aa plus

becoming your best selves

Daily Sunnahs
-to perfect-
Your Character

Practices done by our beloved Prophet ﷺ

with Ustazah 'Alimtatunnisa

What's with Rabiul-awal?

Rabiul-awal means '**The First Spring**'. It is the month where we plant the seeds of love for the Rasulullah ﷺ, so we can enjoy the fruits of it for the rest of the year.

It is not the month itself that is special, but the celebration of Rasulullah ﷺ during this time. It is a time to renew, strengthen, and reconnect our connection with Rasulullah ﷺ.

The Most Perfect Character ﷺ

In order to perfect our character, we need to follow in the footsteps of the perfect creation to ever exist, the Prophet ﷺ.

Whether we see the benefit of practising his Sunnah ﷺ or not, we should strive to follow him ﷺ anyway. Why? **It is for the simple reason that because Rasulullah ﷺ did it, we are going to do it too!** ❤️

The only person we should 'follow blindly', is the Prophet ﷺ. Even if we do not understand the wisdom and benefit of following the Sunnah yet, follow it anyway, as the "Science" or the "Virtues" of his Sunnahs are always discovered or revealed in the future!

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The Track of Life

Imagine that we go out on the ‘track of life’, every day. We are either ‘walking’ or ‘running’ on these tracks via our commitments and responsibilities with our family, with our careers, with ourselves, etc, every single day.

Remember these 4 formulas:

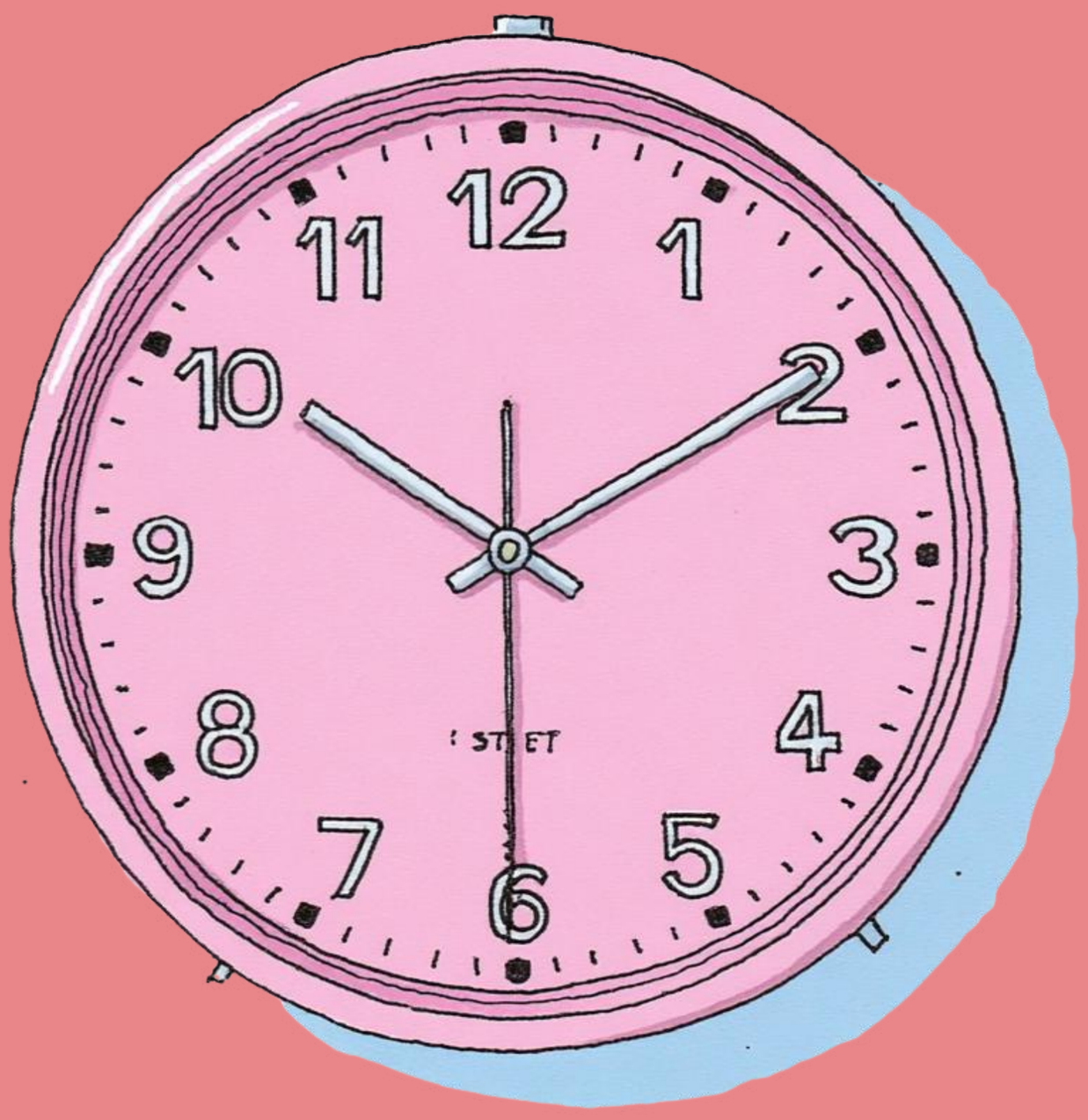
1) Ready

2) On Your Mark

3) Get Set

4) Go!

When we apply this formula to our daily lives, we remember that we need to prepare for our daily ‘run’. Our 24hours is special and ‘limited edition’, so we should take care to treat each second and minute with care and caution.



In Akhirah,
we will be held
accountable
for all that we do
and did *not* do.

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FORMULA #1:

READY

Begin Everything with Bismillah

The Messenger of Allah ﷺ said:

"Every important matter that does not start with praise of Allah, is devoid (of blessings)."

(Sunan ibn Majah)

Begin with Bismillah

As believers, we shouldn't be jumping out of bed, and going straight to work, thinking only of worldly pursuits. As believers, we should start our day with Ibadah first, even if we are menstruating! Prepare a set of dhikr we can do in place of prayer.

(Here is a guide of acts of worship we can do when we are in Haid-Out)

Saying Bismillahirrahmanirrahim, setting your intentions, and starting your days with duas is a Prophetic way to begin. The Sunnah of Rasulullah ﷺ is that he ﷺ always started his day with Dhikr (Remembrance of Allah).

FORMULA #2:

ON YOUR MARK

Setting the Right Tone

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Set The Tone

Returning to the analogy of the racetrack, regardless of how thoroughly we prepare for the race, unforeseen events may still occur by the Will of Allah SWT. Every obstacle we encounter on the track during our run has been predetermined for us by Allah SWT. **Therefore, it is crucial to establish a positive tone at the beginning of the day.**

One **simple way we can do this is to start the day smiling and greeting others with 'Assalamualaikum' as this is a Sunnah of Rasulullah ﷺ and it also sets a positive tone for the day**. It is a form of charity and brings rewards, creating a good mood and inviting peace and blessings from Allah SWT and the angels.

And the most beautiful Salam that we can give is to Rasulullah ﷺ

Rasulullah ﷺ said,

"Whoever sends salah upon me once, Allah (SWT) will send salah upon him tenfold, and will erase ten sins from him, and will raise him ten degrees in status."

(Sunan an-Nasa'i)

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Formula for peace:

If we want to invite light and serenity into our homes so that performing acts of worship will be easy, fill it with Salawat upon the Prophet ﷺ!

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FORMULA #3:

GET SET

Doing Acts of Service

Acts of Service

Serving others, especially family and those in need, is a Sunnah of Rasulullah ﷺ. Despite having servants, Rasulullah ﷺ helped his family and gave extra attention to the weaker members of society. Serving others with sincerity and good intentions is part of perfecting our character.

Sayyidina Anas bin Malik RA was in the company of his students, the Tabi'ain (the subsequent generation of Muslims), to whom he frequently recounted stories about Rasulullah ﷺ. On one occasion, a group of children walked past him and his students, and he greeted them with Assalammualaikum. Immediately after offering his greeting, he turned to them and said, **"Rasulullah ﷺ used to do that."** He made the effort to share this detail with them because he wanted to emphasise that Rasulullah ﷺ paid attention to those whom society often regards as mere ‘background noise’.

