IMPLEMENTING SUNNAH

In our lives

In his final sermon, the Prophet Muhammad ﷺ (peace be upon him) imparted a profound guidance: "I leave behind me two things, the Quran and the Sunnah. If you hold fast to these, you will never go astray."

The Sunnah encompasses the teachings, actions, and approvals of the Prophet (peace be upon him). By adhering to the Sunnah, we align ourselves with the path that leads to success both in this life and the hereafter. Following the Sunnah fosters a deep connection with Allah, guiding us towards righteousness and spiritual fulfillment.

The benefits of following the Sunnah are multifaceted, impacting us both internally and externally. Internally, it brings us closer to Allah, nurturing our spirituality and enhancing our faith. Externally, the Sunnah influences our behavior, speech, and daily habits, shaping us into better individuals and positive contributors to society.

Embracing the Sunnah is a transformative journey. For instance, it is said that it takes approximately 40 days to establish a new habit. Imagine the profound impact if we began implementing the Sunnah in our lives consistently—how many positive changes could we see over the course of a year?

By committing to the Sunnah, we not only enhance our personal growth but also contribute to the betterment of our communities, embodying the virtues and principles exemplified by the Prophet Muhammad ﷺ (peace be upon him).

Those that adopt Sunnah in their lives will be close to the Prophet Muhammad ﷺ (peace be upon him) and will be recognized by him on the day of judgment therefore strive to adopt more Sunnah in your life.

Below is a check for 40 days, part of monitoring our personal growth and development would be for us to consciously track it, to keep us motivated and strive to reach our purpose. From the list of sunnah there may be some that we follow strictly but others we neglect or occasionally adopt. The plan would be to make a sunnah a habit so that it becomes part of our life and help us reach our spiritual goals as well. Suggestion: print out the list and tick the one that we do daily then select one every 40 days to implement to make it part of lives. This would be beneficial for both new Muslims as well as Muslims who are implementing some of it.

Checklist - 40 days

1.		11.		21.		31.	
2.		12.		22.		32.	
3.		13.		23.		33.	
4.		14.		24.		34.	
5.		15.		25.		35.	
6.		16.		26.		36.	
7.		17.		27.		37.	
8.		18.		28.		38.	
9.		19.		29.		39.	
10.		20.		30.		40.	

1.		11.		21.		31.	
2.		12.		22.		32.	
3.		13.		23.		33.	
4.		14.		24.		34.	
5.		15.		25.		35.	
6.		16.		26.		36.	
7.		17.		27.		37.	
8.		18.		28.		38.	
9.		19.		29.		39.	
10.		20.		30.		40.	

	Sunnah	Tip	TICK DONE
1.	**To say Allahu Akbar when climbing up the stairs**	If you forget an in the position to re-climb the stairs reciting, do it – it will serve as a reminder and Insha-Allah become a habit	
2.	**To say Subhan Allah when descending/climbing down the stairs**	If you forget an in the position to re-climb the stairs reciting, do it – it will serve as a reminder and Insha-Allah become a habit	
3.	**When waking wipe your face with your hands.** ***When the Messenger of Allah ﷺ woke up, he would sit up and rub away the effects of sleep from his face with his hand.***	Stick stickers as reminders near our bed.	
4.	**Recite when waking up: Alhamdu lillahil lathe ahyana ba'da maa amaatana wa ilayhin nushoor** ***All praise is for Allah who gave us life after death (sleep) and to Him is the resurrection***	Stick stickers as reminders near our bed.	
5.	**When one of you wakes up from sleep, then snuff water three times. Shaytaan spends the night in the upper part of the nose.**	Stick stickers as reminders near our bed.	
6.	**Wash both hands 3 times when waking up.**	Stick stickers as reminders near our bed	
7.	**If you wake up in the middle of the night read: la illaha illa lahu wahdahu la shareeka lah lahul mulky walahul hamd wahuwa alaa kulli shay in qadeer, Subaanallah, walhamdulilah wala illaha illa lah wallaahu akbar wala hawla wala quwatta illa billahil aliyyil adheem** ***None has the right to be worshipped but Allah. He is the Only One and has no partners. For Him is the Kingdom and all the praises are due for Him*.** **Then: Rabbigh firlee.** **Oh Lord Forgive me**		
8.	**Enter with the left foot and leave with the right when entering the toilet.**	Consciously remind yourself and if you forget go out and enter again. Can stick stickers outside the bathroom.	

9.	**When entering the toilet read:Bismillah – Allah humma innee A oodhu bika minal khubti wal khabaith.** ***(In the name of Allah). O Allah, I take refuge with you from all male and female devils)***	Stickers.	
10.	**When leaving the toilet read: Ghufranak *I ask You (Allah) for forgiveness.'***		
11.	**Start by putting your shoes on beginning with the right foot and when removing the shoes start with the left foot.**	If you do it the other way and remember take it off and do it the right way conscious remembrance will help change the habit.	
12.	**Recite Bismi Allāh i.e. In the name of Allah, when you wear or take off your clothes.**	Again. When you remember take out your clothes and put it back again reciting the dua – after few times of doing this InshaAllah you will remember.	
13.	**Dua when wearing or removing clothes: Alhumdu lillaahil lathe kasanee hatha (aththawb) warazaqneehi min ghayri hawlin mine wala quwwah** ***'All Praise is for Allah who has clothed me with this garment and provided it for me, with no power nor might from myself.'***	Again. When you remember take out your clothes and put it back again reciting the dua – after few times of doing this InshaAllah you will remember.	
14.	**Start by wearing clothes from the right side and remove from the left side.**		
15.	**When entering the house: Read BISMILLAH, then make Salaam.**	Stick a sticker on the door so when you close it, will serve as remembrance.	
16.	**When leaving the house read: Bismillahi tawakkaltu aalal lah wala hawla wala quwatta illa billah** ***'In the name of Allah, I place my trust in Allah, and there is no might nor power except with Allah.'***	Stick a sticker on the door	
17.	**Before eating wash your hands.**		
18.	**Recite before eating *Bismillah* - In the Name of Allah.**	Do this aloud on the table it serves as reminder for each other	
19.	**Eat with the right hand.**		
20	**Commence and conclude one's meals with salt, ; there is cure from seventy illnesses.**	Keep salt on the table as a habit, like you do with water.	
21.	**Eat with 3 fingers.**		

22.	**Do not recline and eat.**		
23.	**Eat from the food closest to you.**		
24.	**If you drop food, when you pick it up dust it before eating.**		
25.	**After eating clean the bowl and lick your fingers.**		
26.	**Drink water before eating any food in the morning.**		
27.	**Recite after eating: Alhamdulillahil lathe at aamanee hatha warazqaneehi min ghayri hawlin minee wala wala quwwah** ***'All praise is for Allah who fed me this and provided it for me without any might nor power from myself.***		
28.	**Wash the hands and gargle the mouth after eating.**		
29.	**It is Sunnah to eat one third of food, one third for drink and one third for air.**		
30.	**When drinking say Bismillah and after drinking Alhumdulllah drink with the right hand.**		
31.	**Do not put your mouth on the bottle if you are going to finish all in the bottle and do not breath into the bottle.**		
32.	**When drinking do so in 3 breathes and not everything at once.**		
	Sit when eating or drinking.		
33.	**Do not drink or eat from the chipped part of a cup or plate.**		
34	**Don't Blow Into Hot Food.**		
35.	**Do not drink or eat from the chipped part of a cup or plate.**		
36.	**Eat healthy and nutritious food.**		
37.	**Do not waste food.**		
38.	**Sit on the floor while eating.**		
39.	**Chew your food properly before swallowing.**		
40.	**Eat together rather than separately.**		
41.	**Thank Allah after eating: "Alhamdulillahil-lathee at'amana wa saqana wa ja'alana minal muslimin."** **"All praise is due to Allah, Who has fed us and given us drink, and made us Muslims."**		
42.	**Make whudu when going to sleep.**		

43.	**Dua when going to sleep: Allahumma Bismika amutu wa ahya** ***'In Your name O Allah, I live and die.'*** **Then Read Surahs Ikhlaas, Falaq & Naas and wipe the body,** **Recite the Last two Ayahs of Baqarah and ayatul kursi**		
44.	**Sleep on the right side and place the right hand under the cheek and do not sleep on the tummy.**		
45.	**Dust the bed before sleeping.**		
46.	**When having a bad dream spit on the left side 3 times and read *Aoozbillaahi Minash shaytaanir rajee.*** **Do not relate your dream to anyone.**		
47.	**Sunnah to make dua when you wake up or as you are falling off to sleep.**		
48.	**Make tawbah before you sleep.**		
49.	**Sleep early at night so you can wake up early in the morning.**		
50.	**Greet and smile. Use 2 hands when shaking hands with people.**		
51.	**When you are sitting in a gathering and someone enters, make room for the person to sit down even if there is already space.**		
52.	**Make Salaam when you enter a room or gathering.**		
53.	**Before entering any place or any private gathering at a home, or private space, such as one's room, one should ask for permission.**		
54.	**It Is Not Permissible for anyone to sit between two people who are sitting side by side without their permission.**		
55.	**Do not sit in the center of a circle.**		
56.	**Do not secretly talk in the presence of a third person.**		
57.	**Make ghusal on a Friday and ut on your best clothes on a Friday.**		
58.	**Sharing food with other people using a big tray.**		
59.	**Excessive recitation of Daroods on a Friday.**		
60.	**Say Bismillah when wearing clothes.**		
61.	**Start wearing clothes from the right side.**		
62.	**When receiving bad news recite Alhamdu lillaahi 'alaa kulli haal** ***Praise is to Allah in all circumstances***		
63.	**Istigfaar 70-100 times a day.**	Set yourself daily goals to accomplish that are realistic.	
64.	**Give out Sadqa.**		

