

# Blessed Burden

A beautiful journey through pregnancy under  
the light of Qur'an & sunnah





رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ  
وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

[OUR LORD, GRANT US FROM AMONG OUR WIVES AND  
OFFSPRING COMFORT TO OUR EYES AND MAKE US AN  
EXAMPLE FOR THE RIGHTEOUS.]

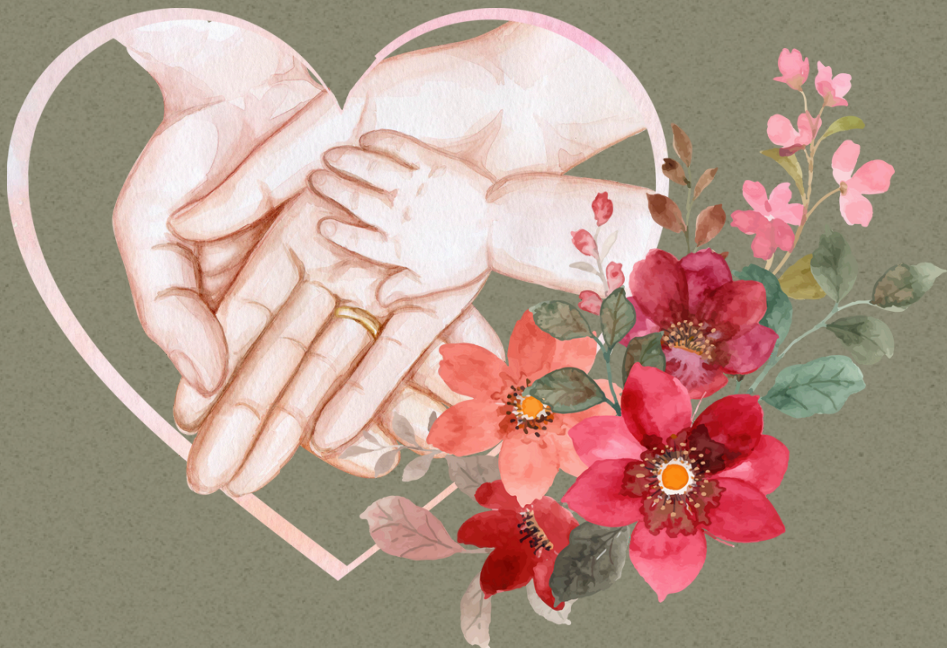
[Surah Furqan, Ayah:74]

This book belongs to

Ummm \_\_\_\_\_

My due date \_\_\_\_\_

إِنْ شَاءَ اللَّهُ





# **PREFACE**

The Qur'an contains several verses that address the concept of pregnancy, highlighting its miraculous nature, the stages of human creation, and the challenges faced by mothers.

The Ayahs highlight the physical and emotional challenges of bearing and raising children, reminding believers of the gratitude owed to mothers and Allah's blessings.

Here are the most relevant Quranic ayahs:





