



DAILY
Amal



FOREWARD

Assalamu Alaykum / Greetings of Peace and Blessings
This book serves as an important guide for a productive
schedule for a daily 24 hour period.

Time is an asset. With so many distractions surrounding
us, if one does not guard time well, it will simply slip
away. The Qur'an takes an oath of time. The Prophet of
Islam, Muhammad (peace and blessings upon him) was a
role model to balance commitments, family, hobbies and
responsibilities.

The author has done an outstanding job, to suggest a
schedule that incorporates all matters for a day and
night. I am confident that anyone following this schedule
will attain great benefit. Congratulations to the author for
putting this together in a beautiful compilation of a book.

May you all be blessed.

Yusuf Badat,
Imam,
Islamic Foundation of Toronto

PREFACE

Praise be to Allah, peace and blessings on His messenger
Muhammed (SAW)

"ALLAH'S MERCY IS LIMITLESS, SO LETS NOT LIMIT OURSELVES IN
SEEKING IT"

The thought of scheduling oneself to achieve the most within
twenty four hour period, emerged in the senior's program
organized by the Islamic Foundation of Toronto initiated by the
author and walked through by the Imam Yousuf Badat in the
summer of the year 2018.

Alhamdulillah, today it is being published into a booklet by the
efforts of Br Mohamed Iyoub, assisted by his family members
specially Brs Althaf Ali, Umar and Aalima Radhiya by providing
the relevant references for each of the Amals. May Allah reward
them and all those involved immensely.

This booklet is simply a guideline to seek Allah's mercy and
should not limit oneself but try to increase deeds in all possible
ways Insha Allah.

May Allah reward all involved specially Imam Badat and Br
Mohamed Iyoub for the guidance and encouragement,
Alhamdulillah

Capt. A G A Barrie SLE, P.Eng

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MAGHRIB

SALAH

ISLAMIC DAY START WITH
MAGRIB, TAKE WUDHU &
MAKE DUA OF WUDU

STEP
01

A1, A2
R1

STEP
02

CALL OR LISTEN TO THE
ADHAN AND REPEAT THE
WORDS AND DUA

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R2

PRAY IN
CONGREGATION AT MASJID
/ LADIES TO PRAY AT
HOME AT APPOINTED TIME

STEP
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C1 - C3

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D8

RECITE QURAN /ADHKAAR,
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FRIENDS/RELATIVES
& GIVE DAWATH

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/ LADIES TO PRAY AT
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09 PERFORM SUNNAH
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WITHR AFTER THAHAJJUD
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ALHAMDULILLAH 33 TIMES
ALLAHUAKBAR 34 TIMES

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AYATHUL KURSI, (2:255)
RECITE 3 QUL SURAS (Sura
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BOTH PALMS AND TOUCH
THE WHOLE BODY 3 TIMES

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SLEEP ON THE RIGHT SIDE
WITH DUA "ALLAHUMMA
BISMIKA AMOOTHU WA
AHYA"

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DUA ON GETTING UP
ALHAMDULILLAHILLADHEE
AHYANA BA'DA MA
AMATHANA
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RAKATS PLUS THREE
WITHR (IF NOT PRAYED
EARLIER)

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TRY TO RECITE SOME PART
OF QURAN DURING
THAHAJJUD PRAYER, MAKE
A LOT OF DUA AFTER
PRAYERS

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NOTES

MAKE EARNEST DUA FOR THE
ACCEPTANCE OF OUR PRAYER,
CHARITY, FASTING, HAJJ, QURAN
RECITAL, ADHKAAR, ISTHIGFAR
AND ALL GOOD AMALS.

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FAJR SALAH

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PRAY IN
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/ LADIES TO PRAY AT
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ON COMPLETION OF
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RECITE QURAN /ADHKAAR,
UNTIL ISHRAQ TIME &
THEN PRAY ISHRAQ

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REST / SLEEP

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ADHKAAR/LEARN ARABIC

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(SAY BETWEEN
10 AM TO 11.30 AM)

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IN DUA LETS ALSO INCLUDE THE
WELL BIENG OF & SAFETY FROM
DEADLY VIRUS FOR WHOLE
HUMANITY, AFIA & MAGFIRAH OF
ALL MUMINEEN & MUMINAAT,
MUSLIMEEN & MUSLIMAATH, THOSE
LIVING & DEAD.

