

Dhikr, remembering Allah in a distracted life

Dhikr returns the heart to its true centre. It can accompany work, travel and family life without becoming empty words on the tongue.

CENTREPIECE Surah ar-Ra'd 13:28, Sahih al-Bukhari 6407

FIRST KHUTBAH

1. The heart was not designed to settle anywhere else

Allah tells us that hearts find reassurance in His remembrance (ar-Ra'd 13:28). We often ask entertainment, approval and constant information to give the heart what only nearness to Allah can give.

Source: Quran 13:28

2. Remembrance gives life to ordinary hours

The Prophet (peace be upon him) compared the person who remembers Allah with the person who does not to the living and the dead (Bukhari 6407). Dhikr is not limited to a gathering. It can give life to a commute, a queue, a walk and the quiet work of a home.

Source: Bukhari 6407

3. Presence matters more than impressive numbers

Begin with words you understand and can carry attentively: subhanAllah, alhamdulillah, la ilaha illa Allah and Allahu akbar. A smaller practice that repeatedly returns the heart is better than a large count that never reaches it.

SECOND KHUTBAH

Remind people that a distracted heart is not repaired by shame. It is repaired by returning, then returning again. Allah has left the door of remembrance open in almost every condition.

Suggested closing: O Allah, keep our tongues moist with Your remembrance, make our hearts present with You, and do not let the noise around us make us forget why we are here.

ONE ACTION FOR THIS WEEK

Choose one reliable point in the day, such as after Fajr or during the journey home, and keep five unhurried minutes for dhikr.

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.

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