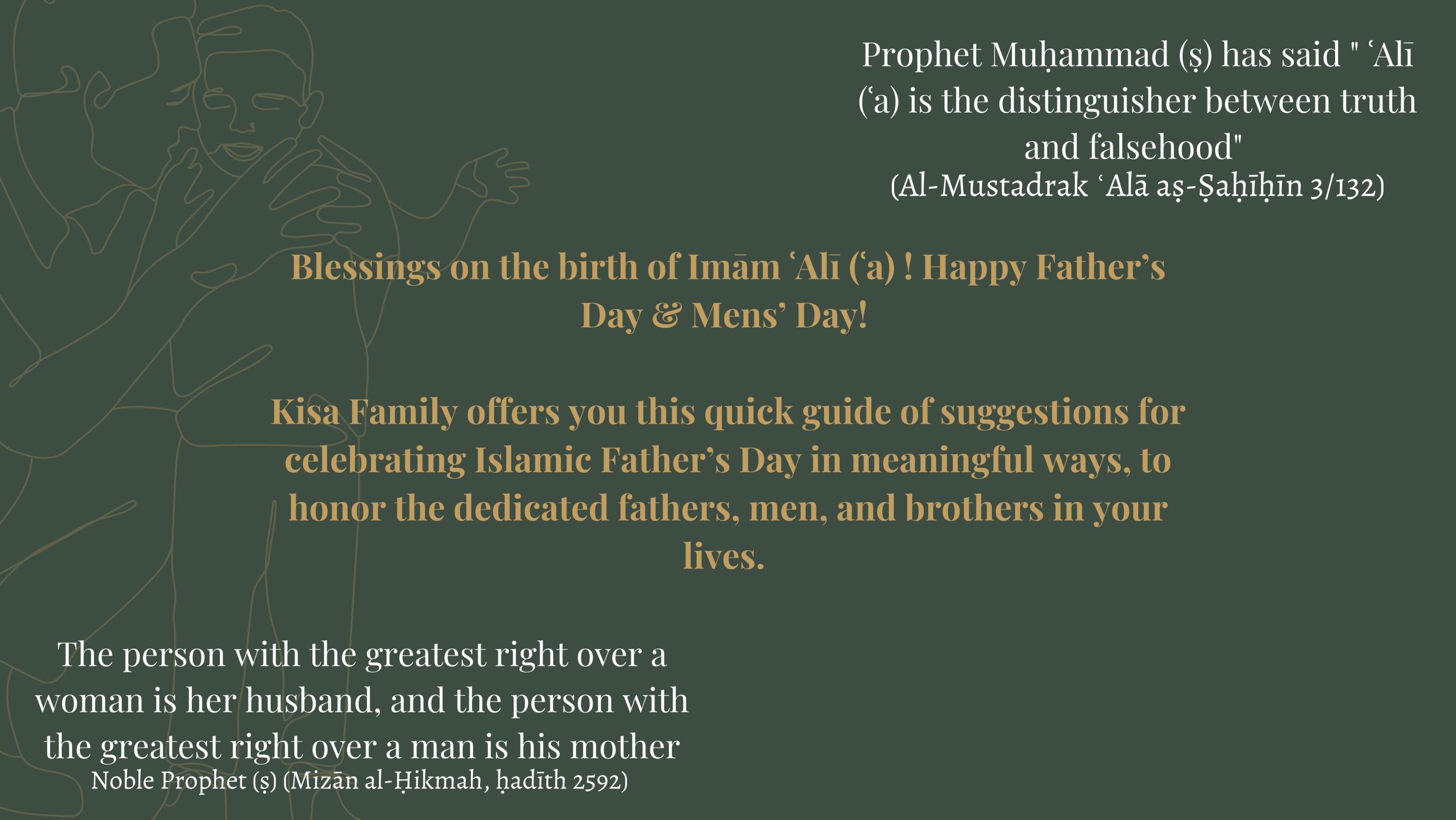


Islamic Father's Day

On the Wilādah of
Imām 'Alī ('a)