STEP BY STEP
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ASAR SALAH

CALL OR LISTEN TO THE
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RELAX, HELP CHILDREN,
HELP FAMILY, HOBBIES

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COMPLETE ADHKAAR
SUPPLICATE TO ALLAH
AWAITING THE ADHAN

STEP
37

E1-E1
F1-F6

STEP BY STEP
GUIDE

R1

WUDU (ABLUTION)

Start Wudu With Bismillah & Then Recite The Following:

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ
وَرَسُولُهُ اللَّهُمَّ اجْعَلْنِي مِنَ التَّوَّابِينَ، وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ

I testify that there is none worthy of worship but Allah alone, Who has no partner and I testify that Muhammad is His slave and Messenger; O Allah! Make me from among those who turn with repentance and make me from among the purified. [Muslim & Tirmidhi]

R2

DUA AFTER ADHAN

لِلَّهِمَّ رَبِّ هَذِهِ الدَّعْوَةُ التَّامَّةُ وَالصَّلَاةُ الْقَائِمَةُ آتِ مُحَمَّدِنِ الْوَسِيلَةَ وَالْفَضِيلَةَ
وَابْعَثْهُ مَقَامًا مَحْمُودًا الَّذِي وَعَدْتَهُ

"O Allah, Rabb of this perfect call, and of the prayers which is established for all times, grant Muhammad the Wasilah and excellency and raise him up in a praiseworthy position which You have promised. [Bukhari & Baihaqi]

AYATHUL KURSI

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ لَهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ مِنْ عِلْمِهِ إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ

"Allah - there is no deity except Him, the Ever-Living, the Sustainer of [all] existence. Neither drowsiness overtakes Him nor sleep. To Him belongs whatever is in the heavens and whatever is on the earth. Who is it that can intercede with Him except by His permission? He knows what is [presently] before them and what will be after them, and they encompass not a thing of His knowledge except for what He wills. His Kursi extends over the heavens and the earth, and their preservation tires Him not. And He is the Most High, the Most Great."

SURA AL-IKHLAS

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ هُوَ اللَّهُ أَحَدٌ ﴿١﴾ اللَّهُ الصَّمَدُ ﴿٢﴾ لَمْ يَلِدْ وَلَمْ يُولَدْ ﴿٣﴾
وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ﴿٤﴾

- (1) Say, He is Allah, the One. (2) Allah, The eternally Besought of all!. (3) He begetteth not nor was begotten. (4) And there is none comparable unto Him.

SURA AL-FALAQ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ﴿1﴾ مِنْ شَرِّ مَا خَلَقَ ﴿2﴾ وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ﴿3﴾ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ﴿4﴾ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ﴿5﴾

- (1) Say, "I seek refuge with the Lord of the daybreak
 (2) from the evil of everything He has created,
 (3) and from the evil of the dark night when it penetrates,
 (4) and from the evil of the women who blow on the knots,
 (5) and from the evil of an envier when he envies.

SURA AN-NAS

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ النَّاسِ ﴿1﴾ مَلِكِ النَّاسِ ﴿2﴾ إِلَهِ النَّاسِ ﴿3﴾ مِنْ شَرِّ
 الْوَسْوَاسِ الْخَنَّاسِ ﴿4﴾ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ﴿5﴾ مِنَ الْجِنَّةِ
 وَالنَّاسِ ﴿6﴾

- (1) Say, "I seek refuge with the Lord of mankind (2) the King of mankind (3) the God of mankind (4) from the evil of the whisperer who withdraws (when Allah's name is pronounced) (5) the one who whispers in the hearts of the people (6) whether from among the Jinn or Mankind.

A1

VIRTUES OF DUA AFTER WUDHU

Narrated Umar bin Al-Khattab (RA), Nabi (SAW) said: "If anyone of you makes wudu carefully and then affirms: Ash-hadu an la'ilaha illallahu Wahdahu la sharika Lahu, wa ash-hadu anna Muhammadan abduhu wa Rasuluhu", the eight gates of paradise are opened for him. He may enter by whichever of these gates he desires (to enter)". [Muslim]

In the narration of Tirmidhi, it is added "Allahumaj-alni minat-tawwabina, waj-'alni minal mutha-thahhirin"

A2

EXCELLENCE OF WUDU

Uthman Bin Affan (RA) narrates that Nabi (SAW) said: Anyone who performs wudu excellently, his sins will come out from his body, even coming out from under his nails. [Muslim]

