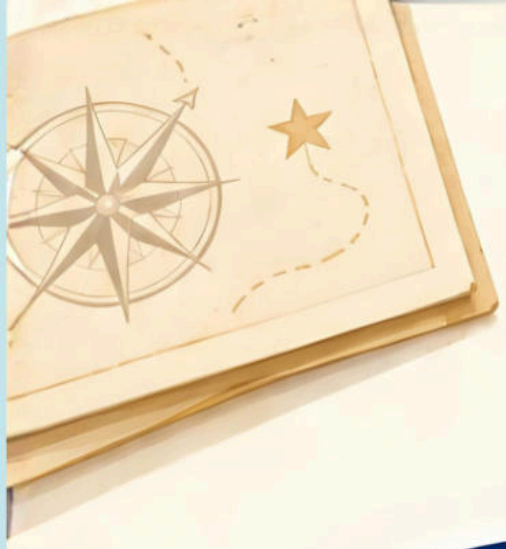




TRUTH SEEKERS

The Young Muslim's Guide to Belief

Book 1 — The Foundations of Belief

By Hashir Shaikh





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TRUTH SEEKERS

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Dedication

Dedicated to my family,
with love and gratitude.

Truth Seekers: The Young Muslim's Guide to Belief
Book 1 — The Foundations of Belief

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بِسْمِ اللَّهِ الرَّحْمٰنِ الرَّحِيمِ

In the name of Allah, the Most Compassionate, the Most Merciful

A Du‘ā for Knowledge

وَقُلْ رَّبِّ زِدْنِي عِلْمًا

Wa qul rabbi zidnī ‘ilmā

‘And say: My Lord, increase me in knowledge.’

— Qur’an 20:114

Note to Parents and Teachers

Assalamu ‘Alaikum,

This book was written to help our children develop a strong and well-grounded belief in Allah, using clear explanations, real-life examples, and thoughtful activities. It is part of the **Truth Seekers** series, which aims to nurture curious, confident, and knowledgeable young Muslims.

What This Book Covers

Part One – Foundations of Belief introduces children to the importance of seeking truth, thinking critically, and understanding the first article of faith: belief in Allah.

Our Goals

To strengthen faith, encourage reflection, and build a love for learning about Allah through simple language, engaging visuals, and hands-on activities.

How You Can Support

Read together, discuss the key lessons, and encourage your child to ask questions. Use the activities to reinforce learning and real-life application. This book can be used at home, in Islamic schools, or in weekend programs. It is intended to be taught a few lessons at a time, not all in one sitting. It may also be helpful to revisit certain lessons to solidify learning.

A Final Note

Our children are growing up in a world full of questions and influences. May this book be a small step in helping them become firm, thoughtful, and practicing Muslims, and may Allah make it beneficial for them in this life and the next.

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Chapter 1

Welcome, Truth Seeker!

Lets discover what is means
to be a Truth Seeker



PART ONE
Becoming a Truth Seeker

CHAPTER 1

Welcome, Truth Seeker!





TRUTH SEEKER QUESTION

How do you know if something is really true?

Imagine someone runs up to you and says:

"There is a treasure chest buried in your backyard!"

Would you believe them right away?
Maybe you would ask, "How do you know?"
Maybe you would look for clues.
Maybe you would ask someone you trust.
Maybe you would even go outside and check!

When you try to find out what is really true, you are doing something very important.
You are searching for the truth.
And someone who searches for the truth is called a...

TRUTH SEEKER!

QUR'AN CONNECTION

"The truth is from your Lord..."
(Qur'an 2:147)

Allah knows the truth perfectly.
He wants us to learn what is true and follow it.
In this book, we are going on a journey to discover the truth — and why we believe what we believe.

THINK ABOUT IT

If somebody tells you something, should you believe it just because they said it?
Why or why not?

What Is a Truth Seeker?

A Truth Seeker does not simply believe everything he hears.
A Truth Seeker asks questions.



Questions like:

- Is this really true?
- How do we know?
- What is the evidence?
- Who told us this?
- Can this person be trusted?

Allah gave you something amazing:

A mind!

- You can think.
- You can learn.
- You can ask questions.
- You can look at the world around you.
- And you can search for answers.

Think About It

Is asking a question a bad thing?

No!

Good questions can help us learn the truth.

What Is Truth?

Truth means...

something that is really the way it is.
It is about what actually exists, not just what someone believes or says.
The opposite of truth is called falsehood.



Does saying something make it true?

No! If someone says, "There are ten apples," it does not become true. What if ten people say it? Still no. What if one hundred people say it? Still no. **Truth is about what is actually real.**

Truth Seeker Lesson

Truth is a belief which is actually real and is based on facts.
The Truth is right.
Falsehood is wrong.

Think About It

Give an example of something that many people might believe, but is actually not true.

Can People Be Wrong?



Yes! Sometimes people believe something that is not true.

Maybe they misunderstood something,
were given the wrong information,
did not know all the facts,
or simply made a mistake.

"I heard it from my friend, so it must be true!"

Imagine if we went around telling everyone
the wrong thing and some people believed this to be true.
It would lead to the wrong ideas and conclusions.

That is why a Truth Seeker does not only ask:

"What do people believe?"

A Truth Seeker asks:

"What is actually true?"

Think About It

Can a person be very sure about something...
and still be wrong?

Your Truth Seeker Tools

Every good Truth Seeker needs tools. Not a hammer.
Not a screwdriver. Your most important tools are already with you.



1 Think

Use the mind Allah gave you.



2 Ask

Ask good questions.





3 Observe

Look carefully at the world around you.

4 Learn

Search for knowledge.



5 Check

Do not believe every claim immediately.

6 Ask Allah for Guidance

Ask Allah to guide you to what is true.

You will use these tools again and again throughout this book.



Think About It

Which of these tools do you think you already use? Which one do you want to get better at?

Truth Seeker Challenge

Let's see if you are thinking like a Truth Seeker!

Activity Time

1 **Your friend says: "The moon is made of cheese!" What should you do?**



- **A** Believe it immediately
- **B** Ask, "How do you know?"
- **C** Tell everyone before checking

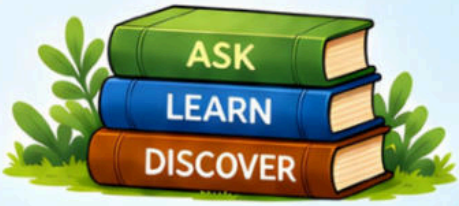
2 **Someone says: "Everybody believes it, so it must be true!" Do you agree?**



YES **NO**

Why? _____

3 **You do not understand something about Islam. What should you do?**



- **A** Never ask about it
- **B** Pretend you understand
- **C** Ask someone knowledgeable and learn more

4 Finish the Story!

Ahmed comes into the kitchen and notices that some cookies are missing. His younger brother Hamza is sitting nearby.

