

Module 6: Barakah — The Blessing That Changes Everything

Why some have much money yet no peace — while others have little, yet it is enough

Barakah (البركة) is the blessing of Allah placed within something. When it is present — a little is enough. When it is absent — a great deal is never enough. This module is about what it is, where it comes from, and how not to lose it.

The Story of Two People

Imagine two people.

The first earns a great deal. He has a good car, a spacious apartment, money in his account. Yet every month he cannot understand where the money goes. The anxiety does not leave — if anything, the more he has, the stronger the fear of losing it. The family is tense. His sleep is restless. Inside — the constant feeling that something is always lacking.

The second earns modestly. There are no surpluses. Yet the home is warm. There is enough food. The children are healthy. He goes to sleep peacefully. Mornings feel light. When money is needed — it appears, sometimes quite unexpectedly. He is not wealthy by the world's standards — yet in his life there is something the first man searches for and cannot find.

The difference between them is not in the amount. The difference is in barakah.

What Is Barakah

The word "barakah" in Arabic comes from a root connected to the ideas of "settling", "steadily being present", and "growing". Barakah is not about quantity. It is about the quality of what is present.

When Allah places barakah in money — it does not run out where it should have. When He places barakah in time — a person accomplishes more than seemed possible. When barakah is in health — the body serves long and without complaint.

Definition

Barakah is the blessing of Allah in something, by which that something brings more benefit, joy, and sufficiency than its quantity alone could provide. Barakah is when Allah placed much into little.

How Allah Speaks of Barakah

The word "barakah" and its derivatives appear in the Quran dozens of times. Allah describes Himself through this concept:

تَبَارَكَ الَّذِي بِيَدِهِ الْمُلْكُ

"Blessed is He in Whose hand is dominion"

Surah Al-Mulk, verse 1

"Tabaraka" — exalted in barakah, the Source of all blessing. Allah is not merely One Who has barakah. He is its Source. Everything that has barakah in this world has it because He placed it there.

And He says of the Quran:

كِتَابٌ أَنْزَلْنَاهُ إِلَيْكَ مُبَارَكٌ

"A Book which We have revealed to you — blessed"

Surah Sad, verse 29

And of Makkah:

إِنَّ أَوَّلَ بَيْتٍ وُضِعَ لِلنَّاسِ لَلَّذِي بِبَكَّةَ مُبَارَكًا

"Indeed, the first House established for mankind was that at Makkah — blessed"

Surah Ali 'Imran, verse 96

Barakah is not an abstraction. Allah places it in specific places, times, people, words, and actions. And He is able to place it in your earnings, your home, your time — if you walk the paths He has indicated.

Barakah and Quantity — What Is the Difference

This is important to understand independently. Because many seek more — when what they truly need is something else.

Much Without Barakah	Little With Barakah
Money is present, yet constantly insufficient	Money is modest, yet it is enough and something remains
You work a great deal, yet without satisfaction	You work — and feel meaning
Opportunities arrive, but do not materialise	One opportunity — and it changes everything
Health is depleted faster than it is restored	The body serves without demanding constant attention
Anxiety grows alongside income	Peace is present regardless of the amount

Look at the right column. This is precisely what most people call "happiness" when they try to describe it. And it is not a large sum that gives this — it is barakah in what is present.

Where Barakah Comes From

The Prophet ﷺ taught us to ask for barakah directly — and he did so himself. When food was brought to him — he asked for barakah in it. When a child was born — he made du'a for barakah for them. This was not ritual. It was a living understanding: without Allah, there is no blessing in this.

From the Quran and Sunnah, several clear paths through which barakah enters life can be identified:

Halal Earnings

This is the foundation. Money earned honestly and through lawful means carries barakah from the very start. The Prophet ﷺ said: "No one has ever eaten anything better than what they earned with their own hands" (Sahih al-Bukhari, hadith 2072). Hands that work honestly — these are the hands into whose labour Allah places blessing.

Gratitude — Shukr

This is one of the most direct paths to the multiplication of barakah. Allah said:

لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ

"If you are grateful — I will surely increase you"

Surah Ibrahim, verse 7

"I will surely increase" — la-azidannakum. This is not a promise of "perhaps." It is the categorical promise of Allah. Gratitude for what is present — opens barakah in what is yet to come.

Shukr is not only the words "Alhamdulillah." It is an orientation. When a person sees in little — a gift. When they do not complain about what is lacking, but notice what has already been given. It is precisely this state that draws increase.