B**VIRTUES OF DUA AFTER
ADHAN (CALL FOR PRAYER)**

Narrated Jabir (RA), Nabi (SAW) said: "Whoever says after the Adhan: Allahumma Rabba hadhihid-da'wathi-tthammathi, wassalathil-qa'imathi, athi Muhammadanil-waseelatha walfadheelatha, wab'aths-hu maqaman mahmuda nilladhi wa'adthahu (Oh Allah Lord of this perfect call & of the prayer, which is going to be established, grant Muhammad Al-Wasilah (the intercession) and superiority and raise him to a praiseworthy position, which You have promised him), it becomes upon me to intercede for him on the day of resurrection." [Al-Bukhari]

C1**VIRTUES OF 5 TIMES DAILY
AS-SALAT (PRAYER)**

Narrated Abu Hurairah (RA), Nabi (SAW) said: The five daily prayers and the Friday (prayer) to the Friday (prayer), make expiations for whatever (minor sins) may be committed between them, so long as major sins are avoided. [Muslim]

C2

EXCELLENCE OF PRAYING IN CONGREGATION (JAMATH)

Abdullah Ibn Umar (RA) narrates that (SAW) said: Salat in congregation is twenty seven times greater in reward as compared to Salat offered individually. [Muslim]

C3

EXCELLENCE OF KHUSHU (CONCENTRATION) IN SALAT

Uqba ibne Amir Juhani (RA) narrates that Nabi (SAW) said: Anyone who performs wudu and performs it perfectly and then offers two Rak'at, fully concentrating with his heart, keeping his face and body relaxed, then paradise becomes due for him. [Abu Dawood]

C4

RECITING ADHKAAR AFTER FARD SALAT

Abu Huraira (RA) narrated that Nabi (SAW) said: He who recites,

Subhanallah (33 times)
Alhamdulillah (33 times)
Allahu Akbar (33 times)

which makes a total of 99 times, & then recites once "la ilaha illallahu wahdahu lasharikalahu la hul mulk walahul hamdu wa huwa alaa kulli shay'in Qadeer", will be forgiven all his sins even if they are as much as the foam of the sea. [Muslim]

C5

RECITING AYATHUL KURSI AFTER FARD SALAT:

Abu Umamah (RA) narrates that Nabi (SAW) said: He who recites Ayathul Kursi (2:255) after every obligatory Salat, nothing but death restrains him from entering paradise.
[Nasai]

D1

TWO RAK'AT SUNNAH BEFORE FAJR SALAH

A'ishah Radiyallahu 'anha narrates that Nabi Sallallahu 'alaihi wasallam said about the two Rak'at (Sunnah) before the (obligatory) Fajr Salat: These two Rak'at are more beloved to me than the whole world. [Muslim]

D2

IMPORTANCE OF 12 RAK'AT SUNNAH PRAYERS

A'ishah Radiyallahu 'anha narrates that Nabi Sallallahu 'alaihi wasallam said: He who is regular in offering twelve Rak'at (of Salat), Allah Subhanahu wa Ta'ala will build for him a house in Paradise; four Rak'at before Zuhr, two Rak'at after Zuhr, two Rak'at after Maghrib, two Rak'at after 'Isha, and two Rak'at before Fajr. [Nasai]

D3

THAHAJJUD PRAYER

Abu Umamah Al Bahili (RA), narrates that Nabi (SAW), said: Make it a practice of offering Tahajjud, for undoubtedly it was the tradition of the righteous before you. It is a means of bringing you near to your Rabb and an atonement of evil deeds and a prevention against sins. [Hakim]

D4

RECITING QURAN IN THAHAJJUD PRAYER

Abdullah ibn Amr (RA) narrates that Nabi (SAW) said: Whoever recites 10 verses in thahajjud, is not written down among the neglectful, and whoever recites 100 verses, is counted among the worshippers, and whoever recites one thousand verses, is counted among those, who receive a reward equal to a Qintar (twelve thousand Uqiah) and each Uqiah is more valuable than all that exists between heavens & earth. [Ibn Quzaimah, Ibn Habban]

D5

THAHAJJUD PRAYER IN TWO RAK'ATS

Abdullah bin Umar (RA) narrated that a man said to Nabi (SAW), "Oh Rasulullah, how is the prayer of the night ?, He said, "Two rak'at followed by two Rak'at and so on, and when you apprehend the approaching of dawn, offer one rak'at as witr". [Bukhari]

