

aa<sup>+</sup>plus

# REJAB

THE SACRED MONTH FOR  
SINCERE REPENTANCE





"Indeed, the number of months ordained by Allah is twelve—in Allah's Record since the day He created the heavens and the earth—**of which four are sacred.**"

Surah at-Tawba: 36



Rasulullah ﷺ explained in a hadith what these 4 sacred months are:

"Three of them are in succession: Dhul-Qa'dah, Dhul-Hijjah, Muharram and **Rejab** of (the tribe of) Mudar".

(Bukhari)

When Allah SWT  
Himself says this  
month is sacred,  
we gotta pay  
attention, Champs!





Think about it.

If we can treat our birthday months, our anniversaries and all of our meaningful dates as something special, the more we should recognise the virtues and blessings of this month that **Allah SWT Himself says in the Quran is sacred.**



What can we do  
to honour this  
month of Rejab  
for His sake?

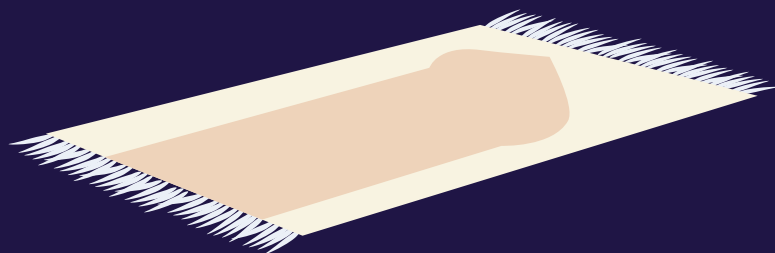
It has been narrated:  
**"Seek much forgiveness  
from Allah in Rejab**  
because in every hour  
(of the month) Allah frees  
people from the Fire."

Narrated by al-Daylami.

For this reason,  
Rejab is also called..

The month of  
Repentance.

The month of  
Istighfar.







Why do we need  
to repent & seek  
forgiveness from  
Allah SWT?



(let's find out!)

# Because Allah said so!

يَا أَيُّهَا الَّذِينَ ءَامَنُوا تُوبُوا إِلَى اللَّهِ تَوْبَةً نَّصُوحًا  
 عَسَىٰ رَبُّكُمْ أَن يُكَفِّرَ عَنْكُمْ سَيِّئَاتِكُمْ وَيُدْخِلَكُم  
 جَنَّاتٍ تَجْرِي مِن تَحْتِهَا الْأَنْهَارُ يَوْمَ لَا يُخْزِي  
 اللَّهُ النَّبِيَّ وَالَّذِينَ ءَامَنُوا مَعَهُ ۖ نُورُهُمْ يَسْعَىٰ  
 بَيْنَ أَيْدِيهِمْ وَبِأَيْمَانِهِمْ يَقُولُونَ رَبَّنَا أَتِمِّمْ لَنَا  
 نُورَنَا وَآغْفِرْ لَنَا إِنَّكَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ

O you who have believed, **repent to Allah with sincere repentance**. Perhaps your Lord will remove from you your misdeeds and admit you into gardens beneath which rivers flow [on] the Day when Allāh will not disgrace the Prophet and those who believed with him. Their light will proceed before them and on their right; they will say, "Our Lord, perfect for us our light and forgive us. Indeed, You are over all things competent." (At-Tahrim 66:8)

# The Prophet made repentance a daily habit!



Narrated Abu Huraira (ra):  
I heard Allah's Messenger ﷺ saying.  
By Allah! I ask for forgiveness from  
Allah and turn to Him in repentance  
**more than seventy times a day."**

(Bukhari)

# It polishes the heart!



Abu Hurairah narrated that the Messenger of Allah ﷺ said: "Verily, when the slave (of Allah) commits a sin, a black spot appears on his heart.

When he refrains from it, seeks forgiveness and repents, his heart is polished clean. But if he returns, it increases until it covers his entire heart.

(Tirmidhi)

# 7 more reasons to repent & seek forgiveness

*(according to the Quran & Hadith)*

1

"If anyone constantly seeks pardon (from Allah), Allah will appoint for him a way out of every distress and a relief from every anxiety, and will provide sustenance for him from where he expects not."  
(Abu Dawud).

