



Small Deeds Big Rewards

Parenthood:
Muslim Style

Bismillah

In Ramadan 2017 I had a 5 week old baby, initially unable to pray or fast, I was desperate for a way to do something, anything, to earn extra rewards during the blessed month. And He 'azza wa jal guided me back to the many small deeds I could do. Easy deeds for a sleep-deprived mama of 3; deeds that, if I did mindfully, helped me feel more connected to my Rabb.

While others have written articles on these deeds (may Allah reward them!), I wanted to have them in a format that was easy to access and so I compiled them into this eBook. Reading through the hadith for each deed has been incredibly motivating and I pray it's of benefit to you as well.

Please note this is not a comprehensive list nor is it in any particular order. If you're in need of such a du'a book, I highly recommend the one from AlHuda Sisters called 'Precious Remembrance'. It's available as a free PDF download at alhudasisters.com There's also a free app called 'Precious Dhikr'.

All praise is due to Allah who enabled me to complete this project. Absolutely any good in it is from Him Alone and any mistakes are my own.

Please keep me and my family in your du'as.

Sara





Before you dive in, a few tips:

1. START WITH DU'A.

Ask Allah to help you to remember Him, to do these good deeds for His Sake alone.

2. INTENTION IS EVERYTHING.

As an example, if you're counting dhikr, it's quite possible (probable, if you have kids) to lose count. As frustrating as that can be, it's important to remember that Allah is the Most Merciful and He will reward you for your intention inshaAllah.

3. PAY ATTENTION TO AND MAKE USE OF YOUR 'POCKETS OF TIME'.

'Pockets of time' is a term I was introduced to by Farhia Yahya (Fajr Literary). It refers to those moments in your day, as little as 5 - 10 minutes that you can make use of; time you might otherwise spend doing something less productive. Examples of this could be while nursing the baby, loading the dishwasher, waiting at a traffic light, driving the kids somewhere or commuting to work. You get the idea ;)

4. AIM FOR CONSISTENCY.

Go slow, pick a few deeds per day. Really focus on them. Take a screenshot and set it as your phone's lock screen/wallpaper or print it out and stick it on the fridge. Remember "the most beloved deed to Allah is the most regular and constant even if it were little."

Please note: The Arabic, transliteration and translation of each deed have been taken from the 'Fortress of the Muslim'. All hadith were taken from sunnah.com





Dhikr Allah

Remembrance of Allah

"Verily in the Remembrance of Allah
do hearts find rest."

[Surah Ar-Ra'd (13):28]

SAY

سُبْحَانَ اللَّهِ

SubhaanAllaah

100 times

WHAT IT MEANS

Glory is to Allah

THE REWARD

Narrated: Sa'd bin Abu Waqqas (RA):

"We were with the Messenger of Allah (ﷺ) when he asked,

"Is anyone of you unable to earn a thousand good deeds?"

One of those present asked:

"How can one earn thousand good deeds in a day?" He (ﷺ) replied, "By saying: SubhaanAllaah a hundred times, then one thousand good deeds will be recorded for him or one thousand sins will be blotted out from his record."

[Muslim]

SAY

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

Subhaanallaahi wa Bihamdihi

100 times a day

WHAT IT MEANS

Glorified is Allah
and praised is He.

THE REWARD

Narrated Abu Hurairah (RA):

Allah's Messenger (ﷺ) said,
"Whoever says,
'Subhaanallaahi wa Bihamdihi,'
one hundred times a day,
will be forgiven all his sins
even if they were as much as
the foam of the sea"

[Bukhari]

SAY

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

*Laa hawla wa laa quwwata
'illaa billaah*

WHAT IT MEANS

There is no power and no might
except by Allah.

THE REWARD

Narrated Abu Musa (RA):

The Messenger of Allah (ﷺ) said to me,
"Shall I not guide you to a treasure from
the treasures of Jannah?"

I said: "Yes, O Messenger of Allah!"

Thereupon he (ﷺ) said, "(Recite)
'Laa hawla wa la quwwata 'illa billaah'"

[Bukhari & Muslim]

SAY

سُبْحَانَ اللَّهِ
وَالْحَمْدُ لِلَّهِ
وَلَا إِلَهَ إِلَّا اللَّهُ
وَاللَّهُ أَكْبَرُ

*Subhaanallaahi, walhamdu lillaahi,
wa laa 'ilaaha 'illallaahu, wallaahu 'Akbar*

WHAT IT MEANS

Glory is to Allah,
and praise is to Allah,
and there is none worthy of worship but Allah,
and Allah is the Most Great.

