



What is the matter with those people who said such-and-such? But indeed, I pray and sleep, I fast and break the fast, and I marry women. Whoever turns away from my Sunnah does not belong to me

Anas (may Allah be pleased with him) reported: A group from among the Prophet's Companions asked the wives of the Prophet (may Allah's peace and blessings be upon him) about his deeds in private. Some of them said: I will not marry women. Others said: I will not eat meat. Some others said: I will not sleep on a bed. So, he praised Allah and commended Him and said: "What is the matter with those people who said such-and-such? But indeed, I pray and sleep, I fast and break the fast, and I marry women.

Whoever turns away from my Sunnah does not belong to me."

[Authentic hadith] [Narrated by Bukhari & Muslim]

A group of the Companions (may Allah be pleased with them) came to the houses of the wives of the Prophet (may Allah's peace and blessings be upon him) asking about his private acts of worship inside his home. When they were informed, it seemed as though they considered it little, so they said: Where are we in comparison to the Prophet (may Allah's peace and blessings be upon him)? His past and future sins have been forgiven, unlike those who do not know if they have attained forgiveness, so they need to exaggerate in worship in the hope of attaining it. Then some of them said: I will not marry women. Others said: I will not eat meat. Some others said: I will not sleep on a bed. When this reached the Prophet (may Allah's peace and blessings be upon him), he became angry and gave a sermon to the people. He praised Allah and commended Him and said: What is the matter with people who said such-and-such? By Allah, I am the most fearful of Allah among you and the most conscious of Him, but I sleep to strengthen myself for standing in prayer, I break my fast to strengthen myself for fasting, and I marry women. Whoever turns away from my way, sees perfection in something else, and follows a path other than that of mine does not belong to me.

النجاة الخيرية
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