

MAS Youth Ministry

March 2021

# *REVIVE*

*A WEIGHT LIFTED : THE GIFT OF PRAYER*



# HOW TO USE THIS PACKET



Asalaamu alaikom! Each program packet is a resource that you can adapt to best serve your youth and community. Please feel free to use supplemental materials, ideas, or mix & match parts of the program in a way that maintains building on the topic. We'd love to hear how your chapter modifies and implements this program!

This packet includes two options - one for dividing this program into a series of events and one for implementing this program as an overnight Qiyam event.

First you will find the general outline for the series followed by the detailed outline with activity instructions, materials needed, and margin notes. Then you will find the same for the Qiyam version followed by an Addendum. Please reach out if you have any questions or need any support - JazakumAllah khairan for your service!

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Isra and Miraj Blank Bingo Board Printable

Arts Connection Inspiration Supplement

# AS A SERIES: GENERAL OUTLINES

2/14

## TOPICS & THEMES PER SESSION

If done as a series, this program is best divided into three 2 hour engagements scheduled no longer than a week to two weeks max apart for continuity of takeaways, though this is designed so that each of the three engagements below could be attended by someone who did not attend the previous session.

- 1. Hardship in this Dunya + Relationship & Practice of Prayer**  
(experiential activity + fellowship)
- 2. Review of the Night Journey - Isra and Miraj**  
(seerah reinforcement through lesson, games, discussion, and art)
- 3. Spiritual Application from Lessons in Isra and Miraj**  
(extended learning w/critical thinking activity, fellowship, and worship)

### **ENGAGEMENT 1 - Hardship in this Dunya + Relationship with Prayer**

Welcome (5 min)

Icebreaker & Taaruf (15 min)

Connection Activity (10 min)

Experiential Activity: A Weight Lifted (30 min)

BREAK (10 min)

Mindfulness Activity & Reflection Circle (15 min)

Quran Connection (15 min)

Closing: Call to Action, Community Dhikr, Social (20 min)

### **ENGAGEMENT 2 - Review of the Night Journey - Isra and Miraj**

Welcome (5 min)

Icebreaker & Taaruf (10 min)

Jeopardy Game: Isra and Miraj Review (30 min)

BREAK (10 min)

Video or Speaker: Isra and Miraj (15-20 min)

Arts Connection: Individual or Community Painting (30 min)

Closing: Wrap-Up and Community Duaa (10 min)

### **ENGAGEMENT 3 - Spiritual Applications from Lessons in Isra and Miraj**

Welcome (5 min)

Icebreaker & Taaruf (10 min)

Reflection Connection: Share-outs and Discussion (20 min)

BREAK - physical activity or sport (25 min)

Critical Thinking Activity - A Gift for All: Isra and Miraj Bingo (30 min)

Spiritual Applications and Connection (20 min)

Closing: Communal Worship (10 min)

## AS A SERIES - DETAILED OUTLINE - WEEK 1

### ENGAGEMENT 1 - Hardship in this Dunya + Relationship with Prayer (2 hours)

#### Welcome (5 min)

#### Icebreaker & Taaruf (15 min)

**Related Taaruf Question-** *Describe a time you were invited to a meeting or event that was important to you - what was it, how did you feel, how did you prepare? etc.*

#### Connection Activity (10 min)

Tell participants to look through their phone and take note of the person or people they correspond with the most on a day to day basis - Prompt reflections and share-outs re: who, how often, and why - what are the benefits of consistent communication throughout the day?

#### Experiential Activity: A Weight Lifted (30 min)

Have each participant put their empty backpack next to them and give each participant a plastic bag of small rocks, a plastic bag of medium rocks, and a plastic bag with larger rocks along with a set of post-it notes and pen or marker.

Ask each participant to reflect on the small, medium, and large challenges that they are facing in their lives and write them down on post-it notes to stick on the rocks or put in the bag with the rocks. Once everyone is done reflecting, writing, and putting their post-it notes on or with the rocks in each plastic bag, tell the participants to place those bags of rocks in their empty backpack.

