

**DU'A FOR REMOVING DEPRESSION, POVERTY AND MANY OTHER PROBLEMS**

IN THE NAME OF ALLAH, THE MOST BENEFICENT, THE MOST MERCIFUL

**لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ**

**DEPRESSION POVERTY**

*La hawla walaa quwwata illaa billah*

There is no power & might except with Allah

**CURE 99 ILLNESSES**

**SIMPLE & EFFECTIVE CURE for 99 ILLNESSES**  
The **LIGHTEST "ANXIETY"**

AL-MUSTADRAK  
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SUNAN TIRMIDHI, p524 #3601 AL-MUSTADRAK

★ **ALLAH RAB BUL IZZAH** ★

★ **ALLAH AZZA WA JALL** ★

**ALLAH enjoins ADL (justice) and IHSAAN (kindness to others)**

إِنَّ اللَّهَ يَأْمُرُ بِالْعَدْلِ وَالْإِحْسَانِ وَإِيتَاءِ ذِي الْقُرْبَىٰ وَيَنْهَىٰ عَنِ الْفَحْشَاءِ وَالْمُنْكَرِ وَالْبَغْيِ

**AN-NAHL HOLY QURAN**

يَعِظُكُمْ لَعَلَّكُمْ تَذَكَّرُونَ

**SURA 16 VERSE 90**

*Innallaha ya'muru bil adli, wal ihsaani wa eetaa'i dhil qurbaa, wa yanhaa 'anil fahshaa'i, wal munkari, wal baghyi.*

**ADL** *ya'izhukum la'allakum tadhakkaroon.*

**IHSAAN**

Allah enjoins to justice and to adopt good behaviour and to give relatives (their due rights), and forbids shameful acts, evil deeds and oppressive attitude. He exhorts you, so that you may be mindful.

**N.B. REMINDER:** Every Friday Jumuah 2nd Khutbah, towards the ending, the above text from the Holy Quran is recited. Therefore, take heed and practise today: Action. After Death. Reckoning. No Action.

**YOUR ISLAMIC DATE (DAY) OF BIRTH**

Go to website: [www.islam4u.co.za/calendarconverter.html](http://www.islam4u.co.za/calendarconverter.html)  
Then fill in your birth date.

**BE ALERT PONDER**

Islamic birthday: Friday 24 Dhul Qadah 1363.  
e.g. 1944 to 2009 = 65 years / 1363 to 1430 = 67 years.

**BE WISE REPENT**

**ABSTAIN: BIRTHDAY PARTY, BRIDAL/MEHENDI. TO CELEBRATE MOTHERS DAY FATHERS DAY, VALENTINES, ANNIVERSARY, ETC. NOT PERMISSIBLE IN ISLAM**

**BEWARE ! Don't be an accomplice to promote such unIslamic acts. Discourage such forbidden acts.**

**DUA: Insha-Allah death with Shahadah in Medina. Jumuah. Ramadaan. Imaan and Sunnat. Muhammad Mustafa (Sallallahu alaihi wa sallam). 77706**

**OLIVE (ZAYTOON) IS FROM A BLESSED TREE**

**CHOLESTEROL**  **OLIVE OIL:**  **BENEFIT**

 **BASE DIET – IDEAL NUTRITION MODEL.** 

Contains Omega 6 and Linoleic Acid. Essential for human body. Also contains Vitamin E, A, D & K. Helps bone development. It reduces L.D.L. and raises H.D.L. cholesterol. Ensures better control of Blood Glucose level and High Blood Pressure.

**PREVENTS**

**CANCER**

PROSTATE CANCER	BREAST CANCER	INTESTINAL CANCER	STOMACH CANCER	MALIGNANT CANCER	COLON CANCER
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 **FISH FATIGUE ELIMINATOR**   
**SURAH KAHF HOLY QURAN**

Allah ﷻ (Sub ha nahu wata aala) has created the superior structure in fish for our benefit. Fish contains Protein, Vitamin D and trace elements, mineral, phosphorous. Fish encourages growth, benefits the complexion, and promotes healthy hair & teeth. Increases mental & physical capacity. Fish is good for the brain. Fish reduces heart disease and **PROTEIN** strengthens the immune system. **VITAMIN D** It prevents heart attacks, regulates level of cholesterol. In the Blood: Fish Oil reduces: Blood Clotting, symptoms of depression, stress, anxiety and sleeping difficulties.

