

'Ubaydullāh ibn Miḥṣan al-Khaṭmī narrated



that the Prophet (peace be upon him) said: **Whoever wakes up in the morning feeling secure in his dwelling place, enjoying good personal health, having enough food for the day is like one who has the world at his disposal.**<sup>(1)</sup>

#### From the Qur'an

- ﴿Those who believe and do not taint their faith with wrongdoing are the ones who will feel secure, as they follow right guidance.﴾ (6: 82)
- ﴿God cites the case of a town living in security and ease. Its sustenance comes to it in abundance from all quarters. Yet it was ungrateful for God's favours. Therefore, God caused it to experience the misery of hunger and fear for what its people used to do.﴾ (16: 112)
- ﴿God has promised those of you who believe and do good deeds that, of a certainty, He will cause them to accede to power on earth, in the same way as He caused those who lived before them to accede to it; and that, of a certainty, He will firmly establish for them the religion which He has chosen for them; and that, of a certainty, He will cause their erstwhile state of fear to be replaced by a state of security.﴾ (24: 55)
- ﴿Are they, then, not aware that We have set up a secure sanctuary while people are being snatched away from all around them? Will they, then, continue to believe in what is false and to deny God's blessings?﴾ (29: 67)

#### The Narrator

Abu Salamah 'Ubaydullāh, or 'Abdullāh, ibn Miḥṣan al-Khaṭmī belonged to the Anṣār. However, scholars have different views on whether he was a companion of the Prophet or not. Ibn Hibbān said that he was. Ibn al-Sakan said that it is reported that he was a companion of the Prophet, while Ibn 'Abd al-Barr said that most scholars confirm that he was.

#### Summary

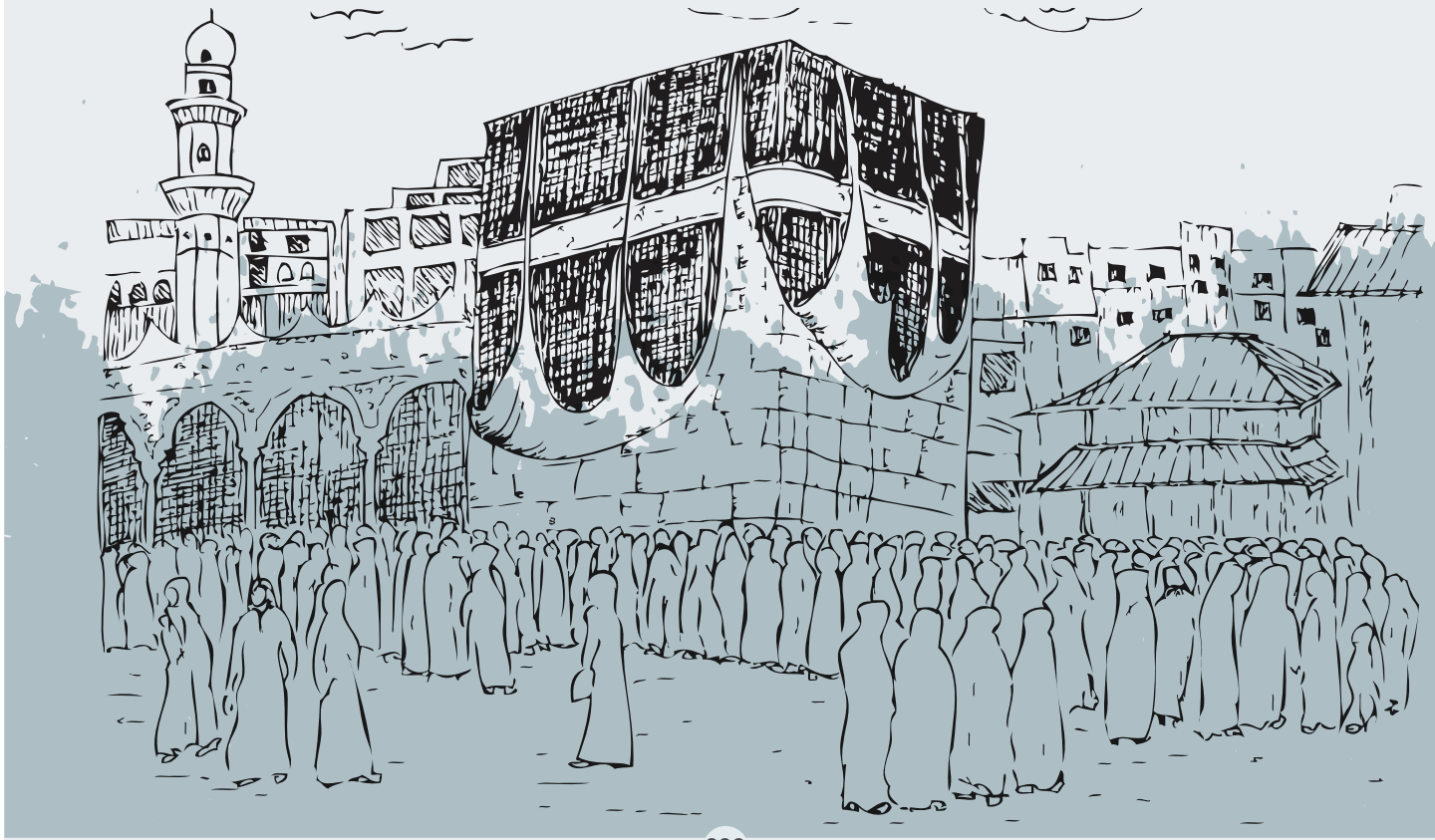
Security, health and available provisions are great blessings, but many people do not appreciate them properly.

