

THE TRUTH ABOUT GRATITUDE

MAULANA
ABDUL SATTAR ولایت برکاتہم





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الْحَمْدُ لِلَّهِ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِهِ وَاصْحَابِهِ
أَجْمَعِينَ أَمَا بَعْدُ! فَأَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ ❁

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ❁

مَا يَفْعَلُ اللَّهُ بِعَدَابِكُمْ إِنْ شَكَرْتُمْ وَأَمَّنْتُمْ. وَكَانَ اللَّهُ شَاكِرًا عَلِيمًا ❁

(Al-NISA:147)

وَقَالَ اللَّهُ تَعَالَى

وَقَلِيلٌ مِّنْ عِبَادِيَ الشَّاكِرُونَ ❁

(SURAH SABA:13)

صَدَقَ اللَّهُ الْعَظِيمُ

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِ سَيِّدِنَا مُحَمَّدٍ وَبَارِكْ وَسَلِّمْ

The aspiration of a man's heart

My respected elders, dear brothers and mothers of the Muslim ummah and sisters!

Every man's aspiration about the blessings that Allah ﷻ has bestowed upon us, is that these blessings increase, and these blessings also stay preserved, whether a man is pious or impious, this is what every heart aspires. Yes, if the man is pious, then in his perspective, there are two kinds of blessings. One of them is the commodities and resources to lead a life, about these blessings, his aspiration is that Allah increases them and preserve them and second, the blessings which Allah ﷻ has





given in the form of companionship of momineen, pious, virtuous and courteous. His aspiration about this is also that Allah ﷻ increases them and preserve them.

Prescript for Abundance in blessings

Allah ﷻ beneficence can be estimated very well by this that Allah ﷻ has created man. He is very well aware of man's shortcomings and inabilities, that is why He has bestowed upon us such easy prescripts in His Book, that if man practices them, not only the materialistic blessings will remain but there will also be an increase in them. Not only steadfastness over spiritual blessings will be granted, but Allah ﷻ will provide further abundance in them. Among these prescripts, one easiest prescript is thanking Allah ﷻ. This is an excellent form of worship.

Message of Surah Fatiha

Expressing gratitude for the blessings bestowed upon us by Allah ﷻ is a magnificent and excellent form of worship, this can be assessed by this fact that the Book, Allah ﷻ has granted to the ummah of Muhammad ﷺ, that is the summary of all the revealed books and Surah Fatiha is the summary of the Holy Quran. This surah has a superior status near Allah ﷻ. While starting this surah, He says: **الْحَمْدُ لِلَّهِ** All praise is for Allah ﷻ. This surah is so beloved to Allah ﷻ that the believers have been directed that "Oh believers! Recite this in every prayer."





The most important surah has been begun with words of gratitude. Allah ﷻ says:

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ﴿١﴾

“Praise belongs to Allah, The Lord of all the worlds”

(Al Fatiha:1)

Oh Allah ﷻ! Thank you, only You are worthy of praise, there are numerous favors of Yours upon us that we cannot even count.

Allah ﷻ Countless Blessings

Allah ﷻ says:

وَإِنْ تَعُدُّوا نِعْمَةَ اللَّهِ لَا تُحْصُوهَا.

“If you count the bounties of Allah, you cannot count them all.”

(An Nahl: 18)

Oh Allah ﷻ, your blessings are countless. We thank You for them, we praise You, grant more abundance in our blessings.

My friends! Gratitude is such a form of worship that when all the people of Jannah will be in Jannah, so except for this form of worship, there will be no other form of worship there. Although, Allah ﷻ will make this form of worship more easy there, so much, that like the way breathing is for man, it is not troublesome at all, the same way in Jannah, Allah's glory and praise will stay in continuation within man like breathing.





Summary of all goodness/blessings

Hadhrat Qatadah رضي الله عنه reported that Prophet ﷺ has said:

أَرْبَعٌ مَنْ أُعْطِيَ مِنْ أُعْطِيَنَّ فَقَدْ أُعْطِيَ خَيْرَ الدُّنْيَا وَالْآخِرَةِ لِسَانٌ ذَاكِرٌ وَقَلْبٌ شَاكِرٌ وَبَدَنٌ صَابِرٌ وَزَوْجَةٌ مُؤْمِنَةٌ صَالِحَةٌ

Tanbeeh-ul-Ghafilien (Baab-shukar)

“To whoever Allah ﷻ has given four blessings, it is, as if he has been given the best in this world and the Hereafter. These are the four things:

1. A tongue of remembrance
2. A grateful heart
3. A body that can withstand trials
4. A pious wife ”

To whoever, Allah ﷻ has granted these four blessings, it is, as if Allah ﷻ has granted all the goodness and the best in this world and the hereafter.

