

MATROOK SUNNAH CHECKLIST

1. WAQT KA SAHIH ISTEMAAL

Nabi saws :

- Ek bamaqsad insaan – waqt ko kabhi zaaya nahi kia
- Sab se badi daleel: Suleh Hudaibia : 10 saal tak koi jung na hone ka muaheda – Nabi saws ne ye waqt Daawat ilal Laah keliye istemaal kia
- Bunyaadi roop : Dae e Deen ; Basheer o Nazeer

Matrook Sunnah:

Waqt ko zaaya karna , sahih istemaal nahi karna

Wajuhaat/Reasons :

1. Susti
2. La ilmi
3. shaor ki kami
4. distractions

Tadabbur /Ponder :

- Zindagi sirf ek baar milti hai – AMAL keliye
- Har ghanta, har mausam , har baar ghar se nikalna, har baar sawaari par baithna – AAKHRI sochein
- Hum Ummat e Wassat – Rabb aur logon ke beech mein waasta (wassat: do cheez ke kinaaron ke beech ki cheez; khair;darmiyaani) Al Baqarah : Ay 143
- Namaz, roze ki tarha , Daawat ilal LAAH , mujh par farz hai

Niyyat/Goal:

- Khud ko zaaya nahi karna
- Nabi saws ki sunnat apnaani: Mawaaqe/waqt ka sahih istemaal – daawat ilal Laah

Amal:

1. Zindagi ko ba usool banayein – apne usool/rules banayein → hum bhi khush aur doosre bhi
2. Mawaaqon ka sahih istemaal
3. Jahan jaayein , Rabb ka banda bunkar jaayein
4. Ek kaam ka uzar banakar, doosre kaam se peeche nahi hatna
5. Ek kaam nahi hosakta, uski jaga doosra kaam karna hai
6. Jahan bhi jis darje ka jo de sakte , dena hai . Maal, ilm , waqt, skills
7. Logon se sacchi khairkhwahi aur unki hidayat keliye dua

**** WAQT KA SAHIH ISTEMAAL → SELF CONFIDENCE/SUCCESSFUL LIFE ****