

الحمد لله الذي خلق فسوّى، وقدر فهدى، وخلق الزوجين الذكر والأنثى، وأشهد أن لا
إله إلا الله وحده لا شريك له، جعل للناس من أنفسهم أزواجاً ليسكنوا إليها، وجعل
بينهم مودةً ورحمةً،

وأشهد أن سيدنا محمداً عبداً لله ورسوله ووصيه من خلقه وخليفه خير الأوج للزوجات،
وأرحم الناس بالبنين والبنات، اللهم صلّ وسلّم وبارك على سيدنا محمد وعلى آله وصحبه
أجمعين، ومن تبعهم بإحسان إلى يوم الدين.

Praise be to Allah Who created and proportioned. And Who destined and then guided. He creates the two mates-male and female. I bear witness that there is no deity except Allah Alone, having no partners. He created for people from among themselves that they may find tranquillity in them, and He placed between them affection and mercy.

I also testify that Muhammad is Allah's Messenger and Servant, who of all people reached the highest reverence and had the most outstanding character. He was the best friend and companion, the best husband to wives and kindest to sons and daughters. May the peace and blessings of Allah be upon him, his family, his Companions, and all those who will follow them in righteousness till the Day of Judgment.

وَالَّذِينَ يَقُولُونَ رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

“And those who say, "Our Lord, grant us from among our wives and offspring comfort to our eyes and make us an example for the righteous.” (25:74)

The demands of work, time and Dunya; the greatest sufferer is the family and Faith.

“Busy”

Stay-at-home mother of two, a corporate working father, a newly married couple, or a single parent juggling work and children, we often hear “I’d love to spend more time with my family, but I’m just so busy.”

If you won’t and don’t, then who will? Who and what are the substitutes? Our faith and families are decaying and we are failing them with grave consequences.

When faith suffers, so does your family – inextricably linked

يَا أَيُّهَا الَّذِينَ آمَنُوا قُوا أَنْفُسَكُمْ وَأَهْلِيكُمْ نَارًا

“O you who have believed, protect yourselves and your families from a Fire” (66:6)

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ

“On no soul does Allah place a burden greater than it can bear. It gets every good that it earns, and it suffers every ill that it earns.” (2:286)

- **Priorities** – In pursuit of Dunya, we’re losing our faith and family. While every person carries specific burdens; Allah will never weigh us down with something we cannot handle. Sacrificing family time or cutting back on being with our family members is not the answer to better time management
- **Comparison With The Prophet** – “Having No Time” to spend with family or on matters of faith is really just a case of a misappropriation of time. The hours, minutes, days, weeks, months, years are the same, but the *Barakah* in the way we use that time has greatly decreased.

If you engross yourself into work, leisure, pleasures of *Dunya*, your children, spouse, parents, siblings, communities and Deen will come second and suffer.

- **Rebuilding the Broken** – Broken Individuals, Fragmented Families = Crippled Societies. Rebuild your faith, and family.

The Prophet ﷺ said “The best of you is he who is best to his family, and I am the best amongst you to my family.” (Tirmidhi)

Is your nicest smile saved for your children? Your softest for your spouse? Your kindest compliments reserved for your parents?

Once we stop trying to be the best to our families, we stop growing and so does our Faith.

- **Unplug** – Force yourself to disconnect from technology. Give yourself and your family downtime where no one will use the laptop, computer, phone, or any other device. Make time for each other to simply practice the lost art of talking, playing, praying, and sitting in the company of one another.
- **Communicate** – “Talking Time.” After a long day at school, at work, or at home, everyone in the family needs and deserves some appointed connecting time.
- **Respect** – Build respect, companionship, and camaraderie between you and your spouse, you and your parents, and you and your children. Your marriage should be a place of trust, rest, tranquillity, care, and mercy. If you can’t find that in your marriage, you won’t be able to provide that to your children.

- **Support** – Recognise that no one exists in a bubble. As a family, you must provide the emotional as well as physical and financial support for one another from the oldest to the youngest. Avoid constant criticism of your children or your spouse. Nagging never yields anything but hurt feelings and bruised emotions. Be friends with the parents of your children’s friends.
- **Connect** – Don’t lead separate lives. Yes, it is important to nurture your own interests and pursue self-enriching activities. However, it’s equally important to always come back to home-base and to recognize the role of the family in your life and enjoy the blessings of being with people who truly care for you.
- **Be Responsible** – Foster a sense of responsibility in your children and in your spouse. What are the rights and responsibilities in a family? How can everyone take part in fulfilling those?
- **Un-Break and Re-Make** – Acknowledge and work towards fixing whatever has gone wrong in your family. Have a serious heart to heart with your spouse and with your children about why you feel that your family might be falling apart. Don’t absolve yourself from the blame. The family must work together like cogs in a well-oiled machine.

“The person who breaks family ties will not enter Jannah.” (Bukhari)

Smile :) Sunnah & Sadaqah