Gratitude increases blessings

Hazrat Hassan رضي الله عنه used to say that:

مَا أَنْعَمَ اللَّهُ عَلَى عَبْدٍ مِنْ نِعْمَةٍ صَغُرَتْ أَوْ كَبُرَتْ فَقَالَ الْحَمْدُ لِلَّهِ إِلَّا كَانَ قَدْ أُعْطِيَ أَفْضَلَ مِمَّا أُخِذَ

(Tanbeeh-ul-Ghafilien)

“When Allah ﷻ grants a big or a small blessing to a man and that man says Alhamdulillah for it, so a better blessing that is granted to him.”

Meaning whether Allah ﷻ grants someone a big or a





small blessing, whether he grants a materialistic blessing or spiritual, and he says Alhamdulillah for it so this time around, the blessing that Allah ﷻ gives him will be greater than the first blessing.

My friends! Whoever wants to look beautiful, look in the mirror and thank Allah ﷻ from the depths of the heart, Allah ﷻ will further increase his beauty. Allah ﷻ says:

لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ

“If you express gratitude, I shall certainly give you more”

(Surah Ibrahim: 7)

Whoever thanks Allah ﷻ from the depths of the heart for His endowed blessings so Allah ﷻ will surely provide abundance in his blessings.

How to achieve abundance/progress?

If one thanks Allah from the heart for the blessings bestowed by Allah ﷻ, so Allah ﷻ grants further increase in that blessing. To the one, whom Allah ﷻ has given health and he thanks Allah for it, that “Oh Allah ﷻ! Thank you, you have given me health”, so by God! There will be an improvement in his health. If Allah ﷻ has given someone beauty and he thank Allah ﷻ for it from the depth of his heart, so Allah ﷻ provides further increase in his beauty. If Allah ﷻ has given livelihood and you have enjoyed what you ate, if one thanks Allah ﷻ for this so, next time the food Allah will feed us, it will be even more tasteful than the one provided. If Allah ﷻ has given a son, and your heart is filled with joy on seeing him and





if you thank Allah for this so Allah ﷻ will make your son so obedient that your heart will be filled with even more joy. We went home, we saw the house and experienced tranquility, so we thanked Allah ﷻ that “Thank You Lord, you have given me a house. There are many people who are deprived of houses, You have given me a house with respect and shelter,” So Allah ﷻ will increase peace in your house. If Allah ﷻ has provided you guidance to come to the masjid if you thank Allah ﷻ for it so Allah ﷻ will guide you to come again and again. If Allah ﷻ has made you sit in a gathering of goodness (in the company of good people), and you thanked Allah ﷻ for it, so then Allah ﷻ in the same way will guide you to attend more of these gatherings.

Hadhrat Hassan رضي الله عنه used to say that when man thanks Allah ﷻ for His blessings (whether materialistic or spiritual) so Allah ﷻ will increase that blessing.

My friends! Such easy prescripts, previously strenuous efforts had to be done, people had to go through forty days (چله). For us, weak people, Allah ﷻ has made it easy that whoever wants an increase in their blessings, so he should thank Allah ﷻ from the depths of his heart, say Alhamdulillah, then see how Allah ﷻ increases his blessings.

Means of protection from Allah's ﷻ torment

My friends! Allah ﷻ loves this form of worship, the worship of being grateful, So much, That Allah ﷻ does





not only increases blessings in return but the one who is grateful, all doors of Allah's ﷻ torment are closed for him.

Allah ﷻ says:

مَا يَفْعَلُ اللَّهُ بِعَذَابِكُمْ إِنْ شَكَرْتُمْ وَأَمَّنْتُمْ. وَكَانَ اللَّهُ شَاكِرًا عَلِيمًا
﴿١٤٧﴾

“When would Allah get by punishing you, if you are grateful and believe? Allah is Appreciating, All knowing.”

