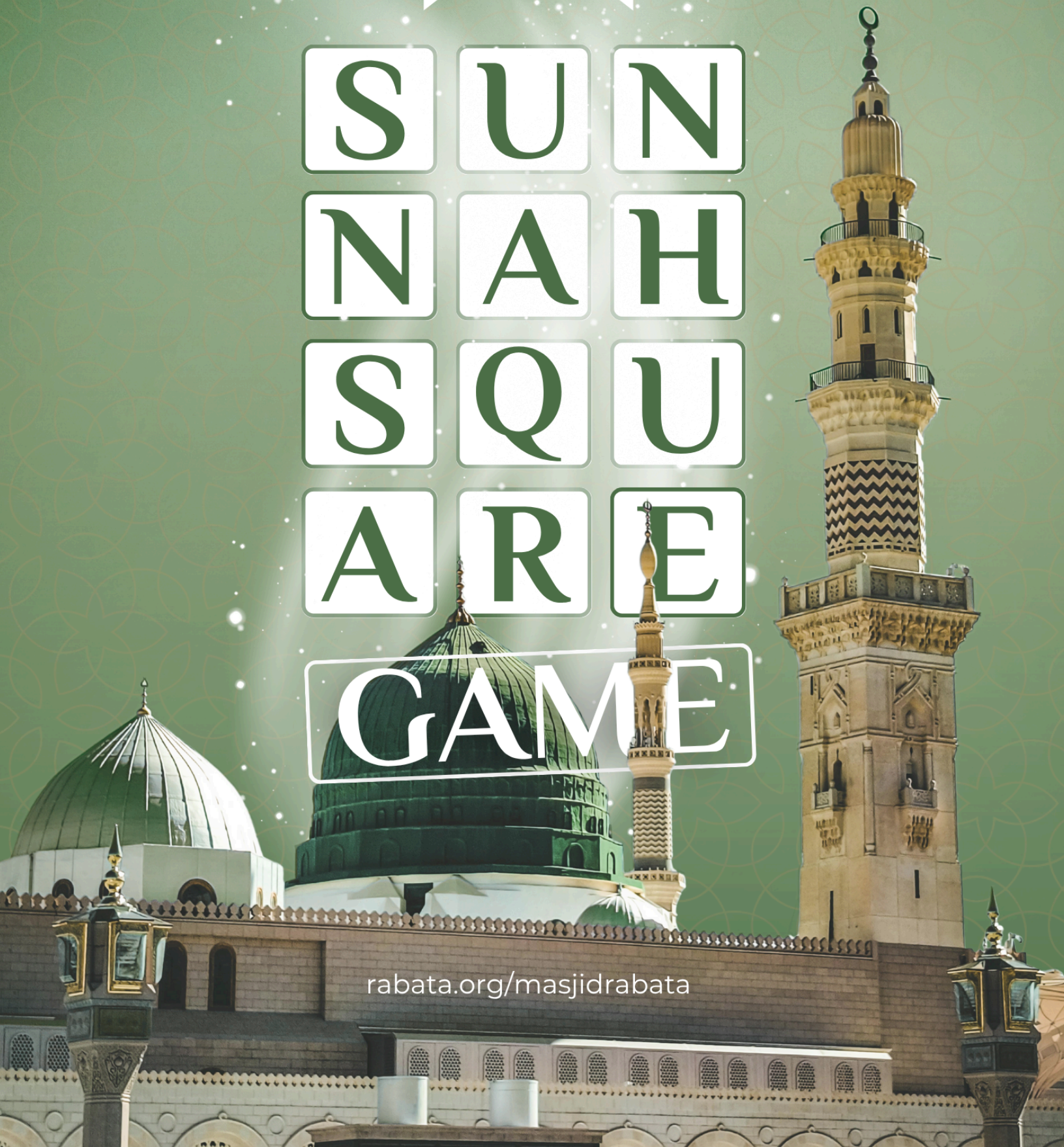
ربيع الأول
Rabiʿ al-Awwal

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MASJID

SUNNAH SQUARE GAME



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Following the Sunnah

The Sunnah—the way, actions, and teachings of the Prophet Muhammad ﷺ—holds a vital place in the life of every believer. It is not simply a historical record or a set of optional practices; it is a living guide to embodying faith with depth, sincerity, and excellence. Through the Sunnah, we are given a practical and timeless blueprint of how to live with purpose, humility, and devotion to Allah. Every smile, every word of kindness, and every moment of patience the Prophet ﷺ demonstrated is a lesson in how to align our lives with divine guidance.

Following in the footsteps of the Prophet ﷺ is not merely an act of imitation but an act of love. It reflects our desire to walk the path that was most beloved to Allah, as the Prophet ﷺ was the most beloved of all creation. His life was the Quran in action—mercy in motion, justice realized, and truth made visible. When we emulate his character, we begin to transform our own—developing sincerity in worship, gentleness in relationships, and strength in adversity. The Sunnah nurtures our spiritual, emotional, and social growth, rooting us in the legacy of prophetic wisdom.

In today's fast-paced and ever-changing world, the Sunnah serves as an anchor. It provides clarity in moments of confusion, balance in times of emotional chaos, and meaning when the world feels empty. The Prophet ﷺ showed us how to pray, how to eat, how to treat others, and even how to grieve. No moment in life is too small or too complex for the Sunnah to address. It elevates everyday actions—turning routine into reward and habits into acts of worship. In this way, the Sunnah connects the believer's inner state with outer action, shaping a life that reflects both faith and devotion.

Ultimately, the Sunnah is a mercy to us, just as the Prophet ﷺ was a mercy to all the worlds. It allows us to draw near to Allah by loving and obeying His Messenger, as Allah says in the Quran: "Say [O Muhammad], 'If you love Allah, then follow me, so Allah will love you and forgive your sins'" (Sūrat Āl ʿImrān, 3:31). Embracing the Sunnah is not about perfection, but about sincere effort, love, and commitment. With each step we take in the Prophet's ﷺ footsteps, we take a step closer to Allah—and to becoming the best version of ourselves.

Instructions

This Rabīʿ al-Awwal, we are excited to introduce the Sunnah Square Game—a fun and spiritually enriching way to build a stronger connection with the Prophet Muhammad ﷺ. Through small, consistent acts inspired by the Sunnah, participants are encouraged to infuse their daily lives with Prophetic habits that cultivate love, mindfulness, and devotion. Whether it's smiling at someone, praying sunnah *rakaʿāt*, reciting a *duʿāʾ* before sleep, or offering words of kindness, each square on the card is a simple action that echoes the character of the Prophet ﷺ and brings his beautiful way into our homes and hearts.

To join, simply fill in your weekly Sunnah Square card found at rabata.info/sunnahsquare as you complete each action, then post it to your social media with a personal reflection or image from your week. Be sure to tag @Rabata_org on Instagram or @rabata.org on Facebook and three different friends to keep the circle of love and sunnah growing! After posting, take a screenshot of your post and email it to masjidrabata@rabata.org to confirm your entry.

Every week, one participant will be selected as the Sunnah Star, and their name will be announced at our weekly *qiyām* gatherings. This is more than just a game—it's a shared journey of remembrance, action, and connection with our beloved Prophet ﷺ. Let's encourage one another to walk more intentionally in his footsteps, one square at a time.

Whether you're doing it solo or with a group of friends, the Sunnah Square Game is a beautiful way to make the Sunnah come alive. So grab your card, set your intentions, and get started! Let's fill our hearts with the Sunnah and our timelines with light.

Week 1 - Seeking Knowledge

1. Sign up for a Ribaat course.

Abū Hurayra (*raḍiya Allāhu ʿanhu*, or may Allah be pleased with him) reported:

The Messenger of Allah ﷺ said, “Allah makes the way to Jannah easy for him who treads the path in search of knowledge” (*Ṣaḥīḥ Muslim*).

