

Chapter Ten

THE AADAAB (ETIQUETTE) OF DARUUD (SALAAT AND SALAAM)

*- Invocation of peace and blessings
on the Holy Prophet Muhammad (S.A.W.)*

“Allaah and His Angels send Blessings on the Prophet: O ye that believe! Send ye blessings on him, and salute him with all respect.”

Al Qur’aan 33:56

Dear Children,

السلام عليكم

Assalaamu Alaikum

As you all know Almighty Allaah created the whole universe and everything in it: the earth, the sun, the moon, all the different planets, the plants, the animals, the fishes, the seas, the mountains, the angels, the jinns, mankind and many other creatures too numerous to mention.

Almighty Allaah honoured man by making him His vice-gerent or

representative on earth and sent prophets and books of guidance for man from time to time. He did this so that man would live in accordance with His wishes and thus enter Paradise in the Hereafter.

The number of prophets Almighty Allaah sent over the thousands of years is about 124,000. The first prophet, you will remember, was Prophet Adam A.S. The last prophet is, as you know, Prophet Muhammad (S.A.W.). Allaah's last book of guidance, revealed through Prophet Muhammad (S.A.W.) is, as you will also know, Al Qur-aan.

To be a prophet of Almighty Allaah is indeed a great honour. There are quite a number of other honours conferred upon Prophet Muhammad (S.A.W.) by Almighty Allaah. These include being:

1. sent as "an Excellent Exemplar" for mankind (Al Qur-aan Ch. 33 V. 21);
2. the only human being to be called physically to the Heavens to the Presence of Almighty Allaah (on the occasion of the *Mir'aaj* - Ascension);
3. granted permission to intercede with Almighty Allaah on behalf of his followers on the Day of Judgement; and
4. *Habiib-Ullaah*, that is, the Beloved of Allaah.

Dear children, please examine the verse of Al Qur-aan which has been quoted above. In the first sentence Almighty Allaah states that He and His Angels send Blessings on the Holy Prophet (S.A.W.). The present continuous tense is used here which means that Almighty Allaah and His Angels are sending "Blessings" on the Holy Prophet (S.A.W.) continuously. In the second sentence Almighty Allaah enjoins only those "that believe" (and this means all Muslims) to send *salaat* and *salaam* on the Holy Prophet (S.A.W.).

You must be wondering how to obey Almighty Allaah by sending "blessings" on the Holy Prophet (S.A.W) and saluting him with all respect. Well, you have been doing this regularly but perhaps you did not realise it. Whenever you call the Holy Prophet's name you say "*Sallallaahu 'Alaihi wa Sallam*" which means "May Allaah shower

Blessings and Peace on him”.

In addition to the above, you recite the following *daruud* every time you perform your salaah:

Allaahumma Salli ‘alaa Muhammadin wa ‘alaa aali Muhammadin kamaa sallaita ‘alaa Ibraahiima wa ‘alaa aali Ibraahiima innaka hamiduun majiid. Allaahumma baarik ‘alaa Muhammadin wa ‘alaa aali Muhammadin kamaa baarakta ‘alaa Ibraahiima’wa ‘alaa aali Ibraahiima innaka hamiduun majiid.

This *daruud*, which is called *Daruud-E-Ibraahiim*, is one of the better known ways of invoking peace and blessings on the Holy Prophet. Its translation is as follows:

O Allaah! Shower Thy Blessings on our leader Muhammad and his descendants as Thou showerest Thy Blessings on our leader Abraham and his descendants; verily, Thou art the Praiseworthy, the Glorious. O Allaah! Bless our leader Muhammad and his descendants as Thou Blessedest our leader Abraham and his descendants; verily, Thou art the Praise-worthy, the Glorious.

You will recall from a previous issue of this publication that five angels are continuously with you. Their respective duties are given below:

1. the one sitting on your right shoulder records all your good actions;
2. the one sitting on your left shoulder records all your evil actions;
3. the one in front of you guides you to good deeds;
4. the one behind you prevents you from performing undesirable deeds; and
5. the one near your forehead records the *daruud* when you offer it and then carries it to the Holy Prophet (S.A.W.).

