

REMIND HEART

# Qalb's Bedtime Stories

13 stories from the Qur'an and the life of the Prophet ﷺ to read to your little ones before they sleep.

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## Before you begin

Each story has a big picture to show your little one first, and the story on the next page. They take about five minutes each to read aloud.

At the end of every story there is a question to talk about and a little goodnight thought to send them off to sleep.

These stories are told simply for young children, from the Qur'an and authentic hadith. The pictures show the places and moments, never the prophets themselves.

بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

**Bismika Allahumma amutu wa ahya**

In Your name, O Allah, I die and I live. The dua before sleeping (Sahih al-Bukhari 6324).

## The stories


1 The Very First Garden
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STORY 1

# The Very First Garden

# The Very First Garden

A long, long time ago, before there were any people at all, Allah told the angels, "I am going to place someone on the earth to look after it."

Then Allah made the very first person out of clay from the earth. He shaped him, and breathed life into him, and he became a living man. His name was Adam.

Allah taught Adam the names of everything: the trees, the rivers, the birds, the mountains and the stars. Then Allah told the angels to bow down to Adam. All the angels bowed. But one, called Iblis, refused. "I am better than him," Iblis said proudly. "You made me from fire, and You made him from clay." Because of his pride, Iblis was sent away, and he promised to try to trick Adam and his children forever.

Allah made a wife for Adam called Hawwa, and they lived together in a beautiful garden in Paradise. There were rivers, flowers and every kind of fruit. They were never hungry and never thirsty. "Eat whatever you like," Allah told them, "but do not go near this one tree."

TALK ABOUT IT

**When you make a mistake, what can you say to Allah?**

Iblis, now called Shaytan, whispered to them again and again. "If you eat from that tree, you will live forever!" he lied. One day, they forgot Allah's promise, and they ate from the tree.

Straight away, Adam and Hawwa felt very sorry. They didn't blame anyone else. Allah taught Adam special words, and they said, "Our Lord, we have done wrong. If You don't forgive us, we will be lost." And Allah forgave them, because He loves to forgive.

Then Allah sent Adam and Hawwa down to live on the earth, just as He had planned from the very beginning. "Guidance will come to you from Me," Allah promised, "and whoever follows it will have nothing to fear and nothing to be sad about."

So Adam and Hawwa made their home on the earth. They had children, and their children had children, and that is how all of us came to be. Every person in the whole world is a child of Adam. And one day, if we follow Allah's guidance, we can go back to that beautiful garden.

**Say sorry to Allah, and He will always forgive you.**

From Al-Baqarah 2:30-38 · Al-A'raf 7:11-25



STORY 2

# The Big Wooden Ark

# The Big Wooden Ark

Many years after Adam, people began to forget Allah. They made statues and prayed to them instead. So Allah sent a prophet called Nuh to remind them.

"Worship only Allah," Nuh told them. "Ask Him to forgive you, and He will send you rain and bless you with children and gardens." He called them in the daytime and at night, quietly and loudly. He kept going for nine hundred and fifty years!

But most of the people put their fingers in their ears so they couldn't hear him, and covered their faces with their clothes. Only a few believed.

Then Allah told Nuh, "Build an ark, a big boat, and We will watch over you." So Nuh began to build, right in the middle of dry land, far from the sea. Bang, bang, bang went the hammer. People walked past and laughed. "A boat with no water? Silly Nuh!" But Nuh kept working.

When the ark was ready, Allah told Nuh to take on board a pair of every kind of animal, a male and a female, along with the believers. In they went: two by two.

Then the rain began. It rained and rained, and water burst out of the ground too, until the whole land was covered. The waves were as tall as mountains. Nuh called out to his own son, "Come with us, my son!" But his son refused and said, "I will climb a mountain to keep safe." The water rose, and he was lost in the waves. Nuh was very sad.

Inside the ark, Nuh, the believers and the animals were safe and dry. The ark floated on and on. At last, Allah said, "O earth, swallow your water! O sky, stop your rain!" The water went down, and the ark came to rest on a mountain called Judi.

Nuh, the believers and all the animals stepped out into a fresh, clean world, and they thanked Allah for keeping them safe.

**TALK ABOUT IT**

**Nuh kept going even when people laughed. What is something you will keep trying at?**

**Keep doing good, even when it is hard. Allah sees you.**

From Hud 11:25-48 · Nuh 71



STORY 3

# The Fire That Was Cool

# The Fire That Was Cool

Ibrahim was a boy who loved to think. His father and his people made statues out of stone and wood and prayed to them. But Ibrahim wondered, "How can something we made with our own hands help us?"

