



إِنَّهُمْ فَتِيَةٌ آمَنُوا بِرَبِّهِمْ وَزِدْنَاهُمْ هُدًى

"They were young men who believed in their Lord, and We increased them in guidance." (al-Kahf 18:13)

Deen & Discipline

A guide for Muslim teenagers on prayer, study, screens, sleep and character, with a section for parents.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Preface

All praise is for Allah, and may peace and blessings be upon our Prophet Muhammad, his family and his Companions.

Your teenage years are some of the most powerful years of your life. Habits you build now, in prayer, study, sleep and the way you treat people, tend to stay with you for decades. So do the habits you let slide.

This guide is for Muslim teenagers who want to grow strong in their deen and serious about their future, without pretending that school, friends and phones do not exist. Each chapter gives you a clear idea and a few practical steps. At the end there is a four-week habit tracker and a section for parents.

سَبْعَةُ يُظِلُّهُمْ اللَّهُ فِي ظِلِّهِ يَوْمَ لَا ظِلَّ إِلَّا ظِلُّهُ ...
وَشَابُّ نَشَأَ فِي عِبَادَةِ رَبِّهِ

“Seven people Allah will shade in His shade on the Day when there is no shade but His ... and a young person who grew up in the worship of his Lord.”

Narrated by al-Bukhārī (660) and Muslim (1031).

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Habit 1 Anchor your day to the five prayers

إِنَّ الصَّلَاةَ كَانَتْ عَلَى الْمُؤْمِنِينَ كِتَابًا مَّوْقُوتًا

“Indeed, prayer has been decreed upon the believers at fixed times.”

Sūrat an-Nisā’ 4:103

Explanation

The five prayers give your day a shape that no app can. If you build everything else around them, studying, resting, seeing friends, you already have five fixed points of discipline every day. The Prophet ﷺ was asked which deed is most beloved to Allah and said: “Prayer at its proper time.” (al-Bukhārī 527, Muslim 85)

What to do

- 1 Set your phone’s prayer alerts and treat the adhān as the start of the prayer, not the start of the countdown.
- 2 Make **Fajr** non-negotiable: sleep early enough to wake for it, and do not go back to bed straight after if you can help it. The hour after Fajr is excellent for study.
- 3 Pray in the masjid when you can, especially for boys.
- 4 Link a habit to each prayer: Qur’an after Fajr, study after ‘Asr, revision after Maghrib, reading before sleep.

What we learn

- | | |
|---|---|
| 1 | The five prayers are the backbone of a disciplined day. |
| 2 | Praying on time is among the most beloved deeds to Allah. |
| 3 | Every other good habit is easier when it is attached to a prayer. |

Habit 2 A daily portion of the Qur’an

أَحَبُّ الْأَعْمَالِ إِلَى اللَّهِ أَدْوَمُهَا وَإِنْ قَلَّ

“The most beloved deeds to Allah are the most consistent, even if small.”

Narrated by al-Bukhārī (6464) and Muslim (783).

Explanation

One page a day, every day, is better than a whole juz once a month and nothing in between. Consistency is what Allah loves, and it is also what builds a real relationship with His Book.

- Choose a portion you can keep on your busiest day: a page, half a page, or ten verses.
- Read at the same time every day, ideally after Fajr.
- Read the meaning of at least one verse in a language you understand.
- If you are memorising, follow a routine of new lesson, recent revision and old revision. Our free guide **Steady Hifdh** explains it step by step.

What we learn

1

Small and daily beats large and occasional.

2

Understanding even one verse a day changes how you read.

3

Your Qur'an time is protected time, like a class you never miss.

Habit 3 Study in focused blocks

Explanation

Many students spend hours “studying” with a phone beside them and remember little. Short blocks of complete focus, followed by real breaks, teach more in less time. Testing yourself, rather than re-reading, is what makes learning stick.

What to do

- 1 Decide before you sit down: **one subject, one task** (for example, “Physics: 20 past questions on motion”).
- 2 Work for **25 to 45 minutes** with the phone in another room. Then take a 5 to 10 minute break away from the desk.
- 3 End every block by **testing yourself**: close the book and write what you remember, or answer questions without looking.
- 4 Keep a short **weekly plan**: what each subject needs this week, and when you will do it.
- 5 Ask for help early. A question asked in week one saves hours in week ten.

Tip: the two-minute start

When you do not feel like studying, promise yourself just two minutes. Open the book and start. Most of the time, starting is the hardest part.

What we learn

1

Focus matters more than hours.

2

Testing yourself beats re-reading.

3

A weekly plan turns big goals into small daily tasks.

