

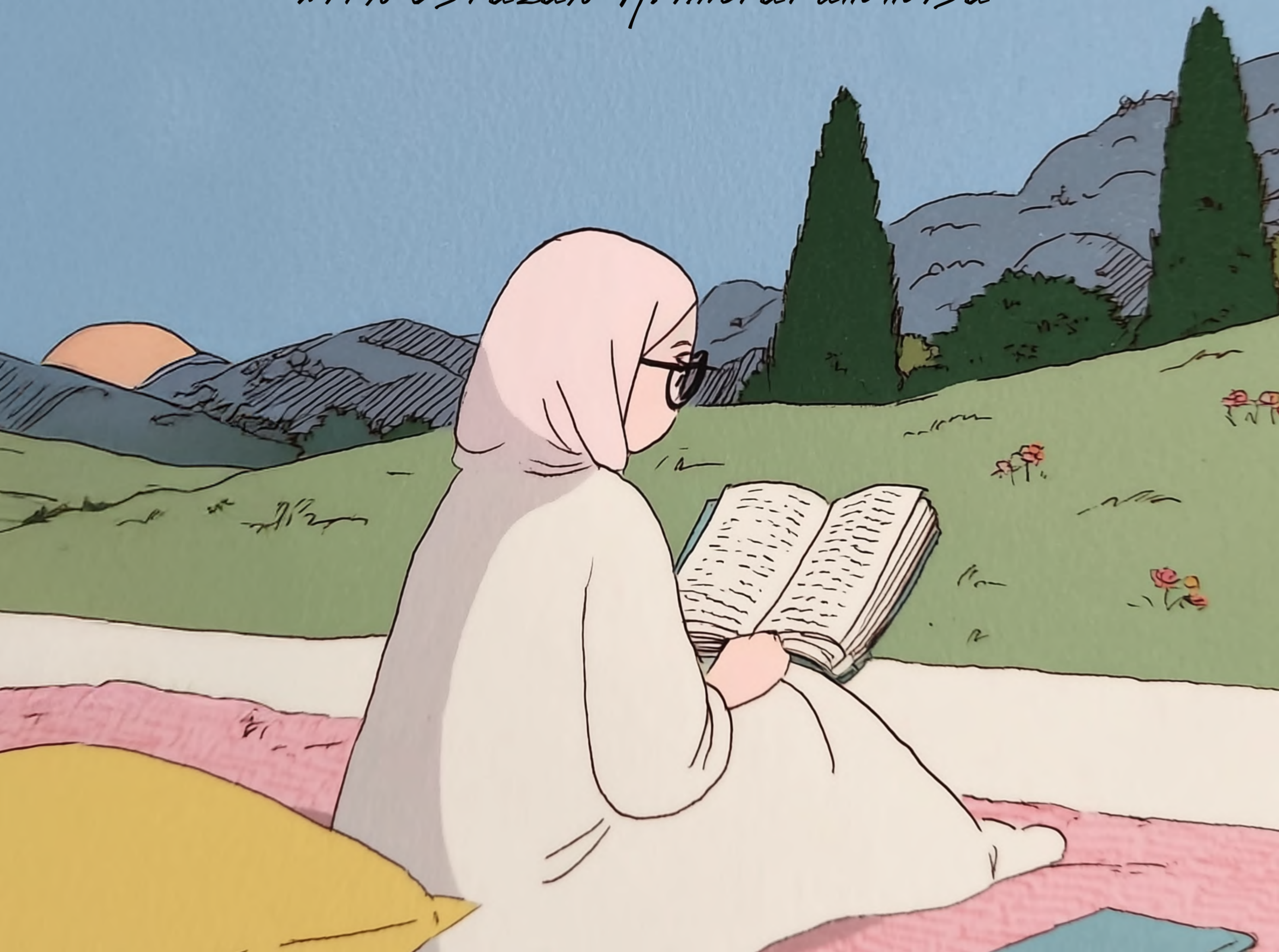
aa plus

becoming your best selves

Daily Sunnahs -to perfect- Your Character

Practices done by our beloved Prophet ﷺ