Abū Dardāʾ (*raḍiya Allāhu ʿanhu*, or may Allah be pleased with him) reported: The Messenger of Allah ﷺ said, “He who follows a path in quest of knowledge, Allah will make the path of Jannah easy for him. The angels lower their wings over the seeker of knowledge, being pleased with what he does. The inhabitants of the heavens and the earth and even the fish in the depths of the ocean seek forgiveness for him. The superiority of the learned man over the devout worshipper is like that of the full moon over the rest of the stars [i.e., in brightness]. The learned are the heirs of the prophets—who bequeath neither dinar nor dirham but only knowledge; and he who acquires it, has in fact acquired an abundant portion” (*Sunan Abū Dāwūd* and *Jāmiʿ al-Tirmidhī*).

2. Teach someone something you have learned.

Abū Hurayra (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ said, “He who calls others to follow the right guidance will have a reward equal to the reward of those who follow him, without their reward being diminished in any respect on that account” (*Ṣaḥīḥ Muslim*).

3. Ask Allah for beneficial knowledge by reciting this *duʿāʾ* in Arabic or English.

Umm Salama (*raḍiya Allāhu ʿanhā*) said, the Messenger of Allah ﷺ used to say in the supplication in the morning prayer:

Allāhumma innī asʾaluka ʿilman nāfiʿa, wa rizqan ṭayyiba, wa ʿamalan mutaqabbala.

O Allah, indeed I ask You for beneficial knowledge, and a good halal provision, and actions that are accepted (*Sunan Ibn Māja*).

4. Seek out a gathering of Islamic knowledge (e.g., a khuṭbah).

Anas (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ said, “He who goes forth in search of knowledge is considered as struggling in the Cause of Allah until he returns” (*Jāmiʿ al-Tirmidhī*).

5. Attend a Masjid Rabata Qiyām and share what you learned.

Ibn Masʿūd (*raḍiya Allāhu ʿanhu*) reported: I heard the Messenger of Allah ﷺ saying, “May Allah freshen the affairs of a person who hears something from us and communicates it to others exactly as he has heard it [i.e., both the meaning and the

words], for it may be that the recipient of knowledge understands it better than the one who has heard it" (*Jāmiʿ al-Tirmidhī*).

6. Act upon one lesson that you have learned this week.

It was narrated that Abū Dharr (*raḍiya Allāhu ʿanhu*) said: The Messenger of Allah said to me: "O Abū Dharr! For you to come out in the morning and learn one verse from the Book of Allah is better for you than praying one hundred *rakaʿa*, and for you to come out and learn a matter of knowledge, whether it is acted upon or not, is better for you than praying one thousand *rakaʿa* (*Sunan Ibn Māja*).

7. Post a quote from one of your Ribaat classes or Masjid Rabata Qiyām speakers.

Anas (*raḍiya Allāhu ʿanhu*) narrated that the Messenger of Allah ﷺ used to say, "O Allah! Grant me benefit in what you have taught me, and teach me useful knowledge and provide me with knowledge that will benefit me" (*Mustadrak al-Ḥākim* and *Sunan al-Nasāʾī*).

8. Make *duʿāʾ* for your teacher.

ʿAbdullāh b. ʿAmr (*raḍiya Allāhu ʿanhu*) reported God's messenger ﷺ as saying, "God does not take away knowledge by removing it from men, but takes it away by taking away the learned, so that when there are no learned men left, men will take ignorant men as leaders. Causes will be presented to them and they will pass judgment without knowledge, erring and leading others into error" (*Ṣaḥīḥ al-Bukhārī* and *Ṣaḥīḥ Muslim*).

9. Join a local *ḥalaqa* or attend a class at the masjid.

Abū Hurayra (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ said: "Whoever travels a path in search of knowledge, Allah will make easy for him a path to Paradise. People do not gather in the houses of Allah, reciting the book of Allah and studying it together, but that tranquility will descend upon them, mercy will cover them, angels will surround them, and Allah will mention them to those near him" (*Ṣaḥīḥ Muslim*).

10. Organize your learning materials as an act of intention to seek knowledge better.

The Prophet ﷺ said, "Verily, the angels lower their wings for the seeker of knowledge. The inhabitants of the heavens and earth, even the fish in the depths of the water, seek forgiveness for the scholar. The virtue of the scholar over the worshipper is like the superiority of the moon over the stars. The scholars are the inheritors of the prophets. They do not leave behind gold or silver coins, but rather they leave behind knowledge. Whoever has taken hold of it has been given an abundant share" (*Sunan Abū Dāwūd*).

11. Share one piece of Islamic knowledge with someone who may not usually seek it out. (You're spreading the water to where it might not usually reach.)

Abū Mūsā (*raḍiya Allāhu ʿanhu*) reported: The Prophet ﷺ said: "Verily, the parable of the guidance and knowledge that Allah Almighty sent with me is the likeness of rain falling upon the earth. Among it is a good land that receives the water and thus there is abundant growth of herbage and grass. Among it is a barren land that retains the water and thus Allah benefits people from it; they drink from it and graze their animals. And it falls upon another land that is only abysmal; it does not retain water, nor does herbage grow. Such is the parable of one who understands the religion of Allah and benefits from what Allah sent with me; he learns and he teaches. Such is the parable of one who does not raise his head and does not accept the guidance Allah sent with me" (*Ṣaḥīḥ al-Bukhārī*).

12. Share #AnseSpeaks with your friends! Anse Tamara's short and beneficial reminders are gems to be shared and can be found on Rabata's YouTube, Instagram, or TikTok.

Sahl b. Saʿd (*raḍiya Allāhu ʿanhu*) reported: The Prophet ﷺ said: "By Allah, that Allah guides a man through you is better for you than a herd of expensive red camels" (*Ṣaḥīḥ al-Bukhārī*).

13. Learn about a Sunnah that is not widely practiced, share it to others, and invite them to try it.

ʿAmr b. ʿAwf (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ said: "Know that whoever revives a tradition from my Sunnah if it has died out after me, he will have a reward like those who act upon it without diminishing any of their rewards. Whoever innovates a misguided heresy not pleasing to Allah and His Messenger, he will have a sin like those who act upon it without diminishing any of the people's burdens" (*Jāmiʿ al-Tirmidhī*).

14. Learn the *tafsīr* of a sura, or revisit the *tafsīr* of a sura you have already learned and approach it with fresh eyes.

Abū Saʿīd al-Khudrī (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ said: "The believer is never satisfied from learning good until he arrives in Paradise" (*Jāmiʿ al-Tirmidhī*).

15. Spend time with someone who inspires you to be closer to Allah.

Ibn ʿAbbās (*raḍiya Allāhu ʿanhumā*) reported: It was said, "O Messenger of Allah, which gathering is best?" The Prophet ﷺ said: "A gathering of those who inspire you to remember Allah when you see them, whose discourse increases your knowledge, and whose good deeds inspire you to remember the Hereafter" (*Musnad Aḥmad*).

16. Revisit something beneficial you learned recently and plan one way to apply it this week.

Abū Barza (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ said: "The feet of a servant will not move on the Day of Resurrection until he is asked about his lifetime and how he used it, his knowledge and how he acted upon it, his wealth and from where he acquired it and how he spent it, and his body and how he exhausted it" (*Jāmiʿ al-Tirmidhī*).

17. Recommend or gift a Ribaat class or short course to a friend.

Abū Hurayra (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ said: "When the human being dies, his deeds end except for three: ongoing charity, beneficial knowledge, or a righteous child who prays for him" (*Ṣaḥīḥ Muslim*).

18. Support someone else's good deed with the intention of being part of the ongoing reward.

Muʿādh b. Anas (*raḍiya Allāhu ʿanhu*) reported: The Prophet ﷺ said: "Whoever imparts knowledge will have the reward of whoever acted upon it, without detracting from the reward of one who acted" (*Sunan Ibn Māja*).

19. Look up the why behind a practice you already do, for example, *wudūʿ*, hijab, or salah. Dig deeper and reflect upon it.

The Prophet ﷺ said, "If Allah intends goodness for a person, He gives him understanding of the religion" (*Ṣaḥīḥ al-Bukhārī*).