D6

DHUHA PRAYER

Abu Hurairah (RA) narrates that Nabi (SAW) said "Whoever offers two Rak'at Salathul Dhuha regularly, his sins are forgiven even if they be as much as the foam of the sea. [Ibn Majah]

D7

WITR PRAYER

Ali bin Abi Talib (RA), narrated: The witr is not obligatory as prescribed Salah (prayer), but Allah's Messenger (SAW), observed it as his regular practice (Sunnah), He (SAW) said, Allah is Witr (single, odd) and loves what is Witr, O followers of Quran, observe Witr (prayer). [Tirmidhi & Abu Dawood]

D8

AWWABEEN PRAYER

Abu Hurairah (RA) narrates that Nabi (SAW) said: Whoever offers six rak'at after magrib salat, without evil talk in between, a reward equivalent to 12 years of worship is given to him. [Tirmidhi]

D9

PRAYER BETWEEN TWO ADHANS (ADHAN & IQAMA)

Abdullah bin Mugaffal (RA) narrated that Nabi (SAW) said: "There is a prayer between the two Adhans, there is a prayer between the two Adhans", and then while saying it the third time, he added "for the one who wants (to pray)". [Bukhari]

E1

LEARNING & TEACHING QURAN

Usman Bin Affan (RA) reported: The Nabi (SAW) said, "The best amongst you is the one who learns the Quran and teaches it. [Bukhari]

E2

**SURAS AL-ZILZAL (99)
AL-IKHLAS (112) AL-KAFIRUN (109)**

Ibn Abbas (RA) narrates that Nabi (SAW), said that Sura Idha Zulzilath, (Zilzal:99) is equivalent to half of Quran, Sura Qul Huwallahu Ahad(Ikhlal:112) is equivalent to one third of the Quran, Sura Qul Ya Ayyuhal Kafiroom (Kafiroom: 109), is equivalent to quarter of the Quran. [Tirmidhi]

E3

SURA AL-MULK

Abu Hurairah (RA) narrates that Nabi (SAW) said: Indeed, there is a Sura in Quran having thirty verses, which intercedes for its reciter until he is forgiven and that Sura is: Thabarakallathe biyadihil mulk. (Sura 67). [Tirmidhi]

E4**VIRTUES OF
AYATHUL KURSI (2:255)**

Abu Hurairah (RA) narrates that Nabi (SAW) said: there is one verse in Sura Al Baqarah, that is the chief of all the verses of the Quran, never is this verse recited in a house in which Shaitan is present except that it flees from it. This verse is Ayathul Kursi. [Hakim, Targhib]

F1**REMEMBERING ALLAH(SWT)
MORNING & EVENING**

Allah (SWT) says "O you who believe! Remember Allah with much remembrance. And glorify His praises in the morning and in the evening. [Al-Ahzab:41,42]

F2**SAYING SALAWATH
ON NABI (SAW)**

Allah (SWT) says "Verily Allah and His Angels send blessings on the Prophet, O you who believe! send your salawath on him and salute him with all respect. [Al-Ahzab:56]

F3**ISTHIGFAR (FORGIVENESS)**

Allah (SWT) says "But Allah would not punish them while you, [O Muhammad], are among them, and Allah would not punish them while they seek forgiveness. [Al-Anfal :33]

F4**REMEMBRANCE OF ALLAH (SWT)**
THASBEEH, THAHMEED, THAHLEEL, THAKBIR

Abu Hurairah (RA) narrates that Nabi (SAW) said that: Saying Subhanallah, Alhamdulillah, Lailaha Illallah and Allahu Akbar is dearer to me than everything on which the sun rises. [Muslim]

F5**REMEMBRANCE OF ALLAH (SWT)**

Abdullah Ibn Busr (RA) narrates that a man said "O Rasulallah !, I know that the commandments of Sharia'h are many, so please tell me the one to which I may adhere to. He replied "Your tongue should always remain busy and fresh with the Dhikr of Allah". [Tirmidhi]

F6

REMEMBRANCE OF ALLAH (SWT)

Abu Huraira (RA) narrates that Nabi (SAW) said: Two sentences which are beloved to Ar Rahman (The Most Beneficent), light on the tongue, (but) heavy on the scale are:

“Subhanallahi wa bi hamdhihi, Subhanallahil adheem”

