

# MOTIVATIONAL MOMENTS

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by Mufti Menk

Motivational Moments is a compilation of 500 of the most inspiring quotes by Mufti Menk.

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Dr Mufti Ismail Menk of Zimbabwe is one of the most prominent and prolific Islamic scholars today.

Having studied Shariah in Madinah, he has a whole string of accolades to his name. Among them, one of “The Top 500 Most Influential Muslims in the World” since 2010. He also holds a Doctorate of Social Guidance from Aldersgate University.

Millions of people follow him across all his social media platforms. He is loved and known for his deep knowledge, sound and practical approach, wit and humour which together have become the hallmark of Mufti Menk.

He travels extensively, lecturing to world audiences. He is as much at ease walking with kings as with commoners. His message is simple. Do good, reach out to others while preparing for the Hereafter. This message resonates with all, regardless of race or religion. He engages in humanitarian and educational work extensively.

He takes a firm stand against terrorism, gross injustice, fanaticism and extremism.

“

He takes a firm stand  
against terrorism, gross injustice,  
fanaticism and extremism. ”

”



A close-up photograph of a white flower, likely a daisy, with its petals and yellow center visible. The flower is set against a light, out-of-focus background.

# MOTIVATIONAL MOMENTS

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by Mufti Menk

There have been many calls to come up with a book of quotes from the man who has been touching the lives of millions daily.

Motivational Moments brings you a compilation of 500 of the best quotes by Mufti Menk; the most popular quotes liked or shared by YOU, from his Facebook and Twitter accounts.

His empowering words instil hope and patience in people across the globe daily. They have been translated into many languages.

His quotes touch on lessons for life. They hold powerful messages. They cut across all barriers. They are for humanity.

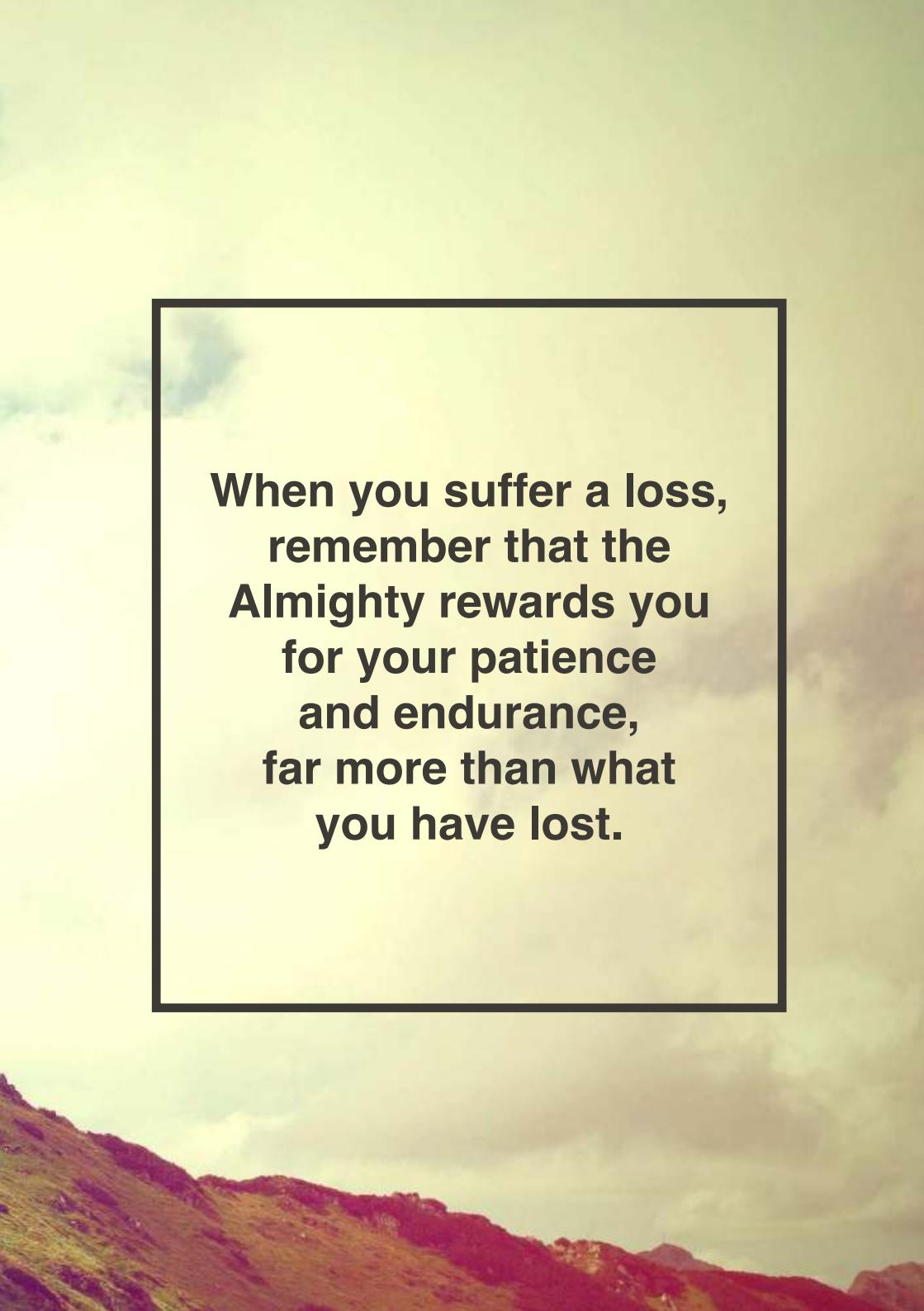
Many have taken advantage of the wisdom behind these quotes to have a more positive outlook and be a better person.

He is undoubtedly one of the great influencers of our time. His first ebook is filled with inspirational gems, spiritual wisdom, sound advice and the right dose of how to have a better life!



**Motivational Moments**

**Patience**



**When you suffer a loss,  
remember that the  
Almighty rewards you  
for your patience  
and endurance,  
far more than what  
you have lost.**



Patience  
Motivational Moments

10

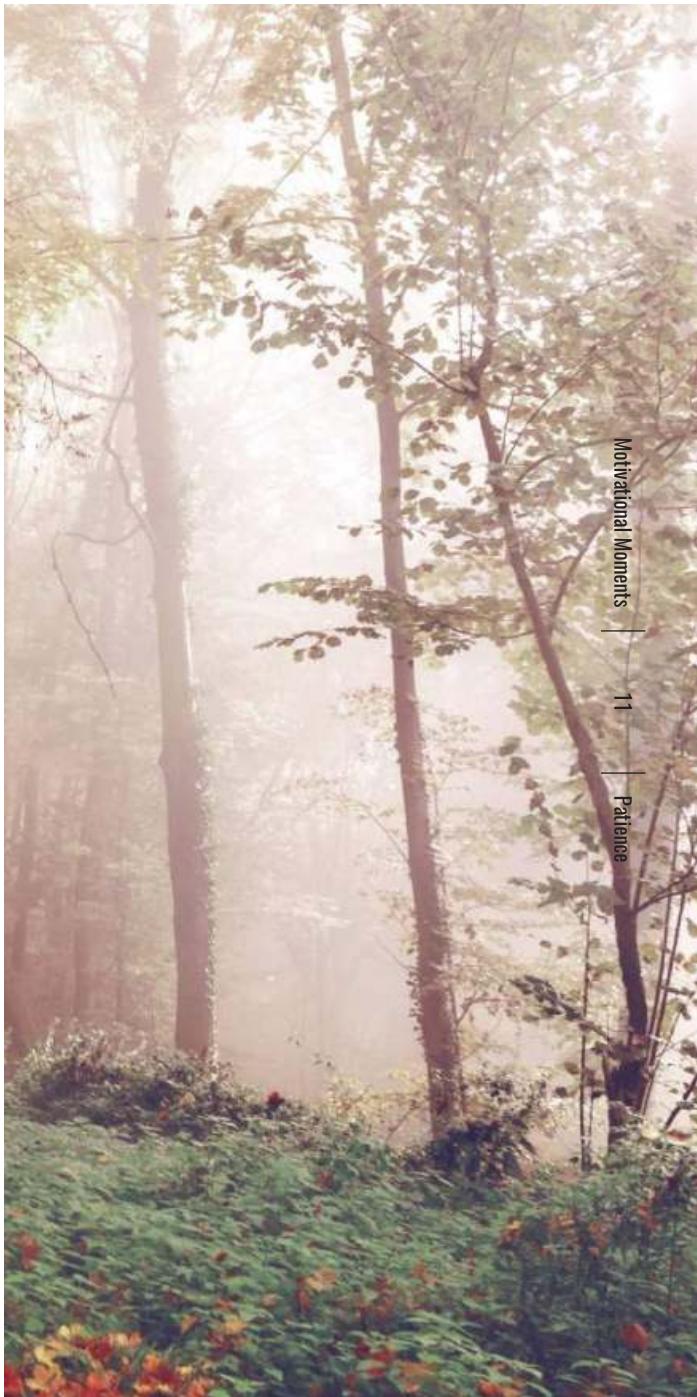
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Unfair things may have happened to you and caused a lot of pain. But remember the Almighty is making you a lot stronger in the process.

If you want to know the strength of your soul, look at how patient you are, how readily you accept His Will. Don't break when you're bent!

Worrying about the future won't change your destiny. Just live. Have a heart full of trust that the Almighty only wants the best for you.

~



~

Hardship is actually a gift from the Almighty. If you endure and stay firm, no matter how difficult, He'll reward you and elevate your status.

Almighty. We're living in trying times. Strengthen our faith and protect us. Help us keep good company and guide us towards useful knowledge.

Don't think that suffering weakens you. It doesn't. It shows the depth of life He has created. So when pain drags you down, He's there!

~



~

People will criticize.  
People will misjudge.  
That's okay. As long  
as you're at peace,  
with good intent and  
a pure heart, that's  
what matters.

Stay calm if someone  
gossips or backbites  
you. They're taking  
away your bad deeds  
and giving you their  
good ones as they  
engage in bad acts.

We feel disappointed  
because we expect  
too much from others.  
Don't. People change.  
Don't expect them to  
stay the same. Trust the  
Almighty's plans!

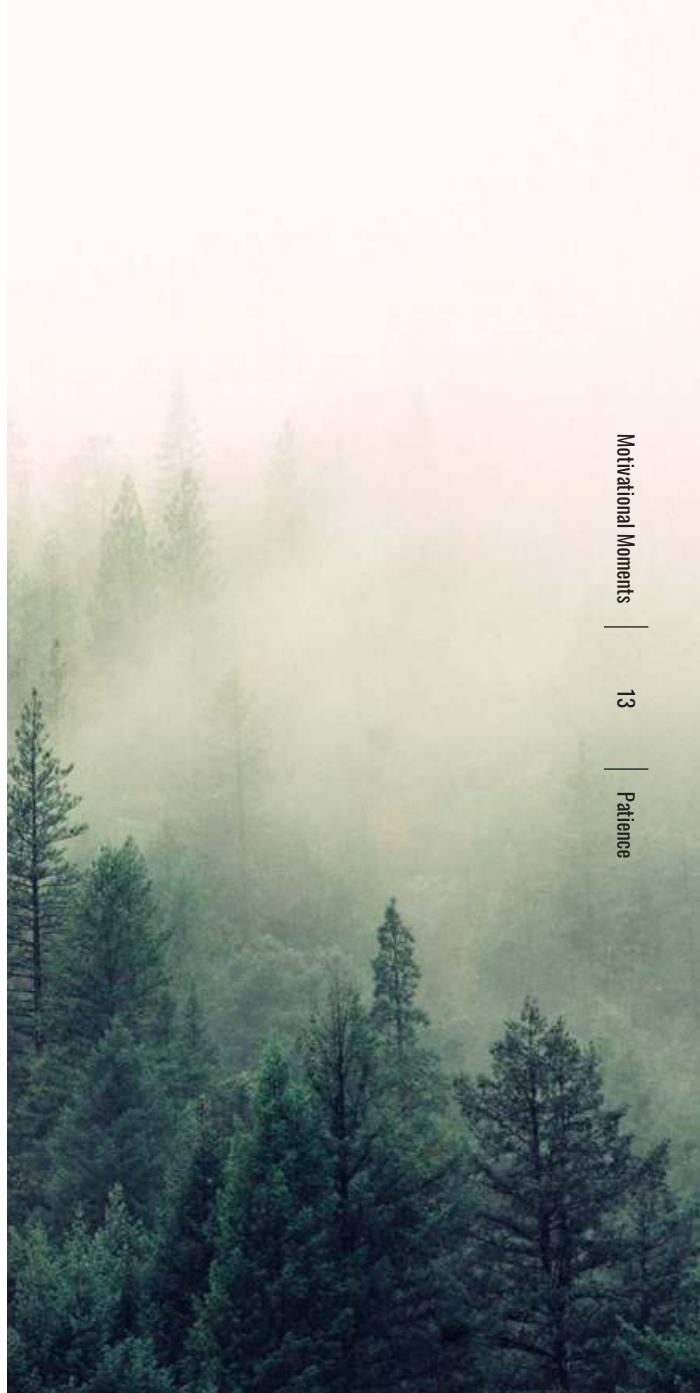
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Perhaps the best way to deal with problems is to do it quietly, patiently. No need to tell everyone. Find relief in Him. You'll stand again.

No matter how angry, never use harsh words on others; for those could be the last words you'll ever say to them. Choose to be kind always.

~

If you really want what you're praying for, you'll never be tired of waiting. The Almighty knows. The beauty lies in the struggle. Trust Him.





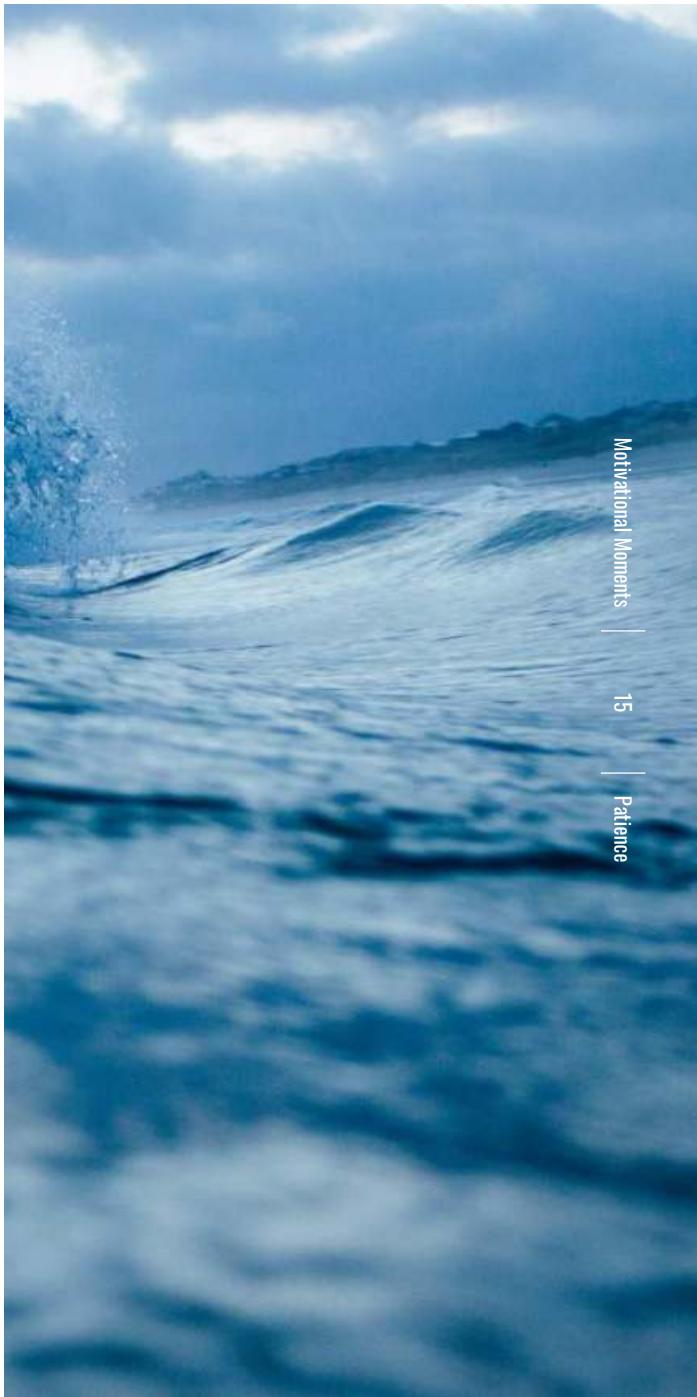
~

Never mind if others look down on you or spread rumours about you. You can't control wagging tongues. Focus on pleasing The One who matters.

Don't waste your time arguing. Especially with those who are arrogant. No matter what you say or do, they simply won't accept the truth.

Almighty! Grant ease to uneasy hearts of those facing difficulties. Let them endure with beautiful patience and make them among the righteous.

~



~

When something bad happens, ask yourself, "What am I supposed to learn from it?" Find the lesson, understand it. Look to the Almighty for strength.

Not everything can be the way you want it to be. Learn to be patient. Appreciate everything that you have and always thank the Almighty.

Don't complain about the pain, the stress and the anxiety you face. Whatever you're going through, the Almighty knows.

He will reward you accordingly.

~

~

Sometimes when you're insulted, you have no other option but to remain silent. Let the Almighty deal with it. Preserving the peace is best.

If you claim to love the Almighty, show patience always. Don't be among those when tested with hardship, they complain and become impatient.

As you begin to trust the Almighty more and more, you'll have confidence, hope and a heart filled with peace like never before. Blessed!

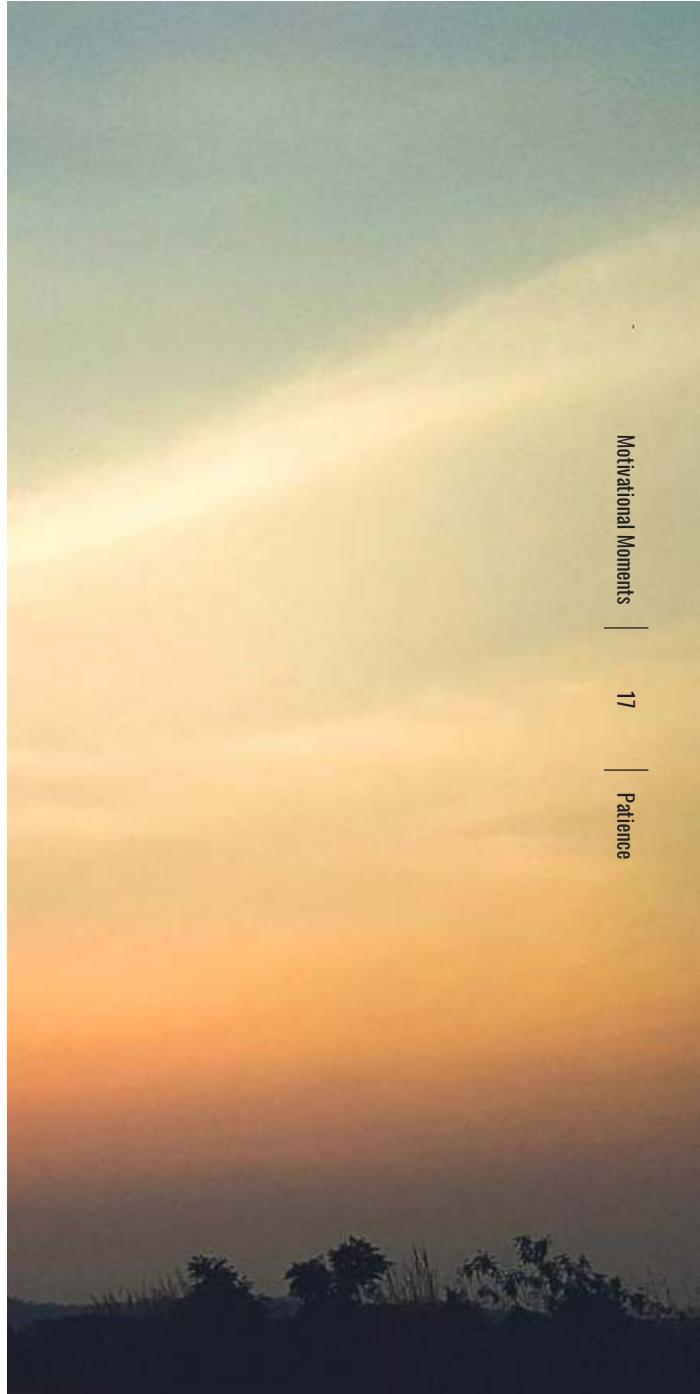
~

If people dislike you  
because of what  
you've been blessed  
with, don't retaliate.  
Pray that He bestows  
the same on them  
and keep them happy.

Almighty. Give me  
patience when things  
don't go my way.  
Help me find  
it in my heart to  
accept what You will  
and that You're  
the Best Planner.

Don't complain and  
grumble while you wait  
for what you want.  
Have good patience. If  
the Almighty wants  
you to have it,  
He'll give it to you!

~





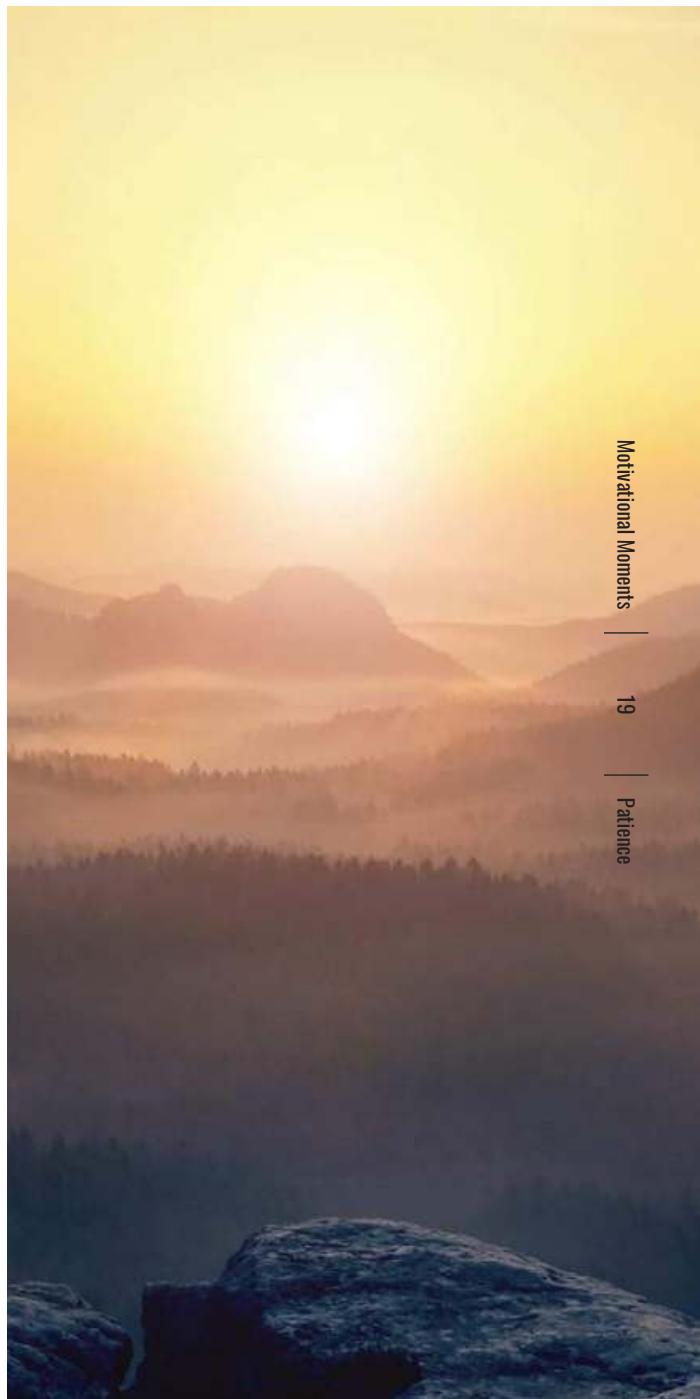
~

Some act like they don't know you and are only friendly when they need help. So be it. Help if you can. He sends different people to test us.

Waiting is never easy. You want something so badly and you feel the Almighty's not responding. Don't forget every delay has its blessing.

Let people judge you and say what they want. The Almighty doesn't judge you the way people do. That's what matters. So do what's right.

~



~

If you're being belittled, ignored and ill-treated, take it in your stride. It's normal to retaliate but the one who trusts the Almighty is the winner.

When you feel alone because everyone has walked out on you and abandoned you, know that the Almighty's always there. The Almighty will never forsake you.

If you hope for the best, the Almighty will give you the best. So be patient. Don't hold back. Pour your heart out to Him. Let no doubt keep you away.

~



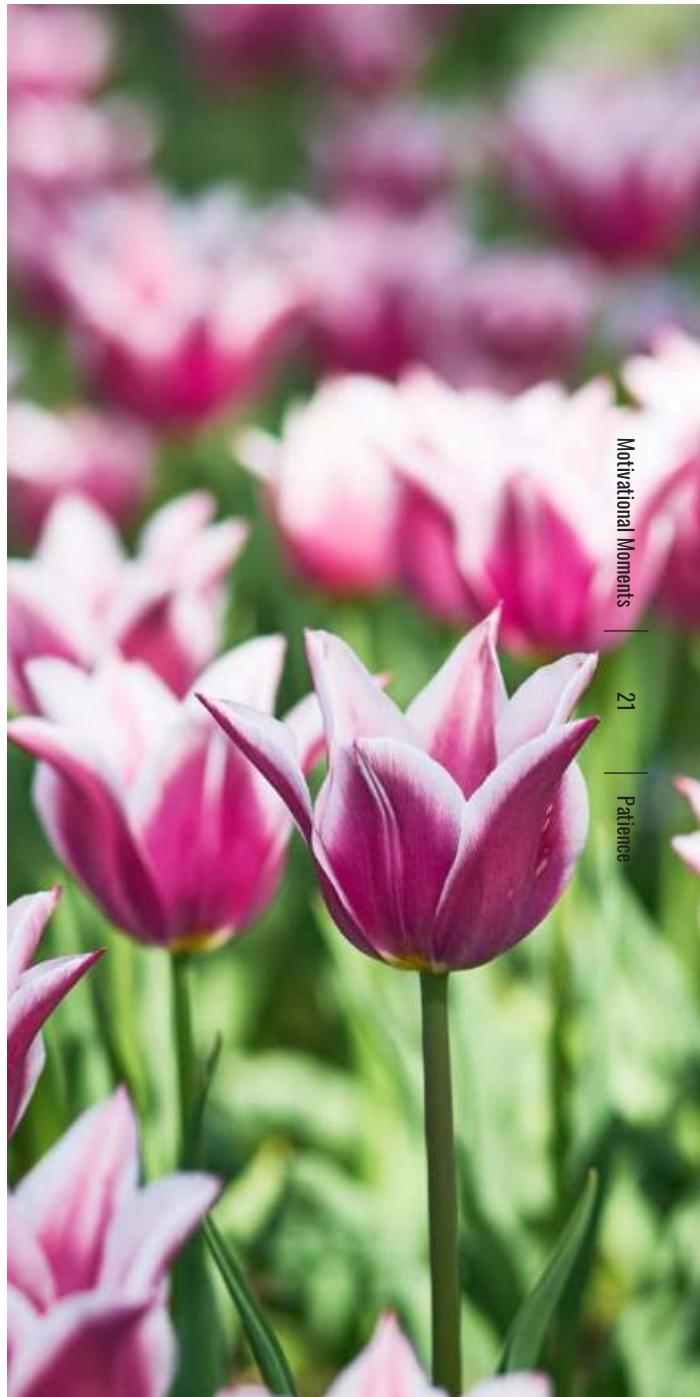
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The Almighty loves those who show real patience. They don't give up. They don't feel hopeless. They struggle and strive; all for His sake.

