

A Muslim Boy's Guide to

Life's BIG Changes

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*To my younger brother,
As salaam alaikum,*

Congratulations! You are no longer considered a little boy but rather a growing young man.

Your interests and activities are changing, and you want to spend more time around your friends. You feel full of energy and want to explore new areas. After all, this is a fast changing and exciting time. However, these years can also be testing ones as life at school with your friends may be different to life at home and you can end up feeling confused about how to behave and what is expected of you.

This book will, insha'Allah, help you to focus on the issues that are important for you as a young Muslim so that you do the right thing whilst making the most of these exciting years.

In short, the best advice I can give you is to, **'Stop, think and consider all that you do in your life.'** May Allah guide you through the coming years and make them easy for you. Ameen.

*Wasalaam,
Sami*

Your Beliefs



The word **Islam** means peace and obedience. It is made up of five basic pillars:

- ★ **Shahadah:** Statement of Belief
- ★ **Salah:** Five times daily prayer
- ★ **Zakah:** Giving of our wealth to the less fortunate
- ★ **Sawm:** Fasting in Ramadan
- ★ **Hajj:** Visiting Allah's House

At this stage of your life, you will need to be most aware of shahadah, salah and sawm for your daily life.

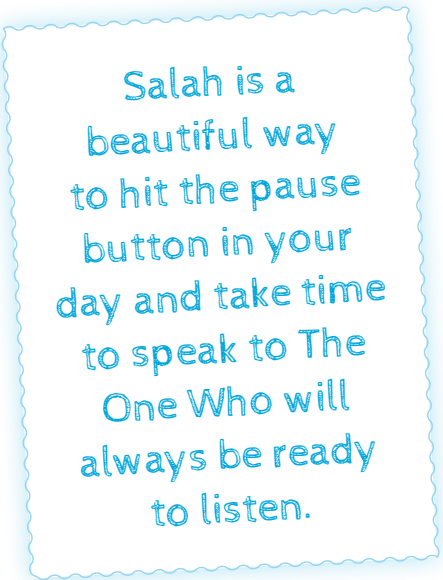
The first part of **shahadah** is believing in the Oneness of Allah or **tawheed**. This means believing that there is only one Allah who has no partners or family; that Allah always has been and always will be; that He created everything and there is none like Him.

Scientists can boast about their achievements, but the fact is that they cannot even create a single atom from nothing let alone the whole complex and beautiful universe that Allah has created.

The opposite of tawheed is **shirk**, which means not believing in the Oneness of Allah, and associating Him with someone or something else. This is the most grave and unforgivable sin in Islam. So whenever you are facing a hard time, remember that Allah is the best friend and helper you could have.

Allah has given us so much and in order to show Him how grateful we are and how much we love Him, we must pray or perform **salah** five times a day. Salah is a chance for you to take time out from the routine of the day and become closer to Allah. It is a time for you to show your gratitude, seek forgiveness for your sins, and ask for help, guidance and direction.

Ideally, you should have started to pray from the age of seven and certainly from the age of ten. If you haven't, then it is never too late to start, because Allah is most Kind and Forgiving. It is very important that you take the time out of your schedule to offer your salah at the right time, whether you are at home or at school or out and about.



Salah is a
beautiful way
to hit the pause
button in your
day and take time
to speak to The
One Who will
always be ready
to listen.