REVIVE A SUNNAH TODAY

Why should you revive a Sunnah?

1. To be in Paradise with the Prophet. Whoever revives my sunnah then he has loved me. And whoever loved me, he shall be with me in Paradise [At-Tirmidhee]

2. To build up many rewards. Whoever revives a Sunnah from my Sunnah and the people practice it, will have the same reward of those who practice it without their reward diminishing [Ibn Maajah]

Ahhhhh, big yawn?

- Resist yawning
- Cover your mouth with your hand
- Suppress your voice: don't yawn with a noise
- Teach your children this important etiquette from young to gain ongoing rewards for

Taking your shoes off? To the left!

The Prophet salallahu 'alayhi wasallam said: *"If one of you puts on shoes, let him begin with the right. And when he takes it off, let him begin with the left. And let him put them both on or let him take them off both".* [Saheehayn]

I go shopping and I say...

There is none worthy of worship in truth except Allah alone, He has no partners, He has the dominion and for him is all the praise, He gives life and he takes life and he is the ever living and does not die, in his hand is goodness and he is capable of all things

Knock, knock, knock.

The Prophet salallahu 'alayhi wasallam said: *"Seeking permission is three times. If you are given permission then you can, otherwise return".* [Muslim]

Put that barrier down!

The Prophet salallahu 'alayhi wa sallam said: *If any of you places something in front of him, [at least] equal [in height] to the back of a saddle, he should pray without caring who passes [in front of him] on the other [opposite] side of it.* [Muslim]

Take a break in salah!

-Add in a pause after coming up from rukoo!
-Say: Rabbighfirlee, Rabbighfirlee (O Lord forgive me x2) when you pause between two prostrations

Whispers in prayer, attack back!

The Messenger of Allah said: *"That is a devil called Khinzab. If you feel that, then seek refuge with Allah from him* (e.g *'a'oodhu billaahi minash-shaytaanir rajeem*) and spit dryly to your left three times. He said: *I did that and Allah took him away from me."* [Muslim]

Undressing? Say bismillah!

The Prophet salallahu 'alayhi wa sallam said: "To put a barrier that will prevent the jinn rom seeing the 'awrah of the sons of Aadam, let any one of you say 'Bismillah' when entering the toilet". [At-Tirmidhee]

Had milk? Pass me some water, please!

The Prophet drank some milk then called for some water. Once he got the water he rinsed his mouth then said, *"It has fat."* [Al-Bukharee, Muslim]

Just woke up? Clear that nose!

The Prophet salallahu 'alayhi wasallam said: *When one of you wakes up from his sleep, he must blow of his nose three times, for the shaytan spends the night inside one's nostrils* [Al-Bukhaaree, Muslim]

Don't drink like a camel!

The Prophet salallahu 'alayhi wa sallam said: *"Do not drink in one breath just as the camel does. Rather, drink twice and thrice, and mention (Allah's) Name before drinking and thank (Him) upon finishing".* [At-Tirmidhee]

Dust off that bed!

The Prophet salallahu 'alayhi wa sallam said: *When any one of you goes to bed, let him clear his bed by hitting it with his garment, for he does not know what may have come onto it. Then let him lie down on his right side…*

Don't say 'yuk'!

It is narrated on the authority of Abu Hurayrah radiyallahu 'anhu that he said the Messenger of Allah sallallahu 'alayhi wa salam did not ever criticize food. If he liked it, he ate it and if he disliked it, he left it. [Al-Bukharee]

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