

# MINDFULNESS IN YOUR DAY

*How Rasulullah ﷺ  
spent his 24 hours*

WITH ANSE DR TAMARA GRAY



# Living like the Prophet ﷺ



- Between the time the Prophet ﷺ received revelation and when he passed away at the age of 63, many lives were changed.
- When we ask ourselves the following question, “How did the Prophet ﷺ live every day?”, it is probably because we want to solidify our lives - and that is a beautiful intention to have Ma Sha Allah.
- But it can be dangerous to expect our lives to be like his every day - we will end up feeling frustrated and harbour negative self-thoughts when we fall short of our expectations. >.<

*Instead, we should ask,*

“WHAT WAS  
STEADY IN THE  
LIFE OF THE  
PROPHET ﷺ  
DURING THOSE  
23 YEARS?”



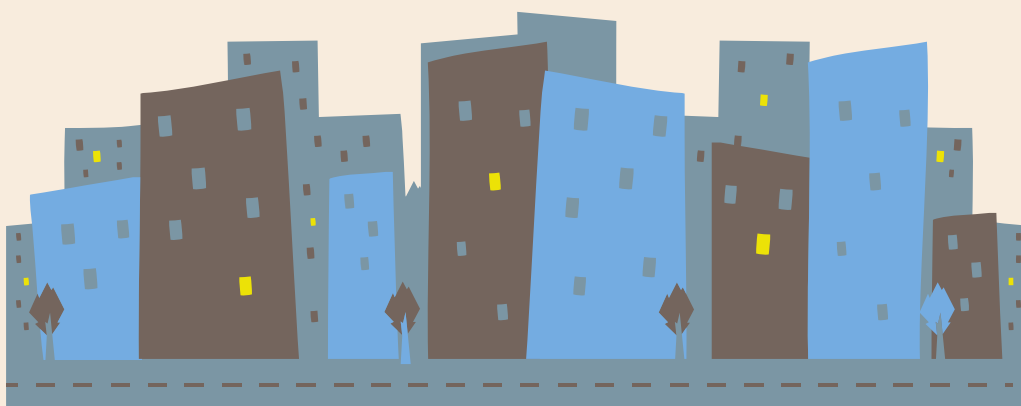


WHAT HABIT  
DID THE  
PROPHET ﷺ  
REGULARLY  
ENGAGE IN?



*The answer is..*

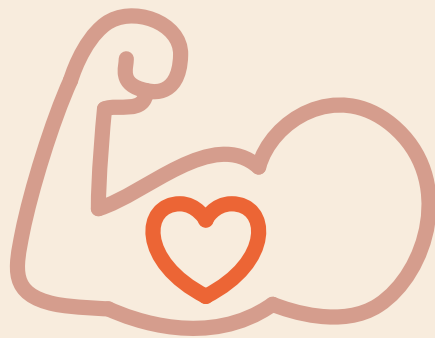
Tahajjud



# His Morning صَلَّى اللّٰهُ عَلَيْهِ وَسَلَّمَ

- The Prophet صَلَّى اللّٰهُ عَلَيْهِ وَسَلَّمَ would spend his morning hours in Tahajjud and this is something that the Companions learnt and imitated from him صَلَّى اللّٰهُ عَلَيْهِ وَسَلَّمَ.
- For context, Qiyam means ‘standing in prayer’ while Tahajjud is the prayer performed after we awaken from sleep at night.
- When we worry about the number of Rakaahs done by the Prophet صَلَّى اللّٰهُ عَلَيْهِ وَسَلَّمَ, we are limiting his worship صَلَّى اللّٰهُ عَلَيْهِ وَسَلَّمَ.
- When we limit his communication, his standing, his worship and his visual connection صَلَّى اللّٰهُ عَلَيْهِ وَسَلَّمَ to us to a limited number of Rakaahs, it is due to our inability to understand the type of worship that he صَلَّى اللّٰهُ عَلَيْهِ وَسَلَّمَ had.

# The Soul-Muscles



- Several narrations describe the **quality** of his one rakaah - the Prophet ﷺ would begin his night with 2 short rakaahs before he ﷺ starts to \*PRAY\*.
- The 2 rakaahs were his way of warming up his heart and soul ﷺ; it was like he ﷺ was shaking off the Dunya in those 2 rakaahs before his soul-muscles were ready.
- A companion named Hudhaifah RA once joined the Prophet ﷺ in night prayer not knowing about its long duration.



