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| Source of Barakah | Evidence from the Qur’an/Sunnah | Practical Tips to Implement this Source of Barakah |
| Main Category | Sub-category |
| 1. Good Intentions and Righteousness |  | وَمَا خَلَقْتُ الْجِنَّ وَالْإِنْسَ إِلَّا لِيَعْبُدُون مَا أُرِيدُ مِنْهُمْ مِنْ رِزْقٍ وَمَا أُرِيدُ أَنْ يُطْعِمُون إِنَّ اللَّهَ هُوَ الرَّزَّاقُ ذُو الْقُوَّةِ الْمَتِين“And I did not create the jinn and mankind except to worship Me. I do not want from them any provision, nor do I want them to feed Me. Indeed, it is Allah who is the [continual] Provider, the firm possessor of strength.” [Qur’an: Chapter 51, Verses 56-58]**وَأْمُرْ أَهْلَكَ بِالصَّلَاةِ وَاصْطَبِرْ عَلَيْهَا ۖ لَا نَسْأَلُكَ رِزْقًا ۖ نَحْنُ نَرْزُقُكَ ۗ وَالْعَاقِبَةُ لِلتَّقْوَىٰ**“And enjoin prayer upon your family [and people] and be steadfast therein. We ask you not for provision; We provide for you, and the [best] outcome is for [those of] righteousness.” [Qur’an: Chapter 20, Verse 132]**حَدَّثَنَا عَبْدُ اللَّهِ بْنُ مَسْلَمَةَ، قَالَ أَخْبَرَنَا مَالِكٌ، عَنْ يَحْيَى بْنِ سَعِيدٍ، عَنْ مُحَمَّدِ بْنِ إِبْرَاهِيمَ، عَنْ عَلْقَمَةَ بْنِ وَقَّاصٍ، عَنْ عُمَرَ، أَنَّ رَسُولَ اللَّهِ صلى الله عليه وسلم قَالَ:****"‏ الأَعْمَالُ بِالنِّيَّةِ، وَلِكُلِّ امْرِئٍ مَا نَوَى، فَمَنْ كَانَتْ هِجْرَتُهُ إِلَى اللَّهِ وَرَسُولِهِ، فَهِجْرَتُهُ إِلَى اللَّهِ وَرَسُولِهِ، وَمَنْ كَانَتْ هِجْرَتُهُ لِدُنْيَا يُصِيبُهَا، أَوِ امْرَأَةٍ يَتَزَوَّجُهَا، فَهِجْرَتُهُ إِلَى مَا هَاجَرَ إِلَيْهِ ‏"‏‏.‏**Narrated 'Umar bin Al-Khattab: Allah's Messenger (ﷺ) said, "The reward of deeds depends upon the intention and every person will get the reward according to what he has intended. So whoever emigrated for Allah and His Apostle, then his emigration was for Allah and His Apostle. And whoever emigrated for worldly benefits or for a woman to marry, his emigration was for what he emigrated for." [Sahih Al Bukhari]  | * Carry an “Intentions Journal” to write down your intention for any deed/action you want to take. Review this journal often to check your intention. I like to write my intentions before starting a new big project. It helps keep things in perspective when the project grows and I start facing challenges dealing with it. It’s always a good reminder to ask yourself: “What was my intention behind this?”
* When you fill your day schedule or plan your days, write down in parenthesis your intentions so you’re clear why you’re working on them.
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| 2. Piety and Belief in Allah |  | **وَلَوْ أَنَّ أَهْلَ الْقُرَىٰ آمَنُوا وَاتَّقَوْا لَفَتَحْنَا عَلَيْهِمْ بَرَكَاتٍ مِنَ السَّمَاءِ وَالْأَرْضِ وَلَٰكِنْ كَذَّبُوا فَأَخَذْنَاهُمْ بِمَا كَانُوا يَكْسِبُونَ**“And if only the people of the cities had believed and feared Allah, We would have opened upon them blessings from the heaven and the earth; but they denied [the messengers], so We seized them for what they were earning." [Qur’an: Chapter 7, Verse 96] | * Always seek ways to improve your piety, asking yourself at decision points, “is it more pious for me to follow this path or not?”
* Find a mentor/teacher/scholar who can alert you when you seem to slip in your piety and help you make more pious decisions.
* Find good companions who can remind you of the pious path to Allah [swt]
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| 3. Putting your trust in Allah (Tawakkul) |  | **وَمَنْ يَتَّقِ اللَّهَ يَجْعَلْ لَهُ مَخْرَجًا. وَيَرْزُقْهُ مِنْ حَيْثُ لَا يَحْتَسِبُ ۚ وَمَنْ يَتَوَكَّلْ عَلَى اللَّهِ فَهُوَ حَسْبُهُ ۚ إِنَّ اللَّهَ بَالِغُ أَمْرِهِ ۚ قَدْ جَعَلَ اللَّهُ لِكُلِّ شَيْءٍ قَدْرً**“And whoever fears Allah - He will make for him a way out. And will provide for him from where he does not expect. And whoever relies upon Allah - then He is sufficient for him. Indeed, Allah will accomplish His purpose. Allah has already set for everything a [decreed] extent.” [Qur’an: Chapter 65, Verses 2 – 3]**حَدَّثَنَا حَرْمَلَةُ بْنُ يَحْيَى، حَدَّثَنَا عَبْدُ اللَّهِ بْنُ وَهْبٍ، أَخْبَرَنِي ابْنُ لَهِيعَةَ، عَنِ ابْنِ هُبَيْرَةَ، عَنْ أَبِي تَمِيمٍ الْجَيْشَانِيِّ، قَالَ سَمِعْتُ عُمَرَ، يَقُولُ سَمِعْتُ رَسُولَ اللَّهِ ـ صلى الله عليه وسلم ـ يَقُولُ ‏ "‏ لَوْ أَنَّكُمْ تَوَكَّلْتُمْ عَلَى اللَّهِ حَقَّ تَوَكُّلِهِ لَرَزَقَكُمْ كَمَا يَرْزُقُ الطَّيْرَ تَغْدُو خِمَاصًا وَتَرُوحُ بِطَانًا ‏"‏**Prophet Muhammad [saw] said: “If only you relied on Allah [swt] a true reliance, He [swt] would provide sustenance for you just as He [swt] does the birds: They fly out in the morning empty and return in the afternoon with full stomachs.” [Ahmad, An-Nasa’I, Ibn Majah, Al-Hakim and At-Tirmidhi] | * Constantly say the Dua (supplication) of leaving the house when you leave your house since it reminds you to have trust in Allah [swt] as you go about to seek His bounties. The dua in arabic “*Bismillaah, tawakkaltu 'alallaah, wa laa hawla wa laa quwwata ‘ illaa billaah*.” Translation “In the Name of Allah, I have placed my trust in Allah, there is no might and no power except by Allah.” [Abu Dawud 4/325, At-Tirmithi 5/490. See also Al-Albani, Sahih At-Tirmithi 3/151] The Prophet Muhammad (Peace be upon him) said: “Whoever says – upon going out of his home (the above duaa) it is said to him: You have been sufficed, protected, and guided, and the shaytan would move aside from him, then say to another shaytan: What access do you have to a man that has been guided, sufficed, and protected?” [Reported by Abu dawood, An-Nisa’ee , and At-Tirmithi]
* When faced with a challenging task/action/meeting/assignment; do your best to overcome the challenge and remind yourself of your tawakkul and trust in Allah [swt]
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| 4. Reading and Applying the Quran | The Quran itself is Barakah | **وَهَٰذَا كِتَابٌ أَنْزَلْنَاهُ مُبَارَكٌ مُصَدِّقُ الَّذِي بَيْنَ يَدَيْهِ**And this is a Book which We have sent down, bringing blessings, and confirming (the revelations) which came before it… [Qur'an: Chapter 6, Verse 92] | * Have an appointment with the Qur’an every day at a certain time. Respect that appointment just like you respect an appointment with a prominent personality
* Allocate at least 30 minutes of Qur’an each day: not 5 pages, or 1 page or 20 minutes, but a full 30 minutes at a minimum. You want to experience reciting the Qur’an in abundance, and not simply reading a bit of it each day and justifying yourself that you’ve done enough for the day. There’s a discipline and a beauty of sitting down and forcing yourself to recite and recite and recite for at least 30 minutes or more. If 30 minutes is too easy, go for an hour. If that’s too easy, go for 2 hours. Uthman Bin Affan [ranhu] said: “If our hearts were pure, we’d never be bored from reciting the Quran”.
* Remember, it is the Speech of Allah [swt]. Each time you recite it, you are listening to Him!
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| Reciting Surat Al-Baqarah | **حَدَّثَنِي الْحَسَنُ بْنُ عَلِيٍّ الْحُلْوَانِيُّ، حَدَّثَنَا أَبُو تَوْبَةَ، - وَهُوَ الرَّبِيعُ بْنُ نَافِعٍ - حَدَّثَنَا مُعَاوِيَةُ، - يَعْنِي ابْنَ سَلاَّمٍ - عَنْ زَيْدٍ، أَنَّهُ سَمِعَ أَبَا سَلاَّمٍ، يَقُولُ حَدَّثَنِي أَبُو أُمَامَةَ، الْبَاهِلِيُّ قَالَ سَمِعْتُ رَسُولَ اللَّهِ صلى الله عليه وسلم يَقُولُ ‏ "‏ اقْرَءُوا الْقُرْآنَ فَإِنَّهُ يَأْتِي يَوْمَ الْقِيَامَةِ شَفِيعًا لأَصْحَابِهِ اقْرَءُوا الزَّهْرَاوَيْنِ الْبَقَرَةَ وَسُورَةَ آلِ عِمْرَانَ فَإِنَّهُمَا تَأْتِيَانِ يَوْمَ الْقِيَامَةِ كَأَنَّهُمَا غَمَامَتَانِ أَوْ كَأَنَّهُمَا غَيَايَتَانِ أَوْ كَأَنَّهُمَا فِرْقَانِ مِنْ طَيْرٍ صَوَافَّ تُحَاجَّانِ عَنْ أَصْحَابِهِمَا اقْرَءُوا سُورَةَ الْبَقَرَةِ فَإِنَّ أَخْذَهَا بَرَكَةٌ وَتَرْكَهَا حَسْرَةٌ وَلاَ تَسْتَطِيعُهَا الْبَطَلَةُ ‏"‏ ‏.‏ قَالَ مُعَاوِيَةُ بَلَغَنِي أَنَّ الْبَطَلَةَ السَّحَرَةُ ‏.‏**Abu Umama said he heard Allah's Messenger (ﷺ) say:Recite the Qur'an, for on the Day of Resurrection it will come as an intercessor for those who recite It. Recite the two bright ones, al-Baqara and Surah Al 'Imran, for on the Day of Resurrection they will come as two clouds or two shades, or two flocks of birds in ranks, pleading for those who recite them. Recite Surah al-Baqara, for to take recourse to it is a blessing and to give it up is a cause of grief, and the magicians cannot confront it. (Mu'awiya said: It has been conveyed to me that here Batala means magicians.) [Sahih Muslim] | * Recitation of Surat al-Baqarah is available in parts. Listen to them while travelling, before sleeping... etc. The more you familiarize yourself with the Surah, the easier it will be for you to recite.
