

UNIT

F

CHAPTER

FIVE

Mental Drugs

CHAPTER OBJECTIVES

- 1 Learn about the things that waste time and energy.
- 2 Recognize that games and entertainment can be addictive an act as “mental drugs.”
- 3 Realize that “mental drugs” can distract people’s attention away from worship, studying and other serious things in life.

In the previous lessons on “alcohol” and “drugs,” you learned about their harms and danger s to us. However, harm doesn’t stop there. In this lesson, you will learn about other kinds of “drugs,” that are not necessarily intoxicants or used to cure “mental” patients. Let us learn about some harmful habits and addictions that can hurt you like the addictive substances do .

Muhammad learns many lessons

In the 8th grade class, Teacher Hiba walked inside the classroom. “Assalamu Alaykum class,” she greeted the class.

“Wa’alaykum As-Salam,” the class cheerfully responded.

“Everyone, please get out yesterday’s homework and place it on your desks.

I will come around to check them.” The teacher said.

As soon as everyone placed their notebooks on their desks, Teacher Hiba began walking through the class checking. Muhammad was nervous. He hadn’t done his homework. He couldn’t stop playing his video game until he finished at least the 5th level.

“Muhammad?” Sr.Hiba interrupted his thoughts.

“Yes, Teacher Hiba?” Muhammad was scared.

“Your notebook is empty,” Teacher Hiba said confused.

“I know Teacher Hiba, I’m sorry, I promise, this will be the last time,” Muhammad said apologetically.

“You’re a good student Muhammad; I don’t expect this from you. Stay after class so we can talk about it,” Teacher Hiba said.

“Yes Teacher Hiba.” Muhammad said.

Teacher Hiba continued to check around for homeworks. Layan was getting nervous. She only half-completed the homeworks assignment. Layan was up late watching T.V. She thought she could

wake up early this morning and do it quickly. But the homework was a lot longer and harder than expected.

"Layan?" Teacher Hiba called her.

"Yes, Teacher Hiba?" Layan said nervously.

"You did not complete your assignment." Teacher Hiba said confused.

"Yes, I know. I'm sorry. I..umm..it was hard," Layan explained.

"I know you're a good student. But I will have to ask you to stay after class for a talk." Teacher Hiba said.

"Yes, Teacher Hiba" Layan said with guilt. When class was over, all the students left the classroom. Muhammad, Layan, and Omar stayed behind.

"Why are you still here Omar?" Layan asked.

"Teacher Hiba saw my cd-player in my bag."

"Oh, why would you bring that to school?" Mohammad asked.

"I guess I got addicted to this one song. I wanted to listen to it during my break."

"Is that so?" Teacher Hiba was coming back after running an errand.

"Sr.Hiba!" all three exclaimed.

"I'm sorry, I did not mean to eavesdrop. But I'm glad I heard that. Take a seat you three." Teacher Hiba said kindly. Muhammad, Layan, and Omar sat on their chairs.

"About the music, you said it was addictive?" Teacher Hiba asked Omar.

"Well, one song is..kind of.." Omar said.

"Right...so addictive that you were willing break the school policy about bringing the cd-player to school?" Teacher Hiba asked.

Omar didn't have anything to say. Sr. Hiba continued. "Do you know one big reason why alcohol and drugs are dangerous?"

"Because they are addictive?" Layan answered.

"Yes, you don't want to stop. Anyone who takes drugs will get addicted to it. If he/she did not have the money to buy it, he/she might go steal money to get it. Addiction is a powerful. This is also why it's dangerous. It's hard to control. You might commit a crime, or break a school rule, like you did Omar." Teacher Hiba explained.

"I'm so sorry..." Omar couldn't look up to the teacher, he was so ashamed.

"Now, Muhammad and Layan." Teacher Hiba said.

"Yes Teacher Hiba?" Muhammad and Layan both responded.

"Do you have a good reason for not completing the homework assignment?"

Neither Muhammad nor Layan knew how to respond.

"This is a concern for me. It has been a pattern. You were doing excellent at the beginning of the year." Teacher Hiba said worried.

"Are our grades getting lower?" Layan asked worriedly.

"I hate to say this, because I know you are good students. But your grades have been affected. Whatever it is that's causing these distractions should be stopped immediately. I suggest that the instant you go home, you start on the important activities. Don't let any 'mental drugs' become a distraction. I will give you two another chance to make-up last night's assignment," Teacher Hiba said smiling.

"Thank you so much Teacher Hiba." Muhammad and Layan said gratefully.

Muhammad went home thinking about what Teacher Hiba said. Video games are definitely not worth getting bad grades in school. As soon as Muhammad got home, he went straight to his room. He got his books and homework out, and started to work on it. It took Muhammad an hour to do it. Finally, he was done. "Alhamdulillah, I am done with my homework."

Muhammad said, satisfied. He looked at the clock. It was 20 minutes till Salat-ul-Asr. He had some time left to finish level 6 on his new video game.

Muhammad turned on the video game and began playing. Before he knew it, he was on level 7. Muhammad's mother was calling him; "Muhammad, dinner's ready."

Muhammad did not hear his mother calling him. He was too involved with the game. Muhammad's mother sent Hani to get his brother.

"Muhammad!!" Hani shouted. "What?!" Muhammad said, eyes on the T.V.

"We've been waiting for you, come on, I'm hungry."

"Okay, okay..wait.."

