بِسْمِ اللهِ الرَّحِيْمِ In the name of Allah, the most Gracious, the most Merciful

26 October 2023



your curated weekly spiritual booster delivered straight to your Inbox

The best rest is with Allah SWT.

How then, are you resting today?

Assalammualaikum my Champions,

(and a very, very special welcome to our new Baby Champs!)

One of the Ayahs that has been hugging and comforting my heart as of late is "Surely in the remembrance of Allah do hearts find rest." (Quran 13:28) I thought about how my definition of "rest" has completely changed for me ever since I reflected and pondered upon this Ayah.

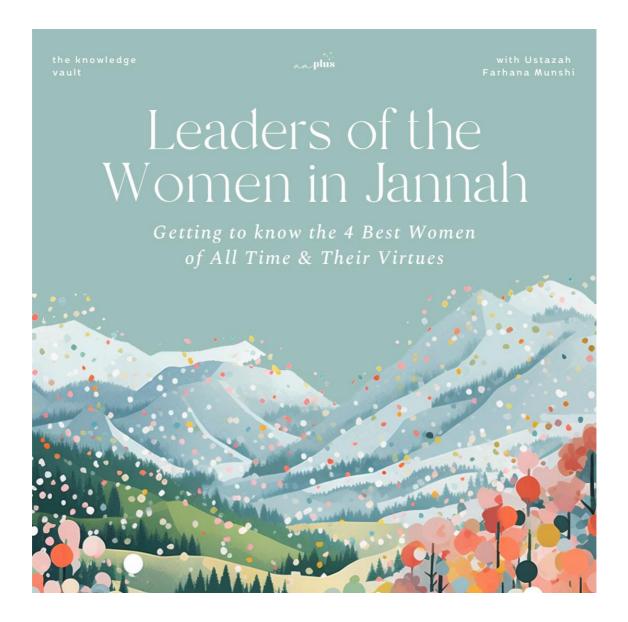
Now, instead of asking, "Have I worked hard enough to deserve to rest?", I have started asking, "Have I rested enough with Allah SWT so that I am able to do my most loving, meaningful work?". This is because it is simply impossible to show up, day in and day out, fulfilling all of our many responsibilities, when we do not get our soulful rest with our Rabb.

It is only when our hearts are with Allah SWT, that we are at rest. When our souls are with Allah SWT, we are calm. When are limbs are in accordance with what Allah SWT wants of us, we are at peace. So today, why don't we spend a second longer in our Sujood, recite another Ayah of our Quran, or take another minute to silently say the Du'as in our hearts?

Truly, resting with Allah SWT can be done anytime, anywhere, my dear.

Champs, I pray may you always prioritise your one-on-one quality time with your Rabb, for **the Dunia will always tire us. And** unless we rest with the One who never tires, we will always find ourselves burned out, exhausted, and constantly frustrated.

the knowledge vault



I have missed having Ustazah Farhana with us (she's currently studying in Yemen, make du'a for her, Champs!) which is why I am so grateful that she squeezed some time to record this super-fun, mighty-inspiring episode on the Leaders of the Women in Jannah for us! My heart needed to hear all of the reminders Ustazah shared, and I left the recording feeling super grateful that Allah SWT has given us such perfect role models to learn from and emulate! I also cannot wait to hang out with you guys this Sunday (for Baby Champs, this will happen at 9pm SG / 1pm UK time In Sha Allah over on our Zoom link)

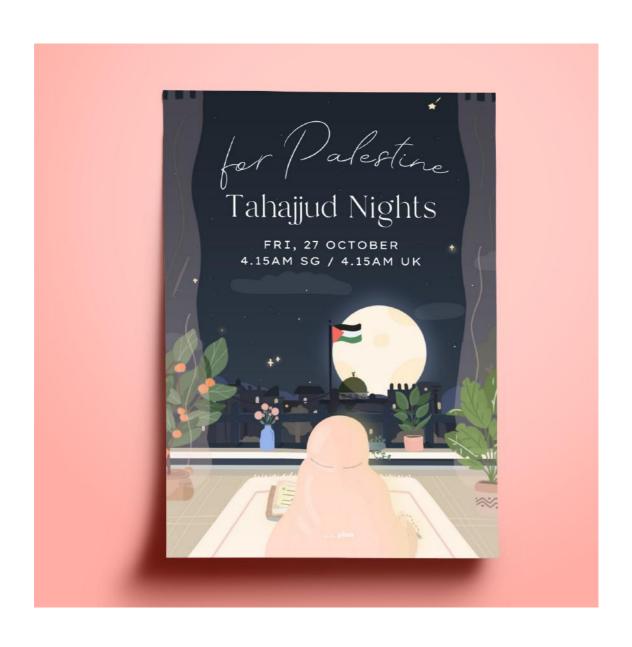
and have a good soulful chat on the best 4 women in the Universe! I hope you'll join me then. ♥

Listen to the new TKV episode Here

Join Our Sunday Session Listening Party This Week Here!

