



I Learn, I Act, I Share

THE SHINING HEART

LEARNING FOR A

Life With Allah

In this book, we have been learning about how we can polish our hearts (tazkiyah). Now it is time for you to put your learning into **action**!

Take part in the 7-Day Shining Heart Challenge, and try your best to polish your heart.

Complete a challenge each day. At the end of the week, **reflect** and **think** about what you have done. Strong believers always think and reflect, so they can always grow and become even closer to Allah!

The 7-Day Shining Heart Challenge

Day 2

Smile at someone you do not really like, and say a kind word to them.

Day 4

Be the **FIRST** one to say salam to at least 5 people.

Day 1

Think of one person you feel jealous of. Make a really nice du'a for this person, and ask Allah to give them even **MORE**.

Day 3

Thank Allah for at least 5 things He has given you. Sit down in a quiet place and say "Thank you Allah for...."

Colour in the hearts as you complete the challenges.

Day 6

Do one 'secret' good deed, and do not mention it to anyone. Keep it a 'secret' between you and Allah.

Day 5

Thank a humble caretaker or teacher for all their hard work.

Day 7

Clean the masjid or madrasah with your classmates.



Did You Know?

The person closest to Allah is the one who says salam **first**. This person is not proud.

Reflection

How do you feel after the 7-Day Shining Heart Challenge?

Can you feel your heart getting cleaner?

Which day did you find the most difficult? Why?
