



# TIME MANAGEMENT IN THE SEERAH

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**Feb 04, 2023**  
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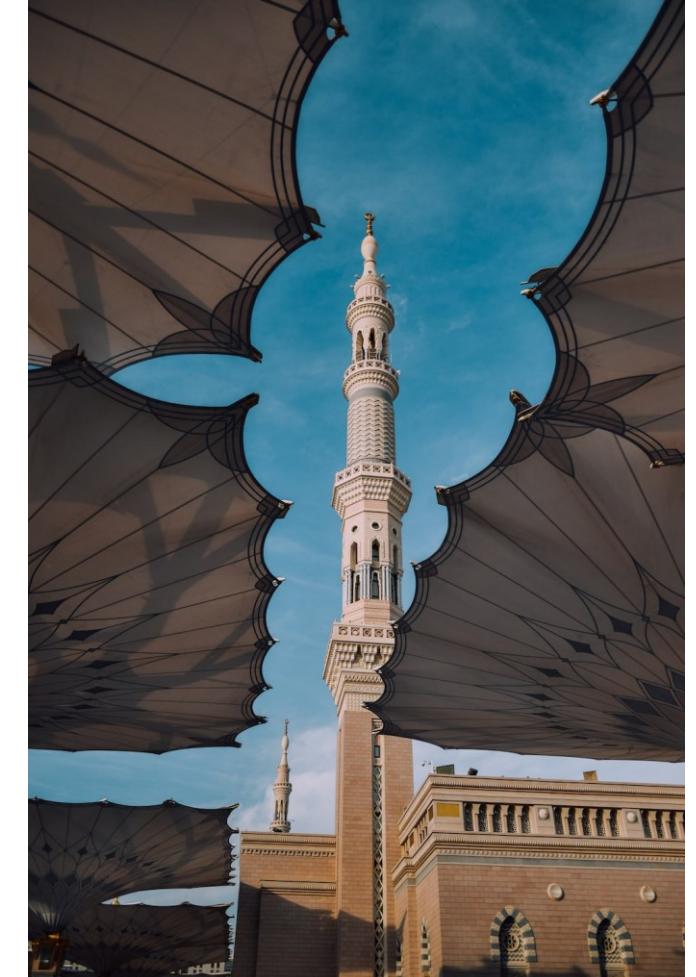


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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

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- Send Salaat Upon Him ﷺ whenever he is mentioned
- Throughout the presentation, allow your heart to be attached to his life ﷺ, think about the struggles he went through



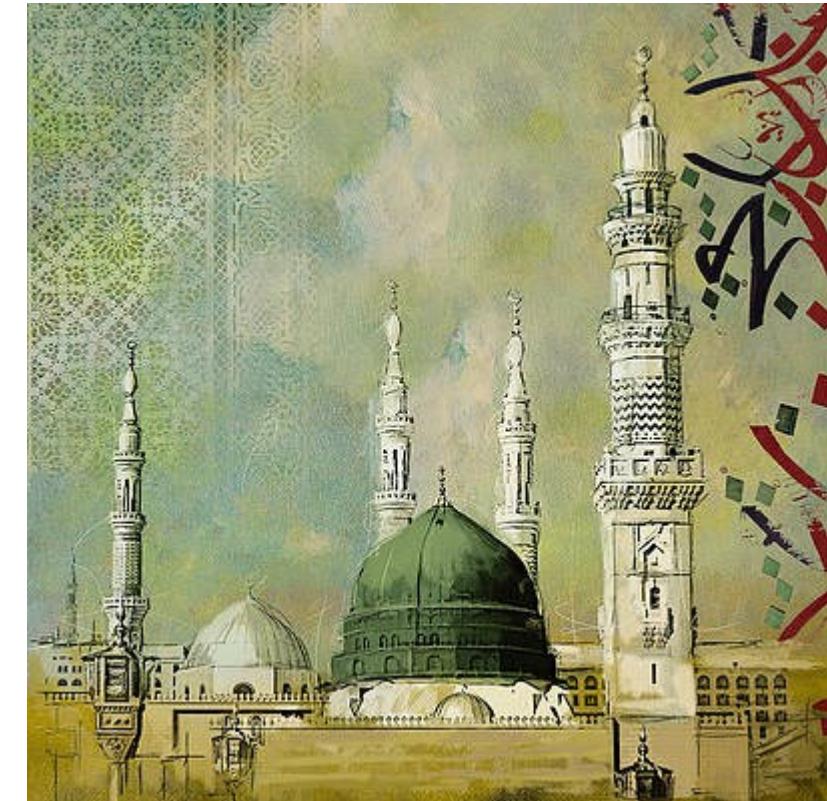


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## Aims of this presentation:

- Looking at time management from the lens of the Seerah Al Nabawiyyah
- Focused towards Muslim youth involved in Da'wah and Islamic organizations/Muslim community
- A push to achieve the right balance in spending time in:
  - Worship
  - Families
  - Friends
  - Community Work
  - Studies/Work





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# Why the Seerah?

