

REMIND HEART

BOOK 2

Heroes of Jannah

13 bedtime stories about the Companions of the Prophet ﷺ, the women of Paradise and the Mothers of the Believers, 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 three 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 are true stories about real people who loved Allah and His Messenger ﷺ, told simply for young children from the Qur'an and authentic hadith. The pictures show places and moments, never people.

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 Two Friends and a Cave

2 The Brave Boy in the Bed

3 The Well That Was Free

4 The Hand That Protected

5 Show Me the Market

6 A Son Who Stayed Kind

7 The One Everyone Could Trust

8 "I Will Go!"

9 A Basket on the River

10 A House Made of Pearl

11 Better Than a Helper

12 Something Even Better

13 The Longest Hand



STORY 1

Two Friends and a Cave

Two Friends and a Cave

Long ago in Makkah, the Prophet Muhammad ﷺ had a very best friend. His name was Abu Bakr. Whenever the Prophet ﷺ told him something, Abu Bakr would say, "If he said it, then it is true." That is why people called him as-Siddiq, the one who always believes.

One day, Allah told the Prophet ﷺ that it was time to leave Makkah and go to a city called Madinah, where the Muslims would be safe. And who did the Prophet ﷺ choose to take with him on this long, long journey? His best friend, Abu Bakr.

They left quietly at night and climbed up a rocky mountain called Thawr. There they hid inside a little cave for three days and nights. Some men from Makkah came looking for them. The men came so close that Abu Bakr could see their feet right outside the cave!

Abu Bakr whispered, "If one of them looks down at his feet, he will see us." He was not scared for himself. He was scared for the Prophet ﷺ.

But the Prophet ﷺ said softly, "Don't be sad. Allah is with us. What do you think of two people, when Allah is the third with them?"

And Allah kept them safe. The men walked away and never looked inside. A few days later, the two friends set off on their camels across the desert, all the way to Madinah, where the people were waiting for them, so happy to see them at last.

TALK ABOUT IT

Who is your best friend? How can you be a good friend like Abu Bakr?

Close your eyes and remember: wherever you are, Allah is with you.

From At-Tawbah 9:40 · Sahih al-Bukhari 3653 · 3905



STORY 2

The Brave Boy in the Bed

The Brave Boy in the Bed

Ali was the Prophet's ﷺ young cousin. He grew up in the Prophet's ﷺ home, and he was one of the very first people to believe in Islam, when he was still a boy.

Many years later, some bad men in Makkah made a wicked plan. They wanted to hurt the Prophet ﷺ, and one night they waited outside his house.

But Allah told the Prophet ﷺ to leave Makkah that very night. So the Prophet ﷺ asked Ali to do something very brave: "Sleep in my bed tonight, and cover yourself with my green blanket."

Ali was not afraid. He lay down in the Prophet's ﷺ bed and pulled the blanket over himself. The men outside peeked in and saw someone sleeping there, so they thought the Prophet ﷺ was still at home. But the Prophet ﷺ had already slipped away safely!

In the morning, the men rushed in, and who did they find? Only Ali. Their plan had failed.

And there was one more job for Ali. People in Makkah had left their precious things with the Prophet ﷺ to look after, because everyone knew he was honest. Ali stayed behind and gave every single thing back to its owner. Then he set off to join the Prophet ﷺ in Madinah.

TALK ABOUT IT

Ali gave back everything people had trusted the Prophet ﷺ with. Why is it important to look after other people's things?

Sleep safe and snug tonight. Allah looks after the brave and the honest.

From From the books of seerah



STORY 3

The Well That Was Free

The Well That Was Free

When the Muslims first came to Madinah, they had a problem. They needed fresh, clean water to drink. There was one very good well, called the well of Rumah, but its owner made everyone pay for every bucket of water.

The Prophet ﷺ said, "Who will buy the well of Rumah and let all the Muslims share its water? He will have something better than it in Paradise."

A kind and gentle man stood up. His name was Uthman ibn Affan. Uthman had a lot of money, but he did not keep it all for himself. He went and bought the well, and then he made its water free for everyone, rich and poor, young and old.

Every day after that, people came to the well and filled their buckets with cool, clean water, and they did not have to pay anything at all.

Uthman did lots of kind things like this. He was also very shy and gentle. The Prophet ﷺ said that even the angels felt shy around Uthman, because he was so modest and good.

TALK ABOUT IT

Uthman shared what he had. What is something you could share with someone else this week?

Goodnight. May Allah fill your heart with kindness, like a well full of cool water.

From Sahih al-Bukhari 2778 · Jami at-Tirmidhi 3703 · Sahih Muslim 2401



STORY 4

The Hand That Protected

The Hand That Protected

Near Madinah there is a long red mountain called Uhud. A long time ago, a battle happened there, and it was a very difficult day for the Muslims.

At one point, many of the Muslims were scattered and confused, and the Prophet ﷺ was in danger. But a few brave Companions stayed right beside him. One of them was Talhah.

Talhah held up his own hand to shield the Prophet ﷺ and protect him from harm. He kept it there, even though it hurt so much.

