

# 4 Poisons of Heart

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## 1. Talking about things Needlessly

“The faith of a servant is not put right until his heart is put right, and his heart is not put right until his tongue is put right.”  
(Musnad Ahmad)



## 2. Having Uncontrolled Glances

“Tell the believing men to reduce [some] of their vision and guard their private parts. That is purer for them. Indeed, Allah is Acquainted with what they do.”  
[Quran, 24: 30]



## 3. Eating beyond One`s Need

“From the time of their arrival in Madina up until His (PBUH) death, the family of Muhammad (PBUH) never ate their fill of bread made from wheat three nights in a row.”  
(Bukhari and Muslim)



## 4. Keeping Bad Companionship

“And the Day the wrongdoer will bite on his hands [in regret] he will say, "Oh, I wish I had taken with the Messenger a way. Oh, woe to me! I wish I had not taken that one as a friend. He led me away from the remembrance after it had come to me. And ever is Satan, to man, a deserter.”  
[Quran, 25: 27-29]



# BENEFITS OF ISTIGHFAR

1 Perpetual  
forgiveness of sins  
[Surat Nuh: 10]

2 Provision of  
gardens and rivers  
[Surat Nuh: 12]

3 Continuous rain  
showers [Surat Nuh: 11]

4 Increase in wealth  
and children [Surat  
Nuh: 12]

5 Increase in  
strength [Surat Hud: 52]

6 Enjoyment of good  
provision [Surat Hud: 3]

7 Relief from affliction  
and punishment [Surat  
Al-Anfal: 33]

8 Allah bestows His  
abounding Grace  
upon you [Surat Hud: 3]



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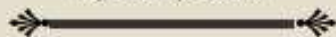


**"Do not spy or backbite each other.  
Would one of you like to eat the flesh of his  
brother when dead? You would detest it .."**

**[49:12 Quran]**

"O you, who have believed,  
**WHEN [THE ADHAN] IS CALLED FOR**  
the prayer on the day of  
**JUMU'AH [FRIDAY],**  
then proceed to the  
**remembrance of ALLAH**  
That is better for you,  
**if you only knew."**

Quran, 62: 9





# Advantages of Wearing the Hijab



- 1. You please Allah plus you get reward Inshallah :)**
- 2. It is Allah's protection of your natural beauty. You are too precious to be "on display" for each man to see.**
- 3. It is Allah's preservation of your chastity.**
- 4. Allah purifies your heart & mind through the Hijab.**
- 5. Allah beautifies your inner & outer countenance with Hijab.**
- 6. Allah defines your femininity through the Hijab. Allah wants you to be respected by others, & for you to respect yourself.**
- 7. Allah raises your dignity through the Hijab - when stranger looks at you, he respects you because he sees that you respect yourself.**
- 8. Allah protects your honour 100% through your Hijab. Men do not gaze, approach or speak to you in a sensual way.**
- 9. Allah gives you nobility through the Hijab. You are noble not degraded because you are covered not naked.**
- 10. Allah demonstrates your equality as a Muslim woman through the Hijab. Your Lord bestows upon you equal worth as your male counterpart, & gives you a host of beautiful rights & liberties.**

Source: [en.rafed.net](http://en.rafed.net)



**"O YOU WHO BELIEVE! IF A  
FAASIQ (LIAR – EVIL PERSON) COMES  
TO YOU WITH ANY NEWS, VERIFY  
IT, LEST YOU SHOULD HARM  
PEOPLE IN **IGNORANCE**, AND  
AFTERWARDS YOU BECOME  
**REGRETFUL** FOR WHAT YOU  
HAVE DONE." (QURAN 49 6)**



# LIFE AFTER DEATH AND VERSES OF HOLY QURAN

(10:56)

"HE GIVES LIFE AND  
CAUSES DEATH, AND  
TO HIM YOU WILL BE  
RETURNED."

(45:24-25)

"THEY SAY, 'THERE IS  
NOTHING BUT OUR PRESENT LIFE,  
WE DIE, AND WE LIVE, AND NOTHING  
BUT TIME DESTROYS US.' OF THAT THEY  
HAVE NO KNOWLEDGE, THEY MERELY  
CONJECTURE. AND WHEN OUR  
REVELATIONS ARE RECITED TO  
THEM, THEIR ONLY  
ARGUMENT IS THAT  
THEY SAY, 'BRING US  
OUR FATHER, IF YOU  
SPEAK TRULY.'"

(23:115)

"WHAT! DID YOU THINK  
THAT WE HAD CREATED  
YOU WITHOUT PURPOSE,  
AND THAT YOU WOULD  
NOT BE BROUGHT  
BACK TO US?"

