



# Heavenly fruit

THE STORY OF MARYAM (AS)  
THE CHOSEN GIRL-CHILD



WAW STORIES





# Part 1

## PARENT GUIDE



### 1. Title:

Heavenly Fruit; the tale of Maryam (as) the chosen girl-child  
by Mariam Hakim of Waw Stories [@wawstories, www.wawstories.com](https://www.wawstories.com)

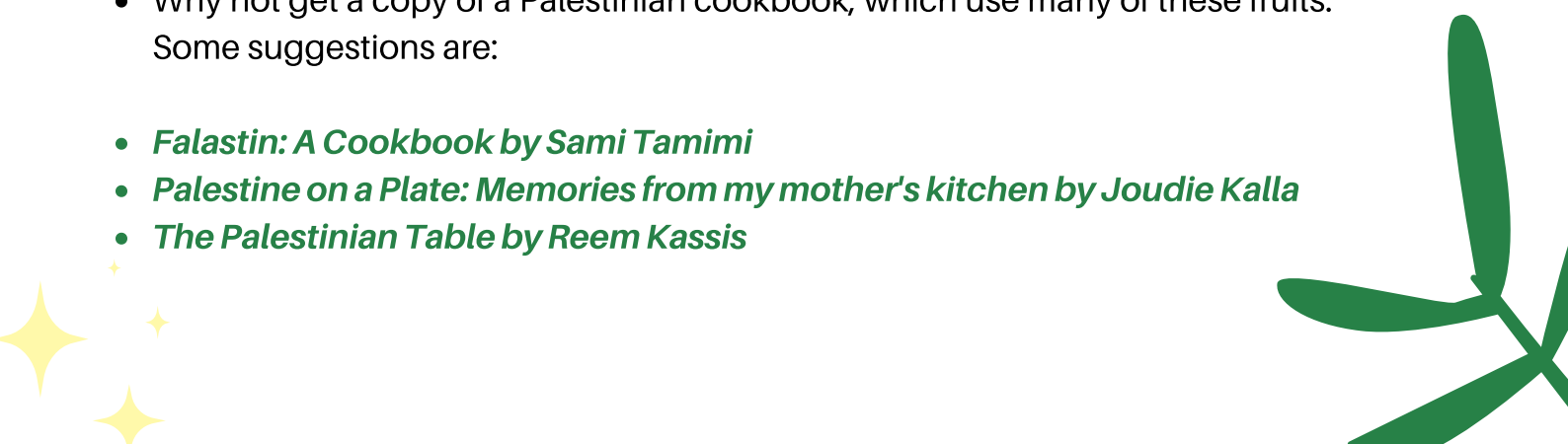
### 2. Learning outcomes:

- Children will have a deeper understanding of the story of **Maryam (as)** and why she was so special within Islam as a child.
- Children will be able to understand **memorable quotes** from the Quran and positive **moral lessons** from the story of Maryam (as), which can be used to uplift them.
- Children will be able to identify key indigenous fruits from **Palestine** and use this to make informed choices about supporting Palestine economically through the purchase of foods in the market place.

### 3. Description:

A short retelling of the story of Maryam (as) who lived in Palestine and key moral lessons from her story, as well as a learning based activity about fruits from Palestine.

### 4. Extension:

- If you have any of the fruits at home, ask the children to list how they look, smell and taste using describing words to encourage literacy.
  - Take a trip to your local supermarket and ask the children to find the fruits listed in this activity. Remember to check the label, what country is listed as the source?
  - Remember to avoid any products that say 'Produce of West bank (Israeli settlement)'. If you find this then have a conversation about how these are fruits grown on stolen land, and that supporting stealing or land theft is wrong.
  - Why not get a copy of a Palestinian cookbook, which use many of these fruits. Some suggestions are:
    - *Falastin: A Cookbook by Sami Tamimi*
    - *Palestine on a Plate: Memories from my mother's kitchen by Joudie Kalla*
    - *The Palestinian Table by Reem Kassis*
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# Part 2

## ACTIVITY



### Story time

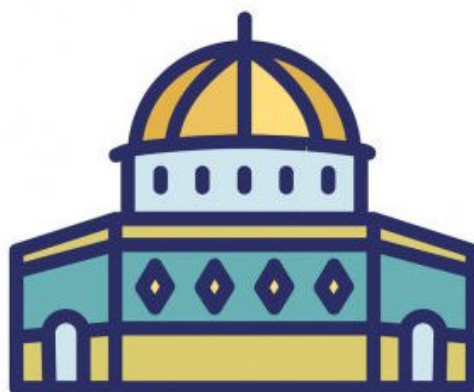

'The angels said, "O Mary, Allah has chosen you and purified you and chosen you above the women of the worlds".' (Quran 3:42)

In the Holy Quran we learn of the story of Maryam (as), who later becomes the mother of famous prophet Isa (as). They lived in Jerusalem, in Palestine, many thousands of years ago in a time before our Prophet Muhammad (saw).