Dear children, when you send *Daruud* (*salaah* and *salaam*) on the Holy Prophet Muhammad (S.A.W.) Almighty Allaah in turn sends His Blessings on you. The following *Ahadith* bear this out:

“A person who invokes peace and blessings on me is recompensed by Allaah in the following manner: Allaah showers blessings on him ten times. Allaah adds ten virtues and erases ten vices from his record of deeds. And Allaah elevates his rank by ten grades.”

“The angels continue to invoke the Blessings of Allaah upon a man as long as he devotes himself to invoking Peace and Blessing of Allaah upon me.”

The Holy Prophet Muhammad (S.A.W.), addressing one of his companions, Ubayi bin Ka'b, said:

“Ubayi! If you spend all your time invoking Peace and Blessings of Allaah on the Prophet, Allaah shall take it upon Himself to provide for your sustenance in this world and in eternity.”

Finally, you must be wondering if there is any special time or occasion to send *salaat* and *salaam* on the Holy Prophet (S.A.W.). No, there is not. You may do so any time. You should do so as often as possible bearing in mind that:

- (i) Almighty Allaah and His Angels keep sending Blessings on him continuously, and
- (ii) Almighty Allaah will reward you when you do likewise.

Khudaa Haafiz

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Chapter Eleven

THE AADAAB (ETIQUETTE) OF GOOD HEALTH

“But those will prosper who purify themselves, and glorify the name of their Guardian-Lord, and lift their hearts in Prayer.....”

Al Qur-aan 87:14

Dear Children,

السلام عليكم

Assalaamu Alaikum

There is a well-known saying which reads as follows: “A healthy mind in a healthy body”. This saying has been quoted for many, many years because of its wisdom. A careful examination of its contents however will show that it tells you the obvious. To illustrate, if you are ill, or recovering from an illness, or suffering from mal-nutrition, you will not be able to concentrate properly. The result will be that you will have difficulty in studying, performing your *salaat* and any other activities in which you take part. On the other hand, if you are in good health, you will not only be able to concentrate on whatever you are doing, but you will also be able to do so for longer periods with obvious better

results.

Dear children, if a relative or a friend gives you a gift on a particular occasion and you love that gift, you will treat it with care and cherish it. You must also realise that your body is a most precious gift from Almighty Allaah and so you should treat it with the utmost care to ensure that it functions properly and also lasts as long as Almighty Allaah wants.

The Holy Prophet Muhammad (S.A.W.), who was sent by Almighty Allaah as **“The Perfect Exemplar”**, took great pains to take care of his body and also to ensure that he was physically fit. His favourite method of exercise (and enjoyment) was swimming. Swimming in the desert you must be thinking? Yes! That is correct. Remember that there are oases in the desert and these provide water for drinking, irrigating crops and swimming. It is said that swimming is one of the best exercises, as most parts of the body are involved at the same time.

The Holy Prophet (S.A.W.) also engaged in riding horses and camels, which is also a very good way of exercising. Of course, he also walked regularly, because in those days there was no motorised means of transportation. Again, walking is another good form of exercise.

Besides indulging in physical exercises, there are other methods you must practise in order to keep in good health. Some of these are given below:

LEAD A SIMPLE LIFE

The Holy Prophet (S.A.W.) said:

“Lead a simple life; adopt moderate habits and keep yourself cheerful”.

The Holy Prophet (S.A.W.) himself wore simple clothes, ate simple food and slept on the floor, his bed being a skin stuffed with bark of a palm tree.

GO TO BED EARLY

Retire early after the ‘*Isha salaah*’ and have a full night’s rest. The Holy Prophet (S.A.W.) said:

“Only that person is permitted to remain awake after ‘Isha who is either engaged in talk concerning religion or has to discuss some important matter with members of the household”.

RISE UP EARLY

Rise up in time for the *Fajr salaah*. A brisk walk thereafter will invigorate you as the fresh, cool and clean morning air has a beneficial effect on a person’s health.

HAVE YOUR MEALS ON TIME AND EAT MODERATELY

Make it a habit to have your meals on time and do not over-eat. Remember that one third of the stomach is for food, one third for water and one third for air. The Holy Prophet (S.A.W) said:

“The stomach serves as a cistern. The veins receive their life-blood from this reservoir. Hence if the stomach is healthy, the veins will be irrigated with the juices of health, and in case the stomach is ill, the veins will only suck the juice of sickness.”

