



NEW MUSLIM MENTORSHIP COURSE NOTES

THE NEW MUSLIM
WELCOME PHASE
SPIRITUAL PHASE
TEACHING PHASE
EMPOWERMENT PHASE

THE NEW MUSLIM

DAWAH TRAINING COURSE NOTES [4-5]

NEW LEASE OF LIFE

CHALLENGES FACED BY NEW MUSLIMS

TOPIC 4: A NEW LEASE OF LIFE

DISCUSSION: *Have you ever witnessed a shahadah? How did it make you feel?*

When someone accepted Islam during the time of the Prophet (peace be upon him), he would be so overjoyed!

- When Ali was sent to Yemen by the Prophet, he sent a letter to the Prophet informing him that the people of Yemen had accepted Islam. When the Prophet read the letter, he prostrated in gratitude to Allah.
- When the young Jewish boy accepted Islam on his deathbed, the Prophet (peace be upon him) stepped out of their home, saying: “Praise be to Allah who has saved him from the Hellfire.” (Bukhari).

THE ATTITUDE OF THE COMPANIONS

Allah says, “As for those who had settled in the city and ‘embraced’ the faith before ‘the arrival of’ the emigrants, they love whoever immigrates to them, never having a desire in their hearts for whatever ‘of the gains’ is given to the emigrants. They give ‘the emigrants’ preference over themselves even though they may be in need. And whoever is saved from the selfishness of their own souls, it is they who are ‘truly’ successful.” (59:9)

This verse is in reference to the Muhajireen (those who migrated from Makkah) and the Ansar (residents in Madinah)., who supported and helped the Muhajireen. Allah tells us that the Ansaar were those who not only embraced Islam, but they also supported the Muhajireen.

Look at their attitude (and the attitude of the companions in general) - how they would go above and beyond for each other. Characteristics mentioned in the verse: love, no envy or jealousy, sacrifice. This is an example for us to follow in their footsteps.

DISCUSSION: Imagine a long lost relative or friend contacts you and says they are coming to visit you! What would you do to prepare for their stay? What would you do for them during their time with you?



Now think back to that new Muslim - a long-lost brother/sister that has returned back! How should they be treated and cared for?

TODAY'S REALITY

- Many of those who accept Islam are either leaving it or not practicing it.
- There is a serious issue with the lack or ineffective support system for new Muslims.
- Dawah is increasingly prevalent and active across the globe; however, new Muslim support isn't.
- In other words, many of us are really good at planting the seed (dawah), but very few know how to look after that seed and nurture it so that it can grow! (new Muslim support).



TOPIC 5: CHALLENGES FACED BY NEW MUSLIMS

DISCUSSION: *Imagine you are going home and telling your family you have decided to become a Christian. How would they react? What challenges do you think you would face after making this decision?*

Now think about a new Muslim - Those feelings and challenges are probably what many of them will have to face when they've accepted Islam.

MAJOR CHALLENGES NEW MUSLIMS FACE

- 1. Shaytan** - Once a person accepts Islam, shaytan is working harder to misguide them! He and his followers know this is the most vulnerable time for a new Muslim. Shaytan has two means of attack: Shubahaat (doubts) and Shahwaat (desires). Shubahaat occur via lack of knowledge and understanding and Shahwaat occur because the new Muslim are still struggle with the changes in lifestyle as a Muslim. They may have habits and preferences that are not in line with Islam.
- 2. Abandonment by family and friends** - They are sometimes ridiculed and mocked, forced to leave home, and if they are not kicked out, they can often become victims of mental and physical abuse. Some are too scared to tell their parents and conceal their Islam instead.
- 3. Loneliness** - A huge problem for new Muslims. Can even come from the Muslim community, who are hostile and unwelcoming. This might lead them to isolate themselves, which is even more dangerous. Just like the wolf attacks the lone sheep, Shaytan attacks those who separate from the community. If they don't have anyone to be there for them (socially and spiritually), they may resort to



trying to get information from the internet, which can lead to more confusion. They can become easy prey for extremists or those purposefully spreading doubts about Islam. Also, Eid can be an even more lonely time with some new Muslims spending it alone.

A sad reality - a new Muslim accepts Islam, and the local masjid makes the announcement! The whole congregation meets and greets them, hugging them, taking selfies with them, exchanging telephone numbers...but the very next day, they are forgotten about. When that new Muslim calls one of them for help, support, or someone to talk to, no-one is there for them.

