

## CHAPTER SEVENTY

### SUPPLICATING TO ALLAH (The Exalted)

*O Allah (The Exalted) bless our lord and master Muhammad (may Allah bless him and grant him peace) as many times as there are men and women.*

Another way in which the Muslim may strengthen his soul and connect his heart to Allah (The Exalted) is by repeating the supplications which it is reported that the Messenger of Allah (may Allah bless him and grant him peace) used to say on various occasions.

So there is a supplication which he would say when he left his house, and others for entering the home, wearing new clothes, lying down in bed, waking up from sleep, etc. there is hardly anything that the Messenger of Allah (may Allah bless him and grant him peace) did that he did not have a supplication for, through which he asked Allah (The Exalted) so the Ummah can learn to ask Allah (The Exalted) to guide him, protects him from error, to take care of him and to decree good for him.

#### **Allah (The Exalted) is present, just ask!**

Abu Hurayrah (may Allah be pleased with him) has related that the Messenger of Allah (may Allah bless him and grant him peace) said that, 'Allah (The Exalted) has said, "*I am present when my servant thinks of me and I am with him when he remembers me.*"'<sup>i</sup>

#### **Raise your hands in supplication**

Ibn 'Abbas (may Allah be pleased with him) has related that the Messenger of Allah (may Allah bless him and grant him peace) said that, "*When you make supplication, do so with the palms of your hands and not backs upward, and when you finish, wipe your faces with them.*"<sup>ii</sup>

Many people hold out their hands in different ways. The Sunnah is to hold them with the palms facing upwards and the hands near the chest with a slight gap between them and turn the hands as if holding a bowl.

#### **Keep confidence**

Abu Hurayrah (may Allah be pleased with him) has related that the Messenger of Allah (may Allah bless him and grant him peace) said that, "*When you make a supplication to Allah (The Exalted) make it with confidence that he will answer you. And remember Allah (The Exalted) will not answer the supplication of one who (at the time of prayer) is occupied elsewhere and is heedless of Allah (The Exalted).*"<sup>iii</sup>

When making supplication do not be headless. Keep your mind towards Allah (The Exalted) and beware of what you are asking for.

#### **Make lawful Requests**

Abu Hurayrah (may Allah be pleased with him) has recalled the Messenger of Allah (may Allah bless him and grant him peace) saying, "*A servant is granted an answer provided he does not ask for anything sinful or for breaking ties of kinship, and provided he does not demand an answer quickly.*" On being asked what demanding an answer quickly meant, the Messenger of Allah (may Allah bless him and grant him peace) replied that, "*It is when he says he has prayed and prayed and does not think he will be answered so grows weary in such circumstances and gives up supplication.*"<sup>iv</sup>

We should never be impatient when asking, Allah (The Exalted) will give if it is better for us either now, or in the future or even in the hereafter but Allah (The Exalted) will except your supplications as long as they are lawful and better for us. It is not necessary that he gives us what we ask for but could be a substitute.

#### **Get closer to Allah**

Abu Hurayrah (may Allah be pleased with him) narrates, the Messenger of Allah (may Allah bless him and grant him peace) is reported to have said that, "*While in prostration, a servant of Allah (The Exalted) is nearest to him. So make persistent supplications during prostration.*"<sup>v</sup>

Go into prostration and make supplications as it is in this position one is close to Allah (The Exalted).

### **Making supplication for others**

Abu Darda (may Allah be pleased with him) reported the Messenger of Allah (may Allah bless him and grant him peace) saying that, *“A Muslim’s supplication for an absent brother receives an answer. An angel is stationed at his head and as often as he makes supplication that his brother may be given what is good the angel who is put in charge of him says Ameen and may you receive the same.”*<sup>vi</sup>

### **How to make supplication**

Fudala bin Ubaid (may Allah be pleased with him) said that while the Messenger of Allah (may Allah bless him and grant him peace) was sitting, a man entered and prayed, saying, *“O Allah (The Exalted), forgive me and show mercy to me.”* Allah’s Messenger (may Allah bless him and grant him peace) said, *“You who are praying in a hurry. When you sit, you should praise Allah (The Exalted), invoke a blessing on me and then make your supplication.”*<sup>vii</sup>

When making supplication be in mind as to what you are doing. Praise Allah (The Exalted), send Salawaat (durood) upon the Prophet (may Allah bless him and grant him peace), make what every supplication as long as it is permissible and send Salawaat at the end and complete the supplication.