* Select a particular time/salah for reciting surat al-Baqarah (or some parts of it)
* Memorize and recite Ayatul Kursi (Verse 255 of Surat al-Baqarah) after each Salah, adhan, while leaving/entering the house, and before sleeping.
* Memorize and recitethe last 2 ayats of Surat al-Baqarah before sleeping:Messenger of Allah [saw] said:“Whoever recites the last two Verses of Surat Al-Baqarah at night, that will be sufficient for him.” [Sunan Ibn Majah]
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| Applying the Quran | **وَلَوْ أَنَّهُمْ أَقَامُوا التَّوْرَاةَ وَالْإِنْجِيلَ وَمَا أُنْزِلَ إِلَيْهِمْ مِنْ رَبِّهِمْ لَأَكَلُوا مِنْ فَوْقِهِمْ وَمِنْ تَحْتِ أَرْجُلِهِمْ ۚ مِنْهُمْ أُمَّةٌ مُقْتَصِدَةٌ ۖ وَكَثِيرٌ مِنْهُمْ سَاءَ مَا يَعْمَلُون**“And if only they upheld [the law of] the Torah, the Gospel, and what has been revealed to them from their Lord, they would have consumed [provision] from above them and from beneath their feet. Among them are a moderate community, but many of them - evil is that which they do.” [Qur'an: Chapter 5, Verse 66] | * Read the Qur'an with translation to understand the meaning of the verses while reciting them.
* Attend a halaqa that are studying the Quran and discuss ways to implement the verses you’re reciting.
* Make a list of verses which have direct implications on your life. Pick one verse a day, and try to act upon it.
* Listen to the tafseer of the Quran from a scholar and take practical lessons from it.
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| **5. Remembrance of Allah** | Saying Bismillah | **وعن جابر، رضى الله عنه قال‏:‏ سمعت رسول الله صلى الله عليه وسلم يقول‏:‏ ‏ "‏إذا دخل الرجل بيته، فذكر الله تعالى عند دخوله وعند طعامه، قال الشيطان لأصحابه‏:‏ لا مبيت لكم ولا عشاء، وإذا دخل ، فلم يذكر الله تعالى عند دخوله، قال الشيطان‏:‏ أدركتم المبيت؛ وإذا لم يذكر الله تعالى عند طعامه قال‏:‏ أدركتم المبيت والعشاء‏"**Jabir (may Allah be pleased with him) said: I heard Prophet Muhammad (Peace be upon him) say: "If a person mentions the Name of Allah upon entering his house or eating, Satan says, addressing his followers: `You will find no where to spend the night and no dinner.' But if he enters without mentioning the Name of Allah, Satan says [To his followers]; 'You have found [A place] to spend the night in, and if he does not mention the Name of Allah at the time of eating, Satan says: `You have found [A place] to spend the night in as well as food." [Sahih Muslim] | * Be conscious of saying ***Bismillah*** in all your activities, and repeat it often so it becomes habitual for your tongue to mention it. If you forgot to say ***Bismillah*** at the beginning, say what the Prophet taught us: `Aishah [ranha] reported: Prophet Muhammad [saw] said, "When any of you wants to eat, he should mention the Name of Allah in the beginning, (i.e., say Bismillah). If he forgets to do it in the beginning, he should say *Bismillah awwalahu wa akhirahu* (I begin with the Name of Allah at the beginning and at the end).'' [At-Tirmidhi and Abu Dawud].
* Learn other supplications for the different situations we face daily. Just like we’re keep on feeding our bodies in the morning, we should also be feeding our souls with remembrance.
* Make sure to recite the adkhar al sabah wal masa’ (Supplications of the Morning and the Evening). You can download them, find them online or get a pocket size “Hisnul Muslim” to keep them with you always. This acts as a shield for you from many harms and keeps in connection with Allah and in His protection.
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|  | Istighfaar (Seeking Forgiveness) | **"مَنْ لَزِمَ الاِسْتِغْفَارَ جَعَلَ اللَّهُ لَهُ مِنْ كُلِّ ضِيقٍ مَخْرَجًا وَمِنْ كُلِّ هَمٍّ فَرَجًا وَرَزَقَهُ مِنْ حَيْثُ لاَ يَحْتَسِبُ ‏"**Prophet [saw] said: “If anyone continually asks forgiveness from Allah, Allah will appoint for him a way out of every distress, and a relief from every anxiety, and will provide for him from where he did not reckon.”**فَقُلْتُ اسْتَغْفِرُوا رَبَّكُمْ إِنَّهُ كَانَ غَفَّارًا. يُرْسِلِ السَّمَاءَ عَلَيْكُمْ مِدْرَارً. وَيُمْدِدْكُمْ بِأَمْوَالٍ وَبَنِينَ وَيَجْعَلْ لَكُمْ جَنَّاتٍ وَيَجْعَلْ لَكُمْ أَنْهَارً**"And said, 'Ask forgiveness from your Lord; Verily, He is Oft-Forgiving. He will send rain to you in abundance. And give you increase in wealth and children, and bestow on you gardens and bestow on you rivers.” [Qur'an: Chapter 71, Verses 10-12] | * Actions to do upon sinning:

1. Stop the sin and do not carry on. 2. Regret deeply and truly the sin you committed.3. Seek forgiveness of Allah [swt].4. Make a strong intention never to return to that same sin again.5. Perform a good deed to make up for the sin.* After each salah, seek forgiveness.
* Make it a habit to seek the forgiveness of Allah [swt] whenever you receive a blessing or when something good happens to you, and remember what Allah (SWT) taught the Prophet to say when Victory comes:

“When the victory of Allah has come and the conquest, And you see the people entering into the religion of Allah in multitudes, Then exalt [Him] with praise of your Lord and ask forgiveness of Him. Indeed, He is ever Accepting of repentance.” [Qur'an: Chapter 110]* Make it a habit to pray tahajjud and seeking His forgiveness.
* After repeating the adhan, seek forgiveness.
* Whenever you feel blue, seek Allah's [swt] forgiveness:

Allah's Messenger [saw] said:There is (at times) some sort of shade upon my heart, and I seek forgiveness from Allah [swt] a hundred times a day. [Sahih Muslim]* Narrated Shaddad bin Aus [ranhu]:

The Prophet [saw] said "The most superior way of asking for forgiveness from Allah [swt] is: '*Allahumma anta Rabbi la ilaha illa anta, Anta Khalaqtani wa ana `Abduka, wa ana 'ala ahdika wa wa'dika mastata'tu, A`udhu bika min Sharri ma sana'tu, abu'u Laka bini'matika 'alaiya, wa abu'u laka bidhanbi faghfir lee fa innahu la yaghfiru adhdhunuba illa ant*a" (O Allah! You are my Lord! None has the right to be worshipped but You. You created me and I am Your slave, and I am faithful to my covenant and my promise as much as I can. I seek refuge with You from all the evil I have done. I acknowledge before You all the blessings You have bestowed upon me, and I confess to You all my sins. So I entreat You to forgive my sins, for nobody can forgive sins except You)The Prophet [saw] added. "If somebody recites it during the day with firm faith in it, and dies on the same day before the evening, he will be from the people of Paradise; and if somebody recites it at night with firm faith in it, and dies before the morning, he will be from the people of Paradise." [Sahih al-Bukhari] |
| Sending Salawat upon the Prophet | **أَخْبَرَنَا عَلِيُّ بْنُ حُجْرٍ، قَالَ حَدَّثَنَا إِسْمَاعِيلُ بْنُ جَعْفَرٍ، عَنِ الْعَلاَءِ، عَنْ أَبِيهِ، عَنْ أَبِي هُرَيْرَةَ، عَنِ النَّبِيِّ صلى الله عليه وسلم قَالَ ‏ "‏ مَنْ صَلَّى عَلَىَّ وَاحِدَةً صَلَّى اللَّهُ عَلَيْهِ عَشْرًا ‏"‏ ‏.**Prophet Muhammad [saw] said, “He who sends blessings on me once, Allah [swt] sends him blessings ten times.” [Sunan an-Nasa'i] | * Learn and recite this dua after adhan:Allaahumma Rabba haathihid-da 'watit-taammati wassalaatil-qaa'imati, 'aati Muhammadanil-waseelata walfadheelata, wab 'ath-hu maqaamam-mahmoodanil-lathee wa'adtahu, 'innaka laa tukhliful-mee'aad [Al-Bukhari 1/152]
* End duas with salawat.
* Aim for a specific number of salawat each Fridays (e.g. 100 or 1000) this will help you measure your progress and increase Salawat every Friday.
* Send salawat before sleeping or after making wudhu.
* Send salawat after reciting the Qur'an.
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| 6. Eating | Eating with People | حَدَّثَنَا إِبْرَاهِيمُ بْنُ مُوسَى الرَّازِيُّ، حَدَّثَنَا الْوَلِيدُ بْنُ مُسْلِمٍ، قَالَ حَدَّثَنِي وَحْشِيُّ بْنُ حَرْبٍ، عَنْ أَبِيهِ، عَنْ جَدِّهِ، أَنَّ أَصْحَابَ النَّبِيِّ، صلى الله عليه وسلم قَالُوا يَا رَسُولَ اللَّهِ إِنَّا نَأْكُلُ وَلاَ نَشْبَعُ ‏.‏ قَالَ ‏"‏ فَلَعَلَّكُمْ تَفْتَرِقُونَ ‏"‏ ‏.‏ قَالُوا نَعَمْ ‏.‏ قَالَ ‏"‏ فَاجْتَمِعُوا عَلَى طَعَامِكُمْ وَاذْكُرُوا اسْمَ اللَّهِ عَلَيْهِ يُبَارَكْ لَكُمْ فِيهِ ‏"‏ ‏.‏ قَالَ أَبُو دَاوُدَ إِذَا كُنْتَ فِي وَلِيمَةٍ فَوُضِعَ الْعَشَاءُ فَلاَ تَأْكُلْ حَتَّى يَأْذَنَ لَكَ صَاحِبُ الدَّارِThe Companions of the Prophet [saw] said: Messenger of Allah [saw] we eat but we are not satisfied. He said: Perhaps you eat separately. They replied: Yes. He said: If you gather together at your food and mention Allah's name, you will be blessed in it. [Sunan Abi Dawud] | * Have a set time during the week where you invite people over and people know it’s appropriate to visit you.
* Make it simple. Don’t make the meal a burden for your family or overwhelming for the guest to reciprocate.
* Develop the habit of inviting people you know or don’t know at least once a week (to your special time above) and use that opportunity to give dawah, network with people, and/or learn something new.
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| Eat without wasting | وعنه أن رسول الله صلى الله عليه وسلم قال‏:‏ ‏ "‏إن الشيطان يحضر أحدكم عند كل شئ من شأنه، حتى يحضره عند طعامه؛ فإذا سقطت لقمة أحدكم فليأخذها فليمط ما كان بها من أذى، ثم ليأكلها ولا يدعها للشيطان، فإذا فرغ فليلعق أصابعه؛ فإنه لا يدرى في أي طعامه البركة‏"Messenger of Allah [saw] said, "Satan appears at every thing done by you; he appears even at one's dinner. When a morsel of any of you falls, he should pick it up and remove any dirt on it, and then eat it. He should not leave it for Satan, nor should he wipe his hand with the towel until he has licked his fingers, for he does not know in what portion of the food the blessing lies." [Muslim] | * Take small servings of food.
