

EDITION 39
20/11/25

closer



A BLUEPRINT FOR LIVING: SOLAH BEYOND THE PRAYER MAT

*Solah's four conditional factors are also
our daily compass for a faith-filled life.*

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the Name of Allah, the Most Gracious, the Most Merciful

20 November 2025



Closer

by aa

your curated weekly spiritual booster delivered straight to your Inbox

*Solah is not just
for the prayer mat,
it is the blueprint
for a **successful** life.*

Assalamualaikum my Champions,

Last week, we reviewed the 4 important conditions that make one's Solah valid. To recap, they are:

- 1) Purity - One must be in a state of Purity for Solah
- 2) Awrah - One's awrah must be covered for Solah
- 3) Timing - One must pray within the timings of each Solah
- 4) Qibla - One must pray at the right direction, facing the Qibla

I reflected on these 4 key parts in more depth and realised that they are not just "rules" for Solah, but can also serve as important guides for how we live our day-to-day lives! Let's break them down and see how we can bring these conditions beyond the prayer mat.

1. Purity: Clean Your Heart and Intentions

In Solah, Wudhu' is a physical act of purifying ourselves. It is also a reminder that nothing impure can stand before Allah SWT. In our everyday life, we must carry this striving for purity as well, and constantly purify the state of our hearts. Keep asking ourselves, "How are our intentions? Are we holding any grudges? Are we having any bad assumptions about anyone?" etc, etc. When we purify our inner hearts, In Sha Allah, our outer actions will also bloom with blessings!

2. Awrah: Dress Ourselves with Modesty and Grace

One of my teachers reminded me that non-Muslims might never ever get to go to the Mosque, but they can meet me, a practising Muslim, in the supermarket line! So how we carry ourselves, including how we dress, should also reflect the beauty of this Deen.

Being modest in our mannerisms, beautifying our etiquette and our dressing should extend beyond the 5 daily prayers; it should also be in how we speak, how we share, and how we greet. And to remember: that Modesty is not about hiding, rather it is about the grace that invites people closer to the Light of Islam. (PS: [I love how our first AA Plus Event was on Modesty](#), and I still carry all of the gems that we've learned through it till today, Alhamdulillah!)

3. Timing: There is a time for everything!

Solah has set times for a reason - and life works the same! There truly is a time for everything, and we need to be aware and sensitive enough to know when the correct timing is for things. Wait for the right moment to talk, to share, to decide, to act. May Allah SWT grant us the wisdom to never force things, but to allow them to flow instead with His Help.

4. Qibla: Aim for Unity In Solah, we all face the Ka'bah - rich or poor, young or old - we stand as one Ummah, hearts aligned in a single direction. And this is a beautiful reminder of the importance of unity, pulling us out of isolation and into a powerful bond. Life is the same: every choice is a turn toward connection or away from it. So before we post, speak, or act, pause and ask: "Does this bring people together or push them apart?" Also, may we be more proactive in engaging and participating in more community-building activities: offer your time and volunteer, join a Class, host a Zikir Party - the list is endless! For connection always trumps attention; it's the glue that makes our ummah unbreakable.

So Champs, Solah's four conditional factors - Purity, Awrah, Timing, Qibla - aren't just for the prayer mat, but they are also our daily compass for a faith-filled life! This week, why not pick one to lean into? And feel free to share with me how you will carry Solah off the mat and into your life.

I'd love to hear and learn from you too!

aa plus event!