20. Teach one person something good, even if it's small.

Narrated Abū Umāma al-Bāhilī (*raḍiya Allāhu ʿanhu*): "Two men were mentioned before the Messenger of Allah ﷺ. One of them a worshiper, and the other a scholar. So the Messenger of Allah ﷺ said: 'The superiority of the scholar over the worshiper is like my superiority over the least of you.' Then the Messenger of Allah ﷺ said: 'Indeed Allah, His Angels, the inhabitants of the heavens and the earths—even the ant in his hole, even the fish—say *ṣalāt* upon the one who teaches the people to do good'" (*Jāmiʿ al-Tirmidhī*).

21. Get out of your comfort zone. Take steps to learn about a topic or subject you have been avoiding.

Narrated Abū Saʿīd al-Khudrī (*raḍiya Allāhu ʿanhu*), that the Messenger of Allah ﷺ said: "The believer will never be satisfied with the good he hears, until he ends up in Paradise" (*Jāmiʿ al-Tirmidhī*).

22. Learn something today with the intention of preserving the knowledge of this *dīn*. (Even one hadith or one concept. Be part of the chain.)

It was narrated that Abū Umāma (*raḍiya Allāhu ʿanhu*) said: "The Messenger of Allah said: 'You must acquire this knowledge before it is taken away, and its taking away means that it will be lifted up.' He joined his middle finger and the one that next to

the thumb like this, and said: 'The scholar and the seeker of knowledge will share the reward, and there is no good in the rest of the people'" (*Sunan Ibn Māja*).

23. Review a verse, *duʿā'*, or piece of knowledge you once learned but haven't looked at in a while. (Reclaim what almost slipped away.)

ʿAbdullāh (*raḍiya Allāhu ʿanhu*) is reported to have said: "Keep refreshing your knowledge of the sacred books [or always renew your knowledge of these sacred books]" and sometimes he would mention the Quran for it is more apt to escape from men's minds than animals which are hobbled, and the Messenger of Allah ﷺ said: "None of you should say: 'I forgot such and such a verse, but he has been made to forget'" (*Ṣaḥīḥ Muslim*).

24. Read the bio of a *ṣaḥābiyya* or a female scholar or teacher, with the intention of finding inspiration and a good example to follow.

The Prophet ﷺ said: "Do not wish to be like anyone except for two: A man whom Allah has given wealth, and he spends it righteously [to earn the pleasure of Allah], and man whom Allah has given Wisdom, and he acts upon it and teaches to others" (*Ṣaḥīḥ al-Bukhārī*).

25. Learn one new branch of faith today—then act on it, even in a small way.

"Faith has over seventy branches. The highest is saying '*Lā ilāha illallāh*', and the lowest is removing something harmful from the road. Modesty is a branch of faith" (*Ṣaḥīḥ al-Bukhārī*).

Week 2 - *Duʿāʾ*, *Dhikr*, and other *ʿIbāda*

1. Pray *Ṣalāt al-Istikhāra* for a decision.

Jābir (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ used to teach us the *istikhāra* (seeking guidance from Allah) in all matters as he would teach us a sura of the Quran. He used to say: "When one of you contemplates entering upon an enterprise, let him perform two *rakaʿa* of optional prayer other than *farḍ* prayers and then supplicate:

Allahumma innī astakhīruka bi ʿilmika, wa astaqdiruka bi qudratik, wa asʾaluka min faḍlika al-ʿaẓīm. Fa-innaka taqdiru wa la aqdir, wa taʿlamu wa la aʿlam, wa anta ʿallām al-ghuyūb. Allahumma in kunta taʿlamu anna hādhā al-amra [and name what you want to do] *khayrun lī fī dīnī wa maʿāshī wa ʿāqibati amrī* [or he said] *ʿājīli amri wa ājilih, faqdurhu lī wa yassirhu lī, thumma bārik lī fih. Wa in kunta taʿlamu anna hādhā al-amra* [and name what you want to do] *sharrun lī fī dīnī wa maʿāshī wa ʿāqibati amrī* [or he said] *wa ʿājili amri wa ājilihi, faṣrifhu ʿannī, waṣrifnī ʿanh, waqdur lī al-khayra haythu kān, thumma arḍinī bih*.

O Allah, I consult You through Your Knowledge, and I seek strength through Your Power, and ask of Your Great Bounty; for You are Capable whereas I am not, and You know and I do not, and You are the Knower of hidden things. O Allah, if You know that this matter [and name it] is good for me in respect to my *dīn*, my livelihood, and the consequences of my affairs [or he said] the earlier and the later of my affairs, then ordain it for me, make it easy for me, and bless it for me. But if You know this matter [and name it] to be bad for my *dīn*, my livelihood, and the consequences of my affairs [or he said] the earlier and the later of my affairs, then turn it away from me, and turn me away from it, and grant me power to do good whatever it may be, and cause me to be contented with it.

And let the supplicant specify the object." (*Ṣaḥīḥ al-Bukhārī*)

2. Track and write down your good and bad deeds for a day.

ʿAbdullāh b. ʿAbbās (*raḍiya Allāhu ʿanhumā*) reported: The Messenger of Allah ﷺ said that Allah, the Glorious, said: "Verily, Allah ﷻ has ordered that the good and the bad deeds be written down. Then He explained it clearly how [to write]: He who intends to do a good deed but he does not do it, then Allah records it for him as a full good deed, but if he carries out his intention, then Allah the Exalted, writes it down for him as 10–700-fold, and even more. But if he intends to do an evil act and has not done it, then Allah writes it down with Him as a full good deed, but if he intends it and has done it, Allah writes it down as one bad deed" (*Ṣaḥīḥ al-Bukhārī* and *Ṣaḥīḥ Muslim*).

3. Pray in congregation.

Abū Hurayra (*raḍiya Allāhu ʿanhu*) reported that: The Messenger of Allah ﷺ said: "The reward for salah performed by a person in congregation is more than 20 times greater than that of the salah performed in one's house or shop. When one performs *wudūʾ* perfectly and then proceeds to the mosque with the sole intention of performing salah, then for every step he takes towards the mosque, he is upgraded one degree in reward and one of his sins is eliminated until he enters the mosque, and when he enters the mosque, he is considered as performing salah as long as it is the salah which prevents him [from leaving the mosque]; and the angels keep on supplicating Allah for him as long as he remains in his place of prayer. They say: 'O Allah! have mercy on him; O Allah! forgive his sins; O Allah! accept his repentance'. This will carry on as long as he does not pass wind" (*Ṣaḥīḥ al-Bukhārī* and *Ṣaḥīḥ Muslim*).

4. Say 70 *istighfār* in a day.

I heard the Messenger of Allah ﷺ saying: "By Allah, I seek Allah's forgiveness and repent to Him more than seventy times a day" (*Ṣaḥīḥ al-Bukhārī*).

5. Say 100 *istighfār* in a day.

The Messenger of Allah ﷺ said: "Turn, O people, in repentance to Allah and beg pardon of Him. I turn to Him in repentance a hundred times a day" (*Ṣaḥīḥ Muslim*).

6. Wake up for *tahajjud* (supererogatory night prayer) and make *duʿāʾ*.

The Messenger of Allah ﷺ said, "He who repents before the sun rises from the west, Allah will forgive him" (*Ṣaḥīḥ Muslim*).

7. Extend your prayer. Stand in prayer longer than you normally would.

ʿĀʾisha (*raḍiya Allāhu ʿanhā*) said: The Prophet ﷺ would stand (in prayer) so long that the skin of his feet would crack. I asked him, "Why do you do this while your past and future sins have been forgiven?" He said, "Should I not be a grateful slave of Allah?" (*Ṣaḥīḥ al-Bukhārī* and *Ṣaḥīḥ Muslim*).

