|  |  |  |  |
| --- | --- | --- | --- |
| Time | My current routine | Prophetic routine | What I will change |
| **Fajr** |  | | |
| Between Fajr and Zuhr |  | * Goes back to the Mosque for meetings * Serves the community * Prays Duha prayer * Nap before Dhuhr |  |
| **Duhr** |  | | |
| Between Zuhr and Asr |  | * Gives a sermon and spends time with family, friends, serving communities |  |
| **Asr** |  | | |
| Between Asr and Maghrib |  | * Gives a sermon and spends time with family, friends, serving communities |  |
| **Maghrib** |  | | |
| Between Maghrib and Isha |  | * Dinner and quality time with spouse |  |
| **Isha** |  | | |
| After Isha to Bedtime |  | * Spends time with family or close companions * Winding down for the evening- making ablution, supplication before sleeping * Sleeps until midnight |  |
| **Bedtime** |  | | |
| Until Fajr |  | * Wakes up for Tahajjud prayer at midnight- very personal, conversing with God SWT * Sometimes at 2-3 am he would visit a cemetery and pray for the dead and his followers in the future “I miss my brothers, those who have never seen me but still believed in me” * Pray until 1/6 of the night is remaining * Takes a nap for an hour and a half or so before dawn |  |