



# THE WALKING QUR'ĀN

OUR PROPHET MUHAMMAD

PEACE AND BLESSINGS BE UPON HIM

**THE PERFECT ROLE MODEL**



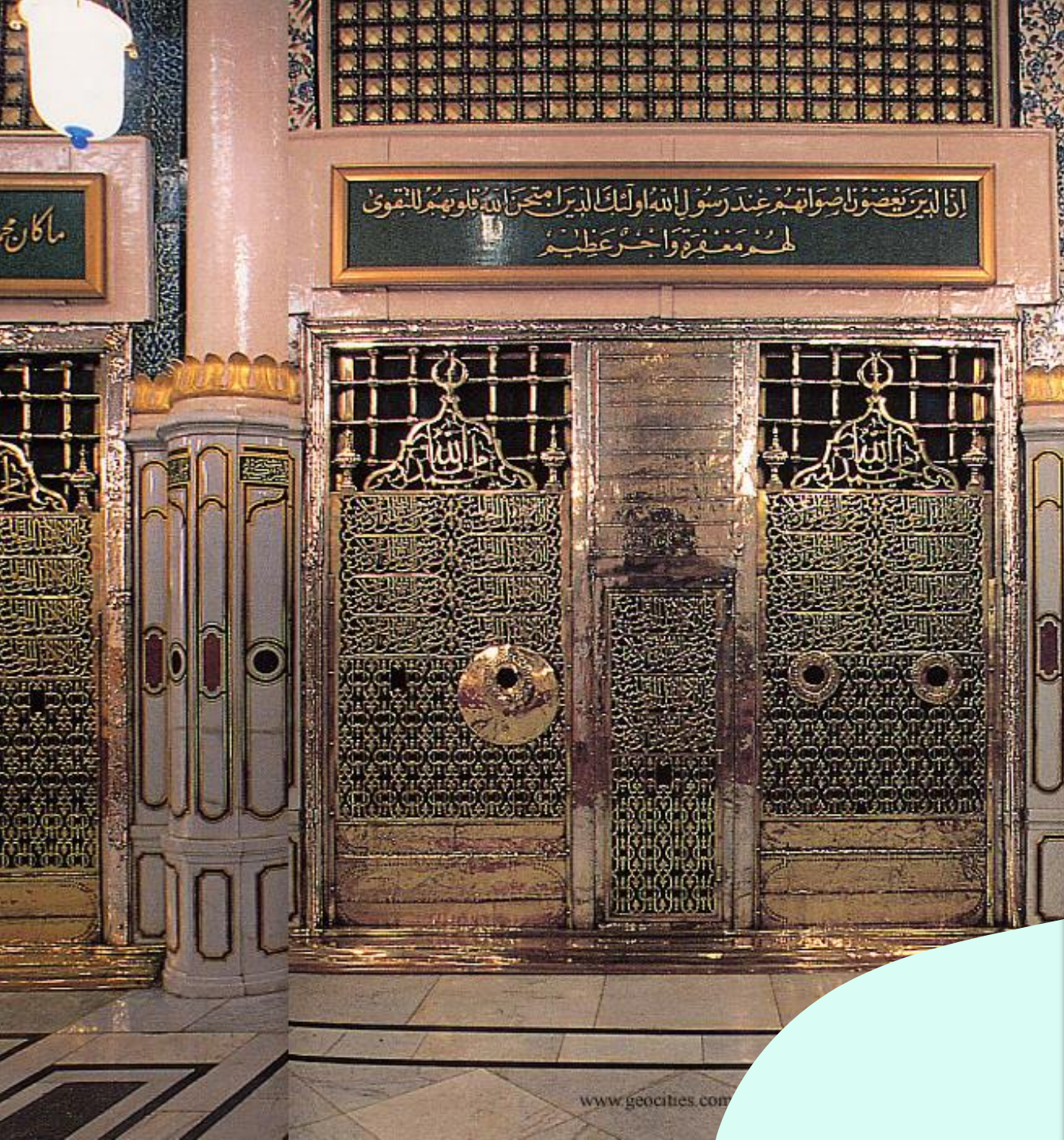
**BAITUL ILM WAL AMAL**  
CLASSES FOR SISTERS



