



AKH WORLD DA'WAH FOUNDATION

COURSE 103

Understanding Islam for Beginners

Six-lesson independent study handbook | Chicago

A beginner-friendly introduction for non-Muslims and new Muslims, including Islamic source references, reflection exercises, and study questions. Free educational resource; not an accredited course or a substitute for qualified instruction.

Contents

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How to use this handbook

Read the lessons in order. Follow the Qur'an and hadith references in reliable editions and translations. Write down your answers to the review questions, and discuss detailed questions with a qualified teacher.

Religious learning is voluntary. Readers are welcome to explore these teachings respectfully at their own pace.

What Is Islam?

A welcoming, beginner-friendly introduction to Islamic belief and practice, with direct Qur'an and hadith references.

Learning goals

Define Islam

Understand the word Islam as submission to Allah and the religion taught by His messengers.

Recognize the central belief

Identify the worship of Allah alone and the testimony concerning Muhammad (peace be upon him).

Discover the practices

Name the five pillars and know where to study them further.

1. What does Islam mean?

Islam is the religion of submitting to Allah through worship of Him alone and following His guidance. A Muslim is someone who embraces Islam. The Qur'an describes Islam as the religion accepted by Allah; see Qur'an 3:19 .

Islam teaches belief in one God, accountability for our actions, compassion, justice, truthfulness, and responsibility toward others. The religious understanding of Islam involves both inward belief and outward actions.

2. One God — Allah

Allah is the Arabic word for God. Muslims worship Allah alone, without partners. The Qur'an's short chapter Surah Al-Ikhlās (112) emphasizes Allah's oneness and uniqueness.

Muslims believe that Allah sent prophets to guide humanity, including Adam, Nuh (Noah), Ibrahim (Abraham), Musa (Moses), Isa (Jesus), and finally Muhammad, peace be upon them all. Islam respects the prophets as human messengers; worship belongs to Allah alone.

3. Muhammad (peace be upon him) and the Qur'an

Muslims believe Muhammad (peace be upon him) was Allah's final prophet and messenger, and the Qur'an is the revelation conveyed to him. The Sunnah refers to his example and teachings, which Muslims study through authenticated reports. Read Qur'an 33:21 about the Prophet's example.

Translations can help beginners read the Qur'an, while the Arabic Qur'an remains central to worship and close study. Read a translation alongside context and reliable explanations.

4. The five pillars of Islam

The Prophet (peace be upon him) described Islam as built upon five foundations: the testimony of faith, prayer, zakat, pilgrimage, and fasting Ramadan.

- Shahadah: Testifying that none has the right to be worshipped except Allah and that Muhammad is His messenger.
- Salah: Establishing the prescribed daily prayers.
- Zakat: Giving obligatory charity when its conditions apply.
- Sawm: Fasting during Ramadan, with applicable concessions.
- Hajj: Pilgrimage to Makkah for those who are able.

The order of pillars in teaching lists may vary, but the five foundations are the same.

5. Faith, character, and learning

The six pillars of iman, covered in Course 101 Lesson 4 , include belief in Allah, His angels, books, messengers, the Last Day, and divine decree. Good character and sincere worship are essential parts of a Muslim's life.

People interested in Islam can start by reading the Qur'an, asking respectful questions, and talking with a knowledgeable, trustworthy Muslim teacher. There is no need to know everything before beginning to learn.

6. Review your understanding

Review: 1. What is the central act of devotion in Islam?

Suggested answer: Worshipping Allah alone without associating partners with Him.

Review: 2. What is the Shahadah?

Suggested answer: The testimony that none has the right to be worshipped except Allah and Muhammad is His messenger.

Review: 3. Name the five pillars of Islam.

Suggested answer: Shahadah, Salah, Zakat, fasting Ramadan (Sawm), and Hajj.

Review: 4. Where can you read a short Qur'anic chapter about Allah's oneness?

Suggested answer: Surah Al-Ikhlās, chapter 112.

Review: 5. Which hadith in this lesson introduces the five pillars?

Suggested answer: Sahih al-Bukhari 8.

Review: 6. Why consult a qualified teacher?

Suggested answer: To understand teachings in their proper context and address detailed questions accurately.

