An Everyday Muslima

An extraordinary goal



THE INTERCONNECTED NATURE OF IBADAH AND LIFE

It has been a journey up to this point. A roller coaster ride if you will. A life full of ups , downs , glorious moments , accomplishments and at the same time many, many disappointments. You might have witnessed a beautiful sunrise in Turkey overlooking the hot air balloons and witnessed a spectacle of colours burst over the horizon. You might have travelled and tasted the best of food and had the most magnificent of experiences- and yet you find yourself still searching. Happy - but still looking for that elusive something just inches out of your reach.

On the other hand you might be living the best version of the life you always dreamed of - the white picket fence , the little kiddies and the perfect career - and still you search. Still you feel that there is that desire for something to fulfill the soul .
It is in the recognition of who we are that we can truly connect to the words that are given to us to heal.
We can never say a real and true Alhamdulillah - without the complete recognition of the hurt - of the incredible pain of dissapointment. We can not truly find contentment in our words and supplication without first recognising the wins and the losses - without acceptance of the many , many chips , knocks and bruises together with the accomplishments and successes.

My story plays a part in my connection to ibadah

Now many of us know exactly what it is we have to do - we know we should be reciting certain surahs , certain duas - we have been told a million times that surah Waqiah is there to take care of our financial worries - and yet we often find ourselves not finding solace in our daily ibadah routines.

There are a few key factors :

- Ibadah that is by rote - duas that we do not understand , surahs that are merely words and do not really bear any meaning to our lives .
- Not recognising that the dua and the hurt and challenges of life have to go hand in hand.
- Recognising our own inabilites is at the core of dua . This has to be the key element in connecting and reciting duas daily.

Hisnul Mu'min

Why are daily duas regarded as a fortress?

The layered nature of the countless duas provided by our Deen in the life of our beloved Rasul (s) bears witness to the incredibly difficult nature of life. There are different elements that occur on the daily - interpersonal relationships, expectations, tiny little moments that break your heart. Huge accomplishments in life - all of itis designed very specifically to your life. There is no coincidence when we face a particular challenge or difficulty - now just as there is surety of test - Allah Ta'ala has built a system that is designed to regularly build your anti virus system .



An Everyday Muslima

My bedtime dua routine



My bedtime routine

اٰمَنَ الرَّسُوْلُ بِمَآ اُنْزِلَ اِلَيْهِ مِنْ رَّبِّهٖ وَالْمُؤْمِنُوْنَ ۗ كُلٌّ اٰمَنَ بِاللّٰهِ وَمَلٰۤىِٕكَتِهٖ وَكُتُبِهٖ وَرُسُلِهٖ ۗ لَا نُفَرِّقُ بَيْنَ اَحَدٍ مِّنْ رُّسُلِهٖ ۗ وَقَالُوْا سَمِعْنَا وَاَطَعْنَا ۖ غُفْرَانَكَ رَبَّنَا وَاِلَيْكَ الْمَصِيْرُ ۝ لَا يُكَلِّفُ اللّٰهُ نَفْسًا اِلَّا وُسْعَهَا ۗ لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ ۗ رَبَّنَا لَا تُؤَاخِذْنَاۤ اِنْ نَّسِيْنَاۤ اَوْ اَخْطَاْنَا ۚ رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَاۤ اِصْرًا كَمَا حَمَلْتَهٗ عَلَى الَّذِيْنَ مِنْ قَبْلِنَا ۚ رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهٖ ۚ وَاعْفُ عَنَّا ۗ وَاغْفِرْ لَنَا ۗ وَارْحَمْنَا ۗ اَنْتَ مَوْلٰىنَا فَانْصُرْنَا عَلَى الْقَوْمِ الْكٰفِرِيْنَ

The Messenger believes in what has been sent down to him from his Lord, and so do the believers. Each one believes in Allah, His Angels, His Books, and His Messengers. They say: "We make no distinction between any of His Messengers," and they say: "We hear, and we obey. (We seek) Your Forgiveness, our Lord, and to You is the return." Allah burdens not a person beyond what he can bear. He gets reward for that (good) which he has earned, and he is punished for that (evil) which he has earned. Our Lord! Punish us not if we forget or fall into error. Our Lord! Lay not on us a burden like that which You did lay on those before us. Our Lord! Put not on us a burden greater than we have strength to bear. Pardon us and grant us forgiveness. Have mercy on us. You are our Protector, and help us against the disbelieving people.

[These two Verses will be sufficient for anyone who recites them at night before sleeping.]

