



Majlis Ugama Islam Singapura  
(Islamic Religious Council of Singapore)

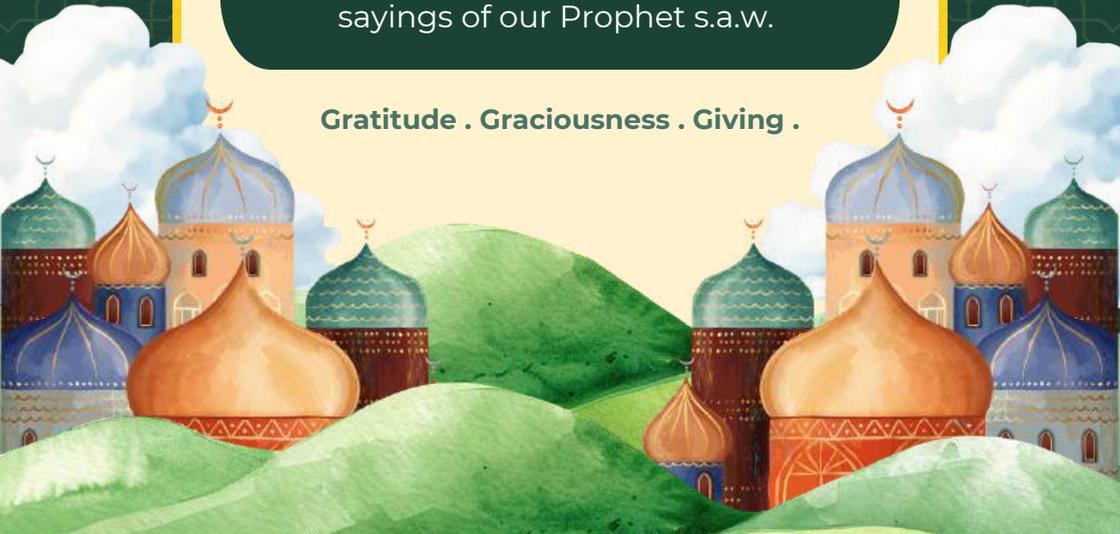


# 30

## RAMADAN REFLECTIONS

Reflect from verses of the Quran and  
sayings of our Prophet s.a.w.

Gratitude . Graciousness . Giving .



# Foreword

Bismillah.

Ramadan is finally here! A blessed month of reflection, connection and spiritual growth. It is a time to recharge our spirituality, strengthen our faith and family, and renew our commitment to living with purpose and compassion.

This year, SalamSG Ramadan brings mosques across Singapore together to share meaningful Ramadan messages, reflections and special programmes. Through this collective effort, we are reminded that Ramadan is not only about personal devotion, but also about nurturing unity, care and social good. Be part of this journey. Subscribe to our SalamSG WhatsApp channel and stay inspired throughout the month.

At the heart of this Ramadan journey are the 3Gs: Gratitude, Graciousness, and Giving. Gratitude shapes the heart, graciousness shapes behaviour, and giving shapes impact. Together, these values guide us to become Muslims who are grounded in faith and active in uplifting others.

Inside this booklet, you will find 30 Ramadan reflections and 30 impactful practices designed to enrich our Ramadan experience. While these reflections and practices are not exclusive to Ramadan, this blessed month is a meaningful time to begin embedding them into our daily lives. Whether through personal worship, family interactions, or community contributions, they align with our shared vision of a confident Muslim, resilient families and an empowered community.

Let us spread the goodness. Share this booklet with family and friends, and may our collective efforts draw us closer to Allah while extending kindness and care to people around us and beyond Ramadan.

Wishing you a blessed and meaningful Ramadan.

Salam Ramadan.

**Mohammad Fairuz Shah Sudiman**  
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**Ruhaizan Abdullah**  
Co-Chairs, SalamSG Ramadan (1447H/2026)

**Build confidence. Nurture wisdom.**

# Get to know the 3G values!

## GRATITUDE

→ is **recognising and appreciating** the value of things, people and experiences.

- ★ **When I practise gratitude in my life**, I begin to see Allah s.w.t.'s gifts even in hardship, recognise people's efforts, and appreciate the people around me. When gratitude fills the heart, it guides our actions, strengthens relationships, and deepens our faith.

## GRACIOUSNESS

→ is **having the confidence to be kind to others**, showing courtesy and benevolence.

- ★ **When I practise graciousness in my life**, it is shown through respectful words, acting kindly, and treating others with respect. When we choose gentleness, we create harmony, trust, and unity within the community.

## GIVING

→ is **the act of giving of money, time, energy and other resources**.

- ★ **When I practise giving in my life**, I understand that giving is not limited to charity alone. A sincere smile, a kind word, or offering help can ease a burden and lighten the heart.

**In the pages ahead, look out for these colours!**

Orange for gratitude, blue for graciousness, and green for giving.

## Acknowledgement

This booklet was made possible through the dedication and efforts of many individuals and teams.

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We sincerely appreciate their contributions in bringing this initiative to life. May Allah reward them abundantly.

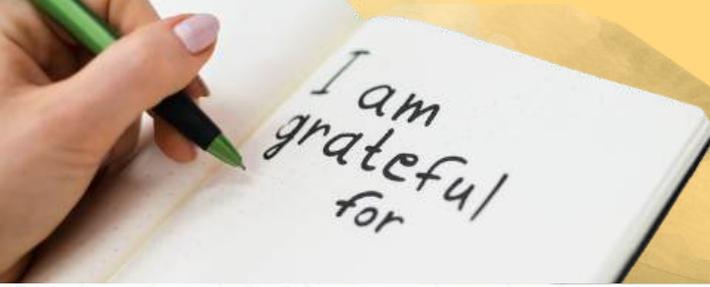


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Follow SalamSG's WhatsApp channel.

**Build confidence. Nurture wisdom.**



# 01 ALWAYS BE GRATEFUL

Allah s.w.t. says:

﴿ وَإِذْ تَأَذَّنَ رَبُّكُمْ لَئِن شَكَرْتُمْ لَأَزِيدَنَّكُمْ ﴾

And (remember) when your Lord proclaimed,  
If you are grateful, I will surely increase you (in favour).  
(Surah Ibrahim 14:7)

## Lessons:

1. **Allah s.w.t. loves those that appreciate** His blessings.
2. When someone shows gratitude, **Allah s.w.t. will increase goodness for him.**

## Life Application:

1. Start your day by **saying Alhamdulillah.**
2. Pause before sleeping and **reflect on one blessing** that was given by Allah s.w.t.
3. **Avoid comparing your life to others,** as gratitude grows from contentment.

## 02 ANOTHER CHANCE CALLED RAMADAN

Allah s.w.t. says:

﴿ شَهْرُ رَمَضَانَ الَّذِي أُنزِلَ فِيهِ الْقُرْآنُ هُدًى لِّلنَّاسِ وَبَيِّنَاتٍ مِّنَ الْهُدَىٰ وَالْفُرْقَانِ ﴾

Ramadan is the month in which was sent down the Quran, as a guide to mankind, also clear signs for guidance and judgment (Between right and wrong).  
(Surah Al-Baqarah 2:185)

### Lessons:

1. Every Ramadan offers us a valuable **second chance to improve ourselves.**
2. **The Quran is the main guide and guidance** in our lives.

### Life Application:

1. **Set one meaningful intention** for this Ramadan and **commit** to it **sincerely.**
2. **Start again even if you stumbled before;** Allah s.w.t.'s mercy is always open.
3. **Take one small, consistent step** toward self-improvement and let it grow throughout the month.



# 03 GIVE, EVEN WHEN SMALL

Rasulullah s.a.w. said:

﴿ مَا نَقَصَتْ صَدَقَةٌ مِنْ مَالٍ ﴾

Charity does not decrease wealth.  
(Sahih Muslim, no. 2588)

## Lessons:

1. Even **if donation causes** a temporary numerical **decrease**, **will not lead to true poverty or financial loss.**
2. **Allah s.w.t. will give a replacement for what is spent.** Either via unexpected financial gain or given protection by Allah s.w.t.

## Life Application:

1. Give what you can, **the intention matters more than the amount.**
2. **Give privately.** InsyaAllah this will train your sincerity.
3. Look at the money you give as your **best investment** that will definitely pay off in the future.

THANK  
YOU  
😊

الحَمْدُ لِلَّهِ

# 04 THANK PEOPLE = THANK ALLAH S.W.T.

Rasulullah s.a.w. said:

﴿ مَنْ لَمْ يَشْكُرِ النَّاسَ لَمْ يَشْكُرِ اللَّهَ ﴾

Whoever is not grateful to people is not grateful to Allah s.w.t..

(Sunan At-Tirmidhi, no. 1955)

## Lessons:

1. You cannot truly be **grateful to Allah s.w.t.** while ignoring the kindness shown to you **by His creation.**
2. While **all blessings** ultimately **come from Allah s.w.t.,** ignoring the person who delivered the blessing is a form of ingratitude.

## Life Application:

1. **Always be thankful** for what we have in life.
2. **Say thank you** sincerely to someone serving you.
3. **Replace complaints with compliments;** sometimes tests today lead to greater blessings tomorrow.



Assalamualaikum  
Teacher!  
Good day to you.

Walaikum salam  
my students!  
May Allah grant us  
goodness.

# 05 SPEAK WITH BEAUTY

Allah s.w.t. says:

﴿ وَقُولُوا لِلنَّاسِ حُسْنًا ﴾

And speak to people good (words).

(Surah Al-Baqarah, 2:83)

## Lessons:

1. **Kind, positive, and supportive words are a spiritual charity** that is easy to perform, costs nothing, and is given multiple rewards.
2. The tongue is one of the most difficult organs to control. Controlling it **to speak only good is a mark of strong faith and self-discipline.**

## Life Application:

1. Choose **gentle words**, especially when correcting & **avoid raising your voice.**
2. **Stay away from gossip and negativity**, as these will not bring any kind of benefit to us.
3. When there is nothing to be said, it **is best to keep silent.**



# 06 GIVE WHAT YOU LOVE

Allah s.w.t. says:

﴿ لَنْ نَنَالُوا الْبِرَّ حَتَّىٰ تُنْفِقُوا مِمَّا تُحِبُّونَ ﴾

Never will you attain the good (reward) until you spend (in the way of Allah) from that which you love.

