

EDITION
2/1/25

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closer



**ALLAH'S FIRST GUIDANCE
FOR MANKIND**

*"Istighfar should be our
default mode."*

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
In the name of Allah, the most Gracious, the most Merciful

2 January 2025



Closer

by aa

*your curated weekly spiritual booster delivered straight to your
Inbox*

*The **first-ever guidance** given
to humanity by Allah SWT
through Prophet Adam AS
was **how to seek forgiveness.**
Istighfar, then, should always
be **our default mode.***

Assalamualaikum my Champions,
(and a big warm welcome to our Baby Champs! 🌸)

How are you, beautiful soul? I pray this email finds you well, and if not, I pray may you feel slightly rested after reading this little Closer email, In Sha Allah.

I thought long and hard about what to share on this first edition of Closer for this new year, especially since we are also welcoming more than a hundred new Champs to the family, too, Ma Sha Allah Alhamdulillah, but I shook off all of the unnecessary pressure I was giving myself to come up with something ✨bombastic✨ when I remember the words of Ustazah Huraidah [in one of our Classes](#).

She said, **"This religion pampers us, Aida. Everything has been laid for us. We just need to follow it!"** Her reminder always reassures me, and so I thought, "If the theme is new beginnings, as we just entered Rejab and 2025, **how did Allah SWT guide the very first human being, i.e. Prophet Adam AS, and what was His first Guidance to the very first of mankind?"**

The answer, which is in the Quran, is to seek forgiveness (!!!).

Our "default mode" as the Children of Adam, is Istighfar, Subhanallah.

Allah SWT says, *"Then Adam was inspired with words of prayer by his Lord, so He accepted his repentance. Surely He is the Acceptor of Repentance, Most Merciful."* ([Al-Baqarah 2:37](#))

What was this Du'a that Allah SWT Himself taught to Prophet Adam AS?

"Our Lord! We have wronged ourselves. If You do not forgive us and have mercy on us, we will certainly be losers." ([Al-A'raf 7:23](#))

We may be familiar with this story **but do you know that just like our beginning is with Istighfar, so is our end?** Because the last Du'a that the believers will say on the Day of Judgement is:

*"Our Lord! Perfect our light for us, **and forgive us.**" ([At-Tahrim 66:8](#))*

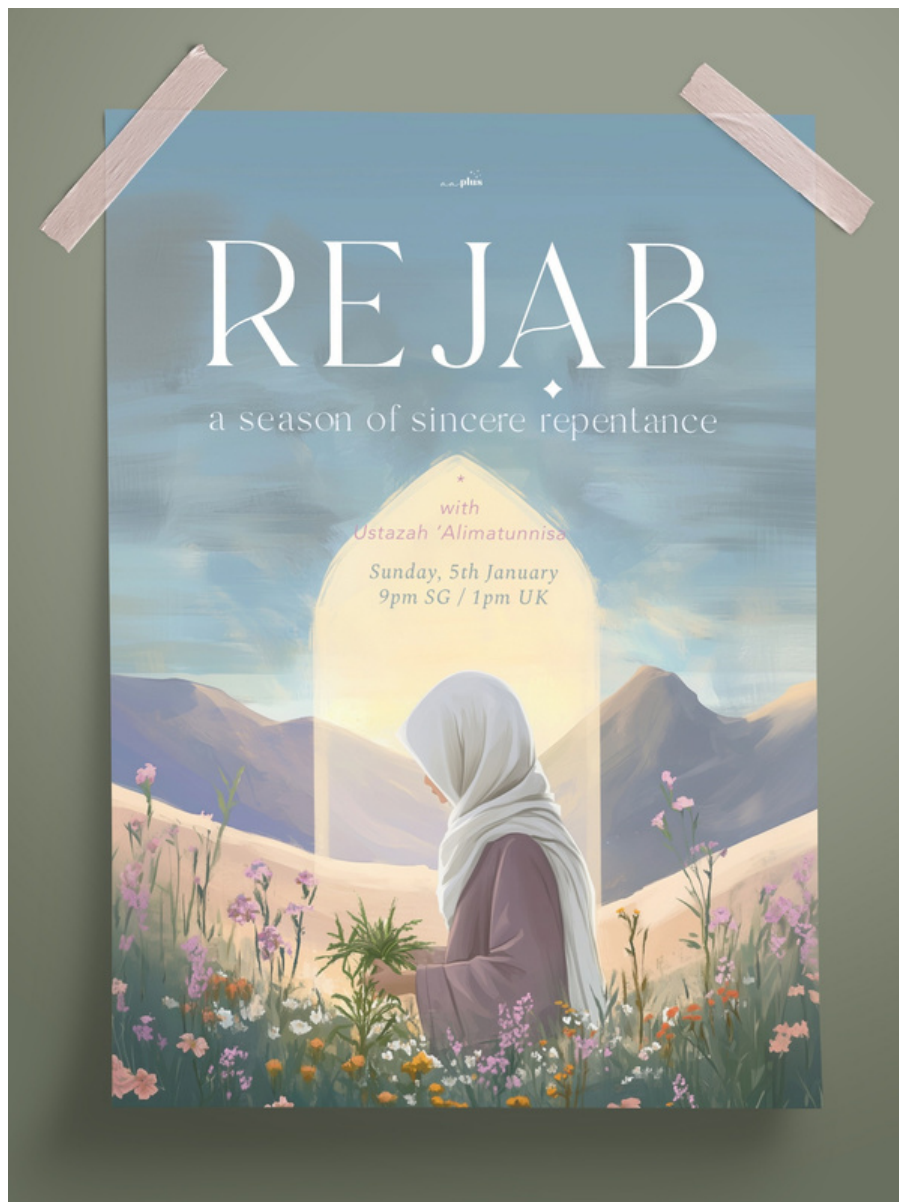
Subhanallah, how telling it is that the beginning and the ending of humanity centres around us seeking forgiveness from Allah SWT?

