

The  
Blessings  
Of Water

Supplications  
For Cleansing

# PURIFICATION

The Wisdom  
Behind  
Ablution



Returning Back  
To Allah



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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the Name of Allah,

**the Most-Gracious, the Most-Merciful**

Dear passionate readers,

**E**

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

**D**

I pray that you and your family are in good health and blessed with growing imaan (faith).

**I**

Ramadan is the month of holiness and purification. There is no better opportunity than this sacred month to cleanse ourselves from sins. Just like we rid of dirt with water, we can get rid of our sins by purifying ourselves (both our body and soul) through acts of worship in Ramadan.

**R**

How blessed we are to endearingly witness this holy month. With Allah's permission, we are given 29-30 days rather than just one, two, or even a week to purify, improve, and become better versions of ourselves. Therefore, set out to begin this Ramadan in a positive manner and keep in mind that consistency is more important than quantity.

**I**

**A**

**L**



Abu Huraira (may Allah be pleased with him) reported: The Messenger of Allah, peace and blessings be upon him, said,

**E** *“Take up good deeds only as much as you are able, for the best deeds are those done regularly even if they are few.”*

**D** (Sunan Ibn Majah 4240, classified sahih according to Al-Albani)

**I** It is time for us to roll up our sleeves and start performing deeds that are pious and pleasing to Allah.

**T** May this Ramadan transform our lives to the better. We pray for the prosperity for all and we pray for our brothers and sisters who are suffering all around the world, as well as for those who have already returned to Allah.

**O** *Sisterly yours,*

**R** **Nusayhah Aumeer**

**A** *Chief Editor of Farah Ramadan magazine*

**L** **Shama Farag**

*Head of Writing for FST magazines*



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# The Blessings Of Water



Water is an essential nutrient and a purifying source for all living things—the young, the old, plants, and animals. **EVERYTHING** depends on water. So, let's ask, who provides it? Allah (God), the Most-High.

Approximately 60%, 70% of our human bodies and planet Earth are made up of water, respectively (Leech, 2023). This surpasses the basic scientific facts in modern science about the origin of life. When we are mesmerized by the beautiful views and sounds of the waves and multiple types of fishes that swim in the rivers, seas, and oceans over the horizon that vary by temperature, density, and salinity, we come to our senses and ponder how these creations are beyond the ability of what man can create (Davis, 1972).



In the Holy Qur'an, Allah (The Most-High) states:

***"And it is He who sends down rain from the sky, and We produce thereby the growth of all things. We produce from its greenery from which We produce grains arranged in layers. And from the palm trees - of its emerging fruit are clusters hanging low. And [We produce] gardens of grape vines and olives and pomegranates, similar yet varied. Look at [each of] its fruit when it yields and [at] its ripening. Indeed, in that are signs for a people who believe."***

[The Glorious Quran, Surah Al-Anaam (The Cattle); 6:99]



This highlights the blessings of water in how these drops of Mercy – rain give hope to life and are essential in agriculture to produce crops, healthy livestock, green scenery, and bringing the communities together. The animals in dry regions such as camels have protective mechanisms to prevent water loss and maximize the benefit of clean water.

١٧ أَفَلَا يَنْظَرُونَ إِلَى الْأَيَّلِ كَيْفَ خُلِقَتْ

***“Then do they not look at the camels - how they are created?”***

[Surah Al-Ghāshiyah (The Overwhelming), 88:17]



However, the World Health Organization (2023) announced some alarming statistics that in 2022, 1.7 billion people were using a water source contaminated with faeces, increasing their risk of diarrheal diseases, acute respiratory infections, and tropical diseases. This is further exacerbated by climate change and the inability of governmental frameworks to meet the demands of the increasing population growth. This highlights how not everyone has access to the gift of clean water, which many of us globally overlook its blessings.

It is encouraged to remember everyone across the world who is always afflicted with trials and tribulations. At this moment in the blessed month of Ramadan, this form of contemplation is increased where we undergo abstinence from food and water for a defined period per day. The following authentic hadith informs how donating water is a form of charity (Motala, n.d.).



Sa'd ibn 'Ubadah (May Allah have mercy upon him) said, I asked, '**O Messenger of Allah, what charity is best?**' He replied, '**Providing drinking water.**'

(Sunan Ibn Majah, Hadith: 3684, Sahih Ibn Hibban; Al Ihsan, Hadith: 3348, Sunan Abi Dawud, Hadith: 1676)

Furthermore, the blessings of water can be exercised further by identifying the health benefits it possesses within our bodies. It is a part of the blood transport system in how water is reached to target organs and tissues around the body to function. For example, in the digestive system, there is a lubricating fluid in the mouth that softens the food, allowing it to grind easily with our teeth. It then passes through the food pipe and the digestive tract. Water is needed to regulate the temperature and is absorbed alongside the electrolytes (potassium and sodium) in the



large intestine between the small intestine, where the food is digested, and the rectum, where faeces are stored.

This helps to prevent the symptoms that arise, such as constipation, and improve stool consistency (Nuemann *et al.*, 2016). Constipation is characterized by difficulties passing stools because of the lack of bowel movement and water absorption in the large bowel. Magnesium sulphate can lower water absorption. A study revealed a three-week treatment where participants were compared to different water sources and discovered those with sulphate-rich mineral water can improve bowel actions (Nuemann *et al.*, 2016).

Drinking water can also help lose weight by filling up the stomach and lowering appetite. It can also help break down fat cells. Drinking water can boost metabolic rate, which lowers the calories (Leech, 2023).

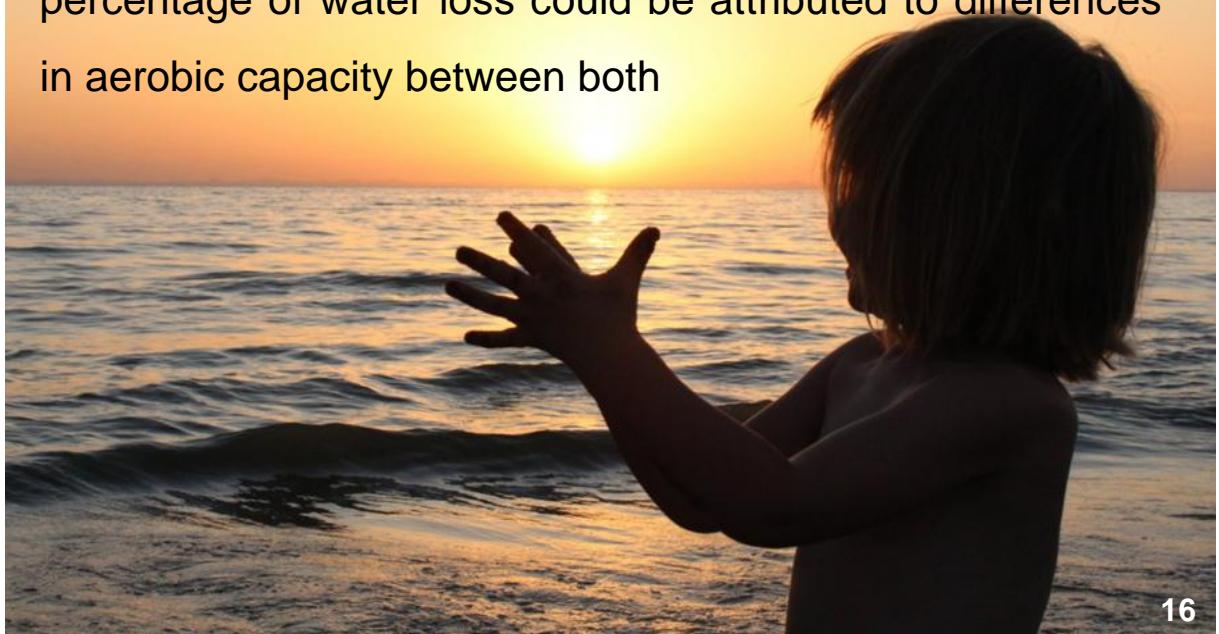


Water boosts our energy, preventing fatigue, muscle aches, and the heart having to pump blood harder around the body. Therefore, remaining hydrated can boost physical performance and motivation.

Furthermore, water helps boost concentration, lowering the risks of headaches. It is estimated that one in ten are at risk of experiencing this (Fletcher, 2024) because of low fluid and electrolytes (sodium and potassium) needed for the body to function efficiently, increasing the risk of dehydration. People living at higher altitudes, elderly young, with chronic conditions, e.g., diabetes, kidneys, athletes in strenuous physical exercises, and live in hot climates (Fletcher, 2024). It also helps lower the risk of acne, pimples, and spots and increases the moisture and clearness of the skin.



The kidneys function in regulating water levels (osmoregulation) and ultrafiltration of the blood. Therefore, by drinking water, the kidneys can efficiently produce urine to remove toxins and lower the risk of kidney stones that are commonly caused by salts and minerals. However, higher fluid intake increases urine. A randomized blind study aimed to review the impact of dehydration on cognitive performance and mood. They discovered that fatigue and tension increased due to dehydration at rest and during exercise. 1.59% experienced mild dehydration and hypothermia in male subjects, but 2-3% of female participants had dehydration, mood, and other symptoms (Ganio *et al.* 2011). It is estimated that a fluid loss of 1–3% (0.5–2 kg) of body weight loss for a person weighing 150 pounds (68 kg) (Leech, 2023). A possible cause for this percentage of water loss could be attributed to differences in aerobic capacity between both



sexes despite females commonly managing their symptoms.

Moreover, 6 to 8 cups of fluid are recommended by The Eat Well Guide and advised for children and adults to drink water, low-fat milk, semi-skimmed milk, pasteurized milk, and sugar-free drinks. People who live in hot climates, are physically active for long periods, and are pregnant require higher consumption of water (National Health England, 2024).

Overall, the blessings of water are countless and hold specialized functions internally and externally, giving a healthy outlook ahead.



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أَفَرَأَيْتُم مَاءً أَلَّذِي تَشْرَبُونَ ٦٨

*“And have you seen the water that you drink?”*

[Quran, Surah Al-Wāqiah (The Inevitable) 56:68]



# Supplications For Cleansing

Supplicating to the Almighty while placing trust and faith to purify our hearts, minds, and souls, is a key principle to apply during the blessed month of Ramadan.



## Hadith and Dua 1

Zaid bin Arqam (May Allah be pleased with him) reported:

The Messenger of Allah (peace and blessings be upon him) would supplicate:

***“O Allah! I seek refuge in You from the inability (to do good), indolence, cowardice, miserliness, decrepitude and torment of the grave. O Allah! Grant me the sense of piety and purify my soul as You are the Best to purify it. You are its Guardian and its Protecting Friend. O Allah! I seek refuge in You from the knowledge, which is not beneficial, and from a heart which does not fear (You), and from desire, which is not satisfied, and from prayer which is not answered].”***

[Muslim, Book 16, Hadith 15].



## Hadith and Dua 1

### Arabic Transliteration

*“Allahumma inni a’udhu bika minal-‘ajzi wal-kasali, wal-bukhli wal-harami, wa ‘adhabil-qabri. Allahumma ati nafsi taqwaha, wa zakkiha Anta khairu man zakka, Anta waliyyuha wa maulaha. Allahumma inni a’udhu bika min ‘ilmin la yanfau’, wa min qalbin la yakhsha’u, wa min nafsin la tashba’u, wa min da’watin la yustajabu laha’*

### Arabic Translation

وعن زيد بن أرقم رضي الله عنه قال:

كان رسول الله صلى الله عليه وسلم، يقول: "اللهم إني أعوذ بك من العجز والكسل، والبخل والهرم، وعذاب القبر، اللهم آت نفسي تقوها، وزكها أنت خير من زكاها، أنت ولهاة ومولاها، اللهم إني أعوذ بك من علم لا ينفع ومن قلب لا يخشى، ومن نفس لا تشبع، ومن دعوة لا يستجاب لها" (رواه مسلم)



## Hadith and Dua 2

Shahr bin Hawshab (May Allah be pleased with him) said:

*“I said to Umm Salamah: ‘O Mother of the Believers! What was the supplication that the Messenger of Allah (peace and blessings be upon him) said most frequently when he was with you?’”* She said: ‘The supplication he said most frequently was: **“O Changer of the hearts, make my heart firm upon Your religion”**’ She said: ‘So I said:

“O Messenger of Allah, why do you supplicate so frequently: **‘O Changer of the hearts, make my heart firm upon Your religion.’**” He said: ‘O Umm Salamah! Verily, there is no human being except that his heart is between Two Fingers of the Fingers of Allah, so whomsoever He wills He makes steadfast, and whomever He wills He causes to deviate.”

