



ISSUE 002

1 March 2024 /20 Sha'ban 1445 AH

## Inside THIS ISSUE

### LOCAL NEWS

5,000 Muslim Families  
To Benefit From Premier  
Bank Kenya, Zakat Kenya  
Programme

### INTERNATIONAL NEWS

Algeria inaugurates world's  
third-largest mosque ahead  
of Ramadan

### SPIRITUALITY

Dealing with yourself in  
Islam

### MUSLIM WOMAN

4 tricks for housewives'  
happiness (Islamic Marriage)

### MUSLIM MAN

Cherish Your Wife the  
Prophet's Way

[www.smartmuslim.co.ke](http://www.smartmuslim.co.ke)



## Strengthen your resolve ahead of Ramadan

Some of us find it difficult to follow our spiritual plan in Ramadan, despite our true desire for change. In this article, I will share a new planning scheme that might be helpful in planning your Ramadan from Sha'ban and to practice it in advance.



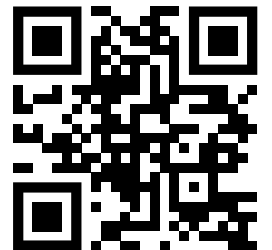
06



09



12



# Strengthen your resolve ahead of Ramadan

BY GHUFRAN KHIR ALLAH /PRODUCTIVE MUSLIM



**Some of us find it difficult to follow our spiritual plan in Ramadan, despite our true desire for change. In this article, I will share a new planning scheme that might be helpful in planning your Ramadan from Sha'ban and to practice it in advance.**

Each year when Ramadan comes, we start thinking about the glory of this month with many ambitions and plans. Unfortunately, on the last night of Ramadan, some of us look back and feel dissatisfied by what we have done.

We find that we did not do what we planned or what we did fell short of our plan. We might wonder why! Our desire to improve ourselves spiritually and socially during Ramadan goes poof with the winds despite the

fact that demons are locked up and cannot be blamed for our failure! Sometimes bad feelings push us to question our faith and commitment to the religion on the night of Eid. In fact, the reason is simpler than we can ever imagine.

In my opinion, the problem lies in the fact that most of our plans are done without mindfulness. We make promises only in our minds and resolve to fulfill tasks during the holy month only in words. But what we really need is an organized, written plan that goes in tandem with TRAINING.

Yes, I do mean rehearsing. Any successful event in the world needs pre-planning and training: any speech you'll be giving, any meeting you'll be attending or even any gathering that you will be going to. So what about the great month of Ramadan, which presents you the

opportunity to repent for all your mistakes and to have your name written on the Jannah list?! Do you not think that your plan for this month needs some TRAINING?

## Preparation Before Ramadan

Throughout the year, daily responsibilities overload our lifestyle. All of us have thoughts like: “I need to concentrate more during my prayers”, “I should try to pray more sunnah” or “I want to read the Qur’an more frequently”, “I should help more sisters/brothers in my community”.. etc.

Most of us find it difficult to make the first step, and if we are lucky enough to start, we find it difficult to stick to our plan. Ramadan is a yearly opportunity that Allah subhānahu wa ta’āla (glorified and exalted be He) gives us to return to Him and fulfill our spiritual duties in 30 days. Here we have a yearly chance of praised 30 days to make a radical change, not only for ourselves, but also for our Islamic community.

## Set Your Goals

To have a productive Ramadan, we need to specify our goals. Your goals should be realistic; plans you can accomplish in Ramadan and continue doing them even after Ramadan In sha Allah. Your goals should be very specific and achievable within a limited period of time: you set specific plans for each week or every 10 days. Write them down with clear steps on how to fulfill them. Finally, your plans should not be self-centered. Muslims should be productive in their communities as well (whether you live in a Muslim community one or not, it does not matter).

If you agree with me on what you have read already, please get a pen and a piece of paper, or open a new document on your PC and start writing down at least two things you want to change in you or in your community this Ramadan – things that you have always thought about but did not have the chance to do before. (I included a few examples, so I would appreciate if you share yours too.)

## Personal Spiritual Goals

Change should start with repentance (tawbah). Tawbah starts with feeling guilty. True sorrow keeps you away from committing the mistake again. Istighfar can delete your mistakes as if you have never committed them!