Cultivate a grateful heart. For when you do that, all the difficulties will turn to ease. The stress in your life will turn to Blessings.

Each new day's a test. Face it calmly. Know that you're not perfect but never let your anger get in the way of how you respond to problems.

~



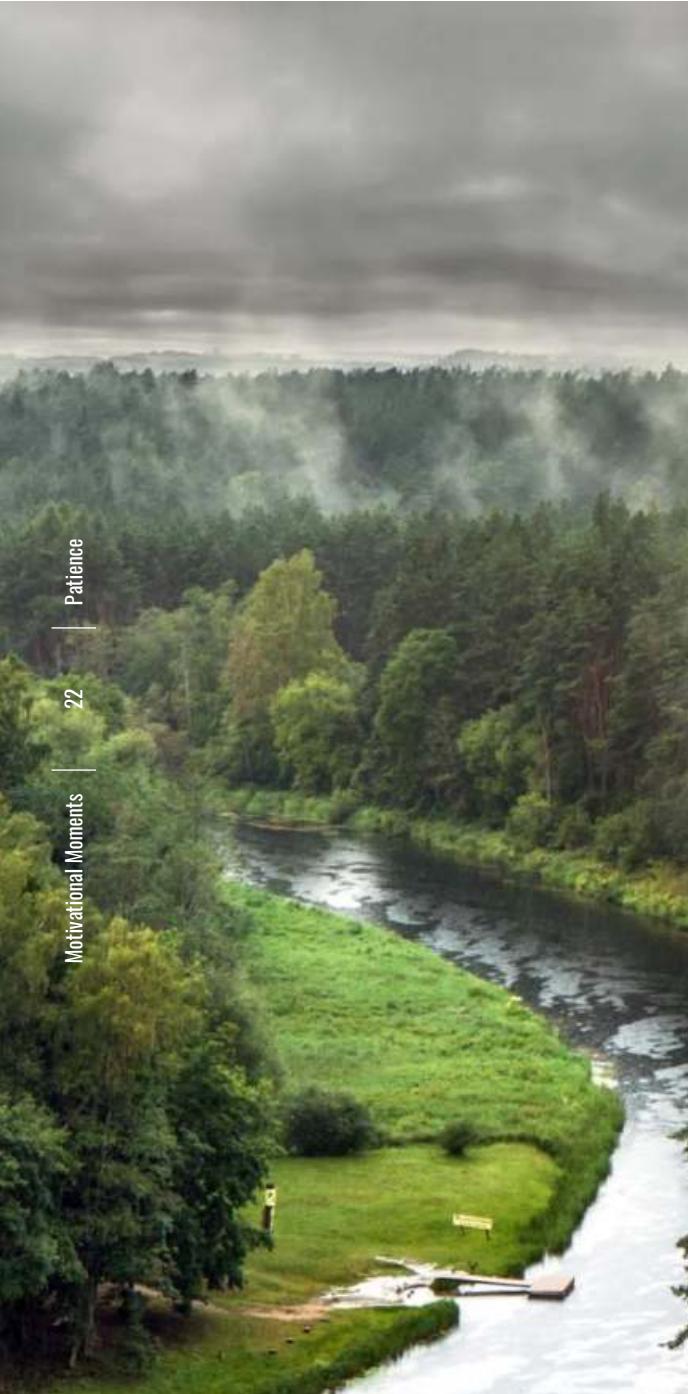
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When you control  
your anger, you earn  
His pleasure. It's a  
test of the strength  
of your character. Be  
conscious of it so you  
won't regret.

Don't allow your trials  
to tear you down and  
make you bitter. With  
patience and faith,  
you're supposed to  
pull through and be  
a better person.

Often in our weakest  
moments we crumble.  
We think the Almighty  
has abandoned us.  
If only we could look  
beyond the darkest  
clouds; see the  
sun peeking.

~



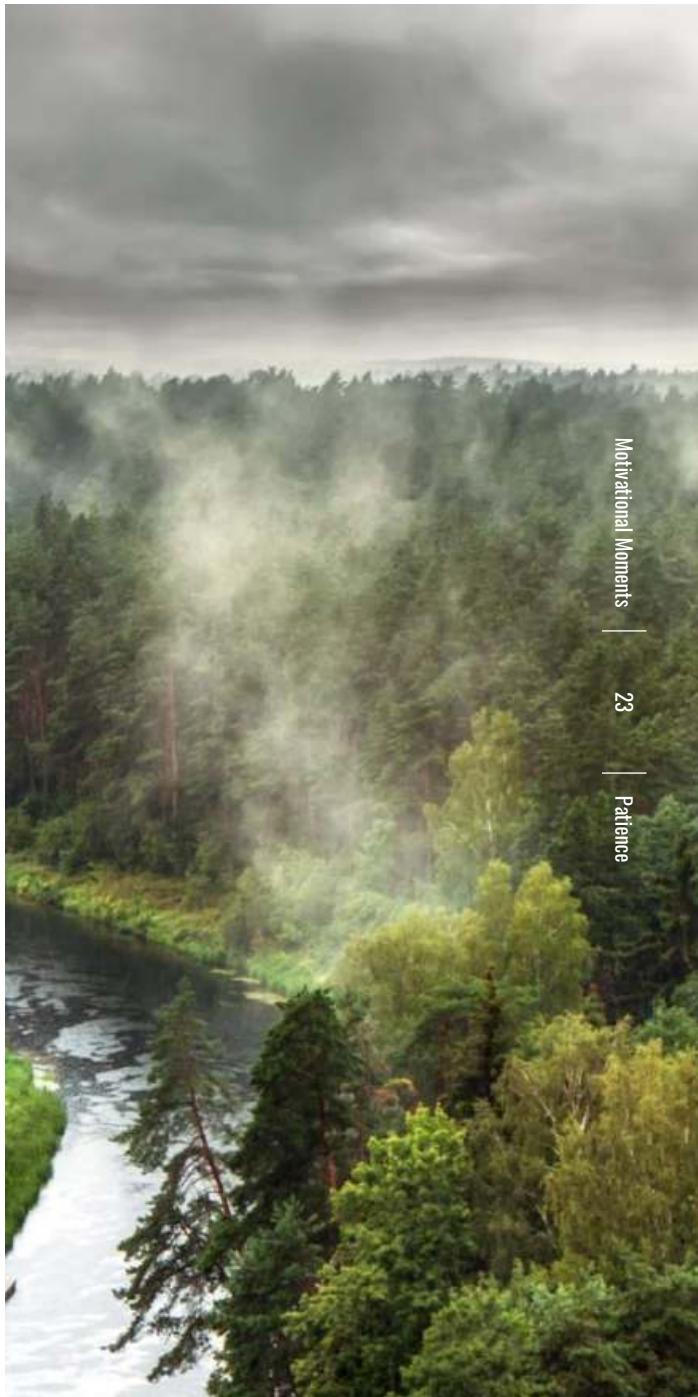
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Even in your darkest moments, don't despair. Be patient and you'll emerge stronger. Relief and ease come after hardship. Never forget that.

Never doubt what the Almighty has in store for us. We fail to see the big picture. We focus only on what's in front of us. He knows best.

Never blame the Almighty when misfortune strikes. They're to make us stronger and build patience, not to punish us. There's wisdom behind it.

~



~

You've come this far  
despite all the trials  
and you've stayed  
steadfast. Don't you  
think the Almighty  
could carry you  
even further?  
Trust His Plans.

Be positive, be patient  
- the surest way to  
get through your  
problems. It's  
not easy but you'll  
receive endless  
amount of Blessings.

How you react at the  
first sign of a calamity  
is the real test of  
patience. You can be  
calm and collected or  
hysterical and angry.  
You decide.

~

~

There'll be low days and high days. You may fall and have to restart many times. It's frustrating but it'll be ok. You can do it. Seek the Almighty's help.

To those who are worried, struggling or questioning the Almighty, know that He's testing you so you'll emerge stronger and better than before.

For those tired of holding on, wondering when things will change, know that the beauty is in the struggle. The Almighty is true to His word. Patience.

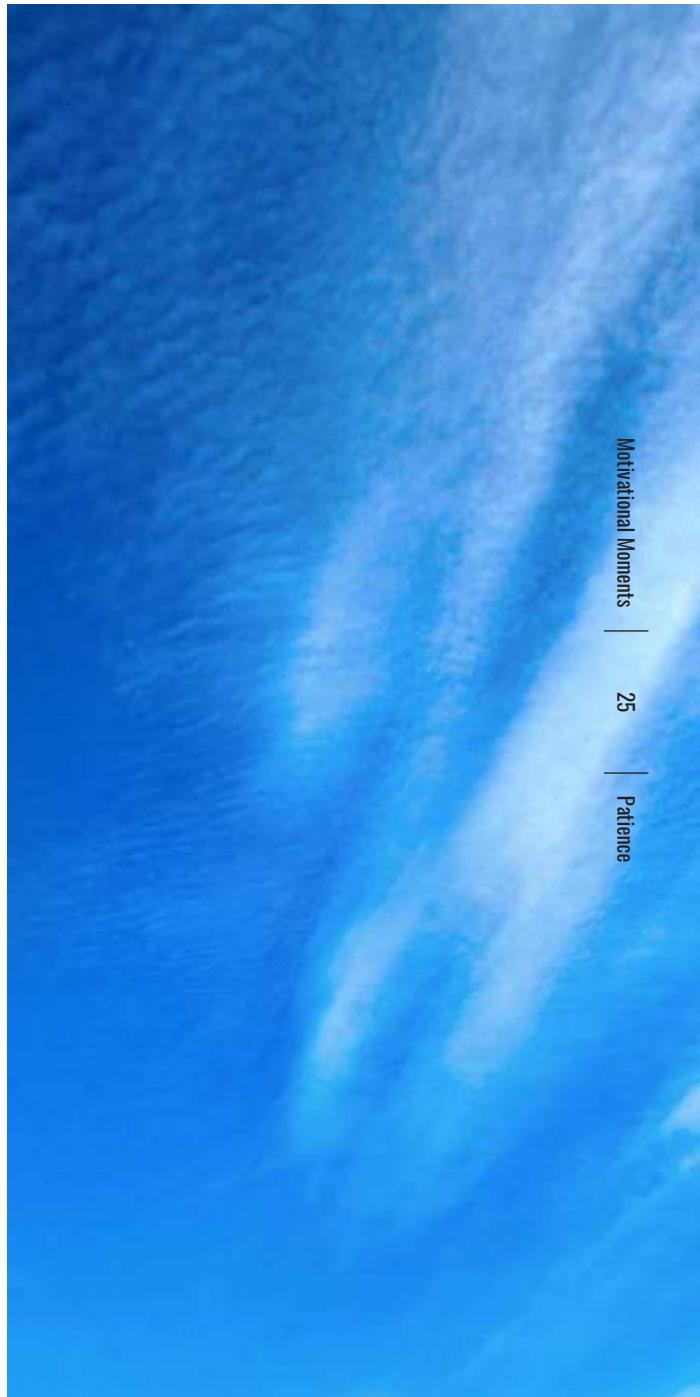
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Never tire of asking the Almighty for a way out during hardship. You'll be rewarded for asking Him as well as for being patient!

Yes, life can get tedious. Yes, the nights can be dark and lonely. But if you have the Almighty as your focus, you'll bear patiently, come what may.

If you're still looking for that inner peace, learn to accept everything the Almighty has decided for you. Be grateful. Be patient. You'll be content.

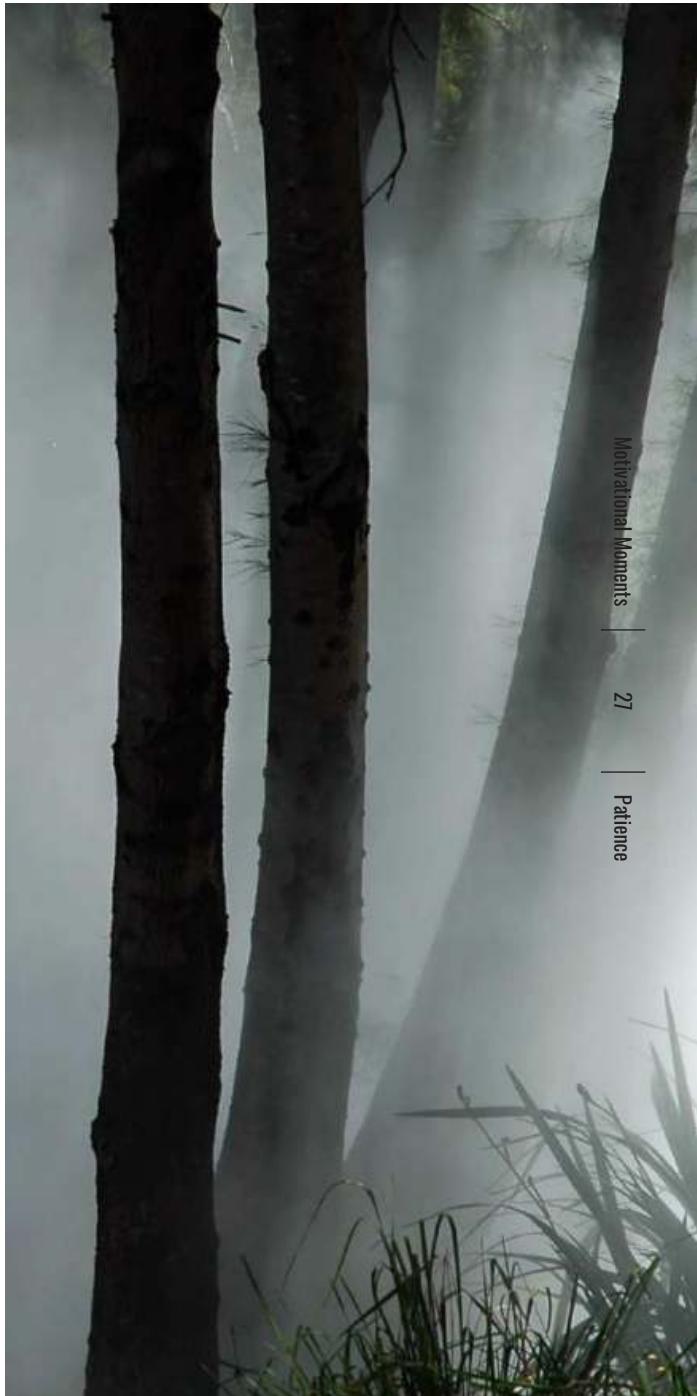




Always think carefully before making a decision. Don't act in haste. Often we decide things when we're angry or stressed. Don't. Be patient.

When something bad happens, don't curse that moment of calamity. Instead, use it to get closer to the Almighty. That's what tests are for.

Anger is like a fire that's lighted. If you control your anger, you'll put out the fire. If you let it rage on, you will be consumed by it.



~

Remember no matter how bad things are, nothing lasts. So you just have to be strong when you want to give up, face up to things when you want to run away! It will be fine in the end.

Do you feel frustrated with the way things are going in your life? That's your faith being tested. Focus on the outcome, not the obstacles.

This is not easy but the real test for a believer is if he can remain calm and composed in front of those who are offensive and behave badly.

~

Treat each day as a new lease of life. Don't waste it. Not everyone gets it. Ask Him to forgive your shortcomings and be a better person.

~

Almighty. On this blessed day, fill our hearts with patience. Things may look bleak now but a new dawn awaits. You will grant ease soon!





Some 70,000 thoughts fill our heads daily. Both good and bad.

You need to choose. Anger, hatred, jealousy or positive and peaceful. Be careful.

~

Many ask how can patience be beautiful? It's tiring, painful, saps your energy. But it's beautiful simply because you trust the Almighty fully.

At times we are tested not just to show our weakness. The Almighty knows and wants us to discover our strengths. Trust Him and show patience.

~

At times you may feel like no matter how hard you ask, the Almighty doesn't answer your prayers. Don't be frustrated.

Have faith in Him.





When times are tough, remember  
how the Almighty loves patience.  
Ask Him for the utmost patience.

Don't forget the rewards  
that come with it.

~

In the end, you don't need  
anyone but the Almighty.  
Whatever you're going through,  
have patience. Trust Him.  
Everything will turn out fine.

When you've finally understood the Decree of the Almighty, you won't be sad. You know whatever happens is by His Will and it's best for you.

~

When you're confused and frustrated because things aren't working out, don't curse and swear. Hang on. Be patient. The Almighty knows the right time.





Feed your mind with positive thoughts daily. Things will get better. Bear patience. Yes, it's bitter but you'll forget it all when you get there.

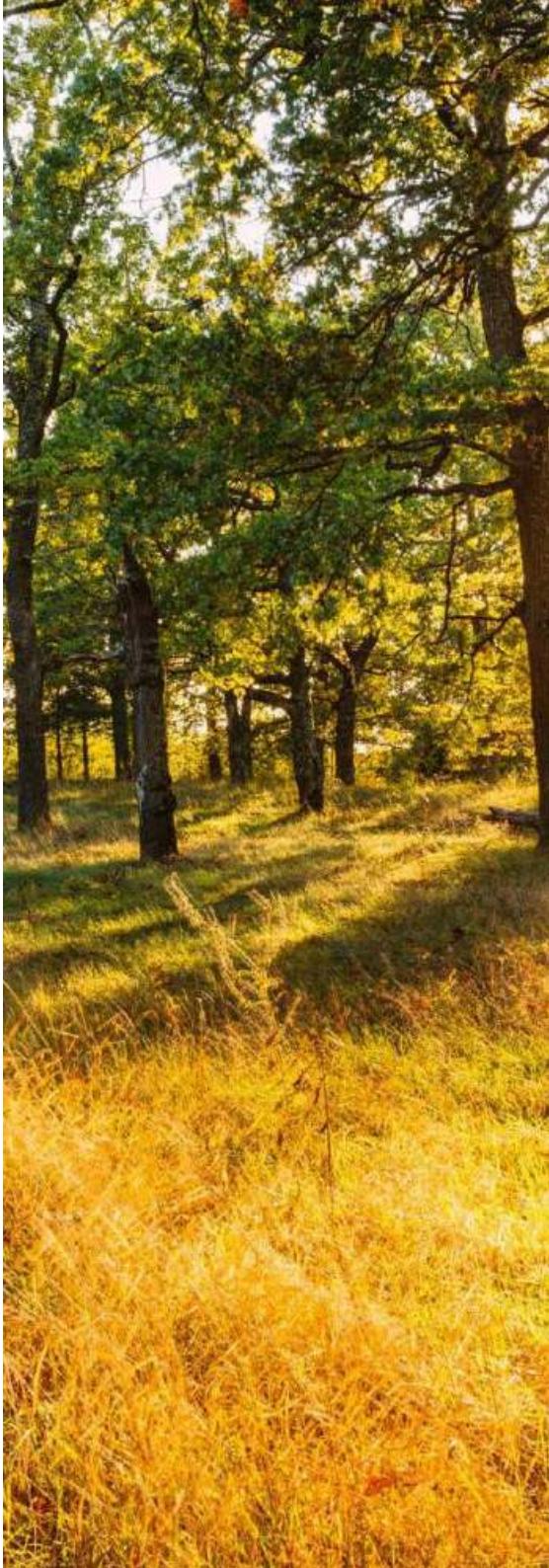


Don't worry about the noise and petty insults people make as you're trying to get closer to the Almighty. Focus and be patient. He'll guide you.

The road of life doesn't allow you to travel backwards. Keep going. There's a reason for everything. You may not see it now; just trust.

~

It's easy to think that the Almighty's not listening because you've been asking for so long. Never doubt He's All-Knowing. It's all in His timing.

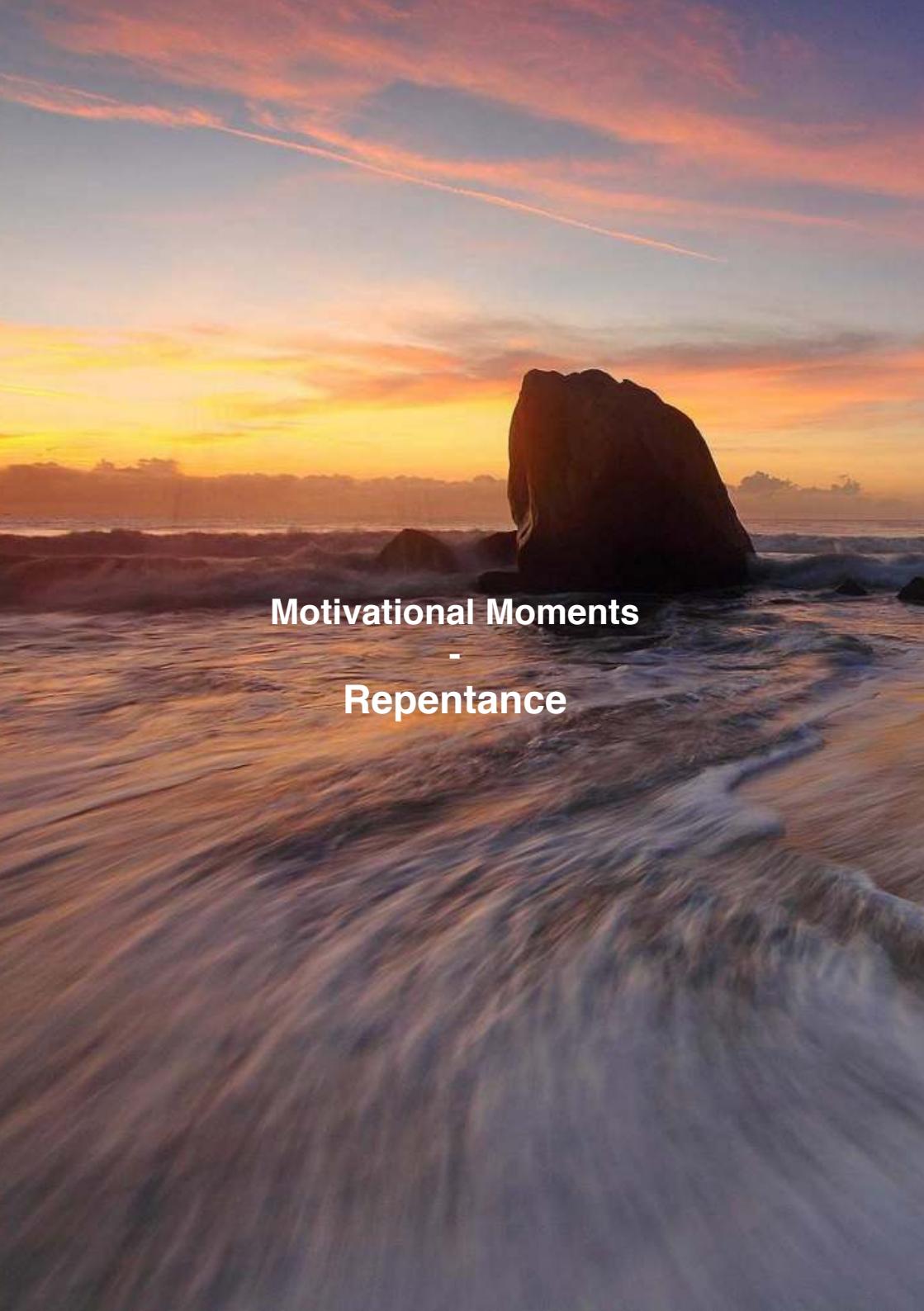




He knows your problems more than you do. He knows what's best for you. So put your trust in Him, the All-Wise. He will take care of you.

~

Don't stop asking from the Almighty. Raise your hands and supplicate. It's the most powerful tool you have. Use it. He loves to hear from you.

A wide-angle photograph of a coastal scene at sunset. The sky is filled with horizontal clouds, painted in vibrant shades of orange, yellow, and blue. In the foreground, the ocean waves are blurred, creating a sense of motion. A large, dark rock formation is silhouetted against the bright horizon. The overall atmosphere is serene and contemplative.

**Motivational Moments**

**Repentance**

A photograph of a sunset over a beach. The sky is filled with warm, orange and pink hues. The ocean waves are crashing onto the dark, sandy beach in the foreground. A dark silhouette of a mountain range is visible in the background. A white rectangular frame surrounds the text.

**Don't be distracted by  
the noise going on.  
Pause and reflect. You'll  
realize how much time  
you've wasted on all that  
nonsense around you.**

Seek His forgiveness often.  
For past sins, for those you've  
forgotten or overlooked.  
Ask the Almighty sincerely not to  
punish you for it.

~

Whatever's happening now is  
for the best. You have to believe  
that. You might not understand it,  
but if you trust Him, you'll  
be rewarded.





Don't treat small sins as a small matter. The danger is it becomes a habit and starts to feel normal. Recognise the signs; get back on track.

~

A single teardrop begging for His forgiveness with sincerity can wipe out your sins. The Almighty loves to forgive! Don't hesitate. Repent.

After a thousand tears of joy at committing sin, a single tear of sincere repentance washes it all.

~

We cry, He listens. We're hurt, He heals. We call, He answers. We repent, He forgives. Seek the Almighty for everything. Always.





