22 July 2021



your curated weekly spiritual booster delivered straight to your Inbox

how do you
EXPECT
god to fix
what you won't
hand over
TOHIM?

Assalammualaikum my Champions,

First of all, a belated Eid Mubarak! I pray you had a memorable,

blessed, and joyous celebration with your family and loved ones. Recently, I've been learning (well, more like "*struggling to learn*") how to let go, and let God. I'm sure you've seen this phrase float around everywhere, and it could also be something you've said or subscribe to, but this concept is so easy to say, but so hard to do.

It's easier to say it to someone to surrender, to let go, to trust in His plans, but when the same advice is given to us, we squirm, we retort with, "but what if...." and we begrudgingly sigh. I think the reason why this happens is because our limited human mind is trying to understand why things are happening the way it is happening.

But I've realised that **Allah SWT never asked us to understand**, **He only ask us to trust Him**. I had to stop for a while to process this realisation, but it has definitely helped me in trying to "let go and let God." Sometimes, we will never comprehend the wisdom behind Allah's Qadr in our lives, and even when we do understand, it could only be in hindsight, not immediately, as our human understanding is limited and we only see a piece of the jigsaw puzzle, never the whole thing.

This is why trusting Allah SWT without having that understanding first requires immense faith in Him. And sustaining and / or increasing this faith when difficulty happens can only come with love for Him, with knowledge of Him, with staying close to Him through worship, and with companions who always reminds us of Him. Whenever I have all of these "locked down", I always find it easier to surrender and to trust Him.

Champs, how about you? On a scale of 1-10, how easily do you "let go and let God"? Which of the 4 things I shared about do you need more of to increase your faith so that you can "hand things over to Him" instead of stubbornly grasping it in your tired hands? Share with me!

This week on an plus

JOY ROOM

/dʒɔɪ//ruːm,rʊm/

The Joy Room is where fellow Champs gather together, play some games, have some candid conversations, all while remembering Him.

Friday, 23 July 9 PM SG / MS 2 PM UK aaplus.co/zoom

I'm excited to open our doors to The Joy Room once again and I can't wait to have all of you over! The timing of this session couldn't come at a better time, Alhamdulillah, as I also intend for this to be our Eid Adha gathering / celebration! My team and I have planned for some fun things for all of you, which I hope will evoke nothing but joy to you and bring some sort of calmness to your heart. And to add to the fun, come wearing your favourite printed top ok, Champs? It can be in any pattern, and in any colour! Can't wait to see your beautiful faces, In Sha Allah! *exciteeeeeddddddd

Join Joy Room Here

a beautiful Dua

Ya Allah, allow me to realise what a blessing hearing the Athan, taking the Wudhu, proclaiming the Takbir, and prostrating in Prayer is.

aaplus.co

#abeautifulduc

On one of our last Zoom Calls, one of our beloved Champs, Aynn, shared with us how being down with COVID had affected her prayers so much so that it was so difficult to even prostrate. Her sharing made me reflect on how much I've been taking my health and my senses for granted. And not just that, but the ease and the opportunity that Allah SWT has given me to be able to come back to

the prayer mat, time and time again, despite my blatant mischief.... #sigh. I pray may we never forget what a true blessing Solah is in our lives, because Rasulullah SAW himself said in a beautiful Hadith, "the coolness of my eyes lies in Solah." (Ahmad)

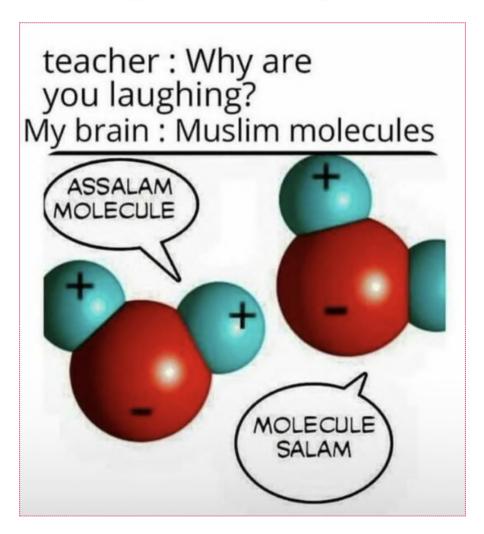
I want my eyes to be cooled too!!!!!

share with Allah



This has been something I try to do after each Solah, or before my eyes close at night - just daydreaming and speaking to Allah SWT about who I would like to hang out with Jannah. It has made me feel like a little girl in a candy shop, and it has given my heart some sort of solace after a very, very exhausting day. Oh, I can't wait to see all of you in Jannah, Champs! I imagine everyone in their beautiful silk and brocade dresses, looking ever so beautiful, with no tiredness or fatigue or worry on anyone's faces, but just pure smiles and gratitudes! Please include each other in your prayers ok? #neighboursinjannahalways

Muslim Meme



You can tell my level of humour is incredibly "profound" and "scientific".

Something to Ponder

You never know the goodness that Allah SWT has placed in it.

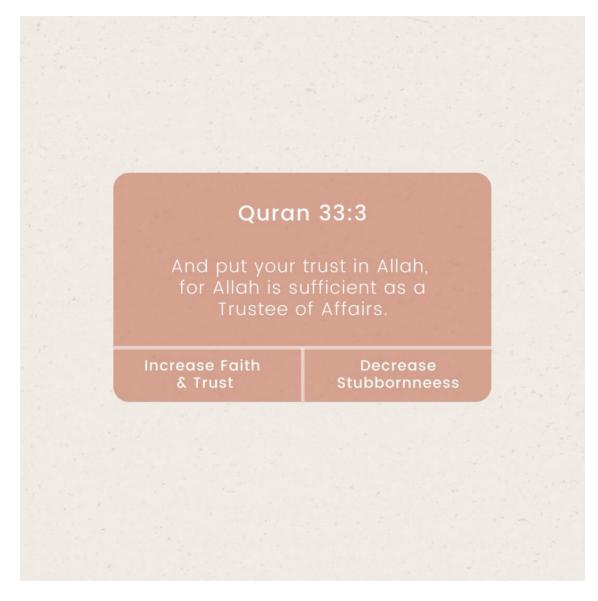


When most of the world celebrated Arafah on Monday, Morocco welcomed Arafah only on Tuesday - and this "one day later than the rest of the world" thingy majingy is very characteristic of Morocco. I

feel like my Bruneians Champs can relate lol. I have to be honest, I was frustrated. But when I spoke to Ustazah 'Alima about this, she said something that changed my mindset completely. She said, "Aida! Ma Sha Allah, how blessed you are that Allah SWT chose you to "celebrate Arafah" twice! Observe it on Monday because that's when the pilgrims in Mecca are observing, but observe it again on Tuesday because your community is observing it that day and Islam is a religion of togetherness, so stay with your community!" Subhanallah, when Ustazah put it that way, I renewed my intentions and all of that pent up frustration and confusion were gone! Sometimes, when we cannot see the goodness that Allah SWT has placed in our lives, it's not because there isn't any, rather, our heart-eyes are too fogged up by our worldly distractions or desires that we are unable to see clearly.

J. 8:

ending it with His Words



(If you want some soul therapy, come join us @ our weekly Quran Tadarus!)

With that, I hope you guys have enjoyed Closer.

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