

15 Prophetic principles of Blissful Marriage

Marriage in Islam is an extremely important institution which safeguards the rights of men, women and children while satisfying the physical, emotional, and intellectual needs of the family members. It nourishes unselfish behaviour, generosity, and love in the framework of a well-organised family system. Allah, the Exalted mentions in the Quran “ And among His signs is that He created spouses for you from yourselves for you to gain rest from them, and kept love and mercy between yourselves; ...” (Quran 30:21)

For a marriage to be happy and last for a long time, both husband and wife should show their effort, and make all possible effort to keep one another happy and feel proud. Being faithful is surely one of the most important things. But beside that, it's important for both to keep falling in love over and over again and again. As both husband and wife do their respective duty for the family, it is important to understand the hardship that each other's has been through.

As the days come to closer to one's marriage, excitement and elation pump through the bride and groom. When the marriage is solemnised, one's happiness and delight are at the highest level. When the newlywed couple meet for the first time, words cannot describe the sweetness, bliss, pleasure, and elation tasted by the two. If every day of the marriage pictures the first day of marriage, and every night reflects the first night of marriage, then the marriage will be one of the best experiences on this earth. But the reality is not like that, it is just imagination.

The first couple of months are always a 'honeymoon'. Once the couple settles down, then reality begins. Many couples fail at this point. The husband keeps himself busy in his job. He comes home tired and late, feeling hungry. He demands for the food, eats food, and doesn't want to do anything. puts the dirty plates in the sink and lies down on the sofa. He performs Salāh if he is conscious of Salāh. When it is time to sleep, the husband if he is feeling in a good mood, he will have relations with his wife-but only to satisfy his needs. Once he is fulfilled, he stops and drops off to sleep. Whether the wife is satisfied or not does not even cross his mind. This becomes the routine of his life.

The wife on the other hand, she initially tries to please her husband. **She slowly loses her enthusiasm as she does not receive enough attention from her husband.** She cooks to please her husband. She puts all effort into her food. So that when he comes home, he would complement her. After a while she begins to tire from this as the husband does not comment or he criticizes her food. **She slowly loses her enthusiasm as she does not receive enough attention from her husband.**

This style of marriage where there is no affection shown, no real emotion transmitted from one party to the other is heading towards destruction.

The husband needs to implement the romance the Prophet Salallahu alaihi wasallam displayed. We consider Romeo to be romantic but not the Prophet Salallahu alaihi wasallam. If I was to say the Prophet Salallahu alaihi wasallam was the most romantic individual, I would not be lying. Looking attentively to the biography of the Prophet Salallahu alaihi wasallam, you will find that he was extending a great deal of respect to his wives and was displaying high attention, care, and love toward them. He was the best example for the ideal manners toward

the wife. He was comforting for his wives, wiping their tears, respecting their emotions, hearing their words, caring for their complaints, alleviating their sadness, going to picnics with them, racing with them, bearing their abandonment, discussing matters with them, keeping their dignity, supporting them in emergencies, declaring his love to them and was very happy with such love.

1.Know their feelings:

The Prophet salallahu alaihi wasallam was telling Sayyidah Aisha radiallahu anha: “I know well when you are pleased or angry with me. Hazrat Aisha replied: How you know that? Rasool Allah sallaalaho alaihe wasallam said: When you are pleased with me you swear by saying “By the God of Mohammad” but when you are not happy you swear by saying “By the God of Ibrahim”. She said: You are right, I don’t mention your name.

The husband and wife should be aware of each other’s feelings. The husband should be able to know when his wife is upset or sad, likewise the wife should be able to read her husband’s behaviour. By being conscious of one another’s feelings, it will help in resolving any differences. When your spouse is down or upset, be there to console him/her. Sit with them, speak with them, listen to them. Try and make them smile. If the husband is always conscious of his wife’s feelings, and the wife is always conscious of the husband’s feelings, then this will help greatly in having the long-lasting Relationship and marriage.

2.Console her:

Sayyidah Safiyah radiallahu anha was on a journey with the Prophet Salallahu alaihi wasallam. She was late so the Prophet Salallahu alaihi wasallam received her while she was crying. The Prophet Salallahu alaihi wasallam wiped her tears with his own hands and tried his utmost to calm her down.

This is another feature a marriage must have. Each spouse must be there for the other in the good and bad times. The wife should find comfort and solace in the husband and the husband should find warmth and love in his wife. Be gentle with one another.

3.Laying in the wife’s lap:

The Prophet Salallahu alaihi wasallam would recline in the lap of our beloved mother Sayyidah Aisha radaillahu anha even in the state when she would be menstruating. The Prophet salallahu alaihi wasallam would recite the Qur’ān whilst reclining in his wife’s lap.

