



Day 3: Dhikr/Tasbee

Bismillah

The Prophet (ﷺ) said, “There are no days that are greater with Allāh, and in which good deeds are more beloved to Him, than these ten days. So increase in making tasbīḥ (saying Subḥānallāh), tamḥīd, tahlīl and takbīr, during them.” [Related by aṭ-Ṭabarānī in al-Kabīr (3/110/1)]

Tamhid - Alhamdulillah

Tahlil - La ilaha ilAllah

Takbir - Allahu Akbar

Dhikr - Remembrance - Keep the Tongue moist with the Remembrance of Allah - today, tomorrow, and always insha'Allah.

We should remember Allah (swt) anywhere, any time and with every action we take: cooking, travelling, working, and studying, with friends, at play....

We shouldn't remember Allah (swt) only in times of difficulty, but also in times of ease.

"Those who believe, and whose hearts find their rest in the remembrance of Allah - for, verily, in the remembrance of Allah hearts do find their rest" (Q13:28)

Remembering Allah (swt) softens the heart, it helps us to accept different people and cultures around us - after all Allah (swt) created everyone - we need to appreciate everyone's model of life. Everyone on this Challenge is unique and different.

"When you have performed the act of worship, remember Allah, standing, sitting or reclining" (Q4:103)

Dhikr also keeps our tongues busy - the organ which can cause both good and harm!

The tongue can either make a situation or break it.

Many lives have been either ruined by it or saved by it.

Which will you choose for this Challenge today?

There are different types of dhikr;

a) Dhikr of the eyes - weeping (fear and love of Allah)



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- b) Dhikr of the ears - listening (Qur'an)
- c) Dhikr of the hands - giving (charity)
- d) Dhikr of the heart - fear and hope (of Allah's forgiveness and mercy)
- e) Dhikr of the spirit - submission and acceptance (of Allah and His Qadr - Will)

In these 10 days (and beyond) keep the tongue moist in the remembrance of Allah - the greatest of all the dhikr is 'La ilaha ilAllah - there is no god but Allah' - and insha'Allah you will see the difference within you!

Action Points:

- a) Write down all the different types of dikhr i.e. 'Subhan'Allah, Alhamdulillah, Allahu Akbar, Hasbunallah etc and keep reciting them throughout the day.
- b) If something unfortunate happens, or something makes you angry say; 'Inna'lilah or Auzbillah' - to get the tongue used to the correct expressions
- c) A quick story - If you swear or curse a lot then know that it's a bad habit to have. It is something I personally dealt with as I used to always drop the F-Bomb. It became a way of life in a way. Yes I was still doing my ibaadah - but remember I said Islam is perfect and we Muslim's are not. I'm also a daily work in progress and working on this 10 Day Challenge with you! So anyway I decided to drop this habit as it really wasn't cool or lady-like and it was just something I used - like a phrase we use. I started replacing it with 'Inna Lilah'. Then I started using other dhikr words more and you know at first it felt fake or trying to be uber-religious but now when I talk to non-Muslims I drop 'Yeah insha'Allah, masha'Allah, subhan'Allah' in a conversation and don't even realise that I have! So, if I can do it - then yes you can. It will take some practice but remember this challenge is meant to push us out of our comfort zone. I promise you that insha'Allah if you continue to purify your intention and sincerity at each step and ask Allah to grant you barakah and tawfeeq to complete this 10 Day Challenge then not only will you be able to complete it with ease but you'll also have your very own transformation and breakthrough AND you will be able to continue it after the 10 days.

My duas are with you always - and remember I'm also in this Challenge with you!

So go ahead now, grab your journal, get into your spiritual-retreat zone, write up your dhikr and tasbeeh and get to it - insha'Allah! 😊