



## Day 9: Welcome & Instructions

Bismillah

As'salaamu alaykum

Today is the Day of Arafah.

If your family or loved ones are out for Hajj then may Allah (swt) accept it of them - Hajj Mabroor!

Let's make lots of duas today - duas for ourselves, our family, the entire ummah, creation, humanity and even animals.

May Allah (swt) accept all our deeds and duas - ameen.

Remember that today is a day for Fast - so fast insha'Allah.

In today's challenge we look at balancing our deen and duniyah.

We need to be people of balance and moderation and even Allah (swt) has said that He (swt) loves for us to be moderate - choosing the middle path.

Sometimes we lose focus and become extreme in our ways.

**Check out today's challenge Day 9 - Deen and Duniya**

Remember to email me your reflection homework and do put each challenge into practice. True knowledge will not benefit us until we don't put it into practice insha'Allah.