OTHER CHALLENGES

1. **Personal problems that we all go through** - such as unemployment, debt, financial difficulties, legal issues, etc. However, because of the added pressures from Shaytan, family and friends etc., these problems can often be made to feel bigger than they actually are. Even worse, they may link these issues to their recent conversion to Islam - They may start to think, *“How come my life got worse since I accepted Islam?!”*
2. **Identity Crisis:** Many may go through an identity crisis, where their acceptance to Islam makes them ask questions about whether they have to reject their culture and nationality?
3. **Challenges with their imaan and practicing Islam** - Very little knowledge about Islam so unsure of what their obligations, or they may find it too difficult to fulfil their obligations and it becomes a source of stress for them. They may not even know where to get the right information from.
4. **No Muslims near them** - . They could live in place or part of the world where there are very few or even no other Muslims at all.

WELCOME PHASE

DAWAH TRAINING COURSE NOTES [6-7]

WELCOMING THE NEW MUSLIM
FIRST OFFICIAL MEETING



TOPIC 6: WELCOMING THE NEW MUSLIM

DISCUSSION: *Imagine you are on your dawah table or at an event you have organised and you are talking to a non-Muslim. You've explained the GO-RAP to them, summarised Islam and invited them to accept Islam. They agree and Alhamdulillah, they take their shahadah! What would you SAY and DO next?*



1. **All your dawah activities should stop!** Your focus should be on this new Muslim in front of you! Switch from Dawah Mode into New Muslim Success Mode!

The first 48 hours are critical in setting this new Muslim on the right path. Imagine a woman going through all the trouble and pain of carrying and giving birth to a child. Would they just leave it to fend for itself? Of course not. Think of a new Muslim like a new born child that is going to need a lot of care and attention. Like that child, the new Muslim is also entering what might be a very strange new world.

2. **Exchange contact details.** It is very important so you have a means of getting in touch with them.
3. **Meet the team.** If you have a team, get them to meet everyone. Get them to sit down and spend time with you or maybe take them out for some food. You should try to take them to the masjid or Islamic centre so they know where to pray and find help.

If they are not free to do all of that, at least impress upon the importance of establishing the prayer and show them the basics of how to make wudu and the structure of the prayer. If they really are not free, then you must arrange a meeting with them as soon as possible and make sure you have a good amount of time set aside. This is vital and remember, shaytan is working hard now!

TOPIC 7: FIRST OFFICIAL MEETING

The main purpose of this meeting is to establish a good relationship with the new Muslim and to build a connection and rapport with them on a personal level.

SHAHDAH REVIEW

This meeting is a good time to reaffirm the meaning of the shahadah with them: that it is an agreement with Allah to worship Him alone and to obey Him, in accordance to the way and teachings of the Prophet Muhammad.

THEIR JOURNEY BEGINS

They should know that Islam will help them build a true spiritual connection with Allah, will help them understand the purpose and reality of life, and that being firm upon this path will lead them to Paradise. This is their journey: a path that is either going towards God or away from God. Reassure them that you are here to help them on that journey.

TIPS FOR YOUR FIRST MEETING

1. **Be welcoming!** This is extremely important to build a good relationship. Show your good manners in your tone and in your body language! Introduce yourself.
2. **Find out about them.** Find out about their interests and hobbies. Get to know them on a personal level. Being a good listener is one of the most important skills you can develop as a mentor.
3. **Mind your language.** Using Arabic/Islamic phrases with each other like “*Alhamdulillah, MashaAllah, InshaAllah, akhi, ukhti, wudu, salah...even Allah!*”. A new Muslim will almost definitely have no idea what these terms mean. If you do use them, explain what they mean.
4. **Agree on meet-up times and days.** Meet-ups should be regular and at a time that works for both of you. It is important that they commit, even if it is as little as thirty minutes. Ideally, during these early stages, you should meet every day for at least two weeks (to learn prayer and basic foundations). Motivate them here to see that regular meet ups are important. If you can’t do them physically, then arrange for a regular video call.
5. **Do not make it overbearing.** This is not an interrogation session, it’s a “get-to-know-you” session! Remember, this is a very delicate stage, so if you start to overload them with so many different rules, rituals and questions, it may push them away. If they do feel this way, reassure them again and take it at their own pace. Even a 1% improvement daily is progress! Remind them of the hadith: “**Take up good deeds only as much as you are able, for the best deeds are those done regularly even if they are few.**” (Ibn Majah).