Ahmed says, "You ate my cookies!"
Hamza says, "I didn't do it!"



What should Ahmed do next if he wants to be a Truth Seeker?

- **A** Keep blaming Hamza right away.
- **B** Ask questions and find out what really happened.
- **C** Get angry without thinking.

Why did you choose that answer?

_____

_____

Truth Seeker Challenge

Let's keep thinking like a Truth Seeker!

Activity Time

5 Spot the Mistake!

Look carefully at the picture. Circle 5 things that are wrong.



Can you find all 5 mistakes?

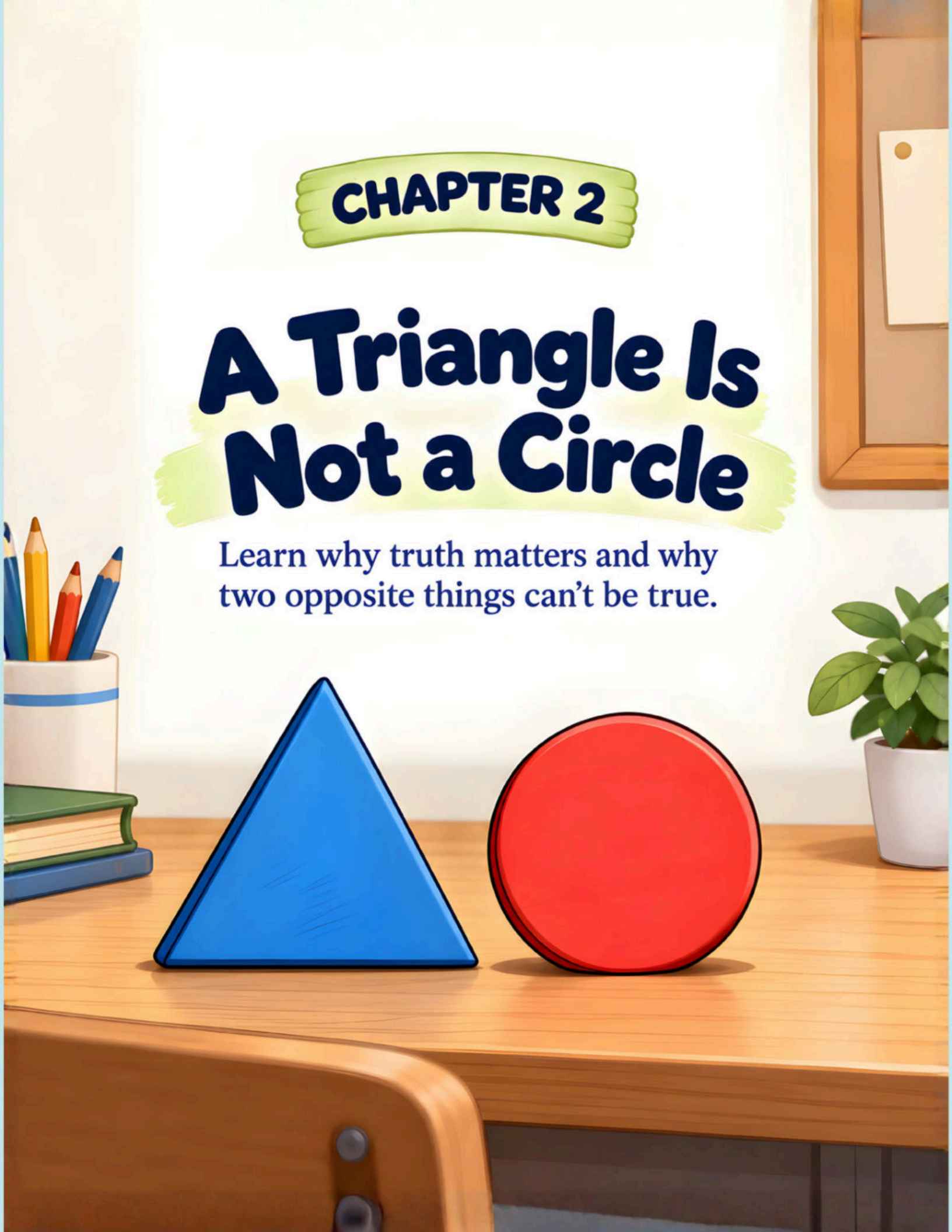
Chapter 1 Summary

1. The Truth is that which is factual and real.
2. Truth Seekers use their minds and ask questions.
3. If something is truly false or wrong, then it can never be true, even if a lot of people believe it.

CHAPTER 2

A Triangle Is Not a Circle

Learn why truth matters and why two opposite things can't be true.

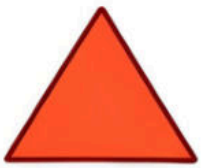


A Triangle Is Not a Circle

A triangle and a circle are different shapes.
They are **not** the same.



A triangle has three straight sides and three corners.



This is a triangle.

A circle is round. It has no corners.



This is a circle.

Truth Seeker Preview

When two things are said about something that cannot both be true, this is called a **contradiction!**

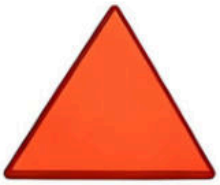
Think About It

Is the following statement a contradiction: a pencil is an eraser. Why or why not? Describe the qualities of an eraser and a pencil.

Can Opposites Both Be True?

Sometimes two claims say opposite things. Can they both be right at the same time? Let's think about it.

1 A Shape



This shape is a triangle. ✓

This same shape is a circle. ✗

These two claims cannot both be true at the same time and in the same way.

2 A Light



The light is ON. ✓

The light is OFF. ✗

These two claims cannot both be true at the same time and in the same way.

