

1

FAST

These first nine days are a really good time to fast. That's every day up until the day of Eid (fasting on the day of Eid is not permitted). Even if you cannot fast all nine days, it's especially recommended to fast on the ninth day of Dhul-hijjah. According to the Prophet (pbuh), fasting on this day erases our sins from the previous year and the next.

2

GIVE CHARITY

Remember how good deeds get rewarded multiple times in Ramadan? In the first nine days of Dhu al-Hijjah, it is the same. Go out of your way to give in charity, help your colleague, help your neighbor, give money to those in need, spend time with your family, or help your parents.

In these days, anything you do to make another person happy is an act of charity that will be rewarded in multiple ways.

Just make sure you make the right intention before doing your charitable deed.

Learn how you can donate, volunteer, or advocate via irusa.org.

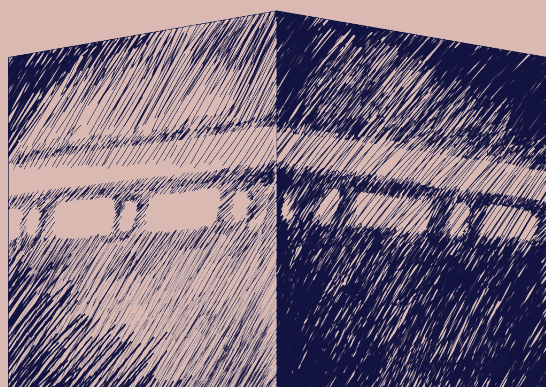
3

CHALLENGE YOURSELF, BODY AND SPIRIT

This Dhu al-Hijjah, challenge yourself with Islamic Relief and join these two challenges: No Meat Till Eid or Hajj Challenge.

Many of our sisters and brothers around the world do not have access to meat most of the year. This Dhu al-Hijjah, let us act in solidarity with them, and challenge ourselves to restrain ourselves from eating meat the first nine days of Dhu al-Hijjah. It sounds simple, but it's a challenge of your spirit to make sure you can do this.

Another challenge you can do is walk with us five miles a day for the first nine days of Dhu al-Hijjah to simulate the distance you would have walked each day if you were at Hajj. This year because of the spread of disease, Hajj is difficult for many around the world. But your body can still physically endure some of the stress of Hajj by walking the amount you would have if you were at Hajj. Each day, learn about what action you would be performing if you were at Hajj this year.



4

READ THE QUR'AN

This is a good time to read more Qur'an. Challenge yourself to see how many chapters of the Qur'an you can read during these first ten days.



5

SPREAD THE MESSAGE OF ISLAM

As the spotlight focuses on Hajj and our shopping sprees for Eid begin, do a good deed by telling people about Islam.

It could be as simple as telling your non-Muslim family member about Dhu al-Hijjah over Eid dinner, or telling your colleague about your reasons for fasting outside of Ramadan. Whatever method you use, help people see the beauty of Islam in this blessed month.

6

WAKE UP FOR TAHAJJUD

If you find it difficult to wake up for the midnight prayers before, now is a good time to motivate yourself. Think how blessed but short these ten days are, and think of all the things that you want to ask Allah (SWT) for.

Get a tahajjud buddy if you need to, but don't miss out on the great rewards of spending the night in prayers.

7

DO A GOOD DEED FOR YOUR PARENTS

When was the last time you did a good deed for your parents? Beyond chores or tasks, how many times have you said a prayer for them, donated money on their behalf, or planted a tree and gave charity on their behalf?

One of the best things that a person can have is a righteous child who prays for them. In these blessed ten days, make your parents a priority and dedicate a good deed to them.

8

DO MORE DHIKR

Muslims on pilgrimage will be reciting the talbiyah during the rites of Hajj, but since many of us are not there this year, recite the dhikr that we have been encouraged to recite in the first ten days of Dhu al-Hijjah.

"Allaahu akbar, Allaahu akbar, Allaahu akbar, la ilaha ila Allah, Allaahu akbar, Allaahu akbar, Allaahu akbar, wa lillaahi il-hamd!"

(Allah is Most Great, Allah is Most Great, Allah is Most Great, there is no god but Allah, Allah is Most Great, Allah is Most Great, Allah is Most Great, and to Allah be praise!)

Remember Allah (SWT) as often as you can as you leave the house, while in commute, while watching your kids play, grocery shopping, heading to a meeting, etc. Whatever you are doing, keep your tongue moist with remembrance of Allah (SWT).

9

GIVE SALAAM TO A STRANGER

Do you find yourself not greeting someone you don't know with a "salaam" because you're not sure how they'll react or whether they'll return the greeting?

During these first days of Dhu al-Hijjah, renew your intentions and give salaam to someone you don't know. Spread the spirit of brother/sisterhood in these holy days.

10

TEACH THE KIDS ABOUT DHU AL-HIJJAH

Many kids already know that you go to visit the Ka'aba during Dhu al-Hijjah or that they will have a nice meal on Eid al-Adha. But they may not understand the whole beauty of the month of Dhu al-Hijjah. This is a good time for parents to connect kids with our Islamic traditions by teaching them about this month. You can tell them the story of Prophet Ibrahim (as) and his son, the story of Ibrahim's wife, Hajar, and the Zamzam water, etc.



SPREAD

Joy

THIS EID

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