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لَقَدْ كَانَ لَكُمْ فِي رَسُولِ اللَّهِ أُسْوَةٌ حَسَنَةٌ  
لَمَنْ كَانَ يَرْجُوا اللَّهَ وَالْيَوْمَ أَلْأَخِرَ وَذَكَرَ اللَّهَ كَثِيرًا

Indeed, in the Messenger of Allah you have an excellent example for  
whoever has hope in Allah and the Last Day, and remembers Allah often.

Quran 33:21



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# Why the Seerah?

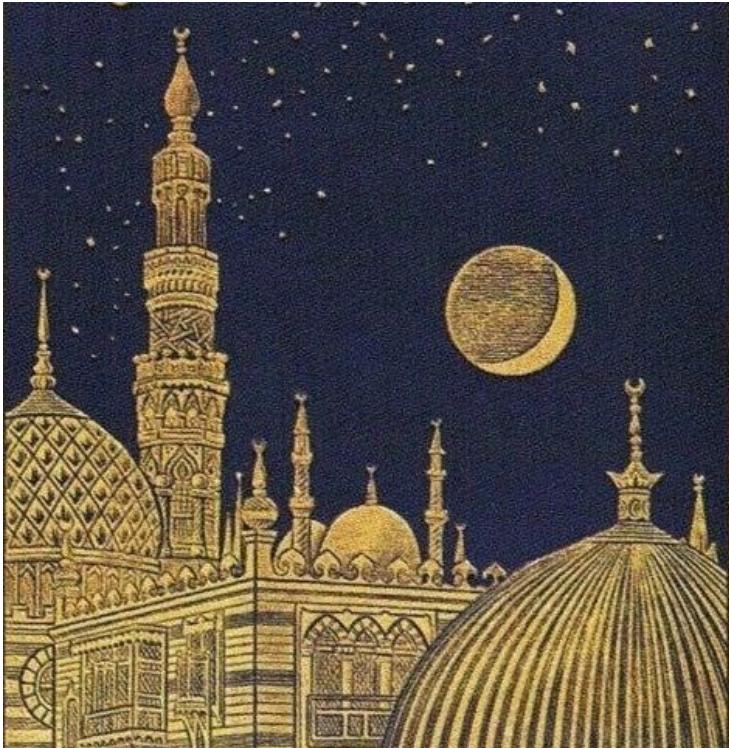
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- Allah Ta'ala sent him ﷺ as the excellent role model for us
- His Life has tremendous blessings from us to take from
- He ﷺ embodied perfection
- He ﷺ is the most successful person
- He ﷺ beautifully balanced his time



# Early to Bed...

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A productive day begins with a good night:

- It is encouraged not to talk after Isha unless if it is useful
- Pushing oneself to sleep earlier
- Ending the day in the remembrance of Allah Azawajal
- Removing all grudges and forgiving everyone



# Early to Rise...

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Starting the day early is crucial:

- Waking up for Tahajjud
  - Last third of the night
  - Before Fajr
- Going to the Masjid for Fajr
- Starting the day with Adhkar



# Don't Rush

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- Taking time in Salah
- Doing the personal 'Ibadaat properly
- Make Du'a that your tasks become easy
- Make time for the Quran
- Know that Allah Ta'ala will put Barakah in your time



# Avoiding Lahw

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- Avoiding useless time waste
- Controlling social media habits
- Cleaning friend groups
- Does it benefit my dunya or my akhirah?
- NEVER KILL TIME
- Finding time wasters and minimising them
- BALANCE - Don't be an extremist



# Balancing

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- Hard on the nafs... easy upon the people
- Giving yourself a mental break
- Knowing when to relax
- Giving time to family and friends



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# Sources

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- **Sunnah.com**
- **Quran.com**
- **Khutbah: Time Management From the Quran & Sirah | Shaykh Dr. Yasir Qadhi**
  - [https://www.youtube.com/watch?v=cMxDshPtQVk&t=1278s&ab\\_channel=YasirQadhi](https://www.youtube.com/watch?v=cMxDshPtQVk&t=1278s&ab_channel=YasirQadhi)
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- <https://www.soundvision.com/article/the-sunnah-of-prophet-s-time-management-calls-for-a-purpose-driven-life>
- **MuslimMatters**
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