



# Practicing Alhamdulillah

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## YOUR GRATITUDE JOURNAL

Give yourselves a few moments everyday over the next 30 days to be mindfully grateful to God.

### READ

**A daily reminder:** *Reminders nourish a believer's heart and soul.*

### REFLECT

**Question of the day:** *Open your eyes to a multitude of blessings that continually surround you.*

### EXPRESS

**Your Space:** *Write, draw or doodle. Take time out of your day to creatively express your gratitude in three ways: Gratitude of heart, gratitude of tongue and gratitude of limbs.*

**GRATITUDE OF HEART:** How will you invest in and harbour good intentions today?

**GRATITUDE OF TONGUE:** How will you speak words of thanks and praise to God today?

**GRATITUDE OF LIMBS:** How will you use your external senses to do good?

Every time you recognize God's blessing, thank Him by using it in a way that might benefit humanity and please God.

# DAY 1

## READ

God gave us the gift of Quran. His words that will stay intact till the last day. No one will be able to change them. Perfect words from our perfect creator! The first word He chose for us to begin our Quran is – **Alhamdulillah**. *Alhamdulillah literally means praise and gratitude to the Lord*. Being grateful to Him and praising Him is, of course, the most critical part of our human existence.

## REFLECT

Today let us think of smells all around us. Fragrances have a strong impact on our mind and body.

**What smell are you grateful for today?**

## EXPRESS

This is how I will express Alhamdulillah today,

### Gratitude from my heart

### Gratitude from my tongue

### Gratitude from my limbs

# DAY 2

## READ

The Institute for Research on Unlimited Love (IRUL) in Ohio, USA has found that just 15 minutes a day focusing on things we are grateful for will significantly increase our bodies natural antibodies, make us less vulnerable to depression and keep our blood pressure and heart rate stable. There is no doubt that a positive attitude of hope and belief in Allah will kick pessimism out of the door.

## REFLECT

I needed and used technology to even get this message to reach you and you are using technology to read this right now. Allah has blessed us with so many advances in technology that we enjoy everyday.

**What technology are you grateful for today?**

# EXPRESS

This is how I will express Alhamdulillah today,

## Gratitude from my heart

## Gratitude from my tongue

## Gratitude from my limbs

# DAY 3

## READ

Our beloved Prophet Muhammad (PBUH) told us that the Best of dhikr (remembrance) is - la ilaha illa Allah (there is no God but Allah), And the best of duaa (prayer) is - Alhamdulillah. Isn't it amazing? The one we are praising - He knows why we are praising Him, what exactly is in our hearts and what we need from Him and yet He rewards us for our praise and gratitude.

## REFLECT

Some people say that the universe evolved according to the need of survival and evolution. But that theory fails to scientifically explain the existence of colour. Even if everything was plain black or grey life would not have stopped. Yet Allah loves us so much that He made things and our surroundings beautiful for us. He blessed us with colour!

**What colour are you grateful for today?**

## EXPRESS

This is how I will express Alhamdulillah today,

### Gratitude from my heart

### Gratitude from my tongue

### Gratitude from my limbs

# DAY 4

## READ

He is Al-Hamid: The All Praiseworthy. "Surely Allah is free of all needs, worthy of every praise." (14:8) The One who is praised and is worthy of all thankful praise, who deserves every manner of praise, honour and adoration, both public and private. Allah has given us everything we enjoy in this life; even life itself. We should extol His favours, and love and exalt Him. "Praise be to Allah, the Lord of the heavens and the Lord of the earth, the Lord of the worlds." (45:36) All creation, alive and inanimate, praises Allah SWT and glorifies Him. And we, the best of His creation, can not fall behind!

## REFLECT

Today, let's think of something He let us enjoy in so much variety and flavour. We can survive on pills but He gave us the sense of taste and flavourful foods to enjoy.