Independent study

Read Qur'an 3:19, Surah Al-Ikhlās, and Sahih al-Bukhari 8. Write a sentence explaining Tawheed and list the five pillars from memory. For an introduction to prayer and purification, explore Course 102 .

Continue learning: Course 103 · Lesson 2 — Who Is Allah? -

Source links and recommended readings

<https://quran.com/3/19>

<https://quran.com/112>

<https://quran.com/33/21>

<https://sunnah.com/bukhari:8>

Who Is Allah?

A beginner-friendly introduction to how Muslims understand Allah: the one God, Creator, Sustainer, and the only One worthy of worship.

Learning goals

Understand the name Allah

Learn how Muslims use the Arabic word Allah to refer to the one God.

Explore divine oneness

Study the Qur'an's description of Allah as unique and incomparable.

Meet key sources

Read verses about Allah's names and attributes with links to full context.

1. What does “Allah” mean?

Allah is the Arabic name for God. Arabic-speaking Christians and Jews also use the word Allah when referring to God. In Islam, Allah is the one Creator and Sustainer of all existence, who has no partners in worship.

Islamic belief emphasizes that Allah is not a created being, a human, or an image. Muslims direct acts of worship and supplication to Him alone. Read Surah Al-Fatihah (Qur'an 1) for a foundational example of praise and worship.

2. Allah is One

Surah Al-Ikhlās (Qur'an 112) offers a concise statement of Islamic monotheism. It describes Allah as One, the One upon whom all depend, without offspring or parentage, and without an equal.

Muslims call this oneness Tawheed . It is central to the testimony of faith and shapes how Muslims worship, seek help, and understand their responsibility to Allah.

3. Creator and Sustainer

The Qur'an describes Allah as the Creator of the heavens and the earth. Islamic teaching views creation as signs pointing to His knowledge, wisdom, and power; creation itself is not worshipped.

Read Qur'an 39:62 and reflect on the distinction between Creator and creation.

4. Allah's beautiful names and attributes

The Qur'an teaches that Allah has beautiful names and instructs believers to invoke Him by them. For example, Ar-Rahman conveys His vast mercy, and Al-'Alim His complete knowledge. See Qur'an 7:180 .

Muslims affirm descriptions of Allah found in the Qur'an and authentic Sunnah. Qur'an 42:11 also makes clear that none is like Him. Scholars have explained some theological details differently; beginners should avoid imagining Allah in the likeness of created things and seek informed guidance when questions arise.

The Prophet (peace be upon him) spoke about Allah's ninety-nine names in Sahih al-Bukhari 7392 . The hadith encourages careful learning about these names; it should not be treated as a claim that Allah has only ninety-nine names.

5. Worship and everyday life

Belief in Allah is reflected in prayer, gratitude, repentance, justice, kindness, and trust in Him. Muslims learn about Allah through revelation while trying to practice humility and good character.

For a welcoming starting point, read Al-Fatihah and Al-Ikhlās, consider the meaning of their verses, and write down questions for a knowledgeable teacher.

6. Check your understanding

Review: 1. What does the Arabic word “Allah” refer to?

Suggested answer: God; Muslims use it when referring to the one God.

Review: 2. What is Tawheed?

Suggested answer: Affirming Allah's oneness, including devoting worship to Him alone.

Review: 3. Which short Qur'anic chapter is especially associated with Allah's oneness?

Suggested answer: Surah Al-Ikhlās (chapter 112).

Review: 4. What does Qur'an 42:11 teach about Allah?

Suggested answer: That nothing is like Him, while affirming that He hears and sees.

Review: 5. Which verse tells believers to call upon Allah by His beautiful names?

Suggested answer: Qur'an 7:180.

Review: 6. Name two ways belief in Allah can affect daily conduct.

Suggested answer: Examples include prayer, gratitude, sincerity, repentance, honesty, and kindness.

Independent study

Read Qur'an chapters 1 and 112, then Qur'an 7:180 and 42:11. Note two qualities you learn about Allah and explain in your own words why Muslims worship Him alone.

Source links and recommended readings

<https://quran.com/1>

<https://quran.com/112>

<https://quran.com/39/62>

<https://quran.com/7/180>

<https://quran.com/42/11>

<https://sunnah.com/bukhari:7392>

Who Was Prophet Muhammad?

Learn about the life, message, and character of Muhammad (peace be upon him), whom Muslims believe was the final prophet and messenger of Allah.

