

SIFAH LECTURE SERIES

The Deed That Outweighs the Mountains

A practical lecture — knowledge you can act on

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SIFAH

SCHOOL OF ISLAMIC
FOUNDATIONS &
ADVOCACY FOR HUMANITY

The Deed That Outweighs the Mountains

The heaviest thing on your scale will not be your wealth or your titles, but the quiet beauty of how you treated people when no one was watching.

WHY THIS MATTERS

The Crisis No One Is Talking About

My dear brother, my dear sister, let me ask you something honestly before we begin. If you sat down today and made a list of everything you are chasing, everything you lose sleep over, everything you scroll and work and worry for, what would be at the top of that list? For most of us, the answer would be some version of the same things: a little more money, a little more comfort, a promotion, a house, a degree, the respect of people who barely think about us. And here is the strange thing. We chase all of this while quietly starving the one thing that will actually matter when the accounts are opened.

Look honestly at the greatest crisis facing our families and our communities today, and you will find that it is not a crisis of wealth. Many of us have more than our grandparents ever dreamed of. It is not a crisis of education, for knowledge has never been more available; the whole library of the world sits in the phone in your pocket. It is not a crisis of technology, for we can speak to someone on the other side of the earth in a second. The crisis of our age is a **crisis of character**: a slow, quiet erosion of manners, of humility, of respect, of mercy between people who are supposed to love one another.

I want you to imagine a child today, growing up with a screen as a teacher. What does that screen whisper to them, hour after hour, day after day? It teaches them that arrogance is confidence. It teaches them that rudeness is independence. It teaches them that rebellion is strength. It tells them that arguing with their parents is a right, that mocking their elders is clever, that putting yourself first above everyone else is the very definition of a life well lived. And into the middle of this confusion, our religion walks in with a message that is almost the exact opposite of everything the world is shouting.

Because Islam came to teach us two great things, and only two: how to worship our Lord, and how to deal with His creation. That is the whole of it. And the Messenger of Allah ﷺ summarised the entire purpose of his coming, the reason he was pulled out of his home and given revelation and sent to shake the world awake, in a single unforgettable sentence.

إِنَّمَا بُعِثْتُ لِأَتَمِّمَ مَكَارِمَ الْأَخْلَاقِ

I was only sent to perfect noble character.

Source: Al-Adab al-Mufrad: 273 · **Authenticity:** Sahih

Sit with the weight of that, my dear brother, my dear sister. The Prophet ﷺ did not say, "I was only sent to teach you how to pray." He did not say, "I was only sent to teach you how to fast." And prayer and fasting are pillars of this religion; without them the building collapses. But when he summarised his *mission*, when he described in one line why the sky opened and the angel descended and the world was changed forever, he spoke of character. He said the perfection of character was, in a sense, the purpose of it all. That should stop us in our tracks. Because it means good manners are not a soft, optional, sentimental branch of the faith that we take up when we feel like being nice. They are among the very reasons Allah sent His final Messenger to mankind.

DEFINING THE THING

What Character Actually Is

Let us be clear about what this character is, so no one imagines it is a small or fluffy thing, a matter of saying please and thank you. Good character is far heavier and far harder than that. Good character is honesty when a lie would be easier and no one would ever catch it. It is keeping a promise when breaking it would cost you nothing at all. It is gentleness with the one who has absolutely no power over you, patience with the one who irritates you to your core, and fairness with the very person you dislike the most.

Character is the way you speak to the cashier when your day has gone wrong. It is the way you drive among strangers you will never see again. It is the way you treat the delivery worker, the cleaner, the waiter, the person who serves you and can do nothing for you in return, who cannot promote you, cannot repay you, cannot even remember your name tomorrow. Character is who you are when no one important is watching. It is who you are when you are utterly convinced that no one will ever find out. That, my dear brother and sister, is the character that Allah sent His Messenger ﷺ to perfect. And that, precisely that, is the character that will one day be laid upon your scale.