Start praying salah: sunnah, Duha, Qiyam (Specify a goal for each week. Next week you add another goal or number of raka’ah). Perform istighfar or any kind of dhikr (Specify certain dhikr for each week, daily number of times: 100, 200, 500). Read the Qur’an (Once, twice or thrice a week or state a certain number of pages each day). Pray Fajr at masjid everyday.

## Social Goals: (Family/Community)

Family in Ramadan is an infinite source of hasanat if we know how to make full use of them. If any work you do normally has one reward, in Ramadan it has 10 rewards. The good deal is when they are the daily tasks we usually do because it is part of the schedule, but by having an Islamic niyyah (which I call the key of hasanat) in your heart, you get additional ajr (reward)! This Ramadan, let’s try to be radioactive members of our family. I use the term ‘radioactive’ to refer to people with great zest and positive energy in fulfilling their roles. Each one in his/her own style. Start teaching your children how to perform salah or the philosophy of salah. Teach the little ones Surat Al-Fatiha.

Take your kids to taraweeh. Tell them the story of this spiritual tradition of Ramadan (how Omar bin Al-Khattab gathered all Muslims to do this blessed prayer in jamaa’ah (congregation), and make their tiny hearts attached to the masjid. On the way back home, buy them candy or any similar and healthier thing they like.

Help your mom/dad because it is your duty to do so! It could be helping your father to quit smoking forever, or to overcome recent tension in your parents’ relationship, or helping to build your mother’s self-confidence.

***Help your sister/brother in her/his studies or with work problems or to make important decisions.***

Make dua for your parents, spouse, children and siblings. On a larger scale, you can focus on the Muslim Ummah. Look around and see who needs help. I am sure you will find plenty. Help a friend without waiting until s/he approaches you. Visit family members whom you have not seen recently (How many families will you visit?). Visit elders’ homes and orphanages (specify how many times: once, weekly?) Offer sadaqah (decide on a weekly amount or deed.)



Break fast with other Muslims not from your nuclear family (indicate a specific number) Make dua for other Muslims (other brothers/sisters, muslim countries in conflict.)

For women, you can include a specific plan for your non-fasting days. I have been asked over and over: "What can I do with my plan when I am not fasting?" During Ramadan, every moment and act is blessed. Fasting during Ramadan is not only about abstaining from eating or drinking during the day. Sawm (fasting) is also about refraining from committing our same mistakes. So go ahead in your plan and you will be accumulating rewards, In sha Allah. As a woman, I see those days as an opportunity to do good deeds that need more energy and tolerance, those I might not do quite as efficiently if I was fasting.

### Domestic Level

Prepare your blessed abode for Ramadan. Clean the house in advance so that you do not have a lot of cleaning during Ramadan. Prepare the family's Eid clothes before Ramadan starts so that you do not spend the blessed hours of Ramadan doing your shopping. For your kitchen, please refer my next article which goes into practical detail.

### Psychological/Emotional Level

Write your timetable and put it in a place that you can see it clearly every time you enter your room. Decorate it if needed (you can make hand drawings -flowers, Ka'aba etc.) and use colors, stickers, some glitter and other personal touches. Let it reflect your personality. The little ones can help in that as well. Read more about how people used to spend Ramadan in the past, or how different cultures celebrate Ramadan. Make sure you read how the Prophet ﷺ 'alayhi wa sallam (peace and blessings of Allāh be upon him) used to spend this blessed month. Share your new information with others.

### Religious Level

Read more about fasting instructions from fiqh (Islamic jurisprudence) books. This way, you avoid having doubts about the validity of your fasting. It will boost self confidence.

### Motivation Level

Look for a competitor who has an similar plan. Although this might seem like an easy task, it is not! Do not get a weak competitor so you win whatever you do! Your



competitor has to be someone who will give you that extra push when you slow down.

### Train Yourself

Maybe one of the most important reasons of our failure during Ramadan is our lack of training. During Ramadan, we break our daily rhythm of life, starting by giving up our morning coffee. To add to this, we start another ibadah schedule – taraweeh, Qur'an and dhikr. In most cases, our bodies get exhausted from the first week, thus slowing down our progress and weakening our motivation. By training, you introduce your body, mind and soul to what is coming forward. It is exactly like how sport works. It is better to feel tired in Sha'ban, but trained and consistent in Ramadan.

