

NAVIGATING YOUR 20S

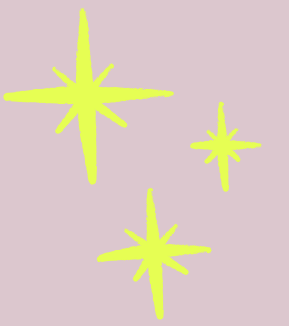


نَحْنُ نَقُصُّ عَلَيْكَ نَبَأَهُم بِالْحَقِّ إِنَّهُمْ فِتْيَةٌ ءَامَنُوا بِرَبِّهِمْ
وَزِدْنَاهُمْ هُدًى ﴿١٣﴾

We relate to you 'O Prophet' their story in truth. They were youths who truly believed in their Lord, and We increased them in guidance.

وَرَبَطْنَا عَلَى قُلُوبِهِمْ إِذْ قَامُوا فَقَالُوا رَبُّنَا رَبُّ السَّمَوَاتِ
وَالْأَرْضِ لَنْ نَدْعُوَ مِنْ دُونِهِ إِلَهًا لَقَدْ قُلْنَا إِذَا شَطَطًا ﴿١٤﴾

And We strengthened their hearts when they stood up and declared, "Our Lord is the Lord of the heavens and the earth. We will never call upon any god besides Him, or we would truly be uttering an outrageous lie."

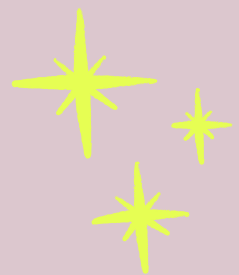


هَؤُلَاءِ قَوْمُنَا اتَّخَذُوا مِنْ دُونِهِ ءَالِهَةً لَوْلَا يَأْتُونَ عَلَيْهِمْ
بِسُلْطٰنٍ بَيِّنٍ ۖ فَمَنْ أَظْلَمُ مِمَّنِ افْتَرَىٰ عَلَى اللَّهِ كَذِبًا ﴿١٥﴾

‘Then they said to one another,’ “These people of ours have taken gods besides Him. Why do they not produce a clear proof of them? Who then does more wrong than those who fabricate lies against Allah?”

وَإِذِ اعْتزَلْتُمُوهُمْ وَمَا يَعْبُدُونَ إِلَّا اللَّهَ فَأْوُوا إِلَى الْكَهْفِ يَنْشُرْ
لَكُمْ رَبُّكُمْ مِنْ رَحْمَتِهِ وَيَهَيِّئْ لَكُمْ مِنْ أَمْرِكُمْ مَرْفَقًا ﴿١٦﴾

Since you have distanced yourselves from them and what they worship besides Allah, take refuge in the cave. Your Lord will extend His mercy to you and accommodate you in your ordeal.”





“THEY WERE
YOUTHS WHO
TRULY BELIEVED
IN ALLAH”

What happens when you truly
believe in Him?

نَحْنُ نَقُصُّ عَلَيْكَ نَبَأَهُم بِالْحَقِّ إِنَّهُمْ فِتْيَةٌ ءَامَنُوا بِرَبِّهِمْ
وَزَدْنَا لَهُم هُدًى

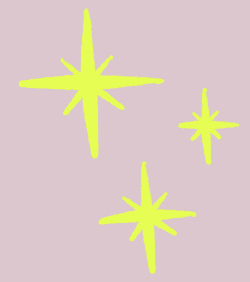
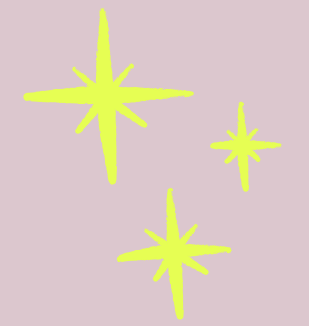


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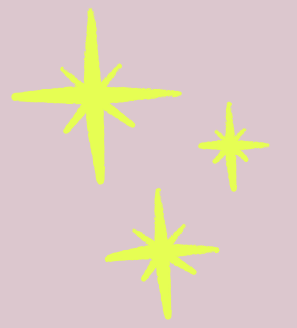


And We strengthened their hearts when they stood up and declared, "Our Lord is the Lord of the heavens and the earth. We will never call upon any god besides Him, or we would truly be uttering an outrageous lie."



