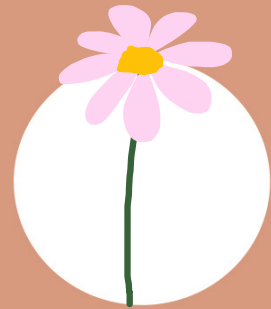
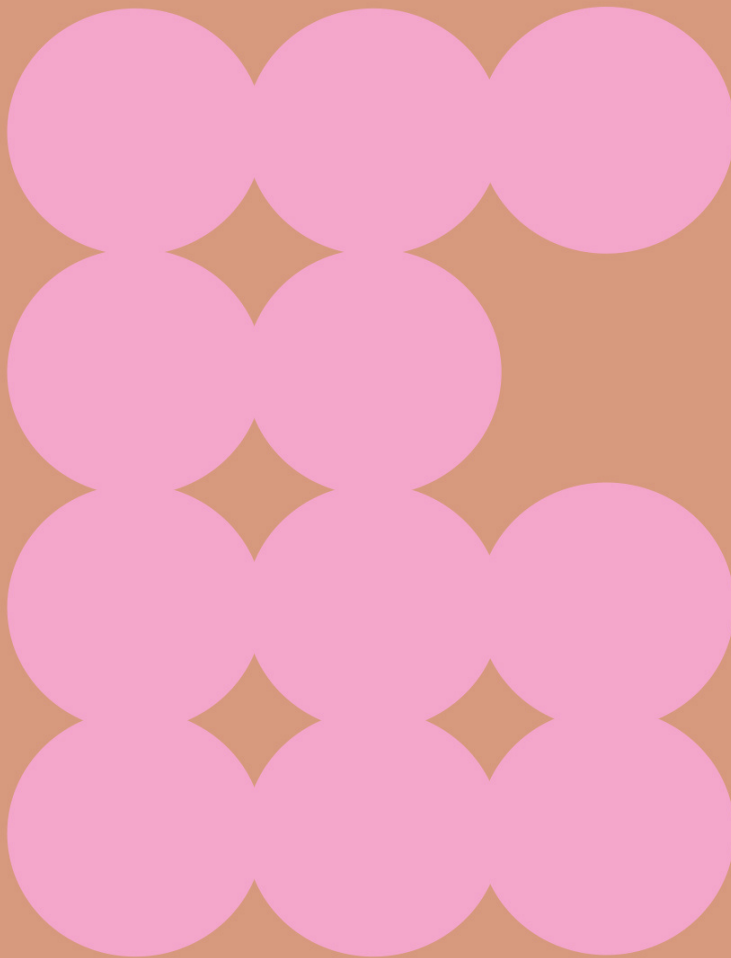


EDITION
5/3/26

53

closer



**EFFORT OVER OUTCOME;
WHERE THE REAL REWARD LIES**

*To be effort-driven,
focusing on one ibadah at a time.*

5 March 2026



Closer

by aa

your curated weekly spiritual booster delivered straight to your Inbox

*“If anyone does good deeds
and is a believer,
his efforts will not be ignored:
We are recording it all.”*

Quran 21:94

Assalamualaikum my Champions, my Falahitas,

The first 15 days of Ramadan are behind us, and honestly... I'm feeling the burn. I know I shouldn't compare Ramadan to my Pilates class, but hear me out: every time I hit the middle of a session - when the initial excitement has faded, and my muscles are screaming - I feel that deep, shaky burn in my core. My breathing gets unsteady, my mind wants to quit... but I remind myself: **this burn is good.**

It's how my body gets stronger. It's how muscles grow.

This mid-Ramadan "burn" is the same. My nafs is being deprived, humbled, and weakened. My soul is finally getting the nourishment it craves. So yes - it "hurts" a little, but **Alhamdulillah, it's good for me.** I just have to keep going.

In Pilates, the one strategy that always helps me finish the session is this: **focus only on the current move.** I don't glance at the clock. I don't dread the full set of 8 reps on both sides. I just breathe, count, and give my all to the *present* rep.

1... 2... 3... 4 (halfway there!)... 5... 6... and suddenly—7... 8!

Done. Next move. *Bismillah.*

That's exactly the mindset I'm carrying into the second half of Ramadan: **to be effort-driven, focusing on one ibadah at a time.**

Because that's where the real reward lives.

Allah SWT reminds us in the Quran:

*If anyone does good deeds and is a believer, **his efforts will not be ignored**: We record them for him. (Quran 21:94)*

*And they will be told, "All this is surely a reward for you. **Your effort has been appreciated**." (Quran 76:33)*

*But if anyone desires the life to come and strives after it as he should, as a true believer, **his effort will be appreciated**. (Quran 17:19)*

(PS: Find the common word that repeats in these 3 Ayahs - different variations, but same root letters!)

-

These Ayahs hit deep for me: Allah sees and records *every* sincere effort. He appreciates it. He rewards it - even when it's small, imperfect, or unfinished. **Your striving for His sake is never wasted. It's valued.**

And the truth is: our efforts will look different for each of us, depending on our circumstances, energy, and responsibilities. It might be withholding an angry word, staying in sujud a few extra moments, reading just one more Ayah when you're exhausted, or simply showing up with a sincere heart when you feel like giving up.

So keep striving, Champs.