Don't get into the habit of complaining to everyone about your problem. Most don't care anyway. Talk to the Almighty who has full control.

~

The Almighty doesn't care about the quantity of your sins. He cares about the quality of your repentance. Don't let your sins bog you down!

How many of us spend sleepless nights feeling hopeless about our problems? Remember what the Almighty says, “Call on Me, I will respond”.

~

Guard your heart and don't let it get too attached to this world. We are mere travellers. Nothing lasts, including people's memory.





Almighty. When we're drifting away from You, quickly get us back on track. Don't let desires cloud our thinking.  
Guard us from evil.



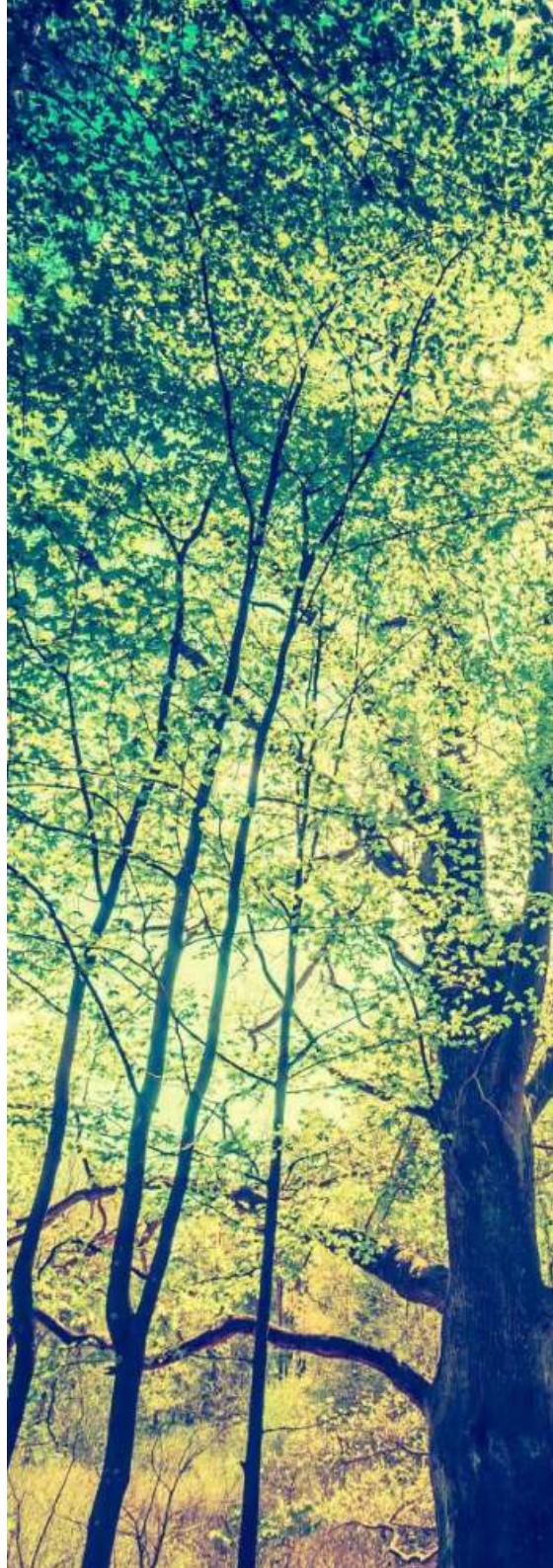
Don't be fooled into thinking that "small" sins are okay.  
White lies and gossips committed often can be our downfall.  
Don't make excuses.

If the world was free of problems,  
Paradise would lose its value.

~

Don't just keep repenting with  
your tongue but nothing else  
changes. Do it from the heart.

Feel it. Show Him you're  
doing it sincerely.





If you feel that Satan defeated you yesterday, do your utmost to defeat him today. Do more good deeds, repent and get close to the Almighty.

~

Prayer is one of the best cures for diseases of the heart. Communicate with your heart and soul. Get close to Him. He will give you comfort.

Almighty. Grant us a huge dose of hope. There's so much pain in the world that it's easy to feel helpless. Guide and protect us all the way.

~

Even when you feel bogged down by sins, don't give in to despair. The gates of repentance are wide open. The Almighty is always there!





Be mindful of images you share  
and post on social media.  
These may well outlive you.  
What kind of footprint do you  
want to leave behind?

~

If you feel stuck in the depths  
of guilt, you're not alone. But  
the smartest people don't  
stay stuck, they get on the  
path of repentance.

Constantly praise the Almighty even when you're stressed, sad, confused or broken. He will then raise you and no one can bring you down!

Have you felt your life turning upside down at times? No matter how hard you try, nothing works.

Let it be. Let the Almighty turn it around.

~





Don't be fooled by this world. The best part of your life is not lived loudly on a stage for all to see. It's the small acts of kindness which nobody knows about.

~

Almighty. We may have lost our way countless times but Your endless Mercy always draws us back to You. Keep us rooted and firm in faith.



Repentance  
50  
Motivational Moments

~

When you ask  
the Almighty for  
something, ask with  
all your heart. Don't  
ask half-heartedly.  
You must trust that  
He'll grant you  
what's best.

Many times, it is  
not what we say  
but how we say it  
that hurts people.  
Always choose the  
best words.

Don't let this  
world and its  
materialism get to  
your head. You'll  
become conceited.  
Remember the  
Almighty is the  
ultimate power.  
Stay humble.

~

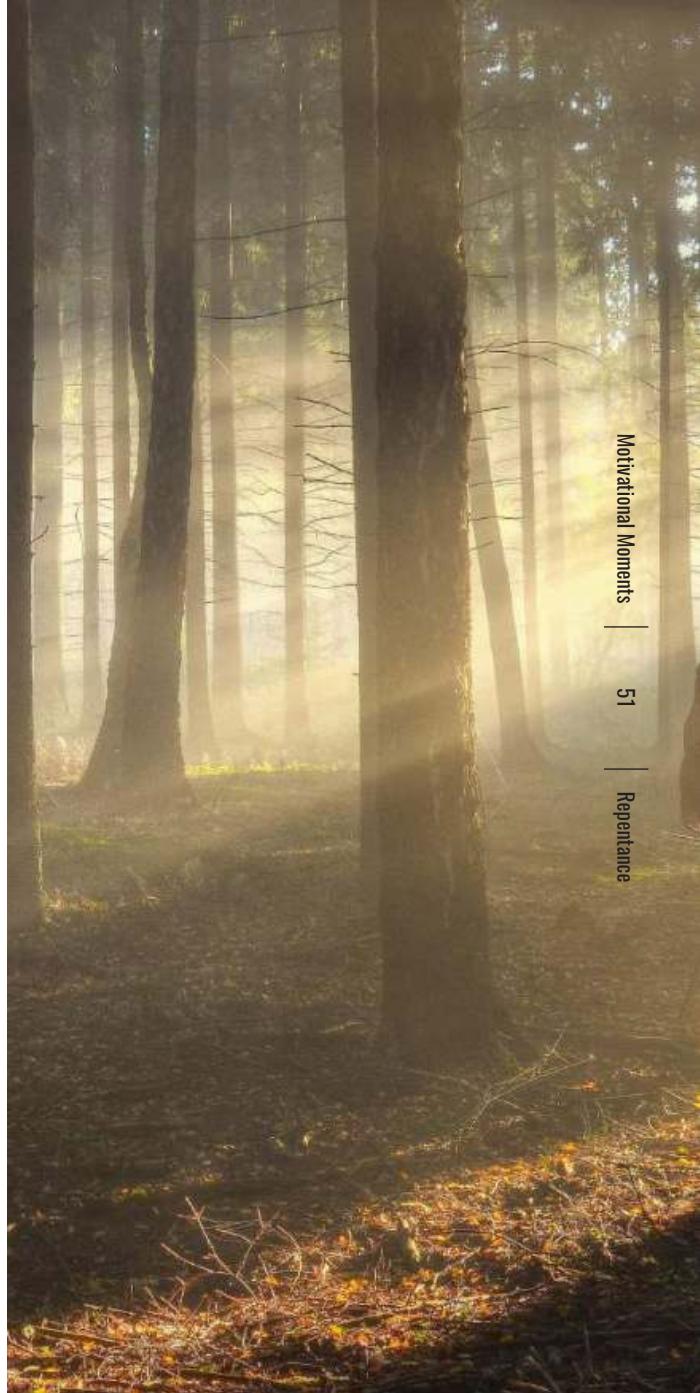
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There's so much  
strife and suffering  
the world over.  
Never take things for  
granted. Be grateful  
for what you have  
and the Almighty will  
grant you more.

We know how fast  
time flies. There's  
no replay; no going  
back. So don't waste  
it with idle talk and  
gossip. Respect His  
Blessing of time.

Don't wait for a  
wake-up call, like a  
health problem or death  
of someone dear to  
you to get close to the  
Almighty. Do it now and  
let us not delay till  
a life-changing  
event happens.

~





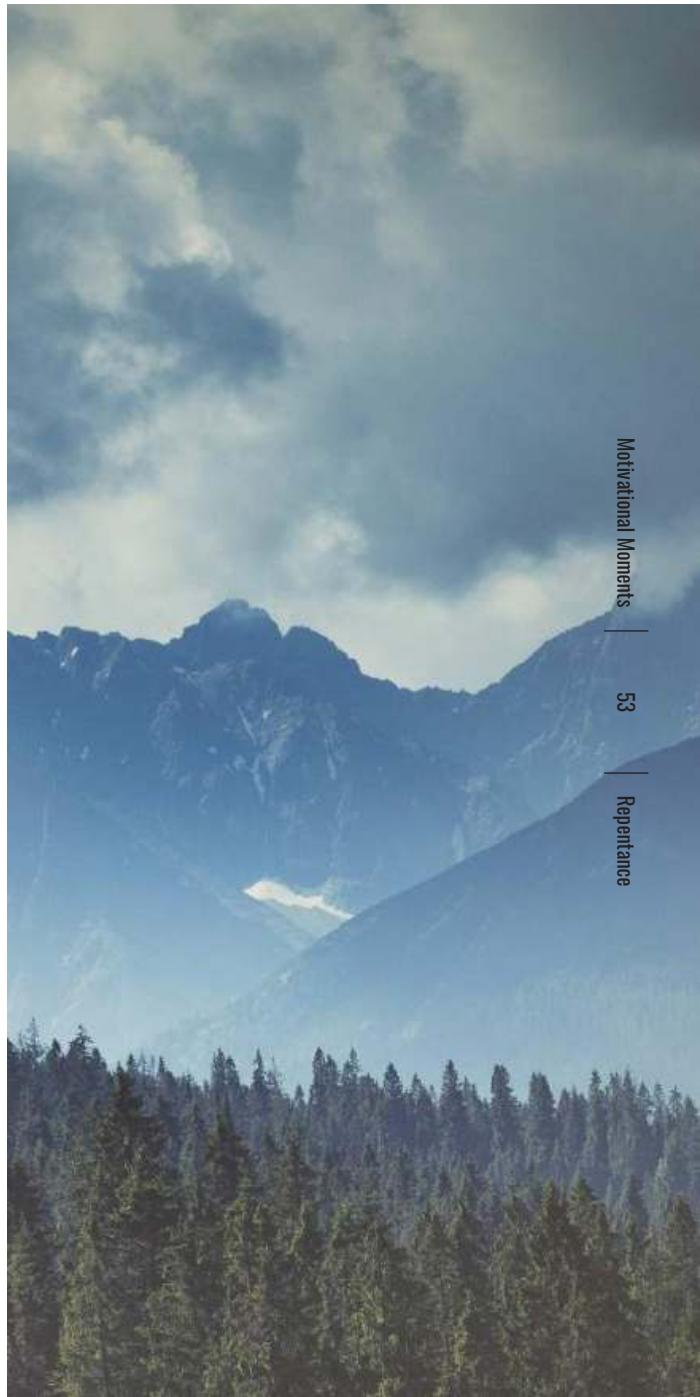
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Don't dwell on your moment of weakness. By doing so, you're giving in to Satan. Repent and move on. The Almighty will never forsake you.

With each passing day, our life gets shorter. Don't waste it. Spend it well. Try harder. Work at it to earn that place we all want to go to.

Always remind yourself that the Almighty's watching. Nothing escapes Him, no matter how small the act. Look beyond the struggle and the pain. Be patient.

~



~

We get upset, even angry when people call us only when they need our help.

But think for a moment, many of us do likewise with our Maker.

If you're in the habit of slandering others, discussing their faults and spreading gossip, beware. Such acts will darken and poison your soul.

Never let one mistake or one sin that you commit drive you away from the Almighty. Repent daily. Renew your intent. Keep your heart pure.

~



Is your mind in twenty different places when standing in prayer to your Maker? We're all victims of distraction. But He deserves our full focus.

Be grateful for your life. Appreciate even the smallest He has blessed you with. What you take for granted is a dream come true for some.

The next time you feel like judging someone, ask yourself, "Do you know what's in his heart?" The truth is you'll never know. Only the Almighty does.

~

Bad habits can't be changed overnight.

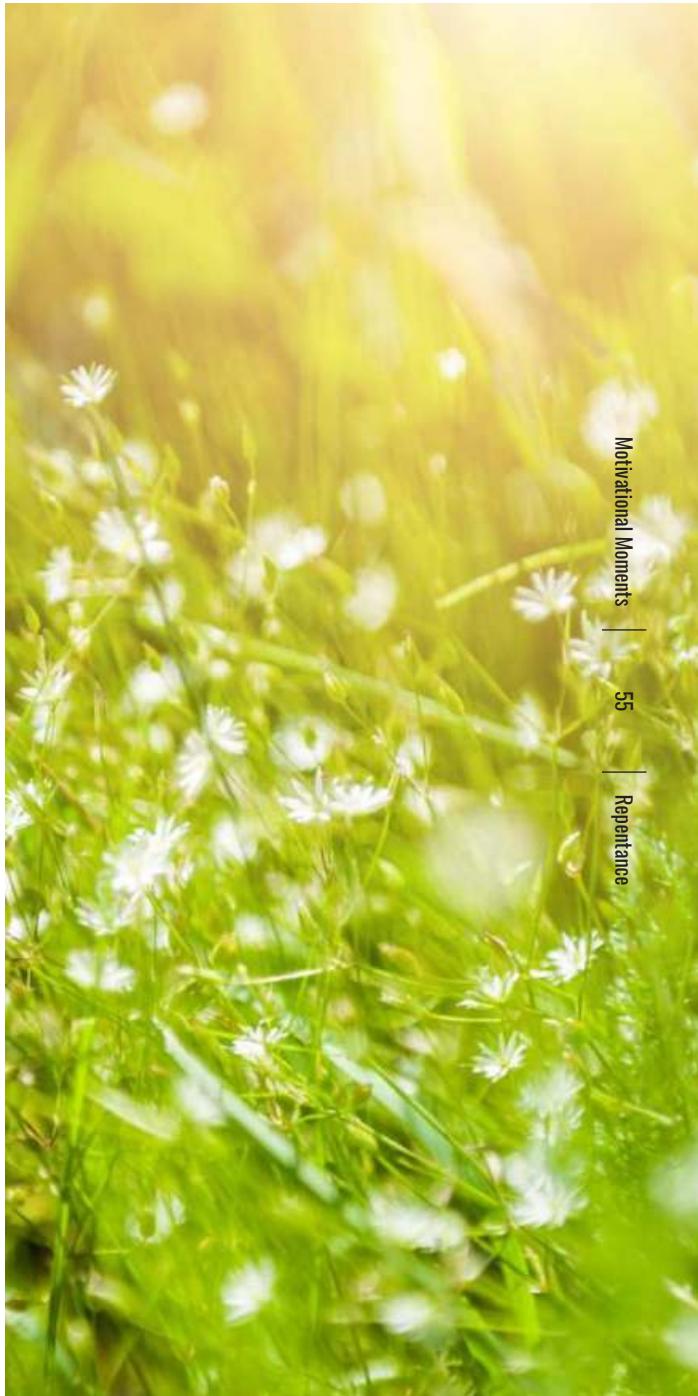
You need will power, patience and commitment. Above all, seek His guidance to help mend your ways.

As you get more religious, your love for others is supposed to increase. You get kinder, more tolerant and wiser; not about being arrogant.

Be a decent human being. It costs nothing. Know that we don't own a thing in this world, it's all on lease before our time is up.

Be humble.

~





Protect your heart from revenge and hate. Don't let it consume you. A vindictive soul will end up miserable. Learn to forgive instead.

Be careful who you insult and slander. Spreading rumours and speaking ill of others will cost you dearly on the scale of deeds. Leave such acts.

Don't be busybodies, meddling into the affairs of others. Avoid prying into things which are of no concern to you. Focus on your own life.





~

Don't just sit thinking about your sins and plan to repent tomorrow. Tomorrow is never promised to anyone. Don't delay. Just do it. Sincerely.

Think good of others. It's now common to question and be suspicious of every move others make. Get rid of that mindset. Build good character.

There's no point clothing yourself with the best designer wear until you've cleansed your heart from lavish desires, greed and discontentment.

~



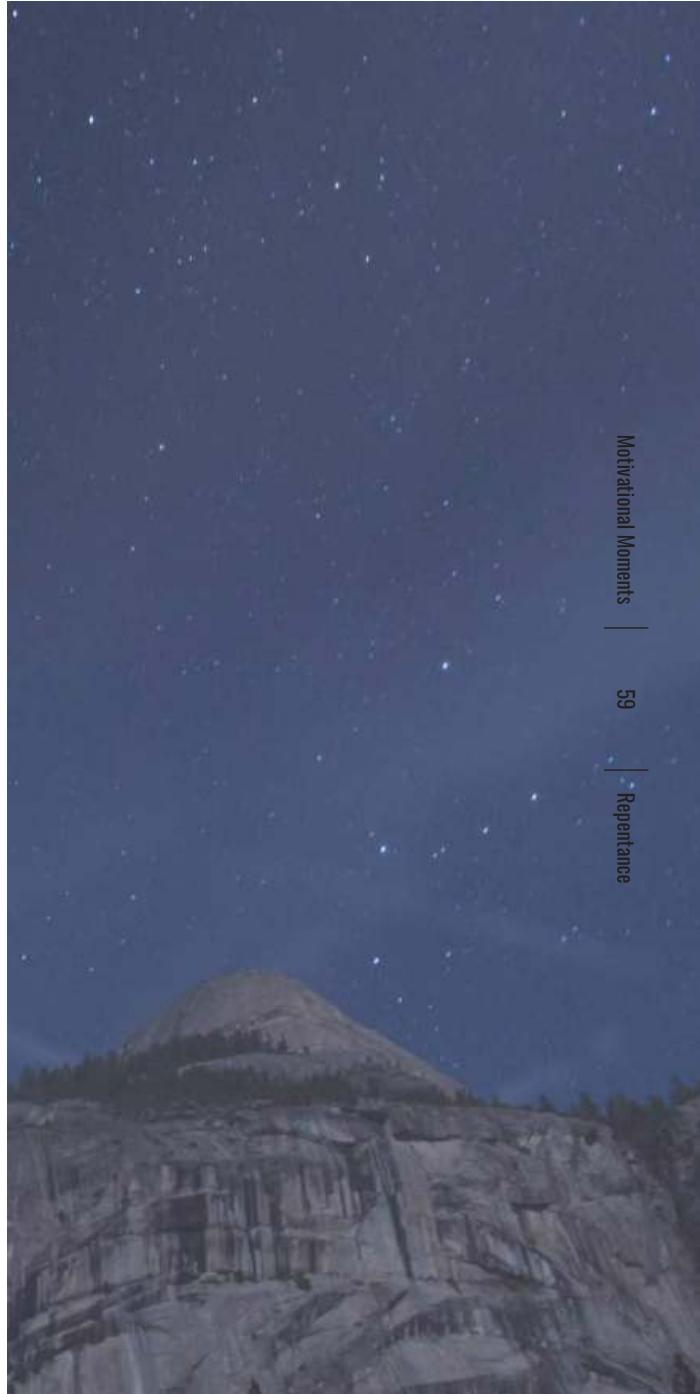
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Beware of complacency. Never think you're better off spiritually than the one who is struggling to keep the faith. May He keep us steadfast.

Stay humble. You may think you know it all. Don't feel that you can't learn from others. There are lessons even from those you don't like.

Never look on what the Almighty has commanded us to do as a chore. Instead, seek His help to do it. Such is the attitude of a true believer.

~



~

The small mistakes you ignore can add up to a huge one. Be careful when saying, "it's no big deal". You may end up with disastrous effects.

Each night before you sleep, make sure your last deed is good. Remember the Almighty and seek forgiveness for all you've done during the day.

You need a lot of courage and trust to look past what you've gone through in life but as long as you put your trust in Him, you'll be alright.

~

If you need a distraction in your life, focus on your OWN sins. That should keep you from being concerned with the faults of others.

~

When you've sinned, quickly repent and get back on track. Don't wait for the "right time".

There might not be a next time or second chance.





If you've been thinking about making a change, do yourself a favour. Start a new page. Talk to the Almighty. He gives countless chances.

~

We take great pains in our relationships, forgetting that no other relationship will help us on Judgement Day except that with the Almighty.

It's easy to feel alone when times are really tough. You can't seem to share your sorrow. But know that no matter where you are, the Almighty knows.

~

No matter what you're going through, one day it'll all click. You'll care less about what others think of you. Only His Pleasure matters.





It's easy to be seduced by  
whispers of Satan but it's very  
difficult to get out. So learn to  
seek the Almighty and let  
Him fill your heart.

~

Be wary of sins which aren't  
visible. The dangerous ones that  
lurk in your heart and aren't seen  
or known by others.  
These weaken your faith.



~

We're busy planning  
for the future  
without ever knowing  
if we'll live till tomorrow.  
How about the  
Hereafter? Does it not  
deserve planning?

We strive and take  
pride in knowing  
worldly things. Yet  
when it comes to  
what matters for  
our next life,  
we are careless.

When you belittle  
your sin repeatedly,  
your heart hardens.  
So seek His  
forgiveness and  
repent often if you  
don't want your  
heart to be sealed.

~



~

Life is so full of contradictions. We try to hide from others and keep what we do under wraps forgetting that the Almighty is always watching.

To give up hope in the Mercy of the Almighty is one of the biggest crimes you can commit. No sin is too big for Him. What better time to repent.

If you've been traveling in a dark tunnel for a while and your heart's sincere about seeking light, look past your emotional agony. Ask the Almighty.

~



~

Beware he who  
criticizes all the time.  
He forgets the good  
others have done and  
only mentions their  
fault. Purify the heart.  
Speak only good.

When you finally  
trust that the Almighty  
knows what's best  
for you more than  
you'll ever know it  
yourself, that's when  
you'll be at peace.

Why do we often  
remember every person  
who is wronged us while  
we forget the ones we  
have wronged? May the  
Almighty forgive  
our shortcomings.

~

~

Stop living your life as if there won't come a day when you have to be accountable for your actions. Don't be fooled by this temporary life.

As long as you're alive, nothing's too late. Don't let anyone mess with your mind. If you want to turn to the Almighty, do it now. Make that change.

Repent often and ask for forgiveness even when you think you've done nothing wrong. Remember, everyone sins. Nobody is perfect.

~



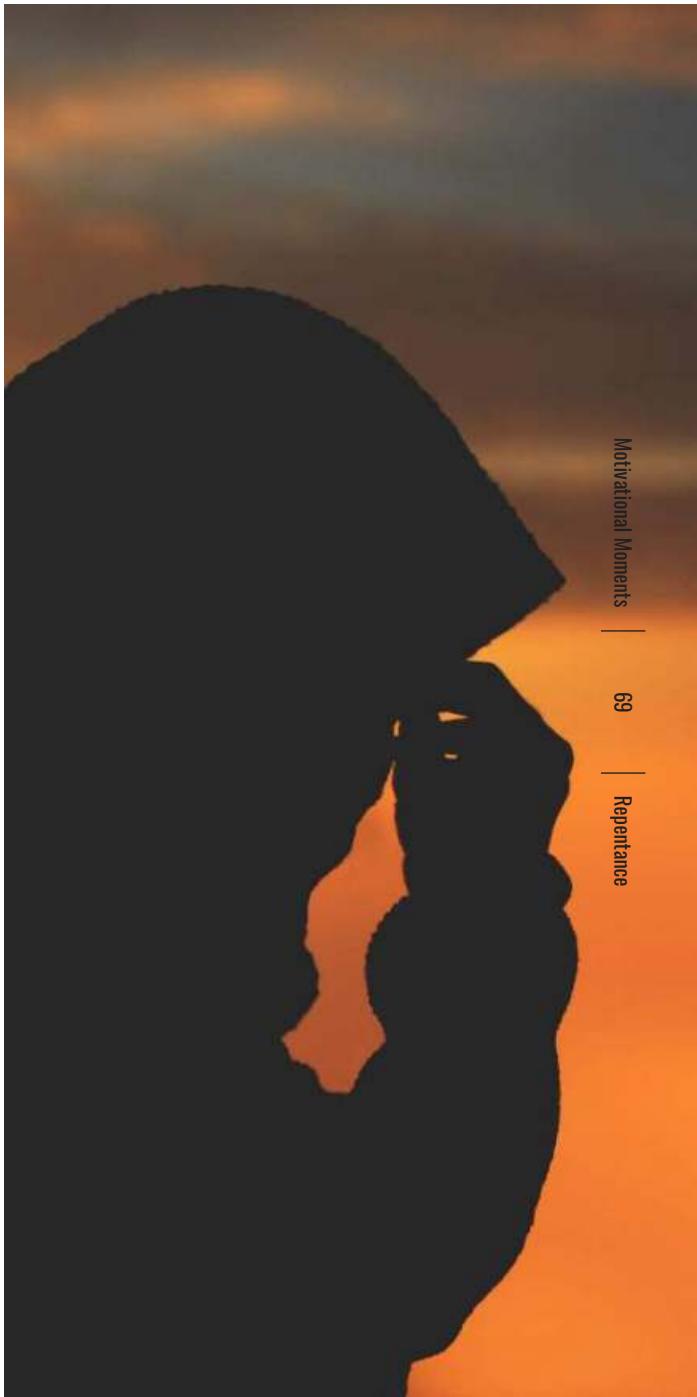
Don't say, "I'm not praying because I've sinned too much."

You're praying because His Mercy and Love for you is endless. Turn back to the Almighty.