Talhah was badly hurt that day, and afterwards his hand could not move properly any more. But he did not mind at all, because he had protected the person he loved most.

The Prophet ﷺ loved Talhah for this. He said that if anyone wanted to see a martyr walking on the earth, they should look at Talhah.

TALK ABOUT IT

Talhah loved the Prophet ﷺ very much. What are some ways we can show our love for the Prophet ﷺ today?

Before you sleep, send salawat on the Prophet ﷺ: "Allahumma salli 'ala Muhammad."

From Sahih al-Bukhari 3724 · Jami at-Tirmidhi 3739



STORY 5

Show Me the Market

Show Me the Market

When the Muslims moved from Makkah to Madinah, many of them had to leave their homes and their money behind. One of them was Abdur-Rahman ibn Awf.

In Madinah, the Prophet ﷺ made each new Muslim a "brother" to someone who already lived there, so they could help each other. Abdur-Rahman's new brother was a kind man called Sa'd.

Sa'd said, "I have lots of things. I will give you half of everything I own!"

That was such a generous offer! But Abdur-Rahman smiled and said, "May Allah bless your family and your money. Just show me the way to the market."

He did not want to take things for free. He wanted to work hard for himself. So he went to the market, bought and sold things honestly, and Allah blessed his work.

Soon, Abdur-Rahman became very rich. And what did he do with all his money? He gave lots and lots of it away, to the poor, to people in need, and to help the Muslims.

TALK ABOUT IT

Abdur-Rahman wanted to work hard instead of taking things for free. What is something you can do for yourself, without asking for help?

Goodnight, little worker. May Allah bless everything you do tomorrow.

From Sahih al-Bukhari 2048



STORY 6

A Son Who Stayed Kind

A Son Who Stayed Kind

Sa'd ibn Abi Waqqas was a teenager when he became a Muslim. He loved Allah, and he loved his mother very much too.

But his mother was very upset that he had become a Muslim. She said, "I will not eat and I will not drink until you leave your new religion!"

Sa'd was so sad. He did not want his mother to be hungry. But he knew he could never stop believing in Allah. So he stayed gentle with her, but he would not leave his faith.

And then Allah sent down an ayah in the Qur'an about this. Allah said: be good to your parents and look after them kindly, but if they ask you to worship anything other than Allah, do not obey them in that.

So Sa'd kept his faith, and he also kept being kind and gentle to his mother.

When he grew up, Sa'd became a skilled archer, and he was the very first person to shoot an arrow for the sake of Allah.

TALK ABOUT IT

How can you show kindness to your mum or dad tomorrow?

Sleep well. Before you close your eyes, make dua for your parents.

From Luqman 31:14-15 · Sahih Muslim 1748



STORY 7

The One Everyone Could Trust

The One Everyone Could Trust

Abu Ubaydah was a tall, gentle man who never told lies and never took anything that was not his.

One day, some visitors came to the Prophet ﷺ from a faraway place called Najran. They said, "Please send us someone we can trust, to teach us and to look after our affairs."

The Prophet ﷺ said, "I will send you a man who is truly, truly trustworthy."

All the Companions looked up hopefully. Each of them wished, "I hope it is me!" Who would the Prophet ﷺ choose?

The Prophet ﷺ said, "Stand up, Abu Ubaydah." And he sent him with the visitors.

The Prophet ﷺ said that every nation has someone who is the most trustworthy, and the most trustworthy one of this ummah is Abu Ubaydah. Even when he became a great leader later on, he still lived very simply and stayed honest in everything.

TALK ABOUT IT

What does it mean to be trustworthy? Can people trust you to tell the truth?

Goodnight. Allah loves those who are honest, in big things and in small things.

From Sahih al-Bukhari 4380 · Sahih al-Bukhari 3744



STORY 8

"I Will Go!"

"I Will Go!"

Once, a big army came to attack Madinah. The Muslims dug a huge, long trench around the city so the army could not cross it. Everyone was tired and worried.

The Prophet ﷺ needed someone to go out and find out what the enemy was doing. That was a scary job! He asked, "Who will bring me news of them?"

One man answered straight away: "I will go!" It was az-Zubayr, the Prophet's ﷺ cousin.

The Prophet ﷺ asked again, "Who will bring me news of them?" And again az-Zubayr said, "I will go!"

And a third time, the Prophet ﷺ asked, and a third time az-Zubayr said, "I will!"

Then the Prophet ﷺ smiled and said, "Every prophet has a special helper, and my special helper is az-Zubayr."

TALK ABOUT IT

Az-Zubayr always said "I will!" when help was needed. When can you say "I will help!" at home?

Goodnight, little helper. Allah loves those who help others.

From Sahih al-Bukhari 2846



STORY 9

A Basket on the River

A Basket on the River

Long ago in Egypt, there was a cruel king called Pharaoh. He lived in a huge palace by the river Nile. His wife was a kind queen called Asiyah.

One morning, a little basket came floating down the river, bobbing between the tall reeds. The palace helpers pulled it out of the water. Inside was a tiny baby boy!

