

Friday Sermon: The Blessed Life of Prophet Muhammad^{pbuh}

This sermon was delivered on Feb. 25, 2005 at Baitul Futuh, by Hadhrat Mirza Masroor Ahmad^{at}, Khalifatul Masih V

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Hudhur^{at} recited *Sura al-Fatiha* followed by *Sura Al-Ahzab*, verse 22:

“Indeed you have in the Prophet of Allah an excellent model, for him who fears Allah and the Last Day and who remembers Allah much.” [Al-Ahzab: 22]

In the previous sermons, I have spoken on the life of our beloved Holy Prophet Muhammad^{pbuh} to answer the ridiculous allegations against him by enemies of Islam. But I think I should now present his life and excellences in a different light. Holy Prophet Muhammad^{pbuh} and his superior manners are so magnanimous that it is unimaginable to offer an extensive narration on any one part of his life. Every characteristic has so many examples that to narrate them in the sermon is not possible. Nonetheless, I would try to present a few of the best traits of Holy Prophet Muhammad^{pbuh} in the next few sermons..

Anyhow, the subject of our beloved’s habits, traits, and life is a source of blessing for all. And it is a source of blessing because when the life of Holy Prophet Muhammad^{pbuh} is fresh in our mind, it will bring about a pure change in us. In this way, when in front of strangers, a few glimpses of the life of Prophet Muhammad^{pbuh} are presented. Therefore, they will know of the prophet’s high standard of manners.

The verse that I have recited, God Almighty says [*translation of the verse*]. Surely for you, God’s messenger is a pure role model. For every individual who awaits the Day of Judgment and remembers God Almighty, and whoever fears God, and believes in the Day of Judgment and who fears in being present in front of God Almighty for his Judgment, and who worships Him and aspires to be a worshipper of God, then he must become devoted to Holy Prophet Muhammad^{pbuh} because of his superior character. And the best examples can only be found from Holy Prophet Muhammad^{pbuh}. And God Almighty comes to witness that why should you establish him as your role model? It should be established because if anyone’s character is so esteemed, it is of Holy Prophet Muhammad^{pbuh}. As *Sura Al-Qalam*, verse five says, ‘And thou dost surely possess high moral excellences.’

The Promised Messiah^{as} says about verse five of *Sura Al-Qalam*: ‘You are the messenger with conduct par excellence. That is to say that his personality had

such honorable and such beautiful traits that any addition to it is unimaginable.” He continues: “The word ‘azeem’ in Arab society is used for that attribute that has attained its highest status ... and has reached such magnificence that it exceeds the bounds of our comprehension.” [Ruhani Khaza’ain Vol. 1 P. 194]

So we call ‘azeem’ what our intelligence cannot comprehend, understand or reach. God Almighty has said that our minds and intelligence can’t comprehend and understand the great character of our beloved Prophet Muhammad^{pbuh}. When a believer is incapable of such an understanding, then what can you expect from a man who is not a believer. He definitely cannot comprehend the great traits of the Holy Prophet^{pbuh}. In order to attain nearness to God, we have to follow in the footsteps of Holy Prophet Muhammad^{pbuh}. Holy Prophet Muhammad^{pbuh} used to pray to Allah to bestow him with a great character.

Hadhrat Aisha^{ra} narrates that Holy Prophet Muhammad^{pbuh} prayed that: ‘O God! Just like you made me beautiful, likewise beautify my character and habits. [Musnad-Ahmad bin Hanbal Vol. 6 P. 155]

He prayed ‘O God! You have already said that this prophet of yours will have unwavering character. But I am just a human being so always keep my character untainted. The responsibility you have given me is to be an example of pure character, so please give me the ability to fulfill this responsibility. You show me the extent of pure character and humbleness.’ God responds to Holy Prophet Muhammad^{pbuh} that: ‘you will continue to have pure character’ and therefore we should follow in his footsteps. But still Holy Prophet Muhammad^{pbuh} persisted in asking God Almighty to further excel his character and manners. When worldly people are praised, their egos get inflated and they form high opinions of themselves.