The only way to counter chaos is to remain calm. When things are noisy, be quiet. When you feel broken, let the Almighty guide your heart.

Don't spread tales about others just because you're jealous of them. Making up stories is a big sin. Fear the fact that the Almighty knows.





~

Stop asking why something “bad” happened. What you see as “bad” will mould you into the person that you are. The Almighty makes no mistakes.

When the Almighty says “No”, it’s not to keep us from our goals. He’s protecting us from the pain and misery. Trust His hidden Blessings.

Should you ever feel lost or question your purpose in this life, get in touch with He who formed you in the womb. Your Creator. You’ll find the answer.

~



It's a sad truth. We are guilty. We don't appreciate our blessings until the Almighty takes them away from us. Wake up before it's too late.

If you're going through a hard time now, you need Him more than ever. Don't expect people to fix things for you. Ask Him for ease and guidance.

Be careful of your words and actions. Once you hurt others badly, it'll always be at the back of their minds, even if they're fine outwardly.

~

Pain is there for a reason. It'll soften your heart. It'll draw you closer to the Almighty. It'll let you see His Divine Wisdom. Embrace it.

Whenever you feel the journey's too hard, remember the Almighty makes things happen for a reason. Every trial has a purpose. That should comfort us.

~

Almighty. Lift the heaviness from my heart and replace it with ease. Give me hope to face tomorrow with renewed strength and confidence.





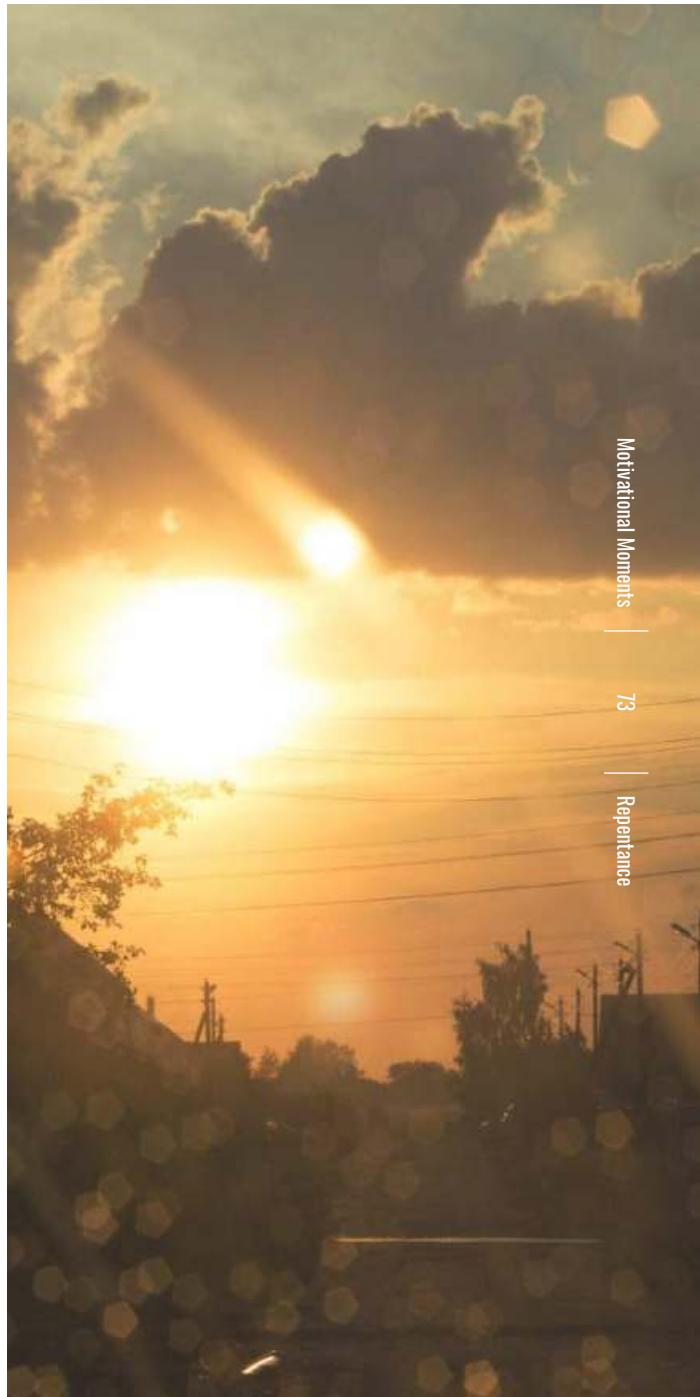
You've done things  
you're not proud of in the  
past. You're not alone.

Don't feel hopeless.  
Start anew. Pray. The  
Almighty is waiting to  
hear from you.

No matter how old  
we are or how smart  
we think we are, we  
all make mistakes.  
What's crucial is to  
recognise this and  
quickly set it right.

Make that first step  
if you want change.

Leave the rest to  
the Almighty. It may  
not happen today or  
tomorrow but know  
that you'll get there.



~

Don't be too quick with comments. You've no idea what others are facing. So cleanse your heart and hold your tongue. That's the real struggle.

Don't dwell on the past and get all upset.

Regret is a waste of time. Learn from mistakes. Move on. Appreciate the present and thank Him for it.

Don't lament over what was and what could've been. Make the most of what you have now with dedication and firm faith. Thank Him for everything.

~



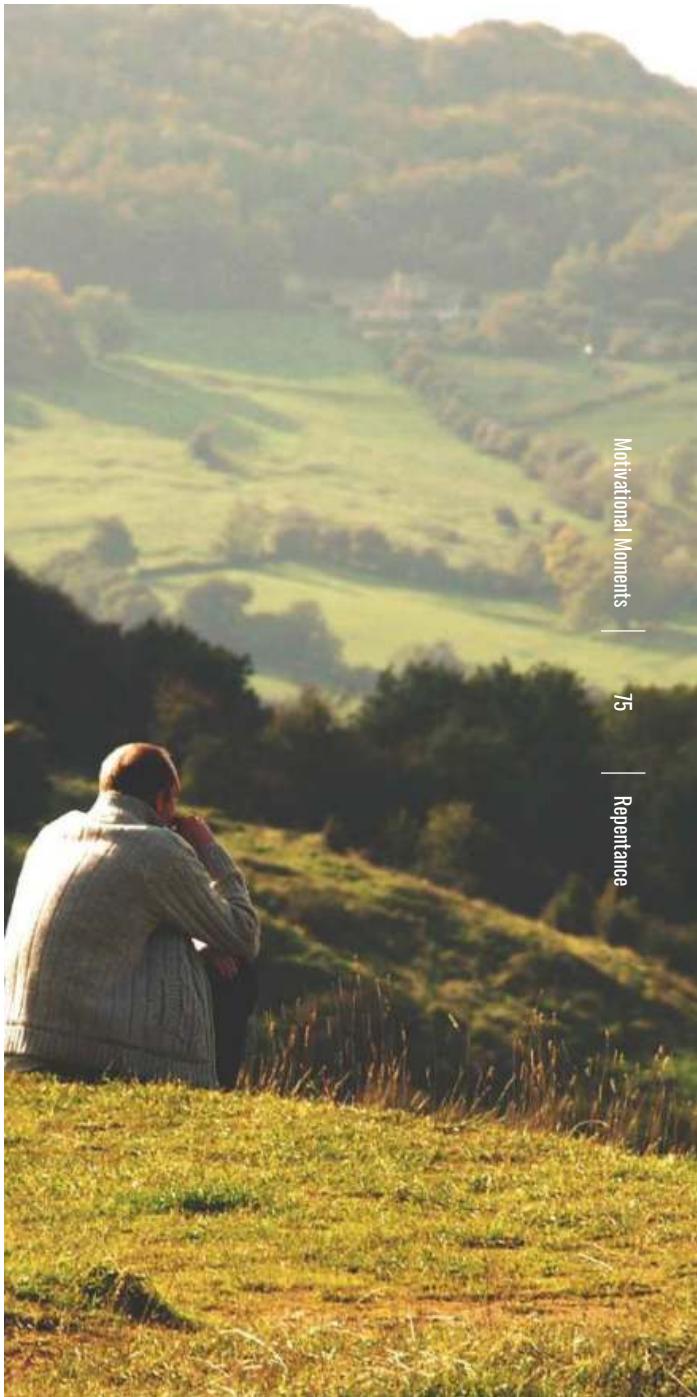
~

The Almighty speaks to us in many ways daily. If we can't hear or choose not to hear Him, something is amiss with our conscience! Take heed.

The truth is we're too busy enjoying the bounties of the Almighty that we have no time to give thanks. Do it before He takes it all away.

Life is not all about happiness. Embrace the sad and the pain as well. But never forget the Almighty at all times. Speak to Him about every fear, every dream, every hope you have. He listens.

~



~

Somewhere, somewhat, somehow, we've lost the plot in this life. We've forgotten why we're here. We need to refocus before it's too late.

Almighty. Help us realize that everything we have is a gift from You. Guide us to use the gift in the best way to earn Your Paradise.

Do you lose hope because you think you've done too much wrong and the Almighty won't help? Do you remember He's the Most Merciful? Call out to Him now.

~



Many have become more impatient, angry and cynical about the future. This isn't healthy. We don't know what's ahead but the Almighty does. Trust Him.

Patience is tough but it's a must. Combine it with prayer and a heart that's always connected to the Almighty, your tough days get easier.

We all have our weakness; often it's from our hearts. Seek the Almighty's help to purify it. A heart that's busy thinking of Him has no time to do bad.



~

Spread kindness in whatever possible way. Remember it's a form of charity.

Whatever you do will come back to you in some way, somehow, some day.

At times, we feel there aren't enough words to describe feelings so we remain silent. Don't fret. The Almighty understands it better than anyone else.

Don't curse time. The Almighty's the Owner of time. We all have 24 hours. But some get more out of each day than others.

It's His Blessing.

~

Almighty. Forgive us for rushing through our daily prayers, for being distracted while at it; just so we can fulfil our worldly desires.

~

No matter how detached you feel when you pray, don't let go of the link. It's your path back to the Almighty. Keep at it. You'll feel attached again.

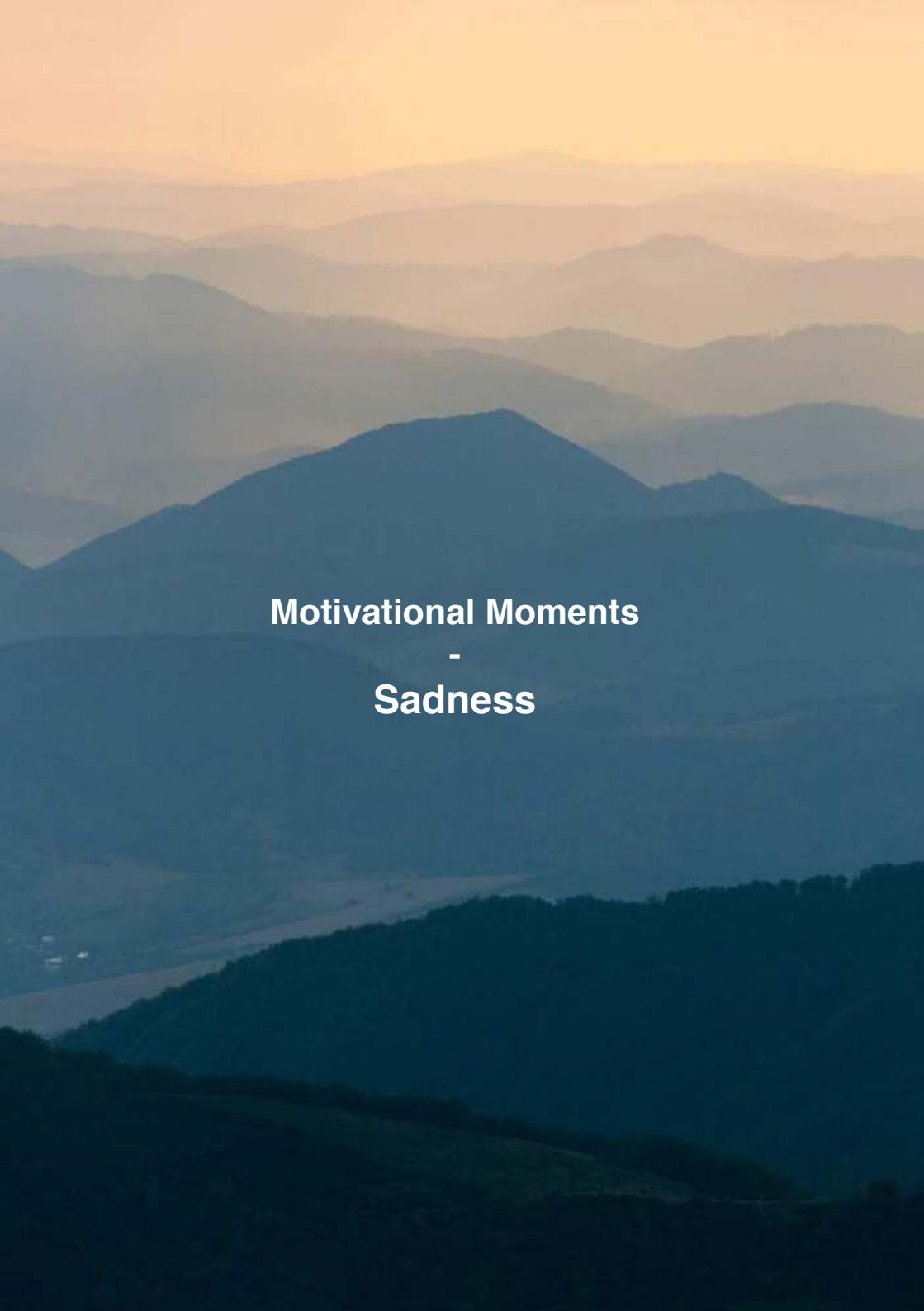




You may have had an unfair past.  
Don't dwell on it. That's why we  
have Judgement Day. Get on  
with life. Do your best.  
Trust the Almighty!

~

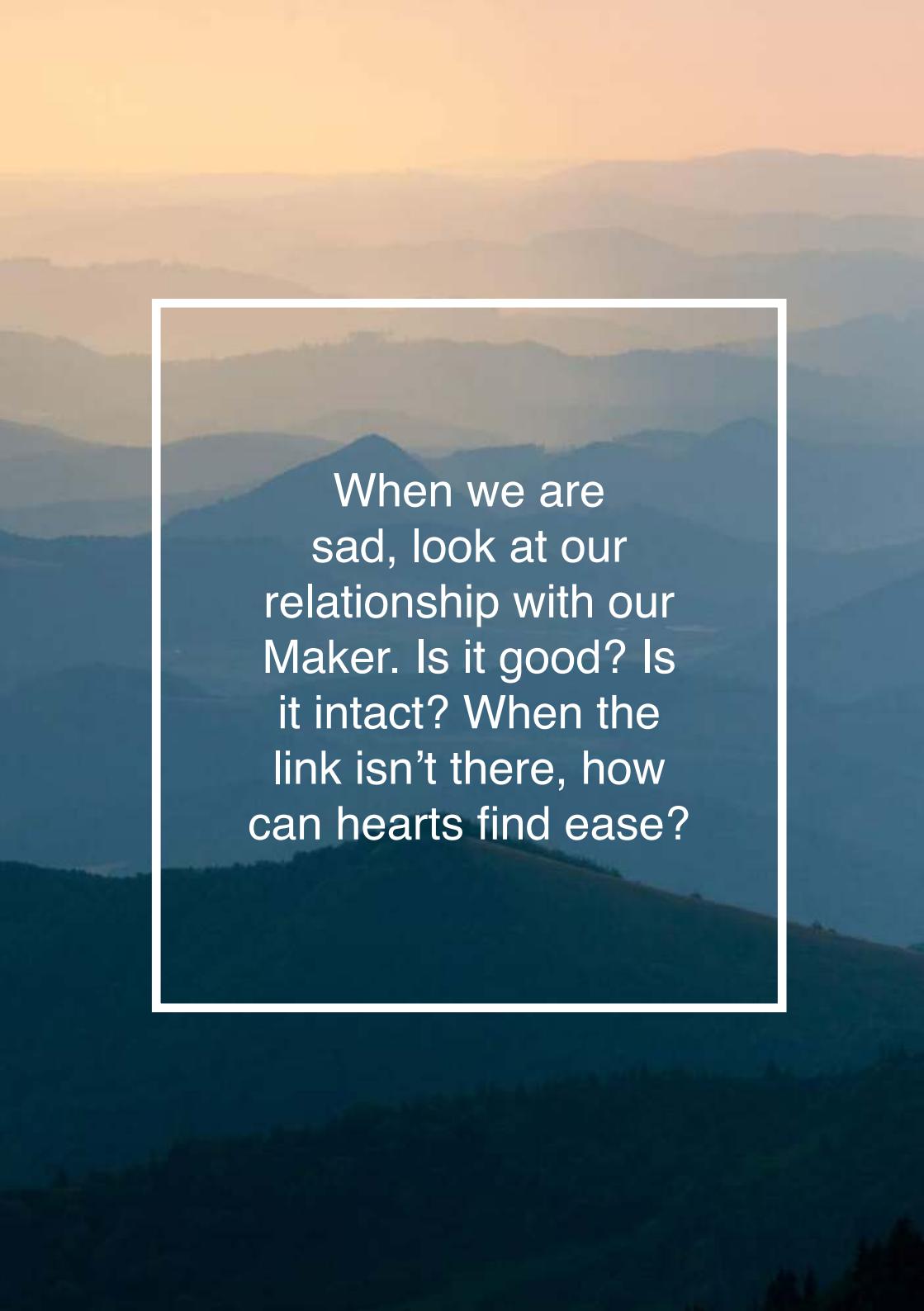
When someone tries to offend  
you, remember you can't  
control what they do but you  
can control your response. Save  
yourself and don't react.

A wide-angle photograph of a mountainous landscape. In the foreground, dark green hills slope down towards a valley. In the middle ground, a wide, light-colored valley floor stretches across the frame. The background is dominated by a range of mountains, their peaks and ridges silhouetted against a bright, hazy sky. The overall color palette is a mix of earthy tones with a warm, golden glow from the sky.

# Motivational Moments

-

## Sadness

A landscape photograph of mountains at sunset. The sky is a warm orange and yellow, transitioning into cooler blues and purples in the distance. The mountains are layered, with the foreground being dark and the background being lighter. A white rectangular frame is positioned in the center of the image, containing a quote.

When we are  
sad, look at our  
relationship with our  
Maker. Is it good? Is  
it intact? When the  
link isn't there, how  
can hearts find ease?



Who knows the pain  
and tears a smile  
can hide except the  
Almighty. What is  
shown to the world is  
just a glimpse. Spill  
your sorrows to Him.

You may be facing  
trials, depression,  
doubts, worries and  
fears; but know that  
He will take care of  
everything if you only  
turn to Him.



Don't believe the things you tell yourself when you're down. Pick yourself up. Satan loves a sad person. Don't let him mess with your mind.

When you feel lonely and sad, thank the Almighty. He's turning your heart towards Him, away from the affairs of the world. Feel the calm.

One of the reasons we're unhappy is we think too much. Keep your mind away from things that don't help you. Positive thoughts go a long way.



When you slip, you can regain your balance; when your tongue slips, the damage is done. So be wary of gossip. It steals a person's dignity.





Every difficulty is preparing you for something better. So don't be sad. The Almighty wants the best for you while Satan wants to destroy you. Be careful.

Almighty. When I'm depressed with self-doubt, insecurity and hopelessness in my heart, help me find myself again. Fill my heart with hope.



When you feel lonely, empty and frustrated,

know it's all part of your trials and tribulations. Guide your heart back to the Almighty for peace.

Don't be sad.

When you begin to understand the Will of the Almighty, you'll feel a sense of calm, no matter what. You'll thank Him instead.

Never expect from anyone but your Creator. Never assume anything.

There's a reason why things are the way they are. Good tips to live by.

~

Everything happens for a reason; even those that make us sad for there are lessons in every situation. Learn from them and be grateful to the Almighty.

This world is such that people will continue to hurt you. The Almighty's the Only One who can heal you. Confide in Him, the Best Listener.

Nobody knows the real you but the One who made you. When you lost hope and thought you were going to snap; He picked you up and always will!

~



Why do you feel defeated after failure? This life is never perfect. So pick yourself up and carry on. The Almighty is watching you.

~

Don't cling on to pain and the wrongs of yesterday. Don't dwell on how you've been hurt in the past. Focus on what you have and move on. Live.

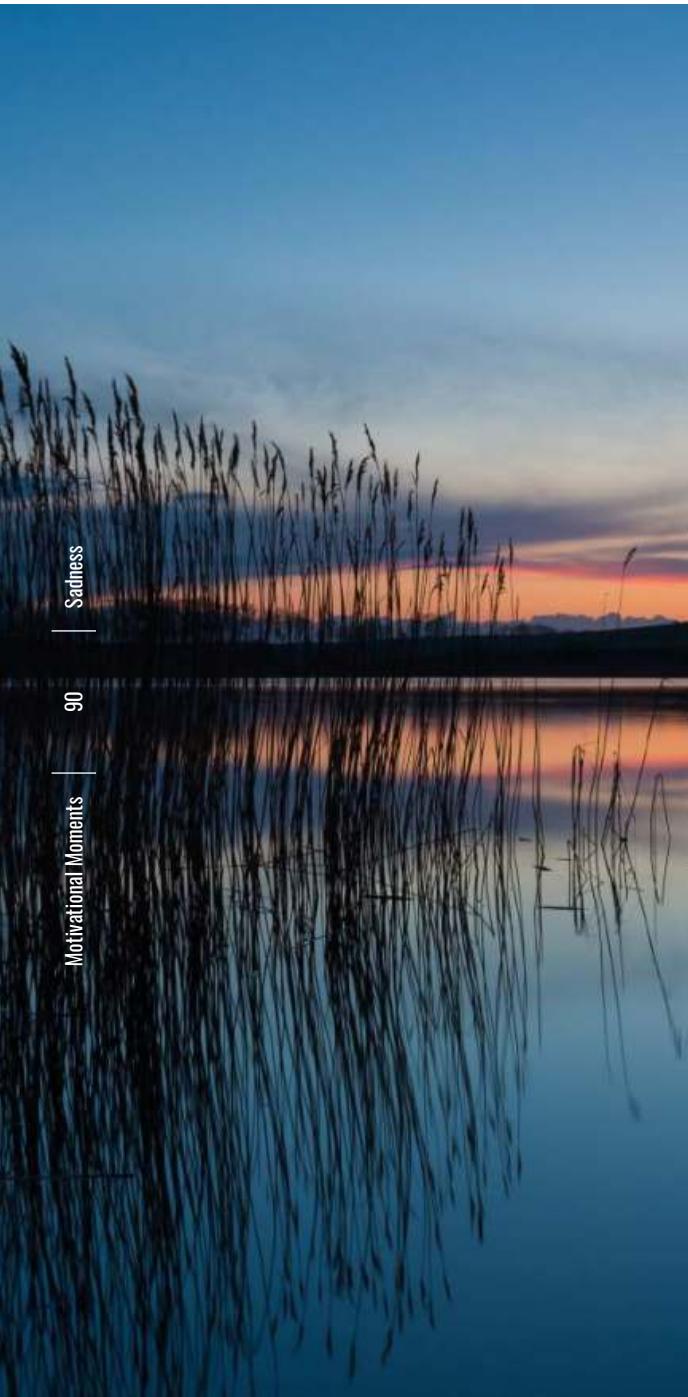




Don't go through life with negative thoughts in your mind. Empty out the negative. Make room for the positive. See the difference it makes.



Everyone is going through a test or another. That's life. Don't be sad and lose the link with your Maker. Stay firm. That's the only way you'll find ease.



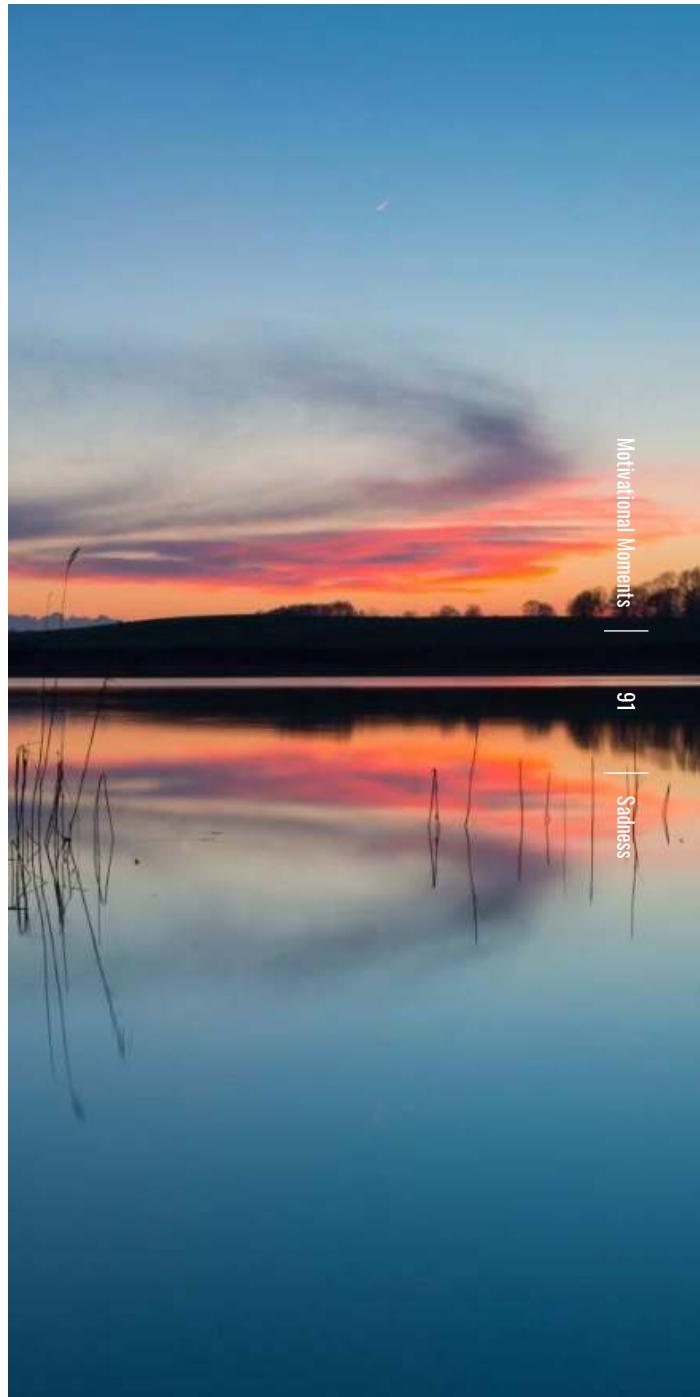
~

Stop thinking of  
what didn't work  
out. You're exactly  
where the Almighty  
wants you to be.  
Don't waste the  
opportunity.  
Seize the day.