**What food are you grateful for today?**

## EXPRESS

This is how I will express Alhamdulillah today,

### Gratitude from my heart

### Gratitude from my tongue

### Gratitude from my limbs

# DAY 5

## READ

Admiring a work of art is a kind of praise for the artist or the craftsman. Alhamdulillah means all praise essentially belongs to Allah. Whosoever is praising anything anywhere in the world is ultimately praising Allah. There are millions upon millions of things that we are all grateful for, but if we look behind the veil of appearances, in everything we will find the manifestation of the same creative power. This in turn shows us how everything is knit together in the same unity. If there is only One Being in the whole universe who inherently deserves all praise, it necessarily follows from it that this Being alone should be worthy of adoration and worship. Alhamdulillah is not only an expression of praise and thanks, but it also cuts the very root of polytheism or worship of created beings, and in a clear, strong and self evident way, exemplifies the basic principle of Islamic creed - Oneness of God.

## REFLECT

Today, lets looking the pleasant sounds that surround us. Soft sounds can be calming and soothing whereas loud uncomfortable sounds alert us to certain needs or dangers.

**What sound are you grateful for today?**

## EXPRESS

This is how I will express Alhamdulillah today,

### Gratitude from my heart

### Gratitude from my tongue

### Gratitude from my limbs

# DAY 6

## READ

Abundance lies in being grateful to Allah SWT. When we promise something to our loved ones, we might or might not keep our promise. There could be two reasons why we don't keep our promise – either we lied or we were unable to keep our promise despite our intention. But when Allah SWT- the most Truthful, the most Capable, and the Most Rich promises us something, these limitations do not exist. It is definitely going to happen. Allah SWT tells us in Surah Ibrahim, Ayaat 7- "La in shakartu la azindantu" "If you are grateful, I will increase you." It is His promise, and He does not go back on His promise. Learning to be a person of Alhamdulillah, is a guaranteed connection to seek from the treasures of the Most Rich.

## REFLECT

Today let us look at the nature and natural surroundings around us. So much in nature works together for our benefit and survival. Even a honey bee serves us in so many ways.

**What in nature are you grateful for today?**

## EXPRESS

This is how I will express Alhamdulillah today,

### Gratitude from my heart

### Gratitude from my tongue

### Gratitude from my limbs

# DAY 7

## READ

Our beloved prophet saw told us: "Look at those who are lower than you (financially) but do not look at those who are higher than you, lest you belittle the favors Allah conferred upon you." Satan will forever try to switch our gaze to those above us in worldly affairs. He will whisper, 'Why don't you hurry and seek and gain wealth, so that you can live prosperously?' No wonder all kinds of media are full of stories of super rich and famous people living lavish and often wasteful lifestyles. If we keep looking at the people above us in wealth and worldly affairs, we will be dissatisfied with our provisions from Allah. The way to cure such condition is to look at people beneath us in wealth and worldly affairs. This will help us to be pleased and grateful, and our greed will decrease. Being mindful and shifting our focus will help up to be pleased and grateful of Allah's provisions upon us.

## REFLECT

We all have a share of memories - some pleasant, some not so pleasant, some heartening and some painful. Painful memories save us and those around us from similar pains, they are a part of our survival mechanism. They also help us to empathize and relate with others who are in pain. Pleasant memories are the breath of fresh air that keep our hopes and dreams alive.

**What memory are you grateful for today?**

## EXPRESS

This is how I will express Alhamdulillah today,

### Gratitude from my heart

### Gratitude from my tongue

### Gratitude from my limbs

# DAY 8

## READ

Alhamdulillah fills up the scale. Alhamdulillah means all praise and gratitude belongs to Allah. SubhanAllah means how far is Allah from every imperfection. The Messenger of Allah (ﷺ) told us that Al-hamdulillah fills the scales, and 'subhan-Allah and 'Al-hamdulillah fill that which is between heaven and earth. Each one of us would love to fill up our scales of good deeds. Our scales on our right side. Isn't that what this life and its tests are about anyway! God has given us a simple strategy to fill up our scales of goodness, and to fill them up really well. We can fill up our scales with this simple exercise of practising gratitude and praising Him. Alhamdulillah for being able to say and feel Alhamdulillah!

## REFLECT

Allah swt taught Adam AS the names of all things and people. SubhanAllah, the root of all knowledge and all sciences goes back to knowledge that has come from Allah swt.

