

VOLUME 02

Seven Days *of Shukr*

سَبْعَةُ أَيَّامٍ مِنَ الشُّكْر

A seven-day journal on gratitude, from the Qur'an and the Sunnah.

KETABI STUDIO

BEFORE YOU BEGIN

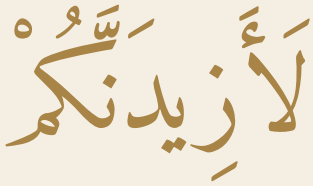
Seven ways to say thank you

This journal takes one week. Each day gives you a verse or hadith on gratitude, a short reflection, and three questions to answer in writing.

Qur'an translations follow Saheeh International. Every quotation carries its reference so you can look it up yourself.

One day at a time, or all in one sitting.
There is no falling behind.

DAY ONE



increase

I will surely increase you

Shukr is the Arabic word for gratitude. Classical Arabic dictionaries use the same root for an animal that grows healthy on very little food. Gratitude, in that picture, is a gift that shows on the one who received it. *Lisan al-'Arab, sh-k-r*

Musa (peace be upon him) reminded his people of a promise from their Lord: "If you are grateful, I will surely increase you." The verse goes on to warn those who deny His favour. *Qur'an 14:6–7*

The promise is not tied to a feeling. It is tied to what you do with what you have been given. Ibn al-Qayyim described gratitude in three parts: the heart that admits the gift came from Allah, the tongue that says so, and the body that uses the gift in a way He loves. *Ibn al-Qayyim, Madarij al-Salikin*

This week asks for one small thing each day. Today it is only this: notice. You cannot thank Him for what you have not seen.

"If you are grateful, I will surely increase you."
Qur'an 14:7

today you only need to notice

Name three things you have today that you once asked Allah for.

Which blessing do you use every day without thinking about it?

Write one sentence of thanks to Allah, in your own words.

DAY TWO

لَا تُحْصُوهَا

countless

you could not count them

Allah says: "And if you should count the favors of Allah, you could not enumerate them. Indeed, Allah is Forgiving and Merciful." *Qur'an 16:18*

Almost the same sentence appears earlier, in Surah Ibrahim. There it ends differently: "Indeed, mankind is most unjust and ungrateful." *Qur'an 14:34*

One ending describes us. The other describes Him. We lose count, we forget, we take things for granted. He forgives, and the favours keep coming anyway.

Try counting anyway. Start with the body: the breath you did not have to remember to take, the eyes reading this line, the hands holding the phone. Then the water you drank today, the roof, the people who know your name. You will run out of time long before you run out of things.

"If you should count the favors of Allah, you could not enumerate them."
Qur'an 16:18

today you try to count what cannot be counted

Start the timer and list every blessing you can in two minutes. Where did you run out?

SET A TIMER FOR 2 MINUTES

Which blessing on your list surprised you?

Read 14:34 and 16:18 side by side. What does it mean to you that one of them ends with forgiveness?

DAY THREE

أَسْفَلَ مِنْكُمْ

look below

those who have less than you

The Prophet (peace be upon him) said: "Look at those who are beneath you and do not look at those who are above you, for that is more suitable so that you do not belittle the favours of Allah." *Sahih Muslim 2963*

In another narration he said that when one of you looks at someone who has been given more wealth and a better appearance, he should also look at someone who has less.
Sahih al-Bukhari 6490

Most of what we see in a day is someone else's best moment. A new house, a trip, a wedding, a body, a business. None of it is a sin to see. The harm is what it slowly does to how we see our own life.

This is not about looking down on anyone. It is about seeing your own life accurately. Somewhere, someone is praying for the exact things you already have.

"Look at those who are beneath you and do not look at those who are above you."
Sahih Muslim 2963

today you choose where to look

Who do you compare yourself to most often? What does it cost you?

Think of a time when you had less. What do you have now that you prayed for then?

What could you stop looking at this week to protect your gratitude?

DAY FOUR

يَشْكُرُ النَّاسَ

thank people

the one who thanks people

The Prophet (peace be upon him) said: "He does not thank Allah who does not thank people."