EAT NUTRITIOUS FOOD

Of course, all your food and drink must be *halaal*. In addition, ensure that the food you eat is nutritious, and not “junk” food which would adversely affect your health. The Holy Prophet Muhammad (S.A.W) preferred to eat wholewheat bread. In addition, he never ate very hot food, saying.

“Almighty Allaah has not ordained us to eat fire.”

EAT WHILE IN A PLEASANT FRAME OF MIND

Eat in a relaxed atmosphere and with a peaceful frame of mind. If you are eating in company, have only pleasant conversation. Eating while you are annoyed or in a state of anxiety will have an adverse effect on your stomach and consequently on your health.

CONTROL YOUR EMOTIONS

Try to be always cool and calm. Always try to control your feelings of anger and do not be upset about anything.

OBEY CALLS OF NATURE EARLY

When nature calls, respond as early as possible, as failing to do so could adversely affect your brain and stomach.

DO NOT OVER EXERT YOURSELF

You must not over exert yourself either physically or mentally, as if you do so your health will be adversely affected. When you feel tired or fatigued you should stop whatever you are doing and rest for a while. Continue with whatever you were doing only when you have rested.

Once the Holy Prophet (S.A.W.) saw a man dragging his feet and being supported by his two sons. The Holy Prophet (S.A.W.) enquired of the sons where the man was going and why he did not ride to the place. The sons replied that the man was going to the Holy Ka'aba to pray and had taken a vow to walk to it notwithstanding his physical condition. The Holy Prophet (S.A.W) told the man that it was not Almighty Allaah's Will that he should suffer unduly and urged him to ride to his destination.

ALWAYS BE IN A STATE OF CLEANLINESS

You should try to be in a state of cleanliness at all times. The Holy Prophet (S.A.W.) said: "*Cleanliness and purity are half of the faith.*"

In addition to keeping yourself clean, you must of course also keep your house, furniture and utensils clean and your foodstuffs protected from insects and dust.

Finally, it must be emphasised that ladies also have an obligation to keep physically fit and what has been written above applies equally to them. Ladies also have the additional responsibility, to a large extent, to ensure that their children cultivate the appropriate habits so that they will grow up into healthy adults.

Khudaa Haafiz

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Chapter Twelve

THE AADAAB (ETIQUETTE) OF JUM'UA SALAAT

“O ye who believe! When the call is proclaimed to prayer on Friday (the Day of Assembly), hasten earnestly to the Remembrance of Allaah, and leave off business (and traffic): that is best for you if ye but knew.

And when the Prayer is finished, then may ye disperse through the land, and seek of the Bounty of Allaah: and celebrate the Praises of Allaah often (and without stint): that ye may prosper.”

AL Qur-aan 62:9 - 10

Dear Children,

السلام عليكم

Assalaamu Alaikum

Many of you already go to the *masajid* on a Friday to offer the *Jum'ua salaah*. For those of you who do not know, the *Jumu'a salaah* is the weekly congregational service held on Fridays. This service consists of two *rakaats fard salaah* and a *Khutbah* (sermon). These two *rakaats* replace the four *rakaats fard Zuhr salaah* on Fridays. In effect therefore the service consists of four *rakaats Sunnat Mu'akkadah*, two

rakaats fard behind the Imaam, four *rakaats Sunnat Mu'akkadah*, two *rakaats Sunnat Ghair Mu'akkadah* and two *rakaats nafl*. If for some reason you are unable to perform the *Jumu'a salaah* you must of course perform your usual *Zuhr* prayer.

As you will observe from the verses of Al Qur'aan quoted above, Almighty Allaah has commanded Muslims to leave off trade and business and proceed to the *masaajid* when the time comes to offer the *Jumu'a salaah*. Thus this *salaah* is *fard* on all adult Muslims, except females, the insane and those who may be ill or on a journey. The following *Ahadith* refer:

"The Friday Congregational Prayer is obligatory for every Muslim, except the slave, the woman, the child and the sick"

And again:

"The Friday Prayer is obligatory on every person who believes in Allaah and the last Day; the one who ignores it on account of sport or fun, or trade and business, will be ignored by Allaah, Who is Pure and Self Sufficient."

