Faecalibacterium prausnitzii is one of the most abundant bacteria in the human intestinal microbiota representing up to 5% of the total bacterial population. This highly metabolically active commensal bacterium needs very specific anaerobic conditions for its development and growth in the human gastrointestinal tract. In this conference, we focus on what it is known about its metabolism, its ecophysiology and how it is involved in human health and disease. Indeed, during the past years an increasing number of studies have clearly demonstrated the importance of this bacterium in the gut microbiota balance and intestinal health. At this point, it seems necessary to list essential questions arising for future research about this beneficial and ubiquitous commensal bacterium.