

Adventures with Dr. Appy



OUR GREATEST WEAPON-DUA!

Our Creation, Purpose and Journey: Book 3/4

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Dr. Appy prays that this book touches your heart, and requests that the reward be given to every human with even an ounce of Iman, from the time of Adam (as) until the day of judgement. Ameen.

All profits from this book will be donated to charity. For more detailed information about how the proceeds are being distributed please visit: www.drappy.ca

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A special dua is requested for Brother Majid whose creativity has allowed for these series to come alive.

ISBN

Electronic: 978-1-990398-00-1

Hardcover: 978-1-990398-01-8

Paperback: 979-8-524998-09-5

Dear Parents

The purpose of this book is as follows:

- 1 - Understand that Shaytan has no power over us unless we allow him to have it;
- 2 - Instill the conviction that Allah (swt) answers EVERY dua and does one of 3 things:
 - I) Grants or gives something better
 - II) Averts a calamity
 - III) Saves and gives you the reward on the Day of Judgement;
- 3 - Understand that Allah (swt) is always by our side and wants us to communicate with Him throughout the day with sincerity;
- 4 - Learn and memorize the etiquettes and duas one can do throughout the day so we can be connected to Allah (swt).

I pray this book brings us and our families together and we all learn and implement the duas in our day to day routine. Ameen.

We pray Allah (swt) allows you to connect with Him throughout all your activities of daily living; that He instills gratitude in your hearts and continues to shower you with His immeasurable blessings.

Ameen.

We know you can do this, make a sincere intention, be consistent and disciplined and in no time you will have these duas memorized and incorporated into your daily routine insha'Allah.

Give yourself a star once you have learned the dua -
YOU GOT THIS!

List of Duas

Rate yourself

- Dua to remove Shaytan
- Duas for when you wake up
- Dua for entering/exiting the washroom
- Dua after Wudu
- Dua for getting dressed
- Dua when grooming yourself
- Dua for eating
- Dua for leaving your house
- Dua when mounting any transportation
- Dua for knowledge
- Dua for shopping
- Dua for entering/exiting masjid
- Dua when entering your house
- Duas for when you go to sleep



✓ Give yourself a star once mastered!

CONGRATULATIONS

YOU DID IT!

Make it a lifelong goal to include Allah (swt) in all your activities.

Recite these duas on a daily basis for only Allah (swt) is your true oasis.

**WE ARE SO PROUD OF YOU MASHA'ALLAH
MABROOK MABROOK MABROOK!**

Assalam u Alaikum wa Rahmatullah _____.
(insert child name)
Jazak Allah hu Khairan for joining us in our adventure!

Today we will be exploring the best weapon
at our disposal - Dua!

Let us begin by saying Bismillah!



Shaytan is on a mission for our attrition¹, but we have been given the best weapon. So with Allah (swt) have complete conviction, barring no restrictions!²



Allah (swt) has equipped us with certain verses, to protect us against Shaytan's curses.

Equip yourself wisely and do not take Shaytan's tricks lightly. You have already entered the battleship and dua is a form of worship.³



Every dua that you utter will make your heart flutter, as Allah (swt) always accepts and immediately intercepts!

He does one of three things: grants, averts a dilemma, or the best of all, reserves the reward for a day precipitated.⁴



Never forget that not even a single dua is gone to waste so continue making them in haste. Most of us have no clue, but Allah (swt) is eagerly waiting to talk to you!⁵

Quickly come on! Let us start the conversation, because it just may be our salvation.⁶

Ameen!

Ameen!
Ameen!



Let us walk through a typical day and learn how best to keep Shaytan away!

Before we begin, I will share with you a secret, only if you promise to learn it.

If you want to teach Shaytan a lesson and remove him from your presence, all you need to say is:

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

Audhu billahi minash shayta-nir-rajeem

"I seek refuge with Allah from the Accursed Shaytan."⁷



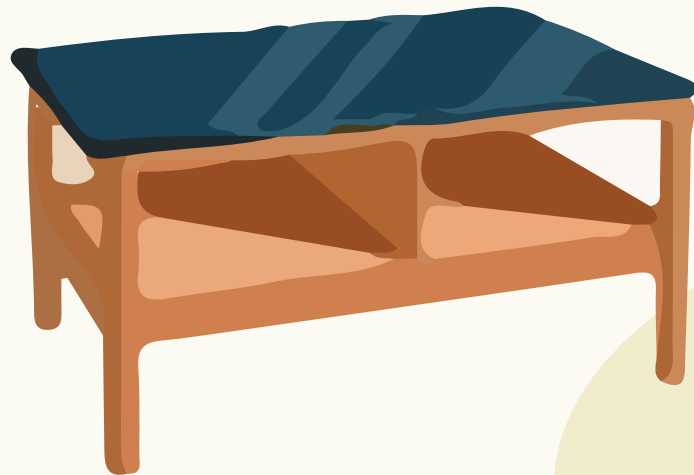
When you wake up in the morning after a night of snoring, be thankful to Allah (swt), as He has given you another day to play, and don't forget to always pray!

Immediately upon awakening, rub both palms on the face and eyes to remove the effects of sleep⁸ and recite:

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

Alhamdu lillahil-latheeh ahyana baAAda ma amatana
wa-ilayhin-nushoor.

All Praise is to Allah Who gives us life after He has caused us to die and to Him is the return..⁹ Ameen.



Next read this dhikr three times as the weight will truly be great!⁸

أَنَا أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ ،
وَأَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ ، رَضِيتُ بِاللَّهِ رَبًّا ،
وَبِمُحَمَّدٍ رَسُولًا وَبِالْإِسْلَامِ دِينًا

Wa 'anaa ashhadu an laa ilaaha illal-laahu wahdahu laa shareeka lahu, wa 'anna Muhammadan 'abduhu wa Rasooluhu, radheetu billaahi Rabban, wa bi Muhammadin Rasoolan wabil-islami deenan.

'I bear witness that none has the right to be worshipped but Allaah alone, Who has no partner, and that Muhammad is His Slave and His Messenger. I am pleased with Allah as my Lord, with Muhammad as my Messenger and with Islam as my religion.'



Then recite these verses as you will have an army of 70,000 Angels praying for your forgiveness and if you return to Allah (swt) you will be counted as a martyr.

First say the following

﴿ أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ ﴾

Audhu billahi minash shayta-nir-rajeem

Audhu billahi minash shayta-nir-rajeem

“I seek refuge with Allah from the Accursed Shaytan.”

Then recite these verses

هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ عَالِمُ الْغَيْبِ وَالشَّهَادَةِ هُوَ الرَّحْمَنُ الرَّحِيمُ
هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْمَلِكُ الْقُدُّوسُ السَّلَامُ الْمُؤْمِنُ الْمُهَيْمِنُ
الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ سُبْحَانَ اللَّهِ عَمَّا يُشْرِكُونَ
هُوَ اللَّهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَى يُسَبِّحُ لَهُ مَا فِي
السَّمَاوَاتِ وَالْأَرْضِ وَهُوَ الْعَزِيزُ الْحَكِيمُ

Huwal-laahul-lathee laaa Ilaaha illaa Huwa 'Aalimul Ghaibi wash-shahaada;
Huwar Rahmaanur-Raheem

Huwal-laahul-lathee laaa Ilaaha illaa Huwal-Malikul Quddoosus-Salaamul
Muminul Muhaiminul-'aAzeezul Jabbaarul-Mutakabbir; Subhaanal laahi
'Ammaa yushrikoon

Huwal Laahul Khaaliqul Baari 'ul Musawwir; laahul Asmaaa'ul Husnaa;
yusabbihu lahoo maa fis samaawaati wal ardi wa Huwal 'Azeezul Hakeem

He is Allah—there is no god worthy of worship except Him: Knower of the seen and unseen. He is the Most Compassionate, Most Merciful. He is Allah—there is no god except Him: the King, the Most Holy, the All-Perfect, the Source of Serenity, the Watcher of all, the Almighty, the Supreme in Might, the Majestic. Glorified is Allah far above what they associate with Him in worship! He is Allah: the Creator, the Inventor, the Shaper. He alone has the Most Beautiful Names. Whatever is in the heavens and the earth constantly glorifies Him. And He is the Almighty, All-Wise. (Quran, 59: 22-24)¹⁰



Followed by this dua:

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ
وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ

HasbiyAllahu laa ilaaha illa huwa alayhi tawakkaltu wa huwa
Rabbul arshil adheem.

Allah is sufficient for me. There is none worthy of worship but Him. I have “
placed my trust in Him. He is the Lord of the Majestic throne.” (Quran 9:51)

Followed by this dua:

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Rabbana aataina fiddunya hasanatan, wafil akhirati hasanatan,
waqina adhaban naar.

Our Lord, give us what is good in this life, and what is good in the Hereafter,
and protect us from the Hellfire (Quran, 2:201). Ameen10



It is time to zoom to the bathroom. Make sure to enter with your left foot first and seek refuge from Shaytan, the accursed.

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ

Allaahumma innee a'oodhu bika minal-khubuthi wal-خاباء'ith

Oh Allah, I seek refuge in you from the male and female unclean spirits.¹¹



Once you are relieved, clean yourself with your left hand¹² thoroughly with water and exit with your right foot hurriedly saying:

غُفْرَانَكَ

Ghufranak.¹³

I ask You (Allah) for forgiveness



Be sure to make it a life aim to ensure, you are always pure. Stay in wudu as the reward from Allah (swt) will surely be due!¹⁴

Let us begin by starting with our right side¹⁵ saying "Bismillah" as we learn how to perform wudu.¹⁶

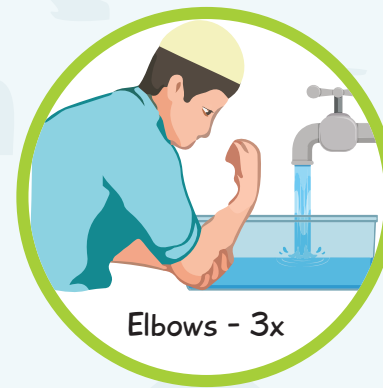
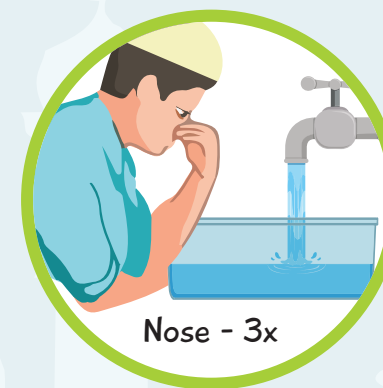
Duas to be recited during Wudhu (Ablution)

Upon looking at the water, it is recommended to say the following:

بِسْمِ اللَّهِ وَبِاللَّهِ الْحَمْدُ لِلَّهِ الَّذِي جَعَلَ
الْمَاءَ طَهُورًا وَلَمْ يَجْعَلْهُ نَجْسًا.

Bismillahi wa billahi wal hamdu lil lahil lazi ja'alal ma'a tahura wa lam yaj alhu najisa.

I begin my ablution in the Name of Allah. All praise is due to Allah, Who made water purifying, and not najis.



Step 1:

Wash your hands up to your wrists three times, starting with your right hand first.

As you are washing, in your heart silently ask Allah (swt) to purify your soul and forgive you for any sins you may have committed with your hands.

**Step 2:**

Take some water into your right hand and rinse your mouth three times. Do this thoroughly to clean your mouth properly.

