

LIVING THE
SUNNAH
IN THE
MODERN WORLD

A Guide To Timeless Wisdom

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Abu Malik



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Chapter 1: Structuring Your Day Around Worship

Most people don't leave Islam, but they slowly disconnect from it. Not because they reject it, but because their day has no structure around it. Salah becomes something squeezed in, rushed, or delayed. Over time, everything else starts to take priority.

"Indeed, prayer has been decreed upon the believers a decree of specified times." (Surah An-Nisa, 4:103)

This ayah is very direct. Salah is not meant to fit into your schedule. Your schedule is meant to fit around salah. If you look at the life of the Prophet, Peace and Blessings upon him, his day wasn't random. It was anchored. Each prayer divided the day into meaningful sections. That's what gave his life balance, clarity, and barakah.

Start with Fajr. Fajr is the hardest for many people because of late nights and inconsistent routines. But it is also the most important reset. If you win Fajr, the rest of your day becomes easier. The Prophet, Peace and Blessings upon him, said: "Shaytan ties three knots at the back of the head of any one of you when he sleeps... if he wakes up and remembers Allah, one knot is undone... if he performs ablution, another knot is undone... if he prays, all the knots are undone and he becomes energetic and in a good state of mind." (Sahih al-Bukhari, Hadith 1142; Sahih Muslim, Hadith 776)

You can see something very real here. Waking up for Fajr is not just spiritual, it affects your mental state, your energy, and your clarity for the entire day. Be practical about it. Don't aim for perfection immediately. Start by fixing your sleep. If you sleep at 2 am, Fajr will always feel impossible. Reduce your night distractions, especially your phone. Even cutting 30 to 45 minutes earlier makes a difference.

Chapter 2: The Sunnah at Work and in Business

A lot of people separate their religious life from their work life without even realizing it. Salah, fasting, and Quran are treated as “religious,” while work is just Dunya. But in Islam, how you earn, how you speak, and how you carry yourself at work is part of your deen. The Prophet, Peace and Blessings upon him, didn’t just teach worship in the masjid. He taught honesty, trust, and excellence in the marketplace.

"The truthful and trustworthy merchant will be with the Prophets, the truthful, and the martyrs." (Jami at-Tirmidhi, Hadith 1209)

Think about that for a moment. Just by being honest in business, a person is raised to the company of the best of creation. That shows you how serious Islam is about integrity in work. Now look at the opposite. The Prophet, Peace and Blessings upon him, said: “Whoever cheats is not one of us.” (Sahih Muslim, Hadith 101) This is not small talk. It’s a clear warning. Cheating isn’t just about money. It includes lying on your resume, exaggerating your skills, hiding mistakes, taking credit for someone else’s work, or cutting corners when no one is watching.

Chapter 3: Social Media and Guarding Your Tongue

One of the biggest differences between our time and the past is that speech is no longer limited to what you say in person. Now, a single post, comment, or message can reach hundreds or thousands of people in seconds. Because of that, the responsibility of the tongue hasn't become lighter, it has become heavier.

"Not a word does he utter except that with him is an observer prepared." (Surah Qaf, 50:18)

This includes what you type just as much as what you say. Every comment, every reply, every post is recorded. The Prophet, Peace and Blessings upon him, said: "Whoever believes in Allah and the Last Day, let him speak good or remain silent." (Sahih al-Bukhari, Hadith 6018; Sahih Muslim, Hadith 47) Before posting anything, pause and ask yourself a simple question: is this good, or is it just noise?

Chapter 4: Dealing with Stress, Anxiety, and Pressure

Life today moves fast. People are constantly thinking about what's next, what might go wrong, what they haven't achieved yet. This creates a constant state of pressure. Even when nothing is happening, the mind is restless. Islam doesn't ignore this. It addresses it directly, but in a way that focuses on the heart first.

"Verily, in the remembrance of Allah do hearts find rest." (Surah Ar-Ra'd, 13:28)

Notice something here. Allah doesn't say that problems disappear. He says the heart finds rest. That means the soul becomes stable even when life is not. A lot of stress comes from trying to control everything. Outcomes, people, the future. But the Sunnah teaches you to focus on effort and trust Allah with results.

Chapter 5: Relationships and Character

If someone gets their worship right but their character is harsh, people will feel distant from them. But if someone has good character, it softens hearts, builds trust, and reflects the beauty of Islam without needing many words. This is why the Prophet, Peace and Blessings upon him, placed so much weight on character.

"The best of you are those who are best to their families." (Jami at-Tirmidhi, Hadith 3895)

Notice where goodness starts. Not in public, not in front of others, but inside the home. How you treat your spouse, your parents, your siblings, that is the real measure. It's easy to be polite with strangers. It's harder to stay patient with the people you see every day.