Add Sunday's Listening Party to your GCal

come together



Many of our hearts are still heavy and breaking for our brothers and sisters in Palestine, so let us all gather again, this time during the sacred hours of Tahajjud, to call on the All-Hearing. We will be having two sessions on Friday - one for Asia at 4.15am Singapore time, and one for ROTW, happening at 4.15am UK - and we will be doing collective Zikir and Du'as. As usual, you are more than welcome to come for one or for both - whichever is most convenient for you.

Join Our Tahajjud Night Here

Add <u>Asia</u> | <u>ROTW</u> Tahajjud to your GCal

a beautiful dua

Ya Allah, let Du'a always be my first response for everything that I'm going through.

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#abeautifuldua

I asked one of my dearest friends the other day how she was doing, and her answer touched my heart. She said, "I'm just Du'a*ing* through my day. I am praying for things, praying over things, and praying through things. That's all I plan to do today, tomorrow, and for the rest of my life." I was truly envious of how she prioritised Du'as in her life, and I wanted to follow suit! Truly, Du'a is our strongest weapon, and if we are not using it, then the loss is only ours.

visual reminder

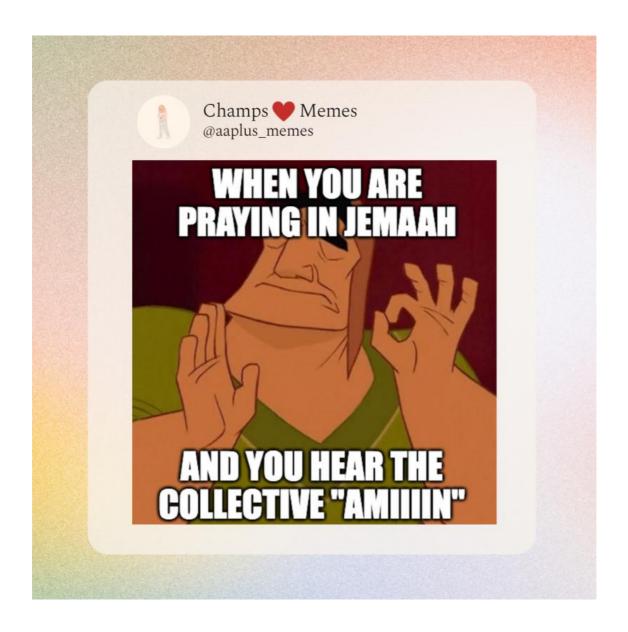


This wallpaper is inspired by the tragic events that are happening to our brothers and sisters in Palestine and the hadith of Rasulullah where he said, "You see the believers as regards their being merciful among themselves and showing love among themselves and being kind, **resembling one body**, so that, if any part of the body is not well, then the whole body shares the sleeplessness and fever with it." (Bukhari) I know many of us are reading, sharing and posting updates from our phones, so it is my sincere hope that this wallpaper

will remind all of us to never, ever stop praying for our Ummah. **We are and will always be one**, let us never forget that.

Download Wallpaper Here

muslim meme



YES. YES. YES. The harmonious synchronisation and unity of hundreds of hearts beating for the sake of Allah SWT is just.... pure bliss! May Allah SWT allow us to be present in many prayer congregations and beautiful gatherings of Remembrance for His sake!

to ponder



Champs, I am on a personal mission to make my Jumaahs extra special because our beloved Prophet has said, "The best day that

the sun has risen upon is Friday. On it Adam was created, on it he entered Paradise, and on it, he was expelled from it. And the Hour will not be established except on Friday." (Tirmidhi) Rasulullah also said that "this day is an Eid which Allah has ordained for the Muslims." (Ibn Majah) When Allah SWT has chosen Fridays as our weekly celebration, are we honouring it rightfully? Or are we just letting it pass us by like any other day? If you are intending to make your Jumaah more beautiful, click here, here or here to read a few suggestions by our Messenger himself on how to do so. PS: One of my biggest wishes is to have a beautiful death on a Jumaah, may this count as one of the ways I strive to achieve that with His Mercy, Amin!

And with that, my dearest Champs, I pray may you stay in constant closeness to the One who created you with a grand purpose.

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