[Al-Tirmidhi, Book 48, Hadith 153)



## Hadith and Dua 2

### Arabic Transliteration

Ya Muqallibal-qulub, thabbit qalbi `ala dinik

(O Changer of the hearts, make my heart firm upon Your religion)

### Arabic Translation

حَدَّثَنَا شَهْرُ بْنُ حَوْشَبٍ رَضِيَ اللَّهُ عَنْهُ

، قَالَ قُلْتُ لِأُمِّ سَلَمَةَ يَا أُمَّ الْمُؤْمِنِينَ مَا كَانَ أَكْثُرُ دُعَاءِ رَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ إِذَا كَانَ عِنْدَكِ قَالَتْ كَانَ أَكْثُرُ دُعَائِهِ "يَا مُقْلِبَ الْقُلُوبِ ثِبْتْ قَلْبِي عَلَى دِينِكَ" . قَالَتْ قُلْتُ يَا رَسُولَ اللَّهِ مَالَ أَكْثَرُ دُعَائِكَ يَا مُقْلِبَ الْقُلُوبِ ثِبْتْ قَلْبِي عَلَى دِينِكَ قَالَ "يَا أُمَّ سَلَمَةَ إِنَّهُ لَيْسَ أَدَمِيٌّ إِلَّا وَقَلْبُهُ بَيْنَ أَصْبَعَيْنِ مِنْ أَصَابِعِ اللَّهِ فَمَنْ شَاءَ أَقَامَ وَمَنْ شَاءَ أَرَأَغَ " أَرَأَغَ " .



## Hadith and Dua 3

Abu Hurairah (May Allah be pleased with him) reported:

When the Messenger of Allah, peace and blessings be upon him, began the opening exaltation of prayer, he would remain silent for a short while before reciting. I said, “O Messenger of Allah, *may my father and mother be ransomed for you! What do you say in the silent period between your exaltation and recitation?*”

The Prophet (peace and blessings be upon him) said,

*“I say: O Allah, make the distance between me and my sins like the distance between the east and the west. O Allah, purify me from my sins just as the white cloth is purified from filth. O Allah, cleanse me of my sins with the likes of snow, water, and ice.”*

[Sahih Al-Bukhari 744, Sahih Muslim 598]



## Hadith and Dua 3

### Arabic transliteration

“Allahumma, baa`id baini wa baina khatayaya kama baa`adta baina I-mashriqi wa I-maghrib. Allahumma, naqqini min khatayaya kama yunaqqa A-thawbu I-abyadu mina d-danas. Allahumma, ighsil khatayaya bi I-maa'i wa A-thalji wa I-barad”

### Arabic translation

عَنْ أَبِي هُرَيْرَةَ قَالَ كَانَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ إِذَا كَبَرَ فِي الصَّلَاةِ سَكَتَ هُنَيَّةً قَبْلَ أَنْ أَقُولَ يَعْلَمُ فَقَلَّتْ يَا رَسُولَ اللَّهِ بِأَبِي أَنْتَ وَأَمِي أَرَأَيْتَ سُكُونَكَ بَيْنَ التَّكْبِيرِ وَالْقِرَاءَةِ مَا تَقُولُ قَالَ اللَّهُمَّ بَاعِدْ بَيْنِي وَبَيْنَ خَطَايَايِّ كَمَا بَاعِدْتَ بَيْنَ الْمَشْرِقِ وَالْمَغْرِبِ اللَّهُمَّ نَقِّيَ مِنْ خَطَايَايِّ كَمَا يُنَقِّيَ النَّوْبُ الْأَبَيَضُ مِنْ الدَّنَسِ اللَّهُمَّ اغْسِلْنِي مِنْ خَطَايَايِّ بِالثَّاجِ وَالْمَاءِ وَالْبَرَدِ

[ صحيح مسلم 744 صحيح البخاري 598]



## Dua four

**"And when I am ill, it is He who cures me."**

[Quran Surah Ash-Shu'ara (The Poets) 26:80]

### Arabic Transliteration

*Wa idha maridtu fahuwa yashfeen*

### Arabic Translation

وَإِذَا مَرِضْتُ فَهُوَ يَشْفِي



## Hadith 5

'Abdullah bin 'Amr bin Al-'As (May Allah be pleased with them) reported:

The Messenger of Allah (peace and blessings be upon him) said:

***"(O Allah! Controller of the hearts, direct our hearts to Your obedience)."***

[Riyad-as-Salihin, Book 16, Hadith 6].

### Arabic Transliteration

"Allahumma musarrifal-qulubi, sarrif qulubana 'ala ta'atika"

### Arabic Translation

وعن عبد الله بن عمرو بن العاص، رضي الله عنهم، قال: قال رسول الله صلى الله عليه وسلم:

".اللهم يا مصرف القلوب صرف قلوبنا على طاعتك" (رواه مسلم).



٢٧

وَجَعَلْنَا فِيهَا رَوْسَى شَمِخَتٍ وَأَسْقَيْنَاكُمْ مَاءً فُرَاتَا

***“And We placed therein lofty, firmly set mountains  
and have given you to drink sweet water.”***

[Quran, Surah Al-Mursalāt (The Emissaries) 77:27]



# Returning Back To Allah

الله



Thankfully, Ramadan is here!

The tempo sounds of the soothing voices of the recitation of the Glorious Quran beat through the eardrum and pump hearts like no other. Returning to the divine path of Allah (The most High) is an everlasting quest where at every moment felt like we fell, then we are back up again. Just like someone that easily rolls down the steep hill, but, rolling back up. It is a struggle due to the physical forces of weight, air, and gravity. Holding a pencil is an external manifestation of learning and releasing the information that holds like the weight of a seed.



The absolute cure for the heart, mind, and soul is returning to the path of Allah after acquiring various descriptive measures of trials, tribulations, and ailments.

We will be judged and held accountable for our deeds in the Hereafter. In this life, we tend to cross-examine these trials, searching for answers to scores of questions and initiating discussions. We often dwell upon the merits of life, and we often get distracted by its calamities, where there is a blend of sweetness and bitterness. From an angle, there is an essence of gratitude for the blessings that Allah has bestowed upon us. From another angle, we are swamped by the internal and external challenges that



have approached us, so we turn numb, we lose confidence and become divulgued.

No matter how small or big this problem you are facing is, just take some time to contemplate that Allah is the Greatest and He Almighty can suffice you. There is always a way out. Nothing lasts forever, but the lasting impact is how we perceive what was ordained. We should always aim to never lose hope in the Mercy of Allah (The Most High).



Some of you may already know this but have not been hammered in, thus, this is a reminder of our ultimate purpose. The Glorious Quran does not have a historical geographical source but provides lessons of historical events and moral development that serve as a guide for spiritual excellence and good conduct. There is an inner meaning of every verse, we should appreciate the Quranic text ability to find solutions for every issue.

We all are seeking comfort and an escape from our worries. Some of us may turn to relaxing music with vocals, sounds, and words may alleviate negative feelings. Some of us may try yoga, sitting in a silent place,



closing our eyes, performing breathing exercises, and opening our arms wide, removing the toxicity that has occupied our bodies. Some of us may turn to art, where the shapes, patterns, and colors from a pencil would create the art magic and bring a sense of accomplishment, and enhance our modes when endorphin is released. However, all these methods would have a very short-term impact. You have to do these things repeatedly to increase its potency and efficacy in your life.



From my personal experience, however, I felt there is something that provided a more endearing effect and lightened me up like a glistening star in a dark gloomy night. It was the late night prayer. When I bowed down to my Lord, closed my eyes, the overburdening of my sins was lifted off my shoulders. Just like the metamorphic rocks falling down the cliffs and returning to their sedimentary forms after undergoing physical and biological weathering, breaking down these trials into small particles. When I raise my head again reciting, '*Allah is Great*,' it felt like these particles were deposited away by the wind. I opened my eyes then wept, '*All praise to Allah!*'



The prayer is the first thing we will be questioned about on the Day of Judgement before any other righteous deed to be assessed. Nonetheless, when we pray fearing Allah and to stay safe from Hellfire. During the blessed month of Ramadan, I encourage you to sense and embrace the sweetness of the prayer. The fluttering of the hearts is just like a butterfly on a beautiful sunny morning. The feeling is indescribable. The feeling of being alive, not just in the yogic movement of our bodies but the tranquility that is intensified as each Quranic letter is recited. I assure you; the recitation of the Quran has brought peace into my life and removed the defects of my



misunderstanding of humanity. The Quran encourages aligning your faith with your good deeds by practicing the knowledge you earned. Your faith is like a seed of a plant that you must water it daily with faith. It requires a lifelong maintenance.

Throughout the years, I have been in active search for a trustworthy companion—a friend who will maintain the sacredness of whatever I share. I've been always looking for a friend with unlimited availability, and whenever I wanted to talk to them, they would respond adamantly. I was in search of a companion, where I could hug them, and they would hug me back. In the end, I became a



a friend that I wanted, but I did not find that friend that I needed. I overly trusted people at school, in college, at the university, and at work, not realizing they would turn their back one day. I gave endless love and care to humanity, not expecting anything but true friendship. I was searching endlessly, not realizing He, the Almighty God, was here all the time—Allah was there for me and waiting on me to return to His path. He Almighty sent His divine help across people in different time zones, people who reside miles away, who never gave up on me. He also sent the remainder who were near, and those who also observed the good in me.



All what I'm trying to say that I'm reminding you that we all need to remind ourselves that this life was not promised nor guaranteed to be flawless, and Allah (The Most High) would test us with how we do with whatever we have or possess.

Our exemplary role model is the Prophet Muhammad (peace be upon him) and His companions. We should follow and copy the Prophet and how he dealt with everyone around him with such patience and wisdom and how he helped others despite the atrocities he faced. We should always remember that during the Prophetic journey to the Israa and Miraaj, where the five prayers



were obligated, the Prophet became the man who ever came close to Allah yet faced trials.

***“Indeed, in the Messenger of Allah, you have an excellent example for whoever has hope in Allah and the Last Day and remembers Allah often.”***

[Surah Al-Ahzab (The Combined Forces) 33:21]

However, the Prophet managed to spend his time seeking forgiveness rather than wailing away.

The Messenger of Allah (peace be upon him said) said:

***“Indeed I ask Allah for forgiveness seventy times a day.”*** [Hadith, At Tirmidhi, 3259]



Furthermore, as we look around the world helplessly from a humanitarian perspective, we witnessed the bloodshed, the hunger, the imprisonment, the homelessness, and the tears of the orphans. We ponder how their day goes by. How do they still go to school, work, or even shopping not knowing that they will never come back home because of the war and conflict faced there? Their struggles humbled me and made me ashamed to complain.

My brothers and sisters let's remember that it is never too late to return to the path of Allah.

Yes, some of us might have practiced faith since the



beginning of their lives.

Yes, some of us might have their faith shaken a bit or so.

Always remember to praise God and say Alhamdulilah (All Praise be to Allah). Be thankful for whatever opportunity that Allah has granted you.

Embrace yourself.

Do not give up on yourself.

Do not give up, because no matter how people thought of you, Allah knows you better, so take each day as a chance to do better.



Do not let anyone remind you of your mistakes, no matter how big they were. Never feel disheartened because we are all Allah's creations. Just make dua for Allah to guide all. Don't hold any grudges. We should strive to correct our mistakes, understand, and practice to bring ourselves closer to Allah (The Most High).

Whatever life brings you, stay patient and smile always.