DISCUSSION: Are these statements true or false?

	TRUE	FALSE
It is compulsory for new Muslims to take a bath after taking their Shahadah.		
It is compulsory for new Muslim to change their name.		
It is compulsory for new Muslim man to get circumcised.		
A new Muslim woman must leave her non-Muslim husband immediately		



What is the problem with statements like these?

They can be alarming for a new Muslim to hear and be told to do! They may end up leaving your meeting, or even worse, Islam because they feel overburdened or anxious! You might not hear from them again!

This does not mean we shouldn't tell them their obligations, but use a level of wisdom, especially when some of these things have a valid difference in opinion over them. For instance, making ghusl has a difference in opinion between the four schools of thought - some say it's required, others say it's recommended. Similarly, a Muslim does not have to change their name if there is no shirk involved in it; if it causes more harm, they don't have to get circumcised. These are all valid scholarly opinions.

The point is, be easy and use hikmah in your approach with new Muslims. Do not be so blunt and imposing, and definitely do not speak without knowledge. There was an incident during the time of the Prophet (peace be upon him), where a man had a head injury and he had a wet dream. He was told by the people that he had to take a full bath, so he took it and, as a result of it, he died. When the Prophet (peace be upon him) found out about this, he said "**They have killed him, may Allah kill them! Is not the cure for a lack of knowledge to ask questions?**" One of the companions said, "**We heard that the Messenger of Allah (peace be upon him) said: 'If only he had washed his body and left his head alone where the wound was.'**" (Abu Dawud)

SPIRITUAL PHASE

DAWAH TRAINING COURSE NOTES [8-9]

THE SPIRITUAL GROWTH

THE SOCIAL



TOPIC 8: THEIR SPIRITUAL GROWTH

The focus now is to start developing the new Muslim spirituality by building their relationship with Allah. The new Muslim needs to know that reliance upon Allah is a key to their Islamic development - people can let them down, but Allah won't.

AN IMPORTANT NOTE

We are not saying Islam is going to remove all their problems and that life will suddenly become so easy with no worries! New Muslims need to understand that this life is still a test. Allah will still test them, just like He tests us all. But, because of Islam, because of our reliance upon Allah, we will have the right tools that will allow us to deal with these trials and the realities of life. If they can build a strong relationship with Allah, their willpower and determination in life will be so much stronger!

PROPHETIC APPROACH

The first 13 years of Prophethood was spent in Makkah, where the verses of the Quran focused on the belief in Allah, the Day of Judgement and description of Hell and Heaven. Aisha said **“(Be informed) that the first thing that was revealed thereof was a Sura from Al-Mufassal, and in it was mentioned Paradise and the Fire. When the people embraced Islam, the Verses regarding legal and illegal things were revealed. If the first thing to be revealed was: 'Do not drink alcoholic drinks,' people would have said, 'We will never leave alcoholic drinks,' and if there had been revealed, 'Do not commit illegal sexual intercourse, 'they would have said, 'We will never give up illegal sexual intercourse.'”** (Bukhari)

The best way to help new Muslims build their connection with Allah is primarily through:

- **Salah:** **“...and establish prayer. Indeed, ‘genuine’ prayer should deter ‘one’ from indecency and wickedness. The remembrance of Allah is ‘an’ even greater ‘deterrent’. And Allah ‘fully’ knows what you ‘all’ do.”** (29:45).
- **Dhikr:** **“...Surely in the remembrance of Allah, do hearts find comfort.”** (13:28)
- **Dua:** **“So call upon Allāh with sincere devotion to Him”** (40:14)
- **Knowledge:** **“Allah will exalt in degree those of you who believe, and those who have been granted knowledge”** (58:11).



TOPIC 9: SALAH

Whenever someone one accepted Islam, the Prophet (ﷺ) used to teach him how to pray then he would instruct him to make dua with the following words: Allaahummaghfir lee, warhamnee, wahdinee, wa 'aafinee warzuqnee ("O Allaah, forgive me, have mercy upon me, guide me, give me health and grant me sustenance."). (Muslim).

