



GROUNDWORK VAULT

SOURCES OF BARAKAH

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MUSLIM YOUTH PROGRAMME



BALANCE DEEN
& **DUNYA**



TIME CAN GROW.

In this file, I want to show you the many ways in which you can grow your time by attaching Barakah with it.

Because this is what happens when you attach Barakah with time- you'll get:

Above and beyond measure, unexpected, constant, everlasting and stable INCREASE in our time.

So unless you aim to get Barakah in your time, you can forget about managing your time well. It's useless trying to manage your time when you're missing out on the everyday sources of Barakah. And Allah S.W.T has given us plenty of options to bring Barakah in our time.

I've put together all the best daily sources of getting Barakah in your time.

Start by applying one method of getting Barakah and then, sit back to see its powerful effects in your day. You'll be amazed! 😊

NOTE: These sources of barakah are limited to time-management. There are some other specific references in Quran and Sunnah of how you can bring Barakah in other aspects of your life such as money, food, relationships etc. However, in this guide, we are only focusing on the sources that can help bring Barakah in our time (most of the sources of Barakah in time tend to bring Barakah in every aspect of life).

4 MAJOR WAYS TO ATTACH BARAKAH WITH TIME

A) STRENGTHENING YOUR RELATIONSHIP WITH ALLAH S.W.T

1. Review your intentions before doing anything

Having pure intentions before doing any task is a great way of attaching Barakah to that particular task. That's why Prophet Muhammad (S.A.W) made such an emphasis on reviewing our intentions before every task. Once we are laser-focused on WHY we're doing something and make sure it's aligned with our purpose in life as Muslims, that task becomes Ibadah. And that Ibadah has Barakah in it which means that now the Divine goodness has been attached to that task.

Narrated 'Umar bin Al-Khattab: Allah's Messenger (S.A.W) 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]

2. Remembering Allah S.W.T before doing anything

Before we begin working on our goal, remembering Allah S.W.T attaches Barakah to that goal. And the way to do it is simple: **say Bismillah** before starting any task. When we don't remember Allah S.W.T before a task, Allah S.W.T doesn't remember us either. If we don't start a task by making Allah S.W.T our Helper in that task, how can we expect to attach Barakah to it? We can't.

Just to understand the importance of saying Bismillah, have a look at this Hadith:

Jabir (R.A.) said: I heard Prophet Muhammad (S.A.W) say: "If a person mentions the Name of Allah upon entering his house or eating, Satan says, addressing his followers: 'You will find nowhere 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]

3. Trusting Allah S.W.T before and after every task (Tawakkul)

We can't simply rely on our efforts. What brings the best results out of our efforts is Tawakkul in Allah's plan for us. No matter what we we're working on, whether it's a dunya-focused goal or Akhirah-focused goal, we do our best and then leave the outcome to Allah S.W.T.

Tawakkul means trusting the plan of Allah S.W.T, whether we like it or not. That means, even if things seem to be working against us, we still believe that whatever Allah S.W.T has decided is best for us. We don't try to question or rebel against Allah's plan for us.

"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]

4. Making Allah S.W.T. the Final Decision-Maker for all your goals

Whether we are confused or sure about our decision- we still make Allah S.W.T the Final Decision-maker at the end of taking a decision. The way to do this is by praying 2 nafal of Salat-ul-Istikhara, as recommended in the Sunnah. This act of making Allah S.W.T the Decision-maker not only relieves us of our worries, it attaches Barakah to our decision. So no matter what would happen after, it'd be the Will of Allah S.W.T. It wouldn't be a right or wrong decision.

When we leave our decisions up to Allah S.W.T, we leave no room for self-praise or self-blame later. It becomes Allah's decision for us, rather than our decision.

On the authority of Jaabir Ibn 'Abdullah [R.A.] he said: "The Prophet [S.A.W] 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 (S.A.W) 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 favor, 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 Allah, 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]

5. Being grateful to Allah S.W.T constantly (in good and bad situations)

Being in a constant state of complaining removes the blessings of Allah S.W.T. from our day. Whether things are going the way we want them to or not, being grateful and content with everything brings Barakah in our life. To be grateful is not just to SAY that you're grateful. It's to FEEL grateful on the inside as well. So when our hearts are full of peace and gratitude, Allah S.W.T sends His Special blessings on us.

Messenger [S.A.W] 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." [Tirmidhi]

6. Asking for forgiveness from Allah S.W.T constantly

Sinning is humanly. However, those who keep sinning shamelessly are deprived of Barakah in their actions. If we ask Allah S.W.T for forgiveness for our sins after every prayer, the time between two prayers would be filled with Barakah.

Sins remove the blessings of Allah S.W.T. When we ask Allah's forgiveness for our sins, Allah S.W.T. wipes away the black spots on our hearts. And a clean heart is a gateway to receiving blessings.