I pray that Allah SWT allow us to be among the people who will continue to put in the effort who persists through the burn, those who keep on striving and trying only for His sake, Amin!



One of my favourite parts of The Falah Village is our Falah Fields sessions on Mondays, Wednesdays, and Fridays, where we gather together for beautiful circles of Remembrance. Our Monday Sessions of Tadabbur of Surah Al-Mulk is moving gently and thoughtfully — Ma Sha Allah, two sessions in and we've only reached 2 Ayahs, because we really wanted to take our time to uncover the gems embedded in Allah's Divine Words! If you missed them, here are the slides (shoutout to our Champ, Hanis, for the amazing reflection on Ayah 2 — Ma Sha Allah). PS: If you want to contribute to the Khair and share your own reflections on any Ayah from Surah Mulk, you can do so too!

Just email us back and we'll go from there, In Sha Allah! ❤️

[Read the Slides for Surah Mulk Session Here!](#)

Our Falah Fields Surah Mulk Tadabur Sessions happens every Monday at 5pm SG / MY and 9am UK, In Sha Allah.



Join us for our teacher-led session this week as our sunshine Ustazah 'Alima brings us through the beautiful meanings and purpose of the blessed Quran. We'll reflect together on how His Divine Book is an eternal Light that brings Guidance, Clarity, and Mercy, to every soul who is sincerely seeking closeness to Allah SWT! This gathering feels especially special and perfectly timed too, as scholars highlight that the 17th of Ramadan marks Nuzul Al-Quran - the momentous descent and revelation of the Quran to Rasulullah ﷺ!

[Join the Session Here](#)

Journaling with Champs



This is the second-to-last instalment of our collective Asmaul Husna Reflections, and again, Ma Sha Allah, I have learned so much from reading the thoughtful entries by Imane, Izzah, Faizatul, Norhaziqah, Mardhiyah, Rafidah, Shaheen, Siti, Qudsiyah and Ariqah. Sharing with you just a little snippet of their beautiful words:

"How timely that Ramadan is here as I sit with the Name Al-Maani', a month that teaches us to withhold, to restrain our nafs, and to trust that discipline itself is a form of mercy."

- Ariqah, on Al-Maani'

(The Withholder, The Shielder, The Defender)

"Al-Jaami' is not only the One who gathers people at the end. He gathers scattered hearts every day."

- Shaheen, on Al-Jaami'

(The Gatherer, The Unifier)

"What Ar-Ra'uf is slowly teaching me is that closed doors are very often, protection. And the reason I can't always see that at the time is because protection, by its nature, shields you from something you haven't yet seen."

- Faizatul, on Ar-Rauf

(The Compassionate, The All Pitying)

[Read Champs Stories with His Names Here!](#)

a beautiful du'a

Ya Allah, cure me of my addiction to shopping. Let me be content with window shopping without the need to cart the items. Or better, help me to be less attached to window shopping.

aaplus.co

#abeautifuldua

I couldn't help but chuckle (and say SubhanAllah!) when I read this beautiful du'a from our anonymous Champs Du'a List; it's so raw and real, reminding us all that we need to keep asking Allah SWT for everything and anything, big or small! JazakAllahu khayran to the Champ who shared it and who inadvertently also taught us to never hold back in turning to Him with our hearts wide open. So keep your du'as pouring in, dear Champs - I truly love reading through the list and saying "Amiiin" to every single one!

[Submit Your Anonymous Du'as Here](#)

to ponder



Think about the times when your nafs pushed you toward impatience, doubt, excess, a harsh word, procrastination, or a choice that could've harmed your heart/soul... yet Allah SWT, in

His infinite Mercy, gently and swiftly intervened - perhaps through a sudden reminder, a delay in plans, a feeling of unease, an unexpected dua answered, or simply His guidance pulling you back. Notice how He has never left you, not even for a single milli-second... 🥹🥹🥹



Alhamdulillah, here is the complete version of the Gentle Guide to Memorising Surah Mulk - a PDF that has a word-by-word translation breakdown, a short Tafsir of each Ayah, and some soft tips to start memorising! If this Ramadan seems too "hectic" for you to start memorising, then no pressure, just read through it slowly and start by making a sincere intention. This guide will be waiting and ready for you for whenever your heart calls for it. May it be of benefit! PS: Feel free to share it with your loved ones too!

[Read the Gentle Guide Here](#)

ps:



Champs, if you are still looking for a meaningful cause to help this Ramadan, I hope you'll consider contributing to our family-run charity, AA x Nisa. Alhamdulillah, with Allah's Grace and your generous contribution, we've raised about 1/3 of the funds we need to continue doing this vital work.

One of the beautiful souls who we are honoured to help is **Lalla Rashida**. At 71, her life was upended after losing her parents - her brothers sold the family home, leaving her to move in with her sister. There, she selflessly cared for her sister through difficult pregnancies, raised seven children, and ran the household for years. When her sister's family emigrated, Rashida was passed between her brothers'

homes until, despite their improved circumstances, they placed her in a nursing home. The isolation took a heavy toll on her health; she suffered a stroke that left her partially paralyzed.

Your support this Ramadan can restore dignity to elders like Lalla Rashida and many others who have given everything yet now face abandonment and hardship. Even a small contribution goes far in providing care, companionship, and hope.

Donate to AA x Nisa Here!

[\(Read our 2025 Report here\)](#)

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