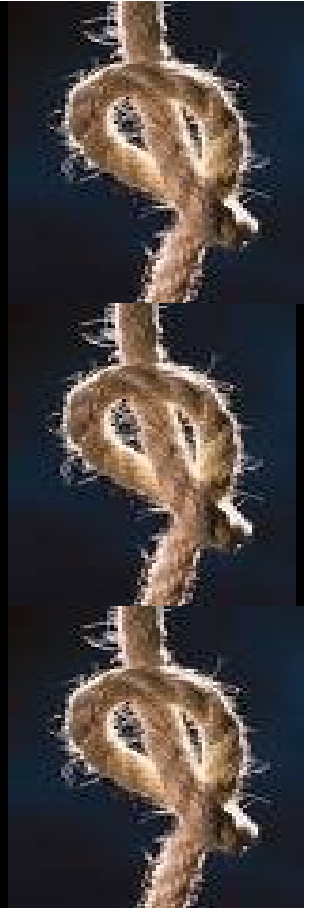


Are YOU

Moody... Agitated &...Grumpy first thing in the morning?

Rasulullah Sallallahu alahi wasallam said :

' Shaytaan ties three knots on a person's head when he goes to sleep. The tying of every knot causes a long night's sleep. If one wakes up taking the name of Allah, one knot is untied. When making wudhu, the second knot is untied. Performing the Fajr salah unties the third knot- *But if he does not do so, he gets up in the morning feeling unhappy and lazy.*' (Bukhari)



Ways to help you spring out of bed & onto that prayer mat

1. Do it for the love of Allah... make a firm intention that you are going to get up from your warm cozy bed to perform Fajr salah because you LOVE Allah!

2. Sleep early so you can rise early.

3. Set an alarm and keep your alarm clock / mobile far away from your bed- ie in order to 'shut' your alarm up you have to leave your bed- surely, once out of it there's no going back...right?

4. Seek help from someone to wake you up for salah, e.g your parents, siblings or even YOUR MENTOR- no kidding your Mentor will be more than happy to give you a wake up call if that's what it takes- email your Mentor today...

5. Sleep in the state of wudhu, drop off to the land of nod by reciting duas and whilst praising Allah- make Allah your last thought before sleeping.

6. Think that by performing your Fajr you are displeasing Shaytaan. Fight your enemy- your nafs... picture Jannah and the cold dead of the night will soon melt away!

... one last thing, pray for those who wish to continue to work in the way of Allah swt!