

Quarterly Discussion Topics on Family Life

Domestic Issues and their Solutions Excerpts from Addresses given by Khalifatul Masih V^{ab}

Quarter 2:

Islam: A Complete Code of Conduct: Husband and Wife are a Garment for Each Other; Controlling Anger.

Societal Role of Husband and Wife: Prayers for one's Life Partner and Children; Lack of Mutual Love between Parents and its Negative Impact on Children; Blessings of Saying Assalamo Alaikum (**Pages 35 – 60**).

Holy Qur'an

Surah Al Baqarah, 2:188

"They are a garment for you, and you are a garment for them."

Talking Points (from reading pages 35 – 60):

- ❧ How do we find true contentment so that family conflicts, arguments and estrangements are avoided?
- ❧ Discuss how Huzoor^{ab} describes the 'garment of righteousness' – what do we have to do to achieve it?
- ❧ What effect does the greeting of peace have on our home and relationships?

Helpful Resources for this discussion:

- ❧ Hadrat Amman Jan – An Inspiration for us all - Top Tips from Hadrat Amman Jan (Pgs. 186 – 190)
- ❧ Taleem & Tarbiyyat Workbook – Guidelines for Marriage in Islam (Pgs. 143 & 144)
- ❧ Ahadith:
 - Narrated By Abu Dharr : The Apostle of Allah^{sa} said to us: When one of you becomes angry while standing, he should sit down. If the anger leaves him, well and good; otherwise he should lie down (Abu Dawud).
 - Abu Huraira reported Allah's Messenger^{sa} as saying: The strong-man is not one who wrestles well but the strong man is one who controls himself when he is in a fit of rage (Sahih Muslim).

Practical Tools:

- ❧ Memorize and include this valuable Prayer every day: Surah Al Imran, Ch.3: V.9
"Let not our hearts become perverse after Thou hast guided us,
and bestow on us Mercy from Thyself, Thou alone art the Bestower."
- ❧ Analyze conversation styles / Improve listening skills and emotional Intelligence by using selected exercises listed on the PowerPoint Presentation – **Practical Tools for Proposal 1, Family Life**. Please select 2 examples to explore at one time.