I say this because there is a dangerous illusion many of us live inside. We believe we are people of good character because we are pleasant when everything is going our way. But anyone can be pleasant on an easy day. The believer's character is revealed on the hard day, the tired day, the day the traffic was long and the boss was unfair and the children would not settle. Character is not the mask we wear in public. It is the face underneath the mask. And Allah sees the face.

THE PRAISE OF ALLAH

The One Thing Allah Chose to Praise Him By

Here is something I want you to reflect on deeply. When Allah, the Lord of all the worlds, wished to honour His beloved Messenger ﷺ in the pages of the Qur'an, He had before Him an infinity of things He could have praised him by. He could have praised his lineage, and it was the noblest lineage among the Arabs. He could have praised his wealth, his standing, his leadership, the armies that would one day march at his command. Of all of these, of everything Allah could have chosen to raise His Prophet by, look at what He selected.

وَإِنَّكَ لَعَلَىٰ خُلُقٍ عَظِيمٍ

And indeed, you are upon an exalted standard of character.

Surah Al-Qalam (68:4)

This is among the greatest praises Allah ever gave to any human being who walked the earth. And He gave it for character. Not for miracles, not for wealth, not for conquest. For the beauty of how he treated people. And when the Mother of the Believers, Aishah, may Allah be pleased with her, was asked by those who had never met him to describe the character of the Prophet ﷺ, she did not reach for a long list. She could have spoken for an hour. Instead she gave an answer of breathtaking depth, an answer that has echoed for fourteen centuries.

كَانَ خُلُقُهُ الْقُرْآنَ

His character was the Qur'an.

Source: Sahih Muslim: 746 · **Authenticity:** Sahih

His character was the Qur'an, my dear brother and sister. Everything the Book commands, the mercy, the patience, the justice, the humility, the forgiveness, the generosity, all of it was made visible in a walking, breathing, living human being. He was the Qur'an you could actually see with your eyes. When you wanted to know what patience looked like, you looked at him. When you wanted to know what mercy looked like, you looked at him. And in this there is a key, a secret, for every single one of us who longs for a better heart. The closer you draw to the Qur'an, reading it, understanding it, and living it, the more your own character will quietly begin to resemble the character of the one whose every manner came from it. You cannot love the Book and remain unchanged by it. It will reshape you if you let it in.

THE SCALE

The Heaviest Thing You Will Ever Carry

Now I want to take you forward in time, past the end of everything you know, to the Day when the scales are set up and every deed of every life is weighed. People spend their entire existence accumulating what they are certain will weigh heavily in their favour on that Day: the money, the houses, the degrees framed on the wall, the titles they insisted on being called by. And the Messenger ﷺ, who saw that Day more clearly than we see the room around us, told us plainly what will actually sit heaviest on the believer's scale. Brace yourself, because it is none of those things.

مَا مِنْ شَيْءٍ أَثْقَلُ فِي مِيزَانِ الْمُؤْمِنِ يَوْمَ الْقِيَامَةِ مِنْ
حُسْنِ الْخَلْقِ، وَإِنَّ اللَّهَ لَيُبْغِضُ الْفَاحِشَ الْبَذِيءَ

Nothing is heavier on the believer's scale on the Day of Resurrection than good character. *Indeed, Allah detests the one who is obscene and foul in speech.*

Source: Jami at-Tirmidhi: 2002 · **Authenticity:** Sahih

Nothing heavier. Not the wealth you guarded so anxiously. Not the titles you chased so desperately. But your patience with a difficult person, your honesty in a moment you could have lied, your forgiveness of the one who wronged you, your kindness to someone who could never repay it, your mercy to the weak. Imagine that. Something you can practise right now, today, in the next conversation you have, will one day outweigh mountains of gold on the scale of your Lord.

And it does not only weigh heavily. The Prophet ﷺ told us that good character draws us near to him in the one place we should desire above every other. He said that the most beloved of us to him, and the closest to him in his gathering on the Day of Resurrection, are those of the best character. And the furthest from him, he warned, are the arrogant, the boastful, and those who speak with contempt of others. Ask yourself honestly: who among us does not long to sit near the Messenger ﷺ on that Day, in the shade of his company when the sun is close and the crowds are in terror? The path to sitting near him is not paved with knowledge alone. Scholars will not automatically be nearest. It is paved with character. With how you treated the people Allah placed around you.

