|  |  |  |  |
| --- | --- | --- | --- |
| 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
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