

# خطوات عملية للسعادة

## Practical Steps to happiness

WEBSITE:

[HTTPS://ILOVEALLAH.NET](https://ILOVEALLAH.NET)

YOUTUBE CHANNEL:

<https://www.youtube.com/channel/UCZDYWIWY1pMaGg4-iw3uz1w>

YOUTUBE PLAYLIST:

<https://www.youtube.com/playlist?list=PLNT8BTFvQYHLWc7EkqE0OYo1sRCuQwYzv>

# Review and Follow-up

## Happiness is in the heart/Spirit

Ibn al-Qayyim reported: Shaykh Ibn Taymiyyah, may Allah have mercy on him, said to me once, "In this life there is a paradise, who did not enter it, will not enter the paradise in the hereafter ... what can my enemies do to me? My paradise and my garden are in my heart, they are with me wherever I go and they are never separated from me. If I am imprisoned, then it is seclusion for worship. If I am killed, then it is martyrdom. If they expel me from my land, then it is tourism."

Source: al-Wābil al-Ṣayyib 1/48

عن ابن القيم قَالَ وَقَالَ لِي شَيْخُ الْإِسْلَامِ ابْنُ تَيْمِيَّةَ رَحِمَهُ اللَّهُ مَرَّةً إِنَّ فِي الدِّينَا جَنَّةً مَنْ لَمْ يَدْخُلْهَا لَمْ يَدْخُلْ جَنَّةَ الْآخِرَةِ ... مَا يَصْنَعُ  
أَعْدَائِي بِي أَنَا جَنَّتِي وَبُسْتَانِي فِي صَدْرِي أَيْنَ رُحْتُ فَهِيَ مَعِيَ لَا تُفَارِقُنِي أَنَا حَبْسِي  
خُلُوةٌ وَقَتْلِي شَهَادَةٌ وَإِخْرَاجِي مِنْ بَلَدِي سِيَّاحَةٌ

1/48 الوابل الصيب من الكلم الطيب

# 1. Ask Allah for help

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# Duaa (Supplication)

The most important medication

# WISHES and PROBLEMS

**Life is driven by 2 things:**

1. Wishes we wish to have
2. Problems we wish to solve

# WISHES

## Who does not have wishes in this life:

1. Happy life
2. Better house
3. Be better at Work
4. More money
5. Health, wealth, kids, ...

# WISHES

ALLAH

## Wishes for the hereafter:

1. Forgiveness
2. Paradise
3. Protection from the hellfire

# Problems

## Who does not have Problems:

1. At work
2. At Home
3. Sadness, Depression, Health, Financial, Relation
4. Stopping a sin (ex: lowering the gaze)
5. Waking up for Fajr

# Imagination

The imagination of people led them to something that will fulfill their wishes.

## A Fake Genie



# Imagination

The imagination of people led them to something that will fulfill their wishes.



Or A Magic Wand



even their imaginations were limited. They could not imagine unlimited wishes fulfiller. They usually imagine a genie to give three wishes and the Max I have seen in the Egyptian movies were seven wishes.

What they did not know that we have a better from their fake genie. We have the **unlimited wishes.**

### 3. **We have the truth (Unlimited wishes) :**

a. Listen to the following verse

“وَقَالَ رَبُّكُمْ ادْعُونِي أَسْتَجِبْ لَكُمْ”

“And your Lord says: "Call on Me; I will answer your (Prayer): "

i. Who is promising you?

#### 4. **Another proof that Allah answers all supplications :**

يَا رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْكَ وَسَلَّمَ أَقْرَبُ رَبَّنَا فَتُنَاجِيهِ أَمْ بَعِيدٌ فَتُنَادِيهِ؟  
فَسَكَتَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ فَأَنْزَلَ اللَّهُ " وَإِذَا سَأَلَكَ عِبَادِي عَنِّي  
فَأِنِّي قَرِيبٌ أَجِيبُ دَعْوَةَ الدَّاعِ إِذَا دَعَانِ فَلْيَسْتَجِيبُوا لِي وَلْيُؤْمِنُوا بِي

1. Question:

a. O prophet of Allah peace be upon you, Is Allah close so we call him softly, or far away so we call him loudly?

2. The prophet did not answer (silent)

3. Allah revealed:



وَإِذَا سَأَلَكَ عِبَادِي عَنِّي فَإِنِّي قَرِيبٌ أَجِيبُ دَعْوَةَ الدَّاعِ إِذَا دَعَانِ  
فَلْيَسْتَجِيبُوا لِي وَلْيُؤْمِنُوا بِي لَعَلَّهُمْ يَرْشُدُونَ

When My servants ask concerning Me, I am indeed **close** (to them): **I answer the supplication of every suppliant when he call on Me:**

According to a hadith of the Prophet (SAW):

“There is no Muslim who calls upon his Lord with a dua in which there is no sin or severing of family ties, but Allah will give him one of three things: Either He will answer his prayer quickly, or He will store (the reward for) it in the Hereafter, or He will divert an equivalent evil away from him.” They said: “We will say more dua.” He said: “Allah’s bounty is greater.” [Narrated by Ahmad, 10749; Al-Tirmidhi, 3573. Classed as Saheeh by Al-Albaani in Mishkaat Al-Masaabeeh, 2199]

ما من مسلم يدعو الله بدعوة ليس فيها إثم ولا قطيعة رحم إلا أعطاه الله بها إحدى ثلاث: إما أن تعجل له دعوته، وإما أن يدخرها له في الآخرة، وإما أن يصرف عنه من السوء مثلها

إِنَّ رَبَّكُمْ حَيٌّ كَرِيمٌ يَسْتَحْيِ مَنْ عَبْدُهُ إِذَا رَفَعَ يَدَيْهِ إِلَيْهِ بِدَعْوَةٍ أَنْ يَرُدَّهُمَا  
صِفْرًا لَيْسَ فِيهِمَا شَيْءٌ

الراوي: سلمان الفارسي المحدث: الألباني - المصدر: مختصر العلو - الصفحة أو الرقم: 37  
خلاصة حكم المحدث: **صحيح**

“Surely Allah is Hayyee, and He loves to conceal the shortcomings of His slaves. If His slave raises his hands, He does not let him go empty handed.”

لا يردُّ القضاءُ إلا الدعاءُ، و لا يزيدُ في العمرِ إلا البرُّ

الراوي: سلمان الفارسي المحدث: السيوطي - المصدر: الجامع الصغير - الصفحة أو الرقم: 9968  
خلاصة حكم المحدث: صحيح

Nothing can divert what was  
written for you, except  
Duaa



Who is going to help us but Allah?