Wouldn't you think then that us being in a state of repentance should be as necessary and as natural as breathing air?

And so, this being a reminder to myself first and foremost, if we want to gain closeness to Him, transform our lives, dignify ourselves and find solutions to our challenges, we should turn to Istighfar.

Because the ultimate focus of Istighfar is us seeking Allah SWT. No one else, only Him. And when the core of our lives is Allah SWT, everything else, will flow into place. :)

this week on aa plus



Super excited for our very first Sunday Session of the year with our dearest Ustazah 'Alimatunnisa! We hope this will set a precedent for us all to be more mindful of our Tawbah. Have we done it enough? Are we procrastinating on our *Istighfar* because we think we have more time? How do we become more sincere in our repentance to Allah? Why is the month of Rejab linked to Repentance? If you have ever been curious about these, come join us!

[Join Sunday Session Here](#)

a beautiful dua

Ya Allah, please
allow me to be
from the People of
Du'a - to use Du'a as
my steering wheel,
& not a spare tyre.

aaplus.co

#abeautifuldua

Time and time again, Allah SWT answers our Du'as in the most beautiful / unexpected / miraculous / gentlest of ways! I always remember this profound saying by Sayidatina Umar ibn Khattab RA: **"I am not worried about whether my dua will be responded to, but rather I am worried about whether I will be able to make dua or not.** So if I have been guided to make dua, then I know that the response will come with it".

#sunnahsupplements



The easiest way we can add Istighfar within our daily routine is to recite it thrice right after our Solah. Sayidina Thauman RA narrated that "Rasulullah ﷺ taught us that whenever he ﷺ finished his Salat (prayer), he would beg forgiveness three times [by saying, 'Astaghfirullah' (3 times)] ([Muslim](#)) Istighfar shares the same root word as al-*Mighfar* (a head armour that protects one's head from harm) so our Istighfar after our Solah acts as a *Mighfar* (cover) for all the shortcomings in our Solah. Also, for those of you who know about "habit stacking" i.e. the act of attaching a new habit to an old one, know that Rasulallah ﷺ did it first, Ma Sha Allah! #socool

