

LO: To understand the concept of self-reflection in Islam and reflecting on our words and actions every day.

TASK 1: Watch the video and make two points in your books

[Reflecting with Our Hearts - Nouman Ali Khan - Quran Weekly - YouTube](#)

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TASK 2: Use the link below and answer the following questions

[IRFI - Islamic Research Foundation International, Inc.](#)

- 1) What does it mean to take account of one self?
- 2) What is the explanation of Al – Muhasabah?
- 3) What are sins a legitimate source of?

TASK 3: Make a poster on self-reflection