Maryam (as) herself was very special. She was from a family of believers called the family of Imran (as). When she was just a tiny baby in her mother's belly her mother, Hannah, made a special prayer to Allah:

"My Lord! I dedicate what is in my womb entirely to Your service, so accept it from me. You (alone) are truly the All-Hearing, All-Knowing." (Quran 3:35)

She thought she was having a baby boy and that she would dedicate this boy to becoming a priest in their sacred house of worship, what we call masjid Al-Aqsa in Arabic. Hannah knew that religious work within masjid Al-Aqsa at the time was only for males.



# Storytime

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When she later gave birth to a girl, Hannah was surprised and said:

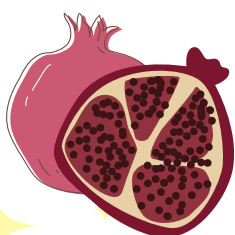
<sup>33</sup>My Lord! I have given birth to a girl,<sup>34</sup> –and Allah fully knew what she had delivered–<sup>35</sup> and the male is not like the female. I have named her Mary, and I seek Your protection for her and her offspring from Satan, the accursed.<sup>36</sup> (Quran 3:36)

Maryam (as) grew up to be a very pious child who loved Allah and her faith inspired many people. Even though she was a girl, she was finally accepted to worship and work within masjid Al-Aqsa.

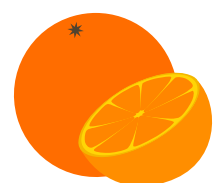
She was looked after and guided in her religious education by her uncle Zakariya (as) who was the lead priest /Imam of masjid Al-Aqsa. She was often found praying, and it was Allah's angels that taught Maryam (as) how to pray like the religious elders and leaders of her time:

"O Mary ... prostrate and bow with those who bow [in worship]"  
(Quran 3:43)

Whenever Zakariya (as) would visit Maryam (as) in her prayer chamber, in masjid Al-Aqsa, he would always find her with rizq/'provision'. Most scholars have said this to mean there was food and fruits that would miraculously appear for Maryam (as)!



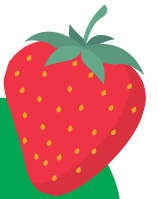
Some of these fruits were from other seasons, so were not available in the land at the time. What a heavenly blessing this miracle was!



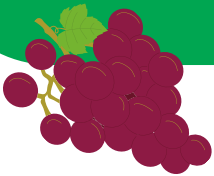
# Storytime

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Upon seeing this Zakariya (as) exclaimed,

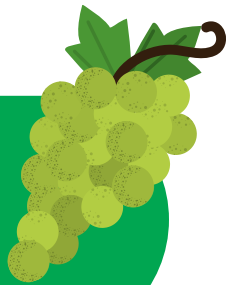


<sup>33</sup> O Mary! Where did this come from? <sup>34</sup> She replied, <sup>35</sup> It is from Allah. Surely Allah provides for whoever He wills without limit. <sup>36</sup>  
(Quran 3:37)



Zakariya (as) was so impressed by this that there and then he prayed to his Lord for a child similar to Maryam (as), saying,

<sup>37</sup> My Lord! Grant me - by your grace - righteous offspring.  
You are certainly the Hearer of prayers. <sup>38</sup>  
(Quran 3:38)





# Lessons

## TO TAKE FROM THE STORY



Here are some lessons we can learn from this amazing story:

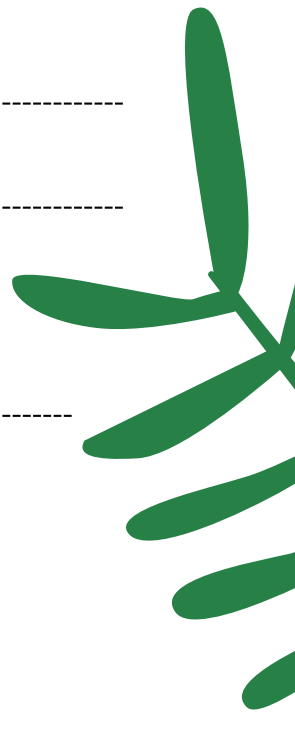
- Allah **answers prayers** however He wills, beyond all human understanding.
- In particular, God can grant us **blessings** that we may not have planned for, such as when Hannah gave birth to a girl who grew up to be pious and accepted into the service of masjid Al-Aqsa, even though she thought she was having a boy.
- Allah can take care of whoever he wants to and grant us **'rizq'**, which is God's bounty and help. This can be in the form of **food, clothing, shelter or wealth**.
- Allah is teaching us about **equality** in this story. God values all of us, regardless of gender and age. We can all have a strong relationship with Allah whether we are **young, or old, male or female**. And we should all **pray to Allah** in the same way, equally.
- Can **you** remember why Hannah was **surprised** in the story?

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- Can you remember **the miracle** that features in this story?

