

The Ten-Finger Check

A gentle evening reflection built on Surah Al-Ahzab 33:35

إِنَّ الْمُسْلِمِينَ وَالْمُسْلِمَاتِ وَالْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ

QURAN 33:35



Fold a finger for each quality you practiced today.

Submission

1

الْمُسْلِمِينَ وَالْمُسْلِمَاتِ

Follow Allah's guidance, even when it is inconvenient

Faith

2

وَالْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ

Belief that shows up in action

Devotion

3

وَالْقَنَاتِ وَالْقَنَاتِ

Pray on time, even the prayer no one sees

Truthfulness

4

وَالصَّادِقِينَ وَالصَّادِقَاتِ

Honest words in emails, exams, and small talk

Patience

5

وَالصَّابِرِينَ وَالصَّابِرَاتِ

Stay steady when a hard thing first hits

Humility

6

وَالْخَاشِعِينَ وَالْخَاشِعَاتِ

Calm, humble focus before Allah

Charity

7

وَالْمُتَصَدِّقِينَ وَالْمُتَصَدِّقَاتِ

Give to someone in need, even a little

Fasting

8

وَالصَّائِمِينَ وَالصَّائِمَاتِ

Ramadan fasts and voluntary fasts

Chastity

9

وَالْحَافِظِينَ فُرُوجَهُمْ وَالْحَافِظَاتِ

Guard modesty and avoid what Allah forbids

Remembrance

10

وَالذَّكِّرِينَ اللَّهَ كَثِيرًا وَالذَّكِّرَاتِ

Dhikr in every state of your day

Start tonight

- 1 After Isha, hold up both hands, fingers open.
- 2 Say the ten qualities quietly. Fold a finger for each one you practiced today, even in a small way.
- 3 For fasting and charity, count them if you did either this week.
- 4 Pick one open finger. Ask Allah, in your own words, to help you with it.
- 5 Tomorrow, give that one quality one small action.

The promise

"For them Allah has prepared forgiveness and a great reward."

QURAN 33:35 · SAHIH INTERNATIONAL

My Week of Ten Fingers

Tick a circle each evening for every quality you practiced that day.

	MON	TUE	WED	THU	FRI	SAT	SUN
1 Submission	☐	☐	☐	☐	☐	☐	☐
2 Faith	☐	☐	☐	☐	☐	☐	☐
3 Devotion	☐	☐	☐	☐	☐	☐	☐
4 Truthfulness	☐	☐	☐	☐	☐	☐	☐
5 Patience	☐	☐	☐	☐	☐	☐	☐
6 Humility	☐	☐	☐	☐	☐	☐	☐
7 Charity	☐	☐	☐	☐	☐	☐	☐
8 Fasting	☐	☐	☐	☐	☐	☐	☐
9 Chastity	☐	☐	☐	☐	☐	☐	☐
10 Remembrance	☐	☐	☐	☐	☐	☐	☐

Fasting and charity: tick the day you did them, or tick once for the week.

This week's open finger

The quality I most want Allah's help with

.....

One small action

What I will do tomorrow

.....

Notes and dua

Ask Allah, in your own words. Write what you noticed.

.....