The *Jumu'a salaah* was made obligatory while the Holy Prophet (S.A.W.) was still in Makkah. However, it was not practical to perform it there because of the hostility of the unbelievers and their persecution of the Muslims. As a result, the Holy Prophet (S.A.W.) sent instructions to the Muslims in Madinah to commence offering the *Jumu'a salaah* and the first such *salaah* was accordingly read in that City. Even before this however the early Muslim converts of Madinah had decided to have a weekly congregational prayer and they chose Friday as the day for this purpose. The first Friday *salaah* read by them was at Biaadah in Madinah. It was led by Hadrat As'ad ibn Zurwith and there were forty (40) men in the congregation.

The first *Jumu'a salaah* read by the Holy Prophet (S.A.W.) was in the thirteenth year of the Call. The Holy Prophet (S.A.W.) had migrated from Makkah and was on his way to Madinah. He spent four days in Qubaa where he laid the foundation of the first *masjid* in Islam. He left Qubaa on the morning of the 12th *Rabi-ul-Awwal* for Madinah and

performed the *Jumu'a salaah* on the way there at the place of Banii Saalim ibn 'Auf.

In Muslim countries all business and trade activities, except essential and similar services, cease when it is time to perform the *Jumu'ua salaah*. In these countries and also many cities in various parts of the world where there are large numbers of Muslims, the *masaajid* are over filled for this *salaah*.

In Trinidad and Tobago, which is a non-Muslim country, the *Jumu'ua salaah* begins in the vast majority of *masaajid* from 12:30 p.m. and lasts for about forty-five minutes or a little longer. This time frame allows for many Muslims to adjust their lunch hour in order to proceed to the *masaajid* to perform the *salaah*.

Apparently, many Muslims are not aware of the significance of Friday and of the spiritual benefits that can be derived by performing certain acts on that day. The following will inform you of some of these.

The Excellence of Thursday nights

You will remember that the Islamic “day” begins immediately after the sun has set and ends when the sun sets. The night of *Jumu'a* is therefore **Thursday** night. There are many merits to be obtained in offering various forms of *ibaadaat* during this night, including the recitation of *Suurah Kahf*. You should accordingly spend as much of the night as possible in *Zikrullaah*.

Fridays excel *Eid-ul-Fitr* and *Eid-ul-Adha*.

There are many merits in Friday as can be seen from the following saying of the Holy Prophet (S.A.W.):

*“Friday is the most excellent and distinguished day among the days of the week in the sight of Allaah; so much so that it excels both *Eid-ul-Fitr* day and *Eid-ul-Adha* day on account of the following five merits:*

1. *Allaah created Adam on Friday,*

2. *He sent him to the earth on this day as His vice-gerent,*
3. *Adam died on Friday.*
4. *There is a blessed hour on Friday during which a person is granted by Allaah anything lawful and good that he prays for,*
5. *Resurrection will take place on Friday; that is why everything in the heavens and the earth including Allaah's most favourite angels and mountains, rivers, etc. stand in awe on Friday."*

Have a bath before proceeding to the masjid

You should shower and perform *ghusl* before proceeding to the *masjid*. The Holy Prophet (S.A.W.) said:

"The person who comes to offer prayers in the Friday congregation should bathe himself first."

Do not speak or offer salaah while the Khutbah (sermon) is being delivered.

One of the main objects of attending the *Jum'ua salaah* is to listen to the *Khutbah*, which should inform the congregation about matters relating to Islam. You should accordingly listen attentively when the sermon is being delivered and not be distracted by anything or anyone. The Holy Prophet (S.A.W.) said:

"When the Imaam comes forward to deliver the sermon, then it is improper to say any prayer or engage in conversation."

And again:

"The person who talks when the Sermon is in progress is like a donkey loaded with books and the one who tells another one to be quiet, during the Sermon, has lost his own Friday prayer."

Short Khutbah (Sermon), Long Prayer

The *Khateeb* (person delivering the *Khutbah*) should be guided by the advice of the Holy Prophet (S.A.W.), who said:

"The prolongation of the prayer and the shortness of the Sermon are

a sign and proof of the Imaam's deep insight in religion: you should therefore offer a long prayer and deliver a short Sermon."

Past week's sins will be pardoned

The sins you committed during the past week will be forgiven if you follow the instructions of the Holy Prophet (S.A.W.), as given in the following *Hadith*.

