

# Appreciating Time



EXTRACTED AND ADAPTED FROM A SHORT AUDIO OF  
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Salaamat Publications

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## A Reminder to Value What Cannot Be Replaced

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the Name of Allah, the Most Gracious, the Most Merciful.

وَالْعَصْرِ ۝١ إِنَّ الْإِنْسَانَ لَفِي خُسْرٍ ۝٢  
إِلَّا الَّذِينَ آمَنُوا وَعَمِلُوا الصَّالِحَاتِ وَتَوَاصَوْا بِالْحَقِّ وَتَوَاصَوْا  
بِالصَّبْرِ ۝٣

1. By (the Token of) Time,

2. Surely, mankind is in loss,

3. Except those who believe and do righteous deeds,  
and encourage each other towards truth, and  
encourage each other towards patience.

قَالَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

Nabi-e-Karim ﷺ said:

نِعْمَتَانِ مَغْبُونٌ فِيهِمَا كَثِيرٌ مِنَ النَّاسِ: الصِّحَّةُ وَالْفَرَاغُ

*"Two blessings in which which many people are deceived:  
Health and Free Time"*

Among the countless gifts of Allah Ta'ala, there are two bounties that most people unfortunately fail to recognize and appreciate:

## **Good Health and Free Time.**

These treasures slip away silently, and before a person realizes it, the door of opportunity has closed.



Consider a man who is given a hundred thousand Cash Dinars or Dirhams or whatever currency to put in an investment and he holds great potential in his hands with regards to investing this money.

Instead of this person investing in the money wisely, he lets it slip through his fingers — spending here and there without any purpose or thought.

At the end of it all, he stands empty-handed, in deep regret with nothing to show to himself or others

.

He is left with a bitter memory and realization that a Golden opportunity was afforded to him and the entire opportunity was wasted.

In the same way, **time** is a form of capital — and it is far more precious than any amount of wealth.

Wealth can be saved; it can be invested later — if not today, then tomorrow, or the month after.

But once time is lost, that moment is gone forever. Time is such a bounty which can never be brought back and it can never be invested later.

This opportunity will never return.

When it comes to wealth, people recognize two kinds of losses:

One is when the money is not used profitably — no gain was made.

The other, far greater, is when money is used in a way that causes harm and regret — a loss that burdens the heart.

Even when no harm is done, the absence of any benefit still leaves a person with a sense of loss and missed opportunity.

## **Now, think about how we view time.**

If time is spent in a way that brings benefit to us then Ma Sha Allah, that is excellent.

If it is spent in sin or something harmful, then clearly that is a terrible loss, a disaster.

When time is used on something that is idle — something that neither benefits us in this Dunya (this worldly life) nor in the Akhirah (the year after) — we often don't even recognize it as a loss — a loss far more serious than we can imagine.

We don't even recognize the loss of time as a real problem — yet it is a disaster far greater than any material loss, and one that can never be undone.

And yet, in reality, the loss of time is among the most devastating of losses — silent, irreversible, and deeply serious.

## Look at how people reflect on their business year:

"We were unable to achieve the profit we had hoped and planned for."

Maybe they made half the profit of what they had expected for that year, and still, they call it a loss.

And yet, when it comes to time — a blessing far greater than wealth — we often show little concern, as if no loss has occurred at all.

## O Respected Brothers and Sisters,

Allah Ta‘ala, in His Infinite Wisdom, takes a Qasam (swears) by time in the Noble Qur'an:

وَالْعَصْرِ ﴿١﴾ إِنَّ الْإِنْسَانَ لَفِي خُسْرٍ ﴿٢﴾

*"By Time! Surely, mankind is in loss."*

(Surah Al-‘Asr, 103:1-2)

Time is a priceless trust, slipping away with every breath we take.

We must awaken to its true value before it is irretrievably lost. Every moment is an opportunity either seized or wasted, a step closer to success or a step deeper into regret.

Let us not be among those who realize it's worth only when it is too late. Let us value our time today, dedicating it to what pleases Allah Ta'ala and brings true benefit to our Dunya and Aakhirah.

Time spent correctly is a blessing beyond measure. Time spent incorrectly — especially in disobedience to Allah — should be completely avoided.

Even time that passes without bringing any benefit, either for this world or the next, is a serious concern.



We must learn to value every moment — to treasure it, protect it, and invest it wisely then, In Sha Allah, we will see how much can be accomplished, even within a short span of time.

May Allah Ta'ala protect our time, bless our moments, and grant us the ability to use our lives in ways that earn His pleasure. Aameen.

اللَّهُمَّ بَارِكْ لَنَا فِي أَوْقَاتِنَا وَأَعْمَارِنَا،  
وَوَفِّقْنَا لِمَا تُحِبُّ وَتَرْضَى،  
وَاجْعَلْ أَعْمَالَنَا خَالِصَةً لِرُوحِكَ الْكَرِيمِ

*(O Allah, bless our time and our lives,  
guide us towards what You love and are pleased with,  
and make all our actions sincerely for Your pleasure.)*

*Aameen*

**NB:**

We have made every effort to preserve the original message of Hazrat دامت برکاتہم aiming to retain his message as accurately as possible. Adjustments were made solely to enhance readability, with careful attention

to maintaining the authenticity and essence of Hazrat's teachings.

Any errors are due to our own limitations, and we humbly seek Allah سُبْحَانَهُ وَتَعَالَى forgiveness and guidance in our future publications.

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