How many times have you rested in the lap of your spouse? These gestures may seem trivial, but they are the acts which bring the hearts close. The wife can sense and see the love of her husband for her in such actions. Every so often come home and just go and rest in the lap of your wife. She will appreciate this gesture greatly.

4.Combing the spouse’s hair:

Hazrat Aisha radiallahu anha would comb the hair of the Prophet salallahu alaihi wasallam and wash his hair.

This is how close a couple has to be. Love develop and grows to such an extent that a spouse yearns to do everything for the other spouse even if it simply combing their hair. To

maintain a high intensity of love, do the little things for your spouse also. Little acts have a huge psychological impact on the mind of the spouse. sometimes comb their hair, take their clothes out to wear, get hot shower ready for them in winter, bring them a cold drink on a hot day, prepare something for them etc.

5. Eating Drinking and from one place:

Hazrat Aisha radiallahu anha would drink from a cup. The Prophet salallahu alaihi wasallam would take this cup and search for the place where the lips of his beloved wife made contact. Upon finding the place where his wife drank from the cup, he would put his lips on the very same place so that his lips have touched the place where her lips touched. He would then drink the contents of the cup at the same time enjoying union with his spouse. When there was meat to eat, Sayyidah Aisha radiallahu anha would take a bite. The Prophet salallahu alaihi wasallam would take the meat from her hand and again place his mouth the very same place where his wife ate from. This would add taste of love to his food.

Do things together with your wife. Do not just eat at the same time and on the same dining table but eat from the same plate. eat together from the same food. This will bond the hearts so close to one another. When everything your wife comes into contact with becomes more beloved to you than food itself, imagine the flame of love in your lives?

6.Lifting the morsel to her mouth:

The Prophet salallahu alaihi wasallam said: If you spend an amount you will be rewarded for it, -even when you lift the morsel to your wife's mouth."

The husband and wife should make these gentle gestures to exhibit, show and express their love and appreciation for each other. Feed your spouse with your own hands now and then. This will develop and rekindle the flame of love in your marriage.

7. Kissing:

The Prophet salallahu alaihi wasallam would kiss his wife regularly. He would never miss any opportunity to kiss them.

Compliment your spouse often with kisses. When exiting the house, make it habit you leave by coming into contact with your spouse. When returning home, along with saying Salām to her, show that you have missed her dearly. When she is working or busy in her household chores, surprise her with a kiss. You must show your love. Love is the fuel of marriage; if you desire your marriage to progress and last longer, you must express your love in every way you can.

Physical relations in a marriage are especially important. The famous saying is, "actions speak louder than words." Show your spouse you love her. Sharī'ah promotes romance and physical relations between the husband and wife. The Prophet salallahu alaihi wasallam categorically stated, "Conjugal relations with your wife is a Sadaqah."

8. Sharing happy occasions with her:

Once when the Ethiopians were practicing target shooting in the masjid complex, the Prophet salallahu alaihi wasallam stood with his wife watching. Not only did the Prophet

salallahu alaihi wasallam stand with his wife, but he also put his cloak around her. The Prophet salallahu alaihi wasallam although he had other jobs to do, even he stayed there standing with his wife. He only went when his wife wanted to go.

A husband should be one who shares happy occasions and experiences with his wife. When it is raining, cold or sunny, one should shelter his wife. You should be willing to sacrifice your errands to spend time with your wife. When the spouse sees sacrifice for her sake, it will create immense love and respect in her heart.

9. Calling her by a beautiful name:

The Prophet salallahu alaihi wasallam would call his wife ‘Humairā’ out of love. Linguistically it means the little reddish one, but the scholars state that it refers to someone who is so fair that due to the sun they get a reddish tan. This was the reason why the Prophet salallahu alaihi wasallam called her Humaira’.

Call your spouse nice sweet names. One must show his partner love and affection in every little thing. One needs to feed love constantly to his spouse to keep the flame burning.

Once the Prophet salallahu alaihi wasallam stared into his wife’s eyes. He was gazing at the world within his wife’s eyes. He then said to Sayyidah Aisha radiallahu anha in praise of her beauty,

“How white are your eyes.”

This is what is needed. The husband and wife should be constantly complementing and praising each other. The husband must show his love and attraction to his wife. The wife needs to show her infatuation for her husband. When there is a reciprocal relationship, the marriage climbs heights.

10. Assisting her in the housework:

The Prophet salallahu alaihi wasallam would clean and help at home. He would see to his needs himself rather than demanding his wife. He would clean and see to his clothing himself.

A man assisting his wife in the house doesn’t diminish or negate his masculinity, nor does it hinder his protection and maintenance of her.