معهد  
سراج العلوم  
SIRAJUL ULUM INSTITUTE  
ILLUMINATING LIVES WITH KNOWLEDGE







إِذَا لَبِيتُمْ بَعْضَ أَوْصِيَاءِ رَسُولِ اللَّهِ أَوْ لَنَا الَّذِي رَأَيْتُمْ جَنَّاتِ اللَّهِ فَلَوْ تَمَنَّى لِقَائِهِمْ  
لَهُمْ مَغْفِرَةٌ وَأَجْرٌ عَظِيمٌ

**KNOWING HIM  
IS LOVING HIM**

**LOVING HIM IS  
FOLLOWING  
HIM** ﷺ



يَا أَيُّهَا النَّبِيُّ إِنَّا أَرْسَلْنَاكَ شَاهِدًا وَمُبَشِّرًا وَنَذِيرًا  
وَدَاعِيًا إِلَى اللَّهِ بِإِذْنِهِ وَسِرَاجًا مُنِيرًا

- **“O Prophet, We have sent you forth as a witness, a bearer of good tidings, and a warner, as one who calls people to Allah by His permission, and as a bright, shining lamp.”**

(Surah Ahzab: Verse 45/46)

لَقَدْ كَانَ لَكُمْ فِي رَسُولِ اللَّهِ أُسْوَةٌ حَسَنَةٌ لِّمَن كَانَ يَرْجُوا  
اللَّهَ وَالْيَوْمَ الْآخِرَ وَذَكَرَ اللَّهَ كَثِيرًا

**“Surely there is a good example for you  
in the Messenger of Allah, for all those  
who look forward to Allah and the Last  
Day and remember Allah much.”** (Surah

Ahzab 33:21)

**One of the most important aspects of our faith Islam is to understand, deeply love and most closely emulate the character of the Prophet Muhammad ﷺ.**

**This aspect of our faith is manifested when we pronounce the Shahādah.**



**The light of prophecy is  
the light of Divine  
Guidance and when it  
radiates, human life can  
be steered onto the path  
of excellent moral  
conduct.**

**One can remarkably see  
him as an ideal example  
of a perfect human  
character.**



# Human Nature

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**To want to follow  
the example of  
others.**

**Look at how people  
emulate  
actors/actresses  
and social media  
influencers.**

**This natural  
inclination to  
emulate is part of  
our nature so that we  
will follow the  
example of those who  
were the best of  
humankind in the  
eyes of Allah.**

**Anas رَضِيَ اللهُ عَنْهُ reported that the  
Messenger صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ said,**

**“I have left among you two  
things; you will never go astray  
as long as you hold fast to them:  
the Book of Allah and my  
Sunnah” (Al-Hakim).**



**The sunnah of the Prophet ﷺ is a detailed explanation of what is mentioned by Allāh in the Qur'ān.**

**It is impossible to act upon the Qur'ān to follow its guidance, teachings, commands, and prohibitions, without the sunnah of the Prophet ﷺ.**

# OBLIGATION TO FOLLOW THE SUNNAH

يَا أَيُّهَا الَّذِينَ آمَنُوا أَطِيعُوا  
اللَّهَ وَأَطِيعُوا الرَّسُولَ  
وَأُولِي الْأَمْرِ مِنْكُمْ ۖ فَإِن  
تَنَازَعْتُمْ فِي شَيْءٍ فَرُدُّوهُ إِلَى  
اللَّهِ وَالرَّسُولِ إِن كُنتُمْ  
تُؤْمِنُونَ بِاللَّهِ وَالْيَوْمِ  
الْآخِرِ ۚ ذَٰلِكَ خَيْرٌ  
وَأَحْسَنُ تَأْوِيلًا ﴿٥٩﴾

**O you who have believed, obey Allah and obey the Messenger and those in authority among you. And if you disagree over anything, refer it to Allah and the Messenger, if you should believe in Allah and the Last Day. That is the best [way] and best in result. (4:59)**

# OBLIGATION TO FOLLOW THE SUNNAH

مَنْ يُطِيعِ الرَّسُولَ  
فَقَدْ أَطَاعَ اللَّهَ

**He who obeys  
the Messenger  
has obeyed  
Allah**



# Taking the Prophet

صَلَّى  
وَسَلَّمَ  
عَلَيْهِ

# as our role model.

**The Prophet ﷺ was sent to:**

- **to explain the divine book,**
- **to interpret it,**
- **to expound it,**
- **to demonstrate the ways of its application,**
- **to present a practical example of its contents,**
- **to teach it, and**
- **to train people to run their lives in accordance with its requirements.**