Now to those who criticize Holy Prophet Muhammad has there ever been a man in history with this degree of humbleness? Every moment of his life was a continuous effort in attaining God Almighty’s attributes. He spent his life following God’s commandments and therefore became a great and complete example for his *ummah*.

Hadhrat Aisha^{ra} narrates that Holy Prophet Muhammad^{pbuh} conduct was the Quran and was happy in God’s pleasure, and was saddened with God’s displeasure. Holy Prophet Muhammad has said that ‘I have been chosen to exemplify great character.’ [Al-Shifa ul Qazi Aidh-Al-Ba’ab-ul- Saneer- Al-Fazl ul Ashr Al-Ikhlaq ul al-Hameeda]

And there’s not a few narrations that exemplify the character of Prophet Muhammad. On this subject the wives of Holy Prophet Muhammad^{pbuh} are also witness to it. In terms of his day-to-day life, the testimony of his wives is held

highly and through the testimonies of one's wife and children, insight is provided into the environment of one's home.

Hadhrat Anas^{ra} relates that Holy Prophet Muhammad^{pbuh} and his character was the best among the people. He has also related that in the period of 10-12 years that he was serving him, he never used harsh words for any of his mistakes.

Again another narration in support of his great character narrated by Hadhrat Bra'abin Azib^{ra}: 'Among the people, Holy Prophet Muhammad^{pbuh} was the most beautiful and of the best character.' [Bukhari Kitaab al-Munaqab-Ba'ab Safa Al-Nabi]

Excellent moral character is also expressed through one's face. If one is unhappy and disgruntled looking, then no matter how good his character, the on-looker will instantly get worried. Holy Prophet Muhammad^{pbuh} always had a smile on his face.

Hadhrat Abdullah bin Harris^{ra} relates that: 'there was no one who smiled more than the Holy Prophet Muhammad^{pbuh}. [Al-Shifa ul-Qazi Aidh al-Bab ul-Sanee al-Fazl ul-Sadas ash- hush-ashra]

Then one of his companions, Hadhrat Qais^{ra} says that he heard Jurair bin Abdullah say that: 'At the time Islam was revealed (when they became Muslims), Holy Prophet Muhammad^{pbuh} never prohibited them from meeting him. And whenever Holy Prophet Muhammad^{pbuh} saw them, he always had a smile (on his face). [Bukhari-Kitaab Al-Munqaab-Bab Zikr Jurair bin Abdullah al-Bajlee]

Hadhrat Umm-Mabroor^{ra} describes the character of the Holy Prophet Muhammad^{pbuh} that: 'Looking from afar Holy Prophet Muhammad^{pbuh} was the most handsomest and from near he had such a gentle speech and high character. [Al-Shifa ul-Qazi Aidh al-Bab ul-Sanee al-Fazl al-Salees Nuzfatah]

Just by looking at him, one can tell that this man is soft-hearted There was no one as beautiful as him. In was not that kind of beauty that looked beautiful from afar and looked different when nearer. But when someone attained an opportunity to meet this beautiful face, Holy Prophet Muhammad^{pbuh} great character, his gentle and sweet speech, made his beauty even greater.

Hadhrat Ali^{ra} mentions Holy Prophet Muhammad^{pbuh} attribute when considering the problems of people and says: 'Among the people, Holy Prophet Muhammad^{pbuh} was the most magnanimous. He was the most truthful among conversation, and was the most gentle in his people and he was most respectful. [Al-Shifa ul-Qazi Aidha Al-Bab ul-Sanee Al-Fazl ul-Sadees Ashr Husn-Ashra]

Holy Prophet Muhammad^{pbuh} had a vast amount of spirit. When someone insulted him even though he was speaking truthfully, even then Holy Prophet Muhammad^{pbuh}

was patient and very tolerant. For example, once a Jewish man confronted Holy Prophet Muhammad^{pbuh} about repayment of a loan a few days before the expiry of the stipulated period. He harshly tugged at the mantle around Prophet Muhammad's shoulders, even then in an extremely gentle voice Holy Prophet Muhammad^{pbuh} addressed him and didn't argue with but rather obliged to his command. The grace, character and truthfulness of the Holy Prophet Muhammad^{pbuh} was visible on his face. He acted without any prejudice or bigotry.