Learning goals

Learn his life story

Identify key stages of his life in Makkah and Madinah.

Understand his message

Recognize his call to worship Allah alone and live justly.

Read primary sources

Use the Qur'an and authentic hadith as starting points for study.

1. Early life in Makkah

Muhammad ibn Abdullah (peace be upon him) was born in Makkah in Arabia around 570 CE. His father died before his birth, and his mother died when he was young. He was cared for by family members, including his grandfather and then his uncle. He grew up among the Quraysh and later worked in trade.

He married Khadijah bint Khuwaylid, who became his first wife and a crucial source of support. For further reading on the Qur'an's reference to his early circumstances, see Qur'an 93:6 .

2. The first revelation

Muslims believe Muhammad (peace be upon him) began receiving revelation from Allah at approximately age forty. The first revelation came while he was in the cave of Hira near Makkah, through the angel Jibril (Gabriel). The opening verses of Surah Al-'Alaq (96:1–5) form part of the account.

The report attributed to A'ishah in Sahih al-Bukhari 3 recounts his experience, his return to Khadijah, and her reassurance. Read Qur'an 96:1–5 alongside the hadith.

3. His message in Makkah

His call focused on the oneness of Allah, rejecting idol worship, responsibility before the Last Day, and caring for others. Early Muslims faced opposition in Makkah, and the community gradually grew despite hardship.

According to the Qur'an, the Prophet (peace be upon him) was sent as a mercy to the worlds; see Qur'an 21:107 . This does not mean every encounter in his life was free of conflict; his life should be studied carefully in its historical context.

4. The Hijrah and life in Madinah

In 622 CE, Muhammad (peace be upon him) and his followers migrated from Makkah to Yathrib, later known as Madinah. This migration, called the Hijrah , marks the starting point of the Islamic calendar. In Madinah he led a growing Muslim community, taught worship and ethics, and engaged in social, legal, and political leadership.

Read Qur'an 9:40 for a reference to his journey with a companion.

5. His character and lasting example

The Qur'an describes the Prophet (peace be upon him) as possessing excellent character (68:4) and as an example for believers (33:21). Muslims study his words, actions, and approvals—preserved in hadith literature—as the Sunnah.

Muslims believe he was the final prophet. See Qur'an 33:40 . He died in Madinah in 632 CE. His teachings continue to shape Muslim worship and daily life.

6. Review your understanding

Review: 1. In which city was Muhammad (peace be upon him) born?

Suggested answer: He was born in Makkah.

Review: 2. Who supported him after the first revelation?

Suggested answer: His wife Khadijah reassured and supported him.

Review: 3. What is the name of the cave associated with the first revelation?

Suggested answer: The cave of Hira.

Review: 4. What does the Hijrah refer to?

Suggested answer: The migration from Makkah to Madinah in 622 CE.

Review: 5. Which verse identifies Muhammad (peace be upon him) as the final prophet?

Suggested answer: Qur'an 33:40.

Review: 6. Name one Qur'anic passage about his character or example.

Suggested answer: Qur'an 68:4 or 33:21.

Independent study and references

Read Qur'an 96:1–5, 21:107, 33:21, and 33:40, as well as Sahih al-Bukhari 3. Write a brief timeline with three milestones in the Prophet's (peace be upon him) life and identify two teachings relevant to daily character.

- Sahih al-Bukhari 3 — Beginning of revelation

- Qur'an 21:107 — Mercy to the worlds
- Qur'an 33:40 — Finality of prophethood

Source links and recommended readings

<https://quran.com/93/6>

<https://sunnah.com/bukhari:3>

<https://quran.com/96/1-5>

<https://quran.com/21/107>

<https://quran.com/9/40>

<https://quran.com/68/4>

<https://quran.com/33/21>

<https://quran.com/33/40>

Understanding the Qur'an

Explore what the Qur'an is, how Muslims understand its revelation and preservation, and how to begin reading it thoughtfully.

Learning goals

Revelation

Understand what Muslims mean when they call the Qur'an revelation from Allah.

Structure

Recognize surahs, ayahs, recitation, and translations.

Study carefully

Understand the role of tafsir and the distinction between Qur'an and hadith.

