

A Research Review on The Days of The Week in Islamic Thought

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Abstract:

Time is one of the great blessings of Allah Almighty, on which all aspects of human life are based. Human worship, affairs, society, trade, education, travel, planning and development are all related to the correct division of time. Among the various methods of dividing time, the week is a very important and universal system, which is recognized all over the world. The names of the seven days of the week are not just formal titles, but behind them are hidden historical, cultural, linguistic, religious and practical wisdoms. In the article under review, the introduction of the names of the seven days of the week, their origin, and reason for naming, their importance in human life and the wisdom related to them are explained in a research manner in the light of the Quran and Hadith. This research makes it clear that Islam places extraordinary emphasis on the organization of time, discipline, worship, social order and spiritual training.

Keywords: *Names of the Week, Islamic Perspectives, Quran, Hadith, Cultural Significance, Time Management, Islamic Worship, Historical Influences, Celestial Bodies, Islamic calendar, civilization, education, linguistics, wisdom.*

Introduction:

The division of time into weeks is a universal concept that has been adopted by different cultures and civilizations throughout history. Each day of the week is assigned a specific name. Islam has considered time to be a very precious blessing. The Holy Quran has sworn oaths on different times, and the blessed hadiths describe the protection, blessing, and accountability of time. The names of the seven days of the week also have historical, cultural, and civilizational significance. In the article under review, the origin, reason for naming, importance, and wisdom of the names of the days of the week are presented in a brief and comprehensive manner in the light of the Quran and Hadith.

Origin of the names of the week:

Since the beginning of human civilization, there have been attempts to understand time and organize it systematically. The rotation of the sun and moon, the continuity of day and night, and seasonal changes prompted man to form a regular time system, which resulted in the emergence of units such as day, month, year, and especially week. Week is a practical division that plays a fundamental role in organizing various aspects of human life—such as worship, education, society, and economic activities. The formation of the names of the days of the week is also the result of historical and cultural evolution. Ancient nations divided time based on astronomical observations, planetary movements, and their religious and cultural concepts and gave each day a specific identity. The current seven-day week actually developed from the combination of different civilizations, especially Roman, Greek, and Jewish traditions, reaching its current form, which later became a standard system at the global level.

Importance of Weekday Names:

The names of the days of the week provide a systematic temporal identity in human society, through which individuals and institutions organize their activities. These names not only facilitate the classification of time but also help in linking different types of responsibilities—academic, professional, social, and religious—with specific days. In addition, the weekly system promotes collective discipline, under which different segments of society conduct their affairs according to a common temporal structure. This system makes institutional functioning, interpersonal communication, and planning processes effective, which in turn increases continuity, coordination, and efficiency in different areas of life.

A Look at the Importance of the Days of the Week in Human Life:

In Islam, every day is a blessing from Allah, however, some days have special virtues.

1. Life system: The week gives man a time order. Work, rest, education, trade, worship are all organized.
2. Educational importance: Schools, colleges, universities and offices run on a weekly schedule.
3. Economic importance: Markets, business, salaries, meetings, planning are

all on a weekly basis.

4. Social importance: Family meetings, celebrations and social interactions are easier with a weekly system.
5. Spiritual importance: Friday, fasting, remembrance, worship and opportunities for goodness are associated with the days of the week.

Evolution of the Names of the Week:

The week is a systematic unit of time consisting of seven days and has become the main means of organizing time on a global scale today. This system was formed through gradual evolution in human history, where ancient peoples divided time into understandable and workable parts, taking into account astronomical observations, social needs and religious concepts. Babylonian, Semitic, Jewish and Roman civilizations promoted the concept of a seven-day week, which later became a global standard. The seven days of the week are also known and used in Islamic civilization, whose Arabic names reflect numerical order and semantic simplicity. These names are as follows:

No.	Arabic Name	English Name	Name Meaning
1	الأحد	Sunday	First day
2	الاثنين	Monday	Second day
3	الثلاثاء	Tuesday	Third day
4	الأربعاء	Wednesday	Fourth day
5	الخميس	Thursday	Fifth day
6	الجمعة	Friday	Day of assembly
7	السبت	Saturday	A day to rest, stay, or disconnect.