**What knowledge are you grateful for today?**

## EXPRESS

This is how I will express Alhamdulillah today,

### Gratitude from my heart

### Gratitude from my tongue

### Gratitude from my limbs

# DAY 9

## READ

If we are not thankful to Him, then how can we be thankful to others! We are all struggling day in and day out to be better wives, better sisters, better mothers, better daughters, better friends, etc. etc. We are able to do good at times with Allah's blessings and we fall short many times in many different ways. He, however, is PERFECT. Perfection belongs to Allah alone. And if we do not praise and thank Him, then is our gratitude to others actually as genuine as we believe it to be!

## REFLECT

There are many places that have a special place in our minds and hearts. Whether its a public or a personal place, His presence, His blessings and His mercy encompass us everywhere.

**What place are you grateful for today?**

## EXPRESS

This is how I will express Alhamdulillah today,

### Gratitude from my heart

### Gratitude from my tongue

### Gratitude from my limbs

# DAY 10

## READ

He is Ash-Shakoor: Ash-Shakoor means The Most Appreciative. Allah is the One Who rewards the believing servants for their good deeds, giving them far more than they deserve. The One Who recognizes and appreciates all good, no matter how minute or intangible, even the good thought that is never carried out, and even the good of the sinner and the disbeliever. Allah swt appreciates even the smallest of our acts of obedience and He rewards us for them in this life and the Hereafter. When we are grateful and appreciative, we are taking inspiration from the name of Allah swt Himself. We would be following the sunnah of our Creator Himself!!!! What in the world could be better than that?

## REFLECT

Today lets look at the flavours and tastes that He allowed us to enjoy.

**What taste are you grateful for today?**

# EXPRESS

This is how I will express Alhamdulillah today,

## Gratitude from my heart

## Gratitude from my tongue

## Gratitude from my limbs

# DAY 11

## READ

Could you be heading for a promotion? Have you ever got promoted to the next grade in school, without taking an exam? SubhanAllah reflect on what the struggles in your life have taught you! Allah swt told us that: "Do the people think that they will be left to say, "We believe" and they will not be tried? But We have certainly tried those before them, and Allah will surely make evident those who are truthful and He will surely make evident the liars." Surah Ankabut 20:2-3. But our tests are unlike any other tests. Not only did He give us an open book test with the Quran to guide us, but also a real mentor from amongst us, the Prophet SAW whose life's details are available for us to study. And even that's not all. He promised us : "For sure, with every hardship comes ease." Surah Ash-Sharh 94:6. So He tests us for the sake of elevating us, and gives us open book test, a real mentor as well as descends ease and mercy upon us with the test (not after the test, with the test). Alhamdulillah what beautiful love, care and mercy!

## REFLECT

Today, lets look and reflect upon the troubles of our lives and what they have done to us or are doing to us. With a little shift in perspective, we might be pleasantly surprised.

**What trouble or challenge in your life are you grateful for today?**

## EXPRESS

This is how I will express Alhamdulillah today,

### Gratitude from my heart

### Gratitude from my tongue

### Gratitude from my limbs

# DAY 12

## READ

Aspiring to be the people of jannat... "But those who believe and do righteous deeds, are the best of creatures, their recompense is with their Lord - the Gardens of Eden, watered by flowing streams, where they shall dwell for ever and ever. Allah swt is well pleased with them, and they are well-pleased with Him." (Surah 98: 7-8) As believers, we aspire for the highest and the best - in this life as well as the next. And one of the most important characteristics of the people of paradise will be that they will be well pleased with Allah swt. When we practice Alhamdulillah, we are in fact practicing a characteristic of the people of jannat.

## REFLECT

Today, let's think of sight and vision. If we thank Him just for our eyesight non stop throughout our lives, then we will not be able to thank Him enough.

**What view have you seen that you are grateful for today?**

## EXPRESS

This is how I will express Alhamdulillah today,

### Gratitude from my heart

### Gratitude from my tongue

### Gratitude from my limbs

# DAY 13

## READ

Thanking and praising Him is a sign of our ikhlaas and belief in One God... 'Surely those who recite Allah's Book and have established Salah and have spent, secretly and openly, from what We have provided to them – they hope for a trade that will never crash. So that He pays them their reward in full, and gives them more out of His grace. Surely He is Most-forgiving, Very- Appreciative.' (35:29-30). Allah swt demands of His servants that they too should appreciate His generosity. "Be thankful for the blessing of Allah, if it be Him that you serve." (16:114) For if they are grateful, i.e. if they acknowledge Him as the Giver of Bounty and use that Bounty to the best of their ability, Allah will enrich them.