As you are washing, in your heart silently ask Allah (swt) to purify your soul and forgive you for any sins you may have committed with your mouth/tongue.

**Step 3:**

Take some water into your right hand and sniff it into your nose and then blow it with your left hand. Do this three times.

As you are washing, in your heart silently ask Allah (swt) to purify your soul and forgive you for any sins you may have committed with your sense of smell.

**Step 4:**

Wash your face - Every part of the face needs to be washed. That means from ear to ear and from the top of your forehead to the bottom of your chin. Do this three times.

As you are washing, in your heart silently ask Allah (swt) to purify your soul and forgive you for any sins you may have committed with your face.

Step 5:

Wash your arms - Start from the fingertips and wash your right arm up to the elbow. Make sure that no part is left dry. Do this three times.

Afterwards, follow the same process for your left arm. Do this three times.

As you are washing, in your heart silently ask Allah (swt) to purify your soul and forgive you for any sins you may have committed with your arms.

**Step 6:**

Wipe your head - Move your wet hands from the top of the forehead to the back of the head, and then from the back of the head to the forehead. Do this once.

As you are washing, in your heart silently ask Allah (swt) to purify your soul and forgive you for any sins you may have committed with your mind.

Step 7:

Clean your ears - This step should be performed with the same water from step 6. Using your wet hands you will use your index fingers to clean the inside of your ears. Do this once.

As you are washing, in your heart silently ask Allah (swt) to purify your soul and forgive you for any sins you may have committed with your sense of hearing.

**Step 8:**

Wash your feet and ankles. Begin with your right foot, using your left hand start cleaning from your pinky to the rest of the toes up to the ankle. Make sure water touches every area of the foot and ankle. Do this three times with the right foot. Do the same with your left foot three times.

As you are washing, in your heart silently ask Allah (swt) to purify your soul and forgive you for any sins you may have committed with your feet.

Step 9:

Now that you are done, rest assured that you¹⁷ are cleansed both physically and spiritually. Recite the following as you exit.

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

Ash-hadu 'an laa 'ilaaha 'illallaahu wahdahu laa shareeka lahu wa 'ash-hadu 'anna Muhammadan 'abduhu wa Rasooluhu.

I bear witness that none has the right to be worshipped but Allah alone, Who has no partner; and I bear witness that Muhammad is His slave and His Messenger.

اللَّهُمَّ اجْعَلْنِي مِنَ التَّوَّابِينَ وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ

Allaahummaj'alnee minat-tawwaabeena waj'alnee minal-mutatahhireen.

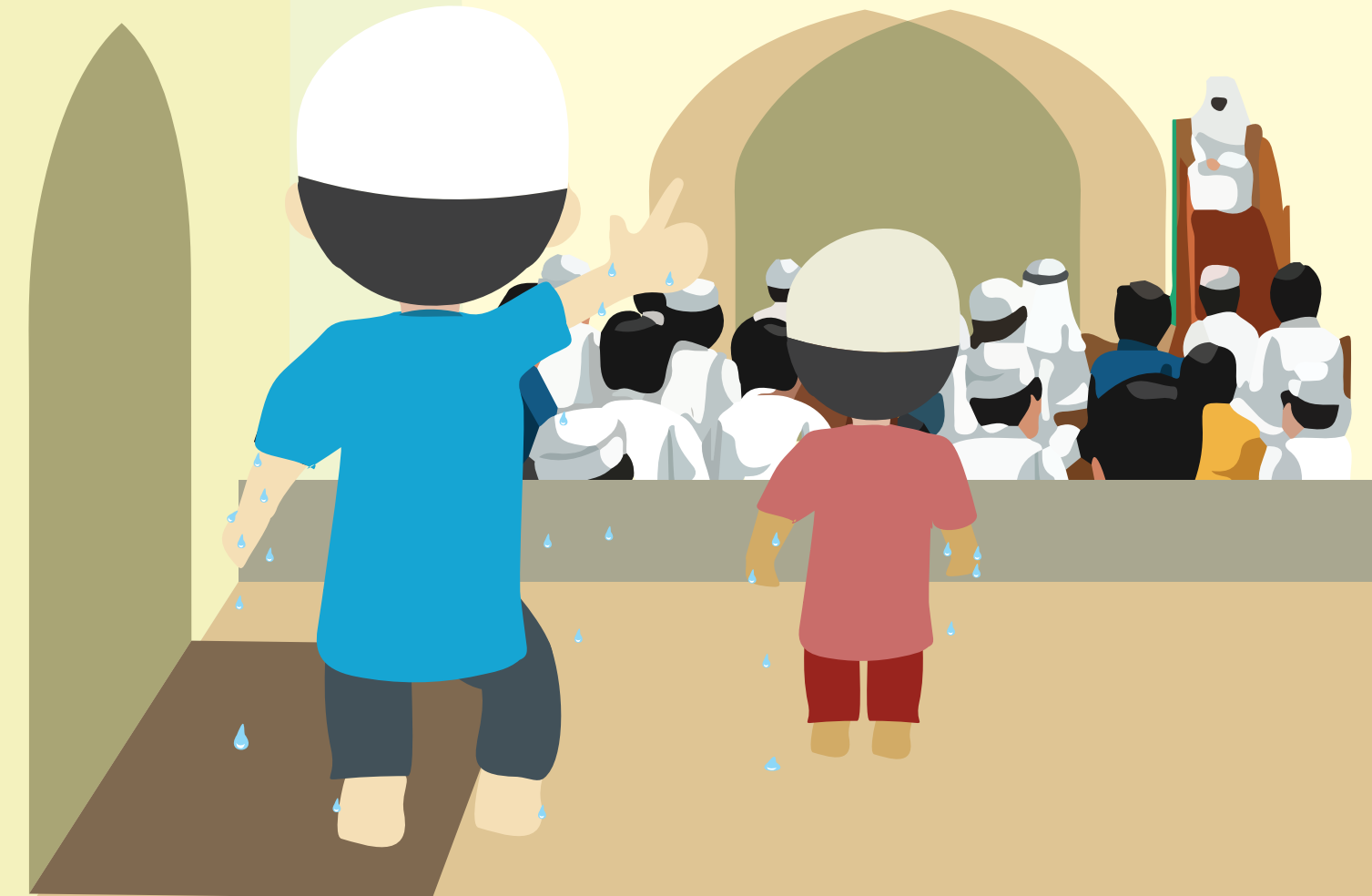
O Allah, make me among those who turn to You in repentance, and make me among those who are purified.

You are now cleansed so try to pray just two rakats my friend, as the reward you will not be able to comprehend!¹⁹

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ، أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ، أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ

Subhaanaka Allaahumma wa bihamdika, 'ash-hadu 'an laa 'ilaaha 'illaa 'Anta, 'astaghfiruka wa 'atoobu 'ilayk

Glory is to You, O Allah, and praise; I bear witness that there is none worthy of worship but You. I seek Your forgiveness and turn to You in repentance.



Now that you are all refreshed, it is time to get dressed.
Choose your clothes wisely, pleasing only the All-Mighty²⁰
saying:

الْحَمْدُ لِلَّهِ الَّذِي كَسَانِي هَذَا (الثَّوْبَ) وَرَزَقَنِيهِ
مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ

Alhamdu lillaahil-lathee kasaanee haathaa (aththawba) wa
razaqaneehi min ghayri hawlim-minnee wa laa quwwatin.

Praise is to Allah Who has clothed me with this (garment) and provided
it for me, though I was powerless myself and incapable.



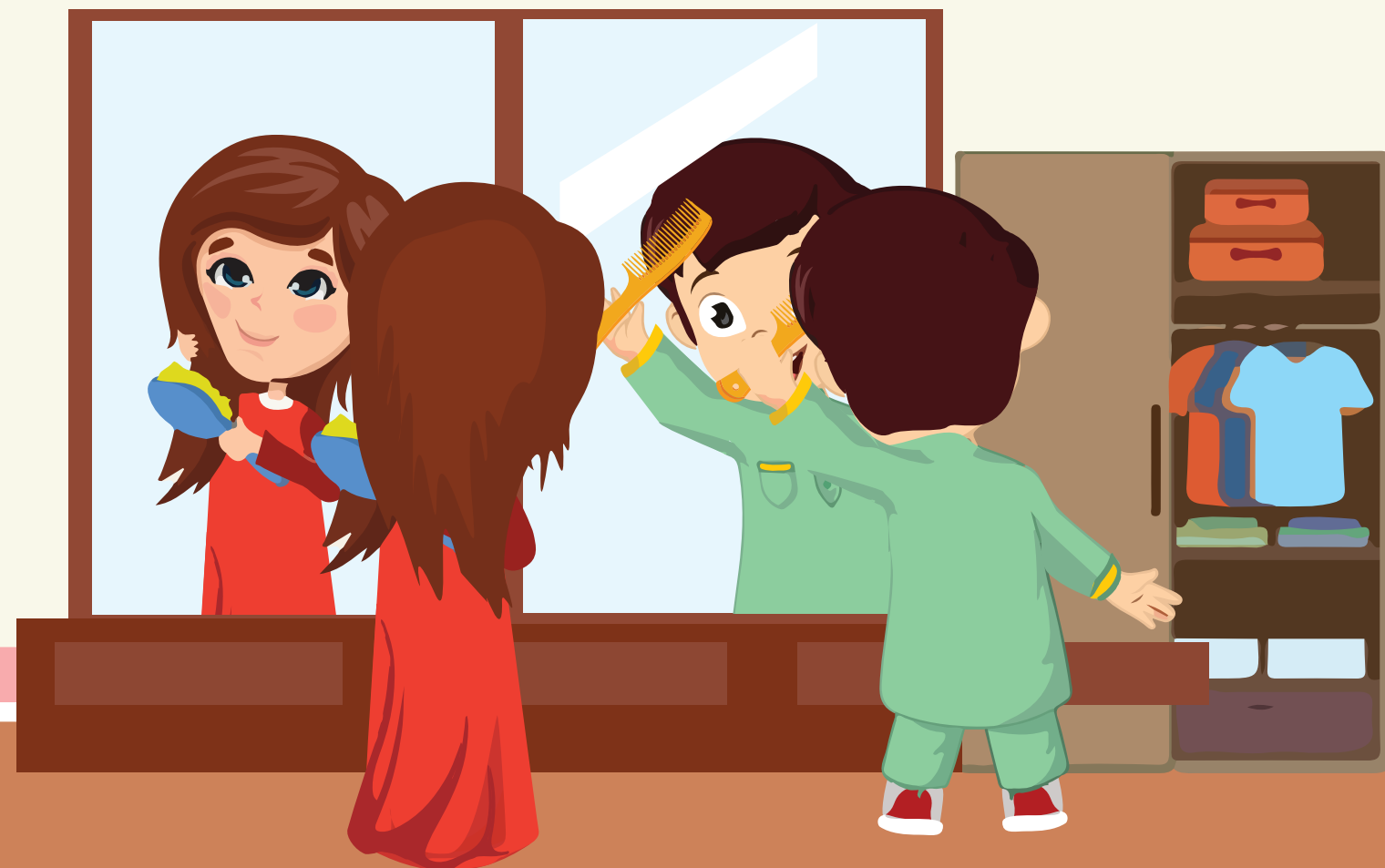
Now that you are dressed, realize that you are truly blessed. As you continue with your grooming, pray for your Iman to be blooming.

