



Gratitude as a Conscious Daily Practice

Transforming Our Lives One Choice at a Time

gratitude



3rd May, Sunday
with Ustazah Zahratur Rofiqah

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

A Gathering of Mindful Gratitude

Assalamualaikum Champs!

During this Session, we had a beautiful time diving deeper into Gratitude, understanding that it is more of a conscious practice than a state to “arrive” at. We began the gathering with a much-needed Qur'an recitation to prepare our hearts. Following that, we watched a short, inspiring video titled “Gratitude is the Source of All Goodness” by Ustazah Farhana Munshi, and shared three practical ways gratitude can be manifested in our lives, inspired by Ibn Qayyim al-Jawziyya's book, “Madarij al-Salikin”. We then tried a simple and gentle activity called “Breathe In, Syukur Out”, where we all focused on our breathing and practised gratitude in the moment.

To kickstart the second half of the Session, we then read heartfelt excerpts from Ustazah Zahratur Rofiqah's book, “Alhamdulillah Through Tears and Trials.” And we concluded the gathering with a special Live Halaqah Session with the ever-gentle Ustazah Zahratur herself! This short Event Notes that you are reading aim to capture some of our favourite moments from the Session. I pray may they open doors of reflection and contemplation for you, In Sha Allah!

Fida

3 WAYS TO SHOW GRATITUDE



Reflection inspired by **Ibn Qayyim al-Jawziyya's**
Madarij Al-Salikin (Ranks of the Divine Seekers)

Anisza Nazar said:

Ma Sha Allah, I've always wanted to get to know about Ibn Qayyim! Allah hears our hearts, and always AA Plus realised it! #goosebumps

“Gratitude is to display the effect of Allah’s blessing upon the **tongue** of His servant by way of praise and acknowledgment; upon his **heart** by way of witnessing [it] and love; and upon his **limbs** by way of submission and obedience.”

Alhamdulillah through the tongue

- You thank people as per the Hadith, “He who does not thank the people is not thankful to Allah.”
- You supplicate for those whom you feel envy towards, understanding that it is Allah who gave them their blessings.
- You keep good news to yourself for 3 days, like Prophet Zakariya AS
- You send Selawat to Rasulullah ﷺ, emulating his way of showing gratitude to Allah
- You say ‘Alhamdulillah’ for both blessings and trials, because you believe there is good in all of them.

Alhamdulillah through the heart

- You attribute all blessings to Allah and contemplate with humility and gratitude that you are merely borrowing.
- You are sincerely content with His Divine Decree as you reflect upon the fact that you are the servant of Allah SWT, that you belong to Him and that everything He decrees for you is rooted in perfect wisdom, mercy, and love.
- You share the blessings Allah has given you with the people around you because you want others to have what you have.

Alhamdulillah through acts of obedience

- You increase in worship when you are grateful.
- You use your time wisely and fill it with acts of worship instead of mindless activities. You honour the obligatory prayers by striving to perform all five prayers on time or at their earliest.
- You perform your roles and responsibilities with excellence (Ihsan).
- You show gratitude for the blessings that you already have by not being extravagant and wasteful.



Umaima Ahmed said:

*Wow like no other
meditation video!!*

breathe in

*During the session,
we took part in a short
but powerful gratitude
exercise. We focused on
our breath, slowed down,
and reflected on our
blessings, guided by the
thoughtful prompts
displayed on the screen.*

syukur out

[Click here to do this activity.](#)

