

Attracting Barakah

Barakah refers to Divine blessing. It can be said that Barakah is the increase in quality and quantity of Allah's blessing via unseen ways to human. It is, in fact, an invisible blessing that manifests itself as an increase that cannot be calculated in material terms.

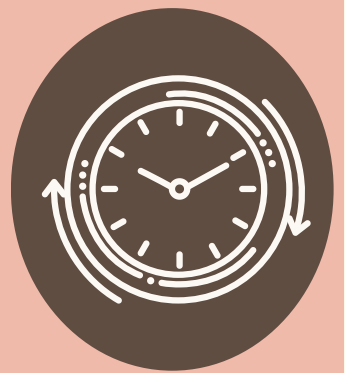


The Barakah in your marriage will depend on what kind of believer you are. It all depends on you. If you are observing Allah's laws - praying on time, being modest and moderate, striving to learn your obligatory knowledge, paying zakat on time, trying to please your spouse etc. you attract Barakah in your life.



As an Individual:

- Praying Salah on time
- Giving charity
- Observing Hijab laws
- Reading Quran
- Learning about Islam
- Making Dua daily
- Physical activity
- Eating as per the Sunnah
- Practicing Sabr
- Practicing Shukr
- Having a work/life balance
- Reading Dhikr



As a Spouse

- Reading Quran or Islamic literature with my spouse
- Eating from the same plate
- Expressing gratitude to my spouse
- Dressing up for my spouse
- Learning your spouse's love language
- Spending quality time together
- Consulting my partner (Mashwara)



GUIDELINE

COUNSEL · COMPASSION · COHERENCE

Reflection

These are simple, but meaningful ways to inculcate Barakah into your life.

Can you think of others?

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What small changes can I make today?



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How do I show kindness, patience, and mercy to my spouse during stress or disagreement?



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How often do I express genuine gratitude to my spouse?



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