Have you ever seen a poor man asking another poor man for money?

According to the Hadith Kodosy:

Allah (s) said: You are all lost except those I guided. So ask me guidance and I will guide you. You are all naked except those I gave cloth.

If the whole world asked Allah (S) on the same time and he granted every one's wish, this will not decrease Allah's kingdom at all.

فِي مَنَاجَاةِ اللَّهِ لَذَّةٌ وَسَعَادَةٌ

وَرَاحَةٌ وَطُمَأْنِينَةٌ

وَتَعَاقُ

وَقَرَبٌ مِنَ اللَّهِ.

اللَّهُمَّ

ارْزُقْنَا حَلَاوَةً

مَنَاجَاتِكَ.

1-1.  
Monologue  
with  
Allah (free  
style duaa).  
مَنَاجَاةُ اللَّهِ

مَا لِي بِسُوءِ قَرَحِي لِبَابِكَ حِيلَةٌ..  
فَلَنْ رُودْتُ قَائِي بَابٍ أَقْرَعُ!



## 1-1. Monologue with Allah(free style duaa).

### مناجاة الله

إِذْ قَالَتِ امْرَأَةُ عِمْرَانَ رَبِّ إِنِّي نَذَرْتُ لَكَ مَا فِي بَطْنِي مُحَرَّرًا فَتَقَبَّلْ مِنِّي إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ

When a woman of Imran said: My Lord! surely, I vow to you what is in my womb, to be devoted (to your service); accept therefore from me, surely you are the most Hearing, the most Knowing.

فَلَمَّا وَضَعَتْهَا قَالَتْ رَبِّ إِنِّي وَضَعْتُهَا أُنْثَىٰ وَاللَّهُ أَعْلَمُ بِمَا وَضَعْتَ وَلَيْسَ الذَّكَرُ كَالْأُنْثَىٰ وَإِنِّي سَمَّيْتُهَا مَرْيَمَ وَإِنِّي أُعِيذُهَا بِكَ وَذُرِّيَّتَهَا مِنَ الشَّيْطَانِ الرَّجِيمِ

So when she brought forth, she said: My Lord! Surely I have brought it forth a female-- and Allah knew best what she brought forth-- and the male is not like the female, and I have named it Mariam, and I commend her and her offspring into your protection from the accursed Shaitan.

# Monologue with Allah.

## مناجاة الله

- A mention of the mercy of your Lord to His servant Zakariya.
- When he called upon his Lord in a low voice,
- He said: My Lord! surely my bones are weakened and my head flares with hoariness, and, my Lord! I have never been unsuccessful in my prayer to you
- And surely I fear my cousins after me, and my wife is barren, therefore grant me from you a successor
- "(One that) will (truly) represent me, and represent the posterity of Jacob; and make him, O my Lord! one with whom Thou art well-pleased!"

ذِكْرُ رَحْمَةِ رَبِّكَ عَبْدَهُ زَكَرِيَّا

إِذْ نَادَىٰ رَبَّهُ نِدَاءً خَفِيًّا

قَالَ رَبِّ إِنِّي وَهَنَ الْعَظْمُ مِنِّي وَاشْتَعَلَ  
الرَّأْسُ شَيْبًا وَلَمْ أَكُن بِدُعَائِكَ رَبِّ  
شَقِيًّا

وَإِنِّي خِفْتُ الْمَوَالِيَ مِن وَرَائِي وَكَانَتِ  
امْرَأَتِي عَاقِرًا فَهَبْ لِي مِن لَّدُنكَ وَلِيًّا  
يَرِثُنِي وَيَرِثُ مِن آلِ يَعْقُوبَ وَاجْعَلْهُ  
رَبِّ رَاضِيًّا



He answered: "It is  
only to God that I  
complain of my  
deep grief and my  
sorrow



# Monologue with Allah.

## مناجاة الله

- Oh, Allah, I appeal to you for the weakness in my strength, and my limited power, and the treatment of contempt and humiliation from people.  
To you, the most Merciful of all the Merciful ones, you are the Lord of the oppressed, and you are my Lord
- Under whose care are you leaving me to?  
To an enemy oppressing me?  
Or to a friend you have given control of my affair?  
If there is no anger from you on me I will forever be content.  
However, your blessing is vastly important for me
- I seek refuge with the glory of your light, which the heavens and earth are lit from, your anger will not befall on me, nor your displeasure descends on me
- To you is the supplication until you are pleased, and there is no control or power except by you

اللهم إليك أشكو ضعف قوتي،  
وقلة حيلتي، وهواني على الناس،  
يا أرحم الراحمين، إلى من  
تكلمي، إلى عدو يتجهمني، أو إلى  
قريب ملكته أمري، إن لم يكن بك  
علي غضب فلا أبالي، غير أن  
عافيتك أوسع لي، أعوذ بنور  
وجهك الذي أشرقت له الظلمات،  
وصلح عليه أمر الدنيا والآخرة،  
أن تنزل بي غضبك، أو يحل  
علي سخطك، لك العتبى حتى  
ترضى، ولا حول ولا قوة إلا  
بك.

تعتبر مناجاة الله والتوجه إليه من أكثر الأمور التي يجب أن يحرص عليها الإنسان المسلم، لا سيما في جوف الليل؛ فهي تُقَرِّب العبد من ربه وتجعله يستجيب لمناجاته وما يرغب، وتكون المناجاة مخاطبةً لله **سراً**، أو دعاء بين الإنسان ونفسه بحيث يطلب من الله حاجته بقلبٍ طاهرٍ وسليم، وبإخلاصٍ وخشوعٍ تام. فيما يلي نذكر مجموعةً من الكلمات التي يُمكن أن يناجي فيها العبد الله سبحانه وتعالى.

The Monologues of God and asking God are among the most important things that a Muslim should take care of, especially in the end of night. It brings the servant closer to his Lord and makes him respond to his encounters and what he desires, and the Monagah (Monologue) is addressed to God **in secret**, or **supplication between man and himself**, so that he asks God for his need with a pure and healthy heart, with sincerity and complete reverence. Below we mention a group of words in which the servant of God Almighty may call.



