

# Jealousy (Hasad)

## Teaching notes

- As with every Islamic/ character trait, the best lesson is when you practice upon it yourself.
- Making dua for your children is really important whose importance should never be underestimated.
- Feelings and emotions are often complex and difficult to understand concepts for children especially younger ones. Discussion is the key to explaining and their discovering their own feelings. Discussion prompts given here are just that - prompts, you will need to customize them according to the personality and age of your child.

### Activity 1

- Give children the feelings graphic organizer to color in.
- Some kids may color in the thought bubble with "I wish I had one like this" also green, but explain that this is also not permissible in Islam. You may need to explain about Islam's version on the love of dunyaa and worldly possessions to explain the concept further or leave it till they reach activity 4 where they will learn about Gibtah.

### Activity 2

- Start with discussing what jealousy is. Ask children if they have ever felt jealous. If yes when and why?
- Some discussion prompts about Hasad you may use:
  1. What is hasad?
  2. How do you feel when you know that someone does not like you?
  3. How do you feel if someone has more things like toys, chocolates, etc than you?
  4. How do you feel if someone is smarter than you?
  5. Do you ever feel that your parents love another sibling more than you?

- While discussing their emotions, ask why feeling resentful, jealous or bitter towards others may be a bad or good feeling. If a child comes up with any reason that these feelings may be good, you will need to evaluate the reason carefully and explain why it can't be a good feeling.
- Now let them read the text. You may need to read the text and explain it to younger kids. Discuss the text with child/ren.

### **Activity 4**

- Explain that in Arabic there are separate words for different types of jealous feelings. When you feel jealous and want the good thing taken away from that person, or feel happy when that possession is lost it is called Hasad.
- If you do not want their possession to break or lost but merely want the same thing for yourself, it is called Gibtah. Children may label the feelings from previous activity as hasad, and gibtah.
- Explain that Hasad is not allowed for anything whatsoever, and Gibtah is not allowed for worldly things. It is only allowed in the matters of doing good deeds and the rewards of Akhirah.

### **Activity 5**

- You can read the stories from any book you like. Darussalam has a version "Fire of jealousy" for the story of Prophet Yusuf (as) which is good for children around 7-10 years old. For younger children Goodwords books also have easier versions.
- Discuss the element of jealousy in the stories and how it affected the families/persons.
- Older children may be assigned to write the answers of the questions or paragraphs on the topics.

### **Activity 6**

- Older children can be given the task to write these steps.

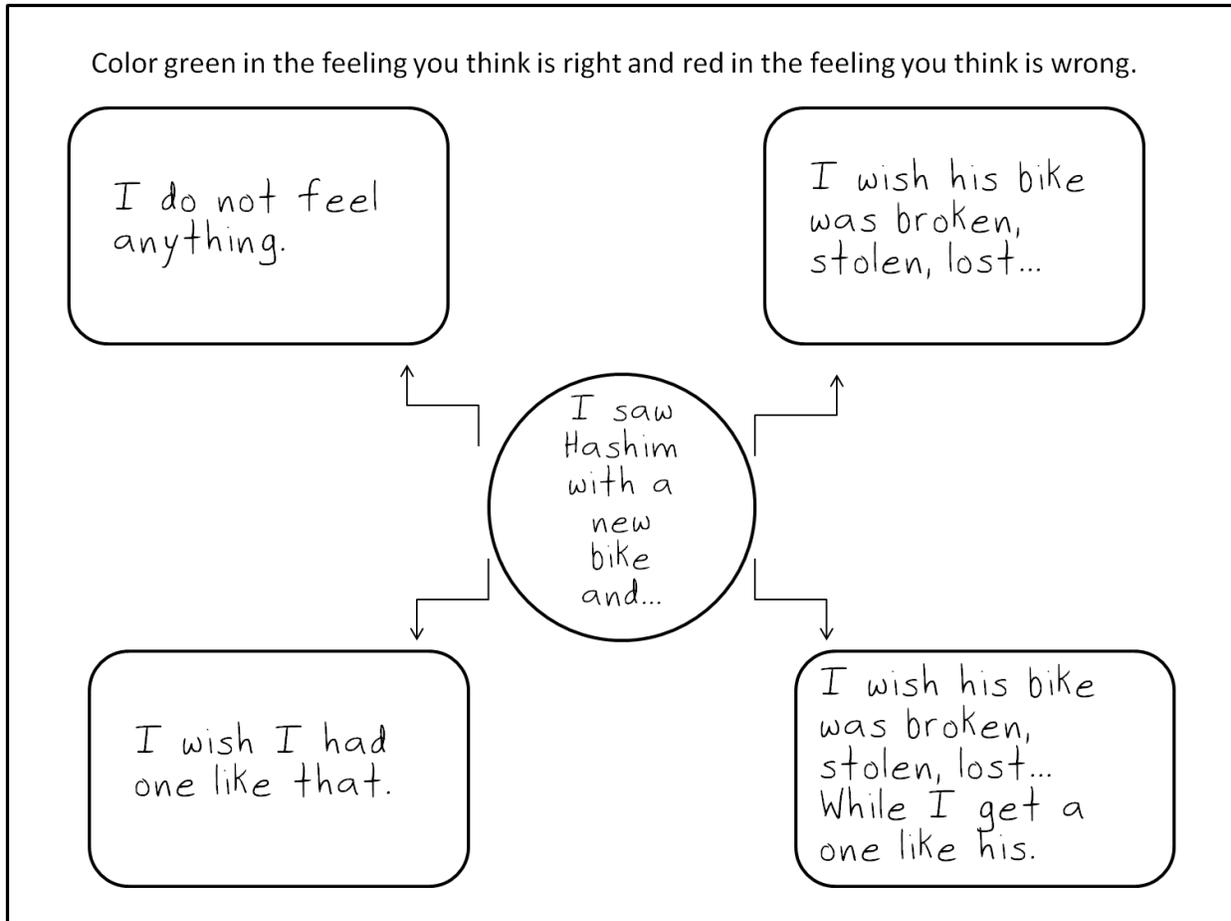
- Memorizing these steps cannot protect your child from hasad but it will tell them a way to cope with jealous feelings. It's a parent's duty to see that a child put them in practice every time he/she feels jealous or bitter. Reminding them to go through these steps every time they are feeling jealous, will insha Allaah help them in getting rid of these feelings on their own.