*During Sha'ban you can practice your set plan. E.g: You can fast a couple of days*

Read parts of the Qur'an that you want to read during Ramadan, thus making it easier for you to reread it in Ramadan. Read about the strategies you need to help your father quit smoking, matrimony relationships etc. Start getting your tongue used to dhikr. Practice being patient and controlling your anger. Try to restrain your tongue, stop gossiping and avoid long, useless conversations. Start helping some friends, know their problems, listen to their stories ■

<https://smartmuslim.co.ke/strengthen-your-resolve-ahead-of-ramadan/>

## 5,000 Muslim Families To Benefit From Premier Bank Kenya, Zakat Kenya Programme

BY AGENCIES

Premier Bank Kenya has signed a deal with Zakat Kenya to support 5,000 Muslim families. The annual 'We Are One—Iftar Walk', has been in existence since 2017 and has so far supported 20,000 households.

The initiative aligns with Premier Bank Kenya's mission to provide progressive, ethical banking solutions, prioritizing its customers while making sustainable economic contributions in communities across Africa.

"This partnership represents a step forward in our ongoing efforts to give back to the communities that Premier Bank serves through providing Muslim families in Nairobi with food packages during the Holy month of Ramadan," Premier Bank Kenya CEO Osman Duelle said.

"We aim to feed 5,000 families, institutions, schools and the entire Islamic fraternity through this joint partnership. The Premier Bank Kenya team will also be participating in the walk to encourage physical fitness and ensure wellness is incorporated into our lifestyles."

The partnership will feature two major events, such as an Iftar fun walk to fundraise for the 2024 Iftar program as well as the distribution of Iftar food packs to low-income households before or on the first day of Ramadan.

"This initiative has been in existence for the past seven years and our main mandate is giving back to the Muslim community in Kenya. We thank Premier Bank Kenya for taking the initiative to join the cause and uplift the Muslim community," Zakat Kenya's Vice Chairman, Abdi Shakur Mohammed.

"Zakat Kenya believes that this partnership will help alleviate the Muslim community in light of the current tough economic times by providing food packages for families to enjoy during the holy month of Ramadan." ■

<https://smartmuslim.co.ke/5000-muslim-families-to-benefit-from-premier-bank-kenya-zakat-kenya-deal/>

## Algeria inaugurates world's third-largest mosque ahead of Ramadan

BY AGENCIES

Algeria has inaugurated the world's third-largest and Africa's largest mosque, which had been delayed for years amid political shifts, ahead of the holy Muslim month of Ramadan.

Algerian President Abdelmadjid Tebboune on Monday officially inaugurated the Grand Mosque of Algiers on the North African nation's Mediterranean coastline.

Known locally as the Djamaa El-Djazair, it features the world's tallest minaret at 265 metres (869 feet), can accommodate 120,000 people, and is the world's largest mosque only after Islam's holiest sites in Saudi Arabia's Mecca and Medina. It was built over seven years in the form of a modernist structure extending across 27.75 hectares (almost 70 acres), decorated in wood and marble and containing Arab and North African flourishes. It reportedly has a helicopter landing pad and a library capable of housing up to one million books.

The mosque's official opening allows it to host many public prayers and events during the month of Ramadan, which starts around March 10. But its inauguration event was largely ceremonial, as it has been open to international tourists and state visitors to Algeria for about five years, and first opened for prayers in October 2020 but without Tebboune as he was suffering from COVID-19.

The vast mosque reportedly cost close to \$900m to build and was constructed by a Chinese firm. Algeria now boasts the largest mosque outside of the holiest sites in Islam, but the project has been marked by years of delays and cost overruns. It has also been criticised for allegedly being built in a seismically risky area, but the government has denied this. ■

<https://smartmuslim.co.ke/algeria-inaugurates-worlds-third-largest-mosque-ahead-of-ramadan/>

# Dealing with yourself in Islam

BY A. JAMAA

**W**hen a solitary fly gets trapped inside a glass of water it struggles to release itself from the ensuing subjugation.

At first, it rotates to every corner, dithering and flapping to keep itself alive but once its fragile wings gets wet it keeps on floating until it succumbs to death.

