

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
In the name of Allah, the most Gracious, the most Merciful

24 August 2020



Closer

by aa

your curated weekly spiritual booster delivered straight to your Inbox

SOMETIMES THE SMALLEST
step forward in
THE RIGHT DIRECTION
ends up being
THE BIGGEST STEP
of your life.

Assalamualaikum my Champions,

I remember when I was in my early 20s when I was struggling to pray my 5 daily prayers. I was so far from Him and I thought I'd never be able to complete all 5, let alone be consistent with it. But the more I put my prayers off, the more scattered and chaotic my life became, until one day, when my heart could no longer take it, I found myself crying while taking my Wudhu'. As the cold water hit my face, my tears started rolling down uncontrollably, and the second I said "Allahu Akhbar" for my Takbeer, I felt like I've finally returned ***home***.

That day, I prayed 1 out of my 5 Solah. A few days later, 2 out of 5. I pushed myself bit by bit (and some days it was ***such a struggle***) and eventually completed my first 5 out of 5, and that day, I have never felt more at peace in my entire life.

The hardest thing is always the taking that first step - your limbs are lazy, Syaitan is whispering to you, "but you are so full of sins, don't be a hypocrite", your Nafs is telling you "tomorrow", but at the end of the day, the only thing you are doing is stealing from yourself your own happiness and peace of mind.

Champs, I pray we don't become our very own enemy, our very own thief, who self-sabotage our very own chance of being successful in this Dunia and Akhirah. Take that first step, no matter how small you think it'll be, and then see how Allah will reward you in abundance just for that tiny effort that you make towards Him.

Coming up this week

on AA Plus!



Monday / 24 August / 1442H Special

5 Before 5: Taking Charge Of Your Health

This week, we are "throwback-ing" one of my fav mini classes here on AA Plus. Join me and my good friend, [Shahirah Rahim](#), a Weight Management Coach, as we have a very open and honest talk about our HEALTH! Using the famous "5 before 5" Hadith where Rasulullah SAW said, ***“Take benefit of five before five: Your youth before your old age, your health before your sickness, your wealth before your poverty, your free time before you are preoccupied, and your life before your death”*** as our framework, Shahirah dished out some valuable information and tips on how we can improve our mindsets and habits so that we can take better care of our health this new year. A must-listen!

Listen Now



Thursday / 27 August / 1442H Special

Season Finale: Women Around The Messenger

I entered the new year (1442H) literally recording the finale of WATM with Ustazah Huraidah and I could not ask for a better ending. We both cried at the end of this episode and Ustazah Huraidah did such a beautiful job wrapping up the series that I wish all of you could clear your schedule and join me on this week's Study Date on Friday to listen to it together! (Try ok?) In any case, the final episode will drop this Thursday, and as usual I'll send a TKV email reminder to you then!

[Listen To The Rest of WATM Episodes Here](#)

Intentions for the week



Bismillah, Begin

I realised that I cannot start the next Chapter of my life if I keep re-reading the last one, so I am determined to make full use of this health and this time that Allah has blessed me with to full use, In Sha Allah. So **"Bismillah, Begin"** will be my intention for this week. **Even if I**

take messy, imperfect, shaky steps forward, that IS still taking steps forward. Also, I am guilty of confusing "motion" with "action", but one of my favourite writers, James Clear, explains it best:

Motion is: to talk to a personal trainer, to research your book idea, to explore different types of meditation. But **action is:** to do 10 squats, to write 1 sentence, to meditate for 1 minute.

Motion *feels* like progress. Action is progress.

Your visual reminder



Taking inspiration from my intention this week, I designed a simple Visual Reminder for us all! May it be of benefit, In Sha Allah!

[Download Here](#)

Something to Ponder

If you work,
inspiration will come.
If you wait,
inspiration will too.



*

It's as simple as that, isn't it Champs? Sometimes, we delay starting because we burden ourselves by overthinking or we stall for time, thinking we have more than enough. But the truth is: **nothing**

changes, if nothing changes.

So begin, Bismillah.

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

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Our mailing address is:

The AA Team
Rue Idriss
Tangier 90 000
Morocco

[Add us to your address book](#)