THE REWARD

Narrated Abu Hurairah (RA):

The Messenger of Allah (ﷺ) said,
"The uttering of the words:
"SubhanAllah, Alhamdulillah,
La ilaha illallah and Allahu Akbar,
is dearer to me than
anything over which the sun rises."

[Muslim]

SAY

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ
سُبْحَانَ اللَّهِ الْعَظِيمِ

*Subhaanal-laahi wa bihamdihi
Subhaanal-laahil 'Adheem*

WHAT IT MEANS

Glorified is Allah and praised is He,
Glorified is Allah the Most Great.

THE REWARD

Narrated Abu Hurairah (RA):

The Messenger of Allah (ﷺ) said,
"There are two statements that are
light for the tongue to remember,
heavy in the Scales
and are dear to the Merciful:
'Subhaanal-laahi wa bihamdihi
Subhaanal-laahil 'Adheem'.

[Bukhari & Muslim]

SAY

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ عَدَدَ خَلْقِهِ
وَرِضًا نَفْسِهِ وَزِنَةَ عَرْشِهِ
وَمِدَادَ كَلِمَاتِهِ

*Subhanallaahi wa bihamdihi, 'Adada khalqihi,
wa ridhaa nafsihi, wa zinata`arshihi,
wa midaada kalimaatihi*

3 times

WHAT IT MEANS

Glory is to Allah and praise is to Him,
by the multitude of His creation,
by His Pleasure,
by the weight of His Throne,
and by the extent of His Words

THE REWARD

Narrated Juwairiyah bint Al-Harith (RA):

The Prophet (ﷺ) came out from my apartment in the morning as I was busy in performing the dawn prayer. He came back in the forenoon and found me sitting there.

The Prophet (ﷺ) said,

"Are you still in the same position as I left you."

I replied in the affirmative.

Thereupon the Prophet said,

"I recited four words three times after I had left you.

If these are to be weighed against all you have recited since morning,

these will be heavier. These are (see above)..."

[Muslim]

SAY

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ،
لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ
وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

*Laa 'ilaaha 'illallaahu wahdahu laa shareeka lahu,
lahul-mulku wa lahul-hamdu
wa Huwa 'alaa kulli shay'in Qadeer*

WHAT IT MEANS

None has the right to be worshipped but Allah alone, Who has no partner. His is the dominion and His is the praise, and He is Able to do all things.

THE REWARD

Narrated Abu Hurairah (RA):

The Messenger of Allah (ﷺ) said, "He who utters a hundred times in a day these words: (see above) he will have a reward equivalent to that for emancipating ten slaves, a hundred good deeds will be recorded to his credit, hundred of his sins will be blotted out from his scroll, and he will be safeguarded against the devil on that day till the evening; and no one will exceed him in doing more excellent good deeds except someone who has recited these words more often than him..."

[Bukhari & Muslim]



Istighfar

Seeking Forgiveness

"...Ask forgiveness from your Lord;
Verily, He is Oft-Forgiving;
He will send rain to you in abundance;
And give you increase in wealth and children
and bestow on you gardens
and bestow on you rivers."

[Surah Nuh (71): 10 - 12]

SAY

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ،
وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ،
أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ،
أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ، وَأَبُوءُ بِذَنْبِي
فَاغْفِرْ لِي فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

*Allaahumma 'Anta Rabbee laa 'ilaaha 'illaa 'Anta,
khalaqtanee wa 'anaa 'abduka,
wa 'anaa 'alaa 'ahdika wa wa'dika mas-tata'tu,
'a'oothu bika min sharri maa sana'tu, 'aboo'u laka bini'matika 'alayya,
wa 'aboo'u bithanbee faghfir lee
fa'innahu laa yaghfiruth-thunooba 'illaa 'Anta*

WHAT IT MEANS

O Allah, You are my Lord,
there is none worthy of worship but You.
You created me and I am Your slave. I keep Your covenant,
and my pledge to You so far as I am able.
I seek refuge in You from the evil of what I have done.
I admit to Your blessings upon me, and I admit to my misdeeds.
Forgive me, for there is none who may forgive sins but You.

THE REWARD

Narrated Shaddah bin Aus (RA):

The Prophet (ﷺ) said,
"The best supplication for seeking forgiveness
(Syed-ul- Istighfar) is to say: (see above)
He who supplicates
in these terms during the day with firm belief in it
and dies on the same day (before the evening),
he will be one of the dwellers of Jannah;
and if anyone supplicates in these terms
during the night with firm belief in it
and dies before the morning,
he will be one of the dwellers of Jannah."

[Bukhari]

SAY

أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ

'Astaghfirullaaha
wa 'atoobu 'ilayhi

WHAT IT MEANS

I seek Allah's Pardon and
turn to Him in repentance

HADITH

Narrated Abu Hurairah (RA):

I heard
the Messenger of Allah (ﷺ) saying,
"I swear by Allah that
I seek Allah's Pardon and
turn to Him in repentance
more than seventy times a day."

