



30 Days & Nights with the Prophet Muhammad ﷺ

A Glimpse into his life, character,
social and moral conduct



Muhammad

(peace and blessings upon him)

Rabi' al
Awwal

1

- **Born to a widowed mother**
- Respected by all around him due to his character
- Never ate alone
- Encouraged hand washing before and after eating
- Regularly visited the poor and ill
- Very helpful at home
- Never proclaimed divinity
- Muhammad is now one of the most popular names in the world



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2

- Showed special care for girls and women
- Handsome, clean, neat and simple
- Consistently smiling
- Always had concern for orphans
- Modest, considerate and cooperative
- Animal rights activist
- Very forgiving yet very brave
- Never accepted charity for himself
- Known for his justice, honesty and trustworthiness



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3

- Elegant, graceful, loving and dignified
- Did his own laundry, milked his animals himself and did household chores
- Whenever he stood or sat, he remembered the Almighty
- He gave full attention to those who sat with him
- Spoke to everyone kindly and never raised his voice
- Never laid his hands on anyone nor did he strike anyone, neither a servant nor a woman
- Never took revenge and never returned evil for evil



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4

- Rose early every morning
- Brushed his teeth at least 7 times a day
- Drank water in small sips, did not gulp
- Was health conscious and never ate to his fill
- Loved pleasant fragrances
- Spoke clearly and audibly without chewing his words
- Owned very little of this world, gave all excess away in charity



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5

- Supported women's education
- Saw the positives even in the most negative situations
- Had four daughters and two sons. His sons passed away in infancy **Also had another son from Maariyah (rad)**
- Enjoyed playing with children
- Liked spending time in gardens and orchards
- Owned two animal conveyances, which he named, 'Qaswa' (one that travels far distances) and 'Adba' (sharp)
- Admired healthy and strong horses



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6

- Advocate of social, economic and racial justice
- Made efforts to eliminate poverty and inequality
- United Muslims, Jews, Christians, Idolaters and Pagans through his Madina Peace Charter
- Challenged the state of affairs when it entailed oppression, injustice and negativity
- Implored to respect widows and divorced women
- Over 20 assassination attempts were made against him by skeptics and haters who disagreed with his message and principles



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- His father died in Yathrib (Madinah) on return from a business trip in Syria, before his birth
- Grew up tending sheep
- As a youth, his manners and grammar impressed people
- Was a very successful entrepreneur and tradesman until age 41, after which he became a philanthropist
- Wore a silver ring with an Abyssinian stone on his right hand. It was used as his seal to stamp official communication. The stone of his ring faced his palm
- His name was also 'Aaqib' (the last, *meaning last prophet*)



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8

- He always had a pleasant scent
- He lifted his feet when he walked and was swift in his pace
- His friends and companions walked with him or around him, never behind him
- He smiled at everyone who crossed his path and waived to greet people who were at a distance
- He supplicated and made encouraging remarks to people he met. He helped people when he saw them struggling
- He patted and interacted with children. He stopped for anyone who wished to talk to him



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9

- Liked doing things in odd numbers
- Preferred doing things starting from the right
- Liked to look at greenery, flowing water and citron fruits
- He preferred dark rooms to be lit before entering
- Had long wavy hair that he consistently combed
- Had a lengthy beard and a short mustache
- He would gently play with his beard when he was in deep thought
- Had about 17 grey hairs on his head and beard when he aged



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10

- Would feed sheep on his palm
- Encouraged to eat from locally grown farms
- His favorite produce were fresh dates, cucumbers, grapes and melons
- When he shared the first fruit of the season, he started from the youngest
- He encouraged children should be taught to swim
- He stated goodness is in having a spacious house, a good spouse, a pleasant neighbour and a good conveyance
- He had a beautiful voice that would be heard from a distance with no yelling



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11

- Encouraged living a debt free life
- Instructed to document financial transactions
- Donated a land he had purchased to build the mosque
- When travelling, he preferred to leave on a Thursday, in the early part of the day
- Encouraged to travel in groups, not alone
- Performed 5 pilgrimages (1 Hajj and 4 Umrahs)
- Encouraged to notify family prior to return from travel
- When returning from travel, he first went to the mosque, visited his daughter, Fatimah, before returning home



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- His birth occurred at the crack of dawn
- A descendant of Abraham
- His mother died when he was 6 years old
- Was unlettered but very educated
- Promoted seeking knowledge and education even if it entails travel and sacrifice
- Empowered the youth and taught them leadership
- Acknowledged and respected Moses and Jesus along with their teachings and divinely revealed books
- Conducted several interfaith events in his mosque



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- Born divinely circumcised and detached umbilical cord
- His spittle was blended in a well of Madinah which caused its water to be the sweetest in the city
- His excretions were divinely pure and were divinely swallowed by the earth when he relieved himself
- His perspiration had a fragrance of musk
- Everything about him was pleasant
- He never missed nor was late for his appointments
- Vehemently disliked lying, forgery and falsehood



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14

- Accepted the apology of others
- He would be the first to greet
- Encouraged people to marry and honour the institution of traditional marriage. He instructed not to remain single
- Acknowledged the hard work that it takes to raise a family
- Encouraged people to choose and keep names with positive meanings
- He appreciated people with positive attitudes
- He often carried a staff and would hold it with respect when delivering sermons



