

Daily Reminders/Reflection for a Muslim

Salaat

Wajib (Salatul Fajr, Thuhr, Asr, Maghrib, Isha)

Nawafil (Sunnahs, tahajjud, witr, etc)
And in some parts of the night (also) offer the Salât with it (i.e. recite the Qur'an in the prayer) as an additional prayer 17:79

□ **Did I pray them all on time?**
Guard strictly As-Salawât especially the middle Salât (i.e. the best prayer - 'Asr). And stand before Allâh with obedience. 2:238

□ **Did I pray them all with khushoo?**
Successful indeed are the believers. Those who offer their Salât (prayers) with all solemnity and full submissiveness. 23:1-2

□ **How was my performance of all prayers?**
□ **Did I rush through my prayers?**
□ **Did I perform all steps correctly?**
(Successful indeed are the believers. Those who with their Salah are Khashi`un.) (23:1-2) This was said by `Uqbah bin `Amir. From its meanings is the same terminology used to describe standing (still) water (Al-Ma' Ad-Da'im). This proves the obligation of having tranquility in the prayer. For verily, the one who does not have tranquility (stillness of posture) in his bowing and prostrating, then he is not being constant (Da'im) in his prayer. This is because he is not being still in it and he does not remain (in its positions), rather he pecks in it (quickly) like the pecking of the crow. Therefore, he is not successful in performing his prayer. (Tafsir Ibn Kathir)

Fasting

□ **Did I eat suhoor?**
The Prophet said, "Take Suhur as there is a blessing in it." (Bukhari)

□ **How were my actions and speech during the fast?**
The Prophet said, "Whoever does not give up forged speech and evil actions, Allah is not in need of his leaving his food and drink (i.e. Allah will not accept his fasting.)" (Bukhari)

□ **How often do I fast?**
*Narrated Abu Huraira:
My friend (the Prophet) advised me to observe three things:
(1) to fast three days a month.....*

□ **Do I have fasts to make up?** If so, when do I plan on making them up
"..and whoever is ill or on a journey, the same number [of days which one did not observe Saum (fasts) must be made up] from other days." 2:185

Seeking Knowledge/Studying

- **Did I study today/learn something new today?**
(Whoever follows a path to seek knowledge, Allah will show him the way to Paradise. The angels lower their wings being pleased with the one who seeks knowledge. (Muslim)
- **Did I share knowledge with someone today?**
- **Did I review today?**
- **Did/how will I apply what I learned today?**

Speech

- **How was my speech today?**
*Did I lie? curse? backbite? gossip?
Did I yell/scream?
And be moderate (or show no insolence) in your walking, and lower your voice. Verily, the harshest of all voices is the braying of the asses." 31:19*
- **Did I say good things today?**

Actions

- **Did I make any promises today? Did I keep them?**
Most hateful it is with Allâh that you say that which you do not do 61:3
- **Did I do any good deeds today/give sadaqah?**
Ibn 'Abbas said, "There are 360 joints and each of them owes sadaqa every single day. Every good word is sadaqa. A man's helping his brother is sadaqa. A drink of water which he gives is sadaqa. Removing something harmful from the road is sadaqa."

- **Did I make dhikr/Duaas today?**
*O you who believe! Remember Allâh with much remembrance. 33:41
O you who believe! Let not your properties or your children divert you from the remembrance of Allâh. And whosoever does that, then they are the losers.63:9*
- **Did I ask Allah for forgiveness today?**
And seek the forgiveness of Allâh, certainly, Allâh is Ever Oft-Forgiving, Most Merciful 4:106

Rights/Treatment of Others

How was my interaction with:

- **my spouse?**
It is He Who has created you from a single person (Adam), and (then) He has created from him hi wife [Hawwâ' (Eve)], in order that he might enjoy the pleasure of living with her.7:189
- **my children?**
Ibn 'Umar said, "Allah has called them the 'dutiful' (al-Abrar) because they are dutiful (birr)

to their parents and children. Just as you have a duty which you owe your parent, so you have a duty which you owe your child."

□ **my neighbors?**

'A'isha reported that the Prophet, may Allah bless him and grant him peace, said, "Jibril, may Allah bless him and grant him peace, kept on recommending that I treat neighbours well until I thought that he would order me to treat them as my heirs."

□ **my friends?**

Abu Hurayra reported that the Prophet, may Allah bless him and grant him peace, said, "A believer is the mirror of his brother. A believer is the brother of another believer. He protects him against loss and defends him behind his back."

□ **strangers?**

'Abdullah ibn 'Amr reported that a man said, "Messenger of Allah, which aspect of Islam is best?" He replied, "Feeding people and greeting those you know and those you do not know." (Bukhari)

□ **Do I need to make amends with anyone?**

Abu'd-Darda' reported that the Prophet, may Allah bless him and grant him peace, said, "Shall I tell you a degree better than prayer, fasting and sadaqa?" "Yes," they replied. He went to say, Improving a state of friendship. Causing discord in a state of friendship is what shaves things away."

□ **When was the last time I gave a gift?**

Abu Hurayra reported that the Prophet, may Allah bless him and grant him peace, said, "Give gifts and you will love one another."

□ **Do I owe anyone thanks for anything?**

Abu Hurayra reported that the Prophet, may Allah bless him and grant him peace, said, "Allah does not thank the person who does not thank people." Al Adab Al Mufrad, Book X. 112/218

Quraan

□ **Did I read/recite Quraan today?**

The Prophet said, "It is a bad thing that some of you say, 'I have forgotten such-and-such verse of the Qur'an,' for indeed, he has been caused (by Allah) to forget it. So you must keep on reciting the Qur'an because it escapes from the hearts of men faster than camel do."

□ **Did I memorize any Quraan today?**

Allah's Apostle said, "The example of the person who knows the Qur'an by heart is like the owner of tied camels. If he keeps them tied, he will

control them, but if he releases them, they will run away."

Narrated 'Uthman:

The Prophet said, "The best among you (Muslims) are those who learn the Qur'an and teach it."

Narrated Abdullah:

The Prophet said, "It is a bad thing that some of you say, 'I have forgotten such-and-such verse of the Qur'an,' for indeed, he has been caused (by Allah) to forget it. So you must keep on reciting the Qur'an because it escapes from the hearts of men faster than camel do."

□ **Did I contemplate what I read today?**

(This is) a Book (the Qur'ân) which We have sent down to you, full of blessings, that they may ponder over its Verses, and that men of understanding may remember.38:29

□ **Did I implement what I read today? this week?**

The Prophet said, "The example of a believer who recites the Qur'an and acts on it, like a citron which tastes nice and smells nice. And the example of a believer who does not recite the Qur'an but acts on it, is like a date which tastes good but has no smell. And the example of a hypocrite who recites the Qur'an is like a Raihana (sweet basil) which smells good but tastes bitter And the example of a hypocrite who does not recite the Quran is like a colocynth which tastes bitter and has a bad smell."

Narrated Abu Said Al-Khudri:

I heard Allah's Apostle saying, "There will appear some people among you whose prayer will make you look down upon yours, and whose fasting will make you look down upon yours, but they will recite the Qur'an which will not exceed their throats (they will not act on it) and they will go out of Islam as an arrow goes out through the game whereupon the archer would examine the arrowhead but see nothing, and look at the unfeathered arrow but see nothing, and look at the arrow feathers but see nothing, and finally he suspects to find something in the lower part of the arrow."

If a hadith is not referenced, it came from a translation of Saheeh Bukhari or Al Adab Al Mufrad, also by Bukhari.