8. Engage in daily *ṣadaqa*.

Abū Dharr (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ said, "When you get up in the morning, charity is due from every one of your joints. There is charity in every ascription of glory to Allah; there is charity in every declaration of His Greatness; there is charity in every utterance of praise of Him; there is charity in every declaration that He is the only true God [worthy of worship]; there is charity in enjoining good; there is charity in forbidding evil. Two *rakaʿa* of *Ḍuḥā* [Forenoon prayer] is equal to all this [in reward]" (*Ṣaḥīḥ Muslim*).

Jābir (*raḍiya Allāhu ʿanhu*) reported that he heard Messenger of Allah ﷺ saying, "Every good deed is charity" (*Ṣaḥīḥ al-Bukhārī*).

9. Find something harmful to remove from someone's path.

Abū Dharr (*raḍiya Allāhu ʿanhu*) reported: The Prophet ﷺ said, "The deeds of my people, good and bad, were presented before me, and I found the removal of harmful objects from the road among their good deeds, and phlegm that might be left unburied in a mosque among their evil deeds" (*Ṣaḥīḥ Muslim*).

10. Sit and make *duʿāʾ* for an hour.

Al-Nuʿmān b. Bashīr (*raḍiya Allāhu ʿanhumā*) reported: The Prophet ﷺ said, "*Duʿāʾ* [supplication] is worship" (*Sunan Abū Dāwūd*).

11. Recite the *duʿāʾ* for entering your home.

Bismillāhi walajnā, wa bismillāhi kharajnā, waʿalā rabbinā tawakkalnā.

In the name of Allah we enter and in the name of Allah we leave, and upon our Lord we place our trust.

It was narrated from Jābir b. ʿAbdullāh that he heard the Prophet ﷺ say: "When a man enters his house, and remembers Allah when he enters and when he eats, Satan says: 'You have no place to stay and no supper.' If he enters his house and does not remember Allah upon entering, Satan says: 'You have found a place to stay.' And if he does not remember Allah when he eats, [Satan] says: 'You have found a place to stay and supper'" (*Sunan Abū Dāwūd*).

12. Spend 5 minutes reciting: "*Subḥān Allāhi wa biḥamdihi subḥān Allah al-ʿAẓīm*." "Glory be to Allah and His is the praise, [and] Allah, the Greatest is free from imperfection."

Abū Hurayra (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ said, "There are two statements that are light for the tongue to remember, heavy in the scales, and are dear to the Merciful: '*Subḥān Allāhi wa biḥamdihi subḥān Allāh al-ʿAẓīm*' ['Glory be to Allah and His is the praise, (and) Allah, the Greatest is free from imperfection]'" (*Ṣaḥīḥ al-Bukhārī* and *Ṣaḥīḥ Muslim*).

13. Spend 5 minutes reciting "*Subḥān Allah* ("Allah is free from imperfection"), *alḥamdulillah* ("all praise is due to Allah"), *lā ilāha illallāh* ("there is no true god except Allah"), and *Allāhu akbar* ("Allah is the Greatest").

Abū Hurayra (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ said, "The uttering of the words: '*Subḥān Allāh*' ('Allah is free from imperfection'), '*alḥamdulillah*' ('all praise is due to Allah'), '*lā ilāha illallāh*' ('there is no true god except Allah'), and '*Allāhu akbar*' ('Allah is the Greatest') is dearer to me than anything over which the sun rises" (*Ṣaḥīḥ Muslim*).

14. Recite one hundred times: "*Lā ilāha illallāhu, waḥdahu lā sharīka lah, lahu al-mulku wa lahu al-ḥamdu, wa huwa ʿalā kulli shayʾin qadīr.*" "There is no true god except Allah. He is One and He has no partner with Him; His is the sovereignty and His is the praise, and He is Omnipotent."

Abū Hurayra (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ said, "He who utters a hundred times in a day these words: '*Lā ilāha illallāh, waḥdahu lā sharīka lah, lahu al-mulku wa lahu al-ḥamdu, wa huwa ʿalā kulli shayʾin qadīr'* ('there is no true god except Allah. He is One and He has no partner with Him; His is the sovereignty and His is the praise, and He is Omnipotent'), he will have a reward equivalent to that for emancipating ten slaves, one hundred good deeds will be recorded to his credit, one hundred of his sins will be blotted out from his scroll, and he will be safeguarded against the devil on that day till the evening; and no one will exceed him in doing more excellent good deeds except someone who has recited these words more often than him. And he who utters: '*Subḥān Allāhi wa bi-ḥamdihi*' ('Allah is free from imperfection and His is the praise') one hundred times a day, his sins will be obliterated even if they are equal to the extent of the foam of the ocean" (*Ṣaḥīḥ al-Bukhārī* and *Ṣaḥīḥ Muslim*).

15. Make 100 *istighfār* and end with the *duʿāʾ* "*Allāhumma anta al-Salām, wa minka al-salām, tabārakta yā dhā al-Jalāli wal-Ikrām*!" "O Allah, You are the Grantor of security, and security comes from You. You are Blessing, O You Who have majesty and nobility!"

Thawbān (*raḍiya Allāhu ʿanhu*) reported: "Whenever the Messenger of Allah ﷺ concluded his prayer, he would beg forgiveness from Allah thrice and then would recite: '*Allāhumma anta al-Salām, wa minka al-salām, tabārakta ya dhā al-Jalāli wal-Ikrām*' ('O Allah, You are the Grantor of security, and security comes from You. You are Blessing, O You Who have majesty and nobility.')"

Imām al-Awzaʿī, one of the narrators of this hadith, was asked: "How forgiveness is to be sought?" He answered: "The Messenger of Allah ﷺ used to say: '*Astaghfirullāh*! *Astaghfirullāh*!' ('I beseech Allah for forgiveness, I beseech Allah for forgiveness')" (*Ṣaḥīḥ Muslim*).

16. Recite *subḥān Allah*, *alḥamdulillāh*, and *Allāhu akbar* 33 times after each of the 5 daily prayers and end with *lā ilāha illalāh*, *waḥdahu lā sharīka lah*, *lahu al-mulku wa lahu al-ḥamdu*, *wa huwa ʿalā kulli shayʾin Qadīr.* "There is no true god except Allah, He is One and He has no partner with Him, His is the sovereignty and His is the praise, and He is Omnipotent."

Abū Hurayra (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ said, "He who recites after every prayer: '*Subḥānallāh'* ('Allah is free from imperfection') thirty-three times; '*alḥamdulillāh'* ('praise be to Allah') thirty-three times; '*Allāhu akbar'* ('Allah is Greatest') thirty-three times; and completes the hundred with '*lā ilāha illallāhu waḥdahu lā sharīka lah, lahu al-mulku wa lahu al-ḥamd, wa huwa ʿalā kulli shayʿin Qadīr*' ('there is no true god except Allah, He is One and He has no partner with Him, His is the sovereignty and His is the praise, and He is Omnipotent') will have all his sins pardoned even if they may be as large as the foam on the surface of the sea" (*Ṣaḥīḥ Muslim*).

Kaʿab b. ʿUjra (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ said, "There are some words, the reciters of which will never be disappointed. These are *tasbīḥ* (saying '*Subḥān Allāh*' ['Allah is free from imperfection']) thirty-three times, *taḥmīd* (saying '*Alḥamdulillāh*' ['praise be to Allah']) thirty-three times, and *takbīr* (saying '*Allāhu akbar*' [Allah is Greatest]) thirty-four times; and these should be recited after the conclusion of every prescribed prayer" (*Ṣaḥīḥ Muslim*).

17. Recite the following *duʿāʾ* for protection at the end your prayers before *salām*: "*Allāhumma innī aʿūdhu bika min al-jubnī wal-bukhl, wa aʿūdhu bika min an uradda ilā ardhal al-ʿumur, wa aʿūdhu bika min fitnat al-dunyā, wa aʿūdhu bika min fitnat al-qabr*." "O Allah, I seek refuge with You from cowardice, miserliness, and from being sent back to a feeble age; I seek refuge with You from the trials of this life and those of the grave."