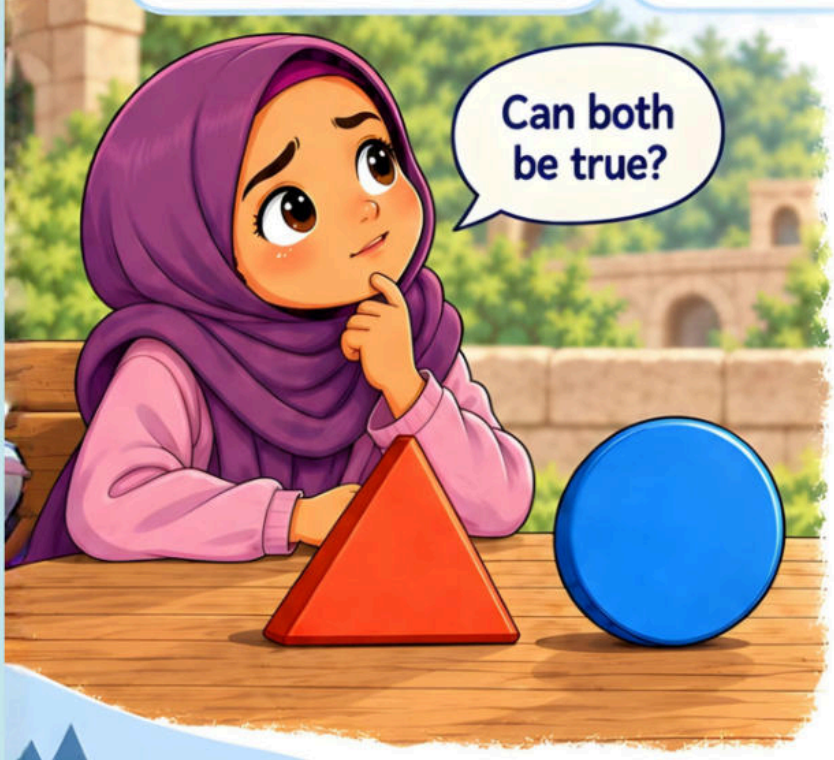
3 A Cup



The glass is full. ✓

The glass is empty. ✗

These two claims cannot both be true at the same time and in the same way.



Contradictions do not happen in real life because they make no sense!

If someone believed a contradiction or any falsehood for that matter, it would lead to a lot of issues.

For example, if someone believed that 1 is equal to 8, then they would not be able to do math!

Contradictions are a type of falsehood.



Why Is Truth Important?

Truth is important because we live in the real world.
When our ideas match reality, things work better.
When our ideas are false, problems happen.





Cars need round wheels to move smoothly.
A triangle is not a circle.
If someone uses triangle tires because they think triangle tires are the same as circle tires, then their car wont move forward.
If we ignore what is true, things can go wrong.

Truth helps us understand the world and live in it properly.

False Ideas Can Hurt People



Sometimes a false idea is not about shapes or wheels.
Sometimes it is about a person.

If someone hears a story and shares it without checking, another person can be hurt.
Feelings can be hurt. Friendships can be damaged.
That is why a Truth Seeker checks before believing and checks before sharing.

Check before you believe. Check before you share.

Qur'an Connection

Allah says:

"O you who believe, if a wrongdoer brings you news, verify it..."

Surah al-Hujurat 49:6

Allah teaches us to check news before we believe it or spread it.

Think About It

Someone tells you something bad about a classmate.
What should you do first?

Falsehood Hurts in Many Ways

Spreading false stories is not the only way we can hurt others. Here are some other common examples:

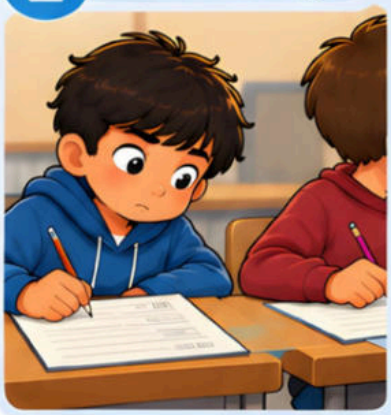
1 Lying



You accidentally break your brother's favourite toy. When your parents ask who broke it, you say, "I didn't do it!"

Lying is when you knowingly say something that isn't true.

2 Cheating



You secretly copy your friend's answers during a test and get a perfect score.

Cheating is dishonest because you're pretending you did something you didn't actually do.

3 Gossiping



You and your friends talk about other classmates and share stories about their personal lives.

Gossiping can hurt people's feelings and reputations, especially when we spread things that aren't true.

4 Backbiting



You tell your friends about something embarrassing that another classmate did when that classmate isn't around.

Backbiting is talking about someone in a way they wouldn't like, even if what you're saying is true!

Qur'an Connection

Allah says:

"And do not backbite one another."

Surah al-Hujurat 49:12 (excerpt)

Even if something is true, it doesn't mean we should always say it.

Truth Seeker Lesson

Falsehood can hurt people in many ways!

Truth Seeker Challenge

Activity Time

Try these activities to practice checking what is true.

1. Mystery Bag



Ask a parent or teacher to place one object in a bag.
Before you look, ask questions and make a guess.
Then open the bag and check.

My guess: _____

What it really was: _____

Which clues were true? _____

2. Truth Detective Hunt



Walk around the room and check these claims.
Circle **TRUE** or **FALSE**.

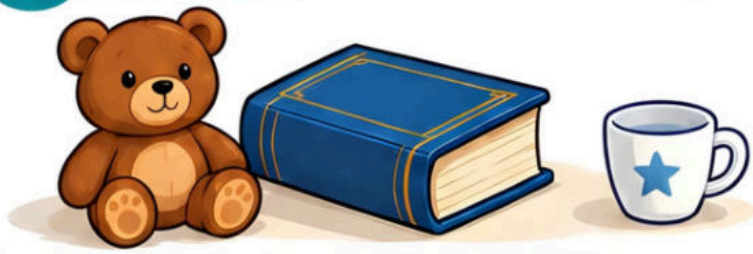
A. There is something red nearby. **TRUE** **FALSE**

B. There is a circle shape somewhere in this room. **TRUE** **FALSE**

C. There are more than two books nearby. **TRUE** **FALSE**

How did you know? _____

3. Impossible Instructions Challenge



Try these instructions:

- Put one toy in two places at the same time.
- Put a big book inside a tiny cup.

Could you do it? **YES** **NO**

Why not? _____

Activity Time

Truth Seeker Challenge

Practice spotting contradictions and thinking about why falsehood matters.

4. Which one is a contradiction?

Look at each pair of statements. Circle **YES** if the two statements contradict each other. Circle **NO** if they do not.

A This cup is full.
This same cup is empty.



YES NO

B Ali likes apples.
Fatimah likes oranges.



YES NO

C The light is on.
The light is off.



YES NO

How do you know? _____

5. How can falsehood hurt people?



Someone tells a child the wrong way to get home, and the child believes it. What could go wrong?

