

the knowledge
vault

aa⁺plus

with Ustazah
Huraidah J

The Light-Hearted One!

ON SAYIDATINA SAWDA RA:
WIFE OF RASULULLAH SAW



Chapter Markers

03

ZIKIR OF THE HEART

Follow along Ustazah's powerful and heart-moving Zikir thanking Allah SWT for His gifts

07

KNOWING SAYYIDATINA SAWDA RA

Dive into the many beautiful, awe-inspiring traits of the lighthearted Sayyidatina Sawda RA

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LIFE'S GREATEST GOAL

Understand what it means to have overflowing love and what our life goal should truly be



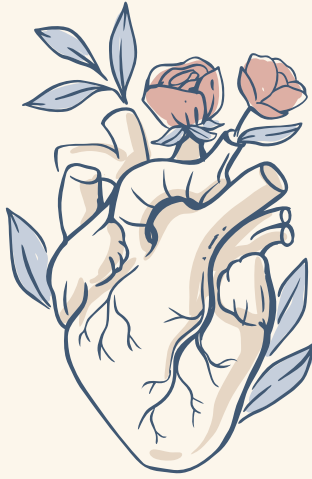


PREPARATION OF THE HEART

In whatever state all of us are in right now, do not let go of our beloved Rasulallah ﷺ. Find joy in clinging on to him ﷺ, while we wait for the moment when we will be reunited with him ﷺ, InshaAllah.

Be around great company who motivates us to become better servants of Allah SWT who reminds us of how precious it is to be striving every day for the sake of Allah SWT and Rasulallah ﷺ.





ZIKIR TO EVERY HEARTBEAT

Only Allah SWT is deserving of all praise and we can never praise Him enough, He has only been giving and we are forever receiving. Even to feel grateful to Him is also a gift from Him SWT! Follow along Ustazah's powerful Zikir in gratitude for His SWT gifts.

- Place your right hand on your left chest exactly where you could feel your heartbeat. Close your eyes and focus on the pulsing heartbeat.
- Every heartbeat you feel is a sign that Allah SWT is Al-Muhyi, the Provider of life Who, is still providing you life. It is a sign that He SWT is still offering you a chance to experience His love.
- This is His love, this is Him presenting His Majestic Self to you from this small beat in your heart to the movement of planets in the Universe - everything is Him SWT.

- Recite the following as you feel and listen to every beat of your heart:

*Bismillahirrahmanirrahim,
Bismillahirrahmanirrahim,
Bismillahirrahmanirrahim,*

*Ya Allah, I am Your servant,
Ya Allah, I am Your servant,
Ya Allah, I am Your servant,*

*Ya Allah, I am a part of Your beloved Ummah,
Ya Allah, I am the one he ﷺ had missed,
Ya Allah I am the precious one he ﷺ had made Dua for.*

*Allah, Allah, Allahu Ya Allah,
Allah, Allah, Allahu Ya Allah,
Allah, Allah, Allahu Ya Allah,
Allah, Allah, Allahu Ya Allah.*

*Ya Allah, allow me to be the servant You are proud of,
Ya Allah, allow me to be the pride of my Prophet ﷺ,
Ya Allah, allow me to be the coolness of my Mothers'
(wives of the Prophet) just as how you have brought me
before them now connecting me back to them.*

- When you're done with this Zikir, breathe in, be silent and listen to your heartbeat.

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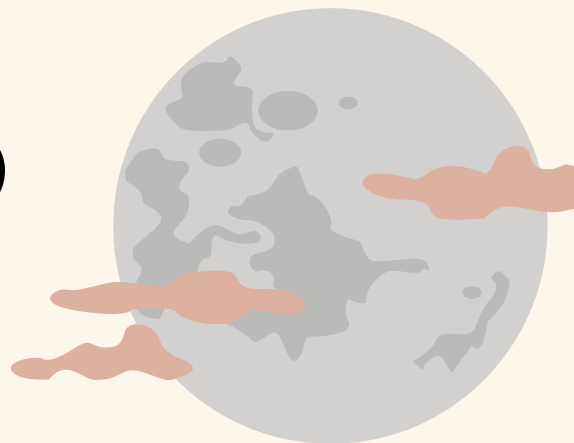
KNOWING SAYYIDATINA SAWDA RA



WHO IS SHE?