One night he saw a bright star. "Is that my Lord?" he wondered. But the star set and disappeared. "I don't love things that disappear," he said. Then he saw the shining moon, but it set too. In the morning he saw the big, bright sun. "This is the biggest!" But in the evening, the sun set as well.

Then Ibrahim knew. "I turn to Allah, who made the heavens and the earth!"

Ibrahim told his father and his people, "Why do you pray to things that cannot hear you or help you?" But they would not listen.

One day, when everyone went out of town, Ibrahim went to the temple and broke all the statues, except for the biggest one. When the people came back, they were furious. "Who did this?" "Ask the big one," Ibrahim said, "if they can talk!" The people looked at each other. They knew the statues couldn't talk. But they were too proud to change.

So they built an enormous fire, the biggest anyone had ever seen, and threw Ibrahim into it. Ibrahim was not afraid, because he trusted Allah. He said, "Hasbunallahu wa ni'mal wakeel. Allah is enough for me, and He is the best one to trust."

And Allah said to the fire, "O fire, be cool and safe for Ibrahim."

The fire could not hurt him. When it died down, Ibrahim walked out, safe and well, without a single burn. Allah later called him His close friend, Khalilullah.

**TALK ABOUT IT**

**Ibrahim trusted Allah. What makes you feel safe at night?**

**Allah is always looking after you, even while you sleep.**

From Al-An'am 6:74-79 · Al-Anbiya 21:51-70



STORY 4

# The Water in the Desert

# The Water in the Desert

Prophet Ibrahim had a wife called Hajar and a baby son called Isma'il. One day, Allah told Ibrahim to take them to a faraway valley in the desert, where Makkah is today. There were no trees, no people and no water, only rocks and sand.

Ibrahim left them there with a bag of dates and a water skin, and turned to go. "Ibrahim, are you leaving us here?" Hajar asked. He didn't answer. "Did Allah tell you to do this?" she asked. "Yes," he said. Then Hajar said, "Then Allah will not leave us alone."

As Ibrahim walked away, he made dua for them: "Our Lord, I have left my family in a valley with no plants, near Your Sacred House. Make people's hearts love them, and give them fruit to eat."

Soon the water ran out. Baby Isma'il was so thirsty that he began to cry. Hajar couldn't bear to watch, so she ran up a little hill called Safa to look for help. Nobody. She ran down and across to another hill called Marwah. Nobody. Back and forth she ran, seven times.

Then she heard a sound. It was the angel Jibril, right beside baby Isma'il. He struck the ground, and water came bubbling up out of the sand! Fresh, cool water.

Hajar was so happy. She made a little wall of sand around it to keep the water in. That water is called Zamzam, and it is still flowing today, thousands of years later.

Birds came to the water, and a tribe travelling nearby saw the birds and came to live there too. The empty valley became the town of Makkah.

When Isma'il grew up, he and his father Ibrahim built the Ka'bah together, stone by stone. And today, when people go to Hajj and Umrah, they walk between Safa and Marwah, just like Hajar did.

TALK ABOUT IT

**Have you ever tasted Zamzam water? What else does Allah give us to drink?**

**When you need help, ask Allah. He hears every little dua.**

From Sahih al-Bukhari 3364 · Ibrahim 14:37



STORY 5

# The Boy and the Stars

# The Boy and the Stars

Yusuf was a kind boy who had eleven brothers. His father, Prophet Ya'qub, loved him very much. One night, Yusuf had a special dream: eleven stars, the sun and the moon were all bowing down to him. "Don't tell your brothers," his father said gently. "Allah has chosen you for something special."

But Yusuf's older brothers were jealous. "Father loves him more than us," they grumbled. So they made a plan. They took Yusuf out to play, and then they dropped him into a deep, dark well and left him there. They came home crying, with his shirt covered in fake blood. "A wolf ate him!" they said. Ya'qub knew it wasn't true. He said, "I will be patient, beautifully patient."

Down in the well, Yusuf was all alone, but Allah was with him. Some travellers stopped for water, and when they lowered their bucket, up came Yusuf! They took him to Egypt and sold him.

Many hard things happened to Yusuf in Egypt. He was even put in prison, though he had done nothing wrong. But Yusuf was always patient, always honest, and always remembered Allah. In prison, Allah taught him how to understand dreams.

