

# Mawlana Shaykh Muhammad Adil ar-Rabbani

FOLLOW HIS ﷺ SUNNAH IN YOUR DAILY LIFE

*As-Salāmu ‘Alaykum wa RaḥmatuLlāhi wa Barakātuh.*

*A‘ūdhu BiLlāhi Minash-shayṭāni r-rajīm. BismiLlāhi r-Raḥmāni r-Raḥīm.*

*Wa ṣ-Salātu wa s-Salāmu ‘alá Rasūlinā Muḥammadin Sayyidi l-Anwālina wa l-Akhirin.*

*Madad yā RasūlAllāh, Madad yā Sādati Aṣḥābi RasūlLlāh, Madad yā Mashāyikhinā, Dastūr Mawlana Sheikh Abdullāh al-Fā’iz ad-Dāghistāni, Sheikh Muḥammad Nāzīm al-Ḥaqqāni. Madad. Tariqatunā aṣ-Suḥbah wa l-Khayru fī l-Jam‘iyyah.*

Bismi Llāhi r-Raḥmāni r-Raḥīm,

لَقَدْ كَانَ لَكُمْ فِي رَسُولِ اللَّهِ أُسْوَةٌ حَسَنَةٌ

‘Laqad Kāna Lakum Fī Rasūli Llāhi ‘Uswatun Hasana’, ‘There has certainly been for you in the Messenger of Allah an excellent example.’ (Qur’ān 33:21).

Allāh ‘Azza wa-Jalla says, “Our Prophet ᷲ allāhu ‘alayhi wa-sallam is your guide; follow him ﷺ, obey his ﷺ actions and guidance.” Follow him ﷺ and do as much as you can. Our Prophet ᷲ allāhu ‘alayhi wa-sallam is a benefit and an example not just for Muslims, but for all of humanity. Those who follow his ﷺ way, even if they are not Muslim - all his ﷺ actions are for the benefit of humanity. Every action, every thing he ﷺ does, is for the benefit of people.

Sometimes people say, there are some places, non-Muslims, that they do everything correctly, but they lack the Shahādah. And sometimes Muslims are the complete opposite; they do all sorts of mischief, yet they claim to be Muslims. That’s not right either. Therefore, how our Prophet ﷺ lived, how he ﷺ ate and drank is also important. What he ﷺ did, how he ﷺ divided his ﷺ day—all of these are things that people should do.

The King of Egypt sent a gift to our Prophet ᷲ allāhu ‘alayhi wa-sallam. Among the gifts was a doctor. The doctor looked around and saw that no one was coming or going, no one was sick. The doctor asked, “How are you doing this?” “Well, our eating, drinking, and actions is upon the Sunnah of our Prophet ᷲ allāhu ‘alayhi wa-sallam. That’s why no one gets sick.”

Now, the world is the complete opposite. People are eating and drinking all sorts of unnecessary things. On top of that, they take medications and dietary supplements. “I’ll lose weight, I’ll gain weight, I’ll get stronger, I’ll get rid of my excess weight, I want my muscles to stand out, this will grow here, that will show up there.” They destroy

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themselves and then say, “We were created to nourish this body.” Your body is for worshipping Allāh ‘Azza wa-Jalla. There’s a measure for that too. If you eat too much or too little - you should do as our Prophet ᷺ commands. He ﷺ says, you shouldn’t overfill your stomach. You must be moderate in everything you eat and drink so that you can be at ease, so that you can perform your worship. The world is not just about thinking of your body, but rather give your body its due. Allāh ﷺ has created everything perfectly. Don’t think you’ll become special by doing more on your own. The biggest is the elephant. There’s nothing bigger than an elephant. What’s the benefit in looking like it? There’s no benefit at all in being like an elephant. Allāh ﷺ created animals differently, and humans differently.

Therefore, you must follow the Sunnah of our Prophet ﷺ. You must do the things he ﷺ did so that you can be a human being, so that you can be at ease. You will find peace in this world and in the hereafter. Otherwise, it’s like, “Take this, it will be good for you. Eat this, you’ll be good.” And they’ve accustomed people to eating while standing like animals. They call it “Fast food.” Eating standing up is already makrūh. It’s disliked to eat while standing. The same goes for drinking. Our supposedly intelligent Muslims always say, “The doctors have proven it, that eating and drinking while standing is bad.” But you don’t listen to our Prophet ᷺! 1400 years, 1500 years ago, our Prophet ᷺ exemplified and stated this. Now you believe what the doctor says, or whatever someone else says saying, “That’s true.” You don’t believe our Prophet ᷺, but you believe the doctor. Of course, you must believe everything our Prophet ᷺ said. When you don’t believe, you ask others for evidence, for proof, to prove it’s true. You must believe our Prophet ᷺. It’s good to do everything he ﷺ said, but only as much as you can. May Allāh ﷺ forgive us all for what we couldn’t do.

May Allāh ﷺ grant you vigilance. May Allāh ﷺ grant you a blessed life. You must also pay attention to your children. You must teach them in the same way. How will they eat, how will they behave, how will they act? Then righteous children grow up, blessed generations arise, in shā'a Llāh. May Allāh ﷺ be pleased with you.

Wa min Allāhi t-Tawfīq. Al-Fātiha.

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