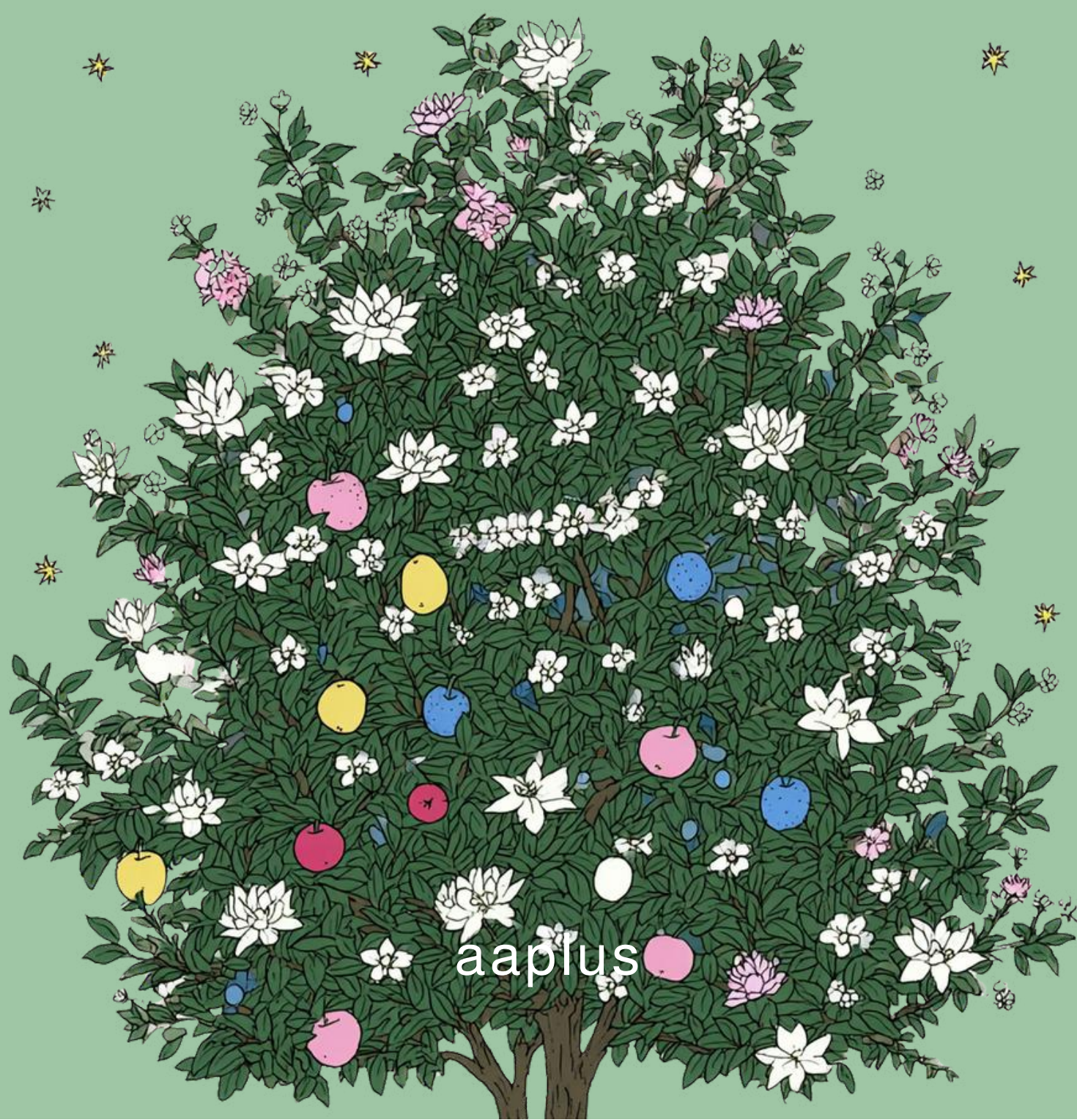
with Ustazah' Alimtatumnisa



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!

