



✦ In the name of Allah, the Most Merciful ✦



The Bonds of Kinship



A Card-a-Day Handbook for Parents, Siblings & Relatives

Thirty keepsake cards, each rooted in the Qur'an and Sunnah — one guidance to live out in the **mindset** of the heart, the **action** of the body, and the **speech** of the tongue.

MINDSET

ACTION

SPEECH

"Your Lord has decreed that you worship none but Him, and to parents, good treatment. ... Say not to them 'uff,' nor repel them, but speak to them a noble word."

Qur'an 17:23

Print two cards to a page, cut along the dotted line, and keep one where you'll see it each day. When you reach the last card, begin again — these are habits for a lifetime, not a checklist. Passages are rendered by meaning; return to the full texts and trusted scholars for study.



Say Not Even 'Uff'

Birr al-Wālidayn — Kindness to Parents



"Your Lord has decreed that you worship none but Him, and to parents, good treatment. ... Say not to them 'uff,' nor repel them, but speak to them a noble word."

Qur'an 17:23

GUIDANCE

Allah placed kindness to parents right beside worship of Him. Even a sigh of impatience is named and forbidden — such is the height of their right.

TODAY'S ACTION

Serve your parents today with visible patience, swallowing every 'uff.'

MINDSET Heart · al-Qalb

Hold their right as second only to Allah's.

ACTION Body · al-Jawāriḥ

Help them without being asked; ease their day.

SPEECH Tongue · al-Lisān

Speak a noble, gentle word — never a sharp or dismissive one.

... ♦ *Rabbi irḥamhumā — my Lord, have mercy on them as they raised me small.*

c u t h e r e

Lower Your Wing to Them

Khafḍ al-Janāḥ — The Wing of Humility



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

Qur'an 17:24

GUIDANCE

However tall you grow, bow low before your parents. The Qur'an even teaches you the very words to pray for them.

TODAY'S ACTION

Show one act of visible humility to a parent today, and make the du'ā above.

MINDSET Heart · al-Qalb

Remember the helpless child they carried and cared for.

ACTION Body · al-Jawāriḥ

Serve them with a lowered head and gentle hands.

SPEECH Tongue · al-Lisān

Recite for them: 'My Lord, have mercy upon them ...'

... ♦ *O Allah, have mercy on my parents as they had mercy on me.*

Thank Them, Thank Me

Shukr al-Wālidayn — Gratitude to Parents



"Be grateful to Me and to your parents; to Me is the final destination."

Qur'an 31:14

GUIDANCE

Allah paired gratitude to Him with gratitude to your parents. To overlook their sacrifice is to overlook a debt Allah Himself recorded.

TODAY'S ACTION

Thank a parent today, specifically, for a sacrifice they made for you.

MINDSET Heart · al-Qalb

Recall the years of unseen sacrifice behind who you are.

ACTION Body · al-Jawāriḥ

Repay in service what they poured into you.

SPEECH Tongue · al-Lisān

"Thank you for everything you gave up for me."

...

✦ *O Allah, let me repay my parents with gratitude and care.*

c u t h e r e

Honour Them, Even in Disagreement

Al-Ṭā'ah bi'l-Ma'rūf — Obedience in Good



"But if they strive to make you associate with Me that of which you have no knowledge, do not obey them — yet accompany them in this world with kindness."

Qur'an 31:15

GUIDANCE

Obedience to parents stops only at disobedience to Allah — and even then, kindness never stops. You may refuse a wrong, but never with harshness.

TODAY'S ACTION

Where you must differ from a parent, do it today with the utmost gentleness.

MINDSET Heart · al-Qalb

Separate the right to differ from the duty to honour.

ACTION Body · al-Jawāriḥ

Keep serving and accompanying them, even amid disagreement.

SPEECH Tongue · al-Lisān

Decline the wrong softly; never raise your voice to them.

...