(Surah An-Nisa: 147)

Allah ﷻ is saying that why would I inflict torment upon you, if you become grateful all such doors will be closed for you. If we want that the blessings of Allah remain preserved and that there is an increase in them, so Allah ﷻ has told us an easy way, which is we thank Him for His blessings, that “Oh Allah ﷻ! It is Your favor, it is Your beneficence, I was not even worthy of this that You have given me.” This way, Allah ﷻ will keep the blessings safe, preserve them and increase them also.

Hazrat Muhammad ﷺ advice

Once Prophet ﷺ held hadhrat Mu'aadh ﷺ hand and said:

“Mu'aadh, I love you dearly!”

Hadhrat Mu'aadh ﷺ said:

“O Rasool Ullah ﷺ! I also love you dearly!”

Prophet ﷺ said:





“Oh Mu’aadh, my love and yours require that I give you a prescription, which you should use after every prayer”

Hadhrat Mu’aadh رضي الله عنه said:

“O Messenger of Allah ﷺ, surely tell.”

Prophet ﷺ said:

“O Mu’aadh, say this after every prayer.”

“اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ”

(Abu Dawood, Kitab Us Salah, Baab fil istighfar, VI, pg 322)

“O Allah ﷻ! Help me to remember You, to give thanks to You and worship You in the best way.”

Way of establishing steadfastness

My friends! If someone wants to establish steadfastness in their deeds so the way for this is also to thank Allah ﷻ for the deeds that he is doing, for example, if Allah ﷻ has guided someone to pray tahajjud, so he should thank Allah ﷻ from the depth of his heart that “Allah ﷻ, this is Your beneficence, I was not capable of this,” so the Lord of the universe will, In Shaa Allah, guide him to wake up everyday for tahajjud. If someone’s day has gone by without any act of disobedience, by Allah’s ﷻ grace, so he should thank Allah ﷻ from the depth of his heart that “Allah ﷻ! Thank You, this is Your beneficence that You have blessed me with such a day otherwise I did not have the capability for this that I protect myself from Your disobedience.” For this gratitude, Allah ﷻ will grant you with a many more such days.





Cure for spiritual diseases of the heart

My friends! This gratitude is such a magnificent form of worship, that where on one side, blessings are preserved, they achieve constancy and on the other side, by means of gratitude, the roots of all the spiritual diseases of the heart are cut off, because when man says, “Lord, this is by Your grace, I was not deserving of this,” so from this the root of arrogance is cut off. Arrogance comes only when man, after doing something, thinks of it as his proficiency and starts considering other people as less worthy than him, but when he says that “Oh Allah ﷻ! This is by Your grace, Your beneficence, this is not by my proficiency, I was not worthy of this,” so arrogance goes away and the attribute of humility will emerge in him, he becomes modest and habitual of being grateful.

One of our elders says that it is possible that man can count the leaves on trees, this is also possible that man can count the number of particles on earth, this is also possible that man can count the number of drops of water in the sea and this is also possible that man can count the number of stars but when it comes to the blessings of Allah ﷻ, so Allah ﷻ says:

“وَأَنْ تَعُدُّوا نِعْمَةَ اللَّهِ لَا تُحْصُوهَا”

“If you count the bounties of Allah, you cannot count them all.”

(An Nahl: 18)

Meaning, even if all of you together wish to count the blessings of Allah ﷻ, still you will not be able to count





them. Allah ﷻ blessings are surrounding us at all times. If man only focuses on his body, so blessings, one after the other, can be seen but sadly, today no heed is paid to these blessings, that is why they are not valued.

Oh sir! Ask those who are deprived of the blessing of an eye, that how great a blessing that is? Ask those who are deprived of the power of hearing, that how great a blessing hearing is? Ask those who are deprived of the power of speaking that how great the blessing of speech is? Ask those who are deprived of the gift of intellect, how great a blessing that is? Ask those who are deprived of good health, that how great a wealth, health is? All of these are such blessings, that each and every blessing is priceless and irreplaceable.