1. What is the Qur'an?

Muslims believe the Qur'an is the speech of Allah revealed to the Prophet Muhammad (peace be upon him) in Arabic through Jibril (Gabriel). It is Islam's central scripture, recited in worship and studied as guidance for belief and life. A translation conveys an interpretation of its meaning; the Arabic text is the Qur'an recited in prayer.

Begin with Qur'an 2:2 and Qur'an 12:2 .

2. How revelation came

According to Islamic tradition, revelation began around 610 CE and continued in stages over approximately 23 years. The opening verses of Surah Al-'Alaq (96:1–5) are associated with the first revelation in the cave of Hira. The Prophet (peace be upon him) conveyed the revelations to his companions, who memorized and recorded passages.

Read Qur'an 96:1–5 and Sahih al-Bukhari 3 .

3. How the Qur'an is organized

The Qur'an has 114 surahs (chapters). Each surah comprises ayahs (verses). Surahs vary in length; their order in the standard written text is not a simple chronological sequence of revelation. For example, Al-Fatihah (Surah 1) opens the written Qur'an, and Al-Ikhlās (Surah 112) is a short chapter about Allah's oneness.

4. Preservation and compilation

Muslims believe Allah has promised to preserve the Qur'an (15:9). Its transmission has included memorization and written manuscripts. Islamic historical accounts describe an early collection of written materials during the caliphate of Abu Bakr, undertaken by Zayd ibn Thabit, and a subsequent standardization of written copies under Uthman.

For the early collection report, read Sahih al-Bukhari 4986 . The history of Qur'anic manuscripts and readings is an extensive scholarly field; this lesson offers only a starting overview.

5. Qur'an, hadith, and tafsir

Qur'an means the revealed scripture. Hadith are transmitted reports concerning the Prophet's (peace be upon him) words, actions, and approvals, assessed through hadith scholarship. Tafsir is scholarly explanation of Qur'anic verses in their language, context, and relation to other evidence. These categories are connected, but they are not interchangeable.

When reading a verse, start with its surrounding passage and a reputable tafsir. Avoid forming major rulings from an isolated translation.

6. Beginning a personal reading practice

Start with Al-Fatihah and shorter chapters, listen to careful recitation, and compare a reliable translation with its Arabic source. Take notes about words you do not understand. For a wider introduction, explore the opening pages of Surah Al-Baqarah .

Knowledge review

Review: 1. How many surahs are in the Qur'an?

Suggested answer: 114 surahs.

Review: 2. What is an ayah?

Suggested answer: A verse of the Qur'an.

Review: 3. Which language was the Qur'an revealed in?

Suggested answer: Arabic.

Review: 4. Which verses are associated with the first revelation?

Suggested answer: Surah Al-'Alaq 96:1–5.

Review: 5. What does tafsir mean?

Suggested answer: The scholarly explanation and interpretation of Qur'anic verses.

Review: 6. How is a hadith different from the Qur'an?

Suggested answer: Hadith are reports of the Prophet's (peace be upon him) words, actions or approvals; the Qur'an is the revealed scripture.

Independent study

Read Surah Al-Fatihah, Surah Al-Ikhlās, and Qur'an 96:1–5. Write three observations and two questions for a teacher. Locate one tafsir explanation of a verse you studied.

- Qur'an 15:9 — Preservation
- Sahih al-Bukhari 4986 — Early collection
- Sahih al-Bukhari 3 — Beginning of revelation

Source links and recommended readings

<https://quran.com/2/2>

<https://quran.com/12/2>

<https://quran.com/96/1-5>

<https://sunnah.com/bukhari:3>

<https://quran.com/1>

<https://quran.com/112>

<https://quran.com/15/9>

<https://sunnah.com/bukhari:4986>

<https://quran.com/2>

The Shahadah: Becoming Muslim

An introduction to Islam's declaration of faith, what it means, and how to begin learning and practicing as a new Muslim.

Learning goals

Meaning

Understand both parts of the testimony of faith.

Sincerity

Recognize the importance of believing and affirming its meaning.

First steps

Identify manageable ways to begin learning after accepting Islam.

1. What is the Shahadah?

The Shahadah is the testimony at the heart of Islam. In transliteration it is commonly expressed:

Transliterations vary because Arabic sounds cannot all be represented exactly in English letters.

Read Qur'an 3:18 and Qur'an 47:19 .

