



Time.

We've tried to manage it, save it, speed it up, and even kill it.

No matter how many self-help books and courses we take, there's one key thing we seldom realize:

God owns it. He has the power to speed it up and slow it down. He can assist you in accomplishing more in a given hour than others. That is the definition of blessed time.

The question then is how can you tap into this blessing from your Lord.

Here are 6 ways.

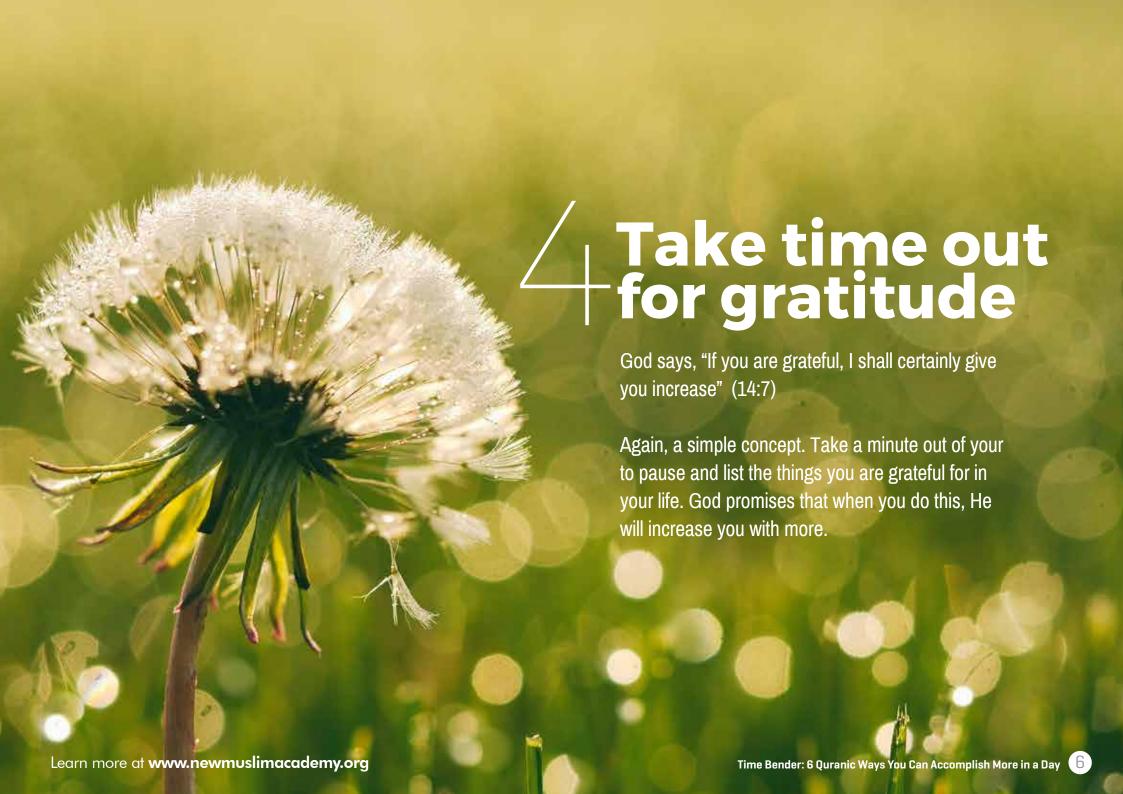
Be Mindful of God. "If the people of those towns had It's a simple concept, so simple it believed and been mindful of God, may seem too easy. Thankfully, it We would have showered them truly is this easy. with blessings from the heavens and earth..." (7:96) When you're mindful of God in the actions you take, then the reward is without limit. In this verse, God makes the reward boundless: blessings in time, wealth, health, and more. Learn more at www.newmuslimacademy.org Time Bender: 6 Quranic Ways You Can Accomplish More in a Day

Trust in God and His plan for you

"And if any one puts his trust in Allah, sufficient is (Allah) for him. For Allah will surely accomplish his purpose. Verily, for all things has Allah appointed a due proportion" (65:3)

Allah is in control of all things. He has the power over all our affairs; so when we place our trust in Him, then the feelings of overwhelm and stress go away. It is upon us to take the steps that are in our control, and then leave the rest to God to take care of for us.





Get up early

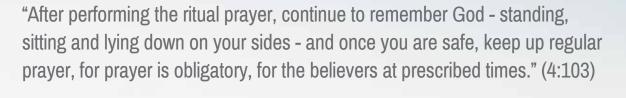
The Messenger of God said: "God made the early hours blessed for my Ummah.(followers)".

Literally your first step to more productive days starts by getting out of bed in the early morning!

Everyone has different demands with work, school and family. Try as best you can to get an early start in the day. You will see those blessings of God in your days.



Frame your day around the prescribed ritual devotion times.



The times for ritual devotions are placed throughout the day as a mercy from God. When you frame your day around these times to pause and reflect upon our purpose in life, you will experience blessings in your time. A byproduct is that you become more conscious of your time and how you manage it.

The Messenger of God told us: "Take advantage of five matters before five: your youth before you become old; your health before you fall sick; your wealth before you become poor; your free time before you become preoccupied, and your life before your death."

May God Almighty bless your time on this earth with the inspiration to do the most beneficial, excellent things.

