Friend of Allah

BADGE OF PRACTICE



ٱلْأَوَّلُ

Al-Awwal

The First

Stage 3 · Heart · Humbleness (Tawadu)

Name

This badge records that, for **30 consecutive days**, the name above reflected the Name of Allah **Al-Awwal** (The First) in daily life.

WHAT WAS PRACTISED

Allah was there before you and before every blessing you have. Nothing good in you started with you: attribute every good deed to Him (day 20).

WHAT WAS AVOIDED

Assigning goodness to yourself verbally and mentally.

WHAT WAS ACHIEVED

In reaction to every good act which one performs, attribute it to Allah and not to oneself. It is through his Grace and Mercy one is able to perform it as one did not create themselves.

Wording from the Full Programme tick sheets · friendofallah.com

> *He is the First and the Last, the Ascendant and the Intimate, and He is, of all things, Knowing.*
>
> **Surah Al-Hadid 57:3**

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