Which country is the largest by land area?

1. Canada
2. China
3. **Russia**
4. United States

Russia

With a total area of 6,592,850 square miles (17,075,400 square km), Russia is the world's largest country. A distant second is Canada, with 3,855,103 square miles (9,984,670 square km).



MAJLIS
ANSARULLAH
USA

Reading of the Holy Quran

Quran Tajweed Basics

Letter Rā (ر) Thick/Thin sounds


The Letter Rā can be pronounced thick (Tafkhīm) or thin (Tarqīq) based on certain conditions:

- 1) Rā Mutaharrik (vowelled) will be pronounced with thick or heavy sound if it bears Fat'hah or Dammah or its Tanwīn or Tashdīd.



- 2) Rā Mutaharrik (vowelled) will be pronounced with thin or light sound if it bears Kasrah or its Tanwīn or Tashdīd.



Play Audio 
Or [click here](#)

(Rā rule conti.)



MAJLIS
ANSARULLAH
USA

Health

The Many Health Benefits of Fasting

Tanvir Ahmed
Qaid Health



FASTING

A Natural Way to
Boost Health,
Weight Loss, and
Longevity

Fasting Quotes

↳ ***Fasting is the greatest remedy - The physician within***

Philippous Paracelsus - Swiss Physician

↳ ***Humans live on one-quarter of what they eat; on the other three-quarters lives their doctors***

(Egyptian Pyramid Inscription 3800 BC)



Many benefits of Fasting

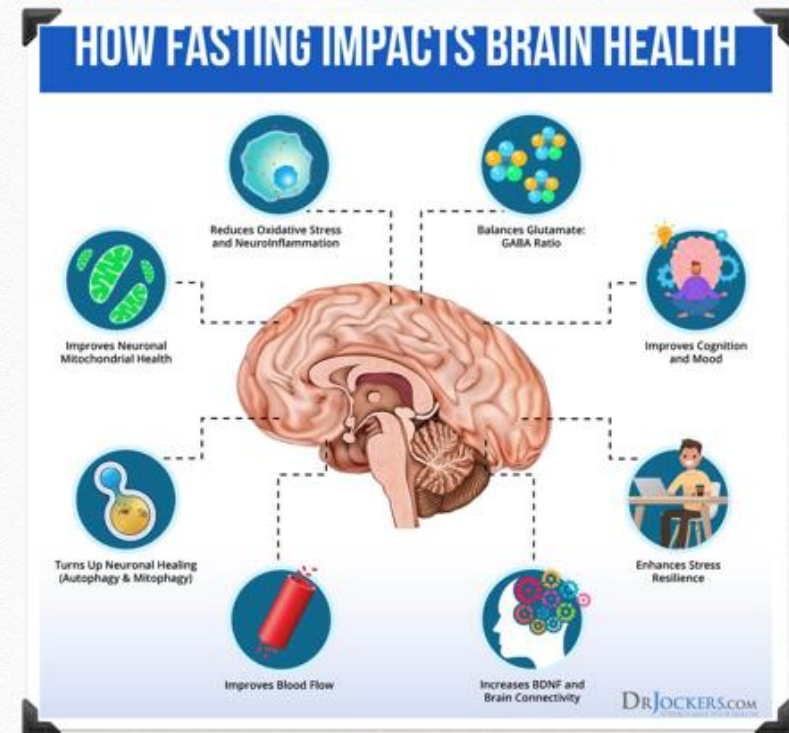
- A Longer Life, Leaner Body and Sharper Mind
 - ***New England Journal of Medicine***
- Fasting can protect organs against diabetes, heart disease, age-related neurodegenerative disorders, inflammatory bowel disease and many cancers



