



# A **FRESH** *Start*

13 Instructions for New Muslims from the Messenger of God



NEW MUSLIM  
ACADEMY



**We begin with the name of The One and Only True God, Allah. We ask Him for help, protection and blessings.**

**Have you ever imagined being instructed in the early stages of your Islam, in the initial moments after your conversion, by none other than the Final Messenger of God, Muhammad?**

**"A Fresh Start" is a selection of 13 instructions for the New Muslim by the Messenger of God. Experience what the early Muslims heard directly from the one who received Divine Instruction.**

**Understanding these teachings and implementing them will hopefully result in similar outcomes, as experienced by the Best Generation of Muslims – the First New Muslims.**

1

**The Messenger  
Muhammad  
instructed the new  
Muslim to bathe.**



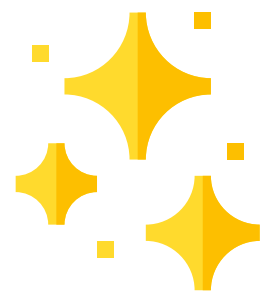
## The Importance of Physical Purity

- This instruction was given to a number of new Muslims on different occasions by the Messenger Muhammad.
- It is highly recommended for the new Muslim to bathe.
- Accepting Islam cleanses the spiritual and inner self, so it is recommended to also cleanse the physical and outer self.

2



**A man came to the Messenger Muhammad wanting to accept Islam but then hesitated. The Messenger Muhammad asked him why he was hesitant. The man replied that he wanted to make his acceptance of Islam conditional upon being forgiven. The Messenger Muhammad said, ‘Don’t you know that Islam wipes away all sins that came before it.**



## **A New Muslim is Free from Sin**

- Accepting Islam is like starting all over again.
- God forgives all sins that were committed by the individual before Islam.
- God also preserves the good that someone did before becoming Muslim.
- This is why it’s so important to take this seriously and use this new chance wisely.
- Learning about what pleases God and then acting accordingly is important in starting the right way.



3

When a person accepted Islam, the Messenger would teach them the prescribed daily ritual devotion, and then he would instruct them to pray using the following words, ‘O God, forgive me, have mercy upon me, guide me, protect me and provide sustenance for me.



## A Comprehensive & Significant Prayer

- The most important thing to learn for a new Muslim is how to perform the prescribed daily ritual devotion.
- This process takes time, don't give up.
- The Messenger Muhammad would then teach new Muslims a prayer.
- This supplication consists of a good life's essentials needed for believers in God.
- God's forgiveness, mercy, guidance, protection and sustenance is all that is needed.



4

**The Messenger  
Muhammad would  
instruct new Muslims  
to leave off practices  
that go against the  
teachings of Islam.**



## Discarding Old Habits

- It's important to learn which parts of one's life conform with Islamic teachings and which parts don't.
- For example, Islam doesn't permit drinking alcohol, taking drugs, fornication and lying, etc.
- Some habits will be easier to leave and others harder, but the effort to stay away from non-Islamic practices is a source of reward from God.



5

**The Messenger Muhammad advised his disciple Abu Tharr, “Don’t tell others of your conversion to Islam and go back to your family. When you hear of my public emergence then return to me.**



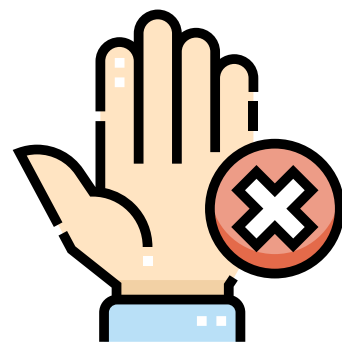
## Using Wisdom with Others

- This advice was given at the beginning of the Messenger Muhammad’s mission, when the Muslims were few in number and under persecution.
- The Messenger Muhammad was concerned for the wellbeing of this new Muslim. He did not wish for him to be exposed, resulting in being vulnerable to abuse or harm.
- Abu Tharr announced his Islam immediately, as he felt he was strong enough to do so.
- He was initially beaten for doing so but managed to escape.
- A new Muslim can also hide their conversion to Islam from certain people if they think there is need to avert harm or danger.
- When circumstances and conditions allow, people can be told.



6

**When the tribe of Thaqif came to the Messenger Muhammad to accept Islam, they requested that he leave their idols in place. The Messenger Muhammad refused.**



## **Do Not Compromise on Your Core Beliefs**

- This tribe had accepted Islam, but as they were new to Islam, they still had strong superstitions that harming their idols would bring evil upon them.
- The Messenger Muhammad refused to compromise in order to offset that false belief, and teach them that their idols could not harm them.
- He also wanted to show them that there could be no compromise when it came to worshipping God alone.
- As Muslims, it is forbidden to partake in religious rituals or traditions in which other deities are worshipped or venerated.



