

## KISA FAMILY

Under the guidance of Moulana Nabi R. Mir (Abidi)

# Marriage Connection Calendar

*In the words of Allah swt: "And one of His signs is that He has created for you, spouses from amongst yourselves so that you might take comfort in them"*

## *Salāmu 'Alaikum,*

May Allah bless you and your families. Alḥamdulillāh, we are honored to present a special project Kisa Family Marriage team has been working on.

We all see the importance of marriage, especially with the understanding that marriage brings peace and tranquility to our lives. But in order for that and for the sake of our future generations the key to success is to have a good bond and communication, having the right mindset and being on the same page with our spouse and therefore we need to organize our time, priorities and efforts.

Sometimes, our marriage reveals a gap we need to address in ourselves. Sometimes, we need just a bit of inspiration to nudge us towards our better selves, so we can shine with our better halves. Maybe our marriage is smooth and comfortable, but would nonetheless benefit from a boost. Maybe our marriage feels lopsided, and we need to recenter our niyyah, our intention, around Allah (swt).

A calendar is one of the best ways to organize, keep up our priorities and have a good reminder. Alḥamdulillāh with the effort of the Kisa Family Marriage team we are looking into different ways of helping couples strengthen their bond and communication. This monthly Marriage Connection Calendar is a new resource to help enhance your connection to Allah (swt) through your connection with your spouse. This monthly series aims to give our marriages a little push, every day, by focusing on twelve different aspects of wholesome, healthy marriages, from taqwā, or God-consciousness, in April, to ṣabr, or patience, in August. Within each month are small daily activities to connect our goal to Allah (swt), take account of ourselves, and leverage our actions within our marriage for the best results.

This calendar can be used independently or in partnership with your spouse. Make it your own: switch activities around, and find a way to modify them wherever you need. Maybe some activities will push you outside your comfort zone. Maybe you'll find something that improves your relationship that you've never tried before!

Pin, print, or post your calendar where you can remember to see it every day, and get to work! (hint: you'll need some paper to start)

Share your progress with us on Instagram @kisafamily360 and on Facebook, and use the hashtags #connectioncalendar #reflectandconnect #fortheloveofGod

This connection calendar is one of the projects we are piloting and we look forward to receiving feedback so that we can enhance this effort. Don't forget to fill out our survey mid-month, inshā'Allāh your comments can make the next month's challenge better! For any questions or concerns please reach out to sakeena.ahsan@alkisafoundation.org

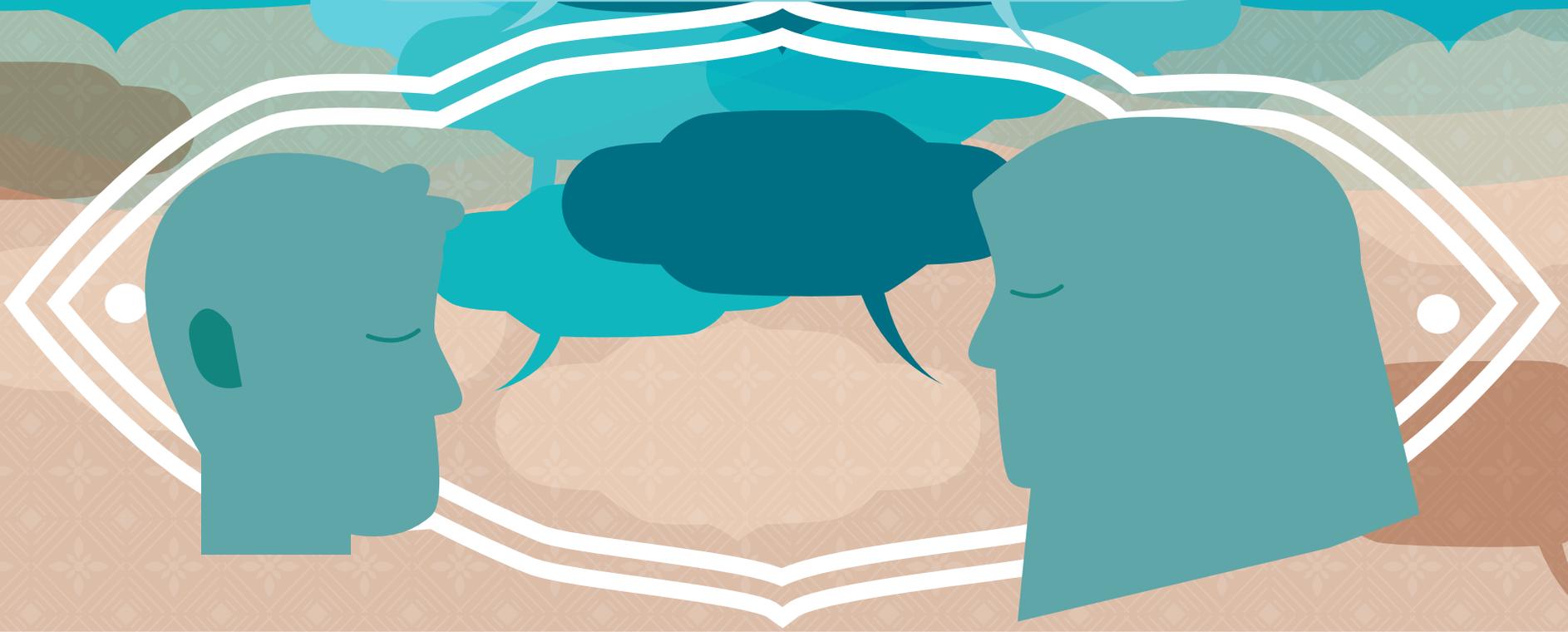
The absolute goal of a human being is worshipping Allah (swt). May our marriages become vehicles of this worship, which we do fī sabīlillāh. May Allah (swt) bless your marriage with contentment and peace! Āmīn!