Saʿad b. Abū Waqqāṣ (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ used to seek Allah's protection after prayers in these words: "*Allāhumma innī aʿūdhu bika min al-jubnī wal-bukhl, wa aʿūdhu bika min an uradda ilā ardhal al-ʿumur, wa aʿūdhu bika min fitnat al-dunyā, wa aʿūdhu bika min fitnat al-qabr*" ("O Allah, I seek refuge with You from cowardice, miserliness, and from being sent back to a feeble age; I seek refuge with You from the trials of this life and those of the grave") (*Ṣaḥīḥ al-Bukhārī*).

18. Recite after prayer "*Allāhumma aʿinnī ʿalā dhikrika wa shukrika wa ḥusni ʿibādatik*." "O Allah, help me remember You, to be grateful to You, and to worship You in an excellent manner."

Muʿādh (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ took hold of my hand and said, "O Muʿādh! By Allah, I love you, so I advise you to never forget to recite after every prayer: "*Allāhumma aʿinnī ʿalā dhikrika wa shukrika wa ḥusni ʿibādatik*" ("O Allah, help me remember You, to be grateful to You, and to worship You in an excellent manner") (*Sunan Abū Dāwūd*).

19. Join Masjid Rabata on Thursday for our *dhikr* gathering.

Masjid Rabata's Weekly Dhikr meets on Thursdays at 12 p.m. Central Time for 15 minutes. Register for Zoom links at rabata.org/masjidrabata.

Narrated Abū Hurayra (*raḍiya Allāhu ʿanhu*): The Prophet ﷺ said, "Allah says: 'I am just as My slave thinks I am [i.e., I am able to do for him what he thinks I can do for him], and I am with him if He remembers Me. If he remembers Me to himself, I too, remember him to Myself; and if he remembers Me in a group of people, I remember him in a group that is better than they; and if he comes one span nearer to Me, I go one cubit nearer to him; and if he comes one cubit nearer to Me, I go a distance of two outstretched arms nearer to him; and if he comes to Me walking, I go to him running'" (*Ṣaḥīḥ al-Bukhārī*).

20. Make *duʿāʾ* for a friend or family member.

Abū al-Dardāʾ (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ said, "The supplication of a Muslim for his Muslim brother in his absence will certainly be answered. Every time he makes a supplication for good for his brother, the angel appointed for this particular task says: '*Amīn*! May it be for you, too'" (*Ṣaḥīḥ Muslim*).

21. Sit with your family members or a friend or a group of friends for a few minutes of *dhikr* or *duʿāʾ*.

It was narrated that Abū Hurayra and Abū Saʿīd bore witness that the Prophet(ﷺ) said: "No people sit in a gathering remembering Allah but that the angels surround them, mercy covers them, tranquility descends upon them, and Allah remembers them before those who are with Him" (*Sunan Ibn Māja*).

22. Recite this *duʿāʾ* before you read a book, sit, or attend a class.

Zayd b. Arqam (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ said: "*Allāhumma innī aʿūdhu bika min al-arbaʿ: min ʿilmin lā yanfaʿ, wa min qalbin lā yakhshaʿ, wa min nafsin lā tashbaʿ, wa min duʿāʾin lā yusmaʿ*."

"O Allah, I seek refuge in you from knowledge that does not benefit, from a heart that is not reverent, from a soul that is not content, and from a supplication that is not answered" (*Ṣaḥīḥ Muslim*).

23. Memorize the *duʿāʾ* for when it rains, in Arabic or English.

"*Allāhumma ṣayyiban nāfiʿan*."

"O Allah, make it a beneficial rain."

It was narrated from ʿĀʾisha (*raḍiya Allāhu ʿanhā*) that when the Messenger of Allah ﷺ saw rain, he would say: "*Allāhumma ṣayyiban nafiʿan*" ("O Allah, [make it] a beneficial downpour") (*Ṣaḥīḥ al-Bukhārī*).

24. Recite *ṣalawāt* for 10 minutes.

The Messenger of Allah ﷺ said, "The closest of people to me on the Day of Judgment will be those who send the most *ṣalawāt* upon me" (*Jāmiʿ al-Tirmidhī*).

25. Recite this *duʿāʾ* that the Prophet ﷺ would say frequently, in Arabic or English.

"*Yā Muqallib al-qulūb, thabbit qalbī ʿalā dīnik*."

"O Changer of the hearts, make my heart firm upon Your religion."

Shahr b. Ḥawshab said: "I said to Umm Salama (*raḍiya Allāhu ʿanhā*): 'O Mother of the Believers! What was the supplication that the Messenger of Allah ﷺ said most frequently when he was with you?" She said: 'The supplication he said most frequently was: "O Changer of the hearts, make my heart firm upon Your religion (*Yā Muqallib al-qulūb, thabbit qalbī ʿalā dīnik*).'" She said: 'So I said: "O Messenger of Allah, why do you supplicate so frequently: 'O Changer of the hearts, make my heart firm upon Your religion.' He said: 'O Umm Salama! Verily, there is no human being except that his heart is between Two Fingers of the Fingers of Allah, so whomsoever He wills He makes steadfast, and whomever He wills He causes to deviate'" (*Jāmiʿ al-Tirmidhī*).

Week 3 - *Akhlāq* (Character)

1. Make hijra to Allah by leaving a bad habit for His sake.

ʿUmar b. al-Khaṭṭāb (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ said, "The deeds are considered by the intentions, and a person will get the reward according to his intention. So whoever emigrated for Allah and His Messenger, his emigration will be for Allah and His Messenger; and whoever emigrated for worldly benefits or for a woman to marry, his emigration would be for what he emigrated for" (*Ṣaḥīḥ al-Bukhārī* and *Ṣaḥīḥ Muslim*).

2. Call and speak to someone you haven't talked to in years.

Abū Dharr (*raḍiya Allāhu ʿanhu*) reported: The Prophet ﷺ said, "Do not belittle any good deed, even meeting your Muslim brother with a cheerful face" (*Ṣaḥīḥ Muslim*).

3. Tell your role model that you love them.

The Prophet ﷺ said: "Whoever has three qualities will taste the sweetness of faith: to love Allah and His Messenger more than anything else, to love someone for Allah's sake alone, and to hate to return to unbelief just as much as one would hate to be thrown into a fire" (*Ṣaḥīḥ al-Bukhārī*).

4. Give charity.

ʿAdiy b. Ḥātim (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ said, "Guard yourselves against the Fire [of Hell] even if it be only with half a date-fruit [given in charity]; and if you cannot afford even that, you should at least say a good word" (*Ṣaḥīḥ al-Bukhārī* and *Ṣaḥīḥ Muslim*).

5. Give a compliment.

Abū Hurayra (*raḍiya Allāhu ʿanhu*) reported: The Prophet ﷺ said, "It is also charity to utter a good word" (*Ṣaḥīḥ al-Bukhārī* and *Ṣaḥīḥ Muslim*).

6. Greet someone with a smile.

Abū Dharr (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ said, "Do not disdain a good deed [no matter how small it may seem] even if it is your meeting with your Muslim brother with a cheerful face" (*Ṣaḥīḥ Muslim*).

7. Honor a guest.

Abū Hurayra (*raḍiya Allāhu ʿanhu*) reported: The Prophet ﷺ said, "He who believes in Allah and the Last Day, let him show hospitality to his guest; and he who believes in Allah and the Last Day, let him maintain good relation with kins; and he who believes in Allah and the Last Day, let him speak good or remain silent" (*Ṣaḥīḥ al-Bukhārī* and *Ṣaḥīḥ Muslim*).

8. Call and thank someone.

The Prophet ﷺ said: "Whoever does not thank people [for their favors] has not thanked Allah, Mighty and Glorious is He!" (*Jāmiʿ al-Tirmidhī*).

9. Run an errand for a friend or family member to bring ease into their life.

The Prophet ﷺ said: "Make things easy [for people] and do not make them difficult, and cheer people up and do not put them off [by your behavior]" (*Ṣaḥīḥ al-Bukhārī*).

