20469 - How Old Will We Be in Paradise?

the question

How old will you be in heaven (both men and women) for eternity?

Summary of answer

People will all enter Paradise at the age of strength and youth, 33 years old. Prophet Muhammad said: “The people of Paradise will enter Paradise hairless, beardless with their eyes anointed with kohl, aged 30 or 33 years.”

Detailed answer

Praise be to Allah.

The people of Paradise will enter Paradise in the most perfect and beautiful form , in the form of their father Adam (peace be upon him), whom Allah created with His own Hand and perfected his form and made his shape beautiful. Everyone who enters Paradise will be in the form of Adam.

It was narrated that Abu Hurayrah (may Allah be pleased with him) said: The Messenger of Allah (peace and blessings of Allah be upon him) said: “Allah created Adam in his form, sixty cubits tall … and everyone who enters Paradise will be in the form of Adam, sixty cubits tall…” (Narrated by Al-Bukhari, 5873 and Muslim, 7092)

With regard to their ages , they will all enter Paradise at the age of strength and youth, thirty-three years old.

It was narrated from Mu`adh ibn Jabal (may Allah be pleased with him) that the Prophet (peace and blessings of Allah be upon him) said: “The people of Paradise will enter Paradise hairless, beardless with their eyes anointed with kohl, aged thirty or thirty-three years.” (Narrated by At-Tirmidhi, 2545. Classed as authentic by Al-Albani in Sahih Al-Jami`, 7928)

It was also narrated by Ahmad (8505) from Abu Hurayrah (may Allah be pleased with him), with the words “thirty three years old”, with no doubt.

Ahmad Shakir (may Allah have mercy on him) said: “Its chain of narration is good.”

O Allah, we ask You for Paradise and the words and deeds that will bring us closer to it.

For more details, please see the following answers: 34913 , 126349 , 4003 , and 1141 .

And Allah knows best.