# Examples in English

### Start With praising Allah

جَنَائِي فَاحْيِهِ بِتَوْبَةٍ مِنْكَ يَا أَمَلِي وَبُغْيَتِي وَ يَا  
سُؤْلِي وَ مُنِيَّتِي فَوَعَزْتَ مَا أَجِدُ لِلذُّنُوبِ سِوَاكَ  
غَافِرًا وَلَا أَرَى لِكُسْرِي غَيْرَكَ جَابِرًا وَ قَدْ  
خَضَعْتُ بِالْإِنْيَةِ إِلَيْكَ وَ عَنَوْتُ بِالْإِسْتِغَاثَةِ  
لَدَيْكَ فَإِنْ طَرَدْتَنِي مِنْ بَابِكَ فِيمَنْ أَلُوذُ وَ إِنْ  
رَدَدْتَنِي عَنْ جَنَابِكَ فِيمَنْ أَعُوذُ فَوَا أَسْفَاهُ مِنْ

O my wish and my want! By your might, I find no one but you to forgive my sins and I see none but you to mend my brokenness! I have subjected myself to you in repeated turning, I have humbled myself to you in abasement. If you cast me out from your door, in whom shall I take shelter? If you expel me from your side, in whom shall I seek refuge? O my grief at my ignominy and disgrace! O my sorrow at my evil works and what I have committed!

### Repent

My dreadful crimes have killed my heart, so bring it to life by a repentance from you! O my hope and my aim! O my wish and my want!

My God does the runaway servant go back but to his master or does anyone grant sanctuary to him from HIS anger but HE

### Free Style Complain, or Ask

O Allah, I Love You and I ask you to fill my heart with your love, the love of all deeds that get me closer to your love, and the love of those who love you. O Allah, I appeal to you from the hardness of my heart. O Allah, you are the owner of the hearts, I ask you to soften my heart.

**Free Style Complain, or  
Ask**

**O Allah, today I committed this sin  
in ignorance. I did not do it to  
challenge your commands but I  
was overpowered by my desire  
and devil. O Allah, I ask your  
forgiveness...**

**Free Style Complain, or  
Ask**

**O Allah, today Mike oppressed me,  
and I have no one to go to except  
you. O Allah, I refuge to you and  
ask you to protect me from his evil  
and return my right. If you cast  
me out from your door, in  
whom shall I take shelter? If you  
expel me from your side, in  
whom shall I seek refuge?**

# How to get all your duaa to be accepted all the time

ولي الله A High stage

**Bukhari Narrated:**

إن الله قال : من عادى لي وليا فقد آذنته بالحرب ،

"Allah said, 'I will declare war against him who shows hostility to a pious worshipper of Mine.

وما تقرب إلي عبدي بشيء أحب إلي مما افترضت عليه ،

And the most beloved things with which My slave comes nearer to Me, is what I have enjoined upon him; (The obligations)

- i. 5 Prayers on time daily (Preferably in the mosque)
- ii. Fast Ramadan
- iii. Zakat
- iv. Lowering the gazes
- v. Take care of your family and parents



وما يزال عبدي يتقرب إلي بالنوافل حتى أحبه ،

and My slave keeps on coming closer to Me through performing Nawafil (praying or doing extra deeds besides what is obligatory) till I love him,

i. Duaa

ii. Pray:

1. 12 raka3ah sonnah (2, 6, 2, 2)

2. Extras are (2 before Zuhur, 4 before Asr, 2 before Maghrib, 2 before Isha, Kiam (8 or 20), Wetr 3)

iii. Fast:

1. Mondays and Thursdays

2. 13, 14, and 15 of each month

3. Arafah, 3ashoraa...

iv. Charity

v. Quran

vi. Follow Sonnan

1. Sleep on Wodou

2. Swak

فإذا أحببته : كنت سمعه الذي يسمع به ، وبصره الذي يبصر به ، ويده التي يبطش بها ، ورجله التي يمشي بها ، وإن سألني لأعطينه ، ولئن استعاذني لأعيذنه ،

so I become his sense of hearing with which he hears,  
and his sense of sight with which he sees, and his hand  
with which he grips, and his leg with which he walks;  
and *if he asks Me, I will give him, and if he asks My  
protection (Refuge), I will protect him; (i.e. give him  
My Refuge) [Bukhari]*

قال شيخ الإسلام ابن تيمية عن هذا الحديث : " هو أشرف حديث روي في صفة الأولياء "

أَلَا إِنَّ أَوْلِيَاءَ اللَّهِ لَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ يَحْزَنُونَ

Oh, verily, they who are close to  
God - no fear need they have, and  
neither shall they grieve

Yunus (Jonah) 10:62

أَلَا إِنَّ أَوْلِيَاءَ اللَّهِ لَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ يَحْزَنُونَ .  
الَّذِينَ آمَنُوا وَكَانُوا يَتَّقُونَ .  
لَهُمُ الْبُشْرَى فِي الْحَيَاةِ الدُّنْيَا وَفِي الْآخِرَةِ  
لَا تَبْدِيلَ لِكَلِمَاتِ اللَّهِ  
ذَلِكَ هُوَ الْفَوْزُ الْعَظِيمُ ( يونس/62-64).

No doubt! Verily, the **Auliya**' of Allah (??), no fear shall come upon them nor shall they grieve  
Those who believed and were fearing Allah  
For them are good tidings in the worldly life and in the Hereafter.

No change is there in the words of Allah .  
this is indeed the supreme success -- (yunus 62 – 64)

# The state of Walyee ولي

- This is the state of happiness that we will work to get to, through this series isA
- It is a high state, if you reach this state you will have the happiness in your heart, protection from Allah, and all your requests will be fulfilled
- It will take time to get your heart to this state and this will be our goal isA
- Duaa of the Prophet (PBUH):

((اللَّهُمَّ اهْدِنِي فِيمَنْ هَدَيْتَ، وَعَافِنِي فِيمَنْ عَافَيْتَ، وَتَوَلَّنِي فِيمَنْ تَوَلَّيْتَ

'O Allah guide me among those You have guided, pardon me among those You have pardoned, befriended(make me Walyee) me among those You have befriended (Made Walyee)

قَالَ اللَّهُ عَزَّ وَجَلَّ إِذَا تَقَرَّبَ عَبْدِي مِنِّي شِبْرًا تَقَرَّبْتُ مِنْهُ ذِرَاعًا وَإِذَا  
تَقَرَّبَ مِنِّي ذِرَاعًا تَقَرَّبْتُ مِنْهُ بَاعًا - أَوْ بُوعًا - وَإِذَا أَتَانِي يَمْشِي  
أَتَيْتُهُ هَرْوَلَةً "

Abu Huraira reported Allah's Apostle (ﷺ) as saying that Allah, the Exalted and Glorious, said:

When My servant draws close to Me by the span of a palm, I draw close to him by the cubit and when he draws close to Me by the cubit, I draw close to him by the space (covered) by two armspans, and when he comes to me walking, I go in a hurry towards him.