10. Take a friend out for a treat.

A man once asked the Prophet ﷺ: "What is the best thing in Islam?" He ﷺ replied, "To feed people, and greet both those you know and those you don't know with *salām*" (*Ṣaḥīḥ al-Bukhārī*).

11. Visit (or call) someone who is sick.

It was narrated that ʿUmar b. al-Khaṭṭāb said: The Prophet ﷺ said to me: "When you enter upon one who is sick, tell him to pray for you, for his supplication is like the supplication of the angels" (*Sunan Ibn Māja*).

12. Cook a dish and share with your neighbor.

Abū Hurayra (*raḍiya Allāhu ʿanhu*) reported: "O Muslim women, never belittle any gift you give your neighbor, even if it is a hoof of a sheep" (*Ṣaḥīḥ al-Bukhārī* and *Ṣaḥīḥ Muslim*).

13. Try to forgive someone who has hurt you.

Abdullāh b. ʿAmr (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ said: "The merciful will be shown mercy by the Most Merciful. Be merciful to those on the earth and the One in the heavens will have mercy upon you" (*Jāmiʿ al-Tirmidhī*).

14. Turn to Allah by praying 2 *rakaʿā* of repentance and making sincere *duʿā'* asking Allah to forgive you for something specific. (If menstruating, do 100 *istighfār* instead of 2 *rakaʿa*.)

Abū Hurayra (*raḍiya Allāhu ʿanhu*) reported Allah's Messenger ﷺ as saying: "Allah is more pleased with the repentance of His servant when he turns penitently towards Him than one of you would be on finding a lost camel" (*Ṣaḥīḥ Muslim*).

15. Say a kind word or do something nice for an elderly person.

"He is not one of us who is not merciful to our youngsters and does not respect and honor our elders" (*Jāmiʿ al-Tirmidhī*).

16. Practice trusting Allah and having good thoughts about Him. Recall an accident or mishap and make a list of all the positive things you can think of that may have come out of it.

Abū Hurayra (*raḍiya Allāhu ʿanhu*) narrated that the Messenger of Allah ﷺ said: "Indeed, having good thoughts concerning Allah is from the perfection of the worship of Allah" (*Jāmiʿ al-Tirmidhī*).

17. Practice having good thoughts about people. Think of a person you dislike or whose action you dislike, and make a list of excuses for the person/action or a list of positive things about the person.

Narrated Abū Hurayra (*raḍiya Allāhu ʿanhu*): The Prophet ﷺ said, "Beware of suspicion, for suspicion is the most false of tales. Do not seek out faults, do not spy on each other, do not contend with each other, do not envy each other, do not hate each other, and do not turn away from each other. Rather, be servants of Allah as brothers" (*Ṣaḥīḥ al-Bukhārī*).

18. Let a whole day pass in which you only say good things; avoid white lies, bad words, gossip, unkind words, or just unnecessary talk.

Abū Hurayra (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ said, "Whoever believes in Allah and the Last Day, let him not harm his neighbor. Whoever believes in Allah and the Last Day, let him honor his guest. Whoever believes in Allah and the Last Day, let him speak goodness or remain silent" (*Ṣaḥīḥ al-Bukhārī*, *Ṣaḥīḥ Muslim*).

19. Do something extra special or extra kind for a family member.

ʿĀʾisha (*raḍiya Allāhu ʿanhā*) reported: The Messenger of Allah ﷺ said: "Verily, the most complete of believers in faith are those with the best character and who are most kind to their families" (*Jāmiʿ al-Tirmidhī*).

20. Reflect on yourself and examine if you harbor any racist or prejudiced thoughts toward others of a different race, ethnicity, or nationality.

Abū Naḍra (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ said: "O people, your Lord is one and your father Adam is one. There is no favor of an Arab over a foreigner, nor a foreigner over an Arab, and neither white skin over black skin, nor black skin over white skin, except by righteousness. Have I not delivered the message?" (*Musnad Aḥmad*).

21. Check if you have anything that belongs to someone else in your possession, and if so, return it, or recall a promise that you made to someone and fulfill it.

ʿAlī b. Abī Ṭālib (*raḍiya Allāhu ʿanhu*) said that "when the Messenger of Allah ﷺ departed for Medina during the hijra [migration], he ordered me to remain behind after him, so that I should convey back the items entrusted in custody that were with him that belonged to the people, and it was due to this that he was referred to as *al-Amīn*" (*Ṭabaqāt Ibn Saʿad*).

22. Make *duʿāʾ* for a friend who is going through hardship and for our *ummah*.

Al-Nuʿmān b. Bashīr (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ said: "The parable of the believers in their affection, mercy, and compassion for each other is that of a body. When any limb aches, the whole body reacts with sleeplessness and fever" (*Ṣaḥīḥ al-Bukhārī*).

23. Perform a righteous deed related to a masjid (e.g., pray in a masjid, donate to a masjid, clean or tidy up a part of a masjid, volunteer, etc.).

Abū Hurayra (may Allah be pleased with him) reported: The Prophet ﷺ said, "Seven are [the persons] whom Allah will give protection with His Shade on the Day when there will be no shade except His Shade [i.e., on the Day of Resurrection]. They are a just ruler; a youth who grew up with the worship of Allah; a person whose heart is attached to the mosque; two persons who love and meet each other and depart from each other for the sake of Allah; a man whom a beautiful and high ranking woman seduces [for illicit relations], but he [rejects this offer by saying] 'I fear Allah'; a person who gives charity and conceals it [to such an extent] that the left hand might not know what the right has given; and a person who remembers Allah in solitude and his eyes well up" (*Ṣaḥīḥ al-Bukhārī* and *Ṣaḥīḥ Muslim*).

24. Pick an action today that you will do calmly and not hastily (e.g., writing an email/message, cooking, driving, something work-related, etc.)

Anas b. Mālik (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ said: "Calmness is from Allah, and hastiness [recklessness] is from Shaytān" (*al-Sunan al-Kubrā*).

25. Let a whole day pass without too much talking or online messaging, unless it is completely necessary.

Anas b. Mālik (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ said, "You must have good character and observe long periods of silence. By the One in whose hand is my soul, no behaviors are as beautifying as these two" (*Musnad al-Bazzār*).

Week 4 - Daily Sunnahs and Etiquettes

1. Take off your shoes starting with the left first.

Abū Hurayra (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ said, "When any of you puts on his shoes, he should put on the right one first; and when he takes them off, he should begin with the left. Let the right shoe be the first to be put on and the last to be taken off" (*Ṣaḥīḥ al-Bukhārī* and *Ṣaḥīḥ Muslim*).

2. Start your meals with "*Bismillāh*."

ʿUmar b. Abū Salama (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ said to me, "Mention Allah's Name [i.e., say *bismillāh* before starting eating], eat with your right hand, and eat from what is near you" (*Ṣaḥīḥ al-Bukhārī* and *Ṣaḥīḥ Muslim*).

3. End your meal with "*Alḥamdulillāh*."

Muʿādh b. Anas (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ said, "He who has taken food and says at the end: '*Alḥamdu lillāhi alladhī aṭʿamanī hādhā, wa razaqanīhi min ghayri ḥawlin minnī wa lā quwwa*' ('All praise is due to Allah Who has given me food to eat and provided it without any endeavor on my part or any power'), all his past sins will be forgiven" (*Sunan Abū Dāwūd* and *Jāmiʿ al-Tirmidhī*).

4. Eat a meal with your hands.

Kaʿab b. Mālik (*raḍiya Allāhu ʿanhu*) reported: "I saw the Messenger of Allah ﷺ eating with three fingers [i.e., the thumb, the index finger and the middle finger] and licking them after having finished the food" (*Ṣaḥīḥ Muslim*).

5. Invite someone to share a meal with you.

Abū Hurayra (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ said, "The food of two persons suffices for three persons, and the food of three persons suffices for four persons" (*Ṣaḥīḥ al-Bukhārī* and *Ṣaḥīḥ Muslim*).

