

ADAB · 01 OF 08 Manners & Character الأَدَبُ Nothing is heavier on the scale than good character. Worship shapes the hour; character shapes the life. 2 · Eating & drinking 3 · Sleeping & waking 4 · Greeting & seeking permission 5 · The tongue 6 · Gatherings 7 · The sick, the traveller & the guest 8 · Rights owed Tirmidhi · ṣaḥiḥ – “The most complete of believers in faith is the best of them in character.”	02 Eating Wash the hands, and say <i>Bismillāh</i>. Eat with the right hand, from what is nearest you. Never criticise food. If you want it, eat; if not, leave it. Eat sitting, and do not lean back. A third for food, a third for drink, a third for breath. Drink in three breaths, not one draught; do not breathe into the vessel. Do not eat or drink from vessels of gold or silver. Bukhārī, Muslim · ṣaḥiḥ; Tirmidhi, Ibn Mājah · ṣaḥiḥ IF YOU FORGET TO BEGIN بِسْمِ اللَّهِ أَوَّلَهُ وَآخِرَهُ Abū Dāwūd, Tirmidhi · ṣaḥiḥ ON FINISHING الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ Whoever says it is forgiven what has preceded of his sin. Abū Dāwūd, Tirmidhi · ḥasan	03 Sleeping Sleep in a state of wuḍū. Dust the bedding three times before lying down. Lie on the right side, the hand beneath the cheek. Recite Āyat al-Kursī, the last two verses of al-Baqarah, and the three quls blown into the palms. Do not lie face down — it is a posture Allah dislikes. Bukhārī, Muslim · ṣaḥiḥ; Abū Dāwūd, Tirmidhi · ṣaḥiḥ THE LAST WORDS OF THE DAY بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا Bismika-llāhumma amūtu wa aḥyā Bukhārī · ṣaḥiḥ ON WAKING الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ Bukhārī · ṣaḥiḥ A troubling dream: spit lightly to your left three times, seek refuge from Satan, turn onto the other side, and tell no one of it. A good dream is from Allah — tell it only to one who loves you. Bukhārī, Muslim · ṣaḥiḥ	04 Greeting السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ Thirty degrees of reward — ten for peace, ten for mercy, ten for blessings. Returning it is obligatory; beginning it is a sunnah. Abū Dāwūd, Tirmidhi · ṣaḥiḥ The rider greets the walker, the walker the seated, the smaller group the larger, the younger the older. Greet those you know and those you do not. Greet your household on entering; greet children, as he ﷺ did. Shake hands — sins fall away before the two part. Bukhārī, Muslim · ṣaḥiḥ; Abū Dāwūd, Tirmidhi · ṣaḥiḥ SEEKING PERMISSION Ask three times; if no answer comes, turn back without offence. Stand to the side of the door, not before it, and do not look inside. Say who you are when asked — not merely “it is me.” Permission is sought even of one’s mother. Q 24:27-28; Bukhārī, Muslim · ṣaḥiḥ. The gaze is lowered in the street and in the home alike.
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05 The tongue Whoever believes in Allah and the Last Day, let him speak good or keep silent. Bukhārī, Muslim · ṣaḥīḥ GHĪBAH — BACKBITTING To mention your brother with what he would dislike. Asked “and if it is true of him?” — he ﷺ said: if it is true, you have backbitten him; if false, you have slandered him. Muslim · ṣaḥīḥ; Q 49:12 Permitted only in: seeking redress before one able to give it, seeking a ruling, warning a Muslim of real harm, naming one who sins openly, and identification where no other means exists. NAMĪMAH — TALEBEARING Carrying words between people to spoil what is between them. “The talebearer will not enter Paradise.” If it reaches you, do not believe it, do not pass it on, and do not think ill of the one reported against. Bukhārī, Muslim · ṣaḥīḥ Also of the tongue: lying, false oaths, mockery, insulting names, arguing for its own sake, and boasting. Jestng is permitted — he ﷺ jested, and said only what was true. Q 49:11; Tirmidhī · ṣaḥīḥ	06 Gatherings Greet on arriving and on leaving — the first is no more a right than the last. Sit where the gathering ends; do not make a man rise to take his place. Two do not converse privately excluding a third — it grieves him. Give room where you are asked to, and widen the circle. Do not dominate the talk, and do not interrupt. A gathering is a trust: what is said in confidence stays in it. Abū Dāwūd, Tirmidhī · ṣaḥīḥ; Bukhārī, Muslim · ṣaḥīḥ; Q 58:11 ON RISING TO LEAVE سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ، أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ، أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ It expiates whatever idle speech occurred in the sitting. Tirmidhī, Abū Dāwūd · ṣaḥīḥ A gathering in which Allah is not remembered is a loss to those who sat in it — like rising from the carcass of a donkey. Abū Dāwūd · ṣaḥīḥ	07 The sick & the guest VISITING THE SICK Keep the visit short, sit near the head, ask after them, encourage them, and do not speak of death. Seventy thousand angels ask forgiveness for the one who visits in the morning until evening. Tirmidhī, Abū Dāwūd · ṣaḥīḥ لَا بَأْسَ ظُهُورٌ إِنْ شَاءَ اللَّهُ No harm — a purification, if Allah wills. Bukhārī · ṣaḥīḥ THE GUEST Honour him — a day and a night of generosity, and hospitality for three days. Beyond that it is charity. A guest should not stay so long as to burden his host. Bring out what you have without apology or display. Bukhārī, Muslim · ṣaḥīḥ Sneezing: the sneezer says <i>al-ḥamdu lillāh</i>; the hearer replies <i>yarḥamukallāh</i>; the sneezer answers <i>yahdīkumullāhu wa yuṣliḥu bālakum</i>. Answered once, and up to three times; beyond that he is unwell. Bukhārī · ṣaḥīḥ; Muslim · ṣaḥīḥ	08 Rights owed PARENTS Placed beside the worship of Allah Himself. Say to them no word of contempt, do not repel them, and lower to them the wing of humility. Their right stands whether they are believers or not, and continues after death through prayer for them and keeping their ties. Q 17:23-24; Abū Dāwūd · ṣaḥīḥ THE NEIGHBOUR Jibrīl counselled him ﷺ concerning the neighbour until he thought he would make him an heir. He is not a believer whose neighbour is not safe from his harm. Send him from your cooking, and bear his inconvenience. Bukhārī, Muslim · ṣaḥīḥ THE ROAD Lower the gaze. Remove what harms. Return the greeting. Enjoin good, forbid wrong. Guide the lost, and help the one who is struggling. Bukhārī, Muslim · ṣaḥīḥ The Muslim upon the Muslim, six: return his greeting, visit him when ill, follow his funeral, accept his invitation, reply to him when he sneezes, and advise him sincerely when he asks. Muslim · ṣaḥīḥ
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