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REVIVE *Sunnah*

Let's take this mission together
and inspire others to!



Revive A Sunnah

Assalamu alaykum dear brothers and sisters,

There is something which can take you into Jannah which you probably never paid much attention to!

WHY?

1 *Revive a sunnah and you will be in Paradise with the Prophet.*

The Prophet salallahu 'alayhi wa sallam said:
Whoever revives my sunnah then he has loved me.
And whoever loved me, he shall be with me in Paradise.

Jami` at-Tirmidhi 2678. Saheeh fil Matan

2 *You can keep building up rewards through others!*

The Prophet salallahu 'alayhi wa sallam said:
Whoever revives a Sunnah from mySunnah and the people practice it, will have the same reward of those who practice it without their reward diminishing

Sunan ibn Maajah, 209

***Imagine the ongoing reward for all of us in sha Allah.
Let's take this mission together and inspire others to!***

Sunnah One

Dust Off That Bed!

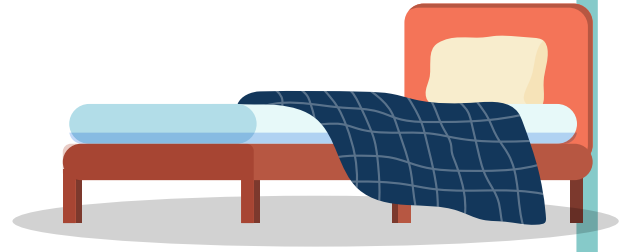
The Prophet (SAW) said:

When any one of you goes to bed, let him clear his bed by hitting it with his garment, for he does not know what may have come onto it. Then let him lie down on his right side...

Saheeh al-Bukharee and Saheeh Muslim

This means you dust of the bed with your hand covered by the edge of your lower garment or something else, as long as you cover your hand lest there be something harmful to your hand.

As explained by Imam An-Nawawi



Sunnah Two

I go shopping and I say...

The Prophet (SAW) said:

Whoever enters a market place and says:

Laa ilaaha illallaahu wahdahu laa shareeka lah, lahul mulku wa lahul hamdu yuhyee wa yumeetu wahuwa alaa kulli shayyin qadeer

An-Nasa'ee, at-Tirmidhi

...Allah will wipe a million bad deeds from his record and grant him a million good deeds, and will elevate him a million degrees (of virtues), and will build him a house in paradise.



Tip

Write the du'a down on a paper and take it out each time you go to a places and watch how soon you will memorize it!



Sunnah Three

Had milk? Have some water too!

The Prophet (SAW) drank some milk then called for some water. Once he got the water he rinsed his mouth then said:

It has fat.

Sahih Bukhari & Muslim

According to Imam an-Nawawi in Sharh Sahih Muslim, this hadith confirms that it's recommended to rinse the mouth after drinking milk.

Sunnah Four

Undressing? Say Bismillah!

The Prophet (SAW) said:

To put a barrier that will prevent the jinn from seeing the 'awrah of the sons of Aadam, let any one of you say 'Bismillah' when entering the toilet.

At-Tirmidhi

You might say bismillah when you put your clothes on, but do you remember to say it when you uncover yourself?





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Sunnah Five

Whispers in prayer, attack back!

Uthman ibn Abu al-'As (RA) came to the Prophet (SAW) and said:

O Messenger of Allah, the shaytaan interferes between me and my prayer and my recitation, and he makes me confused.

The Prophet (SAW) replied:

That is a devil called Khinzab. If you feel that, then seek refuge with Allaah from him (e.g 'Audhu Billahimin-as-shaytaanir rajeem) and spit dryly to your left three times.

Uthman ibn Abu al-'As (RA) said:

I did that and Allaah took him away from me.

Muslim



Sunnah Six

Clear your nose upon waking up!

The Prophet (SAW) said:

When one of you wakes up from his sleep, he must blow his nose three times, for the shaytan spends the night inside one's nostrils.

How long does this take? Exactly, ten seconds! Put a sticky note in the bathroom to remind yourself and really reflect upon it as a weapon against shaytaan.



Sunnah Seven

Take a break in salah!



Anas (RA) said:

I pray as I saw the Messenger of Allah (SAW), leading us.

Thabit (RA) said:

Anas used to do a thing which I have not seen you doing. He used to stand after the bowing for such a long time that one would think that he had forgotten (the prostrations) and he used to sit in-between the prostrations so long that one would think that he had forgotten the second prostration.

So add in a pause after coming up from ruku' and in between prostrations to revive this sunnah!

Sunnah Eight

Take your left shoe off first!

The Prophet (SAW) said:

If one of you puts on shoes, let him begin with the right. And when he takes it off, let him begin with the left. And let him put them both on or let him take them off both.

You might have known to start with the right, but do you always take your shoes off starting with the left?





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Sunnah Nine

Don't Say 'YUCK!'



It is narrated on the authority of Abu Hurairah (RA) that he said that the Prophet (SAW) did not ever criticise food. If he liked it, he ate it and if he disliked it, he left it.

Making faces or gestures (when seeing or talking about food you don't like) is included in 'criticising'. So remind yourself and others to never dishonor food, whether by words or non-verbal communication and teach the children this important sunnah!

Sunnah Ten

Knock, Knock, Knock

The Prophet (SAW) said:

Seeking permission three times. If you are given permission then you can (proceed), otherwise return.

Muslim

Scholars have advised us that we should also observe this with mobile phones etc. You can try 'calling on someone' three times and then leave it.





RAMADAN

KAREEM

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