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Ustazah  
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# UNLOCKING THE BARAKAH OF TIME

A BUSY MUSLIMAH'S GUIDE  
TO A MEANINGFUL RAMADAN

# Chapter Markers



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## OUR TIME VS ALLAH'S TIME

Differentiating time used for Akhirah instead of for Dunya.

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## HUSTLE OR BARAKAH CULTURE?

What is the difference between these two cultures, and why we should pursue Barakah.

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## HOW DO WE ATTRACT BARAKAH?

Learn practical ways we can gain Barakah in our time and our lives

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# Our Time vs Allah's Time

# Traits of the Successful

- Whatever we are able to do is only with Allah SWT's Help.

وَالْعَصْرِ ۝١ إِنَّ الْإِنْسَانَ لَفِي خُسْرٍ ۝٢ إِلَّا الَّذِينَ ءَامَنُوا وَعَمِلُوا الصَّالِحَاتِ وَتَوَّصَوْا بِالْحَقِّ وَتَوَّصَوْا بِالصَّبْرِ ۝٣

*By the 'passage of' time! Surely humanity is in 'grave' loss, except those who have faith, do good, and urge each other to the truth, and urge each other to perseverance.*

*(Al-'Asr 103:1-3)*

- Allah SWT starts by telling us that we human beings are at a great loss with time - we are always at the losing end, except for those who have faith in Allah SWT, and those who always perform good deeds. This means doing good and believing must come hand in hand.
- These are the people who will be successful in this world and Akhira.

# A Month of Barakah

- Allah SWT doesn't say that we need to compete in abundance, in wellness etc. - He says we need to compete in goodness and patience.
- Ramadan is a month in which Rasulullah ﷺ himself celebrated and increased in performing good deeds. It is the month in which we are eased into doing good deeds. It's as if Allah SWT is easing us into the success of Dunya and Akhirah.

*The month of Ramadan has come, a blessed month in which Allah Almighty has obligated you to fast. In it the gates of the heavens are opened, and in it the gates of Hellfire are closed, and in it the devils are chained, and in it is a night that is better than a thousand months. Thus, whoever is deprived of its good is truly deprived. (Musnad Ahmad 7148)*

- Allah SWT has already told us that the Barakah that He puts in Ramadan - it is Barakah-maximised. If we understand what Barakah means, we will feel the Barakah.

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Ramadan is  
the month in  
which we are  
eased into  
doing good  
deeds.



# Are we relying on ourselves or on Allah?



- It is not about how much we can do or how productive we can be, but how much we are relying on Allah SWT to multiply the things that we do in our limited time and with our limited ability.
- We need to focus it back on Allah SWT, and not on us. We are always anxious when we focus on ourselves since we know about our own limitations. But Allah SWT is All-Powerful, and He is limitless - He can do anything.
- Alhamdulillah that we can go back to Allah SWT and not depend on our weak selves!



# Hustle or Barakah Culture?



# Serve others first

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- The Hustle culture is where we have to DO more to GET more - it is celebrated to not rest and to keep on working to produce more so that one would feel productive and accomplished. This culture attributes our accomplishments back to us, instead of to Allah SWT.
- In Islam, it is less about ourselves and always about serving Allah SWT, Rasulullah ﷺ, our parents, our family etc. first.
- When we pursue the Hustle culture, we are actually feeding our ego. In the Barakah culture, Allah SWT gives His Blessings in what we do so that even if we have a limited time, it is multiplied and increased. There is continuity and somehow, things are happening without us doing so much.
- So instead of focusing on Hustle culture, we should pursue the Barakah culture!

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Allah is the  
One Who  
gives to us  
because of  
what we  
spend for  
Him.

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# Rewards > Outcome

- With Barakah, we would realise that even if we are doing little, Allah SWT is growing it for us.
- We are not as able; it is Allah SWT Who is enabling us. It is Allah SWT who empowers us, feeds us, and helps us process things.
- When we keep doing good, the outcome won't matter as much as the reward that Allah SWT gives us for fighting our ego and desires.
- Allah SWT increases and grows the reward of our good habits, even in the things we think are insignificant in our daily lives, because of our sincerity and hopefulness in Him.
- We should internalise that we are really, really small, and we should feel the deep need for Allah SWT. Ultimately, everything is only possible because of Allah SWT.

- We first need to humble ourselves that we are nothing and Allah SWT is everything.
- When we realise that all our accomplishments are because of Allah SWT, it will reduce our big-headedness.
- Not only should our body fast, but our ego and desires also need to fast too.
- We should turn to Allah SWT in gratitude - there is no point in being grateful if we think we did it by ourselves.
- When we don't feel that we are weak and we don't realise that Allah SWT was the One who helped us, we would feel complacent.



When Allah SWT put Barakah in our efforts, it leads us to a result better than what we think we could have achieved if we had done it by ourselves.

# Asking for Barakah in our Blessings



اللَّهُمَّ بَارِكْ لَنَا فِيْمَا رَزَقْتَنَا، وَقِنَا عَذَابَ النَّارِ

“O Allah! Bless (the food) You provided us and save us from the punishment of the Hellfire. In the Name of Allah.”

- Rizk is not merely food and drinks - it is everything that Allah SWT has given us.
- Allah SWT would hold us accountable for all the good that He gives us. We don't want to be of the wasteful because “Surely the wasteful are 'like' brothers to the devils.” (Al-Isra 17:27).
- We want to be able to use what Allah SWT has given to us with Barakah.



How do we  
attract Barakah?

# Proof of His Barakah



- Allah SWT proves to us that He is the Source of Barakah through Laylatul Qadr (Night of Glory / Power).

لَيْلَةُ الْقَدْرِ خَيْرٌ مِّنْ أَلْفِ شَهْرٍ ۝٣

*The Night of Glory is better than a thousand months.*

*(Al Qadr 97:3)*

- It is impossible for a human being to pray and get the reward of a thousand nights in one night, yet Allah SWT places this exclusive Barakah in Ramadan for us to experience the multiplication in the short time.
- Even if we can't pray, there are other ways for us to maximise the reward of Laylatul Qadr. And if we experience short nights in Summer, we still get to gain so many rewards on that night. SubhanAllah.

# Starting Early

- Allah SWT is not going to count the number of deeds we do, but rather the quality and sincerity of them.

الَّذِي خَلَقَ الْمَوْتَ وَالْحَيَاةَ لِيَبْلُوَكُمْ أَيُّكُمْ أَحْسَنُ عَمَلًا وَهُوَ الْعَزِيزُ الْغَفُورُ ﴿٢﴾

*'He is the One' Who created death and life in order to test which of you is best in deeds. And He is the Almighty, All-Forgiving. (Al-Mulk 67:2)*

## 1) To start the day in the early morning

- In Ramadan, we start early anyway because we have to prepare Suhur for our family, or we want to perform two Rakaahs of Tahajjud.
- The act of preparing food for those who want to fast is filled with Barakah! Mothers gain the Barakah of time when they wake up early. They prepare food for their family, pray, wake their family up for Suhur, cook for Iftar etc. and they can take their time the rest of the day to do what is more meaningful to them in Ramadan. Ma Sha Allah.



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Allah does not  
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them.

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# Time & Our Deeds

- If we start our day in the early morning, we will find that we have a lot of time to do things that we want to do.
- *The Messenger of Allah, peace and blessings be upon him, said, “The Hour will not be established until time passes rapidly, such that a year is like a month, a month is like a week, a week is like a day, a day is like an hour, and an hour is like the flicker of a flame.” (Sunan al-Tirmidhī 2332)*
- *“Time will pass rapidly, good deeds will decrease, and miserliness will be thrown (in the hearts of the people), and the Harj (will increase).” They asked, “What is the Harj?” He replied, “(It is) killing (murdering), (it is) murdering (killing). (Bukhari and Muslim)*
- There is a direct relation between time and good deeds: When we do good deeds, time seems to be lengthened for us. But when we do the opposite (doing bad deeds or preferring the Dunya over Akhira), we feel that time (and everything else) is not enough.

# Helping ourselves by helping others



## 2) Serving others increase our time

- Miserliness can mean we are stingy with our time, and not just with our wealth.
- The time that we spend being of service to others brings Barakah to our lives. Our Nafs will constantly tell us that we do not have time for others. But in helping others, we help ourselves.
- While we can maintain our boundaries with people, we need to realise that Allah SWT does not make the mistake of sending people in need to us.
- We justify what our Nafs want but they are just pretending to want good for us.

# Preparing Our Hearts



- We have to prepare our hearts to be ready to receive Barakah - one of the ways our hearts are not able to receive Barakah is because they are not lit up i.e. they are dark and far from Allah's Light.
- We cannot have Taqwa (God-consciousness) if our hearts are not receptive to Allah SWT. We can't focus on doing good deeds when we are busy with sins.
- When we choose not to help others, we choose to focus only on our bubble and only focusing on what benefits us directly.
- But as Muslims, we should be helpers of one another. We are living in a community, hence we can serve Allah SWT through our service to others. We should not just focus on ourselves.

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have Taqwa  
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# Repent & Do Good

- Being miserly with our time will corrupt our hearts.  
If we fill our hearts with vices and undesirable characteristics, the heart will be filled with illnesses.
- When we turn people away, it is as if we are turning Allah SWT away. When we part with what we love for the sake of Allah SWT, it is like we are spending for the sake of Allah SWT, and He will no doubt increase it for us.