2

Al-Zubayr reported: The Messenger of Allah, peace and blessings be upon him, said, "**Whoever would love to be pleased with his record, let him increase seeking forgiveness on it.**" (Al-Abani)

3

"Saying, 'Seek your Lord's forgiveness, 'for' He is truly Most Forgiving. **He will shower you with abundant rain, supply you with wealth and children, and give you gardens as well as rivers.**" (Nuh 71:10-12)

4

"But Allah would never punish them while you 'O Prophet' were in their midst. **Nor would He ever punish them if they prayed for forgiveness.**" (Al-Anfal 8:33)

5

"And O my people, ask forgiveness of your Lord and then repent to Him. He will send [rain from] the sky upon you in showers and **increase you in strength [added] to your strength.**" (Hud 11:52)

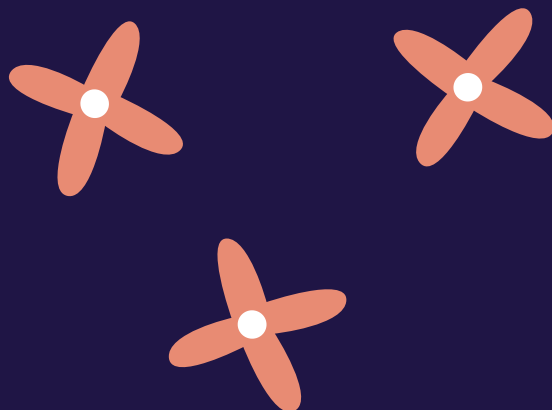
6

"**Glad tidings** to those who have excessive 'seeking forgiveness' in the record of their deeds." (Ibn Majah)

7

Messenger of Allah, peace and blessings be upon him said, "Verily, **Allah SWT is more delighted with the repentance of His slave** than a person who lost his camel in a desert land and then finds it (unexpectedly)". (Riyadh as-Salihin)

Most importantly,  
we seek forgiveness  
because we are  
human and **we**  
**commit sins on a**  
**daily basis,** both  
minor and major.



“If you were not to  
sin, Allah would  
surely create  
people who would  
sin and He would  
forgive them.”

(Muslim)



What are the  
ways to repent  
& seek  
forgiveness?



# STOP, DROP & ROLL

## Your 3-Step Tawba Plan

When we encounter a fire, we are taught to 'Stop, Drop and Roll'. This is what we apply to repentance from sins too.

**1**

### STOP

Our sins is the fire, so what we should do first is to **stop the sin**. We should make a vow and make sincere intention to not do it again.

**2**

### DROP

We should **lower ourselves to the lowest place in front of Allah SWT** and go into physical and spiritual Sujood - confess how much the sins are affecting us and how we do not want them in our lives anymore. This is where regret and remorse should come in, as the Prophet says: "**Regret is repentance.**" (Sunan Ibn Majah)

# 3 ROLL

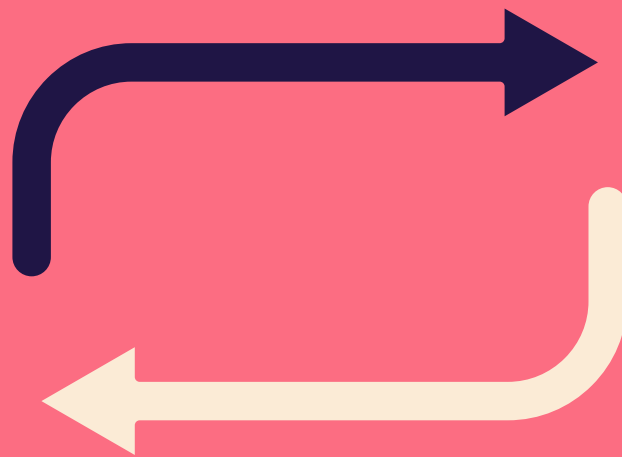
We need to **move away from the place of sins**. Alternatively, we can also transform the space into a place of Ibadah! We can **roll to safety** by following up sins with good deeds as the Quran says, "Surely good deeds wipe out evil deeds." (Hud 11:114)

Watch the following TKV Video where Ustazah elaborate more on the **Stop, Drop, & Roll** method:



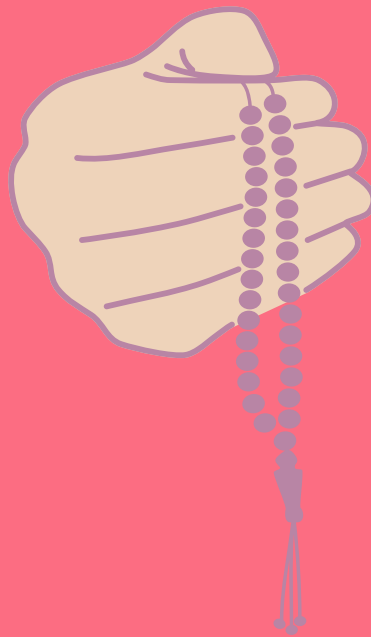
P.S. This video is a snippet of our TKV lesson on Overcoming Sins & Addictions with Ustazah Alimatunnisa.