With Duas,  
Nabi R. Abidi



# المرايطة / Murābitah

Murābitah: communication & connection



Having strong connections and communication with our families is one of the essential components of healthy relationships. Furthermore it aligns our families with the Ahl al-Bayt, and allows us to become role models to the world. These two are building blocks of a healthy, wholesome family. The moment connection is severed, shaytan can enter, and he spares no mercy for husband or wife. Often people think that communication is limited to the topic of marriage and, specifically, about one another. In reality, communication must be utilized and practiced in different areas and different scopes. Couples must strive to communicate clearly and candidly on anything from children and child-raising, to life after death, to planning for the future. Couples must learn how to tackle any dispute, manage differences, and resolve conflict. Overall, communication can be a great facilitator of peace and tranquility. Often, we find that, before marriage, people talk for hours and hours, investing so much time in getting to know each other. Paradoxically, as the marriage progresses, couples communicate less, although the need for it becomes greater. It's true that we become busy, but we need to carve out time for communication and connection. Connection is one of the best prerequisites to effective communication. Couples can learn small ways of using connection to improve communication, and, cyclically, use communication to enhance connection. All of us make mistakes and face problems. It is when connection is strong, that we can communicate successfully and, together, fix those problems. I hope and pray that the information in this calendar will give couples some implementable tips and suggested practices in this area. May Allah (swt) give us tawfiq to communicate truth to the world, by first preserving our families as the best communicators.

# Murābitah / المرابطة

## Communication

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

2

Do not interrupt your spouse when they speak today. Half of communication is listening. Notice how many times you interrupted or wanted to interrupt

20

3

This week, keep a running list of things you want to tell your spouse -- appreciations and concerns. Today, ask your spouse to set aside half an hour for you to share at the end of the week.

21

4

Every time your spouse shares something with you today, go beyond "Hmm." or "Interesting." or "Really?" Ask a follow-up question or share something that comes to mind. (2)

22

5

Little digs can build up. Today, focus on biting your tongue and avoiding passive aggressive remarks. Tip: If it's important, add it to your running list! (2)

23

6

You know your spouse, like you, is dealing with one challenge or another. Send your spouse a pep talk text today. Let them know how capable you think they are! (3)

24

7

Make good use of touch as communication today. A loving squeeze, holding hands, an arm around the shoulder, all communicate attention and regard. (4)

25

8

It's Saturday! Indulge in extra pillow talk tonight. Snuggle up with your spouse, share with each other your worries, dreams, or insights. Lights out makes for more candid conversation. (4)

26

9

Remember when you were in your honeymoon phase? Try to be as flirty today as you were then.

27

10

Greet your spouse wholeheartedly at the end of the work day; tuck their laptop bag away, give them a warm smile, grab them a glass of water. Help them unwind. (3)

28

11

Check in with your spouse at intervals today, every 3 to 4 hours. A quick "How are you doing?" or "How is everything?". Text, call, or face to face.

29

12

**HUMOR ME**

Humor Me: Write your spouse a goofy four-line rhyming poem. About anything. Something you like about them. Something that's been bothering you. A treasured memory. (5)

30

13

Focus on positive comments. "I like the way you dressed the kids." "I love it when you wear that cologne." "You have a fantastic smile." Lay it on thick! Say masha'Allah--with gusto! (6)

1

14

**DOUBLE TAKE**

Double Take: Reflect on the previous activities. Choose one that you liked the result of to repeat today.

2

15

Make a jar of fun, intimate, or philosophical questions. Take turns answering! (suggestions in the back)

3

16

What's one thing your spouse did in the past few days that you didn't understand? Ask them what their reasoning was, with curiosity and compassion.

4

17

Tell your spouse how much you love them. Don't forget to hold their hand!! (7)

5

18

Try not to sweat the small stuff. Husband leaves all the cupboards open again? Wife leaves the towel on the floor again? Let it slide. You can take a deep breath and recite 10 salawats. (8)

6

19

In the morning, let your spouse know all the things you were hoping to accomplish today, and where you see challenges. Ask them what's on their to-do list.