Reference

In-book reference

: Sahih Muslim 2675 e

: Book 48, Hadith 26





# Best Times of Duaa

There many times of acceptance  
I will mention 3 of them, for this week

1. On Friday, before Maghrib
2. After each obligatory Prayer
3. Arafah يوم عرفه

# Plan for this week

Until next time isA

<https://iloveallah.net/happiness/>

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### STEPS TO HAPPINESS

#### 1. INTRODUCTION

#### REFERENCES



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Duaa and Supplication to Allah الدعاء

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ONLINE JULY 2020 - EVERY FRIDAY AT 9:30PM AND STURDAY 7:30PM -- SEND ME AN EMAIL AT [IONLYLOVEALLAHALONE@GMAIL.COM](mailto:IONLYLOVEALLAHALONE@GMAIL.COM) TO GIVE YOU THE ZOOM LINK

This is a practical workshop for those looking for happiness. We will have an item to practice every week to reach a higher status for our hearts in shaa Al



**7/11/2020 : This week's plan**

- Practical Steps to happiness خطوات عملية للسعادة (YouTube PlayList).

1. **INTRODUCTION - 7/3/2020**

2. **FIRST STEP: ASK ALLAH FOR HELP [COMING SOON 7/11/2020 ان شاء الله] WE ARE HERE**

## REFERENCES

# 1. Focus on One Duaa to be Walyee

- This is our goal is to become Walye and have a happy life and a happy hereafter
- Ask Allah in **your language**, at least, after each prayer and on Friday before Maghrib [Better all the time]
- Example in English:
  - O Allah, make me your Walyee. Make me from your Awlyaa, those who do not grieve or fear nothing but you. Those whom you love, and they love you.
- Example in Arabic:
  - اللهم اجعلنا من اوليائك الذين لاخوف عليهم ولاهم يحزنون - من اوليائك الذين تحبهم ويحبونك - اللهم تولني فيمن توليت - اللهم اني اعلم اني لا استحق ولست كأوليائك ولكني اطمع في كرمك يا كريم اكرمني ومن علي بولايتك

## 2. Add a Sunnah every week:

وما يزال عبدي يتقرب إلي بالنوافل حتى أحبه ،

and My slave keeps on coming closer to Me through performing Nawafil (praying or doing extra deeds besides what is obligatory) till I love him,

Let's add a sunnah every week to get closer to Allah to gain the Walyee

This week let's focus on **Duaa** and Monologue, which is the best sunnah that Allah loves

Our Goal to become a Walyee, let's make Duaa all the times to become a Walyee



## 2. Add a Sunnah every week [Monajah/Monologue]:

1. Select any time that you will be alone (you do not have to have wadoo, face qibla, setting, ... just on any state you are, even if it is when you just woke up and still on bed)

***Talk to Allah with your language*** and complain, ask, or just talk (similar to the examples we gave before)

Until next week, isA, let's aim for at least once a day

2. If you face a difficulty, start by complaining to Allah in free style and in your language and ask for help
3. If you grieve or feel sadness in your heart, monologue with Allah, immediately, even in secret
4. Try to make Monajah(Monologue) 15 minutes ***before Maghrib on Friday***.

ليس شيء أكرم على الله تعالى من الدعاء

There is nothing more generous to Allah than the supplications  
(Duaa)

الراوي: أبو هريرة المحدث: السيوطي - المصدر: الجامع الصغير -  
الصفحة أو الرقم: 7602  
خلاصة حكم المحدث: صحيح

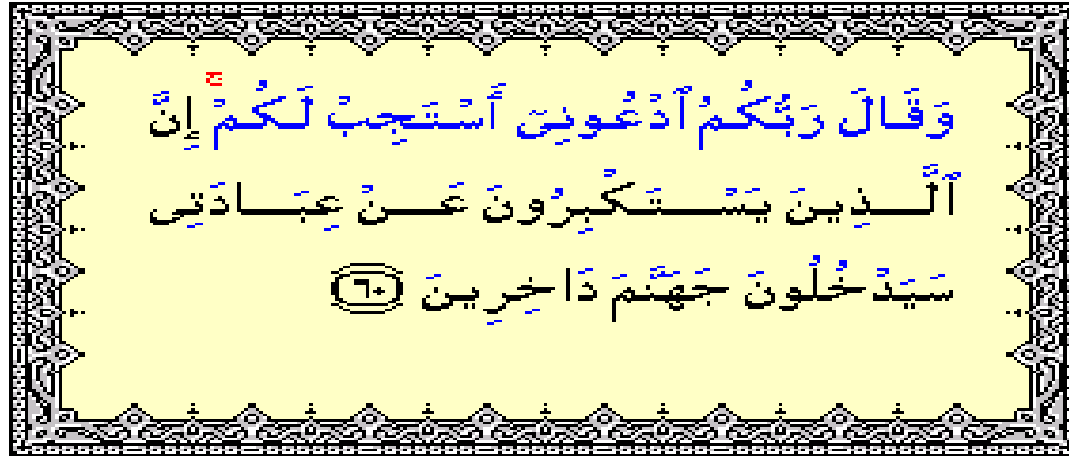
عن النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ فِي قَوْلِهِ : وَقَالَ رَبُّكُمْ  
ادْعُونِي أَسْتَجِبْ لَكُمْ وَقَالَ : **الدَّعَاءُ هُوَ الْعِبَادَةُ** وَقَرَأَ وَقَالَ  
رَبُّكُمْ ادْعُونِي أَسْتَجِبْ لَكُمْ إِلَى قَوْلِهِ دَاخِرِينَ

الراوي: النعمان بن بشير المحدث: الترمذي - المصدر:  
سنن الترمذي - الصفحة أو الرقم: 2969  
خلاصة حكم المحدث: حسن صحيح

## Why to make supplication (Doaa):

سب سے سچا سچ

“Du’aa<sup>[1]</sup> is the worship.”



**[60]** And your Lord says: "Call on Me; I will answer your (Prayer): but those who are too arrogant to serve Me will surely find themselves in Hell, in humiliation!"

**Replaced the word Doaa With Serving (pəŪN)**

قُلْ مَا يَعْـبُـؤُا بِكُمْ رَبِّي لَوْلَا دُعَاؤُكُمْ  
فَقَدْ كَذَّبْتُمْ فَسَوْفَ يَكُونُ لِزَامًا ﴿٧٧﴾

.1

بل حذر سبحانه عباده من نسيان الدعاء، وترك التضرع، والإعراض عن الالتجاء الى الله، فقال: قُلْ مَا يَعْـبُـؤُا بِكُمْ رَبِّي لَوْلَا دُعَاؤُكُمْ فَسَوْفَ يَكُونُ لِزَامًا (77) الفرقان.

