

## **Increasing TAQWA daily:** **A guide of deeds and their rewards**

### **How this book is meant to be used**

Steadfast in religion is crucial so we should remember before doing supererogatory acts to steadfast to the pillars of Islam and not following one's heart.

The Prophet (peace and blessings of Allaah be upon him) said: *"It [the heart] changes more than a pot of rapidly boiling water."* (Reported by Ahmad, 6/4; al-Haakim, 2/289; *al-Silsilat al-Saheehah*, 1772). *"The heart (qalb) takes its name from its constant changes (taqallub – alteration, variation, ups and downs). The likeness of the heart is that of a feather at the root of a tree, being turned over and over by the wind."* (Reported by Ahmad, 4/408; *Saheeh al-Jaami'*, 2364).

Al-Haakim reported in *al-Mustadrak*, and al-Tabaraani reported in *al-Mu'jam*, that the Prophet (peace and blessings of Allaah be upon him) said: *"Faith wears out in the heart of any one of you just as clothes wear out, so ask Allaah to renew the faith in your hearts."* (Reported by al-Haakim in *al-Mustadrak*, 1/4; see also *al-Silsilat al-Saheehah*, 1585. Al-Haythami said in *Majma' al-Zawaa'id*, 1/52, It was reported by al-Tabaraani in *al-Kabeer* and its isnaad is saheeh.")

*"There is no heart that is not covered by a cloud like the cloud covering the moon when it is shining, and so it suddenly goes dark, but when it (the cloud) goes away, it shines again."* (Reported by Abu Na'eem in *al-Hilyah*, 2/196; *al-Silsilat al-Saheehah*, 2268).

The pillars of Islam are important to follow first and foremost before doing any other act of worship.

Not only performing the pillars of Islam make us Muslims, but also performing well and as perfectly as possible, in accordance with the *Sunnah* is imperative.

Whoever adheres to the Noble Qur'aan and the Sunnah, Allaah will protect him; whoever follows it, Allaah will save him; and whoever calls to its way will be guided to the Straight Path. Learning Islam needs also to be done regularly and progressively.

Allaah has stated that the reason why the Qur'aan was revealed in stages was to help His Prophet (peace and blessings of Allaah be upon him) to stand firm in his faith. In the context of refuting the doubts of the *kuffaar*, He says (interpretation of the meaning): *“And those who disbelieve say, ‘Why is not the Qur’aan revealed to him all at once?’ Thus (it is sent down in parts), that We may strengthen your heart thereby. And We have revealed it to you gradually, in stages. And no example to similitude do they bring (to oppose or to find fault in you or in this Qur’aan), but We reveal to you the truth (against that similitude or example), and the better explanation thereof.”* (Al-Furqaan 25:32-33)

*“Whoever works righteousness — whether male or female — while he (or she) is a true believer (of Islamic Monotheism) verily, to him We will give a good life (in this world with respect, contentment and lawful provision), and We shall pay them certainly a reward in proportion to the best of what they used to do (i.e. Paradise in the Hereafter)”* (Al-Nahl 16:97)

Each one of us is not only a Muslim but also a caller to Islam. The *daa'iyahs* (callers of Islam) are obliged to adhere to the fundamentals of *sharee'ah* and adhere to the middle course to which Allaah has guided them, for Allaah has made them an *ummah* justly balanced:

*“Thus, have We made of you an Ummat justly balanced, that ye might be witnesses over the nations, and the Messenger a witness over yourselves; and We appointed the Qibla to which thou wast used, only to test those who followed the Messenger from those who would turn on their heels (From the Faith). Indeed it was (A change) momentous, except to those guided by Allah. And never would Allah Make your faith of no effect. For Allah is to all people Most surely full of kindness, Most Merciful.”* (Al-Baqarah, 2:143)

So make sure you know how what *tawheed* implies (unicity of Allaah) because it is a science; make sure you study how to pray from books of *Sharee'ah* and not only from people; give *zakat* (obligatory charity) and study how to do it correctly, checking the *daleel* (opinions of scholars) on different issues pertaining to *zakaat* because there might be issues you do not know about like, for example, the fact that there is a *zakaat* to be paid on jewelry; study all the laws related to *Ramadhan* (fasting month); finally, make sure you read about how to do *umrah* and *hajj* from time to time, and learn the *du'aa's* necessary in prevision for that day.

Once you master these pillars, you will be ready to complete your religion by adding more rewards to your acts of worship; you will be ready to read and apply this book.

### **What is this book?**

This book is basically a gathering of *ayaat* (verses) from the Noble Qur'aan and of *ahaadith* from the *Sunnah* (divinely inspired teachings) of Prophet Muhammad (swas) with some explanations taken from reputed scholars when necessary.

I have carefully researched and checked the references.

If there is any mistake in it, it is from the *Shaytaan* and I ask forgiveness from Allaah. Ameen.

### **How do I use it?**

This book is meant to be used with a chart enclosed/attached here. Use this chart on a daily basis to check your progress in faith or your digressions or the check box (right column).

Most of all, this book is meant to be a reminder and a teacher.

Remember that this is my first time working on such a project so it probably needs a lot of improvement.

Keep filling up the chart and check from time to time your progress through time.

Did you avoid a bad deed today? Did you pray the 12 *Sunnah* prayers? Did you make more *du'aa's* today or did you remember to do *dhikr*? Are you becoming a better Muslim? If yes, congratulations! Allaah be praised.

Mark a red cross in each box to show what you do often or everyday or what you did on M (Monday) of a given date, on T (Tuesday), etc. You can also write down the date under each day. Example today is June 1<sup>st</sup>. Write down under the sign **S, 1/6/02**

Mark a blue cross in each box to show what you do occasionally

Mark a green cross in each box to show what needs to be improved

See example below about The Noble Qur'aan:

Here is the spread chart as well as its compact version. You can simplify it as you wish and modify sections to your needs.

<b>NAFEELAH (voluntary / optional):</b>	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
<b>The Noble Qur'aan</b>																																										
Reading Qur'aan	x																																									
Memorizing Qur'aan	x																																									
Teaching Qur'aan	x																																									
<b>Du'aa' s (supplications):</b>																																										
Say a beneficial du'aa' for a Muslim																																										
<i>Laa ilaaha ill-Allaah wahdahu laa shareeka lah, lahu'l-mulk wa lahu'l-hamd wa huwa 'ala kulli shay'in Qadeer x 100 times</i>																																										
<i>Du'aa's last hour of Friday</i>																																										
<i>Du'aa' of adhaan - iqaamah</i>																																										
<i>Du'aa' in tashahhud / sujud</i>																																										
<i>Du'aa' before waking up</i>																																										
<i>Du'aa' before going to bed</i>																																										
<i>Du'aa' looking at mirror</i>																																										
<i>Du'aa' when (un)dressing</i>																																										
<i>Du'aa' before leaving the house</i>																																										
<i>Du'aa' entering the house</i>																																										
<i>Du'aa' before eating</i>																																										
<i>Du'aa' after eating</i>																																										
<i>Du'aa' before restroom</i>																																										
<i>Du'aa' exiting the restroom</i>																																										
<i>Du'aa' taking the car / bus</i>																																										
<i>Du'aa' before acting</i>																																										
<i>Du'aa' for a strong heart</i>																																										
<i>Du'aa' of repentance</i>																																										



<b>SADAQAH (charity)</b>	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
<b>Acts of charity:</b>																																			
<b>Judge justly two persons</b>																																			
<b>Help a person</b>																																			
<b>Say a good word</b>																																			
<b>Erase someone's debts</b>																																			
<b>Go to mosque (m)/ home (f)</b>																																			
<b>Remove a harm that you see on the road or else</b>																																			
<b>Charity to the poor</b>																																			
<b>Uphold family ties</b>																																			
<b>Uphold human ties</b>																																			
<b>Spend on family</b>																																			
<b>Fulfil conjugal rights</b>																																			
<b>Obey parents</b>																																			
<b>Give to expiate sins</b>																																			
<b>Clean the house</b>																																			
<b>Encourage 1 to charity</b>																																			
<b>Prevent one from sinning</b>																																			
<b>Cook for the family</b>																																			
<b>Help around the house</b>																																			
<b>Remind people of Islam</b>																																			
<b>Ease things for someone</b>																																			
<b>Intercession:</b>																																			
<b>Pray for the dead</b>																																			
<b>Give on dead's behalf</b>																																			
<b>Forgiveness:</b>																																			
<b>Forgive</b>																																			
<b>Make reconciliation</b>																																			
<b>Ask forgiveness for gossip</b>																																			
<b>Conceal sins</b>																																			
<b>Patience (sabr):</b>																																			
<b>Show patience (in sickness,</b>																																			



<b>AAMAI SALIAH (good deeds)</b>	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
<b>Encourage good deeds</b>																																			
<b>Seek knowledge:</b>																																			
<b>Study Allaah's Names</b>																																			
<b>Study Qur'aan</b>																																			
<b>Study Sunnah</b>																																			
<b>Study sharee'ah</b>																																			
<b>Apply knowledge</b>																																			
<b>Teach knowledge</b>																																			
<b>Jihad (struggling):</b>																																			
<i>An-nafs</i>																																			
<i>As-Shaytan</i>																																			
<b>Against the Munaafiqeen</b>																																			
<b>Physical Jihad</b>																																			
<b>Strive:</b>																																			
<b>Work hard</b>																																			
<b>Make your work <i>halal</i></b>																																			
<b>Eat <i>halal</i> food</b>																																			
<b>Pray on time</b>																																			
<b>Do not be arrogant</b>																																			
<b>Steadfast</b>																																			
<b>Invite to Islam (<i>da'wah</i>)</b>																																			
<b>Ward off doubts</b>																																			
<b>Ward off <i>Fitnah</i> of:</b>																																			
<b>money</b>																																			
<b>women/men</b>																																			
<b>follow misleading texts</b>																																			
<b>Do not imitate the <i>Kuffar</i></b> (in behavior, taste, clothing, hair cut, celebrations, beliefs, traditions, etc.)																																			







<b>SALAT (prayers)</b>	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
<b>In masjeed (mosque):</b>																																			
<b>Hear adhan, go to mosque</b>																																			
<b>Women leave quickly</b>																																			
<b>Men stay for a while</b>																																			
<b>Cover aura well</b>																																			
<b>Not mixing</b>																																			
<b>Sujood al-shuk (gratitude)</b>																																			
<b>Sajdat tilaawah (reading)</b>																																			
<b>Friday prayer (Jumuah)</b>																																			
<b>In Fajr say surat 32, 76</b>																																			
<b>Bless Prophet (swas)</b>																																			
<b>Ghusl, cleanliness</b>																																			
<b>Wear best cloth</b>																																			
<b>Incense in mosque</b>																																			
<b>Go to prayers early</b>																																			
<b>Dhik, read qur'an</b>																																			
<b>Be attentive to hutbah</b>																																			
<b>Read Soorat al-Kahf</b>																																			
<b>Nafeel salat:</b>																																			
<b>2 raka'ats before sitting</b>																																			
<b>2 raka'ats adhan-iquama</b>																																			
<b>Salah al-Istikhara</b>																																			
<b>Dhikr after salat:</b>																																			
<b>Sub-han- Allah x 33 times</b>																																			
<b>Al-ham-do Lil-lah x 33</b>																																			

<i>Al-la-ho Akbar</i> x 33 times																																							
<i>La ilaha ila Allah wahdahu lasharikalahu lahu almulku walahu alhamdu wahuwa ala kul shai in gadeer</i> x 1 time																																							
<b>Pray salaah ad-duhaa</b>																																							
<b>Tashahhud du'aa':</b>																																							
<i>Allaahumma inni 'aoodhu bika min 'adhaab Jahannam wa min 'adhaab al-qabri wa min fitnat il- mahyaa wa'l-mamaat wa min sharri fitnat il-maseekh id-dajjaal</i>																																							
<b>Quiyyam (night prayer):</b>																																							
<b>Pray last third of night</b>																																							
<b>Go to sleep early</b>																																							
<b>Take a nap after 'Asr</b>																																							
<b>Eat little</b>																																							
<b>Stop sinning</b>																																							





<b>NAFEELAH</b> (voluntary / optional):	<b>SADAQAH</b> (charity)	<b>AAMAI SALIAH</b> (good deeds)	<b>SALAT</b> (prayers)	<b>ADHAB</b> (good manners)
<b>The Noble Qur'aan</b>	<b>Acts of charity:</b>	<b>Encourage good deeds</b>	<b>In masjeed (mosque):</b>	<b>Lower your gaze</b>
Reading Qur'aan	Judge justly two persons	Seek knowledge:	Hear <i>adhan</i> , go to mosque	Avoid ideal talk
Memorizing Qur'aan	Help a person	Study Allaah's Names	Women leave quickly	Do not backbite
Teaching Qur'aan	Say a good word	Study Qur'aan	Men stay for a while	Avoiding music, singing
<b>Du'aa' s (supplications):</b>	Erase someone's debts	Study Sunnah	Cover aura well	Return <i>salam</i>
A beneficial du'aa' for a Muslim	Go to mosque (men)	Study sharee'ah	Not mixing	<b>Hygiene:</b>
<i>Laa ilaaha ill-Allaah wahdahu laa shareeka lah, lahu'l-mulk wa lahu'l-hamd wa huwa 'ala kulli shay'in Qadeer x 100 times</i>	Remove a harm that you see on the road or else	Apply knowledge	<i>Sujood al-shuk (gratitude)</i>	Perfect cleanliness
Du'aa' s last hour of Friday	Charity to the poor	Teach knowledge	<i>Sajdat tilaawah (reading)</i>	<i>siwak</i> before prayer
Du'aa' of <i>adhaan - iqamah</i>	Uphold family ties	<b>Jihad (struggling):</b>	Friday prayer ( <i>Jumuah</i> )	Trim the moustache
Du'aa' in <i>tashahhud / sujud</i>	Uphold human ties	<i>An-nafs</i>	In <i>Fajr</i> say surat 32, 76	<b>Wudoo:</b>
Du'aa' before waking up	Spend on family	<i>As-Shaytan</i>	Bless Prophet (swas)	Perfect ablution
Du'aa' before going to bed	Fulfil conjugal rights	Against the <i>Munaafiqeen</i>	<i>Ghusl</i> , cleanliness	Bedtime ablution
Du'aa' looking at mirror	Obeys parents	Physical <i>Jihad</i>	Wear best cloth,	All day ablution
Du'aa' when (un)dressing	Give to expiate sins	<b>Strive:</b>	Incense in mosque	Beware of bad language
Du'aa' before leaving the house	Clean the house	Work hard	Go to prayers early	<b>Humility:</b>
Du'aa' entering the house	Encourage 1 to charity	Make your work <i>halal</i>	<i>Dhik</i> , read qur'an	Do not boast
Du'aa' before eating	Prevent someone from sinning	Eat <i>halal</i> food	Be attentive to <i>hutbah</i>	Conceal your good acts
Du'aa' after eating	Cook for the family	Pray on time	Read <i>Soorat al-Kahf</i>	Accept criticism

<i>Du'aa'</i> before restroom	Help around the house	Do not be arrogant	<i>Nafeel salat:</i>	Recognize errors
<i>Du'aa'</i> exiting the restroom	Remind people of Islam	Steadfast	2 raka'ats before sitting	Learn from others
<i>Du'aa'</i> taking the car / bus	Ease things for someone	Invite to Islam ( <i>da'wah</i> )	2 raka'ats <i>adhan-igaama</i>	Refrain pride
<i>Du'aa'</i> before acting	Intercession:	Ward off doubts	<i>Salah al-Istikhara</i>	Fear Allaah:
<i>Du'aa'</i> for a strong heart	Pray for the dead	Ward off <i>Fitnah</i> of:	<i>Dhikr</i> after <i>salat</i> :	Fear Allaah
<i>Du'aa'</i> of repentance	Give on dead's behalf	money	<i>sub-han- Allah</i> x 33 times	Have good intentions
<i>Du'aa'</i> against the <i>Shaytan</i>	Forgiveness:	women/men	<i>Al-ham-do Lil-lah</i> x 33	Act not upon whispering
Say <i>Ayaat al-Kursiy</i> (2:255)	Forgive	follow misleading texts	<i>Al-la-ho Akbar</i> x 33 times	Genders use a screen
Entering home	Make reconciliation	Do not imitate the <i>Kuffar</i> (in behavior, taste, clothing, hair cut, celebrations, beliefs, traditions, etc.)	<i>La ilaha ila Allah wahdahu lasharikalahu lahu almulku walahu alhamdu wahuwa ala kul shai in gadeer</i> x 1 time	Obey the laws:
Before sleeping	Ask forgiveness fr gossip	Reject <i>Kufr</i> :	Pray <i>salaah ad-duhaa</i>	Obey laws
To ward off <i>Shaytan</i>	Conceal sins	Apply Islamic rulings	<i>Tashahhud du'aa'</i> :	Follow the leaders
<i>Dhikr</i> (remembrance):	Patience ( <i>sabr</i> ):	Do not show off	<i>Allaahumma inni 'aoodhu bika min 'adhaab Jahannam wa min 'adhaab al-qabri wa min fitnat il-mahyaa wa'l-mamaat wa min sharri fitnat il-maseekh id-dajjaal</i>	Fight against evil:
General <i>dhikr</i>	Show patience (in sickness, in family, etc.)	Do not doubt faith	<i>Quiyyam</i> (night prayer):	Change a bad thing
<i>Dhikr</i> after <i>salat</i>	Say <i>Qaddara Allaah wa ma sha'a fa'ala</i> instead if saying 'if only'	Follow up a bad deed with a good deed	Pray last third of night	Leave what does not concern you
<i>Dhikr</i> at night	Persevere	Protect one's honor:	Go to sleep early	Do not argue
<i>Dhikr</i> in <i>Jama'a</i> (group)	Ignore harm done to you	Keep secrets	Take a nap after ' <i>Asr</i>	Beautify things:
Sayings:	Trust Allaah if worried	Keep onversations personal	Eat little	Beautify people
Say <i>Bismillaah</i>	Good speech:	Keep family intimacy	Stop sinning	Beautify house
Say <i>Insha Allaah</i>	No bad words	Defend Muslims		Beautify speech
Learn the Names of Allaah	No backbiting	Fulfil vows		Beautify actions
Bless Prophet (swas)	No snide comment	Refuse suspicion		Beautify Islam
<i>Sawm</i> (fasting):	Generosity:	Serve people		Beautify appearance



Voluntary fasting	Give in return for favor	Wife serve husband	<b>AAMAI SALIAH (final part)</b>	Do not look down on anyone
Mondays & Thursdays 13 <sup>th</sup> , 14 <sup>th</sup> , 15 <sup>th</sup> of the month	Repay debts handsomely <b>Neighbors (jarr):</b>	Man take care of family Serve a person	Serving others Do not waste money	Be honest <b>Gratitude (shukr):</b>
	Be good to your parents Be good to your relatives	Ward off sins <b>No cheating:</b>	Do not waste food Recycle, reuse	Prostrate in gratitude Thank Allaah
<b>Occasional Nafeelah:</b> <i>I'tikaah</i> (for Ramadhan) Sacrifice (once a year)	Be good to orphans Be good to the poor Be good to the neighbor	Be honest in buying, selling Do not delay repaying Do not pretend	Recognize your errors <b>Be just with non-Muslims</b> <b>Be truthful in speech, acts</b>	Say thankful words Feel thankful inside Show gratitude
<b>Occasional Fasting:</b> 'Aashoora' 10 <sup>th</sup> of Muharram Day of 'Arafaah, 9 <sup>th</sup> of Dhu'l-Hijjah 6 days in Shawwaal	Be good to a relative Be good to neighborhood Be good to a companion Be good to the traveler	Tell what you have not Do not mislead Work professionally Teach children, spouse	Tell the truth Do not conceal Do not overhear Seek with permission	Be content with little <b>Correct way of joking:</b> Do not lie while joking Do not frighten a Muslim
All possible in Muharraam All possible in Sha'baan	Be good to your family Ensure someone's safety	Do not neglect family Improve quality time with family (no TV, play) Discipline family	Do not enter rooms, without asking <b>Be truth in promises</b> <b>Remember covenants</b>	Do not scoff people Do not use nicknames Do not insult in jest Do not joke too much
	<b>Rights of Muslims:</b> Return greetings Visit the sick Attend funerals Accept invitations Saying <i>Yarhamuk Allaah</i> when one sneezes Accept an invitation Make a Muslim happy <b>Repress anger</b>	Say only what u know <b>No innovations (bidah)</b> <b>Do not waste time</b> Humor your spouse Exercise Learn archery (self-defense) Useful pastime <b>Be just, fair, equal:</b>	<b>Refuse kaffir celebrations</b> <b>Repent:</b> 2 rak'aa to expiate a sin Regret sin before 6 hours Say Astaghfirullah x 100 day	