



To some, a well-spent life is one that is dedicated to family, to raising children and to spending time with relatives. To others, it is a life that is spent developing a career or business interests, or given to the worldly enjoyments that these pursuits afford. Still others spend their time, effort and money travelling the earth, seeking constant novelty in the people they meet, the things they see and the foods they eat.

To the properly guided Muslim, a well-spent life is not a mystery. It is a life spent seeking the knowledge of the scholars of Ahl-us-Sunnah wal Jama[^]ah and doing one's best to apply this knowledge. It is a life that is dedicated to fulfilling the obligations and avoiding the sins. It is a life that is filled with days of worship and acts of obedience.

Life in the modern world is full of distractions. Each day television, film and the internet compete for our attention and occupy time that is better spent performing the deeds that will weigh heavily for us in the Hereafter. We ask *Allahu ta[^]ala* to protect us from such distractions, to give us wisdom in how we spend our time and to grant that our lives be guided only by the most noble of sources, the teachings of Prophet Mu

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