*Read the full narration next page!*

It was narrated that Hudhaifah said:

"I prayed with the Prophet (ﷺ) one night. He started to recite Al-Baqarah and I thought, 'he will bow when he reaches one hundred,' but he carried on. I thought, 'he is going to recite the whole surah in one rak'ah,' but he carried on.

He started to recite An-Nisa' and recited (the whole surah), then he started to recite Al Imran and recited (the whole surah), reciting slowly.

When he reached a verse that spoke of glorifying Allah (SWT), he glorified Him. When he reached a verse that spoke of supplication, he made supplication. When he reached a verse that spoke of seeking refuge with Allah, he sought refuge with Him.

Then he bowed and said: 'Subhana Rabbiyal-Azim.(Glory be to my Lord Almighty)', and he bowed for almost as long as he had stood.

Then he raised his head and said: 'Sami Allahu liman hamidah (Allah hears those who praise Him)', and he stood for almost as long as he had bowed.

Then he prostrated and started to say: Subhana Rabbiyal-'Ala (Glory be to my Lord Most High),' and he prostrated for almost as long as he had bowed.'"

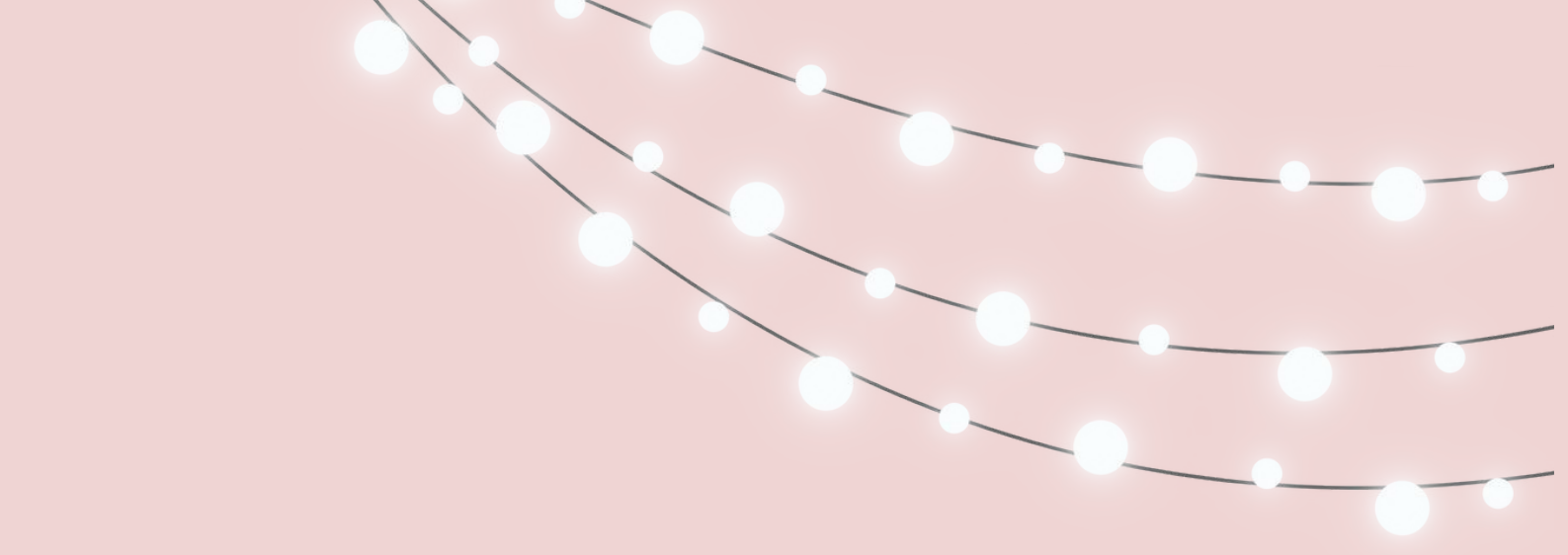
(Sunan an-Nasa'i 1664)





*Reflect:*

WOULD WE  
HAVE  
SURVIVED  
THAT LONG  
STANDING?



There is a real  
need for deep light  
(and strong leg  
muscles) to stand  
that long in prayer.

Do we have what it  
takes?