6. Drink water in 3 gulps and do not breathe into the vessel.

Ibn ʿAbbās (*raḍiya Allāhu ʿanhumā*) reported: The Messenger of Allah ﷺ said, "Do not drink in one gulp like a camel, but in two or three [gulps]. Mention the Name of Allah [i.e., say *Bismillāh*] when you start drinking and praise Him [i.e., say *Alḥamdulillāh*] after you have finished [drinking]" (*Jāmiʿ al-Tirmidhī*).

Anas (*raḍiya Allāhu ʿanhu*) reported: "The Messenger of Allah ﷺ used to breathe three times in the course of a drink [he used to drink in three gulps]" (*Ṣaḥīḥ al-Bukhārī* and *Ṣaḥīḥ Muslim*).

Abū Qatāda (*raḍiya Allāhu ʿanhu*) reported: "The Prophet ﷺ forbade breathing into the vessel while drinking" (*Ṣaḥīḥ al-Bukhārī* and *Ṣaḥīḥ Muslim*).

7. Sit while eating and drinking.

Anas (*raḍiya Allāhu ʿanhu*) reported: "The Prophet ﷺ forbade us from drinking while standing." Qatāda reported: "We asked him: 'What about eating?' He said: 'That is even worse [or maybe he said] more detestable.'"

Another narration says that "the Messenger of Allah ﷺ reprimanded [us] for drinking while standing" (*Ṣaḥīḥ Muslim*).

8. Do not overeat; fill your plate with less food than usual and stop before you feel full.

The Prophet ﷺ said: "There is no worse container for a human being to fill than his belly. It should be enough for a son of Adam to eat just enough food to keep his back straight; but if need be, let him fill one-third [of his stomach] with food and another third with drink, and leave one-third empty for easy breathing" (*Jāmiʿ al-Tirmidhī*).

9. Start the meal by eating the food that is closest to you.

ʿUmar b. Abū Salama (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ said to me, "Mention Allah's Name, eat with your right hand, and eat from what is near you" (*Ṣaḥīḥ al-Bukhārī* and *Ṣaḥīḥ Muslim*).

10. Before you go to bed, make *wudūʿ*, then start your sleep by lying on your right side.

The Prophet ﷺ said: "When you go to bed, perform ablution as you do for prayer, then lie down on your right side" (*Ṣaḥīḥ al-Bukhārī* and Muslim).

11. Before getting into bed at night, dust off your bed.

Abū Hurayra (*raḍiya Allāhu ʿanhu*) said: The Prophet ﷺ said: "When one of you goes to his bed, let him dust off his bed with the inside of his lower garment, for he does not know what came onto it after he left it" (*Ṣaḥīḥ al-Bukhārī* and *Ṣaḥīḥ Muslim*).

12. Recite the following *duʿāʾ* before sleeping, in Arabic or English.

The Prophet ﷺ said: "When you go to bed, perform ablution as you do for prayer, then lie down on your right side and say, '*Bismika rabbī waḍaʿtu janbi wa bika arfaʿu, fa in amsakta nafsī farḥamha, wa in arsaltaha faḥfaẓha bimā taḥfaẓu bihi ʿibādaka al-ṣāliḥīn*' ('In Your name my Lord, I lie down and in Your name I rise, so if You should take my soul then have mercy upon it, and if You should return my soul then protect it in the manner You do so with Your righteous servants')" (*Ṣaḥīḥ al-Bukhārī* and *Ṣaḥīḥ Muslim*).

13. Recite the following *duʿāʾ* for waking up, in Arabic or English.

Hudhayfa (*raḍiya Allāhu ʿanhu*) reported: Whenever the Prophet ﷺ lie down for sleep at night, he would place his [right] hand under his [right] cheek and make a supplication. And when he woke up, he would supplicate: "*Alḥamdu lillāhi alladhī aḥyānā baʿda mā amātanā, wa ilayhi al-nushūr*" ("All praise is due to Allah, Who has brought us back to life after He has caused us to die, and to Him is the return") (*Ṣaḥīḥ al-Bukhārī*).

14. When waking up, rub your face and eyes with the palm of your hands and sit for a little bit. (Don't get up immediately.)

Narrated by Maymūna (*raḍiya Allāhu ʿanhā*): "Whenever Muhammad ﷺ awoke from his sleep, he would rub his eyes and sit on the bed for a little while" (*Sunan Ibn Māja*).

15. After waking up, clean your nose by blowing out 3 times.

The Prophet Muhammad ﷺ said: "When any one of you awakes from sleep, let him clean his nose thrice, for the *shayṭān* spends the night in the nasal cavities" (*Ṣaḥīḥ Muslim*).

16. After waking up from sleep or a nap, wash your hands 3 times.

The Messenger of Allah ﷺ said: "When anyone amongst you wakes up after having slept, let him refrain from putting his hand in the utensils, until after he washed his hands thrice, for he does not know what his hand falls upon while sleeping" (*Ṣaḥīḥ Muslim*).

17. Say the *duʿāʾ* before entering and after leaving the bathroom at least once today.

Anas b. Mālik (*raḍiya Allāhu ʿanhu*) narrated about the Prophet ﷺ, "Whenever the Messenger of Allah entered the toilet, he would say: '*Aʿūdhu billāhi min al-khubthi wa al-khabāʾith*' ('I seek refuge with Allah from male and female devils')" (*Sunan Ibn Māja*).

When the Prophet ﷺ exited the toilet, he used to say, "*Ghufrānak*" ("I ask You [Allah] for forgiveness").

18. Say "*Bismillāh*" each time you undress today and say the *duʿāʾ* before putting on your clothes, in Arabic or English.

Muʿādh b. Anas (*raḍiya Allāhu ʿanhu*) narrated that the Prophet ﷺ said: "If anyone puts on a garment and says, '*Alḥamdu lillāhi alladhī kasānī hādhā al-thawb, wa razaqanīhi min ghayri ḥawlin minnī wa lā quwwa'* ('*All praise is to Allah Who has clothed me with this garment* and *provided it for me, without any power or might from me,'* his past and future sins will be forgiven" (*Jāmiʿ al-Tirmidhī*).

19. Put on your clothing and shoes starting with the right side first.

ʿĀʾisha (*raḍiya Allāhu ʿanhā*) reported: The Messenger of Allah ﷺ liked to use his right hand in all matters—in combing his hair and wearing his shoes (*Ṣaḥīḥ al-Bukhārī* and *Ṣaḥīḥ Muslim*).

Abū Hurayra (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ said, "When you put on your clothes or perform *wudūʾ*, begin with your right side" (*Sunan Abū Dāwūd* and *Jāmiʿ al-Tirmidhī*).

20. Say "*Allāhu akbar*" when going up an incline (stairs, road, a hill, etc.).

Jābir b. ʿAbdullāh (*raḍiya Allāhu ʿanhu*) narrated that the Prophet ﷺ said: "Whenever we went up a place, we would say, '*Allāhu akbar'* (i.e., 'Allah is Greater'), and whenever we went down a place, we would say, 'Subḥānallāh'" (*Ṣaḥīḥ al-Bukhārī*).

21. Say "*Subḥānallāh*" when descending (e.g., stairs, a downhill road, etc.).

Jābir b. ʿAbdullāh (*raḍiya Allāhu ʿanhu*) narrated that the Prophet ﷺ said: "Whenever we went up a place, we would say, '*Allāhu akbar'* (i.e., 'Allah is Greater'), and whenever we went down a place, we would say, 'Subḥānallāh'" (*Ṣaḥīḥ al-Bukhārī*).

22. Recite Sūrat al-Ikhlāṣ, al-Nās, and al-Falaq, or read the transliteration 3 times in the morning.

ʿAbdullāh b. Khubayb (*raḍiya Allāhu ʿanhu*) reported: The Messenger of Allah ﷺ said, "Speak." I said, "What should I say?" The Prophet ﷺ said, "Say, 'He is Allah, the One' (112:1) and the two chapters of refuge, al-Falaq and al-Nās, every evening and morning three times. They will be enough for you against everything" (*Jāmiʿ al-Tirmidhī*).