Likewise, Hadhrat Abdullah bin Salam^{ra} narrates: 'When I saw the blessed face of Holy Prophet Muhammad^{pbuh}, I recognized that this cannot be the face of a liar.' [Dhami-Kitaab ul-Ista'azah Bab-fi- Ifsha-ul-Salam]

Some great non-prejudiced Jewish scholars –recognized the truth of Holy Prophet for two reasons. One, they saw the Holy Prophet's obedience to the commandments of God Almighty.

Now let us look at the beauty and gracefulness of Holy Prophet Muhammad's company. Hadhrat Aisha^{ra} narrates that: 'No one was the master of such high moral character as Holy Prophet Muhammad^{pbuh}. Whenever a companion or a wife of Prophet Muhammad addressed him, he would promptly respond. Hadhrat Jurair bin Abdullah^{ra} says that, 'Since I accepted Islam, whenever the Holy Prophet Muhammad had seen me or had not seen me, I would always see him smiling. The Holy Prophet Muhammad also enjoyed the company of his companions and would intermingle with them. He would talk to them and asked about the well-being of their children. He would hold them (children) in his lap and humorously answer their questions. Whoever called upon him, he would answer them, no matter if he was a free-man or a slave, or an orphan. [Shifa ul-Qazi, Aidha al-Baab ul-Sanee al-Fazl ul-Sadis Ashr Husn Ashra]

Then Hadhrat Anas^{ra} relates that when conversing, if an individual leaned towards his ear, Holy Prophet Muhammad^{pbuh} would not back away until the individual himself was done conversing. Whenever someone would grab his blessed hand, he would not take it back until he himself had let go. He would be the first one to greet his companions. Whenever he would meet someone, he would be the first one to say 'Salam.' In the company of his friends he would not sit with his legs spread, as it would be an inconvenience to them. When someone would visit him, he would give him the utmost respect and would spread a sheet of cloth for him to sit and would give him, his own pillow that he was utilizing, and would insist to sit on it. He would call them by loving names or the names that they liked to be called. He would not scrutinize them (on what they had said).

If someone would visit Holy Prophet Muhammad^{pbuh} at a time when he was offering one of the daily prayers, he would shorten his prayer and attend to the guest. After fulfilling his request, he would return and busy himself over praying. Besides when

the Quran was being revealed or addressing his people during the sermon, he always had a smile on his face and was in a jovial mood. [Al-Shifa ul-Qazi, Aidha al-Baab ul-Sanee al-Fazl ul-Sadis Ashr Husn Ashra]

Even with so many burdens, with many responsibilities, with so many anxieties and troubles from the enemies, he would present himself in front of his Lord. But when someone would come visit him, he would greet them with great respect that he would let them speak first. He would behave like this so he can be an example for the rest of mankind and follow God Almighty's commandment of establishing these excellent moral values on earth.

Likewise, Hadhrat Anas^{ra} narrates that residents of Medina would bring their dishware filled with water so Holy Prophet Muhammad^{pbuh} can bless it. When he had performed the *Fajr* prayers, he would soak his hand in their bowls even when in the morning, it was frigid cold. In order to attain blessings, they would have their water blessed (by Holy Prophet Muhammad^{pbuh}). [[Al-Shifa ul-Qazi, Aidha al-Baab ul-Sanee al-Fazl ul-Sadis Ashr]

Then look at his home life. With one call, he would leave all his businesses and would come running at their call. He could have taken his time but in order to remain a good role model, he would not ask for any help in his day-to-day doings.

Hashim bin Urwa^{ra} narrates that a man asked Hadhrat Aisha^{ra} if Holy Prophet Muhammad^{pbuh} helped in the household chores? Hadhrat Aisha^{ra} responded: 'Yes. Holy Prophet Muhammad^{pbuh} cleaned his own shoes, sewed up his own clothes, and did work around the house like how all of you work around the house. [Musnad-Ahmad bin Hanbal Vol. 6 P. 167]

Nowadays, if a button broke, or if a stitch is broken, 99% of men go to their wives. Instead Holy Prophet Muhammad^{pbuh} used to stitch his own clothes, and sometimes even swept the house.