Allah (s) cares about us because of our Doaa

77] Say (to the Rejecters): "My Lord is not uneasy because of you if ye call not on Him: but ye have indeed rejected (Him), and soon will come the inevitable (punishment)!"

وقال : { إنه من لم يسأل الله تعالى يغضب عليه }.

Whoever does not ask Allah, Allah will be angry at him

وقال : { أعجز الناس من عجز عن الدعاء، وأبخل الناس من بخل بالسلام  
{.

The most disabled people are those who can't make  
dua



# 1. -أفضل العبادة الدعاء

3. الراوي: عبدالله بن عباس و أبو الدرداء و أبو هريرة - خلاصة الدرجة: صحيح - المحدث: الألباني - المصدر: صحيح الجامع - الصفحة أو الرقم: 1122

The best of the worship is the Doaa.

# Discussion

# Reference

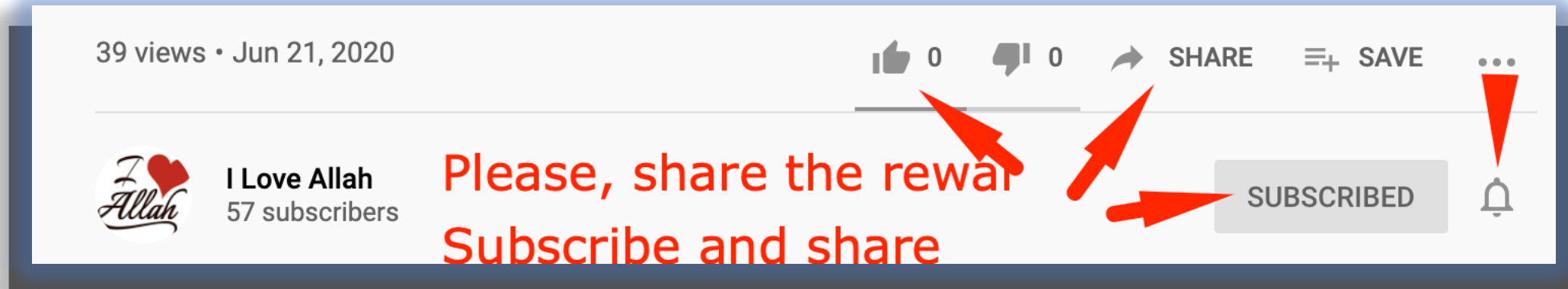
- <https://youtu.be/8LwXP7HrZlg>

THE PROPHET (PBUH) SAID WHO EVER SHARE SOMETHING GOOD WILL GET **THE SAME REWARD AS WHO STARTED IT AND IT WILL KEEP MULTIPLYING UNTIL DAY OF JUDGMENT PLEASE, SHARE TO MULTIPLY THE REWARD** ISA. WHEN YOU SUBSCRIBE, LIKE, AND SHARE YOU ALLOW OTHERS TO FIND IT, ISA  
WEBSITE:

[HTTPS://ILOVEALLAH.NET](https://ILOVEALLAH.NET)

YOUTUBE CHANNEL:

<https://www.youtube.com/channel/UCZDYWIWY1pMaGg4-iw3uz1w>

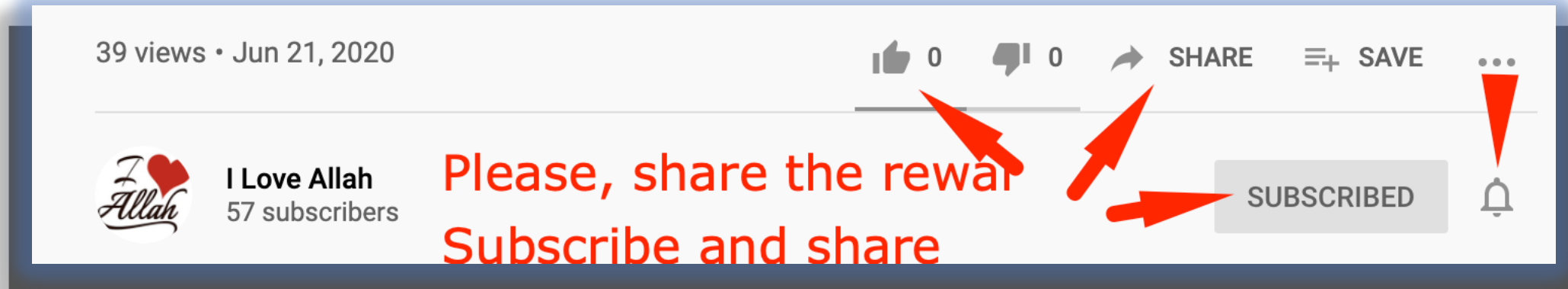


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YOUTUBE CHANNEL:

<https://www.youtube.com/channel/UCZDYWIWY1pMaGg4-iw3uz1w>



1. Life is driven by 2 things:

- a. Wishes we wish to grant
- b. Problems we wish to solve

2. Wishes

- a. Who does not have wishes in his life?
- b. Who does not have problems?

3. Imagination

- a. The imagination of people led them to something that will fulfill their wishes. However, even their imaginations were limited.
- a. What they did not know that we have a better from their fake genie. We have the unlimited wishes.

Allah SWT said in the closest translation,

"And your Lord says: "Call on Me; I will answer your (Prayer): "  
Who is promising you?

”وَقَالَ رَبُّكُمْ ادْعُونِي أَسْتَجِبْ لَكُمْ“

وقد بشر سبحانه وتعالى عباده بسعة فضله، وعظيم جوده وكرمه، باستجابة لدعائهم،  
وسمعه لطلبهم، فقال ﴿وَقَالَ رَبُّكُمْ ادْعُونِي أَسْتَجِبْ لَكُمْ إِنَّ الَّذِينَ يَسْتَكْبِرُونَ عَنْ عِبَادَتِي  
سَيَدْخُلُونَ جَهَنَّمَ دَاخِرِينَ﴾ (60) (غافر).