## REFLECT

Today, lets look at the talents and abilities that He has bestowed upon each one of us without even our asking.

**What ability or talent are you grateful for today?**

## EXPRESS

This is how I will express Alhamdulillah today,

### Gratitude from my heart

### Gratitude from my tongue

### Gratitude from my limbs

# DAY 14

## READ

Remembrance and appreciation go hand in hand. Allah swt tells us in the Holy Quran "So remember me, and I will remember you. And be thankful to me and be not ungrateful to me." (Surah Baqarah 2:152) Remembering Allah - with concentration and presence of heart - is the ultimate objective of all acts of worship. A natural and consequence of remembering Allah is that we are grateful to Him. It is an absolutely vital part of our human existence.

## REFLECT

Think about the miraculous bodies that Allah swt has gifted us with. So many systems running in sync, organs, expression, mind, emotions, all working together in one being.

**What about your body are you grateful for today?**

## EXPRESS

This is how I will express Alhamdulillah today,

### Gratitude from my heart

### Gratitude from my tongue

### Gratitude from my limbs

# DAY 15

## READ

Anyone can say Alhamdulillah in retrospect! In retrospect, we can often see the way Allah's plans have worked so perfectly and seamlessly in our favour. We can say: "Thank God I didn't get into that university even though I wanted to" – because we found a school and a major we ended up loving even more. We can say: "Thank God I didn't marry that guy I so wanted to marry when I was 20" – because we found a spouse that was so much kinder and loving and committed. We can say: "Thank God I lost that high-paying, high-status job I had years ago" – because we discovered a profession we were more passionate about. In retrospect, we can thank God for depriving us of the things we once thought we really really needed to have. We can see that what He gave us instead was so much better. Everyone can say 'Alhamdulillah' – in retrospect. But having a comprehensive understanding of the faith and true reliance on God gives you the ability to be in the midst of disappointment, rejection, pain, loss and still say: "Allah's plan is surely better for me, even if I don't yet understand." This is not an easy mindset to achieve. But Alhamdulillah, He gave us role models for even framing our mindsets. And some amazing stories to understand that mindset.

## REFLECT

We all love stories - hearing stories, telling stories. Stories can have deep embedded life lessons, they can conquer fear and make the heart bigger. Through the stories of prophets (peace be upon them) in the Quran, Allah teaches us indispensable life lessons, Alhamdulillah.

**What story in the Quran are you grateful for today?**

## EXPRESS

This is how I will express Alhamdulillah today,

### Gratitude from my heart

### Gratitude from my tongue

### Gratitude from my limbs

# DAY 16

## READ

We cant praise and complain at the same time! Alhamdulillah is not just a lip service. Many of us, many a times undo it at the same time that we say it. We should not use alhamdulillah just as a sentence filler - my back hurts alhamdulillah, she was mean but alhamdulillah.. or if someone asks us - how are you, and in a deflated manner-- ehhhh i guess ok, alhamdulillah. No no no! Praise and gratitude do not go together with complain and hopelessness. Alhamdulillah is a beautiful statement of positive attitude. A statement of gratitude and thanks and praise. When we say it about a certain situation, We have to find a reason to genuinely praise And thank Allah.

## REFLECT

No person is perfect. Be it spouse, parent, children, family or friends. But each one of them add to our life in different ways. Are we getting stuck in complaining about their shortcomings or are we appreciating the fact that Allah swt put them in our lives in the first place.

**What family member or friend are you grateful for today?**

## EXPRESS

This is how I will express Alhamdulillah today,

### Gratitude from my heart

### Gratitude from my tongue

### Gratitude from my limbs

# DAY 17

## READ

Being able to say and feel Alhamdulillah is a privilege, it is sign of Almighty Allah's love for you ... "Worldly provision is something that both a believer and disbeliever acquires. As for the provision of the heart, of knowledge, Īmān, the love of Allah, fear of Him, hope in Him, etc., then He doesn't give it except to those whom He loves." — Sh. 'Abdul-Rahmān al-Sa'dī.

