

CLASS 5

FORGOTTEN SUNAN OF DAILY LIFE

THE SUNNAH AT THE TIMES OF CALAMITY, DIFFICULTY & TRIALS

The Messenger of Allah, ﷺ, said, “*Worship (prayer and supplication) during a time of widespread killing is like making an emigration to me.*” [Sahih Muslim, Book 41, Number 7042]

Shaikh ‘Abdul Aziz Muhammad As-Sadhaan says : The reward of the worshiper became like that of the migrant because the time of turmoil and fear may make one forget worship, even forget what Allaah The Almighty have obligated him to do and do much of the things other than that. This, and Allaah Knows best, is a clear proof that the servant is attached to his Lord in the most difficult condition and because of this, his reward is increased and multiplied. Narrated that Umm Salamah (may Allaah be pleased with her) said: I heard the Messenger of Allaah ﷺ say:

“*There is no Muslim who is stricken with a calamity and says what Allaah has enjoined (the below) but Allaah will compensate him with something better.*” Umm Salamah (May Allah be pleased with her) said: When Abu Salamah (May Allah be pleased with him) died, I repeated the same supplication as the Messenger of Allah ﷺ had commanded me (to do). So Allah bestowed upon me a better substitute than him (i.e I was married to Muhammad, the Messenger of Allah ﷺ). [Sahih Muslim]

إن لله وإنا إليه راجعون: اللهم أجرني في مصيبي، واخلف لي خيرا منها

'Inna lillahi wa inna ilaihi raji'un. Allahumma ujurni fi musibati, wakhluḥ li khairan minha

'Verily to Allaah we belong and unto Him is our return. O Allaah, reward me for my affliction and compensate me with something better'

FASTING FOR THE 3 DAYS EVERY MONTH, OFFERING DUHA & WITR PRAYER

It is narrated on the authority of Abu Hurayra (may Allah be pleased with him) who said: My friend (*the Messenger of Allah ﷺ*) directed me to observe fast for three days in every month, to perform two Rak`ah (optional) Duha prayer at forenoon and to perform the Witr prayer before going to bed. [Agreed upon]

HAVING A PART OF RAINFALL FALL ON YOU

Anas (b. Malik) reported: *It rained upon us as we were with the Messenger of Allah (may ﷺ). The Messenger of Allah (ﷺ) removed his cloth (from a part of his body) till the rain fell on it. We said: Messenger of Allah, why did you do this? He said: It is because it (the rainfall) has just come from the Exalted Lord.* [Saheeh Muslim, Book 4, Hadith 1960; Sunan Abi Dawud 5100; Al-Adab Al-Mufrad 571; and others]

RINSING THE MOUTH AFTER DRINKING MILK OR ANYTHING THAT HAS FATTY RESIDUE

Ibn Abbas (may Allah be pleased with him) narrated the *Prophet (ﷺ) drank some milk then called for some water. Once he got the water he rinsed his mouth then said, "It has fat."* [Bukhari & Muslim]

Shaykh Al-Uthaymee said, *"The reason why the Prophet (ﷺ) rinsed his mouth was because of the fat. It can be understood from this action that it's legislated to rinse the mouth from all foods which contain fat, regardless whether drank or chewed. Its good manners to rinse the mouth afterwards to remove the fat. If the substance is heavy in fat, then it's better to use siwak. For this reason the scholars say: it's sunnah to use siwak to remove any fat after eating if the smell of the mouth changed."* [Sharh Bukhari]

The Prayer of Istikhaara for any and every matter

The Prophet (ﷺ) used to teach us the way of doing Istikhaara (it is to ask Allah to guide one to the right sort of action concerning any job or a deed), in all matters as he taught us the Suras of the Quran.

Istikhara in simple term means to seek the help of Allah in ANY matter. Whenever one wants to undertake a decision or a matter or anything regarding his life whether it be an important matter or a casual matter, he can (should) pray two raka'ats nawafil prayer and supplicate the dua of istikhara after it to seek the help of Allah in his matter/decision. Istikhara cannot be done for haraam or disliked matters in Islam (working in a bank operating on interest, going to a club, having illegal sexual intercourse and etc). Istikhara is only and only allowed for matters which are mubah (allowed) or mustahab (recommended) in Islam concerning either an individual's personal life (property etc) or religious life (marriage, help in Islamic issues).

WALKING BAREFOOT SOMETIMES

Al-Hasan bin 'Alee narrated to us, Yazeed bin Haarun narrated to us, Al- Jurayri informed us on Abdillah bin Buraydah: that a man from the Companions of the Prophet (ﷺ) traveled to Fadaalah bin 'Ubayd - may Allah be pleased with him- while he was in Egypt. So he arrived at him and said: I have not come to you to visit you. But you and I have heard a hadeeth from the Messenger of Allah (ﷺ) and I hope that you have some knowledge from Him (the Prophet (ﷺ)) about it. He said: And what is it? He said: Such and such. (Then) he said: Why do I see you dishoveled while you are the Leader of the land? He said: The Messenger of Allah (ﷺ) *has forbidden us from indulging too much in the comforts of life. He said: Why don't I see any shoes on you? He said: The Prophet (ﷺ) used to command us to go barefooted sometimes.* [Collected in Abu Daawud (3629) and Sheikh Al-Albaani has authenticated it in As-Silsilah As-Saheehah (502).]

Note: This does not mean one is to walk on coals and glasses bare feet like shia'as do. Rather this sunnah is to be followed without hurting ourselves.