Imām al-Bukhārī reported that al-Aswad said: "I asked ‘Āishah (رضي الله عنها): 'What did the Prophet (ﷺ) use to do inside his house?' She answered: 'He use to keep himself busy serving the members of his family, and when it was time for the prayer, he would leave.'"

Without being asked, if the couple help each other in day to day activities, it will make one appreciate the other. Likewise, one should try his best not to demand his/her spouse to do things too much. Whatever one can do himself, he should do. We need to be considerate of the spouse. The wife works tirelessly all day. So, if the husband is to be considerate and realise that his wife, she works hard, this will touch the wife. Likewise, wife should understand and realise that how hard is to go out and work to run the family and house it will induce a great spark of love between the two.

11. Dress for your spouse:

Sayyiduna Ibn Abbās radiallahu anhu said: “As my wife adorns herself for me, I adorn myself for her. I do not want to take all of my rights from her so that she will not take all of her rights from me because Allah, the Exalted, stated the following: “ And the women also have rights similar to those of men over them,.” (Qur’ān 2 :228.)

This is another area where many spouses fail. The wife only dresses when it is a special occasion. (Eid, anniversary etc). The husband on the hand stays scruffy and does not take care to be neat and tidy. If the couple want their everyday to be a special occasion like their wedding day, they must dress to impress each other!

The wife should wear the clothing which pleases her husband. Likewise, the husband should wear what the wife likes. Every time the husband and wife glance at each other, the glance should arouse them and stir up more love for their spouse. This will ignite the love in the heart.

12. Do not talk about her private matters:

The Prophet salallahu alaihi wasallam described the one who discloses his wife’s affairs to others as amongst the worst of people.

Whatever occurs between yourself and your spouse should remain between you two. How unmanly and shameful is it when a husband discusses his wife to his friends? The secrets and issues of the spouse must not be narrated at all to anyone. Do not talk about your wife to others. Your wife is for you. You are for your wife. Your fidelity and loyalty should always be to your spouse. Even you should avoid talking to your parents about personal matters of your spouse.

13. Loving & respecting her families:

Another great factor to contribute to a healthy relationship is to love and cherish the family of your spouse. The Prophet salallahu alaihi wasallam was once asked whom he loved the most. He replied, “Aisha. (رضي الله عنها)” When the questioner repeated his question and asked from amongst the men, he (salallahu alaihi wasallam) replied, “Her father.”

The Prophet salallahu alaihi wasallam could have easily said Abu Bakr. His answer displays such intelligence and ingenuity, that in one response he displayed his devotion to his wife and her family. He exhibited his fondness for his in-laws. Imagine how happy his wife Sayyidah Aisha would have become upon hearing this response?

Compliment your in laws in front of your wife. Compliment your wife to her family. Your wife will really appreciate this.

14. Be There For her during Pregnancy:

There is no argument on how modern age men sometimes disregard the importance and pain during pregnancy and treat it as an “ordinary” condition. However, Islam has given great significance to this matter as well.

According to Hazrat Imam as-Sadiq (Radiallahu anhu), “The food of a fetus, is provided by the nourishment that the mother receives” – and this nourishment is provided by the husband. During this sensitive matter, it is not just a test for the wife alone, but also for the husband as they will be giving birth to their future generation.

15. Be conscious of Allah regarding your spouse:

When you are feeling frustrated or disappointed in your spouse, remind yourself to practice patience and mercy, for the sake of Allah. Remember that Allah has decreed for you two to be married to one another out of His Divine Wisdom and Will. He tests you through your spouse in order for you to learn and grow. He might teach you patience and sensitivity through them. As humans’ beings will not always appreciate what you do for them, Allah might also teach you to rely only on Him and work hard only for His sake. Each marriage is an individual and special bond, decreed by Allah. There is a lot you can learn from your own marriage, which Allah has created especially for you. Try to find the ways in your marriages that help you get closer to Allah and do your best to help your spouse get closer to Allah as well.

Conclusion:

When you strengthen your relationship with Allah, He will make your relationships with other people more harmonious (in sha Allah).

Try to always find some time for both of you to pray together. Strengthening the bond between you and Allah Subhanahu wa Ta’ala is the best guarantee that your own marital bond would always remain strong. Having peace with Allah Subhanahu wa Ta’ala will always result in having more peace at home.

Know that the shaitan (devil) try extremely hard to destroy marriages and this is one of their biggest goals.

Constantly engage in the remembrance of Allah (Dhikr-u-Llah). It will benefit you in many ways such as making your life more gratifying and peaceful, and warding off the Shayateen. Share religious duties with your spouse.

Never underestimate the importance of seemingly little things as putting food in your wife’s mouth, opening the car’s door for her, etc.

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