17 November 2022

Closer
by aa

One of the greatest gifts to give your family & loved ones is a healthy you.

Assalammualaikum my Champions,

I have had quite an adventure these past couple of days! No, I did not travel, nor did I taste any exotic food, wear exquisite clothes, or any of that sort. I was actually mostly bedridden, had little to no appetite, and

was in my Pyjamas throughout the week. Champs, I was so sick this week that I had to pray laying on my back and on my second day being at my weakest, I just couldn't help but broke down in tears.

I remembered thinking, "Ya Allah, I'm so useless when I'm sick." The guilt that I felt when I had to cancel all of my work, when I couldn't finish this week's ROTW Tadarus Call, when I had to postpone my Quran classes, and most painfully, when I was not able to be of service to my family like I normally could, was eating me up on the inside.

But something my husband said made me snap out of my unnecessary pity party, and made me more resolved to focus on resting and healing. He said, "We all need each other, Aida. We have all depended on you before, so this time round, allow yourself to depend on us. Just promise you'll focus on getting better because we still need you."

And there it was, my biggest lesson from Allah SWT this week: that the best gift I can give my family and my loved ones is a healthy me. For they need me just like I need them, and **without health, I simply cannot give.**

Champs, being healthy is a success that a lot of people, including myself, forget to celebrate and be grateful for. So if you are blessed with good health today, don't forget to use it for good.

May we never forget the invisible crown that we somedays wear on our head - our good health. For we may not see the crown, but the sick sees. And that was all I saw the past couple of days when I was sick in bed - the invisible crowns of good health worn by everyone, but me.

get excited for

Lesson Six

Rasulullah ﷺ with children + his community

plus

STUDY DATE

ASIA:
THURS, 17 NOV, 9PM SG

ROTW:
SUN, 20 NOV, 7PM UK

To wrap up the final episode (!!!!) of this blessed series, we will learn about the gentle ways Rasulullah ﷺ dealt with children in his life: not just his own, but children in general! In a world where **#gentleparenting** is only getting traction on social media, it's amazing to see that it was already the way of the Prophet over 1400

years ago! Ustazah Syariati also covered Rasulullah ﷺ's humour (which is so ADORBZ Ma Sha Allah!), how he ﷺ took care of his community, and how Rasulullah ﷺ is truly a mercy to the Universe. **He ﷺ never, ever let anyone felt FOMO!** This will be a bittersweet episode, since it is the last one for the series, but quoting what Ustazah said, "Learning about Rasulullah ﷺ's emotional intelligence these past weeks has made me want to strive to be better. I have to be better if I want to meet him in Jannah!". To this, we can all say, "*Same Ustazah, same!*"