Next, have each participant put their backpacks on their shoulders and stand to go through a guided "practice prayer" going through the motions for the first rakat with the backpack on. After the first rakat have the participants remove the plastic bag of small rocks. Then they put the backpack back on and the facilitator continues to go over the second rakat motions. Everyone follows - after the second rakat have the participants remove the plastic bag of medium rocks. Continue with the third rakat and at the conclusion of the third rakat have the participants take out the bag of large rocks. Go through the fourth rakat and have the participants take the empty backpacks off at the conclusion. Go ahead and lead everyone in a real congregational supplemental prayer to really feel it without any facilitation and with the lightness that they have in comparison to the workshop rakats where they had the backpacks on.

#### BREAK (10 min)

During the break, place Important Invite envelopes, one rock, and one feather at each place or hand them out as each participant comes back in. If you have access to a fire pit have each participant save their post-its and take them to meet at the fire pit after the break.

#### Logistical Note:

Don't forget a sign-in mechanism to have accurate attendance and info + name tags if you have a group of people who don't necessarily know each other already!

#### Materials Needed

##### A Weight Lifted:

- Ask youth to bring empty backpack, have some on hand
- Assortment of small, medium, and larger rocks/stones
- Feather for each youth
- Post-it notes or paper and tape
- Markers/pens

#### Programming Note

##### A Weight Lifted:

Infuse the guided prayer w/beneficial knowledge on prayer. Reflection after break.

If you have access to a fire pit utilize that for the part after the break.

#### Preparation Note

##### Important Invite

##### Envelopes:

- Print out collection of surahs + hadiths ab prayer
- Cut them up and place one in each envelope
- Seal the envelope and write **Important Invite** on it

## AS A SERIES - DETAILED OUTLINE - WEEK 1 CONTINUED

### Mindfulness Activity & Reflection Circle (15 min)

Have each participant hold the rock in one open hand and the feather in their other open hand - instruct them to close their eyes and try to clear their minds and focus on feeling the weight of both in their hands while they keep their eyes closed and you guide them in a simple breathing mindfulness activity for about 5 minutes.

At mid-point instruct participants to drop the rock without opening their eyes and continuing breathing and clearing their minds. Tell them you will close with a moment of silence before instructing them to open their eyes. Upon conclusion of mindfulness activity reflect on the experiential activity up until this point in discussion with one another. They can keep the feather as a reminder of how Allah eases our burdens.

### Quran Connection: Important Invite Envelope (15 min)

Hype up the Important Invite before prompting participant to open their Important Invite envelopes - participants find different ayat and hadith on prayer and are asked to reflect on this invitation from Allah

**Question:** *How often do we take the gift of prayer for granted?*

#### Connection:

**Hadith:** *I heard the Messenger of Allah (ﷺ) as saying: O Bilal, call iqamah for prayer: give us comfort by it*

*The prophet would wait to hear the athdan (ie the invite from Allah) and rush to his prayer on time, energized, and excited. In his prayer he found peace, a time to "rest" from all his responsibilities and worries, an opportunity to connect with The One he loved the most, a time when all troubles were lifted from his shoulders and he only focused on his special time with Allah SWT. These moments of connection with his Beloved Creator would give him the strength and energy to return to his responsibilities and "worldly weights" and continue on until he meets again with Allah SWT in the next "invite"*

### Closing: Call to Action, Community Dhikr, Social (20 min)

Call to Action/Challenge: increase prayer in some way this week - can partner up with prayer check-in partner if wanted. Community dhikr followed by closing dua and social time.

#### Fire Pit Option:

Prompt participants to reflect and release by throwing their post-it notes with personal trials and hardships on them in the fire. Facilitator should make connection to this act being symbolic of letting go and trusting Allah with our troubles. Conclude with a community dhikr and social time (halal smores or hotdogs anyone!?).

#### Facilitator Note

##### Mindfulness Activity:

Connect the rocks to burdens and how heavy they felt collectively in our bags and even individually in our hand - Ask ab how we received prayer. Answers will lead to Isra and Miraj - ensure connection to hardship and ease in conversation before transitioning to next activity.