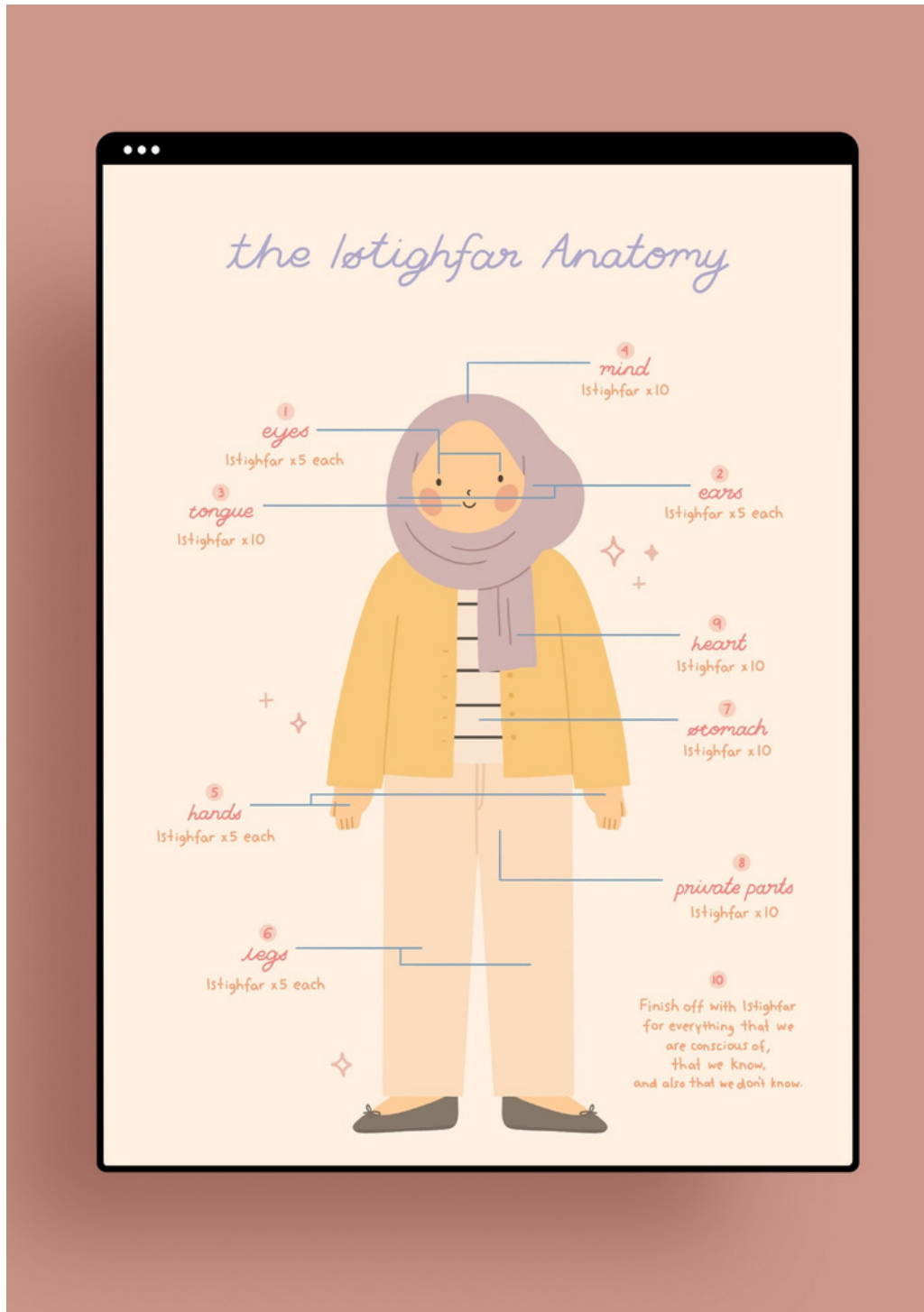
#amindsetshift

FIND
YOUR
GIFT.
AND
GIVE IT
BACK.

— plus —

Growing up, we were always told to "find our purpose / skill / talent" but not many taught us to use this gift that Allah SWT has given us to give back. One of the ways I knew writing was dear to me was because I was always volunteering myself whenever an opportunity arose to... write! Whether it was writing a collective birthday message for a loved one, writing an event intro for a Majlis, or even writing social media captions for my parents (!!!) - I was always happy writing! So perhaps, if you are looking for your "thing", ask yourself what do you joyfully give back to your dearest ones or community, without ever thinking of being compensated?

champschallenge



I wanted to share this beautiful "Istighfar Anatomy" idea where Ustazah Huraidah taught us in one of our previous classes how to focus on our limbs as we recite Istighfar 100 times. She recommended us doing this *at least once a day*, and the order for the 100 x Istighfar is as follows:

Our eyes (5 times for each eye) / Our ears (5 times for each ear) / Our tongue (10 times) / Our mind (10 times) / Our hands (5 times for each hand) / Our legs (5 times for each leg) / Our stomach (10 times) / Our private parts (10 times) / Our heart (10 times) / Finish off with 10 x Istighfar for everything that we are conscious of, that we know, and those that we don't know too.

I love doing this because I imagine it to be a "journal" for my senses! Ustazah also did it together with us in the Class, so if you want a "live" demonstration of how this Istighfar activity works, feel free to listen to the last 10 minutes of the Class on Istighfar [here](#).

Re-Listen to the Class Here

visual reminder



Bringing this wallpaper back because I need all the reminders I can get
to be laser-focused with Istighfar!