Comb your hair from the right side²¹ and as you are looking in the mirror come closer to Allah (swt) by making this dua:

اللَّهُمَّ أَنْتَ حَسَّنْتَ خَلْقِي فَحَسِّنْ خُلُقِي

Allahumma antha hasantha khalqi fa hasintha khulqi

O Allah, just as You have made my external features beautiful, make my character beautiful as well.



As you begin to eat breakfast, ask your family to join you, for indeed there is barakah when you eat with your Mama and Baba.²³ Start with your right hand and say:²⁴

بِسْمِ اللَّهِ وَعَلَى بَرَكَاتِهِ اللَّهُ

Bismillahi wa'ala barakathillahi

In the name of Allah and with the blessings of Allah I begin eating.

If you have forgotten to say the above before you eat and remember during the meal then say the following:

بِسْمِ اللَّهِ فِي أَوَّلِهِ وَآخِرِهِ

Bismillaahi fee awwalihi wa aakhirih

In the name of Allah in it's beginning and end.



Remember to eat from that which is near you,²⁵ sit down²⁶ and drink water in two to three gulps²⁷ and not to criticize the food.²⁸ Lastly, remember to eat in thirds, one-third food, one-third drink and one-third air.²⁹

Now that you are all done, thank Allah (swt) for providing you with the meal³⁰:

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا وَرَزَقَنِيهِ
مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ

Alhamdu lillaahil-lathee at amanee haathaa, wa razaqaneehi, min ghayri hawlin minnee wa laa quwwatin.

Praise is to Allah Who has given me this food and sustained me with it though I was unable to do it and powerless.

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مُسْلِمِينَ

Alhamdu-lillahil-lazi at'amana wa saqana wa ja'alana muslimin

All praise is due to Allah Who have given us food and drinks and "ordained us as Muslims"

الْحَمْدُ لِلَّهِ حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ غَيْرَ
مُودَعٍ وَلَا مُسْتَعْنَى عَنْهُ رَبَّنَا

Alhamdulillah hamdan kathiran tayyiban mubarakan fihi, ghaira muwadda'in wa-la mustaghnan 'anhu Rabbuna

"All praise is due to Allah - an abundant, pure and blessed praise; a praise that can neither be forsaken nor dispensed with, our Lord"



It is time to leave and do not be deceived. Put your shoes on with your right first, seeking protection from the accursed.

As you exit your home to start your day with your right foot and say³¹:

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Bismillahi tawakkaltu alallaahi wa laa hawla wa laa quwwata illaa billaah.

I depart with Allah's name, relying on Him. It is Allah who saves us from sins with His guidance (the ability to do so).



You are en route and as you are being transported, know that you are perpetually supported.³²

Recite this dua when you are mounting, for the blessings of such, you will just remain counting.

سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ
وَإِنَّا إِلَىٰ رَبِّنَا لَمُنْقَلِبُونَ.

Subhana-alladhi sakh-khara la-na hadha wa ma kunna la-hu muqrinin. Wa inna ila Rabbi-na la munqalibun

Glory unto Him Who created this transportation, for us, though we were unable to create it on our own. And unto our Lord we shall return.³³

بِسْمِ اللَّهِ مَجْرِبَهَا وَمُرْسَاهَا إِنَّ رَبِّي لَغَفُورٌ رَّحِيمٌ

Bismillahi majreha wa mursaha, inna rabbi la ghafoorur raheem

In the Name of Allah it will sail and cast anchor. Surely my Lord is All-Forgiving, Most Merciful.³⁴



Get into the habit of starting all your endeavors by thanking Allah (swt) for all His favors. Turn every second of your day into an ibadah which will be filled with barakah - all by just saying Bismillah! As you begin your classes recite the following as the rewards will be ongoing.

رَبِّ زِدْنِي عِلْمًا

Rabbi zidni ilman

"My Lord increase me, and increase me in knowledge."³⁵

رَبِّ هَبْ لِي حُكْمًا وَالْحَقْنِي بِالصَّالِحِينَ وَاجْعَلْ لِي لِسَانَ صِدْقٍ فِي الْآخِرِينَ وَاجْعَلْنِي مِنْ وَرَثَةِ جَنَّةِ النَّعِيمِ

Rabbi hab lee hukman waalhiqnee bialssali'heena Waj'al lee lisana sidqin fee alakhireena Waj'alnee min warathati jannati anna'eem

"My Lord, grant me wisdom, join me with the righteous; give me a good name among later generations; make me one of those given the Garden of Bliss."³⁶

قَالَ رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي
وَاحْلُلْ عُقْدَةً مِّنْ لِّسَانِي يَفْقَهُوا قَوْلِي

Rabbishrah lee sadree Wayassir lee amree Wahlul 'uqdatan min lisanee Yafqahoo qawlee

"O my Sustainer! Open up my heart and make my task easy for me, and loosen the knot from my tongue so that they might fully understand my speech."³⁷



Anytime you go shopping, recite this dua for an eternal gain which will be exceeding every bargain! ³⁹

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ ،
يُحْيِي وَيُمِيتُ وَهُوَ حَيٌّ لَا يَمُوتُ ، بِيَدِهِ الْخَيْرُ
وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

laa ilaaha ill-allaahu waḥdahu laa shareeka lah, lah-ul-mulku wa lahul-ḥamdu,
yuhyee wa yumeetu wa huwa ḥayun laa yamootu, bi yadi-hil-khayru, wa huwa
'alaa kulli shay'in qadeer

"None has the right to be worshipped except Allah, alone, without partner, to Him belongs all sovereignty and praise. He gives life and causes death, and He is living and does not die. In His hand is all good and He Omnipotent over all things."

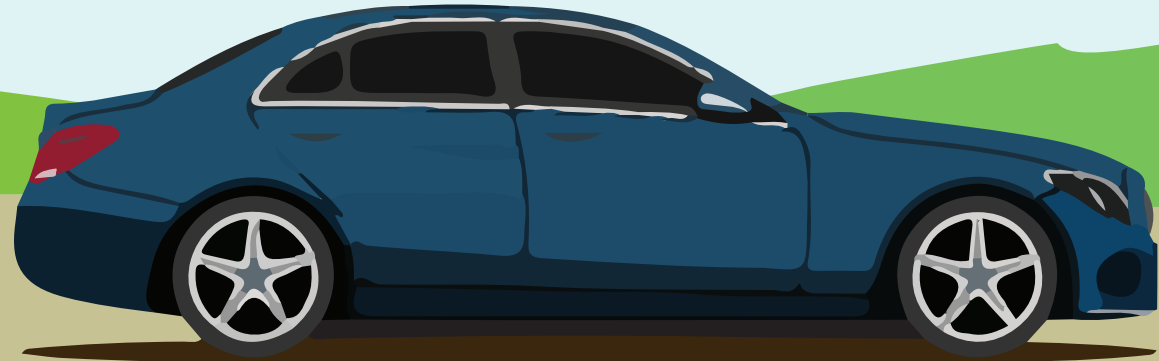


As you begin to make your way to the Masjid, recite the following:

اللَّهُمَّ اجْعَلْ فِي قَلْبِي نُورًا ، وَفِي لِسَانِي نُورًا ، وَاجْعَلْ فِي
سَمْعِي نُورًا ، وَاجْعَلْ فِي بَصَرِي نُورًا ، وَاجْعَلْ مِنْ خَلْفِي
نُورًا ، وَمِنْ أَمَامِي نُورًا ، وَاجْعَلْ مِنْ فَوْقِي نُورًا ، وَمِنْ
تَحْتِي نُورًا . اللَّهُمَّ اعْطِنِي نُورًا .

Allahumma ijAAal fee qalbee noora, wafee lisanee noora, wajAAal fee
samAAee noora, wajAAal fee basaree noora, wajAAal min khalfee noora,
wamin amamee noora , wajAAal min fawqee noora, wamin tahtee noora,
allahumma aAAatinee noora.

O Allah, place within my heart light, and upon my tongue light, and within my ears light, and
within my eyes light, and place behind me light and in front of me light and above me light and
beneath me light. O Allah, bestow upon me light.



Stay connected to the masjid and insha'Allah Jannah will be granted. Enter with your right foot and say:

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Allaahum-maf tah lee abwaaba rahmatik

O Allah, open the gates of Your mercy for me.⁴⁰

**Before you take a seat, perform two rakats salat,
for the reward one cannot beat.⁴¹**

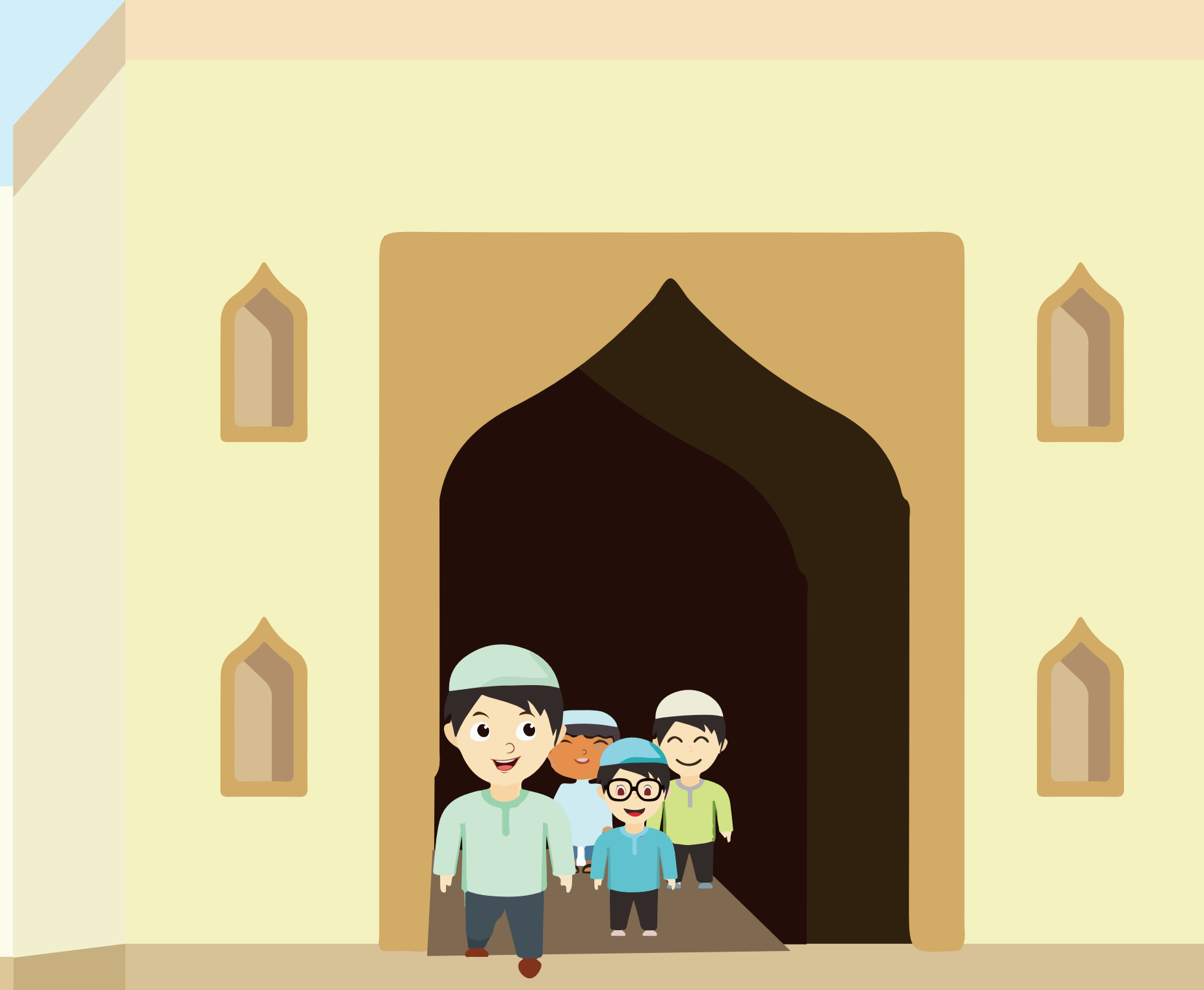
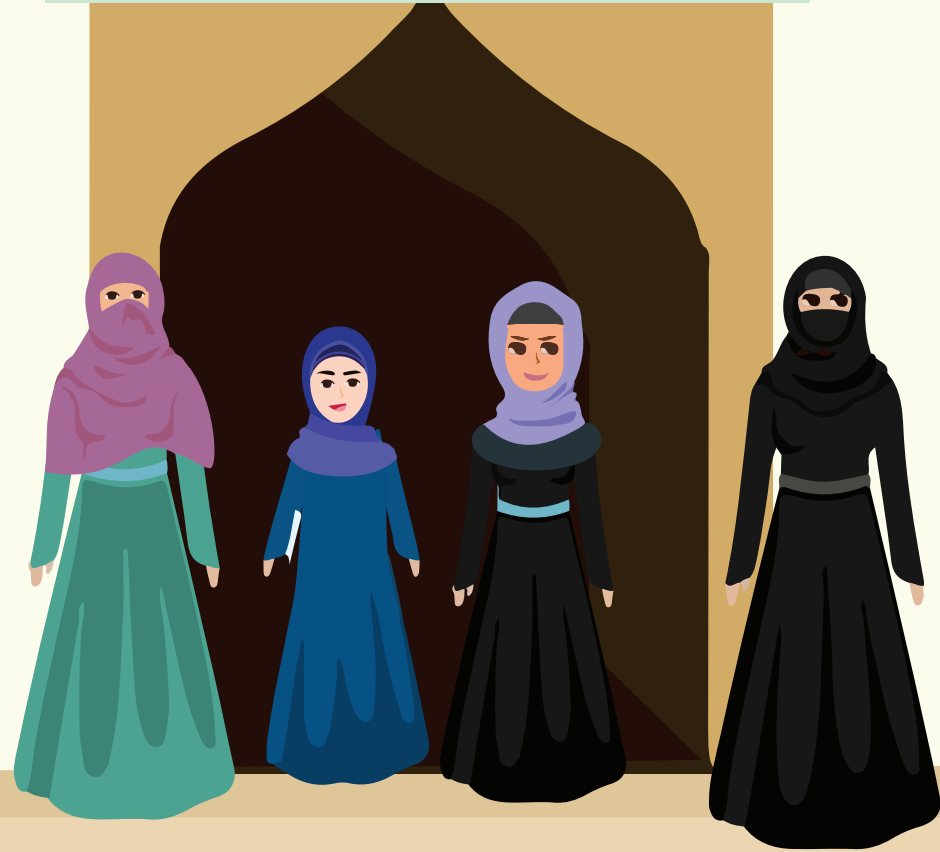


