

# Salah with Heart

## MY INTENTIONS

- To strengthen my imān
  - To improve my practice of Deen, my lifestyle through Salah
  - To get Allah's qurb
  - To fulfil the sunnah of praying beautifully
  - To get strength from my Salah
  - To find peace and tranquility in Salah
  - Learn and teach to others
  - Anything else: \_\_\_\_\_
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## DUAS

<p>رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي رَبَّنَا وَتَقَبَّلْ دُعَاءِ</p> <p>O my Lord! Make me and my offspring from those who establish the Salah, and O my Lord! Accept my invocation.</p>	<p>اللَّهُمَّ انْفَعْنِي بِمَا عَلَّمْتَنِي وَعَلِّمْنِي مَا يَنْفَعُنِي وَزِدْنِي عِلْمًا</p> <p>O Allah, benefit me by that which You have taught me, and teach me that which will benefit me, and increase me in knowledge.</p>	<p>اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عِلْمٍ لَا يَنْفَعُ ، وَمِنْ قَلْبٍ لَا يَخْشَعُ وَنَفْسٍ لَا تَتَّشَبَعُ وَدُعَاءٍ لَا يُسْمَعُ</p> <p>O Allah! I seek refuge in You from the knowledge which is not beneficial, and from a heart which does not fear (You), and from desire which is not satisfied, and from prayer which is not answered.</p>
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## I'll practice my duas:

- In Sujood
- In last part of Salah
- After Adhan
- At Iftaar time
- At Suhoor
- With 2 Nafil

**Importance of Salah:**

Write at least 2-3 points that struck you about the importance of Salah.

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**Evaluate your Salah:**

Note your current score: \_\_\_\_\_

Work out a percentage: \_\_\_\_\_

**MY PLAN TO IMPROVE MY SALAH:**

→ Salah related books that I'll read (write at least two)

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→ How can I improve my dealings with people:

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**Write down the names of some people** who come to your mind when you hear the word 'impressive'.

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**In just 1-2 words, describe**

What is salah/namaz?

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