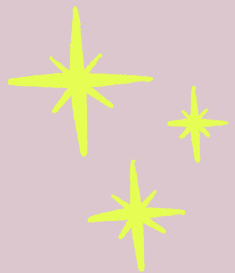


BUT DOES THAT
MEAN YOUR
LIFE IS SET?



هَؤُلَاءِ قَوْمُنَا اتَّخَذُوا مِنْ دُونِهِ ءَالِهَةً لَوْلَا يَأْتُونَ عَلَيْهِمْ
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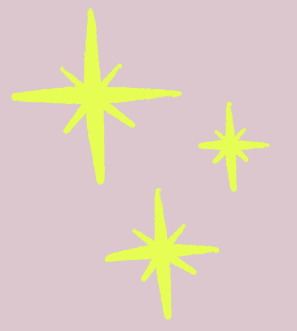
‘Then they said to one another,’ “These people of ours have taken gods
besides Him. Why do they not produce a clear proof of them? Who then
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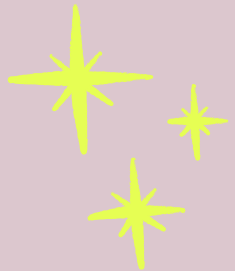
WHAT DO YOU DO WHEN YOUR FAITH IS AFFECTED?

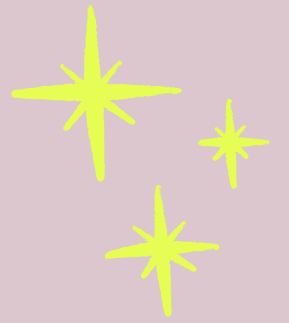
(and in your 20s, you'll face a lot of
challenges and distractions!)



وَإِذِ اعْتَزَلْتُمُوهُمْ وَمَا يَعْبُدُونَ إِلَّا اللَّهَ فَأْوُوا إِلَى الْكَهْفِ يَنْشُرْ
لَكُمْ رَبُّكُمْ مِنْ رَحْمَتِهِ وَيَهَيِّئْ لَكُمْ مِنْ أَمْرِكُمْ مَرْفَقًا ﴿١٦﴾

Since you have distanced yourselves from them and what they worship besides Allah, take refuge in the cave. Your Lord will extend His mercy to you and accommodate you in your ordeal.”





We relate to you 'O Prophet' their story in truth. They were youths who truly believed in their Lord, and We increased them in guidance.

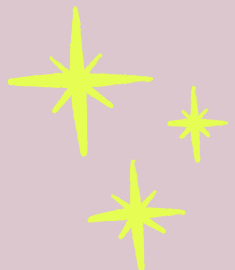
we believe -> Allah will increase us in guidance

And We strengthened their hearts when they stood up and declared, "Our Lord is the Lord of the heavens and the earth. We will never call upon any god besides Him, or we would truly be uttering an outrageous lie."

we stand up -> Allah will strengthen our hearts

Since you have distanced yourselves from them and what they worship besides Allah, take refuge in the cave. Your Lord will extend His mercy to you and accommodate you in your ordeal."

we distance ourselves from wrong -> Allah will extend His Mercy and accommodate us in our ordeals

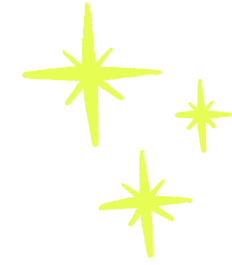




DO YOUR
PART, AND
ALLAH SWT
WILL DO HIS
EPIC PART.

Nuansa L (a Champ in her 20s!)

QURAN 18:19



1

And so We awakened them so that they might question one another.

One of them exclaimed, “How long have you remained ‘asleep’?” Some replied, “Perhaps a day, or part of a day.”

2

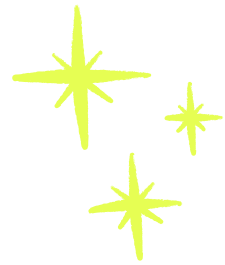
They said ‘to one another’, “Your Lord knows best how long you have remained.