Another example of Holy Prophet Muhammad^{pbuh} simplicity and great character is captured by the following narration. Hadhrat Abu Syed Kudri^{ra} narrates that Holy Prophet Muhammad^{pbuh}'s life was extremely simple. He did not consider any task shameful. He would himself brush the coat of the camel, help in household chores, polish his own shoes, patch up his own clothes, helped milk the goat and with every step feed him too. If he would get tired of collecting wheat, he would help him. He didn't feel shameful carrying groceries from the market to his home. He would greet everyone, no matter if he was rich or poor. He would be the first one to say 'salam.' If presented with a few dates, he would not think it was petty, but graciously accepted it. He was extremely loyal and tolerant. He lived a very clean life. He would always have a smile on his face. He would not laugh forcefully or obnoxiously. Due to the fear of God, he remained worried, but never complained

about it. He was very humble but certainly this humility did not spring from weakness. .’ He was very generous but would avoid spending needlessly. He had a soft-heart filled with mercy. He would present himself graciously to every Muslim. He would only eat that much so he can burp. He would never extend his hand passionately due to greediness, but rather would wait patiently. [Al-Risalah ul-Kashirah Bab ul-Kashu ul-Tawadha]

God Almighty instilled him with the qualities of patience, gratefulness, and dignity from birth. There’s a narration that whenever his aunt would feed the children, he would patiently wait on the side and when called, he would take it in a very dignified manner.

Hadhrat Aisha^{ra} narrates regarding his style of speech and the manner of his conversation: ‘Holy Prophet Muhammad^{pbuh} would converse slowly that if one was to count his words, he would be able to do so. [Sunan ibn Dawah, Kitaab ul Aleem; Ba’ab fi Sard-ul-Hadith]

He would converse slowly so people can understand him and there would be no kind of misunderstanding. There would not be any opportunity where one would say that I didn’t understand it. But even then, if someone asked to repeat his statement, he would graciously repeat it. And it is recorded that he would repeat important propositions a few times.

Regarding his graceful speech and excellent character, Hadhrat Hasan bin Ali^{ra} narrates: ‘I asked my uncle, Hind bin Abi Hala, regarding the manner of conversation of Holy Prophet Muhammad^{pbuh} and he replies that Holy Prophet Muhammad^{pbuh} always seemed like he was in deep thought.. Most of the time he would remain quiet. He did not speak needlessly. Whenever he would speak, he would speak with complete clarity. Even though his conversation was brief, it was full of eloquence and meaning, but empty of meaningless talk. It would be free from ambiguity. He would not speak with contempt or derogatory remarks, nor would he take part in fault finding or adverse criticism. With every little blessing, he would greatly appreciate it. Thanked God Almighty. He was foremost is showing gratefulness. He would not make derogatory remarks towards anything or anyone In terms of praising the deliciousness of food and drink, ‘he never exaggerated. The moderation was his way. He would not get angry or frustrated due to any worldly problems. But if someone dishonored or suppressed truth, then no one could withstand his anger and he would not be in peace until the individual was reprimanded. For truth, he defended truth with great resolve. His personality was free of anger and revenge. If he would signal, he would use his entire hand and not just his finger. If he was amazed, he would express it without waving his hands around. If he needed to emphasize something he would take the fingers of his left hand and strike it on the palm of his right hand. If he came upon some

unpleasing act, he would turn away, and if he was happy he would close his eyes. Instead of bursting out laughing, the extent of his laughter was a smile on his face. During his laughter, his blessed teeth would be as when white hail comes down from the clouds. [Shmail Tirmidhi, Ba-ab Kaif Kan Kalam Rasulallah^{pbuh}]

Hadhrat Bra'a ibn Azib^{ra} narrates: I saw Holy Prophet Muhammad^{pbuh} in red outfit. I had not seen someone as beautiful as Holy Prophet Muhammad^{pbuh}.