- She is Sayyidatina Sawda bint Zam'a RA and she was the first wife of Rasulullah ﷺ after the great Sayyidatina Khadijah RA.
- Both Sayyidatina Sawda RA and Rasulullah ﷺ share the same lineage from her RA father's side. Their lineage intersected at their great-grandfather, Lu'ayy.
- She RA was married to As-Sakran ibn Amr. They were both one of the first groups of people to declare their faith to Rasulullah ﷺ and saw the sacrifices and hardships faced by the early Muslims.
- They themselves suffered and had to leave their homes to join the Muslims to emigrate to Habsyah (Abyssinia).

TWO BLESSED DREAMS



- When Sayyidatina Sawda's RA husband was still alive, she once saw Rasulullah ﷺ walking toward her in a dream. Other reports said Rasulullah ﷺ had placed his foot on her neck.
- Sayyidatina Sawda's RA husband, As-Sakran ibn Amr, said that if her dream was true, she would marry Rasulullah ﷺ after he died.
- Some reports also stated that she RA saw the moon descending upon her from the sky in a subsequent dream. Again, As-Sakran saw that his death was soon and that Rasulullah ﷺ would be her husband.
- Many other wives of Rasulullah ﷺ had reported similar dreams of seeing the moon falling into their lap.

HER MARRIAGE

- Not long after, Sayyidatina Sawda's RA husband indeed fell ill and passed away.
- Sayyidatina Khawla, a friend of Sayyidatina Khadijah RA, suggested to Rasulallah ﷺ to marry a widow and a young girl – Sayyidatina Sawda RA and Sayyidatina Aisha RA respectively. Rasulallah ﷺ agreed to the suggestions and sent marriage proposals to both.
- Sayyidatina Aisha RA did not live with Rasulallah ﷺ and carry out her full responsibility as a wife not until three years after the solemnisation.
- Thus, Sayyidatina Sawda RA was the only wife of Rasulallah ﷺ for the 3 years period before Sayyidatina Aisha RA moved in to live with Rasulallah ﷺ.
- All the marriages of Rasulallah ﷺ were divine and did not come from his human desires.

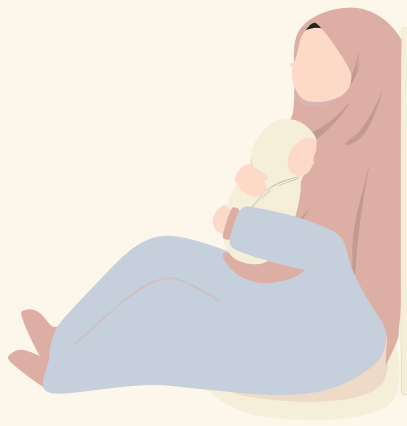


THE CHOSEN ONE

- The companions see the need for Rasulullah ﷺ to remarry because of his great responsibility.
- Islam is a beautiful religion, but we've been fed the false perception that people who had lost their spouses should not remarry out of being faithful to their previous partner.
- But Islam places such a high status and duty on a wife that no one could replace her, not even daughters in the family (e.g. A wife is still necessary for Rasulullah ﷺ, even when Sayyidatina Fatima RA, Rasulullah's ﷺ daughter, was taking care of him ﷺ).
- The companions couldn't figure out who could replace the great Sayyidatina Khadijah RA, who was perfect in every aspect – her lineage, faith, wealth, beauty, everything!

- It was the wisdom of Sayyidatina Khawla that bravely suggested Sayyidatina Sawda RA to Rasulullah ﷺ.
- Sayyidatina Sawda RA was wedded to Rasulullah ﷺ just a year after the passing of Sayyidatina Khadijah RA.
- Many people at that time were still deeply attached to Sayyidatina Khadijah RA. Sayyidatina Khadijah RA was a such great figure that the entire Muslim community felt the deep pain of losing her RA.
- It is Allah's SWT wisdom that during this painful grieving period, Sayyidatina Sawda RA was the chosen one despite being a simple, widowed lady and reported not being as physically attractive.