#### Facilitator Note Quran Connection:

Quran Connection relates to the first optional taaruf question where participants shared a time they were invited to an important meeting or event.

Emphasis on how we are often more diligent to keep our worldly meetings while we have an invitation from Allah that we should approach the same, even better, than we do our meetings/interviews etc.

#### Optional Fire Pit

##### Materials:

- Halal hotdogs or smores ingredients
- Sticks or roasting spears
- Fire starter materials
- Paper plates/paper towels

## AS A SERIES - DETAILED OUTLINE - WEEK 2

### ENGAGEMENT 2 - Review of the Night Journey - Isra and Miraj (2 hours)

#### Welcome (5 min)

#### Icebreaker & Taaruf (10-20 min)

Choose an icebreaker and taaruf activity that suits your participants to get them to have some fun and feel comfortable in the space.

#### Jeopardy Game: Isra and Miraj Review (30 min)

This is a pre-made Jeopardy Labs game board on Isra and Miraj.

Utilize this same website to create your own version suitable to your youth

<https://jeopardylabs.com/play/isra-and-miraj>

Either have everyone participate individually or break out into teams. The Jeopardy Lab allows for a custom amount of teams.

#### BREAK (prayer, snack, social time)

#### Video or Speaker: Isra and Miraj (15-20 min)

Choose a video to watch about the Night Journey or invite a speaker to teach the group.

#### Arts Connection: Individual or Community Painting (30 min)

First, start a video of magnificent scenes - drone shots of landscapes across the world, photos of the galaxy etc. Have the group watch for a few minutes before breaking out into groups.

4K Deep Space NASA - Cosmic Video

[https://www.youtube.com/watch?v=Y\\_plhk1FUQA](https://www.youtube.com/watch?v=Y_plhk1FUQA)

Earth from Above - Nature Video

<https://www.youtube.com/watch?v=IM02vNMRRB0>

Keep the video playing in the background and break participants into small groups to reflect on Isra and Miraj together.

Either have each small group make a collaborative or individual painting (or other medium of art) depicting the wonders of the Night Journey. Have participants leave paintings to dry (to utilize in starting a conversation next week and get them to come back for their painting).

If you choose to use another medium, keep the artwork there for one week or take photos of each to be able to display on screen for share-outs and discussion next time.

#### Closing: Wrap-up and Community Duaa (10 min)

#### Preparation Note

##### Icebreaker:

Choose an activity that your group responds to positively and one that will facilitate fellowship.

#### Materials Needed

##### Jeopardy:

- Laptop (preferably hooked up to a TV screen via HDMI or other method)
- Prizes for winners (optional)
- Handout of questions and answers at conclusion (optional)

#### Materials Needed

##### Arts Connection:

- Laptop (preferably hooked up to TV as before)
- Cardstock, poster board, or paper depending on desired size and medium
- washable paint, brushes, sponges, paper plates, and cups with water or markers & supplemental craft supplies (stickers, glue and paper etc.)
- Inspiration for this activity is in addendum.

## AS A SERIES - DETAILED OUTLINE - WEEK 3

### ENGAGEMENT 3 - Spiritual Applications from Lessons in Isra and Miraj (2 hours)

#### Welcome (5 min)

#### Icebreaker & Taaruf (10 min)

Choose an icebreaker and taaruf activity that suits your participants to get them to have some fun and feel comfortable in the space.

#### Reflection Connection: Share-outs and Discussion (20 min)

Remind the group how you learned about Isra and Miraj/review briefly for newcomers. Explain how groups or individuals painted abstract depictions of the Night Journey and have individuals who painted share-out their works.

You can facilitate this many different ways (having the paintings taped up around the room, asking participants to go around and write down words that come to their mind looking at the paintings on post-its and stick the post-it next to the artwork. Then have painters share-out and read the post-it notes. Or simply share out in a circle etc. - whatever is best for your group!)