One day, the king had a strange dream about seven fat cows eaten by seven thin cows. Nobody knew what it meant, except Yusuf. "There will be seven good years with lots of food," he explained, "then seven hungry years. Save food now." The king was so impressed that he put Yusuf in charge of all the food in Egypt.

When the hungry years came, Yusuf's brothers travelled to Egypt to ask for food. They didn't recognise him, but he knew them straight away. In the end Yusuf told them, "I am Yusuf!" His brothers were ashamed. But Yusuf said, "No blame on you today. May Allah forgive you."

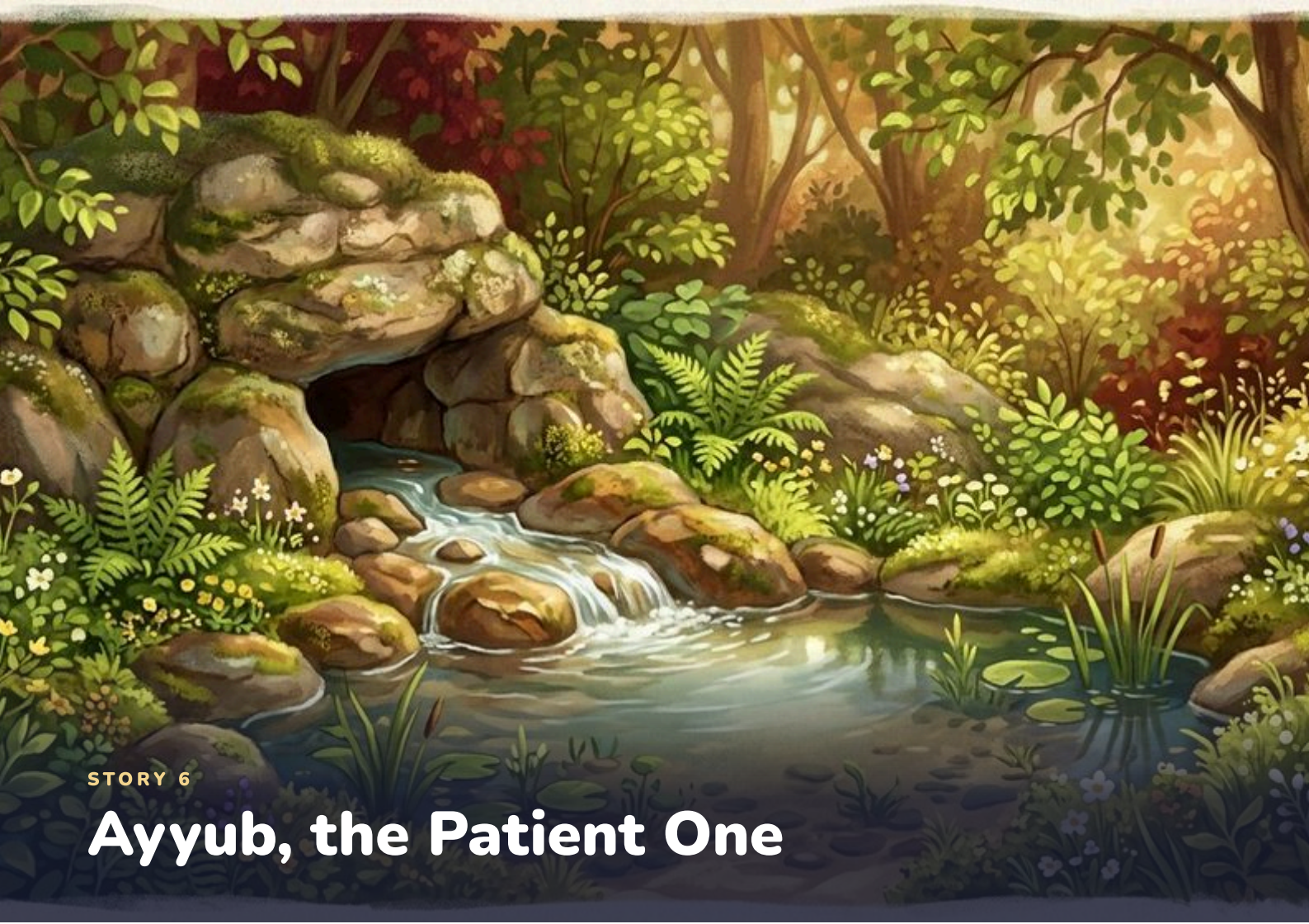
Yusuf sent his shirt home. When it was placed on his father's face, Ya'qub, who had cried so much for his son, could see again! The whole family came to Egypt, and they all bowed to Yusuf in greeting, just like the eleven stars, the sun and the moon in his dream.

