The Lifestyle of Rasulullah (sallallahu 'alaihi wasallam)

Hadeeth One

عَنْ سِمَاكِ بْنِ حَرْبٍ قَالَ : سَمِعْتُ النُّعْمَانَ بْنَ بَشِيْرٍ ﷺ يَقُوْلُ : أَلَسْتُمْ فِي طَعَامٍ وَشَرَابٍ مَا شِئْتُمْ ؟ لَقَدْ رَأَيْتُ نَبِيَّكُمْ ﷺ وَمَا يَجِدُ مِنَ الدَّقَلِ مَا يَمْلَأُ بَطْنَهُ .

Simaak bin Harb (rahimahullah) says, "I heard Sayyiduna Nu'maan bin Basheer (radhiyallahu 'anhuma) saying, 'Don't you enjoy food and drink to your pleasure? Indeed, I saw your Nabi (sallallahu 'alaihi wasallam) in such a condition that he did not have enough inferior quality dates to fill his belly.'"

Hadeeth Two

عَنْ عَائِشَةَ ﷺ قَالَتْ : إِنْ كُنَّا آلُ مُحَمَّدٍ ﷺ نَمكُثُ شَهْرًا مَا نَسْتَوْقِدُ بِنَارٍ ، إِنْ هُوَ إِلاَّ التَّمْرُ وَالْمَاءُ .

Sayyidah 'Aaishah (radhiyallahu 'anha) said, "We the family of Muhammad (sallallahu 'alaihi wasallam) would spend a month without lighting a fire. Our food would only be dates and water."

Hadeeth Three

عَنْ نَوْفَلِ بْنِ إِيَاسٍ الْهُذَلِيِّ قَالَ : كَانَ عَبْدُ الرَّحْمَنِ بْنُ عَوْفٍ ﷺ لَنَا جَلِيْسًا ، وَكَانَ نِعْمَ الْجَلِيْسُ ، وَإِنَّهُ انْقَلَبَ بِنَا ذَاتَ يَوْمٍ حَتَّى إِذَا دَخَلْنَا بَيْتَهُ ودَخَلَ فَاغْتَسَلَ ثُمَّ خَرَجَ ،

Naufal bin Iyaas Huzali (rahimahullah) says that Sayyiduna 'Abdur Rahmaan bin 'Auf (radhiyallahu 'anhu) was our companion, and what an excellent companion he was! One day, he returned with us (from somewhere) and entered his home. Then he took a bath and came out.

وَأُتِيْنَا بِصَحْفَةٍ فِيهَا خُبْزٌ وَلَحْمٌ ، فَلَمَّا وُضِعَتْ بَكَى عَبْدُ الرَّحْمَنِ ، فَقُلْتُ لَهُ : يَا أَبَا مُحَمَّدٍ ، مَا يُبْكِيكَ ؟

Notes:

A platter with meat and bread was brought to us. When it was placed, Sayyiduna 'Abdur Rahmaan (radhiyallahu 'anhu) began crying. So I asked him, "O Abu Muhammad! What makes you cry?"

قَالَ : هَلكَ رَسُوْلُ اللهِ ﷺ وَلَمْ يَشْبَعْ هُوَ وَأَهْلُ بَيْتِهِ مِنْ خُبْزِ الشَّعِيْرِ ، فَلاَ أُرَانَا أُخِّرْنَا لِمَا هُوَ خَيْرٌ لَنَا .

He replied, "Rasulullah (sallallahu 'alaihi wasallam) passed away without he and his household becoming satisfied with barley bread. Therefore, I do not feel that we have been left behind to (witness) that which is good for us."

Notes: