

خطوات عملية للسعادة

Practical Steps to happiness

WEBSITE:

[HTTPS://ILOVEALLAH.NET](https://ILOVEALLAH.NET)

YOUTUBE CHANNEL:

<https://www.youtube.com/channel/UCZDYWIWY1pMaGg4-iw3uz1w>

YOUTUBE PLAYLIST:

<https://www.youtube.com/playlist?list=PLNT8BTFvQYHLWc7EkqE0OYo1sRCuQwYzv>

Plan for this week

Until next time isA

<https://iloveallah.net/happiness/>

Zikr	No.	Its excellence
<p>لا إله إلا الله وحده لا شريك له له الملك وله الحمد وهو على كل شيء قدير، الحمد لله وسبحان الله ولا إله إلا الله والله أكبر ولا حول ولا قوة إلا بالله، ثم قال: اللهم اغفر لي، أو دعا استجيب له، فإن توضأ وصلى قبلت صلاته."</p> <p><u>Laa Ilaaha Illallaah, wahdahu la shareeka lah, lahul mulku walahulhamd, wa huwa 'ala kulli shay'in qadeer. Al-hamdulillah, wa Subhanallah, walaa ilaaha illallaah, wallahu akbar, wa laa hawla wala quwwata illa billah, Then asks for forgiveness, or make Du'a,</u></p>	1	<p>Imam Al-Bukhari narrated that the Messenger of Allah ASWS said:</p> <p>"من تعار من الليل فقال: لا إله إلا الله وحده لا شريك له له الملك وله الحمد وهو على كل شيء قدير، الحمد لله وسبحان الله ولا إله إلا الله والله أكبر ولا حول ولا قوة إلا بالله، ثم قال: اللهم اغفر لي، أو دعا استجيب له، فإن توضأ وصلى قبلت صلاته."</p> <p>“Whoever happens to wake up in the night and says: <u>Laa Ilaaha Illallaah, wahdahu la shareeka lah, lahul mulku walahulhamd, wa huwa 'ala kulli shay'in qadeer. Al-hamdulillah, wa Subhanallah, walaa ilaaha illallaah, wallahu akbar, wa laa hawla wala quwwata illa billah,</u> Then asks for forgiveness, or make <u>Du'a,</u> Allah will answer him. Then if he performs Wudu' and prays, Allah will accept his prayer.”</p>

ZIKR Link to this Khutbah at <http://youtu.be/osCvLMoNmbA> and <https://ILoveAllah.net>

https://iloveallah.net/static/Zikr_table2.pdf

Zikr	No.	Its excellence
<p>سُبْحَانَ اللَّهِ وَبِحَمْدِهِ</p> <p>Subhan Allahi wa bihamdihi (All Glory is to Allah and all Praise to Him)mstsc</p>	100	<p>وَمَنْ قَالَ سُبْحَانَ اللَّهِ وَبِحَمْدِهِ فِي الْيَوْمِ مِائَةً مَرَّةٍ حُطَّتْ خَطَايَاهُ وَإِنْ كَانَتْ مِثْلَ زَبَدِ الْبَحْرِ</p> <p>"Whoever says, 'Subhan Allahi wa bihamdihi,' one hundred times a day, will be forgiven all his sins even if they were as much as the foam of the sea</p>

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https://iloveallah.net/static/Zikr_table2.pdf

Zikr	No.	Its excellence
<u>Sobhan Allah wa bihamdihi.</u> <u>Subhanallahi al-azim</u> سُبْحَانَ اللَّهِ وَبِحَمْدِهِ ، سُبْحَانَ اللَّهِ الْعَظِيمِ (All Glory is to Allah and all Praise to Him. Glorified is Allah, the Great)		ثَقِيلَتَانِ فِي الْمِيزَانِ ، حَبِيبَتَانِ إِلَى الرَّحْمَنِ Heavy on the scale of rewards and are dear to (Allah) the Gracious One.

ZIKR Link to this Khutbah at <http://youtu.be/osCvLMoNmbA> and <https://ILoveAllah.net>

https://iloveallah.net/static/Zikr_table2.pdf

Zikr	No.	Its excellence
<p>لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ</p> <p>(La ilah illa 'Ilah, wahdahu la sharik lah, lahu 'l mulku wa lahu 'l hamd, wa huwa ala kulli shay'in qadir)</p> <p>There is no god but Allah, alone, without any partner. The kingdom and praise belong to him and he has power over everything.</p> <p>Narrated by Bukhari and Muslim</p>	100	<p>كَانَتْ لَهُ عِدْلَ عَشْرِ رِقَابٍ، وَكُتِبَتْ لَهُ مِائَةُ حَسَنَةٍ، وَمُحِيتَ عَنْهُ مِائَةُ سَيِّئَةٍ، وَكَانَتْ لَهُ حِرْزاً مِنَ الشَّيْطَانِ يَوْمَهُ ذَلِكَ حَتَّى يُمْسِيَ، وَلَمْ يَأْتِ أَحَدٌ بِأَفْضَلَ مِمَّا جَاءَ بِهِ إِلَّا رَجُلٌ عَمِلَ أَكْثَرَ مِنْهُ.</p> <p>It is the same for him as:</p> <ol style="list-style-type: none">1. freeing ten slaves = \$100k in charity2. One hundred good actions are written for him and3. one hundred wrong actions are erased from him, and4. it is a protection from <u>Shaytan</u> for that day until the night.5. No-one does anything more excellent than what he does except someone who does more than that.

ZIKR Link to this Khutbah at <http://youtu.be/osCvLMoNmbA> and <https://ILoveAllah.net>

https://iloveallah.net/static/Zikr_table2.pdf

Zikr	No.	Its excellence
Zikr after Fajr		The reward of Hajj (<u>pilgrimage</u>) and Umrah when you stay making Zikr after Fajr till sunrise من صلى الصبح في جماعة ثم قعد يذكر الله حتى تطلع الشمس ثم صلى ركعتين كانت له كأجر حجة وعمرة قال قال رسول الله صلى الله عليه وسلم تامة تامة تامة

ZIKR Link to this Khutbah at <http://youtu.be/osCvLMoNmbA> and <https://ILoveAllah.net>

https://iloveallah.net/static/Zikr_table2.pdf

1. Duaa

- This is our goal is to become Walye and have a happy life and a happy hereafter
- Ask Allah in **your language**, at least, after each prayer and on Friday before Maghrib [Better all the time]
- **Make Duaa to get the best of the 10 days of Zulhijah**
- Example in English:
 - O Allah, I ask you getting rewards from every good deeds and the avoidance of all sins and to be your Walyee
 - O Allah, give me the power to fast the first 9 days of Zulhijah and the power to best of deeds during those days and guide me to the best acts and accept from me

That means any good deed you do will be better than Jihad.

Let's increase our good deeds

1. Pray in congregation, sonan ..
2. Charity
3. Supplication
4. Zikr, E3tekaf, Stay after Fajr
5. Reading Quran
6. Qiam (Allah swears with those nights)
7. Fasting

2. Add a Sunnah every week [Zikr]:

وما يزال عبدي يتقرب إلي بالنوافل حتى أحبه ،

and My slave keeps on coming closer to Me through performing Nawafil (praying or doing extra deeds besides what is obligatory) till I love him,

Let's add a sunnah every week to get closer to Allah to gain the Walyee

1. This week, In addition to the Duaa, add Zikr, especially the ones we mentioned in this lecture

لا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

100 times

Advanced Plan

Imam Al-Bukhari narrated on the authority of ‘Ubaadah bin Assaamit (RAA) that the Messenger of Allah ASWS said:

من تَعَارَّ من الليلِ فقال : لا إلهَ إلاَّ اللهُ وحدهُ لا شريكَ له ، لهُ المُلْكُ ولهُ الحمدُ ، وهوَ على كلِّ شيءٍ قديرٌ ، الحمدُ لله ، وسبحانَ اللهِ ، ولا إلهَ إلاَّ اللهُ ، واللهُ أكبرُ ، ولا حولَ ولا قوةَ إلا باللهِ ، ثم قال : اللهم اغفرْ لي ، أو دعا ، استجيبَ لهُ ، فإن تَوَضَّأَ وصى قُبِلَتْ صلاتُهُ.

الراوي: عبادة بن الصامت المحدث: البخاري - المصدر: صحيح البخاري - الصفحة أو الرقم: 1154

خلاصة حكم المحدث: [صحيح]

“Whoever happens to wake up (by alarm or became just partially conscious) in the night and says (He/she does not have to make Wudu or get up from bed):

**Laa Ilaaha Illallaah, wahdahu la shareeka lah, lahul mulku walahulhamd, wa huwa ‘ala kulli shay’in qadeer.
Al-hamdulillah, wa Subhanallah, walaa ilaaha illallaah, wallahu akbar, wa laa hawla wala quwwata illa
billah,**

Then asks for forgiveness, or make Du’a,

Allah will answer him.

Then if he performs Wudu’ and prays, Allah will accept his prayer.”

Ibn Hajar (ra) said: “No Muslim who heard of this Hadeeth should neglect it. He should teach it to his family and act upon it.”

Advanced Plan

- Take the last week of July off (most of the 10 days and Eid)
- Fast the first 9 days
- Put your alarm at 2:30AM
- Say the previous Zikr while in bed and make dua with your own language
- Get up with intentions (Qiam, Hajah, Tawbah, Estikharah, Getting closer to Allah to love you ...) and pray until Sohoor
- Take sohoor and intention to fast
- Pray Fajr in congregation (even with Family)
- Stay until Shorooq doing Zikr, especially the 100 times to get protection from Shaytan

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REFERENCES



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[NEW] PRACTICAL STEPS TO HAPPINESS خطوات عملية للسعادة

ONLINE JULY 2020 - EVERY FRIDAY AT 9:30PM AND STURDAY 7:00PM PST-- SEND ME AN EMAIL AT ONLYLOVEALLAHALONE@GMAIL.COM TO GIVE YOU THE ZOOM LINK

This is a practical workshop for those looking for happiness. We will have an item to practice every week to reach a higher status for our hearts in shaa Allah. This series is based on multiple books, lectures, and experiences (Refer to the References section)



| 7/24/2020 : This week's plan |



| 7/24/2020 : List of Zikr for this week |

• Practical Steps to happiness خطوات عملية للسعادة (YouTube PlayList)

○ 3. SECOND STEP: BENEFIT FROM OPPORTUNITIES [7/18/2020] ← WE ARE HERE