

19 October 2023



# Closer

by aa

*your curated weekly spiritual booster delivered straight to your Inbox*

Allah SWT can **heal**  
what you are hiding.  
**Lean** wholeheartedly on  
**His Unbreakable Promises.**

Assalamualaikum my Champions,

I recently made a list of some of my favourite Ayahs in the Quran that I call "**Allah's Unbreakable Promises**" and some of them include:

[Allah will never test me beyond what I can bear.](#)

[Allah is near and He answers my every call.](#)

Allah is closer to me than my jugular vein.

Allah is my guardian and He will lead me out from darkness to light.

Allah is gentle in His plans and He is the Perfect of Planners.

Allah promises me His Forgiveness and His Great Bounties.

Allah is my Protector and He is the Best of Helpers

Allah will give me more when I am thankful.

Allah does not want difficulty for me, He only wants to purify me.

Things have been tough as of late, but the Quran has been my #1 source of strength, shifa and solace, and I hope these Ayahs above will soothe any of you who are going through a difficult time too.

Beneath your smiles and strong exteriors, some of you have to hide your pain and your hurt from the world for reasons only Allah SWT knows, but I hope you can rest in the truth that our Rabb can heal them all.

May you lean on His promises as wholeheartedly and as vulnerably as how a servant should with her Most Merciful and Most Compassionate. :)

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the knowledge vault



One of my teammates told us that she thought this week's TKV episode was very timely in light of what's going on in the world today, and she is absolutely right! Ustazah Samah broke down one of my favourite Ayahs in the Quran ever so beautifully, and she also mentions in the episode how there will be a group of people whom angels will descend upon them before they breathe their last, reassuring them to "not fear, nor grieve." *#palestine* Ustazah ended the episode with lots of practical tips that we can apply in our day-to-day lives so that, In Sha Allah, we can also be in the category of believers who will have "no fear" and "no grief" and all in all, I sincerely cannot wait for you to listen to it, especially if hope is what you are in need of. *(And don't we all?)*

[Listen to the new TKV episode Here](#)

[Join Our Sunday Session Listening Party Here](#)

[Add Sunday's Listening Party to your GCal](#)

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come together

for Palestine

Champs Collective  
Fast, Zikir & Quran

THU, 19 OCT  
6PM SG / MY (ASIA)  
6PM UK (ROTW)



Many of our hearts feel heavy and are breaking for our brothers and sisters in Palestine, and it is in times like this that we should gather together and lean on one another for support. I understand this is on short notice, but the situation is dire and I pray that most of you can show up for our collective Zikir call this evening to pray for Palestine and her people. We will be having two sessions - one for Asia at 6pm Singapore / Malaysia and one for ROTW, happening at 6pm UK. As usual, you

are more than welcome to come for one or for both - whichever is most convenient for you. ❤️

[Join Our Collective Zikir Call Here](#)

# heartwork



Slow and steady, gently and consistently, are the core principles I hold on to very tightly in life (or at least, I try my best to!) But it is not as easy as we live in a time of

rapidity, excess and abundance, all of which challenge the very notion that our faith is built upon. But time and time again, Allah SWT reminds me that Rasulullah ﷺ would always take the middle path, and so every time I am tempted to swing to extremes, I remember, "Slow and steady, Aida. Gently and consistently, Aida. Allah sees every tiny effort. He reward them all."

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## quran affirmations

**You are  
perfectly  
sustained by  
Allah SWT.**

**Surah Hud**

Ayah 6

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*There is no moving creature on earth whose provision is not guaranteed by Allah. And He knows where it lives and where it is laid to rest. All is 'written' in a perfect Record.*

We will be reciting Juzuk 12 of the Quran this week at The 114 Club and as I was reading it to prepare for the session, my heart paused on the Ayah above. It made my heart feel a million and one things - how every single creation in this entire Universe is dependent on Allah SWT, al-Qayoom, The Sustainer. No matter if you are the most powerful oppressor or the weakest victim, the soaring eagle or the crawling worm, the over-arching branches of the highest tree of the Amazon jungle to the driest cactus of the Sahara desert, all of them have their provision guaranteed by Allah SWT. Isn't it humbling to realise that we are nothing without His Mercy and Generosity? PS: If you would like to recite and reflect on Juzuk 12 together, or practice your recitation with some of our Champs-Teachers (all levels welcome!), please come to The 114 Club this Friday!

[Join The 114 Club Here](#)

Add [Asia](#) | [ROTW](#) 114 Club to your GCal

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to ponder





*"Have you changed?"* - at first glance, this question may seem simple but when I ponder upon this further, tracing back to key moments in my life, I realise that I **have** changed many times over, but not all of them were for Allah SWT, especially during my younger years. This question resurfaced again in my heart during [Ustazah 'Alima's super informative Session with us last Sunday](#), as I thought about my relationship with the spiritual and physical Hijab and how it has evolved too. Running AA Plus for the past 4 years and having good companions like yourself have also changed me in many ways, and I believe it is for the better and for His sake too! So Alhamdulillah for all of the changes Allah SWT has purposefully put us in - perhaps the change could come from a blessing, maybe it could come from a test - but for as long as we are striving to change for the better for His sake, then you are a true Champion, and I'll always cheer you on!

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*And with that, my dearest Champs, I pray may Allah SWT always send you gentle breezes of His Mercy, His Love and His Protection your way.*

*fina*  
x  
a.