# THE WALKING QUR'ĀN

- Personal, social, communal, economic, and political
- He was a physical manifestation of the teaching of the Qur'ān
- His life was built upon the beliefs morals values and principles mentioned in the Qur'ān
- When his wife 'Aishah was asked regarding his character she replied, “his character was the Qur'ān.”
- He had the most noble character and manners
- He was extremely kind, gentle, caring, friendly, affable, generous, compassionate, patient, forbearing, forgiving, brave, humble, and simple.
- He dealt with people in the most beautiful way possible
- Allah praises him in the Qur'ān saying “you truly possess the most excellent standard of character” وَإِنَّكَ لَعَلَىٰ خُلُقٍ عَظِيمٍ



# IMPORTANCE OF FOLLOWING HIM

فَعَلَيْكُمْ بِسُنَّتِي وَسُنَّةِ  
الْخُلَفَاءِ الرَّاشِدِينَ  
الْمَهْدِينَ، عَضُّوا  
عَلَيْهَا بِالنَّوَاجِدِ،  
وَإِيَّاكُمْ وَمُحَدَّثَاتِ  
الْأُمُورِ؛ فَإِنَّ كُلَّ بِدْعَةٍ  
ضَلَالَةٌ. رَوَاهُ أَبُو دَاوُدَ

**You must follow my Sunnah and the Sunnah of the Khulafa ar-Rashideen (the rightly guided caliphs), those who guide to the right way. Cling to it stubbornly [literally: with your molar teeth]. Beware of newly invented matters [in the religion], for verily every bidah (innovation) is misguidance.”** [Abu Dawud]

# THE REWARDS OF FOLLOWING HIM

مَنْ أَحْيَا سُنَّةً مِنْ سُنَّتِي  
قَدْ أُمِيتَتْ بَعْدِي فَإِنَّ لَهُ  
مِنْ الْأَجْرِ مِثْلَ أَجْرِ مَنْ  
عَمِلَ بِهَا مِنَ النَّاسِ لَا  
يَنْقُصُ مِنْ أَجُورِ النَّاسِ  
شَيْئًا

**'Whoever revives a Sunnah of mine that dies out after I am gone, he will have a reward equivalent to that of those among the people who act upon it, without that detracting from their reward in the slightest.**

Ibn Majah 210

The Prophet ﷺ also said,

المُسْتَمِيسُ بِسُنَّتِي عِنْدَ فَسَادِ أُمَّتِي لَهُ أَجْرُ مِائَةِ شَهِيدٍ

*The one who holds on tightly to my Sunnah when corruption in my nation spreads, for him the reward of a hundred martyrs.*<sup>48</sup>

Haythamī, majma' al-zawā'id, 177



# THE STATUS OF THE PROPHET ﷺ

- Prophet Mohammad ﷺ is the greatest benefactor of humanity and a source of guidance for all mankind.
- Undoubtedly, sending of the Prophet Mohammad ﷺ is the biggest blessing of Allah bestowed upon man.
- It was Prophet Mohammad ﷺ who bring people from darkness to light through his teaching.

# ADHERING TO THE SUNNAH

- The best way to have a perfect way of life is to adhere to the Sunnah of the Prophet ﷺ .
- Loving him, follow/obey him and sending peace & blessing upon him is an essential part of faith of every Muslim.
- All the companions were keen on following the Sunnah of the Prophet Mohammad ﷺ

# REVIVING OR FOLLOWING THE PROPHET'S SUNNAHS

مَنْ أَحْيَا سُنَّتِي فَقَدْ  
أَحَبَّنِي . وَمَنْ أَحَبَّنِي  
كَانَ مَعِي فِي الْجَنَّةِ

Tirmidhi 2678

**Whoever revives  
my Sunnah then  
he has loved me.  
And whoever  
loved me, he  
shall be with me  
in Paradise.'**



# IF YOU LOVE ALLĀH FOLLOW HIM

قُلْ إِنْ كُنْتُمْ تُحِبُّونَ اللَّهَ  
فَاتَّبِعُونِي يُحْبِبْكُمُ اللَّهُ  
وَيَغْفِرْ لَكُمْ ذُنُوبَكُمْ ۗ  
وَاللَّهُ غَفُورٌ رَحِيمٌ ﴿٣١﴾

