

## THEME 4 - REMEMBER ALLAH AND BE BLESSED

### فَضْلُ ذِكْرِ اللَّهِ

#### Learning objectives:

- To learn that remembrance of Allah is an important way of getting closer to Allah.
- To learn phrases of zikr and develop the habit of being constantly in zikr.
- To understand that Allah will remember you if you remember Him.

#### In this theme, you will learn:

Remembrance is knowing what is in your mind by being aware of Allah ﷻ, you will feel closer to your creator. You will also develop a special relationship through Zikr of Allah by making a habit of doing Zikr on a daily basis, through reciting Allah's names and special phrases that are light on the tongue but heavy on the scales on the Day of Judgement.

قَالَ اللَّهُ تَعَالَى: ﴿ فَادْكُرُونِي أذكُرْكُمْ ﴾ [البقرة: 152] وَقَالَ تَعَالَى: ﴿ وَاذْكُرُوا اللَّهَ كَثِيرًا لَعَلَّكُمْ تُفْلِحُونَ ﴾ [الأنفال: 45] وَقَالَ تَعَالَى: ﴿ يَا أَيُّهَا الَّذِينَ آمَنُوا اذْكُرُوا اللَّهَ ذِكْرًا كَثِيرًا ﴾ [الأحزاب: 41].

Allah ﷻ says: “So remember Me; I will remember you” (2:152).  
“And remember Allah a lot so you may triumph” (8:45).  
“Believers, remember Allah frequently” (33:41).

[1] عن أبي هريرة قَالَ: قَالَ رَسُولُ اللَّهِ: «كَلِمَتَانِ خَفِيفَتَانِ عَلَى اللِّسَانِ، ثَقِيلَتَانِ فِي الْمِيزَانِ، حَبِيبَتَانِ إِلَى الرَّحْمَنِ: سُبْحَانَ اللَّهِ وَبِحَمْدِهِ، سُبْحَانَ اللَّهِ الْعَظِيمِ» متفقٌ عَلَيْهِ.

1. Abu Hurairah رَضِيَ اللهُ عَنْهُ reported: The Messenger of Allah ﷺ said, “Two phrases are light on the tongue but heavy on the Scales yet dear to the Kind Lord: ‘Subhan-Allahi wa bihamdihi, Subhan-Allahil-Azim (Glory be to Allah and His is the praise, (and) Allah the Greatest is free from imperfection)’”.

[2] عن أبي هريرة قَالَ: قَالَ رَسُولُ اللَّهِ: «لَأَنْ أَقُولَ: سُبْحَانَ اللَّهِ، وَالْحَمْدُ لِلَّهِ، وَلَا إِلَهَ إِلَّا اللَّهُ، وَاللَّهُ أَكْبَرُ، أَحَبُّ إِلَيَّ مِمَّا طَلَعَتْ عَلَيْهِ الشَّمْسُ» رواه مسلم.

2. Abu Hurairah رَضِيَ اللهُ عَنْهُ reported: The Messenger of Allah ﷺ said, “The recitation of these phrases: “glory be to Allah, all the praise is for Allah, there is no god but Allah, Allah is the greatest” are dearer to me than everything in the world over which the sun rises”.

[3] عن ثوبان قَالَ: كَانَ رَسُولُ اللَّهِ إِذَا أَنْصَرَفَ مِنْ صَلَاتِهِ اسْتَغْفَرَ ثَلَاثًا، وَقَالَ: «اللَّهُمَّ أَنْتَ السَّلَامُ، وَمِنْكَ السَّلَامُ، تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ» متفقٌ عَلَيْهِ.

3. Thauban رضي الله عنه reported: Whenever the Messenger of Allah ﷺ finished his prayer; he sought forgiveness from Allah thrice and recited: “Allah, you are the giver of security, and security comes from you. You are blessed, you have Majesty and Nobility.”

[4] عن أبي هريرة أن رسول الله قال: «أقرب ما يكون العبدُ من ربه وهو ساجدٌ، فأكثروا الدعاء» رواه مسلم.

4. Abu Hurairah رضي الله عنه reported: The Messenger of Allah ﷺ said, “A person is nearest to his Lord when he is in prostration. So increase the length of your prostration when praying.”

COMMENTARY: Prostration, or Sujood, holds great significance in Islam as it is a physical act of submission and humility towards Allah. It symbolises the recognition of Allah’s supreme authority and the acknowledgment of our own insignificance before Him. Through prostration, we deepen our spiritual connection and demonstrate our devotion, gratitude, and surrender to the Almighty.

[5] عن أبي موسى الأشعري عن النبي قال: «مثل الذي يذكر ربه والذي لا يذكره مثل الحي والميت» رواه البخاري.

5. Abu Musa Al-Ash’ari رضي الله عنه reported: The Prophet ﷺ said, “The example of a person who remembers his Lord and the one who does not, is like the living and the dead.”

[6] عن جابر قال: سمعتُ رسولَ الله يقول: «أفضلُ الذكرِ: لا إله إلا الله» رواه الترمذي.

6. Jabir رضي الله عنه reported: I heard the Messenger of Allah ﷺ saying, “The best way to remember Allah is to say: La ilaha illallah (there is no god except Allah)”.

[7] عن جابر عن النبي قَالَ: «مَنْ قَالَ: سُبْحَانَ اللَّهِ وَبِحَمْدِهِ، غُرِسَتْ لَهُ نَخْلَةٌ فِي الْجَنَّةِ» رواه الترمذي

7. Jabir رضي الله عنه reported: The Prophet ﷺ said, “every time a person says: ‘Glory be to Allah, all praise is His,’ a palm-tree is planted for him in Paradise.”

[8] عن أبي موسى قَالَ: قَالَ لِي رَسُولُ اللَّهِ: «أَلَا أُدْثُّكَ عَلَى كَنْزٍ مِنْ كُنُوزِ الْجَنَّةِ؟» فَقُلْتُ: بَلَى يَا رَسُولَ اللَّهِ قَالَ: «لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ» متفق عليه.

8. Abu Musa رضي الله عنه reported: The Messenger of Allah ﷺ said to me, “Would you like to know a treasure from the treasures of Paradise?” I said: “Yes, Messenger of Allah!” He ﷺ said, “(Recite) ‘La hawla wa la quwwata illa billah’ (There is no change of a condition nor power except by Allah).”

### Activities:

- Learn the Asma ul Husna (99 names of Allah). Set yourself a target to memorise at least 20 names to start with.
- Design a booklet for daily Zikr.
- Discuss why it is important to remember Allah.

**In this theme you have learnt:**

- Only in the remembrance of Allah do hearts find rest.
- Feed the soul through the remembrance of Allah.
- Think about how kind Allah is to give you everything that you have and how you should be grateful.
- Everyday spend 2-5 minutes in Zikr after prayer, recite the phrases you have learnt.