### 3) Repentance purifies our time

- In order for us to receive Barakah and Light in our hearts, we have to repent and do good deeds so that the black spots in our hearts can be cleansed and purified:

إِلَّا مَنْ تَابَ وَعَامَنَ وَعَمِلَ عَمَلًا صَالِحًا فَأُولَئِكَ يُبَدِّلُ اللَّهُ سَيِّئَاتِهِمْ حَسَنَاتٍ وَكَانَ اللَّهُ غَفُورًا رَحِيمًا ﴿٧٠﴾

*As for those who repent, believe, and do good deeds, they are the ones whose evil deeds Allah will change into good deeds. For Allah is All-Forgiving, Most Merciful. (Al-Furqan 25:70)*

- No other Master would change our mistakes into rewards - the least they would do is forgive us. But Allah SWT forgives our mistakes and turned them into good!
- When we think about giving to others, the first group of people we should think of is our family. When we spend time with our family, and we encourage each other to do good.
- Even though our life has stopped, Allah SWT prolongs our good deeds through our good deeds and acts of worship with our family members.
- The Abundance of our good deeds continues and will have a ripple effect for generations to come. For example, the effect of Prophet Ibrahim AS building the Ka'bah to benefit the Ummah till today.

What good deeds can you think of that can help you to gain continuous reward even after you passed?

# Be Grateful

- In Ramadan, Allah SWT's Kareem is mentioned a lot because there is a lot of Barakah being showered upon believers who are doing good deeds.

## 4) Allah SWT rewards Gratitude

وَإِذْ تَأَذَّنَ رَبُّكُمْ لَئِن شَكَرْتُمْ لَأَزِيدَنَّكُمْ وَلَئِن كَفَرْتُمْ  
إِنَّ عَذَابِي لَشَدِيدٌ ﴿٧﴾

*And 'remember' when your Lord proclaimed, 'If you are grateful, I will certainly give you more. But if you are ungrateful, surely My punishment is severe.'" (Ibrahim 14:7)*

- When we are thankful that we are given the opportunities to continue serving our family and creating an impact in their lives, Allah SWT will give us more.
- We need to go back to the Owner of Time and not depend on ourselves or on our planning. When we ask from Him, He will fill our time with things that He loves.



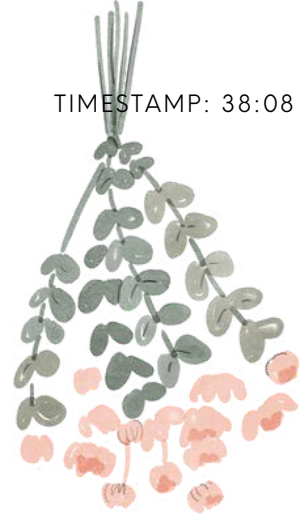
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We cannot  
have Barakah  
of time if we  
just keep on  
complaining  
about not  
having time.

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# Spending time on those in need



- We are being ungrateful if we complain about not having enough when in reality, Allah SWT has given us enough. It is as if we are denying that He has given us.
- When we view the blessings that Allah SWT give us as chores, we are showing ingratitude.
- We should spend our time on the amanahs that Allah SWT has given us, on the gifts of relationships and on good deeds etc. There are so many ways to use our time to be of service to Allah SWT.
- For those of you who have no direct family to serve, you can reach out to new Muslims or reverts as well as fellow Muslims near you who are in need.

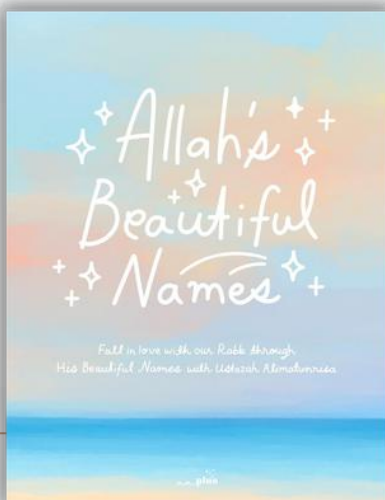
# Planting the seed of Barakah



- By using our time to do valuable things and attributing it back to Allah SWT, we will gain rewards and have our time expanded and lengthened.
- When we spend for the sake of Allah SWT, it will never be decreased.
- In our Busi-ness, we should not neglect our relationship with Allah, because He is the Source of Barakah and Time. Even when our time is up, He gives us ways to continue our deeds.
- Barakah is when there is growth and increase. When we plant the seed of Barakah ONCE, the growth and reward continue in ways that we cannot imagine.

## 5) Mentioning Allah SWT's beautiful names

- We should incorporate Dhikr while we are doing our daily tasks.
- For example, when we switch on our laptop to work, we can mention the Basmala.
- When we are confused, we can mention 'Ya Hakeem' (The Wise One).
- When we are in pain, we can call out to 'Ya Shafi' (The Healer).
- Mentioning Allah SWT's name before doing something will extend the reward of our deeds. Everything we do becomes for His sake. We always need Allah SWT to accomplish our tasks.



Listen to our series on Allah SWT's Beautiful Names [here](#) if you need help internalising the rich meanings behind His Names.

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Ready  
yourself to  
enter into  
Ramadan by  
embracing the  
Abundance of  
Barakah.

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