2. What does the first testimony mean?

“There is no deity worthy of worship except Allah” affirms that worship belongs to Allah alone. It rejects associating partners with Him. Muslims understand this conviction as the foundation of Tawheed.

Explore Surah Al-Ikhlās (112) , which describes Allah's oneness and uniqueness.

3. What does the second testimony mean?

“Muhammad is the Messenger of Allah” affirms that Muhammad (peace be upon him) was sent with Allah's guidance. It includes accepting his message and seeking to follow his authentic teachings.

Read Qur'an 33:40 and Qur'an 33:21 .

4. Declaring faith sincerely

A person who has come to believe the testimony may say the Shahadah sincerely, intending to enter Islam. The testimony is not merely a set of unfamiliar sounds: understanding and affirming its meaning matters. Speaking with a knowledgeable Muslim can help with pronunciation and questions, but a ceremony, payment, or special location is not a prerequisite to embracing Islam.

Islam does not permit coercion in matters of faith: see Qur'an 2:256 . No one should be pressured to make the declaration.

5. What comes after the Shahadah?

A new Muslim can begin learning the five daily prayers, purification, basic beliefs, and the Qur'an. Progress is a process: seek reliable guidance, take manageable steps, and find a supportive local Muslim community. Many scholars recommend a full-body bath after embracing Islam; details and legal rulings should be discussed with a qualified teacher.

For the five pillars of Islam, consult Sahih al-Bukhari 8 . The Learning Library also has a separate course on purification and prayer.

6. Questions people often ask

Must I already know Arabic? No. Learning Arabic gradually can help with prayer and reading the Qur'an, but fluency is not required to embrace Islam.

Must I change my name? Not generally. Whether a particular name has a meaning that needs changing is a separate matter for scholarly guidance.

What if I still have questions? Continue learning from reliable sources. Asking questions and seeking clarification are part of learning.

Knowledge review

Review: 1. What is the Shahadah?

Suggested answer: Islam's testimony of faith, affirming worship of Allah alone and Muhammad (peace be upon him) as Allah's Messenger.

Review: 2. What does the first part of the Shahadah affirm?

Suggested answer: That Allah alone is worthy of worship.

Review: 3. What does the second part affirm?

Suggested answer: That Muhammad (peace be upon him) is the Messenger of Allah.

Review: 4. Does a person need to be fluent in Arabic before embracing Islam?

Suggested answer: No.

Review: 5. Should someone be pressured to accept Islam?

Suggested answer: No. Qur'an 2:256 teaches that there is no compulsion in religion.

Review: 6. Name two helpful first areas of study.

Suggested answer: Examples include purification, the five daily prayers, basic Islamic belief, and learning to read the Qur'an.

Independent study

Read Surah Al-Ikhlās, Qur'an 2:256, and Qur'an 33:21. Write one sentence explaining each part of the Shahadah, and list three questions you would like to ask a qualified teacher.

- Qur'an 3:18 — Testimony of Allah's oneness
- Qur'an 2:256 — No compulsion in religion
- Sahih al-Bukhari 8 — The five pillars

Source links and recommended readings

<https://quran.com/3/18>

<https://quran.com/47/19>

<https://quran.com/112>

<https://quran.com/33/40>

<https://quran.com/33/21>

<https://quran.com/2/256>

<https://sunnah.com/bukhari:8>

Life as a New Muslim

An encouraging guide to worship, learning, relationships, and building a sustainable life of faith after accepting Islam.

Learning goals

Daily practice

Identify the core acts of worship to learn first.

Healthy support

Find community and navigate family relationships with respect.

Steady learning

Set realistic goals for learning and applying Islam.

1. Begin with faith and patience

Entering Islam starts a lifelong journey of learning. You are not expected to master every topic in a day. Keep your testimony of faith central, ask Allah for guidance, and build the skills of worship step by step.

The Prophet (peace be upon him) encouraged a balanced and sustainable approach to religious practice. Read Sahih al-Bukhari 39 about avoiding undue hardship.

2. Learn the five daily prayers

Salah is among the central obligations of Muslim life. Begin by learning purification, the prayer times, and the words and movements of prayer. Seek reliable practical guidance from a trusted teacher who can demonstrate the prayer and correct mistakes gently.

