Three hours the Messenger of Allah (may Allah's peace and blessings be upon him) used to forbid us from praying or burying our deceased ones in them

‘Uqbah ibn ‘Āmir al-Juhani (may Allah be pleased with him) reported: Three hours the Messenger of Allah (may Allah's peace and blessings be upon him) used to forbid us from praying or burying our deceased ones in them: when the sun begins to rise until it has fully risen; when the sun is at its zenith until it begins to decline; and when the sun starts setting until it has fully set.

[Authentic] [Narrated by Muslim]

The Prophet (may Allah's peace and blessings be upon him) forbade offering a voluntary prayer or burying the deceased at three times during the day: The first time: When the sun begins to rise, from the moment it appears until it ascends to the height of a spear, which is estimated to be approximately a quarter of an hour. The second time: When the sun is in the middle of the sky and there is no shadow either to the east or the west, until it begins to decline from the middle of the sky and a shadow appears on the eastern side, marking the start of the time for Zhuhr prayer. This is a brief period, approximately five minutes. The third time: When the sun inclines and starts setting until it completely sets.

https://sunnah.global/hadeeth/en/show/10604

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