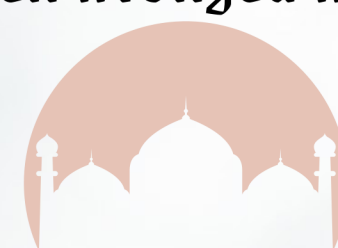
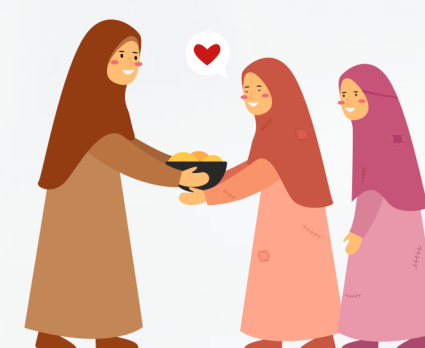


Guidance for Moral & Spiritual Revolution

Ahmadi women can bring a great moral and spiritual revolution
in their homes, in their cities, in their nations and the entire world if we....

1. Protect our faith
2. Act upon all the commands of Allah the Almighty
3. Give precedence to our faith over all worldly matters and pleasures
4. Make our life's purpose to attain the pleasure of Allah
5. Love Allah the Almighty more than anyone or anything
6. Strive to fulfill the rights of our neighbours
7. Do not mock or taunt anyone
8. Show our best manners and etiquettes in any public setting and in our home
9. Desire for our sisters what we would desire for ourselves
10. Show complete obedience and respect to Nizaam-e-Jama'at
11. Never speak ill of any Jama'at office bearer- if we feel we have been wronged we take the correct route prescribed by Khalifatul Masih (aba)
12. Follow the etiquettes of the mosque and the etiquettes of Salat
13. If we attend Jama'at programs with the sincere intention of acting on all good things learned
14. Refrain from showing aggressive behaviour to anyone, in any setting. Instead we show patience and politeness to whomever we speak to
15. Closely monitor the content our children are watching on TV
16. Develop a purely Islamic atmosphere within our homes where the commands of Allah are acted upon and the best morals are displayed
17. Develop a loving and close bond with our children
18. Share pious examples and stories of righteous people in our homes
19. Refrain from any small act of lying
20. Maintain our dignity and tolerate any difficulty or pain patiently and keep our trust in Allah
21. Show humility and shun all forms of arrogance and pride. We do not allow our tongue to cause pain to anyone
22. Remember those in greater need than us and are regular in our sadqah and spending in the cause of Allah the Almighty
23. Safeguard our modesty, observe purdah and understand it is prescribed for both men and women
24. Are vigilant using social media platforms--refrain from sharing personal photos/videos & engaging in frivolous conversations or chats
25. Offer our prayers carefully and ponder over their meaning
26. Pray for ourselves, our husbands, our children, our society and Jama'at
27. Pray with the thought that we are submitting ourselves before Allah



Hazrat Mirza Masroor Ahmad (may Allah be his Helper)
on the occasion of Lajna Imaillah UK Ijtema. 18 September 2022