

Muslim athlete celebrated her victory with Sajdah*

At this year's Olympics in Beijing, capital of China, Bahrain's Al Ghasara won her heat of the women's 200m sprint. The woman athlete who wears a hijab made sajdah on the ground as she celebrated winning her 200m heat and prayed to Allah.

It is very important for believers to appreciate that any blessings, beauty and success they are bestowed with is Allah's mercy and grace hence to be grateful to Allah with due gratefulness. In the Qur'an, our Lord conveys how sincere believers remember Allah and glorify Him in such a situation as:

“... and my success (in my task) can only come from Allah. In Him I trust, and unto Him I look.” (Surah Hud, 88)

* prostrating before Allah

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