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Prophet Muḥammad (ṣ) has said " 'Alī
(‘a) is the distinguisher between truth
and falsehood"
(Al-Mustadrak ‘Alā aṣ-Ṣaḥīḥīn 3/132)

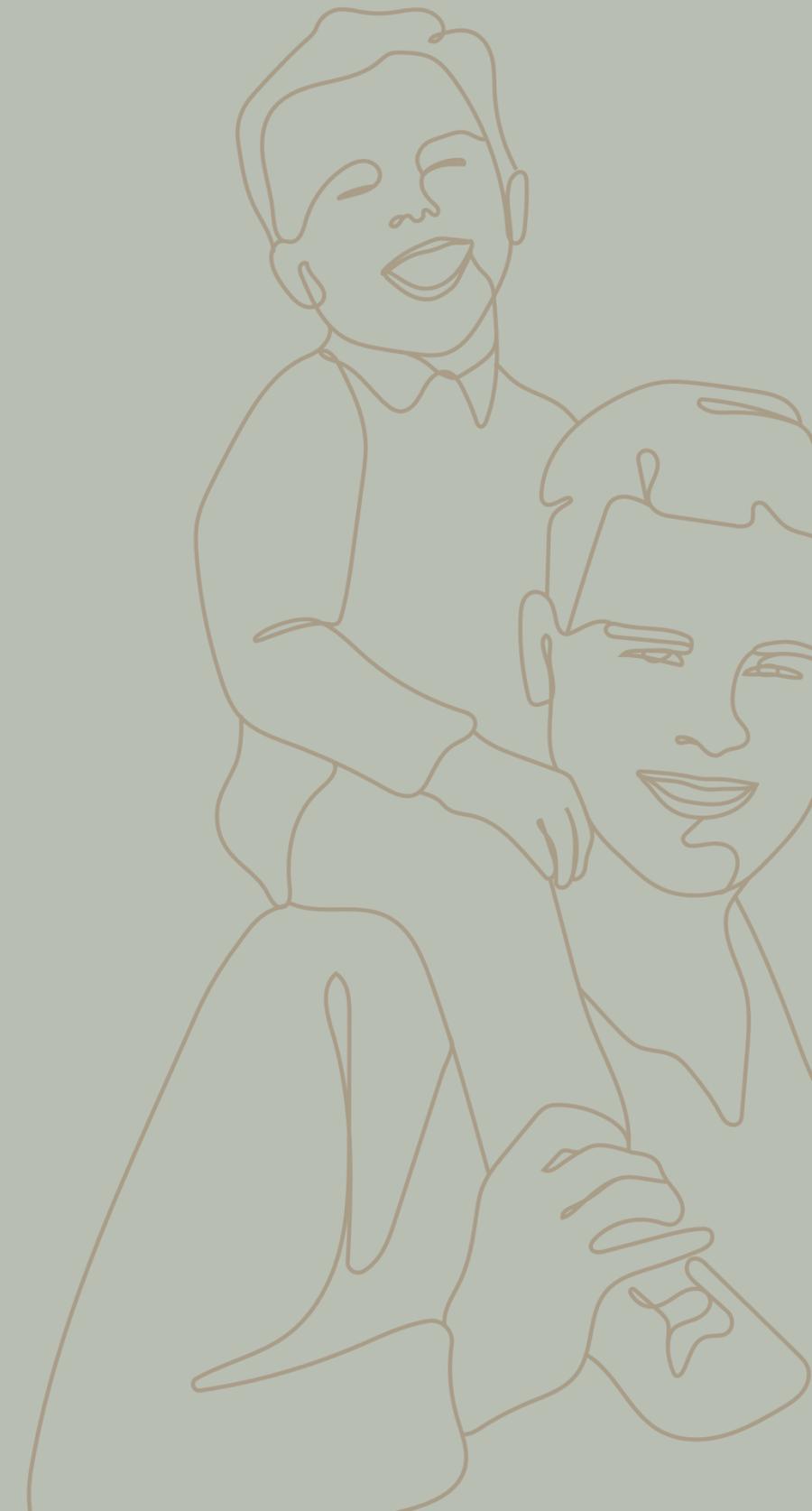
**Blessings on the birth of Imām ‘Alī (‘a) ! Happy Father’s
Day & Mens’ Day!**