# The Prophet's Rakaah

- When we are reciting the Quran, we don't usually have a deepening response to the Quran. It's not always a conversation as it should be.
- When we are standing, we are conversing with the very words of Allah SWT by repeating them. When we go into Ruku', we are reminded of the closeness of our Lord.
- The Prophet ﷺ may have spent an hour in his first Ruku' - we can't even stay in Ruku for 5 minutes! Sometimes, people don't stay in Ruku' long enough to hold the position.
- He ﷺ also spent the same amount of time in Sujud as his previous movements.

# Through good and bad

- When people say the Prophet ﷺ had a limited number of Rakaahs at night, we have to understand that his prayers are unlike ours, where it is quick and hasty.
- The steadiest part of the Prophet ﷺ's schedule is thus manifested in his prayer.
- Even in moments of great fear, the Prophet ﷺ maintained his Tahajjud prayers: The night before the Battle of Badr, the only thing that changed in his night was the routine of Rakaahs in his prayer. He ﷺ spent the night, pleading with Allah SWT and seeking His Protection about the incoming fearful day.
- We see Tahajjud in his most difficult times and also in his every day ﷺ. Is this the same for us?

Tahajjud  
was an anchor  
in his life

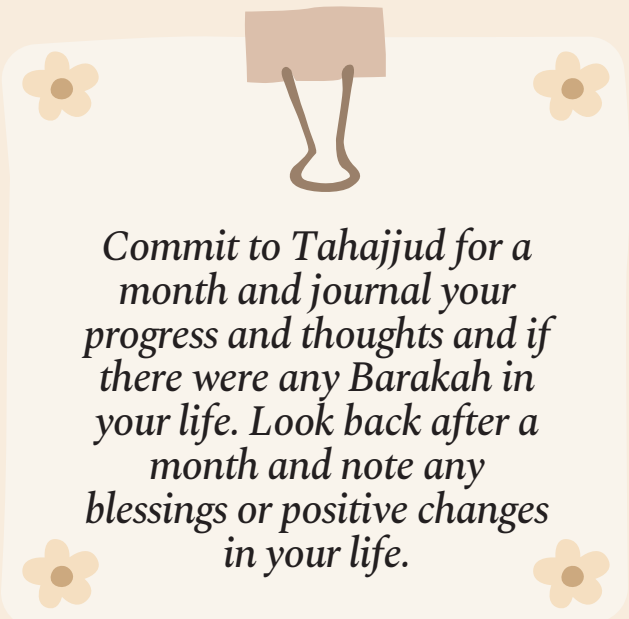
صَلَّى اللَّهُ  
عَلَيْهِ  
وَسَلَّمَ

aa plus



# Invite blessings through Tahajjud

- Although we can't compare ourselves to the Prophet ﷺ, we can compare ourselves to the Companions and see what they have taken from the Prophethood for their own lives, and the fact is, they saw the necessity of Tahajjud.
- A companion named Tamim b. Aws RA missed Tahajjud one night. In repentance for this one night, he spent ONE YEAR staying up every night in Qiyam. Ma Sha Allah.
- This tells us that Tahajjud is an anchor of the day and it really changes the blessings every day.
- Wherever you are in your Tahajjud, keep increasing it a bit. If you are not regularly praying Tahajjud, make it regular. If you have not made Tahajjud a habit, you can start the habit now.




*Commit to Tahajjud for a month and journal your progress and thoughts and if there were any Barakah in your life. Look back after a month and note any blessings or positive changes in your life.*

# Recognise the blessings



- Sometimes we forget and don't really recognise the blessings that are in our lives.
- The Prophet ﷺ's anchoring of Tahajjud and the Companions' imitation of it tells us that Tahajjud is important in making us the community we're supposed to be.
- When you pray Tahajjud, don't just pray it; see the Barakah in your life too.



WHAT OTHER  
HABIT WAS THE  
PROPHET ﷺ  
CONSISTENT  
IN?



*It was none other than the*

# Fard Prayers



# The Ship of Our Lives



- As Tahajjud anchors our day, the Fard prayers are like the hull of our ship; life moves forward in the ocean of Dunya because we have this ship.
- While Tahajjud is an anchor, it needs a ship to actually anchor to. And this ship is our five Fard prayers.
- All the sunnah prayers that surround the Fard prayers are what build the ship that carries this Deen for us.
- If we want to be inheritors of Rasulullah ﷺ, we need to take seriously all the ritual prayers in the day - the Fard and Nawafil prayers.