As you leave the masjid exit with
your right foot saying:

السَّلَامُ عَلَى رَسُولِ اللَّهِ،
اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

As-salaamu alaa rasool-lil-laah,
allaa-hum-ma innee as'aluka min fad-lik

Peace be upon the Messenger of Allah.
O Allah, I ask You from Your favour

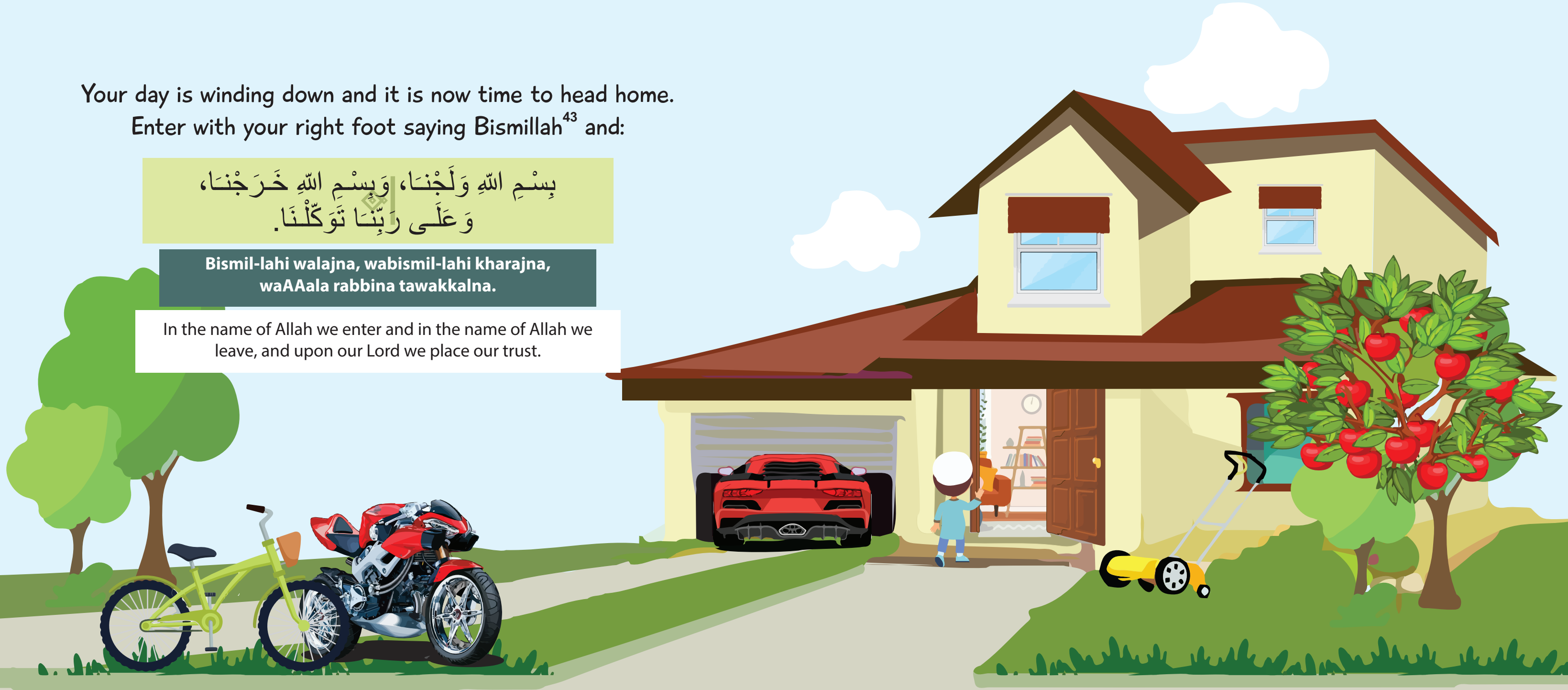


Your day is winding down and it is now time to head home.
Enter with your right foot saying Bismillah⁴³ and:

بِسْمِ اللَّهِ وَلَجْنَا، وَبِسْمِ اللَّهِ خَرَجْنَا،
وَعَلَى رَبِّنَا تَوَكَّلْنَا.

Bismil-lahi walajna, wabismil-lahi kharajna,
waAAala rabbina tawakkalna.

In the name of Allah we enter and in the name of Allah we
leave, and upon our Lord we place our trust.



It is time to go to sleep and remember it is only your deeds you shall keep. Make a sincere intention that you are about to rest in order to restore your health so that you may be strong enough to worship Allah (swt) for the next day.

The Prophet's (saw) day ended soon after Isha. He would not spend his time socializing or engaging in any worldly matters. He would spend some time with his family and then would get ready to go to bed^{.46}



Bedtime Routine

- 1) Lock your doors, cover your food & drinks and turn off the lights⁴⁷
- 2) Make wudu⁴⁸
- 3) Dust and clean your bed x 3⁴⁹
- 4) Lay on your right side with your right hand under your cheek and begin your conversation with Allah⁵⁰

بِاسْمِكَ رَبِّي وَضَعْتُ جَنْبِي، وَبِكَ أَرْفَعُهُ،
فَإِنْ أَمْسَكْتَ نَفْسِي فَارْحَمْهَا، وَإِنْ أَرْسَلْتَهَا فَاحْفَظْهَا،
بِمَا تَحْفَظُ بِهِ عِبَادَكَ الصَّالِحِينَ

**Bismika Rabbee wadha'tu janbee, wa bika arfa'uhu, fa'in amsakta
nafsee farhamhaa, wa in arsaltahaa fahfadhhaa, bimaah tahfadhu bihi
'ibaadakas-saliheen.**

With Your Name my Lord, I lay myself down; and with Your Name I rise.
And if my soul You take, have mercy on it, and if You send it back then
protect it as You protect Your righteous slaves.



5) Take account of yourself before Allah (swt) takes account of you. Converse with Allah (swt), cleanse your heart, forgive those that may have hurt you and seek forgiveness for yourself with Allah (swt). Rest assured that Allah (swt) will handle all your business from the big to the small and lay your trust in Allah (swt).

6) Recite Ayatal Kursi



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
"اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ لَهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ مِنْ عِلْمِهِ إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ".

Bismillah-ir-Rahman-ir-Rahim
Allahu laa ilaaha illaa huwal haiyul qai-yoom
laa taakhuzuhoo sinatunw wa laa nawm; lahoo maa fissaamaawaati wa
maa fil ard, man zallazee yashfa'u indahoo illaa be iznih
ya'lamu maa baina aideehim wa maa khalfahum
wa laa yuheetoona beshai 'immin 'ilmihee illa be maa shaaa
wasi'a kursiyyuhus samaa waati wal arda wa la ya'ooduho hifzuhumaa
wa huwal aliyyul 'azeem

In the name of Allah, The Most Compassionate, The Most Merciful. Allah! There is no God but He, the Ever Living, the One Who sustains and protects all that exists. Neither slumber nor sleep overtakes Him. To Him belongs whatever is in the heavens and whatever is on Earth. Who is he that can intercede with Him except with His Permission? He knows what happens to them in this world, and what will happen to them in the Hereafter. And they will never encompass anything of His Knowledge except that which He wills. His Throne extends over the heavens and the Earth, and He feels no fatigue in guarding and preserving them. And He is the Most High, the Most Great.⁵¹

7) Recite Surah Al-Kafiroon,

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
قُلْ يَا أَيُّهَا الْكَافِرُونَ ۝ ۱ لَا أَعْبُدُ مَا تَعْبُدُونَ ۝ ۲ وَلَا أَنْتُمْ عِبُدُونَ مَا أَعْبُدُ ۝ ۳ وَلَا أَنَا عَابِدٌ مَا
عَبَدْتُمْ ۝ ۴ وَلَا أَنْتُمْ عِبُدُونَ مَا أَعْبُدُ ۝ ۵ لَكُمْ دِينُكُمْ وَلِيَ دِينِ ۝ ۶

Bismillaahir-Rahmaanir-Raheem.

