

PRODUCTIVE HOLIDAYS

Rasulullah ﷺ has stated, **“There are two blessings which many people waste: health and free time.”** (Bukhari)

The holiday period is generally a time when people have time to spare. We can while away that time in frivolous and at times sinful pursuits or we can utilise such opportunities productively.

The holidays are an ideal opportunity for spending quality time with our families. **Sitting in front of the television together does not count as quality time.** Engaging with our families in physical activity, in laughter and clean fun is part of quality time. The Hadith encourages horsemanship and archery amongst other physical activity.

Take your family out to explore the beauty of nature, and ponder over Allah’s magnificence that He displays through His creation. This will bring us closer to Him and humble us in awe of His majesty.

Read with your family a reliable book that discusses the lives of the pious. This will motivate us to improve ourselves.

Most importantly, sit with your family and talk about Allah Ta’ala and the beautiful Islam he has blessed us with. Discuss the life of Rasulallah ﷺ and relive with them the history of Islam. Talk to them about the real life challenges that we face and how to navigate them.

We live in a time when families are fragmenting and contentment seems a distant dream. A holiday spent productively will, insha-Allah, bring the family closer together and leave us with a sense of fulfilment and satisfaction.

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