***"He has let loose the two seas (the salt water and the sweet) meeting together. Between them is a barrier which none of them can transgress"***

[Ar-Rahmaan (The Most Beneficent) 55:19-20]

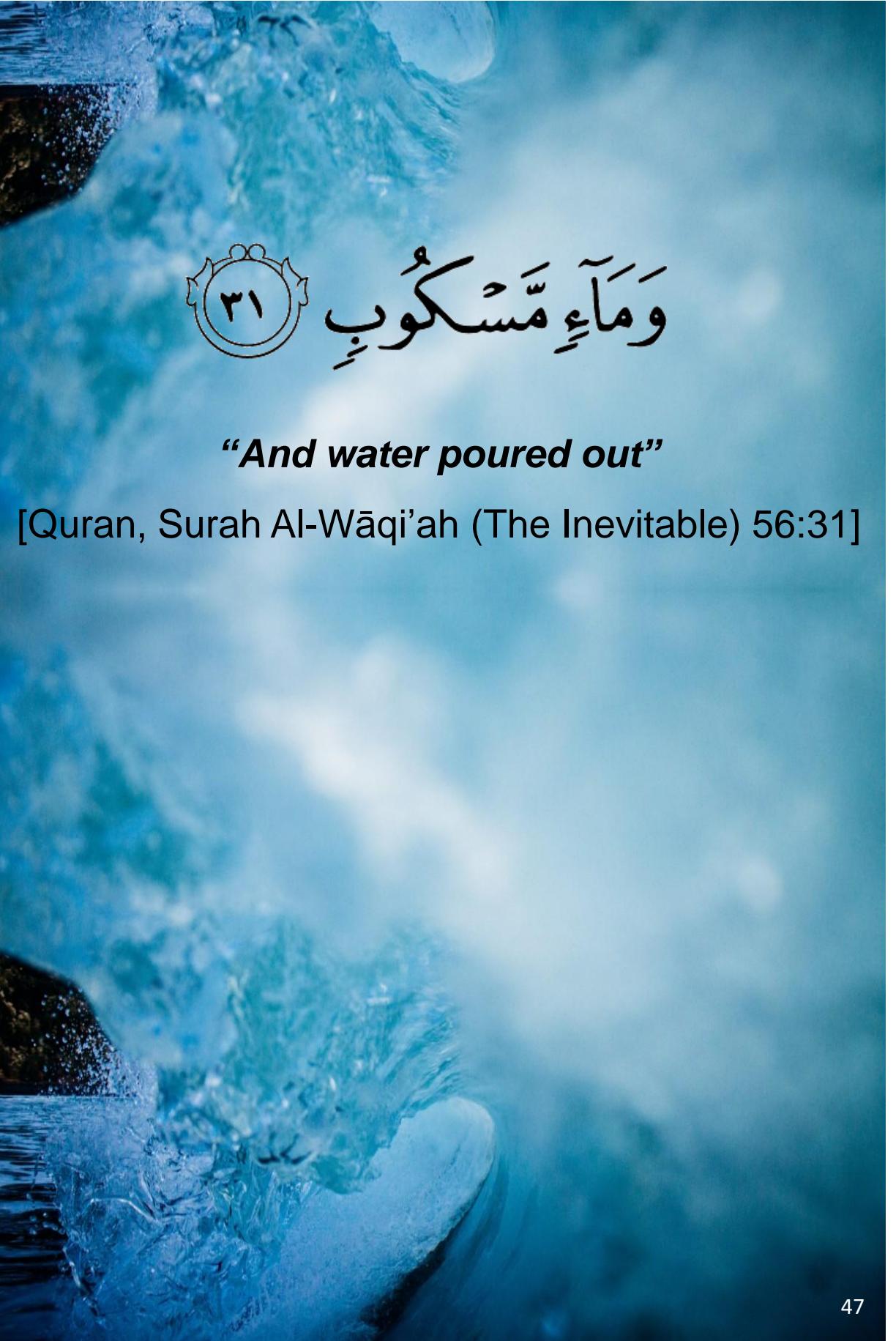


Stay hopeful as we return back to the path of Allah (The Most High) for His mercy, forgiveness, and protection from the Hellfire; there will be plenty of blessings to receive with grace. Let it be a wonderful Ramadan and beyond.

Allah is sufficient for us; Allah is the Disposer of all affairs.

اللهم اللهم





٢١

وَمَاءٌ مَسْكُوبٌ

***“And water poured out”***

[Quran, Surah Al-Wāqi’ah (The Inevitable) 56:31]

# The Wisdom Behind Ablution

The Arabic word for purity is “taharah”, where we can eradicate impurities, cleanse ourselves from disobedience, and purify our hearts through worship and the remembrance of Allah (Thanvi, 2011). This requires sincere intention when doing it but does not need to be verbally expressed (ad-Dehlwi, 2015).



# The Wisdom Behind Ablution

The prerequisite for prayer is ablution, where we make the intention, we cleanse our face, limbs, and head, which are interconnected with purifying our hearts, minds, and souls, which is half of our faith.

Abu Malik Al-Ashari reported: The Prophet of Allah (peace be upon him) said:

***“Purity is half of the faith. The praise of Allah fills the Scale, as the glorification and praise of Allah fill everything between the heavens and the earth. Prayer is a light, charity is a proof, and patience is luminous. The Quran is a decisive proof for you or against you. All people begin the day by trading for their soul, either setting it free or ensuring its ruins.”*** [Sahih Muslim, 233]

This implies that the outward appearance like clean clothes and a washed face, is just as

# The Wisdom Behind Ablution

important as inner purity, where words and actions can influence our hearts (Thanvi, 2011).

Besides, ablution is key to prayer; there is abundant wisdom behind performing ablution. At first, it helps us to relinquish our sins and fight negligence. It helps us become more attentive and preserve Allah's love with great care, illuminating with light and happiness within the darkness until it disappears. There will be a spiritual glow in areas where water has reached for ablution on the Day of Reckoning.

It was narrated by Nu'am Al-Mujmir (may Allah have mercy upon him).

Once I went up to the roof of the mosque, along with Abu Hurairah (may Allah be pleased with him). He performed ablution and said, "I heard the Prophet (peace be upon him) saying,

# The Wisdom Behind Ablution

***"On the Day of Resurrection, my followers will be called "Al-Ghurr-ul-Muhajjalun" from the trace of ablution, and whoever can increase the area of his radiance should do so (i.e., by performing ablution regularly)."***

[Hadith, Sahih Al-Bukhari 136]

Ablution can also have medical and psychological input in our lives. It protects us from bad health where discharges from clogging the pores are prone to dust, increasing the risk of boils and blisters when limbs are unwashed (Thanvi, 2011). There is also a positive correlation between intelligence and ablution; scientific evidence suggests it strengthens the activity of the organs, particularly the brain and heart, lowering laziness and dejection and increasing motivational potential (Thanvi, 2011). It also forms part of the etiquette at work where they tend to do ablution

# The Wisdom Behind Ablution

before presenting one's case (Thanvi, 2011).

The respected scholars have agreed that the use of freshwater for purification could be from several water sources and is symbolic of the renewal of repentance: rain, wells, sea, springs, rivers, and water from hail and snow (ad-Dehlwi, 2015). However, the water can become impure when in contact with filth such as a najasah ghalizah (heavy filth) or khafifah (light filth) (Thanvi, 2011).

At first, we wash our hands, rinse our mouths and noses, and then wash our faces. The right arm, from the hand to the elbow, is washed. The same procedure is repeated with the left arm. The head is subsequently wiped back and forth with the ears. The right foot is then washed up to the ankle, and then the same method is applied to the left foot (ad-Dehlwi, 2015; Thanvi, 2011).

The wisdom behind watering these seven areas

# The Wisdom Behind Ablution

is their susceptibility to falling into errs.

***“O you who have believed, when you rise to [perform] prayer, wash your faces and your forearms to the elbows and wipe over your heads and wash your feet to the ankles. And if you are in a state of janabah (impurity), then purify yourselves. But if you are ill or on a journey, or one of you comes from the place of relieving himself, or you have contacted women and do not find water, then seek clean earth and wipe over your faces and hands with it. Allah does not intend to make difficulty for you, but He intends to purify you and complete His favour upon you that you may be grateful.”***

[Quran, Surah Al-Maidah (The Table Spread) 5:6]

# The Wisdom Behind Ablution

The wisdom behind rinsing our mouths and noses during ablution is that most of the sins performed by humanity are by the tongue. For example, vulgarity, backbiting, and bad language increase the impurity of the tongue. Besides immoral conduct, swallowing forbidden things through eating or drinking is defiled with impurity (Thanvi, 2011).

On the other hand, cleansing of the nose helps to eradicate mucus and rheum, which affects the brain (Thanvi, 2011). The ears are eavesdropping and avoiding listening to the truth. Therefore, all these senses are rinses as a form of repentance from arrogance (Thanvi, 2011).

# The Wisdom Behind Ablution

Al-Nawawi writes,

***"In the doctrines of the scholars regarding rinsing the mouth and sniffing water into the nose, there are four opinions. One of them is that there are two acts of Sunnah ablution and the ritual bath. This is our way."***

[al-Majmū' Sharḥ al-Muhadhab 1/362]

Moreover, the wisdom behind washing the face from the forehead to the chin and one earlobe to another is to cleanse what our eyes have seen and dissociate anything other than Allah (The Most High). In essence, this increases modesty, and when cleansing the neck, it helps remove greed and desires (ad-Dehlwi, 2015; Thanvi, 2011). The wisdom behind wiping the head and not washing is that the head is harmless by itself (Thanvi, 2011).

# The Wisdom Behind Ablution

The hands are washed because it cleanses what we hold and touch. There is scientific evidence that ablution strengthens and purifies the blood, heart, and liver, especially in the veins that initiate in the fingers, palm, wrist, and elbows (Thanvi, 2011). Simultaneously, the veins at the toes or ankles are also massaged when we wash our feet, where they travel to the brain, cooling the heat (Thanvi, 2011). They are washed and not rinsed because we walk through flexion and extension just like our hands and arms.

Collectively, these seven areas purified with water via ablution correspond to the seven types of wrongdoing. With every instruction, there is always wisdom. Each of these areas is washed thrice, exempting the head, to remove the evil thoughts through purification in three key consecutive steps: repentance of the sin, giving

# The Wisdom Behind Ablution

up the sin, and not repeating it again (Thanwi, 2011). The right side has precedence over the left, as this was how the Prophet (peace be upon him) performed daily.

It was narrated from 'Aishah (may Allah be pleased with her) that:

***The Messenger of Allah (peace be upon him) liked to start on the right when purifying himself, when combing his hair, and when putting on his footwear.***

[Hadith, Ibn Majah 401]

In countries where water is scarce, tayammum (dry ablution) is done using sand. This has been guided by Allah (The Most High) for those who have a water source that is far away, are injured, live in a warzone area, have an illness, or the freshwater is cold enough that it can cause harm

# The Wisdom Behind Ablution

to the person. Allah (The Most High) has created Earth and Water to help them collectively help us nurture and grow that which has produced mankind. This presents a dual emotion of physical and spiritual beauty where the mouth and face symbolize humility (Ad-Delwhi, 2015). However, the head and face are makruh (disliked), whereas the feet are soiled.