* Give yourself 20 minutes before going for a second helping.
* Eat from the corner of your plate or small portions so that leftovers can be taken home/stored fresh and consumed for the next meal or transformed to another food or to serve birds or animals.
* Slice fruits or vegetables rather than consuming as a whole.
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| Eating from the sides and bottom of dish | ‏حَدَّثَنَا مُسْلِمُ بْنُ إِبْرَاهِيمَ، حَدَّثَنَا شُعْبَةُ، عَنْ عَطَاءِ بْنِ السَّائِبِ، عَنْ سَعِيدِ بْنِ جُبَيْرٍ، عَنِ ابْنِ عَبَّاسٍ، عَنِ النَّبِيِّ صلى الله عليه وسلم قَالَ ‏ "‏ إِذَا أَكَلَ أَحَدُكُمْ طَعَامًا فَلاَ يَأْكُلْ مِنْ أَعْلَى الصَّحْفَةِ وَلَكِنْ لِيَأْكُلْ مِنْ أَسْفَلِهَا فَإِنَّ الْبَرَكَةَ تَنْزِلُ مِنْ أَعْلاَهَا ‏"The Prophet [saw] said: When one of you eats, he must not eat from the top of the dish, but should eat from the bottom; for the blessing descends from the top of it. [Sunan Abi Dawud] | * Place a reminder in the dining area of the Islamic etiquettes of eating
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| حَدَّثَنَا عَلِيُّ بْنُ الْمُنْذِرِ، حَدَّثَنَا مُحَمَّدُ بْنُ فُضَيْلٍ، حَدَّثَنَا عَطَاءُ بْنُ السَّائِبِ، عَنْ سَعِيدِ بْنِ جُبَيْرٍ، عَنِ ابْنِ عَبَّاسٍ، قَالَ قَالَ رَسُولُ اللَّهِ ـ صلى الله عليه وسلم ـ ‏ "‏ إِذَا وُضِعَ الطَّعَامُ فَخُذُوا مِنْ حَافَتِهِ وَذَرُوا وَسَطَهُ فَإِنَّ الْبَرَكَةَ تَنْزِلُ فِي وَسَطِهِ ‏"It was narrated from Ibn ‘Abbas that the Messenger of Allah [saw] said: When food is served, take from the sides and leave the middle, for the blessing descends in the middle.” [Sunan Ibn Majah] |
| Breaking fast with date fruit | وعن سلمان بن عامر رضي الله عنه، عن النبي صلى الله عليه وسلم قال‏:‏ ‏"‏إذا أفطر أحدكم، فليفطر على تمر، فإنه بركة، فإن لم يجد تمرًا، فالماء، فإنه طهور‏"‏ وقال‏:‏ ‏"‏الصدقة على المسكين صدقة، وعلى ذي الرحم ثنتان‏:‏ صدقة وصلة‏"‏‏.‏ (‏‏(‏رواه الترمذي وقال‏:‏ حديث حسن‏)‏‏)‏‏.The Prophet [saw] said, "When you break fast, you should do it with a date-fruit for there is blessing in it, and if you do not find a date- fruit, break it with water for it is pure." Messenger of Allah [saw] added: "Charity towards a poor person is charity, and towards a relation is both charity and maintaining the ties (of kinship)". [Tirmidh]i] | * Add dates to the grocery list as the first item.
* When at home, serve dates and water first and then after Salah, serve the iftar.
* Carry dates in a small packet if you break fast at office or on the way.
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| Suhoor | حَدَّثَنَا آدَمُ بْنُ أَبِي إِيَاسٍ، حَدَّثَنَا شُعْبَةُ، حَدَّثَنَا عَبْدُ الْعَزِيزِ بْنُ صُهَيْبٍ، قَالَ سَمِعْتُ أَنَسَ بْنَ مَالِكٍ ـ رضى الله عنه ـ قَالَ قَالَ النَّبِيُّ صلى الله عليه وسلم ‏ "‏ تَسَحَّرُوا فَإِنَّ فِي السَّحُورِ بَرَكَةً ‏"‏‏.The Prophet [saw] said, "Take Suhur as there is a blessing in it." [Sahih al-Bukhari] | * If you’re planning to fast, don’t start your fast without suhoor, even if it’s just a glass of water.
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| Zamzam | About zam zam, the Prophet [saw] said,**إِنَّهَا مُبَارَكَةٌ إِنَّهَا طَعَامُ طُعْمٍ**“It is blessed (water) and it also serves as food.” [Sahih Muslim - http://sunnah.com/muslim/44/189] | * If you know somebody going for Hajj/Umrah; ask them to bring you some Zamzam. That’s the best “souvenir/gift” they can bring you.
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| 7. Dua |  | حَدَّثَنِي أَبُو مَعْنٍ الرَّقَاشِيُّ، حَدَّثَنَا عُمَرُ بْنُ يُونُسَ، حَدَّثَنَا عِكْرِمَةُ، حَدَّثَنَا إِسْحَاقُ، حَدَّثَنَا أَنَسٌ، قَالَ جَاءَتْ بِي أُمِّي أُمُّ أَنَسٍ إِلَى رَسُولِ اللَّهِ صلى الله عليه وسلم وَقَدْ أَزَّرَتْنِي بِنِصْفِ خِمَارِهَا وَرَدَّتْنِي بِنِصْفِهِ فَقَالَتْ يَا رَسُولَ اللَّهِ هَذَا أُنَيْسٌ ابْنِي أَتَيْتُكَ بِهِ يَخْدُمُكَ فَادْعُ اللَّهَ لَهُ ‏.‏ فَقَالَ ‏ "‏ اللَّهُمَّ أَكْثِرْ مَالَهُ وَوَلَدَهُ ‏"‏ ‏.‏ قَالَ أَنَسٌ فَوَاللَّهِ إِنَّ مَالِي لَكَثِيرٌ وَإِنَّ وَلَدِي وَوَلَدَ وَلَدِي لَيَتَعَادُّونَ عَلَى نَحْوِ الْمِائَةِ الْيَوْمَ ‏.Anas Bin Malik reported: My mother Umm Anas came to Prophet Muhammad (Peace be upon him) and she prepared my lower garment out of the half of her headdress and (with the other half) she covered my upper body and said: Allah's Messenger, here is my son Unais; I have brought him to you for serving you. Invoke blessings of Allah upon him. Thereupon he (Prophet Muhammad) said: O Allah, make an increase in his wealth, and progeny. Anas said years later when he was old: By Allah, my fortune is huge and my children, and grand-children are now more than one hundred. [Sahih Muslim] | * When you ask someone to make dua for you, especially your parents, ask them to make dua that Allah grants you barakah in your life. It’s the best dua you could ask for! Don’t ask for the job, spouse or children but ask for Barakah in those requests.
* Stick to the sunnah supplications during the day and night, pick up Fortress of a Muslim (or visit makedua.com) and learn the duas that are to be made during different times of the day and during different activities.
* In your daily duas at different times, ask Allah [swt] for barakah and make it one of your priority duas for the rest of your life.
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| 8. Earning Halal & Contentment of Wealth | Honesty in Trade | السادس‏:‏ عن أبي خالد حكيم بن حزام‏.‏ رضي الله عنه ، قال‏:‏ قال رسول الله صلى الله عليه وسلم ‏:‏ ‏ "‏ البيعان بالخيار مالم يتفرقا، فإن صدقاً وبينا بورك لهما في بيعهما، وإن كتما وكذبا محقت بركة بيعهما‏"‏ ‏(‏‏(‏متفق عليه‏)‏‏)Messenger of Allah [saw] said: "Both parties in a business transaction have a right to annul it so long as they have not separated; and if they tell the truth and make everything clear to each other (i.e., the seller and the buyer speak the truth, the seller with regard to what is purchased, and the buyer with regard to the money) they will be blessed in their transaction, but if they conceal anything and lie, the blessing on their transaction will be eliminated." [Al-Bukhari and Muslim] | * Keep a file in your house with Invoices/receipts of all major items you bought for yourself/home or business. As well as a file with all invoices/receipts for maintenance you’ve performed on these items. This would help you give an accurate history of the item when you are about to sell and how many times you’ve fixed it and what are the issues it faced.
* For major items such as a car/house, it’s best to get an independent 3rd opinion on the condition of the item before attempting to sell it. These professionals may have more insight into the condition of the item more than you do and will provide a more accurate description to the potential buyer.
* For items you want to sell online; take as many photos as possible of the item and be as detailed as you can in your description. This is also part of honesty.
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| Earning Halal Income | حَدَّثَنَا عَبْدُ بْنُ حُمَيْدٍ، حَدَّثَنَا أَبُو نُعَيْمٍ، حَدَّثَنَا فُضَيْلُ بْنُ مَرْزُوقٍ، عَنْ عَدِيِّ بْنِ ثَابِتٍ، عَنْ أَبِي حَازِمٍ، عَنْ أَبِي هُرَيْرَةَ، قَالَ قَالَ رَسُولُ اللَّهِ صلى الله عليه وسلم ‏"‏ يَا أَيُّهَا النَّاسُ إِنَّ اللَّهَ طَيِّبٌ وَلاَ يَقْبَلُ إِلاَّ طَيِّبًا وَإِنَّ اللَّهَ أَمَرَ الْمُؤْمِنِينَ بِمَا أَمَرَ بِهِ الْمُرْسَلِينَ فَقَالَ ‏:‏ ‏(‏يَا أَيُّهَا الرُّسُلُ كُلُوا مِنَ الطَّيِّبَاتِ وَاعْمَلُوا صَالِحًا إِنِّي بِمَا تَعْمَلُونَ عَلِيمٌ ‏)‏ وَقَالَ أَيُّهَا الَّذِينَ آمَنُوا كُلُوا مِنْ طَيِّبَاتِ مَا رَزَقْنَاكُمْ ‏)‏ ‏"‏ ‏.‏ قَالَ وَذَكَرَ الرَّجُلَ يُطِيلُ السَّفَرَ أَشْعَثَ أَغْبَرَ يَمُدُّ يَدَهُ إِلَى السَّمَاءِ يَا رَبِّ يَا رَبِّ وَمَطْعَمُهُ حَرَامٌ وَمَشْرَبُهُ حَرَامٌ وَمَلْبَسُهُ حَرَامٌ وَغُذِيَ بِالْحَرَامِ فَأَنَّى يُسْتَجَابُ لِذَلِكَ ‏.‏ قَالَ أَبُو عِيسَى هَذَا حَدِيثٌ حَسَنٌ غَرِيبٌ وَإِنَّمَا نَعْرِفُهُ مِنْ حَدِيثِ فُضَيْلِ بْنِ مَرْزُوقٍ وَأَبُو حَازِمٍ هُوَ الأَشْجَعِيُّ اسْمُهُ سَلْمَانُ مَوْلَى عَزَّةَ الأَشْجَعِيَّةِMessenger of Allah [saw] said: "O you people! Indeed Allah is Tayyib (good) and he does not accept but what is good. And indeed Allah ordered the believers with what He ordered the Messengers. He [saw] said: 'O you Messengers! Eat of the good things and do righteous deeds. Verily I am well acquainted with what you do (23:51).' And He said: 'O you who believe! Eat from the good things We have provided you (2:172).' He said: "And he mentioned a man: 'Who is undertaking a long journey, whose hair is dishevelled and he is covered with dust. He raises his hands to the heavens and says: "O Lord! O Lord!" Yet his food is from the unlawful, his drink is from the unlawful, his clothing is from the unlawful, and he was nourished by the unlawful. So how can that be accepted?'" [Jami` at-Tirmidhi] | * Before you accept a new post/job; check how ‘halal’ it is. Ensure that you understand exactly what you’ll be doing and ask a scholar to ensure that your role is halal and your job is halal.