Isn't it absolutely amazing? As we go through life and deal with people, we understand more and more how rare this is. How few people are truly thankful and praising Allah swt. If we become more thankful of His blessings as we grow, it is also a time to understand that this too is a manifestation of His love that He is showering upon our hearts. Alhamdulillah for Alhamdulillah!

Wear gratitude like a cloak and it will feed every corner of your life!

~Rumi

## REFLECT

Knowledge comes from many many sources - books, people, media, social media, internet, life experiences etc etc. But the ultimate source of all knowledge is none other than Allah swt.

**What book are you grateful for today?**

## EXPRESS

This is how I will express Alhamdulillah today,

### Gratitude from my heart

### Gratitude from my tongue

### Gratitude from my limbs

# DAY 18

## READ

He was, is, and will always be in control. When we see a beautiful painting, our praise for the painting is an appreciation for the artist. When we are amazed by a robot, we are acknowledging the technical skills of the engineer. When we find a mobile app helpful, useful and super amazing, we want to get to the source code of the app, know the programmer and understand about that programmer so that we can get more apps from the same programmer. When we see beauty or good in anything or any situation, and we praise and thank Allah then we are going right to the source. We are appreciating nature but at the same acknowledging that nature and the universe or anything in this world is not good or pretty or useful of its own accord. The goodness and beauty is coming from Allah. "With Him are the keys of the unseen. No one knows them but He. He knows what is in the land and the sea. He leaf ever falls but that He knows about it, and there is no grain in the dark layers of the Earth, or anything fresh or dry that is not recorded in a manifest book." ( Surah Al-Anaam 6:59)

## REFLECT

Everything happens for a reason. Sometimes Allah (swt) speeds up what we want, sometimes He slows down what we really want, depending on what is good for us. He is in control. He is averting harm from us, bringing goodness to us, and deleting everything and everyone who will add no value in our lives.

**What happened this week that you are grateful for?**

## EXPRESS

This is how I will express Alhamdulillah today,

### Gratitude from my heart

### Gratitude from my tongue

### Gratitude from my limbs

# DAY 19

## READ

We don't want to be amongst those that Allah swt complains about ... "Indeed mankind, to his Lord, is ungrateful." - Surat Al-Adiyat, verse 6

Someone asked a Shaykh "how are you?" He replied, "my teeth got broken by eating Allah's bounties, but my tongue doesn't show gratitude." "And He gave you from all you asked of Him. And if you should count the favor of Allah, you could not enumerate them. Indeed, mankind is [generally] most unjust and ungrateful." [14:34]

It's a sad truth. We are **guilty**. We don't appreciate our blessings until the Almighty takes them away from us. Wake up before it's too late. - Mufti Ismail Menk.

When we love someone, our worst nightmare is that someone not being pleased with us. We all love Allah swt. And heedlessness and ingratitude is not pleasing to Him.

## REFLECT

Today, let's think about how often we take our hearing, sight and abilities to taste and touch for granted. We can not even imagine our life without our senses. And yet, we use these gifts to enjoy duniya so much that we forget that One who gave us that gift.

**Which one of your senses are you grateful for today?**

## EXPRESS

This is how I will express Alhamdulillah today,

### Gratitude from my heart

### Gratitude from my tongue

### Gratitude from my limbs

# DAY 20

## READ

Its all in the attitude ... How's your day today? Let us think about this...

The Prophet ﷺ said, "Whoever of you wakes up safe and sound in mind, healthy in body, with enough food for the day, it's as if the entire world has been gathered for him." (Tirmidhi, 2346, Hasan). Many of us feel miserable at the beginning of the week, so it better be a serious reason for us to feel miserable, because if we consider the statement above, we are in fact very fortunate and have far more to be happy and grateful about than to worry or complain or be upset about! An attitude of Alhamdulillah trains our mind to think more positively!

Allahumma lakal hamd ya Rabb.

