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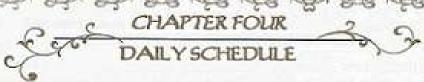
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# A Busy Life

Rasūlullāh the had a very busy schedule. He spent all his time in prayer, teaching, administrative work, household responsibilities and rest. He preached moderation in work and in prayer. He set an example for us through his own moderation. However, he spent much time in prayer, especially at night. This was due to his closeness to Allāh the and his intense gratitude towards Him.

This chapter will show a typical work day for Rasūlullāh \(\pma\). There were always circumstances which demanded a change in his routine. But the one factor around which his daily life centered, no matter what the disturbance, was the \(\Sigma al\delta h\). For him, as well as for all other Muslims, the \(\Sigma al\delta h\) formed the natural rhythm by which his day was paced.

# Du'a' of Wakefulness

As the melodious sounds of Bilāl's ' $Adh\bar{a}n$  stirred sleeping Muslims, Rasūlullāh m would awake with this  $du'\bar{a}'$  on his lips:

الحَمْدُ لِلَّهِ الَّذِي أَخْيَانًا يَعْدُ مَا أَمَاتِنًا وَإِلَيْهِ النَّشُورُ

All praises are due to Allāh, Who gave us life after death and to Him we shall return.

The information in this chapter is primarily based upon Uswah-i-Rasul-i-Akram by Dr. Muhammad Abdul Hai. see Bibliography

# His Morning Program

Rasūlullāh the went to the Masjid after the call of the Fajr 'Adhān. After the prayer, he would sit with his Ṣaḥābah to and converse with them, instructing them on various aspects of Dīn. He would answer questions on religious or personal matters. These early morning gatherings were occasions for open discussion as well, and were by no means limited to religion alone. Stories of the past were recalled, and poetry was recited. Charity, war booty, and land tax (kharāj) was also distributed at this time.

Sometimes the Ṣaḥābah & related their dreams to him. He interpreted their dreams and told them their meanings (t'abīr). Once in a while, he would describe his own dreams to the Ṣaḥābah &. His dreams always were meaningful. They were the media through which Allāh & showed him the events to come.

After sunrise, Rasūlullāh the prayed four or eight Raka'āt of the morning prayer (a voluntary prayer). Then he went home to participate in the household work.

# Family Visits

It was not Rasūlullāh's habit to make surprise visits to his family. He generally returned home at a fixed time. He always greeted his family with "Assalāmu 'Alai-kum" as he entered his house, accompanied by this du'ā':

اَلحَمْدُ لِلهِ اَلَّذِي كَفَانِيُّ وَاوْانِيُّ وَالحَمْدُ لِلهِ الَّذِي اَطْعَمَنِي وَسَقَانِيَ وَالحَمْدُ لِلهِ الَّذِي مَنْ عَلَى اَسْأَلُكَ أَنْ تُجِيرَنِيُّ من النَّار