✦ *O Allah, let me obey You while honouring them beautifully.*

Your Mother, Three Times

Ḥaqq al-Umm — The Mother's Right



"Who is most deserving of my good company?" He said: "Your mother." "Then who?" "Your mother." "Then who?" "Your mother." "Then who?" "Your father."

Ṣaḥīḥ al-Bukhārī • Muslim

GUIDANCE

The mother's right is named three times before the father's — a measure of the toil of carrying, birthing, and nursing. Honour her especially.

TODAY'S ACTION

Do something today that specifically eases your mother's day.

MINDSET Heart • al-Qalb

Recall the hardship she bore that no one else could.

ACTION Body • al-Jawārīḥ

Serve her first; sit with her; carry her load.

SPEECH Tongue • al-Lisān

Words of tenderness and thanks to your mother.

♦ O Allah, let me honour my mother as she deserves.

c u t h e r e

Allah's Pleasure in Theirs

Riḍā al-Wāliḍayn — Their Pleasure



"The pleasure of the Lord lies in the pleasure of the parent, and the anger of the Lord lies in the anger of the parent."

Sunan at-Tirmidhī (ḥasan)

GUIDANCE

Seeking your parents' contentment is a direct path to your Lord's contentment. Their smile carries more weight than you know.

TODAY'S ACTION

Do one thing today for the sole purpose of pleasing a parent.

MINDSET Heart • al-Qalb

Tie your Lord's pleasure to your parents' hearts.

ACTION Body • al-Jawārīḥ

Go out of your way to bring them ease and joy.

SPEECH Tongue • al-Lisān

Ask sincerely: "Is there anything I can do for you?"

♦ O Allah, let me earn Your pleasure through pleasing my parents.

Your Struggle Is at Home

Khidmat al-Wālidayn — Service Is Jihād



A man sought permission to go for jihad. He asked: “Are your parents alive?” “Yes.” He said: “Then in them is your jihad.”

Ṣaḥīḥ al-Bukhārī • Muslim

GUIDANCE

You need not travel far to find a great deed. Serving living parents can outweigh the battlefield in reward.

TODAY'S ACTION

Devote real effort to serving a parent today, as an act of worship.

MINDSET Heart • al-Qalb

See their care as your personal jihad and path to reward.

ACTION Body • al-Jawāriḥ

Give your time and strength to their needs.

SPEECH Tongue • al-Lisān

“Let me take care of that for you.”

✦ O Allah, accept my service to my parents as worship.

c u t h e r e

Parents Are the Middle Gate

Bāb al-Jannah — A Gate to Paradise



“The parent is the middle gate of Paradise; so keep that gate, or lose it.”

Sunan at-Tirmidhī • Ibn Mājah (ṣaḥīḥ)

GUIDANCE

Your parents are not an obstacle to Paradise — they are a door into it. Neglect them, and you shut a gate opened for you.

TODAY'S ACTION

Walk through that gate today: one clear act of goodness to a parent.

MINDSET Heart • al-Qalb

See serving them as your own way into Jannah.

ACTION Body • al-Jawāriḥ

Guard the gate — do not let neglect close it.

SPEECH Tongue • al-Lisān

Honour them in word as a means to Paradise.

✦ O Allah, let my parents be my gateway to Your Garden.

Honour Them Beyond the Grave

Al-Birr ba'd al-Wafāh — Kindness After Death



"Yes — praying for them, seeking forgiveness for them, fulfilling their promises, keeping the ties that come only through them, and honouring their friends."

Sunan Abī Dāwūd

GUIDANCE

Kindness to parents does not end at the graveside. Du'ā, charity, and honouring those they loved keep the bond — and its reward — alive.

TODAY'S ACTION

For a parent who has passed (or in readiness for that day), make du'ā and give charity on their behalf.

MINDSET Heart · al-Qalb

Know your love can still reach them through good deeds.

ACTION Body · al-Jawāriḥ

Give ṣadaqah, and keep the ties and promises they left.

SPEECH Tongue · al-Lisān

Pray aloud for their forgiveness and mercy.

