

EDITION
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closer



HOW OUR DEEN DEFINES REST

Have I rested enough with Allah SWT so that I am able to do my most loving, meaningful work?

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

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

4 December 2025



Closer

by aa

your curated weekly spiritual booster delivered straight to your Inbox

Surely in the
Remembrance of Allah
do hearts find
rest.

Quran Ar-Ra'd 13:28

Assalamualaikum my Champions,

Growing up, rest was this elusive thing for me. Something I chased in stolen moments, only to drown in guilt right after. Like, why stop when there's always *just* one more task to go? It took hitting rock-bottom exhaustion for me to finally pause and ask: **What does our Deen really say about rest?**

Alhamdulillah, the Quran always embraces me in it's answer: "Surely, in the remembrance of Allah do hearts find rest" (13:28). That one line was my lifeline.

When I read further into the Arabic, the word Allah SWT used in the Ayah is وَتَطْمَئِنُّ - and this word comes from the root ن م ط , which evokes "secure", "reassured", "satisfy", and "content". Subhanallah, it made me see my old version of rest for what it was: a quick nap for the body, sure, but my heart? It stayed racing with worries, far from any real peace. Without the Remembrance of Allah woven in, it was just surface-level resting, leaving me more drained than before.

So I shifted my mindset and saw acts of worship as acts of rest.

Worship doesn't steal from my rest, **it IS the rest I've been missing all along**. Waking for Tahajjud isn't dragging myself out of bed; it's slipping into a quiet recharge. Reciting the Quran is not a chore, but it eases every single one of my tangled thoughts. Coming to AA Plus Zoom calls or writing notes for Closer is not work; it is sharing space with other blessed souls who are adding light to my light!

Now, my inner dialogue has flipped entirely. Gone is the nagging voice, "Have I worked hard enough to deserve this break?" In its place: **"Have I rested enough with Allah SWT so that I am able to do my most loving, meaningful work?"**

Because we can't pour tenderness into our kids' chaos, patience into a tough conversation, or fire into our dreams when our souls are running on empty. It's impossible.

So, Champs, let's lean into this today. Stretch that sujood just a breath longer, read just one more Ayah in your Quran, or, in the middle of a hectic afternoon, close your eyes and murmur a du'a or two straight from the heart - no rush, just connection.

Resting with Him is not confined to our prayer mats or quiet corners; it's portable, ready for traffic jams, playground meltdowns, or those midnight deadlines. Anytime, anywhere, it's yours. So take that divine rest, for only Allah SWT can heal your weary soul. ❤️

aa plus event!



Champs, Alhamdulillah, we will be resuming our community calls this week with Part 4 and 5 of our Solah Review sessions. This week, we will be learning about **Ruku' and Sujud**, two very significant actions of showing humility before Allah SWT in our prayers. Come learn how we can bring humility and praise to our sacred meeting with our Beloved, through lessons shared by our blessed teachers, In Sha Allah. Preparing for these Sessions have tremendously improved the state of my Prayers, and if you are looking to feel more connected in your Solah, this is a sign and an invitation from Allah for you to join us!

[Join the Solah Sessions Here](#)

[Sync all AA Plus to your GCal Here](#)

icymi



During this beautiful session, Kak Natasha guided us through practices we can do before, during, and after Solah that can help us with our focus, mindfulness and Khusyu' in Solah. She also shared 2-3 poignant personal stories from her own experience to motivate us to increase our repertoire of acts of worship (1 of them was exactly what I needed to hear, Ma Sha Allah!) and this Session is one that I can see myself coming back to over and over again. If you missed the Session, be sure to do yourself a favour and catch this replay!