[Bukhari]



After
Wudhu & Salah
(Ablution) (Prayer)

SAY

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ
وَحْدَهُ لَا شَرِيكَ لَهُ،
وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

*'Ash-hadu 'an laa 'ilaaha 'illallaahu
wahdahu laa shareeka lahu
wa 'ash-hadu 'anna Muhammadan
'abduhu wa Rasooluhu*

WHAT IT MEANS

I bear witness that none has the right to be worshipped but Allah alone, Who has no partner; and I bear witness that Muhammad is His slave and His Messenger.

THE REWARD

Narrated 'Umar bin Al-Khattab (RA):

The Messenger of Allah (ﷺ) said, "Whoever of you performs 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 Jannah are opened for him. He may enter through whichever of these gates he desires (to enter)."

[Muslim]

DO

*Pray 2 Rak'ats (units) of prayer
after taking
Wudhu*

THE REWARD

Narrated Humran:

"Allah's Messenger (ﷺ) said
'If anyone performs ablution
like that of mine
and offers a two-rak'at prayer
during which he does not
think of anything else
(not related to the present prayer)
then his past sins will be forgiven.' "

[Bukhari]



SAY

سُبْحَانَ اللَّهِ، وَالْحَمْدُ لِلَّهِ، وَاللَّهُ أَكْبَرُ

Subhaanallaahi, walhamdu lillaahi, wallaahu 'Akbar,

(33 times each)

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ،

لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ

وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Laa 'ilaaha 'illallaahu wahdahu laa shareeka lahu,

lahul-mulku wa lahul-hamdu

wa Huwa'ala kulli shay'in Qadeer

(1 time)

WHAT IT MEANS

Glory is to Allah, and praise is to Allah,
and Allah is the Most Great,
None has the right to be worshipped but Allah alone,
He has no partner, His is the dominion and His is the praise
and He is Able to do all things.

THE REWARD

Narrated Abu Hurairah (RA):

The Messenger of Allah (ﷺ) said,
"He who recites after every prayer:
Subhan-Allah thirty-three times;
Al-hamdu lillah thirty-three times;
Allahu Akbar thirty-three times;
and completes the hundred with: La ilaha illallahu,
wahdahu la sharika lahu, lahul-mulku
wa lahul-hamdu, wa Huwa 'ala kulli shai'in Qadir
will have all his sins pardoned
even if they may be as large as
the foam on the surface of the sea."

[Muslim]



Reciting the Qur'an

Abu Umamah (RA) reported:
I heard the Messenger of Allah (ﷺ) saying, "Read the Qur'an, for it will come as an intercessor for its reciters on the Day of Resurrection."

[Muslim]

RECITE

Absolutely any part of the Qur'an

THE REWARD

Ibn Mas'ud (RA):

The Messenger of Allah (ﷺ) said,
"Whoever recites a letter from
the Book of Allah,
he will be credited with a good deed,
and a good deed gets a ten-fold reward.
I do not say that Alif-Lam-Mim is one letter,
but Alif is a letter,
Lam is a letter
and Mim is a letter."

[Tirmidhi]



RECITE

Surah Ikhlas *(Chapter 112 of the Qur'an)*

THE REWARD

Abu Sa'id Al-Khudri (RA):

reported about Surat Al-Ikhlas
"The Messenger of Allah (ﷺ) said,
"By Him in Whose Hand my soul is,
it is equivalent to one-third of the Qur'an."

According to another version,
he (ﷺ) said to his Companions,
"Is anyone of you incapable of
reciting one-third of the Qur'an
in one night?"

They considered it burdensome and said:

"O Messenger of Allah,
which of us can afford to do that?"

He (ﷺ) said, "Surat Al-Ikhlas
is equivalent to one-third of the Qur'an."

[Bukhari]



After Eating

SAY

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي
هَذَا وَرَزَقَنِيهِ
مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ

*'Alhamdu lillaahil-lathee 'at'amanee
haathaa, wa razaqaneehi,
min ghayri hawlin minnee wa laa quwwatin*

WHAT IT MEANS


Praise is to Allah,
Who has given me this food
and sustained me with it
though I was unable to do it and powerless

THE REWARD

Sahl bin Mu`adh bin Anas narrated from his father that:

The Messenger of Allah (ﷺ) said:
“Whoever eats food and then says:
(see above)
his past sins shall be forgiven.”

[Tirmidhi]



"Our Lord!
Accept (this service) from us.
Verily! You are the All-Hearer, the All-Knower.

[Surah Baqarah (2): 127]

Contact:
parenthoodms@gmail.com