**“Say, If you should love Allah, then follow me, [so] Allah will love you and forgive you your sins. And Allah is Forgiving and Merciful.” (3:31)**

# IF YOU LOVE ALLĀH FOLLOW HIM

- A person who really loves Allāh, will definitely try to resemble the person whom Allāh loves and is pleased with and try to replicate his deeds. Allāh has stressed the obligation of showing complete obedience and submission to Prophet Muhammad ﷺ that is to follow Muhammad ﷺ Sunnah in many verses of Qur'ān.

# IF YOU LOVE ALLĀH FOLLOW HIM

وَمَا آتَاكُمُ الرَّسُولُ  
فَخُذُوهُ وَمَا نَهَاكُمُ عَنْهُ  
فَانْتَهُوا ۚ وَاتَّقُوا اللَّهَ ۖ إِنَّ  
اللَّهَ شَدِيدُ الْعِقَابِ ﴿٧﴾

**“And whatsoever  
the Messenger (ﷺ)  
gives you, take it,  
and whatsoever he  
forbids you, abstain  
(from it), and fear  
Allāh. Verily, Allāh  
is Severe in  
punishment. “(59:7)**

# RESPECT FOR THE PROPHET



- Anything we hear about him – to us, that thing that was affiliated with him is noble, honorable and sacred, and needs to be protected, whether it is his ways, his sunnah, his teachings, his hadith, a noble habit of his, or something that he used to like – every one of those things should have importance and reverence in our hearts.

# WHAT IS A SUNNAH?

- The word “Sunnah” is used to describe the life and teachings of the Prophet ﷺ
- Sunnah consists of the speech, actions, consent, character, etiquettes, habits and legislative obligations of our Prophet Muhammad ﷺ that he performed to keep the Muslim believers closer to Allāh.
- The sunnah is an ultimate guidance for leading a productive, successful life. Sometimes we neglect the sunnah, however, and we find ourselves googling “how to be successful, smart, productive”. Yet, the sunnah of the Prophet ﷺ has already provided us with gems on how to do just that.
- Prophet Muhammad ﷺ always practiced in his life what Allāh has revealed on him in the form of Divine revelation the Qur’ān.



# WHY FOLLOW THE SUNNAH?

- Imam Mālik, one of the greatest Islamic scholars, compared the sunnah of the prophet to the ark of Noah and said : “the sunnah of the Prophet Muhammad ﷺ is like the ark of Noah. Whoever embarks upon it reaches salvation and whoever refuses is drowned.”

# LACK OF GIVING IMPORTANCE TO THE SUNNAH

- As acting upon the Sunnah is difficult, we only speak about what is compulsory (Fardh) and necessary (wajib).
- We do not mention the importance of the Sunnah in matters of worship and other aspects of life.

# ENCOURAGING OTHERS TO PRACTICE ON THE SUNNAH

- Encouraging people to act upon the Sunnah of the Prophet ﷺ is significant from many aspects.
- The first point to understand is that the fundamental reason for a Muslim to act upon the Sunnah is because Allāh gave the command to follow him.

قُلْ إِنْ كُنْتُمْ تُحِبُّونَ اللَّهَ فَاتَّبِعُونِي

*Say you, O Beloved; that '(O) people!*

*If you love Allah, you should therefore obey me.*

# IMPORTANCE TO PRACTICE ON THE SUNNAH

- Allah Ta'ālā declared the life of the Prophet ﷺ as an excellent example.
- There is great religious wisdom behind acting upon the Sunnah
- Optional acts of worship bring a person closer to the related compulsory acts of worship.
- They beautify righteous deeds.
- We should act upon them as they help us to fulfil and beautify that which is Fardh and avoid sins.