♦ O Allah, forgive my parents and raise their ranks.

c u t h e r e

Join What Allah Joined

Silat al-Raḥm — Kinship Ties



"Whoever believes in Allah and the Last Day, let him keep the ties of kinship."

Ṣaḥīḥ al-Bukhārī · Muslim

GUIDANCE

Maintaining family ties is tied directly to faith itself. To keep them is a sign of belief; to sever them is a grave matter.

TODAY'S ACTION

Reconnect with one relative you have drifted from today.

MINDSET Heart · al-Qalb

Treat kinship as a sacred trust bound to your faith.

ACTION Body · al-Jawāriḥ

Reach out — visit, call, or help a relative.

SPEECH Tongue · al-Lisān

A warm message that reopens a closed door.

♦ O Allah, let me join what You have commanded be joined.

The Kinship-Tie Speaks

Al-Raḥm — The Bond at the Throne



Allah says to the tie of kinship: "Whoever keeps you, I keep ties with him; and whoever cuts you off, I cut him off."

Ṣaḥīḥ al-Bukhārī • Muslim

GUIDANCE

The tie of kinship is so honoured that Allah links His own connection to a servant with how that servant treats their relatives.

TODAY'S ACTION

Choose to keep a tie today that you could have let slip.

MINDSET Heart • al-Qalb

Know Allah's connection to you mirrors your ties to kin.

ACTION Body • al-Jawāriḥ

Do the small act that keeps the bond alive.

SPEECH Tongue • al-Lisān

Break a long silence with a kind first word.

♦ O Allah, keep Your ties with me as I keep ties with my family.

c u t h e r e

Keep Ties When They're Cut

Al-Wāṣil — The True Keeper of Ties



"The keeper of ties is not the one who repays in kind; the keeper of ties is the one who, when his relatives cut him off, keeps the tie with them."

Ṣaḥīḥ al-Bukhārī

GUIDANCE

Reciprocating kindness is easy. The real reward is in keeping the bond with relatives who have neglected or wronged you.

TODAY'S ACTION

Reach out today to a relative who has not reached out to you.

MINDSET Heart • al-Qalb

Give the bond freely, not as a transaction.

ACTION Body • al-Jawāriḥ

Take the first step, again, even if unreciprocated.

SPEECH Tongue • al-Lisān

A greeting that expects nothing back.

♦ O Allah, make me a keeper of ties, not merely a repayer.

The Bond That Expands Your Life

Barakah fi'l-Rizq — Ties Widen Provision



"Whoever would love to have his provision expanded and his term extended, let him keep the ties of kinship."

Ṣaḥīḥ al-Bukhārī • Muslim

GUIDANCE

Keeping family ties is no drain on your time and wealth — the Prophet (peace be upon him) promised it widens provision and blesses your life.

TODAY'S ACTION

Invest in a relative today, trusting the barakah it brings.

MINDSET Heart • al-Qalb

Believe that giving to kin returns as blessing.

ACTION Body • al-Jawāriḥ

Spend time or wealth on family without fear of loss.

SPEECH Tongue • al-Lisān

Offer help before it is requested.

♦ O Allah, bless my provision and my life through my family ties.

c u t h e r e

Your First Companions

Ukhuwwat al-Nasab — Siblings



"The believers are but brothers, so make reconciliation between your brothers."

Qur'an 49:10

GUIDANCE

Siblings are the friends chosen for you by Allah — sharing your roots. Guard that bond from the small rivalries that quietly erode it.

TODAY'S ACTION

Do one kind, unprompted thing for a sibling today.

MINDSET Heart • al-Qalb

Cherish siblings as lifelong allies, not rivals.

ACTION Body • al-Jawāriḥ

Show up for them; share burdens and joys.

SPEECH Tongue • al-Lisān

Encourage and uplift; drop old competition.

♦ O Allah, unite the hearts of us siblings in love.

