

Niyyah

Intention is the pillar of worship (Ref: <http://www.al-islam.org/radiance-secrets-prayer-muhsin-garaati/intention-niyyah#block-search-form>)

On the next page is a pillar, representing “Intention as the pillar of worship”. In or around the pillar write some intentions you can make throughout your day to make everyday actions for the sake of Allah.

For example:

1. If you are going to do some exercise you can make the intention that you are exercising to gain strength so that you are able to serve Allah better.
2. When your mother asks you to help around the house, you can make the intention that you are helping your mother to please Allah.