DISCUSSION: *Your new Muslim is about to pray their first prayer? What are you going to tell him or her?*

DISCUSSION: *How would you say to motivate your new Muslim to pray?*

SALAH MOTIVATION

There should be a huge emphasis on how we should view the salah - it is not just a ritualistic action that a believer does five times a day, but is it a direct connection to our Lord and opens our heart to Him alone. This is what the Prophet (peace be upon him) explained: **“When any one of you stands to pray, he is communicating with his Lord, so let him pay attention to how he speaks to Him.”** (Bukhari).

1. **Success lies in the salah:** The Prophet (peace be upon him) said : **“The first thing that will be judged among a person’s deeds on the Day of Resurrection is the prayer. If that is in good order, he will pass the test and prosper, and if that is defective, he will fail the test and will be a loser.”** (Tirmidhi).
2. **It is a manifestation of our belief.** If we love Allah, the prayer is a way to express that love in our actions. It importantly realigns the entire focus of our being back to its created purpose, which is to worship Allah.
3. **Reminds us of Allah throughout the day:** Due to our busy lifestyles, we can often become forgetful of Allah, so the prayer reminds us of Allah throughout our day
4. **Gives the soul peace and contentment:** As Allah says **“Surely in the remembrance of Allah do hearts find comfort.” (13:28)**. In this way, we also build the habit and become accustomed to constantly turning and returning to Allah.
5. **Salah is a means of expiating our sins:** Allah says, **“Establish prayer... Surely the good deeds wipe out evil deeds. That is a reminder for the mindful” (11:114)**. The Prophet (peace be upon him) gave a beautiful example of this to his companions. He asked them: ‘What do you think would happen if there was a river by someone’s door in which he washed five times every day? Do you think that any dirt would remain on him?’ The people said, ‘Not a scrap of dirt would remain on him.’ He said, ‘That is a like the five prayers, by which Allah wipes out wrong actions.’” (Tirmidhi)
6. **Helps to develop patience:** Patience is an essential quality we need to navigate through the tests of life. Allah tells us to do, **“O believers! Seek comfort in patience and prayer. Allah is truly with those who are patient.” (2:153)**
7. **Protects us from committing sins:** Allah says, **“...and establish prayer. Indeed, ‘genuine’ prayer should deter ‘one’ from indecency and wickedness.” (29:45)**. This is because our constant remembrance of Allah and standing in front of him reminds us of the consequences of committing those sins and strengthens our resolve to leave them for Allah’s sake.



TEACHING THE PRAYER

With these motivational points, the new Muslim should see that the prayer is not a burden, but something they look forward to. In addition, teaching a new Muslim how to pray is vital. A separate module explains our technique and method on how to teach the prayer called **PRAY with EASE**.

KNOWLEDGE

The other essential foundation we want them to build is knowledge. This religion of Islam is founded on knowledge. This is true of knowing Allah and knowing He wants us to worship Him. Therefore, knowledge is key in building their relationship with Allah, especially when it comes to learning about who Allah is.

TEACHING PHASE

DAWAH TRAINING COURSE NOTES [10-13]

KNOWLEDGE AND LEARNING

REGULAR FOLLOW-UP

DO'S AND DON'TS

COMMON PITFALLS



TOPIC 10: KNOWLEDGE AND LEARNING

DISCUSSION: *Fast forward to three months into the future. All this time you've been working with your new Muslim, developing them and teaching them Islam. What would expect them to know by the end of three months?*



THREE MONTHS LATER

There are some key fundamentals that a new Muslim should know at this stage. A good place to start would be the Hadith of Jibreel. This hadith is considered to be an excellent summary of Islam. At the end of the hadith, the Prophet (peace be upon him) said, “**he came to teach you your religion.**” It was as if the Jibril (peace be upon him) - through the questioning of the Prophet - was summarizing his mission and message by outlining the essential concepts of Iman, Islam and Ihsan.

By the end of our journey with the new Muslim, we should want to know and implement the following:

- The Salah
- Pillars of Imaan
- Pillars of Islam

In addition, since they should always be strengthening their relationship with Allah, we could also include things like dua and dhikr in this as a priority. If we can get to this point with the new Muslim, we have set a very good strong foundation.

TRACK THEIR PROGRESS

The new Muslim can benefit for being able to see what their progress might look like. Our **New Muslim Aftercare Programme and Toolkit** is designed to give the mentors all the tools they need to support their new Muslim’s learning and development, including the 13-week Step-by-Step Programme, PRAY with EASE and milestones that new Muslims should meet.