23. Recite the *duʿāʾ* when going in a vehicle, in Arabic or English.

It was narrated that ʿAbdullāh b. Sarjis (*raḍiya Allāhu ʿanhu*) said: "When the Prophet ﷺ traveled, he would seek refuge with Allah from the hardships of travel and the sorrows of return, from loss after plenty, from the supplication of the one who has been wronged, and from seeing some calamity befall" (*Sunan al-Nasāʾī*).

"*Subḥān alladhī sakhkhara lanā hādhā wa mā kunnā lahu muqrinīn. Wa innā ilā Rabbinā lamunqalibūn*." This translates to: "Glory to Him Who has provided this [transport] for us, though we were not capable of that by ourselves. And indeed, to our Lord we will surely return."

24. When going to the grocery store or to the mall or when using an online shopping platform, recite this recommended *dhikr* for entering a marketplace.

"*Lā ilāha illallāhu waḥdahu lā sharīka lah, lahu al-mulku wa lahu al-ḥamd, yuḥyī wa yumītu wa huwa ḥayyun lā yamūt, biyadihi al-khayr, wa huwa ʿalā kulli shayʾin qadīr.*"

“There is no Lord except Allah. He is One and has no partners. His is the Kingdom and for Him are all praises. He gives life and gives death. He is eternal and everlasting. In His control is goodness, and He has power over everything” (*Jāmiʿ al-Tirmidhī* and *Sunan Ibn Māja*).

25. Sit down when putting on shoes that require some effort (e.g., boots, sneakers).

It was narrated that Abū Hurayra (*raḍiya Allāhu ʿanhu*) said: The Messenger of Allah ﷺ told us that a man should not put on his shoes whilst standing (*Jāmiʿ al-Tirmidhī* and *Sunan Abū Dāwūd*).

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Sunnah Square Game

Week 1

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SEEKING KNOWLEDGE

Sign up for a Ribaat course	Teach someone something you have learned	Ask Allah for beneficial knowledge by reciting this duʿāʾ (pg. 3)	Seek out a gathering of Islamic knowledge	Attend a Masjid Rabata Qiyām and share what you learned
Act upon one lesson that you have learned this week	Post a quote from a Ribaat class or Masjid Rabata Qiyām speaker	Make duʿāʾ for your teacher	Join a local ḥalaqa or attend a class at the masjid	Organize your learning materials as an act of intention to seek knowledge better
Share an aspect of Islamic knowledge with someone who might not typically seek it	Share #AnseSpeaks with your friends!	Discover a lesser-known Sunnah, share it with others, and encourage them to try it	Learn the tafsīr of a sura, or revisit the tafsīr of a sura you have already learned	Spend time with someone who inspires you to be closer to Allah
Reflect on a recent beneficial lesson and plan one way to apply it this week	Recommend or gift a Ribaat class or short course to a friend	Support someone else's good deed to share in the ongoing reward	Look up the why behind a practice you already do	Teach one person something good, even if it's small
Step outside your comfort zone and explore a topic you've been avoiding	Learn something today with the intention of preserving the knowledge of this dīn	Review a verse, duʿāʾ, or piece of knowledge you once learned but haven't looked at in a while	Read the biography of a ṣaḥābiyya, a female scholar, or teacher for inspiration and guidance	Learn one new branch of faith today—then act on it, even in a small way

Tally:

Sunnah Square Game

Week 2

rabata MASJID

DUʿĀʾ, DHIKR, AND OTHER ʿIBĀDA

Pray Ṣalāt al-Istikhāra for a decision	Track and write down your good and bad deeds for a day	Pray in congregation	Say 70 istighfār in a day	Say 100 istighfār in a day
Wake up for tahajjud and make duʿāʾ	Extend your prayer. Stand in prayer longer than you normally would	Engage in daily ṣadaqa	Find something harmful to remove from someone's path	Sit and make duʿāʾ for an hour
Recite the duʿāʾ for entering your home (pg. 10)	Spend 5 minutes reciting: *Subḥān Allāhi wa biḥamdihi subḥān Allah al-ʿAẓīm*	Spend 5 minutes reciting: *Subḥān Allah, alḥamdulillah, lā ilāha illallāh, Allāhu akbar*	Recite this 100 times (pg. 11)	Make 100 istighfār and end with the duʿāʾ (pg. 11)
Recite: *Subḥān Allah, alḥamdulillāh, Allāhu akbar* 33 times	Recite the following duʿāʾ for protection at the end your prayers before salām (pg. 12)	Recite after prayer: *Allāhumma aʿinnī ʿalā dhikrika wa shukrika wa ḥusni ʿibādatik*	Join Masjid Rabata on Thursday for our dhikr gathering	Make duʿāʾ for a friend or family member
Spend a few minutes in dhikr or duʿāʾ with family or friends	Recite this duʿāʾ before you read a book, sit, or attend a class (pg. 13)	Memorize the duʿāʾ for when it rains, *Allāhumma ṣayyiban nāfiʿan*	Recite ṣalawāt for 10 minutes	Recite this duʿāʾ that the Prophet ﷺ would say frequently (pg. 13)

Tally:

Sunnah Square Game

Week 3

rabata MASJID

AKHLĀQ (CHARACTER)

Make hijra to Allah by leaving a bad habit for His sake	Call and speak to someone you haven't talked to in years	Tell your role model that you love them	Give charity	Give a compliment
Greet someone with a smile	Honor a guest	Call and thank someone	Run an errand for a friend or family member to bring ease into their life	Take a friend out for a treat
Visit (or call) someone who is sick	Cook a dish and share with your neighbor	Try to forgive someone who has hurt you	Turn to Allah by praying 2 rakaʿā of repentance and making sincere duʿā' (pg. 16)	Say a kind word or do something nice for an elderly person
Practice trusting Allah and having good thoughts about Him	Practice having good thoughts about people	Spend an entire day speaking only positively, avoiding lies, gossip, unkind words, and unnecessary talk	Do something extra special or extra kind for a family member	Reflect on yourself and examine if you harbor any racist or prejudiced thoughts
Check for any belongings of others in your possession and return them, or fulfill a promise made to someone	Make duʿā' for a friend who is going through hardship and for our ummah	Perform a righteous deed related to a masjid	Pick an action today that you will do calmly and not hastily	Allow a full day without excessive talking or online messaging, unless necessary

Tally:

rabata MASJID

DAILY SUNNAHS AND ETIQUETTES

Take off your shoes starting with the left first	Start your meals with *Bismillāh*	End your meal with *Alḥamdulillāh*	Eat a meal with your hands	Invite someone to share a meal with you
Drink water in 3 gulps and do not breathe into the vessel	Sit while eating and drinking	Do not overeat; fill your plate with less food than usual and stop before you feel full	Start the meal by eating the food that is closest to you	Before you go to bed, make wudū', then start your sleep by lying on your right side
Before getting into bed at night, dust off your bed	Recite the following du'ā' before sleeping (pg. 20)	Recite the following du'ā' for waking up (pg. 20)	When waking up, rub your face and eyes with the palm of your hands and sit for a little bit	After waking up, clean your nose by blowing out 3 times
After waking up from sleep or a nap, wash your hands 3 times	Say the du'ā' before entering and after leaving the bathroom at least once today (pg. 21)	Say "*Bismillāh*" each time you undress today and say the du'ā' before putting on your clothes (pg. 21)	Put on your clothing and shoes starting with the right side first	Say *"Allāhu akbar"* when going up an incline
Say *"Subḥānallāh"* when descending	Recite Sūrat al-Ikhlāṣ, al-Nās, and al-Falaq, 3 times in the morning	Recite the du'ā' when going in a vehicle (pg. 22)	When visiting a grocery store, mall, or online shopping, recite this suggested dhikr for entering a marketplace (pg. 22)	Sit down when putting on shoes that require some effort

Week 1 Tally	Week 2 Tally	Week 3 Tally	Week 4 Tally	TOTAL SCORE