* Remember that if you leave something for Allah [swt], e.g. A haram job, Prophet Muhammad (Peace be upon him) promised that Allah [swt] will replace it for you for something better. The Prophet (peace and blessings of Allah be upon him) said: “Whoever gives up something for the sake of Allah, Allah will compensate him with something better than it.” [Classed as saheeh by al-Albaani].
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| Being content with Halal Income | حَدَّثَنَا عَلِيُّ بْنُ عَبْدِ اللَّهِ، حَدَّثَنَا سُفْيَانُ، قَالَ سَمِعْتُ الزُّهْرِيَّ، يَقُولُ أَخْبَرَنِي عُرْوَةُ، وَسَعِيدُ بْنُ الْمُسَيَّبِ، عَنْ حَكِيمِ بْنِ حِزَامٍ، قَالَ سَأَلْتُ النَّبِيَّ صلى الله عليه وسلم فَأَعْطَانِي، ثُمَّ سَأَلْتُهُ فَأَعْطَانِي، ثُمَّ سَأَلْتُهُ فَأَعْطَانِي، ثُمَّ قَالَ ‏ "‏ هَذَا الْمَالُ ـ وَرُبَّمَا قَالَ سُفْيَانُ قَالَ لِي يَا حَكِيمُ ـ إِنَّ هَذَا الْمَالَ خَضِرَةٌ حُلْوَةٌ، فَمَنْ أَخَذَهُ بِطِيبِ نَفْسٍ بُورِكَ لَهُ فِيهِ، وَمَنْ أَخَذَهُ بِإِشْرَافِ نَفْسٍ لَمْ يُبَارَكْ لَهُ فِيهِ، وَكَانَ كَالَّذِي يَأْكُلُ وَلاَ يَشْبَعُ، وَالْيَدُ الْعُلْيَا خَيْرٌ مِنَ الْيَدِ السُّفْلَى ‏"‏‏Narrated Hakim bin Hizam:I asked the Prophet (for some money) and he gave me, and then again I asked him and he gave me, and then again I asked him and he gave me and he then said, "This wealth is (like) green and sweet (fruit), and whoever takes it without greed, Allah will bless it for him, but whoever takes it with greed, Allah will not bless it for him, and he will be like the one who eats but is never satisfied. And the upper (giving) hand is better than the lower (taking) hand." [Sahih al Bukhari] | * Prioritize your needs and wants and note down why they are important and fulfill them accordingly.
* Look at the people below in worldly matters to realize how blessed you are in fact:Messenger [saw] said: "Whoever looks to one above him for his religion, and follows him in it, and whoever looks to one who is below him in worldly matters, and praises Allah for the blessings He has favored the one who is above him with, then Allah writes him down as grateful and patient." [Jami' at-Tirmidhi]
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| 9. Gratitude to Allah |  | **وَإِذْ تَأَذَّنَ رَبُّكُمْ لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ ۖ وَلَئِنْ كَفَرْتُمْ إِنَّ عَذَابِي لَشَدِيدٌ**“And [remember] when your Lord proclaimed, 'If you are grateful, I will surely increase you [in favor]; but if you deny, indeed, My punishment is severe.' " [Qur'an: Chapter 14, Verse 7] | * Make it a point that whenever you start your dua, you first start by praising and thanking Allah [swt] for the favours He bestowed upon you.
* Count your blessings: Although one can never count all his/her blessings, but even the futile attempt to count one’s blessings will bring overwhelming gratitude to someone’s heart and overwhelming humility with The Generous Giver. Allah [swt] says in the Quran: "And if you would count Allah's favors, you will not be able to number them; most surely Allah is Forgiving, Merciful." [Quran, Chapter 16, Verse 18].
* Stop complaining and reflect upon the difficult situations: Complaining make us feel the situation is much worse, but try to analyze the situation with an intention to see the positive side. Take a pen and a paper, write down a letter telling Allah what your situation is and what you need help with. Before you finish writing, you will be able to understand your own situation better and a way will be opened before you. Recite this whenever you encounter a difficult situation: 'Al hamdu lillah ala kulli haal' (praise and thanks to Allah in all kinds of situations.)
* Journal writing: We often forget our past and miss certain blessings or solutions while reflecting. If you jot down your days on a book and read it, it will be easier for you to count the blessings and find solutions. It also helps you feel good at times of despair.
* Sujood al-shukr: Abu Bakrah (may Allaah be pleased with him), reported that when the Prophet (peace and blessings of Allaah be upon him) heard any news that made him glad, he would fall down prostrating to Allah [swt] [Reported by the five except al-Nisaa’i; al-Tirmidhi said, it is hasan ghareeb]. (Note: Being in a state of wudhu is not necessary for sujood al-shukr).
* Allow others to be a part of your blessing: Do not share the blessings boastfully, but share it moderately with others in a way that will benefit them. While getting a bonus unexpectedly, buy a meal for a homeless person, for example.
* If you have knowledge in something, share the knowledge with others with the intention of helping them.
* Acknowledge the help you receive from others and truly mean it when you appreciate someone for their support. This helps you realize that Allah [swt] has placed good people around you.
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| 10. Charity |  | حَدَّثَنَا إِسْمَاعِيلُ، قَالَ حَدَّثَنِي مَالِكٌ، عَنْ أَبِي الزِّنَادِ، عَنِ الأَعْرَجِ، عَنْ أَبِي هُرَيْرَةَ ـ رضى الله عنه ـ أَنَّ رَسُولَ اللَّهِ صلى الله عليه وسلم قَالَ ‏ "‏ قَالَ اللَّهُ أَنْفِقْ يَا ابْنَ آدَمَ أُنْفِقْ عَلَيْكَ ‏"Allah's Messenger [saw] said, "Allah [swt] said, 'O son of Adam! Spend, and I shall spend on you." [Sahih al-Bukhari]مَا مِنْ يَوْمٍ يُصْبِحُ الْعِبَادُ فِيهِ إِلاَّ مَلَكَانِ يَنْزِلاَنِ فَيَقُولُ أَحَدُهُمَا اللَّهُمَّ أَعْطِ مُنْفِقًا خَلَفًا ‏.‏ وَيَقُولُ الآخَرُ اللَّهُمَّ أَعْطِ مُمْسِكًا تَلَفًا Abu Huraira reported Allah's Messenger [saw] saying:There is never a day wherein servants (of God) get up at morn, but are not visited by two angels. One of them says: O Allah, give him more who spends (for the sake of Allah), and the other says: O Allah, bring destruction to one who withholds. [Sahih Muslim] | * Look very carefully at how you spend your time & money (your two most precious resources) and ask yourself how can I give some of these resources in charity.
* Try to find charity acts that can be done regularly: Prophet Muhammad [saw] said: "The best loved deeds to Allah are the ones that are continuous even if they are not very many." [Sahih Bukhari]
* Give in charity what you love, not what cannot be put into use:“And they give food in spite of love for it to the needy, the orphan, and the captive, [Saying], "We feed you only for the countenance of Allah. We wish not from you reward or gratitude.” [Qur'an: Chapter 76, Verses 8 - 9]
* Setup an automatic standing order to a charity each month.
* Try to ensure that your charities have the human connection. Yes, you should give to charity organisations, however, make an effort to go out of your way and visit poor people in your neighbourhood and aim to sponsor/help a specific family whether taking care of the children’s education, or their medication, or their rents. That one-to-one human connection can make huge impact to your psychology, physiology and ultimately your spiritual productivity.
* Forgive your needy debtors and waive their debts: Messenger of Allah [saw] said: “Whoever would like Allah to shade him with His shade, let him give respite to one in difficulty, or waive repayment of the loan.” [Sunan Ibn Majah]
* Narrated Abu Huraira:Allah's Messenger [saw] said, "A man used to give loans to the people and used to say to his servant, 'If the debtor is poor, forgive him, so that Allah may forgive us.' So when he met Allah (after his death), Allah forgave him." [Sahih al-Bukhari]
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| 11. Hajj/Umrah |  | حَدَّثَنَا أَبُو بَكْرِ بْنُ أَبِي شَيْبَةَ، حَدَّثَنَا سُفْيَانُ بْنُ عُيَيْنَةَ، عَنْ عَاصِمِ بْنِ عُبَيْدِ اللَّهِ، عَنْ عَبْدِ اللَّهِ بْنِ عَامِرٍ، عَنْ عُمَرَ، عَنِ النَّبِيِّ صلى الله عليه وسلم قَالَ ‏ "‏ تَابِعُوا بَيْنَ الْحَجِّ وَالْعُمْرَةِ فَإِنَّ الْمُتَابَعَةَ بَيْنَهُمَا تَنْفِي الْفَقْرَ وَالذُّنُوبَ كَمَا يَنْفِي الْكِيرُ خَبَثَ الْحَدِيدِ ‏"‏ ‏Prophet [saw] said:“Perform Hajj and ‘Umrah, one after the other, for performing them one after the other removes poverty and sin as the bellows removes impurity from iron.” [Sunan Ibn Majah] | * Make an intention to perform Hajj/Umrah.
* Save a small amount daily or each month for performing Hajj/Umrah.
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| 12. Family | Maintaining Ties of Kinship | حَدَّثَنَا أَحْمَدُ بْنُ مُحَمَّدٍ، أَخْبَرَنَا عَبْدُ اللَّهِ بْنُ الْمُبَارَكِ، عَنْ عَبْدِ الْمَلِكِ بْنِ عِيسَى الثَّقَفِيِّ، عَنْ يَزِيدَ، مَوْلَى الْمُنْبَعِثِ عَنْ أَبِي هُرَيْرَةَ، عَنِ النَّبِيِّ صلى الله عليه وسلم قَالَ ‏"‏ تَعَلَّمُوا مِنْ أَنْسَابِكُمْ مَا تَصِلُونَ بِهِ أَرْحَامَكُمْ فَإِنَّ صِلَةَ الرَّحِمِ مَحَبَّةٌ فِي الأَهْلِ مَثْرَاةٌ فِي الْمَالِ مَنْسَأَةٌ فِي الأَثَرِ ‏"‏ ‏.‏ قَالَ أَبُو عِيسَى هَذَا حَدِيثٌ غَرِيبٌ مِنْ هَذَا الْوَجْهِ ‏.‏ وَمَعْنَى قَوْلِهِ ‏"‏ مَنْسَأَةٌ فِي الأَثَرِ ‏"‏ ‏.‏ يَعْنِي زِيَادَةً فِي الْعُمُرِAbu Hurairah narrated that the Messenger of Allah said:"Learn enough about your lineage to facilitate keeping your ties of kinship. For indeed keeping the ties of kinship encourages affection among the relatives, increases the wealth, and increases the lifespan." [Jami` at-Tirmidhi] | * **Find out who your relatives are & their contact details:** This is an obvious first-step, but many people skip it out of embarrassment of admitting that they don’t know all their relatives. Have a sit-down with your parents and ask them about their brothers/sisters/uncles/aunts, etc. Draw a family tree and keep a digital copy on your computer or on a paper.