(Surah Ali Imran, 3:92)

## Lessons:

1. **Giving something precious shows a person's love** for Allah s.w.t..
2. It reflects a **stronger commitment to His commands** than attachment to material wealth.

## Life Application:

1. When donating items such clothes or food, **choose items that are in excellent condition**, things you would be happy to use yourself.
2. If you can't give tangible items, **volunteer to give your time and attention** instead.
3. **Give something you genuinely like**, not what you are trying to discard.

REMEMBER!



# 07 REMEMBER HIM & YOU WILL BE REMEMBERED

Allah s.w.t. says:

﴿ فَاذْكُرُونِي أَذْكُرْكُمْ وَاشْكُرُوا لِي وَلَا تَكْفُرُونَ ﴾

Therefore remember Me (by praying, glorifying, etc.). I will remember you, and be grateful to Me (for My countless favours on you) and never be ungrateful to Me.

(Surah Al-Baqarah, 2:152)

## Lessons:

1. **Remember Allah s.w.t.** through prayer, zikir, and good deeds. Indeed Allah s.w.t. promises to remember you in return.
2. **Allah s.w.t. remembers His servants** through His mercy, guidance, and unseen help.

## Life Application:

1. Be grateful by **recognising that every blessing comes from Allah s.w.t.** A simple way of being grateful is by saying Alhamdulillah.
2. Show your gratefulness by **using His blessings in ways that please Him.**
3. **Avoid ingratitude.** Always remember Allah s.w.t. even when you are happy and content.



# 08 BE AMONGST THE MUHSININ

Allah s.w.t. says:

﴿ إِنَّ اللَّهَ يُحِبُّ الْمُحْسِنِينَ ﴾

Allah s.w.t. loves the Muhsinin (the doers of good).

(Surah Al-Baqarah, 2:195)

## Lessons:

1. **Give the best in performing every action**, going above and always with proper intentions.
2. **Be excellent in your worship.** The Prophet s.a.w. defined Ihsan as: "To worship Allah s.w.t. as if you see Him, and if you do not see Him, then (know that) He sees you."

## Life Application:

1. **Always do good**, even if nobody knows about it.
2. **Doing good** is not only towards people we know. It should be **towards all**, and even towards other creations of Allah s.w.t..
3. **Improve the quality of one task** today, even if the result is not seen by others.



# 09 GIVING IS A SHIELD FROM HELLFIRE

Rasulullah s.a.w. said:

﴿ اتَّقُوا النَّارَ وَلَوْ بِشِقِّ تَمْرَةٍ ﴾

Protect yourself from Hellfire even with half a date (in charity).  
(Sahih Muslim, no. 1016)

## Lessons:

1. The Prophet s.a.w. uses the command "**Protect yourselves**" to **instill a sense of personal responsibility**. Salvation requires action, not just aspiration.
2. "**Even with half a date**" is a **metaphor** that shows that everyone can give charity and reap its benefit.

## Life Applications:

1. **Try giving small amount daily**, even if it's just a dollar or a few coins, into a charity box.
2. **Never put off a good deed thinking it's too insignificant**. If you see someone hungry, give them even if it amounts to half a date.
3. **Act immediately on one good intention today** without delaying it.



# 10 PURITY IS PART OF FAITH

Rasulullah s.a.w. said:

﴿ الطُّهُورُ شَطْرُ الْإِيمَانِ ﴾

Purity is half of faith.

(Sahih Muslim, no. 223)

## Lessons:

1. As Muslims, we need to know that **cleanliness is part of our faith.**
2. **Cleanliness is a key to prayer.** We cannot perform our prayers without first performing wudhu.

## Life Application:

1. **Cleanliness is a social responsibility.** Being clean is an act of respect for the people around you and the community.
2. **Cleanliness reflects the heart.** Just as you wash dirt off your skin, you should try to clear your heart of bad traits like stingy or pride.
3. **Make cleanliness a daily habit** by being mindful of personal hygiene, as this supports both worship and good character.



# 11 BEING GENTLE IS NEVER A WASTE

Rasulullah s.a.w. said:

﴿ إِنَّ الرِّفْقَ لَا يَكُونُ فِي شَيْءٍ إِلَّا زَانَهُ ﴾

Gentleness is not to be found in anything but that it adds to its beauty.

(Sahih Muslim, no. 2594)

## Lessons:

1. **Kindness improves every situation**, while harshness only damages relationships and hearts.
2. **Do good sincerely for Allah s.w.t, not for people**; He sees everything and rewards accordingly.

## Life Application:

1. **Respond gently even when others are harsh.** Pause before reacting, and choose words that heal rather than hurt.
2. **Be a calming presence in tense situations** by showing patience, empathy and understanding. Your demeanor can ease conflicts and mend relationships.
3. **Lower your tone when emotions rise**, even if you feel justified.



# 12 WHEN RAMADAN COMES, GENEROSITY GROWS

كَانَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ أَجْوَدَ النَّاسِ، وَأَجْوَدُ مَا يَكُونُ فِي رَمَضَانَ، حِينَ يَلْقَاهُ جِبْرِيلُ، وَكَانَ جِبْرِيلُ عَلَيْهِ السَّلَامُ يَلْقَاهُ فِي كُلِّ لَيْلَةٍ مِنْ رَمَضَانَ، فَيُدَارِسُهُ الْقُرْآنَ فَلَرَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ أَجْوَدُ بِالْخَيْرِ مِنَ الرِّيحِ الْمُرْسَلَةِ ﴿

The Prophet s.a.w. was the most generous of all the people, and he used to become more generous in Ramadan when Jibril a.s met him. Jibril a.s used to meet him every night during Ramadan to revise the Quran with him. Rasulullah s.a.w. then used to be more generous than the fast wind.

(Sahih Bukhari, no. 3554)

## Lessons:

1. The Prophet s.a.w. was a generous person, but **Ramadan elevated his generosity even further.**
2. **His generosity was described as faster than the swift wind,** showing that his giving was immediate, and far-reaching.

## Life Application:

1. **Be quick to do good,** do not delay generosity when the opportunity comes. Ramadan is the best time to start.
2. **Let your generosity flow like the wind,** easily and quickly, without hesitation or conditions.
3. **Share not only wealth but also your time or knowledge,** as a generous heart extends beyond material giving.



# 13 MERCY BRINGS MERCY

Rasulullah s.a.w. said:

﴿الرَّاحِمُونَ يَرْحَمُهُمُ الرَّحْمَنُ ارْحَمُوا مَنْ فِي الْأَرْضِ يَرْحَمَكُم مَّن فِي السَّمَاءِ﴾

The merciful are shown mercy by The Most Merciful. Be merciful on the earth, and you will be shown mercy from Who is above the heavens.

(Sunan At-Tirmidhi, no. 1924)

## Lessons:

1. Among the ways we show gratitude is through **having mercy/compassion (rahmah) towards others.**
2. **When we are kind to people, Allah s.w.t. rewards us with His greater kindness.**

## Life Application:

1. **Treating others gently** can be a form of gratitude to Allah s.w.t.
2. **Be mindful of your actions,** as it will affect the people around you.
3. If someone annoys you, **respond with kindness** instead of anger.



be the best  
version of  
yourself

# 14 LET KINDNESS LEAD

Rasulullah s.a.w. said:

﴿ إِنَّمَا بُعِثْتُ لِأَتَمِّمَ صَالِحَ الْأَخْلَاقِ ﴾

I was sent to perfect good character.

(Musnad Ahmad, no. 8952)

## Lessons:

1. **Rasulullah s.a.w. was sent to perfect good character** for all of humanity.
2. **His life is a guide** for how we should embody mercy, honesty, patience, and justice in our own lives.

## Life Application:

1. **Follow the Prophet s.a.w.'s example in daily actions**, letting his character inspire how you speak, act, and respond to others.
2. **Treat all people with mercy, justice, truthfulness and trustworthiness**, regardless of their differences.
3. **Strive against the self to eliminate blameworthy qualities** like anger, arrogance, envy and stinginess.



# 15 A KIND WORD IS CHARITY

Rasulullah s.a.w. said:

﴿ وَالكَلِمَةُ الطَّيِّبَةُ صَدَقَةٌ ﴾

A good word is charity.  
(Sahih Bukhari, no. 2989)

## Lessons:

1. **Charity is not only by money.** Saying good words counts as one too.
2. **Every gentle word is valued and rewarded** by Allah s.w.t.

## Life Application:

1. **Say something encouraging** or comforting to someone today. Use them to uplift, inspire, and spread goodness.
2. **When you need to give feedback, do it kindly and constructively**, aiming to help rather than hurt.
3. **Be mindful of your words throughout the day**, remembering that even the gentlest speech is valued and rewarded by Allah s.w.t.



# 16 CONTENTMENT IS TRUE WEALTH

Rasulullah s.a.w. said:

﴿ لَيْسَ الْغِنَى عَنْ كَثْرَةِ الْعَرَضِ وَلَكِنَّ الْغِنَى غِنَى النَّفْسِ ﴾

Richness is not having many possessions,  
but richness is being content with oneself.

(Sunan At-Tirmidhi, no. 2373)

## Lessons:

1. Gratitude nurtures contentment (*Qana'ah*) in the heart.  
*Qana'ah* is **accepting and feeling satisfied** with what **Allah** s.w.t. has **given us**.
2. *Qana'ah* helps us **appreciate what we have** instead of always wanting more.

## Life Application:

1. **Limit comparison** on social media today as it can lead to dissatisfaction and envy.
2. Write down **one thing** you have that **money cannot buy**:  
-----
3. Practice gratitude **by reflecting on** at least **one blessing** each day, big or small, **and thank Allah s.w.t.** for it.