SELFLESS, MOTHERLY & LIGHTHEARTED

- Sayyidatina Sawda RA became the central personality in the Prophetic Household.
- A maternal figure not only to Rasulullah's ﷺ children but also to the other wives of Rasulullah ﷺ.
- Sayyidatina Aisha RA even said that she wanted to be someone like Sayyidatina Sawda RA if given a choice.

*'A'isha (Allah be pleased with her) reported:
Never did I find any woman more loving to me than
Sauda bint Zam'a. I wished I could be exactly like
her who was passionate. [Muslim]*

- Sayyidatina Sawda RA was a motherly figure which was what the Prophetic Household needed.

- Sayyidatina Sawda RA was a warm, caring lady and someone who only knows how to give endlessly. She RA had a pure heart filled with overflowing love of Allah SWT that is impossible not to feel being near to her.
- When the marriage proposal came, it was reported that Sayyidatina Sawda RA raised her concerns to Rasulullah ﷺ that the one thing holding her back from accepting the proposal is her fear of her children being an additional burden to the existing heavy responsibilities he ﷺ already had.
- To that Rasulullah ﷺ replied,

Narrated Abu Huraira: the Prophet ﷺ said:

"The best women are the riders of the camels and the righteous among the women of Quraish. They are the kindest women to their children in their childhood and the more careful women of the property of their husbands." [Bukhari]

- This is a great insight into the wisdom and secrets of Allah SWT as to why He SWT chose her to be the wife after the great Sayyidatina Khadijah RA.



*Rasulullah ﷺ is also
telling us how the
action of caring for
and loving our family
is enough to earn a
spot beside him ﷺ*

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LIFE'S GREATEST GOAL

OVERFLOWING LOVE



We should always fill our heart with nothing but the love of Allah SWT, and ask Allah for nothing except for the love of Allah SWT.

- If we are mothers, we would need that overflowing love in our heart so that we can become a source of goodness to everyone around us, just like Sayyidatina Sawda RA.
- No pain was greater than the loss of Sayyidatina Khadijah RA, but it was healed by the overflowing love from the pure heart of Sayyidatina Sawda RA. She was a cheerful, joyful and lighthearted lady.
- There were not many stories about Sayyidatina Sawda RA but this shows that there are people that Allah SWT choose to hide away, but they will be clearly shown in the Hereafter.



SPECIAL AGENT OF ALLAH SWT

- We have lost the beauty in desiring to be the special agent of Allah SWT, where no one knows you but everything is happening because of you. (e.g. a mother).
- Many women protest for their contributions and their sacrifices to be appreciated and acknowledged and they just throw away the gift to be Allah's SWT special agent.
- Although there were not many stories about Sayyidatina Sawda RA, however, the common theme in all of her stories highlighted to us is her lightheartedness.

In one narration, Sayyidatina Sawda RA once saw pain and sadness on Rasulullah's ﷺ face, so she decided it would be a good time to lighten his spirits. So she told him about her silly fear the night before. She RA related to Rasulullah ﷺ that she prayed behind him ﷺ for so long that she feared her nose would bleed from the length of the Ruku, the bending in prayer (in another narration: it was the length of Sujud). Not wanting to get blood everywhere from her imagined impending nosebleed, she held her nose closed. Rasulullah ﷺ couldn't help but imagine this comical picture of Sayyidatina Sawda RA holding her nose during Solah. And Rasulullah's ﷺ sadness dissipated into laughter. (Qutb & Ghadanfar)

On another occasion, Sayyidatina Aisha RA and Sayyidatina Hafsa RA, knowing of Sayyidatina Sawda's RA great fear of the Dajjal, began to talk about him in front of her: Sayyidatina Sawda RA was so scared that she immediately ran into a dark room full of cobwebs to hide. When Rasulullah ﷺ walked in, he ﷺ found the two enjoying the joke. Rasulullah ﷺ asked them what was so amusing. On being told what had happened he called out to [Sawda] to come out as there was no monster around. She came out sheepishly laughing at herself. (Ghadanfar)





THE GREATEST DESIRE

- It was reported that Rasulullah ﷺ wanted to divorce Sayyidatina Sawda RA so as not to burden her in fulfilling her wife duties to him ﷺ as she had gotten old.
- When she came to know of this intention, she came to Rasulullah ﷺ crying and said,

"Oh Rasulullah ﷺ, I no longer have any desire with men. But it is my utmost wish to be resurrected in the Hereafter as your wife."

