



Visiting a grieving family

You do not need the perfect words. Go, sit with them, help with something practical, and pray for the one who has died.

1

What to say

The Prophet ﷺ sent these words to his grieving daughter: *To Allah belongs what He took, and to Him belongs what He gave, and everything with Him has an appointed time. So be patient and hope for reward.* Saying *innā lillāhi wa innā ilayhi rājiʿūn* and making duʿā' for the one who has died is always right.

Ṣaḥīḥ al-Bukhārī 1284 • Qurʾān, al-Baqarah 2:156

2

Tears are a mercy

When the Prophet ﷺ wept as his grandchild was dying and was asked about it, he said it was mercy that Allah places in the hearts of His servants. Let the family grieve.

Ṣaḥīḥ al-Bukhārī 1284

3

Bring food

The family is occupied with what has happened. Cook for them, or organize meals for the first days, so they do not have to.

Sunan Abī Dāwūd 3132 (ḥasan)

4

Mourning lasts three days, except for a widow

Mourning is kept to three days, except by a widow, who mourns four months and ten days, or until she gives birth if she is pregnant. After the first days, check in on her quietly with help for errands and appointments.

Ṣaḥīḥ al-Bukhārī 1280 • Qurʾān, al-Baqarah 2:234

THE REWARD

No believer consoles his brother in a calamity except that Allah clothes him in garments of honour on the Day of Resurrection. Sunan Ibn Mājah 1601 (ḥasan)

PRACTICAL HELP

Offer something specific: “I will bring dinner on Tuesday,” “I can drive to the funeral home.”

THE WORDS IN ARABIC

These words of condolence, Umm Salamah’s du‘ā’ and the du‘ā’ for the one who has died, with their Arabic. Du‘ā’s for the grieving