**YOU GOT THIS!**

# 17 RELIEVE OTHERS' HARDSHIP

Rasulullah s.a.w. said:

﴿ مَنْ نَفَّسَ عَنْ مُؤْمِنٍ كُرْبَةً مِنْ كُرْبِ الدُّنْيَا  
نَفَّسَ اللَّهُ عَنْهُ كُرْبَةً مِنْ كُرْبِ يَوْمِ الْقِيَامَةِ ﴾

Whoever relieves a believer of one hardship in this world, Allahs.w.t will relieve his hardship on the Day of Judgment.  
(Sahih Muslim, no. 2699)

## Lessons:

1. **Helping others** invites Allah s.w.t.'s blessings into our own lives.
2. Islam encourages us to **care** for both the emotional and physical needs of **those around us**.

## Life Application:

1. Take time today to **listen, help, or support someone in need**.
2. If you notice someone who might need **help, offer** it proactively rather **than waiting to be asked**.
3. Find opportunities to **ease someone's burden**, even in small ways like hold the lift for our neighbour and so on.



# 18 RESTRAIN ANGER & GIVE FORGIVENESS

Rasulullah s.a.w. said:

﴿ لَيْسَ الشَّدِيدُ بِالصُّرْعَةِ، إِنَّمَا الشَّدِيدُ الَّذِي يَمْلِكُ نَفْسَهُ عِنْدَ الْغَضَبِ ﴾

The strong is not the one who overcomes the people by his strength, but the strong is the one who controls himself while in anger.

(Sahih Bukhari, no. 6114)

## Lessons:

1. To **restrain anger and choose forgiveness** is the most powerful form of giving.
2. Allah s.w.t. praises those who **choose patience over reaction**.

## Life Application:

1. **Control your anger** even when you feel justified, and pause before responding.
2. **Forgive someone** today in your heart, **letting go of grudges** for your own peace.
3. Practice **patience** in daily challenges, remembering that every act of self-restraint is rewarded by Allah s.w.t.



Allahdulillahi  
alan-nikmah..

# 19 GRATITUDE IN SMALL THINGS

Rasulullah s.a.w. said:

﴿ أَنْظِرُوا إِلَى مَنْ هُوَ أَسْفَلُ مِنْكُمْ وَلَا تَنْظُرُوا إِلَى مَنْ هُوَ فَوْقَكُمْ، فَهُوَ أَجْدَرُ أَنْ لَا تَزْدَرُوا نِعْمَةَ اللَّهِ عَلَيْكُمْ ﴾

Look at those who are inferior to you and do not look at those who are superior to you, for this will keep you from belittling Allah s.w.t.'s favour to you.

(Sunan Ibn Majah, no. 4142)

## Lessons:

1. Gratitude increases when we **stop comparing ourselves to others**.
2. Even **small blessings hold great value** and should not be taken for granted.

## Life Application:

1. **Reflect on** one simple blessing you often overlook.
2. **Thank Allah s.w.t.** today for something ordinary, such as your health, food, or time.
3. Make it a habit to **notice and appreciate** small joys daily, turning them into moments of gratitude.



# 20 ALLAH S.W.T. LOVES BEAUTIFUL CHARACTER

Rasulullah s.a.w. said:

﴿ إِنَّ اللَّهَ جَمِيلٌ يُحِبُّ الْجَمَالَ ﴾

Allah s.w.t. is beautiful and loves beauty.  
(Sahih Muslim, no. 91)

## Lessons:

1. **Inner beauty**, expressed **through good manners and character**, is beloved to Allah s.w.t..
2. **Graciousness and kindness** naturally **beautify a Muslim's life and relationships**.

## Life Application:

1. **Beautify your speech and behaviour** today, letting kindness and patience show in your actions.
2. **Treat people with dignity, respect, and empathy** in all interactions.
3. **Cultivate inner beauty through good character**, since Allah s.w.t. loves beauty in all forms.



# 21 GIVING BEYOND WEALTH

Rasulullah s.a.w. said:

﴿ كُلُّ مَعْرُوفٍ صَدَقَةٌ ﴾

Every act of kindness is an act of charity.

(Sahih Bukhari, no. 6021)

## Lessons:

1. **Giving** is not limited to wealth or money alone; it **includes time, effort, and care.**
2. **Kindness** is always accessible **to everyone**, regardless of their means or circumstances.

## Life Application:

1. **Offer help** proactively, without waiting to be asked.
2. **Smile and greet others sincerely**, as even small gestures matter.
3. **Be consistent** in simple acts of kindness, knowing that Allah s.w.t. values every good deed.



# 22 ALLAH S.W.T. SEES EVERY GOOD

Allah s.w.t. says:

﴿ وَمَا تَقَدَّمُوا لِأَنْفُسِكُمْ مِنْ خَيْرٍ تَجِدُوهُ عِنْدَ اللَّهِ ﴾

Whatever good you send forth, you will find it with Allah s.w.t.

(Surah Al-Muzzammil, 73:20)

## Lessons:

1. **No act of goodness is ever wasted**, no matter how small it seems.
2. **Allah s.w.t. records and values every sincere deed.**

## Life Application:

1. **Do good** even when no one notices or praises you.
2. **Focus on pleasing Allah s.w.t.** rather than seeking approval from people.
3. End the day by **reflecting on one good deed** no one else knew about.



# 23 ALLAH S.W.T. APPRECIATES KINDNESS

Allah s.w.t. says:

﴿ وَمَنْ تَطَوَّعَ خَيْرًا فَإِنَّ اللَّهَ شَاكِرٌ عَلِيمٌ ﴾

Whoever does voluntary good, indeed Allah s.w.t. is Appreciative and All-Knowing.

(Surah Al-Baqarah, 2:158)

## Lessons:

1. **Allah s.w.t. appreciates even the smallest acts of kindness.**
2. **Do good sincerely for Allah s.w.t.**, not for people; He sees everything and rewards accordingly.

## Life Application:

1. **Respond gently** even when others are harsh. Pause before reacting, and choose words that heal rather than hurt.
2. **Be kind quietly**, seeking only Allah s.w.t.'s pleasure.
3. **Do** one voluntary **good deed** beyond what is expected of you.



# 24 SERVING QUIETLY

Allah s.w.t. says:

﴿ الَّذِينَ يُنْفِقُونَ أَمْوَالَهُمْ بِاللَّيْلِ وَالنَّهَارِ سِرًّا وَعَلَانِيَةً فَلَهُمْ أَجْرُهُمْ عِنْدَ رَبِّهِمْ وَلَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ يَحْزَنُونَ ﴾

Those who spend their wealth (in Allah s.w.t.'s cause) by night and by day, secretly and publicly - they will have their reward with their Lord. And no fear will there be concerning them, nor will they grieve.

(Surah Al-Baqarah, 2:274)

## Lessons:

1. **Sincerity** in actions matters far more than seeking recognition from others.
2. **Quiet, humble service consistently earns great and lasting reward from Allah s.w.t.**

## Life Application:

1. **Do** one **good** deed **without telling anyone**
2. **Resist** the urge to "**show off**" a good deed with others.
3. **Check your intention** before and after helping, ensuring it is purely for Allah s.w.t.



# 25 BE GRATEFUL TO ALLAH S.W.T. & PARENTS

Allah s.w.t. says:

﴿ أَنْ اشْكُرْ لِي وَلِوَالِدَيْكَ ﴾

## Lessons:

Be grateful to Me and to your parents.

(Surah Luqman, 31: 14)

1. Gratitude includes **honouring and respecting our parents always.**
2. **Serving our parents sincerely** is a beautiful form of ibadah.

## Life Application:

1. **Call, help, hug, or appreciate your parents today.**
2. If they have passed, **make dua and sadaqah for them.**
3. **Thank your parents for all the sacrifices** they have made for you throughout your life.



Ya Allah, bless my family and friends with goodness and...

# 26 MAKING DU'A FOR THE WELL-BEING OF OTHERS

Rasulullah s.a.w. said:

﴿ مَا مِنْ عَبْدٍ مُسْلِمٍ يَدْعُو لِأَخِيهِ بِظَهْرِ الْغَيْبِ إِلَّا قَالَ الْمَلَكُ وَلَكَ بِمِثْلٍ ﴾

There is no Muslim servant who prays for his brother in his absence except that the angel says: 'And for you the same (reward/doa) as well.

(Sahih Muslim, no. 2732)

## Lessons:

1. Islam encourages **thinking beyond oneself**. One of the ways is by dua for others.
2. **Praying for others** reflects a noble heart.

## Life Application:

1. **Make dua for someone** today.
2. Whatever dua you make for others, **Allah will return it to you, equal or better**.
3. Make dua for someone you find difficult, **trusting that Allah s.w.t. softens hearts through sincere supplication**.



# 27 SPREAD PEACE & FEED OTHERS

Rasulullah s.a.w. said:

﴿ يَا أَيُّهَا النَّاسُ أَفْشُوا السَّلَامَ وَأَطْعِمُوا الطَّعَامَ وَصَلُّوا الْأَرْحَامَ  
وَصَلُّوا بِاللَّيْلِ وَالنَّاسُ نِيَامٌ تَدْخُلُوا الْجَنَّةَ بِسَلَامٍ ﴾

O people! Spread (the greeting of) Salam, feed others, uphold the ties of kinship, and pray during the night when people are sleeping, and you will enter Paradise with Salam.

(Sunan Ibn Majah, no. 3252)

## Lessons:

1. **Giving builds unity and love between mankind.** Give it regardless of race, language or religion.
2. **Islam** deeply **values caring for and supporting** the wider community.

## Life Application:

1. **Greet others** with warmth and sincerity, even if they are strangers.
2. **Share food** whenever you are able, as food brings hearts together and nurtures community.
3. **Initiate salam first**, even in places where people rarely greet.



# 28 THE BLESSINGS OF HEALTH & TIME

Rasulullah s.a.w. said:

﴿ نِعْمَتَانِ مَغْبُونٌ فِيهِمَا كَثِيرٌ مِنَ النَّاسِ: الصَّحَّةُ، وَالْفَرَاغُ ﴾

There are two blessings in which many people incur loss:  
Health and free time.

(Sahih Bukhari, no. 6412)

## Lessons:

1. **Health and time are great blessings** (gifts) from Allah s.w.t.
2. **True gratitude requires awareness and mindfulness** of these blessings.