We need to repeat  
'Stop, Drop, Roll'  
as many times until  
we are out of the  
fire of disobedience.  
In Sha Allah.



The simplest and  
easiest way to repent  
is through the Dhikr of

# Istighfar (Astaghfirullah)



'I seek forgiveness  
in Allah'.

# أَسْتَغْفِرُ اللَّهَ

Thawban reported:

When the Messenger of Allah ﷺ, finished his prayer, **he would seek forgiveness from Allah three times** and he would say, "O Allah, You are peace and from You is peace. Blessed are You, Majestic and Generous."

(Muslim)



# Sayyidul Istighfar: The Master of Forgiveness

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ خَلَقْتَنِي وَأَنَا عَبْدُكَ  
وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَضَعْتُ أَعُوذُ بِكَ  
مِنْ شَرِّ مَا صَنَعْتَ أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَأَبُوءُ  
بِذَنْبِي فَاعْفِرْ لِي فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

*Allahumma anta Rabbi la ilaha illa ant,  
khalaqtani wa ana `abduk, wa ana `ala `ahdika  
wa wa`dika mastatha`t, a`udhu bika min sharri ma  
šana`t, abu'u laka bi ni`matika `alay, wa abu'u  
bidhanbi faghfir li fa'innahu la yaghfirudh-  
dhunuba illa ant.*

O Allah, You are my Lord, there is none worthy of worship but You. You created me and I am your slave. I keep Your covenant, and my pledge to You so far as I am able. I seek refuge in You from the evil of what I have done. I admit to Your blessings upon me, and I admit to my misdeeds. Forgive me, for there is none who may forgive sins but You.

Whoever recites this with conviction in the evening and dies during that night shall enter Paradise, and whoever recites it with conviction in the morning and dies during that day shall enter Paradise.

*(Al-Bukhari)*



If you need an Istighfar Buddy, head on to the following mixtapes to dhikr along with our Champs!

Mixtape for the Soul 2:  
Istighfar with Champ  
Aliah Mazli



Reen Jalli • Aliah Mazli • Agas Gabr • Maryam Jamilah •  
Fatm Azzah • Lia Fahila • Amira Zannouli • Fara Iqana •  
Marham M'lanad • Humaira Siregar • Des Chandra Marilla •  
Ainda Adely • Mafyza Dyla Charani • Qanita Muhammad



Mixtape for the Soul 4:  
Sayyidul Istighfar with  
Champ Maryam Jamilah

# More Du'as on Seeking Forgiveness

## Du'a of Prophet Yunus while in the belly of the whale

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

La ilaha illa anta subhanaka inni kuntu minaz-zalimin

***"There is none worthy of worship except You, Glory to You, Indeed, I have been of the transgressors."***  
***(Al-Anbiya' 21:87)***

## Dua for forgiveness and mercy

رَبَّنَا ظَلَمْنَا أَنْفُسَنَا وَإِنْ لَمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا  
لَنَكُونَنَّ مِنَ الْخَاسِرِينَ

Rabbana zalamna anfusana wa-in lam taghfir lana wa-tarhamna la-nakunanna minal-khasirin

***Our Lord! We have wronged ourselves. If You do not forgive us and have mercy on us, we will certainly be lost. (Al-A'raf 7:23)***

## Dua for forgiveness and repentance

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ

Subhaana-Allahi wa bihamdihi, Astaghfirullah, wa  
atuubu ilaihi

***Allah is free from imperfection, and I begin with praising Him. I beg forgiveness from Allah and I turn to Him in repentance. (Bukhari & Muslim)***

## Dua for forgiveness for all believers and protection from resentment

رَبَّنَا اغْفِرْ لَنَا وَلِإِخْوَانِنَا الَّذِينَ سَبَقُونَا بِالْإِيمَانِ  
وَلَا تَجْعَلْ فِي قُلُوبِنَا غِلًّا لِلَّذِينَ ءَامَنُوا رَبَّنَا  
إِنَّكَ رَءُوفٌ رَحِيمٌ

