



**GLOBAL EHSAN
RELIEF**

REVIVE A Sunnah

*Let's take this mission
together & 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!

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.

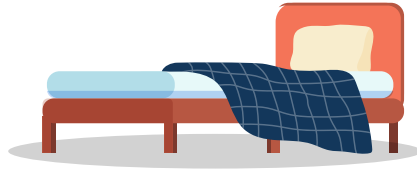
Sunnah One

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 & Saheeh Muslim



Sunnah Two

Had milk? Have some water too!

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

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

Sunnah Three

Undressing? Say Bismillah!

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

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

Sunnah Four

I go shopping and I say...

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.

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 hayyun laa yamootu, biyadihi alkhayru wahuwa alaa kulli shayyin qadeer

An-Nasa'ee, at-Tirmidhi



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

Take a break in salah!

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

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.

Anas (RA) said:

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

Sunnah Seven

Eating with three fingers

Its is narrated on the authority og Ka'b bin Maal (RA) that he said the Messenger if Allah (SAW) used to eat with three fingers and lick his hand before wiping.

Muslim 5297



Sunnah Eight

Clear your nose upon waking up!

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.

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.

Sunnah Nine

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?



Sunnah Ten

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 Eleven

Knock, Knock, Knock

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.

The Prophet (SAW) said:

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

Muslim

Sunnah Twelve

Start the day right

The entire day can start off with so much barakah if the first thing we do is praise Allah (S.W.T). And the Sunnah way to do this is by saying this dua (it's a really short one, you can easily learn it).

Alhamdu Lillahil-Lathee Ahyana BaAAda Ma Amatana Wa-Ilayhin-Nushoor.

All praise is for Allah who gave us life after having taken it from us and unto Him is the resurrection.



Sunnah Thirteen

Use Siwak (At least once a day)

Prophet (S.A.W) used Siwak multiple times in a day before every Salah, before going to bed, after waking up and after eating meals. It's amazing how often he (S.A.W) used to clean his mouth.

Abu Huraira (R.A.) narrated that Allah's Messenger (S.A.W) said:

If it were not that it would be difficult on my nation then I would have ordered them to use the Siwak for each prayer

Tirmidhi

Sunnah Fourteen

Reply to the Adhaan

This little Sunnah can keep us in a tight Spiritual loop all day because responding to the call of prayer will inevitably motivate us to take the next logical step—get up and pray.

The hearer should repeat after the Mo'athen (The one who calls for prayer) all words except when the Mo'athen says:

(Hayyah Ala As-Sala - i.e. hasten to the prayer) and (Hayyah Ala Al-Falah - i.e. hasten to the salvation), the hearer should say (La Hawla Wala Quwata Ella Bellah - i.e. there is no might and no power except by Allah)

Al-Bukhari & Muslim

Sunnah Fifteen

Say Bismillah and give Salam when entering the house

The Messenger of Allah (S.A.W) said:

"If a person mentions the Name of Allah upon entering his house or eating, Satan says, addressing his followers: 'You will find nowhere to spend the night and no dinner.' But if he enters without mentioning the Name of Allah, Satan says (to his followers); 'You have found (a place) to spend the night in, and if he does not mention the Name of Allah at the time of eating, Satan says: 'You have found (a place) to spend the night in as well as food.'"

Muslim



Sunnah Sixteen

Praise Allah S.W.T after eating

So let's teach out satiety center the lesson here- take a moment to say this dua after eating meals:

Alhamdulillahil ladhi at'amana, wasaqana, waj'alna min-al Muslimeen

Translation:

Praise be to Allah Who has fed us and given us drink and made us Muslims.

Sunnah Seventeen

Sit down to drink

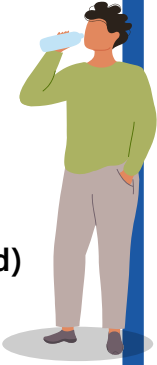
Sit down before you drink a glass of water. That's not so hard is it?

It was narrated from Anas (R.A.):

The Prophet (S.A.W) prohibited that a man should drink while standing." (Qatadah said)

So it was said: "And eating?" He (Anas) said: "That is worse.

Tirmidhi



Sunnah Eighteen

Recite Ayah-tul-Kursi after every prayer

Ayah-tul-Kursi is probably the most important verse in the Quran that needs to be memorized.

Abu Umamah reported: The Messenger of Allah, S.A.W, said, Whoever recites the verse of the Throne (ayat al-kursi) after every prescribed prayer, there will be nothing standing between him and his entering Paradise except death.

Al-Mu'jam al-Kab r 7406, grade: Sahih (authentic)

Sunnah Nineteen

Recite last 2 verses of surah Al-Baqarah at night

Last 2 verses of Surah Baqarah before sleeping will protect us all night against Shaytan and his evil tactics.