## Life Application:

1. **Protect and invest in your health.** Don't wait for sickness to value your health. Make conscious choices now.
2. Make the most of your free time by **filling it with beneficial activities and avoiding mindless time-wasting.**
3. Regularly **reflect on** how you **spend your time and energy,** and realign them with what brings you closer to Allah s.w.t.



# 29 MAINTAINING DIGNITY AND TRUST

Rasulullah s.a.w. said:

﴿أَرْبَعٌ مَنْ كُنَّ فِيهِ كَانَ مُنَافِقًا خَالِصًا، وَمَنْ كَانَتْ فِيهِ خَصَلَةٌ مِّنْهُنَّ كَانَتْ فِيهِ خَصَلَةٌ مِّنَ النَّفَاقِ حَتَّى يَدْعَهَا: إِذَا أُؤْتِمِنَ خَانَ، وَإِذَا حَدَّثَ كَذَبَ، وَإِذَا عَاهَدَ غَدَرَ، وَإِذَا خَاصَمَ فَجَرَ﴾

Four are the qualities which, when found in a person, make him a sheer hypocrite, and one who possesses one of them, possesses one characteristic of hypocrisy until he abandons it. These are: When he is entrusted with something, he betrays trust; when he speaks, he lies; when he promises, he acts treacherously; and when he argues, he behaves in a very imprudent, insulting manner.

(Sahih Bukhari, no. 34)

## Lessons:

1. Islam places **great emphasis on integrity, honesty, and self-control in all dealings.**
2. **Respectful** conduct **preserves unity** and prevents hearts from being divided.

## Life Application:

1. **Guard your trust** carefully by fulfilling responsibilities and amanah given to you.
2. **Speak truthfully and uphold trust** at all times, as these qualities protect us from hypocrisy.
3. **Control your behavior** during arguments by avoiding insults, exaggeration, and emotional outbursts.

BE KIND  
KEEP GOING



# 30 DO GOOD WHEREVER YOU ARE

Rasulullah s.a.w. said:

﴿ اتَّقِ اللَّهَ حَيْثُمَا كُنْتَ، وَأَتَّبِعِ السَّيِّئَةَ الْحَسَنَةَ تَمَحُّهَا، وَخَالِقِ النَّاسَ بِخُلُقٍ حَسَنٍ ﴾

Have taqwa (fear) of Allah s.w.t. wherever you may be, and follow up a bad deed with a good deed which will wipe it out, and behave well towards the people.

(Sunan At-Tirmidhi, no. 1987)

## Lessons:

1. **Doing good is a lifelong mission**, not limited to specific times or seasons.
2. True **takwa is reflected in how we treat and deal with people**.

## Life Application:

1. **Commit** to carrying one Ramadan habit into the months ahead.
2. **Make good character** part of your identity in every situation.
3. When we **follow a bad deed with a good one**, it reflects sincere repentance and allows goodness to erase our shortcomings through Allah's mercy.





# 30



## IMPACTFUL PRACTICES

YOU CAN START IN RAMADAN

**Confident muslim  
Resilient families  
Empowered community**



# Foreword

Bismillah... Ramadan is finally here—a month of reflection, connection, and spiritual growth. It's a time to renew our faith, strengthen our families, and uplift our community.

This year, SalamSG Ramadan unites mosques across Singapore to share meaningful Ramadan messages, reflections, and special programmes. Be part of this journey—subscribe to our new SalamSG WhatsApp channel and stay inspired throughout the month!

Inside this booklet, you'll find 30 simple yet impactful practices to enhance our Ramadan experience. While these practices are not exclusive to Ramadan, this blessed month is a great time to start incorporating them into our lives. Whether in personal worship, family interactions, or community contributions, these ideas align with our shared vision of a confident Muslim, resilient families and an empowered community.

The Malay and English versions may have different styles, but their essence remains the same—helping us make the most of this sacred time.

Let's spread the goodness! Share this booklet with family and friends, and may it bring us all closer to Allah.

Wishing you a blessed and meaningful Ramadan.

Salam Ramadan!

**Mohammad Fairuz Shah Sudiman**  
**Faizal Bin Abdul Rahim**  
Co-Chairs, SalamSG Ramadan (1446H/2025)

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**Yusof Ishak Mosque**

We sincerely appreciate their contributions in bringing this initiative to life. May Allah reward them abundantly.

**Follow SalamSG  
WhatsApp channel**

**Scan the QR code**



Get updated on our masjid-related events and initiatives, daily reminders this Ramadan and more!

**Build confidence. Nurture wisdom.**

## PRACTICE

# 01

# RISE EARLY IN THE MORNING



From Sakhr Bin Wada'ah Al-Ghamidy r.a, the Prophet s.a.w. said:

**"O Allah, bless my Ummah in their early mornings".**

Whenever the Prophet s.a.w. sent out a battalion, he would send them at dawn. Sakhr, a trader, followed this habit—starting his business early—and Allah blessed him with wealth and success.

(Reported by Abu Dawud, At-Tirmidhi, Ibn Majah, Ahmad)

## EXPLANATION OF HADITH



- 1 The Prophet s.a.w. prayed for blessings in the early morning. Imagine starting your day under that special supplication. Just rise early and claim it.
- 2 *Barakah* isn't just about having more; it's lasting goodness that grows. Even small efforts bring big rewards when filled with blessings—like wealth that multiplies or time that feels abundant.
- 3 Want to feel energised and productive? Mornings are golden hours. They clear your mind, fuel your body, and help you achieve more with less effort.
- 4 Starting early is a habit of successful people—and it was the Prophet's s.a.w.'s advice too. It sets the tone for focus, discipline, and lasting achievements in both your *dunya* and *akhirah*.
- 5 The time between *Subuh* and *Dhuha* is filled with blessings. Imam At-Tabari explained that this is the morning period referred to in the hadith. Make the most of these precious hours.

**So, start your day with the blessings of the early morning—wake up early, seek Allah's blessings, and watch how it transforms your productivity, peace, and success.**

PRACTICE

02

# RECITE THE DECLARATION OF TAWHID EVERY MORNING



From Abu 'Ayyash r.a, the Prophet s.a.w. said: "Whoever says in the morning:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

**"There is no god worthy of worship except Allah, alone without partner.  
His is the dominion, His is all praise, and He has power over all things"**

He will receive the reward of freeing a slave from the descendants of Ismail. Ten good deeds will be recorded for him, ten sins will be erased, his rank will be elevated by ten degrees, and he will be protected from Shaytan until evening. If he recites it in the evening, he will receive the same reward until morning".

(Abu Dawud, An-Nasai, Ibn Majah, Ahmad)

## EXPLANATION OF HADITH

- 1 This hadith reminds us of the power of saying "*Laa ilaaha illallah*"—"There is no god worthy of worship except Allah". It's the heart of our faith and a *sunnah* to start each morning.
- 2 The Prophet s.a.w. said, "The best form of remembrance is '*Laa ilaaha illallah*'". What better way to begin your day than with words that carry such weight in the sight of Allah?
- 3 This *dhikr* isn't just for the morning. Recite it in the evening, after prayers, when you wake up, and upon returning from a journey—the rewards are always within reach.
- 4 None of us knows when our final breath will come. By reciting this declaration every morning and evening, we hope to be granted a good ending.

**Make '*Laa ilaaha illallah*' your morning declaration, and unlock Allah's protection, reward, and elevation for your day.**

## PRACTICE

# 03

# SIT FOR A WHILE AFTER FAJR PRAYER



From Jabir bin Samurah r.a, he said:

**"The Prophet SAW, after finishing the Fajr prayer, would remain seated in his prayer place until the sun had fully risen".**

(Sahih Muslim)

## EXPLANATION OF HADITH



- 1 This hadith invites us to seize the blessed moments after *Subuh* by sitting for a while, remembering Allah until the sun rises. It's a peaceful time to fill your heart with *dhikr* and start your day with tranquility and purpose.
- 2 *Duha* time begins about 30 minutes after sunrise. For example, if sunrise is at 7:00am, *Dhuha* starts around 7:30am and lasts until about five minutes before *Zuhr*. This window is a golden opportunity to continue earning rewards effortlessly.
- 3 The Prophet s.a.w. promised an extraordinary reward for a simple act. In a hadith narrated by Anas bin Malik r.a, he said: "Whoever prays *Fajr* in congregation, then sits remembering Allah until the sun has risen, then prays two *rak'ah*, will have a reward like that of *Hajj* and *Umrah*". The Prophet s.a.w emphasised it three times: "Complete, complete, complete". Why miss out on a reward so great with such ease?
- 4 Although these hadiths refer to practices in the mosque, their wording is general. This means that those who pray *Fajr* in congregation and engage in *dhikr* at home due to valid reasons—especially women—are also hoped to receive the same reward.
- 5 This hadith gently reminds us to pause and prioritise worship before diving into daily responsibilities. Taking just a moment for Allah can fill your entire day with *barakah*, guiding your heart amidst life's busyness.

**Let's engage in *dhikr*, and earn the rewards of *Hajj* and *Umrah*.  
Don't let such a simple act of worship pass you by.**

PRACTICE

04

# BE OPTIMISTIC



From Abu Hurairah r.a:

**The Messenger of Allah s.a.w. said: "There is no bad omen (*thiyarah*), but the best of it is optimism (*fa'l*)". The companions asked, "What is *fa'l*, O Messenger of Allah?" He replied, "A good word that one of you hears".**

(Sahih Al-Bukhari)

## EXPLANATION OF HADITH



- 1 This hadith teaches us to always think positively and speak words that inspire hope—even in difficult situations. A simple, good word can change your perspective, turning worries into confidence.
- 2 Positive words are powerful. When you start something with words of hope and encouragement, it sparks motivation and strengthens your determination to succeed.
- 3 It also reminds us to have *husnu zhon*—to think the best of Allah's plans. Whatever happens in your life is part of Allah's perfect wisdom, even if it's not immediately clear to you.
- 4 Islam firmly rejects superstitions like bad omens because nothing can influence what Allah has destined for us. "*Thiyarah*" refers to baseless beliefs in bad signs, like thinking misfortune will occur because of certain events or symbols. The word comes from "*thair*" (bird), as people in the pre-Islamic era believed that seeing certain birds predicted bad luck. A Muslim is taught to seek protection from Allah and not be deceived by such beliefs because true reliance is on Allah, not on signs or superstitions.
- 5 Islam values conclusions based on scientific reasoning. If something is supported by knowledge and evidence, it's not superstition—it's wisdom from the understanding Allah has granted us.