"Any man who bathes on Friday and takes full care to keep himself neat and clean and uses hair oil and perfume and then reaches the masjid just after mid-day and does not part two men sitting in the masjid and then offers the prayers which Allaah has decreed to him and afterwards listens to the sermon seated calmly when the Imaam ascends the pulpit, Allaah shall pardon all the sins committed by him during the interval between this Friday and the preceding one."

Look for the Blessed Moment

The Holy Prophet (S.A.W.) said:

"There is a certain blessed moment in the course of a Friday that any prayer said by a believer is accepted by the Almighty."

Accordingly, you should spend as much time as possible during Fridays in offering *du'a*. Always remember that if Almighty Allaah does not grant your wish in this life He will grant you something better in the Hereafter.

Recite *Daruud Shareef*

You should recite *Daruud Shareef* as much as possible on Fridays in view of the following saying of the Holy Prophet (S.A.W.):

"Recite as much Daruud for me as possible on Fridays. The angels join this 'Daruud' prayer and this Daruud is presented to me".

You will remember that there is an angel near your forehead who records your *Daruud Shareef* and then carries it to the Holy Prophet (S.A.W.). You will also remember that when you send *Daruud Shareef* on the Holy Prophet (S.A.W.) Almighty Allaah in return sends His

Blessings on you.

Five Acts to be performed

The Holy Prophet (S.A.W.) said:

“There are five such acts that if a man shall perform them in a single day, Allaah shall write his name among those destined to enter Paradise. These acts are:

- 1. to enquire after the welfare of those who are ill;*
- 2. to join in the Janazah (funeral prayer);*
- 3. to fast;*
- 4. to perform the Jum’ua salaah; and*
- 5. to free a slave.”*

The day referred to above is obviously Friday.

Missing the Jumu’a Salaah

Finally, dear children, you must always remember that the *Jum’ua salaah* is obligatory on all Muslims with some exceptions. You should impress this on your parents and all members of your family. You should accordingly attend this *salaah* regularly as it is a command from Almighty Allaah. In addition you should bear in mind the following *Ahadith*.

“Whoso gives up a Jumu’a prayer without an excuse is written as a hypocrite in a record which will neither be effaced, nor changed.”

*“Whoso gives up three Friday prayers by way of neglecting them,
Allaah will seal their hearts”*

Khudaa Haafiz

Zil Qada/Zil Hajj 1420 A.H.

Glossary

<i>Aadab</i>	(pl. <i>aadaab</i>) Etiquette
<i>Adhaan</i>	The first call to prayer
<i>A.H.</i>	After the <i>Hijrah</i>
<i>Ahadith</i>	(sing. <i>Hadith</i>) Sayings of the Holy Prophet Muhammad (S.A.W.)
<i>‘Awrah</i>	That part of the body which must be covered
<i>Aayah</i>	(pl. <i>aayaat</i>) A verse of Al Qur’aan
<i>Du’a</i>	Supplication to Allaah
<i>Eid-ul-Adha</i>	The Festival of the Sacrifice of Prophet <i>Ibrahiim</i> (Abraham) A.S.
<i>Eid-ul-Fitr</i>	The Festival of the Breaking of the Fast
<i>Halaal</i>	Lawful
<i>Haraam</i>	Unlawful
<i>Ibadaah</i>	Worship
<i>Imaan</i>	Belief, faith
<i>Imaam</i>	The person who leads the congregational prayer
<i>Isha</i>	The late evening or night prayer
<i>Khutbah</i>	A sermon or speech, especially the Friday sermon
<i>Khudaa Haafiz</i>	Goodbye. Literally: Allaah is the Protector
<i>Neyyah</i>	Intention
<i>Sadaqa-tul-Fitr</i>	A special charity on the occasion of <i>Eid-ul-Fitr</i>
<i>Salaah</i>	(pl. <i>Salawaat</i>) Prayer
<i>S.A.W.</i>	<i>Sallallaahu ‘Alaihi wa Sallam</i> : May Allaah shower Blessings and Peace on him, that is, the Holy Prophet Muhammad (S.A.W.)
<i>Sunnah</i>	Sayings and practices of the Holy Prophet Muhammad (S.A.W.)
<i>Suurah</i>	(pl. <i>Suuraat</i>) A chapter of Al Qur’aan