



## Day 9: Deen & Duniya

### **Bismillah**

Deen wa Duniya – We need to Balance it insha'Allah!

Today's Challenge is all about balancing one's life insha'Allah.

Islam is holistic and it is a way of life - not picking and choosing certain bits which suit us at a specific time. We are not dabblers - but we live life to the fullest following Allah (swt's) commands and the teachings of our beloved Prophet (pbuh).

We need to plan for both our duniya and akhirah - our life in this world and the life in the hereafter. We need to work hard for both. We have been put in this world and we have to face all the trials and tribulations - it's a test and if we want the highest Jannah (Firdaus) then we need to pass this test!

**"Our Lord Grant us good in this world and Good in the hereafter and save us from the punishment of the fire" (Q:2:201)**

It's easy to fall into extremes in life - but we all know that too much of anything won't help us at all - imagine eating chocolate for breakfast, lunch, dinner, seven days a week (although any young ones reading this might suddenly find it appealing - please don't try it - you'll become very sick!).

We can ask Allah (swt) with the above dua to bless us with both good in this world and good in the hereafter - and when Allah (swt) does bless you with health, wealth and happiness - be thankful, accept it and through your blessings help others insha'Allah.

Sometimes when we have deep spiritual moments - like in Ramadan and iti'kaaf and these 10 days we want to stay in that forever - like always praying, reading Qur'an, total submission to Allah...

Ever, truly felt that moment?

**\*\*\*Reflection Moment...\*\*\***

It's a Beautiful Feeling...



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But as Muslims we need to balance our ibaadah and our daily lives. And our beloved Prophet (pbuh) said that he fasts and breaks his fast, he prays and he sleeps - because our bodies have a right over us and our families have a right over us.

If you're feeling that you go into extremes in some things in life (shopping maybe?) or even deen (continuous fasts) then now is the time to reflect, think and see where you can make some changes in your life so that not only do you balance your daily life with work, studies, family, business but you also prayer all your five daily prayers, read Qur'an, your daily adhakaar, catching up on some personal Islamic studies insha'Allah.

If we fail to balance our life - our deen and duniya, we'll fall into extremes and it won't benefit us - neither in our short stay in this world and neither in our ultimate abode - akhirah.

So to help us balance out deen and duniya here are some action points.

Today's Challenge kind of brings together all that we have been practicing in the last 8 days.

### **Action Points:**

- a) Check-it! – Grab your journal and pen and be honest with yourself - deen and duniyah - is there a balance? (If so, then hamdulillah!)
- b) Change - do you need to make a change somewhere? More Qur'an, more voluntary fasts and prayers? Write them down and make a firm intention to start and continue this from this point onwards insha'Allah.
- c) Goals - are you achieving them? Are you dreaming more with your eyes open and planning of ways to make your dreams a reality?
- d) Duas - lots of them - there's still time – Today is the Day of Arafah (I know we're all looking forward to Eid) but make duas - with full sincerity and then watch your dreams become reality - insha'Allah, ameen!

Also add to this list. I think today's challenge is perfect for the Day of Arafat! What do you think? ☺