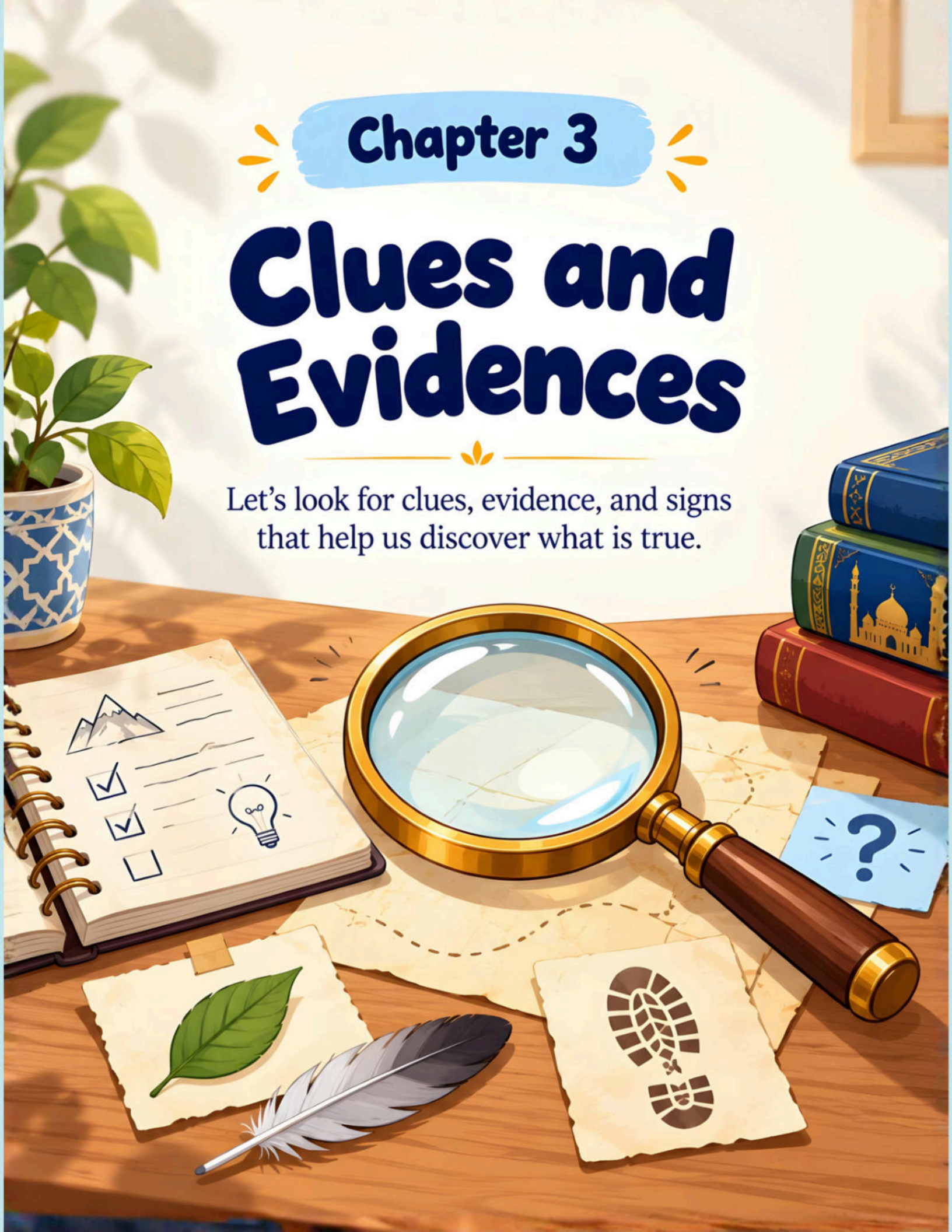
What false idea was believed? _____

What problems could happen? _____

Was this a lie? Did it hurt the child? _____

Chapter 2 Summary

1. Contradictions are false and can not happen in reality
2. Believing in falsehood can lead to many issues and can cause a lot of harm to others


Chapter 3
Clues and Evidences
Let's look for clues, evidence, and signs that help us discover what is true.
?

How Do You Know?

People say things all the time. A Truth Seeker asks: "How do you know?"



Can we find out?

Sometimes people tell us about things we have never seen with our own eyes. That does not mean we cannot know if they are true. We can look for clues and evidence. We can learn by observing, by checking pictures and books, and by asking knowledgeable people.

Truth Seeker Lesson

A Truth Seeker asks, "How do you know?" We do not believe every claim right away. We look for evidence.

In this chapter, we will learn how clues and evidences help us discover what is true.

Claims and Evidence

How do we know if a claim is true?

1. What is a Claim?

A **claim** is something someone says is true.
A claim can be true or false.
It has to be proven to be true.



Both are claims, but only one can be proven to be true!

2. What is Evidence?

Evidence is the facts, information, or clues that help us determine whether a claim is true.

For example, we can look at photographs, read books, and ask knowledgeable people about Antarctica. This gives us **evidence** that penguins live in Antarctica.



However we have never seen a cat fly in reality! So the claim "all cats can fly" is **false.**



Truth Seeker Lesson

A **claim** is not automatically true.
We need **evidence** to help us determine if a claim is true or false.

Our Senses are Evidence

One way we learn about the world is by observing it.

A Truth Seeker uses the senses Allah gave us. We can use our eyes to see, our ears to hear, our nose to smell, our skin to feel, and our tongue to taste.

When we observe carefully, our senses can give us evidence about what is really there. Observation helps us notice the world around us.

Observation is one kind of evidence.



Our senses help us:



- see
- hear
- smell
- feel
- taste

These are ways we observe the world around us.

Observe

Look carefully at the world around you.



Think About It

What are three things you can observe around you right now?

Follow the Clues

Let's apply what we learned!

Follow the clues, what do they point to?

We see a wet coat and umbrella, and muddy boots with footprints on the ground.

What does this tell us?

There must have been someone that came into the house and it was raining outside.

You were able to use your observations to come to a conclusion! A conclusion is a opinion you came up with after careful thought and putting together all the evidence.

Good Job Truth Seeker!

Think

Use the mind Allah gave you.



1. **We know:** There are muddy footprints.
2. **We can figure out:** Someone walked here with muddy shoes.
3. **We do not yet know:** Who it was.

Think About It

Think of how you use clues in your daily life to make conclusions. Can you think of an example?

Can We Test It?

Sometimes we can find out if a claim is true by testing it. We do a simple experiment, observe what happens, and use the results as evidence.



The Claim



Let's Test It!

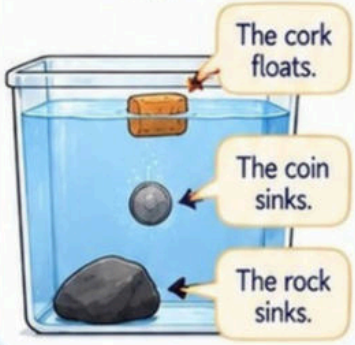
1 Choose a few objects.



2 Place them in water.



3 Observe what happens.



4 Use the results as evidence.

We found evidence that not every object sinks. The cork floated, so the claim "every object sinks in water" is false.

Truth Seeker Lesson

We can test some claims by doing an experiment and observing the results. The evidence from the test helps us find out if the claim is true or false.