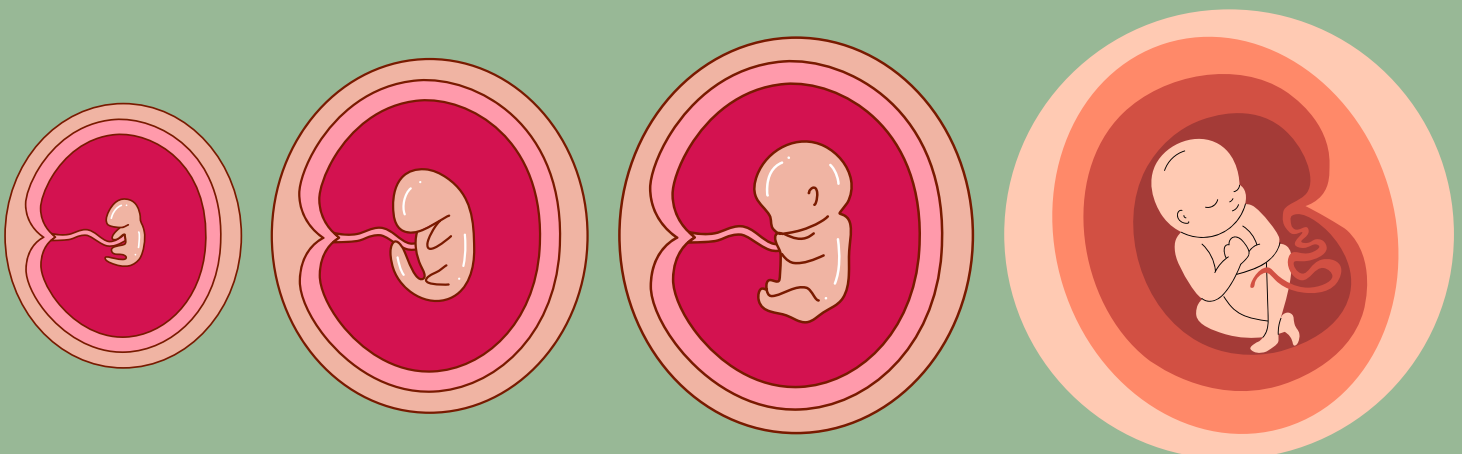
# Stages of Creation in the Womb

**“And certainly did We create man from an extract of clay. Then We placed him as a sperm-drop in a firm lodging [the womb]. Then We made the sperm-drop into a clinging clot, and We made [from] the lump, bones, and We covered the bones with flesh; then We developed him into another creation. So blessed is Allah, the best of creators.”**

**[Surah Al-Mu'minun (23:12-14)]**

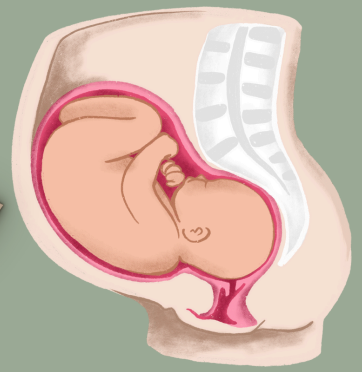
**“He creates you in the wombs of your mothers, creation after creation, in three darknesses. That is Allah, your Lord; to Him belongs dominion. There is no deity except Him, so how are you averted?”**

**[Surah Az-Zumar (39:6)]**





## The Hardship of Pregnancy



“And We have enjoined upon man [care]  
for his parents. His mother carried him,  
[increasing her] in weakness upon weakness,  
and his weaning is in two years.  
Be grateful to Me and to your parents;  
to Me is the [final] destination.”

**[Surah Luqman(31:14)]**

“And We have enjoined upon man to his parents  
good treatment. His mother carried him with  
hardship and gave birth to him with hardship,  
and his gestation and weaning [period] is  
thirty months...”

**[Surah Ahqaf(46:15)]**

**THIS VERSE DESCRIBES BOTH THE PAIN OF  
CARRYING A CHILD AND THE DIFFICULTY OF  
CHILDBIRTH, HIGHLIGHTING THE IMMENSE EFFORT  
AND ENDURANCE REQUIRED OF MOTHERS.**

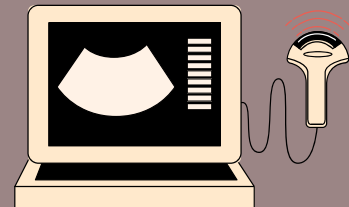




# The Pain of Childbirth

**“AND THE PAINS OF CHILDBIRTH DROVE HER(MARYAM ALAYHI SALAM) TO THE TRUNK OF A PALM TREE. SHE SAID, ‘OH, I WISH I HAD DIED BEFORE THIS AND WAS IN OBLIVION, FORGOTTEN.’”**

**[Surah Maryam (19:23)]**



**THIS VERSE ILLUSTRATES THE INTENSITY OF LABOR PAINS AND MARYAM'S EMOTIONAL AND PHYSICAL STRUGGLE DURING CHILDBIRTH. IT ADDRESSES THE PAIN AND HARDSHIP OF PREGNANCY, EMPHASIZING THE SACRIFICES MOTHERS ENDURE DURING THIS TIME.**