Pharaoh wanted to hurt the baby. But Asiyah looked at the little baby and her heart filled with love. She said, "He will be a joy for me and for you. Please don't hurt him. Maybe he will be good for us, or we can take him as our son."

So the baby grew up safely in the palace. That baby was the prophet Musa! Allah even brought him back to his own mother, so she could feed him and look after him.

Asiyah believed in Allah, even though her husband, the king, did not. She did not care about the gold and jewels in her palace. She made a beautiful dua: "My Lord, build me a house near You in Paradise."

And Allah loved her so much that she is one of the best women of Paradise.

TALK ABOUT IT

Asiyah wanted a house near Allah more than a palace. What would you like Allah to give you in Jannah?

Close your eyes and make Asiyah's dua: "My Lord, build me a house near You in Paradise."

From Al-Qasas 28:7-13 · At-Tahrim 66:11



STORY 10

A House Made of Pearl

A House Made of Pearl

Khadijah was a kind, clever and respected lady in Makkah. She was the wife of the Prophet Muhammad ﷺ, and they loved each other very much.

One night, the Prophet ﷺ was in the Cave of Hira when the angel Jibril came to him with the very first words of the Qur'an. The Prophet ﷺ was shaking when he came home. He said, "Cover me, cover me!"

Khadijah wrapped him in a blanket and comforted him. She said, "Allah will never let anything bad happen to you. You are kind to your family, you help the weak, you give to the poor, and you look after guests."

Khadijah was the very first person in the whole world to believe in him. She stood by him and helped him through all the hard times.

One day, the angel Jibril came with a special message. Allah Himself was sending His salam to Khadijah! And Jibril said that Allah had made a house for her in Paradise, made from a beautiful hollow pearl, where it is always peaceful and quiet, and no one ever gets tired.

TALK ABOUT IT

Khadijah comforted the Prophet ﷺ when he was scared. Who can you comfort when they are sad?

Goodnight. Kind words can make someone's whole day better.

From Sahih al-Bukhari 3 · Sahih al-Bukhari 3820



STORY 11

Better Than a Helper

Better Than a Helper

Fatimah was the youngest daughter of the Prophet ﷺ. She looked like him, and she even walked just like him. Whenever she came to visit, he would stand up, kiss her and sit her down in his own place.

Fatimah worked very hard at home. Every day she ground grain into flour with a heavy stone hand-mill, round and round and round, until her hands were sore.

One day she heard that her father had some helpers. So she went to ask, "Please, may I have a helper to do the hard work?"

That night, the Prophet ﷺ came to visit Fatimah and her husband Ali. He sat with them and said, "Shall I tell you something better than a helper?"

"When you go to bed, say SubhanAllah thirty-three times, Alhamdulillah thirty-three times, and Allahu Akbar thirty-four times. That is better for you than a helper."

And Ali said that he never stopped saying it every night after that.

TALK ABOUT IT

Can you count with your fingers and say SubhanAllah, Alhamdulillah and Allahu Akbar with me now?

SubhanAllah 33, Alhamdulillah 33, Allahu Akbar 34. Now it's time to sleep.

From Sahih al-Bukhari 3705 · 3623 · 5362 · Sunan Abi Dawud 5217



STORY 12

Something Even Better

Something Even Better

Umm Salamah and her husband, Abu Salamah, loved each other very much. They were among the first Muslims, and they travelled far away for the sake of Allah.

The Prophet ﷺ had taught a special dua to say when something sad happens: "O Allah, reward me for this sadness, and give me something better instead."

One day, Abu Salamah became very ill and passed away. Umm Salamah was so sad. She remembered the dua, but she thought, "Who could be better than Abu Salamah?"

But she trusted the Prophet ﷺ, so she said the dua anyway.

And then something amazing happened. The Prophet ﷺ himself asked to marry her! Umm Salamah said that Allah gave her someone even better than Abu Salamah: the Messenger of Allah ﷺ.

Umm Salamah became one of the Mothers of the Believers. She was very wise, and she gave the Prophet ﷺ good advice when he needed it.

TALK ABOUT IT

When something sad happens, what dua can we say?

If you lost something today, give it to Allah. He always gives something better.

From Sahih Muslim 918



STORY 13

The Longest Hand

The Longest Hand

Zaynab bint Jahsh was one of the wives of the Prophet ﷺ. She was very clever with her hands. She made leather things and sold them, and then she gave the money to people who needed it.

One day, the Prophet ﷺ told his wives, "The first of you to join me after I pass away will be the one with the longest hand."

The wives wondered what he meant. So they started to measure their hands against each other, to see whose hand was the longest! Sawdah was tall, so her hand seemed the longest.

But years later, the first of his wives to pass away was Zaynab, and her hand was not the longest at all.

Then they understood what the Prophet ﷺ had meant. A "long hand" was a hand that gives a lot! Zaynab worked with her hands and gave so much charity, that her hand was the longest of all.

TALK ABOUT IT

How can your hands give to others? What could you give tomorrow?

Goodnight. Every time you give, your hand grows longer in Allah's eyes.

From Sahih Muslim 2452



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.