Do Not Favour One Over Another

Al-'Adl bayn al-Awlād — Fairness Among Kin



When Bashīr wished to give one son a gift, the Prophet asked: "Have you given all your children the same?" He said no. He said: "Fear Allah and be just between your children."

Ṣaḥīḥ al-Bukhārī • Muslim

GUIDANCE

Favouritism plants lifelong resentment between siblings. Justice among children — and among relatives — protects the family's harmony.

TODAY'S ACTION

Check yourself today for any favouritism, and correct it.

MINDSET Heart • al-Qalb

Weigh your affection and giving fairly.

ACTION Body • al-Jawāriḥ

Distribute time, gifts, and attention evenly.

SPEECH Tongue • al-Lisān

Speak to each with equal warmth.

✦ O Allah, make me just among those in my care.

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Two Rewards, Not One

Ṣadaqah 'alā'l-Qarīb — Charity to Kin



"Charity to a poor person is charity; but to a relative it is two: charity and the keeping of kinship."

Sunan an-Nasā'ī • at-Tirmidhī

GUIDANCE

When you give to a relative in need, you earn a double reward — the charity and the bond. Look homeward before you look afar.

TODAY'S ACTION

Give to a relative in need today before giving elsewhere.

MINDSET Heart • al-Qalb

See needy kin as first in line for your generosity.

ACTION Body • al-Jawāriḥ

Direct your help toward family who are struggling.

SPEECH Tongue • al-Lisān

Offer discreetly, sparing their dignity.

✦ O Allah, let me care for my kin and reward me twofold.

Answer Cutting With Kindness

Al-Ṣabr ‘ala’l-Aqārib — Patience With Relatives



A man said: “I keep ties, they cut me; I am kind, they are harsh.” He said: “...as long as you continue, Allah will remain your supporter against them.”

Ṣaḥīḥ Muslim

GUIDANCE

You are not asked to feel no pain — only to keep responding with good. Allah Himself becomes your support against relatives who wrong you.

TODAY’S ACTION

Respond to a difficult relative with kindness today, not retaliation.

MINDSET Heart · al-Qalb

Leave their account to Allah; keep your own clean.

ACTION Body · al-Jawāriḥ

Continue the kindness they do not return.

SPEECH Tongue · al-Lisān

Answer harshness with a soft word.

♦ O Allah, support me as I keep ties with those who cut me off.

c u t h e r e

Gentlest With Those Closest

Ḥifẓ al-Lisān — Guarding the Tongue at Home



“A good word is charity.”

Ṣaḥīḥ al-Bukhārī · Muslim

GUIDANCE

We often save our worst tone for those we love most, trusting they’ll forgive it. Reverse that — give family your gentlest speech.

TODAY’S ACTION

Speak to every family member today with the courtesy you’d give a guest.

MINDSET Heart · al-Qalb

Refuse to take loved ones for granted.

ACTION Body · al-Jawāriḥ

Match a calm face to calm words at home.

SPEECH Tongue · al-Lisān

No harshness, sarcasm, or raised voice with family.

♦ O Allah, make my speech at home the gentlest of all.

Respect the Old, Mercy the Young

Tawqīr al-Kabīr — Honouring Elders



"He is not one of us who does not show mercy to our young, nor honour our elders."

Sunan at-Tirmidhī · Abū Dāwūd

GUIDANCE

Family is a chain of generations. Honour those above you and show tenderness to those below — that is the family the Prophet described.

TODAY'S ACTION

Show marked respect to an elder and gentle care to a child today.

MINDSET Heart · al-Qalb

Hold reverence for age and tenderness for youth.

ACTION Body · al-Jawāriḥ

Rise for elders; stoop to the level of children.

SPEECH Tongue · al-Lisān

Address elders with honour; speak to children with warmth.

♦ O Allah, make me a mercy to the young and an honourer of the old.

c u t h e r e

The Best Dinar You Spend

Nafaqat al-Ahl — Spending on Family



"The best dinar a man spends is a dinar he spends on his family ..."