Saying Astaghfaar repeatedly is a great way to bring Barakah in your day.

"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]

7. Praying Salah regularly and on time

It's not possible at all to even dream of bringing Barakah in our day if we don't take care of our prayers. Salah is not an optional way of receiving Barakah. It's mandatory. There's no Divine support in our actions if we're not communicating with Allah S.W.T. through our Fard Salah. And then the way to get the maximum blessings out of our prayers is by praying on time and with khushoo. People who do no extra Ibadah and just pray with khushoo on-time, are enjoying massive effects of Barakah that others only dream of.

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]

8. Night prayers and extra Nawafil

So once we have mastered praying on-time, we can get even more Barakah if we pray the night prayers. This is a more advanced way of getting Barakah. The people who are making an impact in

this Dunya by collecting huge resources of Barakah are the ones waking up at night to talk to Allah S.W.T.

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]

Allah's Messenger [S.A.W] 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]

9. Making dua

The easiest way to get the blessings of Allah S.W.T is *by asking Him*. If dua can change Qadr, then it can definitely attach blessings of Allah S.W.T. to our actions.

Anas reported: The Prophet [S.A.W] entered our home and it was only me, my mother, and my aunt Umm Haram. The Prophet said, "Stand that I may pray with you a voluntary prayer." He prayed with us, then supplicated for the people of the household to have every good in the world and in the Hereafter. My mother said, "O Messenger of Allah, here is your little servant. Supplicate to Allah for him." The Prophet supplicated for me to have every good and at the end of his supplication, he said, "O Allah, increase him in wealth, in children, and bless him in them." [Sahih Muslim]

10. Increase your Emaan (faith) and Taqwah (piety)

To increase our Taqwah, we have to stay away from haram boundaries and actively try to remove our flaws from the fear of Allah S.W.T. As we continuously work towards becoming better Muslims, Allah S.W.T increases our Emaan and Taqwah.

There are many ways to increase our Spiritual energy (Emaan), some of which include reading and applying Quran regularly, being in the company of practicing Muslims, doing dawah, listening to Islamic lectures/ talks, going to the Masjid regularly etc.

“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]

11. Staying away from Haram (avoiding sins)

Like we talked about above, keeping away from sins opens the doors of Barakah for us. The more we sin, the more we get deprived of Allah’s blessings and the more dissatisfied with our lives we become. Good deeds are themselves a source of Barakah.

Messenger of Allah [S.A.W] 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]

12. Waking up early in the morning

The top leaders of the world wake up early to avail the special powers of early mornings. Prophet S.A.W advised us to use the early mornings if we want our entire day to be blessed. Just this one act of waking up early can bring so much Barakah in our time that our entire day could go productive.

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]

B) STRENGTHENING YOUR RELATIONSHIP WITH PROPHET MUHAMMAD (S.A.W)

1. Following the Sunnah of the Prophet (S.A.W) in everything

Strengthening our relationship with Prophet Muhammad S.A.W. pleases Allah S.W.T. The Sunnah of our Prophet S.A.W. gives us lots of opportunities to get Allah's blessings. He S.A.W left us with the best way to do everything in life in his Sunnah, including how to sleep, eat, pray, talk- everything. The more we become conscious about following the Prophet's Sunnah, the more Barakah will come our way.

2. Sending Durood (Salawat) upon the Prophet (S.A.W) in abundance

Another way to remember our Prophet S.A.W. every day is by sending Salawat upon him (S.A.W). Allah S.W.T loves our Prophet S.A.W, so the more we remember him S.A.W, the more Allah S.W.T will remember us.

Prophet Muhammad [S.A.W] said, "He who sends blessings on me once, Allah [S.W.T] sends him blessings ten times." [Sunan an-Nasa'i]

C) STRENGTHENING YOUR RELATIONSHIP WITH THE QURAN

1. Reading and applying the Quran regularly

Quran is without doubt the biggest source of blessings- besides prayer. Quran has many rights including: reciting the Quran, reading it with meaning, memorizing it, reflecting upon the verses, applying the lessons from it in everyday life and teaching it to others. When we fulfill the rights of Quran, it unlocks treasure chests of Barakah for us.

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]

2. Gaining the knowledge of our Deen

Narrated Muawiya: I heard Allah's Messenger [S.A.W] saying, "If Allah [S.W.T] wants to do good to a person, He makes him comprehend the religion..." [Sahih Bukhari]

Knowledge of the Deen is the best kind of knowledge according to our Rabb. Allah S.W.T loves the people who spend time actively learning about Islam, exploring the lessons in Quran and then contemplating on the knowledge given to them by Allah S.W.T. These are the people that are truly blessed by Allah S.W.T.