**So, choose optimism, speak good words, and place your trust in Allah,  
for that is the true path to peace and success.**

## PRACTICE

# 05

## EXPRESSING LOVE TO A FELLOW MUSLIM



Anas Bin Malik r.a. reported that:

**A man once said to the Messenger of Allah s.a.w: “I love so-and-so for the sake of Allah”. The Prophet s.a.w asked, “Have you told him?” The man replied, “No”. The Prophet s.a.w said, “Tell him”. So the man went to that person and said, “I love you for the sake of Allah”. The man replied, “May Allah love you as you love me for His sake”.**

(Abu Dawud, An-Nasai, Ahmad)

### EXPLANATION OF HADITH

- 1 This hadith teaches us to express our love to fellow Muslims for the sake of Allah. A simple, sincere statement can strengthen bonds and fill hearts with warmth.
- 2 Loving someone for the sake of Allah means cherishing them for their faith, their goodness, and their efforts to uphold Allah’s commands. Expressing this love strengthens the bonds of brotherhood and sisterhood.
- 3 However, if there is a potential to cause *fitnah*, you must be cautious and ensure that what is conveyed is appropriate, especially when it involves individuals of the opposite gender.
- 4 Many hadiths mention the immense rewards for loving a fellow Muslim for the sake of Allah. Among them are the sweetness of faith, Allah’s shade on the Day of Judgment, and being reunited with those you love in Jannah.

**So, don’t hold back—let your love be known for the sake of Allah, and watch how it strengthens hearts and earns you rewards beyond this world.**

## PRACTICE

# 06

## PRAYING FOR FELLOW MUSLIMS WITHOUT THEM KNOWING



Abu Ad-Darda' r.a. reported that the Messenger of Allah s.a.w said:

**"No Muslim servant prays for his brother behind his back without the angel saying, 'And for you the same'".**

(Sahih Muslim)

### EXPLANATION OF HADITH



- 1 This hadith encourages us to pray sincerely for fellow Muslims without them knowing. Silent prayers hold a special place with Allah.
- 2 Al-Qadhi 'Iyadh said this act brings twofold goodness: sincere remembrance of Allah and genuine care for others. You're not just remembering Allah—you're spreading kindness through heartfelt prayers.
- 3 Praying for someone without them knowing is powerful because it's pure and selfless. This sincerity is why angels respond with, "And for you the same", turning your prayer into a blessing for yourself too.
- 4 Imam An-Nawawi noted that the righteous would pray for others when they wanted good for themselves, so the angels would make the same supplication for them.
- 5 Islam nurtures this spirit of wishing well for others, removing envy and fostering hearts filled with love and compassion.

**So, make it a habit—pray for others in secret, and watch how Allah's blessings return to you in ways you never expected.**

PRACTICE

07

# SHARING FOOD WITH NEIGHBOURS



Abu Dzar Al-Ghifari r.a. said: My beloved friend, the Messenger of Allah s.a.w. advised me: **'When you prepare stew, add extra water, and then look to the members of your neighbour's household and give them some of it with kindness'**.

(Sahih Muslim)

## EXPLANATION OF HADITH

- 1 This hadith encourages us to strengthen bonds with our neighbours by considering them when preparing food. A simple gesture can build lasting relationships.
- 2 Neighbours are more than just people living nearby—they are often the first to support us in times of need. Strong neighbourly ties create a safety net of care, trust, and community spirit.
- 3 The Prophet s.a.w. said: "Jibril kept recommending treating neighbours with kindness until I thought he would assign a share of inheritance" (Al-Bukhari and Muslim).
- 4 The Prophet s.a.w. said: "O Muslim women, no woman should look down upon the gift of her neighbour, even if it is only a sheep's foot" (Al-Bukhari and Muslim). It's not about how big or fancy the gift is; it's the thought and sincerity that matter. Even the smallest gesture, done with love, can leave a lasting impression.
- 5 The Prophet s.a.w. said: "He will not enter Paradise whose neighbour is not secure from his wrongful conduct" (Muslim).

**So, don't wait—share what you have, no matter how small, and you'll be spreading not just food, but kindness, blessings, and the love of Allah into your life and your community.**

PRACTICE

08

# FORGIVING OTHERS



Abu Hurairah r.a. reported that the Messenger of Allah s.a.w. said:

**"Charity does not decrease wealth, and Allah increases the honour of one who forgives, and no one humbles himself for the sake of Allah except that Allah raises his status".**

(Sahih Muslim)

## EXPLANATION OF HADITH



- 1 This hadith teaches us to cultivate the beautiful quality of forgiveness. Forgiving others isn't a sign of weakness—it's a reflection of strength, humility, and faith.
- 2 Forgiving others opens the door to Allah's forgiveness. Allah says in Surah An-Nur, verse 22: "And let them pardon and overlook. Would you not love for Allah to forgive you?" Before holding onto someone's mistakes, reflect on your own before Allah. When we realise how much we need His forgiveness, it becomes easier to forgive others.
- 3 However, forgiveness isn't required in every situation. Forgiveness is virtuous when it leads to goodness and restores harmony. But if the wrongdoer is habitual in causing harm, it's better to seek justice to prevent further wrongdoing. Forgiveness should never enable oppression.
- 4 While forgiving can be difficult, it brings deep inner peace and frees the heart from the burden of resentment. Letting go of grudges is not just an act of kindness towards others, but a gift you give to your own soul.

**So, choose to forgive—not because others always deserve it, but because your heart deserves the peace, and you seek the honour that Allah promises to those who let go with grace.**

PRACTICE

09

# DRAFTING A WILL



Abdullah bin Umar r.a reported that the Messenger of Allah s.a.w said:

**"It is not befitting for a Muslim who has something to bequeath to sleep for two nights without having his will written and kept with him".**

(Sahih Muslim)

## EXPLANATION OF HADITH



- 1 This hadith encourages Muslims to prepare a will. It's not just about managing wealth—it's a reminder of the certainty of death and the importance of preparing for the *akhirah*.
- 2 In Islamic terms, a will is a declaration to transfer certain rights or assets after one's death. It ensures your responsibilities are fulfilled and your intentions honoured when you're no longer here.
- 3 The ruling on making a will varies on an individual's context. It's recommended when it involves charitable acts, but becomes obligatory if there are unsettled rights—like unpaid zakat, debts without written proof, or obligations that may be forgotten after death.
- 4 One of Islam's key objectives (*maqasid*) is the preservation of wealth through thoughtful planning, both in life and after death. A well-prepared will protects your assets and ensures they're distributed fairly.
- 5 While giving part of your wealth for charity is commendable, giving in charity during your lifetime is even better. Abu Hurairah RA narrated that the Prophet s.a.w. said: "O Allah's Messenger! Which charity is the most superior in reward?" The Prophet s.a.w. replied, "The charity which you practice while you are healthy, miserly, and afraid of poverty, and wish to become wealthy. Do not delay it until you are on the deathbed and then say, 'Give this to so-and-so,' when it has already belonged to so-and-so (i.e., your heirs)" (Al-Bukhari and Muslim).

**Take action now—prepare your will and give in charity while you're able, so your wealth becomes a source of lasting blessings, not just for others, but for your *akhirah*.**

## PRACTICE

# 10

# VISITING ONE ANOTHER



Mu'adh bin Jabal r.a. said:

**"I heard the Prophet s.a.w. say: Allah, the Most High, says: 'My love is guaranteed for those who love one another for My sake, meet one another for My sake, visit one another for My sake, and give to one another for My sake'".**

(Hadith Qudsi, Al-Muwatta' Imam Malik)

## EXPLANATION OF HADITH



- 1 This hadith encourages the *Sunnah* of visiting and meeting one another for the sake of Allah, strengthening bonds of brotherhood and sisterhood rooted in faith and sincerity.
- 2 The phrase "for My sake" highlights the importance of pure intentions. Acts of kindness should be done solely to seek Allah's pleasure, not for personal gain, social status, or worldly benefits.
- 3 A Muslim should uphold good manners when visiting others. This includes greeting with *salam*, accepting hospitality graciously, avoiding behaviour that burdens the host, and ensuring your presence brings ease, not discomfort. The Prophet s.a.w. said: "A Muslim is the one from whose tongue and hand the Muslims are safe" (Sahih Al-Bukhari). This emphasises that true courtesy extends beyond words—it's about protecting others from harm, both physically and emotionally.
- 4 Islam doesn't focus solely on our relationship with Allah but also values strong connections with fellow human beings. Building meaningful relationships is an act of worship when done with sincerity and good intentions.

**So, make time to visit and connect with others for the sake of Allah, because every sincere meeting plants the seeds of love that Allah Himself has promised to bless.**

## PRACTICE

# 11

# A DUA FOR TIMES OF WORRY



From Abu Said Al-Khudri r.a, he said:

One day, the Messenger of Allah s.a.w. entered the mosque. There he saw a man from the Ansar called Abu Umamah. He said: "What is the matter that I am seeing you sitting in the mosque when there is no time of prayer?" He said: "I am entangled in cares and debts, Messenger of Allah". He replied: "Shall I not teach you words by which, when you say them, Allah will remove your care, and settle your debt?" He said: "Why not, Messenger of Allah?" He said: "Say in the morning and evening:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَأَعُوذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ،  
وَأَعُوذُ بِكَ مِنَ الْجُبْنِ وَالْبُخْلِ، وَأَعُوذُ بِكَ مِنْ غَلَبَةِ الدَّيْنِ وَقَهْرِ الرِّجَالِ

"O Allah, I seek refuge in You from care and grief, I seek refuge in You from incapacity and slackness, I seek refuge in You from cowardice and stinginess, and I seek in You from being overcome by debt and being put in subjection by men". He said: "When I did that Allah removed my care and settled my debt".