Tayammum (dry ablution) has been advised by the renowned scholar Ibn al-Qayyim (May Allah have mercy upon him):

***“The reason why tayammum is only done on two parts of the body (i.e., the face and arms) is that this is quite appropriate, based on analogy and common sense. Placing dust on the head is something that is ordinarily disliked, rather it is customarily done at times of disaster and calamity, and the feet are***

# The Wisdom Behind Ablution

*usually in contact with the dust anyway. But putting dust in the face is an action of humility and veneration of Allah, submission to Him, and humbling oneself before Allah, which is one of the most beloved acts of worship to Him and one of the most beneficial to the person himself. Hence it is mustahabb (liked, encouraged) for the one who is prostrating to get dust on his face for the sake of Allah and not to protect his face from getting dusty. One of the Sahaabah saw a man prostrating and putting something between his face and the dust, and he said to him, “Get your face dusty.” This meaning does not apply in the case of getting the feet dusty.*

*Moreover, this is appropriate by analogy in another sense, which is that tayammum applies to the parts of the body that are*

# The Wisdom Behind Ablution

*washed during wudu, but not to the parts that are merely wiped. The feet may be wiped when one is wearing socks, and the head may be wiped when one is wearing a turban. Since the parts that are usually washed are reduced to wiping (in the case of tayammum), the parts that are wiped are reduced to nothing, because if we were to wipe the latter with dust, that would not be a reduction at all, rather instead of wiping them with water we would just be wiping them with dust. Thus, it becomes clear that what sharee'ah (the Islamic law) tells us is the most fair and the most perfect.*

*The tayammum of the one who is in a state of junub (major impurity following sexual activity) is like the tayammum of the one who is in a state of minor impurity.*

# The Wisdom Behind Ablution

*If the one who is in a state of minor impurity is spared the obligation of wiping the head and feet with dust, then it is more appropriate that the one who is in a state of major impurity should be spared the obligation of rubbing his whole body with dust, because that would involve a great deal of hardship, and it goes against the idea of tayammum being a dispensation. It would also reduce the one who is the noblest of Allah's creation to becoming like the animals who rub their bodies in the dust. That which was brought by shari'ah cannot be superseded in wisdom and fairness, and to Allah be praise.“ (Al-Munajjid, 2001)*

(A'laam al-Muwaqqi'een, 1/301, 302)

This highlights that Allah (The Most High) only wishes us ease and not hardship, which is

# The Wisdom Behind Ablution

amongst the key principles in Islamic Fiqh (Jurisprudence), not only in ablution but also with prayer and fasting, where if one cannot pray standing up, they can sit down, and if they are unable to fast because they are unwell, it is not permissible for them to fast as mentioned in the following all-encompassing verse:

***“And strive for Allah with the striving due to Him. He has chosen you and has not placed upon you in the religion any difficulty. [It is] the religion of your father, Abraham. Allah named you "Muslims" before [in former scriptures] and in this [revelation] that the Messenger may be a witness over you and you may be witnesses over the people. So, establish prayer, give zakah (the financial obligatory charity), and hold fast to Allah. He is your Protector; excellent is the Protector, and excellent is the Helper.”***

[Surah Al-Hajj (The Pilgrimage) 22:78]

# The Wisdom Behind Ablution

Allah is Most Gracious, Most Merciful.

Whether the ablution is dry or wet, there is a beautiful dua that is recited:

Narrated from 'Umar ibn al-Khattab (may Allah be pleased with him) that the Messenger of Allah (peace and blessings of Allah be upon him) said:

***“There is no one among you who does wudu and does it well, then says, Ashhadu an la ilaha ill-Allah wahdahu la sharika lah, wa ashhadu anna Muhammadan ‘abduhu was rasuluhu (I bear witness that there is no god except Allah Alone, with no partner or associate, and I bear witness that Muhammad is His slave and Messenger), but the eight gates of Paradise will be opened for him, and he will enter through whichever one he wants.”*** [Hadith, Muslim, 234]

# The Wisdom Behind Ablution

Glory be to Allah (Subhan Allah) that the supplications recited when we enter and leave the bathroom even protect us from the Shayateen (devils) and relieve us, respectively.

***“So, which of the favours of your Lord do you deny?”***

[Surah Al-Rahman (The Most Gracious) 55:13]

## Dua when entering the toilet



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
أَعُوذُ بِكَ مِنَ الْخُبُثِ  
وَالْخَبَائِثِ

### Arabic Transliteration:

*(Bismillah) Allahumma innee  
A'uzu bika minal-khubuthi  
wal-khaba-ith*

### English Translation:

*“(In the name of Allah). O Allah, I seek protection in you from the male and female shayateen (devils)”*

# The Wisdom Behind Ablution

## Dua when leaving the toilet



غُفْرَانَكَ الْحَمْدُ لِلَّهِ الَّذِي أَذْهَبَ عَنِي الْأَذْنِ  
وَعَفَانِي

### Arabic Transliteration

*Ghufranaka Alhamdulillah  
illadhi adhabba anni al-adha  
wa 'aafaanee*

### English Translation

*“(O Allah) I seek forgiveness  
and pardon from You.” All  
Praise be to Allah, who has  
taken away from me  
discomfort and granted me  
relief.” (Mishkat)*

Overall, there is strong evidence of the various measures that Allah (The Most High) has tried to help make ease as we bypass through this journey in life where we need to keep our heart, mind, and tongue sound, echoing the words of the Almighty to aid the development

# The Wisdom Behind Ablution

of purification that is propelled by the basic adherence towards ablution.

Ibn Taymiyyah (may Allah have mercy upon him) said,

***“The intention for purification by ablution, or ritual bath, or dry ablution, prayer, fasting, Hajj pilgrimage, almsgiving, acts of expiation, and other acts of worship is not uttered upon the tongue by the consensus of the Imams of Islam. Rather, the locus of intention is the heart, not the tongue, according to their consensus.”***

(Majmū' al-Fatāwā 22/230)

# The Wisdom Behind Ablution

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أَمَّنْ جَعَلَ الْأَرْضَ قَرَارًا وَجَعَلَ خَلَلَهَا أَنْهَرًا وَجَعَلَ لَهَا رَوَاسِيَ  
وَجَعَلَ بَيْنَ الْبَحْرَيْنِ حَاجِزًا أَلَّهُ مَعَ اللَّهِ بَلْ أَكْثَرُهُمْ لَا

يَعْلَمُونَ

٦١

***“Is He [not best] who made the earth a stable ground  
and placed within it rivers and made for it firmly set  
mountains and placed between the two seas a barrier?  
Is there a deity with Allah ? [No], but most of them do  
not know.”***

[Quran, Surah Al-Naml (Ant) 27:61]



# The Origin And Benefits Of Zamzam Water



*Did you know that there are 43% of people in the world holding the name 'Zamzam'?*

There is approximately a 32.6% increase in the frequency of people called Zamzam, where 2,407 people in the UK were called Zamzam in comparison to 3,192 in 2021 (UK Baby names, 2024). The highest proportion of people in the UK who were called Zamzam was in 2006, with 5,061 people (UK Baby Names, 2024). This was followed by 4,001 people in 2019 (UK Baby names, 2024).



# The Origin And Benefits Of Zamzam Water

Zamzam is a name that is embedded within the Arabian culture, religious, and historical significance (UK Baby Names, 2024). It is chosen for girls and symbolizes resilience, belief, purity, spirituality, and divine blessings and gratitude towards the more than 5000-year-old miraculous well of Zamzam water located 20 meters from the Al-Kaabah, The House of Allah, within the premises of Masjid-al-Haram in Makkah city in Saudi Arabia (UK Baby names, 2024; Ayoub, 2021).



The Zamzam water is also known as Murwiya (quenched) and Shabbaa (satisfying). Both terms are related to the spiritual story of its existence (Ayoub, 2021).

Ibn Abbas (may Allah have mercy upon him) narrated that the Prophet Muhammad (peace be upon him) said:

*“Zam Zam water fulfills whatever purpose it is drunk for. If you drink it seeking a cure, Allah Ta’ala will cure you. If you think it will satisfy your hunger, Allah Ta’ala will satisfy your hunger. If you drink it to quench your thirst, Allah Ta’ala will quench your thirst. If you drink it seeking refuge. Allah Ta’ala will give you a refuge.*

[ad-Dimyati, 705; Umarji, n.d.]



Prophet Ibrahim (may Allah be pleased with him) followed the instruction given by Allah (The Most High) to take his wife Hajar and one of his sons, Prophet Ismail (peace be upon him), to the barren land of Makkah at the time. To maintain the nutritional value and harsh weather, he left them with water and dates filled with fiber and vitamins, which soon ran out (Ayoub, 2021). Prophet Ismail (peace be upon him) was crying out due to thirst, and his heart-aching mother could not bear to see her son in this state. She saw two hills, Safa and Marwa, and swiftly walked seven times between them in search of water (Ayoub, 2021). This is the wisdom behind the circumambulation of



the Kaabah performed seven times during Umrah and Hajj (pilgrimage) (Ayoub, 2021). Globally, pilgrims from different races, ethnicities, creeds, and classes travel to Makkah to perform Hajj, where many store the holy water of Zamzam into containers for purification and is also given as a gift for families and friends.

At one point, Ibn Abbas (may Allah be pleased with him) was kicking the sandy ground because of his inability to withhold his thirst, and suddenly springs of water started flowing out. Scared to dry out, his mother Hajar carefully collected water and gave it to Ismail and herself (Ayoub, 2021).



However, there are other narrations to the story of Zamzam. It has been reported that Angel Jibreel (may Allah have mercy upon him) kicked the ground with his heel. Others have narrated that Hajar (may Allah have mercy upon her) restricted the flow of the Zamzam water to exist as a well (Ayoub, 2021).

The discovery of the Zamzam water led several inhabitants to make a living there. One of them is the ancient tribe of Jurhum, however, they were banished from Makkah after they restricted people from using the Zamzam water. The divine well was left unused for many decades later until it was re-discovered by the grandfather of Prophet



Muhammad (peace be upon him), Abdul-Muttalib (Ayoub, 2021). This was a standing ovation for generations to come.

Besides cleansing and quenching first, there are numerous medical and scientific evidence of its benefits. Researchers have considered the Zamzam water to be the purest because of its location where there is a combination of sediments (13 metres depth) and igneous rock (17 metres depth). This suggests why there are high levels of bicarbonate ions (366 mg/l) and substantial amounts of calcium and magnesium salts that create a distinctive taste with no odour or colour (Ayoub, 2021).



The high levels increase immunity, neutralize acidity, help prevent dental caries, alleviate cellular repair in the skin in dermatological diseases, improve eyesight, and have healing properties as the following statement by Ibn al-Qayyim (may Allah have mercy upon him)

***“Others and I tried seeking healing with Zamzam water and saw wondrous things. I sought healing from a number of illnesses, and I was healed by the permission of Allah. I saw someone who nourished himself with it for a number of days, half a month or more, and he did not feel hunger; he performed Tawaaf along with the other people just as they did.***



***And he told me that he consumed nothing but Zamzam water for forty days, and he had the strength to have intercourse with his wife, to fast, and to perform Tawaaf numerous times.”***

In a hadith, Uthman ibn al-Aswad (may Allah have mercy upon him) reported that a man came to Ibn Abbas (may Allah have mercy upon him), and Ibn Abbas asked him where he was coming from.

The man said I had just finished drinking from Zamzam. Ibn Abbas (may Allah have mercy upon him) then asked me if he had drunk as he deserved it. He asked him, How is that,



Ibn Abbas, He said, 'When you drink it, face the qibla, then mention God's name, then drink it in three breaths, and drink your fill with it and when you are done, praise God, (This is because) the Prophet, peace be upon him, said, 'One of the differences between us and the hypocrites is that they do not drink their fill of the water of Zamzam.'"

(Mustadrak of Hakim, 1738).

Overall, the divine well of Zamzam has diverse advantages that boost the spiritual health and well-being of mankind.



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٢٠

قُلْ أَرَءَيْتُمْ إِنْ أَصْبَحَ مَاءً كَمْ غَورًا فَمَنْ يَأْتِيكُمْ بِمَاءٍ مَّعِينٍ

***Say, "Have you considered: if your water was to become sunken [into the earth], then who could bring you flowing water?"***

[Quran, Surah Al-Mulk (The Sovereignty) 67:30]





# Colour and Learn Allah's 99 Names by Heart



Can you memorize all of Allah's (The Most High) 99 names? Each name is distinctively defined for a purpose, and we should explore, understand, and ponder each of their deep meanings, bringing us closer to him (Khaleel Systems, 2021).

In the Glorious Quran, Allah (The Most High) states:

***"Allah has the Most Beautiful Names. So call upon Him by them, and keep away from those who abuse His Names. They will be punished for what they used to do."***

[Quran, Surah Al-Araf (The Heights), 7:180]

There is a reward of Jannah (Paradise) for learning and memorizing these names of Allah. However, it is important to recall that to enter Paradise, we need to follow the commands of Allah by adhering to the Quran and the teachings of the Prophet (peace be upon him). Learning the 99 names by heart is a righteous deed, but it requires a sincere intention to please Allah (The Most High) and complete it with other righteous deeds during the blessed month of Ramadan.