* **Find out their contact details:** Whether it’s a phone number, an e-mail address, Facebook profile, MSN messenger, Skype or Twitter ID! Update your address book accordingly. You’ll probably find it easier to get this information through your parents, but you can also try with cousins, uncles and aunts.
* **Get in touch:** If your relatives are using any of the online social tools, get in touch with them online with a simple ‘salam’. I’m sure they’ll be pleasantly surprised to hear from you (who does not like to meet someone online they actually relate to?!). If a good old phone call is the only way to get in touch with them and if you don’t know them very well, rather than making a cold phone call, start breaking the ice by sending them regular text messages to their mobile phones ending with your name and perhaps a “son of so and so” or “daughter of so and so” so they can recognize you. After a while, give them a call (either with your parents around to ease the introduction) or on your own and inquire about your ‘text messages’ ;). There are lots of other ways of ‘breaking the ice’ this is just an example.
* **Interview the gran-grans:** I’ll never forget an interview my sister had with my grandfather few years before he passed away. It was a moving interview about his life story and one that our entire family cherishes. There’s so much wisdom, experience, lessons that can be learnt from our elders. Just sit with them, ask them some questions and press record. No need to make it formal, just sit and listen.
* **Visit/invite for iftar:** If your relatives are in the same city, you should invite each other to iftar. If parents aren’t keen because of issues between relatives, try to do it amongst the ‘youngsters’ or the ‘cousins’. Then at the iftar you can discuss various ways to resolve family feuds and stay in touch with the family.
* **Set up internet/video chat:** Next time you visit ‘back home’, the family village, or your grandparents house, take with you one of the latest electronic notebooks with a front facing video camera and Skype (they are relatively cheap and pretty robust). Find out how you can set up internet (ideally wireless) for your family there and teach them the simple steps of making Skype calls/video calls. Once they figure it out, forget long distance calls, Skype would be the next thing in the village!
* **Spend charity/zakat on them:** Unfortunately, these days a lot of Muslims have forgotten about spending charity/zakat on their poor relatives and family members. I’m not sure if it’s embarrassment or ‘fear’ that the relative may start ‘relying’ on us for their well-being or is it our laziness and over reliance on international charity organisations to deliver our Zakat and Sadaqah. Whatever it is, we have no excuse. Especially when we have clear instructions from Allah [swt] that our charities/zakat should be for our relatives as well as the poor and needy in other parts of the world. In fact, scholars emphasize that we should prioritize our charities/socket so it goes to those closest to us first then to the wider Muslim community. There are ways of doing this practically, including giving your sadaqah to the poor relative through another member of the family who’s more senior, or you could sponsor one of your poor relatives’ BIG expenses, e.g. their child’s education or a medical operation, etc.
* **Be the focal point for your family:** If you implement some of the advice above, you’ll soon be THE focal point for family ties/meetings for your family. Happily take this responsibility and try to arrange various activities for your family, e.g. arranging family trips, draw family tree day, family fundraising for an Islamic project, e.g. mosque/orphanage, etc.
* **Resolve old issues once and for all:** Once things start ‘warming up’ between relatives and you can see an opportunity to resolve old issues, try to resolve them formally, ideally through a senior member. You can attempt to do that in Ramadan given the maqam of the month. People will be happy to forget/forgive during Ramadan/Eid and hopefully restart their relationships once again on the basis of love, mercy and Ihsaan, in sha Allah.
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| Saying Salam to Family | حَدَّثَنَا أَبُو حَاتِمٍ الْبَصْرِيُّ الأَنْصَارِيُّ، مُسْلِمُ بْنُ حَاتِمٍ حَدَّثَنَا مُحَمَّدُ بْنُ عَبْدِ اللَّهِ الأَنْصَارِيُّ، عَنْ أَبِيهِ، عَنْ عَلِيِّ بْنِ زَيْدٍ، عَنْ سَعِيدِ بْنِ الْمُسَيَّبِ، قَالَ قَالَ أَنَسُ بْنُ مَالِكٍ قَالَ قَالَ لِي رَسُولُ اللَّهِ صلى الله عليه وسلم ‏ "‏ يَا بُنَىَّ إِذَا دَخَلْتَ عَلَى أَهْلِكَ فَسَلِّمْ يَكُونُ بَرَكَةً عَلَيْكَ وَعَلَى أَهْلِ بَيْتِكَ ‏"‏ ‏.‏ قَالَ أَبُو عِيسَى هَذَا حَدِيثٌ حَسَنٌ غَرِيبٌ ‏.‏Messenger [saw] said: "Dear son, when you enter your house, say As- Salamu 'Alaikum to your family, for it will be a blessing both to you and to your family." [At-Tirmidhi]. | * Whenever you call a Muslim -especialy a family member, say ‘salam’ first instead of “Hi” or “Hello”.
* Whenever you enter/leave your house, make it a habit to say salam, even if no one is there.
* Paste a sticker on the entrance to remind you to say salam, if it's so difficult to remember.
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| Elders | حَدَّثَنَا مُحَمَّدُ بْنُ الْمُثَنَّى، حَدَّثَنَا يَزِيدُ بْنُ بَيَانٍ الْعُقَيْلِيُّ، حَدَّثَنَا أَبُو الرَّحَّالِ الأَنْصَارِيُّ، عَنْ أَنَسِ بْنِ مَالِكٍ، قَالَ قَالَ رَسُولُ اللَّهِ صلى الله عليه وسلم ‏ "‏ مَا أَكْرَمَ شَابٌّ شَيْخًا لِسِنِّهِ إِلاَّ قَيَّضَ اللَّهُ لَهُ مَنْ يُكْرِمُهُ عِنْدَ سِنِّهِ ‏"‏ ‏.‏ قَالَ أَبُو عِيسَى هَذَا حَدِيثٌ غَرِيبٌ لاَ نَعْرِفُهُ إِلاَّ مِنْ حَدِيثِ هَذَا الشَّيْخِ يَزِيدَ بْنِ بَيَانٍ وَأَبُو الرِّجَالِ الأَنْصَارِيُّ آخَرُMessenger of Allah said:"No young person honors an elder due to his age, except that Allah appoints for him one who will honor him at that age." [Jami' at-Tirmidhi]البركةُ مع أكابرِكُم"The blessing (barakah) is with the elders among you." [Ibn Hebban & Hakim] | * Listen to them: Make time and listen to what they have to say, their stories etc.
* Make time and accompany them for their routine checkups.
* Decide a "grand" time and ask the children to spend some time with their grandparents.
* Teach the children of the house to accompany them for a walk.
* Ask for advice or share your worries with the elders.
* Choose a day to pay a visit to them or to spend time with them.
* Volunteering at the local retirement home if you are away from the elderly of your family.
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| 13. Waking up Early |  | حَدَّثَنَا أَبُو بَكْرِ بْنُ أَبِي شَيْبَةَ، حَدَّثَنَا هُشَيْمٌ، عَنْ يَعْلَى بْنِ عَطَاءٍ، عَنْ عُمَارَةَ بْنِ حَدِيدٍ، عَنْ صَخْرٍ الْغَامِدِيِّ، قَالَ قَالَ رَسُولُ اللَّهِ ـ صلى الله عليه وسلم ـ ‏ "‏ اللَّهُمَّ بَارِكْ لأُمَّتِي فِي بُكُورِهَا ‏"Messenger of Allah [saw] said:"O Allah, bless my nation in their early mornings (i.e., what they do early in the morning)." [Sunan Ibn Majah] | **Spiritual tools: Waking up for tahajjud + fajr*** **Know who Allah [swt] is:** This is the key and number one tool to waking up for Fajr. If you know who you’re worshipping, and you know that He requests that you get up in the morning and pray to Him, you’ll wake up. It’s our lack of understanding of who Allah is that makes us lazy. Know your Lord, that’s key.
* **Sincerity:** Be sincere about waking up for fajr, don’t just say to yourself: “Insha’Allah, it’ll be nice if I wake up for fajr” be sincere about it, and say: “I will wake up for fajr” I find it useful sometimes to talk to myself about it before going to sleep and say: “I will wake up for fajr, i don’t care how, but I’ll definitely will!”
* \*Something that ALWAYS work is to take appointment with Allah [swt]. **Before you go to sleep, tell Allah, “I want to meet you at Fajr”**. Allah is The One in Whose hands is your soul, He is the One who can send this soul back at Fajr time for you to wake up and pray. If you sincerely told Allah “I want to meet you O Allah and speak to you at Fajr”, then He WILL wake you up. Guaranteed. Allah loves His Slaves and He helps them when they sincerely ask. Try it!
* **Wudu before sleep:** Ibn Abbas [ranhu] reported that Allah’s Messenger [saw] said: “Purify these bodies and Allah will purify you, for there is no slave who goes to sleep in a state of purity but an Angel spends the night with him, and every time he turns over, [the Angel] says, ‘O Allah! Forgive Your slave, for he went to bed in a state of purity.” Do you think that such a person would be left to oversleep and miss fajr?
* **Witr Prayer + Dua:** Make sure you don’t sleep before performing your witr prayer, and supplicate to Allah during your Witr prayer to help you wake up for Fajr, remember, “You Alone we Worship, and You Alone we Seek help from”
* **Read some Qur’an:** Ending the day with verses of the Noble Qur’an will sure put your focus straight on waking up for Salah. It is recommended to read Surat Al-Mulk (Chapter 67) before going to sleep.
* **Remember Allah [swt] before you go to sleep:** This is part of the first point I made, and you can find all the supplications you need to recite before going to sleep. You might need to print them off and read them off paper at first, but within a week or two you should be able to memorize them fully and just recite them before dozing off.
* **Remember the rewards attached to Tahajjud and Fajr prayers:** from being safe from hypocricy, to having light on the day of judgement, to being under Allah’s protection the whole day, to having laziness removed from us that day and being productive. Remember these rewards and you’ll sure wake up.

**Other tools:*** **1.5 hours sleep rule:** Aaaah.. here’s a secret trick, there’s a theory in the sleep science that says that every human being completes an entire sleep cycle in 1.5 hours, therefore, if you can wake up at the end of a multiple of 1.5 hours (e.g. 1.5 hours, or 3 hours, or 4.5 hours..etc) you’ll wake up fresh and rejuvenated. Otherwise, you’ll wake up lazy. So if fajr is at 5am, and you sleep at 12am, make sure you set your alarm at 4.30am, because that gives you 4.5 hours to sleep. (Of course, if you take 1/2 an hour to fall asleep, you might need to add that into account).