THE HIDDEN TEST

Character Behind the Screen

Now let me bring this into the world you actually live in, because so much of our character today is tested in a place our grandparents never dreamed of: behind a screen, hidden behind a name no one recognises. And it is here that many otherwise gentle people allow themselves a cruelty they would never dare show face to face. They mock. They belittle. They tear apart a stranger they have never met. They

spread a rumour they never verified, forwarding it in a second to a hundred people, wounding a reputation it took a lifetime to build, all while telling themselves that none of this really counts, that it is just words on a screen, that it is not written down anywhere.

But listen to me carefully, my dear brother, my dear sister. The angels do not put down their pens when you pick up your phone. The two who sit on your right and your left do not clock out when you go online. The same tongue that must speak good or stay silent in the masjid is the same tongue that must speak good or stay silent in every message you send, every comment you type, every reply you fire off in anger. There is no separate, lower standard for the digital self. If your manners collapse the very moment you become anonymous, then here is the uncomfortable truth: you never truly had manners at all. You only had an audience. Real character is what remains when the audience disappears and you are certain no one will ever know it was you.

THE PROOF OF FAITH

You Cannot Separate Your Prayer From Your People

We sometimes imagine that faith is a private matter, a sealed transaction between us and Allah, measured entirely in prayers prayed and fasts kept, and that the way we treat people is a separate, secondary, lesser thing off to the side. But the Messenger ﷺ tied faith and character together so tightly that you cannot pull them apart without tearing both.

أَكْمَلُ الْمُؤْمِنِينَ إِيمَانًا أَحْسَنُهُمْ خُلُقًا، وَخَيْرُكُمْ
خَيْرُكُمْ لِنِسَائِهِمْ خُلُقًا

The most complete of the believers in faith are those with the best character, and the best of you are those who are best to their wives.

Source: Jami at-Tirmidhi: 1162 · **Authenticity:** Hasan Sahih

Look carefully at how the Prophet ﷺ measured the completeness of a person's faith. Not by the sheer length of his standing in the night prayer alone. Not by how many times he had made the pilgrimage. He

measured it by the beauty of his character. And then notice where he immediately pointed, in the very same breath: to how a man treats his wife. To the one person who sees him with his guard fully down, behind closed doors, when the performance is over and the mask is off. Because character, my dear brother and sister, is never what we display in the marketplace. It is what remains when the audience has gone home.

Your faith is tested precisely at the moments you would rather it were not. When you are angry. When you are disagreed with. When you are criticised, sometimes unfairly. When life simply refuses to go the way you planned. Anyone on earth can be pleasant when the day is easy and the news is good. Real character, the kind that is written in gold on your scale, shows itself only when everything is hard.

THE GREATEST RIGHT

Lowering the Wing to Your Parents

And there is no relationship on this earth in which our character is more searchingly tested, or more richly rewarded, than our relationship with our parents. This is why Allah placed kindness to them directly beside His own worship in the Qur'an, in the very same verse, and why He commanded a humility toward them that the proud heart of this age finds almost impossible to swallow.

وَاخْفِضْ لَهُمَا جَنَاحَ الذُّلِّ مِنَ الرَّحْمَةِ وَقُلْ رَبِّ
ارْحَمْهُمَا كَمَا رَبَّيَانِي صَغِيرًا

*And **lower to them the wing of humility out of mercy**, and say: My Lord, have mercy upon them as they raised me when I was small.*

Surah Al-Isra (17:24)

Lower the wing of humility, Allah says. Picture a bird folding its wing down over its young to shelter them. That is the posture He commands you to take with the two people who once did exactly that for you. Your parents gave up their sleep, their time, their money, their comfort, their bodies, so that you could have yours. They carried you when you could not walk and fed you when you could not eat. And

yet in our time, how many parents are spoken to harshly, sharply, dismissively, by the very children they poured their lives into? Children who have been taught by their friends and their screens that respect from a parent must be earned, and can be withheld, rather than given freely as a debt that can never be repaid.

