



TIME BENDER

6 Quranic Ways You Can
Accomplish More in a Day





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 believed and been mindful of God, We would have showered them with blessings from the heavens and earth...” (7:96)

It’s a simple concept, so simple it may seem too easy. Thankfully, it truly is this easy.

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.

2 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.



3 Read Quran

“This is a blessed Scripture that We have sent down to confirm what came before it...”
(6:92)

Take a little time each day to open the Quran and read a little. It is said that if you want God to talk to you, read the Quran. It's a book of guidance that paves a straight path to your destination. The closer we are to the Book of God, the more blessings we can expect with our time.



4 Take time out for gratitude

God says, “If you are grateful, I shall certainly give you increase” (14:7)

Again, a simple concept. Take a minute out of your to pause and list the things you are grateful for in your life. God promises that when you do this, He will increase you with more.

5 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.

A silhouette of a man in a dark suit is shown in profile, facing right, with his hands held together in a prayer position. The background is a bright sunset or sunrise over a body of water, with the sun low on the horizon, creating a warm, golden glow. The sky transitions from a pale blue at the top to a bright yellow and orange near the horizon.

6 Frame your day around the prescribed ritual devotion times.

“After performing the ritual prayer, continue to remember God - standing, sitting and lying down on your sides - and once you are safe, keep up regular prayer, for prayer is obligatory, for the believers at prescribed times.” (4:103)

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.