(Sunan Abu Dawud)

## EXPLANATION OF HADITH

- 1 This powerful *dua* is meant to be recited every morning and evening to ease feelings of worry and sadness, especially when facing challenges that seem beyond your control.
- 2 This *dua* asks Allah to protect us from the things that hold us back—like worry, laziness, fear, debt, and feeling overwhelmed.
- 3 It teaches us that a true believer faces life's challenges with courage and determination, not by surrendering to despair or blaming fate, but by taking action with trust in Allah.
- 4 The best way to heal from worry and sadness is through remembrance of Allah, sincere supplication, and continuous effort to find solutions.

**So, make this *dua* a part of your daily routine—morning and evening—and witness how Allah brings ease, strength, and clarity into your life, even in the toughest moments.**

PRACTICE

12

# DUA IN TIMES OF SADNESS



اللَّهُمَّ رَحْمَتَكَ أَرْجُو، فَلَا تَكِلْنِي إِلَى نَفْسِي طَرْفَةَ عَيْنٍ،  
وَأَصْلِحْ لِي شَأْنِي كُلَّهُ، لَا إِلَهَ إِلَّا أَنْتَ

Narrated by Abu Bakrah r.a, he said:

The Messenger of Allah s.a.w. said: The supplications to be used by one who is distressed are: **"O Allah! Your mercy is what I hope for. Do not abandon me to myself for an instant, but put all my affairs in good order for me. There is no god but Him"**.

(Sunan Abu Dawud)

## EXPLANATION OF HADITH

- 1 When your heart feels heavy with sadness or weighed down by trials, recite this supplication. It's a powerful reminder that you're never alone in your struggles.
- 2 Through this prayer, pour your heart out to Allah. Ask for His mercy and grace, for every hardship comes from Him, and only He can ease it. Don't face your burdens in silence—call upon Him, for His help is closer than you think.
- 3 Remember, you don't have to be strong on your own. True strength comes when you rely on Allah. Turn to Him sincerely, and you'll find peace even in the storm.
- 4 Know this: Your trials are not signs of abandonment, but signs of Allah's love. They are gentle nudges, calling you back to Him.

**So, don't wait. Lift your hands, open your heart, and call upon Allah. He is always there—listening, watching, and ready to help you through.**

## PRACTICE

# 13

## DUA WHEN SEEING SOMEONE FACING A TRIAL



الْحَمْدُ لِلَّهِ الَّذِي عَافَانِي مِمَّا ابْتَلَاكَ بِهِ،  
وَفَضَّلَنِي عَلَى كَثِيرٍ مِمَّنْ خَلَقَ تَفْضِيلًا

The Messenger of Allah s.a.w said:

"Whoever sees someone afflicted with a trial and says: 'All praise is due to Allah who saved me from what He has tested you with and blessed me greatly over many of His creation', will be protected from that trial".

(Sunan At-Tirmidhi)

### EXPLANATION OF HADITH

- 1 Say this *dua* quietly to yourself when you see someone going through a hardship—whether it's in their faith, health, family, or wealth. It's a private prayer, not meant to be heard by others.
- 2 This *dua* is a simple way of asking Allah to keep you safe from similar trials.
- 3 It reminds us to be grateful for what we have because no matter our struggles, others may be facing even tougher tests.
- 4 Gratitude is the key to more blessings and protection from hardships. Allah s.w.t. says: "And (remember) when your Lord proclaimed, 'If you are grateful, I will surely increase you (in favour); but if you deny, indeed, My punishment is severe'" (Surah Ibrahim, 14:7).

**So, whenever you see someone facing a challenge, make this *dua*, count your blessings, and thank Allah—because gratitude is the path to more goodness and protection in life.**

PRACTICE

14

# DHIKR FOR MOMENTS OF JOY



الْحَمْدُ لِلَّهِ الَّذِي بِنِعْمَتِهِ تَتِمُّ الصَّالِحَاتُ

It was narrated that 'Aishah r.a. said:

"When the Messenger of Allah s.a.w. saw something he liked, he would say:  
"Praise is to Allah by Whose grace good deeds are completed".

(Sunan Ibn Majah)

## EXPLANATION OF HADITH



- 1 Recite this *dhikr* whenever something makes you happy or brings joy to your heart. It's a simple way to instantly connect with Allah in moments of delight.
- 2 The essence of this *dhikr* is to express gratitude to Allah the moment a blessing comes your way, acknowledging that every good thing comes from Him.
- 3 It teaches us to stay humble and avoid arrogance. When you achieve success, remember it's not just your effort—it's Allah who allowed it to happen, and all praise belongs to Him.

**So, whenever you feel happy, say this *dhikr* to thank Allah—because gratitude brings peace to your heart and more blessings to your life.**

PRACTICE

15

# DHIKR FOR DIFFICULT MOMENTS



الْحَمْدُ لِلَّهِ عَلَى كُلِّ حَالٍ

It was narrated that 'Aishah r.a. said:

**And if he (the Prophet s.a.w) saw something that he disliked, he would say: "Praise is to Allah in all circumstances".**

(Sunan Ibn Majah)

## EXPLANATION OF HADITH

- 1 Recite this *dhikr* when facing something unpleasant or challenging. It's a reminder to stay connected to Allah, even in tough times.
- 2 The essence of this *dhikr* is to be grateful for Allah's decree, no matter what happens. Allah knows what's best for us, even when we don't understand it. As Allah says: "But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah Knows, while you know not".  
(Surah Al-Baqarah, 2:216)
- 3 It teaches us to be content and maintain a positive mindset, trusting that every trial carries wisdom and goodness from Allah.

**So, whenever life feels difficult, say this *dhikr*—it will remind your heart to stay calm, trust Allah's plan, and find peace in every situation.**

## PRACTICE

# 16

# DUA TO CONTROL INTENSE ANGER



## أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

Narrated by Sulaiman bin Surad r.a.:

A man from the companions of the Prophet s.a.w. said, "Two men abused each other in front of the Prophet SAW and one of them became angry and his anger became so intense that his face became swollen and changed". The Prophet s.a.w. said, "I know a word the saying of which will cause him to relax if he does say it." Then a man went to him and informed him of the statement of the Prophet s.a.w. and said, **"Seek refuge with Allah from Satan"**.

(Sahih Al-Bukhari)

## EXPLANATION OF HADITH

- 1 This powerful *dua*, known as *ta'awwudh*, should be recited when anger flares up. It helps calm your heart and cools the fire of rage.
- 2 Anger is one of the doors Shaytan uses to influence us. When anger takes over, it can cloud judgment and lead to words or actions we later regret.
- 3 Reciting *ta'awwudh* protects you from Shaytan's whispers and helps you regain control, bringing clarity and calmness back to your mind.
- 4 However, not all anger is negative. There's a praiseworthy kind of anger—like when standing against injustice. *Ash-Shama'il Al-Muhammadiyah* by Imam At-Tirmidhi, in this collection, it is recorded that 'Aishah (may Allah be pleased with her) said: "I never saw the Messenger of Allah s.a.w. take revenge for personal reasons. But when Allah's boundaries were violated, no one was more angered than him".

**So, when you feel angry, say this *dua* and let Allah calm your heart—because real strength is staying in control, not losing it.**

## PRACTICE

# 17

## DUA FOR GOODNESS IN RELIGION, DUNYA, AND AKHIRAH



اللَّهُمَّ أَصْلِحْ لِي دِينِي الَّذِي هُوَ عِصْمَةٌ أَمْرِي، وَأَصْلِحْ لِي دُنْيَايَ الَّتِي  
فِيهَا مَعَاشِي، وَأَصْلِحْ لِي آخِرَتِي الَّتِي فِيهَا مَعَادِي، وَاجْعَلِ الْحَيَاةَ زِيَادَةً  
لِي فِي كُلِّ خَيْرٍ، وَاجْعَلِ الْمَوْتَ رَاحَةً لِي مِنْ كُلِّ شَرٍّ

Narrated Abu Hurairah:

The Messenger of Allah SAW used to say, “O Allah! Set right for me my religion, which is the safeguard of my affairs. And set right for me the affairs of the world wherein is my living. Decree the Hereafter to be good for me. And make this life, for me, (a source) of abundance for every good and make my death (a source) of comfort to me and protection against every evil”.

(Sahih Muslim)

### EXPLANATION OF HADITH

- 1 This *dua* is a complete prayer for a balanced life—asking Allah to guide us in our faith, bless our worldly affairs, and grant success in the *akhirah*. It covers every part of our life that truly matters.
- 2 It starts with asking Allah to strengthen our faith because without a strong foundation in religion, nothing else holds value. Faith is what keeps us grounded, protects us from harm, and guides every decision we make.
- 3 When asking for goodness in this world, it's not about having more things—it's about having the right things that bring peace, purpose, and help us grow closer to Allah. Wealth and health are blessings only when they lead to goodness, not when they distract us from our ultimate purpose.

**So, keep this *dua* close to your heart—because real success is having a life and afterlife filled with Allah's blessings.**

PRACTICE

18

# DUA FOR A STEADFAST HEART



يَا مُقَلِّبَ الْقُلُوبِ ثَبِّتْ قَلْبِي عَلَى دِينِكَ

Anas Bin Malik narrated:

The Messenger of Allah SAW would often say: **“O Changer of the Hearts! Strengthen my heart upon Your Religion”**. So I said: “O Prophet of Allah! We believe in you and what you have come with, but do you fear for us?” He said: “Yes. Indeed the hearts are between two Fingers of Allah's Fingers, He changes them as He wills”.

(Sahih Muslim)

## EXPLANATION OF HADITH



- 1 This *dua* asks Allah to keep our hearts firm in faith and protect us from going astray.
- 2 Our hearts change easily, influenced by what we experience. A hadith in Sunan Ibn Majah, in this narration, Abu Musa Al-Ash'ari reported that the Messenger of Allah SAW said: "The likeness of the heart is that of a feather blown about by the wind in the desert".
- 3 While Allah turns hearts, we choose the path we follow. Allah says: "And when they deviated, Allah caused their hearts to deviate" (As-Saff, 61:5).
- 4 Keep praying for guidance and striving for goodness, because Allah promises: "As for those who strive in Our cause, We will surely guide them to Our paths" (Al-Ankabut, 29:69).