But the Prophet ﷺ taught that the pleasure of the Lord lies in the pleasure of the parent, and the anger of the Lord lies in the anger of the parent. Read that again slowly. Your route to the pleasure of Allah runs directly through the smile you put on your mother's face and the ease you bring to your father's heart. And he ﷺ declared plainly that the one who does not show mercy to our young, and does not honour the rights of our elders, is simply not upon his way. A community that has lost its respect for its elders and its tenderness toward its children has lost something at the very root of its faith. So if there is a parent you have been short with, know that mending that relationship may be the single heaviest deed you place on your scale this year.

WHERE IT TRULY COUNTS

Bring Your Best Manners Through Your Own Front Door

It is one of the strangest and saddest contradictions of the human heart, and I want you to check yourself against it honestly. How is it that a person can be so gentle with strangers and so harsh with his own family? He smiles warmly at his coworkers. He is endlessly patient with his customers. He is the very picture of good manners in the masjid and the marketplace, greeting everyone, forgiving everyone, tolerating everyone. And then he walks through his own front door, and something shifts. He becomes short-tempered, cold, easily irritated, unkind, giving the worst of himself to the very people who deserve his best and who have to live with him. The Messenger ﷺ overturned this whole broken arrangement in a single sentence.

خَيْرُكُمْ خَيْرُكُمْ لِأَهْلِهِ، وَأَنَا خَيْرُكُمْ لِأَهْلِي

The best of you are those who are best to their families, and I am the best of you to my family.

Source: Jami at-Tirmidhi: 3895 · **Authenticity:** Sahih

Notice he ﷺ did not say the best of you are the best to the public, or the most admired in the eyes of the community, or the ones with the finest reputation in the town. He said the best to their families. Because the true, unedited measure of a person's character is taken at home, by the people who live inside your walls, who see you exhausted and stressed and off guard, not by the strangers who only ever see your polished surface. So let this be a resolution we carry out of this lecture: to save our very finest manners not for those who barely matter to us, but for those we love the most. To give our spouse, our children, our parents the best of us, our warmth and our patience and our smile, and not the tired, irritable leftovers of a day we spent being pleasant to everyone else.

THE STRENGTH YOU ACTUALLY NEED

The Man Who Controls Himself

Now, so much of the damage we inflict on those we love is not done over years. It is done in a single, blazing moment of anger. One moment, one sentence spoken in fury, can demolish what a decade of love patiently built. A man once came to the Prophet ﷺ seeking advice, a single piece of guidance he could grip onto for the rest of his life. And the answer the Prophet ﷺ gave him was so short, so simple, and so devastating in its wisdom that it has never been forgotten.

لَا تَغْضَبْ

*A man said: Advise me. The Prophet ﷺ said: **Do not become angry.** The man repeated his request several times, and each time he said: Do not become angry.*

Source: Sahih al-Bukhari: 6116 · **Authenticity:** Sahih

He repeated it, again and again, because anger is the wide-open doorway through which so much ruin walks into a life. Through it march destroyed marriages, severed friendships, broken families, divided communities, words that can never be taken back. And so the Prophet ﷺ taught us to measure strength in a completely different way from the world. The world measures strength by the body, by who can dominate whom. Islam measures it by the soul.

لَيْسَ الشَّدِيدُ بِالصُّرْعَةِ، إِنَّمَا الشَّدِيدُ الَّذِي يَمْلِكُ نَفْسَهُ
عِنْدَ الْغَضَبِ

The strong person is not the one who overcomes people by his strength. Rather, the strong person is the one who controls himself when he is angry.

Source: Sahih al-Bukhari: 6114 and Sahih Muslim: 2609 · **Authenticity:** Muttafaqun Alayh (agreed upon)

Real strength, my dear brother and sister, is not the strength of the arm that wins a fight. It is the strength of the heart that holds its tongue when it has every reason to lash out. It is the strength that swallows its anger, that chooses gentleness in the exact moment it has every power to be harsh. That quiet, invisible strength is the strength of the believer, and it is far rarer and far greater than the strength the world applauds.