If Satan beats you  
once, quickly pick  
yourself up. Don't  
let it happen twice;  
first by sinning then  
by making you lose  
Hope in His Mercy.

When something  
hurts you or causes  
a lot of anguish, be  
wary not to get lost  
in the pain. Rise  
above it; understand  
the message the  
Almighty is sending.

~



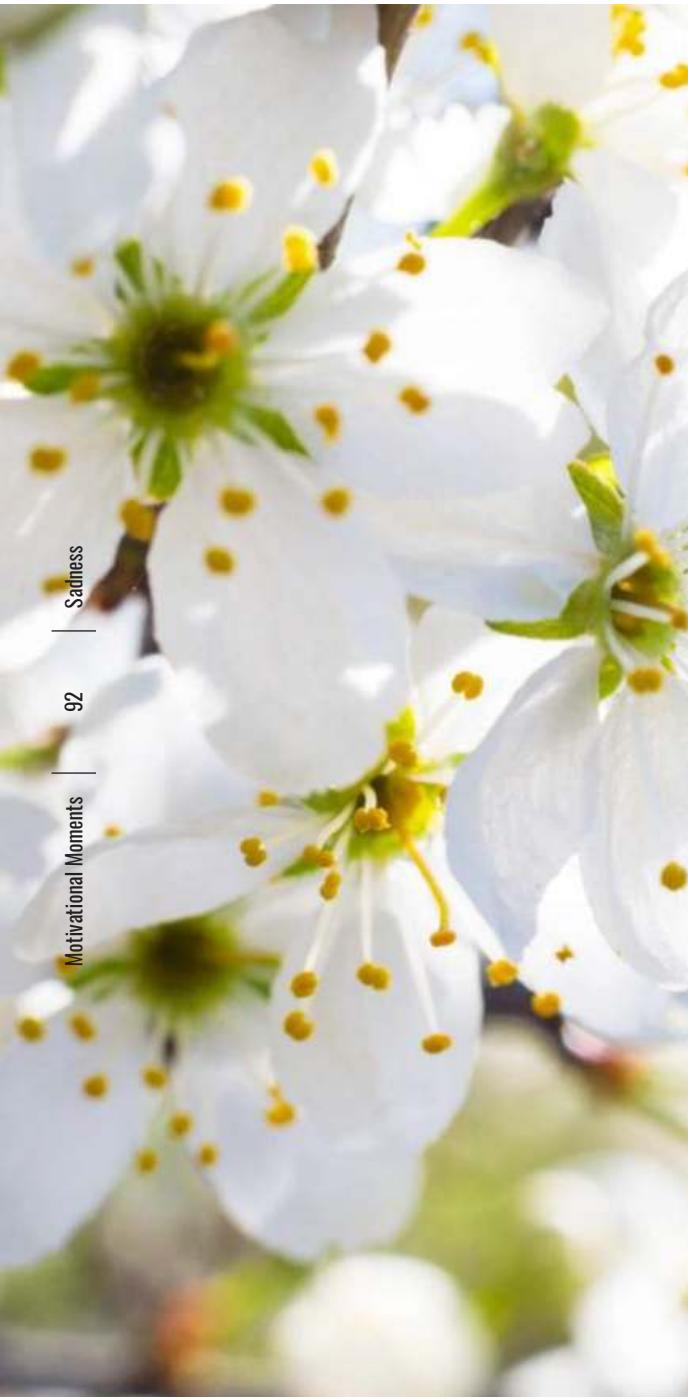
~

No matter what you're going through, remember that this life's a blessing. Complain and argue less. Instead, learn to love and appreciate more.

If you want peace to prevail in your heart, remove anger, resentment, blame and worry. You'll also end up a better person emotionally.

When we suffer a loss, we become sad. We lose hope. We forget that He rewards us for the patience and endurance, way beyond what we've lost.

~



~

You may be hopeless and in depths of despair. But never wish for death to end your misery. Trials are to get you closer to the Almighty not break you.

The Almighty may give you what you want and you may feel you have everything in life. But without contentment, you'll never be happy.

Our lives are getting more complicated. We hardly talk to each other but we text. Our feelings are now status updates. May He help us all.

~



~

Nothing you go through in life is ever wasted. Every failure, every setback is a means to grow and get closer to the Almighty. Don't waste it.

Even when your pain is unbearable and you're full of doubts, never give up. How can you when you know He's with you. His Mercy will follow.

Refuse to give in to fear because you trust the Almighty completely. Even in the darkest of times, you trust Him to make things right.

~



At times you may feel like you're stuck and not getting anywhere. Remember in life, you may have to move backward in order to move forward.

Don't be sad. Sadness weakens the heart and prevents you from going forward. Think good about the Almighty; have trust. You'll find happiness.

You think you have everything in life but you're still unhappy. Why? Because life's true riches come from your faith and your relationships.

~

Some people are so addicted to negative thoughts, doubt and fear that they become disturbed with positive thoughts. Get out of this trap.

Your heart has answers you can't find elsewhere. If you're connected to the Almighty, He'll send peace; or else, anxiety and doubt will rule.

It's easy to let the world consume you and be unhappy with your self image. He moulded you in the best form. Don't let the world trick you.

~





~

Be wary of those  
who are good at  
making others look  
bad, tarnishing  
their reputation and  
spreading rumours.  
It's a disease. Pray for  
them. They need it.

Keep calm. Stay  
positive. Be happy  
with your Blessings.  
You never know how  
much time you have  
left. Tomorrow is never  
promised to anyone.

We've all had such  
moments when our  
hearts are about  
to erupt from pain  
and sadness. That's  
when you trust the  
Almighty completely.  
It's called faith.

~

~

Strive to purify the heart. Why do we keep stressing the heart ?

Because whatever you've packed in it, is what you'll take with you when you leave this world.

We all get frustrated from time to time. It's important to let them go before they take over you. So learn to overlook the small things.

When you have full trust in Him, it will break down barriers you never knew existed. So when your heart is hurting, pray. Let the Almighty take over.

~



Ultimately, it's the Almighty who decides what each of us deserves. May He fill our hearts with love and give us better than what we deserve.

~

Tough times are Blessings in disguise. No matter how much it hurts, keep going. There'll be hard lessons, learn from them and emerge stronger.





Do you feel sad when your plans fail? A believer embraces it with a calm heart because he knows the Almighty has in store even better plans.

~

We're all flawed. We all make mistakes daily. Yet His Mercy remains. So no matter how hard you stumble and fall, get up. Get back on track.



No matter what your problems are, don't lose hope. Identify things you can't control. Leave that to Him. Life is but a mix of happy and sad.

Be among those who focus on the positives rather than the problems in life. Your outlook will change and you'll see Blessings everywhere.





When you're losing hope and  
on the brink of giving up, praise  
your Maker. Endure the test so  
He'll raise you. Nothing can  
bring you down.

~

When you put your happiness  
in someone else's hand,  
expect to be disappointed.  
Put it in the Hands of your Maker;  
He will never disappoint.



Don't fear pain. It's temporary as with all things in life. It's meant to teach us a lesson.

Once we learn it,  
the next lesson  
comes along.

Don't waste time with those who pull you down each time you're trying to get up. Seek your strength from the Almighty. He's All-Knowing.



Don't be sad. The Almighty's help is proportional to the hardship. The greater the pain, the sweeter the healing. Don't quit. Press on.

Your heart may be broken to a million pieces by this world, but if you trust your Maker, He has a way of mending it, making it whole again!



Always remember the Almighty if you want confidence in your heart, your sins forgiven, your worries and anxieties removed. Trust Him in everything.

The Almighty knows. The words you can't utter but keep in your heart. The pain and sorrow hidden. Never doubt that His help is on the way.

When things seem out of control and you're overwhelmed with sadness, draw yourself closer to the Almighty. He will reward you!

We get upset over small and petty things daily. Yet what we should be truly upset with, is when a day goes by without our virtues increasing.



Beware the diseased heart that's always seeking revenge even for small matters. May the Almighty guide such hearts to sincere forgiveness.

Have you ever felt there's no point sharing your troubles with others as most don't care? Confide in the Almighty. He is always there for you.



Pain reminds us of our limitation as humans and our complete need of the Almighty. Swallow your pain with patience and prayer. He'll reward you.

Some people can't engage in straight talk. They love using sarcastic words and insult on others. Be wary. The Almighty could put you in a worse situation.

Whenever you're sad or feel down, remember nothing lasts. Pain is part of the whole process. Every struggle moves you forward. Keep going.

There are those who'd do anything to see you fail. That's the reality of life. Keep a clear conscience and do what's right. Pray for guidance.



When you pray, make sure your heart, mind and all of you are there. Ask with full belief and total trust. He knows, He hears and will respond.

Smile when times are tough. Be patient during hard times. Strive and struggle to do good at all times. That's your route to Paradise. Earn it.



Depression, self-doubt and low self-esteem are all whisperings of Satan. Don't despair. Pull yourself out and restore your trust in the Almighty alone.

We're upset because we can't afford the latest gadgets. Think of those who can't even afford a proper meal. Pray for them all.



The Almighty will never let you down. You'll have highs and lows in your link with Him but it's an Eternal one. Strive to get closer to Him.

The Almighty knows when you're hurt. He knows when the world is not on your side. He's watching over you. He can see what you can't.



**Motivational Moments**

**Career**



Don't be obsessed with where you've been. That's over. Focus on where you're headed. Life's too short to keep dwelling on what's done.



Being offended when  
we are corrected,  
seriously reduces our  
chances of improving  
or achieving heights  
in any field.

~

We compete with  
each other in  
worldly matters,  
forgetting that the  
Almighty asks us to  
compete in earning  
closeness to Him  
and Paradise.

Don't get frustrated  
by your trials and  
hardship. Surely you  
can't expect life to  
be one smooth road.  
It doesn't work that  
way. Be patient.

~



~

If you want to go far in life, learn to be very well mannered and polite towards every single person you come across.

Almighty. We pray  
You keep us strong  
even when we feel  
weak. Keep us brave  
even when we're  
scared. Keep us  
humble even when  
we have much.

Stay away from those  
who are always  
bragging about their  
success and who they  
are. True success  
speaks for itself. No  
shouting is needed.

~

Almighty, guide me on this journey towards You. It's not easy  
- there are many distractions along the way to sidetrack me.  
But I trust You, only You.

~

Be humble and share knowledge instead of looking down on those who seem to know less. Today, many love to show off whatever little they know.





Don't feel defeated when you fail. It's easy to just give up and say you can't do it. Pick yourself up and press on. The Almighty is with you.

~

Don't be worried about why you have less than others or why your worldly status seems lower. Work hard. Leave the results to the Almighty.



~

Work hard to rid jealousy from your heart. It's ugly. It'll have you hating on those you don't even know. You'll end up a bitter person.

Do not let the huge mansions of others make you lose appreciation of your little hut.

Learn to be wise. Wise enough to walk away from all the noise around you. There's too much of that in this world.

Focus on what matters.

~



~

Stay away from those  
who mess with your  
mind. They're the ones  
who say and do things  
just to upset you.  
Apology is farthest  
from their mind.

Remember: Not  
everyone is happy  
at your happiness.

Don't be frustrated  
when you see no  
results after trying.  
There's a lesson  
there. You may be  
struggling but it  
doesn't mean  
you're failing!

~

Don't worry about those who try to push you down. The harder they try, the more the Almighty will intervene. Trust Him to put things right.

~

When you're good at what you do, people will criticize and ridicule you. They might even spread lies and rumours. Keep going. The Almighty is All-Knowing.





No matter how good you are,  
people will plot and plan against  
you. But with Him on your side,  
you've nothing to worry. He's the  
Best Planner.

~

Never mind if people are  
obsessed with the latest  
designer wear. Remember the  
most beautiful heart could lay  
beneath tattered clothes!

Don't lust after power and worldly titles. They don't matter.

You can be an iconic figure but you're just another name to the Angel of Death.

~

One day you'll look back on your life and thank the Almighty for every little thing that has brought you where you've always wanted to be!

Beware those who are never satisfied. They allow Satan to keep reminding them of what is missing. No peace in their heart.



Everything happens for a reason.  
Never for a moment doubt that.  
The Almighty is the Best Planner.  
Hold on to your faith; stronger  
and firmer. May He grant us  
strength to face all of life's trials.

~

Your list of achievements may span from A - Z, but in the end, it's just you, your deeds and the Almighty. May He grant us all good endings.

There's no need for everyone to know everything about you. Choose to stay low key. You'll save yourself from a lot of unnecessary problems.

Avoid loud and boisterous people who create a lot of drama around you.

Keep the peace and tranquility in your heart. Don't entertain them.

~

~

We make mistakes because we're humans. Learn from the mistakes. They don't make us failures. Get up and move on. There's no time to waste.

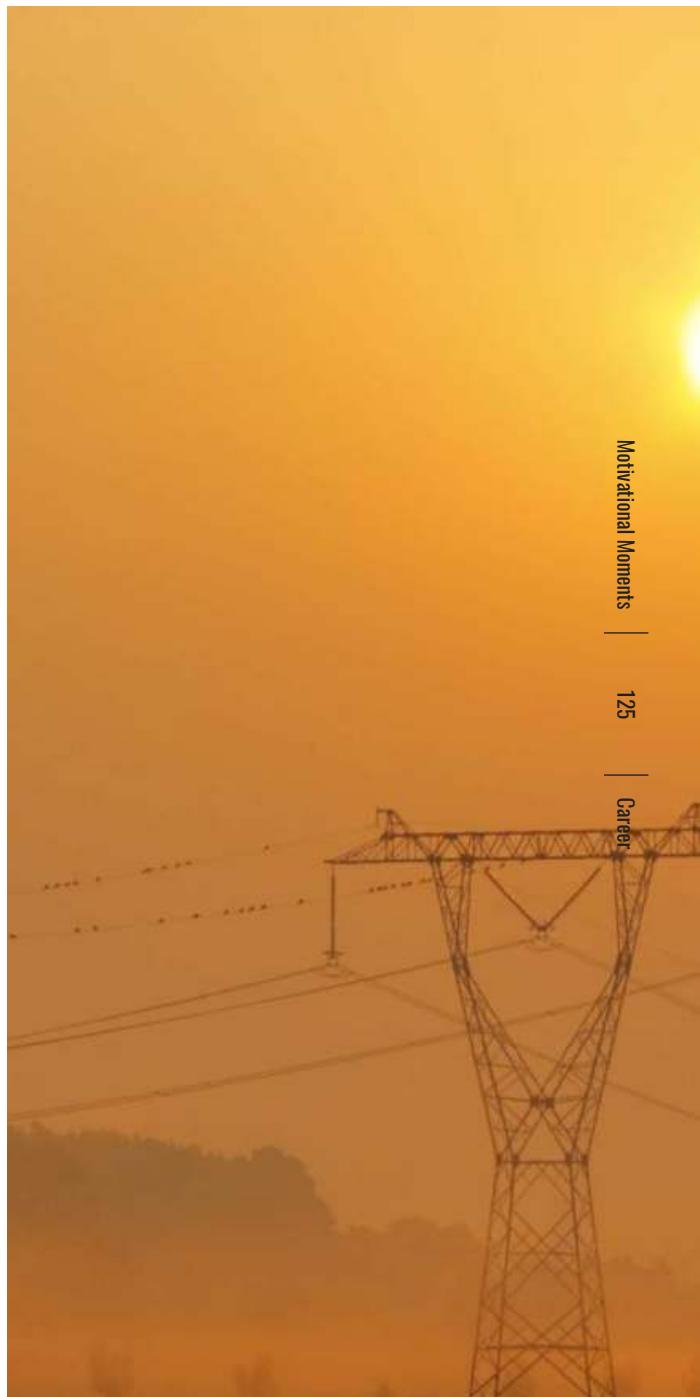
Nothing will come to you if you don't try.

If you want to get close to the Almighty, set daily goals. Push yourself. Be consistent.

The trials that come our way are meant to soften and humble us because we tend to get arrogant when things are good.

Thank Him for good and bad.

~





~

Do your utmost and leave the rest to the Almighty. When we don't get what we want or feel let down by others, know that the Almighty has better things planned.

Your life may not be too good but a friend seems to be having it all. Don't let this make you jealous. Be mature enough to be happy for him.

Don't be disheartened if people around you don't understand your journey. As long as your link with the Almighty is intact, you're on track.

~

~

Weakness, mistakes and failures don't last if you're determined to trust Him and keep going. The Almighty promises us ease after hardship.

If you want to be truly wealthy, keep your heart in a good state.

Get rid of the bad feelings in there and fear the Almighty's displeasure.

We often get frustrated when we don't get what we ask of Him. We feel rejected and silly thoughts go through our minds. It's Satan at work.

~





~

Regardless of the path you take, as long as you place your trust in the Almighty, He will get you on track even when facing big obstacles.

The higher you climb in life, the harder you fall. But if you have humility in your heart, it breaks the fall and you won't suffer bruises.

We live in an era where we devote so much time to useless matters. Don't let the distractions take over your life and mess up your priorities.

~

~

If you're struggling and feel like giving up, don't despair. Today's a new day.

Keep your hope alive. You might just get that break today.

Don't make life difficult for others.

Try to make it easy without compromising your principles and He will remove hardships from your life.

It's never about material stuff, wealth, fame. It's always about the heart. The Almighty looks NOT at how you look but what's in your heart.

~





~

Make that first step if you want change.

Leave the rest to the Almighty. It may not happen today or tomorrow but know that you'll get there.

If you want Paradise, don't just pay lip service. Be prepared for hard work and life long challenges. Fight your desires. No easy way out.

Don't be fooled into thinking that you can be fully satisfied and happy by indulging in the pleasures of this world. You can't and you won't.

~

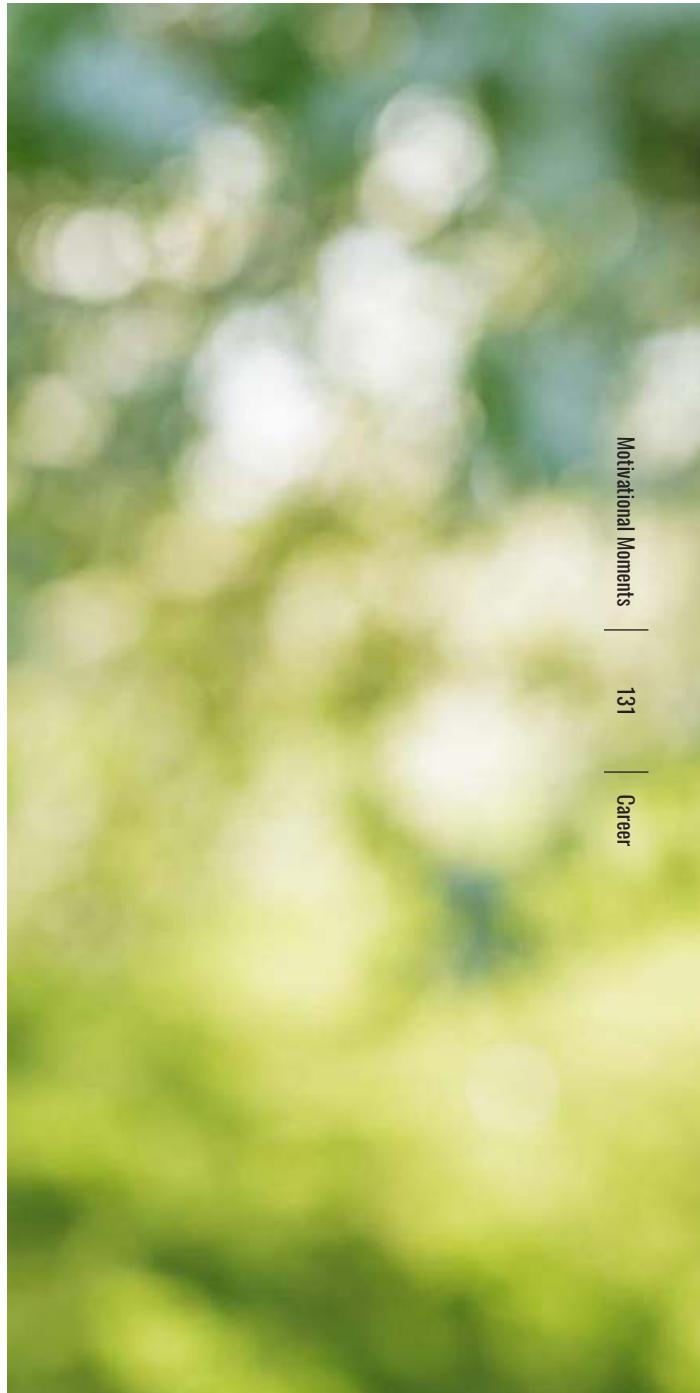
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You fail. You fail again. You begin to lose that glimmer of hope - something that Satan instigates in us, leading us away from the Almighty.

We postpone and delay worshiping the Almighty. Many do. Our worldly chores take priority. Pause! He can take everything away, including us at any time.

Don't chase fame. It's greed for attention. If addicted to it, you feel you can't be 'real' unless your experiences are recognized by all.

~





Beware your desires.  
They can prevent you  
from making sensible  
decisions. Follow  
them and you're likely  
to regret the decisions  
you've made.

Don't let it take  
calamity or disease  
to bring us back  
to the Almighty.  
Constantly remember  
Him, despite our  
busy schedules.

Don't let your trials  
overwhelm you.  
Many have gone  
through and survived  
what you're facing.  
You're not alone.  
He is with you  
all the way.



~

If you feel you can't get out of bed to face a new day because of the trials in life, ask the Almighty to lift you and grant you strength.

Learn to be happy and wish happiness for others. Don't be jealous when others have more than you. Be grateful and He will grant you more.

Don't look at what others have and feel that the Almighty has forgotten about you. He hasn't. Don't compete with others.

You're blessed in your own way.

~

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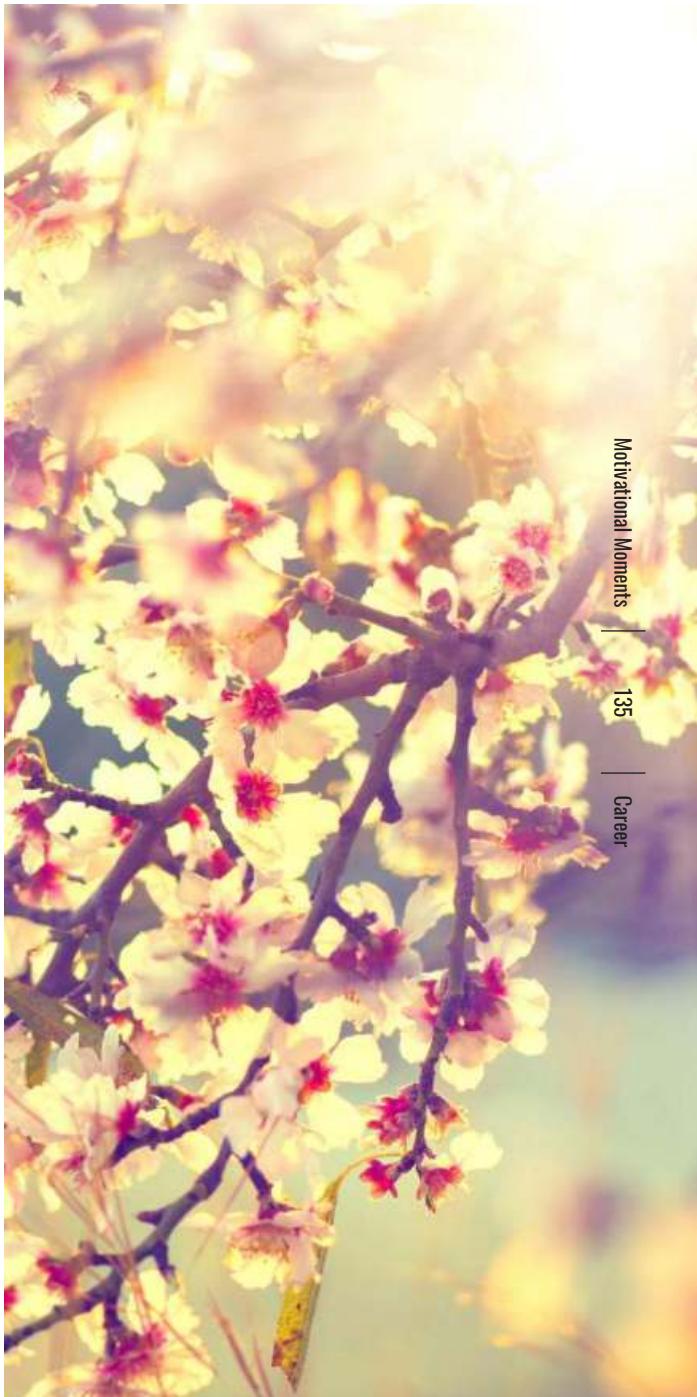
Don't busy yourselves with petty issues when urgent ones need attention.

Don't waste time or you'll be on a long, tiring road to nowhere.

No matter how steep the mountain, don't be daunted in your climb. You're never alone. The Almighty is there with you every step of the way.

~

If you want to succeed and move forward, accept the truth. Blaming those who speak the truth will ultimately result in failure.



~

During trials, we often find ourselves getting closer to the Almighty. So why do we distance ourselves from Him once He solves them for us?

If you are irritated by someone's success or popularity, it's time to check your heart. Start purifying it. Don't let the feeling fester.

When you think there's every reason to give up and to lose hope, look deep not with your eyes but with your heart. The Almighty will surely guide you.

~



At the end of the day,  
it's not about how  
many people like your  
work. It's about how  
honest you are, how  
much heart and soul  
you put into it.

Don't worry about  
obstacles. He has  
put them there for a  
reason. They may not  
just block your way.  
They may help you  
find a better path.

Every trial comes  
with a hidden  
blessing. Don't be so  
overwhelmed by the  
trial that you miss out  
the good in it. Open  
your heart to see it.