**So, keep asking Allah for a firm heart—because without Him, we're lost.**

PRACTICE

19

## DUA FOR PROTECTION FROM PAST AND FUTURE EVILS



اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ مَا عَمِلْتُ وَمِنْ شَرِّ مَا لَمْ أَعْمَلْ

Farwa' b. Naufal Ashja'i reported:

I asked: 'Aishah, in what words did Allah's Messenger SAW supplicate Allah? She said that he used to utter: "I seek refuge in You from the evil of what I did and from the evil of what I did not".

(Sahih Muslim)

### EXPLANATION OF HADITH



- 1 This *dua* asks Allah to protect us from the harm of our past mistakes and the dangers of future sins. It reminds us that no matter how strong we think we are, we always need Allah's help to stay safe from both what we've done and what lies ahead.
- 2 Imam An-Nawawi explained that 'evil of the past' refers to sins we've committed and the harm they may bring in this *dunya* or the *akhirah*.
- 3 The 'evil of the future' includes sins we haven't committed yet but could easily fall into. It teaches us to stay humble because we never know what challenges or temptations the future holds.
- 4 A wise Muslim learns from past mistakes, seeks forgiveness, and stays alert to avoid falling into new ones. This *dua* helps us stay grounded, constantly seeking Allah's guidance to protect our hearts.

**So, keep this *dua* close—because with Allah's protection, you're safe from both your past and your future.**

# DUA FOR LOVING ALLAH AND GOODNESS



اللَّهُمَّ إِنِّي أَسْأَلُكَ حُبَّكَ وَحُبَّ مَنْ يُحِبُّكَ،  
وَحُبَّ عَمَلٍ يُقَرِّبُنِي إِلَى حُبِّكَ

Narrated Mu'adh bin Jabal:

The Prophet SAW said: 'My Lord told me to ask Him and i said: **"I ask You for Your love, the love of whomever You love, and the love of the deeds that bring one nearer to Your love"**. The Messenger of Allah SAW said: **"Indeed it is true, so study it and learn it"**.

(Sunan At-Tirmidhi)

## EXPLANATION OF HADITH

- 1 This *dua* helps you build a heart that truly loves Allah, surrounds you with people who inspire you to be better, and makes you cherish good deeds. When your heart is filled with this love, doing what pleases Allah becomes natural and effortless.
- 2 Love is the foundation of faith and the force behind sincere actions. Ibnul Qayyim said, "Love is like the soul of faith and deeds—when you love doing good, sincerity naturally follows".
- 3 It is obligatory to prioritise the love of Allah above everything else. The Prophet SAW stated that a person who loves Allah and His Messenger more than anything else has tasted the sweetness of faith (Sahih Bukhari & Sahih Muslim).
- 4 Take a moment to reflect—what do you love most in life? A true believer ensures that love for Allah is always at the center of their heart.

**So, keep asking Allah for His love—  
because nothing matters more than loving Him.**

## PRACTICE

# 21

# DHIKR WHEN FACING A CALAMITY



قَدَّرَ اللَّهُ وَمَا شَاءَ فَعَلَ

Abu Huraira reported :

Allah's Messenger SAW as saying: "A strong believer is better and is more lovable to Allah than a weak believer, and there is good in everyone, (but) cherish that which gives you benefit (in the Hereafter) and seek help from Allah and do not lose heart, and if anything (in the form of trouble) comes to you, don't say: 'If I had not done that, it would not have happened so and so', but say: '**Allah did that what He had ordained to do**' and your "if" opens the (gate) for the Satan".

(Sahih Muslim)

## EXPLANATION OF HADITH

- 1 Recite this *dhikr* when you face a setback after trying your best and making *dua*. It helps you let go of regret and reminds you that Allah's plan is always better, even if you don't understand it now.
- 2 Imam An-Nawawi explained that a 'strong believer' refers to someone with strong determination and skills in striving for the *akhirah*. Both strong and weak believers have goodness because of their faith, but those with greater drive and abilities are more effective in acts of obedience—hence, more beloved to Allah.
- 3 This *dhikr* teaches you to trust Allah's decisions with full confidence. Allah knows every detail of what has happened, what will happen, and even what could have happened. His wisdom is flawless, and His plan is always for your ultimate good.
- 4 True success comes from doing your best, making *dua*, trusting Allah, and accepting His will with peace in your heart. That's how a believer stays strong, no matter the outcome.

**So, whenever life doesn't go your way, don't dwell on 'what if.'  
Instead, remember this *dhikr*—because trusting Allah's plan  
is the key to true peace and strength.**

PRACTICE

22

# A GRATEFUL RESPONSE FOR SOMEONE'S KINDNESS



## جَزَاكَ اللَّهُ خَيْرًا

Usamah bin Zaid narrated :

The Messenger of Allah SAW said: "Whoever has some good was done to him, and he says: '**May Allah reward you in goodness**' then he has done the most that he can of praise".

(Sunan At-Tirmidhi)

### EXPLANATION OF HADITH

- 1 This simple yet powerful *dua* is said to show gratitude when someone does something kind for you. It's more than just "thank you"—it's a prayer asking Allah to bless them with the best of rewards.
- 2 Islam teaches us to appreciate the kindness of others, even with just a few heartfelt words. The Prophet SAW said: "He who does not thank the people is not thankful to Allah" (Sunan Abu Dawud).
- 3 Besides expressing thanks, Islam encourages us to return kindness whenever we can. The Prophet SAW said: "Whoever does a favour for you, then repay him, and if you cannot find anything to repay him with, then pray for him until you think that you have repaid him" (Abu Dawud and An-Nasai). Even a sincere *dua* can be a beautiful way to return someone's kindness.
- 4 Make it a habit to pray for others. A simple prayer not only strengthens bonds but brings blessings (*barakah*) into both your lives.

So, the next time someone shows you kindness, say "**Jazak-Allahu khairan**"—because a heartfelt *dua* is the best gift you can give in return.

# DUA FOR FORGIVENESS AND MERCY

O Allah...



اللَّهُمَّ إِنِّي ظَلَمْتُ نَفْسِي ظُلْمًا كَثِيرًا، وَلَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ،  
فَاغْفِرْ لِي مَغْفِرَةً مِنْ عِنْدِكَ، وَارْحَمْنِي، إِنَّكَ أَنْتَ الْغَفُورُ الرَّحِيمُ

Narrated Abu Bakr As-Siddiq:

I asked Allah's Messenger SAW to teach me an invocation so that I may invoke Allah with it in my prayer. He told me to say, **"O Allah! I have done great injustice to myself and none except You forgives sins, so bestow on me a forgiveness from You, and Have Mercy on me, You are the Forgiver, the Merciful"**.

(Sahih Al-Bukhari)

## EXPLANATION OF HADITH

- 1 This *dua* is a powerful reminder of our dependence on Allah's mercy. It can be recited during prostration (*sujood*), after the final *tashahhud* before concluding the prayer, or at any moment of reflection. Making it a habit strengthens faith, nurtures humility, and brings peace to the heart.
- 2 Mulla Ali Al-Qari highlighted the significance of seeking two things—forgiveness and mercy. Seeking forgiveness is akin to asking for protection from Hell, while seeking mercy is like asking for Paradise. Whoever attains both has truly succeeded (Surah Ali Imran 3:185).
- 3 True repentance begins with admitting our mistakes. This *dua* teaches us to recognise our flaws and turn to Allah with humility. Acknowledging our weaknesses does not make us weak; it leads to self-improvement and spiritual strength.
- 4 Seeking forgiveness is not just about words—it requires sincerity, change, and commitment to becoming better. The moment we admit our shortcomings, we open the door to Allah's mercy and guidance.

**So, keep turning to Him—because His mercy is greater than any sin.**

PRACTICE

24

# DUA FOR PROTECTION FROM EVIL DEEDS



اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ مُنْكَرَاتِ الْأَخْلَاقِ وَالْأَعْمَالِ وَالْأَهْوَاءِ

Quthbah bin Malik narrated:

The Prophet SAW used to say, "O God, I seek refuge in You from objectionable characteristics, deeds and passions".

(Sunan At-Tirmidhi)

## EXPLANATION OF HADITH



- 1 Recite this *dua* to protect yourself from harmful actions and negative qualities. Remember, it's not just about avoiding external harm, but also guarding your heart and actions from things that lead you away from Allah.
- 2 Abdurrahman Al-Mubarakfuri explains that "evil" refers to everything that Islam rejects and considers harmful. Bad character includes traits like envy, arrogance, and stinginess—while bad deeds involve actions like stealing, eating haram, and other sinful behaviour.
- 3 When we speak of "evil desires," it refers to those internal inclinations that push you toward wrong choices. These desires tempt you away from what's good, but you can control them with Allah's guidance.
- 4 As a Muslim, you must not only be vigilant against harm done to you, but also be cautious of causing harm to others. Protect your heart from negative traits and your actions from harming others, always striving to follow the right path.

**So, make this *dua* part of your life – keeping your heart and actions aligned with what pleases Allah.**

PRACTICE

25

# DUA FOR EASE IN AFFAIRS



اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهُ سَهْلًا، وَأَنْتَ تَجْعَلُ الْحَزْنَ إِذَا شِئْتَ سَهْلًا

Anas Bin Malik narrated that the Messenger of Allah SAW said:

**“O Allah, there is no ease other than what You make easy. If You please You ease sorrow”.**

(Sahih Ibn Hibban)

## EXPLANATION OF HADITH



- 1 Whenever you're facing a challenge, say this prayer. Ask Allah to make things easier for you—because no matter how tough something seems, if He wills, it becomes effortless.
- 2 Nothing is truly difficult when Allah makes it easy. Holding onto this belief gives you the confidence to chase big dreams, knowing He's always there to help.
- 3 When you make *dua*, call upon Allah with His beautiful names that match what you're asking for. For example, say, “O Most Generous Provider, grant me *halal* sustenance.” When you praise Him, your *dua* becomes more heartfelt and powerful.
- 4 Don't just turn to Allah when times are tough—call on Him in good times too. The more you connect with Him, the stronger your faith and peace of mind will be.