Ibn Masud said commenting on these two verses in the tafsir Ibn Kathir:

"While the Messenger of Allah was with Jibril, he heard a noise from above. Jibril lifted his sight to the sky and said, 'This is a door that was opened just now in heaven, and it was never opened before.' An angel came down through the door to the Prophet and said,

Receive the good news of two lights that you have been given and which no Prophet before you was given: the Opener of the Book (Al-Fatihah) and the last Ayat in Surat Al-Baqarah. You will not read a letter of them, but you will be granted its benefit."

Muslim

Sunnah Twenty

Make wudhu before sleeping at night

Wudhu (along with the last 2 verses of Surah Baqarah, 4 Qul and Ayah-tul-Kursi) builds the protective spiritual shield around us at night that keeps us safe from the devil and his followers.

"When you want to go to bed to sleep, make wudu as you would for the prayer, then lie on your right side "

Bukhari

Sunnah Twenty One

Ask Allah S.W.T for forgiveness

That's because when we repent, the burden of sins gets lifted and our heart feels at ease. If the Prophet (S.A.W) repented so many times in a day, despite being a Prophet (!), where does that leave us?

Abu Hurairah (R.A.) heard the Prophet (S.A.W) say:

By Allah! I ask Allah for forgiveness and I repent each day more than seventy times!

Bukhari



Sunnah Twenty Two

Smile!

Smiling to one person a day is totally doable for even the most serious of people.

Ibn Jaz narrates:

I have not seen anyone who smiled more than the Messenger of Allah (S.A.W)

Tirmidhi

Sunnah Twenty Three

Sleep and wake up early!

The hours after Fajr are among the most blessed of the day. In order to rise in the early hours it is imperative to sleep early as your body requires an adequate amount of rest.

Aisha (RA) said about the Prophet SAW:

"He used to sleep early at night, and get up in its last part to pray, and then return to his bed!"

Bukhari



Sunnah Twenty Four

Oiling hair

Many of us seek this by spending a great deal of money at hairdressers and spas. Yet, this simple sunnah can save us a great deal of money, time and effort whilst we continue to live like our beloved Prophet SAW.

I heard Jabir bin Samurah being asked about the grey hairs of the Prophet (SAW). He said: 'If he put oil on his head they could not be seen, but if he did not put oil on his head, they could be seen!'

An-Nasa'i



Sunnah Twenty Five

Maintaining the 1/3rd rule in eating

This hadith clearly highlights that overeating is a reprehensible quality we should stay away from.

Miqdam bin Madikarib said: "I heard the Messenger of Allah SAW say: 'A human being fills no worse vessel than his stomach. It is sufficient for a human being to eat a few mouthfuls to keep his spine straight. But if he must (fill it), then one-third of food, one third for drink and one third for air!'"

Ibn Majah

Sunnah Twenty Six

Speaking good or keeping silent

The beauty of this particular sunnah is that it will help you save time and reduce the amount of energy used to contemplate over irrelevant matters being discussed.

The Prophet SAW said: "He who believes in Allah and the Hereafter, if he witnesses any matter he should talk in good terms about it or keep quiet!"

Muslim

Sunnah Twenty Seven

Doing hijama (cupping)

The benefits of cupping are vast, including the removal of toxins within the blood.

Aisha (RA) said about the Prophet SAW:

If there is any healing in your medicines, then it is in cupping, a gulp of honey or branding with fire (cauterization) that suits the ailment, but I don't like to be (cauterized) branded with fire."

Bukhari



Sunnah Twenty Eight

Visiting the sick

The next time you hear of someone who is ill, try your best to go beyond sending them a 'get well soon' and practice a forgotten Sunnah – make the effort to be physically present and comfort them.

The Messenger of Allah SAW said:
Feed the hungry, visit the sick, and set free the captives.

Bukhari



Sunnah Twenty Nine

Sleeping on your side

The Prophet (SAW) was most successful in how he spent his days; the way in which he took to his sleep played a role in helping him to be our leader and our guide. Following in his footsteps is the key to unlocking a fruitful morning.

When Allah's Messenger SAW went to bed, he used to sleep on his right side.

Bukhari

Sunnah Thirty

Untying the three knots

Waking up for Fajr is a battle many of us have experienced or are experiencing. The hours of the morning, as mentioned above, are a blessed time for being productive in studying and completing various tasks for the sake of Allah SWT.

The Prophet SAW said:

During your sleep, Satan knots three knots at the back of the head of each of you, and he breathes the following words at each knot, 'The night is, long, so keep on sleeping,' If that person wakes up and celebrates the praises of Allah, then one knot is undone, and when he performs ablution the second knot is undone, and when he prays, all the knots are undone, and he gets up in the morning lively and in good spirits, otherwise he gets up in low spirits and lethargic.

Bukhari



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