Many benefits of Fasting

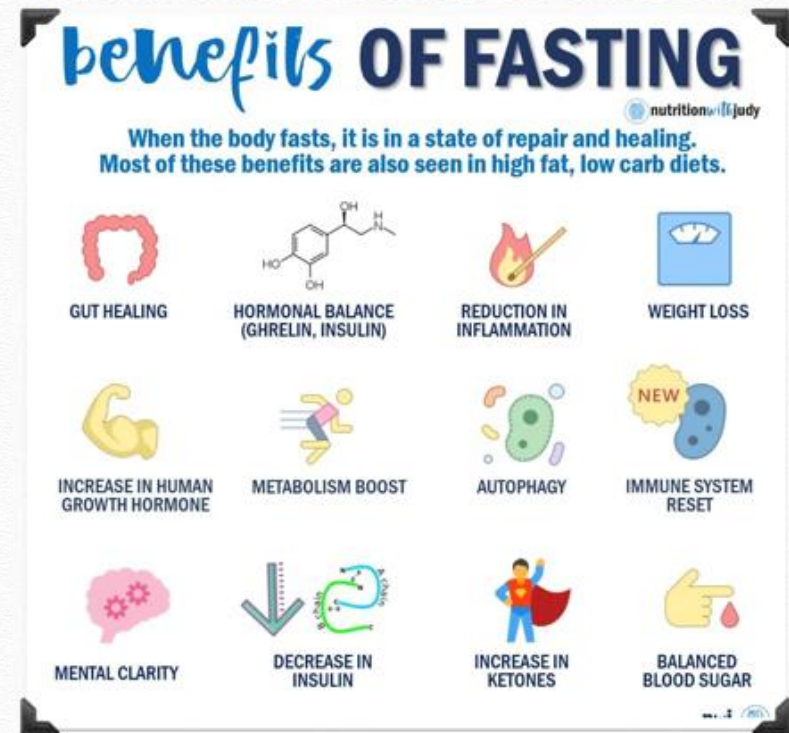
↳ **Thinking and memory**
Studies discovered that intermittent fasting boosts memory in both humans and animals

↳ **Heart health** Intermittent fasting improved blood pressure and resting heart rates as well as other heart-related measurements



Many benefits of Fasting

- ↳ **Physical performance.** Young men who fasted for 16 hours showed fat loss while maintaining muscle mass
- ↳ **Tissue health.** Intermittent fasting reduced tissue damage in surgery and improved results (Animal Model)