#### Materials Needed

##### Reflection Connection:

- Paintings or artwork from last engagement
- Tape, post-it notes, marker/pen if hanging the artwork on walls to view while walking

#### BREAK (physical activity/sport if possible for at least 20 min.)

#### Critical Thinking Game - A Gift for All: Isra and Miraj Bingo

Pass out blank Bingo sheets and highlighters/markers. Ask participants to take 5-10 minutes to either work individually or together to fill in their blank bingo boards with gifts that Allah reminded us about and revealed to us through the story of Isra and Miraj.

Then draw pre-made answers out of a container (bingo style!) opening a small discussion ab each gift's significance while participants mark them off on their bingo boards. Once you have a winner, ask about other answers that you hadn't read out yet and discuss together.

**Connection-** *Our prayer was the only "gift" that Allah gave directly to the prophet PBUH without the need of a deliverer (ie without Jibreel). Everything else was revealed to the Prophet through Jibreel, but the Prayer, Allah brought the prophet to him to gift it to him directly. And this happened right after the very difficult experience that the prophet had went through in Taif. So the prayer was the gift to ease his pain and a gift gifted to him directly by The Only One who has gifted us with everything. Reflect as a group on the significance of prayer in light of this.*

#### Materials Needed

##### Bingo:

- Blank Bingo board printouts (included at end of packet)
- Container for answers
- Highlighters (if playing only one round) or M&Ms or pieces of colored paper cut up to be Bingo placeholders (if playing more than one round)

#### Bingo Preparation

##### Note:

Prep the answers according to your youths age/level.

#### Spiritual Applications and Connection (20 min)

Begin with a khatirah building on themes and offering practical spiritual applications of the lessons:

- Symbolism of choosing milk
- The Prophets and lineage of faith
- The signs of Allah and His gifts
- The five daily prayers
- End of Surah Baqara
- Forgiveness for the ummah
- Descriptions of Jannah and Jahanam
- Dhikr and the trees of Jannah

Either type them out, print, cut into smaller pieces of paper, and fold to place in Bingo answer container or simply write them down and do the same!

# AS A QIYAM: GENERAL OUTLINE

## **Hardship in this Dunya + Relationship with Prayer (1.5 hours)**

Welcome (5 min)

Icebreaker & Taaruf (15 min)

Connection Activity (15 min)

Experiential Activity: A Weight Lifted (30 min)

Congregational Prayer (10 min)

Break (snacks, social, set up help etc.) (15 min)

*Transition outdoors or to the prayer space (either if possible)*

*If you have access to a fire pit utilize it for the next segment!*

## **Hardship in this Dunya + Relationship with Prayer Continued (1.5 hours)**

Mindfulness Activity & Reflection Circle (25 min)

Quran Connection: Important Invite Envelope (20 min)

Renewal of Intentions for Prayer + Group Dhikr (15 min)

Dinner/Snack/Social (30 min)

## **Review of the Night Journey - Isra and Miraj (1.5 hours)**

*Video or Speaker: Isra and Miraj (15-20 min)*

Arts Connection: Video Inspiration & Individual or Community Painting (30 min)

Review Game: Jeopardy: Isra and Miraj Review **or** Critical Thinking Game-

A Gift for All: Isra and Miraj Bingo (30 min)

Break (10 min)

## **Fellowship Focus - (30-40 min)**

This time is meant to promote further bonding and fellowship to lift the energy to push you into the spiritual power hour concluding the evening.

## **Spiritual Power Hour - (1 hour)**

Applications from Lessons in Isra and Miraj (khatira to re-orient) (15 min)

Individual Worship Renewal (20 min)

Congregational Prayer and Worship (25 min)

Transition into breakfast and closing activity where everyone shares out their paintings and their biggest takeaway from the program before leaving.

## AS A QIYAM - DETAILED OUTLINE - PART 1

### PART 1 - Hardship in this Dunya + Relationship with Prayer (1.5 hours)

#### Welcome (5 min)

#### Icebreaker & Taaruf (15 min)

Since this is the beginning of a long night together we suggest doing any icebreaker or taaruf that you know would work with your youth well.