# The Prophet's Self-Care

- We know that he ﷺ would help his family at home. But in reality, he didn't just help; he did the WORK.
- The Prophet ﷺ took care of his personal matters as a matter of necessity. In our world today, we are always in danger of being pulled one way to another. The Prophet ﷺ taught us the middle way.
- We live in a time of self-care; so how did the Prophet ﷺ do self-care? He did that which helped him take care of others. Subhana Allah.
- The Prophet ﷺ spent the time it needed to ensure that when a person conversed with him, they felt comfortable. He was also beautiful, clean, groomed and trimmed ﷺ - imagine conversing to someone with bad breath!
- His self-care was not the type of self-care like today - where one is more concerned about being admired, or following the trend of self-care just for the sake of it.



*Reflect:*

HOW IS YOUR SELF-  
CARE ROUTINE  
COMPARED TO THE  
PROPHET ﷺ?

# Self-Improvement

- In Islam, the concept of improving ourselves is done for the sake of Allah, not just for the Self.
- The caring of the Self as taught by the Prophet ﷺ - being clean and tidy - is generosity to others so that when they sit with us, they are not distracted by our flaws.
- In our morning routine, we should make sure that we are dressing and cleansing with the intention to be ambassadors of this Deen, and also ambassadors of how the Prophet ﷺ interacted with people.
- We can partake in causes promoting using only natural ingredients in our self-care products, but not at the expense of our hygiene.
- The Prophet ﷺ did not have the ability to buy deodorant, but he always smelled good <3





# After Fajr

- Some of us thrive on schedule, while others need something new every day. The Prophet ﷺ was fluid in how he spent his time after Fajar and so can we. We can read the Quran, read Adhkars etc., as long as we spend our time **awake**.
- The time after Fajar is a time for worship, so don't spend the blessed time sleeping!
- Abu al-'As ibn Rabi' was the husband to the Prophet's daughter, Zaynab RA. They were ordered by the Prophet ﷺ to be separated since Abu al-'As declined to convert to Islam, and Muslim women were prohibited to marry disbelievers.
- One day, Abu al-'As escaped an interception of some of the Prophet's companions and sought refuge in the house of Zaynab RA in Madinah. Zaynab RA went to the mosque where her father ﷺ was praying in congregation with his people and announced loudly that she would protect Abu al-'As ibn Rabi'.

# How are we communicating?

- From this story, we learn that Zaynab knew to announce the news at the Masjid because 1) the routine of the people of Madinah was to be at the Masjid at dawn and 2) the Masjid is a place where communication / announcement usually occurred.
- Where is our place of communication? When and where is our family usually gathered together? Use them as a communication time. Let people know what is going on, ask about their day etc.
- The Prophet ﷺ spent his day very visibly working on everything. In Madinah, he was the political leader and Sheikh. He ﷺ was giving personal spiritual guidance to individuals.
- When someone came to him to ask a question, the Prophet ﷺ would listen to them without interrupting them. He would listen to their story and respond with succinctness, clarity and using the right amount of words.



# THREE IS THE SUNNAH

*The Prophet ﷺ would  
often repeat himself three  
times when teaching to  
make sure that people  
understood.*



# A Competent Political Leader

- The Prophet ﷺ spent a lot of his day in communication. When people asked him questions, he ﷺ would really listen to them and then respond.
- Part of the routine of the Prophet ﷺ was to give people the attention that they asked for and to take care of their needs. This includes:
  - ensuring that money and food were distributed to the people
  - street and road management
  - organisation of irrigation
  - diplomacy management
  - education of people
  - sending companions to learn languages


صَلَّى اللهُ  
عَلَيْهِ  
وَسَلَّمَ

The Prophet صَلَّى اللهُ  
عَلَيْهِ  
وَسَلَّمَ  
didn't live his life  
to say to himself,  
“I need a break”.

# Our Flexible Prophet



- When he ﷺ ate with people, he sat with them and used the same plate as them.
- The daily routine of the Prophet ﷺ when it came to his relationship with Allah SWT was fixed. He did Tahajjud, Fard and Sunnah prayers, sunnah fasting and so much more.
- But when it came to interaction with people, he ﷺ was so flexible. He never made anyone feel like they can't be listened to.
- He ﷺ managed economics, politics, business, city planning, tarbiyah, spiritual growth, the teaching of people; all in his flexible schedule, and he ﷺ never stopped!
- When he ﷺ came home, he continued working on himself or on the house, and he was fun and friendly to the people of his house.



WHAT CHANGES  
DO YOU WANT TO  
MAKE TODAY TO  
BE MINDFUL AND  
FLUID LIKE THE  
PROPHET ﷺ?