7

Whoever testifies that God should be worshipped alone, that Muhammad is God's Messenger and servant, that Jesus was a servant of God and the son of Mary, and that Jesus was God's command that was blown into Mary and a spirit created by Him, that Paradise and Hellfire are real, will be allowed to enter into Paradise from any of its eight gates.



## The Reward for Correct Belief

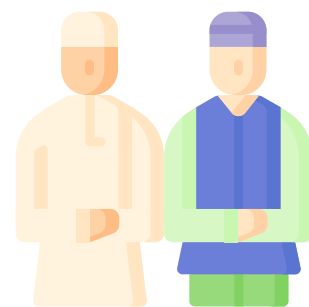
- This teaching shows the amazing reward for having the correct belief in God and His Messengers.
- Muslims testify to God's exclusive right to be worshipped alone.
- Muslims also testify that the Messenger Muhammad was the final and greatest of all of God's Messengers.
- Muslims believe that Jesus was a noble Messenger, born in a miraculous way to Mary.
- Muslims believe in the existence of Paradise and Hellfire and that they are the final abodes for good and bad people respectively.
- Sincerely believing in all of this and acting in accordance with these beliefs is the basis of salvation.



8

”

I gave my oath of allegiance to the Messenger Muhammad that I would testify to God’s worship alone and that Muhammad was His Messenger, to perform the daily prescribed ritual devotion, to pay the annual obligatory charity, to obey those in charge, and to offer sincere counsel to every Muslim.



## The Pledge of the New Muslim

- This is another example of what the Messenger Muhammad would expect from new Muslims.
- The first three points in this narration are three of the five pillars of Islam.
- A Muslim also offers sincere counsel to others when it is needed, with wisdom and gentleness.



9

**A man came to the Messenger Muhammad saying that he was already a man of charity, being kind to his relatives and performing other good deeds before Islam, so what would happen to those actions after he became a Muslim. The Messenger Muhammad said, ‘You keep the good you did.’**



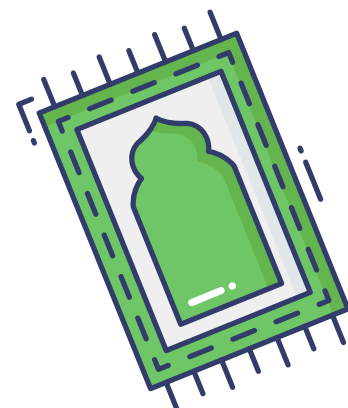
## **Past Good Deeds are not Forgotten**

- This teaching shows that God allows people to keep the reward of the good deeds that they performed before Islam.
- At the same time, God forgives their sins.



10

**The Messenger Muhammad would start by teaching new Muslims the most important things.**



## Start with the Basics

- New Muslims are not expected to know everything about Islam or do it all at once.
- The initial focus is on the most important things, the priorities.
- For example, learning about the Islamic belief regarding God, the Messenger Muhammad, and how to offer the daily prescribed ritual devotion.
- In this step-by-step manner, learning is gradual and not overwhelming.



11

**Five are from the pure matters of religion; circumcision, removing the pubic hair, trimming the moustache, cutting the nails, and removing the underarm hair.**



## Personal Hygiene is from Faith

- God loves cleanliness and hygiene.
- Muslims are therefore commanded to keep clean and hygienic.
- On a monthly basis at least, pubic and underarm hair should be removed, and nails trimmed.
- Muslim men should trim the moustache.
- Muslim men should keep a beard.
- Muslim men should be circumcised.
- Circumcision is recommended for new Muslim males, irrespective of their age.

12

**Before eating, mention God's name, eat with your right hand and eat from what is closest to you.**



## Etiquettes of Eating

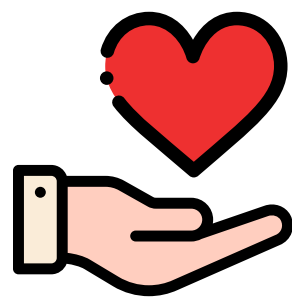
- These are important eating etiquettes that Muslims should observe.
- Before eating, say 'I Begin With God's Name,' and then commence eating.
- Only eat with the right hand.
- This includes holding spoons and forks, etc. with the right hand.
- If sharing a platter with others, one should eat from the part of the platter which is closest.
- If eating from one's own plate or serving from a number of different dishes, it is allowed to eat from any part of the plate.



13



**Give me your allegiance that you will not worship anything besides God, that you will not steal, fornicate or kill your children. (Reference: Surah 60, Verse 12) Whoever completes this will have their reward with God.**



## A Pledge and a Pact

- This was often the pact the Messenger Muhammad would make with new Muslims.
- He would command them not to worship anything besides God.
- He would command them to refrain from some of the major sins such as theft, murder, and fornication/adultery.
- Whoever upholds their part of this pact will have God's reward and forgiveness.