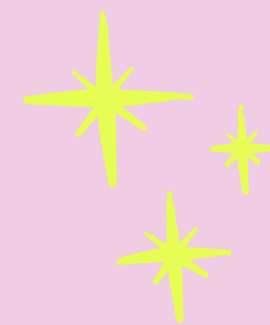
So send one of you with these silver coins of yours to the city, and let him find which food is the purest, and then bring you provisions from it.

3

Let him be ‘exceptionally’ cautious, and do not let him give you away.

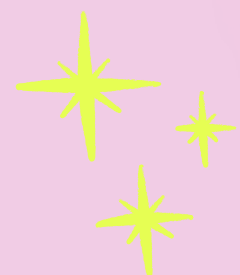
4





1

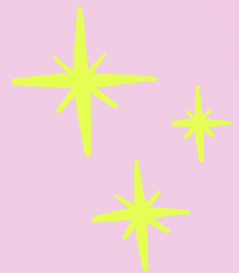
WHAT KIND OF
QUESTIONS ARE YOU
ASKING YOUR FELLOW
PEERS IN YOUR 20S?





2

HOW OFTEN DO YOU
REMINDE ONE ANOTHER
THAT ALLAH SWT
KNOWS BEST?





3

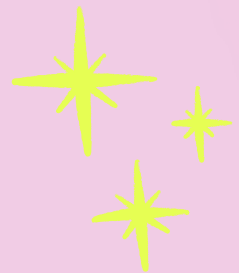
HOW DO YOU MAKE
A CONSISTENT EFFORT
TO INVEST IN YOURSELF
IN YOUR 20S?





4

WHAT ARE YOU MOST
CAUTIOUS ABOUT IN
YOUR 20S?

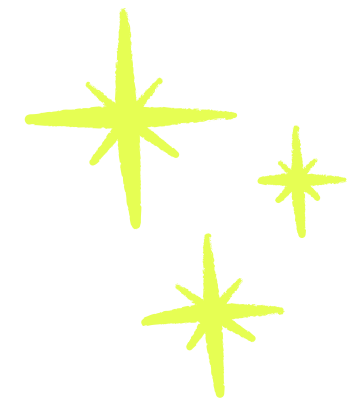


ARE YOU ACQUAINTED
WITH THE BLESSED
YOUTHS IN ISLAM?

(Do you know their stories?)

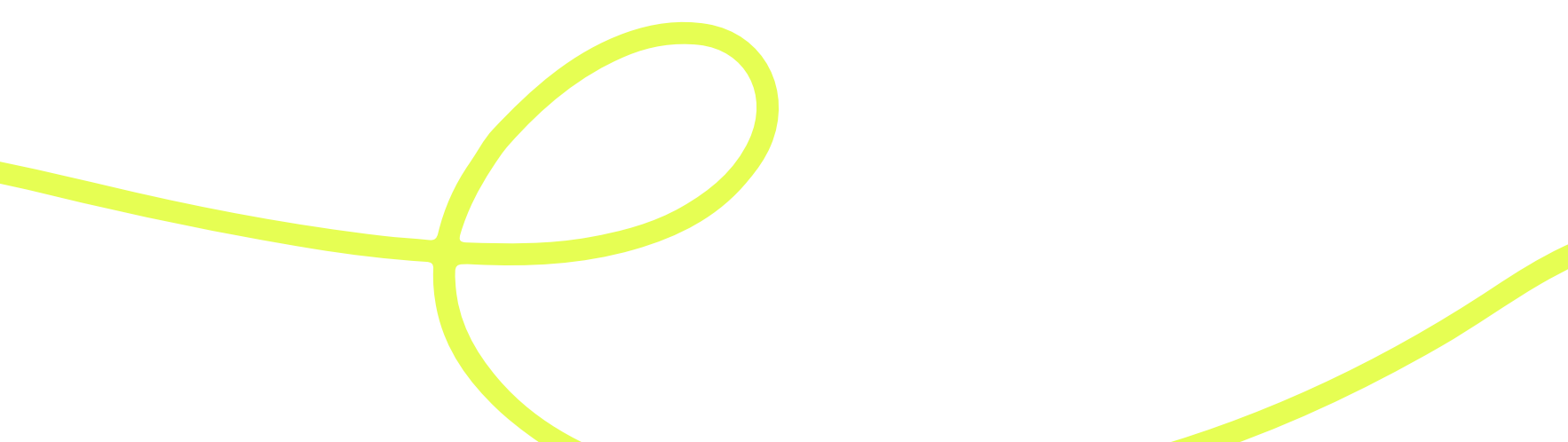
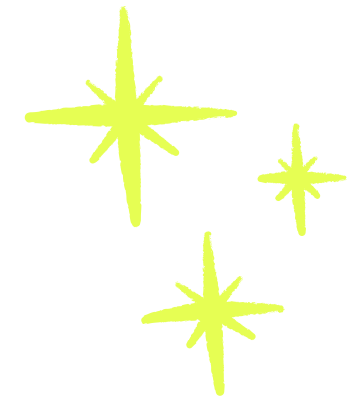
LISTENING TO STORIES, HELP.