An occurrence with a lesson to be learnt

An incident, which has a lesson to be learnt, is written that a youngster had an accident and lost his eyelashes (when dust enters the eye, so eyelashes cleans it out with the help of water). It is the glory of Allah ﷻ that, whenever this youngster used to go out, so dust went into his eyes and he used to keep cleaning it, by cleaning it again and again, his face reached to a state that if water touched his face, he felt that someone's pouring acid on him. In the same way, there used to be a great capitalist. Allah ﷻ had taken away this blessing from him that his eyelashes could not blink by themselves, another man used to do it for him, the other man would open it too. He had been deprived of this blessing; he was asked that what do you most desire for in life? So, he said:





“Take all of my wealth and in return I would want a chance to open and close my eyelashes according to my will.”

Such great blessings these are that man cannot even imagine, Oh by God! My friends! One should fear Lord's disobedience, because what the Lord can give, can take it away also, who can give respect in the society, He can also bring about dishonor.

My friends! Where there are a number of blessings given by our Lord, there, one great blessing is respect that He has made us respectful members of the society, He has covered our shortcomings by a shiny cloak, if today He uncovers our shortcomings in front of all the people, so what state will we be in? Therefore, we should be grateful towards Allah ﷻ

The value and worth of the blessings of Allah ﷻ

Once, Hadhrat Dhun'noon Misri ﷺ went to the durbar (hall of palace) of Haroon Rasheed (Haroon Rasheed was a very appreciative king, he used to spend his free time in the company of good people). When hadhrat Dhun'noon Misri ﷺ entered the durbar, at that time, Haroon Rasheed was sitting with a glass in his hand. Hadhrat Dhun'noon Misri ﷺ said to him:

“O Haroon! If except for this water, any more of it is not available, what price will you put on this water?”

Haroon Rasheed ﷺ said:

“Hadhrot! Life is not possible without water, even if I must give half of my empire for this water, I will. “

Hadhrot Dhun'noon said that:





“If this water does not come out after going inside and there is only one doctor in this world who knows the treatment for this and the fees is also a lot, so to what extent can you spend your riches and wealth, for its payment?”

Haroon Rasheed رحمته الله said:

“If I have to give the rest of my empire for this, I will do so.”

Hadhrat Dhun’noon Misri رحمته الله was actually trying to make us understand that,

“O sir! The worth of your whole empire is equal to the worth of one blessing of Allah ﷻ (a glass of water).”

And my friends! We drink so many glasses of water from morning to evening, and what not we drink, we never think about this that how Allah ﷻ blessings are being showered upon us like rain? What different blessings of Allah ﷻ we are using, what a continuous series of rewards we keep getting.

Make gratitude a habit

You must have seen and felt that when you stop your car at signal, women who beg are spreading their hands, at shops, they are spreading their hands. Oh! Think about it that how much of Allah ﷻ grace and beneficence is upon us that our mothers and sisters are living a life of respect in their homes. Allah ﷻ is providing sustenance to them while they are sitting at home. If they were also spreading their hands like this, what would we have gone through? That is why, my dear friends! Make gratitude





an important part of your life, make thanking Allah ﷻ a habit, so much that being grateful to Allah ﷻ becomes your temperament. This will preserve your blessings and cause an increase in them as well.

Gratitude puts an end to arrogance

There are a few blessings of Allah ﷻ that, when these blessings are there and gratitude is not being practiced with diligence, because of which arrogance builds up within man, like excess of money and wealth makes a man arrogant. He thinks that all this is the result of his hard work, that I was deserving of this. But if he understands that this is Allah ﷻ grace upon me and that he was not deserving of this and whenever He wants, He can take this blessing away from me, so arrogance will not come in him instead humility and humbleness will.

The Truth About Gratitude

The first truth about gratitude is that contemplation builds up within man, and he realizes that all these blessings are given by Allah ﷻ, all of these are His favors, I am not deserving of this.

My friends! When this builds up so two more things will definitely build up. One, love for his Benefactor, as his most beloved and the second thing that will build up is that he will be seeking the pleasure of his Beloved all the time, and think that whatever my Benefactor says, I will say Labbaik (Here I am, at Your service) to it and make Him happy, so this gratitude brings about three things. One this that when Allah ﷻ gives him any blessing, so





he contemplates on the Giver and glorify and praise Him. The second is this that whatever He gives, he is content with it and the Benefactor becomes his most beloved and the third thing is this that he stays concerned about being obedient to Him, and man's eagerness should be that whatever my Beloved says, I will do so.