The Status Of The Names Of The Days Of The Week In The Quran And Hadith:

The Quran explicitly names only two days: (1) Jumu'ah, (2) Al-Sabt

A few other days are mentioned in the Hadiths, but the complete list of all seven days is not proven as a Sharia term. The current Arabic names are mostly based on linguistic, historical and conventional grounds. The names of all days are not mentioned in complete order in the Prophetic Hadiths, however, there are many Hadiths on the virtue of Friday.

Monday (Al-Athnayn) is mentioned in connection with the fasting of the Holy Prophet (ﷺ).

Thursday is mentioned in connection with the presentation of deeds. Some traditions also mention other days, but not as a complete system.

Religious Significance:

The week system is not just a temporal division but also an important means of spiritual order and worship in different religions. Each religion has given special status to some days according to its beliefs, worship and collective values, through which a systematic series of worship, gathering and spiritual training is maintained.

In Islamic teachings, all days are blessings of Allah Almighty, however, Friday holds a prominent place. This day becomes a source of religious awareness, unity and collective reform for Muslims through weekly gathering, sermon and Friday prayer. Similarly, in some hadiths, Monday and Thursday have been declared important for performing voluntary worship, especially fasting and performing deeds, which makes the spiritual efficacy of these days clear. Other religions also have specific days of weekly worship, for example, in Christianity, Sunday is considered a day of worship and spiritual gathering, while in Judaism, Saturday (Sabbath) is reserved for worship and rest. This specialization is a sign that different religions have linked time with worship and spiritual development.

In the Islamic context, the Arabic names of the days of the week are based on simple numerical order and semantic description, reflecting order, simplicity, and practical utility rather than any divine or un-Islamic concept. Thus, this system not only helps in the organization of worship but also guides man towards the correct use of time, spiritual balance, and collective harmony.

Origin and Reason for Naming the Days:

1. Al-Ahad (Sunday)

The Arabic word Al-Ahad (Sunday) means "one" or "first". It indicates the beginning of the week. In many places in the Islamic world, Sunday is considered the first day. Sunday is the day of the Christian Eid. When Prophet Jesus (peace be upon him) ordered his people to celebrate Eid on Friday, he

said that he did not want the Jewish Eid to be followed by our Eid because the Jewish Eid is on Saturday. So he made Sunday the day of Eid because he believed that it was a better day to start work.¹

2. Al-Thinin (Monday)

The word Al-Thinin (Monday) means "second". It is the second day of the week. The virtue of fasting on Monday has been mentioned in the Hadith. That is why Monday is important in Islamic traditions. As it is mentioned in the blessed Hadith that the Holy Prophet (ﷺ) said:

فِيهِ وُلِدْتُ وَفِيهِ أُنزِلَ عَلَيَّ

“This is the day on which I was born and on which the revelation was revealed to me.”²

3. Ath-Thulatha' (Tuesday):

Ath-Thulatha' (Tuesday) means "the third day". Because in Arabic, Tuesday means the third. It is a name based on the numerical order. Tuesday has importance in Islamic practices. Some traditions have mentioned the importance of doing good deeds on Tuesday.

Tuesday is the day of diseases. On this day, Allah created diseases, as in the hadith of Ibn Mas'ud (May Allah be pleased with him?)

خلق الله الامراض يوم الثلاثاء و فيه انزل ابليس الى الارض و فيه خلق الله جهنم وفيه سلط الله ملك الموت على ارواح بنى ادم و فيه قتل قابيل بايبل و فيه توفي موسى و بارون و فيه ابتلى ايوب-

Allah Almighty created diseases on Tuesday and on Tuesday Iblis was sent down to the earth and on that day Allah Almighty created Hell and on that day Allah Almighty imposed the Angel of Death on the children of Adam and on Tuesday Cain killed Abel and on that day Sayyiduna Musa and Sayyiduna Harun died and on that day Sayyiduna Ayyub fell ill.³ In the Hadith.