... Allah will raise those who have believed among you and those who were given knowledge, by degrees... [Qur'an: Chapter 58, Verse 11]

D) STRENGTHENING YOUR RELATIONSHIP WITH THE PEOPLE (MOST IMPORTANTLY- FAMILY)

1. Maintaining ties with family

Besides Ibadah, we are required to fulfill the rights of people in our lives-- family being at the top of the list. The minimum of what we can do for family is to maintain ties with them. And then, to strengthen our relationship with family, we have to invest more time and energy on them. At times, this can be the hardest thing to do but Allah S.W.T adds Barakah to our time if we give our family their due rights and make time for them in our day, just like the Prophet S.A.W did.

Narrated Abu Huraira: The Prophet said, "Allah created His creation, and when He had finished it, the womb, got up and caught hold of Allah whereupon Allah said, "what is the matter?" On that, it said, "I seek refuge with you from those who sever the ties of Kith and kin." On that Allah said, "Will you be satisfied if I bestow My favors on him who keeps your ties, and withhold My favors from him who severs your ties?" On that it said, "Yes, O my Lord!" Then Allah said, "That is for you." Abu Huraira added: "If you wish, you can recite: 'Would you then if you were given the authority do mischief in the land and sever your ties of kinship?" [Sahih Bukhari]

2. Saying Salaam to family members

Saying Salaam is a beautiful way of sharing blessings of Allah S.W.T among each other. So whenever you see them, say Salam to them. Salamualaikum literally means **peace upon you**.

Messenger [S.A.W] 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." [Tirmidhi].

3. Respecting your elders

Today, neither the elders share their wisdom with their grandchildren, nor the grandchildren make time for their elders. Our elders give us so much opportunity to get Allah's blessings. Spending time with them, learning from them, giving them respect and love and taking care of their day to day needs are some of the ways to get Barakah.

"The blessing (barakah) is with the elders among you." [Ibn Hebban & Hakim]

4. Controlling the sins of your tongue

Probably the most important aspect of our interactions with other people is having a control over the tongue. It's the tongue that has the power to remove all the blessings from our deeds because the biggest of sins come out of the tongue easily. Backbiting, gossiping, saying lughw, lying, swearing etc. are all sins of the tongue that remove the blessings from our actions. The best thing to do is to stay silent and speak only when you have something good to say.

*Thawban reported: The Prophet [S.A.W] said, "**Blessed is one who controls his tongue**, whose house is spacious, and who weeps for his sins." [al-Mu'jam al-Awsat- 2398-Grade: Hasan (fair) according to Al-Albani]*

5. Making things easy for people and helping them

Helping people is in a way helping ourselves because when we make things easier for other people, Allah S.W.T makes things easier for us by adding Barakah in our lives.

Abu Huraira [R.A.] reported: The Messenger of Allah [saw] said, "Whoever relieves the hardship of a believer in this world, Allah [S.W.T] will relieve his hardship on the Day of Resurrection. Whoever helps ease someone in difficulty, Allah [S.W.T] will make it easy for him in this world and in the Hereafter. Whoever covers the faults of a Muslim, Allah [S.W.T] will cover his faults in this world and in the Hereafter. Allah [S.W.T] helps the servant as long as he helps his brother. [Sahih Muslim]

6. Giving charity

Helping people in any way is itself charity. However, spending money in the way of Allah S.W.T is one of the most beloved acts of Ibadah to Allah S.W.T.

Plus charity removes our sins. So if Allah S.W.T removed Barakah from our lives because of the sins we committed, we could undo that and wipe off our sins by giving charity.

*On the authority of Muaadh ibn Jabal (R.A.) who said: I said, "O Messenger of Allah, inform me of an act which will place me into Paradise and keep me away from the Fire." He said, "You have asked about a great matter but it is easy for whomever Allah, Exalted be He, makes it easy. [You should] worship Allah and not ascribe any partner to Him, establish the prayer, give the Zakat, fast Ramadan, and make the pilgrimage to the House." He then said, "Shall I not inform you of the gates to goodness? [They are] fasting [which] is a shield, **charity [which] extinguishes the sins like water extinguishes a fire and the prayer of a man in the depths of the night [which also extinguished sins].**" Then he recited [the verses], "Who forsakes their beds" until he reached, "they used to do". Then he said, "Shall I inform you of the head of the matter, its pillar and its apex?" I said, "Certainly, O Prophet of Allah." He said, "The head of the matter is submission [to Allah]. Its pillar is the prayer. And its apex is jihad." Then he said, "Shall I not inform you of what controls all of this?" I said, "Certainly, O Prophet of Allah." He took hold of his tongue and said, "Restrain this." I said, "O Prophet of Allah, will we be held accountable for what we say?" He said, "May your mother be bereaved of you, O Muaadh. Is there anything that has thrown people on their faces – or he said on their noses – into the Fire except that which their tongues reap?" (Tirmidhi)*