It’s important to remember - give them what they need, not what they want. For example, what if your new Muslim wants to learn about the fiqh of business? Or about the dajjal? Or how to do ruqyah? Think about priorities - tell them we will get there, but they need to crawl before they can walk. On the other hand, there may be something in their personal life that makes a specific issue important to deal with early on.

There are four main topics connected to this plan and their overall learning:

- 1) **Regular follow-up**
- 2) **Structure & Content**
- 3) **Do’s and Don’ts, and**
- 4) **Some Common Pitfalls**



TOPIC 11: REGULAR FOLLOW-UP

The most effective way to create change is through small consistent adjustments in one's life for the better. The key for this is to develop good habits and practices. Regular meetings and regular contact with our new Muslim is essential so that we can set and re-set goals for them to achieve. This could be weekly, daily or every other day - regardless, it should be something that is consistent and you both can commit to.

PASSIVE OR PROACTIVE APPROACH

- When following up with new Muslims, your approach can be either Passive or Proactive. Passive means waiting for them to get in touch with and Proactive means you contact the new Muslim.
- Every person is different, so there is a fine line between the two. Generally speaking, a proactive approach should be taken.
- However, sometimes you need to be proactive, other times you may need to take a step back. Stay flexible and be ready to change your approach when needed. You will need to know when to encourage someone and when to stand back a little, when to offer support and when to let them find their own way.
- If your new Muslim is extremely motivated and takes a lead on their learning and development, then this is good. Follow their lead.
- Even at this stage, remember an important objective: we want the new Muslim to become increasingly self-reliant and self-motivated. We need to give them enough space to find their own way, yet at the same time, we need to keep checking on them so they don't stray too far from the path.

DISCUSSION: *Your new Muslim has been attending your regular meetings. Suddenly, they stop attending and stop answering your calls. Analyse this situation - What could have gone wrong? What would you do?*



You may find a new Muslim may be busy or does not want to get back in touch. That does not mean you should stop trying, but again, do not push them away further. If you find that your new Muslim brother/sister is not getting back to you or ignoring you, then maybe try to have a candid discussion with them - open up and see what the problem is. Maybe they're going through something personal or maybe they want to redefine their timings and availability.

This is why the initial meeting is so vital. If we are able to get the initial meeting and rapport right with them, they are more likely to have a real conversation with us about what is bothering them and why they're not getting back in touch with us.

MOTIVATION

Whatever the case may be, motivation is key! Think about what will motivate them to take action. Ask them what you can do to help increase their motivation. Get them to think about their environment, their company, surrounding themselves with good people, maybe reading and watching content that will remind them of their goals and results, or even writing down their daily and weekly goals. Also try to also meet them for the salah at the masjid. If not the daily prayers, then for Isha or a few prayers, or at the very least, for jummah if possible.

Think about "how" we meet with them - online / face-to-face or a mixture of both: Online channels such as social media, WhatsApp and email are a good way to maintain continuous communication or to send them motivational videos/articles or images, whereas face-to-face is good for teaching sessions or to socialise.

NOTE: Socialising is a huge part of your New Muslim Success! Think about having social gatherings you would do normally, such as food or sports and include them. It should preferably be something that interests the new Muslim. The purpose is to integrate them into more Islam-centric social circles and to develop friendships with people who will support them on their journey.

STRUCTURE AND CONTENT

It is important to have a structured programme. This could include doing a weekly class, maybe on the weekend, holding events or seminars like a prayer workshop, or even online learning.

In terms of how we teach, try to be as flexible as you can - there is not a one-size-fits-all approach to it because everyone is different. It is good to find out how your new Muslim learns best. For instance, maybe it is in a classroom, watching videos or maybe reading books. Whatever the case, incorporate these into your teaching. Again, come to an agreement with them when you put this structure together so they are invested in it.