يَا رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْكَ وَسَلَّمَ أَقْرَبُ رَبُّنَا فَتُنَاجِيهِ أَمْ بَعِيدُ فَتُنَادِيهِ ؟ فَسَكَتَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ فَأَنْزَلَ اللَّهُ " وَإِذَا سَأَلَكَ عِبَادِي عَنِّي فَإِنِّي قَرِيبٌ أُجِيبُ دَعْوَةَ الدَّاعِ إِذَا دَعَانِ فَلْيَسْتَجِيبُوا لِي وَلْيُؤْمِنُوا بِي

وَإِذَا سَأَلَكَ عِبَادِي عَنِّي فَإِنِّي قَرِيبٌ أُجِيبُ دَعْوَةَ الدَّاعِ إِذَا دَعَانِ فَلْيَسْتَجِيبُوا لِي وَلْيُؤْمِنُوا بِي  
لَعَلَّهُمْ يَرْشُدُونَ

When My servants ask thee concerning Me, I am indeed close (to them): I listen to the prayer of every suppliant when he call on Me: let them also, with a will, listen to My call, and believe in Me: that they may walk in the right way.

# Best times for Duaa:

## On Friday before Sun set (Maghrib)

- في الجمعة **ساعة** ، لا يوافقها مسلم قائم يصلي ، يسأل الله خيرا **إلا** أعطاه . وقال بيده ، ووضع أناملته على بطن الوسطى والخنصر ، قلنا : يزهدا .

الراوي : أبو هريرة - خلاصة الدرجة : صحيح - المحدث : البخاري - المصدر : الجامع الصحيح - الصفحة أو الرقم : 5294

Narrated Abu Huraira:

Allah's Apostle (p.b.u.h) talked about **Friday** and said, "There is an **hour** (opportune time) on **Friday** and if a Muslim gets it while praying and asks something from Allah, then Allah will definitely meet his demand." And he (the Prophet) pointed out the shortness of that time with his hands.

The Messenger (may Allah praise him) said:

**"Friday has twelve periods. Among them is a period when no Muslim asks Allah for anything but He grants it to him. Search for that period *late after 'Asr*."** [Sahih al-Jami' 8402]

## **Action plan:**

1. Ask Allah all your needs before asking people, even small things. Better to ask it for your brother as well. (Remember me in your Duaa)
2. Try to Supplicate at least 2 times a day on the following times:
  - a. wake up 30 minutes before Fajr and make Duaa
  - b. Arrive early to prayers and supplicate between Azan and Iqamah
  - c. During Sujood
  - d. At the end of the prayers
3. Try to make duaas 15 minutes before Azan on Friday to supplicate.

# Examples of acceptance

## 2. Zakaria

[3] Behold! he cried to his Lord in secret,

[4] Praying: "O my Lord! infirm indeed are my bones, and the hair of my head doth glisten with grey: but never am I unblest, O my Lord, in my prayer to Thee!

[5] "Now I fear (what) my relatives (and colleagues) (will do) after me: but my wife is barren: so give me an heir as from Thyself,

[6] "(One that) will (truly) represent me, and represent the posterity of Ya'qub: and make him, O my Lord! one with whom Thou art well pleased!"

[7] (His prayer was answered): "O

Zakariya We give thee good news of a son: his name shall be Yahya: on none by that name have We conferred distinction before."

إِذْ نَادَىٰ رَبَّهُ ۖ نِدَاءً خَفِيًّا ۝ (٣) قَالَ رَبِّ  
إِنِّي وَهَنَ الْعَظْمُ مِنِّي وَاشْتَعَلَ الرَّأْسُ  
شَيْبًا وَلَمْ أَكُنْ بِدُعَائِكَ رَبِّ شَقِيًّا ۝ (٤)  
وَإِنِّي خِفْتُ الْمَوَالِيَ مِنْ وَرَائِي وَكَانَتِ  
أُمْرَأَتِي عَاقِرًا فَهَبْ لِي مِنْ لَدُنْكَ  
وَلِيًّا ۝ (٥) يَرْثُنِي وَيَرْثُ مِنْ عَالِ  
يَعْقُوبَ وَاجْعَلْهُ رَبِّ رَضِيًّا ۝ (٦)  
يَٰزَكَرِيَّا إِنَّا نُبَشِّرُكَ بِغُلَامٍ اسْمُهُ



## 1. Nooh when he asked Allah 3 words:

**10]** Then he called on his Lord: "I am one overcome: do Thou then help (me)!"

**[11]** So We opened the gates of heaven, with water pouring forth.

**[12]** And We caused the earth to gush forth with springs. So the waters met (and rose) to the extent decreed.

**[13]** But We bore him on an (Ark) made of broad planks and caulked with palm-fibre:

**[14]** She floats under Our eyes (and care): a recompense to one who had been rejected (with scorn)!

**[15]** And We have left this as a Sign (for all time): then is there any that will receive admonition?

فَدَعَا رَبَّهُ ۚ أَنِّى مَغْلُوبٌ فَانْتَصِرْ ⑩

فَفَتَحْنَا أَبْوَابَ السَّمَاءِ بِمَاءٍ مُّتَهِمٍ ⑪

وَفَجَّرْنَا الْأَرْضَ عُيُونًا فَالْتَقَى الْمَاءُ

عَلَى أَمْرٍ قَدْ قُدِرَ ⑫ وَحَمَلْنَاهُ عَلَى

ذَاتِ الْوُجْهِ وَدُسِّرَ ⑬ تَجْرَى بِأَعْيُنِنَا

جَزَاءً لِّمَن كَانَ كُفِرَ ⑭ وَلَقَدْ

تَرَكْنَاهَا آيَةً فَهَلْ مِنْ مُّذَكِّرٍ ⑮

فَكَيْفَ كَانَ عَذَابِي وَنُذِرِ ⑯ وَلَقَدْ

### 3. Soliman:

**[35]** He said: "O my Lord! forgive me, and grant me a Kingdom which, (it may be), suits not another after me: for Thou are the Grantor of Bounties (without measure).

**[36]** Then We subjected the Wind to his power, to flow gently to his order, whithersoever he willed,

**[37]** As also the evil ones, (including) every kind of builder and diver,

**[38]** As also others bound together in fetters.

**[39]** "Such are Our Bounties: whether thou bestow them (on others) or withhold them, no account will be asked."

**[40]** And he enjoyed, indeed, a Near Approach to Us, and a beautiful Place of (final) Return.

قَالَ رَبِّ اغْفِرْ لِي وَهَبْ لِي مُلْكًا لَا  
يَنْبَغِي لِأَحَدٍ مِّنْ بَعْدِي إِنَّكَ أَنْتَ  
الْوَهَّابُ ﴿٣٥﴾ فَسَخَّرْنَا لَهُ الرِّيحَ تَجْرِي  
بِأَمْرِهِ رُخَاءً حَيْثُ أَصَابَ ﴿٣٦﴾  
وَالشَّيَاطِينَ كُلَّ بَنَّاءٍ وَغَوَّاصٍ ﴿٣٧﴾  
وَأَآخِرِينَ مُقَرَّنِينَ فِي الْأَصْفَادِ ﴿٣٨﴾  
هَذَا عَطَاؤُنَا فَامْنُنْ أَوْ أَمْسِكْ بِغَيْرِ  
حِسَابٍ ﴿٣٩﴾ وَإِنَّ لَهُ عِندَنَا لَزُلْفَىٰ





5. Aioub

**83]** And (remember) Ayyub, when he cried to his Lord, "Truly distress has seized me, But Thou art the Most Merciful of those that are Merciful."

