

A Day in the Life of Muhammad ﷺ	
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Death likened to sleep	<p>Prophet's ﷺ dua upon waking up: "All praise be to God who has given us life after we have been lifeless"</p> <ul style="list-style-type: none"> - "It is He who calls your souls back by night, knowing what you have done by day, then raises you up again in the daytime until your fixed term is fulfilled" <p>وَهُوَ الَّذِي يَتَوَفَّاكُم بِاللَّيْلِ</p> <ul style="list-style-type: none"> - "Alas for us! Who roused us out of our sleeping-place?" <p>قَالُوا يَا وَيْلَنَا مَنْ بَعَثَنَا مِنْ مَرْقَدِنَا</p> <ul style="list-style-type: none"> - "God takes away people's souls upon their death, and the souls of the living during their sleep" <p>اللَّهُ يَتَوَفَّى الْأَنفُسَ حِينَ مَوْتِهَا وَالَّتِي لَمْ تَمُتْ فِي مَنَامِهَا</p>
Ghusl	<p>If the Prophet remembered that he was in the state of janabah during prayer, he would signal to the Companions, go back home, and come out with water dripping off his head</p> <ul style="list-style-type: none"> - The Prophet did not conceal such matters or feel embarrassed about them because they are a normal part of being human <p>أُقِيمَتِ الصَّلَاةُ فَسَوَّى النَّاسُ صُفُوفَهُمْ، فَخَرَجَ رَسُولُ اللَّهِ ﷺ فَتَقَدَّمَ وَهُوَ جُنُبٌ، ثُمَّ قَالَ: عَلَى مَكَانِكُمْ فَرَجَعَ فَأَغْتَسَلَ، ثُمَّ خَرَجَ وَرَأْسُهُ يَقْطُرُ مَاءً، فَصَلَّى بِهِمْ</p>
Straightening the rows	<p>He would ensure that the rows of worshippers behind him were straight</p> <ul style="list-style-type: none"> - "Make your lines straight and stand close to each other. Straightening lines is part of the perfection of prayers" <p>سَوُّوا صُفُوفَكُمْ فَإِنَّ تَسْوِيَةَ الصَّفِّ مِنْ تَمَامِ الصَّلَاةِ</p>
Recitation of Fatihah	<p>He would pause at the end of every one of its verses</p> <p>قِرَاءَةُ رَسُولِ اللَّهِ ﷺ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ الرَّحْمَنِ الرَّحِيمِ مَلِكِ يَوْمِ الدِّينِ يَقْطَعُ قِرَاءَتَهُ آيَةَ آيَةٍ</p>
After prayer	<p>While seated and still facing the qiblah he ﷺ would say: "I seek God's forgiveness" three times, and "My Lord, You are peace, and peace comes from You. Blessed You are, the Lord of majesty and benevolence"</p>
Seeking blessings from him	<p>People would come to the Prophet ﷺ carrying water containers requesting him to dip his hand in their water for blessings</p> <p>كَانَ رَسُولُ اللَّهِ ﷺ إِذَا صَلَّى الْغَدَاةَ جَاءَ خَدَمُ الْمَدِينَةِ بِأَنِيَّتِهِمْ فِيهَا الْمَاءَ، فَمَا يُؤْتَى بِإِنَاءٍ إِلَّا غَمَسَ يَدَهُ فِيهَا</p>
Prophet's admonition	<p>The Prophet's ﷺ admonition was not very frequent</p> <ul style="list-style-type: none"> - He made it only sparingly, so that they would not get bored <p>كَانَ النَّبِيُّ ﷺ يَتَخَوَّلُنَا بِالْمَوْعِظَةِ فِي الْأَيَّامِ كِرَاهَةً السَّامَةِ عَلَيْنَا</p>

Enquiring about others	<p>He ﷺ would ask his Companions if anyone was sick so he could visit them or if there was a funeral to attend</p> <ul style="list-style-type: none"> - Strengthened social ties and created a sense of community <p>كان رسول الله ﷺ إذا صلى بالناس الغداة أقبل عليهم بوجهه فقال: هل فيكم مريض أعوده؟ هل فيكم جنازة أتبعها؟</p>
Leniency regarding food	<p>He ﷺ would ask his wives: “Do you have anything?”</p> <ul style="list-style-type: none"> - If they had nothing he would say: “Then I am fasting today” <p>دخل علي النبي ﷺ ذات يوم فقال: هل عندكم شيء؟ فقلنا: لا، قال: فإني إذن صائم</p>
Interactive talks	<p>The Prophet's ﷺ talks were not one-sided lectures</p> <ul style="list-style-type: none"> - He would ask questions to arouse interest and gain attention <p>أتدرون ما المفلس؟ إن من الشجر شجرة لا يسقط ورقها، وهي مثل المسلم، حذثوني ما هي؟ من أصبح منكم اليوم صائمًا؟</p>
Blessing children	<p>Young children were brought and he would pray for them and take a date he had softened in his mouth and rub their gum and teeth</p> <p>كان يؤتى بالصبيان فيبرك عليهم ويحنكهم</p>
Concluding meetings/sessions	<p>He ﷺ would conclude by saying: “My Lord, limitless You are in Your glory, and all praise belongs to You. I bear witness that there is no deity other than You. I pray for Your forgiveness and I repent of all sin”</p> <p>سُبْحَانَكَ اللَّهُمَّ وبحمدك ، أشهد أن لا إله إلا أنت أستغفرك وأتوب إليك</p>
Smiling when greeting someone	<p>“Whenever God’s messenger met me he would smile at me”</p> <p>ولا رأيي إلا تبسم في وجهي</p>
Greeting with a gesture	<p>One day he ﷺ went through the mosque and a group of women were sitting so he greeted them with a wave of his hand</p> <p>مر في المسجد يوما وعصبة من النساء قعود فآلوى بيده بالتسليم</p>
Saying Salām first	<p>When the Prophet ﷺ met anyone of his companions, he would be the first to greet him</p> <p>يبد من لقي بالسلام</p>
Last person to pull back his hand	<p>When he shook hands with anyone, he did not take his hand away until the other person took his hand away</p> <p>كان رسول الله ﷺ إذا صافح رجلا لم ينزع يده من يده حتى يكون الرجل هو الذي ينزع</p>
Love for children	<p>“Where is the little one? Where is the little one?” Soon enough, al-Hasan came rushing and fell in his lap. They both hugged each other. He kissed al-Hasan and held him at his chest. Al-Hasan put his hand in the Prophet’s beard</p> <p>فجلس بفناء بيت فاطمة فقال أتم لكع أتم لكع... فجاء يشتد حتى عانقه وقبله... ثم أدخل يده في لحيته</p> <p>The Prophet ﷺ, with all his preoccupations, attended to a sad child, asking him about his little bird</p> <p>يا أبا عمير ما فعل النعير؟</p> <p>While leading prayer, the Prophet remained long in one of the</p>