Anas (may Allah be pleased with him) has related that the Messenger of Allah (may Allah bless him and grant him peace) said, *“Do not wish for death and do not ask for it in supplication. If one of you is absolutely hard put to it (and if for some reason life has become a hardship for him) then he should pray, “O Allah (The Exalted)! Grant me life as long as you know life to be best for me, and take me when you know death to be best for me.”*<sup>viii</sup>

Someone asked Ibraheem bin Adham (may Allah’s Mercy be upon him) that “What is it that we supplicate to Allah (The Exalted) but He doesn’t accept it. He said, “You recognise the Prophet (may Allah bless him and grant him peace) but do not follow his Sunnah, you know about the Qur’an but do not act upon it, you eat the bounties of Allah (The Exalted) but do not thank Him, you are aware of paradise but do not desire it, you know of hell fire but do not fear it, you know Shaytan but do not appose him but follow him, you know about death yet do not prepare for it, you bury the dead yet do not take any lesson from it, you have left your faults and are busy with the faults of others (then how will the supplications be accepted).<sup>ix</sup> *Allahu Akbar!*

May Allah (The Exalted) give us the ability to recognise our state.

Shaykh Sa’di Shirazi (may Allah’s mercy be upon him) said that, *“Near the Kabah in the Haram people were busy in worship. I saw a person who was fixed to the wall of the Kabah crying making the following supplication, ‘O Allah! (The Exalted) If my deeds are not worthy in Your court, raise me blind on the day of Judgment.’*

Those who were present had been surprised at such a supplication. The people asked this person, *‘O Shaykh! We expect peace on the day of judgment and you are asking to become blind, what is the reason?’*

The person cried and answered, *‘What I mean is if my deeds are not worthy in the court of Allah (The Exalted) then I would like to be raised on the day of judgment blind because I do not want to be ashamed in front of people that day.’*

At that time all those who were present were astounded by his reply, they did not recognise who this person was and asked, *‘O Shaykh! Who are you?’* He replied, *“I am ‘Abdul Qadir Jilani (may Allah be pleased with him).”*<sup>x</sup> *Allahu Akbar!*

Shaykh ‘Abdul Qadir Jilani is a great saint. Our pious would cry and fear Allah (The Exalted). However, we do not have time to make supplication. Let us from today, take time and become close to Allah (The Exalted) and ask for anything and everything as long as it is lawful and you will feel the sweetness of it.

### **Manners of Supplication**

1. To empty the heart of all thoughts and to make supplication from the heart.
2. The body, clothes and place of supplication must be clean, tidy and pure.
3. Before making supplication perform some virtuous act to attract the mercy of Allah (The Exalted). Charity in this regard is granted most effective.
4. First fulfil any rights of anyone upon you, fulfil them or get them pardoned from those concerned.

