

A Daily Guideline for Muslims during difficult times

Allāh has blessed us with a religion that is complete and perfect for all times and places. Allāh tells us in the Qur'ān:

*“This day I **have** perfected for you **your religion** and **completed** My favour upon you and **have** approved for you Islam as your **religion**”*

We also have in the Prophet (PBUH), the best of examples, as Allāh SWT says in the Qur'ān: *“Surely there was a good example for you in the Messenger of Allāh”*

Whatever problem or issue a Muslim is facing, he returns back to Allāh SWT and his Messenger for guidance; nothing happens in the life of a Muslim except that his religion has a solution to it.

Surely we are in some very difficult times, this calamity that has befallen the world is a punishment as well as a mercy from Allah SWT. A difficult test to see our reaction and at the same time a mercy as it is a wakeup call for us to take heed and reflect. We cannot expect the Most Merciful to lift this calamity from us if we do not act and fulfill our duties and obligations towards Him. In order for the state and condition of the Ummah and World to change we must first start with ourselves. It is an individual effort first before a collective one. As Allah SWT says in the Quran, *Indeed, Allah will not change the condition of a people until they change what is in themselves. And when Allah intends for a people ill, there is no repelling it. And there is not for them besides Him any supporter”* (Surah Al Rad: 11).

There are so many acts of worship we can do that take little time yet are so powerful when done with sincerity. Allah SWT has given us many tools to use to seek His help, His guidance and His protection. The key thing to remember is that Allah SWT door is never closed to His servants, we just need to knock.

Below is a simple guide of the things we can do each day to seek that help and protection from the Most Merciful.

The most important thing to hold onto is your 5 daily prayers. There is nothing more important than the fulfilling of this obligation before anything else, particularly for our Dua. Dua can be made at any time, however there are particular times that were specified by the Prophet PBUH to be the best times for Dua like after the prescribed prayers.

According to the hadeeth of Abu Umaamah, it was said: “O Messenger of Allaah, which du’aa’ is heard?” He said: “In the last third of the night, and following the prescribed prayers.” Narrated by al-Tirmidhi, 3499;

Morning Routine

Many of these things can be done while you are doing most of your morning tasks or even on your way to school or work. This is the best way to start your day inshAllah

The 3 Kuls - These are the Surah Al Ikhlas, Surah Al Falaq and Surah Al Nass

The way you can perform these is to read each surah once into your palms, then repeat each surah once again into your palms and then a third time into our palms, blow into your palms and then wipe your body with your hands.

Duá (supplications) Note: When making dua always remember to invoke Allah SWT by His names before asking, this is the correct Adab (manners) when dealing with your Creator, for example raise your hands and say Ya Rahman, Ya Rahim, Ya Razak, Ya Karim or any of His Glorious names then make your dua.

The Prophet (PBUH) also taught us how to protect ourselves by maintaining our adhkar from the Sunnah. In the morning you can do the following duá for protection after your 3 Kuls.

Dua for protection in general (min 10 times) up to whatever number you wish.

[La ilaha ill-Allah, Wahdahu la sharika lahu, la hul-Mulk, wa la hul-Hamd, yuhyiyy wa yumit, wa Huwa Hayyun la yamut, bi Yadihil-Khayr wa Huwa ‘ala kulli shay’in Qadir]

Another dua the Prophet PBUH mentioned in a hadith saying; “He who recites three times every morning and evening: **بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ** Nothing will harm him.”

Translation *“In the name of Allāh with Whose name nothing can harm on earth or in heaven, and He is the All-Hearing, All-Knowing”*

Any time throughout the Day

Thikr - Besides your thikr 33 times after salah also do Tasbeeh related to Istighfar (forgiveness) in abundance, even if you don't have time this can be done while you are doing your daily tasks.

Some thikr for forgiveness is saying astaghfirallah minimum 100 times. In one minute, you can say **“Astaghfirullah”** more than 100 times! The virtue of seeking forgiveness is well-known; it is a reason of obtaining forgiveness, entering Paradise, having good provisions, increasing one's strength, repelling harm, having affairs facilitated, the descent of rain, and increasing in wealth and children.

Another thikr that can be done for istighfar is the following;

Astaghfirullah wa atūbu ilai(hi) (I seek the Forgiveness of Allah and repent to Him.) to be recited 100 times during the day [Sahih al Bukhari, Muslim 4:2075]

Du'a if you are in distress and for istighfar

This is another powerful du'a can be repeated like tasbeeh. Allah Ta'ala says: "When Yunus A.S called out in the darkness [of the whale's belly],

La ilaha illa anta subhanaka inni kuntu minal zalimin

"There is no God but You, Glorified be You! Truly, I have been of the wrongdoers." So, we responded to his du'a and rescued him from distress. Similarly, we rescue the Believers" (Surah Ambiya, Verses: 87 and 88)

Salah Al Hajah and Salah Al Tawba

There are types of prayers for specific needs one that you can include in your daily routine is 2 units of salah Al Hajah (prayer of need) this can be done for anything at all that you may be in need for, distressed or nervous about.