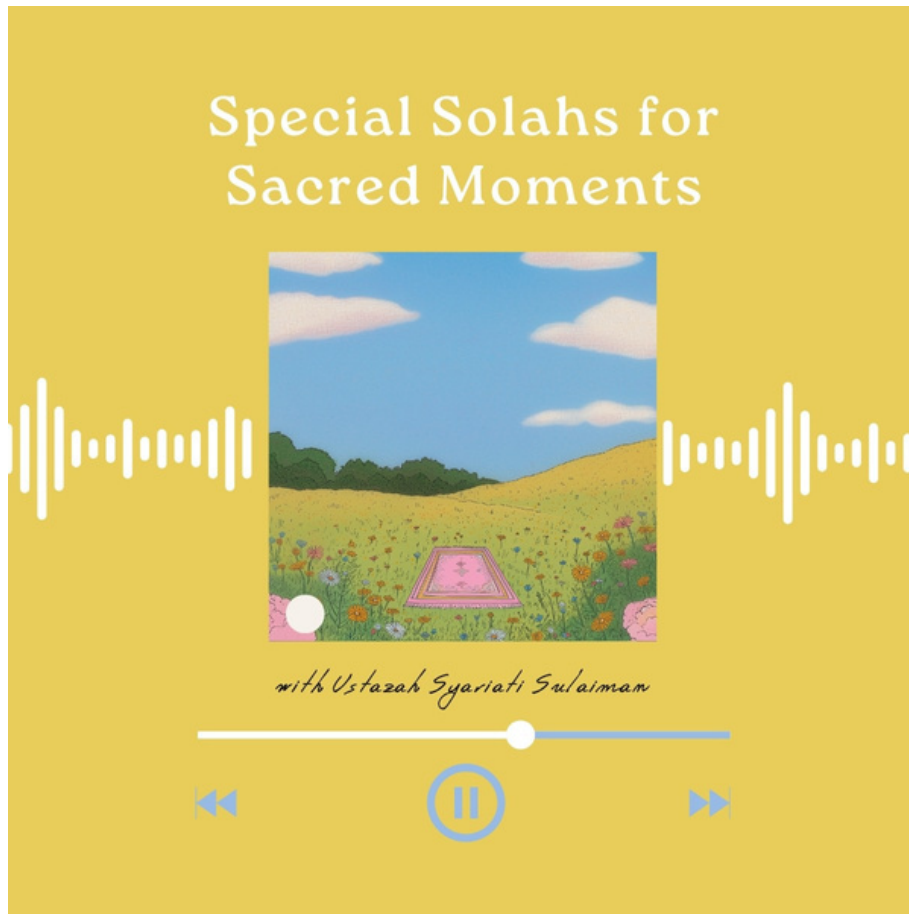
Two of the biggest concerns that many of us have are cultivating Khusyu' (mindfulness) in Prayer and the quiet ache of feeling disconnected from Allah SWT during our time of the month. Which is why I am so excited for the next two transformative sessions just for us: practical tools to reclaim focus in Solah with Kak Natasha this Sunday, In Sha Allah, and also gentle ways to nurture our spiritual flow even when Solah has to be paused with Ustazah Syariatul next Wednesday. See you Champs very soon!! ❤️

[Join Solah Sessions Here](#)

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icyymi



Ustazah Syariati introduced us to 5 special Sunnah prayers that we can perform to spend our time in solitude with Allah. She made us reflect why we must perform these additional prayers, especially if we are already struggling with our Fard prayers, and one answer really impacted me: Sunnah Solahs Saves Us. It really does! Challenge yourself to perform one of the five prayers every day this week and see how it transforms your day, In Sha Allah.

[Listen to the Replay Here](#)

a beautiful du'a

Ya Allah, if my sustenance is in the Heavens, then send it down to me. And if it is in the earth, then extract it for me, and if it is far away, then bring it closer to me, and if it is filled with challenges, then ease it for me, and if the means is forbidden, then purify it for me.

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#abeautifuldua

This beautiful Du'a was shared by Ustazah Syariati during her session last week. She shared that this is one of the recommended Du'as to make after Duha prayers, and it has been such a comfort for me! Sustenance here doesn't just mean money or something physical or literal; it also includes having the peace in our hearts, the rest in our minds, and the blessings in our relationships! May Allah SWT continue to drench all of us with sustenance, in all shapes and sizes, Amin!