Hadhrat Bra'a ibn Azib^{ra} was asked if the face of Holy Prophet Muhammad^{pbuh} was as blessed as a sword (long and thin) and he replied, 'No rather it was like the moon (round and illuminated). [Bukhari- Kitaab ul-Munaqab Ba'ab Safa-ul-Nabi^{pbuh}]

Arabs also looked for metaphors. For the Arabs of that time, the sword was considered a symbol of manhood. Maybe that's why they gave the example of sword. But the companion who saw him, said that his face was more like the moon, that is round and illuminating, which radiates cool light, which creates a desire to see it. In this beautiful face there was just coolness and coolness. The example of sword could not be given which specializes in cutting. Our beloved Holy Prophet Muhammad^{pbuh} beauty was the kind that made hearts melt.

Then Hadhrat Kaib bin Malik^{ra} said that the face of Holy Prophet Muhammad^{pbuh} used to glow like moon when he received some good news, that is how we recognized his happiness. [Bukhari-Kitaab ul-Munaaqib Ba'ab Safa'a ul-Nabi^{pbuh}]

Hadhrat Jabr bin Samrah^{ra} narrates that: 'I saw Holy Prophet Muhammad^{pbuh} on a night when the moon was shining. Holy Prophet Muhammad^{pbuh} was wearing a red outfit.. I would look at Holy Prophet Muhammad^{pbuh} and then I would look at the moon. Near me was Holy Prophet Muhammad^{pbuh} and he was certainly more beautiful and radiant than the moon.' [Shuma'ail Tirmidhi- Ba'ab Majai fi Khalq Rasulallah^{pbuh}]

MuhammadHadhrat Hasan bin Ali^{ra} narrates that, 'My uncle was known for narrating the character of of the Holy Prophet Muhammad^{pbuh} .- I used to request him to narrate his character in presence so that I can acquire his traits too'. So, Hind said 'He had great qualities and attributes in him, others also held him in high esteem. His blessed face shone like the full moon. He was slightly taller than a man of middle height, but shorter than a tall person. His blessed head was moderately large. His blessed hair was slightly twisted. If his hair became parted naturally in the middle he left it so, otherwise he did not habitually make an effort to part his hair in the middle. When the hair of Holy Prophet Muhammad^{pbuh} were long, they used to pass over his ear- lobes. Holy Prophet Muhammad^{pbuh} had a very luminous complexion, and a wide forehead. He had dense and fine hair on his eye brows. Both eye brows were separate and did not meet each other in the middle. There was a vein between them that used to expand when he became angry. His beard was full and dense. The pupil of his eye was black. His cheeks were full and full of flesh. The mouth Holy Prophet Muhammad^{pbuh} was moderately wide.

His teeth were thin and bright. The front teeth had a slight space between them. There was a thin line of hair from the chest to the navel. His neck was beautiful and thin, like the neck of a statue shaved clean, the color of which was clear, shining and beautiful like silver. All the parts of his body were of moderate size, and fully fleshed. His body was proportionately jointed. His chest and stomach were in line, but his chest was broad and wide. The space between his shoulders was wide. The bones of his joints were strong and large. When he removed his clothing, his body looked bright. Between the chest and navel there was a thin line of hair. Besides this line neither the chest nor the stomach had other hair on it. The shoulders and the upper portion of the chest had hair. His forearm was long and palms were wide. The palms and both feet were fully fleshed. The fingers and toes were moderately long. The soles of his feet were a bit deep. His feet were smooth, because of their cleanliness and smoothness the water did not remain there but flowed away quickly. When he walked, he lifted his legs with vigor, leaned slightly forward and placed his feet softly on the ground. He walked at a quick pace and took rather a long step. He did not take small steps. When he walked it seemed as if he was descending to a lower place. When he looked at something he turned his whole body towards it. He always looked down. His sight was focused more to the ground than towards the sky.