OFFERING TWO RAKAHS WHENEVER ONE RETURNS FROM A JOURNEY

- Narrated Ka`b: *Whenever the Prophet ﷺ returned from a journey in the forenoon, he would enter the Mosque and offer two rak`at before sitting.* [Saheeh al Bukhaari, Vol. 4, Book 52, Hadith 321]
- Narrated Jabir: Once I returned from a journey and the Prophet ﷺ said (to me) *"Offer two rak`at."* [Saheeh al Bukhaari, Vol. 4, Book 52, Hadith 323]

SUNNAH OF ASKING FOR GOOD & SEEKING REFUGE IN ALLAH DURING RAIN & WIND STORM

Amongst the forsaken Sunan that are related to wind storm and rain is reciting invocations when wind storm blows. It was narrated on the authority of Abu Hurairah, may Allaah be pleased with him, that the Messenger of Allaah, ﷺ, said: *"It is Allaah's mercy; it (sometimes) brings blessing and (sometimes) brings punishment. So when you see it, do not revile it, but ask Allaah for its goodness and take refuge with Allaah from its evil."* [Reported by Imam Ahmad and Abu Daawood]

It was also narrated that 'Aa'ishah, may Allaah be pleased with her, said: *"When the wind blew strongly, the Prophet, ﷺ, used to say, "O Allaah, I ask You for its good and the good of what is in it and the good of what it is sent with, and I seek refuge in You from its evil and the evil of what is in it and the evil of what it is sent with."* [Reported by Muslim]

TO SAY BISMILLAH WHEN WE TRIP

Abu Al-Malih narrated that a man said: *"I was riding behind the Prophet ﷺ and his mount stumbled. I said: "May the Shaytan perish! The Prophet ﷺ said: " Do not say" May the Shaytan perish," because when you say that he swells up so much that he becomes like a house and says, " By my power." Rather say say: Bismillah (In the name of Allah), "for if you say that the Shaytan shrinks until he becomes like a fly."* [Ref: Collected by Abu Dawud (4982) and Ahmed (5/59)]

Saying Allahu Akbar while climbing and SubhaanAllah while getting down

Jabir (May Allah be pleased with him) reported: *When we ascended (a height) we would proclaim: "Allahu Akbar (Allah is Greatest)," and when we descended (from the height) we would proclaim: "Subhan Allah (Allah is free from imperfection)."* [Al-Bukhari].

WAKING UP

1. Wipe the effects of sleep from the face with your hands. *When the Messenger of Allah (woke up, he would sit up and rub away the effects of sleep from his face with his hand.*
2. Use a Siwaak. *When the Prophet ﷺ woke up from the night (sleep), he used to clean his mouth with a Siwaak.*
3. Snuff water. When one of you wakes up from sleep, then snuff water three times. For indeed, Shaytaan spends the night in the upper part of the nose.
4. Wash both hands three times *When one of you wakes up from sleep, he must not dip his hand into a utensil until he washes it three times.*
5. If some one wakes up in the middle of the night

The Prophet ﷺ said : 'Whoever awakes at night and then says:

لا إله إلا الله وخده لا شريك له، له الملك وله الحمد، وهو على كل شيء قدير، سُبْحَانَ اللَّهِ، والحمد لله ، ولا إله إلا الله والله أكبر، ولا حول ولا قوة إلا بالله العلي العظيم.

LA ILAAHA ILLAL-LAHU WAHDAHU LA SHAREEKA LAH, LAHUL-MULKU WALAHUL-HAMD, WAHUWA 'ALAA KULLI SHAY-IN QADEER, SUBHAANALLAH, WALHAMDULILAH, WALA ILAAHA ILLAL-LAH WALLAAHU AKBAR, WALA HAWLA WALA QUWWATA ILLA BILLAHIL 'ALIYYIL 'ADHEEM.

'None has the right to be worshipped except Allah, alone without associate, to Him belongs sovereignty and praise and He is over all things wholly capable. How perfect Allah is, and all praise is for Allah, and none has the right to be worshipped except Allah, Allah is the greatest and there is no power nor might except with Allah, The Most High, The Supreme.

...and then supplicates:

رَبِّ اغْفِرْ لِي.

RABBIGH-FIR LEE

'O my Lord forgive me.'

...will be forgiven'

Al-Waleed said, "or he ﷺ said: 'and then asks, he will be answered. If he then performs ablution and prays, his prayer will be accepted'

SLEEPING

From the Sunan of going to sleep, is:

1. Say the supplication for going to sleep

BISMIKALLAUMMAA AMOOTU WA-AHYA.

or

"ALLAHUMMA BISIKA AMUTU WA AHYA

Both of these are found in different authentic narrations, so a Muslim is expected to read one Dua for some days and the other for the next few days so that the Sunnah is not lost InshaAllah.

2. Recite the Mu'awwidhaat (Surahs Ikhlaas, Falaq & Naas) and wipe the body:

'When retiring to his bed every night, the Prophet ﷺ would hold his palms together, spit (A form of spitting comprising mainly of air with little spittle) in them, recite the last three chapters (Al-Ikhlās, Al-Falaq, An-Nas) of the Quran and then wipe over his entire body as much as possible with his hands, beginning with his head and face and then all parts of the body, he would do this three times.'

3. Recite the Last two Ayahs of Baqarah

4. Recite the Ayat Al Kursi

There are many other supplications and Adhkaar that can be said at the time of going to sleep like reciting Surah Mulk etc, which again can be taken from the book "Hisnul Muslim (Fortress of the Muslim)"

Etiquettes of going to sleep:

1. Be in a state of purity (Wudoo).
2. Sleep on our right side.
3. Place the right hand under the right cheek.
4. Dust the bed:
5. Do not sleep on the tummy.

Other Miscellaneous Forgotten Sunan

- Licking plate and fingers after eating.
- Eat with three fingers.
- Passing drink or other edible from the right.
- Reciting Dua upon wearing new clothes.
- Dua for entering and leaving the Toilet.
- Saying Aodhbillah when angry.