Think About It

Can you think of another claim you could test? What object or method would you use? What do you think the result would be?

Testimony - A Form of Evidence

We cannot see everything with our own eyes. We learn many true things from parents, teachers, books, and people who were really there. This is called **testimony.**

But not every report is equally strong. A Truth Seeker asks: Did this person really know? Are they being truthful? Can the report be checked?

If someone really knows and tells the truth, we have a better reason to trust the report. If someone is only guessing or repeating a rumor, we should be careful.

Reliable testimony is another kind of evidence.

Ask these questions:

1. Did this person really know?
2. Are they truthful?
3. Can the report be checked?



If someone often forgets, their report may be less reliable.

Check

Do not believe every claim immediately.

Think About It

If one person saw something happen and another person is only guessing, which report is stronger? Why?

Look at More Than One Source

One report can be helpful, but it is even better to check more than one reliable source. When different reliable sources give the same information, we can be more confident that it is true.

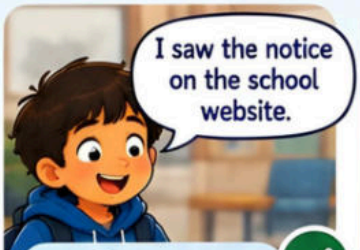


1 When sources agree

Three different reliable sources give the same information about the school trip. This makes the information stronger.



Teacher
(official notice)



Classmate
(saw the notice)



Written notice
(on the school website)

These different sources support each other, so we can be more confident that the school trip is on Friday.

2 When sources disagree

These reports do not agree. We should look for more information before reaching a conclusion.



Classmate 1
(guessing)



Classmate 2
(not sure)

The reports are different, so we should not decide yet. We can check with another source, like the teacher, a notice, or a trusted school website.

Truth Seeker Lesson

Checking more than one reliable source can make our evidence stronger and help us find out what is true.

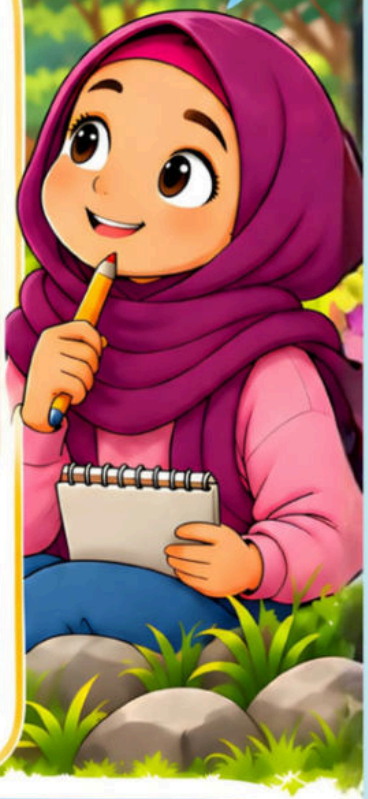
Think About It

Why is it better to check different sources instead of only listening to one person?

Putting it All Together

We use different kinds of **evidence** to learn about the world. When we observe carefully and look at reliable reports, we can make a **conclusion** about what is true.

The more **strong and reliable evidence** we have, the **more confident** we can be in our conclusion.



Chapter 3 Summary: How We Find the Truth

1 Observe



We notice clues about what exists in the world.

2 Ask



We ask questions about the reports. Are they reliable? Do they make sense?

3 Compare



We look at more than one source and see if they agree.

4 Make a Conclusion



When we have enough strong and reliable evidence, we can be confident about what is true.

This is how we go from evidence to the truth!





Always remember to use your Truth Seeker Toolkit!

Use evidence, ask good questions, compare different sources, and put it all together to reach the truth.

Truth Seeker Challenge

Activity Time

Be a Truth Detective!

Use reliable sources to check which claims about Japan are true and which are false.

1. Japan Research Project

Read each claim below. Use reliable sources tto find out if it is true or false. Put a ✔ in the correct box.

	Claim	True	False
1	Japan is a country in Asia.	☐	☐
2	The capital city of Japan is Tokyo.	☐	☐
3	Japan is made up of four main islands.	☐	☐
4	People in Japan mainly speak Japanese.	☐	☐
5	Japan has a hot climate and is mostly a desert.	☐	☐
6	Mount Fuji is a famous mountain in Japan.	☐	☐
7	The currency used in Japan is the yen.	☐	☐
	Japan is located in South America.	☐	☐

2. How to Research

1. Use a reliable source such as a children's encyclopedia, a trusted website, or a library book.
2. Read and find the information about each claim.
3. Decide if the claim is true or false.
4. Write a short note or interesting fact if you want.

3. Helpful Sources



Library books



Trusted websites (for kids)



Encyclopedias



Look for facts about:

- location
- cities
- language
- people
- nature
- culture

Chapter 4

Why Do People Disagree?

Discover why people believe different things, even when there is only one truth.



Why Do People Disagree?

Sometimes two people believe opposite things. One says God exists. Another says God does not. Can both be right at the same time? Let's think about it.



These are opposite claims. Both boys may be sincere, but opposite claims cannot both be true in the same way at the same time.
If truth is one, why do people believe different things?

Truth Seeker Lesson

People can disagree about the truth, but disagreement does not change what is true.

Think About it

If one person says, "God exists," and another says, "God does not exist," can both be right at the same time?
Why or why not?

We Learn From the People Around Us

When we are young, we learn many things from the people around us. Our parents teach us how to speak, how to behave, what is right and wrong, and many other important things. We should always treat them with kindness and respect.

We also learn from our friends, teachers, books, and the community around us.

But sometimes, people grow up believing different things. These beliefs can sometimes be wrong, such as the boy who believed that God does not exist. It may be that his friends or his family members taught him this belief, but he never questioned it.

So how do we know which beliefs are true?

A Truth Seeker listens respectfully, asks good questions, and tries to understand the truth. When we don't understand something, we should seek knowledge from our parents and knowledgeable teachers.



Qur'an Connection

Allah (SWT) tells us about people who were told to follow what He revealed, but they said:

"No! We will only follow what we found our forefathers following."
Surah Al-Baqarah 2:170

These people refused to consider Allah's guidance because they wanted to follow what their ancestors had believed even when they were wrong.

Truth Seeker Lesson

Our Beliefs are influenced in the environment that we grow up in.

People can sincerely believe something simply because it is what they have always been taught.

But what if almost everyone around you believed something that was wrong?

Prophet Ibrahim faced exactly that.

Ibrahim (عليه السلام) and the Idols



Long ago, Prophet Ibrahim (AS) grew up among people who worshipped idols. Even his own father and community treated these statues as gods.