## REFLECT

Many people in the world don't have a home, not because they are enduring any punishments, or we are in any way better people than them, but simply because their test is patience. And for all of us who have been fortunate to have a place to call home- our test is gratitude.

**What part of your home are you grateful for today?**

## EXPRESS

This is how I will express Alhamdulillah today,

### Gratitude from my heart

### Gratitude from my tongue

### Gratitude from my limbs

# DAY 21

## READ

Alhamdulillah combines thanks and praise... Alhamdulillah is a unique and beautiful phrase that we all say. It combines two attitudes at the same time – that of thanks and that of praise. Now these might sound very similar, but there is a subtle difference. For example, you see a beautiful car and like it. You praise this car, but you don't thank a car. Similarly, if your car breaks down at the side of the road and someone comes and helps you to fix it, then you are thankful to them. You might or might not be praising them at the same time. If we look at examples from the Islamic history, when Musa AS had to go to Firawn and give the message of Allah. At that time, Firawn asked Musa AS – that had he not raised Musa AS in his own castle. Musa AS in fact, acknowledged that and was thankful to firawn but at the same time, he was not praising Firawn. Alhamdulillah is a unique phrase in that when we say Alhamdulillah – we are not only thanking Allah subhana wa taa'la but we are also praising Him at the same time. We are showing our gratitude and declaring His greatness as well.

## REFLECT

Let us think of the air we breathe. It is always there but rarely do we stop and wonder, how amazing it is that despite what we are doing to our planet, Allah subhana wa taala is letting us have access to clean air to breathe.

**What in the Earth's atmosphere are you grateful for today?**

## EXPRESS

This is how I will express Alhamdulillah today,

### Gratitude from my heart

### Gratitude from my tongue

### Gratitude from my limbs

# DAY 22

## READ

Alhamdulillah - a unique phrase according to Arabic grammar .. If I go scuba diving and look at the wonders of Allah, i am super amazed and say Alhamdulillah. In a different scenario, if i am at a mall, and I get separated from my small child, I am looking around frantically and almost at the point of breaking down, when i find my child. I hug my child tight and with a tear rolling down my eye- i say Alhamdulillah. In both situations i thanked and praised Allah, but the first case was more informational and second more emotional. Arabic grammar makes a distinction between an informational phrase and an emotional phrase. If we were to say "inna Alhamdulillah" like it is said by an imam at some times in a khutba, then it is a purely informational phrase - what that means is that there is absolutely totally certainly no doubt that all thanks and praise belongs to Allah. Which seems like a stronger grammatical construction at first glance. A simple Alhamdulillah is a beautiful phrase grammatically because it can be used in both informational as well as emotional sense.

## REFLECT

Think about our beautiful faith. Not the additions done by culture or the deletions promoted by convenience, but the pure unadulterated and perfect faith of Islam - the religion of peace, love, unity, mindfulness, dedication, excellence, knowledge, and empowerment..

**What about your faith are you grateful for today?**

## EXPRESS

This is how I will express Alhamdulillah today,

### Gratitude from my heart

### Gratitude from my tongue

### Gratitude from my limbs

# DAY 23

## READ

Practicing Alhamdulillah fixes our relations with others... When we say "Alhamdulillah", we are declaring that we are grateful to Allah. When the remembrance and gratitude of Allah truly manifests in our hearts, we no longer have jealousy towards other people, and we are content with what we have. One of the human emotions is jealousy, whose roots go right back to shaytaan because he was jealous of Adam AS and human beings for being the better creation, even though he thought he was better. Alhamdulillah naturally and easily gets rid of jealousy. A person who is busy thanking Allah for what they have received as a gift prevents jealousy from taking root within their heart. Alhamdulillah is like cool and refreshing water against a raging hot fire.

## REFLECT

Out of the blue, something happens or we get something that brightens our day a little bit more than before.