Abullah ibn Abi Awfa R.A relates that the Messenger of Allah (PBUH) said, "Whoever has a need with Allah, or with any human being, then let them perform ritual ablutions well and then pray two rakats. After that, let them praise Allah and send blessings on the Prophet (Allah bless him and give him peace). After this, let them say,

الْعَالَمِينَ رَبِّ لِلَّهِ الْعَظِيمِ الْحَمْدُ الْعَرْشِ رَبِّ اللَّهِ الْكَرِيمِ سُبْحَانَ اللَّهِ الْخَلِيمِ اللَّهُ إِلَّا إِلَهَ لَا
إِثْمَ كُلِّ مِنَ وَالسَّلَامَةَ بِرِّ كُلِّ مِنَ وَالْغَنِيمَةَ مَغْفِرَتِكَ وَعَزَائِمَ رَحْمَتِكَ مُوجِبَاتٍ أَسْأَلُكَ
أَرْحَمَ يَا فَضِيَّتَهَا إِلَّا رِضًا لَكَ هِيَ حَاجَةٌ وَلَا فَرَجَتُهُ إِلَّا هَمًّا وَلَا غَفْرَتُهُ إِلَّا ذَنْبًا لِي تَدْعُ لَا
الرَّاحِمِينَ

Transliteration: Lā ilāha illallāhul-halīmūl-karīm subhānallāhi rabil-a'rshil-a'dhīm al-hamdu lillahi rabil-ā'lamīn asaluka mūjibāti rahmatik wa a'zāima maghfiratik wal-ghanīmata min kulli birr was-salāmata min kulli ithm lā tada' lī dhamban illā ghafartah wa lā hamman illa farrajtah wa lā hājatan hiya laka ridhan illa qadhaytahā yā arhamar-rāhimīn

There is no god but Allah the Clement and Wise. There is no god but Allah the High and Mighty. Glory be to Allah, Lord of the Tremendous Throne. All praise is to Allah, Lord of the worlds. I ask you (O Allah) everything that leads to your mercy, and your tremendous forgiveness, enrichment in all good, and freedom from all sin. Do not leave a sin of mine (O Allah), except that you forgive it, nor any concern except that you create for it an opening, nor any need in which there is your good pleasure except that you fulfill it, O Most Merciful!"

Another prayer to include in your daily routine Al Tawba (repentance)

How do you do Salat Al Tawbah (the prayer of repentance)? You can follow the simple instructions that the Prophet (PBUH) gave us, which is to offer **2 Rakat intending salah al tawba. Pray the 2 rakaah and then seek the forgiveness by asking for Allah's forgiveness in Dua. Pre-requisite**

to tawbah is that you are in a state of ritual ablution or Wudu and that you are remorseful about transgressing the bounds of Allah.

(Note: you can pray these voluntary prayers at any time except for the 3 Makruh (disliked) times to pray which is after Fajr as the sunrises, after Asr as the sun sets and when the sun is at its zenith)

Night Routine

The night routine is similar to the morning. Recite the 3 Kuls in the same way as described above before sleeping. You should sleep with wudu and on your right side and recite these surahs, ayah al Kursi and any duá that was used by the Prophet PBUH before he slept.

One dua before sleeping is:

بِاسْمِكَ رَبِّي وَضَعْتُ جَنْبِي، وَبِكَ أَرْفَعُهُ، إِنَّ أَمْسَكْتَ نَفْسِي
فَأَرْحَمَهَا، وَإِنْ أَرْسَلْتَهَا فَأَحْفَظْهَا، بِمَا تَحْفَظُ بِهِ عِبَادَكَ الصَّالِحِينَ

“Bismika Rabbî wada’tu janbî, wa bika arfa’uhu,
in amsakta nafî farhamha, wa in arsaltaha fahfazha bima tahfazu bihi ‘ibâdakas-
sâlihîn.”

Make good use of your spare time

Due to the stay at home restrictions many will have plenty of spare time, therefore, to make good use of this time we should spend more time reading the Quran. Two Surahs that are most relevant during this difficult time are also surahs that should be recited regularly regardless as they have great benefit.

Surah Al Waqiya – this protects us from Poverty. Perfect at this time of financial crisis and with many concerned in losing their livelihoods.

The Prophet said, ‘Surah al Waqiah is the Surah of Wealth, so recite it and teach it to your children’[Ibn Asakir]

Added to this is the paying of Charity, in fact there is no better time to do this than now, as it may be the one act that in fact saves our jobs, increases our wealth and property and most importantly our health and our children.

Surah Al Kahf – Thursday night or Friday Morning

Surah Al Kahf, the surah of overcoming trials. These trials are depicted through the four unique stories found within this surah: the people of the cave, the man with the two gardens, Mūsā’s journey with Khidr and Dhul-Qarnayn. The surah revolves around the most common trials faced by the faithful and their solutions. Allah says in the seventh verse of this sūrah:

“Verily! We have made that which is on earth as an adornment for it, in order that We may test them as to which of them are best in deeds.” Al-Kahf, 18:7