

Barakah in time and the two neglected blessings

A full schedule is not the same as a fruitful life. Barakah appears when time is received as a blessing and spent on what matters before Allah.

CENTREPIECE Surah al-Asr 103:1-3, Sahih al-Bukhari 6412

FIRST KHUTBAH

1. Health and free time are easily underpriced

The Prophet (peace be upon him) said that many people are deceived about two blessings: health and free time (Bukhari 6412). We often discover their price only after illness arrives or responsibility expands.

2. Barakah is not merely fitting in more

A blessed hour may contain one prayer offered properly, one conversation that repairs a relationship, or one task finished with honesty. Productivity counts outputs. Barakah asks whether the time carried us toward Allah and benefited His creation.

3. Give the best hours a clear owner

Notice when your mind and body are strongest. Do not automatically hand those hours to whatever is loudest. Reserve time for salah, Quran, family, deep work, and sleep before filling the gaps with lesser things.

SECOND KHUTBAH

Return to the centrepiece and gather the message around one honest change connected to barakah in time and the two neglected blessings.

Suggested closing: O Allah, place barakah in our mornings, our work, our families, and the years that remain. Do not let our days pass without purpose.

PREPARATION NOTES

1. Read every cited verse or hadith in full before using it.
2. Add one example your own congregation will recognise.
3. Check questions of fiqh and recognised disagreement with a qualified local scholar.

Prepared by Sumit Sharma for Barakah Life. Updated 2026-09-03.