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CHAPTER FOUR DAILY SCHEDULE

A Busy Life

Rasūlullāh ﷺ 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 ﷻ, and his intense gratitude towards Him.

This chapter will show a typical work day for Rasūlullāh ﷺ. 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 *Ṣalāh*. For him, as well as for all other Muslims, the *Ṣalāh* formed the natural rhythm by which his day was paced.

Du'ā' of Wakefulness

As the melodious sounds of Bilāl's 'Adhān stirred sleeping Muslims, Rasūlullāh ﷺ would awake with this *du'ā'* on his lips:

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

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 ﷺ went to the Masjid after the call of the *Fajr 'Adhān*. After the prayer, he would sit with his *Ṣaḥābah* ﷺ 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* ﷺ related their dreams to him. He interpreted their dreams and told them their meanings (*r'abīr*). Once in a while, he would describe his own dreams to the *Ṣaḥābah* ﷺ. His dreams always were meaningful. They were the media through which Allāh ﷻ showed him the events to come.

After sunrise, Rasūlullāh ﷺ 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'*:

الْحَمْدُ لِلَّهِ الَّذِي كَفَانِي وَأَوَانِي وَالْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي
وَسَقَانِي وَالْحَمْدُ لِلَّهِ الَّذِي مَنَ عَلَيَّ أَسْأَلُكَ أَنْ تُجِيرَنِي

مِنَ النَّارِ