Habit 4 Put your phone in its place

نِعْمَتَانِ مَغْبُورٌ فِيهِمَا كَثِيرٌ مِنَ النَّاسِ: الصَّحَّةُ
وَالْفَرَاغُ

“There are two blessings which many people waste: health and free time.”

Narrated by al-Bukhārī (6412).

Explanation

Phones are useful: for learning, for keeping in touch, even for Qur'an apps. But apps are designed to keep you scrolling, and time lost there is time taken from prayer, study, family and sleep. The goal is not to fear your phone, but to decide how you use it.

What to do

- Turn off notifications for everything except calls, messages from family and prayer times.
- Keep the phone **out of the bedroom at night**, or at least out of reach. Use a simple alarm clock.
- Choose **phone-free times**: during study blocks, meals with family, and the hour before sleep.
- Check your screen-time report every week and set yourself a limit for the apps that take the most.
- Lower your gaze online as you would offline. If a page or account pulls you towards what Allah dislikes, unfollow it today.

What we learn

1

Free time is a blessing many people waste.

2

You decide when and how you use your phone, not the apps.

3

Phone-free times protect your study, sleep and family.

Habit 5 Sleep, move and eat like someone with goals

إِنَّ لِرَبِّكَ عَلَيْكَ حَقًّا، وَلِنَفْسِكَ عَلَيْكَ حَقًّا، وَلِأَهْلِكَ
عَلَيْكَ حَقًّا، فَأَعْطِ كُلَّ ذِي حَقٍّ حَقَّهُ

“Your Lord has a right over you, your self has a right over you and your family has a right over you, so give each one its right.”

Words of Salmān, approved by the Prophet ﷺ. Narrated by al-Bukhārī (1968).

Explanation

Your body is an amānah, a trust from Allah. Health experts recommend **8 to 10 hours of sleep** a night for teenagers. Memory is strengthened during sleep, so staying up late to study often costs more than it gains. Movement and good food improve mood and concentration.

- Sleep and wake at roughly the **same times** every day, including weekends, and sleep early enough for Fajr.
- Move every day: walk, play football, cycle, swim or exercise at home. The World Health Organization recommends about **an hour of activity a day** for young people.
- Eat breakfast, drink water through the day, and eat moderately. “The son of Ādam fills no vessel worse than his stomach.” (at-Tirmidhī 2380)
- Get some sunlight in the morning; it helps your body clock.

What we learn

1

Your body has rights over you, and so do your Lord and your family.

2

Enough sleep is part of good study, not the enemy of it.

3

About an hour of daily activity and moderate eating keep your mind sharp.

Habit 6 Choose your friends and character

الرَّجُلُ عَلَى دِينِ خَلِيلِهِ، فَلْيَنْظُرْ أَحَدُكُمْ مَنِ يُخَالِلُ

“A person is upon the religion of his close friend, so let each of you look at whom he befriends.”

Narrated by Abū Dāwūd (4833) and at-Tirmidhī (2378); graded ḥasan.

Explanation

The people you spend time with shape what feels normal to you: how you talk, what you laugh at, whether you pray, how hard you work. You cannot choose everyone around you, but you can choose your close friends.

- Look for at least one or two friends who **remind you of Allah** and push you to do well.
- Be that friend for someone else: invite a friend to pray with you, study together, share something beneficial.
- Practise good character daily: honesty, keeping promises, respect for parents and teachers, and controlling your tongue. “The best of you are those with the best character.” (al-Bukhārī 3559)
- Learn to say no politely and firmly. A real friend will respect it.

What we learn

1

Close friends shape your religion and your habits.

2

Good character is worship, not just good manners.

3

Saying no to the wrong thing is a sign of strength.

Habit 7 Fall, then get back up

قُلْ يَا عِبَادِيَ الَّذِينَ أَسْرَفُوا عَلَىٰ أَنْفُسِهِمْ لَا تَقْنَطُوا
مِنْ رَّحْمَةِ اللَّهِ

“Say: O My servants who have transgressed against themselves, do not despair of the mercy of Allah.”

Sūrat az-Zumar 39:53

Explanation

You will miss a prayer, break a streak, waste a weekend or say something you regret. Everyone does. What matters is what you do next. Turning back to Allah (tawbah) is always open, and a missed day is not a reason to give up a habit.

- 1 When you slip, **stop and admit it** to yourself and to Allah. Make istighfār.
- 2 Ask what caused it: tiredness, a person, a place, the phone? Fix that one thing.
- 3 **Restart the same day.** Do not wait for Monday or the new month.
- 4 Talk to someone you trust, a parent, a teacher or a facilitator, if you keep struggling with the same thing.