TOPIC 12: DO'S AND DON'TS

- 1. Always seek help from Allah in your role as a mentor:** Remind yourself this is an amanah - you are responsible for the development of another Muslim. Keep your intentions purely for Allah and seek His help to do the job properly. Remember the rewards: The Prophet (peace be upon him) said, **“Whoever institutes a good practice in Islam will have its reward and the reward of whoever acts upon it without diminishing their rewards in the slightest.” (Muslim).** The opposite is also true - if you are misguiding the new Muslim, the Prophet said **“Whoever institutes an evil practice in Islam will have its sin and the sin of those who act upon it without diminishing their sins in the slightest.” (Muslim)**
- 2. Don't drop your guard or become desensitised to sins:** Many new Muslims have a lesser level of commitment, submission, and perhaps, iman than you. They may only pray once a day or once a week; they may be involved in various sins as they slowly adopt Islam. You may have to ignore a lot of their sins as you work on their priorities, but do not let this make you become desensitized to sins or drop your guard when it comes to your personal worship and submission to Allah. To balance this, attend study circles and keep good company.
Remember, when it comes to them performing good deeds, do not always expect them to be at the same standard as you. Example: Fasting - we may have such zeal and excitement for Ramadan and because of that, we look forward to it. But they may not view it like this. As a result, do not get too angry or disappointed if they say they only did half a day or weren't able to do it at all.
- 3. Practice what you preach.** If you are telling new Muslims about prayer, you should also be someone who prays. Allah says, **“O believers! Why do you say what you do not do? How despicable it is in the sight of Allah that you say what you do not do!” (61:2-3).** This is what people call hypocrisy and generally, people despise that and don't listen to or follow those they perceive as being hypocritical. You need to lead by example.
- 4. Be careful how far you push or force the new Muslim:** This is particularly in relation to them doing something they are not comfortable with. Encourage them but also be careful not to make things so hard that they are frightened away all together. Change takes time. It's better they are doing something rather than nothing (i.e. praying three times a day is better than not praying at all.)
- 5. Priorities:** As a mentor, it is your job to think about what is important for a new Muslim to focus on. Junab ibn Abdullah said, **“We were with the Prophet (peace be upon him), and we were energetic young men, so we learned faith before we learned the Qur'an, then we learned the Qur'an, so it increased us in our faith.”**
This also includes not delving deeply into fiqh issues and differences of opinion. There are things that are unanimously halal or haraam. In such cases, we should be clear, but also remember, priorities. This does not mean ignore it if they do something haraam, but take their level of imaan into consideration. Remember the statement of Aisha - **“If the first thing to be revealed was: 'Do not drink alcoholic drinks,' people would have said, 'We will never leave alcoholic drinks,' and if it had been revealed, 'Do not commit illegal**



sexual intercourse, 'they would have said, 'We will never give up illegal sexual intercourse.''' (Bukhari).

6. **Consider the greater good (harm vs benefit):** Think about the lesser of two evils. For instance, listening to music vs not learning the salah. Think about the Bedouin who urinated in the masjid during the time of the Prophet. Since situations with new Muslims can sometimes be a case-by-case, "do" refer to scholars and people of knowledge. This will ensure we are kept within the limits of the shariah inshaAllah.
7. **Don't burn yourself out.** When it comes wanting to provide support and guidance to your new Muslim, remember you can only do so much; the rest is left with Allah. If you don't see the desired results, don't stress out about it. Allah will reward you based on your sincerity and efforts, not on results. In addition, don't feel obligated to be available 24/7 to the point where you neglect your own ibadah or become overwhelmed yourself. You have already defined times for availability so if need be, connect them with other resources.



TOPIC 13: COMMON PITFALLS

1. **Being too passive or shy in getting to the main goal.** This can happen if you feel you do not want to push the new Muslim too far. So, you end up going to the other extreme from being too pushy by backing away completely. It is all about finding the right balance between these two extremes - not too passive but also not too annoying!

The best way to achieve this is to be honest, open and truthful with the new Muslim so they will be the same with you. Show them that you care and want to achieve these goals for them. Maintain your motivation and develop them spiritually (i.e. raise their imaan)

2. **New Muslim progressing TOO fast.** They immerse themselves completely in their learning, aiming for perfection, going from 0-100 in such a short space of time. While this is somewhat commendable, it could become a potential issue, where this new Muslim may burn out and get tired of trying to maintain this level of imaan. In such instances, we should make them realise that Islam is a journey, not a sprint. Perfection happens over time. First, build on foundations and then develop/perfect them (Islam > Imaan > Ihsaan)

3. **New Muslims seeking education/guidance in non-vetted public forums or following too many people.** This can be very problematic because, unfortunately, the reality is, this can create doubt in the new Muslims and also misguidance! The best advice here is to advise new Muslims to be careful where they get their knowledge from and also instil the principles of referring back to Quran and Sunnah as our sources of guidance, and referring to the scholars.

