



“Renew Your Iman” Activity

As Muslims, it is natural for our certainty of our Iman to decrease. Indeed, the Prophet SAW said, “Verily, the faith of one of you will wear out within him, just as a shirt becomes worn out, **so ask Allah to renew faith in your hearts**” (Tabarani). This activity aims for students to discuss Allah, His creations, His blessings, and other aspects related to Allah to help re-strengthen their faith and their love for Allah.

*This activity has been adapted from Shaykh Yusuf Bikhoo’s book, “Renew Your Faith.”

Write three blessings of Allah that you appreciate and write why you appreciate them.

Blessing 1: _____

Blessing 2: _____

Blessing 3: _____

Write and contemplate over “who Allah is.” When you think of Allah, what comes to mind?

Point 1: _____

Point 2: _____

Point 3: _____

Write three creations of Allah, and why it reminds you of His power and might.

Creation 1: _____

Creation 2: _____

Creation 3: _____

Write three reasons with a partner of why you love Allah?

Reason 1: _____

Reason 2: _____

Reason 3: _____

Write three of your favorite attributes/names of Allah and why.

Name 1: _____

Name 2: _____

Name 3: _____

Write three occasions where a person may forget to thank Allah for a particular blessing.

Occasion 1: _____

Occasion 2: _____

Occasion 3: _____

Write three reasons why you know Allah is the Greatest (*Allahu Akbar*).

Reason 1: _____

Reason 2: _____

Reason 3: _____

Write three times when you were upset that Allah decided something other than what you wanted, but later you realized that which Allah chose was actually better for you.

Incident 1: _____

Incident 2: _____

Incident 3: _____

May Allah swt grant us unshakeable Iman!
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