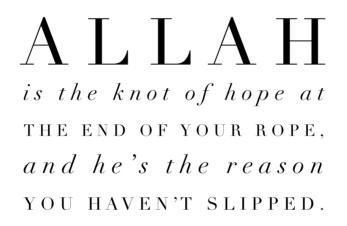
## 23 November 2020



your curated weekly spiritual booster delivered straight to your Inbox



Assalammualaikum my Champions,

The past week has been a roller coaster - I started out good, and then somewhere between Wednesday and Thursday, I went into a slump and just couldn't function. On Friday I was determined to climb out of the dark hole, and I knew the only way I could do that was to ask for Allah's help.

I made a dua, "Ya Allah, I have been so low, but I know You will not leave me all to my own. Allow me to cling on to You, and just like how You have brought me out of darkness over and over again, give me the strength to overcome and pull through this. I am limited, but Your Majesty is limitless. I am tired, but neither drowsiness nor sleep overtakes You. I don't know how to do this, but You are al-Alim, so help me, Ya Allah. Help me just submit and cling on to You, Ya Rabb."

A few hours later, as I was doing the Study Date with some of you on Sujud, I was reminded again of the Hadith that Ustazah Farhana shared which I'm sure was the answer to my duas. The Hadith goes like this: Rabi'ah ibn Ka'b reported: I spent the night with the Messenger of Allah, peace and blessings be upon him, and I brought water him water for his ablution and his needs. The Prophet said to me, "Ask." I said, **"I ask for your companionship in Paradise."**The Prophet said, "And anything else besides that?" I said, "That is all."

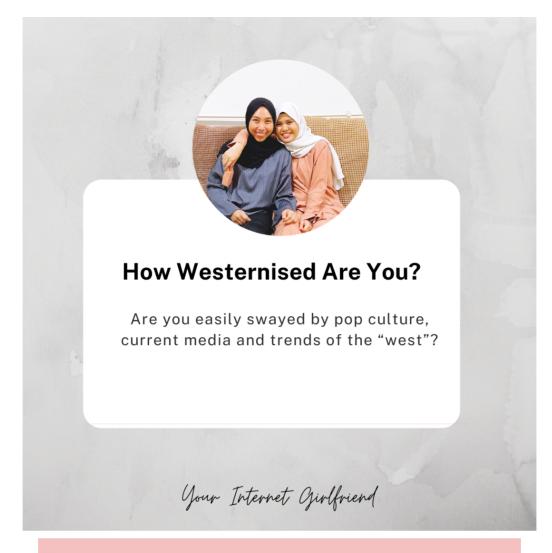
The Prophet said, **"Then help me do it for you by prostrating** often." (Muslim)

This Hadith reminded me that I've been mindless in doing my Sujud. If I want to feel closer to Allah SWT, if I want inner peace and strength to go through this world, if I want the companionship of Rasulullah SAW in Paradise, **then I have to help myself by prostrating often.** That means waking up for Tahajjud, doing my Sunnah prayers, lengthening my Sujud **and** making sure that my Sujud is not just Sujud of the body, but **Sujud of the heart.** 

And the only way in which the sujud of the heart can happen is if I leave my stubbornness at the door.

Coming up this week

on AA Plus!



## Monday / 23 November / YIG

## How Westernised Are You?

It's easy to get swayed by pop culture, current media and trends of the "west". It's attractive and exciting - we get it! But how do we actively prioritize what we know pleases Allah versus seductive distractions of wanting to "fit in". Iman and I discuss our takes on celebrating non-Islamic events, western traditions and societal pressures.

Listen To The Episode Here

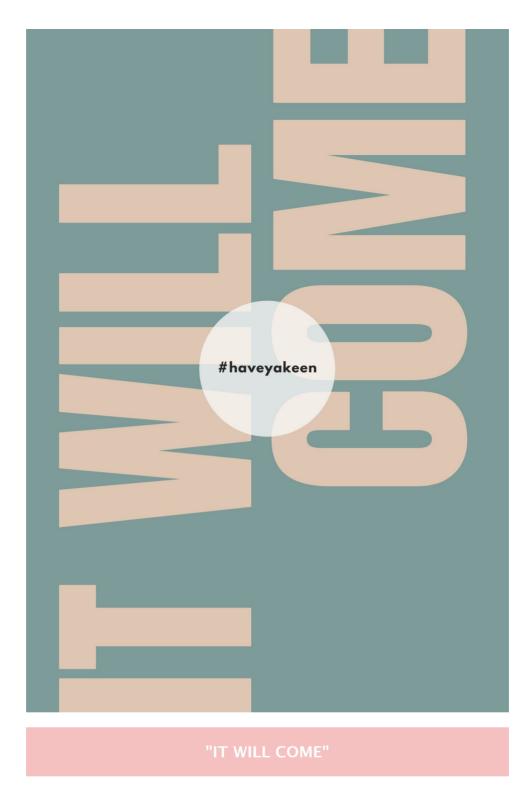
Download PDF Notes Here



One of my biggest intentions on AA Plus is to build a family-like community with the Champs on this platform, i.e. **you** and that is why it's been an honour being your self-proclaimed Internet Mom and I are hard at work planning for the Classes and Programmes on AA Plus next year, so I want to hear from you. **Your thoughts and ideas matter to me.** If you are available on Tuesday, the 24th, at 9pm SG / MS / Brunei, 1 PM UK, 7 AM CT, please join us on this brainstorming Zoom Call!

Join the Zoom Call Here

Intentions for the week



The intention that I have for this week is inspired by Ustazah Farhana's advice. She taught us that if we don't feel anything in our Sujud, to ask from Allah SWT to taste the sweetness of Sujud and then to stay there and prolong it because it will come. These three words are very re-assuring to me: it. will. come. It reminds me that for as long as I have not stopped making my duas, for as long as I'm putting in the effort, for as long as I'm striving, the reward will come. It will come because Allah SWT never fails in His Promises. <3 **So Champs, hang on to the rope of Allah, prolong your Sujud, keep putting in the effort and never stop making Dua... because it will come. We have to have yakeen / faith that it will.** 

Muslim Mene

do you know when you talk to someone you like and you feel butterflies in your stomach? that's the shaytan authibillah

I to be a so hard especially because we've been talking about Syaitan so much in our Study Dates! Don't be deceived by the notion of love and romance "Hollywood" is trying to sell us ladies, hahahha! But on a more serious note, this meme reminded me of a Hadith where Rasulullah SAW said, "The Paradise is surrounded by hardships and the Hell-Fire is surrounded by temptations." The Syaitan will disguise the bad as good and the good as hard, so let's all be weary and be more cautious, Champs!

Something to Ponder

"What is the matter with you that you can no longer help each other?"

Quran 37:25



This Ayah pulled many strings in my heart. Sometimes I fear that I'm not doing enough to help and that scares me. I always pray for Allah SWT to use me, but how often do I actually answer His call to serve and help someone in need? I also am acutely aware how I am able to be where I am right now because so many people have helped me, and it pains me to know that I will never be able to repay all of them for their kindness and their help. So Champs, if an opportunity comes whereby you can be of help, seize it. May Allah SWT never have to ask us this question during the Day of Judgement, Amin!

and with that, I hope you guys have enjoyed Closer.

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