	<p>prostrations. When asked about this he said, “My son mounted my back and I did not like to hasten until he came down”</p> <p>ابني ارتحلني فكرهت أن أعجله حتى يقضي حاجته</p>
Dealing with aunties	<p>One day he went to visit Umm Ayman and she brought him some food or drink. He returned it without having had any. She moved towards him showing her displeasure and raising her voice because he would not eat</p> <p>انطلق رسول الله ﷺ إلى أم أيمن فناولته إناءً فيه شراب قال فلا أدري أصادفته صائماً أو لم يردّه فجعلت تصخب عليه وتذمر عليه</p>
Praying for the host	<p>Sa'd ibn 'Ubādah RA put before the Prophet ﷺ some bread and oil. The Prophet ate and said: “May fasting people break their fast at your place; may devout people eat your food; and may the angels pray for you”</p> <p>أفطر عندكم الصائمون، وأكل طعامكم الأبرار، وصَلَّت عليكم الملائكة</p> <p>Busr's wife RA brought a plate in which there was flour cooked with butter, water and salt and the Prophet ﷺ ate of it and then prayed for them: “My Lord, forgive them their sins and bestow Your mercy on them. Bless them and grant them abundant provisions”</p> <p>اللهم اغفر لهم وارحمهم، وبارك عليهم، ووسّع عليهم في أرزاقهم</p>
Compassion for the sick	<p>When the Prophet ﷺ entered the room he realized that Sa'd had lost consciousness...When those present saw him weeping, they also wept</p> <p>Qur'an</p> <ul style="list-style-type: none"> - How did Sa'd's relatives feel to see the Prophet sharing their worry and sadness, feeling as they felt? - “He is tender and full of compassion towards the believers” <p>اشتكى سعد بن عبادَةَ شكوى له فأتاه النبي ﷺ يعوده... فبكى النبي ﷺ فلما رأى القومُ بكاء النبي ﷺ بكوا</p> <p>Jābir RA: “I regained consciousness and found God's messenger by my side”</p> <ul style="list-style-type: none"> - Nothing is felt more keenly by people than to find you close at hand when they are in pain or feeling weak - Hence, their unequalled love of him
Home life	<p>The Prophet ﷺ participated with his family in whatever they were doing so that they would feel that they shared their life together</p> <p>سألت عائشة ما كان النبي ﷺ يصنع في بيته؟ قالت كان يكون في مهنة أهله تعني خدمة أهله</p>
Daytime nap	<p>The Prophet ﷺ used to take a nap until shortly before Zuhr prayer</p> <p>{وَحِينَ تَضَعُونَ ثِيَابَكُمْ مِنَ الظَّهِيرَةِ} لأنه وقت خلع الثياب للقبولة في الظهر</p>
Sharing his feelings with his wives	<p>‘Ā'ishah RA: “Messenger of God, did you ever experience a day harder than the Day of Uhud?”</p> <ul style="list-style-type: none"> - “I advocated my cause to Ibn 'Abd Yalil. He rejected me. I left, feeling very depressed and not knowing where I was heading”

	<p>كان أشدَّ ما لقيتُ منهم يومَ العَقَبَةِ، إذ عَرَضْتُ نفسي على ابنِ عبدِ يَالِيلَ بنِ عبدِ كَلَالٍ فلم يُجِبْنِي إلى ما أردتُ، فانطلقتُ وأنا مهمومٌ على وجهي</p>
Eating with his wives	<p>‘Ā’ishah RA: “I would eat some of the meat and put it down. He then took it, placing his mouth where I had placed my mouth. I would take a drink and put it down. He would then take it and drink placing his mouth where I had placed my mouth on the cup”</p> <p>وَيَضَعُ فَمَهُ حَيْثُ وَضَعْتُ فَمِي</p>
Night prayers	<p>He would wake up around midnight and would start his night prayers with two short rak’ahs</p> <p>He would make his prayer long</p> <ul style="list-style-type: none"> - Ibn Mas’ūd RA: “I prayed one night with the Prophet ﷺ and he kept standing until I thought of doing something bad” <p>His rukū‘ was nearly as long as his standing up</p> <p>His sujūd was nearly as long as his rukū‘</p> <p>He would take a short nap before Fajr</p> <p>Such regular nightly devotion, which the Prophet practised throughout his life, could never have been put on by an impostor</p>