**Qul yaaa-ayyuhal kaafiroon, Laaa a'budu maa t'abudoon Wa
laaa antum aabidoona maaa a'bud Wa laaa ana abidum maa
abattum Wa laaa antum aabidoona maaa a'bud Lakum
deenukum wa liya deen.**

In the name of Allah, The Most Compassionate, The Most Merciful.
Say, O Prophet, "O you disbelievers! I do not worship what you worship, nor do you worship
what I worship. I will never worship what you worship, nor will you ever worship what I
worship. You have your way, and I have my Way.⁵²



8) Recite Surah Ikhlas, Falaq & Nas into the palms of your hands and rub your body with your hands starting with head, face and the front of body, three times.⁵³

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
قُلْ هُوَ اللَّهُ أَحَدٌ ۱ اللَّهُ الصَّمَدُ ۲ لَمْ يَلِدْ وَلَمْ يُولَدْ ۳ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ۴

Bismillah hir rahman nir rahim
Qul Huwallaahu Ahad. Allaahus-Samad. Lam yalid wa lam
yoolad. Wa lam yakun lahu kufuwan 'ahad.

In the name of Allah, The Most Compassionate, The Most Merciful.
Say : He is Allah (the) One . The Self-Sufficient Master, Whom all creatures need, He begets not nor was He begotten, and none is equal to Him.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ۱ مِنْ شَرِّ مَا خَلَقَ ۲ وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ۳ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ۴
وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ۵

Bismillaahir-Rahmaanir-Raheem.
Qul a'oothu birabbil-falaq. Min sharri maa khalaq. Wa min sharri
ghaasiqin ithaa waqab. Wa min sharrin-naffaathaati fil-'uqad. Wa
min sharri haasidin ithaa hasad.

Bismillaahir-Rahmaanir-Raheem.
Say: I seek refuge with (Allah) the Lord of the daybreak, from the evil of what He has created, and from the evil of the darkening (night) as it comes with its darkness, and from the evil of those who practice witchcraft when they blow in the knots, and from the evil of the envier when he envies.
(Quran 113)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
قُلْ أَعُوذُ بِرَبِّ النَّاسِ ۱ مَلِكِ النَّاسِ ۲ إِلَهِ النَّاسِ ۳ مِنْ شَرِّ الْوَسْوَاسِ
الْخَنَّاسِ ۴ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ۵ مِنَ الْجِنَّةِ وَالنَّاسِ ۶

Bismillaahir-Rahmaanir-Raheem
Qul 'a'oothu birabbin-naas. Malikin-naas. Ilaahin-naas. Min sharril-
waswaasil-khannaas. Allathee yuwaswisu fee sudoorin-naas. Minal-
jinnati wannaas.

In the name of Allah, The Most Compassionate, The Most Merciful.
Say: I seek refuge with (Allah) the Lord of mankind, the King of mankind, the God of mankind, from the evil of the whisperer who withdraws, who whispers in the breasts of mankind, of jinns and men. (Quran 114)



9) Recite the last 2 verses of Surah Baqarah.

أَمَّنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ كُلٌّ آمَنَ بِاللَّهِ
وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ لَا نُفَرِّقُ بَيْنَ أَحَدٍ مِنْ رُسُلِهِ وَقَالُوا سَمِعْنَا
وَأَطَعْنَا غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ ﴿٥٤﴾ لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا
لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا
رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا رَبَّنَا وَلَا
تَحْمِلْنَا مَا لَا طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا وَارْحَمْنَا أَنْتَ مَوْلَانَا
فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ ﴿٥٥﴾

Bismillaahir-Rahmaanir-Raheem.

Aamanar-Rasoolu bimaa unzila ilayhi mir-Rabbihi walmu'minoon, kullun aamana
billaahi wa malaa'ikatihi wa Kutubihi wa Rusulihi, laa nufarriqu bayna ahadim-mir-
Rusulihi, wa qaloo sami'naa wa 'ata'naa ghufraanaka Rabbanaa wa 'ilaykal-maseer.
Laa yukallifullaahu nafsan 'illaa wus'ahaa, lahaa maa kasabat wa alayhaa mak-
tasabat, Rabbanaa laa tu'aakhithnaa 'in naseenaa aw akhta'naa, Rabbanaa wa laa
tahmil 'alaynaa isran kamaa hamaltahu alal-latheena min qablinaa, Rabbanaa wa laa
tuhammilnaa maa laa taaqata lanaa bihi, wa'fu annaa, waghfir lanaa warhamnaa,
Anta Mawlaanaa fansurnaa alal-qawmil-kaafireen.

In the name of Allah, The Most Compassionate, The Most Merciful.

The Messenger believes in what has been sent down to him from his Lord, and so do the believers. Each one believes in Allah, His Angels, His Books, and His Messengers. They say: "We make no distinction between any of His Messengers," and they say: "We hear, and we obey. (We seek) Your Forgiveness, our Lord, and to You is the return." Allah burdens not a person beyond what he can bear. He gets reward for that (good) which he has earned, and he is punished for that (evil) which he has earned. Our Lord! Punish us not if we forget or fall into error. Our Lord! Lay not on us a burden like that which You did lay on those before us. Our Lord! Put not on us a burden greater than we have strength to bear. Pardon us and grant us forgiveness. Have mercy on us. You are our Protector, and help us against the disbelieving people.

(Quran 2:285-286)⁵⁴

10) Make Dhikr⁵⁵

سُبْحَانَ اللَّهِ

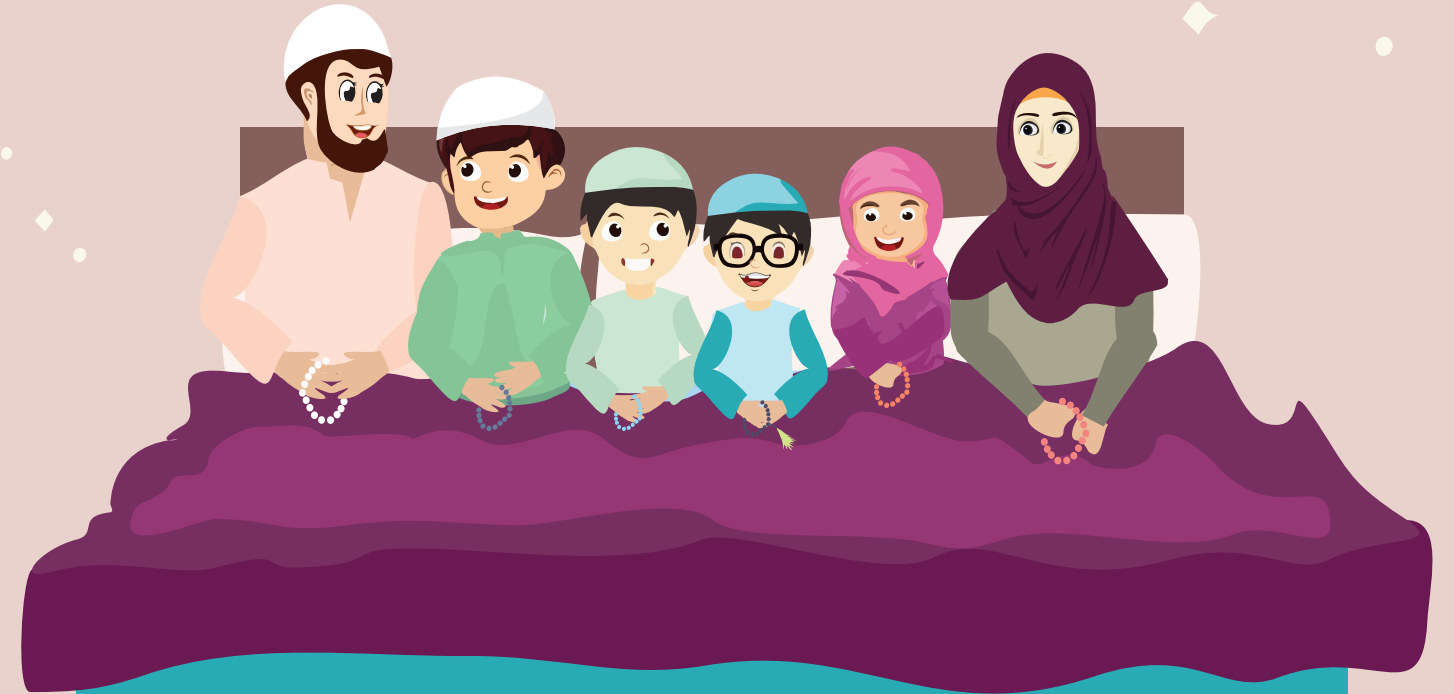
Subhanallah
Glorified is Allah - x 33

الْحَمْدُ لِلَّهِ

Alhumdullilah
All praise and thanks is due to Allah - x 33

اللَّهُ أَكْبَرُ

Allahu Akbar
Allah is the Greatest - x 34



- 11) Then recite these verses as you will have an army of 70,000 Angels praying for your forgiveness and if you return to Allah (swt) you will be counted as a martyr.

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ عِلْمُ الْغَيْبِ وَالشَّهَادَةِ هُوَ الرَّحْمَنُ الرَّحِيمُ ﴿٥٩:٢٢﴾
هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْمَلِكُ الْقُدُّوسُ السَّلَامُ الْمُؤْمِنُ
الْمُهَيِّمُ الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ سُبْحَانَ اللَّهِ عَمَّا يُشْرِكُونَ ﴿٥٩:٢٣﴾ هُوَ
اللَّهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَى يُسَبِّحُ لَهُ مَا فِي
السَّمَوَاتِ وَالْأَرْضِ وَهُوَ الْعَزِيزُ الْحَكِيمُ ﴿٥٩:٢٤﴾

Huwal-laahul-lathee laaa Ilaaha illaa Huwa 'Aalimul Ghaibi wash-shahaada; Huwar
Rahmaanur-Raheem
Huwal-laahul-lathee laaa Ilaaha illaa Huwal-Malikul Quddoosus-Salaamul Muminul
Muhaiminul-'aAzeezul Jabbaarul-Mutakabbir; Subhaanal laahi 'Ammaa yushrikoon
Huwal Laahul Khaaliqu Baari 'ul Musawwir; lahul Asmaaa'ul Husnaa;

He is Allah—there is no god worthy of worship except Him: Knower of the seen and unseen. He is the Most Compassionate, Most Merciful. He is Allah—there is no god except Him: the King, the Most Holy, the All-Perfect, the Source of Serenity, the Watcher of all, the Almighty, the Supreme in Might, the Majestic. Glorified is Allah far above what they associate with Him in worship! He is Allah: the Creator, the Inventor, the Shaper. He alone has the Most Beautiful Names. Whatever is in the heavens and the earth constantly glorifies Him. And He is the Almighty, All-Wise.

(Quran, 59: 22-24)10



- 12) Make the intention that you are sleeping to restore your health so you can wake up and worship Allah (swt). Then declare your Shahada:

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ،
وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

Ash-hadu 'an laa 'ilaaha 'illallaahu wahdahu laa shareeka lahu wa 'ash-hadu 'anna Muhammadan 'abduhu wa Rasooluhu.

I bear witness that none has the right to be worshipped but Allah alone, Who has no partner; and I bear witness that Muhammad is His slave and His Messenger.

- 13) Recite the following:

اللَّهُمَّ إِنَّكَ خَلَقْتَ نَفْسِي وَأَنْتَ تَوَفَّاهَا، لَكَ مَمَاتُهَا وَمَحْيَاهَا، إِنْ أَحْيَيْتَهَا " فَاحْفَظْهَا، وَإِنْ أَمَتَّهَا فَاعْفِرْ لَهَا، اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَافِيَةَ".

Allahumma innaka khalaqta nafsee wa Anta tawaffaahaa, laka mamatuha wa mahyaahaa, in ahyaytaahaa fahfadhhaa, wa 'in 'amattahaa faghfir lahaa. Allaahumma 'innee 'as'alukal-'aafiyata.