Our Course 102 introduces purification, Wudu, Ghusl, and Salah. For the obligation to pray at appointed times, read Qur'an 4:103 .

3. Build a relationship with the Qur'an

Begin with an understandable translation alongside the Arabic text where possible. Learn short chapters for prayer and read small portions regularly. Study explanations from reliable scholars to understand verses in context.

Start with Surah Al-Fatihah (1) and Surah Al-Ikhlās (112) . Our Lesson 4 introduces the Qur'an and Tafsir.

4. Find trustworthy community and support

A welcoming masjid or local Islamic center may provide prayer support, classes, and friendship. Look for teachers who answer questions with evidence and good character. Be cautious of anyone who demands money, isolation from loved ones, or unquestioning personal loyalty as a condition of faith.

Build relationships thoughtfully. You can learn from local scholars while also using our free Learning Library as a supplement.

5. Treat family and friends with kindness

Some relatives may have questions or concerns when someone accepts Islam. Be patient, communicate respectfully, and demonstrate good manners. Islamic teachings emphasize kindness to parents while maintaining one's religious convictions.

Read Qur'an 29:8 and Qur'an 31:15 . Where relationships involve threats or abuse, prioritize personal safety and seek appropriate help.

6. Build small, consistent habits

Useful goals include learning one prayer step, reading a few verses daily, keeping a list of questions, and attending a reliable class when possible. Avoid overwhelming yourself with competing internet opinions or trying to learn advanced disputes immediately.

The Prophet (peace be upon him) taught the value of regular good deeds, even when modest in size; see Sahih al-Bukhari 6464 .

Knowledge review

Review: 1. Why is gradual learning helpful for new Muslims?

Suggested answer: It builds understanding and lasting habits without unnecessary overwhelm.

Review: 2. What daily obligation should a new Muslim begin learning?

Suggested answer: The five daily prayers, together with the purification required for them.

Review: 3. Name two short surahs useful for beginners.

Suggested answer: Al-Fatihah and Al-Ikhlās.

Review: 4. What should you seek in an Islamic teacher or community?

Suggested answer: Reliable knowledge, sound evidence, kindness, honesty, and a supportive environment.

Review: 5. How should a new Muslim generally approach non-Muslim family?

Suggested answer: With kindness and respect, while maintaining religious convictions and personal safety.

Review: 6. What is one example of a sustainable study habit?

Suggested answer: Reading a short passage regularly, learning a prayer step, or noting questions for a trusted teacher.

Independent study: Your first-month learning plan

Choose achievable weekly goals:

- Week 1: Review the Shahadah and learn the essentials of Wudu.
- Week 2: Practice the basic prayer sequence with a reliable guide.
- Week 3: Begin memorizing and understanding Al-Fatihah.
- Week 4: Ask a trusted teacher your questions and plan the next month.

These are suggested learning milestones, not a substitute for obligatory worship or individual religious guidance.

- Qur'an 4:103 — Prayer at appointed times
- Qur'an 31:15 — Kindness and family relationships
- Sahih al-Bukhari 39 — Balance in religion
- Sahih al-Bukhari 6464 — Consistency in good deeds

Course 103 complete: You have reached the last lesson of this six-lesson introduction. Continue learning with Courses 101 and 102 and a trustworthy teacher.

Source links and recommended readings

<https://sunnah.com/bukhari:39>

<https://quran.com/4/103>

<https://quran.com/1>

<https://quran.com/112>

<https://quran.com/29/8>

<https://quran.com/31/15>

<https://sunnah.com/bukhari:6464>

Reflection & Study Notes

Lesson 1: What Is Islam?

What did I learn? What questions should I discuss with a knowledgeable teacher?

Lesson 2: Who Is Allah?

What did I learn? What questions should I discuss with a knowledgeable teacher?

Lesson 3: Who Was Prophet Muhammad?

What did I learn? What questions should I discuss with a knowledgeable teacher?

Lesson 4: Understanding the Qur'an

What did I learn? What questions should I discuss with a knowledgeable teacher?

Lesson 5: The Shahadah: Becoming Muslim

What did I learn? What questions should I discuss with a knowledgeable teacher?

Lesson 6: Life as a New Muslim

What did I learn? What questions should I discuss with a knowledgeable teacher?

Akh World Da'wah Foundation · akhworlddawahchicago@gmail.com