The Track of Life

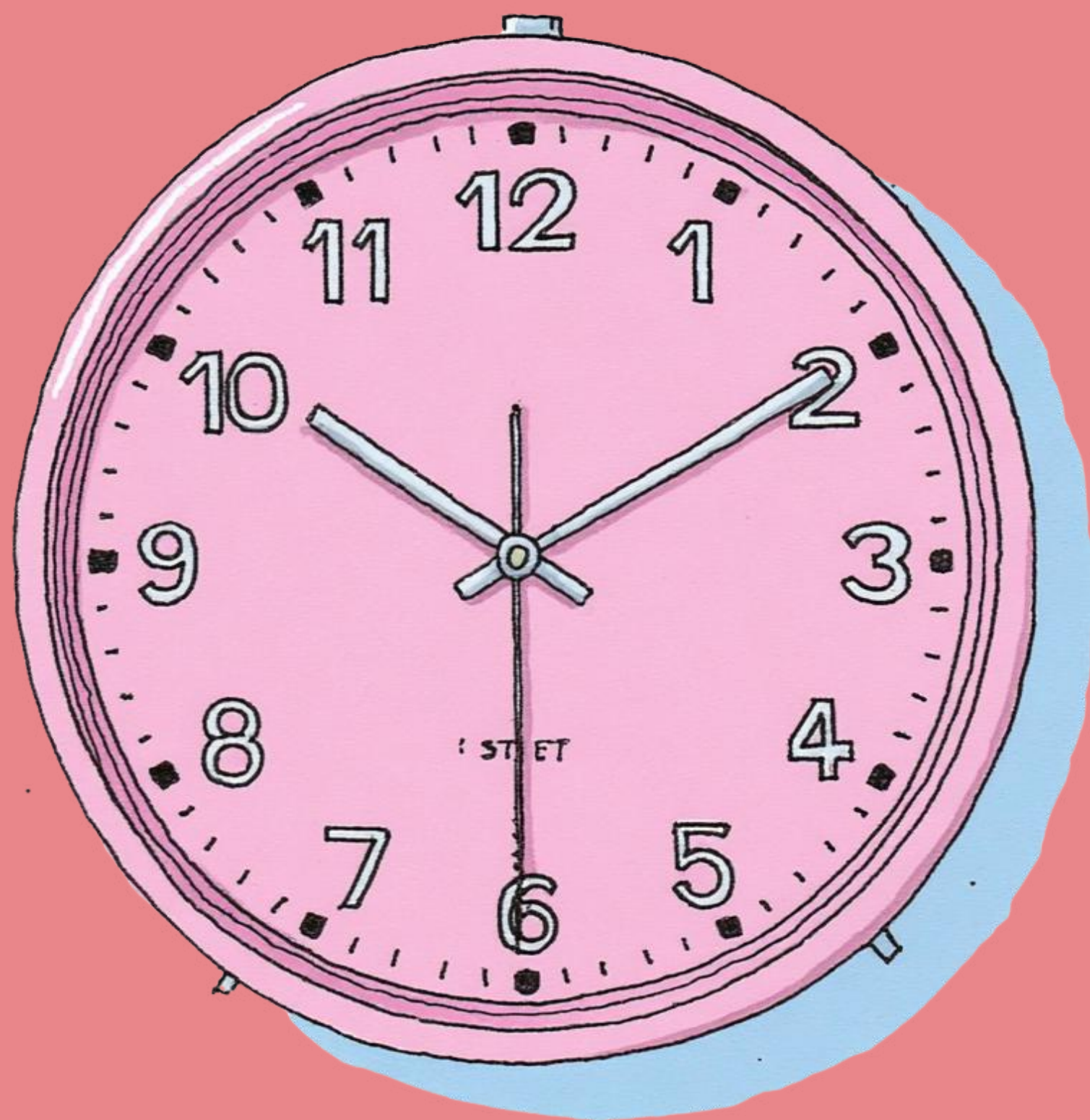
Imagine that we go out on the
'track of life', every day. We are
either 'walking' or 'running' on
these tracks via our commitments
and responsibilities with our
family, with our careers, with
ourselves, etc, every single day.

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.



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 Rasulallah ﷺ is that he ﷺ always started his day with Dhikr (Remembrance of Allah).



FORMULA

#2:

ON YOUR MARK

Setting the Right Tone

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 Rasulallah 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

صَلَّى اللَّهُ
عَلَيْهِ
وَسَلَّمَ



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).

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!



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 Assalammu'alaikum. 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

First, to recite:

السَّلَامُ عَلَيْكَ
يَا سَيِّدِي يَا رَسُولَ اللَّهِ

Assalamualaika
Ya Sayyidi
Ya Rasulallah



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

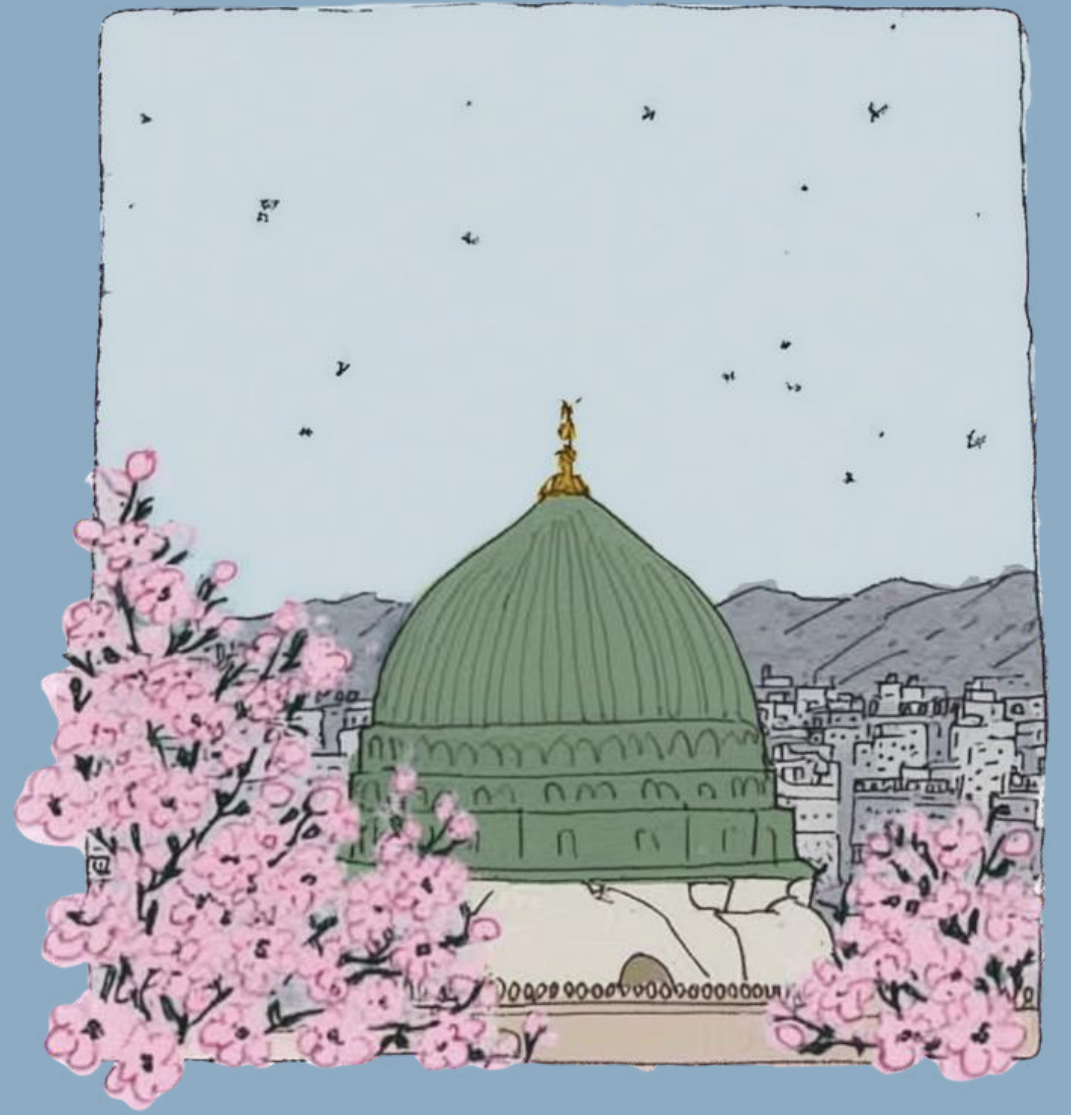


Then discuss this:

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



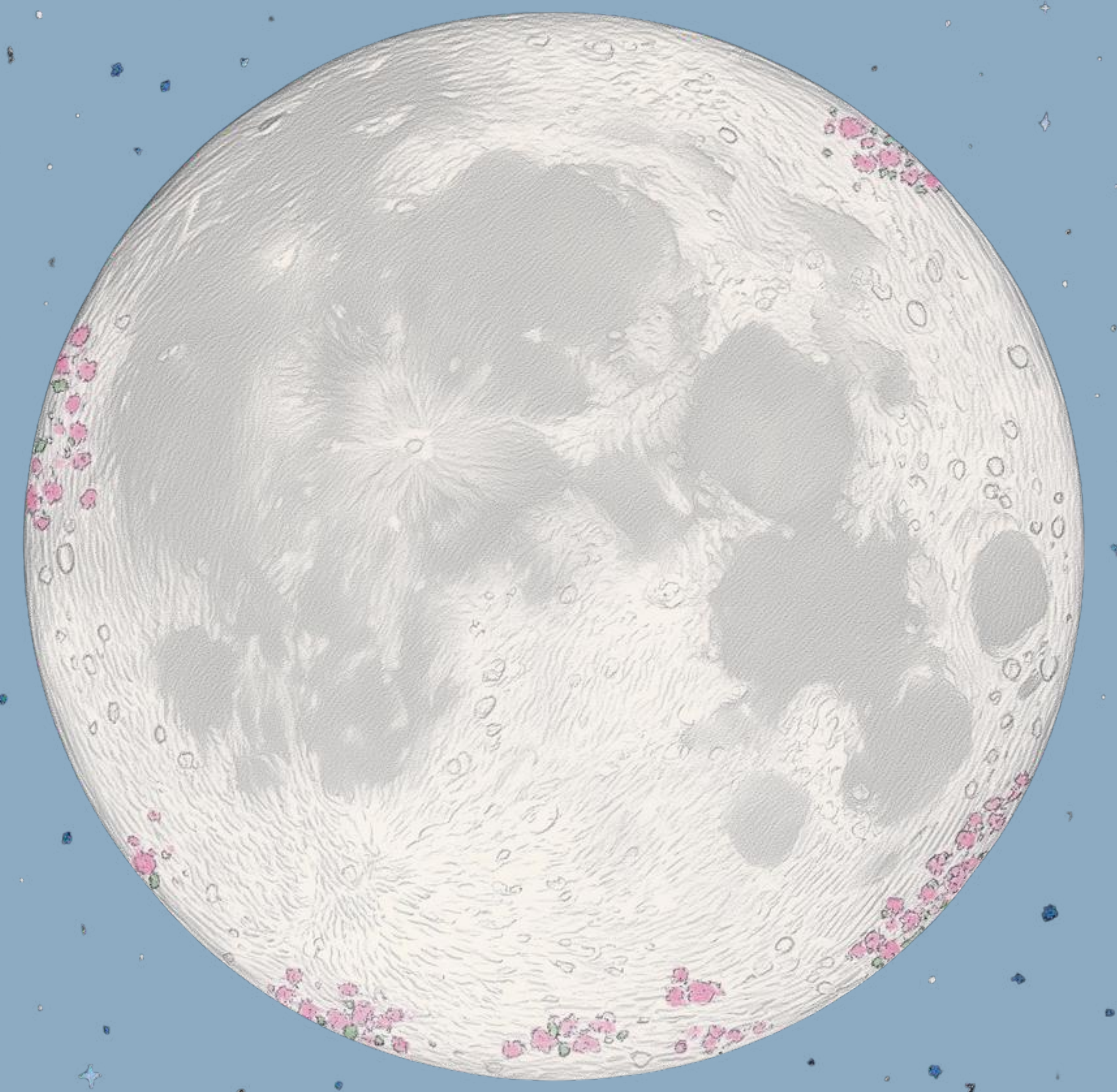
Takeaways from Breakout Room Discussions:



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"

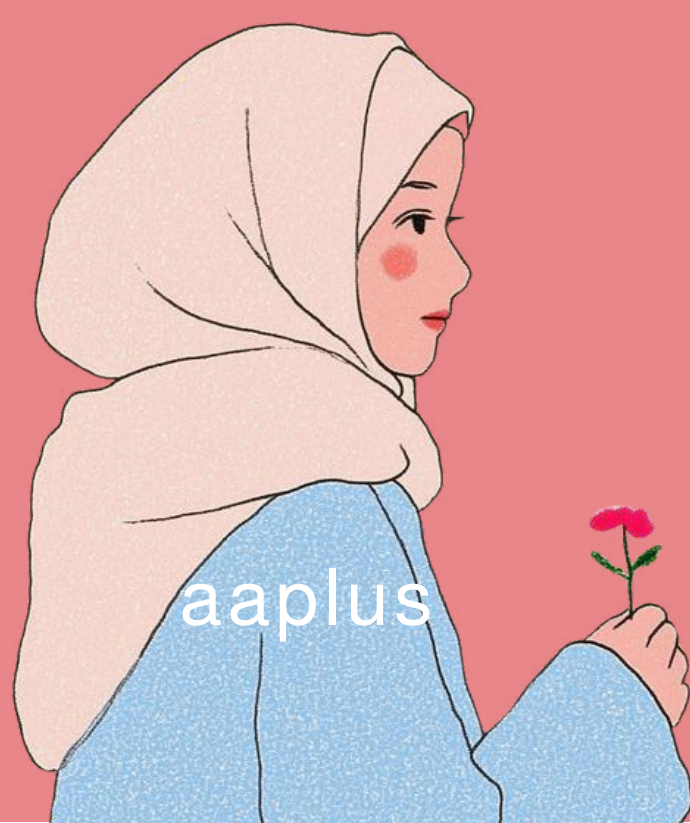


Ustazah proposed that this can be done on a project level. For instance, she recounted an experience where she was tasked to do this for 2 days by her teacher. She shared an experience: “What would I do if Rasulullah ﷺ were to knock on my door during Tahajjud?”

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



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.