**TALK ABOUT IT**

**Yusuf forgave his brothers. Is there someone you can forgive?**

**After every hard day, Allah brings something good.**

From Surah Yusuf 12



STORY 6

# Ayyub, the Patient One

# Ayyub, the Patient One

Prophet Ayyub had a lovely family, lots of animals, big farms and good health. He was thankful for all of it, and he always said "Alhamdulillah".

Then Allah tested him. One by one, he lost his animals, his farms and his money. Then he lost his children. And then he became very poorly, so poorly that he couldn't work at all, for a long, long time.

Many people stayed away from him. But his kind wife stayed by his side and looked after him.

Through all of it, Ayyub never complained about Allah. He never said, "Why me?" He just stayed patient and kept on remembering Allah.

One day, he made a gentle dua: "O Allah, hardship has touched me, and You are the Most Merciful of all."

Allah answered him straight away. "Strike the ground with your foot," Allah told him. Ayyub tapped the ground, and a clear, cool spring of water came gushing out!

"Here is cool water to wash in and to drink," Allah said. Ayyub washed in it and drank from it, and all his sickness went away. He was strong and healthy again!

Then Allah gave him back his family, and even more, as a mercy from Him. Allah praised Ayyub in the Qur'an: "What an excellent servant. He always turned back to Allah."

TALK ABOUT IT

**What are three things you can say Alhamdulillah for today?**

**Be patient and keep saying Alhamdulillah.**

From Al-Anbiya 21:83-84 · Sad 38:41-44



STORY 7

# The Sea Opens Up

# The Sea Opens Up

Long ago in Egypt, there was a cruel king called Pharaoh. He was so proud that he told people he was their god, and he treated the Children of Isra'il very badly.

When baby Musa was born, his mother was afraid Pharaoh's soldiers would take him. Allah told her, "Put him in a basket on the river, and don't be afraid. We will bring him back to you." The basket floated down the river, all the way to Pharaoh's palace! Pharaoh's wife found him and loved him, and Musa's sister made sure his own mother was brought to the palace to feed him. So Allah kept His promise.

When Musa grew up, he went to live far away. One night on a journey, he saw a fire on a mountain. When he came close, Allah spoke to him: "O Musa, I am your Lord." Allah made Musa a prophet and gave him signs. When Musa threw down his staff, it became a moving snake!

Musa and his brother Harun went to Pharaoh. "Let the Children of Isra'il go free," they said. Pharaoh called his best magicians, who threw down ropes that looked like snakes. But when Musa threw his staff, it swallowed up all their tricks! The magicians knew this was from Allah, and they believed.

Pharaoh still refused. So one night, Allah told Musa to lead the believers away. In the morning, Pharaoh and his big army chased after them.

They ran until they reached the sea. In front of them was deep water. Behind them, the army was coming closer and closer. "We're going to be caught!" the people cried. But Musa said, "No! My Lord is with me. He will guide me."

Allah told Musa to strike the sea with his staff. Whoosh! The sea split into two huge walls of water, like great mountains, with a dry path right through the middle. Musa and the believers walked all the way across, safe and sound.

Pharaoh and his army followed them in, but the water came crashing back down. Allah had saved the believers, just as He promised.

**TALK ABOUT IT**

**Musa said "My Lord is with me." When can you remember that Allah is with you?**

**When you feel stuck, remember the sea. Allah can make a way.**

From Al-Qasas 28:7-13 · Taha 20 · Ash-Shu'ara 26:52-67



STORY 8

# The King Who Talked to Birds

# The King Who Talked to Birds

Prophet Sulayman was the son of Prophet Dawud. He was a great king, and Allah gave him wonderful gifts. He could understand the language of birds and animals, and the wind and the jinn worked for him.

One day, Sulayman was marching with his huge army through a valley full of ants. A tiny ant saw them coming and called out, "Quick, everyone, into your homes, so Sulayman and his army don't step on you by mistake!"

Sulayman heard her and smiled. He didn't feel proud. Instead he said, "My Lord, help me to be thankful for all Your gifts to me."

Another day, Sulayman looked at all his birds and asked, "Where is the hoopoe?" The hoopoe was missing! At last it flew in. "I have news!" it said. "In a land called Saba, there is a queen with a great throne. But she and her people pray to the sun instead of Allah."

Sulayman wrote a letter and gave it to the hoopoe to carry. It began: "Bismillahir-Rahmanir-Raheem." It invited the queen to worship Allah.