[Sahih Bukhari – 5009]

Attaching this dua to my life



My bedtime routine

اَللّٰهُ لَآ اِلٰهَ اِلَّا هُوَ ۚ اَلۡحَیُّ الۡقَیُّوۡمُ ۚ لَا تَاۡخُذُهٗ سِنَةٌ وَّ لَا نَوۡمٌ ؕ لَهٗ مَا فِی السَّمٰوٰتِ وَ مَا فِی الۡاَرۡضِ ؕ مَنۡ ذَا الَّذِیۡ یَشۡفَعُ عِنۡدَهٗۤ اِلَّا بِاِذۡنِهٖ ؕ یَعۡلَمُ مَا بَیۡنَ اَیۡدِیۡهِمۡ وَ مَا خَلۡفَهُمۡ ۚ وَ لَا یُحِیۡطُوۡنَ بِشَیۡءٍ مِّنۡ عِلۡمِهٖۤ اِلَّا بِمَا شَآءَ ۚ وَسِعَ کُرۡسِیُّهُ السَّمٰوٰتِ وَ الۡاَرۡضَ ۚ وَ لَا یَـُٔوۡدُهٗ حِفۡظُهُمَا ۚ وَ هُوَ الۡعَلِیُّ الۡعَظِیۡمُ

Allah! There is no God but He, the Ever Living, the One Who sustains and protects all that exists. Neither slumber nor sleep overtakes Him. To Him belongs whatever is in the heavens and whatever is on the earth. Who is he that can intercede with Him except with His Permission? He knows what happens to them in this world, and what will happen to them in the Hereafter. And they will never encompass anything of His Knowledge except that which He wills. His Kursi` (foot stool) extends over the heavens and the earth, and He feels no fatigue in guarding and preserving them. And He is the .Most High, the Greatest

Whoever reads this when he lies down to sleep will have a guardian from Allah remain] [.with him and Satan will not be able to come near him until he rises in the morning

[Sahih Bukhari – 5010]

Attaching this dua to my life



My bedtime routine

"سُبْحَانَ اللهِ" "اَلْحَمْدُ لِلّهِ" "اَللهُ أَكْبَرُ"
How perfect Allah is (33 times), praise is to Allah (33 times), Allah is the Greatest (34 times)".

.When a person lying on his bed says this, it is better for him than having a servant
[Sahih Muslim – 2727]

بِاسْمِكَ اَللّٰهُمَّ أَمُوْتُ وَأَحْيَا
.In Your Name, O Allah, I die and I live
Lie down on your right side and place right hand under right cheek and say. [above Dua"]
[Musnad Ahmad – 5/385]

Attaching this dua to my life



My bedtime routine

اَللّٰهُمَّ قِنِي عَذَابَكَ يَوْمَ تَبْعَثُ عِبَادَكَ

O Allah, save me from Your punishment on the Day that You“
.resurrect Your slaves
wanted to lie down to sleep, he used to ﷺ When the Prophet“
place his right hand under his cheek and say. [Above Dua 3
”times]
[Sahih Bukhari – 5045]

Attaching this dua to my life



My bedtime routine

"اَلْحَمْدُ لِلّٰهِ الَّذِيْ أَطْعَمَنَا وَسَقَانَا، وَكَفَانَا، وَاٰوَانَا، فَكَمْ مِّمَّنْ لَّا كَافِيَ لَهٗ وَلَا مُؤْوِيَ

All praise is for Allah, Who fed us and gave us drink, and Who is sufficient for us and has sheltered us, for how many have none to suffice them or shelter them.

[Sahih Muslim – 2715]

اَللّٰهُمَّ إِنَّكَ خَلَقْتَ نَفْسِيْ وَأَنْتَ تَوَفَّاهَا، لَكَ مَمَاتُهَا وَمَحْيَاهَا، إِنْ أَحْيَيْتَهَا فَاحْفَظْهَا، وَإِنْ أَمَتَّهَا فَاغْفِرْ لَهَا، اَللّٰهُمَّ إِنِّيْ أَسْأَلُكَ الْعَافِيَةَ

O Allah, You have created my soul and You take it back. Unto You is its death and its life. If You give it life then protect it, and if You cause it to die then forgive it. O Allah, I ask You for strength.

[Sahih Muslim – 2712]

Attaching this dua to my life



My bedtime routine

اَللّٰهُمَّ أَسْلَمْتُ نَفْسِي إِلَيْكَ، وَفَوَّضْتُ أَمْرِي إِلَيْكَ،وَوَجَّهْتُ وَجْهِي إِلَيْكَ، وَأَلْجَأْتُ ظَهْرِي إِلَيْكَ رَغْبَةً وَرَهْبَةً إِلَيْكَ لَا مَلْجَا وَلَا مَنْجَا مِنْكَ إِلَّآ إِلَيْكَ، اٰمَنْتُ بِكِتَابِكَ الَّذِي أَنْزَلْتَ وَبِنَبِيِّكَ الَّذِي أَرْسَلْتَ

O Allah, I submit myself to You, entrust my affairs to You, turn my face to You, and lay myself down depending upon You, hoping in You and fearing You. There is no refuge, and no escape, except to You. I believe in Your Book (the Qur'an) that You revealed, and the Prophet whom You sent.

Before you go to bed perform ablutions as you would for prayer," then lie down on your right side and say. [above Dua] The Prophet ﷺ said : Whoever says this and dies in his sleep has died in a state of the natural monotheism [Fiṭrah]".

[Sahih Bukhari – 6313]

[Sahih Bukhari – 5045

Attaching this dua to my life



My dua Reflections



Name of Duaa

Desired qualities from this duaa

Why these words impact my life