65.	**Help the family with house work.**		
66.	**Standing under the rain and expose a portion of your body so that the rain falls on it.**		
67.	**When receiving good news say takbeer and go into prostration.Also recite Alhamdhulillahi Masha Allah Thabarak 'Allah** ***All praise is to Allah, Just as Allah willed Blessed is Allah***		
68.	**When walking do not drag your feet.**		
69.	**Pray 2 raka'at of sunnah prayer, with the intention of travelling, before leaving the house. Pray 2 raka'at of sunnah prayer after finally returning back home.**		
70.	**Recite when travelling Subhanal-ladzi sakh-khara lana hadza wa ma kunna lahu muqrinin. Wa inna ila Rabbina lamun-qalibun."** ***In the name of Allah and all praise is for Allah. How perfect He is, the One Who has placed this (transport) at our service and we ourselves would not have been capable of that, and to our Lord is our final destiny.***		
71.	**Rinse the mouth after drinking milk.**		
72.	**When entering the market place Recite: 'La ilaha illallah wahdahu la sharika lahu, lahul-mulk wa lahul-hamdu, yuhyi wa yumitu, wa Huwa hayyun la yamutu, bi yadihil-khairu kulluhu, wa Huwa ala kulli shay'in Qadir** **(*None has the right to be worshiped but Allah alone, with no partner, to Him belongs all sovereignty and to Him is the praise, He gives life and gives death, and He is Ever-Living and does not die; in His Hand is all goodness and He is Able to do all things),***		
73.	**To make a sutrah / barrier that aims to maintain solemnity in performing prayers.**		
74.	**Write your will.** ***"It is not permissible for any Muslim who has something to will to stay for two nights without having his Last Will and Testament written and kept ready with him."***		
75.	**It is Sunnah not to stand facing the door, so that one's gaze will not fall upon anything inside the house. Rather one should stand to one side of the door, either on the right or left.**		
76.	**Avoid visiting during mealtimes and at night,**		
77.	**Start lowering your gaze.**		
78.	**One should not stay long in a person's house.**		
79.	**One should seek permission to enter three times, unless he is certain or thinks it most likely that the people inside the house did not hear him.**		

80.	**It is Sunnah to welcome your guests, greet them, shake hands and be polite towards them.**		
81.	**Raise your hands when making dua.**		
82.	**Make du'a for other people The Messenger of Allah (saw) said, '*No Muslim servant supplicates for his brother behind his back but that an angel says, "And for you the same*'"**		
83.	**Conclude your dua with Ameen.**		
84.	**Send salutations/Daroods before making dua.**		
85.	**Never find fault with food. If the prophet peace be upon him had inclination to eating it, he would eat; and if he disliked it, he would leave it.**		
86.	**A household with vinegar will never suffer poverty. Keep vinegar in the house.**		
87.	**Use kohl for the eyes.**		
88.	**Read salaah in the beginning in its time.**		
89.	**Perform acts of kindness by sharing kind words, food, gifts, and/or a helping hand with your neighbors.**		
90.	**It is Sunnah to show your children love and care.**		
91.	**Sunnah of bathing: Washing both hands up to the elbows. Wash the private parts and remove dirt or filth from the body (using your left hand). Perform wudu (ablution). Pour water over the head three times, and rub the hair so that the water reaches the roots of the hair**		
92.	**Giving presents is a Sunnah of the Prophet Muhammad (saw), and it's a way to keep and improve connections with the recipients.**		
93.	**Removing something harmful from the road is an act of charity.**		
94.	**Treating animals with kindness and mercy.**		
95.	**If you see the crescent of Dhul-Hijjah and you intend on making a sacrifice then you must refrain from cutting your hair and clipping your nails until the animal is cut.**		
96.	**Sunnah to slaughter your own animal.**		
97.	**Sunnah to eat and share the meat of the sacrificed animal.**		
98.	**Fasting six days in the month of Shawwal is Sunnah.**		
99.	**Sunnah to make suhoor when fasting and to break the fast immediately when the time sets in.**		
100.	**Do acts of charity and goodness to others and increase your worship and reading of the Quran.**		

