

MY MOMENT WITH ALLAH

My daily reflection

Each day, take 2 minutes to reflect inwardly with sincerity and presence.

The heart needs pauses so as not to lose its way. Take these few minutes to observe your journey with gentleness and truth. Thank Allah for the strength you have received, learn from your weaknesses, and leave with a peaceful soul.

Start my reflection



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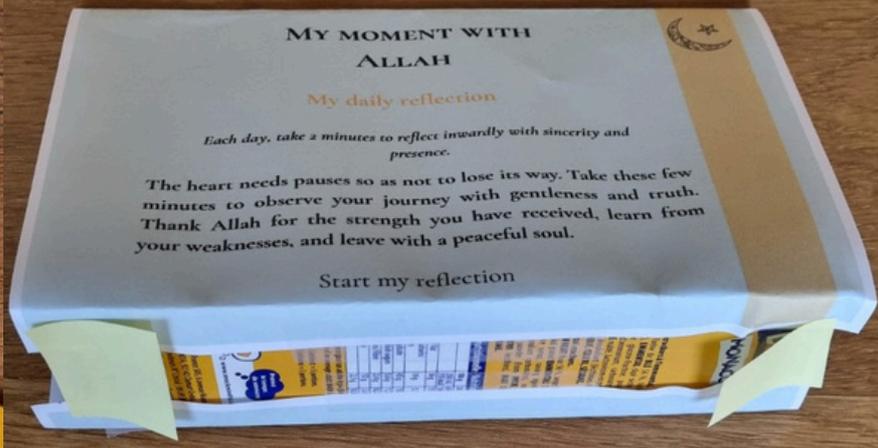


Required Material

To create this stand dedicated to your journey towards Allah, you will need:

- **The PDF sheet:** The printed document (color of your choice).
- **A rigid support:** Either recycled cardboard (such as a cereal box) to protect the environment, or a sheet of cardstock for more convenience.
- **A stapler:** To give the stand its final shape.
- **A pair of scissors:** To accurately cut your sheets and the cardboard.
- **Adhesive tape or glue:** To secure the paper onto its support.

A little DIY note: Whether you choose to recycle packaging or use new paper, the essential thing, by the grace of Allah, is to offer your heart this little corner for daily reflection. It is a simple gesture for the planet and a precious one for the soul.



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