Some acts of service you can do!

- **Prepare breakfast for your family** before they leave for work or school.
- **Take initiative in household chores**, especially menial tasks that others might not want to do, just like Rasulullah ﷺ did!
- **Offer to look after your nieces or nephews** (or your friends' children) while their parents rest or work.
- **Cook or order a meal for someone** you know who is overwhelmed so they have one less task to think about!
- **Serve your parents in any way and capacity you can**, whether it is bringing them to their doctor's appointment, calling them to ask about their day or buying them groceries or meal etc.

FORMULA #4:

GO

Whatever happens, follow the Prophet's Sunnah

Prophetic Reaction to Obstacles

The first three formulas are essential and must be done before we start our day. If we have completed the first three steps, In Sha Allah when things happen in our ‘track’, we will react to them as how Rasulullah ﷺ wants us to react In Sha Allah.

For example, if someone makes us angry, what is the Sunnah thing to do? What should we do if we want an increase in sustenance? There are solutions for all of these ‘problems’ in the Sunnah of the Prophet ﷺ.

Our goal is to complete the race as best as we can and move from this temporary worldly life to the Hereafter, where we will meet Rasulullah ﷺ. **We keep in mind that we are racing towards him ﷺ, who will welcome us with open arms and rejoice with us at the finish line.**

Breakout Room Activity

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First, to recite:

السَّلَامُ عَلَيْكَ
يَا سَيِّدِي يَا رَسُولَ الله

Assalamualaika
Ya Sayyidi
Ya Rasulullah

Peace be upon you,
O my Leader,
O Messenger of Allah.

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Then discuss this:

Recall your past 24 hours. What would you do differently, if you know Rasulullah ﷺ was with you?