* **Nap in the afternoon:** Another lifehack, taken from the Sunnah and recommended by many, make sure you nap in the afternoon, for just 20 minutes! yup, just 20 minutes. Trust me, for the past 3 years, I’ve mastered the 20 min nap, and every time it never fails to rejuvenate me. If you need to train yourself to nap for that long, I highly recommend www.pzizz.com, a wonderful software that trains you for these short naps, it’s what I used to train myself.
* **Promise yourself a grand breakfast if you wake up early:** I’m a breakfast guy, so if I wake up early, I sure like to have a big breakfast. Sometimes i look forward to my breakfast from the afternoon before, and just like a small reward, treat yourself to a massive breakfast in the morning. It’ll definitely set your day straight as well, in sha Allah.
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| 14. Marriage |  | وَأَنْكِحُوا الْأَيَامَىٰ مِنْكُمْ وَالصَّالِحِينَ مِنْ عِبَادِكُمْ وَإِمَائِكُمْ ۚ إِنْ يَكُونُوا فُقَرَاءَ يُغْنِهِمُ اللَّهُ مِنْ فَضْلِهِ ۗ وَاللَّهُ وَاسِعٌ عَلِيمٌAnd marry the unmarried among you and the righteous among your male slaves and female slaves. If they should be poor, Allah will enrich them from His bounty, and Allah is all-Encompassing and Knowing. [Qur'an: Chapter 24, Verse 32] | * Learn about marriage and read about it. Not just before marriage, but even during marriage and after. Always seek ways to improve your relationship and make it healthier and happier.
* Understand your spouse’s love language and try to speak the same language. I learnt this from Dr. Gary Chapman’s famous book “The 5 Love Languages” which I highly recommend all married couples to read.
* If your marriage is in trouble, seek ways to resolve it in the best possible manner. Don’t let the emotionally charged situations lead you to inflict harm against each other that’ll bear scars for years to come. Remember that shaytaan is trying to destroy your marriage, don’t give him the opportunity.
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| 15. Salah | Praying regular prayers | **وَأْمُرْ أَهْلَكَ بِالصَّلَاةِ وَاصْطَبِرْ عَلَيْهَا ۖ لَا نَسْأَلُكَ رِزْقًا ۖ نَحْنُ نَرْزُقُكَ ۗ وَالْعَاقِبَةُ لِلتَّقْوَى**And enjoin prayer upon your family [and people] and be steadfast therein. We ask you not for provision; We provide for you, and the [best] outcome is for [those of] righteousness. [Qur'an: Chapter 20, Verse 132] | * Learn about Salah, how to perform it properly and understand that it’s a connection between you and your Lord.
* Prepare for Salah early, as soon as the Athan (Call to Prayer) goes off, and don’t neglect it or worse forget about it.
* Carry with you a portable prayer mat, and load your phone with apps to tell you of prayer times and Qibla (Makkah) direction.
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| Praying Istikhara | **حَدَّثَنِي إِبْرَاهِيمُ بْنُ الْمُنْذِرِ، حَدَّثَنَا مَعْنُ بْنُ عِيسَى، حَدَّثَنِي عَبْدُ الرَّحْمَنِ بْنُ أَبِي الْمَوَالِي، قَالَ سَمِعْتُ مُحَمَّدَ بْنَ الْمُنْكَدِرِ، يُحَدِّثُ عَبْدَ اللَّهِ بْنَ الْحَسَنِ يَقُولُ أَخْبَرَنِي جَابِرُ بْنُ عَبْدِ اللَّهِ السَّلَمِيُّ، قَالَ كَانَ رَسُولُ اللَّهِ صلى الله عليه وسلم يُعَلِّمُ أَصْحَابَهُ الاِسْتِخَارَةَ فِي الأُمُورِ كُلِّهَا، كَمَا يُعَلِّمُ السُّورَةَ مِنَ الْقُرْآنِ يَقُولُ ‏ "‏ إِذَا هَمَّ أَحَدُكُمْ بِالأَمْرِ فَلْيَرْكَعْ رَكْعَتَيْنِ مِنْ غَيْرِ الْفَرِيضَةِ ثُمَّ لِيَقُلِ اللَّهُمَّ إِنِّي أَسْتَخِيرُكَ بِعِلْمِكَ، وَأَسْتَقْدِرُكَ بِقُدْرَتِكَ، وَأَسْأَلُكَ مِنْ فَضْلِكَ، فَإِنَّكَ تَقْدِرُ وَلاَ أَقْدِرُ، وَتَعْلَمُ وَلاَ أَعْلَمُ، وَأَنْتَ عَلاَّمُ الْغُيُوبِ، اللَّهُمَّ فَإِنْ كُنْتَ تَعْلَمُ هَذَا الأَمْرَ ـ ثُمَّ تُسَمِّيهِ بِعَيْنِهِ ـ خَيْرًا لِي فِي عَاجِلِ أَمْرِي وَآجِلِهِ ـ قَالَ أَوْ فِي دِينِي وَمَعَاشِي وَعَاقِبَةِ أَمْرِي ـ فَاقْدُرْهُ لِي، وَيَسِّرْهُ لِي، ثُمَّ بَارِكْ لِي فِيهِ، اللَّهُمَّ وَإِنْ كُنْتَ تَعْلَمُ أَنَّهُ شَرٌّ لِي فِي دِينِي وَمَعَاشِي وَعَاقِبَةِ أَمْرِي ـ أَوْ قَالَ فِي عَاجِلِ أَمْرِي وَآجِلِهِ ـ فَاصْرِفْنِي عَنْهُ، وَاقْدُرْ لِيَ الْخَيْرَ حَيْثُ كَانَ، ثُمَّ رَضِّنِي بِهِ ‏"**On the authority of Jaabir Ibn ‘Abdullah [ranhu] he said: “The Prophet [saw] would instruct us to pray for guidance in all of our concerns, just as he would teach us a chapter from the Qur’an. He (peace be upon him) would say: ‘If any of you intends to undertake a matter then let him pray two supererogatory units (two rak’ah optional nafil) of prayer and after which he should supplicate: ‘O Allah, I seek Your counsel by Your knowledge and by Your power I seek strength and I ask You from Your immense favour, for verily You are able while I am not and verily You know while I do not and You are the Knower of the unseen. O Allaah, if You know this affair -and here he mentions his need- to be good for me in relation to my religion, my life, and end, then decree and facilitate it for me, and bless me with it, and if You know this affair to be ill for me towards my religion, my life, and end, then remove it from me and remove me from it, and decree for me what is good wherever it be and make me satisfied with such.”  [Sahih Bukhari] | Every day, you probably have to make some kind of a decision during that day, make it a habit that each day at a certain time you’ll pray istikhara on the decisions you need to make during the next day. |
| Praying voluntary prayers | **وَمِنَ اللَّيْلِ فَتَهَجَّدْ بِهِ نَافِلَةً لَكَ عَسَىٰ أَنْ يَبْعَثَكَ رَبُّكَ مَقَامًا مَحْمُودً**And from [part of] the night, pray with it as additional [worship] for you; it is expected that your Lord will raise you to a praised station. [Qur’an: Chapter 17, Verse 79]**حَدَّثَنَا أَحْمَدُ بْنُ إِبْرَاهِيمَ، حَدَّثَنَا أَبُو دَاوُدَ، حَدَّثَنَا مُحَمَّدُ بْنُ مِهْرَانَ الْقُرَشِيُّ، حَدَّثَنِي جَدِّي أَبُو الْمُثَنَّى، عَنِ ابْنِ عُمَرَ، قَالَ قَالَ رَسُولُ اللَّهِ صلى الله عليه وسلم ‏ "‏ رَحِمَ اللَّهُ امْرَأً صَلَّى قَبْلَ الْعَصْرِ أَرْبَعًا ‏"‏**Narrated Abdullah ibn Umar [ranhu]:The Prophet [saw] said: May Allah show mercy to a man who prays four rak'ahs before the afternoon prayer. [Sunan Abi Dawud] | * Make sure to pray the 12 voluntary rak’as to earn their priceless reward!The Prophet [saw] says:‘Whoever persists in performing twelve Rak’ah from the Sunnah, **a house will be built for him in Paradise**: four before the Zuhr, two Rak’ah after Zuhr, two Rak’ah after Maghrib, two Rak’ah after the ‘Isha’ and two Rak’ah before Fajr.’” [[Sunan Ibn Majah](http://sunnah.com/urn/1311930)]
* Prepare a salah checklist if it’ll help you keep track of all prayers.
* Pray 2 rak’as +1 witr after 'isha daily as Qiyam prayer.
* Use the breaks you take to perform voluntary prayers like duha or salat al wudhu:Narrated Abu Huraira [ranhu]:At the time of the Fajr prayer the Prophet [saw] asked Bilal [ranhu], "Tell me of the best deed you did after embracing Islam, for I heard your footsteps in front of me in Paradise." Bilal [ranhu] replied, "I did not do anything worth mentioning except that whenever I performed ablution during the day or night, I prayed after that ablution as much as was written for me." [Sahih al Bukhari]
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| 16. Places | Makkah | إِنَّ أَوَّلَ بَيْتٍ وُضِعَ لِلنَّاسِ لَلَّذِي بِبَكَّةَ مُبَارَكًا وَهُدًى لِلْعَالَمِينَIndeed, the first House [of worship] established for mankind was that at Makkah - blessed and a guidance for the worlds. [Qur'an: Chapter 3, Verse 96] | * Make it a priority to pay a visit to these places.
* Learn and watch videos about them to motivate yourself to go.
* When planning to travel, decide a route to include such places.
 |
| Medinah | حَدَّثَنَا عَبْدُ اللَّهِ بْنُ مُحَمَّدٍ، حَدَّثَنَا وَهْبُ بْنُ جَرِيرٍ، حَدَّثَنَا أَبِي، سَمِعْتُ يُونُسَ، عَنِ ابْنِ شِهَابٍ، عَنْ أَنَسٍ ـ رضى الله عنه ـ عَنِ النَّبِيِّ صلى الله عليه وسلم قَالَ ‏ "‏ اللَّهُمَّ اجْعَلْ بِالْمَدِينَةِ ضِعْفَىْ مَا جَعَلْتَ بِمَكَّةَ مِنَ الْبَرَكَةِ ‏"‏‏.‏ تَابَعَهُ عُثْمَانُ بْنُ عُمَرَ عَنْ يُونُسَ‏.The Prophet [saw] said, "O Allah! Bestow on Medina twice the blessings You bestowed on Mecca." [Sahih al-Bukhari] |
| Blessed places [Quds] | سُبْحَانَ الَّذِي أَسْرَىٰ بِعَبْدِهِ لَيْلًا مِنَ الْمَسْجِدِ الْحَرَامِ إِلَى الْمَسْجِدِ الْأَقْصَى الَّذِي بَارَكْنَا حَوْلَهُ لِنُرِيَهُ مِنْ آيَاتِنَا ۚ إِنَّهُ هُوَ السَّمِيعُ الْبَصِيرExalted is He who took His Servant by night from al-Masjid al-Haram to al-Masjid al- Aqsa, whose surroundings We have blessed, to show him of Our signs. Indeed, He is the Hearing, the Seeing. [Qur'an: Chapter 17, Verse 1] |
| 17. Times with Barakah | Ramadan | **إِنَّا أَنزَلْنَاهُ فِي لَيْلَةٍ مُّبَارَكَةٍ**“Indeed, We sent it down during a blessed night…” [Qur'an: Chapter 44, Verse 3] | * Prepare a schedule for Ramadan and make it productive!