ان يوم الثلاثاء يوم الدم و فيه ساعة لا يرقاء

Tuesday is the day of blood. There is an hour in it in which blood does not stop.⁴

4. Al-'Arba'a (Wednesday):

The word "Al-'Arba'a" means four/fourth in Arabic, so it means "the fourth day". This also shows the order of the days. Some narrations mean that Wednesday is the day of light. That is why religious scholars say that the

assembly of teaching is held on Wednesday because knowledge is light. So it is appropriate to start it on the day of light. Some narrations say that it is forbidden to cut nails on Wednesday. Because it carries the risk of developing leprosy. Just caution is necessary. Because it is proven from the narrations that Wednesday is the day of the destruction of Pharaoh, Ad and Thamud.

Narrated by Anas bin Malik (may Allah be pleased with him). The Messenger of Allah (peace and blessings of Allah be upon him) was asked about Wednesday, so he said that this day is unlucky. It was asked how this, O Messenger of Allah is? (Peace and blessings of Allah be upon him) said that Allah drowned Pharaoh on that day and destroyed Ad and Thamud.

In the explanation of this hadith, scholars say that Wednesday is an unlucky day for the disbelievers and a blessed day for the Muslims.⁵

5. Al-Khamis (Thursday)

Khamis means "fifth". In Arabic, the army is also called Khamis because it has five parts. Thursday has religious significance in Islam because it is the day before Friday, and its night is of great importance. It is called Shab-e-Jumu'ah. In the blessed hadith,

ليس عند الله يوم ولا ليلة تعدل الليلة الغراء واليوم الازير

No day or night is equal to Thursday and Friday in the sight of Allah.⁶ In another hadith, deeds are presented to Allah on Monday and Thursday.⁷

6. Al-Jumu'ah (Friday):

Jumu'ah means "gathering". On this day, Muslims gather for Friday prayers. Friday is a day of great glory, blessing and excellence in Islam. It is a weekly feast, gathering, worship, remembrance of Allah and spiritual refreshment for Muslims. The Holy Quran and the blessed Hadiths have described the special importance of Friday. This day has been declared the best of all the days of the week. The Holy Prophet (peace and blessings of Allah be upon him) said:

ان من افضل ايامكم يوم الجمعة

Indeed, the best of your days is Friday.⁸

Muslims are encouraged to engage in worship and prepare for congregational prayers on Friday. Allah Almighty says:

يَا أَيُّهَا الَّذِينَ آمَنُوا إِذَا نُودِيَ لِلصَّلَاةِ مِنْ يَوْمِ الْجُمُعَةِ فَاسْعَوْا إِلَىٰ ذِكْرِ اللَّهِ

Translation: O you who believe! When the call to prayer is given on

Friday, hasten to the remembrance of Allah.⁹

The Messenger of Allah (ﷺ) said:

خَيْرُ يَوْمٍ طَلَعَتْ عَلَيْهِ الشَّمْسُ يَوْمَ الْجُمُعَةِ

Translation: The best day on which the sun has risen is Friday.¹⁰

The Messenger of Allah (ﷺ) said:

إِنَّ هَذَا يَوْمٌ عِيدٌ جَعَلَهُ اللَّهُ لِلْمُسْلِمِينَ

Translation: Indeed, this (Friday) is a day of Eid which Allah has appointed for the Muslims.¹¹

The day of abundant blessings. The Messenger of Allah (ﷺ) said:

أَكْثَرُوا عَلَيَّ مِنَ الصَّلَاةِ يَوْمَ الْجُمُعَةِ

Translation: Send abundant blessings upon me on Friday.¹²

A warning to those who miss Friday. The Messenger of Allah (ﷺ) said: People should stop missing Friday, otherwise Allah will seal their hearts.¹³

7. Al-Sabt (Saturday):

Al-Sabt (Saturday) is called in Arabic. In the Quran, Saturday is described as a day of trial for the Israelites.