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- Excessively gave gifts
- Liked and praised positive dreams
- Preferred simple, to the point speech
- Very balanced and moderate in all matters
- Never bored people in his company
- Never turned away someone in need
- Excellent time management
- Visited family and relatives on a daily basis
- At home he equally divided his time to family, self and in worship to the Almighty



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- Worried and enquired of the regular attendee who would be absent from his daily gatherings
- Was careful not to inconvenience anyone by his words, gestures or actions
- Taught and corrected people with utmost gentleness
- Treated the rich, poor, strong and weak equally
- Refrained from finding faults of others
- Abstained from interrupting others
- Instructed physical and spiritual purity and cleanliness



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- Helped others until they were satisfied
- Extremely kind, gently and generous with family and subordinates
- Watched sport activity with his wife and also raced with her
- Kissed his adult daughters on their foreheads when he would meet them
- Facilitated ways for families to strengthen their bonds and draw close to one another
- Appointed as judge and mediator in countless cases due to his quality of fairness and kind approach



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- Never went against his word
- Never lied, even in a joke
- Very approachable and did not belittle anyone
- Made everyone in his presence feel important and valued
- Preferred to be called 'Slave of God'
- Most humble even during achievements, wins, successes and victory
- Covered his head and wore footwear when he went to relieve himself



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- Reciprocated favours
- Did not like anyone standing for him
- Preferred to be among the common folk. Did not like to have special treatment
- Carried his own belongings and did not expect others to serve him
- Adopted a child. Treated and loved him like his own
- Stayed in contact, respected and constantly sent gifts to his wet nurse and foster family
- Sought the supplications of the poor, vulnerable and oppressed



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- Would immediately prepare and proceed upon hearing the call to prayer
- His congregational prayer service was brief, while his personal individual prayers were lengthy
- Did not stretch his feet when seated among people
- Liked sitting with his face towards the qibla
- Bravery was unmatched. Risked his life to save others
- A man of few words but abundant action
- Active, fit, energetic, healthy and vibrant
- Stood up for women's rights



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- Constantly prayed and worked for peace
- Washed up, brushed his teeth and combed his hair before every prayer
- Every time he completed an entire recitation of the Qur'an, he gathered family and supplicated with them
- Encouraged consistency in good actions
- Fasted twice a week and never overate
- He liked drinking honey water and also milk
- His habit was to sit when having any drink

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22

- As head of state, never took a penny of public funds for himself rather spent it on the community for the benefit of the public
- Did not compete with people in clothing and worldly possessions
- Simple and neat in his apparel and clothing
- Did not stretch his garments below ankles
- Abstained from blowing on hot food/ drinks
- Often gifted people blessed Zam-Zam water
- Always brushed his teeth before sleeping

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23

- Wore garments usually made of cotton, linen or wool
- Wore new garments for the first time, on Fridays
- Preferred white coloured clothing and a white *kufihat*
- Named one of his turbans, '*sahaab*' meaning 'cloud'
- Chose to have a simple mat as his sleeping mattress. Did not like a soft cushiony mattress
- '*Muqaffee*' was one of his titles [meaning 'successor' of previous divine revelations and prophet-hood]

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- Chaste appearance, bright faced, proportionately built, neither the stomach bulging out nor the hair falling
- Instructed to worship God alone without associating anything with Him
- Never acted superior to others
- When camping, he divided work and despite the protest of his followers, assigned work to himself
- Whatever he did, he did it well and recommended the same to others
- Encouraged treatment and medication for illness



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- Philosopher and orator
- Refrained from naming or calling out people in his public admonitions
- Subverted superstitions which had been interposed between human and their Creator, to render God unto man and man unto God
- Restored spirituality amidst the chaos of material
- Encouraged all the natural inbuilt moral virtues
- Founder of twenty earthly empires and of one spiritual empire
- No one was ever named 'Muhammad' before him



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26

- Prohibited selective justice where the rich and poor are treated differently
- Respected customs and cultures provided they were not incorporating sin and injustice
- Spoke out against corruption
- Prohibited vigilantism
- Stated that a person should not be wronged simply for following a religion
- Encouraged steadfastness and consistency in all good



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- Encouraged seeking mutual advice and consultation
- Established and instructed loyalty in contrast to treachery
- Stated that one cannot be made liable for the misdeeds of others
- Encouraged to settle disputes quickly and peacefully
- Instructed to fulfill promises and pledges
- Also instructed to break vows that entail sin and injustice

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- Removed masses away from ignorance towards education
- Motivated criminals, inspiring them to repent and lead exemplary positive virtuous lives
- Instructed to teach others whatever little one may know
- Taught that every deserving heir be given their share of the estate in inheritance
- Instructed to protect family values
- Prayed for the peace and well being of all humans

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- Encouraged planning, preparation and precaution simultaneously with strong faith in the Almighty
- His actions and values spoke for him in his absence
- Prohibited rigidity and extremism
- His leadership was by his example
- Often consulted with the women folk of his family and let their voices be heard
- Set aside a special time for the Muslim women so they could attend sessions of religious instruction



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- Endured his sickness with positivity
- His departing advices emphasised the importance of prayer, fulfilling the rights of others and spreading the message of God and peace
- Passed away, a natural death, on a Monday at the age of 63, with a smile on his face
- His legacy lives on through his teachings
- 25% of the world's population today embrace his values and instructions
- Stated that the closest to him are those who are God conscience, no matter where they are and who they are