# A Parent's Supplication for Righteous Offspring

NARRATING THE STORY OF ZAKARIYYAH (ALAYHISALAM), WHO PRAYED FOR A CHILD DESPITE HIS OLD AGE:

“HE SAID, ‘MY LORD, INDEED MY BONES HAVE WEAKENED, AND MY HEAD HAS FILLED WITH WHITE, AND NEVER HAVE I BEEN IN MY SUPPLICATION TO YOU, MY LORD, UNHAPPY.”

[Surah Maryam (19:2-9)]

“AT THAT, ZAKARIYYAH (ALAYHISALAM) CALLED UPON HIS LORD, SAYING, ‘MY LORD, GRANT ME FROM YOURSELF A GOOD OFFSPRING. INDEED, YOU ARE THE HEARER OF SUPPLICATION.”

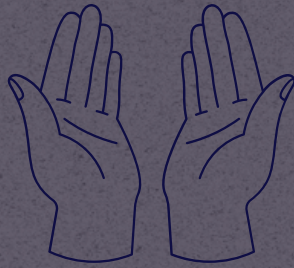
[Surah Al-Imran (3:38)]







# Thankfulness for the Blessing of Children



“To Allah belongs the dominion of the heavens and the earth; He creates what He wills. He gives to whom He wills female [children], and He gives to whom He wills males. Or He makes them [both] males and females, and He renders whom He wills barren. Indeed, He is Knowing and Competent.”

**[Surah Ash-Shura (42:49-50)]**



TRUE GRATITUDE INCLUDES BY THANKING ALLAH, RAISING CHILDREN RIGHTEOUSLY, AND SEEKING HIS

HELP IN FULFILLING OUR ROLES AS PARENTS.

WE HONOR THE BLESSING OF CHILDREN,

RAISING CHILDREN IN A MANNER THAT PLEASES ALLAH, ENSURING THEIR UPBRINGING ALIGNS WITH ISLAMIC TEACHINGS...SAY 'ALHAMDULILLAH'





# DUA FOR OFFSPRING

رَبِّ هَبْ لِي مِنَ الصَّالِحِينَ

[MY LORD! BLESS ME WITH RIGHTEOUS  
OFFSPRING]

[Qur'an(37:100)]

رَبِّ هَبْ لِي مِنْ لَدُنْكَ ذُرِّيَّةً طَيِّبَةً إِنَّكَ  
سَمِيعُ الدُّعَاءِ



[MY LORD, GRANT ME FROM YOURSELF A GOOD  
OFFSPRING. INDEED, YOU ARE THE HEARER OF  
SUPPLICATION.]

