



## Whoever among you wakes up in the morning healthy in his body, secure in his dwelling, and has his food for the day, it is as if the whole world has been given to him

‘Ubaidullah ibn Mihsan al-Ansāri (may Allah be pleased with him) reported: The Messenger of Allah (may Allah's peace and blessings be upon him) said: "Whoever among you wakes up in the morning healthy in his body, secure in his dwelling, and has his food for the day, it is as if the whole world has been given to him."

[Good hadith] [Narrated by At-Termedhy & Ibn Majah]

The Prophet (may Allah's peace and blessings be upon him) informed that whoever among you, O Muslims, wakes up in the morning safe and sound in his body, free from ailments and sicknesses, secure in himself, his family, his dependents, and his way, and not afraid, and has enough lawful sustenance for the day—then it is as if the entire world has been gathered for him.

<https://sunnah.global/hadeeth/en/show/5840>