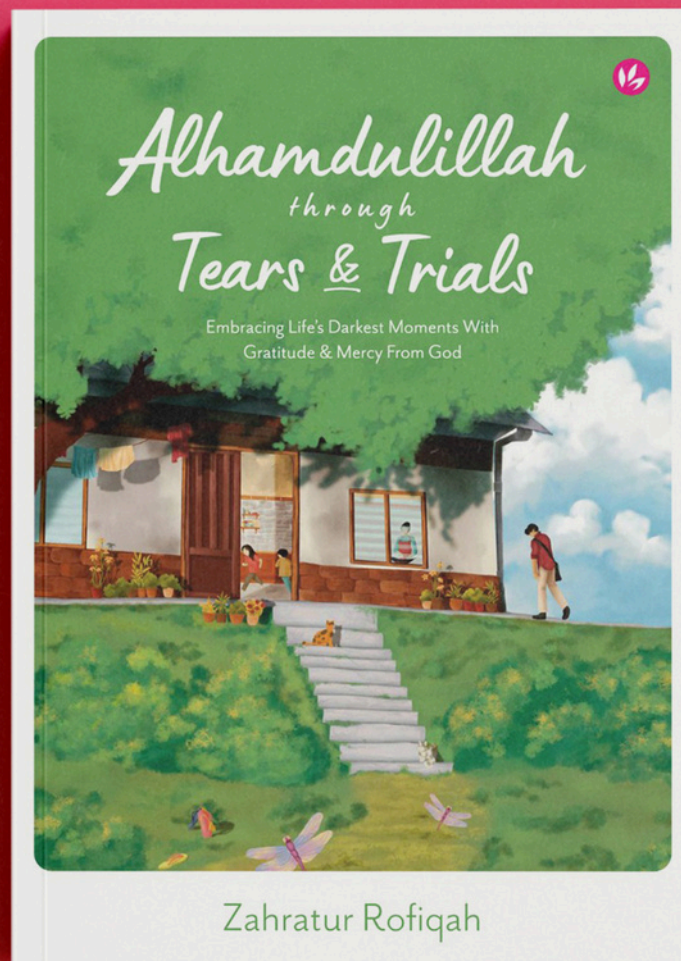


Shoug Al K said:

*Alhamdulillahhh loved
this so much, Muslimah
Meditation! ❤️❤️*

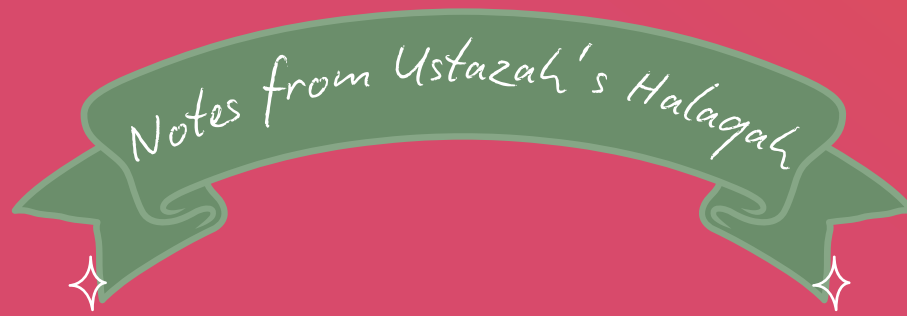
Following the gratitude exercise, we read some touching excerpts from Ustazah's book.

[Read all of our chosen excerpts here!](#)



Ustazah's Bio:

Ustazah Zahratur Rofiqah earned both her Bachelor's and Master's degrees in Fiqh and Usul Fiqh from the University of Jordan. She is also actively involved in community service and advocates for global humanitarian causes, including fundraising campaigns for Palestinian families. Her name, Zahratur Rofiqah, means "a companion's flower" and she aspires to be like one, bringing beauty, fragrance, and life to those around her, while humbly recognizing that all growth depends on the mercy and blessings of the Creator.



Ranks of Syukur

Ustazah mentioned that there are different levels to Gratitude.

1. **Common**

Thanking
Allah only for
the blessings

2. **The Elite**

Thanking Allah for both
blessings and trials, and seeing
His wisdom in all situations

3. **Elite of the Elites**

Seeing the Giver
(Allah SWT)
before the gift

Imagine you were suddenly given a million dollars out of nowhere. The level of gratitude shown by a truly elite believer would be exactly the same if Allah took that million dollars away just as unexpectedly.

Their “Alhamdulillah” would remain unchanged in both situations.



Gratitude Role Models



Ustazah mentioned that it is equally important to see ourselves as a Gratitude role model. Even if we are not “there yet”, we should keep striving to become from those who are walking behind these great figures of Gratitude.

Patience and Gratitude are Intertwined



"Peace be upon you for what you patiently endured. And excellent is the final home."

(Ar Ra'd : 24).