[Download Visual Reminder Here](#)

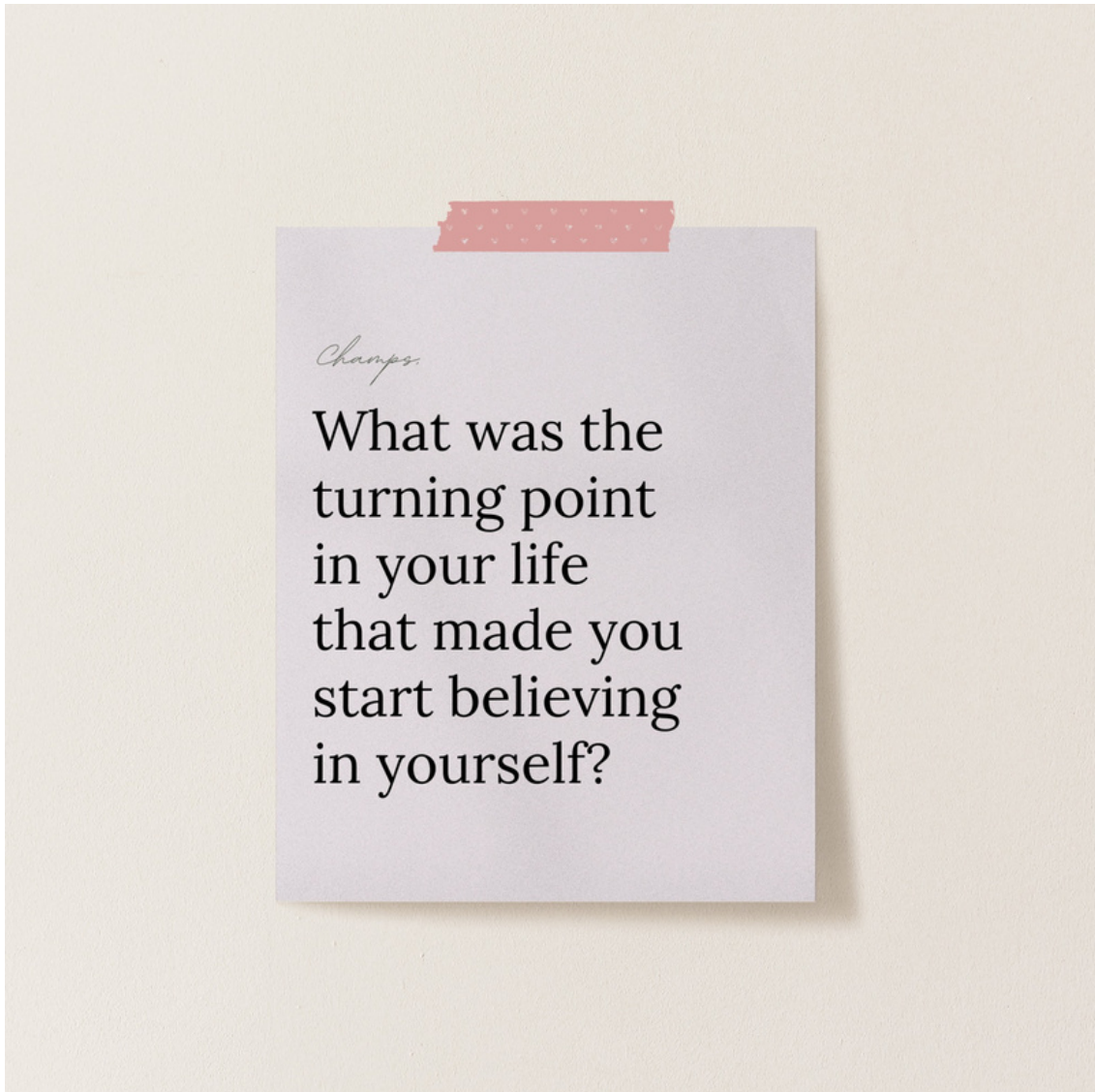
road to ramadhan



Per our AA Plus tradition, we always aim to finish reciting the Quran before the next Ramadhan starts. We are currently halfway through (Juzuk 16), and we would like to invite all of you to join us in continuing and finishing the second half on Tuesdays and Wednesdays from 7 Jan to 25 Feb at 9-10pm SG, where we will recite a juzuk each night In Sha Allah. My team and I intend for these special sessions to be a "warm-up" of our nightly Quran Tadarus that happens every Ramadan on AA Plus! So if you are looking to be more consistent with reciting the Quran, come join us. PS: Should time permit, we *may* have a short reflection session afterwards.

[Join Quran Sessions Here](#)

to ponder



I was re-reading old entries in my journals, and it made my heart smile so wide, looking back at how beautifully Allah SWT had planned my journey of growth and discovery. I was such a timid girl and would shy away from everything and everyone, but Subhanallah, the moment I started learning consistently about the Deen and investing in myself in seeking knowledge, it dawned on me that I am special and worthy simply because I am His servant. That I am here for a bigger purpose. :.) What about you, Champ? When was **your** turning point? Praying for all of us that He will always guide us gently through all of the different and various seasons in our lives, Amin!

fin
X
a.

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