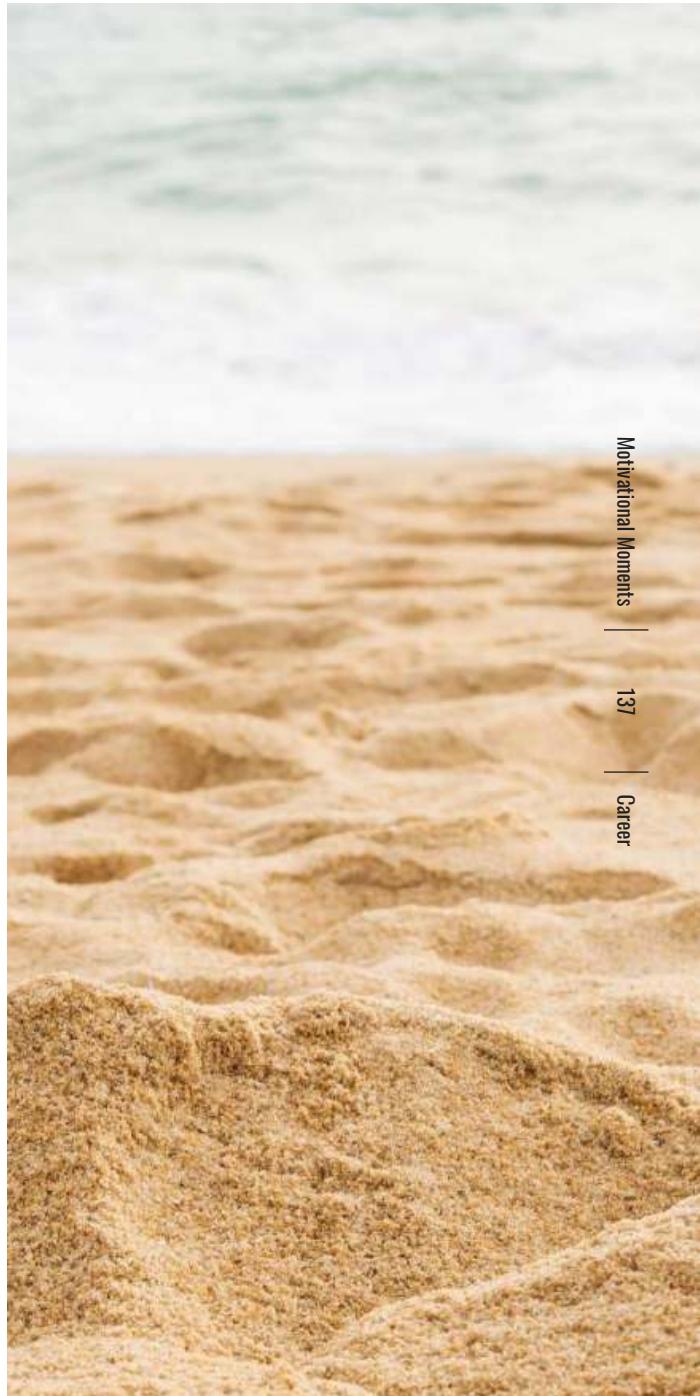
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In this life, there's no place for pride, arrogance and ego. We all have the same end result. We have to return to the Almighty. No one is spared.

The reality is the world is full of haters. Don't let them hold you back. Their mindset is trapped in jealousy and comparison. Ignore them.

People will hate you for what you've been blessed with. That's to be expected. Don't respond with hate. But ask Him to grant them more.

~



Shift your focus from money to nourishing your soul. That's how you become truly wealthy and abundantly blessed.

The Almighty will provide.

?

Some of the most bitter people are those who are jealous of others. Stop focusing on how great people's lives are. Concentrate on your own.





Beware the one who is clever with words. He uses them to manipulate superficial people. Be among the wise who will not fall for such talk.

~

Some are obsessed with getting rich, forgetting to thank the Almighty for what they have. Learn to be content. You'll be among the richest of people.

When you feel like your world's about to end, don't give up.

Instead look up and smile because you know that Almighty is testing your faith again.

?

Don't ever look down on anyone. To you he may be inferior, but he may be among the closest to the Almighty. So treat people with respect.





The one with real knowledge has humility. He's not arrogant and full of ego. He's not bothered by the noise outside. He has quiet confidence.

~

It's natural to be upset when faced with hardship. But try to pull yourself together. The Almighty won't let you down. Your efforts won't go to waste.

Each time you feel dissatisfied with your life, remember that others are dreaming of living your life. So always give thanks and stay humble.

~

Never take your health for granted. In the blink of an eye things can change. May the Almighty grant cure to those suffering from illnesses.





You can search the world for happiness but you won't find it until you start being content with what the Almighty has already given you. Thank Him.

~

Your wealth, family and all that you own are on loan to you. A day must come when the loan is returned. Prepare for that day.  
Don't lose out.



**Motivational Moments**

**-**

**Forgiveness**

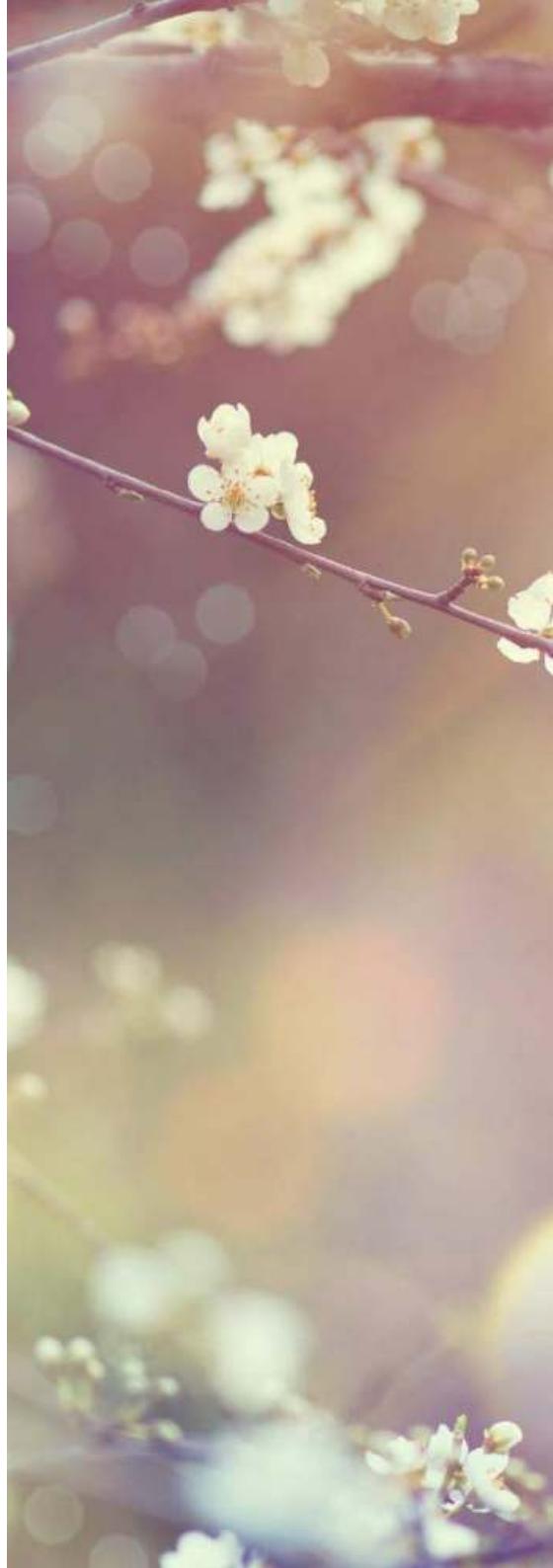


Make a whole world of  
difference to your life;  
face anger with calmness,  
contempt with compassion,  
cruelty with kindness.  
Forgive and move on.

Don't hold on to the scars of yesterday. Let them go. Embrace today with new hope, a thankful and happy heart. He has blessed us with so much.

~

Guidance is in the hands of the Almighty; it comes to those who tirelessly and sincerely search for it.





Let go of grudges and don't make enemies out of others. Try to live peacefully without hatred and envy. Life will be less stressful and happier.

~

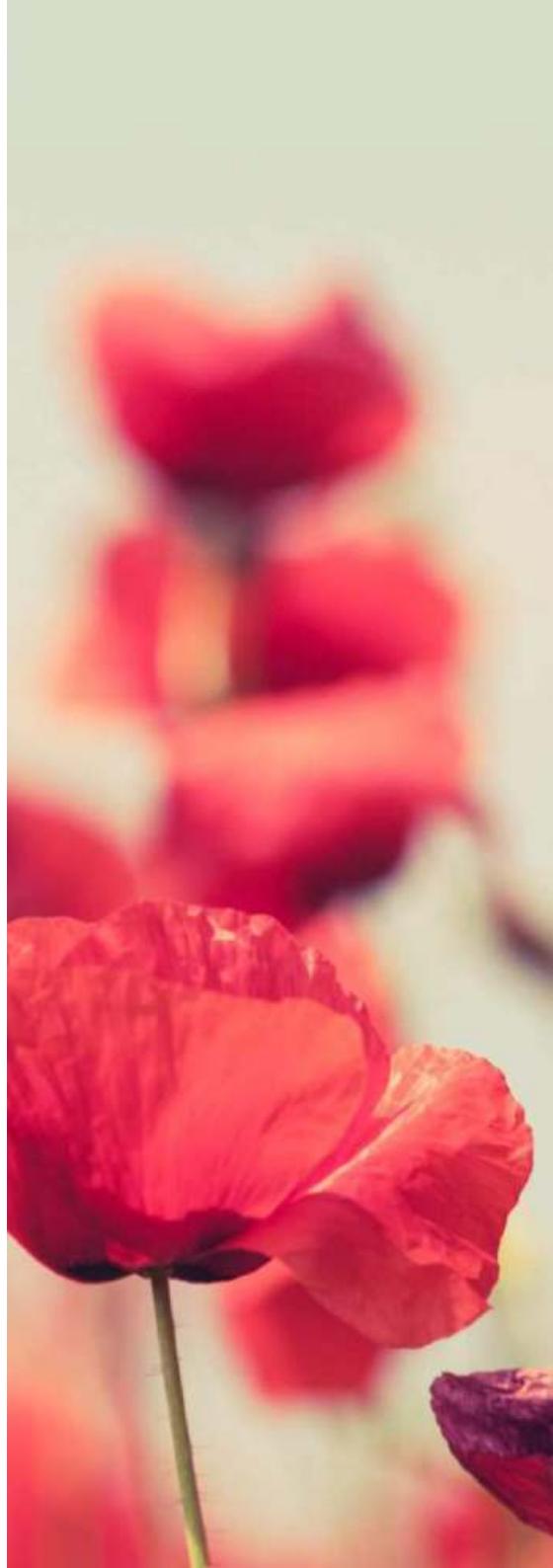
Treat people the way you'd like to be treated. So if you want Him to forgive you, forgive others.

Make that first move.  
Please your Creator!

Releasing a grudge is freeing oneself from a great burden.

~

Forgiving others is not a weakness. It takes a strong person to forgive.





Always sleep with a clean heart.  
Erase all the bad that happened  
in the day. Forgive those  
who've hurt you. Repent and  
always remember Him.

~

Forgiving others benefits us more  
than them. The liberation of the  
heart, mind and soul from the  
burden of holding it is priceless.

Everyone is a sinner but not everyone asks for forgiveness.

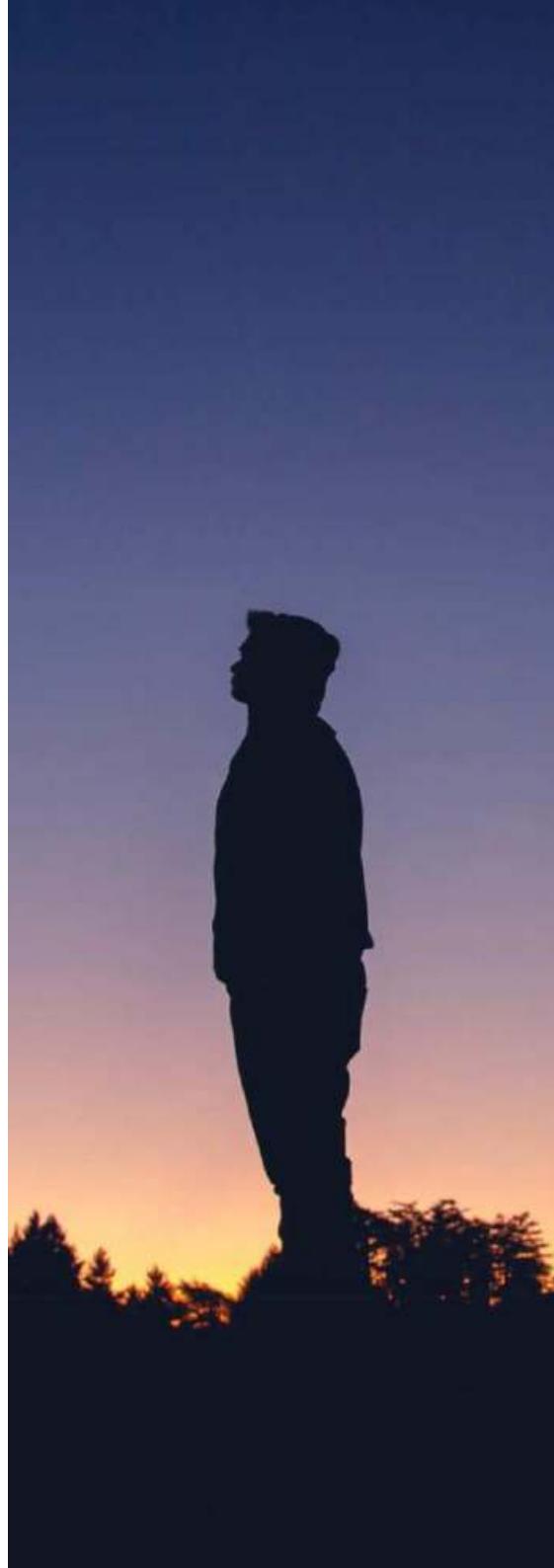
So do it constantly.

Forgiveness is a powerful way to bring you back to Him.

~

Don't get upset when people let you down. Read the signs.

The Almighty's telling you that humans make mistakes, they're weak. So choose to depend on Him.





Those who love bringing up  
your past are the ones who  
feel threatened by what you've  
become today. Don't let them fool  
you. Stay focused.

~

Some people thrive on arguing.  
They do it even over small  
and petty things. Refuse to be  
drawn into such arguments.  
Life's better than that!



~

Don't hold grudges or accuse others in your heart. It's a poison coming from you without you ever realizing. Don't harm your soul. Forgive.

It's easy to look at what a person was before and criticise him. Instead, look at the kind of person he has become today! Let go of the past.

Often we say things we don't mean and harm the ones we love unknowingly. Remember the body heals easier than the heart. Be mindful always.

~

~

Some love to defend  
their mistakes.

Sorry isn't in their  
vocabulary. They  
won't budge. It takes  
courage and character  
to admit one's mistake.

Train our minds not to  
think bad about others.  
Always give excuses  
for them because in  
all fairness, we never  
know what the true  
story is.

Don't hold  
resentment towards  
others in your heart.

It's an emotional  
toxin that'll eat you  
slowly but surely.

Forgiveness will  
wipe it out.

~





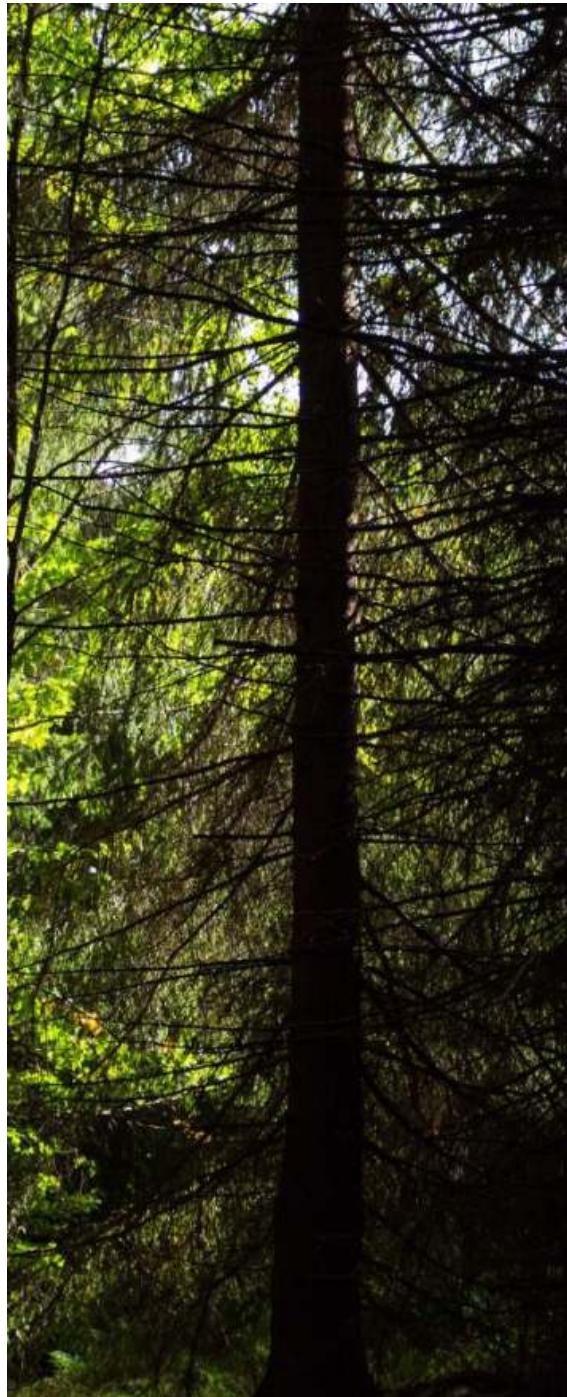
~

If you want peace of mind in both worlds; pray, forgive others, omit sins, purify the heart from diseases, help others and spread goodness.

Do you want a more meaningful life? Let go of grudges, negative talk and criticizing others. Focus on your affairs. Help others when needed.

To keep your heart pure and soft, learn to forgive. At the end of each day, let go of all negativity. You owe it to your heart. Let it heal.

~



~

Almighty. Forgive me for the times I forgot to thank You and took the Blessings for granted. Yet You continued giving and keeping watch over me.

Life's short. We know that. But when you lose someone you love, that hits home hardest. So always forgive others, don't hate and hold grudges.

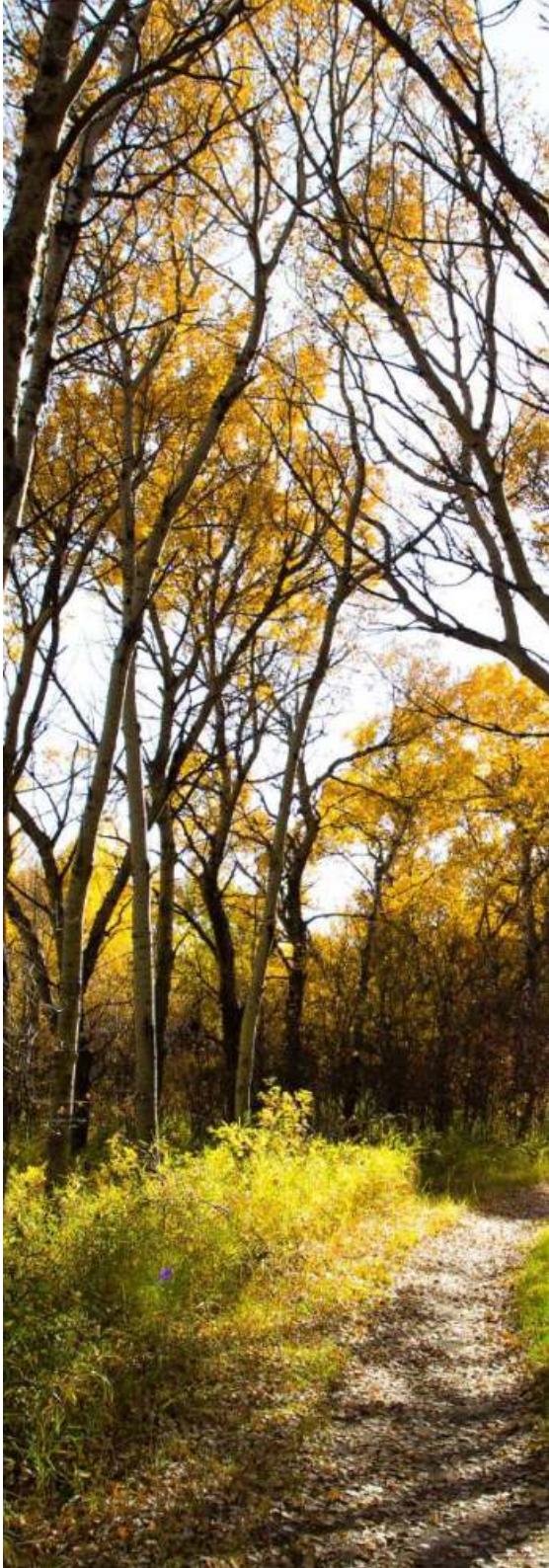
When people do bad things to you, don't let that make you unkind. Never wrong others just because you were wronged. Instead, learn from it.

~

Almighty. Protect us from arrogance and pride. If we're upset with anyone, let us quickly set it right and forgive one another for Your sake.

~

Try to become the person who is most pleasing to the Almighty. Try to be well mannered. Never mind if others are mean to you. Pray for them.





Your feelings are temporary. But how you react to those feelings can impact your life. Let go of negative ones. Don't let them control you.

~

Keep purifying the heart and not just from sins but grudges, anger and negativity towards anyone. Make amends and apologise. The heart will shine.



**Motivational Moments**

---

**Sincerity**



Whatever you do, don't show off. Make your intention clear. Keep it between you and the Almighty. Any arrogance can make it all meaningless.



Almighty, rid my heart of arrogance and selfishness. Fill it with humility and thoughtfulness. Help me to remember You in everything I do.

When your heart is pure and your intentions sincere, the Almighty has a way of making sure that everything works out for you.



You may be the healthiest person physically but if you have jealousy in your heart, you're sick. You're always sick till you get rid of it!

The world judges your appearance. The Almighty judges your heart. Never compare yourself to anyone. You're special. Because He made you.

Just because you've  
done good deeds,  
don't brag about it.  
Always stay humble.

Thank Him for  
favouring you by  
guiding you towards  
doing good.

Despite all the bad  
going on around us,  
always carry hope in  
your heart. Kindness  
and generosity no  
matter what. That's  
the only way to live!





When people treat you unfairly, seek comfort in the truth. Know it in your heart that the Almighty knows the truth. He's a sufficient Witness.

Once you've done a good deed, move on. Don't think or speak about it. Don't seek attention or recognition. He will surely reward you openly.



~

Don't be afraid of criticism; especially sincere ones made with the best of intentions. But be afraid of praises that make you arrogant.

Stop jumping to conclusions. Always assume the best. We're all on the same journey called life but our approaches are different. Be kind!

How beautiful it is to do good without expecting anything. Imagine those you've helped praying and asking Him for your well being. Keep going.

~



~

Spring clean your mind often to get rid of all the clutter that's clouding it. You'll be able to see things with greater clarity and wisdom.

Don't live your life to impress others. We see a lot of that on social platforms today with each one trying to outdo the other. Be yourself.

Today, we've become more selfish. It's often about us. Learn to extend a helping hand, bring someone else up. Be caring. Be compassionate.

~



Almighty. Grant me the strength to face this day despite the struggles I'm facing. When I'm tempted to give up, help me to keep going and give me the courage to do what needs to be done.

The tongue utters what's in the heart. So rid your heart of envy, hatred, malice and doubts. You'll have gracious speech from a pure heart.



When you see people appear “less pious” than what’s expected, don’t be rude and don’t judge them. They’re probably struggling or need guidance.

Treat people with dignity and kindness for we share the same Creator. Your life will attract positivity, earning the pleasure of the Almighty.

Just because you have “everything” doesn’t mean hardship won’t befall you. Spare a thought for those with family, health and job struggles.

We often say, “I’m blessed”, when we have material things. But if we were to count real Blessings from the Almighty, we’d fail miserably.





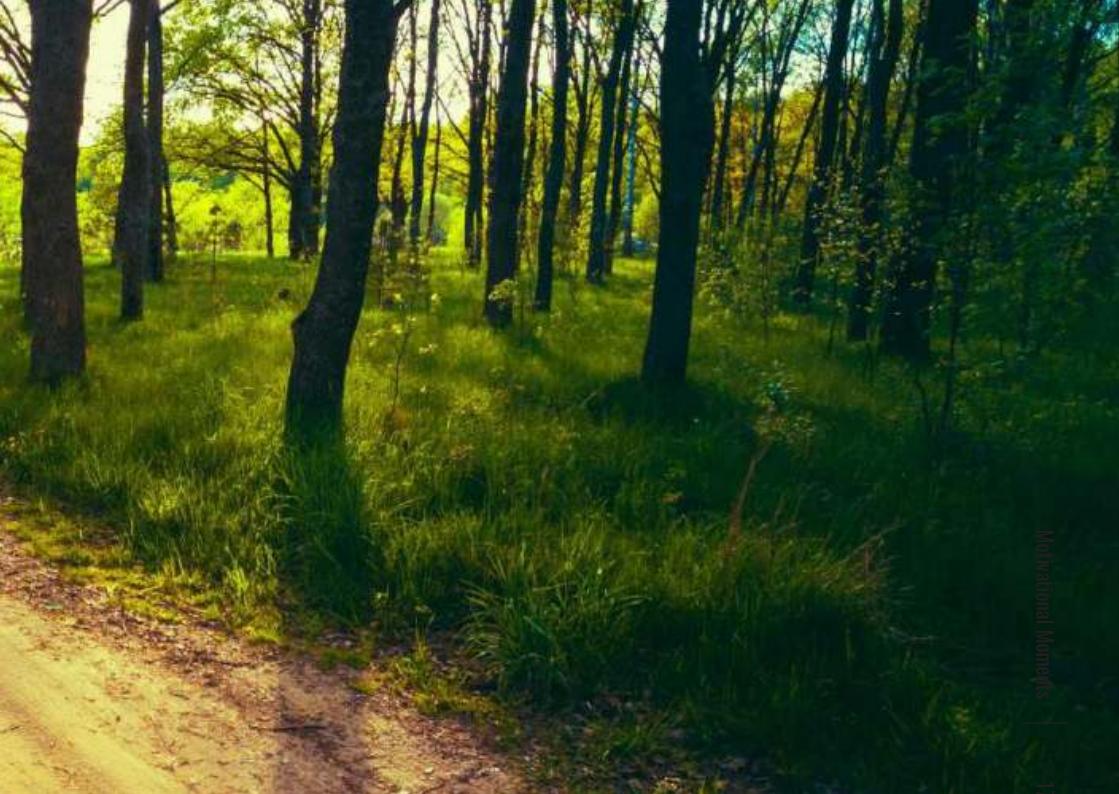
Don't be a hypocrite. Some people speak good of their friends in front of them but shame, backbite and gossip about them behind their backs.

