Friend of Allah

BADGE OF PRACTICE



ٱلْحَسِيبُ

Al-Ḥasib

Reckoner

The 3 simple steps · Daily: good character and thoughtful silence

Name

This badge records that, after practising for **30 consecutive days**, the name above could truly say:

“I held my tongue to account, only speaking when it was better than staying silent.”

WHAT WAS PRACTISED

Observing long periods of thoughtful silence, constantly holding yourself to account before speaking: asking whether your words are better than staying silent, and only speaking when they add fragrance and value.

WHAT WAS ACHIEVED

Long periods of thoughtful silence, with beautiful and gentle speech. It is better to remain silent unless your words add fragrance and value. Embrace the practice of silence.

Wording from the Full Programme tick sheets · friendofallah.com

> *The Messenger of Allah ﷺ said, ‘O Abu Dharr, shall I not inform you of two virtues which are lighter on your back and heavier on the scales than any other? You should have good manners and observe long periods of silence. I swear by He in whose Hand is my soul, no one can perform better deeds than these two virtues.’*
>
> **Shu'ab al-Iman lil-Bayhaqi 4591**

30 DAYS COMPLETED

☑ 1	☑ 2	☑ 3	☑ 4	☑ 5	☑ 6	☑ 7	☑ 8	☑ 9	☑ 10	☑ 11	☑ 12	☑ 13	☑ 14	☑ 15
☑ 16	☑ 17	☑ 18	☑ 19	☑ 20	☑ 21	☑ 22	☑ 23	☑ 24	☑ 25	☑ 26	☑ 27	☑ 28	☑ 29	☑ 30

Name of mentor | Signature | Date completed