Most people around Ibrahim (AS) followed this because it was what they had always seen their forefathers doing.

But Ibrahim (AS) did not simply copy the crowd. He looked carefully and began to ask an important question.

Qur'an Connection

Allah tells us that Ibrahim (AS) asked:

"What are these statues to which you are devoted?"

(Surah Al-Anbiya 21:52)

Think About It

What makes idol worship wrong?

Could a Statue Be God?



Ibrahim (AS) looked carefully at the idols his people worshipped.

These statues were made by human hands. They could not speak. They could not hear. They could not create anything. They could not even protect themselves.

Ibrahim (AS) understood that something people make cannot be the Creator of people. Allah is the Creator. He is All-Powerful, and everything depends on Him.

Qur'an Connection

Allah tells us that Ibrahim (AS) said:

"Do you worship what you yourselves carve, while Allah created you and what you make?"

(Surah As-Saffat 37:95–96)

Ibrahim (AS) disagreed with his community

Do We Believe What We Want?



Another reason why people have disagreements is because they want to do what they like instead of what is right.

Think about a boy who has a big test tomorrow.

His mother tells him that he needs to study, but he would rather play video games.

So he tells himself, "I already know everything. I do not need to study!"

But when his mother asks him some practice questions, he gets many of them wrong.

He wanted to believe he was ready, but wanting something to be true does not make it true.

A Truth Seeker asks: Am I believing this because it is true — or because it is what I want?

Qur'an Connection

Allah warns us about following our desires instead of the truth.

"Have you seen the one who takes his own desires as his god?"
(Surah Al-Jathiyah 45:23)

Think About It

Can you think of a time when someone wanted something so much that they ignored what was right or true?

Shaytan Wants to Lead Us Away From Truth

Shaytan is another big reason why people disagree. He loves to see people argue and hate one another. Shaytan does not want us to know the truth. He whispers false ideas and tries to make what is wrong seem right.

Sometimes, Shaytan makes bad things look fun and harmless. He might whisper, "Everyone is doing it!" or "You don't have to study, go play!"

Shaytan cannot force us to do anything. But he can tempt us to believe or do what is wrong. That is why a Truth Seeker must think carefully and not follow every thought that comes to mind.



Qur'an Connection

Allah warns us about Shaytan and how he misleads people:

"Then certainly Shaytan will make it seem attractive to them..."

(Surah An-Nisa 4:119, excerpt)

Truth Seeker Lesson

Shaytan tries to make falsehood look good and the truth look difficult. A Truth Seeker thinks carefully and follows what is true.

Think About It

- What are some thoughts Shaytan might whisper to make us do something wrong?
- How can we protect ourselves from Shaytan's whispers?

What We Learned

People disagree for many different reasons



Our friends, family and environment influence what we believe



Some people follow the crowd because they do not want to look strange or weird.



Some people follow what they want, even when they know it is wrong.



Some people are influenced by Shaytan's whispers.



Some people know something is wrong, but they do not care enough to follow the truth.



Some people are tricked into believing false things by a liar.

Chapter 4 Summary

1. People disagree and have wrong beliefs for many reasons.
2. Muslims base our beliefs on what Allah (SWT) has taught us, and Allah (SWT) is always right.

Activity Time

Truth Seeker Case Files

Why do people believe wrong things?

Reason Bank

- **A.** Environment
- **B.** Following the Crowd
- **C.** Desire
- **D.** Shaytan's Whispers
- **E.** Not Caring About Truth
- **F.** Tricked by a Liar

Read each case. Write the matching letter in the box.

1 Tyler

Tyler says, "My dad told me God does not exist." Tyler believes it because that is what he has been taught at home.

Answer: ☐



2 Zayd

Zayd thinks an answer is wrong, but all his friends choose it. He changes his answer because he does not want to look weird.

Answer: ☐



3 Hannah

Hannah hears someone say, "Maybe there is no homework tonight." She quickly believes it because she really wants it to be true.

Answer: ☐



4 Bilal

Bilal knows lying is wrong, but a thought tells him, "Just do it this once. No one will know."

Answer: ☐



5 Omar

Omar finds out a story is false, but he keeps repeating it anyway because he does not care whether it is true.

Answer: ☐



6 Maryam

Maryam believes something false because someone she trusted made it up and tricked her.

Answer: ☐



7 Ali

Ali believes a wrong idea because of the videos and posts he often sees online. He thinks it must be true because it is everywhere.

Answer: ☐



8 Amina

Amina goes along with something her classmates are doing, even though she thinks it is wrong, because she does not want to stand out or be different.

Answer: ☐



Answer key: 1-A, 2-B, 3-C, 4-D, 5-E, 6-F, 7-A, 8-B

Chapter 5

Life's Biggest Questions

Explore the biggest questions about life, Allah, truth, and the foundations of imān.



The Story You're Already In!

Imagine one day you open a storybook and suddenly find yourself inside the story!

You look around and see people walking, talking, laughing, and playing. There are mountains, rivers, animals, and cities. The story is full of amazing things!

But then you realize something strange...

You do not know how the story began, why you are in it, or how it will end!

Wouldn't you start wondering:



Think About It

Our own lives are a little like this story. We were born into a world that was already here before us. Have you ever stopped to wonder why you are here?

Life's Biggest Questions

We ask questions every day.
What should I eat? What game should I play?
Where did I leave my toy?

But some questions are much bigger.
These questions help us understand
who we are and what our life is really about.



Qur'an Connection

Allah asks:

"Did you then think that We had created you without purpose, and that you would never be returned to Us?"

Surah Al-Mu'minun 23:115

Allah draws our attention to one of the biggest questions: Does our life have a purpose?

Think About It

Have you ever wondered where everything came from?
What other big questions do you think about?

Everyone Has an Answer

But not all answers to the Big Questions are true!



We learned previously that people have many different answers to life's biggest questions. They may learn these answers from their family, friends, culture, teachers, religion, books or the internet.

The answer to the Big Questions only come from Allah (swt).

Qur'an Connection

The disbelievers said:

"There is nothing but our worldly life; we die and live, and nothing destroys us except time."

Surah al-Jāthiyah 45:24

They had the wrong answer to one of life's biggest questions. Allah tells us they had no knowledge of this – they were only guessing or following what their community told them.

Where Does Truth Come From?

Humans need to find the Truth through researching, investigating, learning. Allah (SWT) does not need to do that because He Created everything and Knows Everything!

Think of it like this, when you buy a cool robot that makes pizza, you may have to learn how to use it, but the one who created the robot knows everything about the robot, how it works and how to use it



so ask yourself this question: would you trust the instructions given to you by the person who created the robot or would you just guess and press random buttons?