O Allah, You have created my soul and You take it back. Unto You is its death and its life. If You give it life then protect it, and if You cause it to die then forgive it. O Allah, I ask You for strength.

- 14). Then recite this and do not speak to anyone afterwards.
Goodnight.

اللَّهُمَّ بِاسْمِكَ أَمُوتُ وَأَحْيَا

Allahuma Bismika Amutu wa Ahya

O'Allah in your name do we live and return.⁹

Ameen

I LOVE YOU
ALLAH! (SWT)



We pray you implement these duas and converse with Allah (swt) throughout your day for the rest of your life. Ameen.

رَبِّ زِدْنِي عِلْمًا

Rabbi zidni ilma

"My Lord, increase me in knowledge."
Ameen. (Quran 20:114)

اللَّهُمَّ إِنِّي أَسْتَوِدِعُكَ مَا قَرَأْتُ وَمَا حَفِظْتُ
وَمَا تَعَلَّمْتُ فَرُدَّهُ لِي إِذَا حَاجَتِي إِلَيْهِ ،
إِنَّكَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ وَحَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

Allahumma inni astaudi'uka ma qara'tu wa ma hafiztu wa ma ta'allamtu, fardudhu li ilayya 'inda haajati, innaka 'ala kulli syai-in qadir, wa hasbunallahu wa ni'mal wakil.

"O Allah! I entrust You with what I have read and what I have memorised and I have studied. Bring it back to me when I am in need of it. Truly you have power over all things. Sufficient for us is Allah, and (He is) the best Disposer of affairs." Ameen.

رَبِّ هَبْ لِي حُكْمًا وَأَلْحِقْنِي بِالصَّالِحِينَ
وَاجْعَلْ لِي لِسَانَ صِدْقٍ فِي الْآخِرِينَ
وَاجْعَلْنِي مِنْ وَرَثَةِ جَنَّةِ النَّعِيمِ

Rabbi habli hukman wa al-hiqni bis salihin, waj-'al li lisana sidqin fil-aakhirin, waj-'alni min waratha-ti jannatin-naa'im.

My Lord! bestow wisdom on me and make me among the righteous. Bless me with honourable mention among later generations and make me one of the inheritors of the Garden of Bliss. Ameen. (Quran, 26:83-85)



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- 1 And Ash-Shaytan (The all-vicious “one”, i.e., the Devil) says, as soon as the Command is decreed, “Surely Allah promised you a promise of Truth, and I promised you, then I failed you; and in no way did I have any all-binding authority over you except that I called you, so you responded to me. So do not blame me and blame yourselves. In no way can I be a screamer for you, and in no way can you be screamers for me. Surely I disbelieved in your associating me (with Allah (swt)) earlier.” Surely the unjust will have a painful torment (Quran 14:22).
- 2 Narrated by Abu Hurairah (ra) reported: The Messenger of Allah (swt), “The supplication of every one of you will be granted if he does not get impatient and say (for example): ‘I supplicated my Rubb but my prayer has not been granted’” (Al-Bukhari and Muslim). The narration of Muslim is: “The supplication of a slave continues to be granted as long as he does not supplicate for a sinful thing or for something that would cut off the ties of kinship and he does not grow impatient.” It was said: “O Messenger of Allah! What does growing impatient mean?” He (saw) said, “It is one's saying: ‘I supplicated again and again but I do not think that my prayer will be answered.’ Then he becomes frustrated (in such circumstances) and gives up supplication altogether.” (Riyad as-Salihin 1499, Book 16, Hadith 35).
- 3 Narrated by An-Nu`man bin Bashir (ra) reported: The Prophet (ra) said, “Dua (supplication) is worship. (Abu Dawud, Riyad as-Salihin 1465, Book 16, Hadith 1).
- 4 Narrated by Abu Sa`id al-Khudri (ra) reported: The Prophet (saw) said, “There is no Muslim who calls upon Allah, without sin or cutting family ties, but that Allah will give him one of three answers: He will quickly fulfill his supplication, He will store it for him in the Hereafter, or He will divert an evil from him similar to it.” They said, “In that case we will ask for more.” The Prophet said, “Allah has even more.” (Sahih Al-Albani Musnad Aḥmad 11133).
- 5 And when My servants ask you, (O Muhammad), concerning Me - indeed I am near. I respond to the invocation of the supplicant when he calls upon Me. So let them respond to Me (by obedience) and believe in Me that they may be (rightly) guided. (Quran 2:186).
- 6 An-Nu`man bin Bashir (ra) narrated that: The Prophet (saw) said: “The supplication, is worship.” Then he recited: And Your Lord said: “Call upon me, I will respond to you. Verily, those who scorn My worship, they will surely enter Hell humiliated.” (Sahih (Darussalam), Jami` at-Tirmidhi 3372, Book 48, Hadith 3).
- 7 Sulayman ibn Surad (ra) said, “Two men abused one another in the presence of the Prophet, may Allah bless him and grant him peace, and one of them began to get angry and his face got red. The Prophet, may Allah bless him and grant him peace, looked at him and said, ‘I know some words that, if he says them, will remove this from him. They are: “I seek refuge with Allah from the Accursed Shaytan.”’ The man went to that man and said, ‘Do you know what he said? He said, “I seek refuge with Allah from the Accursed Shaytan.”’ The man retorted. ‘Do you think me mad?’” (Sahih (Al-Albani), Al-Adab Al-Mufrad 1319).

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- 8 Narrated by Ibn `Abbas (ra): Once I passed the night in the house of Maimuna (his aunt). I slept across the bed while Allah's Apostle and his wife slept length-wise. The Prophet (saw) slept till midnight or nearly so and woke up rubbing his face and recited ten verses from Surah “Al-`Imran.” Allah's Messenger (saw) went towards a leather skin and performed ablution in the most perfect way and then stood for the prayer. I did the same and stood beside him. The Prophet (saw) put his right hand on my head, twisted my ear and then prayed two rakat five times and then ended his prayer with witr. He laid down till the Mu`adh-dhin came, then he stood up and offered two rakat (Sunnah of Fajr prayer) and then went out and offered the Fajr prayer. (Sahih al-Bukhari 992, Book 14, Hadith 3).
- 9 Narrated by Huzhaifah (ra): Whenever the Prophet (saw) lay down for sleep at night, he would place his (right) hand under his (right) cheek and supplicate: “Allahumma bismika amutu wa ahya (O Allah, with Your Name will I die and live (wake up)).” And when he woke up, he would supplicate: “Al-hamdu lillahil-ladhi ah yana ba`da ma amatana, wa ilaihin-nushur (All praise is due to Allah, Who has brought us back to life after He has caused us to die, and to Him is the return).” (Riyad as-Salihin 816, Book 4, Hadith 4).
- 10 In a hadith narrated by Ma`qil bin Yasar (RA) that the Prophet (SAW) said: “Whoever says three times when he gets up in the morning: I seek refuge with Allah, the All-Hearing, the All-Knowing, from the accursed Satan and he recites three Ayat from the end of Surah Al-Hashr Allah appoints seventy-thousand angels who say Salat upon him until the evening. If he dies on that day, he dies a martyr, and whoever reaches the evening, he holds the same status.” (Tirmidhi)

Juwayriyya, (ra) the daughter of al-Harith ibn Abi Dirar (ra), (whose name had been Barra but the Prophet (saw) had renamed her Juwayriyya) reported that the Prophet (saw), had left her and he did not want to go back in while her name was Barra. Then he went back to her while it was late in the day and found that she was still sitting. “Are you still sitting?” he asked, “After I left you I uttered four phrases three times. If they were to be weighed against all your words, they would outweigh them. They are: ‘Glory be to Allah and by His praise in number as great as His creation and in accordance with His own pleasure and the weight of His Throne and the extent of His words.’” (Sahih (Al-Albani), Al-Adab Al-Mufrad 647, Book 31, Hadith 44).

The supplication mentioned and praised in the Ayah includes all good aspects of this life and seeks refuge from all types of evil. The good of this life concerns every material request of well-being, spacious dwelling, pleasing mates, sufficient provision, beneficial knowledge, good profession or deeds, comfortable means of transportation and good praise, all of which the scholars of Tafsir have mentioned regarding this subject. All of these are but a part of the good that is sought in this life. As for the good of the Hereafter, the best of this includes acquiring Paradise, which also means acquiring safety from the greatest horror at the gathering place. It also refers to being questioned lightly and the other favors in the Hereafter. As for acquiring safety from the Fire, it includes being directed to what leads to this good end in this world, such as avoiding the prohibitions, sins of all kinds and doubtful matters.

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Al-Qasim bin Abdur-Rahman said, "Whoever is gifted with a grateful heart, a remembering tongue and a patient body, will have been endowed with a good deed in this life, a good deed in the Hereafter and saved from the torment of the Fire." (Tafsir Ibn Kathir, Abridged, Volume 1, Page 570)

11 Narrated by Anas (ra): The Prophet (saw) on entering the lavatory used to say: (Allahumma inni a'udhu bika minal khubthi wal khaba'ithi) "O Allah, I seek refuge with You from devils – males and females (or all offensive and wicked things, evil deeds and evil spirits, etc.)" (Reported by As-Sab'a) (Bulugh al-Maram 88, Book 1, Hadith 106).

12 Narrated by Abu Qatada (ra): Allah's Messenger (saw) said, "Whenever anyone of you drinks water, he should not breathe in the drinking utensil, and whenever anyone of you goes to a lavatory, he should neither touch his penis nor clean his private parts with his right hand." (Sahih al-Bukhari 153, Book 4, Hadith 19).

13 Narrated by 'Aishah (ra): "When the Prophet would exit the toilet he would say: 'Ghufranak.'" (Sahih (Darussalam), Jami at-Tirmidhi 7, Book 1, Hadith 7).

14 Narrated by Nu`am Al-Mujmir (ra): The Prophet (saw) said, "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)." (Sahih al-Bukhari 136, Book 4, Hadith 2)

15 Narrated by `Aisha (ra): The Prophet (saw) used to like starting from the right in performing ablution, combing his hair and putting on his shoes. (Sahih al-Bukhari 5854, Book 77, Hadith 71).

16 "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." (Quran 5:6).

Narrated by Humran (ra) (the slave of 'Uthman (ra): "I saw 'Uthman bin 'Affan asking for a tumbler of water (and when it was brought) he poured water over his hands and washed them thrice and then put his right hand in the water container and rinsed his mouth, washed his nose by putting water in it and then blowing it out. Then he washed his face and forearms up to the elbows thrice, passed his wet hands over his head and washed his feet up to the ankles thrice. Then he said, "Allah's Messenger (saw) said 'If anyone performs ablution like that of mine and offers a two-rakat prayer during which he does not think of anything else (not related to the present prayer) then his past sins will be forgiven.'" (Sahih al-Bukhari 159, Book 4, Hadith 25).

17 Narrated by Abu Huraira (ra): Allah's Messenger (saw) said: When a bondsman-a Muslim or a believer-washes his face (in course of ablution), every sin he contemplated with his eyes, will be washed away from his face along with water, or with the last drop of water; when he washes his hands, every sin they wrought will be effaced from his hands with the water, or with the last drop of water; and when he washes his feet, every sin towards which his feet have walked will be washed away with the water or with the last drop of water with the result that he comes out pure from all sins (Sahih Muslim 244, Book 2, Hadith 44).