Such is the condition of an unconscious human soul, an absent minded persona and one that is confined inside hollow yet illusive tunnel of life. Just like the fly this soul floats and swaps until it succumbs to death.

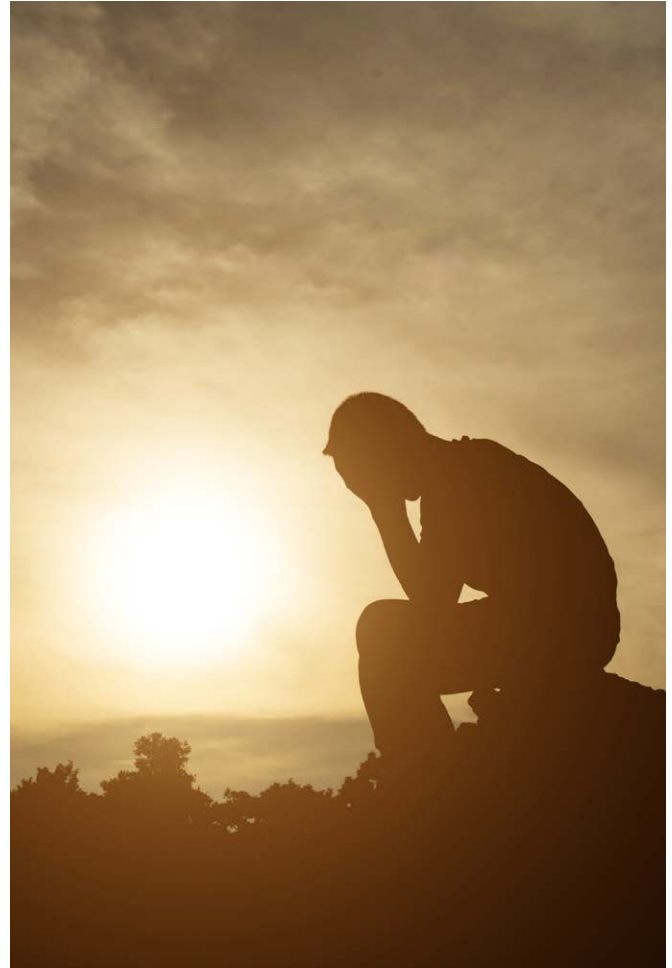
On the contrary, the conscious soul is well aware of its own, it may be trapped in an unceasing bane of life, sometimes immersed in the deepest suction of worldly abyss but it constantly revolts against its own, remaining true to the path of self-realization and natural disposition.

Imam Al-Ghazali, one of the most prominent and influential Muslim philosophers of Islamic golden age is reported to have. "Never have I dealt with anything more difficult than my own soul, which sometimes helps me and sometimes opposes me."

The jigsaw puzzle of life is the rejection of unending caprices from the soul. The struggle to contain it and keeping it on routine checks and balances is without doubt an uphill battle. And for many, enticing the soul into a successful way of life has been a hard nut to crack.

Fulfilling the purpose of life brings peace and contentment to an individual. It is undeniably the only known road to a positive body and mental health. In finding amity and satisfaction, the soul therefore plays a critical role.

The soul Islamically known as 'Naf or Rooh' subjugates and directs the body to act in a way that satisfies its own insatiable desires. When on the wrong side of life, that side of endless evil, the body with its heart and reasoning follows the soul to every alleyway of self-destruction.



The Naf is a creation of Allah and it is the seat of human existence as well as all other living creatures. It is completely different from the body, driving people's feelings, behaviour and volition. It calls the shot defining both an individual's success and failures.

As humans we know and have little knowledge about the soul. We may know things life, death and resurrection, however, we may never know the complexities surrounding the creation of the unseen soul and Allah says in the Quran:

*"And they ask you, [O Muhammad], about the soul. Say, "The soul is of the affair of my Lord. And mankind have not been given of knowledge except a little." (Quran 17:85)*

We can however learn how to deal with our souls because as humans we are capable of doing both good and evil deeds as long as we keep our borders clearly marked. Despite this fact, we are so close to doing good deeds than bad acts because of our state of natural disposition (Fitrah).

The dungeon, the dirt and the destruction that comes with an evil personality is always tied to a long and lethal rope of inordinate desires with layers and layers of tangled mess of desperation that is usually presented tantalizingly as achievements.