It teaches you that there is no one way
to live your 20s!



DID YOU HAVE
A GOAL?

MY GOALS
ACTED AS MY
FIRE IN MY
20S. -Sakinah



I HAD NO CLEAR
GOAL BUT I
KEPT SHOWING
UP AND BEING
CONSISTENT.


• -Aida



ALLAH SWT
TAUGHT ME TO BE
INTENTIONAL WITH
MY DECISIONS.

-Salwa

WHAT WAS THE
BIGGEST
CHALLENGE OF
YOUR 20S?



CHOOSING A
DIRECTION FOR MY
LIFE, AND MAINLY
MY STUDIES.

-Salwa



ALLAH SWT TOOK
ME AWAY FROM
EVERYONE I KNEW
SO THAT I CAN
GET TO KNOW
HIM BETTER.

-Aida



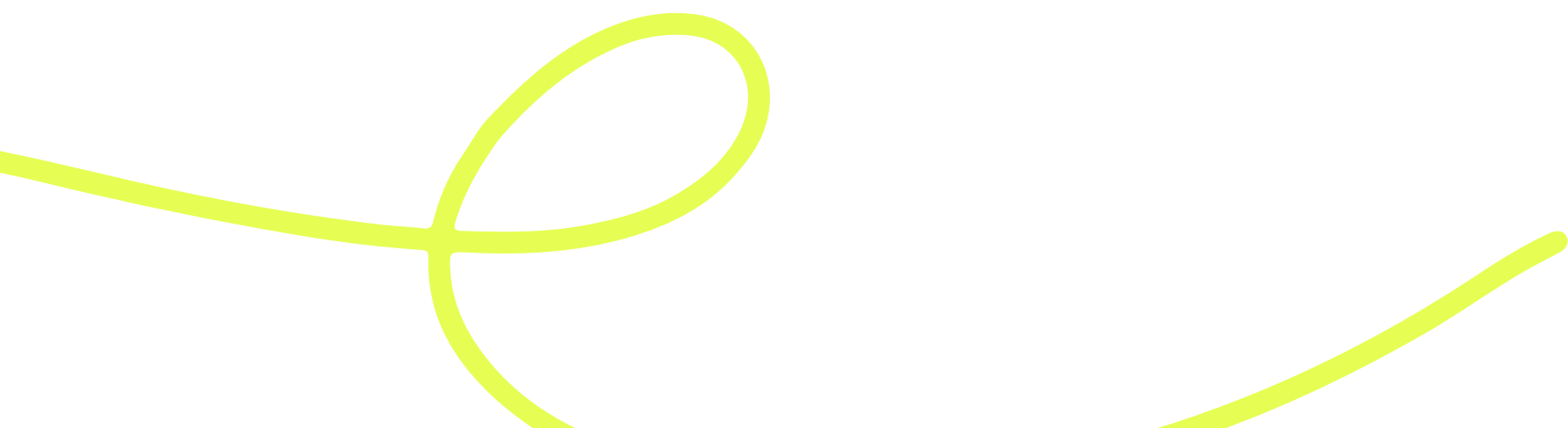
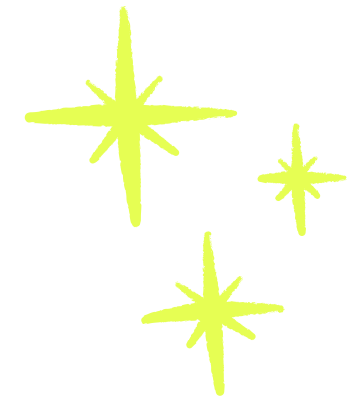


OVERCOMING
THE UNEXPECTED
OBSTACLES
“ALONE”

-Sakinah

ONE WORD TO
DESCRIBE YOUR
20S.

