

MIND THE GAP

”لَيْسَ الشَّدِيدُ بِالصُّرَعَةِ، إِنَّمَا الشَّدِيدُ الَّذِي يَمْلِكُ نَفْسَهُ عِنْدَ
الْغَضَبِ.”

"The strong is not the one who overcomes the people by his strength, but the strong is the one who controls himself while in anger."

Sahih al-Bukhari 6114

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي ۖ رَبَّنَا وَتَقَبَّلْ دُعَاءِ ٤٠

“My Lord! Make me and those ‘believers’ of my descendants keep up prayer. Our Lord! Accept my prayers.”

Surah- Ibrahim

ASPIRATIONS	PRACTICED VALUES {what is the gap?}	SPIRITUAL RESET {what can we change?}

DO YOU
ACTUALLY
NEED YOUR
PHONE
RIGHT NOW?