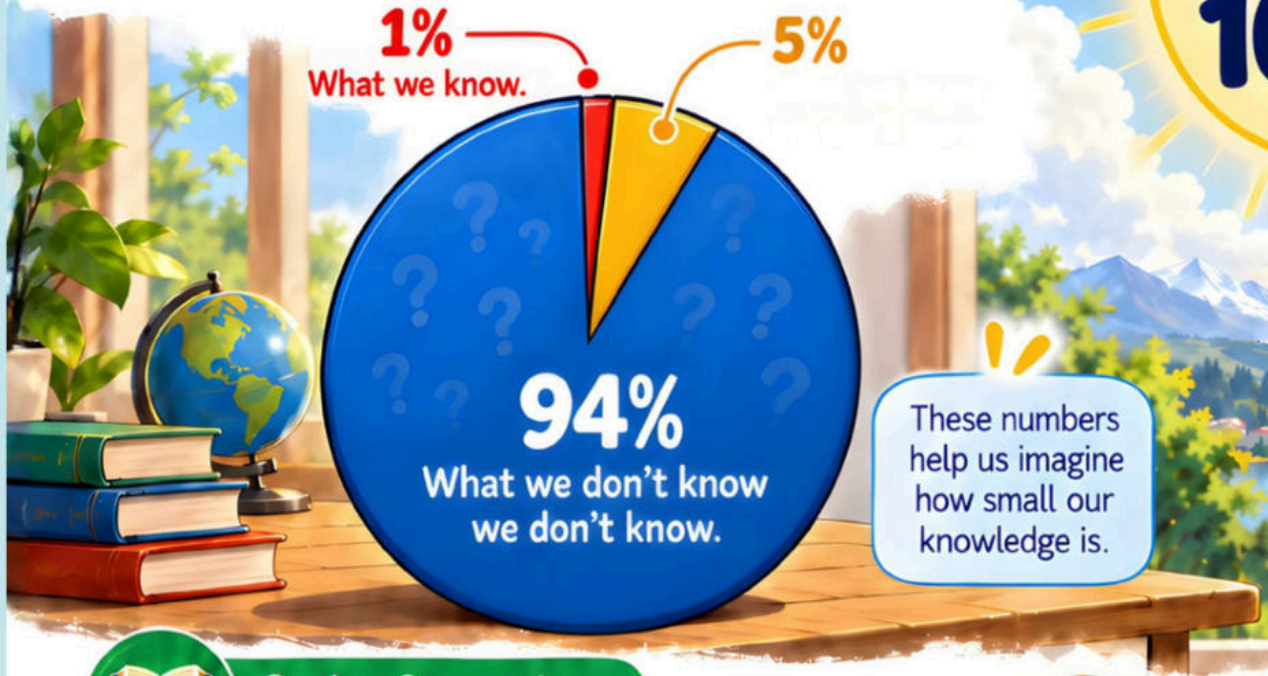
Truth Seeker Lesson

Allah (SWT) created us and everything around us, so it only makes sense the Truth about all the Big Questions will come from Him

Allah Knows What We Do Not

Think about everything people know. It may seem like a lot, but it is still only a tiny amount. Some things we know. Some things we know we still need to learn. And there are many things we do not even realize we do not know.
But Allah knows all of it. Nothing is hidden from Him.

Allah knows all of it — 100%.



These numbers help us imagine how small our knowledge is.

Qur'an Connection

Allah says:

"Glory be to You! We have no knowledge except what You have taught us. Indeed, You alone are the All-Knowing, All-Wise."
Surah al-Baqarah 2:32

Even the angels said that their knowledge comes from Allah. Our knowledge is small, but Allah's knowledge is complete.

Think About It

Can you think of one thing you know you still need to learn?

Allah Created Us With a Fitrah

When Allah (SWT) created us, He placed inside every human being something called **fitrah.**

Fitrah is the natural, pure state and inner compass Allah (SWT) created us with.



ONE CREATOR
Our fitrah naturally recognizes that we have a Creator.

GOODNESS
It naturally loves honesty, kindness, and what is good.

WRONGDOING
It feels uncomfortable with lies, cruelty, and bad behavior.

Our fitrah also helps point us toward answers to life's biggest questions.



How Can Fitrah Become Clouded?

Sometimes the world around us can cloud our fitrah. Imagine a child who knows that lying feels wrong. But if everyone around him lies and keeps saying, "It's no big deal," he may eventually begin to think lying is normal.

His fitrah did not disappear — it became harder for him to recognize its direction.

Qur'an Connection

"So direct your face toward the religion, inclining to truth — the fitrah of Allah upon which He has created people."

Surah ar-Rūm 30:30

Hadith Connection

The Prophet Muhammad (PBUH) said:

"Every child is born upon the fitrah. Then his parents make him a Jew, a Christian, or a Magian."

Sahih Muslim 2658b

Truth Seeker Lesson

Allah (SWT) created us with a fitrah — an inner compass that points us toward Him, toward goodness, and toward truth.

What Is Īmān?

Īmān (إِيمَان) means belief and faith. It means to truly believe in what Allah has told us.

A Muslim believes in the truths Allah and His Messenger (PBUH) have taught us, even if we cannot always see them with our eyes.

As Truth Seekers, we want to learn, think, and understand the reasons for our belief, so that our Īmān becomes stronger and more certain.



Believing in what we cannot see

We cannot see Allah, the angels, or the Last Day with our eyes. But we can still know they are true because Allah and His Messenger (PBUH) have told us, and we have reasons and evidence for them.



Allah

✓ True



Angels

✓ True



The Last Day

✓ True

Islam Gives Us the Answers to the Big Questions

Islam gives us the answers to the big questions — about who we are, where we came from, why we are here, and what happens after we die. These answers are found in the **6 Articles of Faith.**

The 6 Articles of Faith

1. **Belief in Allah**
   We believe in one and only Allah, the Creator and Lord of all.

2. **Belief in the Angels**
   We believe in the angels, who carry out Allah's commands.

3. **Belief in the Books**
   We believe in the revealed books, including the Qur'an.

4. **Belief in the Prophets**
   We believe in all the prophets, from Adam to Muhammad ﷺ.

5. **Belief in the Day of Judgment**
   We believe in the day when we will be held accountable.

6. **Belief in Qadr (Allah's Decree)**
   We believe that everything happens by Allah's will and wisdom.



As we continue through the Truth Seekers series, we will learn more about these 6 Articles of Faith.



May Allah make us among those who believe, follow, and live by the 6 Articles of Faith.