7

20

Today, tell your spouse "Thank you! jazakallah khayr!" or "jazakillah khayr!" for everything that warrants it. (Make it sound like honey.)

8

21

If you're holding onto hurt feelings, sit on your prayer mat, try to forgive your spouse. Ask Allah (swt) and the Ahl al-Bayt ('a) to help and guide you. Maybe express the forgiveness to your spouse in a note. (9)

9

22

Near the end of the day, ask your spouse what the best part of their week was, what the worst part was, and what you could have done to make it better. You both may be surprised at the answers! (10)

10

23

Pay attention to eye contact today. When your spouse speaks, try to orient your body towards them, and maintain eye contact, even if they aren't looking back at you. (11)

11

24

Think of something you find endearing about your spouse which you haven't ever told them about. Let them know today! (12)

12

25

Whenever you get upset today, pause, take a few deep breaths, remember everything takes work and reaffirm your Godly intentions. Only then speak. (13)

13

26

Pay attention to your tone today. Is it stern? Respectful? Warm? Condescending? Inviting? Just pay attention. (14)

14

27

Use your body language to encourage your spouse to share more. Try to mirror their body posture in positive ways. Lean close. Nod. (15)

15

28

**CHECK IN**

Check In: Ask your spouse which of the previous activities they liked best.

16

29

Try to identify your spouse's love language (Google it!) and implement one way of expressing love in their language today. (6)

17

30

Communicating openly about intimacy needs is just as important as discussing other topics. Let your spouse know what you like and what you need. If you're shy, writing might help.

18

31

Find a hadith or ayat of the Qur'an that gives you strength and solace; ask your spouse to do the same and share it with each other.

19

May



AL-KISA FOUNDATION  
UNDER THE CLOAK OF GUIDANCE AND MERCY

Ramadan-Shawwal

# Hadith Glossary

Religious texts have not been translated verbatim so as to capture the implied meaning of the text

1. Imām as-Sādiq (‘a), quoting his father: Whoever marries, must respect his wife. [Bihār al-Anwār, vol 103, p 224]
2. Imām ‘Alī (‘a): The tongue of the intelligent person is at the mercy of his heart whereas the heart of the foolish person is at the mercy of his tongue.
3. I have a wife who greets me when I enter the house, likewise, when I depart, she comes to bid me farewell. When she sees me upset, she says, if you are upset about a day, know that it was for someone else, and if you are upset about the hereafter, may Allah increase your sadness. This is how she comforts me. The Noble Prophet (ﷺ) said “Allah has agents and this woman is one of the agents of Allah and her reward is half of the martyr’s reward.” [Bihār al-Anwār, vol 76, p 348]
4. Spend some time cozy & intimate with your spouse, put your head on her lap, talk with her, exchange warm, romantic words, embrace each other: romancing your spouse is a good way for the believer to invest time. [Wasā’il ush-Shī‘ah, v. 14, p. 96]
5. A sagacious man must act in a child-like, guileless way, leaving his manly behaviour for when out of his house. [Maḥajjat ul-Baydā’, vol 2, p 54]
6. The Noble Prophet of Allah (ﷺ): The best among you (the people) is one who does good to his family. [Bihār al-Anwār, vol 103, p 226]
7. The Noble Prophet (ﷺ): The words of a man who tells his wife, ‘I love you truly’, should never leave her heart. [Ash-Shāfi’, vol 2, p 138]
8. The Noble Prophet (ﷺ): My brother Jibraeel (as) informed me that men should treat their women with extreme care to the extent that it isn’t permissible to show distress to his wife by even saying the word, ‘uff’ to her! [Mustadrak al-Wasā’il, Vol. 14, pg. 242]
9. The Holy Qur’an: Kind words and forgiving of faults are better than charity followed by injury. God is self-sufficient, most-forgiving. (2:263)
10. May Allah bless a man who creates a good relationship with his wife, because Allah has appointed man to be the guardian of his wife. [Wasā’il ush-Shī‘ah, v. 114, p 122]
11. Imām as-Sādiq (‘a): One of the characteristics of the prophets of Allah is that they are all kind towards their wives. [Bihār al-Anwār, vol 103, p 227]
12. Imām as-Sādiq (‘a): Whoever is our friend, expresses his kindness to his spouse more. [Bihār al-Anwār, vol 103, p 227]
13. The Noble Prophet (ﷺ): When one of you becomes angry, he should be quiet [and not say anything at the moment of anger].
14. The Noble Prophet of Allah (ﷺ): Whoever insults his family, would lose happiness in his life. [Mawa’iz al-‘Adadiyyah, p 151]
15. The Noble Prophet (ﷺ): A believer is the mirror of another believer and should remove his troubles. [Mishkāt al-Anwār #1062]

