**What unexpected gift are you grateful for today?**

## EXPRESS

This is how I will express Alhamdulillah today,

### Gratitude from my heart

### Gratitude from my tongue

### Gratitude from my limbs

# DAY 24

## READ

One of the biggest vice that can take us to hell is being ungrateful. Narrated Ibn Abbas, The Prophet (ﷺ) said: "I was shown the Hell-fire and that the majority of its dwellers were women who were ungrateful." It was asked, "Do they disbelieve in Allah?" (or are they ungrateful to Allah?) He replied, "They are ungrateful to their husbands and are ungrateful for the favors and the good (charitable deeds) done to them. If you have always been good (benevolent) to one of them and then she sees something in you (not of her liking), she will say, 'I have never received any good from you.'" (Bukhari) Being a grateful person will protect us from the harms of this world and the next.

## REFLECT

At times we ignore the things our family members do for us and at times we forget them, but they are sweet little caring and loving gestures from our closest near and dear ones.

**What thoughtful act of a family member are you grateful for today?**

## EXPRESS

This is how I will express Alhamdulillah today,

### Gratitude from my heart

### Gratitude from my tongue

### Gratitude from my limbs

## READ

Regular recitation will rid us of disappointment... Ka'b bin 'Ujrah (May Allah be pleased with him) reported: The Messenger of Allah (ﷺ) said, "There are some words, the reciters of which will never be disappointed. These are: Tasbih [saying 'Subhan-Allah' (Allah is free from imperfection)], thirty-three times, Tahmid [saying 'Al-hamdu lillah' (praise be to Allah)] thirty-three times and Takbir [saying 'Allahu Akbar' (Allah is Greatest)] thirty-four times; and these should be recited after the conclusion of every prescribed prayer." [Muslim] Alhamdulillah is one of the beautiful words, the reciters of which will never be disappointed.

## REFLECT

Many people come in our life and teach us several things, formally or informally. We might not be with them anymore or might have lost touch with them, but what they taught us remains and contributes to our life.

**Which teacher are you grateful for today?**

# EXPRESS

This is how I will express Alhamdulillah today,

### Gratitude from my heart

### Gratitude from my tongue

### Gratitude from my limbs

# DAY 26

## READ

We can be amongst "the few". Some of us may not even pay attention to the fact that we are blessed by Allah in many areas, and thus, we keep feeling sorry for what we missed rather than feeling grateful for what we have. This is why the Quran describes the grateful as "few." The Quran reads: "And few among my servants are the truly thankful." (34:13) . And that is what Our pious predecessors would mean, when they would say, "My Lord, make me among the few." We too can aspire for their attitude simply by being the people that say, feel and practise Alhamdulillah.

## REFLECT

This duniya is constantly serving us. Did you know that an average worker honey bee works her whole life to make 1/12 teaspoon of honey? Honey bees tap around 2 million flowers to create one pound of honey. Allah SWT created so much to take care of us, are we thanking Him enough.

**What creation of Allah SWT are you grateful for today?**

## EXPRESS

This is how I will express Alhamdulillah today,

### Gratitude from my heart

### Gratitude from my tongue

### Gratitude from my limbs

# DAY 27

## READ

We will be questioned about this... Allah swt has given us uncountable blessings. Our respectable elders from the past generations used to be worried about the blessings that they had. They knew and understood that we will be questioned about God's blessings. "Then you shall be questioned about the delights (you enjoyed in this life)" - Quran Surah Takathur 102:8. It is only when we acknowledge, appreciate and utilize towards the good the blessings that we have, that we will be able to answer those questions. If we recognise and appreciate in this world, we will in sha Allah have a lot more to appreciate in the next.

## REFLECT

It might seem that the world is full of millionaires and billionaires living their life, but on further thought we will all realize that we in fact have much more comforts than millions of people around the world. The peace of life, no ongoing threat to life, food on the table, some disposable money, electronic gadgets.. the list is endless.

**What comfort of life are you grateful for today?**

## EXPRESS

This is how I will express Alhamdulillah today,

### Gratitude from my heart

### Gratitude from my tongue

### Gratitude from my limbs

# DAY 28

## READ

Did you know that Allah swt grouped people into two categories: the grateful and the ungrateful? “We showed man the right way to be either grateful or ungrateful.” - Quran Surah Al Insaan 76:3. He not only showed us the right way to be grateful, but He has also made it super easy for us to be grateful. In fact, it takes way more effort to be ungrateful. Being grateful is in our fitrah! In addition to that, Our most merciful Allah swt has provided us with innumerable blessings, hints and reminders all around us so that we can remember Him, recognize His power and blessings, and we are able to thank and praise Him. Did you know that one of the reasons why Allah created day and night is for us to be able to recognize Allah’s power and give thanks to Him? Allah swt says, “And He is the One who made the day and the night following each other, for the one who wishes to be mindful or wishes to show gratitude.” Surah Al-Furqan 25:62.