Literal meaning: To rest/stay: The root of the word Al-Sabt is "rest". To cut off or cut off: Since work is cut off (finished) on this day.

Terminological and popular meaning: Saturday: In the Islamic and Arabic calendars, Saturday is called "Yom al-Sabt". Jewish holy day Shabbat (شبات): This day is very important in Judaism, which is called 'Shabbat' (شبات). On this day, Jews rest and worship, leaving aside economic activities. Quranic term (اصحاب السبت): The Quran mentions the "اصحاب السبت" (people of the Sabbath), a group of Israelites who were forbidden to fish on Saturday, but they disobeyed this command. As Allah says:

أَنَّمَا جُعِلَ السَّبْتُ عَلَى الَّذِينَ اخْتَلَفُوا فِيهِ ۗ وَإِنَّ رَبَّكَ لَيَحْكُمُ بَيْنَهُمْ يَوْمَ الْقِيَامَةِ فِيمَا كَانُوا فِيهِ يَخْتَلِفُونَ

The Saturday (Sabbath) as imposed only upon those who differed in it. And undoubtedly your, Lord will judge between them on the Day of Judgment about that in which they differed.¹⁴

That is, it was obligatory on the Jews to respect Saturday and to give up hunting on that day and to take time for worship, and this is how it happened that Prophet Moses (peace be upon him) ordered them to respect Friday. He said that one day a week should be set aside for the worship of Allah Almighty, and no work should be done on that day. In compliance with the order of the Messenger of Allah (peace be upon him), Friday was accepted,

Allah Almighty allowed the Jews to work on Saturday and forbade hunting and put them in a fitnah. So those who were satisfied with Friday continued to comply with this order, while the rest could not be patient, they hunted and the result was that they were mutilated. This incident is described in detail in Surah Al-A'raf.

Saturday is the day of feast and worship for the Jews. Prophet Moses (peace be upon him) ordered the Children of Israel to set aside one day a week for the worship of Allah. So they preferred Saturday for worship and said that Allah Almighty took a break from creating things on that day.

It is as if according to these religions, Allah takes a day off on Saturday and does not do any work. However, this belief is completely contrary to the Islamic belief because Allah is busy with a new work every day. The Almighty says:

كُلَّ يَوْمٍ بُو فِي شَأْنٍ

He has a work every day.¹⁵

It is narrated from Sayyiduna Anas bin Malik (may Allah be pleased with him) that we used to ask Hazrat Muhammad (peace be upon him) about the days. When asked about Saturday, he said that it is a day of deception. He asked, O Messenger of Allah, how is that? He said, "On that day, the people of Quraysh deceived me in Dar-ul-Nawa."

Dar-ul-Nawa is the name of a tavern built by the people of Mecca. All the leaders of Quraysh gathered in it and consulted among themselves to somehow martyr the Messenger of Allah (peace be upon him). So at that time, Allah ordered His Prophet Hazrat Muhammad (peace be upon him) to migrate from here.¹⁶

Hidden Wisdom in the Weekly System:

1. Discipline

The name and order of each day creates discipline in a person.

2. Balance

A balance between work and rest is maintained.

3. Ease of memory

Remembering the names of the days helps in planning.

4. Collective unity

All people agree on a common time system.

5. Organization of worship

It becomes easy for Friday, fasting, lessons, gatherings, etc.

Time Management and Weekdays in the Modern Era:

The secret of success in today's era lies in the value of time. A person who plans weekly is more organized, does not waste time, achieves goals, organizes worship, and avoids mental pressure. Islamic teachings also teach the same lesson.

Conclusion:

The seven days of the week are not just names but the summary of human civilization, history, religion, and civilization. The Quran and Hadith teach the importance of time, discipline, and responsibility. From an Islamic perspective, Saturday is a time for worship, work, rest, planning, and spiritual training. Therefore, Muslims should make the days of the week meaningful and use their time as a trust from Allah.

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