His habit was to look down towards the ground. His modest habit was to look at something with a light eye, (he looked at a thing, with modesty). While walking he asked the companions to walk in front, and he himself walked behind. Whoever he met, he said 'salam' to them. [Shumail Tirmidhi- Ba'ab Maja'ah fi Khulq-e-Rasullah^{pbuh}]

This was a sketch of his beauty, grace, and great character that a common man could see and describe. But like Hadhrat Masih Maud^{as} has said that every characteristic of the Holy Prophet Muhammad^{pbuh} was so full of grace and greatness, that it cannot be adequately described. Regarding his beauty, Hadhrat Abu Huraira^{ra} narrates that Holy Prophet Muhammad^{pbuh} was so beautiful that Holy Prophet Muhammad^{pbuh}'s blessed body was radiating like silver. [Shumail Tirmidhi- Ba'ab Maja'ah fi Khulq-e-Rasullah^{pbuh}]

And about his beautiful walk, Hadhrat Abu Huraira^{ra} says, "I did not see anyone more handsome as Holy Prophet Muhammad^{pbuh}. It was as if the brightness of the sun shone from his auspicious face. I did not see anyone walk faster than him A few moments ago he would be here, and then there. We found it difficult to keep pace when we

walked with him, and he walked at his normal pace." [Shumail Tirmidhi- Ba'ab Maja'ah fi Khulq-e-Rasullah^{pbuh}]

Hadhrat Anas^{ra} narrates that Holy Prophet Muhammad^{pbuh} was clean and radiant looking and Holy Prophet Muhammad^{pbuh}'s perspiration were like beads. And when Holy Prophet Muhammad^{pbuh} walked like the individual who was coming down an incline. [Muslim Kitaab ul Faza'il]

Describing the softness of his hands, Hadhrat Anas^{ra} says that it was softer than a silk piece of cloth. [Bukhari- Kitaab ul Munaqib]

Even though he took part in domestic life, he also took part in war. He was stronger than all his companions. During the battle of *Ihzab*, there was an area where the rocky ground was not breaking and the Holy Prophet Muhammad was the one who broke the ground. It should not be mistaken that with his soft hands, he could not perform hard labor. Those hands performed the most arduous labor and there are many examples of those too. Holy Prophet Muhammad^{pbuh} loved fragrance and he would apply it often.

Hadhrt Jabir bin Sumrah^{ra} narrates that: 'I read *Zuhr* prayers with Holy Prophet Muhammad^{pbuh} and then walked towards his wife's chamber and I started walking with Holy Prophet Muhammad^{pbuh} and at that time some children came in front of Holy Prophet Muhammad. The Prophet hugged and kissed all the children. He also kissed me on my cheek, and I felt such coolness and sweet scent that I had never smelled it from any perfume. [Muslim- Kitaab-ul-Fazail]

He loved fragrance and he would apply it often and would keep it in one place. It is also narrated that he would keep it in a glass container and from there apply it. [Shumail Tirmidhi- Ba'ab Maja'ah fi ta'atar Rasullulah]

He was so modest that no one can compete with him. And he has said that modesty is part of faith.

Whenever he would come upon something he disliked, one can perceive it from his blessed face. Holy Prophet Muhammad being a great role model, his companions also grew in character because they would watch his facial expression and that way they would know if Holy Prophet Muhammad approved of it or not and then spend their life according to his wish.

Ata bin Yassar narrates that: 'I met Abdullah bin Umar bin Aas^{ra} and asked to show me the proof of Holy Prophet Muhammad^{pbuh} that was presented in the Torah. He agreed and said witness to God, the attributes presented in the Torah are the same attributes present in the Holy Quran. For example, Chapter Al-Ahzab, verse 45: 'O Prophet, truly We have sent thee as a Witness, and Bearer of glad tidings, and a Warner.' You are My messenger. I have made your name resigned to the will of God. You don't have bad character, and you have correct speech, nor are you hard-hearted. Nor are you one that makes noise in the market. To wrongdoing, you don't answer with wrongdoing rather you forgive them. God Almighty will not cause him to die until he become a complete example for the guidance of mankind. [Bukhari Kitab-ul-Tafseer]

Just look how truthful these words have come. Whenever worldly people do an act of goodness or try to act kind, it is only for the time being. It's only for the time being because they don't have the strong resolve and sometimes the act of goodness is nothing but a showing off. The goodness of the Holy Prophet Muhammad^{pbuh} was permanent. Regarding this, Hadhrt Aisha^{ra} narrates that given

the choice between two paths; the Holy Prophet Muhammad would always take the path of least resistance, as long as this did not involve departure from moral standards. For the sake of his character, he would not take vengeance against anyone; except if they insulted God, and then he would retaliate against him. [Bukhari Kitaab-ul-Munaqib]

His every promise, every action was to gain God Almighty's pleasure. It was true that he searched for an easier route. But he would not hesitate to choose a hard route if it was in accordance with God Almighty's commandment. And if he retaliated against anyone, he did not do it for his ego, but rather for God Almighty's honor.