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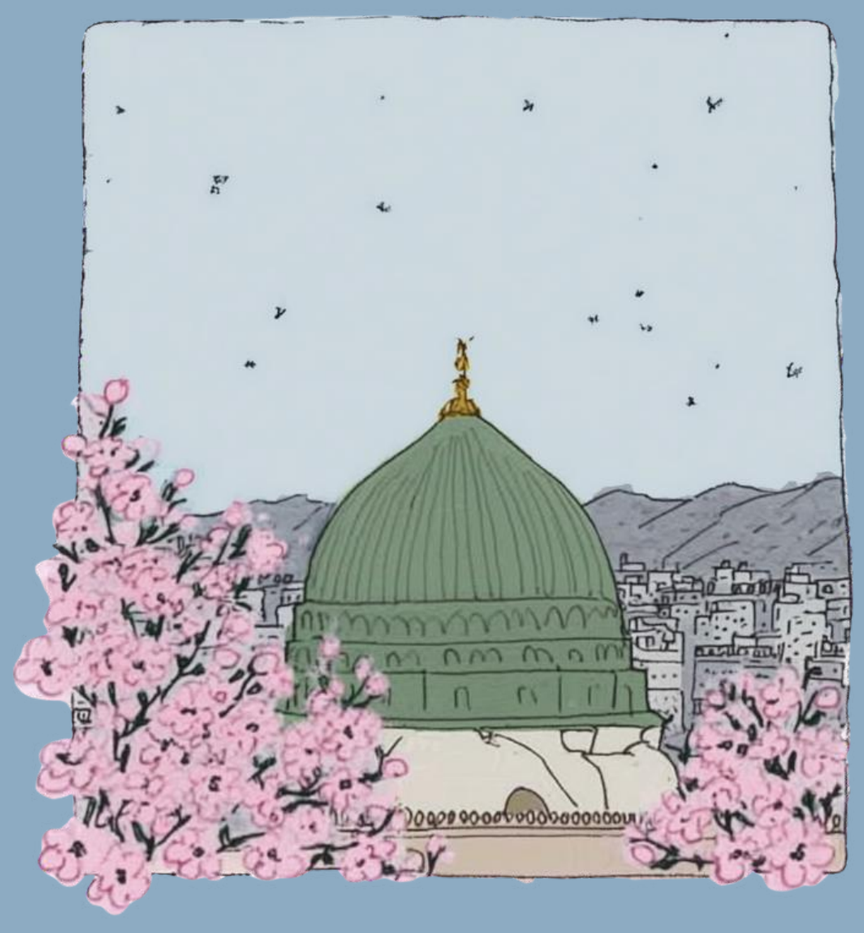
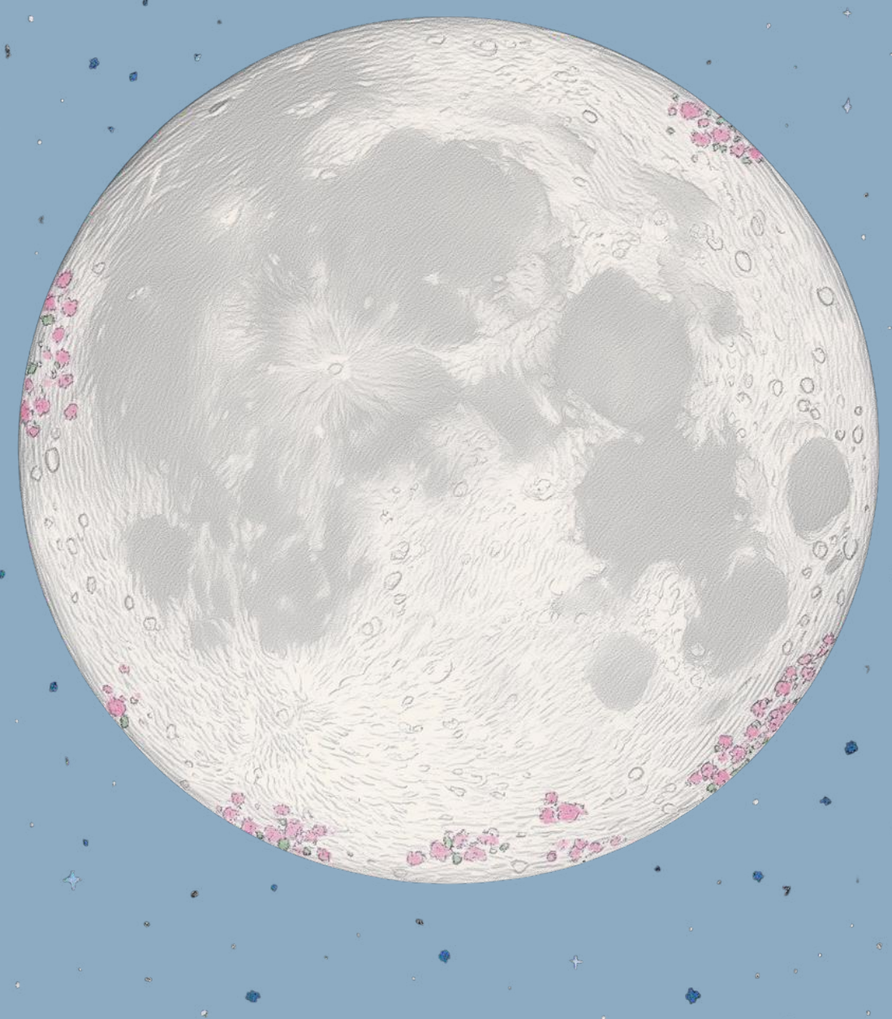
Takeaways from Breakout Room Discussions:



Several of the insights provided by Champs in the breakout room encompass challenges in guiding loved ones to engage in prayer; difficulties in being kind, sincere, or attentive to others when required; and struggles with managing time effectively among family obligations, career demands, and personal needs.

Most of the sharings reflect on interactions with other people, **especially with those closest to us**. However, when viewed these situations with the awareness that Rasulullah ﷺ is with us, we realised we could have been more patient, gentle and kind.

