

# **Inviting 'Barakah' in Our Lives**

## Barakah: The Divine Blessing That Transforms Lives

**Barakah.** It is the secret ingredient to a truly fulfilling life, yet it cannot be bought, measured, or accumulated like wealth. We chase success with relentless ambition. We measure our lives in numbers - salaries, properties, investments, possessions - believing that more means better. Yet, how often have we met people who have everything the world deems valuable, yet feel an emptiness they cannot explain? How often do we find someone with little but who radiates a peace that defies reason?

**That is the mystery of barakah - the divine blessings that multiply goodness beyond human logic.**

Barakah is not just an abstract concept. It is a force that transforms the seemingly ordinary into the extraordinary. It is when a little sustains beyond its measure, when time expands to allow for immense accomplishments, and when wealth, even if small, brings deep contentment and sufficiency. Barakah is what makes a moment of sincere prayer more impactful than a lifetime of heedless actions. It is what makes some people, despite limited resources, flourish and thrive in ways that defy the laws of the world. It is divine multiplication, beyond logic, beyond human understanding.

## **The Ultimate Signs of Barakah**

A person once asked:

“How do I know if Allah has placed barakah in my life?”

A wise scholar replied:

*“Look at what keeps you busy. If your time is spent in pleasing Allah, in acts of worship, learning, and helping others, then know that your life has barakah. But if your time is wasted in heedlessness, distractions, and pursuits of the dunya, then barakah is absent.”*

Barakah is not measured by the number of years we live, but by how we spend those years. The most blessed life is one where every moment is spent in ways that please Allah. A single day spent in sincere worship can hold more weight than years of distracted living. A heart that carries the remembrance of Allah is richer than a palace filled with gold.

## **Prophetic Guidance on Barakah**

The life of Prophet Muhammad (May peace and Allah’s blessings be upon him) is a testament to the immense power of barakah. His life was short in years, yet the impact of his message spans generations, shaping nations and hearts across the world. A single supplication from him brought lifelong abundance to his companions. When Anas ibn Malik, his beloved servant, requested a special supplication, Prophet Muhammad (May peace and Allah’s blessings be upon him) raised his hands and

prayed:

*“O Allah, grant him abundant wealth and children, and **bless them** for him.”*

It's said that as a result of that blessed dua, Anas lived to see over a hundred descendants and immense wealth, yet his true blessing was in the contentment he carried throughout his years.

## **How to Invite Barakah Into Our Lives**

The Quran reveals the key to barakah (in this part of the verse):

وَلَوْ أَنَّ أَهْلَ الْقُرَىٰ آمَنُوا وَاتَّقَوْا لَفَتَحْنَا عَلَيْهِم بَرَكَاتٍ مِّنَ السَّمَاءِ وَالْأَرْضِ وَلَٰكِن كَذَّبُوا فَأَخَذْنَاهُم بِمَا كَانُوا يَكْسِبُونَ

**“If the people of the towns had believed and been mindful of Allah (had taqwa), We would have opened for them blessings from the heavens and the earth...” (Surah Al-Aa’raf 7:96)**

Barakah is not found in possessions, but in taqwa - consciousness of Allah. Ali ibn Abi Talib described taqwa beautifully:

*“To fear the Almighty, act upon revelation, be content with little, and prepare for the journey ahead.”*

Let's now review how do we cultivate barakah in our lives, Here are some of the ways :

## **1. Honesty in Business Transactions**

Many chase profits through deception, thinking that cutting corners and bending the truth will bring them more. They manipulate, exaggerate, or hide details, believing that success comes from being clever rather than being honest. But wealth without barakah is like water held in a leaky vessel - it never lasts, never satisfies, and never truly brings peace. No matter how much they accumulate, there's always a sense of restlessness, a feeling that something is missing. True prosperity isn't just about numbers; it's about the unseen blessings that make what we have meaningful and fulfilling.

Prophet Muhammad (May peace and Allah's blessings be upon him) said:

*"When two people conduct a business transaction and are truthful and transparent, there is barakah in their deal. But if they lie and conceal the truth, the barakah is wiped away." (Sahih Bukhari & Muslim)*

## **2. Earning Through Halal Means**

Barakah is always found in what is pure and permissible (halal), never in what is forbidden (haram). Wealth gained through honest means carries a blessing that brings peace and contentment, while wealth earned through dishonesty or exploitation never truly satisfies. No matter how much someone accumulates, if it lacks barakah, they will always feel restless - chasing more but never feeling fulfilled. It's an endless hunger, a void that no amount of money can fill.

