

Ejercicio Con Mancuerna Para Brazos

LL Leslie

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pemurah lagi maha penyayang kami
berhimpun pada hari ini berdoa
memohon rahmat dan hidayah dari mu
semoga dengan rahmat itu engkau
berikan petunjuk kepada kami engkau
perkuat perpaduan kami engkau
memperbaiki urusan agama dan dunia
kami

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dalam majlis amal saleh 2 masuk ke

majlis dengan hati dan badan yang
bersih 3 pilih tempat duduk yang paling
depan 4 duduk dengan rapat dan
jangan menjauh 5 tidak berbicara
sendiri 6 menyimak semua yang sedang
disampaikan 7 tidak memotong orang
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tuhan kami yang maha pemurah lagi
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hari ini berdoa memohon rahmat dan

hidayah dari mu semoga dengan
rahmat itu engkau berikan petunjuk
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