

Intention Reminder Strips by www.sistersproject.co.uk

(print, cut in strips and hang up in appropriate rooms> add more intentions!)

Intentions Cooking:

-make family strong for worship – feed others – sustain fam/children to leave a legacy of goodness

Intentions outside errands:

-Revive sunnah of giving salam –To use: Dua leaving house, Dua shopping, Dua vehicle –to be a good example to others – to earn money as sadaqah for family – to benefit others

Intentions Cleaning:

– Fulfill hadith cleanliness part of faith –make worship of oneself & others easier –to show gratefulness for the gift of a home

Intentions Eating (& drinking):

–Be strong for worship & for doing good deeds –Show gratitude – Enjoy the blessings of Allah –to revive sunan eating

Intentions phone: – use for khayr (goodness) – spread

knowledge/dawah –keep ties kinship –study 'ilm

Intentions sleeping: – strong for good deeds – give body haqq (its right)

–live by the ayah night is rest –to revive sunan sleeping

Intentions Wudhu: -Fulfill Command - Sins fall off -Clean for the King -gain max benefits wudhu

Intentions knowledge: -Closer to Allah -Hadith seek knowledge-understanding Deen -benefit from it

Intentions Caring Children: -raise believers -Reward for looking after Allah's trust -Offer Tarbiyyah -

Appreciate Nature - look outside - glorify & thank Allah-remember Tawheed, Al-Khaliq

Intentions Salah:

- Fulfill command
- Establish Dhikr Allah
- Revive sunnah
- To have a good prayers when asked 1st Day of Judgement>all deeds to be good
- To get reward of 50 prayers
- To recite Quran & get its reward
- Inspire others by our salah
- To be saved on Day of Judgement
- To revive as many sunan as possible
- To protect oneself from sins/desires (fahishah)

-To gain all rewards for praying

Intentions whilst reciting Quran:

- Fulfill Allah's command
- Intercession Day of Judgement
- To heal heart's diseases & cure body
- To fill heart with peace & tranquillity
- To know Allah & increase in humility
- To memorise, act upon & ascend in Paradise
- To increase in reward
- To remove worries & anxiety
- To become of Allah's people
- To die whilst reciting
- To glorify Allah & encourage others
- To get guided

Dua' after/to expiate for a gathering

Dua' getting dressed

Bismillah when undressing

SALAM when entering house