His diet was also very simple. But if delicious food was provided, he also liked that. Hadhrat Anas^{ra} mentions about 'one dinner where the Holy Prophet Muhammad was there and I was there too. At this dinner a bread and beef squash was served.' He continues: 'that Holy Prophet Muhammad loved squash. He would search for the squash in the curry. That's why I started liking squash also.' [Shumail Tirmidhi-Ba'ab Maja'ah fi Safa'a Adam Rasulallah^{pbuh}]

Then Hadhrat Aisha^{ra} narrates that Holy Prophet Muhammad^{pbuh} enjoyed sweet things in his food such as honey. He liked sweet foods. [Bukhari Kitaab ul-At'amah]

Hadhrat ibn Abbas^{ra} narrates that Holy Prophet Muhammad^{pbuh} and his wife would spend many nights hungry. [Shumail Tirmidhi- Ba'ab Majah fi Safa kul Rasulallah]

Holy Prophet Muhammad^{pbuh} didn't just mention of being tolerant of hunger but also provided an example in his practical life. And sometimes when he asks if there is anything to eat at home, and there is no answer, he says it fine, today I can fast. And these fasts would be that at one night he ate, then the next day, 24 hours after, would break his fast at night.

During the Battle of Ditch the companions would tie a rock to their stomach due to their hunger. They showed it to Holy Prophet Muhammad^{pbuh}, he picked up his shirt and showed them he had two rocks tied instead of one. If the companions were in hardship, he would put himself in greater hardship so he can be a role model.

The Promised Messiah^{as} has said:

"Look at our beloved Holy Prophet Muhammad^{pbuh} that in his prophethood, there were 13 years of problems and suffering, and ten years of power and rule. Opposing him were many peoples. Firstly, his own people. There were Jewish, Christians, pagans, atheists and idol worshippers. They would partake in nothing that was against their ideals. Alcohol was widespread and would drink it 5-7 times a day, and instead of water, alcohol would do the job. Forbidden was considered permissible. Killing was a usual act for them, the situation required to reform these people, and then to correct their behavior, and to guide them. Sometimes they would receive food and sometimes they would go to sleep hungry. Whatever few

companions he had were helpless and homeless. [Malfoozat Vol. 2 P. 148-149. Al-Badr 20th March, 1903; Page 67.]

The Promised Messiah^{as} further says "The man who in his being and his attributes and his actions and through his spiritual and holy faculties set an example of perfection, in knowledge and action and in sincerity and steadfastness, and was called the perfect man was Muhammad^{pbuh}. ... The man who was most perfect as man and as Prophet, and came with full blessings, and who through a spiritual revival and resurrection revived the dead world. That blessed Prophet, the Seal of the Prophets, the leader of the righteous ones, the pride of the Prophets, was Muhammad, the chosen one [peace and blessings of Allah be on him]. Our Lord, send down on that beloved Prophet that mercy and blessing that Thou hast not sent down on anyone since the beginning of the world. Had that grand Prophet not appeared in the world then we would have no proof of the truth of lesser Prophets like Jonah, Job, Jesus son of Mary, Malachi, John, Zechariah, etc. Though they were favorites and honored and were beloved ones of Almighty God, they are under obligation to this Prophet that they were accepted in the world as true Prophets. O Allah, send down Thy blessings on him and on his people and on his companions, all of them. Our last word is that all praise belongs to Allah, Lord of the worlds. [Itmam-ul-Hujjah, Ruhani Khaza'in, Vol. 8, p. 308]

The Promised Messiah^{as} advises us that he Holy Prophet's character and conduct was so loved by the God Almighty that He instructed all of us to invoke blessing upon the Prophet forever.