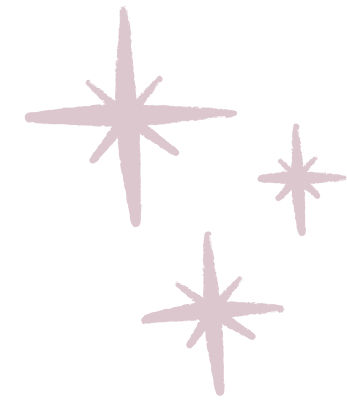
ADAPT.





HUMBLING.

MOLDING.



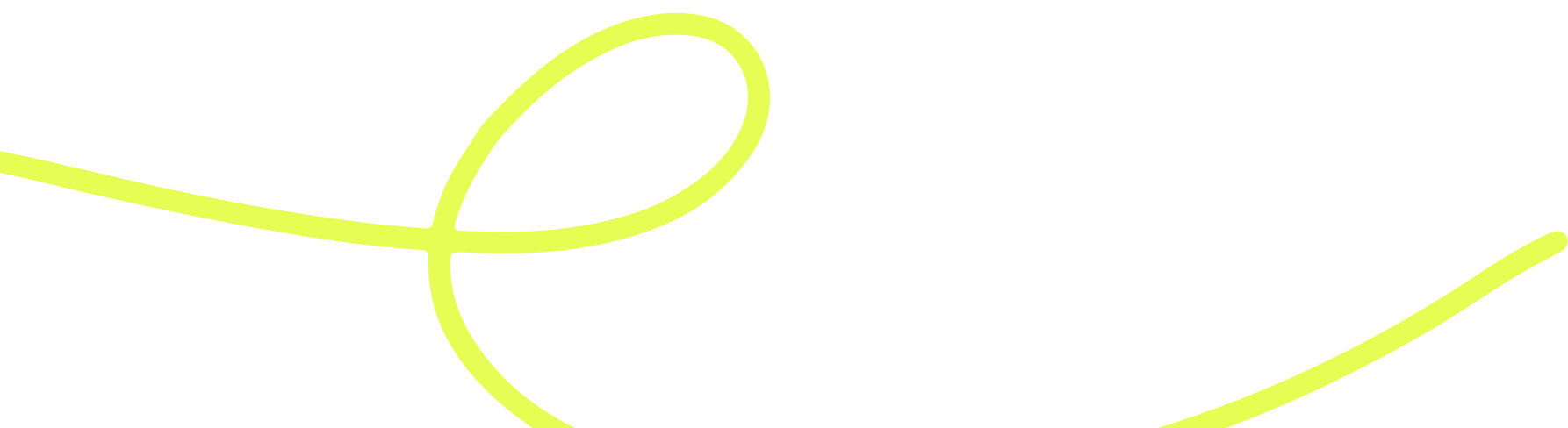
YOUR FAVOURITE
THING ABOUT
BEING IN YOUR 20S

BEING ABLE TO
LISTEN, BRING
PEOPLE TOGETHER
AND BRIDGE THE
GAP BETWEEN OUR
CULTURES.

-Salwa

MY CURIOSITY &
ABILITY TO ENJOY
DOING THINGS
ALONE.

-Sakinah



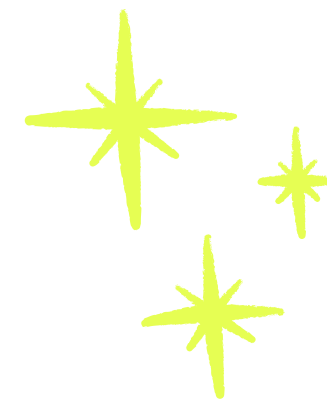
MY RELATIONSHIP
WITH ALLAH SWT,
AND HENCE
EVERYONE ELSE,
BLOSSOMED.

-Aida



LAST WORDS:

HAVE
TAWAKKUL.





ROOT IN
ALLAH'S LOVE.

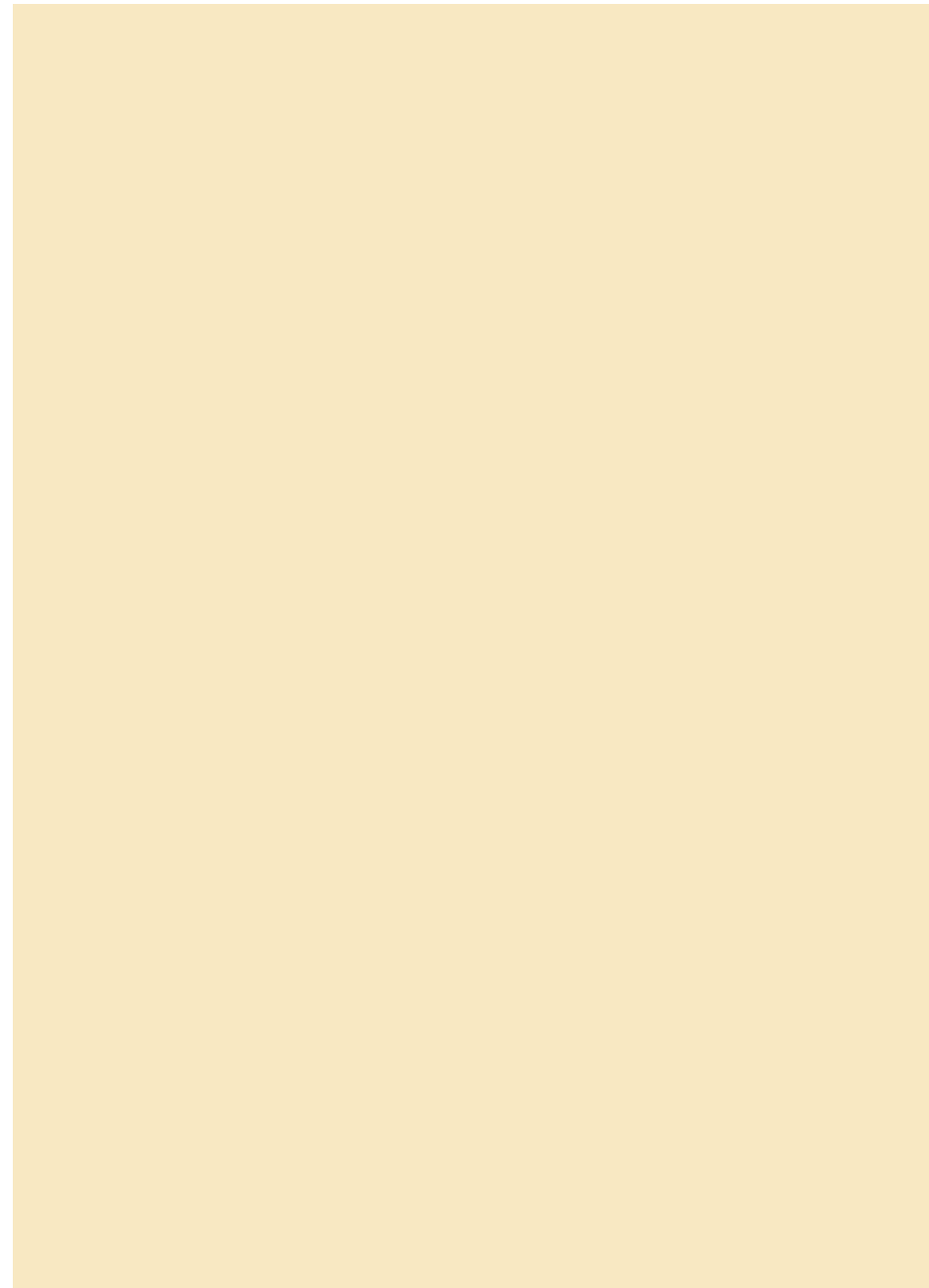


THE 114.



AFFIRMATIONS

to hold on to.



AFFIRMATIONS

to hold on to.

Allah SWT
only wants the
best for me.

Allah SWT
is sufficient
for me.

Allah SWT
knows I am
ready.