Sunan Abi Dawud 4811, sahih

Thanking Allah and thanking people are not in competition. Allah Himself joins them: "Be grateful to Me and to your parents; to Me is the final destination." *Qur'an 31:14*

The Prophet (peace be upon him) also taught what to do when someone is good to you: repay them, and if you cannot find anything to give, make dua for them until you feel you have repaid them. *Sunan Abi Dawud 1672*

He said that whoever has a favour done for him and says to the one who did it, *Jazak Allahu khayran* (may Allah reward you with good), has praised them as fully as he can.

Jami' at-Tirmidhi 2035

Thanks are easy to feel and easy to forget to say. Today, say them.

"He does not thank Allah who does not thank people."

Sunan Abi Dawud 4811

today your thanks reach someone else

Who has helped you this month without being asked? Write their name.

What would you say to them if you knew they would read it?

Send one message of thanks today. Write down what happened.

DAY FIVE

أَوْزِعْنِي

help me

enable me to be grateful

Sulayman (peace be upon him) heard an ant warn her colony to get out of the way of his army. He smiled, amused at her words, and the first thing he asked for was not more power. He asked to be grateful. *Qur'an 27:18–19*

"My Lord, enable me to be grateful for Your favor which You have bestowed upon me and upon my parents and to do righteousness of which You approve." *Qur'an 27:19*

The word *awzi'ni* is often translated as "enable me" or "inspire me". Almost the same dua appears again in the Qur'an, said by a person who reaches the age of forty. *Qur'an 46:15*

Gratitude is not only something you do. It is something you ask for. The Prophet (peace be upon him) told Mu'adh never to leave this dua at the end of every prayer: "O Allah, help me to remember You, to thank You, and to worship You well." *Sunan Abi Dawud 1522*

"My Lord, enable me to be grateful for Your favor."
Qur'an 27:19

today you ask for the gift of thanks itself

If you could ask Allah to help you see one blessing more clearly, what would it be?

Write the dua of Sulayman in your own words.

Which blessing reached you through the people who raised you?

DAY SIX

لِنَفْسِهِۦ

for yourself

grateful for his own good

Allah says: "And We had certainly given Luqman wisdom and said, 'Be grateful to Allah.' And whoever is grateful is grateful for the benefit of himself. And whoever denies His favor, then indeed, Allah is Free of need and Praiseworthy." *Qur'an 31:12*

Allah does not need our thanks. Nothing is added to Him when we say *alhamdulillah*, and nothing is taken from Him when we forget. The benefit comes back to us.

The Prophet (peace be upon him) said: "How wonderful is the affair of the believer, for his affairs are all good. This is not the case for anyone except the believer. If something good happens to him, he is thankful for it and that is good for him. If something bad happens to him, he bears it with patience and that is good for him." *Sahih Muslim 2999*

So gratitude on a hard day is not pretending things are fine. It sits next to patience. You can be honest about what hurts and still notice what remained.

"Whoever is grateful is grateful for the benefit of himself."
Qur'an 31:12

today the benefit comes back to you

How has being grateful changed you, even a little, this week?

Think of a hard season. What good stayed with you through it?

Where do you need patience right now, and where do you need thanks?

DAY SEVEN

عَبْدًا شَكُورًا

a grateful servant

a grateful servant

The Prophet (peace be upon him) used to stand in prayer at night until his feet swelled. He was asked why, when Allah had already forgiven him. He said: "Should I not be a thankful servant?"
Sahih al-Bukhari 4836

For him, gratitude was not only a word. It was worship.

The same words are used for Nuh (peace be upon him): "Indeed, he was a grateful servant."
Qur'an 17:3

And one of Allah's own Names comes from this root. The people of Paradise say: "Indeed, our Lord is Forgiving and Appreciative." The word is *Shakur*. He appreciates the smallest good you do and rewards it with more than it was worth. *Qur'an 35:34*

You began this week by noticing. You end it the way he did: by turning thanks into something you do for Him.

"Should I not be a thankful servant?"
Sahih al-Bukhari 4836

today thanks becomes something you do

What act of worship could be your thank you this week?

Look back over these seven days. What did you notice that you had missed before?

Write a short letter of thanks to Allah.

SEVEN DAYS, COMPLETE

May He increase you,
as He promised.

Completed on _____

PREFER YOUR PHONE?

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