



LIVING
THE ESSENCE
TWENTY
LESSONS IN LIFE



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Living the Essence

Twenty Lessons in Life

The esteemed Shaykh al-Islām Muftī Muḥammad Taqī ‘Usmānī (may Allah ﷻ preserve him) was once asked: ‘What is the essence of life?’ So he shared the following twenty points as guidance,

1. Always express gratitude to Allah ﷻ in every circumstance.
2. Strive to ensure that no one ever complains about you to others, let alone to Allah ﷻ.
3. Never compete with family members. Accept loss if necessary but avoid rivalry. The results will become clear with time.
4. Never boast about being a scholar or demand special treatment. Instead, aim to become a giver.
5. The best dining table is the one at home. Whatever is destined for you, you will enjoy it like royalty.
6. Do not place your hopes in anyone other than Allah ﷻ.
7. Strive to increase your efforts each passing day.
8. Avoid the company of the wealthy and the arrogant.
9. Give charity in the morning and recite seek forgiveness in the evening.
10. Speak with sweetness in your tone.
11. Never raise your voice, even when speaking to a child.



12. Respect the source of your livelihood with all your heart. The more you honour it, the more Allah ﷻ will bless your sustenance.
13. Surround yourself with successful people. One day, you too will become part of their group.
14. Respect skilled individuals in every field, regardless of their profession.
15. The more courteous you are to your parents, teachers and relatives, the more blessings you will receive in life and sustenance.
16. Maintain moderation in all aspects of life.
17. Keep connections with common people; you can learn much from them too.
18. Do not complain about one person to another. The Prophet Muḥammad ﷺ disliked those who complained.
19. Present everything in a positive manner, as this can resolve many issues.
20. Remain silent in the company of elders.

Finally, he shared the following supplication, advising us to recite it diligently during difficult times for great benefit:

﴿رَبَّنَا آتِنَا مِنْ لَدُنْكَ رَحْمَةً وَهَيِّئْ لَنَا مِنْ أَمْرِنَا رَشَدًا﴾

*Rabbanā ātinā min ladunka raḥmatan
wa hayyi' lanā min amrinā rashadā.*

Our Lord, bless us with mercy from Your Own and provide us with guidance in our matters. (18:10)



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