Glory be to Allah Who is above all faults, and praise be to Him, Glory be to Allah Who is above all faults, The incomparably Great (Exalted). [Bukhari]

G1

ADHKAAR BEFORE SLEEPING

Ali Ibn Abuthalib (RA) reported that his wife Fathima (RA) complained that her hands ached from using the handmill. Hearing that her father, Nabi (SAW), had received some war prisoners, she requested for a servant. Nabi (SAW) came to her house and addressed her & Ali (RA) saying: “Should I not teach you both something better than what you requested? when you go to bed say Subhanallah 33 times, Alhamdulillah 33 times and Allahu Akbar 34 times. This would be better for you than a servant. [Bukhari & Muslim]

G2

RECITING LAST TWO VERSES OF SURA AL-BAQARAH [2:285-286]

Abu Masud Al Ansari (RA), narrates that Nabi (SAW), said: He who recites the last two verses of Sura Al-Baqarah, at night, these will suffice for him. [Tirmidhi]

G3

VIRTUES OF AYATHUL KURSI [2:255]

Abu Hurairah (RA) narrates that Nabi (SAW) said: There is one verse in Sura Al Baqarah, that is the chief of all the verses of the Quran, never is this verse recited in a house in which Shaitan is present except that it flees from it. This verse is Ayathul Kursi [Hakim, Targhib].

Abu Hurairah (RA) narrates in a long Hadees, confirmation of Nabi (SAW) that : When you go to bed recite Ayathul Kursi from beginning to end, Allah will appoint a guard for you who will stay with you and no shaithan will come near you till morning. [Bukhari]

G4

ETIQUETTES OF SLEEPING

Hudaifa (RA) narrated that whenever Nabi (SAW) lay down for sleep at night, he would place his right hand under his right cheek and supplicate " Bismika Allahumma amoothu wa ahya" (Oh Allah with Your Name will I die and live (wake up), and when he woke up he would supplicate "

Alhamdulillahilladhee ahyana ba'da ma amathana wa ilaihin-nushur", (All praise is due to Allah, Who has brought us back to life after He has caused us to die and to Him is the return). [Bukhari]

GEN1

TO GET FREE FROM DEBT

Abu Wail, (Rahmathullahi Alaihi), narrates that a slave came to Ali (RA), and said: I am unable to pay the agreed amount within the agreed period (to get myself freed from slavery), so help me. Ali (RA) told him: Should I not teach you those words that Nabi (SAW) taught me? If you are in a debt equivalent to mount Seer (of Yemen), Allah will discharge that debt for you, Say: "Allahummakfini be halaalika an haramika wa agnini be fadhlika amman siwak" "Oh Allah suffice for me Your lawful sustenance, saving me from unlawful; and by Your Grace free me from all, except Yourself". [Tirmidhi]

GEN2

EXCELLENCE OF MAKING MASJID AS ABODE

Abu Hurairah (RA) narrates that Nabi (SAW) said: A muslim who makes the masjid as his abode for Salah & Dhikr, Allah is overjoyed with him as a family member is overjoyed by the return of an absent relative. [Ibn-Majah]

GEN3

VIRTUES OF VISITING THE SICK

Ali bin Abitalib (RA) narrated that Nabi (SAW) said: When a muslim visits a sick muslim at dawn, seventy thousand angels keep on praying for him till dusk. If he visits him in the evening, seventy thousand angels keep on praying for him till the morning, and he will have a share of reaped fruits in Jannah. [Tirmidhi]

GEN4

VIRTUES OF CHARITY

Allah (SWT) says: The example of those who spend in the way of Allah, is just like a grain that produces seven branches and each branch having hundred grains, and Allah multiplies for whom He wills. Allah is All-Embracing and All-Knowing. [2:261]

Adi bin Hathim (RA) reported that Nabi (SAW) said: Guard yourselves against the Fire (of Hell), even if it be only with half date-fruit, (given in charity); and if you cannot afford even that, you should at-least say a good word. [Bukhari & Muslim]

GEN5

SIGNS OF A HYPOCRITE (MUNAFIQ)

Abdullah bin Amr bin Al-As (RA) reported that: Nabi (SAW) said: Four are the qualities which when found in a person, makes him a sheer hypocrite, and one who possesses one of them, possesses one characteristic of hypocrisy until he abandons it. These are: (1) When he is entrusted with something he betrays trust. (2) When he speaks he lies. (3) When he promises he acts treacherously, (4) When he argues he behaves in a very imprudent, insulting manner. [Bukhari & Muslim]