Righteous deeds include but are not limited to reading the



Quran, praying voluntarily extra prayers, and acts of kindness, attaining his mercy, forgiveness, and protection from the Hell-fire. (Islam QA, 2024)

It was narrated by Abu Hurairah (may Allah have mercy upon him), who said: Our Beloved Prophet (peace be upon him) said:

***"Allah has ninety-nine names, i.e., one hundred minus one, and whoever knows them will go to Paradise."*** [Hadith, Sahih Al-Bukhari 2736; 7392]

Shaykh Muhammad ibn Salih Al-`Uthaymin (may Allah have mercy on him) said: ***"What is meant by memorizing them is not merely writing them on a piece of paper, then repeating them until you have memorized them..."***

[Majmu` Fatawa wa Rasa'il Ibn `Uthaymin, 1/74]



Quran, praying voluntarily extra prayers, and acts of kindness, attaining his mercy, forgiveness, and protection from the Hell-fire. (Islam QA, 2024)

## Day 1

1	الرَّحْمَنُ	AR-RAHMAAN	The Most or Entirely Merciful
2	الرَّحِيمُ	AR-RAHEEM	The Bestower of Mercy
3	الْمَلِكُ	AL-MALIK	The King and Owner of Dominion

## Day 2

4	الْقُدُّوسُ	AL-QUDDUS	The Absolutely Pure
5	السَّلَامُ	AS-SALAM	The Perfection and Giver of Peace
6	الْمُؤْمِنُ	AL-MU'MIN	The One Who gives Faith and Security



## Day 3

7	الْمَهَيْمِنُ	AL-MUHAYMIN	The Guardian, The Witness, The Overseer
8	الْعَزِيزُ	AL-AZEEZ	The All Mighty
9	الْجَبَّارُ	AL-JABBAR	The Compeller, The Restorer
10	الْمَتَكَبِّرُ	AL-MUTAKABBIR	The Supreme, The Majestic

## Day 4

11	الْخَالِقُ	AL-KHAALIQ	The Creator, The Maker
12	الْبَارِيُّ	AL-BAARI'	The Originator
13	الْمَصَوِّرُ	AL-MUSAWWIR	The Fashioner

## Day 5

14	الْغَفَّارُ	AL-GHAFFAR	The All- and Oft-Forgiving
15	الْقَهَّارُ	AL-QAHHAR	The Subduer, The Ever-Dominating
16	الْوَهَابُ	AL-WAHHAAB	The Giver of Gifts



## Day 6

17	الرَّزَّاقُ	AR-RAZZAAQ	The Provider
18	الْفَتَّاحُ	AL-FATTAAH	The Opener, The Judge
19	الْعَلِيمُ	AL-'ALEEM	The All-Knowing, The Omniscient
20	الْقَابِضُ	AL-QAABID	The Withholder

## Day 7

21	الْبَاسِطُ	AL-BAASIT	The Extender
22	الْخَافِضُ	AL-KHAAFIDH	The Reducer, The Abaser
23	الْرَّافِعُ	AR-RAAFI'	The Exalter, The Elevator

## Day 8

24	الْمُعِزُّ	AL-MU'IZZ	The Honourer, The Bestower
25	الْمُذَلُّ	AL-MUZIL	The Dishonourer, The Humiliator
26	السَّمِيعُ	AS-SAMEE'	The All-Hearing



## Day 9

27	الْبَصِيرُ	AL-BASEER	The All-Seeing
28	الْحَكَمُ	AL-HAKAM	The Judge, The Giver of Justice
29	الْعَدْلُ	AL-'ADL	The Utterly Just
30	الْلَّطِيفُ	AL-LATEEF	The Subtle One, The Most Gentle

## Day 10

31	الْخَبِيرُ	AL-KHABEER	The Acquainted, the All-Aware
32	الْحَلِيمُ	AL-HALEEM	The Most Forbearing
33	الْعَظِيمُ	AL-'ATHEEM	The Magnificent, The Supreme

## Day 11

34	الْغَفُورُ	AL-GHAFOOR	The Forgiving, The Exceedingly Forgiving
35	الشَّكُورُ	ASH-SHAKOOR	The Most Appreciative
36	الْعَالِيُّ	AL-'ALEE	The Most High, The Exalted



## Day 12

37	الْكَبِيرُ	AL-KABEER	The Greatest, The Most Grand
38	الْحَفِظُ	AL-HAFEEDH	The Preserver, The All-Heedful and All-Protecting
39	الْمُقِيتُ	AL-MUQEET	The Sustainer
40	الْحَسِيبُ	AL-HASEEB	The Reckoner, The Sufficient

## Day 13

41	الْجَلِيلُ	AL-JALEEL	The Majestic
42	الْكَرِيمُ	AL-KAREEM	The Most Generous, The Most Esteemed
43	الرَّقِيبُ	AR-RAQEEB	The Watchful

## Day 14

44	الْمُجِيبُ	AL-MUJEEB	The Responsive One
45	الْوَاسِعُ	AL-WAASI'	The All-Encompassing, the Boundless
46	الْحَكِيمُ	AL-HAKEEM	The All-Wise



## Day 15

47	الْوَدُودُ	AL-WADOOD	The Most Loving
48	الْمَجِيدُ	AL-MAJEED	The Glorious, The Most Honorable
49	الْبَاعِثُ	AL-BA'ITH	The Resurrector, The Raiser of the Dead
50	الْشَّهِيدُ	ASH-SHAHEED	The All- and Ever Witnessing

## Day 16

51	الْحَقُّ	AL-HAQQ	The Absolute Truth
52	الْوَكِيلُ	AL-WAKEEL	The Trustee, The Disposer of Affairs
53	الْقَوِيُّ	AL-QAWIYY	The All-Strong

## Day 17

54	الْمَتِينُ	AL-MATEEN	The Firm, The Steadfast
55	الْوَالِيُّ	AL-WALIYY	The Protecting Associate
56	الْحَمِيدُ	AL-HAMEED	The Praiseworthy



## Day 18

57	الْمُحْصِّنُ	AL-MUHSEE	The All-Enumerating, The Counter
58	الْمُبْدِئُ	AL-MUBDI	The Originator, The Initiator
59	الْمُعِيدُ	AL-MU'ID	The Restorer, The Reinstater
60	الْمُحْيِيُ	AL-MUHYEE	The Giver of Life

## Day 19

61	الْمُمِيتُ	AL-MUMEET	The Bringer of Death, the Destroyer
62	الْحَيُّ	AL-HAYY	The Ever-Living
63	الْقَيُّومُ	AL-QAYYOOM	The Sustainer, The Self-Subsisting

## Day 20

64	الْوَاحِدُ	AL-WAAJID	The Perceiver
65	الْمَاجِدُ	AL-MAAJID	The Illustrious, the Magnificent
66	الْوَاحِدُ	AL-WAAHID	The One



## Day 21

67	الْأَحَد	AL-AHAD	The Unique, The Only One
68	الْصَّمَدُ	AS-SAMAD	The Eternal, Satisfier of Needs
69	الْقَادِرُ	AL-QADEER	The Capable, The Powerful
70	الْمُقْتَدِرُ	AL-MUQTADIR	The Omnipotent

## Day 22

71	الْمُقَدَّمُ	AL-MUQADDIM	The Expediter, The Promoter
72	الْمُؤَخِّرُ	AL-MU'AKHKHIR	The Delayer, the Retarder
73	الْأَوَّلُ	AL-AWWAL	The First

## Day 23

74	الْآخِرُ	AL-AAKHIR	The Last
75	الظَّاهِرُ	AZ-DHAAHIR	The Manifest
76	البَاطِنُ	AL-BAATIN	The Hidden One, Knower of the Hidden

## Day 24

77	الْوَالِي	AL-WAALI	The Governor, The Patron
78	الْمَتَعَالِي	AL-MUTA'ALI	The Self Exalted
79	الْبَرُّ	AL-BARR	The Source of Goodness, the Kind Benefactor
80	الْتَّوَابُ	AT-TAWWAB	The Ever-Pardoning, The Relenting

## Day 25

81	الْمُنْتَقِمُ	AL-MUNTAQIM	The Avenger
82	الْعَفُوُّ	AL-'AFUWW	The Pardoner
83	الرَّؤُوفُ	AR-RA'OOF	The Most Kind

## Day 26

84	مَالِكُ الْمُلْك	MAALIK-UL-MULK	Master of the Kingdom, Owner of the Dominion
85	ذُو الْجَلَلِ وَالْإِكْرَامُ	DHUL-JALAALI WAL-IKRAAM	Possessor of Glory and Honour, Lord of Majesty and Generosity
86	الْمُقْسِطُ	AL-MUQSIT	The Equitable, the Requirer



## Day 27

87	الْجَامِعُ	AL-JAAMI'	The Gatherer, the Uniter
88	الْغَنِيُّ	AL-GHANIYY	The Self-Sufficient, The Wealthy
89	الْمُغْنِيُّ	AL-MUGHNI	The Enricher
90	الْمَانِعُ	AL-MANI'	The Withholder

## Day 28

91	الْضَّارُّ	AD-DHARR	The Distresser
92	الْنَّافِعُ	AN-NAFI'	The Propitious, the Benefactor
93	النُّورُ	AN-NUR	The Light, The Illuminator

## Day 29

94	الْهَادِيُّ	AL-HAADI	The Guide
95	الْبَدِيعُ	AL-BADEE'	The Incomparable Originator
96	الْبَاقِيُّ	AL-BAAQI	The Ever-Surviving, The Everlasting



## Day 30

97	آلواirth	AL-WAARITH	The Inheritor, The Heir
98	آلرشييد	AR-RASHEED	The Guide, Infallible Teacher
99	آلصبور	AS-SABOOR	The Forbearing, The Patient

## References

Islam Q and A (2024) *Benefits of Reciting 99 Names of Allah Daily*. Available at:

<https://islamqa.info/en/answers/188229/benefits-of-reciting-99-names-of-allah-daily> (Accessed: 4<sup>th</sup> December 2024)

Khaleel Systems (2021) *How to Memorise the 99 Names of Allah (SWT)* Available at:

<https://khaleel.co.uk/courses/memorise-the-99-names-of-allah/> (Accessed: 4<sup>th</sup> December 2024)



مَثُلَ الْجَنَّةَ الَّتِي وُعِدَ الْمُنَّقُونَ فِيهَا أَنَّهُرٌ مِّنْ مَاءٍ غَيْرِهَا سِنْ وَأَنَّهُرٌ مِّنْ لَبَنِ  
 لَمْ يَنْغِيرْ طَعْمُهُ وَأَنَّهُرٌ مِّنْ خَمْرٍ لَذَّةٌ لِلشَّرِبِ بَيْنَ وَأَنَّهُرٌ مِّنْ عَسَلٍ مُصَبَّقٍ وَلَهُمْ  
 فِيهَا مِنْ كُلِّ الشَّمَرَاتِ وَمَغْفِرَةٌ مِّنْ رَبِّهِمْ كَمَنْ هُوَ خَلِدٌ فِي النَّارِ وَسُقُوا مَاءً  
 حِيمَانًا فَقَطَّعَ أَمْعَاءَ هُمْ

15

*"Is the description of Paradise, which the righteous are promised, wherein are rivers of water unaltered, rivers of milk the taste of which never changes, rivers of wine delicious to those who drink, and rivers of purified honey, in which they will have from all [kinds of] fruits and forgiveness from their Lord, like [that of] those who abide eternally in the Fire and are given to drink scalding water that will sever their intestines?"*

[Quran, Surah Muhammad, 47:15]





# **Smooth Suhoor Recipe**

**Are you feeling exotic this Ramadan?**

**Why don't you try this smoothie by Craig Ruff?**

**This is a great fusion of colour, energy boost, and  
cleansing drink with multiple anti-bacterial properties  
before beginning your day of fasting!**





# Smooth Suhoor Recipe

**Servings: 1 person**

## Ingredients

- 1 cup of fresh mango cut into chunks
- 1 medium banana
- $\frac{1}{2}$  cup of coconut milk (unsweetened)
- $\frac{1}{2}$  cup of Greek natural yogurt



## Main spices

- 2 teaspoons of grated fresh turmeric
- $\frac{1}{4}$  teaspoon of ground cardamom
- 1/8 teaspoon of grated fresh ginger
- 1 tablespoon of lemon juice



## Equipment:

- Kitchen knife
- Blender
- Spoons (Tablespoon, Teaspoon, and Ladles)
- Glass cup
- Grater



## Decorations

- $\frac{3}{4}$  teaspoon of ground turmeric for garnishing
- Shredded coconut (unsweetened)



# Smooth Suhoor Recipe

## Directions

1. Please blend all of the ingredients for approximately 20 seconds until there is a smooth texture.
2. Pour the smoothie in a glass.
3. Garnish with coconut and ground turmeric for the ultimate look (optional).