Chapter 6: Balancing Dunya and Akhirah

One of the hardest things for many people is not choosing between good and bad, but balancing two things that are both allowed: this world and the next. Work, study, money, goals, family responsibilities, all of these are part of life. Islam does not ask you to abandon them. It asks you not to lose yourself in them.

"But seek, through that which Allah has given you, the home of the Hereafter; and do not forget your share of the world." (Surah Al-Qasas, 28:77)

This ayah is balanced. It doesn't reject dunya. It puts it in its place. You take from this world, but your direction is toward the next. The problem begins when dunya becomes the goal instead of the means. The Prophet, Peace and Blessings upon him, said: "Be in this world as though you were a stranger or a traveler." (Sahih al-Bukhari, Hadith 6416)

Chapter 7: Small Sunnahs That Transform Your Life

A lot of people think changing their life means making huge shifts. Quitting everything, starting over, becoming extremely strict overnight. But the Sunnah teaches something different. It builds transformation through small, consistent actions that shape the heart over time.

"The most beloved deeds to Allah are those that are consistent, even if they are small." (Sahih al-Bukhari, Hadith 6464)

Consistency matters more than intensity. Small actions, repeated daily, shape who you become. Start with the simplest thing: intention. Before anything you do, remind yourself why you are doing it. Eating, working, studying, even resting can become worship if your intention is correct.

Chapter 8: Protecting Your Faith in a Noisy World

One of the biggest challenges today is not open disbelief, but constant distraction. Faith doesn't usually disappear in one moment. It weakens slowly when the heart is pulled in too many directions at once.

“Truly, in the body there is a piece of flesh. If it is sound, the whole body is sound, and if it is corrupt, the whole body is corrupt. Verily, it is the heart.” (Sahih al-Bukhari, Hadith 52; Sahih Muslim, Hadith 1599)

A noisy world doesn't always mean loud sound. It means constant input. Messages, videos, opinions, arguments, entertainment, news. All of it keeps the heart in a state of reaction rather than reflection.

Reminders and Solitude: The heart needs reminders regularly, otherwise it becomes dull. As Allah says in Surah Adh-Dhariyat (51:55), "So remind, for indeed the reminder benefits the believers." Even a few moments alone without distraction can reset the heart. Not isolation from people, but withdrawal from noise.

Company and Comparison: The Prophet (PBUH) warned that a person is upon the religion of his close friend (Sunan Abu Dawud 4833). Your environment influences your standards. Similarly, avoiding constant comparison is vital. Allah warns in Surah Ta-Ha (20:131) not to extend our eyes toward the enjoyment given to others. Your provision and timing are already written.

Chapter 9: Parenting the Islamic Way

Parenting in Islam is not only about providing food, clothing, and education. It is about raising a child who knows Allah, carries good character, and understands their purpose in life. Everything else supports that foundation.

"O you who believe, protect yourselves and your families from a Fire whose fuel is people and stones." (Surah At-Tahrim, 66:6)

This ayah shows responsibility. A parent is not only accountable for their own faith, but also for the environment they create at home. The Prophet, Peace and Blessings upon him, said: "Each of you is a shepherd and each of you is responsible for his flock." (Sahih al-Bukhari, Hadith 7138; Sahih Muslim, Hadith 1829)

Chapter 10: The Muslim's Guide to Character and Etiquette

At the core of Islam is not just belief or rituals, but character. A person may pray, fast, and give charity, but if their character is harsh, arrogant, or harmful to others, something is missing in their understanding of the deen.

"I was only sent to perfect good character." (Muwatta Malik, Hadith 1614)

This shows you that character is not secondary. It is central to the mission of the Prophet, Peace and Blessings upon him. Start with humility. Humility means recognizing your limits. Not seeing yourself as better than others, even if you have knowledge, wealth, or status.

Chapter 11: Bringing It All Together

At this point, you can see that living Islam in the modern world is not about isolated acts or occasional inspiration. It is about a way of life that touches every part of your day.

"Indeed in the Messenger of Allah you have an excellent example for whoever hopes in Allah and the Last Day and remembers Allah often." (Surah Al-Ahzab, 33:21)

This example is not meant to be admired from a distance. It is meant to be followed in daily life, step by step. Salah anchors your day, honesty anchors your work, and good character defines how people experience you. None of these stand alone. They work together to form a complete way of living.

Conclusion: Final Words on Living Islam

Everything in this book comes back to a single idea: Islam is not meant to be lived in fragments. It is meant to shape the whole person, quietly and consistently, until even ordinary moments carry meaning and direction.

"So remain on a right course as you have been commanded." (Surah Hud, 11:112)

This is a call to steadiness. Not perfection. Not intensity that burns out. But a steady alignment with what Allah has guided to. The path is not closed by mistakes. It is maintained by return. Returning to salah, returning to dhikr, returning to Allah with sincerity.

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"Whoever guides someone to goodness will have a reward like one who did it."
Sahih Muslim 1893