Friend of Allah

BADGE OF PRACTICE



ٱلسَّمِيعُ

As-Sami'

All-Hearing

The 3 simple steps · Hourly: Allah is seeing, hearing and watching you

Name

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

"I internalised that Allah is always hearing me."

WHAT WAS PRACTISED

Always remember that Allah hears your voice, your whispers and your thoughts.

WHAT WAS ACHIEVED

Mindful of Divine Presence: during your waking day, at the start of each hour, take a moment to remember the Presence of Allah ﷻ, reflecting that He is with you, seeing you and hearing you. As you do this, connect your mind with Allah ﷻ.

Wording from the Full Programme tick sheets · friendofallah.com

> *[Allah] said, "Fear not. Indeed, I am with you both; I hear and I see."*
>
> **Surah Ta-Ha 20:46**

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