## Reference

Ruff, C. (2024) *Mango-Turmeric Smoothie*. Available at: <https://www.eatingwell.com/mango-turmeric-smoothie-8652497> (Accessed: 5<sup>th</sup> December 2024)



This is a Middle-Eastern recipe that is both simple and delicious with a burst of flavour made by Ghafari (2023)

### Main Ingredients:

- 3 Pitta bread
- 1-2 cloves of Garlic (per hummus can)
- $\frac{1}{2}$  tablespoon of ground Cumin
- Lemon juice of 2 lemons
- 150ml Low-fat plain yoghurt
- Chickpeas (tinned). (If you wish to use fresh chickpeas it needs to be kept in cold water overnight and steamed until cooked)
- Tahini
- Virgin Olive oil
- White vinegar
- $\frac{1}{2}$  teaspoon Table salt
- $\frac{1}{4}$  teaspoon Black pepper



# Fattett Hummus

## Toppings

- 30g Pomegranate seeds (fresh)
- Fresh Parsley (optional)
- Fresh Mint (optional)
- 100g Pine nuts (optional)
- Sliced almonds (optional)

## Equipment and accessories

- Spoon (Tablespoon, Teaspoon, Ladle)
- Baking tray
- Greaseproof paper
- 1 Can opener
- Oven
- 1 Food processor
- 1 small frying pan
- Two small bowl
- Pressure cooker
- A pair of scissors
- A small cooking pot.
- A few Paper towel
- A few Plates
- Serving dish





## Directions

### **Preparation of the pitta bread**

1. Please preheat your oven (Gas Mark 5)
2. Cut the pitta bread into squares.
3. On a baking tray, please measure and cut the greaseproof paper according to the size of the baking tray.
4. Place the pitta squares onto the baking tray.
5. Please add a drizzle of olive oil
6. Please add the baking tray to the oven and keep an eye on ensuring it is baked until a crispy texture is achieved





# Fattett Hummus

## Preparation of the Hummus

1. Please empty the can of chickpeas into a small bowl.
2. Please add a  $\frac{1}{2}$  teaspoon of vinegar.
3. Please rinse the chickpeas from vinegar using water several times.
4. Please add the chickpeas into a small pot and gently simmer to warm.
5. Please transfer  $\frac{1}{4}$  cup of the chickpeas and their broth into a clean small bowl.
6. Please transfer the remainder of the chickpeas in the pot to a food processor and grind until there is a smooth texture. Please use some of the liquid/broth from the pot to help give the result if necessary.





7. Please add tahini, lemon juice, grated garlic, cumin, pinch of salt, and black pepper to the hummus and ensure it is processed thoroughly.
8. Please then add a few spoons of the yoghurt to the hummus mixture until smooth.

#### **Preparation of the pine nuts**

1. In a small frying pan under medium heat, please add a tablespoon of olive oil
2. Please add the pine nuts and fry until brown (please keep an eye on ensuring it is golden brown).
3. On a plate, please add a paper towel.
4. Please transfer the fried pine nuts onto the plate.





# Fattett Hummus

## Preparation of the serving dish

1. Please add a toasted pita to the base of the dish.
2. Please add the hummus and yoghurt mixture
3. Please transfer the chickpeas and broth set aside in a small bowl to the dish.
4. Please garnish the chopped parsley, pomegranate, and toasted pine nuts for decoration
5. Please serve right away to obtain the sweet and tangy taste!

## References

Ghafari, L. (2023) *Fattet hummus (Chickpea Yogurt Fatteh Recipe)*. Available at: <https://urbanfarmandkitchen.com/fattet-hummus-chickpea-yogurt-fatteh-recipe/> (Accessed: 4<sup>th</sup> December 2024)



١٩ مَرَجَ الْبَحْرَيْنِ يَلْتَقِيَانِ  
٢٠ بَيْنَهُمَا بَرْزَخٌ لَا يَبْغِيَانِ  
٢١ فِيَّ أَلَّا إِرْتِكُمَا تُكَذِّبَانِ

*“He released the two seas, meeting [side by side]; Between them is a barrier [so] neither of them transgresses. So which of the favors of your Lord would you deny?”*

**[Surah Al-Rahmān (The Beneficent) 55:19-21]**

# I Am Nothing Without You

*I am Nothing Without You*

Ya Allah, my soul is in need of Your  
Forgiveness,

You are the All-Seeing, All-Knowing,  
and my Witness.

This year has been hard.

It was not an easy start.

*I am nothing without You.*

People who I thought they cared,

Left like scattered dominoes down the  
stairs.

# I Am Nothing Without You

They were just temporary connections,

I am in need of your infinite Affection.

*I am nothing without You.*

My Lord, my scarred heart beats with  
Your Remembrance,

Not losing hope and needing  
maintenance.

This world is nothing but an illusion.

Its inhabitants act in confusion.

*I am nothing without You.*



# IAm Nothing Without You

Please enlighten my aching heart with the light of Imaan.

These trials and tribulations bring me closer to you; only You will understand.

The magnitude of Your Mercy surpasses beyond what the eye can visualize,

The beauty of your creations, mountains, lakes, deserts, and forests mesmerizes.

*I am nothing without You.*



# IAm Nothing Without You

Your Ultimate Power is greater than any creation.

The words of the Quran soften my heart from my silent frustration.

Thirty days of Magnetic Love in Ramadan trying to be closer to You,

Forgive me and empower me with Your strength as your nearness is sweeter than the honey of the bee.

*I am nothing without You.*



# IAm Nothing Without You

Please protect me from the blazing  
Hellfire and Your wrath.

Please guide us and open the doors of  
Al-Rayyan, where we will live  
happiness then recall that this trial was  
nothing but a forewritten path.



وَمَا يَسْتَوِي الْبَحْرَانِ هَذَا عَذْبٌ فَرَاتٌ سَائِعٌ شَرَابُهُ وَهَذَا مِلْحٌ  
أَبَاحٌ وَمِن كُلِّ تَأْكُلُونَ لَحْمًا طَرِيًّا وَتَسْتَخْرِجُونَ حِلْيَةً  
تَبْسُونَهَا وَتَرَى الْفُلُكَ فِيهِ مَا حِرَّ لَتَبْغُوا مِنْ فَضْلِهِ وَلَعَلَّكُمْ

شَكَرُونَ

١٢



*“And not alike are the two bodies of water. One is fresh and sweet, palatable for drinking, and one is salty and bitter. And from each you eat tender meat and extract ornaments which you wear, and you see the ships splitting the sea as they sail, coming and going through, that you might seek of His bounty; and perhaps you will be grateful.”*

[Surah Al-Fatir (Originator) 35:12]



# The People Of The Holy Land

Let us pray in peace with no bloodshed  
There are a lot aspects that UNITE people together.

*By Asqarini Hasbi*

Bombs, gunshots,  
fiery flame, in Gaza's sky.  
People running for covers  
to places, nowhere to hide,  
tears and mourns  
of women and children  
among the debris, of their homes.



Angels have fallen.  
Embracing the martyred,  
and ascend back to the sky,  
bringing the innocent souls, flying high.

Yet, the world remained silent for a very long while.

But later, we will understand.

That day in the hereafter  
when rocks and trees will speak,  
against the tyrants, against the oppressors  
to unravel the truth  
about the genocide  
that happened to the people of the holy land,  
The Only Land that will always be free...



قُلْ لَنْ يُصِيبَنَا إِلَّا مَا كَتَبَ اللَّهُ لَنَا هُوَ مَوْلَانَا وَعَلَى اللَّهِ  
فَلِيَسْتَوْكِلُ الْمُؤْمِنُونَ

٥١

*Say, "Never will we be struck except by what Allah has decreed for us; He is our protector." And upon Allah let the believers rely.*

سورة التوبة - Surat At-Tawbah (The Repentance)

[9:51]



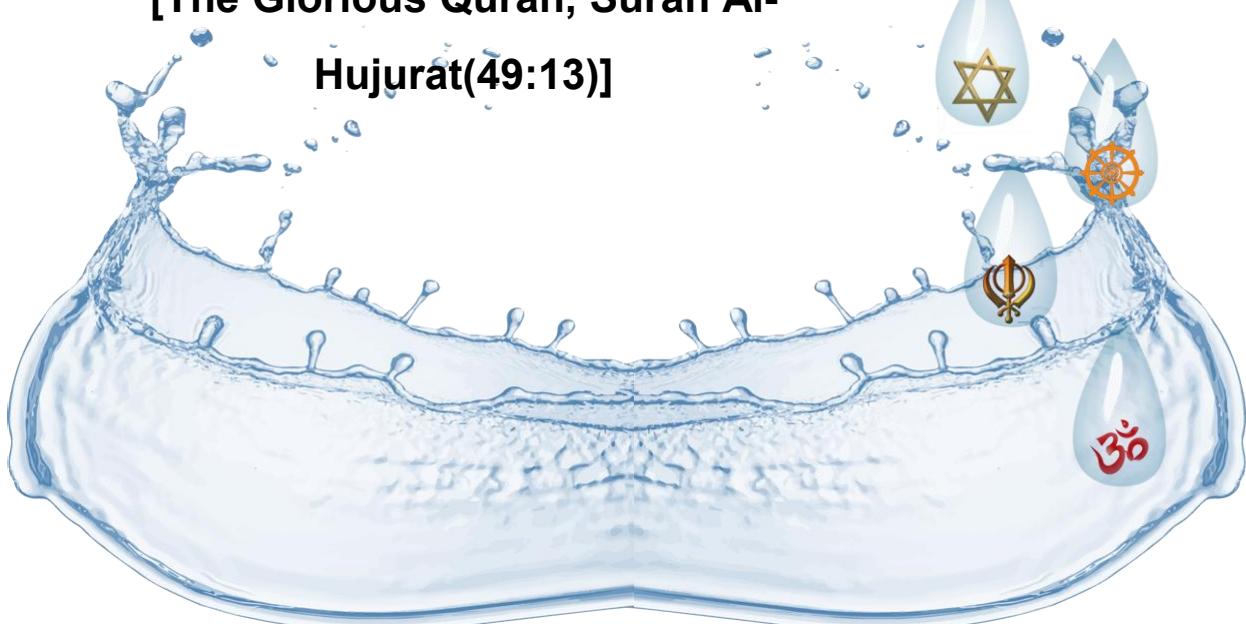
# Purification Is Universal

Every religion across the universe  
encourages the concept of purification

يَأَيُّهَا النَّاسُ إِنَّا خَلَقْنَاكُمْ مِّنْ ذَرَّةٍ وَأَنْتُمْ شَعُوبٌ أَوْ قَبَائلٌ  
لِتَعَارِفُو إِنَّ أَكْرَمَكُمْ عِنْدَ اللَّهِ أَنْتُمْ لَهُ عِلْمٌ خَيْرٌ  
١٣

*“O mankind, indeed We have created you  
from male and female and made you peoples  
and tribes that you may know one another.  
Indeed, the most noble of you in the sight of  
Allah is the most righteous of you. Indeed,  
Allah is Knowing and Acquainted.”*

[The Glorious Quran, Surah Al-  
Hujurat(49:13)]



## Islam

### **Quran Surat Al-Tawbah (9:108)**

*“A mosque founded on righteousness from the first day is more worthy for you to stand in. Within it are men who love to purify themselves; and Allah loves those who purify themselves.”*

## Christianity

### **Corinthians 7:1**

*“Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, bringing holiness to completion in the fear of God.”*