Ṣaḥīḥ Muslim

GUIDANCE

Money spent on your family is not ordinary spending — it is among the most rewarded of all. Provide with a willing, cheerful heart.

TODAY'S ACTION

Provide something for your family today with joy, not reluctance.

MINDSET Heart · al-Qalb

See providing as worship, not burden.

ACTION Body · al-Jawāriḥ

Meet a real need — food, comfort, care.

SPEECH Tongue · al-Lisān

Give without reminding them of it.

♦ O Allah, bless what I spend on my family.

Shepherd Them to the Good

Tarbiyat al-Ahl — Guiding the Family



“O you who believe, protect yourselves and your families from a Fire whose fuel is people and stones.”

Qur'an 66:6

GUIDANCE

Loving your family means caring for their Hereafter, not only their comfort. Gently guide them toward Allah — starting with your own example.

TODAY'S ACTION

Encourage one family member toward a good deed today — kindly, by example.

MINDSET Heart · al-Qalb

Care for their souls as much as their needs.

ACTION Body · al-Jawāriḥ

Lead by doing the good you invite them to.

SPEECH Tongue · al-Lisān

Invite gently: “Shall we pray together?”

♦ *O Allah, protect my family and me from the Fire.*

c u t h e r e

The Aunt Is Like the Mother

Al-Khālah wa'l-'Amm — Aunts & Uncles



“The maternal aunt holds the status of the mother.”

Ṣaḥīḥ al-Bukhārī

GUIDANCE

Kinship reaches beyond the immediate household. Aunts, uncles, and grandparents carry rights close to those of parents — honour them too.

TODAY'S ACTION

Reach out to an aunt, uncle, or grandparent today.

MINDSET Heart · al-Qalb

Extend the honour of parents to their siblings.

ACTION Body · al-Jawāriḥ

Visit or assist an elder relative.

SPEECH Tongue · al-Lisān

A warm greeting that shows they are not forgotten.

♦ *O Allah, let me honour all my kin as they deserve.*

Heal the Family Rift

Islāh dhāt al-Bayn — Mending the Family



“...and reconciliation is best.”

Qur'an 4:128

GUIDANCE

Few things please Allah — and shaytān hates — more than a mended family. Be the one who repairs, not the one who takes sides.

TODAY'S ACTION

Take a step today to heal a rift between relatives.

MINDSET Heart · al-Qalb

Put the family's unity above being proven right.

ACTION Body · al-Jawāriḥ

Carry good words between the estranged.

SPEECH Tongue · al-Lisān

Soften both sides; never fan the flames.

♦ O Allah, make me a mender of my family's bonds.

c u t h e r e

Even a Small Gesture Counts

Ṣilah bi'l-Yaṣīr — Ties With Little



“Keep the ties of kinship, even if only with the greeting of salām.”

Reported in the Sunnah

GUIDANCE

You need no grand gestures to keep family ties. A short call, a message, a greeting — small and steady — keeps the bond alive.

TODAY'S ACTION

Send a brief, warm message to a relative today — no occasion needed.

MINDSET Heart · al-Qalb

Know that consistency matters more than grandeur.

ACTION Body · al-Jawāriḥ

Make the small, regular effort that sustains ties.

SPEECH Tongue · al-Lisān

A simple: “I was thinking of you — how are you?”

♦ O Allah, let me keep my ties, even in the smallest way.

Lift Them Before Allah

Al-Du'ā' li'l-Ahl — Praying for Family



"My Lord, forgive me and my parents and whoever enters my house as a believer, and the believing men and women."

Qur'an 71:28

GUIDANCE

Your family needs your du'ā more than your advice. Carry your parents, siblings, and children to Allah in your private prayers.

TODAY'S ACTION

Make a specific du'ā for each close family member today.

MINDSET Heart · al-Qalb

Want for your family the best of both worlds.

ACTION Body · al-Jawāriḥ

Raise your hands for them after ṣalāh.