DISCUSSION: *Before we move on to the next stage, are these statements true or false?*

	TRUE	FALSE
New Muslims usually have a stronger imaan than born Muslims because they chose to be Muslims.		
New Muslims need extra support because of their situation.		
New Muslims are more tested than other Muslims.		

EMPOWERMENT PHASE

DAWAH TRAINING COURSE NOTES [14-18]

MENTORING AND EMPOWERMENT

CASE STUDY 1 — DAN

CASE STUDY 2 — NATHAN

CASE STUDY 3 — JOHN

CALL TO ACTION

TOPIC 14: MENTORING AND ENGAGEMENT

TRUE OR FALSE REVIEWED

1. **New Muslims usually have a stronger imaan than born Muslims because they chose to be Muslims. True or False?** We know that imaan increases with obedience to Allah and decreases with disobedience to Allah. So, it's not necessarily based upon the how new to Islam they are.
2. **New Muslims need extra support because of their situation. True or False?** Is this always going to be the case? Or is it the fact that new Muslims don't necessarily need extra support, they may just need a specific type of support because of their specific situation.
3. **New Muslims are more tested than other Muslims. Is this true?** Sa'd ibn Abi Waqqaas (may Allah be pleased with him) said: I said: **"O Messenger of Allaah, which of the people are most sorely tested?" He said: "The Prophets, then the next best and the next best. A man will be tested in accordance with his level of religious commitment. If his religious commitment is strong, he will be tested more severely, and if his religious commitment is weak, he will be tested in accordance with his religious commitment. Calamity will keep befalling a person until he walks on the earth with no sin on him."** (Tirmidhi)

CONSEQUENCES

If you think these statements are true, it will influence your behaviour towards new Muslims. It is true that they are new and we need to take things slowly with them, but we don't want to treat them like children by doing everything for them. This can make them become reliant upon us instead of Allah. It can lead to them not progressing in their Islam because they will always have other people doing things for them.

MENTORING AND EMPOWERING

Mentoring is a partnership through which one person shares knowledge, skills, information and perspective to encourage the personal growth of someone else. In other words, give them the tools to become the best Muslim they can be! Throughout the teaching phase, this is something that should have been taking place and should be implemented from the moment take their shahadah!

This mentorship and empowerment is a part of the new Muslim's journey and it is especially important in instances where they may be dealing with issues and challenges in their life. Remember the common challenges that a new Muslim faces? Mentoring and empowering them will be a great help for them inshallah.

THE BEST MENTOR

- If we look at the Prophet (peace be upon him), he was a great mentor for the companions and he would empower them. There were certain behaviours he adopted in order to achieve this. For instance:
- The Prophet (peace be upon him) was gentle and easy with them. Allah tells us, **“It is out of Allah’s mercy that you ‘O Prophet’ have been lenient with them. Had you been cruel or hard-hearted, they would have certainly abandoned you.” (3:159).**
- He gained their trust
- He would always be there for them to advise them and guide them with knowledge and insight.
- He also played to their strengths by giving them specific roles, such as roles in leadership or education.

For example:

- **Mus’ab ibn Umair:** The Prophet empowered him by sending him to Medinah to be the first ambassador of Islam and a da’ee.
- **Bilal ibn Rabah:** The Prophet appointed him as the muadhin.
- **Zaid ibn Thabit:** mentored and empowered to be one of the Prophet’s scribes and wrote his letters to non-Muslims. During the caliphate of Abu Bakr, he was assigned the role of authenticating and collecting the Quran into a single book.
- **Rabiah ibn Amr.** A companion we only know through the story of his confrontation with the Persian General Rostam, who was so impressed by his speech, he asked Rabiah if he was the leader of the Muslims! Rabiah said that he was just an ordinary soldier amongst them - it shows how the mentorship of the Prophet (peace be upon him) empowered even the ordinary Muslims.

THREE-STEP MENTORING PROCESS

If a new Muslim is going through some difficulty or problem, there are three steps we can use to help them overcome this.

1. **Active Listening:** ensure you are fully present, concentrated and have fully understood what their issue is. Show them you are listening by giving them your full attention. You can even repeat back to them to demonstrate this or ask them questions to check you understanding the issue properly.
2. **Empathy and Trust:** Put yourself in their shoes. Look at it from their perspective.
3. **Empowerment:** Give them the information, advice, guidance and motivation they need to move forward and overcome their issues. Don’t just solve their problems for them, but rather give them the right tools so they can empower themselves,

So, when a new Muslim comes to tell you “I have a problem”, you are

1. **actively listening** (“I’m listening. Talk to me”)
2. **empathising** (“I understand”)
3. **empowering** (“here’s what may help”).

