

Spirituality Course III: The Day & Night of the Believer

Session	Topic
1	Introduction to the Hadith Qudsi: “man adaa li waliyan fakad adantuhu bil harb...”
2	Introduction: The Day & the Night of the Believer
3	✚ No Building Can Stand Without Foundations: The priority of Fara'id
4	✚ Merits of Qiyam Al-Layl
5	✚ The importance of Istighfar (Repentance) & Holding accountable your Ego (Muhasabat An- nafs)
6	✚ Sending Prayers upon Prophet Mohamed (PBUH)
7	✚ Dikr (Constant remembrance of Allah): Merits of “La Ilaha Ila Lah” & Tasbih
8	✚ Merits of Quran Recitation (Don't miss your daily part of Quran)
9	✚ The Merits of Dua & The Supplications of Tahsin
10	✚ The Merits of Fasting Mondays, Thursdays & Al-Ayam Al-Bid ✚
11	✚ Merits of seeking knowledge: Don't forget your daily part of knowledge
12	✚ Find room for visiting your family, friends, relatives, etc. ✚ End of Course Ceremony