Ustazah mentioned that every single person who enters Jannah has a point in their life where they exercised patience. And the **angels highlight this quality when they enter Jannah.**

Reflection from Ustazah's Favourite Ayahs

Surah Baqarah 2:152 - 157

Allah pairs remembrance with gratitude

So remember Me; I will remember you.
And **be grateful to Me** and do not deny Me.

One of the doors for gratitude is through patience

O you who have believed, **seek help through patience and prayer.** Being patient involves action
Indeed, Allah is with the patient.

And do not say about those who are killed in the way of Allah, "They are dead." Rather, they are alive, but you perceive [it] not.

Allah mentioned the Shaheed then the Sabr

Every one of us will surely be facing our own battles

And **We will surely test you** with something of fear and hunger and a loss of wealth and lives and fruits, but give good tidings to the patient,

Who, when disaster strikes them, say, **"Indeed we belong to Allah, and indeed to Him we will return."**

The patient ones are those who return to Allah, immediately, in all circumstances

Those who are tested = those who receive blessings from Allah

Those are the ones upon whom are **blessings** from their Lord and mercy . And it is those who are the [rightly] guided.

(Al Baqarah : 152-157).

Ustazah then ended with this beautiful point:

Rasulullah ﷺ taught us that gratitude requires effort and love. When Sayidatina Aisha RA asked him why does he stand in prayer until his feet become swollen and cracked, even when his past and future sins have been forgiven, he ﷺ replied: “Should I not love to be a grateful servant?”. And he continued to do this even in his later age.

.(Bukhari).)

✧ from the Q&A ✧



How do we strike a balance between being grateful for what we already have while still honouring the potential to grow more?

Ustazah mentioned about قَنَاعَةٌ "Qanaa", on being content. In reality, Qanaa is not to be rich in material things, but to be rich in your heart. So one of the first steps is to ask ourselves:

"If you want more... for who? And for what?"

If the answer is only for Allah and for your Akhirah, please proceed! But if the answer stops with you and the dunia, then we have to reflect a little bit more. "If it's for Allah, then grow as tall as or as big as you want." There are stations to being grateful, just like how there are stations in being closer to Allah. With Allah SWT, the Majestic, there is no end! You can always be closer and closer, **and closer to Allah**, and you can always be more grateful and more grateful and more grateful to Allah SWT, until you only see Him. :)

How do we practice Gratitude with Grief?

Grief is something that is very heavy to carry, but it is also a gift. And this gift is not necessarily sweet, nor colourful. It does not have fireworks. It's just... grief.

But if it's because of this Grief you remember Allah, then it is a blessing.

Just by acknowledging this grief, and you turning to Allah because of this grief, you can say Alhamdulillah for that. You don't have to force yourself to have an "instant gratitude." Because with pain, it will require time. But know that you can still say Alhamdulillah. And saying Alhamdulillah does not mean you have to be HAPPY that thing happened, but you just have to acknowledge that it was Allah SWT Who was behind it. Because you want to be a Servant of Allah SWT who accepts His Decree. Know that there are all of these Doors we can knock in Gratitude, but you don't have to knock all doors all at once. Slowly. But surely. And since grief is love with no place to go, so go to Allah with it.

Sharing some of our
favourite comments from

Champs Chats:



on Opening Reflection

Hazirah Hanim said:

I find it interesting when Ustazah said that when Allah tells us to do something (eg: be grateful), it is FOR us.

on Breathe In, Syukur Out

Samiha Uddin said:

One prompt that really stopped me during this Alhamdulillah Activity was “For a burden that Allah recently relieved you,” and my mind went crazy, as there’s so many that I need to mention in 5 seconds



from Ustazah’s Halaqah

Ainna Jawaher said:

The masterclass of Alhamdulillah ❤️

Aida Azlin said:

Complain, but make it **aesthetic**

Shaheen Aman said:

I just mapped out my daily ibadah while ustazah spoke... because my heart was moved to plan and prioritise it and concretise it - like a reminder that it must be... and set the intention to improve tahajjud and qiyam. Alhamdulillah, perfect start to the week. Alhamdulillah

final words. ✨



“I learned today that
Syukur have ranks.

Let's aim to be the
Elite of the Elites;
those who are
thankful and attached
only to The Giver
and not the gift.”

-A Champ Participant