Example 1



Ata ibn Abi Rabah said that one time Ibn Abbas said to him, “shall I show you a woman of the people of Paradise?” Ata said yes. Ibn Abbas said, “This black lady came to the Prophet (peace be upon him) and said “I get attacks of epilepsy and my body becomes uncovered; please invoke Allah for me”. The Prophet said to her “If you wish, be patient and you will have paradise; and if you wish, I shall invoke Allah to cure you”. She said, “I will be patient” and added “but I become uncovered, so please invoke Allah for me that I may not become uncovered. So, he invoked Allah for that. (Bukhari)

The Prophet (peace be upon him) listened to the problem this lady was going through. He gave her advice and realigned her back to Allah, empowering her to be patient. She was given a choice and was empowered to be patient, as it would result in Paradise for her!

Example 2

A man asked the Prophet (peace be upon him) about the Hour (i.e., Day of Judgment) saying, “When will the Hour be?” The Prophet said, “What have you prepared for it?” The man said, “Nothing, except that I love Allah and His Apostle.” The Prophet said, “You will be with those whom you love.” We had never been so glad as we were on hearing that saying of the Prophet. Therefore, I love the Prophet, Abu Bakr and `Umar, and I hope that I will be with them because of my love for them though my deeds are not similar to theirs. (Bukhari)

Example 3

Anas ibn Malik reported: A man from the Ansar came to the Prophet, peace and blessings be upon him, and begged from him. The Prophet said, “Have you nothing in your house?” The man said, “Yes, a piece of cloth, a part of which we wear and a part of which we spread on the ground, and a wooden bowl from which we drink water.” The Prophet said, “Bring them to me.” The man brought these articles to him and the Prophet took them in his hands and he said, “Who will buy these?” Someone said, “I will buy them for one coin.” The Prophet said twice or thrice, “Who will offer more than one coin?” Someone said, “I will buy them for two coins.” He sold them for two coins and the Prophet said, “Buy food with one of them and give it to your family. Buy an axe and bring it to me.” The man brought it to him. The Prophet fixed a handle on it with his own hands and he said, “Go gather firewood and sell it, and do not let me see you for a fortnight.” The man went away and gathered firewood and sold it. When he had earned ten coins, he came and bought a garment and food. The Prophet said, “This is better for you than for begging to come as a blemish on your face on the Day of Resurrection. Begging is only appropriate for three people: one in grinding poverty, one in serious debt, and one who must pay a difficult compensation.” (Abu Dawud)

This is how we need to be with new Muslims. Inspire them. Motivate them! Especially during those times where they lack the motivation to pray or when going through hardship!



TOPIC 15: CASE STUDY 1 - DAN

DISCUSSION: *Dan accepted Islam 6 months ago. However, he never dared to inform his parents about his new way of life. Lying to them and hiding his belief starts becoming more and more difficult for him and he doesn't really know what he should do. Now imagine you meet up with Dan for your weekly meeting and he opens up to you about this issue he's been having. What if he turns to you and says, "I don't know what to do...do you think I should just tell my parents?" What would you do in this situation?*

Active Listening

Empathy and Trust

Empowerment



TOPIC 16: CASE STUDY 2 - NATHAN

DISCUSSION: *Your new Muslim, Nathan, has not been in touch for a few weeks now. He ignores your phone calls and text messages. One day, he gets in touch and apologizes for missing your calls. He tells you that he's been feeling really low because he keeps wondering "Why are my parents not guided?" He goes on to tell you that what he finds most difficult is the fact that when his parents will die he won't be able to make dua for them; each time he thinks about it, he feels very depressed. What would you do in this situation?*

Active Listening

Empathy and Trust

Empowerment



TOPIC 17: CASE STUDY 3 - JOHN

DISCUSSION: *During one of your first few meetings with John, he says to you, “I don’t know if I should tell you this, but I have done so many bad things in the past and there are still many sins I find really difficult to stop. I feel really disgusted about myself and I don’t think that I deserve to be a Muslim.” What would you do in this situation?*

Active Listening

Empathy and Trust

Empowerment