## REFLECT

Our parents, just like our kids, are the sign of continuation of life for us. We might have challenges with them but they have enriched our lives in more ways than one.

**What about your parents are you grateful for today?**

## EXPRESS

This is how I will express Alhamdulillah today,

### Gratitude from my heart

### Gratitude from my tongue

### Gratitude from my limbs

# DAY 29

## READ

Emaan and guidance follow the hamd of Allah... Surah Fatiha begins with Alhamdulillah. It is such a beautiful surah, a surah in which we are asking Allah swt to guide us to a path, a path that is not only straight but also simple, a path that is not only easy but also blessed, a path with no crookedness whatsoever. One word stimulates and leads to such a beautiful and powerful duaa, following which is the pure unadulterated word of God – our holy Quran. Alhamdulillah is a beautiful and powerful word. Our faith stems from it. Our belief resides in it. It is pure and simple - Emaan and guidance come only after we engage in the hamd of Allah SWT.

## REFLECT

Clean, pure water that is an essential element of life on Earth. Many people do not have access to drinkable water. The same water that is the essential of life, also destroys life in tsunamis and hurricanes. There is more water on earth than the land, and yet we are all alive. We have access to water in a way that promotes life.

**How will you be grateful for water today?**

## EXPRESS

This is how I will express Alhamdulillah today,

### Gratitude from my heart

### Gratitude from my tongue

### Gratitude from my limbs

# DAY 30

## READ

What good is a creation that doesn't serve its purpose! If I buy a toaster that looks nice and pretty on my kitchen counter but it does not toast bread, how long am I going to let it stay on my counter just because of its face value? Chances are, not for too long. When something doesn't serve its very basic purpose of existence, then it is essentially of no good and will eventually be replaced by a better creation. Giving thanks to Allah is one of the reasons we were created. Allah swt specifically highlighted the value of gratitude as an act of worship. "O you who believe, eat of the good things We have provided to you and be grateful to Allah, if it is He whom you worship (in real terms)." Surah Baqarah 2:172. The importance of gratitude is well established amongst all people and all nations. Even atheists and agnostic people know and understand the power of gratitude. But us Muslims, we go many steps ahead of just plain gratitude for the person or thing or situation at hand. We are the people of Alhamdulillah. Alhamdulillah is gratitude but way more than simply gratitude.

It means clarity – clarity in knowing and understanding the root of all that we are thankful for. It is not letting our gifts distract us from the Giver of the gifts. It means expressing appreciation - not just by our tongues, but also by our hearts and our actions. It covers both emotional and intellectual dimensions. It encompasses both thankfulness and praise. It is another sweet declaration of faith. It is a duaa, asking for more. It is dhikr, the remembrance of our Master. It is a key to open for us the doors of guidance and eemaan. It is a path towards getting closer to the One who loves us the most. It is a means of serving our very purpose for existence! Alhamdulillah for Alhamdulillah.

## REFLECT

Today lets think of ourselves, our mind, body and soul. How beautifully they work in tandem with each other. And one is out of sync, the others sort of catch up to the confusion. When we take care of all, we thrive.

**What about yourself – your mind, body or soul are you grateful for today?**

**EXPRESS:** This is how I will express Alhamdulillah today,  
**Gratitude from my heart**

**Gratitude from my tongue**

**Gratitude from my limbs**

## CONGRATULATIONS

Alhamdulillah you finished your journey of 30 days of gratitude. We hope and pray that you enjoyed your journey and benefitted from it.

# It is now time to reflect!

Take a few moments to reflect upon your journey and write your thoughts about how practicing Alhamdulillah over the last month has made an impact on you – your mind, your thoughts and your actions.



This Gratitude Journal is a part of Aafreen initiatives by Being a Girl Rocks team.  
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