

5 benefits of reading Taraweeh:

- 1. You get to listen to the Holy Quraan.**
- 2. You adhere to two Sunnahs of Nabi [SAW]:**
 - Performing Taraweeh prayer every night during Ramadan.
 - Listening to the Quraan.
- 3. Salaah is considered the most supreme form of worship.**

With Ramadan being the month of Mercy, the best way to spend one's time is to express love for Allah (SWT) through one of the most Appreciated ways of worship, i.e. salaah.
- 4. It makes offering salaah otherwise much easier:**

The amount of Rakaats in Taraweeh salaah is alot more than in the 5 daily prayers, making the 5 prayers seem much easier to perform. Taraweeh is a reminder that we can become more active and responsible in salaah throughout the year and not just during Ramadan.
- 5. It's also a good form of exercise.**

Gyming, training and other physical activities usually slow down during Ramadan. That, coupled with the usual overeating during Iftaar and Suhoor means that it is essential to get some form of exercise. Taraweeh prayer is therefore an excellent way to stay active!

Dua after every 4 rakaats of Taraweeh:

Subhana thil mulki wal malakooti, Subhana thil i'zzati wal athaamati wal haibati wal qudratih, wal kibriyaa'i wal jabaroot.

Subhana almalikil hay-yil lathi la Yanaamu wa la Yamoot.

Sub-boohun Quddoosun Rabbuna wa Rabbul Malaa-ikati war-rooh. Allahuma ajir'ni min-annaar.

Ya Mujeeru, Ya Mujeeru, Ya Mujeeru.

Translation:

Glory be to the Owner of the Kingdom and the earth.

Glory be to He who commands Respect and Honour, Magnificence and Awe, Power, Greatness and Omnipotence.

Glory be to the Sovereign, the Ever-Living, who does not sleep nor die.

He is the Most Praised, the Most Holy, our Lord and the Lord of all the Angels and the Spirit. Oh Allah, save us from the fire of Hell.

Oh Protector, Oh Protector, Oh Protector.

#313CHALLENGE

The Battle of Badr
The most decisive battle
between Truth & falsehood.

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The **Battle of Badr** took place on the **17th of Ramadan. 313** ill-equipped **Sahaba** sacrificing their lives for Islam. If they did not win, we might not have been here today.

We are not at the time of the sahaabah [RA] but today, in our time, **we can make a change.**

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WORDSEARCH 1/29

Find the names of these 10 Sahaba [RA] who took part in the Battle of Badr. WhatsApp your completed Wordsearch to 072 991 3154

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A	B	K	X	Q	N	E	C	Z	O	Z	T	U	N
M	J	H	F	D	U	H	X	N	G	U	S	I	R
R	F	A	J	U	B	A	Y	R	F	B	A	D	F
I	L	B	H	N	A	D	R	Y	X	A	L	T	G
B	R	I	G	B	L	Y	I	J	W	Y	A	P	K
N	I	B	S	V	X	S	Y	N	B	R	M	J	H
A	F	C	M	Q	K	O	U	R	T	R	A	L	A
W	A	O	K	H	U	B	A	Y	A	B	H	G	L
F	A	E	V	V	F	N	Z	K	T	I	Q	U	I
A	H	M	J	V	V	V	A	W	J	B	Y	B	D
T	S	B	X	S	J	G	L	M	G	D	I	K	S
A	B	D	U	L	L	A	H	C	X	I	B	W	P
P	D	G	K	E	H	G	X	C	K	B	S	W	W
C	W	Z	C	D	S	W	A	A	B	X	F	M	G

NAMES:

1. **Khubayab** ibn Adyi Al-Ansari [RA]
2. **Rifa'ah** ibn Rafi' al-Ansari [RA]
3. **Az-Zubayr** ibn Al-Awwam [RA]
4. **Amr ibn Awf** [RA]
5. **Jubayr** ibn Iyas [RA]
6. **Habib** [RA]
7. **Khalid** ibn al-'Aas [RA]
8. **Nadr** ibn al-Harith [RA]
9. **Abdullah** ibn Tha'labha [RA]
10. **Salamah** ibn Thabit [RA]

RULES:

- Words may appear diagonally, vertically, horizontally **and backwards.**
- **Only the bold part** of a name appears in the crossword.

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