### **Activity 7**

- Encourage children to make it a practice to recite these aadiyaa everyday.

## Activity one

### How do you feel?



## Activity Two

### Why Hatred, Malice and Jealousy towards others is not good for you?

1. Hatred consumes the heart, so much that we forget Allah's justice and mercy.
2. Our gratitude to Allah is repelled by resentment of others. That is why Satan's favorite method for destruction is instilling enmity in the believer's heart. He uses this weapon to weaken the Muslim community and make it vulnerable to both physical and spiritual enemy attacks.
3. We must realize that all blessings are from Allah, which He gives to whom He wills without measure. Failure to accept this and be grateful is rebellion against the will of Allah. This, in fact, was the crime of Satan when he refused to submit to Allah's ordinance to make Adam Allah's Khalîfah on Earth!
4. Even more dangerous is that harbouring hatred will eat away at our faith.

## Quraan and Ahadeeth on Hasad

"Or do they envy men for what Allah has given them of His Bounty?" (Qur 'an 4: 54)

"Don't sever relations of kinship, don't bear enmity against one another, don't bear aversion against one another and don't feel envy against the other and live as fellow-brothers as Allah has commanded you."

The Prophet (peace\_be\_upon\_him) said: Avoid envy, for envy devours good deeds just as fire devours fuel or (he said) "grass."

The Prophet said, "Listen, may I not tell you something more important than Salaah, fasting and charity?" The companions requested him to do so. He said, "To keep the mutual relationship on the right footing, because the defect in the mutual relationship is the thing which shaves a thing clean. I do not mean that it shaves the hair, but that it shaves (removes) the religion." (Tirmithi)

The Prophet Salla Allahu ta'ala 'alayhi wa Sallam said: Beware! Don't be enemy of blessings of Allah (SWT). (He was asked: Oh Prophet Salla Allahu ta'ala 'alayhi wa Sallam "who are those who keep enmity with the blessings of Allah (SWT)?" The Prophet Salla Allahu ta'ala 'alayhi wa Sallam replied: "Those who are envious."

### Activity 3

Color in the characteristics of true Muslims

Jealous  
Loving

Affectionate  
Cruel

Generous  
Mean

Compassionate  
Hurtful

## Activity 4

### Hasad and Gibtah

#### **HASAD**

Hasad is the feeling when one sees another person in possession of any good and he envies it and wishes that may this good be taken from him (the fellow human). It causes him to wish evil for others and to be happy when misfortune befalls them. Hasad is haraam.