The queen decided to come and visit. Before she arrived, Sulayman asked, "Who can bring me her throne?" One who had knowledge from the Book said, "I will bring it before you can blink!" And there it was, in front of him! Sulayman said, "This is from the favour of my Lord."

When the queen arrived, she walked into Sulayman's palace. The floor was made of glass, so clear and shiny that she thought it was water, and she lifted her dress so it wouldn't get wet!

She saw how great Allah's gifts were, and she said, "My Lord, I submit with Sulayman to Allah, the Lord of all the worlds."

**TALK ABOUT IT**

**Sulayman listened to a tiny ant. How can we be kind to small creatures?**

**Thank Allah for every gift, big and small.**

From An-Naml 27:15-44



STORY 9

# Inside the Whale

# Inside the Whale

Prophet Yunus was sent to a town of more than a hundred thousand people. He told them about Allah again and again, but they would not listen.

Yunus became upset with them, and he left the town before Allah told him he could go. He went down to the sea and climbed aboard a ship that was full of people.

Out at sea, a huge storm came. The ship was too heavy, and someone had to leave it. The sailors drew lots, and Yunus's name came out. So Yunus went into the dark, stormy sea.

A giant whale swam up and swallowed him whole! Gulp! Now Yunus was in three darknesses: the darkness of the night, the darkness of the deep sea, and the darkness inside the whale.

Yunus knew he had made a mistake by leaving his people. But he also knew that Allah could still hear him, even there. So he made a dua: "La ilaha illa anta, subhanaka, inni kuntu minaz-zalimin." There is no god but You. Glory be to You. I was wrong.

Allah heard him. The whale swam to the shore and gently put Yunus out onto the sand. He was tired and weak, so Allah made a leafy plant grow over him to give him shade, until he was well again.

And what about his town? While he was gone, the people had seen signs of punishment coming, and they all believed in Allah together. Allah forgave them. Yunus went back home, and this time, the whole town was waiting to listen to him.

The Prophet ﷺ said that whoever makes the dua of Yunus when they are in trouble, Allah will answer them.

TALK ABOUT IT

**Can you say the dua of Yunus with me?**

**Allah can hear you anywhere, even in the dark.**

From Al-Anbiya 21:87-88 · As-Saffat 37:139-148 · Jami' at-Tirmidhi 3505



STORY 10

# Maryam and the Date Palm

# Maryam and the Date Palm

Before Maryam was born, her mother made a dua: "O Allah, I promise this baby to You, to serve You." When Maryam was born, her mother asked Allah to protect her, and Allah accepted her and helped her grow up good and pure.

Prophet Zakariyya looked after Maryam. She spent her days praying in a special room in the temple. Every time Zakariyya visited her, he found fresh fruit with her! "Where does this come from?" he asked. "It is from Allah," Maryam said. "Allah gives to whoever He wants."

One day, the angel Jibril came to Maryam. "I am a messenger from your Lord," he said. "Allah is giving you a baby boy." Maryam was amazed. "How can I have a baby when no man has touched me?" Jibril said, "It is easy for Allah. When He wants something, He just says Be, and it is."

TALK ABOUT IT

**Allah gave Maryam dates and water. What is your favourite food Allah gives you?**

When it was time for the baby to be born, Maryam went to a quiet place far away. She sat under a palm tree, all alone, tired and worried.

Then she heard a voice: "Don't be sad. Your Lord has made a little stream flow below you. Shake the trunk of the palm tree, and fresh, ripe dates will fall down for you. So eat and drink and be happy."

Maryam ate the sweet dates and drank the cool water, and baby 'Isa was born.

When she carried him home, the people were shocked. "Maryam, what have you done?" they said. Maryam didn't say a word. She just pointed to the baby. "How can we talk to a baby?" they asked.

Then baby 'Isa spoke from his cradle: "I am a servant of Allah! He has given me the Book and made me a prophet." Everyone was amazed. 'Isa grew up to be one of Allah's greatest messengers.

**Allah takes care of us when we feel worried.**

From Al 'Imran 3:35-47 · Maryam 19:16-33



STORY 11

# The Birds and the Elephant

# The Birds and the Elephant

Long ago, there was a powerful king in Yemen called Abrahah. He was jealous that people from all over Arabia travelled to Makkah to visit the Ka'bah, the House of Allah.

"I will knock down the Ka'bah," he said, "so people will come to me instead!" So he gathered a huge army, and at the front was an enormous elephant, the biggest anyone in Arabia had ever seen.