* Ask Allah [swt] to accept your ibadah and ask what you want while breaking the fast.
* Provide food for others to break fast:

The Messenger of Allah said: "Whoever provides the food for a fasting person to break his fast with, then for him is the same reward as his (the fasting person's), without anything being diminished from the reward of the fasting person." [Jami' at-Tirmidhi]* Carry some dates with you so that you can break fast with dates on time as well as give it to another person while traveling etc.
* Help your mother/wife to prepare food to gain this reward.
* Invite homeless people, neighbours, relatives etc. for iftar.
 |
| Day of 'Arafah | حَدَّثَنَا هَارُونُ بْنُ سَعِيدٍ الأَيْلِيُّ، وَأَحْمَدُ بْنُ عِيسَى، قَالاَ حَدَّثَنَا ابْنُ وَهْبٍ، أَخْبَرَنِي مَخْرَمَةُ بْنُ بُكَيْرٍ، عَنْ أَبِيهِ، قَالَ سَمِعْتُ يُونُسَ بْنَ يُوسُفَ، يَقُولُ عَنِ ابْنِ الْمُسَيَّبِ، قَالَ قَالَتْ عَائِشَةُ إِنَّ رَسُولَ اللَّهِ صلى الله عليه وسلم قَالَ ‏ "‏ مَا مِنْ يَوْمٍ أَكْثَرَ مِنْ أَنْ يُعْتِقَ اللَّهُ فِيهِ عَبْدًا مِنَ النَّارِ مِنْ يَوْمِ عَرَفَةَ وَإِنَّهُ لَيَدْنُو ثُمَّ يُبَاهِي بِهِمُ الْمَلاَئِكَةَ فَيَقُولُ مَا أَرَادَ هَؤُلاَءِ ‏"‏‏A'isha [ranha] reported Allah's Messenger [saw] as saying:"There is no day when God sets free more servants from Hell than the Day of 'Arafa. He draws near, then praises them to the angels, saying: 'What do these want?'" [Sahih Muslim] | It is a day of immense barakah for those who are not performing hajj too.* Fasting on the day of Arafa:Messenger of Allah [saw] said:“Fasting on the Day of ‘Arafah, I hope from Allah, expiates for the sins of the year before and the year after.” [Sunan Ibn Majah]
* Make a lot of supplications:Prophet [saw] said:“The best of supplication is the supplication of the Day of `Arafah." [Jami' at-Tirmidhi]
* Recite a lot of takbeer (Allahu Akbar), hamd (alhamdulillah), tahleel (la ilaha illa-Allah) and tasbeeh (subhan-Allah)
* Seek forgiveness of Allah [swt] on that day!
 |
| Last Third of Every Night | حَدَّثَنَا عَبْدُ اللَّهِ بْنُ مَسْلَمَةَ، عَنْ مَالِكٍ، عَنِ ابْنِ شِهَابٍ، عَنْ أَبِي سَلَمَةَ، وَأَبِي عَبْدِ اللَّهِ الأَغَرِّ، عَنْ أَبِي هُرَيْرَةَ ـ رضى الله عنه ـ أَنَّ رَسُولَ اللَّهِ صلى الله عليه وسلم قَالَ ‏ "‏ يَنْزِلُ رَبُّنَا تَبَارَكَ وَتَعَالَى كُلَّ لَيْلَةٍ إِلَى السَّمَاءِ الدُّنْيَا حِينَ يَبْقَى ثُلُثُ اللَّيْلِ الآخِرُ يَقُولُ مَنْ يَدْعُونِي فَأَسْتَجِيبَ لَهُ مَنْ يَسْأَلُنِي فَأُعْطِيَهُ مَنْ يَسْتَغْفِرُنِي فَأَغْفِرَ لَهُ ‏"‏‏.‏Allah's Messenger [saw] said, "Our Lord, the Blessed, the Superior, comes every night down on the nearest Heaven to us when the last third of the night remains, saying: "Is there anyone to invoke Me, so that I may respond to invocation? Is there anyone to ask Me, so that I may grant him his request? Is there anyone seeking My forgiveness, so that I may forgive him?" [Sahih al-Bukhari] | * Have a special dua that you only make in the last third of the night.
* Pray tahajjud and recite a portion of the Qur'an:

“Arise [to pray] the night, except for a little - Half of it - or subtract from it a little. Or add to it, and recite the Qur'an with measured recitation.” [Qur'an: Chapter 73, Verses 2 - 4] |
| Day of Ashura | أَخْبَرَنَا قُتَيْبَةُ، قَالَ حَدَّثَنَا سُفْيَانُ، عَنْ عُبَيْدِ اللَّهِ، أَنَّهُ سَمِعَ ابْنَ عَبَّاسٍ، وَسُئِلَ، عَنْ صِيَامِ، عَاشُورَاءَ قَالَ مَا عَلِمْتُ النَّبِيَّ صلى الله عليه وسلم صَامَ يَوْمًا يَتَحَرَّى فَضْلَهُ عَلَى الأَيَّامِ إِلاَّ هَذَا الْيَوْمَ يَعْنِي شَهْرَ رَمَضَانَ وَيَوْمَ عَاشُورَاءَIt was narrated from 'Ubaidullah [ranhu] that:he heard Ibn 'Abbas [ranhu], when he was asked about the fast of 'Ashura' say: "I do not know that the Prophet [saw] fasted any day because of its virtue, except this day" meaning the month of Ramadan and the day of Ashura.' [Sunan an-Nasa'i] | * Fast on the day of 'Ashura
* Fast the previous or the next day of 'Ashura
 |
| Time between adhan and iqama | حَدَّثَنَا مُحَمَّدُ بْنُ كَثِيرٍ، أَخْبَرَنَا سُفْيَانُ، عَنْ زَيْدٍ الْعَمِّيِّ، عَنْ أَبِي إِيَاسٍ، عَنْ أَنَسِ بْنِ مَالِكٍ، قَالَ قَالَ رَسُولُ اللَّهِ صلى الله عليه وسلم ‏ "‏ لاَ يُرَدُّ الدُّعَاءُ بَيْنَ الأَذَانِ وَالإِقَامَةِ ‏"‏Narrated Anas ibn Malik [ranhu]:The supplication made between the adhan and the iqamah is not rejected. [Sunan Abi Dawud] | * Send salawat to Prophet [saw]
* Recite: *Rabbana aathina fidunya hasanathan, wa fil akhirathi hasanathan, waqina adhaban naar*
* Ask for something you need urgently that time.
 |
| Rain | حَدَّثَنَا الْحَسَنُ بْنُ عَلِيٍّ، حَدَّثَنَا ابْنُ أَبِي مَرْيَمَ، حَدَّثَنَا مُوسَى بْنُ يَعْقُوبَ الزَّمْعِيُّ، عَنْ أَبِي حَازِمٍ، عَنْ سَهْلِ بْنِ سَعْدٍ، قَالَ قَالَ رَسُولُ اللَّهِ صلى الله عليه وسلم ‏:‏ ‏ "‏ ثِنْتَانِ لاَ تُرَدَّانِ، أَوْ قَلَّمَا تُرَدَّانِ ‏:‏ الدُّعَاءُ عِنْدَ النِّدَاءِ، وَعِنْدَ الْبَأْسِ حِينَ يُلْحِمُ بَعْضُهُمْ بَعْضًا ‏"‏ ‏.‏ قَالَ مُوسَى ‏:‏ وَحَدَّثَنِي رِزْقُ بْنُ سَعِيدِ بْنِ عَبْدِ الرَّحْمَنِ عَنْ أَبِي حَازِمٍ عَنْ سَهْلِ بْنِ سَعْدٍ عَنِ النَّبِيِّ صلى الله عليه وسلم قَالَ ‏:‏ وَوَقْتَ الْمَطَرِNarrated Sahl ibn Sa'd [ranhu]:The Prophet [saw] said: Two (prayers) are not rejected, or seldom rejected: Prayer at the time of the call to prayer, and (the prayer) at the time of fighting, when the people grapple with each other.Musa [ranhu] said: Rizq ibn Sa'id ibn AbdurRahman reported from AbuHazim on the authority of Sahl ibn Sa'd [ranhum] from the Prophet [saw] as saying: And while it is raining. [Sunan Abi Dawud] | * Narrated Aisha [ranha]:Whenever Allah's Messenger [saw] saw the rain, he used to say, "O Allah! Let it be a strong fruitful rain." [Sahih al-Bukhari]
* Seek forgiveness of Allah [swt]
* Ask Allah [swt] what you want
 |
| 18. Avoiding Sins |  | حَدَّثَنَا عَلِيُّ بْنُ مُحَمَّدٍ، حَدَّثَنَا وَكِيعٌ، عَنْ سُفْيَانَ، عَنْ عَبْدِ اللَّهِ بْنِ عِيسَى، عَنْ عَبْدِ اللَّهِ بْنِ أَبِي الْجَعْدِ، عَنْ ثَوْبَانَ، قَالَ قَالَ رَسُولُ اللَّهِ ـ صلى الله عليه وسلم ـ ‏ "‏ لاَ يَزِيدُ فِي الْعُمْرِ إِلاَّ الْبِرُّ وَلاَ يَرُدُّ الْقَدَرَ إِلاَّ الدُّعَاءُ وَإِنَّ الرَّجُلَ لَيُحْرَمُ الرِّزْقَ بِالذَّنْبِ يُصِيبُهُ ‏"Messenger of Allah [saw] said:“Nothing increases one’s life span except righteousness and nothing repels the Divine decree except supplication, and a man may be deprived of provision by a sin that he commits.’” [Sunan Ibn Majah] | * Remember your past sins and seek forgiveness of Allah [swt] sincerely. Reflect upon them and learn what made you commit them.
* Stop blaming others or circumstances and take responsibility of your wrongdoings: Putting blame on others is the trait of Shaytan, but accepting mistake and seeking forgiveness is the trait of Adam [alayhis].
* Identify your temptations and the personal traits/situation which leads to them. Work on those traits and master controlling them. View the situations from different angles and focus on relevant things or try to avoid those situations. Make plans and set goals.
* Seek help from Allah [swt] to be on His path always and refrain from sins.
 |
| 19. Knowledge | Seeking Knowledge | ...يَرْفَعِ اللَّهُ الَّذِينَ آمَنُوا مِنْكُمْ وَالَّذِينَ أُوتُوا الْعِلْمَ دَرَجَات...... Allah will raise those who have believed among you and those who were given knowledge, by degrees... [Qur'an: Chapter 58, Verse 11] | * Recite this dua often: *Rabbi zidni 'ilman* (O my Lord, increase me in knowledge) [Qur'an: Chapter 20, Verse 114]
* Education is from womb to tomb: join MOOCs, distant-learning courses etc.