Prophet Muhammad (May peace and Allah's blessings be upon him) warned:

*"Whoever takes wealth unlawfully is like one who eats but never gets full."*

### **3. Barakah Through the Quran**

One of the greatest sources of *barakah* is the Quran itself. It is not just a book of guidance - it is a divine key to blessings in every aspect of life. Allah reminds us:

وَهَذَا كِتَابٌ أَنْزَلْنَاهُ مُبَارَكٌ فَاتَّبِعُوهُ وَاتَّقُوا لَعَلَّكُمْ تُرْحَمُونَ

**"This is a blessed Book which We have revealed, so follow it and be mindful of Allah, that you may receive mercy." (Surah Al-An'am 6:155)**

Many of us have seen how the Quran transforms lives. Those who dedicate time to reciting, understanding, and living by it seem to carry a certain light with them. Their hearts are at peace, their decisions are clearer, and their time feels more purposeful. Even in the busiest of days, they find moments to connect with the words of Allah, and in return, they experience an ease that others struggle to find.

Barakah is not just about material gain - it is about a life filled with meaning, direction, and contentment. The Quran provides all of this and more. Those who hold fast to it find that barakah enters their homes, their work, and their very existence in ways that defy

explanation.

#### **4. Praying Fajr in Congregation**

Barakah is hidden in starting the day early, especially with Fajr in congregation. The early hours carry a tranquility unlike any other - a quiet stillness before the world awakens, a time when the soul is most receptive to divine blessings. Those who rise for Fajr step into a moment filled with unseen barakah, where time seems to expand, productivity increases, and the heart finds peace. The dawn carries a special kind of energy, one that sets the tone for the entire day, bringing clarity to the mind and lightness to the spirit.

Prophet Muhammad (May peace and Allah's blessings be upon him) made a powerful supplication:

*"O Allah, bless my Ummah in the early morning hours." Sunan al-Tirmidhī 1212*

#### **5. Prioritizing Family Over Wealth**

A father's presence in his family is just as important as his earnings, if not more. Many fathers work tirelessly, believing that providing a comfortable life is the greatest gift they can give their children. They sacrifice time, miss important moments, and justify their absence by saying, "I work hard for my family." But at what cost? A home filled with wealth but empty of love, guidance, and spiritual connection is a home without barakah. Children may inherit money, but without the wisdom and presence of a father, they inherit something far more dangerous - a life without

direction.

True provision isn't just about material wealth; it's about nurturing hearts, instilling faith, and being present in a way that money never can replace. The most valuable inheritance a parent can give their child is not wealth but righteous guidance - the kind that anchors them in faith, shapes their character, and brings barakah into their lives.

The Quran reminds us:

وَأْمُرْ أَهْلَكَ بِالصَّلَاةِ وَاصْطَبِرْ عَلَيْهَا لَا نَسْأَلُكَ رِزْقًا نَحْنُ نَرْزُقُكَ وَالْعَاقِبَةُ لِلتَّقْوَى

**“Command your family to pray, and be patient in it. We do not ask you for provision; We provide for you.” (Surah Taha 20:132)**

## **6. Gratitude Multiplies Barakah**

Gratitude unlocks barakah. When we constantly compare our lives to others, we trap ourselves in a cycle of discontent - always seeing what we lack instead of appreciating what we have. No matter how much we accumulate, the heart remains restless, always chasing the next thing. But barakah isn't found in abundance alone; it's found in the peace that comes from contentment.

The secret to barakah is shifting our focus from what's missing to what's already present. It's recognizing that true wealth isn't just in numbers but in the unseen blessings - health, family, time, and inner peace. When we appreciate what we have, Allah increases

it in ways beyond our understanding

Allah promises:

وَإِذْ تَأَذَّنَ رَبُّكُمْ لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ وَلَئِنْ كَفَرْتُمْ إِنَّ عَذَابِي لَشَدِيدٌ

“And [remember] when your Lord proclaimed, 'If you are grateful, I will surely increase you [in favor]; but if you deny, indeed, My punishment is severe.’” (Surah Ibrahim 14:7)

## Final Reflections: The Power of Barakah

Barakah is the unseen help of Allah that turns scarcity into abundance, hardship into ease, and the ordinary into the extraordinary. It is the blessing that fills our time with meaning, our wealth with sufficiency, and our hearts with peace.

So let's ask ourselves: *Do we seek barakah in our time, or do we waste it? Do we seek barakah in my earnings, or do we chase unlawful means? Do we seek barakah in our relationships, or do we neglect our responsibilities?*

**Barakah is not about having more; it is about making what you have enough.** It is about trust in Allah, gratitude for His gifts, and sincerity in how we use them.

Let us actively seek the barakah of Allah by aligning our lives with His guidance.

May Allah grant barakah in our homes, our wealth, our time, our health, and our hearts. Ameen.