The people of Makkah were frightened. They had no army big enough to fight. But they knew the Ka'bah belonged to Allah, and that He would protect it.

But when the army came close to Makkah, something strange happened. Allah held the elephant back, and it would not walk towards the Ka'bah! They pushed it and pulled it, but it would not go.

Then the sky filled with birds. Flocks and flocks of little birds came flying in. They carried tiny stones of baked clay. They dropped the stones on Abrahah's army, and the army was left like dry leaves that had been chewed up. Not one of them could reach the Ka'bah.

Allah had protected His House, using only little birds.

Everyone in Arabia talked about it for years. They even named that year "the Year of the Elephant".

And in that very same year, a very special baby was born in Makkah. His name was Muhammad ﷺ, and he would grow up to be the last messenger of Allah.

**TALK ABOUT IT**

**Allah protected His House with little birds. What other small creatures do you love?**

**Nothing is too big for Allah, and nothing is too small.**

From Surah al-Fil 105 · Sahih al-Bukhari 2731



STORY 12

# The Light in the Cave

# The Light in the Cave

When the Prophet Muhammad ﷺ was grown up, everyone in Makkah knew him as al-Amin, the trustworthy one, because he never lied and always kept his promises.

But he was sad that his people prayed to statues. He liked to go to a quiet cave high on a mountain called Hira, to think about Allah, away from all the noise. He would take some food and stay there for many nights.

One night in Ramadan, when he was forty years old, the angel Jibril came to him in the cave. "Read!" said Jibril. "I cannot read," the Prophet ﷺ said. Jibril hugged him tightly and said again, "Read!" "I cannot read." A third time Jibril hugged him, and then he said: "Read, in the name of your Lord who created. He created people from a clinging clot. Read, and your Lord is the Most Generous, who taught by the pen."

These were the very first words of the Qur'an to come down from Allah.

The Prophet ﷺ hurried down the mountain, his heart beating fast. He went home to his wife, Khadijah. "Cover me, cover me!" he said. Khadijah wrapped him in a blanket and held him until he felt calm.

He told her everything. Khadijah said, "Allah will never let you down. You are kind to your family, you help the weak, you are generous to guests, and you help people in trouble."

Khadijah took him to her wise old cousin, Waraqah, who knew the old books. Waraqah said, "This is the same angel who came to Musa!"

From that night on, Allah sent the Qur'an to him, little by little, for twenty-three years, for all of us.

**TALK ABOUT IT**

**Khadijah was kind when he was scared. How can you help someone who feels scared?**

**Read a little Qur'an every day, even just one ayah.**

From Surah al-'Alaq 96:1-5 · Sahih al-Bukhari 3



STORY 13

# Hiding in the Cave

# Hiding in the Cave

For thirteen years, the Prophet ﷺ taught the people of Makkah about Allah. Some believed, but many leaders were angry. They hurt the believers and made life very hard for them.

In the city of Madinah, people had heard about Islam and believed. "Come to us," they said. "We will look after you." So, little by little, the believers moved to Madinah.

Then the leaders of Makkah made a terrible plan to hurt the Prophet ﷺ. But Allah told him about it, and told him to leave for Madinah too.

He left at night with his best friend, Abu Bakr. They hid in a small cave in the mountains called Thawr. Abu Bakr's family secretly helped them. His daughter Asma prepared their food, and tied up the bag with her own belt.

TALK ABOUT IT

**Who is your best friend? How do you look after each other?**

The men from Makkah searched everywhere, and came right up to the cave! Abu Bakr was worried for the Prophet ﷺ. He whispered, "If one of them looks down at his feet, he will see us!" But the Prophet ﷺ said calmly, "Do not be sad. Allah is with us."

The men turned around and walked away. They never looked inside.

After three days, the two friends set off for Madinah on their camels. A man called Suraqah galloped after them on his horse to catch them, but his horse's legs sank into the sand, again and again! In the end, Suraqah gave up and promised to keep their secret.

In Madinah, the people had been waiting every morning, looking out for them. When they finally arrived, everyone came out to welcome them with great joy. The very first thing the Prophet ﷺ did there was build a masjid.

**Do not be sad. Allah is with you.**

From At-Tawbah 9:40 · Sahih al-Bukhari 3653, 3906



تُصْبِحُ عَلَى خَيْر

**Goodnight, and may you wake up to goodness.**

Don't forget to say your bedtime dua and the three Quls.

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Pictures made with AI, showing places and moments only. Ayat and hadith references follow sunnah.com.