Rabbana-ghfir lana wa li ikhwaninal-laziina sabaquuna bil-  
iman, wa laa taj-al fii quluubina ghillal-lil lazina amanuu,  
rabbanaa innaka raufur-rahim

***Our Lord! Forgive us and our fellow believers who preceded us in faith, and do not allow any resentments into our hearts towards those who believe. Our Lord! Indeed, You are Ever Gracious, Most Merciful.***

***(Al-Hashr 59:10)***

## Du'a for forgiveness and removal of bad deeds

رَبَّنَا فَاعْفِرْ لَنَا ذُنُوبَنَا وَكَفِّرْ عَنَّا سَيِّئَاتِنَا وَتَوَفَّنَا  
مَعَ الْأَبْرَارِ

Rabbana fa-ghfir lana zunuubana wa-kaffir anna sayyi-  
aatina wa-tafawwafaa maal-abrar

***Our Lord! Forgive our sins, remove from us our  
misdeeds, and grant that we join the righteous when  
we die. (Ali Imran, 3:193)***

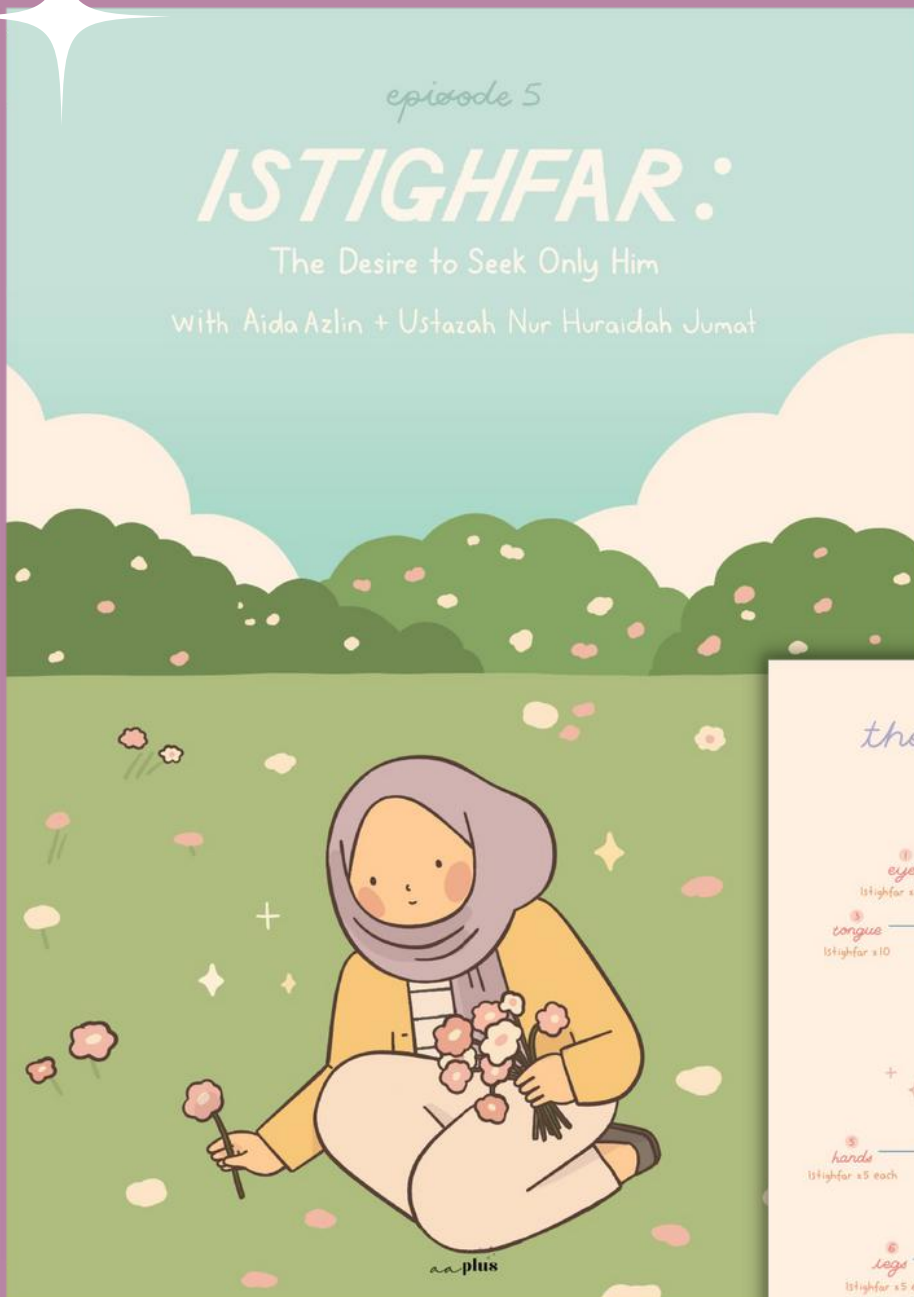
## Du'a taught to Abu Bakr As-Siddiq

اللَّهُمَّ إِنِّي ظَلَمْتُ نَفْسِي ظُلْمًا كَبِيرًا وَلَا يَغْفِرُ  
الذُّنُوبَ إِلَّا أَنْتَ فَاعْفِرْ لِي مَغْفِرَةً مِنْ عِنْدِكَ  
وَازْحَمْنِي إِنَّكَ أَنْتَ الْعَفُورُ الرَّحِيمُ

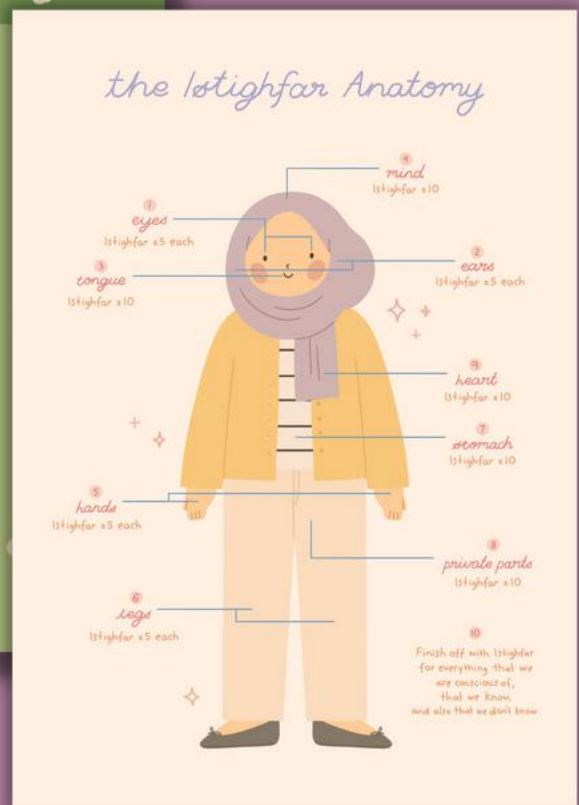
Allahumma inni zalumtu nafsi zulman kathiran, Wala  
yaghfiru dh-dhunuba illa anta, fa ghfir li maghfiratan  
min `indika, wa r-hamni, innaka anta l-ghafuru r-rahim

***O Allah! I have done great injustice to myself and  
none except You forgives sins, so bestow on me a  
forgiveness from You, and Have Mercy on me, You  
are the Forgiver, the Merciful. (Bukhari)***

