

Spirituality II: Foundations of Journeying to Allah

Course Objectives:

This 12 sessions course is intended to explore the basic foundations of spirituality as prescribed in the Book of Allah and the Sunna of Rasulullah (peace & blessings be upon him), and how to excel in worshiping Allah and gain His mercy and satisfaction.

Course Requirements:

This class should meet once a week for one hour (45 min. for lecture & 15 min. for Q/A) . It is open for all brothers and sisters who have a special thirst to spirituality.

Regular attendance is highly recommended if participants would like to fully benefit from the course.

Session	Topic
1	Introduction: The heart as the center of the body
2	Basic Requirements of Tazkiyah (Journeying to Allah): 1. Companionship & Community 2. Dikhr 3. Sidq
3	Introduction to the first pillar of Tazkiyah (Journeying to Allah): <i>Companionship & Spirituality as a key to journeying to Allah</i>
4	❖ Loving Allah the Almighty
5	❖ Loving Rasulu Allah (peace be upon him)
6	❖ Loving the believers and being generous with them
7	❖ Taking the Messenger of Allah and his character as a great example
8	❖ Be gentle to your Parents, Relatives and Friends
9	❖ Marriage based on the Islamic etiquettes / Al-Kiwamah& Al-Hafidiyah
10	❖ Be generous with your neighbors and guests
11	❖ Respect the rights of Muslims on you and helping people to overcome their conflicts
12	❖ Kindness and good morals or character