Friend of Allah

BADGE OF PRACTICE



ٱلْقَيُّوم

Al-Qayyum

Self-Sustaining

Stage 1 · Body · The Feet

Name

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

WHAT WAS PRACTISED

From the root of this Name we also get ‘to stand’. Stand on your own two feet, sustain yourself and go out and make a positive change.

WHAT WAS AVOIDED

Going to meet Non-Mehram.

WHAT WAS ACHIEVED

Learn to walk like the Holy Prophet ﷺ.

Wording from the Full Programme tick sheets · friendofallah.com

> *And [all] faces will be humbled before the Ever-Living, the Self-Sustaining. And he will have failed who carries injustice.*
> **Surah Ta-Ha 20:111**

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