**Kisa Family offers you this quick guide of suggestions for
celebrating Islamic Father’s Day in meaningful ways, to
honor the dedicated fathers, men, and brothers in your
lives.**

The person with the greatest right over a
woman is her husband, and the person with
the greatest right over a man is his mother
Noble Prophet (ṣ) (Mizān al-Ḥikmah, ḥadīth 2592)

Ponder the Amazing Tradition of the Ahl al-Bayt (‘a) Regarding Fathers:

Imām ‘Alī as-Sajjād (‘a) explained, “The right of your father is that you know that he is your root. Without him, you would not be. Whenever you see anything in yourself which pleases you, know that your father is the root of its blessing upon you. So praise God and thank Him in that measure. And there is no strength save in God.” [Risālah al-Ḥuqūq]



Listen to a Lecture Regarding Healthy Family and Parenting Practices:

view links on:

<https://tinyurl.com/KFrecs>

Status of parents

<https://m.youtube.com/watch?v=YE8gJI37-Lk>

https://m.youtube.com/watch?v=vfIW9_dp-Q8

Understanding fatherhood

<https://m.youtube.com/watch?v=lKegTjE2Azg>

Marriage advice

<https://m.youtube.com/watch?v=RykL-yU8Oso>

<https://m.youtube.com/watch?v=maM9QPv3bZc>

<https://m.youtube.com/watch?v=s0nSMYBT3Kc>

<https://m.youtube.com/watch?v=x4NOGXUZt8k&t=9s>

<https://m.youtube.com/watch?v=lq15hMPDjDM>

Parenting

<https://m.youtube.com/watch?v=l9osN5DvK50>

<https://m.youtube.com/watch?v=XAWbyIn4Oa4>

Family life

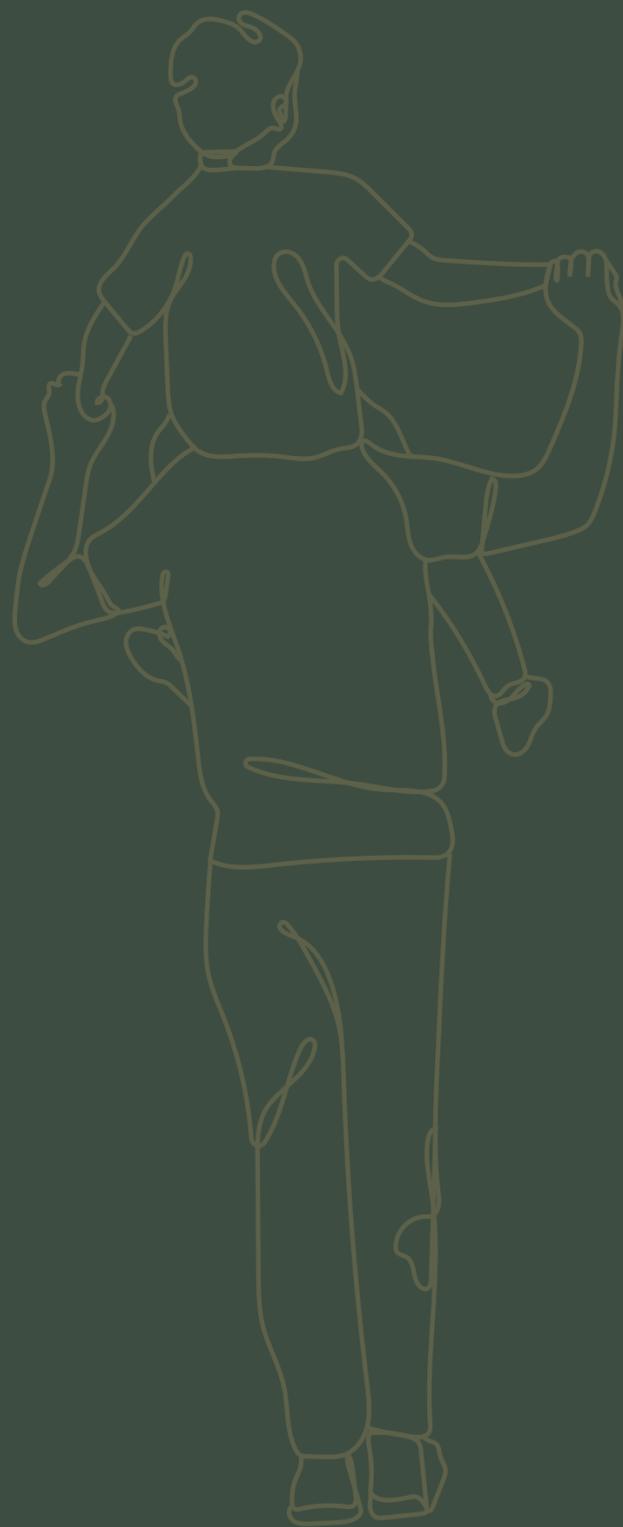
<https://m.youtube.com/watch?v=maM9QPv3bZc>