"Imagine Rasulullah ﷺ is among us"

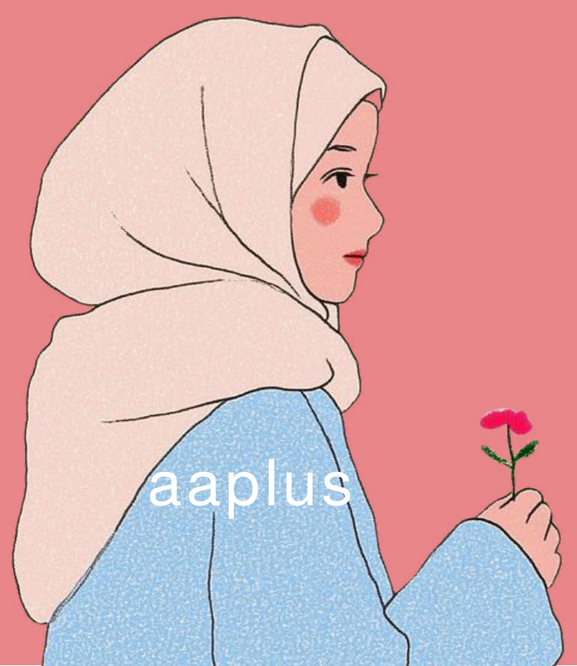


Ustazah proposed that this can be done on a project level. For instance, she recounted an experience where she was tasked to do this for 2 days by her teacher. She shared an experience: “What would I do if Rasulullah ﷺ were to knock on my door during Tahajjud?”

Ustazah concluded that by adhering to the Sunnah of Rasulullah ﷺ, we will receive guidance in not only our interactions with others, but also in the utilisation of our speech, intellect, spirit, actions and responses, limbs, and senses in our daily lives, In Sha Allah.

A Mindset Shift:

Allah SWT and the Prophet ﷺ are not just watching us. Instead, think about it as Allah SWT and Rasulullah ﷺ are rooting for us to always make the right decisions in every single situation! They want us to win!



Beautiful Closing Du'as

By Ustazah 'Alimatunnisa

O Allah, send prayers upon our Master Muhammad, the opener of Your treasures.

O Allah, open for us through him ﷺ what has been closed to us.

O Allah, send prayers upon our Master Muhammad, the unlettered Prophet, and to his family and companions. Send many salutations, ya Rabb.

Oh Allah, send blessings upon our Master Muhammad, the Unlettered Prophet, and to his family and his companions and salutations by the extent of what is in the heavens, what is on the earth and what is between them.

Diffuse Your subtle Grace in our affairs and that of all of the Muslims. Ya Allah, Ya Rahman, Ya Rahim, Ya Alhamdulillah.

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Ya Allah, we ask You, Ya Allah, by You gathering us in this space to mention about him ﷺ, to speak about him ﷺ, and to fill our hearts with the love that we have for Rasulullah ﷺ, and to increase in our love for Rasulullah ﷺ.

We ask You, Ya Allah, that You grant us all of our beautiful intentions.

Ya Allah, each and even the most smallest amount of sincerity that we came to this room or this event or this majlis with, we ask that You bless this sincerity, Ya Allah.

And the most smallest amount of intention to get closer to Rasulullah ﷺ, we ask that You bless it and make us see the fruits in abundance, Ya Allah.

Ya Allah, bring us closer to Rasulullah ﷺ. Bring all of our hearts, Ya Allah, close to Rasulullah ﷺ. Unite us, Ya Allah, through this love for Sayyidina Muhammad ﷺ.

We acknowledge You, Ya Allah. We know that Rasulullah ﷺ is the most transparent teacher of all teachers. He ﷺ is the most transparent one. Whoever reaches Rasulullah ﷺ will absolutely, directly reach You, Ya Allah.

Ya Allah, there is no reaching of You and there is no connecting to You, Ya Allah, without first connecting to Rasulullah ﷺ. We ask You, Ya Allah, that in this beautiful month of Ramadan, when You bloom the flowers of love towards Rasulullah ﷺ in our hearts, allow us, Ya Allah, to have all of these flowers in our hearts so that we will see the fruits throughout the whole year.

Ya Allah, grant us the ability to follow the path of Rasulullah ﷺ, and help us to strive to imitate every action of Rasulullah ﷺ throughout each moment of our day.

Grant us, Ya Allah, the opportunity to being our day in the manner that Rasulullah ﷺ began his day.

Grant us, Ya Allah, the ability to carry on with our daily lives and fulfill all our obligations throughout our days, in our dealings and interactions with our family members. Let it be in accordance with the teachings of Rasulullah ﷺ, reflecting how we engage with those around us, including our neighbors, colleagues, friends, and teachers, as Rasulullah ﷺ has instructed us.