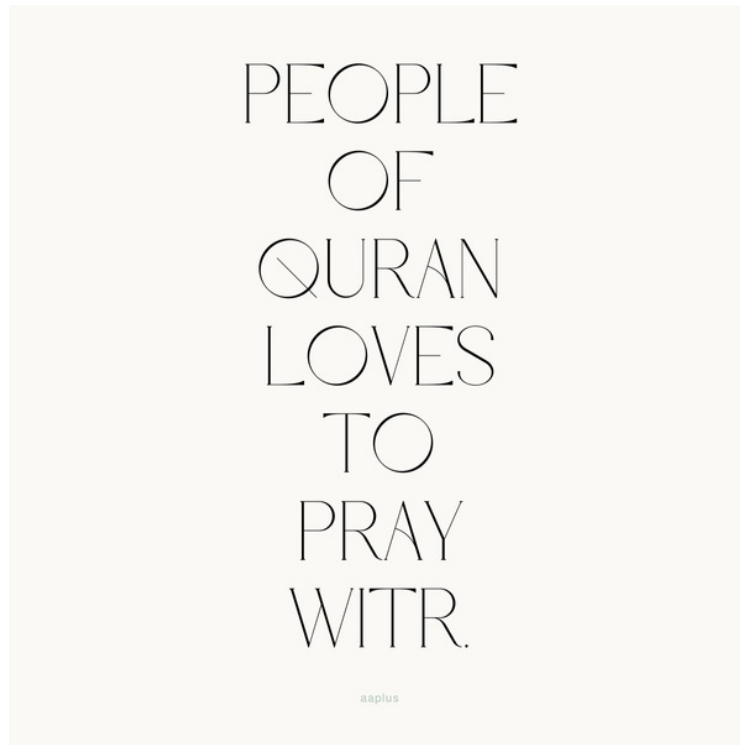
gratitude garden



GRATEFUL FOR GENTLE TEACHERS

Alhamdulillah Alhamdulillah Alhamdulillah for gentle teachers. I am so grateful to all of our AA Plus teachers for being so generous, gentle, and kind, and I see this especially when they answer our hundreds of often-repeated questions! During our session yesterday with Ustazah 'Alimatunnisa, she said something so profound: "When we see more people asking the same questions about Solah, we must remember that it is a good thing! That means we want to fix our Solah, better our Solah, and prioritise our Solah!" May Allah SWT continue to bless our teachers, and bless us with their presence, their patience, their knowledge, and their love! And if we are teachers ourselves, may we be gentler for His sake too!

mindset shift



I cried when I first read this Hadith by Rasulallah ﷺ :

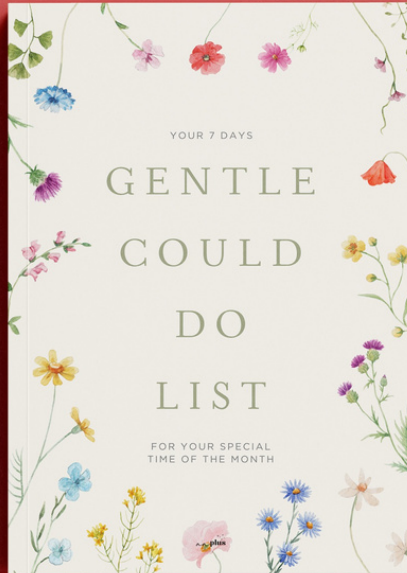
يَا أَهْلَ الْقُرْآنِ أَوْتِرُوا فَإِنَّ اللَّهَ وَثَرُ يُحِبُّ الْوِتْرَ

([Abi Dawud](#)).

"Ya Ahl' Quran (O The People of Quran)! Pray the odd-numbered Prayer (Witr), for Allah SWT is One and loves the Odd-numbered Prayer (Witr)." This Hadith speaks to me in so many levels because I personally struggle with Witr. My Nafs will rebel and revolt, and even when I do manage to pray it, I will feel so heavy and so lazy! But SubhanAllah, when Rasulallah ﷺ was talking about Witr, he ﷺ linked it to People of Quran, and because I want to be from the People of Quran (Amin), I cannot be lazy with Witr! Rasulallah ﷺ also said Allah loves Witr (يُحِبُّ الْوِتْرَ) so how can I not love what He loves? 🥺

[Listen to the Replay on Witr Prayers Here](#)

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In light of Ustazah Syariaty's upcoming Session with us on "Menstrual Mindfulness" next week In Sha Allah, I went back to re-read one of my favourite PDFs in our Champs Library - ***The Gentle Could Do List*** - a 7 Day worship list that is based on the Ayahs of the Quran and Hadiths just for your special time of the month. Feel free to share it with your friends and family, and I pray it may inspire all of us to do, move, nourish, give and reflect during this blessed period of rest.

[Read Gentle Could Do List Here](#)

to ponder



I am a firm believer that we don't need more time; **we need fewer distractions**. The real thief of progress is the clutter of distractions that fractures our focus. For example, I realised that muting my notifications doesn't cut it anymore, as I still **see** the phone. The phone is a major source of "time leakage" for me. So I now try to do more things that don't require a phone or a screen device - Quran, spending time with family and friends, being in nature, cooking, reading, cleaning - things that actually feed my soul.

These hands-on rituals help clear my mental fog, but they also build momentum and add barakah to my time. When I realised that the phone is a "time-leaker" for me, it was also much easier to say no to buying a new model when it comes out, to wasting money on "accessories" and endless downloads on apps that promise more but deliver less. So now, it has freed up not just my hours, but my wallet too! 😂

What about you? What is your time leaker, and what will you do to patch things up?

FIN.
X
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