



Day 5: Salaah & Qur'an.

Bismillah

Today we have two challenges in one.

We will focus on our Salaah and our Qur'an.

These two are sometimes the most underrated in our deen.

What do I mean by that?

Well, we want an emaan-boost right?

We want that connection with Allah right?

We want to be good Muslims right?

We want to practice our deen right?

We don't want all these issues in our life and we want to be happy, right?

But what do we continuously ignore?

Our Salaah and Qur'an – which can give us all the above!

As this is a 10 day challenge I will keep it brief – however if this is an area you need extra help in then insha'Allah I will cover both these topics in depth, separately in another program (which will be revealed on Day 10 in our online Masterclass webinar).

So, for the purpose of this challenge – I want you to focus on your 5 daily prayers.

Pray on time – pray in congregation (for brothers) and focus – have khushoo (try please – for this challenge).

We want to do extra and extra and extra – yet you and I need to perfect our basics.

Look at your personal situation – so for instance if you are at school/college/university or work and need to pray and are finding it a challenge – then in this 10 days get that sorted insha'Allah.



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Or if you are someone who leaves their pray for last minute then set the alarm for each prayer at its start time – that will prompt you to pray on time.

Or if you are someone who finds it difficult to focus then get into your 'Spiritual-Retreat' zone and start to focus (remember Day 1 exercise) and in this session start doing some dhikr and focus on that.

You get the drift.

So look at your personal situation and work on that.

As I said – there is so much we could go into in this topic – such as deriving patience from prayer, connection with Allah, sujood, etc – but I will leave that for our other program and insha'Allah you will be part of that as we will cover it in depth.

If you are someone who prays on time, has khushoo, can pray in your work/study place – then move on to focusing on to voluntary prayers such as qiyam and tahajud.

This is not to say that if you are struggling in your five daily prayers that you can't pray your voluntary prayer – no not at all – but what I am saying is that if our compulsory prayer needs fixing then let's work on that first rather than cashing in on all voluntary prayers.

Each of us will be accountable for our compulsory prayers and those have the top marks – so focus on the compulsory first insha'Allah.

Remember this challenge is about super-charging our emaan by perfecting certain areas of our worship – and in this case it will be the salaah.

Ok? Good, alhamdulillah.

Now – Qur'an.

Again, for the purpose of this 10 Day Challenge and not to overwhelm you I will keep it simple and leave the intense version for our upcoming program insha'Allah.

How much Qur'an do you read each day? Each week?



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How much tafseer do you study each week?

For this challenge I want you to read some Qur'an every single day.

The best time is when you wake and pray fajr.

Even if it is just one page – read that one page.

The purpose is to slowly build on that.

If you don't read Qur'an regularly then reading a lot in one sitting will really end up being one sitting.

So grab your journal, get into your spiritual-retreat zone and schedule it and also schedule in half hour tafseer study this week and then insha'Allah continue that at the same time each week.

We are slowly building our emaan-muscles.

If you're someone who works out or is into sports then you know what will happen to your body if you do too much in your first session.

Exactly! You'll be knocked out for days.

So start wherever you left off in your Qur'an, read a page a day starting today and then this week whichever day you have chosen to study your tafseer study the same verses you recited in your chosen language (for me it will be English and Urdu).

I reiterate that I am deliberately keeping this short as it is an intense one and one we need to delve into deeply.

For now let's get working on this insha'Allah.

Ready? Bismillah-ExCel and work those emaan-muscles! 😊