Ya Allah, grant us the ability to conclude our day in the manner of Rasulullah ﷺ.

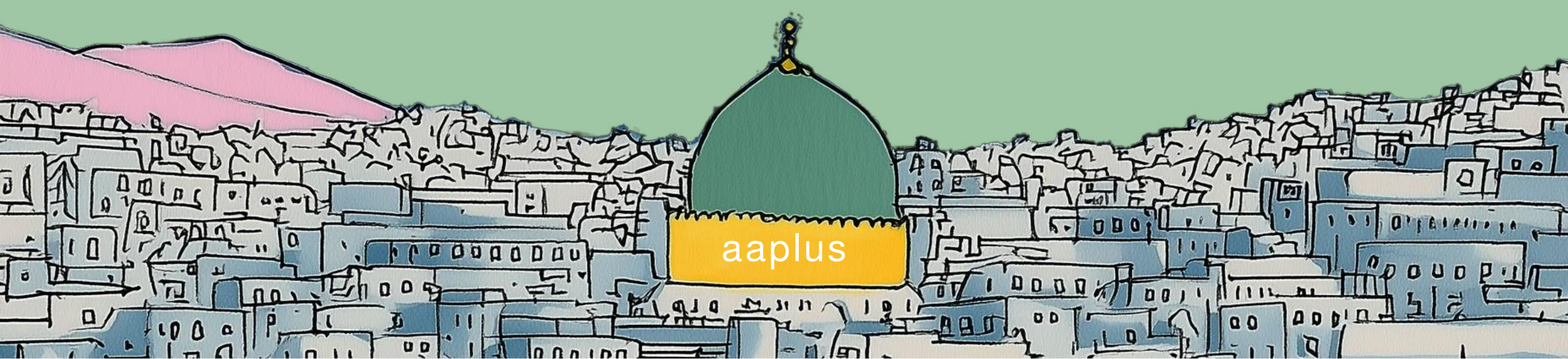
And ultimately, Ya Allah, at the conclusion of our journey, grant us the privilege to depart this world with La ilaha illallah Muhammad Rasulullah.

Ya Allah, allow us to conclude our lives with La ilaha illallah Muhammad Rasulullah. We live by La ilaha illallah Muhammad Rasulullah, and we pass away with La ilaha illallah. We ask, Ya Allah, that You resurrect us with La ilaha illallah Muhammad Rasulullah as well.

Gather us in the Hereafter as You have united us today. Unite us in the Hereafter beneath the banner of Rasulullah ﷺ. Permit us to drink from the blessed hands of the Rasulullah ﷺ. We and all our family members, all our beloved ones, Ya Allah, do not forsake anyone. For all our beloved ones, we beseech You, Ya Allah, to bestow Your guidance upon all those who are in need of Your guidance.

For those who have not acknowledged Rasulullah ﷺ in their life, for those who have not learned about Rasulullah ﷺ in their life, for those who have not connected with Rasulullah ﷺ in their life - we ask that You knock on their hearts and bring them closer to Rasulullah ﷺ. Ya Allah, we seek Your guidance for them and request that all of their hearts be opened to accept him ﷺ.

We ask You, Ya Allah, to assist our oppressed brothers and sisters. The oppressors have crossed all limits, Ya Allah. We place our trust solely in You, Ya Allah. You are the Source of all provision. You hold dominion over all things and all beings. Ya Allah, we implore You, to bestow upon them assistance. Provide our brothers and sisters with the support they require, Ya Allah. Mend the injuries of those who are hurt, Ya Allah.

We ask You, Ya Allah, to accept all the martyrs and to grant healing and solace to the hearts of the wives who have lost their husbands, the parents who have lost their children, and the children who have lost their parents.

Ya Allah, we ask You, Ya Allah, to grant our ummah, Ya Allah, victory, strength, and unity, Ya Rabbil Alameen. And we implore You, Ya Allah, to utilise each and every one of us along with our beloved ones. Employ us, O Allah, for the advancement of our ummah and not for any other purpose.