



Question:

Assalaamu 'alaikum

I am newly married. Alhamdulillah, Allah Ta'ala has blessed me with a noble husband and sweet in-laws. My life is alhamdulillah pretty blissful. However, my heart is restless because my ma'moolaat (daily practices) are gone crazy ever since I got married.

I have not read Tahajjud even once since my nikaah. I struggle to make a khatam of the Quraan Majeed and I don't have any azkaar in my life. I feel down when I think about how weak my relationship and bond with Allah Ta'ala has become.

I struggle to be in in the remembrance of Allah Ta'ala. All my sunan and nawaafil acts are slowly leaving me. I am sad because of this. Please advise me and give me a simple routine to do with punctuality.

du'aa that Allah Ta'ala bless us with pious offspring.

Make du'aa for us, and make

Jazaakallah

Answer:

Bismihi Ta'ala

Wa 'alaikumus salaam wa rahmatullahi wa barakaatuh

Respected Sister in Islam

Immediately make a timetable for the day and fix specific times for the ma'moolaat (daily practices). For the first 40 days from now, set a very light program. Set yourself the following minimum target:

1. Tilaawat (recitation of the Quraan Majeed) – ¼ para (whenever you wish to or can recite more, you may do so, but do not decrease from the minimum amount).

2. 100 times istighfaar (astaghfirullah). You may recite a very short istighfaar, but do it consciously from the heart.

3. Durood Shareef (sallallahu 'alaihi wasallam) 100 times with great respect.

4. 100 times "subhaanallahi wa bihamdihi"

5. 2 rakaats nafl salaah with the intention of qiyaamul layl after the esha salaah. (If you can also wake up for Tahajjud, do so).

6. Some time for du'aa.

7. Some time daily for reading Fazaail A'amaal (+/- 7 minutes).

All of the above can be separately fixed for various times of the day e.g. tilaawat after fajr, istighfaar after zuhr, etc. as per your convenience. The tasbeehaat will barely take a few minutes each. Hence, pressure yourself to spend those few minutes in the fixed time and complete the ma'mool. Over and above this, every now and again, keep engaged in the recitation of some tasbeeh, zikr, etc.

May Allah Ta'ala grant you barakah and bless you with healthy and pious children, aameen.

Answered by:

Uswatul Muslimah Panel of 'Ulama