(3:169)

"THINK NOT  
OF THOSE, WHO  
ARE MARTYRED IN  
THE WAY OF ALLAH, AS  
DEAD. NO, THEY ARE LIVING  
WITH THEIR LORD AND  
PROVIDED WITH FOOD."

(8:50)

"AND IF YOU COULD  
BUT SEE WHEN THE ANGELS  
TAKE THE SOULS OF THOSE  
WHO DISBELIEVED... THEY ARE  
STRIKING THEIR FACES AND  
THEIR BACKS AND [SAYING],  
'TASTE THE PUNISHMENT OF  
THE BURNING FIRE'"

# Types and Benefits of Sadaqah

"And whoever volunteers good - then indeed, Allah is appreciative and Knowing."

(Quran, 2: 158)

## Types

1 Every Action of Goodness



Dhikr (Remembrance) of Allah SWT



2

3 Smiling in Front of a Muslim brother



Embracing Righteousness and Preventing Wickedness

4

5 Guiding Other Person



Eliminating Harmful Objects from Passageway

6

7 Pouring Water for Muslim Fellow



اللَّهُ

The best Investment with Allah SWT

1

8 Helping a blind human being



Results in Huge Rewards

2

3 Will Provide Shade on the Day of Resurrection



5 Helps in Attaining Pleasure of Allah



Protects from Tragedies

4

## benefits





# 18 SOURCES OF BARAKAH

*"Barakah is the attachment of Divine goodness to a thing, so if it occurs in something little, it increases it. And if it occurs in something much it benefits. And the greatest fruits of Barakah in all things is to use that barakah in the obedience of Allah (Subhanahu Wa Ta'ala)"*

## 1 GOOD INTENTIONS

Make sure that deed is intended for the sake of Allah (Subhanahu Wa Ta'ala)

## 2 PIETY & BELIEF

*"And for those who fear Allah, He (ever) prepares a way out. And He provides for him from (sources) he never could imagine."* (Surah Al-Talaq, Verses 2-3).

## 3 TRUST IN ALLAH

*"And if any one puts his trust in Allah, sufficient is (Allah) for him. For Allah will surely accomplish his purpose. Verily, for all things has Allah appointed a due proportion"* (Surah Al-Talaq, verses 3).

## 4 READ QURAN

Read the Quran, and observe the blessings and barakah of Allah enter your life

## 5 "BISMILLAH"

When you say "Bismillah" before anything you do, not only will that activity be blessed but shaytaan cannot take part in it!

## 6 EATING WITH PEOPLE

*"Whoever has food enough for two persons, should take a third one, and whoever has food enough for four persons, should take a fifth or a sixth (or said something similar)."*

## 12 GRATEFUL

Allah promises the person who thanks Him an increase in goodness and blessings, and Allah never breaks His promises

## 11 ISTIKHARA

Praying istikhara in all matters and then leaving the outcome to Allah as well

## 10 FOLLOW SUNNAH

To simply follow the Prophet Muhammad's lifestyle and the acts of Sunnah

## 9 HALAL INCOME

Prophet Muhammad (peace be upon him) said: *"O people, Allah is good and He therefore, accepts only that which is good"*

## 8 DUA

Ask Allah for barakah! If you take note of some of the Duas of the Prophet Muhammad (peace be upon him) you'll notice that the Prophet used to make dua for barakah

## 7 HONEST

We shouldn't assume lying and deceiving people will make our trade profitable. On the contrary, it will remove the blessing from your trade

## 13 CHARITY

Charity cleanses your sins, adds good deeds and is a source of barakah

## 14 TIES OF KINSHIP

*"I seek refuge with you from those who sever the ties of Kith and kin."* On that Allah said, *"Will you be satisfied if I bestow My favours on him who keeps your ties, and withhold My favours from him who severs your ties?"*

## 15 WAKE UP EARLY

Prophet Muhammad (peace be upon him) said: *"Allah made the early hours blessed for my Ummah."* (Ahmed)

## 16 MARRIAGE

Allah says in the Quran: *"Marry those among you who are single, or the virtuous ones among yourselves, male or female: if they are in poverty, Allah will give them means out of His grace: for Allah encompasseth all, and He Knoweth all things."* (Quran 24:32)

## 17 SALAH

Salah is your lifeline for the final destination in the hereafter, and the daily food for your soul

## 18 FORGIVENESS

The Prophet (peace be upon him) said: *"If anyone continually asks forgiveness from Allah, Allah will appoint for him a way out of every distress, and a relief from every anxiety, and will provide for him from where he did not reckon."*