

# BEATING PROCRASTINATION

WITH TIPS FROM THE  
QURAN & SUNNAH

aa<sup>++</sup>plus



# SURAH ALI 'IMRAN (3:146-148)

وَكَايِّنَ مِّنَ نَّبِيٍّ قَاتَلَ مَعَهُ رِبِّيُّونَ كَثِيرٌ فَمَا وَهَنُوا لِمَا أَصَابَهُمْ فِي  
سَبِيلِ اللَّهِ وَمَا ضَعُفُوا وَمَا اسْتَكَانُوا وَاللَّهُ يُحِبُّ الصَّابِرِينَ ﴿١٤٦﴾

‘Imagine’ how many devotees fought along with their prophets and never faltered despite whatever ‘losses’ they suffered in the cause of Allah, nor did they weaken or give in! Allah loves those who persevere.

وَمَا كَانَ قَوْلَهُمْ إِلَّا أَنْ قَالُوا رَبَّنَا اغْفِرْ لَنَا ذُنُوبَنَا وَإِسْرَافَنَا فِي  
أَمْرِنَا وَثَبِّتْ أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ ﴿١٤٧﴾

And all they said was, “Our Lord! Forgive our sins and excesses, make our steps firm, and grant us victory over the disbelieving people.”

فَعَانَتْهُمْ اللَّهُ ثَوَابَ الدُّنْيَا وَحُسْنَ ثَوَابِ الآخِرَةِ وَاللَّهُ يُحِبُّ الْمُحْسِنِينَ

﴿١٤٨﴾

So Allah gave them the reward of this world and the excellent reward of the Hereafter. For Allah loves the good-doers.

TODAY,

WE ARE LOOKING AT  
PROCRASTINATION VIA  
THE LENS OF A BELIEVER

HOW DO YOU  
DEFINE A BELIVER?

ALLAH FIRST.  
ALLAH ALWAYS.



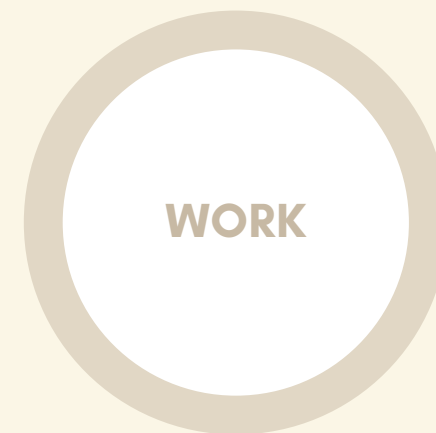
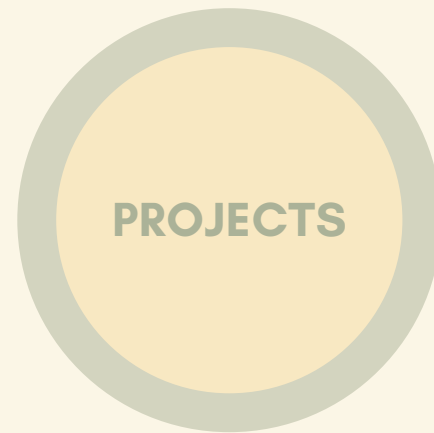
# IN OTHER WORDS:

WHEN WE CHOOSE TO REPEATEDLY  
PROCRASTINATE, WE ARE IN FACT  
ARROGANTLY ACTING AS IF ALLAH  
DOESN'T SEE US, AND THAT WE  
FOOLISHLY THINK WE WON'T HAVE TO  
FACE HIM ON THE DAY OF JUDGEMENT.



Champs, as believers  
we cannot make light of  
Procrastination.

# WHAT DO WE TYPICALLY PROCRASTINATE?



BUT WHAT DO YOU THINK  
IS OUR BIGGEST  
PROCRASTINATION?

OUR BIGGEST  
PROCRASTINATION IS  
ON THE PREPARATION  
OF OUR HEREAFTER.

WHEN WE CHOOSE TO  
PROCRASTINATE AS A  
BELIEVER, WE ARE NOT  
MERELY DELAYING A TASK,  
WE ARE DELAYING OUR  
OWN SUCCESS IN THE  
HEREAFTER.

# SURAH AL-MU'MINUN

حَتَّىٰ إِذَا جَاءَ أَحَدَهُمُ الْمَوْتُ قَالَ رَبِّ ارْجِعُونِ ﴿٩٩﴾

When death approaches any of them, they cry, “My Lord! Let me go back,

لَعَلِّي أَعْمَلُ صَالِحًا فِيمَا تَرَكْتُ كَلَّا إِنَّهَا كَلِمَةٌ هُوَ قَائِلُهَا وَمِن وَرَائِهِم بَرْزَخٌ إِلَىٰ يَوْمِ يُبْعَثُونَ ﴿١٠٠﴾

so I may do good in what I left behind.” Never! It is only a ‘useless’ appeal they make. And there is a barrier behind them until the Day they are resurrected.<sup>1</sup>

RASULULLAH SAW SAID:

“The wise man is one who holds himself accountable and performs good deeds to prepare for what comes after death. The foolish man is one who gives into his lowly desires and seeks their indulgence from Allah.”