101.	**It is Sunnah for one who intends to make Ihram to clean one's body by cutting the nails, trimming the moustache, removing hair of the armpits and shaving the pubic hair. It is Sunnah to perform Ghusl (complete ablution.) for Ihram.**		
102.	**Reciting "Bismil Laa-hir-Rahmaa-nir-Raheem" before you begin whudu.**		
103.	**Use a miswaak when making whudu.**		
104.	**Speak good or remain silent.**		
105.	**Recite Alhumdulldulillah when sneezing, say Yadeekumullah if you hear a person sneezing. And the replier then would say Yahdikum Allah**		
106.	**Make dua when it is raining.**		
107	**Make dua when the azaan is on**		
108.	**Oiling of the hair.**		
109.	**Start using the miswaak especially during making whudu.**		
110.	**When drinking Zamzam - face the Ka`bah , saying Bismillah, pausing to take a breath three times, drinking one's fill, praising Allah after one finishes, can sit or stand while drinking it.**		
111.	**Make time to spend quality time with your spouse and treat and speak with kindness.**		
112.	**Adopt Sunnah cupping.**		
113.	**Walk barefoot occasionally.**		
114.	**Recite surah Duha at fajr salaah.**		
115.	**Whenever we make a mistake or commit a sin we should pray the Tawbah prayer and ask Allah for forgiveness.**		
116.	**It is a sunnah to pray the Sunnah prayers at home not in the Mosque in order to bless our homes and protect them.**		
117.	**Mmake up for the sunnah prayer when its time passes. So we don't just make up for the Fard (obligatory) prayers but sunnah too**		
118.	**Adopt Tahajud prayer.**	Set alarms. If it is too difficult read this before you go to sleep.	
119.	**Sunnah to read ishraq prayer.**		
120.	**Sunnah to read Chast prayer.**		
121.	**Sunnah to read Awabeen Salaah.**		

122.	**Put out lamps when you go to bed, shut the doors, and cover water and food containers.**		
123.	**Prevent the children as well as cattle, camels, sheep, etc. from being outdoors when night fall.**		
124.	**A time limit has been prescribed for us for clipping the moustache, cutting the nails, plucking hair under the armpits, shaving the pubic hair, that it should not be neglected far more than forty nights.**		
125.	**Sunnah to cut the nails of a Friday.**		
126.	**Speak in a compassionate tone without using vulgar language.**		
127.	**Duas are accepted between Zuhr and 'Asr on the Wednesday. To make dua during this time.**		
128.	**When looking into a mirror recite Allahumma anta Hassanta Khalqee FaHassin Khuluqee** **"O Allah, You have beautified my features, so beautify my character as well."**		
129.	**Cut the hair one length or shave it.**		
130.	**Do not die the hair full black.**		
131.	**Go early to the masjid to get the front row.**		
132.	**Give Da'wah.**		
133.	**Do good deeds in secret.**		
134.	**Visit the sick.**		
135.	**Read surah Kalf on a Friday.**		
136.	**Keep dates in the house.**		
137.	**Don't gossip and backbite.**		
138.	**Stop wasting time.**		
139.	**Enter the toilet with your head covered.**		
140.	**Do not speak in the toilet.**		
141.	**Enter the house with the right foot.**		
142.	**Cover your mouth when yawning.**		
143.	**Communicate to people as per their intellect.**		
144.	**Do not waste water.**		
145.	**Drink date water in the morning after soaking dates in water overnight.**		

146.	**Recite the Quraan.**	Set yourself goals that are realistic and be constant.	
147	**Have honey water in the mornings.**		
148.	**Stop dressing to show off.**		
149.	**Gove charity on behalf of the Marhooms.**		
150.	**Forgive others.**	Consciously do this and remind yourself that you are doing this for Allah's pleasure.	
151.	**Enter with the right foot and recite "Allahummaftahli abwaba rahmatik" (O Allah, open for me the doors of Your Mercy)**		
152.	**Read tahahul masjid when you go to the masjid.**		
153.	**Recite when leaving the masjid Bismil-lah wassalatu wassalamu AAala rasoolil-lah, allahumma innee as-aluka min fadlik, allahumma iAAsimnee minash-shaytanir-rajeem.** ***In the name of Allah, and prayers and peace be upon the Messenger of Allah. O Allah, I ask You from Your favour. O Allah, guard me from the accursed devil.***		