SPEECH Tongue · al-Lisān

Pray for them by name.

...

✦ O Allah, forgive me, my parents, and all my household.

c u t h e r e

Be a Source of Ease

Al-Yusr — Being Easy on Family



"Make things easy and do not make them difficult; give glad tidings and do not repel."

Ṣaḥīḥ al-Bukhārī · Muslim

GUIDANCE

Be the family member whose presence lightens the room, not the one everyone tiptoes around. Ease, not severity, wins hearts at home.

TODAY'S ACTION

Remove one difficulty you tend to create for your family today.

MINDSET Heart · al-Qalb

Choose to make life easier, not heavier, for your kin.

ACTION Body · al-Jawāriḥ

Help, simplify, and smooth the day for them.

SPEECH Tongue · al-Lisān

Encourage and reassure rather than criticise.

...

✦ O Allah, make me a source of ease for my family.

Do Not Miss the Chance

Al-Ihsān fi'l-Kibar — Parents in Old Age



"May his nose be rubbed in dust — the one who finds his parents in old age, one or both, and does not (thereby) enter Paradise."

Ṣaḥīḥ Muslim

GUIDANCE

An aging parent is not a burden but a rare and closing opportunity for Paradise. Do not let impatience rob you of it.

TODAY'S ACTION

Give an elderly parent extra patience and presence today.

MINDSET Heart · al-Qalb

See their age as your golden chance, not a chore.

ACTION Body · al-Jawāriḥ

Attend to their needs tenderly, as they once did yours.

SPEECH Tongue · al-Lisān

Speak with patience to slowness and repetition.

...

✦ *O Allah, let my parents' old age be my path to Paradise.*

c u t h e r e

Kiss and Show Mercy

Al-Rifq bi'l-Saghīr — Tenderness to Children



When a man said he never kissed his children, the Prophet (peace be upon him) said: "Whoever does not show mercy will not be shown mercy."

Ṣaḥīḥ al-Bukhārī · Muslim

GUIDANCE

Warmth toward children is not weakness — it is the very mercy by which Allah shows mercy to you. Do not withhold affection at home.

TODAY'S ACTION

Show open affection to a child in your family today.

MINDSET Heart · al-Qalb

Let mercy, not sternness, define you at home.

ACTION Body · al-Jawāriḥ

A hug, a kiss, time on the floor to play.

SPEECH Tongue · al-Lisān

Words of love and encouragement to the young.

...

✦ *O Allah, fill my heart with mercy and show me Yours.*

They Learn What You Live

Al-Qudwah — Being an Example



"Each of you is a shepherd, and each is responsible for his flock."

Ṣaḥīḥ al-Bukhārī • Muslim

GUIDANCE

Your family absorbs your character far more than your instructions. The surest way to raise good kin is to become the good you preach.

TODAY'S ACTION

Model one good habit for your family today rather than just telling them.

MINDSET Heart • al-Qalb

Hold yourself to what you ask of them.

ACTION Body • al-Jawāriḥ

Let your actions be the lesson.

SPEECH Tongue • al-Lisān

Correct less; demonstrate more.

...

✦ *O Allah, make me a good example for those who follow me.*

c u t h e r e

A Bond That Outlives You

Ṣadaqah Jāriyah — A Lasting Legacy



"When a person dies, his deeds cease except three: ongoing charity, knowledge benefited from, and a righteous child who prays for him."

Ṣaḥīḥ Muslim

GUIDANCE

The love you invest in raising righteous, connected family becomes a river of reward flowing to you long after you are gone.

TODAY'S ACTION

Invest today in the faith and character of the next generation of your family.

MINDSET Heart • al-Qalb

Build bonds and character that outlast your lifetime.

ACTION Body • al-Jawāriḥ

Teach, nurture, and connect your family in good.

SPEECH Tongue • al-Lisān

Plant words of faith that they will carry forward.

...

✦ *O Allah, make my family a source of ongoing reward for me.*