And oh, how desperately we need this strength inside our own homes, where the smallest spark so often becomes the largest fire. A single tired word at the end of a long day. A voice raised over something that will not even be remembered by next week. A harshness toward a spouse or a child that they will carry in their heart long after you have forgotten you ever said it. The Prophet ﷺ carried the weight of an entire ummah on his shoulders, the burdens of a whole nation, and yet he never once struck a servant, never struck a woman, and never took revenge for himself. If he, with all of that pressing down on him, could master his anger, then surely we can learn to pause, to breathe, to seek refuge in Allah from Satan, and to lower our voice at the very moment everything inside us is screaming to raise it.

THE MOST DANGEROUS LIMB

Guarding the Small Piece of Flesh

Of all the limbs that test our character, none is more dangerous than the small piece of flesh sitting behind your teeth. It weighs almost nothing, and yet it can drag its owner into the Fire. The Prophet ﷺ tied the safety of our speech directly to our faith in Allah and the Last Day, making it a measure of whether we truly believe.

مَنْ كَانَ يُؤْمِنُ بِاللَّهِ وَالْيَوْمِ الْآخِرِ فَلْيُكَلِّمْ خَيْرًا أَوْ
لْيَصْمُتْ، وَمَنْ كَانَ يُؤْمِنُ بِاللَّهِ وَالْيَوْمِ الْآخِرِ فَلْيُكْرِمْ
جَارَهُ، وَمَنْ كَانَ يُؤْمِنُ بِاللَّهِ وَالْيَوْمِ الْآخِرِ فَلْيُكْرِمْ
ضَيْفَهُ

Whoever believes in Allah and the Last Day, let him speak good or remain silent. And whoever believes in Allah and the Last Day, let him honour his neighbour. And whoever believes in Allah and the Last Day, let him honour his guest.

Source: Sahih al-Bukhari: 6018 and Sahih Muslim: 47 · **Authenticity:** Muttafaqun Alayh (agreed upon)

Speak good, or stay silent. There is no third option offered. Our tongues can build relationships or bulldoze them, bring estranged people back together or tear a family into pieces, and we will be asked about every single word. That is why the Messenger ﷺ defined the true Muslim not by an outward badge but by the safety that others feel simply being around him. He said the Muslim is the one from whose tongue and hand the people are safe, so that no one around him ever fears his speech, his actions, or his behaviour. So let me ask you the question honestly, and let it sit with you: do the people in your life feel safe from your tongue? Or do they quietly brace themselves, tense up, and prepare for impact the moment you begin to speak?

A TERRIFYING WARNING

The Worship That Could Not Save Her

Now let me share with you a narration that should make every one of us pause and hold up a mirror to our own soul, because it reveals something we would rather not face: that worship without character is a magnificent building erected on no foundation, and the first storm brings it down. A man once came to the Prophet ﷺ and mentioned a woman who was famous for her devotion. She prayed much of the

night. She fasted much of the day. She gave generously in charity. By every outward measure, she was a woman of intense worship. But there was one flaw. She harmed her neighbours with her tongue. And the Messenger ﷺ said of her something that should send a chill through every one of us.

قِيلَ: يَا رَسُولَ اللَّهِ، إِنَّ فُلَانَةَ تُصَلِّي وَتَصُومُ
وَتَتَصَدَّقُ، غَيْرَ أَنَّهُ تُؤْذِي جِيرَانَهَا بِلِسَانِهَا، قَالَ: هِيَ
فِي النَّارِ

*It was said: O Messenger of Allah, a certain woman prays much, fasts much, and gives much charity, but she harms her neighbours with her tongue. He said: **She is in the Fire.** Then a woman was mentioned who prayed only the obligatory prayers and gave little charity but harmed no one, and he said: She is in Paradise.*

