**Ramadan Classes**

**Class 1**

**The Book of Purity - Chapter One**

Greet your class. Ramadan Mubarak! I hope fasting is going well for those of you who are fasting today ☺

Briefly introduce the book (also show the book cover) and the topic of discussion…

Imam Ghazali was a scholar who wrote books, which explain to us the deeper meaning behind many of our practices.

So today we are here to discover something **new** about a practice that you may already know about or you may already do.

**What is Wudu?**

Here you can explain the basic concept of wudu, considering the age group of students you are addressing (include visual aids for the youngest children).

Include the following Quranic Ayat and ahadith:

“Oh you who believe, when you prepare for prayer, wash your faces, and your hands (and arms) to the elbows; rub your heads (with water); and (wash) your feet to the ankles.” [6:5]

The words of our blessed Prophet (saw) “Religion is built upon cleanliness” and also, “Purity is the key to prayer.”

* **Imam Al-Ghazali relates a story to explain the outer and inner meaning of wudu**

Tell the story page 21-23

We learn from this story that not only are we doing something physically cleansing when making wudu, but also we are mentally and spiritually cleansing ourselves too! There is an outer practice and an inner meaning.

* **Have you ever considered that wudu is a form of worship in itself?**

Has anyone been practicing mindfulness at school? Allah (swt) here is teaching us the perfect practice of mindfulness, which marries mindfulness of the body and soul.

When you go to pray or read Quran, you are actually disconnecting with what you are occupied with in the outside world and you are turning your attention to yourself and then to your connection with Allah (swt).

If we rush from playing or studying straight to prayer, we find it becomes a robotic practice that has a limited benefit.

Consider what wudu is really doing. It is a physical form of refreshment and cleansing…but it also a means to pause and think about how every physical action is related to an intention and this has an effect upon the spiritual heart. *Wudu is therefore an outward and inward purification.*

And God Most High says, “Therein are people who love to purify themselves and God loves those who purify themselves” (9:108) and God Most High says, “God does not want to burden you: He wants to make you pure (5:6).

This brings a better understanding of the hadith of the Prophet (saw) in which he said,

 “Purification is half of faith.”

If we understand faith to mean prayer, then wudu is half of your prayer because outwardly your prayer it is not valid without wudu.

*But now that we understand that wudu has an inner meaning, we know that we don’t only purify our body outwardly, but only we purify ourselves inwardly by polishing the heart of its bad vices and deeds.*

*Now we are truly ready to meet Allah (swt) in our prayer, with a clean body and sound heart!*

* **Perform the guided wudu contemplation time, on pg 87**