<https://m.youtube.com/watch?v=PKbBDbDZclw>



Make Du‘ā for the Men in Your Life

Recognize that men have a lot of responsibilities on their shoulders, as husbands, as fathers, as brothers, and as sons. As the Qur‘ān states, men are the protectors, maintainers and caretakers of women (4:34). Make du‘ā now for the men in your life. Ask Allah swt for their wellbeing and for their success in this life and the hereafter. Ask Allah swt to fulfill their needs, their ḥajāt. As they support us, we can support them, and one of the most powerful ways is by way of prayer.





Respect is Key, Trust is a Must

The number one need of a man is to feel respected. It is important to figure out what that means to the fathers in your life. For a husband, that often means presenting a united front—not just in front of children but also in front of friends and parents. It often means giving value to their preferences and asking their opinions. For a father, that often means standing when they enter the room. It often means putting weight on their advice, and expressing that you regard their advice highly. For elderly fathers, it may mean making sure their pantry is stocked and lawn is mowed. Sometimes we may step over the boundaries of respect and hurt our husband's or father's feelings. Remember that while men may not display hurt feelings, worry, or distress, they still experience these vulnerabilities too.

Make sure to communicate confidence in him, regard for him, and appreciation for all he does. Recognize that he has been tasked with the leadership of the family. He wants you to stand with him in the world, but be a sound adviser in private. He needs to feel that you trust in him to make good decisions in the best interest of the family; communicate this trust in him to enhance his capacity.

Everything you pour into him will come back to your family multiplied.

Promote the Bond between Father and Child

Make space for your man to connect with his children. The play that happens between father and child is enriching and crucial for emotional development and wellbeing of the child. Suggest a wrestling match, a ball game, or an obstacle course. For some children, depending on age and interest, you may need to get creative. Perhaps initiating a game of sock dodgeball in the family room, dad vs. children, will get some reserved teenagers engaged in the kind of high-energy, physical, competitive play that comes to fathers so naturally and that children need.

This short clip from Shaikh Usama Abdulghani elaborates on the importance of play: <https://m.youtube.com/watch?v=nhe5UkXm1DU>

Encourage your children to share what's in their heart with their father. Give him space to spend time with each child one-on-one throughout the week. Remind your children what a blessing their father is for them, and praise him often to them. Be a partner to him in parenting: share your insights about your children with him, give him ideas of how to reach each child, and affirm and encourage him in his efforts.



There are many ways to show your love and care, use the love languages as a guide

- Words of affirmation: on a poster, with your children, write out a list of all ways he is a big blessing for your family
- Acts of service: treat him as king for a day, by cooking up his favorite meal and dessert, taking care of some of his chores (the kids can help!)
- Quality time: plan a family outing to one of his favorite places, doing what he loves to do
- Gifts: get him a gift that is meaningful to him: a new gadget he can use, a book on his list, or a family photo for his desk; you can also gift him doing 'ibādah, worship, on his behalf
- Physical touch: have the children give their dad a good shoulder rub and back massage, and assign them each to give him 5 extra hugs for the day; you can give an extra 12!



How will you celebrate
the men in your life?

comment below!



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