Source: Musnad Ahmad: 9675 · **Authenticity:** Sahih

Stop and truly absorb that. Her nights of prayer, her days of fasting, her mountains of charity, none of it saved her, because she wounded the people around her. And the second woman, with nothing but her obligations and a small handful of charity, entered Paradise, simply because she harmed no one. Now let me be very clear, because Satan loves to twist a lesson like this. This does not mean worship is unimportant. The prayer and the fast are the pillars; without them there is no building at all. What it means is that Islam was never meant to be lived as a private relationship with Allah while we trample everyone Allah placed around us. Your worship is meant to overflow. It is meant to make you softer, kinder, more merciful, more bearable to live beside. The one who is meticulous about the first relationship, his connection to Allah, while being careless and cruel in the second, his connection to Allah's creation, has fundamentally misunderstood the religion he thinks he is practising.

How to Earn the Mercy of the Most Merciful

At the beating heart of all good character is one quality above the rest: mercy. And mercy is the very quality by which we earn the mercy of Allah Himself. The Messenger ﷺ tied the two together in a promise so beautiful it should reshape how we move through the world.

الرَّاحِمُونَ يَرْحَمُهُمُ الرَّحْمَنُ، اَرْحَمُوا مَنْ فِي الْأَرْضِ
يَرْحَمَكُمُ مَنْ فِي السَّمَاءِ

*The merciful are shown mercy by the Most Merciful. **Show mercy to those on the earth, and the One above the heavens will show mercy to you.***

Source: Jami at-Tirmidhi: 1924 · **Authenticity:** Sahih

Think about how staggering this offer is. You, a limited and flawed human being, are being told that the small mercies you scatter across the earth, mercy to your parents, mercy to your spouse, mercy to your children, mercy to your neighbours, to the poor, to the elderly, to the weak, to the stranger, will be answered by the boundless, infinite mercy of the Lord of the heavens and the earth. You give a cup, He gives an ocean. The Prophet ﷺ was the most merciful human being who ever walked the earth, and the closer we draw to his mercy, the closer we draw to him. And now hold on, because the reward of good character climbs even higher than you might think possible.

إِنَّ الْمُؤْمِنَ لَيُذْرِكُ بِحَسَنِ خُلُقِهِ دَرَجَةَ الصَّائِمِ الْقَائِمِ

*Indeed, **a believer attains, by his good character, the rank of one who regularly fasts and stands in prayer at night.***

Source: Sunan Abi Dawud: 4798 · **Authenticity:** Sahih

Imagine that, my dear brother and sister. The reward of a lifetime of fasting the days and standing the nights in prayer, earned through patience, through kindness, through swallowing your pride, through forgiving people, through the humility of how you treat those around you. This is the tremendous, and often completely forgotten, value of good character. It is worship in the marketplace. It is worship in the kitchen. It is worship in the traffic. It is worship in every word you speak and every dealing you make. Your ordinary, everyday interactions, treated with the right intention and the right manners, can quietly lift you to the ranks of the greatest worshippers.

A REMINDER CARRIED HOME

What Allah Will Actually Ask You

So let us bring it all together, because a day is coming when we will stand before Allah with nothing in our hands but our deeds. And on that Day, understand this clearly. He will not ask you how many followers you gathered. He will not ask how many likes your posts collected, how famous you became, or how high a pile of wealth you managed to accumulate before your body was lowered into the earth. He will ask you about your honesty and your humility. He will ask how you treated your parents, your spouse, your children, your neighbours, and your brothers and sisters in faith. And the Prophet ﷺ taught us who is dearest of all to Allah.

أَحَبُّ النَّاسِ إِلَى اللَّهِ أَنْفَعُهُمْ لِلنَّاسِ، وَأَحَبُّ الْأَعْمَالِ
إِلَى اللَّهِ سُرُورٌ تَدْخِلُهُ عَلَى مُسْلِمٍ، أَوْ تَكْشِفُهُ عَنْهُ
كُرْبَةً، أَوْ تَقْضِي عَنْهُ دَيْنًا، أَوْ تَطْرُدُ عَنْهُ جُوعًا

The most beloved of people to Allah are those most beneficial to people, and the most beloved of deeds to Allah is a joy you bring to a Muslim, or a hardship you relieve from him, or a debt you settle for him, or a hunger you drive away from him.