**[84]** So We listened to him: We removed the distress that was on him, and We restored his people to him, and doubled their number, as a Grace from Ourselves, and a thing for commemoration, for all who serve Us.

وَأَيُّوبَ إِذْ نَادَىٰ رَبَّهُ أَنِّي مَسَّنِيَ الضُّرُّ  
وَأَنْتَ أَرْحَمُ الرَّاحِمِينَ ﴿٨٣﴾ فَاسْتَجَبْنَا  
لَهُ وَفَكَشَفْنَا مَا بِهِ مِنْ ضِرٍّ وَعَاقَبْنَاهُ  
أَهْلَهُ وَمِثْلَهُم مَّعَهُمْ رَحْمَةً مِنَّا  
وَذِكْرًا لِّلْعَبِيدِ ﴿٨٤﴾ وَإِسْمَاعِيلَ  
وَإِدْرِيسَ وَذَا الْكِفْلِ كُلٌّ مِّنَ  
الصَّابِرِينَ ﴿٨٥﴾ وَأَدْخَلْنَاهُمْ فِي  
رَحْمَتِنَا إِنَّهُمْ مِّنَ الصَّالِحِينَ ﴿٨٦﴾ وَذَا

6. I know some one who did not have Kids for years and because of one supplication to Allah in night of Kadr Allah gave him a sun after years

## 14th Manner: Knowing the best times for du'a

### 14.1. The last third of the night

عن عمرو بن عبسة رضي الله عنه قال : قلت : يا رسول الله هل من ساعة **أقرب** من الأخرى - يعني الإجابة - ؟ وهل من ساعة ينبغي ذكرها ؟ قال : نعم ، إن **أقرب** ما يكون العبد من الدعاء جوف الليل الآخر ، فإن استطعت أن تكون ممن يذكر الله تلك الساعة فافعل [ فكن ]

الراوي : عمرو بن عبسة السلمي - خلاصة الدرجة : صحيح - المحدث : ابن حجر العسقلاني - المصدر : نتائج الأفكار - الصفحة أو الرقم 2/248 :

Asked: Is there an hour that is closer to Allah than the others are? The closest time to Allah is the last part of the night. So try to be from those remembering Allah in this hour.

قيل يا رسول الله صلى الله عليه وسلم أي الدعاء **أسمع** قال جوف الليل الآخر ودير الصلوات المكتوبات

الراوي : أبو أمامة الباهلي - خلاصة الدرجة : حسن - المحدث : الترمذي - المصدر : سنن الترمذي - الصفحة أو الرقم 3499 :

What is the best Doaa and the closest to be answered? The doaa that is at end of the night and after the obligatory prayers.

إن من الليل ساعة ، لا يوافقها عبد مسلم يسأل الله خيرا ، إلا أعطاه إياه

الراوي: جابر بن عبدالله - خلاصة الدرجة: صحيح - المحدث: مسلم - المصدر: المسند الصحيح - الصفحة أو الرقم: 757

### Book 4, Number 1654:

Jabir said he heard Allah's Messenger (may peace be upon him) say: There is an hour during the night in which no Muslim individual will ask Allah for good in this world and the next without His giving it to him; and that applies to every night.

يُنْزِلُ رَبُّنَا تَبَارَكَ وَتَعَالَى كُلَّ لَيْلَةٍ إِلَى السَّمَاءِ الدُّنْيَا ، حِينَ يَبْقَى ثُلُثُ اللَّيْلِ الْآخِرِ ، يَقُولُ : مَنْ يَدْعُونِي فَأَسْتَجِيبَ لَهُ ، مَنْ يَسْأَلُنِي فَأُعْطِيَهُ ، مَنْ يَسْتَغْفِرُنِي فَأَغْفِرَ لَهُ

الراوي: أبو هريرة - خلاصة الدرجة: صحيح - المحدث: البخاري - المصدر: الجامع الصحيح - الصفحة أو الرقم: 6321

### Narrated Abu Huraira:

Allah's Apostle (p.b.u.h) said, "Our Lord, the Blessed, the Superior, comes every night down on the nearest Heaven to us when the last third of the night remains, saying: "Is there anyone to invoke Me, so that I may respond to invocation? Is there anyone to ask Me, so that I may grant him his request? Is there anyone seeking My forgiveness, so that I may forgive him?"



## 14.2. Friday before Maghrib

في الجمعة **ساعة** ، لا يوافقها مسلم قائم يصلي ، يسأل الله خيرا **إلا** أعطاه وقال بيده ، ووضع أناملته على بطن الوسطى والخنصر ، قلنا : يزهدا .

الراوي : أبو هريرة - خلاصة الدرجة : صحيح - المحدث : البخاري - المصدر : الجامع الصحيح - الصفحة أو الرقم : 5294

فالتمسوها بعد **العصر**

وهي بعد **العصر**

وفي رواية للترمذي والطبراني مرفوعا: >>التمسوا الساعة التي ترجى في يوم **الجمعة** بعد صلاة **العصر** إلى غيبوبة الشمس

قال الإمام أحمد: وأكثر الأحاديث في الساعة التي ترجى فيها استجابة الدعوة أنها بعد

صلاة **العصر**. >>

Narrated Abu Huraira:

Allah's Apostle (p.b.u.h) talked about **Friday** and said,

"There is an **hour** (opportune time) on **Friday** and if a

Muslim gets it while praying and asks something from

Allah, then Allah will definitely meet his demand." And he

(the Prophet) pointed out the shortness of that time with his hands.



The Messenger (may Allah praise him) said:

**"Friday has twelve periods. Among them is a period when no Muslim asks Allah for anything but He grants it to him. Search for that period late after 'Asr."** [Sahih al-Jami' 8402]

يوم الجمعة اثنتا عشرة ساعة لا يوجد فيها عبد مسلم ، يسأل الله شيئا إلا آتاه إياه ، **فالتمسوها** آخر ساعة **بعد** العصر

الراوي: جابر بن عبد الله - خلاصة الدرجة: صحيح - المحدث: الألباني - المصدر: صحيح النسائي - الصفحة أو الرقم: 1388

-في الجمعة ساعة ، لا يوافقها مسلم قائم يصلي ، يسأل الله خيرا إلا أعطاه . وقال بيده ، ووضع أناملته على بطن الوسطى والخنصر ، قلنا : يزهدا .