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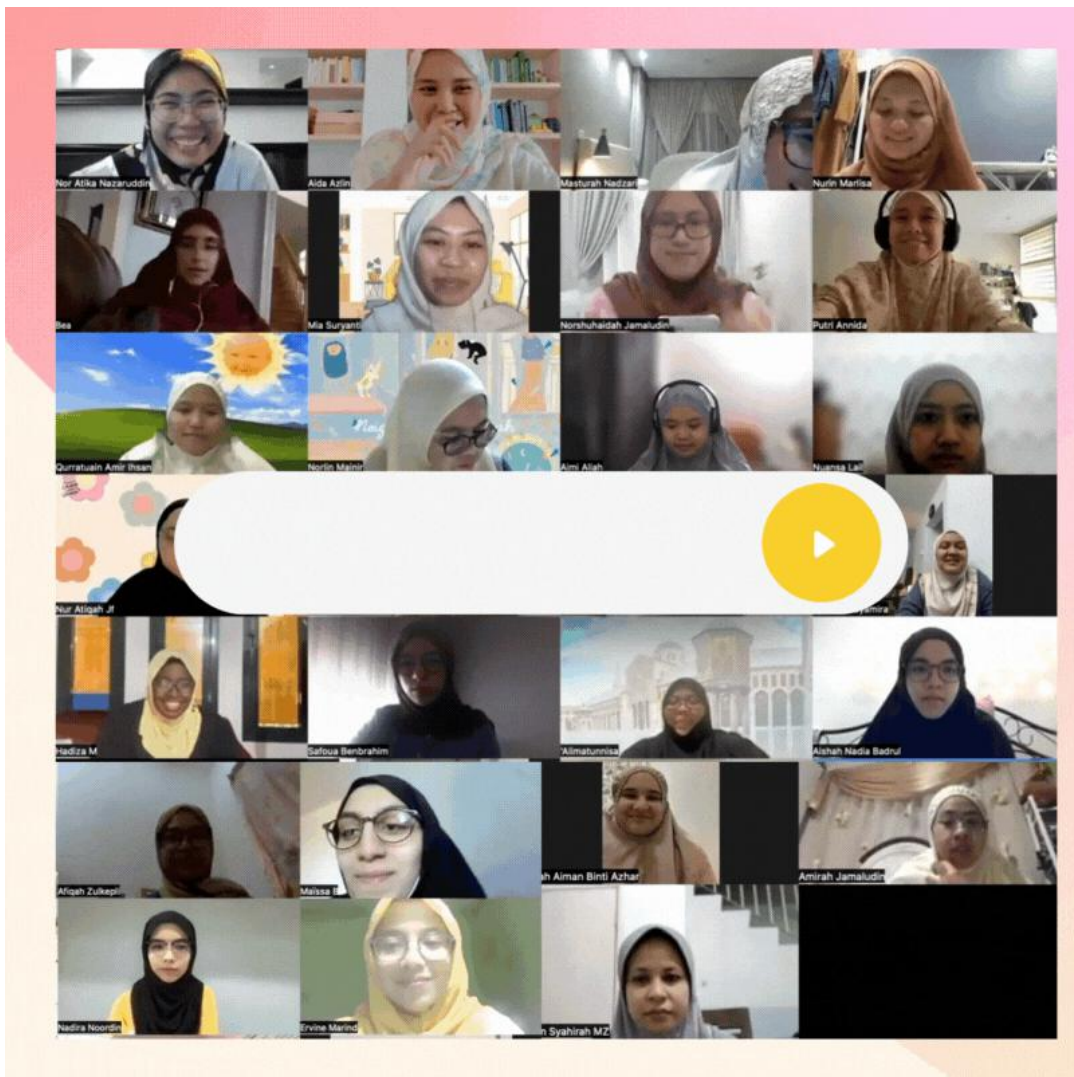
Sighhhhh what a beautiful event this was! Ustazah 'Alima sure dished out some beautiful, moving, and timely reminders that left a number of eyes (including mine and hers!) tearing up that day. If you missed last Sunday's lecture on *'Allah's Gentle Plans for Us: A Study on the Life of Prophet Yusuf'*, Alhamdulillah, the playback is now available!

Watch The Playback Here!

a beautiful dua

Ya Allah,
ease the burdens
of those who
have selflessly
eased mine.

I am absolutely indebted to so many people who, without them, I would not be able to do the things that I do today. This realisation hit me a lot harder this week when I saw a number of people around me swiftly stepping up for me, re-assuring me that they've got things covered, just so I can rest. And this was the Dua I've been making for them. They also reminded me of the Hadith where Rasulullah ﷺ said "Whoever relieves a Muslim of a burden from the burdens of the world, Allah will relieve him of a burden from the burdens on the Day of Judgement. And whoever helps ease a difficulty in the world, Allah will grant him ease from a difficulty in the world and in the Hereafter."

muslim meme

I can't help but think about Ustazah 'Alima's lecture on the life of Prophet Yusuf last week when I saw this meme! How true, how true, Subhanallah! I am currently only coming out of a low point in my life, but because I trust Allah SWT and His subtle plans, I know that there will be plenty of pleasant surprises coming right up! Champs, wherever you are on your life journey, take comfort in the fact that for as long as you have Allah SWT in your heart, you will eventually reach that "crowning" point at the end! Don't forget that, my Queens!

to ponder

One of the biggest takeaways I got from Ustazah 'Alima's lecture is the importance and power of Istikharah. The Istikharah dua is a beautiful prayer that Rasulullah ﷺ has taught us to recite to seek Allah SWT's guidance when making any sort of decision - which is something that we make every single day! From the second we open our eyes in the morning, to the moment we lay on our pillows at night, we are constantly making a decision, and that can be overwhelming unless we make prayers our go-to habit. A lot of us may know about the Istikharah prayer, but how many of us can say with certainty that we consistently pray it throughout the entire process? Do we pray for it, about it, over it and through it? Or are we too impatient to pray for

something that we ourselves want? May we never steal from ourselves the countless opportunities that we have to communicate with [al-Mujeeb](#), the One who always answers and responds! PS: Ustazah covered quite a bit on Istikharah in the lecture, so be sure to [catch the playback](#) if you missed it! PPS: [Here is the Istikharah Dua on repeat](#)!

P.S:

[Click here for an Ayah that will make you smile. :)](#)

With that, I hope you guys have enjoyed Closer!

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X
a.