When giving advice, do so kindly. Do it sincerely with patience. Don't do it to show that you are more intelligent or better than others.

When you give to those in need, don't brag or talk about it. Help from the heart without treating them like beggars. That's human dignity.

It's easy to criticize, condemn and complain. Many love doing this. But it takes a good soul to build others up, show kindness and compassion.





It's good practice to help others and do favours for them. But never remind people of what you've done for them. That will incur His Wrath.

The Almighty has the answers to all our problems but not everyone bothers to ask. Do it sincerely and with firm belief. He hears and responds.



Being miserly and being generous are not tied to your wealth. It has everything to do with your heart. How much you feel for others.

Be conscious of your intent. Keep it sincere. Don't do things just to please people. May He protect and guide us in our dealings with others.



You don't need to defend or explain your decisions to anyone. You know what your intent is. Keep it pure. The Almighty knows. That's enough.

No matter where life leads you, treat those who've crossed your path nicely. The Almighty has placed them there for a reason. He knows.

A photograph of a sunset over a body of water, with tall grass in the foreground. The sun is low on the horizon, casting a warm glow. The sky is a mix of orange, yellow, and blue. The water reflects the sunlight. A vertical bar on the left side of the image contains the page number and the word 'Inspirational'.

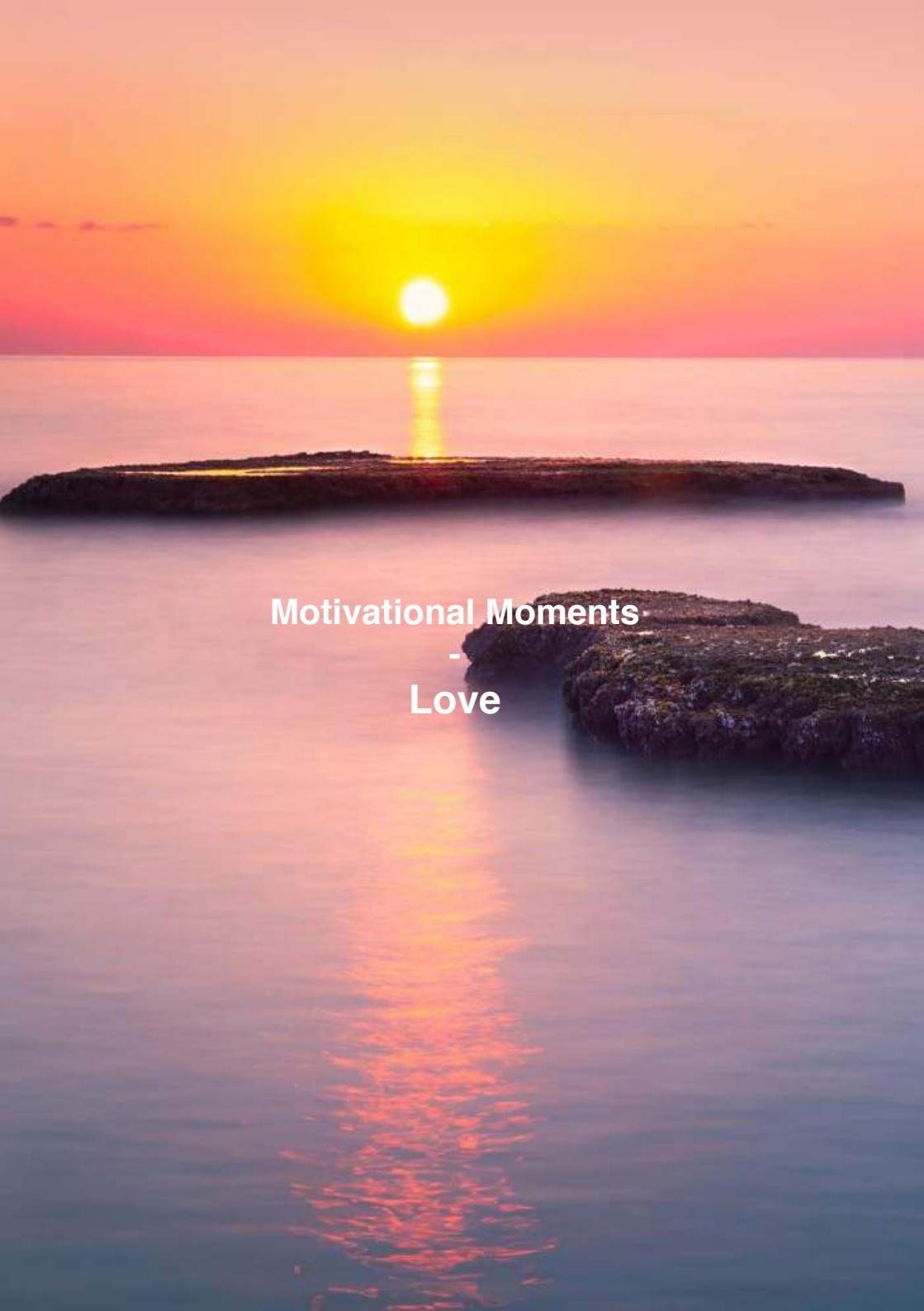
Don't worry. Even when others don't remember your kindness, the Almighty does. He knows it all, when done sincerely. Keep doing it for Him.

The sad truth is you can give people the best you have and it won't be enough. That's okay. Do your best anyway. Do it to please your Creator.



When someone does well and succeeds, be happy for him. Don't try to bring him down. When you're able to do that, it shows a pure heart.

The ones with fake smiles exist. They smile to your face and when you leave, they start backbiting and criticising you. May He protect us all.

A photograph of a sunset over a calm sea. The sun is low on the horizon, casting a bright yellow and orange glow. The sky is a gradient of these colors. In the middle ground, a small, dark, flat island or rock formation is visible. In the foreground, the dark, rocky shore of another island is visible on the right side, with the ocean water reflecting the sunset's colors.

**Motivational Moments**

**-**  
**Love**

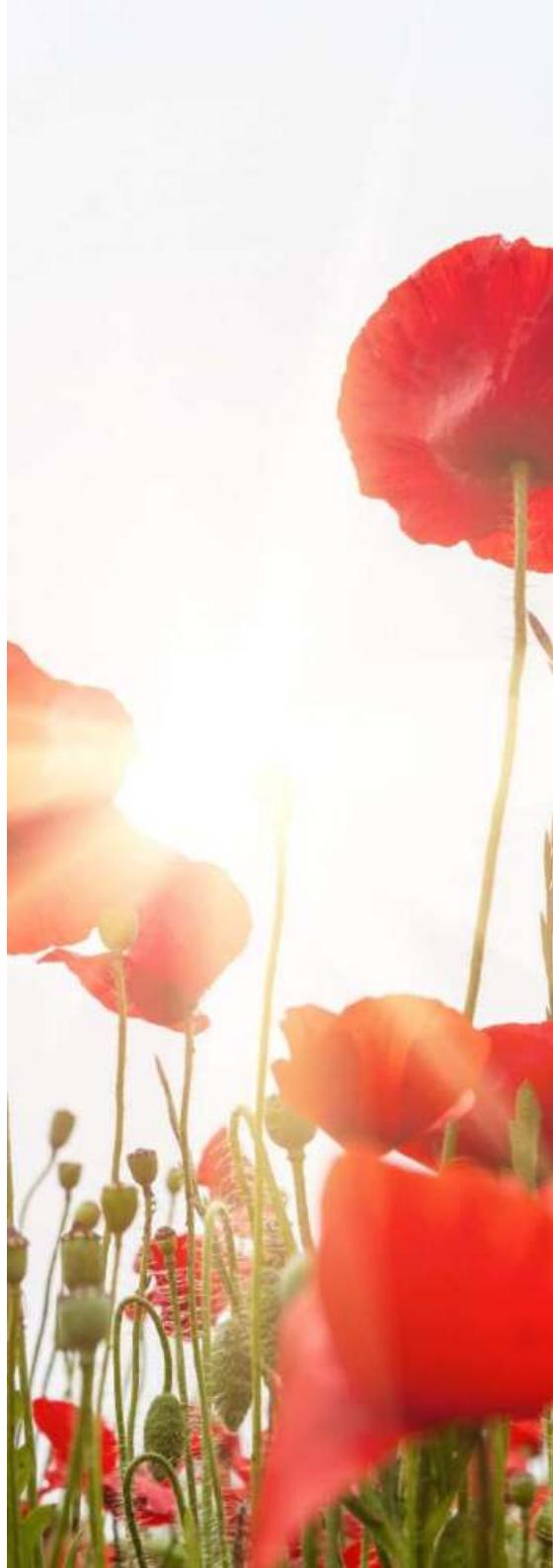
A wide-angle photograph of a sunset over a calm sea. The sky is a gradient of orange, yellow, and blue. In the distance, a dark shoreline is visible with some city lights. The water is a deep blue. A white rectangular frame surrounds the text.

Don't be in a rush because  
the Almighty's plan is  
always perfect. There's  
a lesson every step of  
the way. Know that He's  
testing our faith!

The type of person you marry plays a big role in the type of children you'll have. So do your unborn child a favour by choosing wisely.

~

If people can use "lol" without even laughing, surely they can use "I love you" without even loving. So don't be fooled.





We don't appreciate our families enough. We tend to favour friends over family. Don't forget the sacrifices they've made for you selflessly.

~

Whenever you feel the journey's too hard, remember the Almighty makes things happen for a reason. Every trial has a purpose. That should comfort us!

When you feel heartbroken and disappointed because things don't seem to make sense, put your hands up and talk to the Almighty. You don't need words if the hurt is too much. Speak silently from your heart.

~

Don't be misled into thinking that marriage is what you see on social media. It's not. It's hard work, give and take, patience and sacrifice.





We don't know what the future holds. We tend to worry. But why worry if we have the Almighty with us? That's the beauty of trusting Him.

~

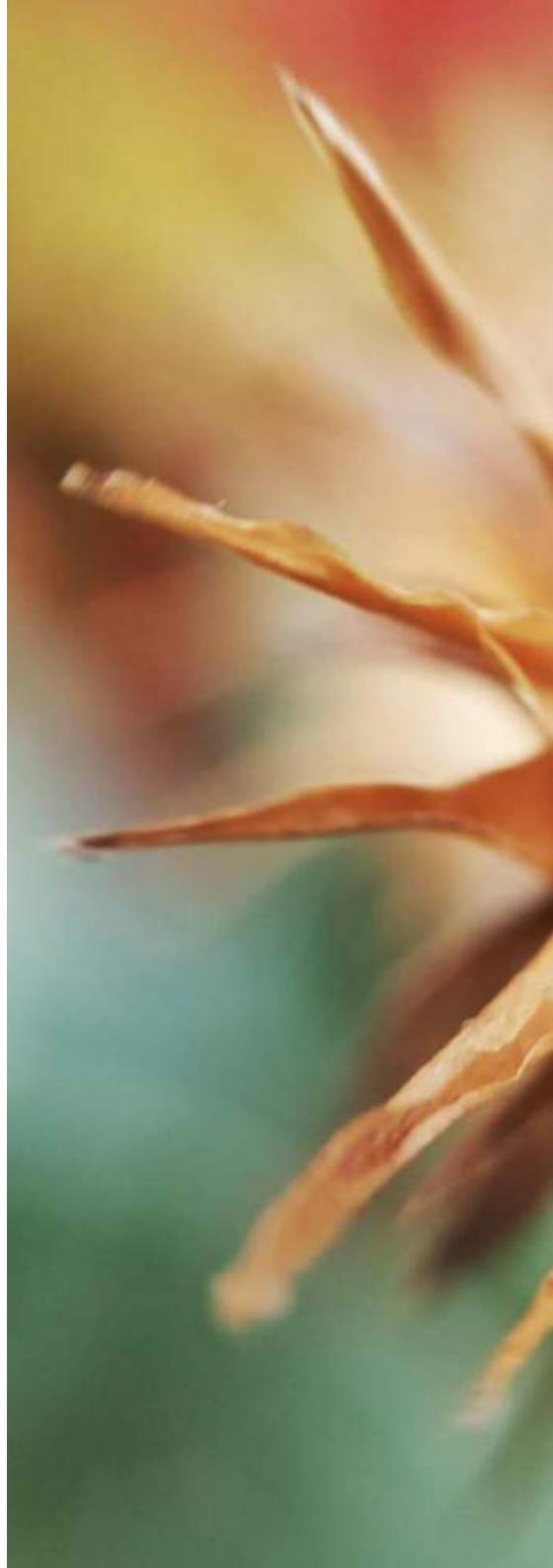
We love ourselves after so many mistakes, so why do we hate others for one or two mistakes they've made?

Don't shy away from telling your family that you love them.

Kind words can go a long way towards forming strong, healthy relationships.

~

Pray for others. Don't be selfish and just pray for yourself. Want for others what you want for yourself. Feel your heart grow with love.





Everything happens for a reason;  
even those that make us sad  
for there are lessons in every  
situation. Learn from them and be  
grateful to the Almighty.

~

Never let others feel worthless.

Don't push people aside or  
ignore them thinking you're more  
superior. Always remind them of  
their worth.

Nothing means more than someone with a heart full of love, an ever ready listening ear and a hand that's willing to help others at any time.

~

When you're able to genuinely wish someone well, have no jealousy in your heart towards him and want the best for him, you're truly blessed.





If your love for this world is so deep-rooted, remember you can't take it with you. It's wiser to start preparing for the next life now.

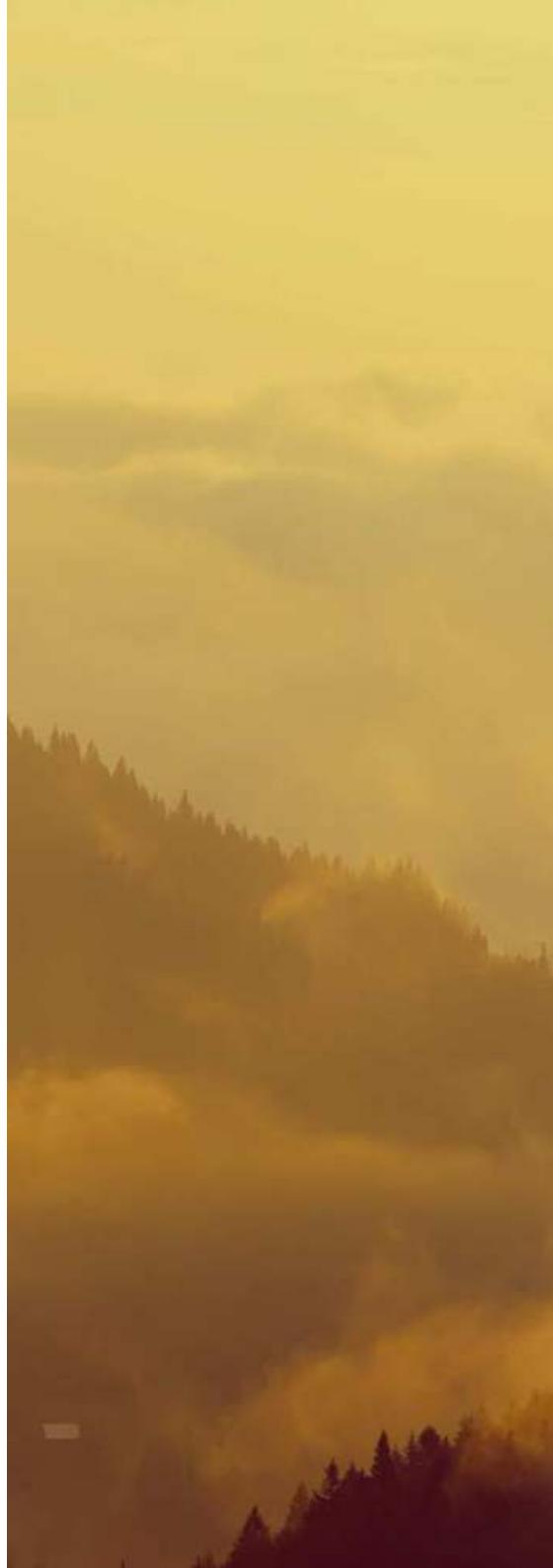
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Everyone has a part in someone's life. We may never know where we fit in or our actual role, but without us, their lives won't be complete.

Your Maker picked you up each time you fell, gave you strength to carry on when you felt the world caving in on you. Where would you be without Him?

~

When you do things to please people, someone will always be complaining. Nothing's ever good enough. Choose to please the Almighty instead.





You may not be able to afford  
much but remember that  
empty hands and empty  
pockets are nothing compared  
to an empty heart, without  
love for the Almighty.

~

It's a disease affecting many.  
Hypocrisy. Doing good for the  
world to see, showing off.  
Get to the root of the problem.  
Cleanse the heart.



Make it a habit to talk about Blessings more than burdens.

When you spread positivity, the Almighty will bless you with even more.

Be kind to yourself.

No need to beat yourself up for the mistakes you've made. They're a blessing. They've made you what you are today.

When you finally see the light at the end of the tunnel, smile and thank the Almighty.

He was actually looking after you when you thought He had left you.



~

Be kind to your siblings and develop the best relationship with them.

The Almighty has chosen them for a reason. Value them lest you regret.

Remember that some of the closest people in your life aren't always the ones who love you most. You can't change them. Accept it and move on.

It's painful to see your loved ones go down the wrong path. Do your best and advise them kindly. Pray that the Almighty turns their hearts around.

~



# Motivational Moments

-

## Kindness



Keep doing good, even  
when obstacles are in  
your path. The seeds of  
kindness you sow today  
will bear fruit in the hearts  
you've touched.



If you think amassing wealth makes you happy and content, think again. Because happiness is not from what we get, it comes from what we give.

Learn to make the most of each day. Once over, it'll never return. So be wary of what you put in a day. Fill it with good deeds and kindness.

Words are powerful. What goes out may be too late to retrieve. So be aware of hurtful speech that can wound a heart, it's almost impossible to heal.

~

Blessed is the one who builds others up and motivates them because he knows what it's like to be criticized severely and picked on all the time.

Whatever you send out, comes back to you; a general rule to live by because life's an echo. What you give, you get! What you sow, you reap.

To you, it might be loose change. But to someone else, it's a day's wages. Never underestimate the smallest act of kindness. Go on.

Do it.

~



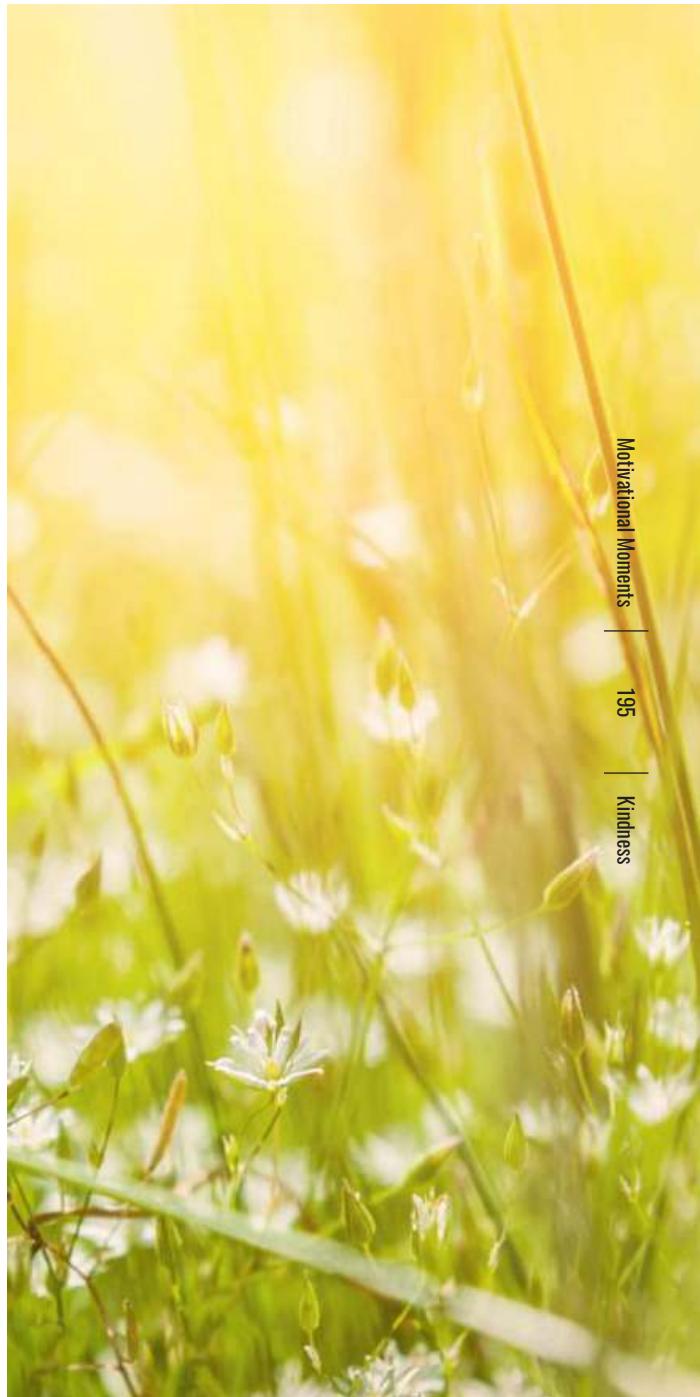
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We may not have similar views on things.

That's alright. We don't have to agree with every choice a person makes but say it respectfully.

A beautiful heart lets you see the good in everyone while a beautiful tongue lets everyone see the good in you.

You may not have material things to offer the one in hardship but you can be the soothing balm of peace with kind words and a listening ear.



~

Always be of help and show kindness, even to a stranger. Doing the smallest act may restore someone's faith and confidence in fellow humans.

How we interact with others can be among our biggest trials. Purify the heart from hypocrisy, pride and mischievous acts. May He guide us.

Extend a hand to those who seem lost in their path. Be tolerant of those showing conceit, greed, ignorance, jealousy and anger. Pray for them.

~

It is by giving that He makes the receiving so much sweeter. May He continue to enrich our lives so we can make a difference to others.

Spread goodness at the slightest opportunity. We never know what's kept hidden as a reward for what we've done. Leave it to the Almighty.

Some don't think twice before criticising others. They're intolerant and want to tear people down. Be kind. Lift others up. Help them heal.



~

If you want to help people get closer to the Almighty, use proper etiquette and good manners. Don't do it in an arrogant way. Humility always.

If your kindness is not being appreciated, don't feel disappointed. Continue your good acts. Spread it far and wide. It'll come back to you.

One of the worst things someone can do is to treat others unfairly because of their skin colour or looks. Racism is ugly. Racism is wrong.

~



Kindness

198

Motivational Moments

~

Never mind if what you give is small. It's not the amount but the helping attitude that counts. The Almighty never forgets the good you do.

As you put that morsel of food into your mouth today, think of those starving and surviving on meagre rations the world over. Pray for ease.

The world is crying out for compassion and kindness. Strive to spread more love and goodness not hate. Learn to see the truth amid all the lies.

~



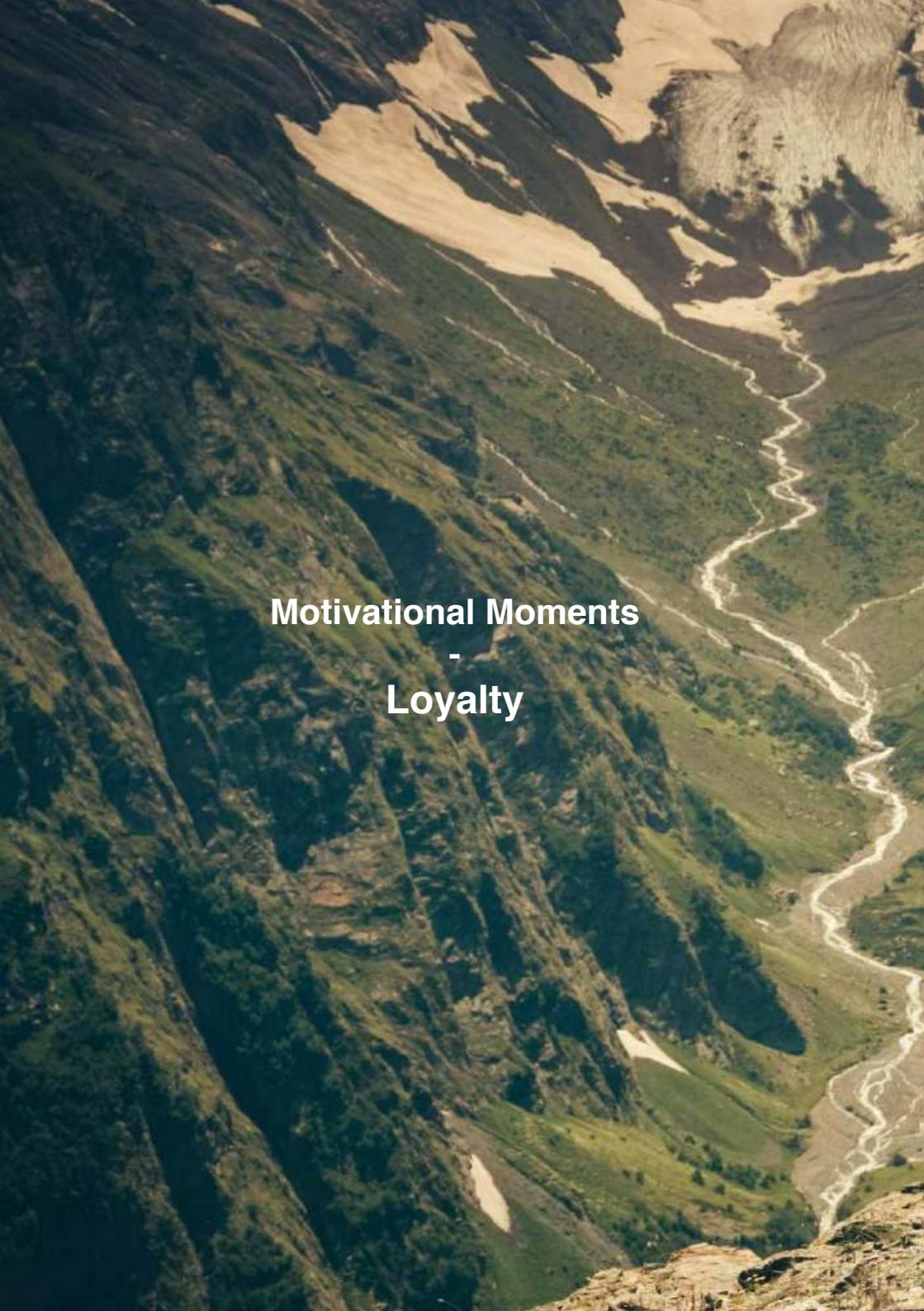
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Stop arguing and trying to prove who's right or wrong. The world is hard enough as it is. Learn to embrace good, spread kindness and positivity.