**So, ask Allah for ease—because when He helps, nothing is impossible.**

PRACTICE

26

## DUA FOR BEING A THANKFUL SERVANT



رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ وَعَلَىٰ وُلْدِيَّ وَأَنْ أَعْمَلَ  
صَالِحًا تَرْضَاهُ وَأَصْلِحْ لِي فِي ذُرِّيَّتِي ۖ إِنِّي تُبْتُ إِلَيْكَ وَإِنِّي مِنَ الْمُسْلِمِينَ

**“My Lord! Inspire me to always be thankful for Your favours which You blessed me and my parents with, and to do good deeds that please You. And instill righteousness in my offspring. I truly repent to You, and I truly submit to Your Will”.**

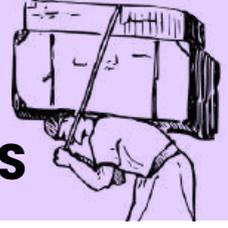
(Surah Al-Ahqaf, 46:15)

### EXPLANATION OF HADITH

- 1 Recite this *dua* to remind yourself to be thankful for all the blessings Allah has granted you. It helps you keep an attitude of gratitude, knowing that everything you have is a gift from Him.
- 2 Imam Ibnul Qayyim says that true gratitude is shown in three ways: with your tongue, heart, and actions. Praise Allah with your words, love Him deeply in your heart, and obey Him in all your actions—using His blessings in ways that please Him.
- 3 The greatest blessing is your faith and guidance. Allah says: "This day I have perfected for you your religion and completed My favour upon you and have approved for you Islam as religion" (Surah Al-Ma'idah, 5:3). Be grateful for your faith, as it is the foundation for all other blessings.
- 4 This *dua* is not just for you; it asks for goodness for your parents and children too. Always include your loved ones in your prayers, as their well-being is a reflection of your own.

**So, make this *dua* part of your life—because true gratitude to Allah is not just in words, but in living with His blessings, for yourself and your loved ones.**

# DUA FOR PROTECTION FROM SEVERE TRIALS



اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ جَهْدِ الْبَلَاءِ، وَدَرَكِ الشَّقَاءِ،  
وَسُوءِ الْقَضَاءِ، وَشِمَاتَةِ الْأَعْدَاءِ

The Prophet SAW said, "Take refuge with Allah from the difficulties of severe calamities, from having an evil end and a bad fate and from the malicious joy of your enemies".

(Sahih Bukhari and Sahih Muslim)

## EXPLANATION OF HADITH

- 1 Recite this *dua* to protect yourself from all forms of harm, whether in this *dunya* or *akhirah*. It serves as a powerful shield, protecting you from the hardships that may come your way.
- 2 Ibn Hajar Al-'Asqalani explained that this *dua* addresses three important aspects of misfortune: the start (bad decrees), the trials faced in life (heavy challenges), and the final outcome (suffering in the *akhirah*). It asks for Allah's protection at every stage of hardship.
- 3 It is part of the *Sunnah* to seek protection from bad decrees. Some decrees are changeable through sincere prayer, while others are fixed in the *Lawh Mahfuz* and cannot be altered. Regardless, Allah's perfect knowledge encompasses everything, including the prayers we make and His divine response to them.

**So, make this *dua* your shield—because in seeking Allah's protection, you find peace and strength to overcome any trial.**

PRACTICE

28

DUA FOR  
PROTECTION FROM  
LOSING BLESSINGS  
AND ALLAH'S WRATH



اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ زَوَالِ نِعْمَتِكَ، وَتَحَوُّلِ عَافِيَتِكَ،  
وَفُجَاءَةِ نِقْمَتِكَ، وَجَمِيعِ سَخَطِكَ

Allah's Messenger SAW supplicated in these words: "O Allah, I seek refuge in You from the withdrawal of Your blessings, the loss of Your protection, Your sudden wrath, and all forms of Your displeasure".

(Sahih Muslim)

EXPLANATION OF HADITH 

- 1 Recite this *dua* to ask Allah to protect you from losing His blessings and to keep you safe from calamities. It's a prayer to preserve the goodness you have and avoid sudden misfortune.
- 2 The blessings mentioned here include everything in this *dunya* and *akhirah*, with the greatest being the blessing of Islam and faith. True blessings are those that bring you closer to Allah, while blessings used in disobedience to Him will only lead to regret in the *akhirah*.
- 3 This *dua* reminds us that Allah's blessings are fragile and can be taken away at any time. It teaches us to be grateful and to protect the blessings we've been given by using them in ways that please Allah.
- 4 While asking for Allah's mercy, we must also stay vigilant. We must never become complacent, always aware of the possibility of His anger and striving to live in His favour.

**So, make this *dua* your shield—because true peace comes from recognising Allah's blessings and staying mindful of His mercy and wrath.**

## DUA FOR ISTIKHARAH

SEEKING GUIDANCE IN DECISION-MAKING

اللَّهُمَّ إِنِّي أَسْتَخِيرُكَ بِعِلْمِكَ، وَأَسْتَقْدِرُكَ بِقُدْرَتِكَ، وَأَسْأَلُكَ مِنْ فَضْلِكَ الْعَظِيمِ، فَإِنَّكَ تَقْدِرُ وَلَا أَقْدِرُ، وَتَعْلَمُ وَلَا أَعْلَمُ، وَأَنْتَ عَلَّامُ الْغُيُوبِ، اللَّهُمَّ إِنْ كُنْتَ تَعْلَمُ أَنَّ هَذَا الْأَمْرَ خَيْرٌ لِي فِي دِينِي وَمَعَاشِي وَعَاقِبَةِ أَمْرِي فَاقْدِرْهُ لِي، وَإِنْ كُنْتَ تَعْلَمُ أَنَّ هَذَا الْأَمْرَ شَرٌّ لِي فِي دِينِي وَمَعَاشِي وَعَاقِبَةِ أَمْرِي فَاصْرِفْهُ عَنِّي وَاصْرِفْنِي عَنْهُ، وَاقْدِرْ لِي الْخَيْرَ حَيْثُ كَانَ، ثُمَّ رَضِّنِي بِهِ

The Prophet SAW used to teach us the way of doing Istikharah, in all matters as he taught us the Surahs of the Quran. He said, "If anyone of you thinks of doing any job he should offer a two raka'ah prayer other than the compulsory ones and say:

'O Allah! I seek guidance from Your knowledge, and Power from Your Might and I ask for Your great blessings. You are capable and I am not. You know and I do not and You are the Knower of the unseen. O Allah! If You know that this matter is good for my religion and my life and for my welfare in my Afterlife - (or say: If in this life and the Afterlife) - Then ordain it for me and make it easy for me, and bless me in it. And if You know that this matter is bad far me In my religion and for my welfare in my Afterlife - (or say: If in this life and the Afterlife) - Then keep it away from me and keep me away from it. And ordain for me whatever is good for me, And make me satisfied with it'", He said: 'And he mentions his need'".

(Sahih Bukhari)

## EXPLANATION OF HADITH

- 1 Use this *dua* when you face a dilemma or a decision that is unclear. It's a powerful way to ask Allah to guide you to the best choice, even when you cannot see the outcome yourself.
- 2 It is recommended to pray two *rak'ahs* of *Sunnah Istikharah* first, then follow it with the *dua* above. This process invites Allah's guidance into your decision-making, aligning your choices with His will.
- 3 This *dua* teaches us that when making decisions, we should think beyond worldly benefits and consider how it affects our religion and the *akhirah*. It reminds us not to let emotions or desires control our decisions but instead to seek what pleases Allah.

So, when faced with uncertainty, turn to *Istikharah*—because true peace comes from knowing that Allah is guiding your every step.

PRACTICE

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# THE ULTIMATE DUA FOR ALL BLESSINGS AND PROTECTION



اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ خَيْرِ مَا سَأَلَكَ مِنْهُ نَبِيُّكَ مُحَمَّدٌ صَلَّى اللَّهُ عَلَيْهِ  
وَسَلَّمَ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا اسْتَعَاذَ مِنْهُ نَبِيُّكَ مُحَمَّدٌ صَلَّى اللَّهُ عَلَيْهِ  
وَسَلَّمَ، وَأَنْتَ الْمُسْتَعَانُ، وَعَلَيْكَ الْبَلَاءُ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Abu Umamah narrated:

“The Messenger of Allah SAW supplicated with many supplications of which we did not preserve a thing. We said: ‘O Messenger of Allah, you supplicated with many supplications of which we did not preserve a thing’. He SAW said: ‘Should I not direct you to what will include all of that? That you say: ‘O Allah, we ask You from the good of what Your Prophet Muhammad SAW asked You for, and we seek refuge in You from the evil of that which Your Prophet Muhammad SAW sought refuge in You from, and You are the one from Whom aid is sought, and it is for You to fulfil, and there is no might or power except by Allah’”.

(Sunan At-Tirmidhi)

## EXPLANATION OF HADITH

- 1 This *dua* is the perfect summary of all the prayers made by the Prophet SAW, covering all the good he asked for and seeking protection from all harm. It’s a comprehensive plea for guidance, protection, and success in this life and the Hereafter.
- 2 If you find it difficult to memorise many of the Prophet’s SAW, this is the ideal one to recite. By saying this *dua*, you ensure you are asking for all the good things the Prophet SAW sought, and seeking refuge from everything he feared, without missing any of the blessings and protections he prayed for.
- 3 The Prophet SAW was the most knowledgeable about Allah and the best guide for us. Therefore, prioritise reciting the supplications of the Prophet SAW, as they are the most powerful and beneficial for us.

**So, make this *dua* part of your life—because by asking for the same blessings and protection the Prophet SAW sought, you align yourself with the best guidance for success in this *dunya* and *akhirah*.**