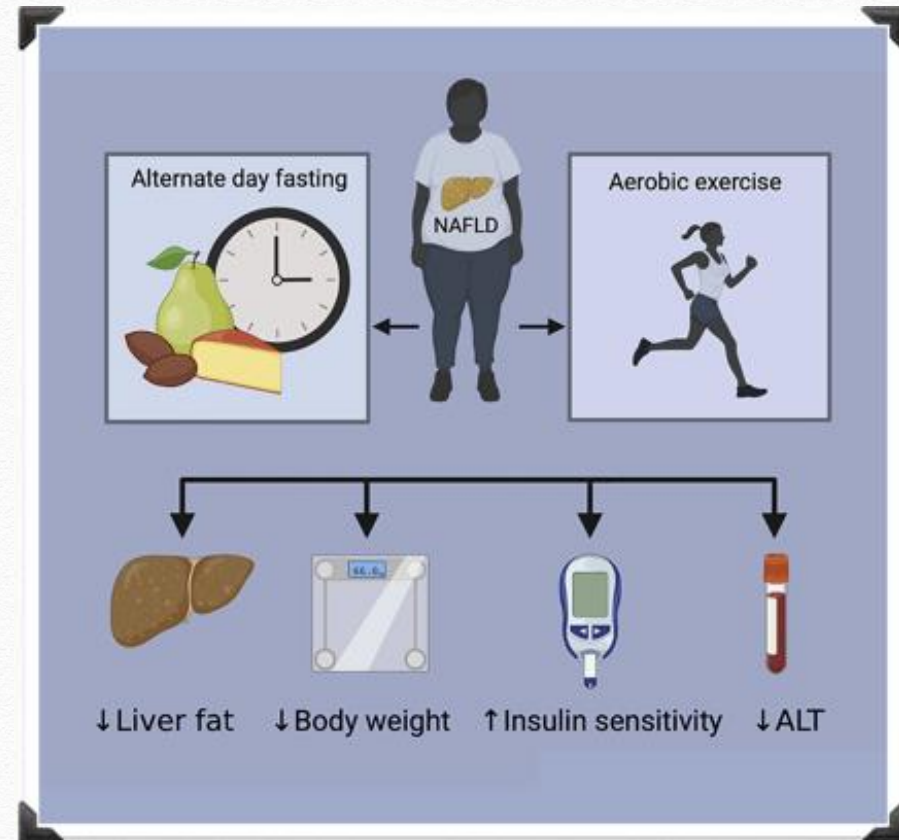


Many benefits of Fasting

↳ **Fasting Promotes Weight loss** in obese adult humans

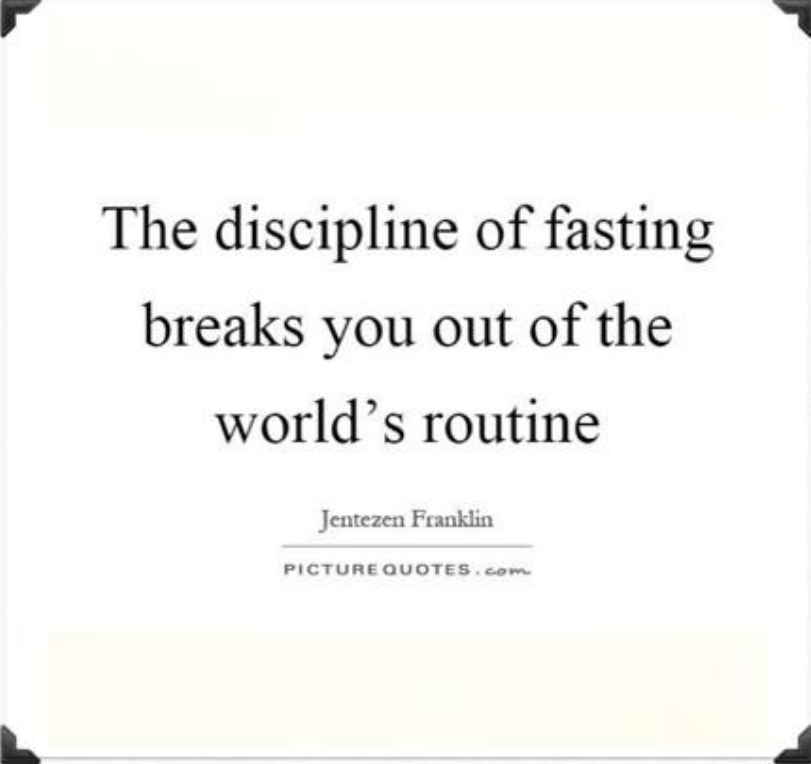
↳ **Diabetes Mellitus** Fasting can lower levels of fasting glucose, fasting insulin and leptin while reducing insulin resistance etc.

↳ Some patients may can get rid of their insulin. Talk to your doctor



Who should not fast

- ↳ Children
- ↳ Women who are pregnant or breastfeeding.
- ↳ People with [type 1 diabetes](#) who take insulin
- ↳ People with eating disorder



The discipline of fasting
breaks you out of the
world's routine

Jentezen Franklin

PICTUREQUOTES.COM



MAJLIS
ANSARULLAH
USA

- Sign-up for TAQWA Quran classes via the following link <https://www.altaqwa.us/registration/>
- Sign-up for Waqf e Ardhi via the following link <https://tinyurl.com/WaqfeArdhiSignup>
- Murabbi Sahib's Comments
- Reminders/announcements
- Du'a
- Adjourn



**Waqf e Ardhi
Sign-up**

Jazakumullah for Participating!
If you enjoyed it, please convey to those brothers who are not here today!

Please take a moment to provide your feedback

<https://tinyurl.com/TalimDeckFeedback>



Feedback