[Listen to the Replay Here](#)

hadith of hope

The Messenger of Allah (ﷺ) said:

The strong is
not the one
who overcomes
the people by
his strength,

(Bukhari)

I love this Hadith - it reminds me that **my calmness is my crown**. That sacred pause that stops us from flaring anger? That is more than just strength; that is our worship, our grace, and our unspoken love letter to Allah SWT! And just as how we yearn for Allah SWT to have boundless patience with us, may we mirror and reflect it to the people with whom we interact as well. ❤️

gratitude garden



GRATEFUL FOR MICRO-MOMENTS OF PEACE

I've been really grateful for being able to take small actions that help me regulate my sense of peace in my day-to-day - simple things like lighting up a candle before a Zoom call, a gentle stretch in between tasks, sipping a warm cup of tea whenever I feel I need to take my eyes off the screen. May your days be filled with plenty of gentle breezes of peace, Champs. And do share with me what some of your own mini peaceful rituals are in your day too!

visual reminder



I've been repeating these 3 simple steps whenever I need a quick rest with Him, so I thought, why not put it on my wallpaper too? ❤️

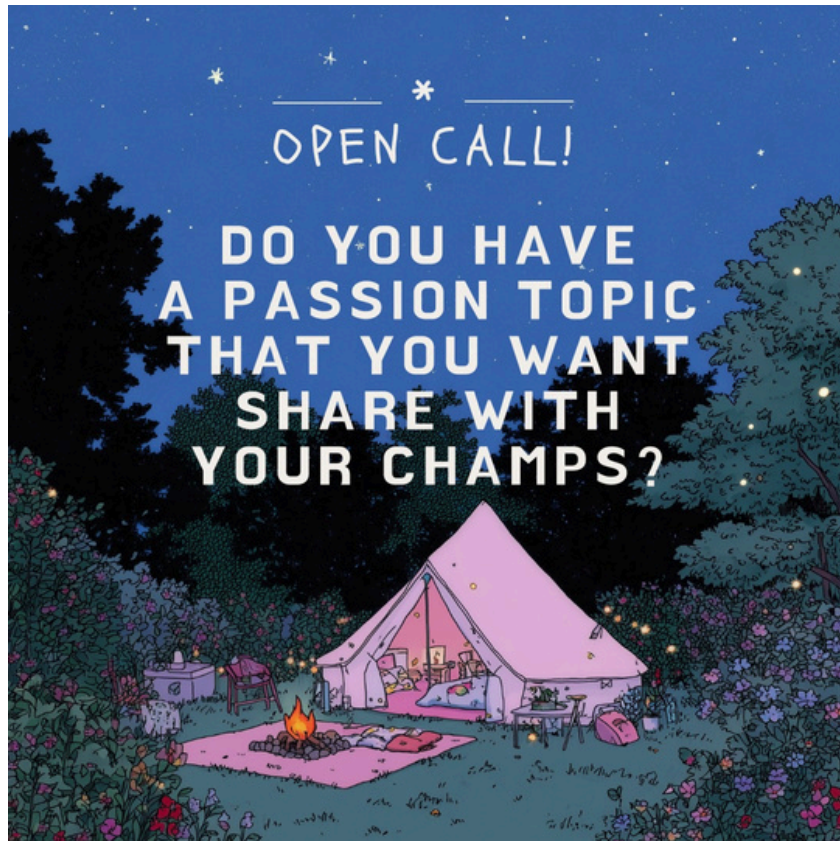
[Download Wallpaper Here](#)

to ponder



Open loops are unfinished tasks or commitments that take up space in our minds and hearts. Every time we start something and don't finish it, it doesn't just go away; instead, it lingers in the back of our minds, draining our mental and emotional energy without us even realising it! It could be an errand we know we have to run, an unfinished task, the neglected project - whatever it is, identifying our open loops is one of the most important first steps we have to take towards tranquillity. Once we have identified it, the next step is to either do it, schedule it, or let it go. But action needs to be taken! TLDR: Open loops? Do it, Schedule it, or Forget it. The next move is yours, Champ!

ps:



Champs, my team and I thought that it would be super cool to have our end of the year cosy Champs Session spotlighting YOU and your Passion topics! One of the best things about our AA Plus community is how different and varied all of us are, and I am sure we would all love to hear and learn from one another! **The Passion Topics can be on literally anything** - some themes from the top of my head: "why my local bakery rocks" / "my special kitchen rituals" / "the history of polka dots" - you get my drift! 😊 Here are the Session Details if you are thinking of joining: 31st December, Wednesday, 9pm SG / 1pm UK. Each presentation should not be more than 10-15 minutes. Can't wait to hear from all of you and your passion topics!

FIN.
x
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