The Holy Prophet said:

1) 4 things make our body sick:  
a) Talking too much  
b) Sleeping too much  
c) Eating too much  
d) Interacting too much with other people

2) 4 things destroy the body:  
a) The anxiety  
b) Gloom (sadness / sorrow)  
c) Hunger  
d) Sleep late at night

3) 4 things remove light and joy from the face:  
a) The lie  
b) Being disrespectful, impudent (knowingly insisting on a bad thing)  
c) Argue without adequate knowledge or information  
d) Excessive immorality (doing a wrong thing without fear)

4) 4 things increase facial light and joy:  
a) Piety  
b) Loyalty  
c) Generosity (being good)  
d) Be helpful to others without them asking.

5) 4 things stop rizq (wersek)

a) Sleep in the morning (fajr at sunrise)  
b) Do not pray or be irregular in prayers  
c) Laziness / Idleness  
d) Cheating / dishonesty

6) 4 things bring and / or increase the rizq:  
a) Watch in prayer  
b) Excessively doing istighfar  
c) Do sadaqa regularly  
d) Zikr

The Holy Prophet said: "do nothing during the adhan (call to prayer) even read the Quran, the person who speaks during the adhan will be unable to pronounce the kalima shahada on his deathbed."

The Holy Prophet also said to pass on even one verse to others because this verse will intercede on the day of judgment.

Allahumma-inni-ala-Zikr-ika-wa Shuk-rika wa husni Ibaadatik.

A very powerful du'a has been sent to you. Imagine 1000 people reading it thanks to you. JazakAllah, it will only be Good for you Masha Allah