 **FIGS (TEEN) MOST BENEFICIAL: FIBRE** 

Dua for all Believing Men and Women: Field Worker: 084 786 2092 — HADIYAA – NOT FOR SALE

★ **DU'A FOR PIOUS SPOUSE AND CHILDREN** ★

★ رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّتِنَا ★  
 قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا ★

**RABBANA HAB LANAA MIN AZWAAJINAA WA ZURRIYAAATINA QURRATA A'YUNEW WAJ'ALNAA LIL MUTTAQEENA IMAAMA**  
 O' our Lord (Rabb), bestow on us from amongst our wives and our offspring who will be the comfort of our eyes and make us leaders for the pious (god-fearing).

**HUSBAND** (HOLY QUR'AAN, AL FURQAAN, Surah 25 : Verse 74) **WIFE**

★ **PIOUS ★ HUSBAND ★ WIFE ★ OFFSPRING** ★

Males should not shake hands with ghair mahram women nor females with ghair mahram men.

**STRANGE PERSON**

Doing so is a form of Zina (fornication) MUSLIM #6696

**IRON ROD**

**Rasulullah** ﷺ (Sallallahu alaihi wa sallam) has said: *"It is better for an iron rod to be poked through your head, than touching the hand of a strange person."* MAJMA'UZ ZAWAAID, VOL. 1, PG. 326

Sayyiduna 'Uqbah ibn 'Amir (Radiallahu anh) reports that **Rasulullah** ﷺ (Sallallahu alaihi wa sallam) said, *"Beware of entering the company of (strange / ghair mahram) women."* A man from the Ansar (Radiallahu anh) enquired: *"What about the husband's brother, uncle, cousin, etc.?"* **Rasulullah** ﷺ (Sallallahu alaihi wa sallam) replied, *"They are (as disastrous as) death!"* (BUKHARI & MUSLIM) i.e. one rather tolerate death instead of allowing his wife to mix with them. (SAHIH BUKHARI #5232)

Sayyiduna Mu'awiyah ibn Haidah (Radiallahu anh) reports that **Rasulullah** ﷺ (Sallallahu alaihi wa sallam) said, *"Three people whose eyes will not see the Fire: (1) that eye which guarded in the path of Allah ﷻ, (2) that eye which sheds tears out of fear for Allah ﷻ and (3) that eye which abstains from those things that Allah ﷻ has forbidden."* (i.e.: T.V., VCR, DVD's, Etc.) (TABRANI)

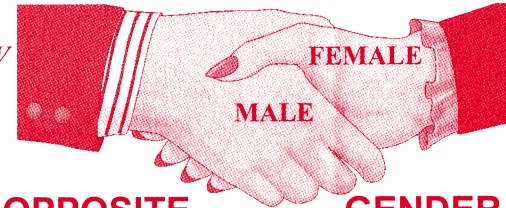
**ALLAH** ﷻ ★ **THE WORST OF HALAAL ACTION IS TALAQ (DIVORCE)** ★ **DISLIKED**

**LIVES** **قال رسول الله ﷺ ليس شيء مما أحل الله أبغض إليه من الطلاق** **RUINED**

Nabi ﷺ (Sallallahu alaihi wa sallam) said: *"Talaq is permissible, yet most disliked by Allah."* i.e. from all the permissible actions Talaq is most disliked by Allah (to give a Talaq is permissible yet disliked) (MUSANAF ABI SHAYBAH / BAYHAQI)

**SAVE YOURSELF FROM MAJOR SIN'S** ★ **ZINA** ★ **FORNICATION**  
**FORBIDDEN** **TO TOUCH A STRANGE PERSON** **HARAAM**

SISTER IN LAW  
 BROTHER IN LAW  
 COUSINS  
 FRIENDS  
 RELATIVES



EMPLOYEES  
 EMPLOYERS  
 OFFICIALS  
 TEACHERS  
 AAMILS, ETC.

**OPPOSITE GENDER PROHIBITION: FOR THOSE WHERE NIKAH IS PERMISSIBLE**

**SHAYTAAN** **HUSBAND INTRODUCING WIFE TO BEST FRIEND ! SHAKING HANDS ! ZINA ! FORNICATION (TICKLE IN PALMS) ! BUTTER NEAR STOVE ! IMPRESSION ! SMILE ! SMS ! SECRET AFFAIRS! etc.** **ENEMY**  
**BE-WISE** **SAVE YOUR MARRIAGE FROM DISASTER** **DIVORCE**