- Sayyidatina Sawda RA then requested Rasulullah ﷺ not to divorce her and that her night with him ﷺ will be given to Sayyidatina Aisha RA.

Narrated `Aisha:

Sauda bint Zam`a gave up her turn to me (`Aisha), and so the Prophet (ﷺ) used to give me (`Aisha) both my day and the day of Sauda. [Bukhari]

- Of the many reasons Sayyidatina Aisha RA loved Sayyidatina Sawda RA was her selfless love and her utmost wish to be resurrected as Rasulullah's ﷺ wife.
- What about us? We will all die as to how we lived our lives. We will all be resurrected, but will we be recognised as his Ummah, will we be his pride ﷺ?

Our greatest desire, intention, wish, and goal should not be Dunya, but to be with Rasulullah ﷺ in Jannah. And for that, we have to live like Sayyidatina Sawda RA, giving and living for no other reason but for Him SWT until we are reunited back with Rasulullah ﷺ under the pleasure of Allah SWT.

- Sayyidatina Sawda RA was lighthearted and joyful because she had no attachment to the world. She RA had no reasons to be angry, to have grudges or to feel sad. Even if she cried, it was because of Rasulullah ﷺ.

- Sayyidatina Sawda RA stayed true to the orders of Rasulullah ﷺ even after his death.
- To find someone incredibly pure and simple like Sayyidatina Sawda RA is incredibly rare, but what matters most is asking ourselves if we are like Sayyidatina Sawda RA - to not have any wish except to be with Rasulullah ﷺ and to keep giving without any expectations.
- When we are feeling angry or sad, and experiencing the ups and downs of our emotions, it is because we are affected by our surroundings and situations. Therefore, the emotions that we feel are a burden.
- When we are angry with someone, it will only hurt us more because we are keeping the hatred in our heart.
- Sayyidatina Sawda RA had none of the Dunya concerns and burdens in her heart, her ultimate goal is only to be with Rasulullah ﷺ.

OUR DIFFERENT PATHS

- The reason she was the chosen wife after Sayyidatina Khadijah RA was that she shared similar traits as Sayyidatina Khadijah RA - they both were finding the truth and Allah, and Allah SWT presented them with Rasulullah ﷺ.
- Sayyidatina Sawda RA went through many immense hardships as one of the early Muslims, but there was no trace of the sufferings in her – trials of migration, losing her husband, being a widow to many children, and family members who were non-Muslims.
- Sayyidatina Sawda RA was a simple ordinary woman but shared the same trait and goals as the great Sayyidatina Khadijah RA, Ma Sha Allah!
- Their main intention and goal was always to seek the pleasure of Allah SWT by bringing joy into the life of Rasulullah ﷺ, to be the pride of Rasulullah ﷺ and to be the coolness of Rasulullah's ﷺ eyes.



- We should all aspire to be as simple as Sayyidatina Sawda RA, to understand that life's greatest joy is to be with Rasulullah ﷺ.
- Through whatever gifts Allah SWT has given us, whatever situation Allah SWT has placed us in, may we use all of that to bring joy to Rasulullah ﷺ.
- Through this beautiful story of Sayyidatina Sawda RA we learn to never judge the state of someone's heart, mind and closeness with Allah SWT just from their surface level for they could verily be someone who is very dear and special in Allah's SWT Eyes.
- There's wisdom behind the Ummahatul Mukminin - they are all different in their own ways and yet they are all special and important in the history of Islam and in teaching us that there is no one way to bring joy to the Rasulullah ﷺ, and thus Allah SWT.



If Allah SWT has chosen
you to go a certain path,
then that's your direction.

*If Allah SWT has chosen you to be like
Sayyidatina Sawda RA, to be a mother, to
be that lighthearted, simple but extremely
important, like the glue to the family,
then that is your calling.*

*Whatever Allah SWT has chosen
for you, is the best for you.*





Heartwork

ACTION:

Write down a list of ways you can bring joy
to Rasulullah ﷺ.

REFLECTION:

Who do you truly aspire to be? What changes you
need to implement to follow their footsteps?

CONTRIBUTION:

Share the story of our Mother, Sayidatina Sawda RA, to
someone in your life who reminds you of her. <3