



SUPPORT  
PALESTINE  
SPIRITUALLY

# Spiritual Self-Care

1

## Show Up Spiritually

- Frequent your masjid often to pray, attend khutbahs, and find healing within our community
- Attend community events organized for Palestine and our ummah globally

2

## Conscious Consumption

- Be mindful of the content you consume and creators & celebrities you are supporting actively and passively
- Cleanse your social media to remove zionists, genocide sympathizers, and supporters of oppression
- Support figures who are publicly Pro Palestine

3

## Stay Present

- Host events to keep Palestine, Sudan, Congo, & all of our Ummah in our daily conversations and Duaa
- Read the Quran with translations to fortify yourself spiritually & mentally
- Learn about the Sirah and how our Prophet PBUH dealt with grief and extreme hardship
- Pray Sunnah and Tahajjud prayers, with Duas your prayers

# Make Dua

اللَّهُمَّ إِنَّهُمْ مَغْلُوبُونَ فَانْتَصِرْ لَهُمْ

Allahumma innahum maghloobuna fantasir lahum.

○ Allah! They are helpless, so help them.

اللَّهُمَّ أَصْلِحْ أَحْوَالَ الْمُسْلِمِينَ فِي فِلِسْطِينَ، اللَّهُمَّ أَصْلِحْ أَحْوَالَ  
الْمُسْلِمِينَ فِي فِلِسْطِينَ وَفِي كُلِّ مَكَانٍ، يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

Allahumma aslih ahwaalal-muslimeena fi filisteen,  
Allahumma aslih ahwaalal-muslimeena fi filisteena wa fi kulli makaanin  
ya dhul-jalali wal-ikraam. ○ Allah!

○ Allah! Rectify the affairs of the Muslims in Palestine.

○ Allah! Rectify the affairs of the Muslims in Palestine and in every place,

○ Lord of Majesty and Bounty.

رَبَّنَا أَفْرِغْ عَلَيْهِمْ صَبْرًا وَثَبِّتْ أَقْدَامَهُمْ وَانصُرْهُمْ عَلَى الْقَوْمِ الْكَافِرِينَ.

Rabbana afrigh 'alayhim sabran wa thabbit  
aqdamahum wansurhum 'alal-qawmil- kafireen.

Our Lord! Pour upon them patience, make them steadfast,  
and grant them victory over the Disbelievers.