

🌀 Agar hum chahtay han k humari maut Rabb-ul-alameen k lia ho, uski pasand k mutabiq ho to humen apni zindagi b Allah ki pasand k mutabiq karni hoge.

🌀 Insaan apni zindagee me jo kam sab se zayada regularly karta ha amooman uski maut b usi haal me ati ha.

🌀 Din bhar jo baaten humen nagawaar guzren unhen raat me Allah sey share karlena chahia.

🌀 Faida:

❖ Dil ka bojh halka hoga.

❖ Gheebat mein shumar na hoga

🌀 Insaan ki zindagee Allah ki amanat ha.

🌀 Islia humen apni zindagee ko bamaqsad bananey k lia apni susti nafs-parasti aur ghaflat se bahar aa kar khud qadam uthana ha.

🌀 Insan agar dunia me apni bhook aur piyas ko control kareyga tou akhrat mein mazay sey kha pi sakay ga islia kam khaen lekin acha khaen.

🌀 Rozay k fawaid:

❖ Rozay ka maksad takwa paida karna ha.

❖ Roza gunaahon k lia dhaal ha.

❖ Rozay se nafs per control ata ha.

❖ Roza sabar sikhata ha.

❖ Quwwat-e-iradi mazboot hoti ha.

❖ Dusray ki bhook ka ehsaas hota ha.

❖ Buri adaat per control ata ha.

❖ Nizam-e-hazam ko rest mil jata ha jis se boht si jismani beemariyan control me ati han.

🌀❖🌀 Gharz k har qisam k rohaani, jismani aur shahwani masaaail ka hal roza ha.

🌀 Insaan apnay doston ki suhbat sey pahchana jata ha.

🌀 Azmaish momin ki tarbiat karti ha:

❖ Banda insaanon se ziada Allah per bharosa karnay lagta ha.

❖ Azmaish banday ki ghaflat door karti ha.

❖ asal saharay aur logon ki pehchan hoti ha.

❖ Dunia ki raghbat kam aur akhrat ki yaad ziada hojati ha.

❖ Insaan ka gharoor, takabbur aur akar khatam hojati ha aur us k andar ajzi aur narmi paida hoti ha.

❖🌀 Muskurahat 🌀❖

🌀 Fawaid:

❖ Jismani sehat per masbat asar parta ha.

❖ Sunnat aur sadka ka sawab milta ha.

❖ Rishtedarian behtar hoti han.

🌀 Hazrat Abdullah bin Haris farmatay han:

"Mein ne Nabi pak (S.A.W) sey ziada muskuraney wala koi shakhs nahin dekha."

## ✦🌀 Shukarguzari 🌀✦

🌀 Fawaid:

- ✦ Azmaish k anay se Allah ka shukarguzar banda pareshan nahin hota
- ✦ Nemat ki qadar karta ha
- ✦ Har haal mein "Alhamdulillah" kahna rohani sehat k lia behtareen nuskha hai.

🌀 Mafhoom-e-hadees: "Sab se pahla jannat mein bulaye janay walay wo log hunge jo khushi aur sakhti k waqt Allah ki tareef kartay they"



🌀 Shukarguzari nematon k barhney ka zariya.

🌀 Muskurahat dushmani khatam karne ka zariya.

🌀 Roza khwahishat ko control karne ka zariya.

🌀 ✦ Amal ki baat ✦🌀

🌀 Humen apna jaaiza lena ha k wo konsay kaam han ya konsay rishtay/log han jo humare lia azmaish banay hue han. Kin se khushi haasil hoti ha aur konsay bojh han. Chunanchay Allah se un k mamlay me boht dua karni ha aur un se sab se ziada muskura kar milna ha.