(SUNAN AL-TIRMIDHI 2459)

# TO PONDER:

ARE YOU A WISE SERVANT OF ALLAH?

OR ARE YOU A FOOLISH SERVANT OF  
YOUR DESIRES / DISTRACTIONS /  
PROCRASTINATION / LAZINESS ?



SO WHY DO WE  
PROCRASTINATE?



#1

PROCRASTINATION IS AN  
EMOTION REGULATION  
PROBLEM, NOT A TIME-  
MANAGEMENT PROBLEM

# WHICH EMOTION DO YOU FEEL MOST WHEN DELAYING A TASK?



**BOREDOM**



**FEAR**



**STRESSED**



**ANXIOUS**



**DISTRACTED**

We engage in this irrational cycle of chronic procrastination because of our inability to manage negative moods around a task.

## SO, WHAT CAN WE DO?



**BOREDOM**

*I remember Allah's immense Generosity and imagine the mountain of reward Allah has for me should I take the first step to just start.*



**FEAR**

*I remember that Allah's Help is Near, and that He is all-Powerful. Nothing is too difficult / complicated for Him.*



**STRESSED**

*I remember that only in the Remembrance of Allah do hearts find rest. I take things one breath at a time.*



**ANXIOUS**

*I remember that Allah is al-Wadud, that He loves me and only wants ease for me, and that He doesn't test me beyond my means.*



**DISTRACTED**

*I quickly make Istighfar, ask for His Help, take Wudhu if possible, play the Quran, and begin with a Bismillah!*

The answer lies  
in your 1-on-1  
conversation  
with Allah SWT.

#2

PROCRASTINATION IS A  
SPIRITUAL DISEASE OF  
THE HEART.

## LOVE FOR DUNYA: AT-TAWBAH (9:38)

يَأْتِيهَا الَّذِينَ ءَامَنُوا مَا لَكُمْ إِذَا قِيلَ لَكُمْ أَنْفِرُوا فِي  
سَبِيلِ اللَّهِ أَتَأَقِلُّوْنَ إِلَى الْأَرْضِ أَرْضَيْتُمْ بِالْحَيَاةِ الدُّنْيَا  
مِنَ الْآخِرَةِ فَمَا مَتَّعُ الْحَيَاةِ الدُّنْيَا فِي الْآخِرَةِ إِلَّا  
قَلِيلٌ



O believers! What is the matter with you that when you are asked to march forth in the cause of Allah, you cling firmly to 'your' land? <sup>1</sup> Do you prefer the life of this world over the Hereafter? The enjoyment of this worldly life is insignificant compared to that of the Hereafter.



THE NAFS.

﴿ وَمَا أُبْرِئُ نَفْسِي ۚ إِنَّ النَّفْسَ لَأَمَّارَةٌ بِالسُّوءِ إِلَّا مَا رَحِمَ رَبِّي ۗ إِنَّ رَبِّي غَفُورٌ رَحِيمٌ ﴾

And I do not seek to free myself from blame, for indeed the soul is ever inclined to evil, except those shown mercy by my Lord. Surely my Lord is All-Forgiving, Most Merciful.”

THE NAFS IS LIKE A CRYING  
CHILD, WHO INSIST IN  
GETTING WHAT  
THEY WANT, WHEN THEY  
WANT, HOW THEY WANT.

كُتِبَ عَلَيْكُمُ الْقِتَالُ وَهُوَ كُرْهُ لَكُمْ وَعَسَىٰ أَن تَكْرَهُوا  
شَيْئًا وَهُوَ خَيْرٌ لَّكُمْ وَعَسَىٰ أَن تُحِبُّوا شَيْئًا وَهُوَ شَرٌّ لَّكُمْ  
وَاللَّهُ يَعْلَمُ وَأَنْتُمْ لَا تَعْلَمُونَ ﴿٢١٦﴾

Fighting has been made obligatory upon you 'believers', though you dislike it. Perhaps you dislike something which is good for you and like something which is bad for you. Allah knows and you do not know.

# THE TRUTH IS:

WE ARE MORE THAN CAPABLE TO  
FIGHT OUR NAFS, AND OUR TENDENCY  
TO PROCRASTINATE.

#3

WE PROCRASTINATE  
BECAUSE OF OUR EXCESSES

# SIMPLIFY BY:

1) DONT RUSH WHEN MAKING DECISIONS. HASTINESS LEADS TO REGRET, WHICH LEADS TO DREAD, WHICH LEADS TO PROCRASTINATION.

2) DISENGAGE FROM SOCIAL MEDIA, FROM THINGS THAT DOES NOT CONCERN YOU, FROM IDLE TALK AND ENTERTAINMENT

3) BEING MINDFUL OF YOUR EATING, SPENDING AND SLEEPING HABITS

PROCRASTINATION

MAKES EASY THINGS HARD



THE PROPHET ﷺ  
UNDERSTOOD THE  
SEVERITY OF THIS  
PROBLEM.