To delve further into the beauty of Istighfar, check out this awesome episode of Not Basic But Epic on The Knowledge Vault!



( Keep a lookout for a super soul-cleansing Istighfar mini activity that Ustazah Huraidah will teach us during the lesson! )



What else can  
we do to  
honour the  
sacred month  
of Rejab?



It is beautiful that **in the same Ayah** where the sacred months are mentioned, Allah SWT said:

“So do not wrong yourselves during (these months)”





Champs,  
let this be a  
reminder to not  
wrong ourselves,  
and to not steal  
from ourselves of  
this opportunity to  
do more good, and  
to cut down on our  
bad habits for  
His sake.



# 7 Simple Actionables You Can Do in Rejab

01

Strive to pray earlier even if by a minute.

02

Stay longer on your prayer mat after Solah to do your Zikir and Duas, even if for a minute.

03

Protect your mornings by **checking in with Allah first**, instead of with your phone.

04

Cut down on shows, shopping, music, even if it's by one show / item / song.

05

**Oncrease** on Quran, Zikir, Charity, even if it's by one **Ayah / Dua / Dollar**.

06

**Embrace silence, slowing down and solitude.** It's hard to hear what Allah is trying to teach us if we are always in a rush.

07

Let Istighfar be your **closest companion** and repeat it in abundance.

Champs, we pray  
you will have a  
blessed and  
beautiful Rejab to  
help you prepare for  
the coming month  
of Ramadan!