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18 Narrated by 'Umar (ra): Allah's Messenger (saw) said: 'Whoever performs Wudu, making Wudu well, then says: (Ashhadu an la ilaha illallah, wahdahu la sharika lahu, wa ashhadu anna Muhammadan-abduhu wa rasuluhu, Allahummajalni minat tawwabin, waj'alni minal mutatahhirin) 'I testify that none has the right to be worshipped but Allah Alone, there are no partners for Him. And I testify that Muhammad is His servant and Messenger. O Allah! Make me among the repentant, and make me among those who purify themselves.' Then eight gates of Paradise are opened for him, that may enter by whichever of them wishes." (Jami` at-Tirmidhi 55, Book 1, Hadith 55)

19 Narrated by Abu Huraira (ra): At the time of the Fajr prayer the Prophet (saw) asked Bilal, "Tell me of the best deed you did after embracing Islam, for I heard your footsteps in front of me in Paradise." Bilal replied, "I did not do anything worth mentioning except that whenever I performed ablution during the day or night, I prayed after that ablution as much as was written for me." (Sahih al-Bukhari 1149, Book 19, Hadith 30).

20 Narrated by 'Abdur-Rahman bin Abi Sa'eed (ra) (Al-Khudri) from his father who said: "The Messenger of Allah (saw) said: 'A man is not to look at the 'Awrah of a man, and a woman is not to look at the 'Awrah of a woman. A man is not to be alone with a man under one garment, and a woman is not to be alone with a woman under one garment.'" (Sahih (Darussalam), Vol. 5, Book 41, Hadith 2793).

21 Narrated by Aisha (ra): The Prophet (saw) used to like starting from the right in performing ablution, combing his hair and putting on his shoes. (Sahih al-Bukhari 5854, Book 77, Hadith 71).

22 'Abdullah ibn Mas'ud (ra) reported that the Prophet (saw) said: "O Allah, just as You made my external form beautiful, make my character beautiful as well. (Sahih Ahmad)

23 Washi ibn Harb (ra) reported: They said, "O Messenger of Allah, we eat but we are not filled." The Prophet (saw), said, "Perhaps you eat separately?" They said yes. The Prophet said, "Eat your meals together and mention the name of Allah over it, for you will be blessed in it." (Hasan according to Al-Albani, Sunan Abu Dāwūd 3764).

24 Narrated by Az-Zuhri (ra): From Salim, from his father, that the Messenger of Allah (saw) said: "When one of you eats, then let him eat with his right hand, and let him drink with his right hand, for indeed Ash-Shaitan eats with his left hand, and he drinks with his left hand." (Sahih Darussalam), Jami` at-Tirmidhi 1800, Book 25, Hadith 14).

25 Narrated by Wahb bin Kaisan (ra) that he heard 'Umar bin Abu Salamah (ra) say: "I was a boy in the care of the Prophet (saw) and my hand used to wander all over the plate. He said to me: 'O boy! Say the Name of Allah, eat with your right hand, and eat from what is in front of you.'" (Sahih (Darussalam), Sunan Ibn Majah 3267, Book 29, Hadith 17).

26 Abu Sa'id Al-Khudri (ra) reported: The Messenger of Allah (saw) prohibited us from blowing in the drinking water. A man said: "O Messenger of Allah! Sometimes I see some litter floating about on the

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surface. What should I do then?" He (saw) replied, "Pour them out." Then the man said: "My thirst is not quenched with one draught." Messenger of Allah (swt) said, "Then put away the cup from your mouth (in between three gulps), and take a breath."

27 Anas (ra) reported Allah's Apostle (saw) disapproved of the drinking of water while standing. (Sahih Muslim 2024a, Book 36, Hadith 148)

28 28. Narrated by Abu Huraira (ra): The Prophet (saw) never criticized any food (he was invited to) but he used to eat if he liked the food, and leave it if he disliked it. (Sahih al-Bukhari 5409, Book 70, Hadith 37)

29 Al-Miqdam Ibn Ma'd (ra) reported that the Prophet (saw) said: "The son of Adam cannot fill a vessel worse than his stomach, as it is enough for him to take a few bites to straighten his back. If he cannot do it, then he may fill it with a third of his food, a third of his drink, and a third of his breath." (Sunan Ibn Majah)

30 Narrated by Abu Umama (ra): Whenever the dining sheet of the Prophet (saw) was taken away (i.e., whenever he finished his meal), he used to say: "Al-hamdu li l-lah kathiran taiyiban mubarakan fihi ghaira makfiy wala muWada` wala mustaghna'anhu Rabbuna." (Sahih al-Bukhari 5458, Book 70, Hadith 87)

31 Anas ibn Malik (ra) reported: The Messenger of Allah (saw) said, "Whoever says when he leaves his house, 'In the name of Allah, I trust in Allah for there is no power or might but with Allah,' then it will be said to him that you have been sufficed and protected, and the devils will be far from him." (Sahih, Sunan al-Tirmidhi 3426)

32 "... and has appointed for you ships and cattle on which you ride. In order that you may mount on their backs, and then may remember the favor of your Lord when you mount thereon, and say: 'Glory to Him Who has subjected this to us, and we could never have it (by our efforts). And verily, to Our Lord we indeed are to return!'" (Quran 43:12-14).

33 Then Allah (swt) says: "And Who has created all the pairs" meaning, of everything that grows in earth, all kinds of plants, crops, fruits, flowers etc., and all different kinds of animals "and has appointed for you ships" or vessels "and cattle on which you ride" means, He has subjugated them to you and made it easy for you to eat their meat, drink their milk and ride on their backs. Allah says "In order that you may mount on their backs." meaning, sit comfortably and securely "on their back" means on the back of these kinds of animals "and then remember the favour of your Lord" means whereby these animals are subjugated to you "when you mount thereon, and say: Glory to Him who has subjected this to us, and we could have never had it" means, if it were not for the fact that Allah has subjugated these things to us, we could never have done this by our own strength. Ibn Abbas, Qatada, As-Suddi and Ibn Zayd said "We could not have done this ourselves." "And verily, to Our Lord we indeed are to return" means "We will return to Him after our death and our ultimate destination is with Him." In this ayah, mention of Earthly journeys draws attention to the journey of the Hereafter. (Tafsir Ibn Kathir, Abridged, Volume 8 (Quran 43:13-14).

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34 Allah, the Exalted, says concerning Nuh (as) that he said to those whom he was commanded to carry them with him in the "Embark therein: In the Name of Allah will be its (moving) course and its (resting) anchorage. This means that its sailing upon the surface of the water, the end of its journeying and its anchorage would all be with the Name of Allah. Abu Raja' Al-'Utaridi recited it: "In the Name of Allah, Who will be the One Who moves its course and rests its anchor." Allah, the Exalted said " (Tafsir Ibn Kathir, Abridged Volume 5 (Quran 11:41)).

35 "And be not in haste with the Quran before its revelation is completed to you," This is a command to the Prophet (saw) to listen quietly: Then when the angel (Jibril) completes reciting to you, you recite it after him "and say: 'My Lord! Increase me in knowledge." meaning, "Give me more knowledge from You." Ibn Uyaynah said "The Prophet (saw) did not cease increasing in (knowledge) until Allah, the Mighty and Sublime took (i.e. died)." (Tafsir Ibn Kathir, Abridged Volume 6 (Quran 20:114)).

36 Here Ibrahim (as) asks his Lord to give him Hukm. Ibn Abbas (ra) said, "this is knowledge." "and join me with the righteous" means, "make me one of the righteous in this world and the Hereafter." This is like the words the Prophet (saw) said three times when he was dying: "O Allah, with the exalted Companion (of Paradise", "And grant me an honourable mention in later generations." meaning, "cause me to be remembered in a good manner after my death, so that I will be spoken of and taken as a good example. (Tafsir Ibn Kathir, Abridged, Volume 7 (Quran 26:83-85)).

37 Musa (as) requested his Lord to expand his chest for his mission. For verily, He was commanding him with a great task and a weighty affair. He was sending him to the mightiest king on the face of the earth at that time. He was the most arrogant and severe of all people in his disbelief, and He had the largest army and the most powerful kingdom...." O my Lord! Open for me my chest, and ease my task for me." This means "I cannot perform this task if You do not help me, aid me and support me." "And loosen the knot from my tongue, that they understand my speech." This is referring to the lisp that he had. This lisp was a result of an incident when he was presented a date and a hot coal stone and he placed the coal on his tongue instead of the date." (Tafsir Ibn Kathir Abridge Volume 6 (Quran 20: 25-28)).

38 Surely, he who humbles himself by and before the command of his Lord, then Allah will elevate his status and make him known by his good behaviour. The statement of Allah the Exalted "Allah will exalt in degree those of you who believe, and those who have been granted knowledge. And Allah is well Acquainted with what you do." meaning, surely, Allah is Aware of those who deserve this reward and those who are not worthy of it. (Tafsir Ibn Kathir, Abridged, Volume 9 (Quran, 58:11)).

39 Allah will wipe a million bad deeds from his record and grant him a million good deeds, and will elevate him a million degrees (of virtue)- ([and will build him a house in paradise] in another narration). (Hasan by al-Albani, At-Tirmidhi)

40 Abu Usayd reported: The Messenger of Allah, peace and blessings be upon him, said, "When one of you enters the mosque, let him say: O Allah, open for me the doors of your mercy. When he leaves, let him say: O Allah, I ask you for your favor." (Sahih Muslim 713).

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- 41** Narrated by Abu Qatada Al-Aslami (ra): Allah's Messenger (saw) said, "If any one of you enters a mosque, he should pray two rakat before sitting." (Sahih al-Bukhari 444, Book 8, Hadith 93).
- 42** Abu Usayd reported: The Messenger of Allah, peace and blessings be upon him, said, "When one of you enters the mosque, let him say: O Allah, open for me the doors of your mercy. When he leaves, let him say: O Allah, I ask you for your favor." (Sahih Muslim 713).
- 43** Jabir b. 'Abdullah (ra) reported Allah's Messenger (saw) as saying: When a person enters his house and mentions the name of Allah at the time of entering it and while eating the food, Satan says (addressing himself: You have no place to spend the night and no evening meal; but when he enters without mentioning the name of Allah, the Satan says: You have found a place to spend the night, and when he does not mention the name of Allah while eating food, he (the Satan) says: You have found a place to spend the night and evening meal. (Sahih Muslim 2018a, Book 36, Hadith 136)
- 44** "The Messenger of Allah (saw) said to me: 'O my little son! When you enter upon your family then give the Salam, it will be a blessing for you and upon the inhabitants of your house.'" (At-Tirmidhi)
- 45** Narrated by Abu Huraira (ra): Allah's Messenger (saw) said, "If you want to put on your shoes, put on the right shoe first; and if you want to take them off, take the left one first. Let the right shoe be the first to be put on and the last to be taken off." (Sahih al-Bukhari 5855, Book 77, Hadith 72)
- 46** Narrated by Saiyar bin Salama (ra): I along with my father went to Abu- Barza Al-Aslami and my father asked him, "How Allah's Messenger (saw) used to offer the five compulsory congregational prayers?" Abu- Barza said, "The Prophet (saw) used to pray the Zuhr prayer which you (people) call the first one at midday when the sun had just declined The Asr prayer at a time when after the prayer, a man could go to the house at the farthest place in Medina (and arrive) while the sun was still hot. (I forgot about the Maghrib prayer). The Prophet (saw) Loved to delay the `Isha which you call Al- `Atama and he disliked sleeping before it and speaking after it. After the Fajr prayer he used to leave when a man could recognize the one sitting beside him and he used to recite between 60 to 100 Ayat (in the Fajr prayer). (Sahih al-Bukhari 547, Book 9, Hadith 24).
- 47** Jabir ibn 'Abdullah (ra) reported that the Messenger of Allah (saw) said, "Lock the doors, tie the water-skins, turn over the vessels, cover the vessels, and put out the lamps. Shaytan does not open a locked door, nor untie a water-skin, nor uncover a vessel. A mouse can cause a house to burn down with its inhabitants inside it." (Sahih (Al-Albani), Book 1, Hadith 17)
- 48** Narrated by Al-Bara 'bin `Azib (ra): The Prophet (saw) said to me, "Whenever you go to bed perform ablution like that for the prayer, lie on your right side and say, "Allahumma aslamtu wajhi ilaika, wa fauwadtu `Amri ilaika, wa alja'tu Zahri ilaika raghbatan wa rahbatan ilaika. La Malja'a wa la manja minka illa ilaika. Allahumma amantu bikitabika-l-ladhi anzalta wa bina-biyika-l ladhi arsalta" (O Allah!