**Optional Related Taaruf Question:** *Describe a time you were invited to a meeting or event that was important to you - what was it, how did you feel, how did you prepare? etc.*

#### Connection Activity (15 min)

Tell participants to look through their phone and take note of the person they correspond with the most on a day to day basis - Prompt reflections and share-outs re: who, how often, why (as they feel comfortable) .

What are the benefits of consistent communication throughout the day?

#### Experiential Activity: A Weight Lifted (30 min)

Have each participant put their empty backpack next to them and give each participant a plastic bag of small rocks, a plastic bag of medium rocks, and a plastic bag with larger rocks along with a set of post-it notes and pen or marker.

Ask each participant to reflect on the small, medium, and large challenges that they are facing in their lives and write them down on post-it notes to stick on the rocks or put in the bag with the rocks. Once everyone is done reflecting, writing, and putting their post-it notes on or with the rocks in each plastic bag, tell the participants to place those bags of rocks in their empty backpack.

Next, have each participant put their backpacks on their shoulders and stand to go through a guided "practice prayer" going through the motions for the first rakat with the backpack on. After the first rakat have the participants remove the plastic bag of small rocks. Then they put the backpack back on and the facilitator continues to go over the second rakat motions. Everyone follows - after the second rakat have the participants remove the plastic bag of medium rocks. Continue with the third rakat and at the conclusion of the third rakat have the participants take out the bag of large rocks. Go through the fourth rakat and have the participants take the empty backpacks off at the conclusion.

#### Congregational Prayer (10 min)

Go ahead and lead everyone in a real congregational supplemental prayer to really feel it without any facilitation and with the lightness that they have in comparison to the workshop rakats where they had the backpacks on their shoulders.

#### BREAK (15 min) - snack, social, transition

#### Logistical Note:

Don't forget a sign-in mechanism to have accurate attendance and info + name tags if you have a group of people who don't necessarily know each other already!

#### Materials Needed

##### A Weight Lifted:

- Ask youth to bring empty backpack, have some on hand
- Assortment of small, medium, and larger rocks/stones
- Feather for each youth
- Post-it notes or paper and tape
- Markers/pens

#### Programming Note

##### A Weight Lifted:

Infuse the guided prayer w/beneficial knowledge on prayer. Reflection in next section. This is meant to be experiential first.

If you have access to a fire pit, have participants keep their post-its and take them to the fire pit for the second part of the program (after break)

## AS A QIYAM - DETAILED OUTLINE - PART 2

### PART 2 - Hardship in this Dunya + Relationship with Prayer Continued (1.5 hours)

If you have a nice outdoor area and the weather allows or you have access to a fire pit then utilize that for this section.

#### Mindfulness Activity & Reflection Circle (25 min)

Hand out one feather and one rock to each participant. Prompt them to hold the rock in one open hand and the feather in their other open hand - instruct them to close their eyes and try to clear their minds and focus on feeling the weight of both in their hands while they keep their eyes closed and you guide them in a simple breathing mindfulness activity for about 5-8 minutes.

At mid-point instruct participants to drop the rock without opening their eyes and continuing breathing and clearing their minds. Tell them you will close with a moment of silence before instructing them to open their eyes. Upon conclusion of mindfulness activity reflect on the experiential activity up until this point in discussion with one another. They can keep the feather as a reminder of how Allah eases our burdens.

#### Quran Connection: Important Invite Envelope (20 min)

Hype up the Important Invite before prompting participant to open their Important Invite envelopes - participants find different ayat and hadith on prayer and are asked to reflect on this invitation from Allah

**Question:** How often do we take the gift of prayer for granted?

**Connection:** Hadith: I heard the Messenger of Allah (ﷺ) as saying: O Bilal, call iqamah for prayer: give us comfort by it. The prophet would wait to hear the athdhan (ie the invite from Allah) and rush to his prayer on time, energized, and excited. In his prayer he found peace, a time to "rest" from all his responsibilities and worries, an opportunity to connect with The One he loved the most, a time when all troubles were lifted from his shoulders and he only focused on his special time with Allah SWT. These moments of connection with his Beloved Creator would give him the strength and energy to return to his responsibilities and "worldly weights" and continue on until he meets again with Allah SWT in the next "invite"

#### Renewal of Intentions for Prayer + Group Dhikr (15 min)

Call everyone to take a moment before doing group dhikr to renew their intentions for their prayer and make a personal goal for themselves in the week. Follow with group dhikr of your choice.