We commit sins every day, some may be grave and others may be light, but they are all sins anyway. The greatest architecture of evil is the soul, it designs the road to sinful life and it shows the direction in a bid to reward itself.

The heart (In this case the Qalb) also plays its part, but always plays an honest and sincere part unless it is overruled. It acts as road signs that show and clear the way for us. But the option to take the right or the wrong turn depends on the soul-the master of our feelings.

For instance when a corrupt public servant is planning to steal, his sincere heart will feel repugnant of the planned actions, the heart revolts internally and bleeds with seething frustrations and worries. It sends an array of warning signs to the soul that the acts are evil in nature.

The heart is well aware of the implications of stealing from the public, it knows that the actions are wrong and that they come with disastrous ramifications. Like the amber traffic lights, it flashes intelligence and reasoning into the soul.

Sadly, in evil deeds, the soul overwhelms the heart. It rewards itself in giving false hopes and empty promises. In the case of the corrupt public servant, the soul will whisper to an individual that after stealing you will buy an expansive mansion, that you will wear the latest Brioni suite, a matching Rolex Oyster wrist watch, a vogue sleek shoes and that you will step on the rails to drive the latest model of Porsche Cayenne.

That is what happens in our lives on daily basis when we come face to face with evil deeds. It doesn't matter the scale and scope of sins. The story is the same for the murderer, adulterer, fornicator, robber and the poor leader.

The path to melancholy is the same for all sinners, although sometimes this can be hidden in respite of happiness. For evil doers, their game of life ends in tatters, reprehension and defeat. The world collapses right in front of their eyes ahead of humiliation on the day of judgement.

While the soul unleashes its majestic power in the background, in reality, the tangible body will pay the ultimate price of the actions of its soul. The body in its entirety, including its organs will always be a prisoner for untamed soul.

For failing to control actions of the soul, the human body will face toughest troubles and vexation of life. Unabated evil therefore becomes the next door neighbour of an individual who suffers from weakness of the soul.

---

**We commit sins every day, some may be grave and others may be light, but they are all sins anyway. The greatest architecture of evil is the soul, it designs the road to sinful life and it shows the direction in a bid to reward itself.**

---

The soul's weakness is presented in an individual's negative desires for lust, greed, wealth and power. A purposeful life requires a positive connection between the soul and the heart for proper reasoning and understanding of actions.

To avoid falling off the grid of life, a total emancipation is required. The value of being human is not found on material pursuits but rather in the envelope of positive spiritual reality which is the real definition a spiritual human being.

It all goes back to purification of our souls which is done through acts of worship, avoiding sins, being conscious of Allah, obeying Allah and a total submission to Allah ■



# 4 tricks for housewives' happiness (Islamic Marriage)

BY ABOUT ISLAM TEAM

Are you a “stay-at-home” mom who finds herself overwhelmed with household responsibilities? Are you bored of everyday chores that you have to undertake? Do you feel like trapped in your own house?

If you are a stay-at-home wife or mother, if you feel like you are stuck in a boring daily routine, you have to make urgent changes in your life so that you become an energetic happy individual once again.

Being a housewife does not mean that you have signed up in a lifetime boredom boot camp. However, you shouldn't wait until you hit the rock bottom to regain your life.

You have to set priorities for yourself. Any typical mom will automatically say: my children come first in my life and this is a fact for all of us. But let me ask you here: would you be able to take good care of your children if you are in a bad health and mood? Sure you won't, which means you have to sharpen the saw of your both physical and mental health.

Working on improving a better “You “must become your first priority in order to be able to give your children an improved quality of life.

## True Stories

Nada is a typical housewife who used to spend her whole day at home with little social or sport activities. One day She decided to stop feeling sorry about herself; she decided not to wait for her husband to fill in the void in her life. Nada started taking crochet lessons by learning the basics very well. Afterwards, Nada turned into the internet as she downloaded photos and new ideas for the crochet designs. She set up an online networking community that shares the same interest.

Now Nada have more than 700 Facebook crochet friends; she is starting to sell what she makes by her own hands.

Nada, the crochet learner, explains her craft passion by saying: “Learning how to make those lovely things with crochet gave me another reason to wake up in the morning very happily. Other than preparing snacks and breakfast for my husband and my kid Hana I have

had a purpose of my own which is feeling really good for what I make by my hands. Maybe one day I'll give crochet lessons to others.”