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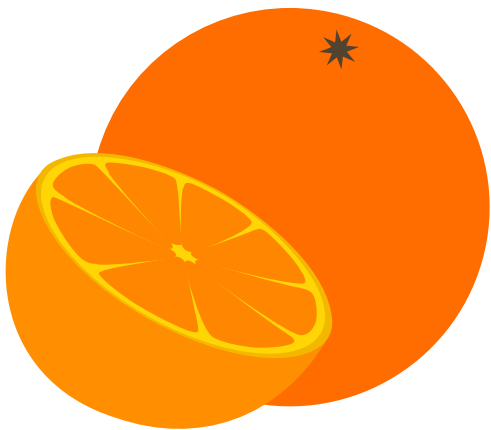


# Craft time

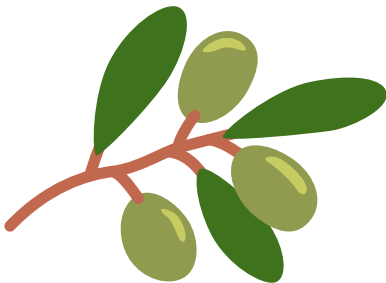
ACTIVITY

"By the fig and the olive (of Jerusalem)" (Quran 95:1)

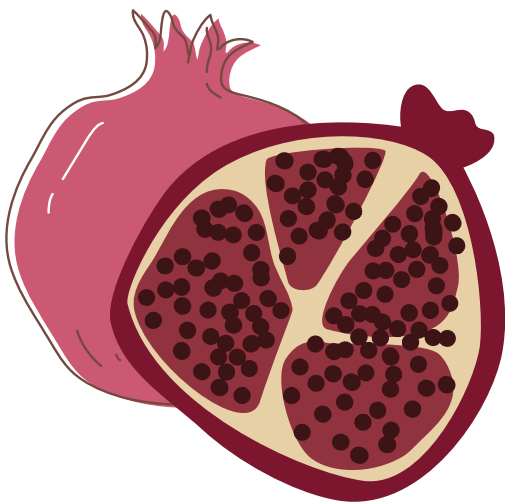
Can you imagine what Maryam's (as) food would have looked like? Here are some fruits from Palestine. Cut them out and add them to the fruit bowl on the last page.



JAFFA ORANGE - THIS JUICY ORANGE TAKES ITS NAME FROM THE PALESTINIAN CITY OF JAFFA WHERE IT WAS FIRST PRODUCED.

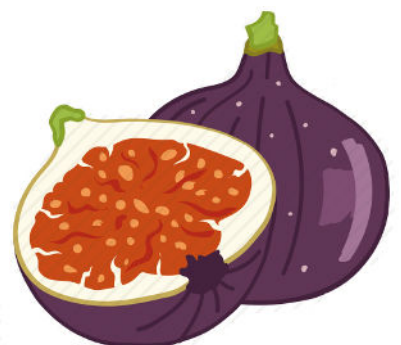


OLIVE - PALESTINIANS ARE PROUD OF THEIR OLIVE TREES, SOME ARE AROUND 4000 YEARS OLD! THEY ARE SYMBOLIC OF PALESTINIAN LOVE FOR THEIR LAND.



POMEGRANATE - THEY ARE DEEP RED WHEN RIPE LIKE RUBIES AND GEMS. THERE IS A PALESTINIAN PROVERB, "POMEGRANATES FILL THE HEART WITH FAITH."

FIG - ARCHEOLOGISTS HAVE DISCOVERED REMAINS OF FIG TREES IN PALESTINE TRACING BACK TO 4000 BCE!



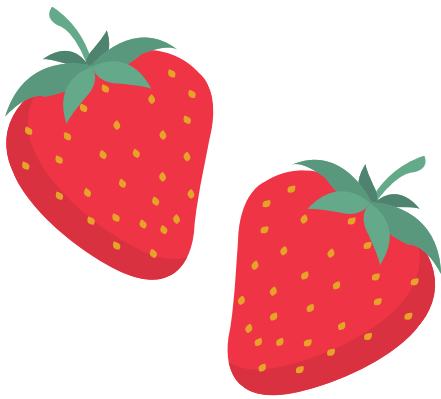
# Craft time

ACTIVITY

Remember to have fun cutting and decorating these fruits!  
You can add glitter, or diamante / sparkle stickers to make the fruit bowl look extra special and miraculous.



GRAPE - AFTER THE OLIVE TREE, THE GRAPE TREE IS THE MOST PROMINENT FRUIT TREE OF PALESTINE. THESE ARE USED FOR GRAPE JUICE AND MAKING RAISINS TOO.



STRAWBERRY - IN GAZA (PALESTINE) THE FARMERS PRODUCE SWEET AND JUICY DEEP RED STRAWBERRIES.



MEDJOOOL DATE - ALSO KNOWN AS THE 'KING OF DATES'. THEY ARE LARGE AND PLUMP AND HAVE A SOFT TEXTURE AND TASTE LIKE CARAMEL AND HONEY.



*"Surely Allah provides for  
whoever He wills without limit"*  
**(QURAN 3:37)**



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