What we learn

1	Slipping is human; staying down is the mistake.
2	Allah's mercy is wider than any sin.
3	Fix the cause, restart today, and ask for help when you need it.

Track Your four-week habit tracker

Tick each habit you complete. Do not aim for perfect; aim for more ticks each week than the week before.

Week 1	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Five prayers on time	☐	☐	☐	☐	☐	☐	☐
Qur'an portion	☐	☐	☐	☐	☐	☐	☐
Two focused study blocks	☐	☐	☐	☐	☐	☐	☐
Phone out of the bedroom	☐	☐	☐	☐	☐	☐	☐
Asleep by my bedtime	☐	☐	☐	☐	☐	☐	☐
An hour of activity	☐	☐	☐	☐	☐	☐	☐

Week 2	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Five prayers on time	☐	☐	☐	☐	☐	☐	☐
Qur'an portion	☐	☐	☐	☐	☐	☐	☐
Two focused study blocks	☐	☐	☐	☐	☐	☐	☐
Phone out of the bedroom	☐	☐	☐	☐	☐	☐	☐
Asleep by my bedtime	☐	☐	☐	☐	☐	☐	☐
An hour of activity	☐	☐	☐	☐	☐	☐	☐

Week 3	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Five prayers on time	☐	☐	☐	☐	☐	☐	☐
Qur'an portion	☐	☐	☐	☐	☐	☐	☐
Two focused study blocks	☐	☐	☐	☐	☐	☐	☐
Phone out of the bedroom	☐	☐	☐	☐	☐	☐	☐
Asleep by my bedtime	☐	☐	☐	☐	☐	☐	☐
An hour of activity	☐	☐	☐	☐	☐	☐	☐

Week 4	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Five prayers on time	☐	☐	☐	☐	☐	☐	☐
Qur'an portion	☐	☐	☐	☐	☐	☐	☐
Two focused study blocks	☐	☐	☐	☐	☐	☐	☐
Phone out of the bedroom	☐	☐	☐	☐	☐	☐	☐
Asleep by my bedtime	☐	☐	☐	☐	☐	☐	☐
An hour of activity	☐	☐	☐	☐	☐	☐	☐

يَا أَيُّهَا الَّذِينَ آمَنُوا قُوا أَنْفُسَكُمْ وَأَهْلِيكُمْ نَارًا

“O you who have believed, protect yourselves and your families from a Fire.”

Sūrat at-Taḥrīm 66:6

Teenagers want more independence, and they still need you. These are ways to guide without pushing them away.

- **Be the example.** Children notice whether you pray on time, how you use your phone and how you speak about others.
- **Pray together** when you can, especially Fajr and Maghrib at home.
- **Agree family phone rules together**, for example phones out of bedrooms at night and no phones at meals, and keep them yourself.
- **Praise effort, not just results.** Notice the hours of study, the early Fajr, the honest answer.
- **Listen more than you lecture.** A short, calm conversation in the car or over food often does more than a long speech.
- **Know their friends** and welcome good friends into your home.
- **Make du‘ā’ for them** often, and let them hear you do it.

The Teenagers Building Circle

A live programme for ages 13 to 19 that builds deen, educational development, skills and personal development, four sessions a week, with a dedicated facilitator and a private community. It starts with a diagnostic assessment so each teen begins where they actually are.

Activities

1 Which of the seven habits is strongest for you right now? Which is weakest?

.....

.....

2 Write the habit you will attach to each of the five prayers.

.....

.....

3 Name one change you will make to how you use your phone this week.

.....

.....

4 Who is a friend who reminds you of Allah? How can you spend more time with them?

.....

.....

Du‘ā’ Ask Allah for steadfastness

يَا مُقَلِّبَ الْقُلُوبِ ثَبِّتْ قَلْبِي عَلَى دِينِكَ

“O Turner of hearts, keep my heart firm upon Your religion.”

Narrated by at-Tirmidhī (2140); graded authentic.

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Join the Teenagers Building Circle

Ages 13 to 19 • four live sessions a week • ₦40,000 a month.

Learn more: himaayahschools.com/teenagers-building-circle.html

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وَمَا تَوْفِيقِي إِلَّا بِاللَّهِ

“And my success is only through Allah.” (Hūd 11:88)

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Small habits, strong youth.

This free guide from the Himaayah Teenagers Building Circle helps young Muslims build the daily habits that carry them through school and life, and shows parents how to help.

- Anchor your day to the five prayers
- Study in focused blocks and keep your phone in its place
- Sleep, move and eat like someone with goals
- Choose friends and character on purpose
- Track your habits for four weeks



Join the Teenagers Building Circle

Deen, education, skills and personal development, live four times a week for ages 13 to 19.

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