Eating Together and Unity

The Prophet ﷺ said:

كُلُوا جَمِيعًا وَلَا تَتَفَرَّقُوا، فَإِنَّ الْبَرَكَةَ مَعَ الْجَمَاعَةِ

"Eat together and do not scatter, for barakah is with the jama'ah"

Sunan Ibn Majah, hadith 3287 — hasan

Barakah is with the jama'ah. With unity. Not with division and isolation. This is not only about food. It is a principle: when people come together sincerely — Allah places blessing in it. The family that holds together receives more than each individual alone.

Du'a for Barakah

The Prophet ﷺ taught us to ask for barakah directly. When someone offered him food — he would say:

اللَّهُمَّ بَارِكْ لَهُمْ فِيْمَا رَزَقْتَهُمْ وَأَعْفِرْ لَهُمْ وَارْحَمُهُمْ

"O Allah, grant them barakah in what You have provided for them, forgive them, and have mercy on them"

Sahih Muslim, hadith 2042

Asking for barakah is itself an acknowledgement that it comes from Allah. This is tawakkul in action: "I have this — and I ask You to place Your blessing within it."

What Removes Barakah

Just as there are paths that bring barakah — there are also things that take it away. And it is important to know this not out of fear, but for understanding.

Haram in Earnings

We spoke about this in detail in Module 5. Haram earnings bring money but take away barakah. The person earns — and cannot understand where it goes. Because what was taken from haram returns to haram.

Deception in Trade

The Prophet ﷺ warned of this specifically:

الْبَيْعَانِ بِالْخِيَارِ مَا لَمْ يَتَفَرَّقَا، فَإِنْ صَدَقَا وَبَيَّنَّا بُورِكَ لَهُمَا فِي بَيْعِهِمَا، وَإِنْ كَذَبَا وَكْتَمَا
مُحِقَّتْ بَرَكَتُهُ بَيْعِهِمَا

"The seller and buyer have the right to withdraw from the transaction as long as they have not parted. If they were honest and transparent — there will be barakah in their trade. If they lied and concealed — the barakah of their trade will be destroyed"

Sahih al-Bukhari, hadith 2079; Sahih Muslim, hadith 1532

"The barakah of their trade will be destroyed" — this is not a threat. It is a law. Deception and concealment are like a hole in a boat. Money arrives — and drains away. Because barakah has departed.

Ingratitude and Complaint

The opposite of shukr is kufran an-ni'mah — ingratitude for blessings. Allah said directly after the promise of increase:

وَلَئِنْ كَفَرْتُمْ إِنَّ عَذَابِي لَشَدِيدٌ

"But if you are ungrateful — indeed, My punishment is severe"

Surah Ibrahim, verse 7

Constant complaints about what is lacking are a form of ingratitude. Not because one cannot feel difficulty. But because when a person looks only at what is absent — they stop seeing what is present. And what is not noticed — is not valued. And what is not valued — may depart.

Du'a for Barakah — Ask Directly

One of the simplest and most powerful actions is to ask Allah for barakah directly. In your rizq, your time, your family, your labour.

اللَّهُمَّ بَارِكْ لَنَا فِيْمَا رَزَقْتَنَا وَقِنَا عَذَابَ النَّارِ

"O Allah, grant us barakah in what You have provided for us, and protect us from the punishment of the Fire"

Narrated as a du'a before eating — Sunan Abu Dawud, hadith 3730

This du'a can be recited before eating, before work, in the morning — at any moment when you wish to ask for blessing in what you have. The Prophet ﷺ asked for barakah constantly — not because he feared losing it, but because he knew: it comes from Allah, and it is to Allah that one turns for it.

The true goal is not maximum money.

The true goal is barakah in what one has.

*Because only with barakah does little become enough,
and much become blessed.*

Practice

This week — one change: before eating, before work, or in the morning, recite the du'a for barakah. Not as a ritual — but with the awareness: "I am asking Allah to place His blessing in what I have." And notice throughout the day at least one thing for which you can say "Alhamdulillah" — sincerely. This is shukr. And this is the path to barakah.

Next Module

Module 7 is the last. And perhaps the deepest. We will speak about why some have more and others have less — and what stands behind this distribution. Wealth is not a reward. Poverty is not a punishment. Behind each lies a trial. And the wisdom of Allah runs deeper than any financial logic.

"And We test you with evil and with good as trial"

Surah Al-Anbiya, verse 35