Muhammad paused the game, washed up, and went for dinner. After dinner, Muhammad's mom said: "Everyone go make wudoo', It's almost time for Maghrib."

Muhammad gasped. He had totally forgotten about Salat-ul-Asr.

"What's wrong Muhammad?"

"I missed Salatul Asr!"

"But I asked you earlier if you prayed Asr, and you nodded your head.."

"You did?"

"Yes, were you not listening to me? You were playing that video game of yours. I suppose that is more important than listening to your parents. And now, missing your salah? How could you?!" Muhammad's mother said angrily.

"Oh..I'm so sorry. I was planning to pray.." Muhammad tried to explain.

"Yes and the video game changed your plan to pray?? Should I take away this video game away from you Muhammad? Ever since you've been playing it, you have been more distant with your family. You are not listening to me when I talk to you. Don't you see what's happening? This video game is interfering with your responsibilities. How can you miss your salah?!" Muhammad's mother was getting extremely angry.

"I'm sorry," Muhammad said ashamed.

"Don't be sorry to me, you have committed a crime against Allah سبحانه وتعالى.

Go make wudoo' and ask forgiveness from Allah سبحانه وتعالى."

"Oh mama, I feel so bad." Muhammad couldn't stop saying.

"I realize how dangerous it is. Like Teacher Hiba said, I have turned the video game into a mental drug. Astaghfirallah, how can I miss my prayers.

I'm going to go make up Salat-ul-Asr and repent to Allah سبحانه وتعالى. Inshallah, I'll never let anything become more important than praying to Allah سبحانه وتعالى." Muhammad told his mother.

Immediately, Muhammad made wudoo' and prayed. After he finished, he looked at the clock. One more hour until Isha prayer. Normally, he would have thought about going to the next level on his video game. But now, he went and got a copy of the Holy Qur'an and started to recite verses.

The next day, Muhammad met Omar at school.

Omar said to Muhammad, "I decided not to let the internet ruin my life."

"How is that?" Muhammad asked.

"Every day I spend around three hours on it. Some nights I go to bed, but I could not sleep, so I sneak back to the computer and stay up very late. I find some school friends up late too chatting like me. A few times, I get to see bad stuff! Astaghfirullah, sometimes I let myself go with it, but afterward I feel so bad I did. If I did not stop myself, I would get addicted to wasting my life on the Internet, without much good out of it," Omar explained.

"You know Omar, I am not into the internet, but I almost got addicted to the video games. This made me forget about salah, schoolwork, my family and other important things. I also decided to be balanced. I am learning now to love worship, knowledge and family more than games and entertainment", Muhammad said.

"I know, we sometimes say we love Allah more than anything else but, astaghfirullah, we inside love playing games more than reading Qur'an or praying," Omar complained.

"That is shaytan, he encourages us to get addicted to these mental drugs as teacher Hibah said. He makes us give more time to games and TV than to worship, knowledge and other important things. This way he sets us apart from loving Allah and worshipping him as we should."

Mental Drugs

Examples of Mental Drugs are much of:

1. Video Games
2. T.V. Shows
3. Internet
4. Comedy, jokes
5. Celebrities and athletes' news, pictures and fashions
6. Movies
7. Chatting
8. Music, songs and dancing
9. Bad pictures and videos
10. Arcade games



FAITH IN ACTION

- ★ Always give your full attention to worshipping Allah, obeying and helping your parents, studying and other serious daily life matters.
- ★ Always avoid becoming addicted to watching TV, video games, and other time wasters.

Hadeeth Shareef

عن أبي برزة الأسلمي رضي الله عنه قال: قال رسول الله ﷺ: " لا تزول قدما عبدٍ يومَ القيامةِ حتى يُسألَ عن عُمُرِهِ فيما أفنَاهُ ، وعن عِلْمِهِ فيمَ فعلَ وعن مالِهِ من أين أكتسبَهُ وفيمَ أنفقَهُ وعن جِسْمِهِ فيما أبلاه " رواه الترمذي والدارمي

Abu Barzah Al-Aslami narrated that Rasoolullah said:
"The servant's feet would not move during the Day of Judgment until he is questioned about:

1. What he did during his lifetime,
2. How he used his knowledge,
3. How he earned his money and where he spent it,
4. And how he utilized his body."

حدیث
شریف

Lessons Learned

Allah gave you life, time, knowledge, money, body and many other gifts in this life. He wants you to use them all in the best manner possible. He wants you to spend your life worshipping Him, doing good deeds and being good to people and the environment. Shaytan, on the other hand, wants you to waste your life and everything God gave you in doing bad deeds and avoiding

good work. During the Day of Judgment, Allah will ask us all about how we used our time, our brains, our wealth and our bodies. Shaytan will not help us there, he will betray us. If we are into bad habits and mental drugs, during this life, we will be regretful in the Day of Judgment. If we used God's gifts as Allah wishes, we will enjoy a happy life here, and Jannah in the other life.

CHAPTER REVIEW

Projects and Activities

1. Create a list of the things that may distract you away from worship, studying and other important duties in your life.
2. Write a poem about "mental drugs."



Stretch Your Mind

Why is time a very important element in your life?



Study Questions

- 1 What are some of the things that distract your mind away from worshipping Allah, studying, and other important daily life matters?
- 2 How can games, movies and chatting negatively influence your daily life?
- 3 What will every person be asked about during the Day of Judgment? Support your answer with a hadeeth.