

Setting

Sincere

Intentions

for 1448H



Rasulullah ﷺ said,

إِنَّمَا الْأَعْمَالُ بِالنِّيَّةِ،

"Verily, actions are only by intentions,

وَإِنَّمَا لِامْرِئٍ مَّا نَوَى

and verily for every person is
only what they intended."



Setting the intention itself is the gift.

Because Allah SWT will reward you based on what you intended, not what you achieved.

So don't be small with your intentions!

Three men's cases will be
the first to be tried on the
Day of Judgement and later
to be dragged with their faces
downward and thrown into Hell.

Do you know who they are?

A martyr.

A scholar.

A generous man.



Their deeds were great.

But their
intentions
were not.

Even if the deed is good - if the intention is foul, it will still be foul.





Syaitan doesn't attack
your actions first.
He attacks your “why”.

If we don't write our own intentions, he will.
If we don't pen them down, it will be easier
for our intentions to go off course.

Intentions are your secrets with Allah.

Every sincere one is recorded as
a good deed, before you've even begun!



Today,
we will write ours
for 1448H.

Sincere ones. Grand ones.

For Allah.



But how do we
know what to write
intentions for?

Over 1,000 years ago,
our scholars established

المقاصد الشريعة

The Maqasid al-Shariah

Maqasid comes from the root word qasd -
i.e. to aim, to head towards,
to move with purpose.

Shariah comes from shara'a -
the path that leads to water.
To what sustains life.



Sound familiar?
Intentions carry
the same spirit:
to head towards
something with
your whole heart.

The Shariah wasn't just rules.
It was Allah's protection
over five sacred things.



Today, we will write intentions for all five.

حِفْظُ الدِّينِ *Hifz al-Deen* - Your Faith
حِفْظُ النَّفْسِ *Hifz al-Nafs* - Your Self
حِفْظُ الْعَقْلِ *Hifz al-Aql* - Your Mind
حِفْظُ النَّسْلِ *Hifz al-Nasl* - Your Family
حِفْظُ الْمَالِ *Hifz al-Mal* - Your Wealth



But how do we
make grand
intentions for
them?

a simple intention

*“I intend to do Zikir
when I am menstruating.”*

a grand intention

“I intend to use my period as a time of spiritual and physical rest - to complete 100 Istighfar daily, with presence and with deep breaths, as a reminder that just as Allah purifies me physically through menstruation, I can purify my heart through Istighfar. I intend to guard these days from laghw as my period is not a pause from worship, but it is Allah's invitation to a different kind. I intend to be grateful for my body's ability to cleanse and renew itself and see this as a Sign of His Perfect Design, Care and Mercy. For Allah alone.”



3 “ingredients” to elevate an intention:

**Be specific
with the deed**

*Not just "do Zikir", but
specify how. 100
Istighfar. With presence
and deep breath.*

**Go beyond
the surface**

*How can this deed
transform your heart, your
soul, and your relationship
with Allah?*

**Attach it to
Allah SWT**

*Keep asking "so that..."
again and again, until
every intention arrives
at Him.*

حِفْظُ الدِّينِ

Hifz al-Deen (Your Faith)

What is one part of your Deen you want to
protect, deepen, or return to in 1448H?

Pick what **resonates** with you:

*Solah · Quran · Purification of the Heart ·
Istighfar · Istikharah · Dhikr · Fasting*

حِفْظُ النَّفْسِ

Hifz al-Nafs

(Your Self)

Your body and soul are an amanah from Allah.
How will you honour that trust in 1448H?

Pick what **speaks** to you: *Physical health · Rest & sleep · Mental health ·
Nourishment · Emotional wellbeing*

حِفْظُ الْعَقْلِ

Hifz al-Aql

(Your Mind)

Your mind is shaped by what you protect it from, and what you fill it with. This year, how will you nourish and beautify your mind?

Pick what **draws** you most: Seeking which areas of knowledge · What you consume (media, content, conversations) · Picking up a new skill · Protecting your mind from harm

حِفْظُ النَّسْلِ

Hifz al-Nasl

(Your Family)

Who has Allah placed in your life for you to love, serve, and protect? How will you show up for them?

Start where your heart is: *Spouse · Children · Parents · Siblings ·
Community · The legacy you want to leave*

حِفْظُ الْمَالِ

Hifz al-Mal

(Your Wealth)

Your wealth is a trust: in how you earn it, spend it, and give it away. How will you handle it in a way that pleases Allah in 1448H?

Pick what calls to you: *Earning halal rizq · Giving sadaqah · Spending wisely · Financial planning · Avoiding what displeases Allah*

Most of us
move through
life reacting.

To what's
urgent,
what's loud,
what's next.

Today,
you stopped.

You asked
why.

You sincerely
intended.



That is not a small thing.

Every intention you wrote today
was a moment of waking up.
This is what intentions do.
They are the antidote to a life
lived on autopilot.

ps:

Don't let your intentions
gather dust.

Re-read yours. Add to
them. Let them correct you
when you drift, and remind
you of who you were trying
to be, on the days it's hard
to remember.

May Allah accept our
intentions, bless our 1448H,
and keep our hearts always
turned towards Him.

Amin.