Source: al-Mujam al-Awsat (at-Tabarani): 6026 · **Authenticity:** Hasan

This is what our religion looks like when it is truly lived and not merely claimed: a person whose worship of Allah overflows its banks and floods into goodness toward everyone around them. The Messenger ﷺ summarised the whole of his mission through the perfection of beautiful character. So if we truly love him, and we say we do, then we have no choice but to strive with everything we have to resemble him in it. Because loving the Prophet ﷺ is not only a warm feeling in the chest that stirs when we hear his name. It is a manner in the hand. It is a softness on the tongue. It is a mercy in how we treat the very next person we meet.

So before you close this and return to your life, do not simply admire this lesson and let it fade by tomorrow. Beautiful character is never built by admiring it in a sermon. It is built one choice at a time, one swallowed word, one act of forgiveness, one moment of patience, one gentle reply where a harsh one was easier, until what you keep practising slowly becomes who you actually are. Choose one relationship, right now, where your character has been weak. A parent you have been short with. A spouse who has not seen your best side in a long time. A sibling you have not spoken to out of nothing but pride. A neighbour you have quietly ignored. And resolve, for the sake of Allah alone, to mend it. Start there. And let Allah rebuild your entire character from that single, sincere step.

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

*Indeed, Allah commands **justice, excellence, and giving to relatives**, and He forbids immorality, wrongdoing, and oppression. He admonishes you that you may take heed.*

Surah An-Nahl (16:90)

☰ Your Action Plan: Build a Beautiful Character

Don't just read — choose what you will act on this week.

1 Beg Allah for it before you build it

Make the Prophet's own supplication yours: O Allah, guide me to the best of character, for none guides to the best of it except You, and turn away from me its evil, for none turns away its evil except You. If he ﷺ asked, how much more do we need to.

DAILY

Make it last: keep it daily until it becomes second nature — a habit for the rest of your life.

2 Run every word through three gates

Before you speak or send a message, ask three quick questions: is it true, is it beneficial, and is it kind. If it fails any one of them, choose silence, because speaking good or staying silent is a sign of faith itself.

DAILY

Make it last: keep it daily until it becomes second nature — a habit for the rest of your life.

3 Save your best manners for home

Deliberately give your finest patience and warmth to your spouse, parents, and children first, not the tired leftovers of a day spent being pleasant to strangers. The best of you are the best to their families.

THIS WEEK

Make it last: once this first week is done, don't stop — carry it on as a lifelong habit.

4 Mend one broken relationship

Pick the one relationship where your character has been weakest, a parent, a spouse, a sibling, a neighbour, and take a single concrete step to repair it for the sake of Allah, whether a call, a visit, or a swallowed apology.

THIS WEEK

Make it last: once this first week is done, don't stop — carry it on as a lifelong habit.

🚩 The 7-Day Good Character Challenge

For the next seven days, commit to one rule above all others: do not respond to anyone in anger. When the fire rises, pause, breathe, say a'udhu billahi min ash-shaytan ar-rajim, and lower your voice instead of raising it. Each day, do one deliberate act of mercy that no one but Allah will see, and each night, write down a single line about a moment you controlled your tongue or your temper. Seven days is only the beginning; the goal is that by the end, holding your tongue and choosing gentleness is no longer an effort you make but a character you own for the rest of your life.

✍️ Make it stick – and make it last

- ✓ **Write it down.** Put your chosen action on a sticky note on your mirror, desk, or fridge – somewhere you cannot miss it.
- ✓ **Print this plan** and tick each action off as you do it.
- ✓ **Set a daily reminder** on your phone or calendar so it never slips your mind.
- ✓ **Keep a one-line journal** each night – did I do it today? how did it go? – and watch your streak grow.

Don't aim for one good day or week – aim to keep it for life. A habit only counts once it outlives the challenge.