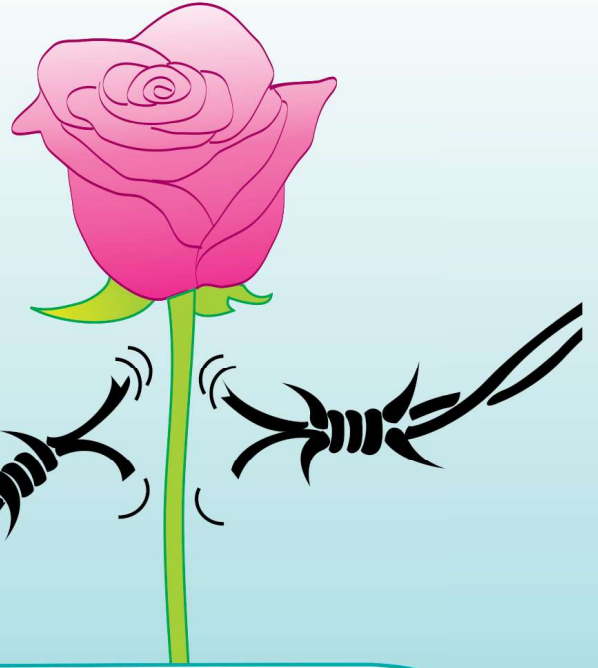


سُورَةُ الْمَنَشْرِحِ

# The Relief

Theme:

*The surah of Hope*



- Difficulties and troubles are part of life. Good and bad times may come on anyone.
- When facing such a time one should remember that, Allah (ﷻ) always provides a solution, a way out, a relief, if we only follow His path and show our faith by patience and good deeds.
- Allah (ﷻ) is the goal and focus of the righteous man's whole attention and desire in all times.

## PRACTICAL TIPS

When we have to face a difficulty we become sad and feel very low. At that time we should count the blessings that Allah (ﷻ) has blessed us with, and ask Him for help and pray to Him and remember that relief and difficulty are all temporary.

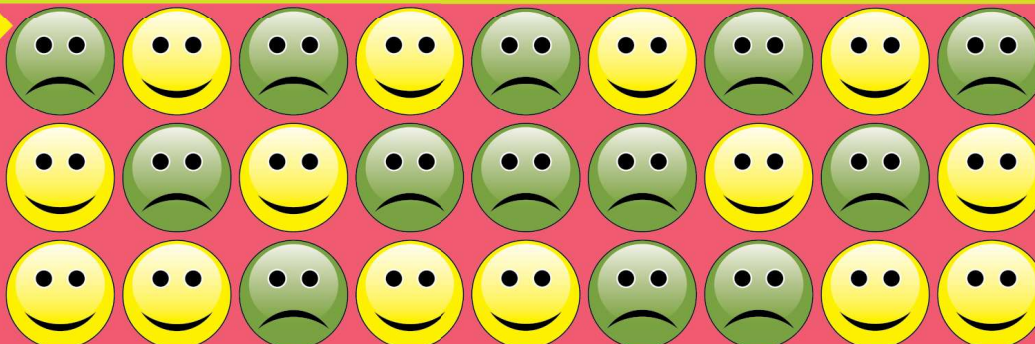
# Happy and Sad

Human life passes through different stages, childhood, adulthood and old age. Sometimes there is happiness and sometimes there is sadness, so life passes through alternate happy & sad events.

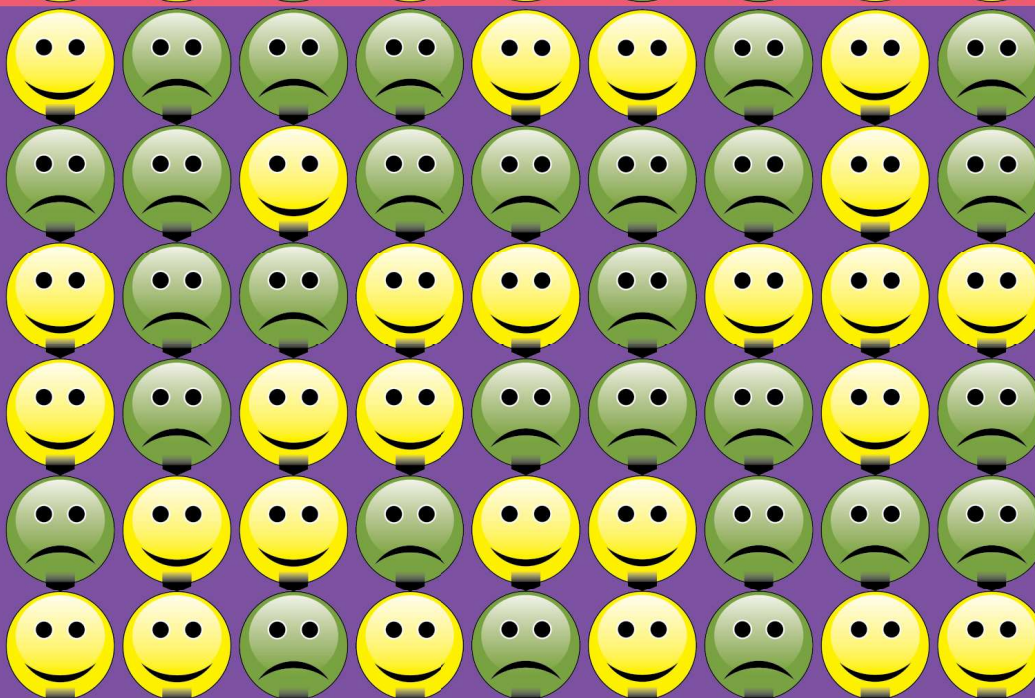
In the following game you have to find out HAPPY and SAD sequence starting from start point in childhood and end point in old age.

Start

CHILDHOOD



ADULTHOOD



OLD AGE



End 84

# Evaluation

Answer the following questions

Remember a difficult time and relaxed time in your life and write few lines on how you felt each time.

How should one react in his difficult time and relaxed time in life?