Mariam, on the other hand, is a stay-at-home mom who has a 7- years- old twin. She says that she had been an athletic all her life till she had babies. Staying at home all the day is driving her crazy.

Mariam says; “The most terrible feeling is that I don't belong to some community that has the same interests or concerns. Before getting married I belonged to the Basket ball team in the club, but now I may stumble by one of the old team members by chance, catch up the latest gossips then each one of us goes her own way.”

“I go to the Gym once a week, but this is not a goal. I know I have to find for myself a hobby or may find a work, which is somehow hard to find nowadays, but I certainly know that I need help because I am starting to get it out on my children.”





## Psychology

“Staying at home is considered to be one of the reasons that cause depression. Anwar Al Atrebi, Professor of psychology and neurology, Faculty of Medicine at Cairo’s Ain Shams University, says that there are a lot of studies on the negative effects of depression that eventually leads to erosion of memory cells which reduces intelligence and concentration.

Al Atrebi says, “There is a false protocol comprehended in the Egyptian and Arab societies that the well – educated mother should better stay at home to take good care of her family and children without considering the fact that the working mom might be more useful for the family in different aspects.”

“Modern husbands and wives lack the commonsense of “How to deal with your spouse?” Husband and wife react unconsciously on a day –to– day –basis with consistent interference of their folks without giving the proper time to enhance their relationship together.”

Jacob Teitelbaum of the experts’ panel for Dr. OZ’s website (Mehmet Oz is Oprah Winfery’s expert physician), wrote on how to eliminate depression naturally:

From a physical perspective, depression often reflects faulty biochemistry. Begin by asking yourself this simple question: “Do I have many interests?” If the answer is yes, you’re probably not depressed

but rather have other physical problems causing how you feel – for which effective treatment is available – and not depression.

If you do not have many interests, you are probably depressed and the treatments below will be very helpful for you. Happiness has its own biochemistry which can be powerfully balanced and enhanced naturally. Let’s start with the basics:

- 1-** Overall nutritional support is essential. So take a good multivitamin supplement.
- 2-** Begin a walking program. Research has shown that walking briskly each day is as effective as any other antidepressant.
- 3-** Get more sunshine. Inadequate sunlight is a common cause of depression (called “Seasonal Affective Disorder” or “SAD”), which should be considered if your depression is worse in the winter.
- 4-** Get eight hours of sleep a night.

These are the basics for eliminating the bad feeling of being bored or just losing interest in your daily activities. Move on and try to grasp little happiness.

<https://smartmuslim.co.ke/4-tricks-for-housewives-happiness-islamic-marriage/>

# Cherish Your Wife the Prophet's Way

BY MUHAMMAD FATHI



**I**n Islam, the relationship between husband and wife is a strong bond to be nurtured with kindness, love and mercy. It is so significant that Allah Almighty mentions it in the Qur'an as one of His great signs in the world:

*{And of His signs is that He created for you from yourselves mates that you may find tranquility in them; and He placed between you affection and mercy. Indeed in that are signs for a people who give thought} (Ar-Rum 30:21)*

Prophet Muhammad (peace and blessings be upon him) is the role model for every Muslim in all aspects of life. When you read about the Prophet's treatment

of his wives, you will be amazed by the great level of care, gentleness, love and compassion he showed them. The following collection of hadiths highlight glimpses of his guidance in this regard:

## **She Deserves the BEST Treatment**

Abu Hurairah (may Allah be pleased with him) narrated that the Messenger of Allah (peace and blessings be upon him) said:

"The most complete of the believers in faith, is the one with the best character. And the best of you are those who are best to their women." (At-Tirmidhi and authenticated by Al-Albani)

Ibn `Abbas (may Allah be pleased with him) narrated that the Prophet (peace and blessings be upon him) said:

“The best among you is the best towards his wife, and I am the best of you to my wives.” (Ibn Majah and authenticated by Al-Albani)

Abu Hurairah (May Allah be pleased with him) narrated that the Prophet (peace and blessings be upon him) said :

“A believer must not hate a believing woman (i.e., his wife); if he dislikes one of her traits he will be pleased with another.” (Muslim)

‘Abdullah ibn ‘Amr ibn Al-‘As (May Allah be pleased with them) narrated that the Prophet (peace and blessings be upon him) said:

“The world is but a (quick passing) enjoyment; and the best enjoyment of the world is (to have) a pious wife.” (Muslim)

---

**“A believer must not hate a believing woman (i.e., his wife); if he dislikes one of her traits he will be pleased with another.” (Muslim)**

---

### Express Your Love

Anas (may Allah be pleased with him) narrated that the Prophet (peace and blessings be upon him) was asked, ‘O Messenger of Allah, which of the people is most beloved to you?’

