

CONVERSATIONS WITH ALLAH SWT: CULTIVATING DUA



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Duas are our conversation with Allah SWT.

- Imagine if we had a friend and did not converse with them for many years and neglected them. Allah SWT is waiting for us to converse with Him through du'a, supplication.
- We know of many du'as, alhumdullilah, but many times we do not take a moment to move past its literal meaning and look at the story behind it.
- The purpose of this course is discussing the etiquettes of making du'a, when to make du'a, and to learn the background of these du'a, so that we may transform ourselves with these conversations with our Lord.

Timing of Du'a

- There are different times within the day, week, and even year that du'as are more accepted. The purpose of this is to give the believer an incentive to ask from Allah SWT. He wants to hear from His faithful servant.

- Among others, there are seven times where we are encouraged to make du'a and they are proven to be more accepted:
 1. Laytatul Jum'ah (Thursday night)
 2. The day of jum'ah
 3. Jalsa – When the khateeb sits between the first and second khutbah
 4. The time of the morning before fajr (pre-fajr & tahajjud)
 5. Right after the mandatory five prayers
 6. Between the athan and iqama to commence prayer
 7. Sajdah (prostration)

- Just as there are times where it is more likely that du'a will be accepted, there is an etiquette to making du'a to increase our chances of it being accepted. This occurs in four steps:
 1. **Praising Allah SWT**
 - The first du'a made in the Qur'an is that of Surah Al-Fatiha. We praise our Lord before as we begin. We begin our du'as similarly to how we begin our recitation, in speaking about the Glory of Allah SWT.
 2. **Salutations upon the Prophet SAW**
 - The name of Allah and the Prophet SAW are interlinked. By sending salutations upon His Beloved SAW, you are also pleasing Him.

3. **Gratitude**

- Thank Allah SWT for the blessings He has given you. This makes one grateful for the blessings one already has before s/he asks their Lord.

4. **Ask for what your heart desires**

- This can be related to worldly items, such as wealth and family. Although, one should make note to also pray for matters related to the afterlife.
- Once one has completed their ask, they should end as they started, with shukr, salutations upon the Prophet SAW, and praise of Allah SWT.

Precursors to Du'a

- The heart must be rid of hatred towards others. Allah SWT will not accept the supplication of those who think negatively or ill towards others.
- One also must be rid of the ingratitude of "Allah did not grant my supplication." There are different reasons why Allah SWT may not grant a du'a.
- Du'a can end in three different results:
 1. Allah SWT accepts it and gives you what you desire
 2. Allah SWT removes something that would afflict you in the future- Thus not giving you that which would hurt you
 3. Allah SWT keeps it for the akhirah

- That is why we must remain grateful. We should try to make du'a for even the smallest of things within our day. It is to maintain the communication with our Lord.
- Hasan Al-Basri (rh) spoke about three supplications that were especially powerful:

1. Sorrow/Grief (Dua of Yunus): Surah Al-Anbya [21:87]

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ (٨٧)

2. Dua for Difficulties (Dua of Ayub): Surah Al-Anbya [21:83]

رَبِّهِ أَتَىٰ مَسْنِيَّ الضُّرِّ وَأَنْتَ أَرْحَمُ الرَّاحِمِينَ (٨٣)

3. General Dua: Surah Al-Imran [3:173]

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ (١٧٣)

Recap

1. What times of the day or week are we encouraged to make du'a? (7)
2. What is the four-step process of making du'a?
3. What are two precursors to one's du'a that must be present for it to be accepted?
4. What are three ways Allah SWT accepts du'a?
5. What are the three du'as Hasan Al-Basri chose to discuss?

FAQs

Q: Should I raise my hands when I make dua?

A: When alone, you can raise your hands. There are narrations of the Prophet SAW raising his hands when supplicating.

Q: Can I make dua in my heart without speaking?

A: Yes.

Q: Can I make dua in sujood in fardh salah?

A: No. It is not advised within fardh salaah. Dua in sujood should be made in sujood in nawafil, or optional prayers.

Q: Can I make dua in my native language (not Arabic)?

A: Yes.