5. Abstain from forbidden foods, drink, clothing and transactions (business and all other works), supplications are rejected if one indulges in the forbidden.
6. Repent from all previous sins before making supplication.
7. Be in ablution, face the Qiblah and sit in the kneeling position. Sajdah position is the best position as this is the closest a person can get to Allah (The Exalted).
8. Alert the organs and body of the fear of Allah (The Exalted) and make the heart present. In the Hadith it states, "Allah (The Exalted) does not listen to the supplication of an unconscious heart."
9. Always keep your vision downwards towards the ground or else Allah (The Exalted) forbid! There are dangers of losing one's vision.
10. To begin the supplication by glorifying the praise of Allah (The Exalted), followed by reciting Salawaat upon the Messenger of Allah (may Allah bless him and grant him peace).
11. Always remember the huge favour of Allah (The Exalted) and be shameful of it as Allah (The Exalted) is close to a distress heart.
12. Use the most beloved names of Allah (The Exalted) when beginning your supplication i.e. *Ya Rabbana* etc.
13. Present the following Waseelah (intercession) when making supplication to Allah (The Exalted):  
The names and attributes of Allah (The Exalted)  
His books especially the Qur'an  
His angels and Prophets,  
His Awliya and the pious etc.
14. If there are any virtuous deeds performed in your lifetime solely for the pleasure of Allah (The Exalted), present them as a Waseelah at the time of supplication.
15. The hands raised to the shoulders in front forming a bowl shape with a slight gap between the hands parallel to the sky.
16. Adopt a soft tone when making supplication because Allah (The Exalted) hears every sound and He is very close to everyone.
17. Always exercise humility and cry while making supplication.
18. Make sure that the supplication is meaningful.
19. Supplications must be made with surety and determination. One must not say, "*O Allah (The Exalted) if you wish then fulfil my desires.*" There is no one to compel Allah (The Exalted) for anything whatsoever.
20. The best supplications to ask are those mentioned in the Qur'an and hadith.
21. One should make supplication for one's self first, parents as they are the reason for your physical existence, brothers, sisters, family, friends, teachers, and the Ummah.
22. As far as possible, choose good times and sacred places of acceptance when making supplication.
23. Always conclude with 'Aameen' as this is a seal or stamp of supplication.
24. After termination of the supplication, wipe both palms on the face as whatever blessings derived from the supplication accumulates in the palms is applied on the best external part of the body i.e. the face.
25. Do not become hasty for your supplications to be accepted.

26. Never look at your sins and never stop making supplications as Shaytan's supplication was also accepted and was granted grace till Qiyamah.
27. Increase your supplications in time of good health, prosperity and happiness so that you may not forget to make supplications to Allah (The Exalted) at times of hardships and sadness.
28. Make supplication in privacy as it is stated in the hadith, *"One supplication in privacy is equivalent to 70 supplications in public."*<sup>xi</sup>
29. Perform Miswak because one is preparing to glorify Allah (The Exalted).
30. Try as far as possible to make supplication in Arabic, if not then in the language you feel most comfortable with.
31. Do not scream nor whisper, at least it should be so audible that one can hear one's words.
32. To conclude the supplication with the praise of Allah (The Exalted) and Salawaat and Ameen.
33. Supplication should be made for permissible things only.
34. Supplication should be made with the conviction that it will be accepted.
35. To cry whilst making supplication. If one cannot cry then simulate the act of crying as Allah (The Exalted) likes this better than one who is crying in reality.
36. Each supplication can be repeated in multiples of three.
37. Supplication can be made in congregation (i.e. one person making supplication and others saying Ameen) and individually.
38. Do not make supplication of forgiveness for non Muslims, one can only ask for their guidance.<sup>xii</sup>

#### **Best supplication of all**

If one does not know how to make supplication, pray the following, as all supplications are included in this supplication:

*'Rabbana Aatina Fiddunya Hasanatow Wafil Aakhirati Hasanatow Waqina 'Adhaban Naar'*

*'O Allah (The Exalted), give us good (success) in this world and good (success) in the hereafter and save us from the Fire of Hell'*

When supplications are answered, the Messenger of Allah (may Allah bless him and grant him peace) has taught us to express our appreciation by saying: -

*'Al-Hamdu Lillahilladhi Bi-Izzatihi Wajalaa Lihi Tatimmus So-LiHaatu'.*

*'Praise be to Allah (The Exalted) that good works have been accomplished by His Power and Glory'.*

The Prophet (may Allah bless him and grant him peace) said; *'Recite Surah Fatiha one hundred times and whichever supplication is made Allah (The Exalted) will accept it'.*<sup>xiii</sup>

*May Allah (The Exalted) give us the ability to supplicate in His blessed court and accept our supplications, Ameen.*

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i Mishkat  
 ii Mishkat  
 iii Tirmidhi  
 iv Riyadh us Saliheen  
 v Muslim  
 vi Mishkat  
 vii ibid  
 viii Nisai

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ix Ghunya tul Talibeen  
x Gulistan-e-Sa'adi & Faizan-e-Sunnat, p. 733  
xi Daylami  
xii Alamgiri  
xiii Nizam-e-Shariat