

Islam in practice – Daily Habits

The aim of Dhikr is to make the remembrance of Allah SWT a constant habit.

DUA CARDS

Leaving our homes

Bismillaah, tawakkaltu ‘alal-laah, wa laa hawla wa laa quwwata illaa billaah

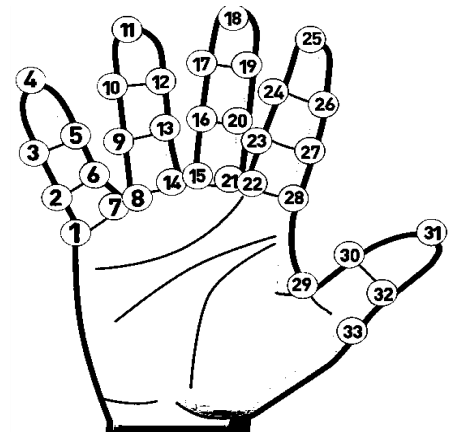
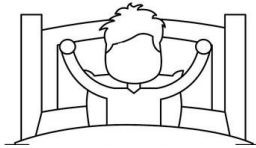
“In the name of Allah, I trust in Allah; there is no might and no power but in Allah.”



Waking Up!

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

All praise is for Allah who gave us life after having taken it from us and unto Him is our return



Practice saying Dhikr every day and night!

SubhanAllah (Allah SWT is perfect!) (x33),

Alhamdulillah (x33),

Allahu Akbar (Allah SWT is the greatest!) (x34)

Can be recited after every Salah and throughout your day!

- Use the word bank below to fill in the missing words:

**HAPPINESS – BIGGEST – IMMENSE – BAD – REMEMBERS
BARAKAH – CONNECTION**

- ✓ Removes _____ thoughts and actions from our hearts and minds
- ✓ Have feelings of calmness and _____ our hearts.
- ✓ Have blessing/_____ in your day and it makes daily activities easier.
- ✓ Have _____ rewards/Hasanat for little effort!
- ✓ Increase your love and _____ with Allah SWT.
- ✓ And the _____ benefit is Allah (SWT) _____ those who remember Him. As Allah SWT said **“Therefore remember Me (by praying, glorifying, etc.). I will remember you,”** (Al- Baqarah 2:152).