## Judaism

### **Genesis 24:32**

*“So, the man went to the house, and the camels were unloaded. Straw and fodder were brought for the camels, and water for him and his men to wash their feet.”*



## Hinduism

### **Manusmriti Verse 5.104**

“Sanskrit text, Unicode transliteration and English translation by Ganganath Jha:

ज्ञानं तपोऽग्निराहारो मृत्मनो वार्युपाञ्जनम् ।  
वायुः कर्मार्ककालौ च शुद्धेः कर्तृणि देहिनाम् ॥ १०४ ॥

*jñānam tapo'gnirāhāro mṛtmano vāryupāñjanam |  
vāyuh karmārkakālau ca śuddheḥ kartṛṇi  
dehinām ॥ 104 ॥*



*Wisdom, austerity, fire, food, clay, mind, water, smearing, wind, action, the sun and time are means of purification for corporeal beings. — (104).*

## **Sikhism**

Raag Gauri Sukhmani, Mehla 5:

ਜੀਉ ਪਿੰਡੁ ਸਭੁ ਧੋਤਿਆ ॥ ਆਤਮ ਘਰਿ ਵਸਿਆ ਰਾਮ  
॥ J āpiñd sabh dhottiaa || Ātam ghar vasiaa  
Raam ||

*The body has been washed clean, and the Lord resides in the home of the soul.*

*This verse can be interpreted as suggesting that after shedding the physical body (washing it clean), the soul (aatma) finds its true home with the divine (Raam).*



## Buddhism

Dhammapada verse 165:

*attan'āva kataṁ pāpaṁ attanā saṁkilissati |  
attanā akataṁ pāpaṁ attan'āva visujjhati |  
suddhi asuddhi paccattam n'āññamañño  
visodhaye.*

*“By oneself is evil done, by oneself defiled, by  
oneself it's left undone, by self alone one  
purified. Purity, impurity on oneself depend, no  
one can purify another.”*

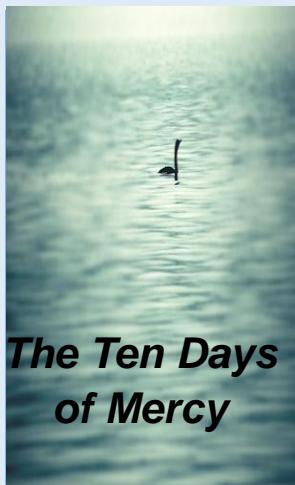




# Weekly Journal Planning: Spend your time wisely!

Ramadan is here, let us make it a productive Ramadan!

You will find gentle Dua reminders and a four-week plan of journaling where you can evaluate the end of each week!



﴿وَقُلْ رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِينَ﴾

**Arabic Transliteration**

*Wa qul rab-bigh-fir war-ham wa  
Anta Khair-ur-Raahimeen.*

**English translation:**

*"And, [O Muhammad], say, "My Lord, forgive and have mercy, and You are the best of the merciful."*

**[Surah Al-Muminoon (The Believers), 23:118]**



# Weekly Journal Planning: Spend your time wisely!

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أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوَبُ إِلَيْهِ

Arabic Transliteration:

*Astaghfirullah rabbi min kulli  
zambinn wa atoobu ilaiyh*

English translation:

*“I ask forgiveness of my sins from  
Allah who is my Lord and I turn  
towards Him.”*



# Weekly Journal Planning: Spend your time wisely!

Ramadan is here, let us make it a productive Ramadan!

You will find gentle Dua reminders and a four-week plan of journaling where you can evaluate the end of each week!



اللَّهُمَّ إِنَّكَ عَفُوٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِي

**Arabic Transliteration:**

*Allaahumma innaka 'afuwwun,  
tuhibb al-'afwa, fa'fu 'anni*

**English Translation:**

*“O Allah, You are the Most Forgive, and You love to forgive, so forgive me.”*



## WEEK ONE



What are you planning on doing this week?



Day	Tasks	Achieved?	If not, why?
<b>MONDAY</b>	<p><b>Read Quran:</b></p> <p><b>Made Dua:</b></p> <p><b>Prayed 5 times a day:</b></p> <p><b>What I plan to do with my Family:</b></p> <p><b>Charitable deed:</b></p> <p><b>Attended Taraweeh (Home/Masjid)</b></p> <p><b>Other:</b></p>		
<b>TUESDAY</b>	<p><b>Read Quran:</b></p> <p><b>Made Dua:</b></p> <p><b>Prayed 5 times a day:</b></p> <p><b>What I plan to do with my Family:</b></p> <p><b>Charitable deed:</b></p> <p><b>Attended Taraweeh (Home/Masjid)</b></p> <p><b>Other:</b></p>		

## WEEK ONE



What are you planning on doing this week?



Day	Tasks	Achieved?	If not, why not?
<b>WEDNESDAY</b> Read Quran:			
	<b>Made Dua:</b>		
	<b>Prayed 5 times a day:</b>		
	<b>What I plan to do with my Family:</b>		
	<b>Charitable deed:</b>		
	<b>Attended Taraweeh (Home/Masjid)</b>		
	<b>Other:</b>		
<b>THURSDAY</b> Read Quran:			
	<b>Made Dua:</b>		
	<b>Prayed 5 times a day:</b>		
	<b>What I plan to do with my Family:</b>		
	<b>Charitable deed:</b>		
	<b>Attended Taraweeh (Home/Masjid)</b>		
	<b>Other:</b>		

## WEEK ONE



What are you planning on doing this week?



Day	Tasks	Achieved?	If not, why not?
FRIDAY	<p><b>Read Quran:</b></p> <p><b>Made Dua:</b></p> <p><b>Prayed 5 times a day:</b></p> <p><b>What I plan to do with my Family:</b></p> <p><b>Charitable deed:</b></p> <p><b>Attended Taraweeh (Home/Masjid)</b></p> <p><b>Other:</b></p>		
SATURDAY	<p><b>Read Quran:</b></p> <p><b>Made Dua:</b></p> <p><b>Prayed 5 times a day:</b></p> <p><b>What I plan to do with my Family:</b></p> <p><b>Charitable deed:</b></p> <p><b>Attended Taraweeh (Home/Masjid)</b></p> <p><b>Other:</b></p>		

## WEEK ONE



What are you planning on doing this week?



Day	Tasks	Achieved?	If not, why not?
SUNDAY	<b>Read Quran:</b>  <b>Made Dua:</b>  <b>Prayed 5 times a day:</b>  <b>What I plan to do with my Family:</b>   <b>Charitable deed:</b>   <b>Attended Taraweeh (Home/Masjid)</b>  <b>Other:</b>		

## Evaluation time!

How did your week go and what could you do better?



## WEEK TWO

What are you planning on doing this week?



Day	Tasks	Achieved?	If not, why?
MONDAY	<p><b>Read Quran:</b></p> <p><b>Made Dua:</b></p> <p><b>Prayed 5 times a day:</b></p> <p><b>What I plan to do with my Family:</b></p> <p><b>Charitable deed:</b></p> <p><b>Attended Taraweeh (Home/Masjid)</b></p> <p><b>Other:</b></p>		
TUESDAY	<p><b>Read Quran:</b></p> <p><b>Made Dua:</b></p> <p><b>Prayed 5 times a day:</b></p> <p><b>What I plan to do with my Family:</b></p> <p><b>Charitable deed:</b></p> <p><b>Attended Taraweeh (Home/Masjid)</b></p> <p><b>Other:</b></p>		

## WEEK TWO



What are you planning on doing this week?



Day	Tasks	Achieved?	If not, why not?
<b>WEDNESDAY</b> Read Quran:			
	<b>Made Dua:</b>		
	<b>Prayed 5 times a day:</b>		
	<b>What I plan to do with my Family:</b>		
	<b>Charitable deed:</b>		
	<b>Attended Taraweeh (Home/Masjid)</b>		
	<b>Other:</b>		
<b>THURSDAY</b> Read Quran:			
	<b>Made Dua:</b>		
	<b>Prayed 5 times a day:</b>		
	<b>What I plan to do with my Family:</b>		
	<b>Charitable deed:</b>		
	<b>Attended Taraweeh (Home/Masjid)</b>		
	<b>Other:</b>		

## WEEK TWO



What are you planning on doing this week?



Day	Tasks	Achieved?	If not, why not?
FRIDAY	<p><b>Read Quran:</b></p> <p><b>Made Dua:</b></p> <p><b>Prayed 5 times a day:</b></p> <p><b>What I plan to do with my Family:</b></p> <p><b>Charitable deed:</b></p> <p><b>Attended Taraweeh (Home/Masjid)</b></p> <p><b>Other:</b></p>		
SATURDAY	<p><b>Read Quran:</b></p> <p><b>Made Dua:</b></p> <p><b>Prayed 5 times a day:</b></p> <p><b>What I plan to do with my Family:</b></p> <p><b>Charitable deed:</b></p> <p><b>Attended Taraweeh (Home/Masjid)</b></p> <p><b>Other:</b></p>		

## WEEK TWO

What are you planning on doing this week?



Day	Tasks	Achieved?	If not, why not?
SUNDAY	<b>Read Quran:</b>  <b>Made Dua:</b>  <b>Prayed 5 times a day:</b>  <b>What I plan to do with my Family:</b>   <b>Charitable deed:</b>   <b>Attended Taraweeh (Home/Masjid)</b>  <b>Other:</b>		

## Evaluation time!

How did your week go and what could you do better?



## WEEK THREE

What are you planning on doing this week?



Day	Tasks	Achieved?	If not, why?
MONDAY	<p><b>Read Quran:</b></p> <p><b>Made Dua:</b></p> <p><b>Prayed 5 times a day:</b></p> <p><b>What I plan to do with my Family:</b></p> <p><b>Charitable deed:</b></p> <p><b>Attended Taraweeh (Home/Masjid)</b></p> <p><b>Other:</b></p>		
TUESDAY	<p><b>Read Quran:</b></p> <p><b>Made Dua:</b></p> <p><b>Prayed 5 times a day:</b></p> <p><b>What I plan to do with my Family:</b></p> <p><b>Charitable deed:</b></p> <p><b>Attended Taraweeh (Home/Masjid)</b></p> <p><b>Other:</b></p>		

## WEEK THREE

What are you planning on doing this week?



Day	Tasks	Achieved?	If not, why not?
<b>WEDNESDAY</b> Read Quran:			
	<b>Made Dua:</b>		
	<b>Prayed 5 times a day:</b>		
	<b>What I plan to do with my Family:</b>		
	<b>Charitable deed:</b>		
	<b>Attended Taraweeh (Home/Masjid)</b>		
	<b>Other:</b>		
<b>THURSDAY</b> Read Quran:			
	<b>Made Dua:</b>		
	<b>Prayed 5 times a day:</b>		
	<b>What I plan to do with my Family:</b>		
	<b>Charitable deed:</b>		
	<b>Attended Taraweeh (Home/Masjid)</b>		
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## WEEK THREE

What are you planning on doing this week?



Day	Tasks	Achieved?	If not, why not?
FRIDAY	<p><b>Read Quran:</b></p> <p><b>Made Dua:</b></p> <p><b>Prayed 5 times a day:</b></p> <p><b>What I plan to do with my Family:</b></p> <p><b>Charitable deed:</b></p> <p><b>Attended Taraweeh (Home/Masjid)</b></p> <p><b>Other:</b></p>		
SATURDAY	<p><b>Read Quran:</b></p> <p><b>Made Dua:</b></p> <p><b>Prayed 5 times a day:</b></p> <p><b>What I plan to do with my Family:</b></p> <p><b>Charitable deed:</b></p> <p><b>Attended Taraweeh (Home/Masjid)</b></p> <p><b>Other:</b></p>		

## WEEK THREE

What are you planning on doing this week?



Day	Tasks	Achieved?	If not, why not?
SUNDAY	<b>Read Quran:</b>  <b>Made Dua:</b>  <b>Prayed 5 times a day:</b>  <b>What I plan to do with my Family:</b>   <b>Charitable deed:</b>   <b>Attended Taraweeh (Home/Masjid)</b>  <b>Other:</b>		

## Evaluation time!

How did your week go and what could you do better?