1 Related by al-Bukhari in al-Adab al-Mufrad, 300; al-Tirmidhī, 2346; Ibn Mājah, 4141.



# Message and Meaning

- 1** The Prophet (peace be upon him) states that God's bounty is limitless. All of us are enjoying favours bestowed by God, but we do not appreciate their importance and we are not properly thankful for them. In this hadith, the Prophet mentions three such favours: security, health and available provisions.
- 2** Take the case mentioned in this hadith: a person starts the day feeling in full security personally, at home and in his country. He is reassured, fearing neither enemy, nor illness, nor injustice. He feels robust and in good health, suffering no personal problem that impedes his movement and how he does his work. Furthermore, he has enough food for the day, which means that he has no worry in that area. The Prophet said that he is like a person who has the world at his disposal. What could he desire other than these blessings?
- 3** God reminds people of these favours which He has bestowed on them. He says: 'Are they, then, not aware that We have set up a secure sanctuary while people are being snatched away from all around them? Will they, then, continue to believe in what is false and to deny God's blessings?' (29: 67) He also says: 'It is He who has provided them with food against hunger, and with security against fear'. (106: 4) God rebukes the unbelievers who deny these favours and He punishes them by withdrawing His favours. He says: 'God cites the case of a town living in security and ease. Its sustenance comes to it in abundance from all quarters. Yet it was ungrateful for God's favours. Therefore, God caused it to experience the misery of hunger and fear for what its people used to do'. (16: 112)



# Implementation



Every Muslim should think well of God. He must not forget that his provisions and all his affairs are subject to God's will.



When a person enjoys security, he should be very grateful to God for it. When a person is chased, or in fear for his life, or taken captive, his dearest wish is to have a feeling of security.



The importance of security as a blessing is reflected in the fact that God promises the believers that He will grant it to them. He says: 'Those who believe and do not taint their faith with wrongdoing are the ones who will feel secure, as they follow right guidance'. (6: 82)



Good health is a great favour for which a person should be thankful to God. It is He who has given man the best constitution and granted him health that enables him to do what he needs.



The Prophet (peace be upon him) included in his supplication: 'My Lord, keep me healthy in my body; my Lord, keep me healthy in my hearing; my Lord, keep me healthy in my sight. There is no God other than You'. Every Muslim should use this supplication.



The Prophet (peace be upon him) said: 'Health and spare time are two blessings which many people do not appreciate'. It does not behove a Muslim to think lightly of God's blessings.



Every Muslim should thank God for his provisions and be content with what God has given him. Others go hungry and have nothing to eat.



Everyone should appreciate God's blessings and favours and should know that he is accountable for how he uses them. Therefore, every Muslim should manifest his gratitude for God's blessings by doing what earns God's pleasure. On the Day of Judgement, God will question everyone about how they used His favours. Those who use them in ways that please God will be safe. Others will be the losers.



No one appreciates God's favour of making water available until one is very thirsty. The same applies to all God's favours. We appreciate them when they become unavailable. It behoves every Muslim to always be thankful for God's favours.