الراوي: أبو هريرة - خلاصة الدرجة: صحيح - المحدث: البخاري - المصدر: الجامع الصحيح - الصفحة أو الرقم: 5294

**Narrated Abu Huraira:**

**Allah's Apostle (p.b.u.h) talked about Friday and said, "There is an hour (opportune time) on Friday and if a Muslim gets it while praying and asks something from Allah, then Allah will definitely meet his demand." And he (the Prophet) pointed out the shortness of that time with his hands.**

The last hour before Maghrib where Adam was created.

The Messenger (may Allah praise him) said:

"Friday has twelve periods. Among them is a period when no Muslim asks Allah for anything but He grants it to him. Search for that period late after 'Asr." [Sahih al-Jami' 8402]

يوم الجمعة اثنتا عشرة ساعة لا يوجد عبد مسلم يسأل الله عز وجل شيئا إلا آتاه إياه فالتمسوها آخر ساعة بعد العصر

- 176081 في ساعة الجمعة وهي بعد العصر

- 176043 أخذ رسول الله صلى الله عليه وسلم بيدي فقال " خلق الله ، عز وجل ، التربة يوم السبت . وخلق فيها الجبال يوم الأحد . وخلق الشجر يوم الاثنين . وخلق النور يوم الأربعاء . وبث فيها الدواب يوم الخميس . وخلق آدم ، عليه السلام ، بعد العصر

من يوم الجمعة . في آخر الخلق . في آخر ساعة من ساعات الجمعة . فيما بين العصر الى الليل . "

يوم الجمعة اثنتا عشرة ساعة لا يوجد عبد مسلم يسأل الله عز وجل شيئا إلا آتاه إياه فالتمسوها آخر ساعة بعد العصر

- 10083 يوم الجمعة ثنتا عشرة ساعة ، لا يوجد مسلم يسأل الله شيئاً إلا آتاه الله عز وجل ، فآلتمسوها آخر ساعة بعد العصر

الراوي: جابر بن عبد الله الأنصاري المحدث: النووي - المصدر: المجموع شرح المذهب - الصفحة أو الرقم: 4/541

خلاصة الدرجة: بإسناد صحيح

يوم الجمعة نتنا عشر ساعة ، لا يوجد مسلم يسأل الله شيئا الا آتاه إياه ، فالتمسوها آخر ساعة بعد العصر

الراوي: جابر بن عبدالله المحدث: ابن رجب - المصدر: فتح الباري لابن رجب - الصفحة أو الرقم: 5/356

خلاصة الدرجة: إسناده كلهم ثقات

- 27738 إن في الجمعة ساعة وهي بعد العصر

- 29865 يوم الجمعة ثنتا عشرة - يريد ساعة - لا يوجد مسلم يسأل على الله شيئا إلا آتاه الله عز وجل فالتمسوها آخر ساعة بعد العصر

الراوي: جابر بن عبدالله المحدث: الوادعي - المصدر: الصحيح المسند - الصفحة أو الرقم: 251



### 14.3. While making Sujood (Prostration):

The Prophet (may Allah praise him) said:

**"The slave is closest to his Lord while in sujood, so ask Allah in that time."**

- 158809 **أقرب ما يكون** العبد من ربه وهو ساجد فأكثرُوا الدعاء

الراوي: أبو هريرة - خلاصة الدرجة: صحيح - المحدث: مسلم - المصدر: المسند الصحيح - الصفحة أو الرقم: 482 :

Book 4, Number 0979:

Abu Huraira reported: The Messenger of Allah (may peace be upon him) said: The nearest a **servant** comes to his **Lord** is when he is prostrating himself, so make supplication (in this state).

## 14.4. At time of Azan and Between it and Iqamah:

لا يرد الدعاء بين الأذان والإقامة

الراوي: أنس بن مالك - خلاصة الدرجة: صحيح - المحدث: الألباني - المصدر: صحيح أبي داود - الصفحة أو الرقم: 521

The Messenger (may Allah praise him) said:

**"A du'a between atha'an and the iqamah is not refused, so supplicate during that time."** [Ibn Khuzaymah, Ibn Hibban]

The Messenger (may Allah praise him) said:

**"Two kinds of du'a are not rejected -- du'a at the time of the call for prayer, and du'a at the time of fighting when the warriors are on the battlefield."** [Abu Dawud]

### 14.5. When it is raining:

The Messenger (may Allah praise him) said:

**"Two kinds of du'a are not rejected: du'a at the time of the call for prayer, and du'a during rain."** [Abu Dawud]

### 14.6. A parents du'a for his child, while fasting and while traveling:

The Messenger (may Allah praise him) said:

"Three types of du'a are undoubtedly granted: a parent's du'a for his children, du'a of a fasting person, and du'a of the traveler." [Abu Dawud]

### 14.7. Laylat'ul-Qadr:

Aisha asked the Prophet (may Allah praise him) "What should I say on Laylat'il-Qadr?" And he replied,

"O Allah, indeed you are oft-forgiving, and love to forgive – so forgive me."

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## 15. 15th Manner: Making du'a for others

### 15.1. An angel will say Ameen to your Duaa:

The Prophet, (may Allah praise him) said:

*"Whenever you make a supplication for another believer and he is not present, an angel will say 'and same to you.'"*

### 15.2. gets the quickest answer:

The Prophet (may Allah praise him) said:

*"The supplication that gets the quickest answer is the one made by one Muslim for another in his absence." (Abu Daw'ud and Tirmidhi)*

16<sup>th</sup> Manner: Not making du'a against oneself or one's children

17<sup>th</sup> Manner: Different types of people whose du'a is accepted

18<sup>th</sup> Manner: Memorizing the Authentic Supplications and du'as of the Prophet (Peace and Blessings be upon him)

19<sup>th</sup> Humility & Humbleness in front of Allah (Tadaru')

# Monajah - Monologue

1. Select any time that you will be alone (you do not have to have wadoo, face qibla, setting, ... just on any state you are, even if it is when you just woke up and still on bed)
  - **Talk to Allah with your language** and complain, ask, or just talk (similar to the examples we gave before)
  - Until next week, isA, let's aim for at least once a day
2. If you face a difficulty, start by complaining to Allah in free style and in your language and ask for help
3. If you grieve or feel sadness in your heart, monologue with Allah, immediately, even in secret
4. Try to make Monajah(Monologue) 15 minutes **before Maghrib on Friday**.