

## Lesson 1:

### Du'a When Waking up from Sleep

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

*Alḥamdu lillāhil-ladhī 'aḥyānā ba`da mā 'amātanā wa 'ilayhin-nushūr.*

“Praise is to Allah Who gives us life after He has caused us to die and to Him is the return.”

Reference: Al-Bukhari, cf. Al-Asqalani, Fathul-Bari 11/113; Muslim 4/2083  
Hisn al-Muslim 1

### From Islam: A Total Beginner's Guide Part 1

#### *The Word Islam*

The term Islam is derived from the Arabic root S-L-M and *Salamah* is a verbal noun which means to be in a state of being safe and sound or to remain unharmed or unimpaired. *Salam* comes from the same root, which means peace.

It is important to realize that among the different religions of the world, Islam is the only one that bears a name that explains its essence. Islam means entering Salm. The root meaning of the word Islam is to enter peace with Allah and humankind. Peace with Allah implies complete surrender to His Will. Peace with humankind is not only to refrain from evil or unjust injury to another, but also to do good to them.

#### Surah Baqarah 2:112

“Nay, indeed whosoever submits himself to Allah, striving all the while in excelling doing the good, his reward is with his Lord. No fear shall be on them, neither shall they grieve.”

It is sincerity that determines the worth of a deed. Allah looks at your hearts and your intentions.

A Muslim plays an important role in society. He/she is at peace with The Creator. He/she is at peace with fellow human beings and all of Allah's Creations. Islam is submission. It is an act of resignation and total surrender to Allah's Will and following His Commands.

Some other words with the same root:

*Salam*: this word has two meaning, to be protected from all afflictions and to remain in a state of peace.

*Asalamu Alaykum*: the greeting for Muslims, “peace be with you”

*Wa Alaykum Asalam*: the return greeting, “and peace be with you”

If you can add *wa Rahmutallah* which means “and Allah's Mercy” and *wa Barakattuh* which means “and His Blessings” that makes the greeting even better.

Silm: it means peace but also used in the sense of obedience to Allah and his Messenger, saw.

Muslim: the one who professes the religion of Islam and submits to Allah.