



**MUSLIM INTERSCHOLASTIC
TOURNAMENT**

**TRUSTING THE
PROCESS:
CONTENTMENT
THROUGH ADVERSITY**

**MIST BOWL: TOPIC II
THE FIRSTS, THE FORE
RUNNERS OF ISLAM**

For the Quiz Bowl topic, in partnership with the Yaqeen Institute, questions will be asked from Yaqeen's video collection of lectures: "The First, the Forerunners".

Regional testable material will be based upon the following materials:

- [Trendsetters, Revivers and Strangers](#)
- [Zaid bin Amr \(ra\): A One Man Ummah](#)
- [Waraqah Ibn Naufal: The First to Confirm Prophethood](#)
- [Umm Ayman: The Woman Who Never Stopped Caring](#)

National testable material will be based upon the above materials and:

- [Khadijah: His First Love, Our First Mother](#)