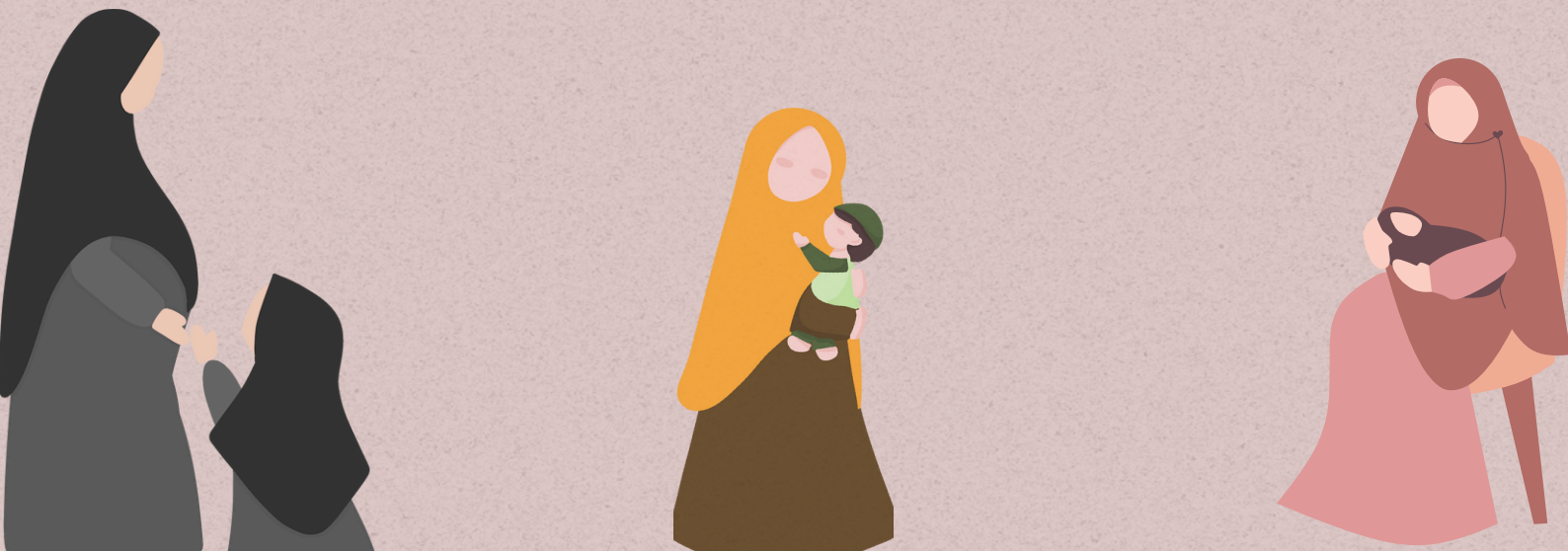
[Qur'an(3:38)]



# The Message of Gratitude and Sacrifice

**THESE VERSES EMPHASIZE THE PROFOUND SACRIFICE MOTHERS MAKE DURING PREGNANCY AND CHILDBIRTH, ENCOURAGING BELIEVERS TO RECOGNIZE THIS PAIN AND SHOW IMMENSE GRATITUDE TOWARD THEIR PARENTS, ESPECIALLY MOTHERS, AS WELL AS TO ALLAH FOR FACILITATING THE PROCESS.**

**"TO ALL THE INCREDIBLE MOTHERS & MOTHER TO BE PREGNANCY AND CHILDBIRTH ARE PROFOUND JOURNEYS OF LOVE, SACRIFICE, AND UNWAVERING STRENGTH. FROM NURTURING LIFE WITHIN TO ENDURING PAIN WITH GRACE, YOUR SACRIFICES KNOW NO BOUNDS. YOUR PATIENCE, RESILIENCE, AND SELFLESSNESS ARE THE PUREST FORMS OF LOVE, REMINDING US OF THE BEAUTIFUL BLESSINGS OF MOTHERHOOD.**





# FEW HABITS TO INCLUDE IN YOUR PREGNANCY JOURNEY–

- Stay in wudhu(24\*7).
- Be punctual with your Prayers.
- Listen to Qur'an with Translation as the fetus can start hearing from 20weeks of pregnancy inside your womb subhanallah.
- Read Qur'an with Tafseer.
- Learn your Deen & Aqeedah so that you can teach your kid the true religion In sha Allah.
- Read or listen to Seerah stories.
- Evry minute think of Allah & be grateful for this blessing.
- Keep your tongue busy with dhikr & Astaghfar.
- Do your morning, evening & night azkars regularly.
- Stay Active physically and mentally.
- Keep yourself strong, for every pain & suffering you'll be rewarded & elevated In sha Allah.
- Love & respect your mother even more as Allah has blessed and upgrade your role to a mother Bi idhnillah.
- Develop yourself those habits which you want to see & instill in your child.
- Learn about the Sunnahs of new born.
- Prepare few Islamic crafts, books and beneficial learning stuffs for your kids.
- Keep Making Dua for a healthy & Safe Pregnancy.

*Habits*







Tarbiyatul Aulad