## WEEK FOUR

What are you planning on doing this week?



Day	Tasks	Achieved?	If not, why?
MONDAY	<p><b>Read Quran:</b></p> <p><b>Made Dua:</b></p> <p><b>Prayed 5 times a day:</b></p> <p><b>What I plan to do with my Family:</b></p> <p><b>Charitable deed:</b></p> <p><b>Attended Taraweeh (Home/Masjid)</b></p> <p><b>Other:</b></p>		
TUESDAY	<p><b>Read Quran:</b></p> <p><b>Made Dua:</b></p> <p><b>Prayed 5 times a day:</b></p> <p><b>What I plan to do with my Family:</b></p> <p><b>Charitable deed:</b></p> <p><b>Attended Taraweeh (Home/Masjid)</b></p> <p><b>Other:</b></p>		

## WEEK FOUR

What are you planning on doing this week?



Day	Tasks	Achieved?	If not, why not?
<b>WEDNESDAY</b> Read Quran:			
	<b>Made Dua:</b>		
	<b>Prayed 5 times a day:</b>		
	<b>What I plan to do with my Family:</b>		
 <b>Charitable deed:</b>			
	<b>Attended Taraweeh (Home/Masjid)</b>		
	<b>Other:</b>		
<hr/> <b>THURSDAY</b> Read Quran:			
	<b>Made Dua:</b>		
	<b>Prayed 5 times a day:</b>		
	<b>What I plan to do with my Family:</b>		
 <b>Charitable deed:</b>			
	<b>Attended Taraweeh (Home/Masjid)</b>		
	<b>Other:</b>		

## WEEK FOUR

What are you planning on doing this week?



Day	Tasks	Achieved?	If not, why not?
FRIDAY	<p><b>Read Quran:</b></p> <p><b>Made Dua:</b></p> <p><b>Prayed 5 times a day:</b></p> <p><b>What I plan to do with my Family:</b></p> <p><b>Charitable deed:</b></p> <p><b>Attended Taraweeh (Home/Masjid)</b></p> <p><b>Other:</b></p>		
SATURDAY	<p><b>Read Quran:</b></p> <p><b>Made Dua:</b></p> <p><b>Prayed 5 times a day:</b></p> <p><b>What I plan to do with my Family:</b></p> <p><b>Charitable deed:</b></p> <p><b>Attended Taraweeh (Home/Masjid)</b></p> <p><b>Other:</b></p>		

## WEEK FOUR

What are you planning on doing this week?



Day	Tasks	Achieved?	If not, why not?
SUNDAY	<b>Read Quran:</b>  <b>Made Dua:</b>  <b>Prayed 5 times a day:</b>  <b>What I plan to do with my Family:</b>   <b>Charitable deed:</b>   <b>Attended Taraweeh (Home/Masjid)</b>  <b>Other:</b>		

## Evaluation time!

How did your week go and what could you do better?



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ



# Mandala Art Colouring

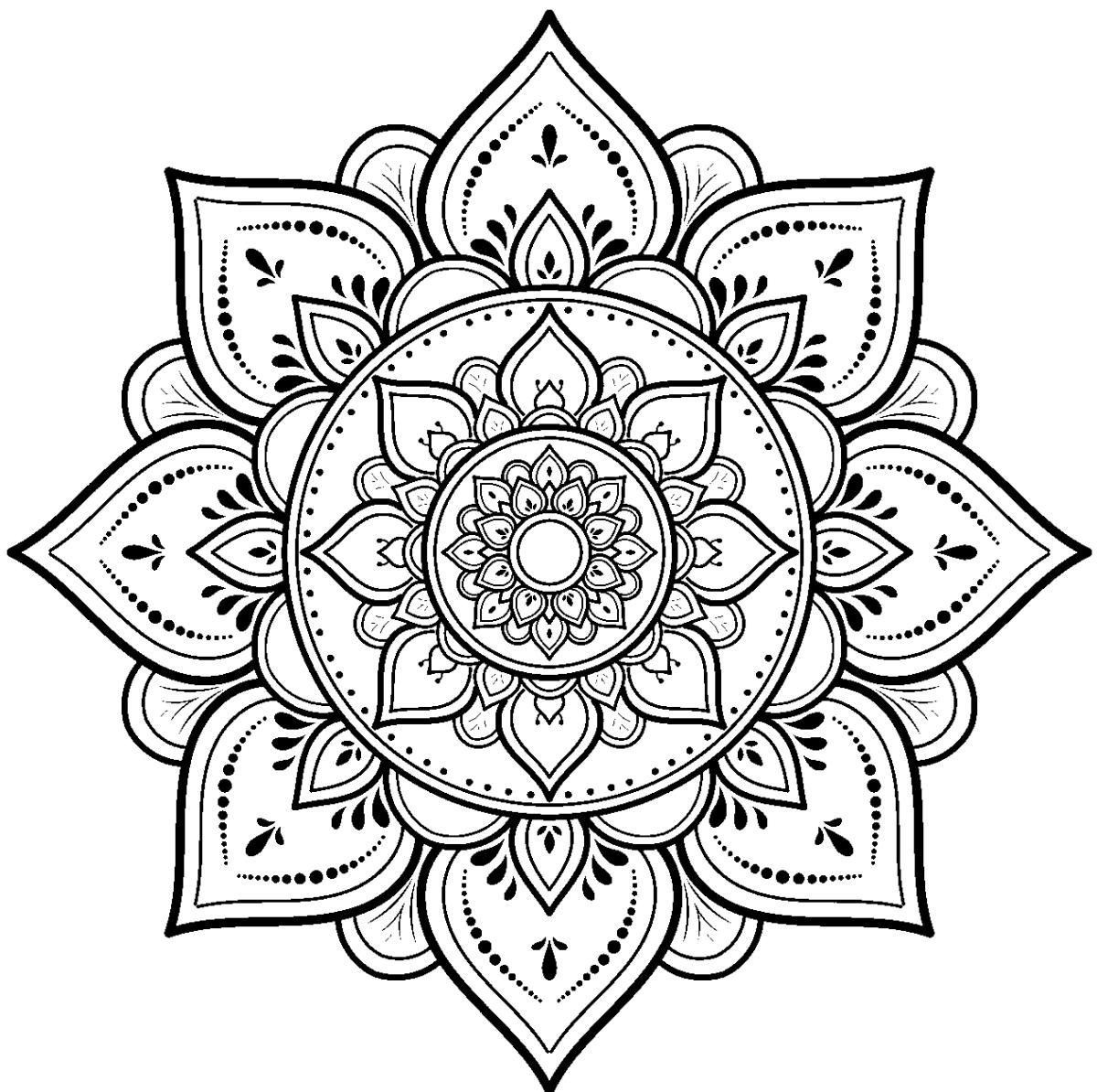
Colouring helps to improve brain function by increasing focus, concentration and relieving stress that is caused by fatigue. This will help to regulate our sensations, emotions, and help to keep us relaxed (Bobby, 2022).

Doing creative art activities tests our creative skills because there is no right or wrong way to colour, which allows us to navigate our creativity without judgments or expectations while enjoying the colouring activity task (Bobby, 2022).

**Have a pleasure time colouring!**

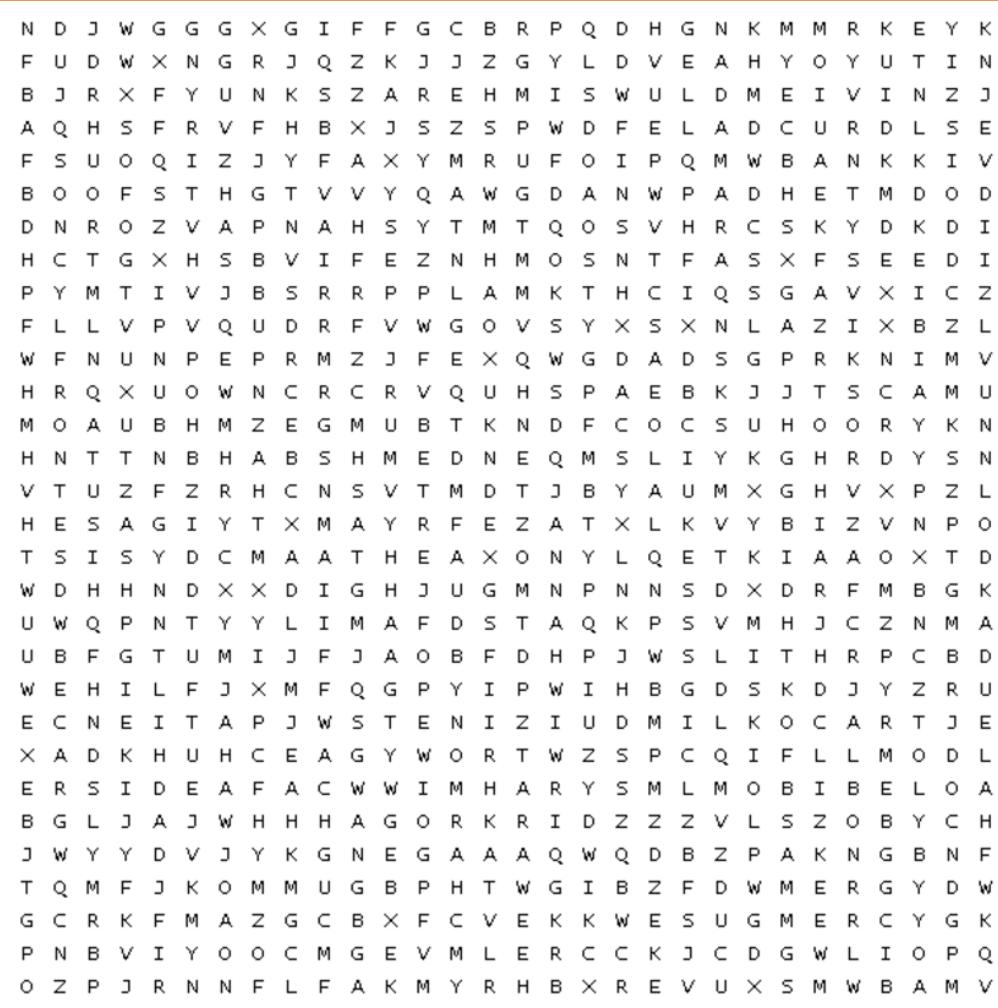
## References

Bobby, J. (2022) *Coloring is good for your health*. Available at: <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/coloring-is-good-for-your-health> (Accessed 5th December 2024)



# Ramadan Wordsearch

*Are you able to find all of the following words  
in the Wordsearch within 5 minutes?*



Ramadan

Dua

Suhoor

Taraweeh

Prayer

Family

Mercy

Jannah

Patience

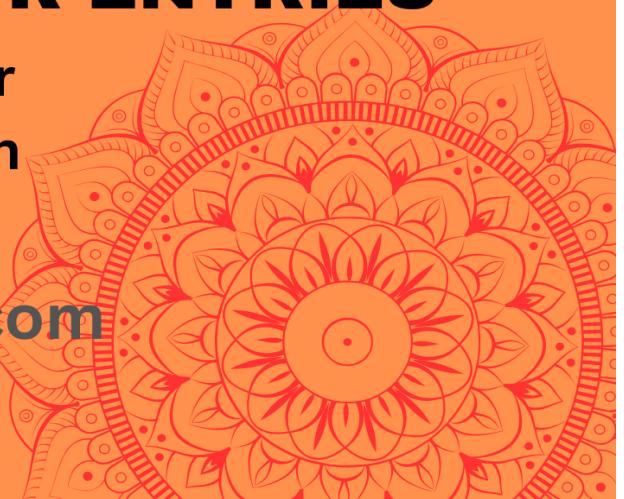
Harmony



1st August  
2025

The Farah Saeed team are  
pleased to announce the  
opening of its SIXTH  
exhibition!

# Mandala Art 2025 Exhibition



## OPEN NOW FOR ENTRIES

Please submit your  
artwork by the 15th  
June 2025

[asqarini@yahoo.com](mailto:asqarini@yahoo.com)

# Ramadan Wordsearch

## SOLUTIONS