* Help others in studies.
* Listen to the elderly and learn from their life experiences.
* Read books especially those unrelated to your field or career.
* Observe and reflect, this is the first step towards learning.
* Attend seminars, webinars, and workshops.
* Share your knowledge with others.
 |
| Knowledge of Religion | حَدَّثَنَا سَعِيدُ بْنُ عُفَيْرٍ، قَالَ حَدَّثَنَا ابْنُ وَهْبٍ، عَنْ يُونُسَ، عَنِ ابْنِ شِهَابٍ، قَالَ قَالَ حُمَيْدُ بْنُ عَبْدِ الرَّحْمَنِ سَمِعْتُ مُعَاوِيَةَ، خَطِيبًا يَقُولُ سَمِعْتُ النَّبِيَّ صلى الله عليه وسلم يَقُولُ ‏ "‏ مَنْ يُرِدِ اللَّهُ بِهِ خَيْرًا يُفَقِّهْهُ فِي الدِّينِ، وَإِنَّمَا أَنَا قَاسِمٌ وَاللَّهُ يُعْطِي، وَلَنْ تَزَالَ هَذِهِ الأُمَّةُ قَائِمَةً عَلَى أَمْرِ اللَّهِ لاَ يَضُرُّهُمْ مَنْ خَالَفَهُمْ حَتَّى يَأْتِيَ أَمْرُ اللَّهِ ‏"Narrated Muawiya:I heard Allah's Messenger [saw] saying, "If Allah [swt] wants to do good to a person, He makes him comprehend the religion..." [Sahih al-Bukhari] | * Read translations of the Qur'an.
* Read and learn hadith: you can use reliable daily hadith or hadith collection apps or websites.
* Subscribe to Islamic websites.
* Stay in touch with Muslim community.
* Follow Islamic institutions on social media.
* Discuss whatever you have learnt with your family and friends.
* Read books on Qur'an stories, Islamic history etc.
 |
| Supporting / Spending Time with Persons Seeking Knowledge | حَدَّثَنَا مُحَمَّدُ بْنُ بَشَّارٍ، حَدَّثَنَا أَبُو دَاوُدَ الطَّيَالِسِيُّ، حَدَّثَنَا حَمَّادُ بْنُ سَلَمَةَ، عَنْ ثَابِتٍ، عَنْ أَنَسِ بْنِ مَالِكٍ، قَالَ كَانَ أَخَوَانِ عَلَى عَهْدِ النَّبِيِّ صلى الله عليه وسلم فَكَانَ أَحَدُهُمَا يَأْتِي النَّبِيَّ صلى الله عليه وسلم وَالآخَرُ يَحْتَرِفُ فَشَكَا الْمُحْتَرِفُ أَخَاهُ إِلَى النَّبِيِّ صلى الله عليه وسلم فَقَالَ ‏ "‏ لَعَلَّكَ تُرْزَقُ بِهِ ‏"‏ ‏.‏ قَالَ أَبُو عِيسَى هَذَا حَدِيثٌ حَسَنٌ صَحِيحٌ"There were two brothers (that lived) at the time of the Prophet [saw]. One of them would come to Prophet [saw], whereas the other one would seek his sustenance (by working). So the the one who used to seek his sustenance complained to the Prophet [saw] about his brother. The Prophet [saw] replied,‘It is possible that you are provided your rizq because of him’"[Jami' at-Tirmidhi] | * Sponsor a student.
* Purchase items for a students in the beginning of an academic year.
* Provide free-tuition.
* Give away old books and reference materials.
* Publish and give away your useful notes.
* Spend time with students.
* Working as teaching assistants.
* Start/join study groups online.
 |
| 20. Plants/Trees | Date Palm Tree | حَدَّثَنَا عُمَرُ بْنُ حَفْصِ بْنِ غِيَاثٍ، حَدَّثَنَا أَبِي، حَدَّثَنَا الأَعْمَشُ، قَالَ حَدَّثَنِي مُجَاهِدٌ، عَنْ عَبْدِ اللَّهِ بْنِ عُمَرَ ـ رضى الله عنهما ـ قَالَ بَيْنَا نَحْنُ عِنْدَ النَّبِيِّ صلى الله عليه وسلم جُلُوسٌ إِذْ أُتِيَ بِجُمَّارِ نَخْلَةٍ فَقَالَ النَّبِيُّ صلى الله عليه وسلم ‏"‏ إِنَّ مِنَ الشَّجَرِ لَمَا بَرَكَتُهُ كَبَرَكَةِ الْمُسْلِمِ ‏"‏‏.‏ فَظَنَنْتُ أَنَّهُ يَعْنِي النَّخْلَةَ، فَأَرَدْتُ أَنْ أَقُولَ هِيَ النَّخْلَةُ يَا رَسُولَ اللَّهِ‏.‏ ثُمَّ الْتَفَتُّ فَإِذَا أَنَا عَاشِرُ عَشَرَةٍ أَنَا أَحْدَثُهُمْ فَسَكَتُّ، فَقَالَ النَّبِيُّ صلى الله عليه وسلم ‏"‏ هِيَ النَّخْلَةُ ‏"Narrated `Abdullah bin `Umar [ranhu]:While we were sitting with the Prophet [saw], fresh dates were brought to him. The Prophet [saw] said, "There is a tree among the trees which is as blessed as a Muslim" I thought that it was the date palm tree and intended to say, "It is the date-palm tree, O Allah's Messenger [saw]!" but I looked behind to see that I was the tenth and youngest of ten men present there, so I kept quiet' Then the Prophet [saw] said, "It is the datepalm tree." [Sahih al-Bukhari] | * Plant date trees and it normally grows areas which are not arid or semi arid. It is also an attraction for your garden. It generally will not grow big in non-desert areas and can be raised in balcony gardens also.
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| 21. Helping People | Help others | **حَدَّثَنَا يَحْيَى بْنُ يَحْيَى التَّمِيمِيُّ، وَأَبُو بَكْرِ بْنُ أَبِي شَيْبَةَ وَمُحَمَّدُ بْنُ الْعَلاَءِ الْهَمْدَانِيُّ - وَاللَّفْظُ لِيَحْيَى - قَالَ يَحْيَى أَخْبَرَنَا وَقَالَ الآخَرَانِ، حَدَّثَنَا أَبُو مُعَاوِيَةَ، عَنِ الأَعْمَشِ، عَنْ أَبِي صَالِحٍ، عَنْ أَبِي هُرَيْرَةَ، قَالَ قَالَ رَسُولُ اللَّهِ صلى الله عليه وسلم ‏ "‏ مَنْ نَفَّسَ عَنْ مُؤْمِنٍ كُرْبَةً مِنْ كُرَبِ الدُّنْيَا نَفَّسَ اللَّهُ عَنْهُ كُرْبَةً مِنْ كُرَبِ يَوْمِ الْقِيَامَةِ وَمَنْ يَسَّرَ عَلَى مُعْسِرٍ يَسَّرَ اللَّهُ عَلَيْهِ فِي الدُّنْيَا وَالآخِرَةِ وَمَنْ سَتَرَ مُسْلِمًا سَتَرَهُ اللَّهُ فِي الدُّنْيَا وَالآخِرَةِ وَاللَّهُ فِي عَوْنِ الْعَبْدِ مَا كَانَ الْعَبْدُ فِي عَوْنِ أَخِيهِ** Abu Huraira [ranhu] reported: The Messenger of Allah [saw] said, “Whoever relieves the hardship of a believer in this world, Allah [swt] will relieve his hardship on the Day of Resurrection. Whoever helps ease someone in difficulty, Allah [swt] will make it easy for him in this world and in the Hereafter. Whoever covers the faults of a Muslim, Allah [swt] will cover his faults in this world and in the Hereafter. Allah [swt] helps the servant as long as he helps his brother. [Sahih Muslim]**حَدَّثَنَا يَحْيَى بْنُ بُكَيْرِ، حَدَّثَنَا اللَّيْثُ، عَنْ عُقَيْلٍ، عَنِ ابْنِ شِهَابٍ، أَنَّ سَالِمًا، أَخْبَرَهُ أَنَّ عَبْدَ اللَّهِ بْنَ عُمَرَ ـ رضى الله عنهما ـ أَخْبَرَهُ أَنَّ رَسُولَ اللَّهِ صلى الله عليه وسلم قَالَ ‏ "‏ الْمُسْلِمُ أَخُو الْمُسْلِمِ، لاَ يَظْلِمُهُ، وَلاَ يُسْلِمُهُ، وَمَنْ كَانَ فِي حَاجَةِ أَخِيهِ، كَانَ اللَّهُ فِي حَاجَتِهِ ‏"**Narrated `Abdullah bin `Umar [ranhu]:Allah's Messenger [saw] said, "A Muslim is a brother of another Muslim. So he should neither oppress him nor hand him over to an oppressor. And whoever fulfilled the needs of his brother, Allah [swt] will fulfill his needs." [Sahih al-Bukhari] | * If someone sought you for help while you're busy, do not turn them down, when you help them, Allah will in turn facilitate your affairs for you.
* Be attentive to the needs of the people around you and offer help whenever possible.
* Volunteer in support groups/NGOs/Charities that introduce you to cases of people who need help, and be engaged in helping other with whatever is in your capacity.
* Participating in fundraising programmes.
* Registering your name in blood banks and donating blood.
* Talking to the homeless people you find in your way and providing moral support. Just smiling and asking "How are you?" can make their day.
* Give away your belongings to learn how to detach from material worldly aspects.
* Conducting collection drives for food, clothes, books, etc. and donating it to community centers, countries hit by disasters and wars, etc.
* Give free tuition to poor children
* Once a week, pay a visit to the nearest community centre or shelter home and spend time with them.
* Helping the elderly to cross road, in the queue etc.
* Prepare a meal and donate it to a homeless person.
* Babysitting for the working women. Allowing your housemaid to bring her children.
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| Helping the weak in society | **أَخْبَرَنَا يَحْيَى بْنُ عُثْمَانَ، قَالَ حَدَّثَنَا عُمَرُ بْنُ عَبْدِ الْوَاحِدِ، قَالَ حَدَّثَنَا ابْنُ جَابِرٍ، قَالَ حَدَّثَنِي زَيْدُ بْنُ أَرْطَاةَ الْفَزَارِيُّ، عَنْ جُبَيْرِ بْنِ نُفَيْرٍ الْحَضْرَمِيِّ، أَنَّهُ سَمِعَ أَبَا الدَّرْدَاءِ، يَقُولُ سَمِعْتُ رَسُولَ اللَّهِ صلى الله عليه وسلم يَقُولُ ‏ "‏ ابْغُونِي الضَّعِيفَ فَإِنَّكُمْ إِنَّمَا تُرْزَقُونَ وَتُنْصَرُونَ بِضُعَفَائِكُمْ ‏"**Messenger of Allah [saw] said: "Bring me the weak, for you only receive provision and Divine support by virtue of your weak ones." [Sunan an-Nasa'i] |