GEN6

VIRTUES OF INVITING OTHERS TO GOOD

Allah (SWT) said to His Prophet (SAW), "Say this is My Way that I call towards Allah, with clear evidence & strong belief, I and whosoever follows me (also invites towards Allah).
(12:108)

Abu Mas'ud Badri (RA) narrated that Nabi (SAW) said: Whoever guides others to do good, his reward is like the one who does it. [Abu Dawood]

GEN7

VIRTUES OF DUA

Allah (SWT) said to His Nabi (SAW); And when My slaves ask you concerning Me, (then answer them), I am indeed near. I answer the dua of a supplicant, when he calls Me in
Dua. (2:186)

GEN8

KINDNESS TO FAMILY

A'isha (RA) narrates that Nabi (SAW), said: Indeed, the most perfect believer in faith is one who has best manners and is the kindest to his family. [Tirmidhi]

GEN9

QAYLULA (A SHORT, DAY NAP)

Narrated by At Tabarani (Al-awsath), "Take a nap at mid-day for the shaythan does not take a nap at mid-day"(classed as hasan by Sheikh Albani, in Al-Saheehah)

GEN10

LADIES PRAYERS

Ibn Umar (RA) narrated that Nabi (SAW) said: "Do not prevent your women from going to the masjid, although their houses are better for them." [Abu Dawood]
(Classed as saheeh by al-Albaani in Irwa' al-Ghaleel, 515)

All the above Amals are applicable to ladies too, While gents attend jamath prayer in the masjid, ladies can attend to their prayer at home at the appointed times. Ladies can influence and encourage their gents to attend to all the Amals timely and satisfactorily. (Refer GEN6)

Allah (SWT) Says:

إِنَّ الْمُسْلِمِينَ وَالْمُسْلِمَاتِ وَالْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ وَالْقَانِتِينَ وَالْقَانِتَاتِ وَالصَّادِقِينَ وَالصَّادِقَاتِ وَالصَّابِرِينَ وَالصَّابِرَاتِ وَالْخَاشِعِينَ وَالْخَاشِعَاتِ وَالْمُتَصَدِّقِينَ وَالْمُتَصَدِّقَاتِ وَالصَّائِمِينَ وَالصَّائِمَاتِ وَالْحَافِظِينَ فُرُوجَهُمْ وَالْحَافِظَاتِ وَالذَّاكِرِينَ اللَّهَ كَثِيرًا وَالذَّاكِرَاتِ أَعَدَّ اللَّهُ لَهُمْ مَغْفِرَةً وَأَجْرًا عَظِيمًا

Surely, Muslim men and Muslim women, believing men and believing women, devout men and devout women, truthful men and truthful women, patient men and patient women, humble men and humble women, and the men who give Sadaqah (charity) and the women who give Sadaqah, and the men who fast and the women who fast, and the men who guard their private parts (against evil acts) and the women who guard (theirs), and the men who remember Allah much and the women who remember (Him) - for them, Allah has prepared forgiveness and a great reward. [SURA AHZAB AYAH 35]

Sailan Muslim Foundation of Canada has been celebrating Islamic History Month Canada for the past seven consecutive years, holding public cultural events, highlighting Islamic heritage. Due to present Covid – 19 pandemic situations, we together with the Canadian Chapter of the World Forum for Sri Lankan Muslims have decided to publish the booklet '**Daily Amal**' as our contribution and celebration this year.

The government of Canada declared the month of October as the Islamic History Month by an act of Parliament in 2007. We deeply regret our inability to hold this event this year due to restrictions imposed on public events and sincerely hope this humble effort via this booklet will be a token and guide to achieve success in this world and hereafter. **INSHA ALLAH.**

As the prophetic hadith states. "All deeds are judged by their intention ", and prayer too has to be sincere with the intent of pleasing Allah and although this brief booklet highlights the routine and ritual of prayer and dua, it is important that we maintain a sense of balance between religiosity and humanity.

And engage in enjoining good and preventing the bad, feed the hungry, spread peace, be patient in the face of trials, remove injustice and oppression wherever we find it, avoid arrogance and boast fullness and finally be moderate in our stride.



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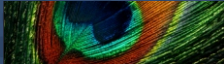
CANADIAN CHAPTER

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