Life's a constant struggle. Always try to do better. When others make mistakes, don't look down on them. Help them up with your wisdom.

~

Blessed is he who is able to put the needs of others first even though he's going through his own struggles and trying to weather his storm.

A scenic view of a mountain valley. The upper portion of the image shows rugged, rocky mountain peaks with patches of snow and ice clinging to their slopes. A winding, light-colored river or path cuts through a valley below, surrounded by green, grassy fields. The perspective is from a high vantage point, looking down the length of the valley.

# Motivational Moments

-

## Loyalty



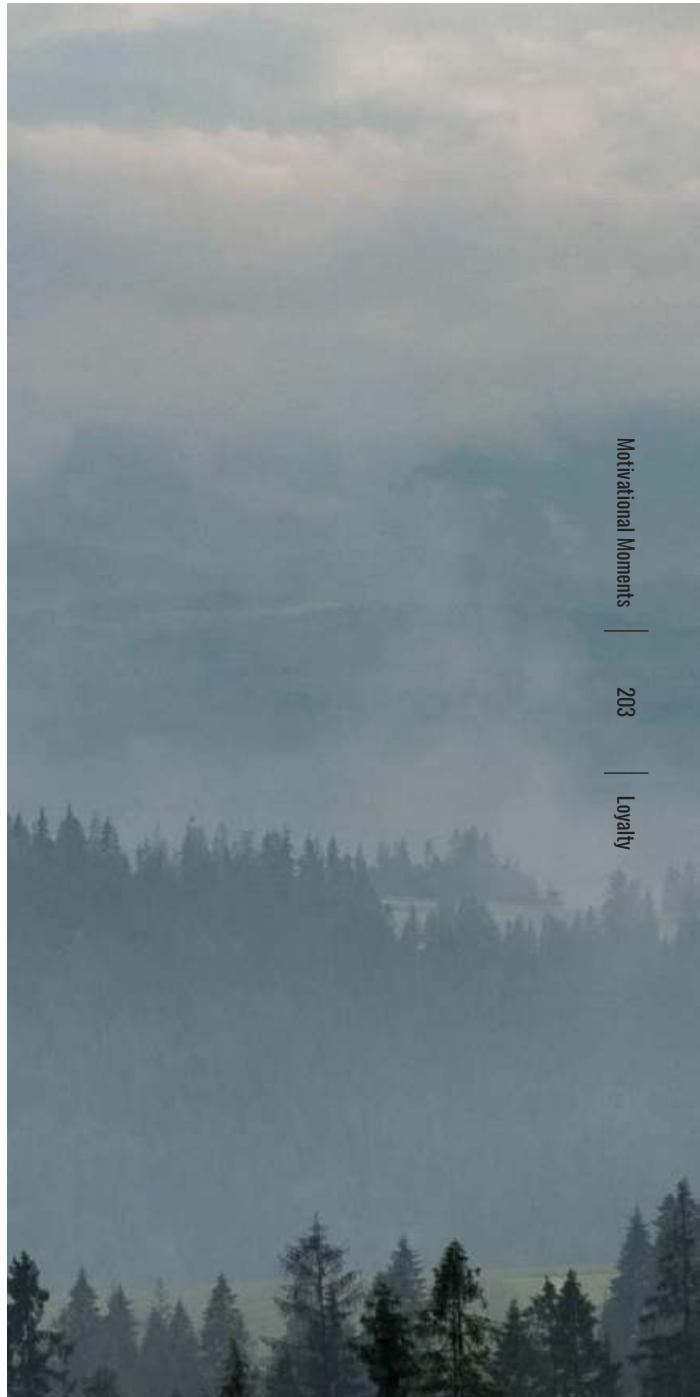
Treasure loyal friends.  
They're the ones who've  
stayed with you at the  
darkest and lowest points  
of life. You'll always  
be indebted to them.



You'll never know  
who your friends are  
till you fall and hit  
rock bottom. Be the  
one who'll pick others  
up and offer help in  
their darkest days.

No one said this life  
was easy. At times, it  
can be rather rough.  
Cherish those who  
stood by you despite  
the odds. Forgive  
those who left.

When facing  
hardship, many will  
leave you. That's  
natural. But what  
hurts most is the  
silence and betrayal  
from those you  
thought were friends.



~

Remember in the end,  
it's always between  
you and the Almighty.  
The truth is He's the  
Only One who truly  
cares. Choose to  
confide in Him.

If you haven't lived  
with someone, had  
dealings with them  
or traveled with  
them, then you  
cannot claim to  
know them well.

Value those who  
know your weakness  
but highlight your  
strength, know  
your fears but keep  
your faith in check.

Treasure such  
positive souls.

~

The company you keep will have a great impact on how you live your life. Make sure you do it with the right people. Choose them wisely.

~

Keep to your word, but don't expect it from others. Be good to people but don't expect the same treatment. Understand this and you won't end up with unnecessary troubles.





Don't worry about what your neighbour or best friend has. Your Blessings are yours. He has your name on it. None can take it away from you.

~

The trouble with us today is we've stopped feeling someone else's pain and suffering. We're obsessed with ourselves. Bring back compassion.

Be wary of people who stab you  
in the back repeatedly and then  
behave like they're the ones  
who have been wronged.  
It's best to avoid them.

~

When someone trusts you and  
confides in you, honour it. Don't  
betray it. Once trust is broken. It'll  
be hard to pick up the pieces.



Honest sincere people are the ones who don't pretend to be perfect. They won't judge or backstab. They're not so common but they exist. They're real friends.

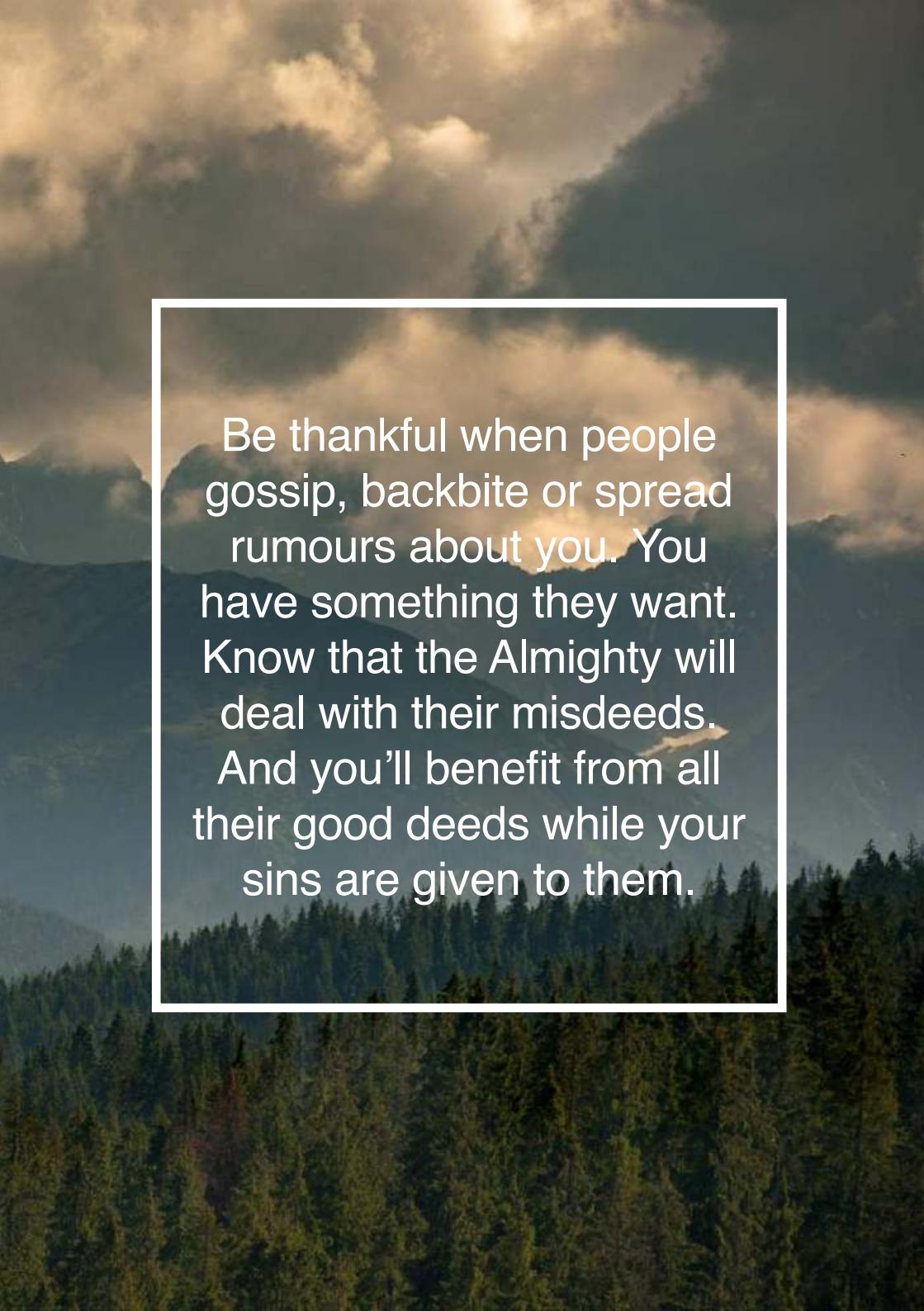
~

Beware those who embarrass or speak unkindly of family and friends behind their backs but pretend to be the nicest people in their presence.



**Motivational Moments**

**Self-Worth**



Be thankful when people gossip, backbite or spread rumours about you. You have something they want. Know that the Almighty will deal with their misdeeds. And you'll benefit from all their good deeds while your sins are given to them.



Some people will always look for excuses to twist the truth. No matter how you correct them, they just won't listen; so keep your distance.

When you broadcast every aspect of your life on social media, then expect the problems that come with it. Be discerning with what you share.

Do something daily to improve your relationship with the Almighty. No matter how small the act, just do it. You'll feel the difference.

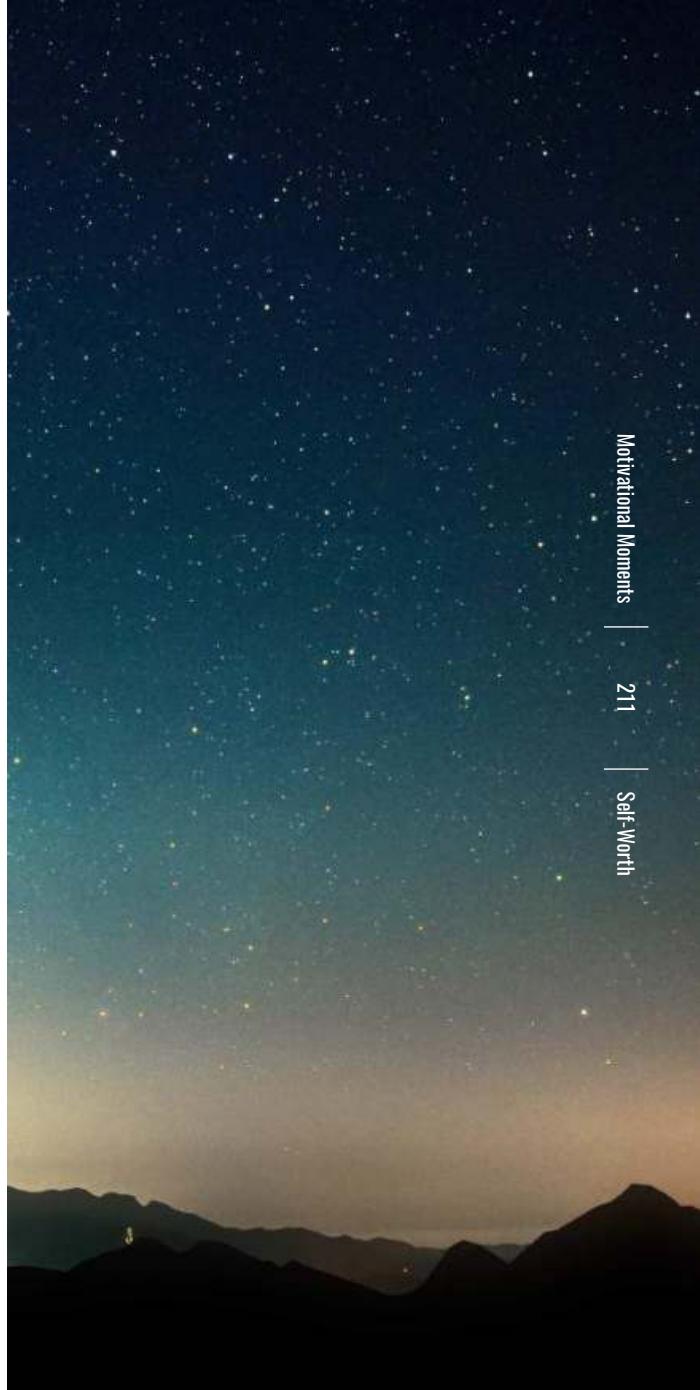
~

We often moan and groan over petty matters while others face huge challenges and life-changing situations. Get a grip on your life. Give thanks.

Be wary of your desires. Don't let it get out of control. Remind yourself of what you want in the end. Paradise is worth all the sacrifice.

We all have negative thoughts sometimes. It shows we're human. But when your outlook is positive, you don't let such thoughts control you.

~





Keep things minimal.

Learn to declutter  
your life as you go  
along. You won't be  
taking all this stuff  
with you. Live simply.

Sleep soundly.

You can't run away  
from social media  
but you need to  
strike a balance.

Your self worth is not  
determined by likes.  
Don't be fooled by it.

Some need to live  
their lives in the  
spotlight, shouting  
about whatever they  
do. Be among those  
who shine from  
within, away from  
the glare.

~



~

Be mindful of manipulators. They lie through everything, making it seem like it's your fault. Stay away from them; they'll only hurt you.

Remember it's your character that makes you worth it; not your appearance. After all, if a rose didn't smell as good, it would be worthless.

If you worry about what others think and say about you, stop!

Start focusing on your main aim in life. Please the Almighty and all will fall into place.

~



Be wary of double standards. Some people expect you to tolerate everything they do but they'd kick up a fuss if you did the same to them.

Review your life, refocus and check that you're on track. Let go of distractions.

Pray that the Almighty guides you every step of the way.

It's okay to disagree but never get malicious or vicious. Disagreements can strengthen bonds between people if both sides are sincere.

~

Don't take what others say about you seriously. The same goes for what you see in the mirror. Your truest reflection is in your heart.

Don't use "don't judge me" as an easy way out and dress however you want to. Know your limits. Modesty is a sign of respect; it's not of weakness.

Learn to disregard what others say. People will talk. Then they'll forget. But the Almighty is the Only One who will remember everything.

~





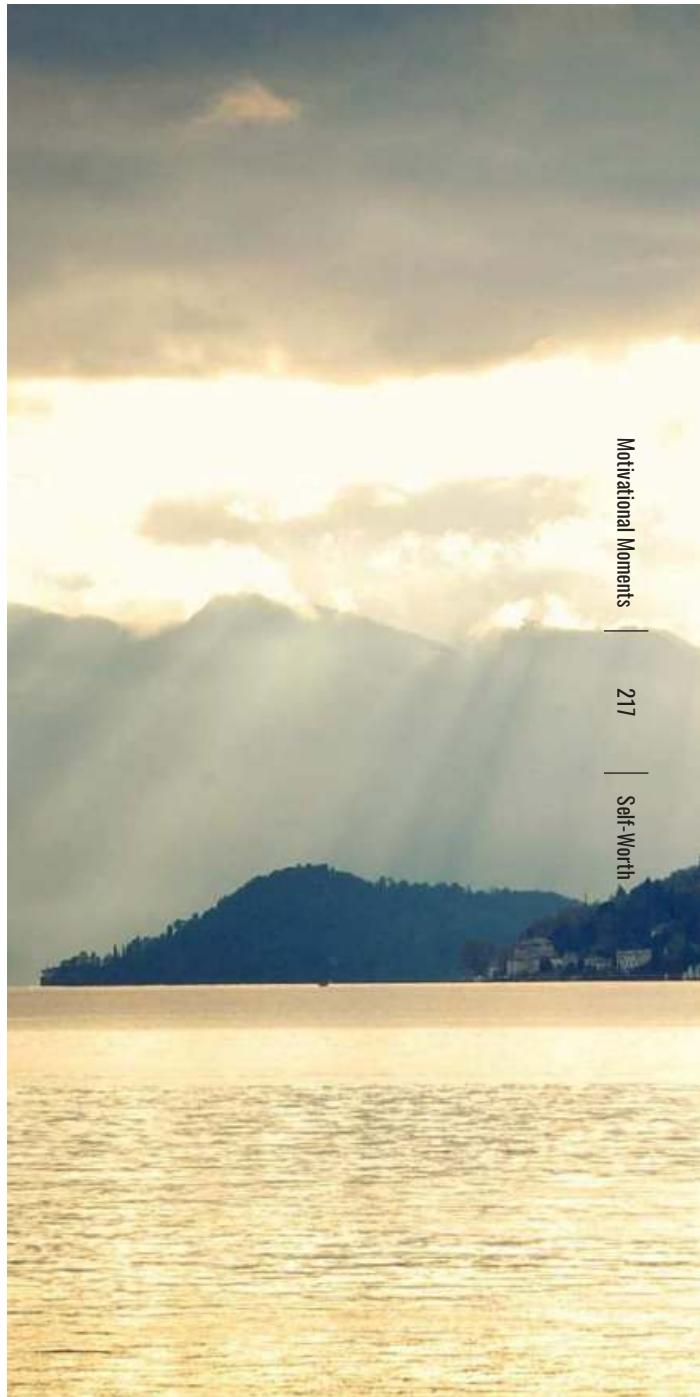
~

From your work to actions and looks, people will always criticise you and try to tear you down. Use their negative words to spur you, not burn you.

Get your priorities right. People will distract and deter you but if you listen to every criticism, you'll never reach your destination.

Whatever you do, there'll be those who'll try to steer you away from your course. As long as you know your aim, press on. He will guide you.

~



~

Don't measure life by what society dictates of you. The care you've given, the love shared, the hearts you've moved - they are immeasurable.

Appreciate the basic things in life. They mean a lot. We've been given much. We've been spoilt. Yet we complain. Start thanking the Almighty today.

Strive to be like those who even after they're gone, their good character is still much alive. So learn to be humble, sincere and generous.

~



~

Don't expect anything from anyone but the Almighty. People will hurt you and let you down. So lower your expectations; the best way to be.

Don't stress over trying to be perfect. Nobody is perfect. It's all about taking our imperfect life and making it better. Start today!

Beware becoming a slave to materialism.

You'll never have enough. You keep wanting more and can easily be controlled by those who are wealthy.

~

Almighty. Help us to be content in leading a quiet life, minding our own business and allowing You to take charge of things we can't control.

We're guilty of focusing on what we want. It's never enough. We take what we have for granted. Appreciate our Blessings.

There's no need to be popular and win the approval of others. The Almighty did not create you for this purpose. Stay true to yourself.

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When you've finally found the true meaning of this life and your heart's in the right place, you'll be happy keeping a low profile. Blessed.

We get sad, even devastated when a loved one dies. We mourn the loss. But don't forget that one day, others will be mourning our death.

You have your life. I have mine. Stop comparing it with others. We're tested in different ways. There's a blessing and lesson in all of that.

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When you do a deed for the right reason and your heart's in the right place, you're blessed; no matter your looks, colour, identity or status.

There'll always be tough days. Never begrudge others who seem to be having a smooth ride. Know that we all face ups and downs. That's life.

Shyness is part of faith. Beware the one who does what he likes and feels no sense of shame.

Cultivate good manners and you'll acquire shyness.

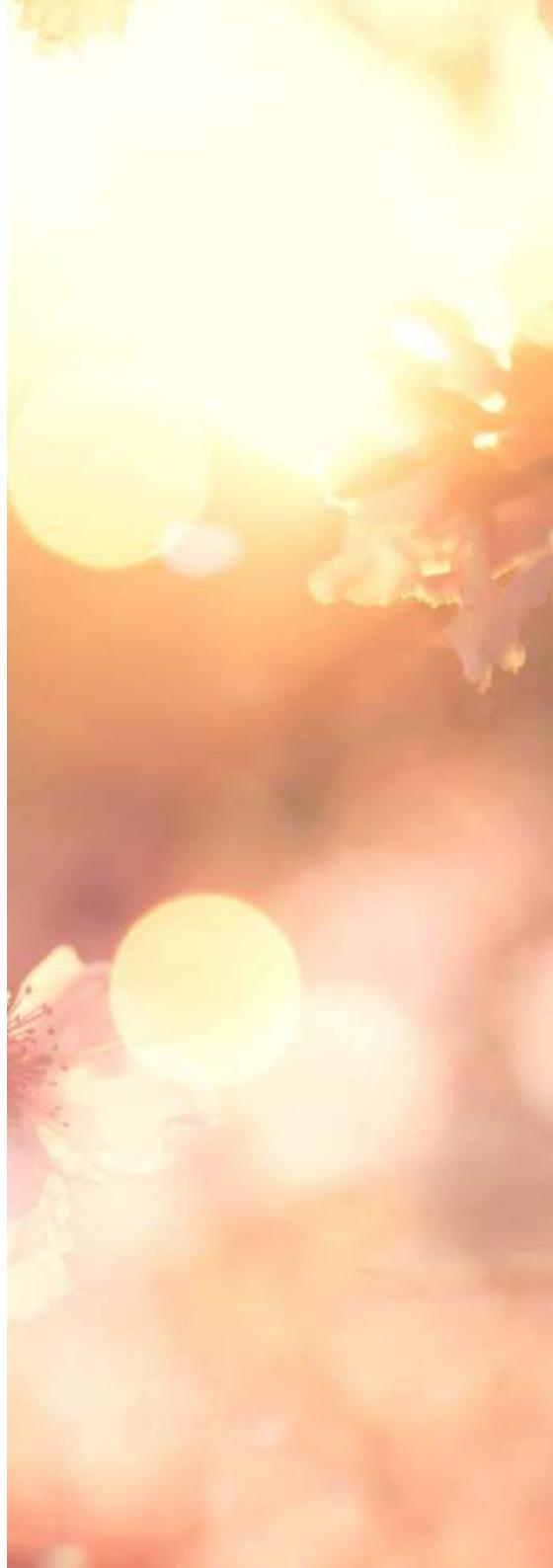
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Always remember that the Decree of the Almighty is far beyond what we can see and understand. Things may not be as they seem. So it's best not to overthink and overanalyze. Leave it to Him.

~

Failure is not permanent. You pick yourself up, have firm faith and move on. Trust that the Almighty is planning something better for you. Be patient.





Satan's biggest weapon against us is to stir up our desires, create doubt and havoc in our minds that we're losing out in worldly pleasures.

~

We're not perfect and never will be. There's no need to put on a variety of masks to show off to the outside world. Hypocrisy is dangerous.

Not everyone will see eye to eye with you. Some will never understand you. Don't let others dictate who you are.

Stay true to yourself.

~

Don't be superficial. Don't be fooled by good looks and intellect. Physical beauty is worthless if you have a disfigured soul. Look deeper.





Spend more time daily reflecting  
on what the Almighty has blessed  
you with rather than worrying  
over what's missing in your life!  
Be grateful.

~

Almighty. I'm grateful that despite  
seeing all my shortcomings, You  
still choose to give me another  
chance, another day.  
I won't waste it.

We're human. We make mistakes. We get angry. We get hurt. We cry. We feel sad.

Beseech the Almighty for guidance always.

~

Stop trying to please everyone. It's impossible. No matter how you try to change, it'll never be good enough for some.

Just be who you are.





Be wary of Satan; always playing with your emotions and makes you feel sad and worthless, like no one cares. But the Almighty cares and loves you.

~

When someone is prejudiced against you, they'll go all out to prove they're right. Don't bother trying to change that. Just be yourself.

Avoid disputes where possible. This can be tricky when you're in an argument, Satan whispers and your ego sets in. But think of the reward.

~

One of the sad things about social media is it makes us compare our lives with others.

We don't appreciate our blessings. We just want more.



Why trust anyone with what's going on in your life and fear being judged? Confide in the Almighty, He knows you better than you do.



You may be sad, disappointed, heartbroken or even scarred. But wake each day with a new sense of hope, a will to fight on and not give up.



For any enquiries, visit:  
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Motivational Moments is a  
compilation of 500 of the  
most inspiring quotes by  
Mufti Menk.

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# MOTIVATIONAL MOMENTS

by Mufti Menk



I hope you found Motivational Moments enlightening and will share it with people who matter in your life. It is especially dedicated to all of you who have liked, retweeted and shared the quotes within minutes of them being posted.

Some of your comments from the quotes have really touched me.

*“Mufti Menk, I saw darkness until I read your posts. Now it’s become my daily dose”.*

*“I really wanted to end my life. I was so depressed. A friend introduced me to your page. I look at life differently now”.*

*“I was full of self pity and self doubt. Your quotes helped me change my outlook. It pays to be positive”.*

Do read the quotes often and reflect on them seriously.

Of course, words alone will do nothing, unless followed by actions. I hope the quotes can help increase your motivation to reach your objective.

Motivational Moments 2 is already in the works.

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