Rasulullah ﷺ prayed:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ،  
وَالْعَجْزِ وَالْكَسَلِ، وَالْبُخْلِ وَالْجُبْنِ،  
وَضَلَعِ الدُّيْنِ، وَغَلَبَةِ الرِّجَالِ

O Allah, I seek refuge in You from worry and grief, from weakness and from laziness, from miserliness and from cowardice, from being overcome by debt and overpowered by men (i.e. others).

(Al-Bukhari 7/158)

LET'S BREAK THIS  
POWERFUL DUA DOWN:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ

AL-HAMM  
(WORRY / ANXIETY)

Hamm leaves a person preoccupied with one's thoughts, going over them repeatedly in the mind, because it is an anxiety one has regarding something that may or may not even happen.

It is the type of distress that affects the mind, heart, and body. It decapitates you.

# اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ،

## AL-HAZAN (GRIEF)

Huzn means ‘to be full of sorrow, mourning, grief, and sadness’.

It is grief arising on account of an unpleasant event that has happened, such as the death of a loved one or a distressing situation.

In the Seerah, the year that Abu Talib and Sayyidatina Khadija RA died is known as ‘Aam al Huzn, the Year of Grief. But it is also during this Year of Grief, that the commandment for Solah was given to Rasulullah SAW.

# وَالْعَجْزِ،

**AL-‘AJAZ (WEAKNESS /  
INCAPACITY / INABILITY)**

It means ‘to become weak, to lack strength, and to be incapable.  
But this is not just restricted to physical inability.

It can also be mental or spiritual inability where a person does not have the strength to get up for Solah, or to fast, or to stop with their addiction; which is why we always have to seek refuge in Allah from all forms of inability.

# وَالْكَسَالِ

AL-KASALI  
(LAZINESS)

It means ‘to be lazy, idle, sluggish, negligent and inactive’.

Laziness deprives a person from immense good, as one prioritises idleness over worshipping Allah and serving His creation. In this Dua, we are asking Allah to make us energetic and productive, and to save us from delaying our tasks, aka, procrastination.

NOTICE HOW RASULULLAH  
STARTED THE DUA ASKING FOR  
HELP FROM ALLAH IN TERMS OF  
OUR MENTAL AND EMOTIONAL  
STATES FIRST?



Rasulullah ﷺ prayed:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ الْهَمِّ وَالْحَزَنِ،  
وَالْعَجْزِ وَالْكَسَلِ، وَالْبُخْلِ وَالْجُبْنِ،  
وَضَلَعِ الدُّيْنِ، وَغَلَبَةِ الرِّجَالِ

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(Al-Bukhari 7/158)

## **AL-JUBNI (COWARDICE)**

Jubn literally means ‘to shrink’.

Cowardice stops one from fulfilling one’s obligations, from speaking the truth, defending the Deen and the oppressed, and enjoining the good and forbidding the evil.

It also stops one from doing good deeds in front of others (e.g. avoiding praying in a public place due to fear of embarrassment).

## **DALA'A AD-DAYN (OVERCOME BY DEBT)**

Debt can weigh down upon a person, and can lead him to do things which are unlawful.

It may also cause him a lot of anxiety, and prevent him from worshipping Allah as he ought to.

## **GHALABAHTIR-RIJAL (OVERPOWERED BY MEN)**

Ghalabah means ‘to be overtaken, subdued or overpowered’.

When a person feels he has no control over his situation.

Being overpowered by others could make one feel weak, humiliated and sad. And this can definitely negatively impact one’s Ibadah.

This particular du'a is one that the Prophet SAW recited in the mornings and evenings because the desire to not do anything isn't something that we feel once in a while.

SO WHAT  
DOES ISLAM  
TEACHES US:



#1

INTENTION TO LEAVE  
PROCRASTINATION

Rasulullah ﷺ said:

“Verily, you will never leave anything for the sake of Allah Almighty but that Allah will replace it with something better for you.”

(Musnad Ahmad 23074)





#2

START YOUR  
DAY EARLY

(with Tahajjud & Fajr)





HOW IS THE STATE OF  
YOUR MORNINGS NOW?

#3

BE AKHIRAH-CENTRED

“Whoever is focused only on this world, Allah will confound his affairs and make him fear poverty constantly, and he will not get anything of this world except that which has been decreed for him.

Whoever is focused on the Hereafter, Allah will settle his affairs for him and make him feel content with his lot, and his provision and worldly gains will undoubtedly come to him.”

(Sunan Ibn Majah 4105)

WHEN WE PRIORITISE  
ALLAH SWT, ALL OF THOSE  
ENDLESS TASKS, THAT  
SEEMED SCATTERED AND  
REQUIRE SO MUCH TIME,  
WILL EFFORTLESSLY COME  
TOGETHER.



#4

MINGLE WITH  
THE PRODUCTIVE



#5

FORM A

SUSTAINABLE HABIT



*Remember*

IT'S ALL IN YOUR  
1-ON-1 CONVERSATIONS  
WITH ALLAH.