

1. Purifying our intentions

"Verily actions are judged by intention." [Al-Bukhaari and Muslim]

It is crucial that we purify & correct our intentions before doing any acts of worship. This is because we may have other underlying intentions in our hearts without even realizing it. Like for e.g. we may have in our hearts that we fast because we don't want to look bad in front of our family or friends or because others fast etc.

So before doing any good deed we need to align & focus our intention to ONLY pleasing Allah. By doing this we will increase the sincerity in our worship & acts of virtues & by having better intentions when doing any good act is a means of earning greater rewards for whatever good deed we are doing.

Even daily routines like eating, drinking, sleeping, waking up, traveling etc. can be a source of great reward by having the right intentions. Having good Intentions is easy & great rewards can be gained without making any hard physical effort. By just spending a couple of seconds having the right intention in our hearts we can turn a whole day to a day of worship. It is like turning dust into gold.