Special Problem 3-4.2

Current is flowing in a region with density:

$$\mathbf{J}(\overline{\mathbf{r}}) = \frac{r}{8\pi} \, \hat{a}_r + r \cos\phi \, \hat{a}_\theta + \cos\theta \sin\phi \, \hat{a}_\phi \quad \left[\frac{A}{m^2} \right]$$

A sphere with radius 2 meters, centered at the origin, encloses at one moment in time a charge of 5 Colombs.

How much charge is enclosed by this sphere one second later?