# ALLAH TELLS IN A HADITH QUDSI:

“...My servant draws not near to Me with anything more loved by Me than the religious duties I have enjoined upon him. And My servant continues to draw near to Me with ***supererogatory works*** so that I shall love him. When I love him, I am his hearing with which he hears, his seeing with which he sees, his hand with which he strikes and his foot with which he walks. Were he to ask [something] of Me, I would surely give it to him, and were he to ask Me for refuge, I would surely grant him it...” [Bukhari]



# FOLLOWING THE SUNNAH IN THE 21ST CENTURY

5 practical ways to incorporate the sunnah into our life

- 1. Find Out What It's About.** This involves gaining knowledge.
- 2. Seek Good Friends.** Try to surround yourself with good people who will remind you of the sunnah.
- 3. Make It a Habit.** Actively think of how you can turn your selected sunnahs into everyday habits.
  - identifying the sunnah: i.e. the action itself
  - knowing what the reward for following the sunnah is
  - finding an effective trigger that will remind you to do the action.

**Say you want to implement the sunnah of making wudu before sleeping every night. The cycle could look like this:**

- 1. Action:** Making wudu before sleeping each night.
- 2. Identify the reward:** Forgiveness will be sought for you by an angel  
hadith: “Whoever retired for the night in a state of purity, an angel will reside with him in his bed. He will not awaken for an hour in the night but that the angel says: O Allah, forgive this servant of yours, for he retired in a state of purity.” *al-Da’wāt al-Kabīr* 358
- 3. Trigger:** Identify the last thing you do before getting into bed – for example, brushing your teeth. Make that the trigger, telling yourself that from now on, after you brush your teeth, you’ll make wudu.

# FOLLOWING THE SUNNAH IN THE 21ST CENTURY

5 practical ways to incorporate the sunnah into our life

**4. Identify and Relate the Sunnah to Your Roles.** **Look at all his roles and find one that relates to your own life.**

**5. Set Visual Reminders.** **In your home or workplace, stick up visual reminders of the sunnahs you want to follow.**

# TRIGGER, ROUTINE, REWARD

The key to turning around your life and embedding all that you've learned into a practical day-to-day solution is to build that into a series of daily habits.

Habits have 3 main parts:

# TRIGGER, ROUTINE, REWARD

# TRIGGER, ROUTINE, REWARD

1. **Trigger:** something that kicks off the habit. It could be a particular time (e.g., 5:00am) or a sound (e.g., Aḍhān) or a feeling (e.g., stress).

Any trigger psychological, emotional, physical or external which alerts you that it's time to start a habit.

# TRIGGER, ROUTINE, REWARD

**2. Routine:** This follows the trigger, so perhaps you have a 5:00am trigger that makes you jump out of bed, brush your teeth, make wudhu, and get ready for Fajr.

Routine is the set of steps you'll consistently make – initially consciously, but eventually unconsciously – every time the trigger goes off.



# TRIGGER, ROUTINE, REWARD

**3. Reward:** This is the prize that your brain craves at the end of each habit.

Continuing the above example, this could be the feeling of calmness after Fajr prayer, or the feeling that your teeth are clean after brushing them with a miswak.

# TRIGGER, ROUTINE, REWARD

For any habit to be ingrained (consciously or unconsciously), it needs those 3 elements, and if you observe your life today, you'll notice many habits that have been developed without even thinking about them. The beauty of building habits is that once a habit is firmly ingrained in your life, it becomes effortless. Notice how some of our parents or grandparents wake up so effortlessly for Fajr prayer, even without an alarm; that's the power of habits!

# SUNNAHS

- Renewing your intention daily
- Making dua for others
- Feeding people
- Engaging in dhikr & tasbeeh
- Treating parents beautifully
- Praying the tahajjud prayer
- Sleeping and waking up early
- Having a pleasant smile always
- Using the Miswak
- Oiling hair
- Maintaining the 1/3rd rule in eating

- Speaking good or keeping silent
- Doing hijama (cupping)
- Visiting the sick
- Sitting when eating/drinking
- Sleeping on your right side
- Saying Salam/Bismillah before entering a house
- 4<sup>th</sup> kalimah when entering town/market/supermarket
- Daily Masnoon supplications
- Smelling nice/pleasant
- Black Seeds
- Talbinah

**May Allāh Ta‘ālā help us all  
and grant us the divine  
ability (tawfeeq) to  
incorporate the sunnah of  
our beloved Prophet ﷺ into  
our lives so that we may earn  
His love, forgiveness, and  
ultimately, success in both  
this life and the next, Āmīn!**