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- I surrender to You and entrust all my affairs to You and depend upon You for Your Blessings both with hope and fear of You. There is no fleeing from You, and there is no place of protection and safety except with You O Allah! I believe in Your Book (the Quran) which You have revealed and in Your Prophet (Muhammad) whom You have sent). Then if you die on that very night, you will die with faith (i.e. or the religion of Islam). Let the aforesaid words be your last utterance (before sleep)." I repeated it before the Prophet (saw) and when I reached "Allahumma amantu bikitabika-l-ladhi anzalta (O Allah I believe in Your Book which You have revealed)." I said, "Wa-rasulika (and your Apostle)." The Prophet (saw) said, "No, (but say): 'Wanabiyika-l-ladhi arsalta (Your Prophet whom You have sent), instead." (Sahih al-Bukhari 247, Book 4, Hadith 113)
- 49** Abu Huraira (ra) reported Allah's Messenger (saw) as saying: When any one of you goes to bed, he should take hold of the hem of his lower garment and then should clean (his bed) with the help of that and then should recite the name of Allah for he himself does not know what he left behind him on his bed, and when he intends to lie on the bed, he should lie on his right side and utter these words: "Hallowed be Allah, my Lord. It is with Thine (grace) that I place my side (upon the bed) and it is with Thee that I take it up (after sleep), and in case Thou withholdst my being (if thou causest me to die), then grant pardon to my being, and if Thou keepst (this process of breathing on), then protect it with that with which Thou protected Thine pious servants." (Sahih Muslim 2714a, Book 48, Hadith 85).
- 50** Narrated by Hafsah (ra): "When the Messenger of Allah would lie down, he would place his right hand under his right cheek, and he used to fast on Mondays and Thursday." (Sahih (Darussalam), Sunan an-Nasa'i 2367, Book 22, Hadith 278).
- 51** Whoever reads Ayat Al-Kursi before sleeping will be protected from Satan until he wakes up. These ayats assert Allah's greatness, pride and grace and that no one dares to intercede with Him on behalf of anyone else, except by His permission. Indeed, the Hadith about the intercession, states that the Prophet (saw) said "I will stand under the Throne and fall into prostration, and Allah will allow me to remain in that position as much as He wills. I will thereafter be told, "Raise your head, speak and you will be heard, intercede and your intercession will be accepted."" The Prophet (saw) then said, "He will allow me a proportion whom I will enter into Paradise." (Tafsir Ibn Kathir, Abridge, Volume 2 (Quran 2:255).
- 52** As for the recitation of Surah Kafiroon (Quran 109), then one should recite it as the last thing before sleeping, as it includes disassociating oneself from every kind of Shirk. The Prophet (saw) said, "Recite when you go to sleep (Say, "O disbelievers...") (Quran 109); and then go to sleep at its end, for it is disassociating oneself from Shirk." [Ahmad; Al-Arna'oot: Hasan; Abu Daawood; Al-Albaani: Saheeh]
- 53** Aisha (ra) reported: When the Messenger of Allah (saw), would lie down for sleep, he would blow into his hands, recite the two chapters of refuge, al-Falaq and al-Nas, and he would wipe his hands over his body. (Sahih al-Bukhari 5960)

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- 54** Al-Bukhari records that Abu Masud (ra) said that the Messenger of Allah (saw) said: “Whoever recites the last two ayat in Surat Al-Baqarah at night, they will suffice for him.” Muslim recorded that Abdullah (ra) said, “When the Messenger of Allah (swt) went on the Isra journey, he ascended to the Sidrat Al-Muntaha in the sixth heaven, where whatever ascends from the Earth ends at, and whatever descends from above it ends at. The Messenger of Allah (swt) was then given three things: the five prayers, the last ayat in Surat Al-Baqarah and forgiveness for whoever did not associate anything or anyone with Allah from this Ummah.” (Tafsir Ibn Kathir, Abridged Volume 2 [Quran 2:285-286]).
- 55** Abu Huraira (ra) reported that Fatima (ra) came to Allah's Apostle (saw) and asked for a servant and told him of the hardship of household work. He said: You would not be able to get a servant from us. May I not direct you to what is better than the servant for you? Recite Subhaana Allah thirty-three times, al- Hamdu li-Allah thirty-three times and Allah-o-Akbar thirty-four times as you go to bed. This hadith has been narrated on the authority of Suhail with the same chain of transmitters. (Sahih Muslim 2728a,b, Book 48, Hadith 111)
- 56** Al-Bukhari reported a long Hadith on this narrated by Abu Hurairah (ra) from the Prophet (Sallallahu Alaihi wa Sallam). To supplicate: O Allah, I submit my soul unto You, and I entrust my affair unto You, and I turn my face towards You, and I totally rely on You, in hope and fear of You. Verily there is no refuge or safe haven from You except with You. I believe in Your Book which you have revealed and in Your Prophet (Sallallahu Alaihi wa Sallam) whom You have sent.” If you then die, you will die upon the Fitrah. (Reported by Bukhari and Muslim)
- 57** Narrated by Huzhaifah (ra): Whenever the Prophet (saw) lay down for sleep at night, he would place his (right) hand under his (right) cheek and supplicate: “Allahumma bismika amutu wa ahya [O Allah, with Your Name will I die and live (wake up)].” And when he woke up, he would supplicate: “Al-hamdu lillahil-ladhi ahyana ba'da ma amatana, wa ilaihin-nushur (All praise is due to Allah, Who has brought us back to life after He has caused us to die, and to Him is the return).” (Riyad as-Salihin 816, Book 4, Hadith 4).

SERIES 1 GETTING TO KNOW ALLAH (swt)

- 1 Allah Loves You
- 2 Allah is Your Best Friend
- 3 Allah is The Creator

SERIES 3 ANCHORING YOUR AKHLAQ - A WALK THROUGH HUMANITY

- 1 Habil (as) & Kabil - Sibling Rivalry
- 2 Sheeth (as) - Obedience
- 3 Idris (as) - Learning
- 4 Nuh (as) - Resilience
- 5 Hud (as) - Vanity
- 6 Saleh (as) - Sharing
- 7 Ibrahim (as) - Reasoning
- 8 Isma'il (as) - Listening
- 9 Is'hac (as) - Trusting
- 10 Ya'qub (as) - Dedicated
- 11 Lut (as) - Hospitable
- 12 Shu'ayb (as) - Justice
- 13 Yusuf (as) - Integrity
- 14 Ayyub (as) - Loyalty
- 15 Dhul-Kifl (as) - Supporting
- 16 Yunus (as) - Sincerity
- 17 Musa (as) - Optimistic
- 18 Haroon (as) - United
- 19 Al-Khidr (as) - Patience
- 20 Ezekiel, Ilyas, Shammil (as) - Dependence
- 21 Luqman (as) - Wisdom
- 22 Dawood (as) - Brave
- 23 Suleiman (as) - Humility
- 24 Isaih, Jeremiah, Daniel, Uzair (as) - Reliable
- 25 Zakariyah (as) - Perseverance
- 26 Yahya (as) - Responsible
- 27 Marryam (as) - Modesty
- 28 Esa (as) - Respectful
- 29 People of the Cave (as) - Proactive
- 30 Muhammad (saw) - Trustworthy

SERIES 2 OUR CREATION, PURPOSE AND JOURNEY OF OUR SOUL

- 1 The First Human
- 2 The Ultimate Battle - Human vs Shaytan
- 3 Our Greatest Weapon: DUA
- 4 Journey of Our Soul

SERIES 4 HADITH A DAY TO KEEP SHAYTAN AWAY

- 1 Jannah via Sunnah - Muharram
- 2 Jannah via Sunnah - Safar
- 3 Jannah via Sunnah - Rabi Al-Awwal
- 4 Jannah via Sunnah - Rabi Al-Thani
- 5 Jannah via Sunnah - Jumada Al-Awwal
- 6 Jannah via Sunnah - Jumada Al-Thani
- 7 Jannah via Sunnah - Rajab
- 8 Jannah via Sunnah - Shaban
- 9 Jannah via Sunnah - Ramadan
- 10 Jannah via Sunnah - Shawwal
- 11 Jannah via Sunnah - Dhul Qa'dah
- 12 Jannah via Sunnah - Dhul Hijjah

SERIES 5 FOUNDATIONS OF FAITH

- 1 Foundations of Faith
- 2 Step by Step Guide to Salah
- 3 My Little Dua Book
- 4 Barakat in Harakats
- 5 Fus-ha for Allah
- 6 Plan Your Day the Islamic Way
- 7 Celebrations & Holidays
- 8 99 Name Game

SERIES 6 TRANSITIONING INTO A TEENAGER

- 1 Becoming a Man
- 2 Becoming a Woman

This book is designed to build a Muslim identity in the 21st century. The series is divided into six sections.

I humbly request that they be read in order so that one may progressively learn and prosper. Insha'Allah.

May Allah (swt) accept all our efforts and grant us Jannah with no reckoning. Ameen.



DR. APPY

About the Author

Dr. Appy is a first generation immigrant in North America who has been practicing as a Neuropsychologist for over a decade. She was inspired to write this series due to her observations of how difficult it can be to raise children in this ever-changing world.

Dr. Appy would like to dedicate this book to her family and friends who have always supported and encouraged her, especially her parents. May Allah (swt) bless and guide us all. Ameen.

Dr. Appy genuinely prays to touch the heart of every child until the day of judgement and to assist parents in instilling the love of Allah (swt), along with the morals and etiquettes needed to be an upright Muslim and by default, citizen (Insha'Allah).

These books are designed to build a Muslim identity in the 21st century. I humbly request that they be read in order, so that our children can build their knowledge and benefit. Insha'Allah.

Series 1: Get to know Allah (swt) and instill the love and companionship of Him in our hearts.

Series 2: Understand how we were created, our purpose and the journey of our soul.

Series 3: Anchor our akhlaq by walking through humanity; each Prophet is paired with a character trait and the story ends with a moral to internalize and build our identity.

Series 4: Learn and internalize a hadith a day to keep Shaytan away.

Series 5: Learn the foundations of faith by planning our day the Islamic way.

Series 6: Help our children transition into a teenager and adult.

I pray this series brings us all closer together in this world and in the hereafter. May Allah (swt) accepts all our efforts and grants us Jannah with no reckoning. Ameen.

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