#### FIRE PIT OPTIONAL ADDITION

Prompt participants to reflect and release by throwing their post-it notes with personal trials and hardships on them in the fire. **Connection:** symbolic of letting go and trusting Allah with our troubles before the group dhikr.

#### Dinner/Snack/Social (30 min)

Spend some social time together. If you have the fire pit option, you could do halal smores or hotdogs depending on the timing.

#### Facilitator Note

##### Mindfulness Activity:

Connect the rocks to burdens and how heavy they felt collectively in our bags and even individually in our hand - Ask ab how we received prayer. Answers will lead to Isra and Miraj - ensure connection to hardship and ease in conversation before transitioning to next activity.

#### Preparation Note

##### Quran Connection:

- Print out collection of surahs + hadiths ab prayer
- Cut them up and place one in each envelope
- Seal the envelope and write "Important Invite" on it

#### Facilitator Note

##### Quran Connection:

Quran Connection relates to the first optional taaruf question where participants shared a time they were invited to an important meeting or event.

Emphasis on how we are often more diligent to keep our worldly meetings while we have an invitation from Allah that we should approach the same, even better, than we do our meetings/interviews etc.

## AS A QIYAM - DETAILED OUTLINE - PART 3

### PART 3- Review of the Night Journey - Isra and Miraj (1.5 hours)

#### Video or Speaker: Isra and Miraj (15-20 min)

Choose a video to watch about the Night Journey or invite a speaker to teach the group.

#### Arts Connection: Individual or Community Painting (30 min)

First, start a video of magnificent scenes - drone shots of landscapes across the world, photos of the galaxy etc. Have the group watch for a few minutes before breaking out into groups.

##### 4K Deep Space NASA - Cosmic Video

[https://www.youtube.com/watch?v=Y\\_plhk1FUQA](https://www.youtube.com/watch?v=Y_plhk1FUQA)

##### Earth from Above - Nature Video

<https://www.youtube.com/watch?v=IM02vNMRRB0>

Keep the video playing in the background and break participants into small groups to reflect on Isra and Miraj together. Either have each small group make a collaborative or individual painting (or other medium of art) depicting the wonders of the Night Journey.

#### Reinforcement Games: Jeopardy or Bingo (30 min)

##### Review Game - Jeopardy: Isra and Miraj Review

This is a pre-made Jeopardy Labs game board on Isra and Miraj.

Utilize this same website to create your own version suitable to your youth

<https://jeopardylabs.com/play/isra-and-miraj>

Either have everyone participate individually or break out into teams. The Jeopardy Lab allows for a custom amount of teams.

##### Critical Thinking Game - A Gift for All: Isra and Miraj Bingo

Pass out blank Bingo sheets and highlighters/markers. Ask participants to take 5-10 minutes to either work individually or together to fill in their blank bingo boards with gifts that Allah reminded us about and revealed to us through the story of Isra and Miraj.

Then draw pre-made answers out of a container (bingo style!) opening a small discussion ab each gift's significance while participants mark them off on their bingo boards. Once you have a winner, ask about other answers that you hadn't read out yet and discuss together.

**Connection-** *Our prayer was the only "gift" that Allah gave directly to the prophet PBUH without the need of a deliverer (ie without Jibreel). Everything else was revealed to the Prophet through Jibreel, but the Prayer, Allah brought the prophet to him to gift it to him directly. And this happened right after the very difficult experience that the prophet had went through in Taif. So the prayer was the gift to ease his pain and a gift gifted to him directly by The Only One who has gifted us with everything. Reflect as a group on the significance of prayer in light of this.*

#### Materials Needed

##### Video + Arts

##### Connection:

- Laptop (preferably hooked up to TV as before)
- Art supplies based on which medium you choose to do with your youth
- Inspiration for this activity is in addendum.