He answered: “‘A’ishah.”

He was asked, ‘And among men?’

He said: ‘Her father.’ (Ibn Majah and authenticated by Al-Albani)

‘A’ishah (may Allah be pleased with her) said, “Never did I feel jealous of any of the wives of the Prophet except for Khadijah, although I have never seen her.”

She added, “When Allah’s Messenger slaughtered a sheep, he said: Send it to the friends of Khadijah.”

One day ‘A’ishah mentioned Khadijah in a way that made the Prophet upset. He told ‘A’ishah, “I have been granted her love (by Allah)”.

### Render Love into Actions

‘A’ishah (may Allah be pleased with her) reported that the Messenger of Allah would give her a vessel to drink, when she was menstruating, then he would look for the spot where she had put her lips on and put his lips on the same spot. (An-Nasa’i and authenticated by Al-Albani)

### The Prophet’s Care for Children

Anas narrated that the Prophet had a Persian neighbor who was good in cooking soup. One day he prepared some soup and invited the Prophet to it. ‘A’ishah was present so the Prophet suggested to the neighbor that she should join them. The neighbor refused to include her in the invitation. The Prophet, therefore, declined the invitation.

*The Persian repeated the exclusive invitation for the Prophet who, once again, declined the invitation.*

In the third attempt, the Persian neighbor invited both the Prophet and his wife, ‘A’ishah (may Allah be pleased with her). Then, the Prophet accepted his invitation and went with ‘A’ishah to the man’s house. (Muslim)

Al-Aswad asked ‘A’ishah about what the Prophet used to do at home. She replied. “He used to serve his household but when it was time for the prayer, he would get up for prayer.” (Al-Bukhari)

### Have Fun with Her

‘A’ishah reported that she accompanied the Prophet in a travel when she was still slim. The Prophet told people to move forward and then he asked ‘A’ishah to race with him. They had a race and ‘A’ishah won.





In a later travel, when `A'ishah had forgotten the race and had already gained weight, the Prophet told her to race with him again. She declined, "How can I race with you while I am in such a condition?" The Prophet insisted and they did have a race. The Prophet won this time. He laughed then and said, "Now, we are even." (Authenticated by Al-Albani)

A'isha reported:

It was the day of `Eid and some Ethiopians were playing with shields and spears. Either I requested Allah's Messenger or he himself asked me whether I would like to see the display. I replied in the affirmative. Then he let me stand behind him; my cheek was touching his cheek and he was saying, "Carry on, O Bani Arfida (i.e., Ethiopians)!" When I got tired, he asked me if that was enough. I replied in the affirmative and he told me to leave. (Al-Bukhari)

### Love that Transcends Time

Anas ibn Malik (may Allah be pleased with him) narrated that when something was brought to the Prophet, he would say, "Take it to so-and-so because she was a friend of Khadijah (his deceased wife)..." (Authenticated by Al-Albani)

`A'ishah (may Allah be pleased with her) reported:

Once, Halah bint Khuwailid (the sister of the Prophet's first wife, Khadijah) sought permission to enter. The Prophet recognized and recalled the manner of Khadijah when she sought permission to enter. So, he was deeply moved and said, "O Allah, may she be Halah bint Khuwailid!" (Al-Bukhari and Muslim)

<https://smartmuslim.co.ke/cherish-your-wife-the-prophets-way/>



# Subscribe



to

# Smart Muslim Magazine

Send an email to

[editor@smartmuslim.co.ke](mailto:editor@smartmuslim.co.ke)

# Now Available

Purchase My Ramadan Book soft copy at only

# 500/-

Call/WhatsApp **0705 203 636**  
to order today!

