

CONVERSATIONS WITH ALLAH SWT: CULTIVATING DUA



Mufti Abdul Wahab Waheed

SESSION 2

Duas are our conversation with Allah SWT.

- In his second session, Mufti Abdul Wahab went over du'as for seeking protection from certain things. We will learn to understand these duas and why the Prophet SAW sought refuge from them.

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عِلْمٍ لَا يَنْفَعُ، وَمِنْ قَلْبٍ لَا يَخْشَعُ، وَمِنْ نَفْسٍ لَا تَشْبَعُ، وَمِنْ دُعَاءٍ لَا يُسْتَجَابُ لَهَا

O Allah, I seek refuge with You from knowledge that does not benefit, from a heart that does not get humbled [to Allah], from a soul which is never satisfied and from a supplication which does not get answered.

- Istaidha: When we say “audhubillah” we are seeking refuge. We seek refuge from external harms and from internal harms (doubts, thoughts, etc.).

The Prophet SAW sought refuge from four things:

1. **Unbeneficial Knowledge:** Knowledge, when learning with the proper mindset, removes ignorance. It changes our lives for the better.

It is important to act upon the knowledge you receive, otherwise it is only information. Knowledge is of incredible benefit.

- Just as we have learned in previous sessions, it is important to be sincere in our search for knowledge. We should ask ourselves “Am I doing learning to boast to other people? Am I doing this to seem educated in front of them?”
- There is a balance, however. Mufti Abdul Wahab advises us that we can tell others about an action (such as praying tahajjud) if we have a strong desire to do it. We are not hypocrites, even if we are not doing that action, in that moment. Ibn Qayyim tells us that it is about what we intend with our knowledge.
- Fudayl Ibn Iyaadh tells us, “Whoever seeks knowledge for the sake of just information will not benefit from their knowledge. However, whoever seeks knowledge for the sake of bringing it into action, even a small amount of knowledge will suffice.”
- No one will have more regret than those who give knowledge but are not changed by it. The Prophet SAW compares someone who teaches beneficial knowledge, but forgets himself, to a lantern. A lantern gives light to its surroundings but burns itself up in the process. Whereas, whoever acts upon what they know, Allah SWT will give them knowledge of the Unseen.

2. **Unhumble Heart:** The second is a heart that is not humble in front of Allah SWT. Just like a river flow, if the heart is clean, then everything else is clean. But if the heart is dirty, everything else will become murky. We should make dua that we have a heart that is able to recognize the worth of Allah SWT.
- There is no calamity worse on a person than a hard heart. There are three ways to check if you have a soft heart:
 1. In the gatherings of listening to Qur'an, your imaan increases
 2. When you are alone, do you incline towards sin or good deeds
 3. How your heart reacts in gatherings where Allah SWT is spoken about

Cures of a Hard Heart

1. Reciting the Qur'an
2. Keeping the stomach empty
3. Praying at night
4. Dua in the last portion of the night
5. Be in the company of pious people

3. **Unsatisfied Soul:** The Prophet SAW was seeking refuge from being a person that is always wanting more. We should make dua that Allah SWT makes us among the people that we are not controlled by our nafs. Imam Al-Ghazali suggests that we should prevent our nafs even from things that are permissible, so you teach it that you don't always get what you want. To be patient and grateful, we look at those who are higher in deen and strive to be like them and those who look at the people who have less and become grateful.

- Unanswered Supplication:** In last week's session, the three forms in how dua is accepted were discussed, but there are certain things that prevent that. These three include enmity in the heart, saying things like "my dua was not answered" and those who break ties of kinship.

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ ، وَالْعَجْزِ ، وَالْكَسَلِ ، وَالْبُخْلِ ، وَالْجُبْنِ ،
وَضَلَعِ الدَّيْنِ ، وَغَلَبَةِ الرِّجَالِ ،

O Allah, I seek refuge with You from anxiety, and sorrow, and weakness, and laziness, and miserliness, and cowardice, and the burden of debts and from being overpowered by men.

- These eight things the Prophet SAW is asking for protection from prevents us from doing good deeds.
- The first part of the dua refers to hamm and hazm. Hamm refers to worry of the future. The Prophet SAW was asking for the ability to live in the present.

- Hazn refers to grief of something that has already happened. This is asking for the ability to not let sadness immerse oneself to stop from good deeds. This also applies to anxiety, as it can immobilize and stop one from doing good deeds.
- The second part of the dua is asking protection from incapability. There is a saying that the only thing different between a lazy person and a dead person is just a soul.
- The third part of the dua speaks about miserliness. Miserly people are one of the three people that cannot enter Jannah. We should learn how to give to other people the same way we give to our own family.
- The fourth part of the dua tells us about the burden of debts. This unfortunately happens often within our monetary system. We should be protected from debts because a person may be pushed towards actions that lead to kufr because of the pressure. May Allah protect us.
- We have to truly believe in these duas for them to take effect. By learning about the meanings, we ask Allah to allow these duas to transform our lives and protect us from the various ills mentioned within these duas.

FAQs

- What are the four things the Prophet SAW sought refuge from in the first dua?
- When is it okay to push people towards a good action, even if you don't do it?
- What are the three ways to check if you have a soft heart?
- What are the three ways a dua does not become accepted?
- What is the difference between hamm and hazm?
- When the Prophet SAW uses Isti'adha in his duas, what is he seeking protection from?
- What is the difference between knowledge and information?
- What is the greatest proof that you have knowledge?
- Who will have the most regret on the Day of Judgement?
- How does a heart lose humbleness in front of Allah SWT?
- What are the three places you should check your heart?
- What are the cures of the heart?
- What is the best way to control your nafs?
- What is better than a good deed?

Quotes

The Spiritual Heartbeat

“No one will have more regret than these people who give knowledge but were not changed by it.”

“Whoever acts upon what they know, Allah SWT will give them knowledge of the Unseen.”

“Our hearts become filled with light because of our good deeds.”

“Just like the rain, the Qur’an was sent from the sky to give life.”