#### Materials Needed

##### Jeopardy:

- Laptop (preferably hooked up to a TV screen via HDMI or other method)
- Prizes for winners (optional)
- Handout of questions and answers at conclusion (optional)

#### Materials Needed

##### Bingo:

- Blank Bingo board printouts (included at end of packet)
- Container
- Highlighters/markers (if playing only one round) *or* M&Ms *or* pieces of colored paper (if playing more than one round)

#### Bingo Preparation Note:

Prep the answers according to your youths age/level.

Either type them out, print, cut into smaller pieces of paper, and fold to place in Bingo answer container or simply write them down and do the same!

**Break (10-15 min)** - set up fellowship hour activities

## AS A QIYAM - DETAILED OUTLINE - PART 4 & 5

### PART 4: FELLOWSHIP FOCUS (30-40 min)

#### Fellowship Focus (30-40 min)

This time is meant to promote further bonding and fellowship to lift the energy to push you into the spiritual power hour concluding the evening.

You and your team can brainstorm fun activities depending on your facilities, resources, human capacity, and youth preferences.

One option is to have multiple stations/activities from which your youth can choose. For example a sport activity or competition, craft station, and movie option could run concurrently. Or you and your team could choose one activity everyone will do together during this fellowship focus time.

### PART 5: SPIRITUAL POWER HOUR (1 hour)

#### Applications from Lessons in Isra and Miraj (15 min)

Begin with a khatirah to re-orient everyone after the Fellowship Focus. Choose a related khatira of your choice or explore any of the themes below and offer some practical spiritual applications of the lessons in Isra and Miraj.

- Symbolism of choosing milk
- The Prophets and lineage of faith
- The signs of Allah and His gifts
- The five daily prayers
- End of Surah Baqara
- Forgiveness for the ummah
- Descriptions of Jannah and Jahanam
- Dhikr and the trees of Jannah

#### Individual Worship Renewal (20 min)

Ask each participant to find a space to themselves and either let them choose or guide them to a worship activity that will benefit them to do on their own for 20 minutes. This could be based on a group agreement, personal goals and preferences, or specific ideas that came up over the course of the program.

#### Congregational Prayer and Worship (25 min.)

Conclude the program in congregational prayer and worship activity of your choice. Choose the activity according to your youth's age/level.

#### Closing Reflections & Breakfast (TBD based on your timeline)

Ask participants to get the artwork they did earlier and bring it back to the circle to show everyone or have everyone take a few moments to look at all the artwork hanging or lying in the room. Ask each person to share their biggest takeaway or something impactful from the experience.

#### Programming Note Worship:

ie: group prayer followed by reciting from the Ma'thurat or reciting the last two verses of Surah Buqara (Isra and Miraj connection), Surah Yasin, or Surah Rahman (if early morning).

# ADDENDUM

12/14

## SUPPLEMENTAL MAS RESOURCES

Publications including the Mu'tharat (referenced in Qiyam program)  
<https://www.muslimamericansociety.org/what-we-do/mas-projects/>

Faith First: A Guide to Awakening Iman, Magdy Al-Hilali  
Relevant Chapter with Resources: *Prayer* - p. 219-248  
(An excellent resource for the ayats and hadiths related to prayer  
for the Important Invite envelope activity)

## FEEDBACK, REPORTING, AND SUPPORT

Once you implement this program please fill this Google Form out to help us  
(a) highlight your chapter's activity, (b) have better reporting mechanisms,  
and (c) gain insight so we can improve upon how we serve and support you!

<https://forms.gle/K1zbZjJtKazPHDN97>

If you are not already having regular meetings with us or if you need  
additional support or would like to discuss this or any other initiative please  
feel free to schedule a meeting time with our MAS Youth Ministry team:

MK: <https://calendly.com/mkibriya>

Mounira: <https://calendly.com/mounira-madison>

**ISRA AND MIRAJ**

**BINGO**

				

# ARTS CONNECTION INSPIRATION