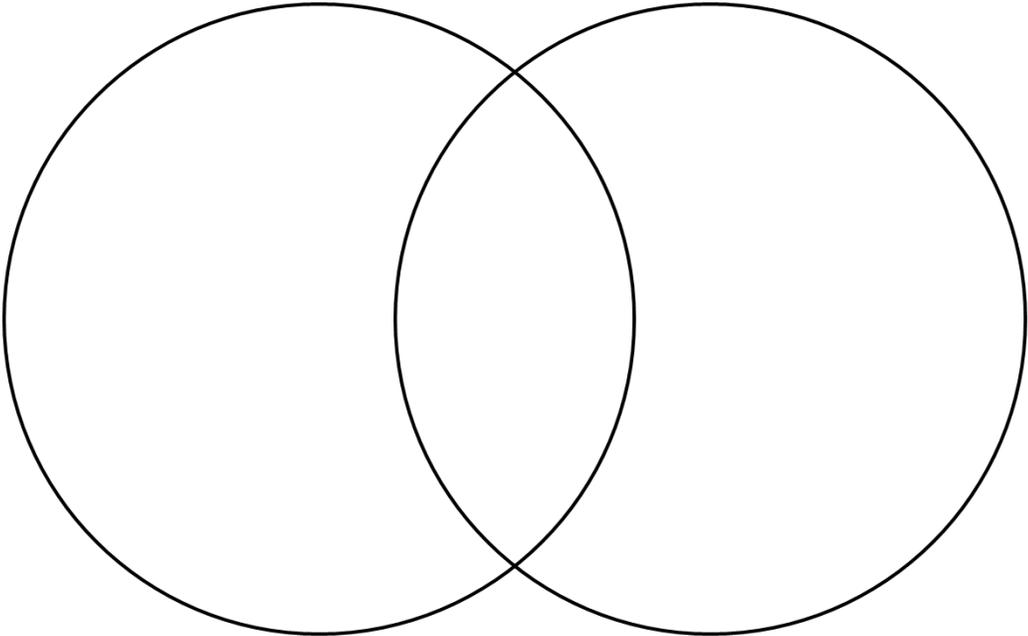
#### **GIBTAH**

Gibtah is the envy that is free from malice, which means neither loving the loss of the blessing nor hating for it to remain with the person, but desiring the same for oneself without the removal of the blessing from others. Gibtah is only permissible in the matters of deen and rewards of aakhirah.

Now create a venn diagram to compare Hasad and Gibtah:

**Venn Diagram Organizer**

Name:



## **Activity 5**

Read the story of Habil and Qabil or Prophet Yousuf (as). Then answer the following questions:

Questions for the story of Habil and Qabil

1. When Qabil's sacrifice was not accepted he became jealous of Habil. What was the right thing to do at that time?

Questions for the story of Yousuf (as)

1. Why did prophet Yaqub loved Yousuf more?
2. When the brothers felt that their father loved Yousuf more, they became jealous of him. What was the right thing to do?  
(Talk to their father about their feelings etc)
3. How did Yousuf treat his brothers who harmed him out of jealousy?

You may also write a paragraph on:

1. Qabil's Hasad and how it destroyed him.
2. How Yousuf's brothers jealousy affected the family.
3. Why Yaqoob (as) didn't want Yousuf to tell his dream to his brothers?

## Activity 6

### **What to do if you are feeling hasad for someone?**

It is only human to have all sorts of feeling. Having feeling of hasad for someone is normal as well and most people feel it sometime or other. However the main thing is to get rid of this feeling, channel your thoughts in a positive direction and not dwell on bad feelings. While bad thoughts, emotions and feelings coming in your heart and mind is not a sin itself but keeping bad feelings inside our heart and not trying to get rid of them becomes a sin.

Islam teaches us to get rid of Hasad like it teaches us everything else. So getting rid of it is a simple matter of steps, insha Allaah. So next time you feel jealous of any one or feel Hasad or Gibtah:

1. Repent to Allaah at once and make lots of Istighfaar.
2. Ask Allaah to help you in getting rid of this bad feeling and in cleaning your heart from all evil.
3. Make duaa for the person you are feeling jealous of.
4. If possible give that person a gift, no matter how small, as Nabi (saw) has told us:

تَهَادُوا تَحَابُّوا

Exchange gifts with each other, you will love each other.

## Activity 7

### How to protect yourself from Haasid (a jealous person)

The following steps should be taken to safeguard oneself from the evil of a haasid and jealous person.

1. Do not boast off about your possessions, knowledge etc. and do not show off.
2. Recite Sura Falaq everyday in the morning and after maghrib.
3. Recite the following

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

(I take refuge with the exalted words of Allaah from all the evil (in the things) HE created.)

4. Make duaah to Allaah to protect you from the Hasideen and their evil.

## Activity 8

Try memorizing the following ahadeeth and keep them in mind when dealing with others.

إِيَاكُمْ وَالْحَسَدَ فَإِنَّ الْحَسَدَ يَأْكُلُ الْحَسَنَاتَ كَمَا تَأْكُلُ النَّارُ الْحَطَبَ

Avoid envy, for envy devours good deeds just as fire devours fuel (grass)

لَا يَزَالُ النَّاسُ بِخَيْرٍ مَا لَمْ يَتَحَاسَدُوا

People will remain with khair until they do not do hasad amongst themselves.

لَيْسَ مِنِّي ذُو حَسَدٍ

The person who does hasad is not from me.

تَهَادُوا تَحَابُّوا

Exchange gifts with each other, you will love each other.

أَحِبِّ لِلنَّاسِ مَا تُحِبُّ لِنَفْسِكَ تَكُنْ مُسْلِمًا

Love for others what you love for yourself-you shall be a (true) Muslim.

Also memorize the following duaa and start reciting everyday thrice in the morning and evening:

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

(I take refuge with the exalted words of Allaah from all the evil (in the things) HE created.)