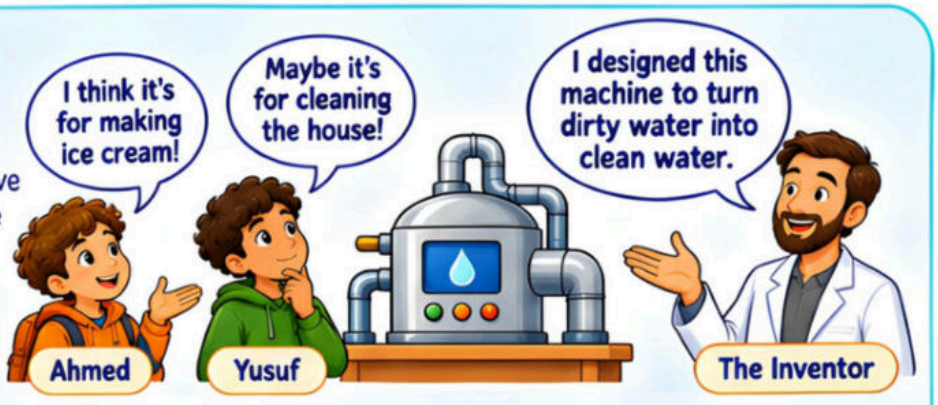
Truth Seeker Challenge!

Let's see what you've learned about Allah (SWT), Fitrah, and our purpose!

Activity Time

1 Who Knows Best?

Imagine you discover a strange machine. You have never seen anything like it before! Three people tell you what they think the machine is for.



1. Who would know the machine's purpose best? Why? _____
2. If Allah (SWT) created us and knows everything, who should we turn to in order to understand our purpose? _____

2 The Fitrah Detective!

Fitrah is the natural disposition Allah (SWT) created us with.



Circle the situations that may remind us of our Fitrah.

- **A** A child looks at the stars and wonders who created them.
- **B** A child says chocolate ice cream is the best flavour.
- **C** A child feels drawn to call upon Allah (SWT) for help when frightened.
- **D** A child wants to buy a new bicycle.

3 What Is My Purpose?

Three children are discussing why they exist.



1. Which child understands our true purpose? _____
2. Why is it important to know our purpose in life?

_____

Activity Time

Truth Seeker Final Challenge

Can you connect the big questions to the 6 Articles of Faith?

The Big Questions

Read each big question below. Write the number of the Article of Faith that it helps us understand.

Where did everything come from? _____

Why am I here? _____

How should I live? _____

What happens after I die? _____

The 6 Articles of Faith

1. Belief in Allah
2. Belief in the Angels
3. Belief in the Books
4. Belief in the Messengers
5. Belief in the Last Day
6. Belief in Al-Qadar

My Reflection

Take a moment to think about what you have learned from this book. Write one or two things that stood out to you or that you want to remember.

1. _____
   _____
2. _____
   _____



You are now a Certified Truth Seeker!

You've learned that Islam gives us the answers to life's big questions through the 6 Articles of Faith. Keep exploring, keep asking, and keep seeking the truth!

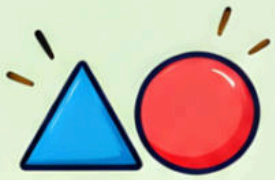
Part One Review

Let's remember the big ideas we learned in Part One: Foundations of Belief.



Seek the Truth

Being a Truth Seeker means asking questions, thinking carefully, and wanting to know what is true.



Some Things Are True, Some Are False

Two opposite claims cannot both be true. We use reason and evidence to help us know what is true.



Look for Clues and Evidence

We can investigate a claim by looking for clues, observing, reasoning, and hearing from trustworthy people.



People Can Have Different Opinions

People may disagree because they have different information, experiences, or ways of thinking. We can be curious, respectful, and kind when we discuss.



Life's Biggest Questions

We explored some of the biggest questions about life, Allah, the truth, and the foundations of īmān. These are important questions, and seeking the truth helps us make sense of the world and brings us closer to Allah.

Glossary / Key Words

Argument	A claim supported by evidence and reasons that help show why the claim may be true.
Backbiting	Speaking about someone behind their back in a way they would dislike, even if what you say is true.
Belief	Something you accept as true.
Claim	A statement that says something is true.
Contradiction	When two statements cannot both be true in the same way at the same time.
Critical Thinking	Thinking carefully about information instead of simply accepting it right away.
Evidence	Clues, facts, or information that help show whether something is true.
Fact	Something that is actually true and can be supported by evidence.
Fact-Check	To investigate whether a claim is true or false.
False	Not true.
Gossip	Talking about other people's private matters or personal lives, especially when it is unnecessary or harmful.
Īmān	Faith and belief in the truths Allah has revealed.
Observe	To look, listen, or examine something carefully to learn about it.
Question	Something we ask because we want to understand, learn, or find out what is true.
Reasoning	Using what you know and the evidence you have to reach a conclusion.
Reliable	Something or someone that can generally be trusted to give accurate information.
Rumor	Information passed from person to person that has not been properly checked or confirmed.
Senses	The ways we experience the world through seeing, hearing, smelling, tasting, and touching.
Source	The person, book, website, document, or other place where information comes from.
Testimony	Information given to us by someone who tells us what they know, saw, heard, or experienced.
Truth	What is real and actually correct.
Truth Seeker	Someone who sincerely searches for what is true, using evidence, careful thinking, and guidance from Allah.
Ultimate Truth	Truth that comes from Allah, who created everything and knows everything completely.

What Comes Next?

Your journey as a Truth Seeker continues.

Part Two — Knowing Allah & His Angels

Learn more about who Allah is, His names and attributes, why He alone deserves worship, and the unseen world of the angels.

Part Three — Prophets & Revelation

Discover why Allah sent prophets and messengers, how revelation guides humanity, and why the Qur'an is the final revelation.

Part Four — The Last Day & Qadr

Explore what happens after death, the Day of Judgment, Paradise and Hellfire, and what Muslims believe about Qadr — Allah's decree.

Keep asking questions.
Keep learning.
Keep looking for evidence.
And always ask Allah to guide you to what is true.

Your journey as a Truth Seeker continues.

TRUTH SEEKERS

The Young Muslim's Guide to Belief

Book 1 — The Foundations of Belief

Truth Seekers introduces young Muslims to the foundations of critical thinking and belief in a way that is simple, engaging, and rooted in Islam.

Through relatable examples, activities, and guided lessons, children learn how to:

- Ask meaningful questions
- Look for evidence
- Think carefully about claims
- Recognize contradictions
- Evaluate sources and testimony
- Understand why people may believe false things
- Develop confidence and conviction in what they believe

Most importantly, children learn that seeking truth ultimately leads them back to Allah — the Creator who knows everything and determines what is true.

Designed to be taught gradually, this book is best used as a guided class between children, parents, and teachers.

Recommended for ages 5–9

Begin your journey as a Truth Seeker.

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