The one who has three things within him is truly grateful, he is truly a grateful person, Allah ﷻ has granted him the status of being grateful, his sense of gratitude will increase, and his attribute of gratefulness will diminish. Then, even if afflictions come, since the sense of gratitude would have been increased, because of this in that affliction, he will not pay attention to the affliction, instead his attention will shift towards other blessings and even in the state of distress, he will keep thanking Allah ﷻ .

Contemplate on your blessings

One of our elders who has passed, Syed Asghar Hussain Shah رَحْمَةُ اللهِ عَلَيْهِ , once he had extremely high fever and, again and again, he was undergoing stupor but whenever he got relief from the state of unconsciousness, he would say “الْحَمْدُ لِلَّهِ” Someone said: “Hadhrat! You are extremely unwell, and you are saying “الْحَمْدُ لِلَّهِ,” even in this state. He said: “O sir! Rest of my body is in perfect health, kidney is perfect health, senses are perfectly fine, it is only just a fever, so should I not thank Allah ﷻ for these blessings?”

My friends! The conditions are not the same nowadays, they have changed to such that power in the sense of gratitude has not remained. If someone is met with





distress, so he forgets about the thousands of blessings and starts complaining about that distress. If someone is asked that “brother, how is it going?” So he straightaway says that just surviving, although the person saying this is the owner of lakhs, the owner of crores, even if he sits at home and eats, still it will not be a problem for him, but because he has ungratefulness in his temperament that is why he says that he is just surviving although Allah ﷻ has given him all the materialistic blessings, all life’s facilities are given to him, still he is saying that he is just surviving. Because of this ungratefulness, Allah ﷻ takes away those blessings from him or the blessings remain but Allah ﷻ removes abundance (barkat) from this blessing, He deprives him of its goodness and fruits.

It has been mentioned in the Quran that to whom, Allah ﷻ grants a state of gratefulness, he pays attention to blessings even at the time of distress and to whom, this state is not granted so he, in the presence of a thousand blessings, will be seen complaining, he is seen, saying words of ungratefulness, this deed of his leads to his loss only, that Allah ﷻ snatches the blessing he has or He does not add abundance in them.

The worldly punishment of ingratitude

Allah ﷻ says:

وَضَرَبَ اللَّهُ مَثَلًا قَرْيَةً كَانَتْ آمِنَةً مُطْمَئِنَّةً يَأْتِيهَا رِزْقُهَا رَغَدًا مِنْ كُلِّ مَكَانٍ فَكَفَرَتْ بِأَنْعَمِ اللَّهِ فَأَذَقَهَا اللَّهُ لِبَاسَ الْجُوعِ وَالْخَوْفِ بِمَا كَانُوا يَصْنَعُونَ





Allah gives an example; there was a town , secure and content with its sustenance coming in plenty from every place. Then, it turned ungrateful to the bounties of Allah, so Allah made it to taste hunger and Terror (that had covered it) like a garment, as recompense of what its people used to do. (Surah An Nahl:112)

And Allah ﷻ is stating the strange state of people of a village that they used to live in satisfaction and peacefully and their provision used to come in abundance from every location, but they denied the favors of Allah ﷻ . On this, Allah made them taste the envelopment of hunger and fear for what they had been doing.

Allah ﷻ is saying that I will tell you an example of a village, whose inhabitants were leading a very peaceful life, nor was there any danger inside (among them) and nor was there any fear of an enemy from the outside, there was abundance in provision from every direction, there was excess of goods required to lead life. Then, they showed ingratitude towards Allah ﷻ blessings so Allah ﷻ gave them two punishments. One was that Allah ﷻ afflicted hunger on them and closed the doors of provision on them. He increased the cost of everything so much that no means of living remained in possession of common man or their health became so bad that food was laid in front of them, different types of dishes used to be there but they could not eat. They used to keep yearning from within, and there can be one more possibility that they had a lot of wealth but they were still poor from their hearts, they were prey to diseases of greed and desires





that they get more and more.

The second punishment Allah ﷻ gave them is that Allah ﷻ imposed fear on them, sometimes from their own people and sometimes from outsiders, to this extent that their lives no longer remained peaceful.

Outcome of not valuing blessings

My friends! Because of the conditions that prevail nowadays, every person is distressed, some distressed by hunger and over some people, fear is imposed upon them, all of this is because of ingratitude towards Allah ﷻ blessings. That is why, the one who has bread for two times in a day, he is also ungrateful and the one who does not have this, he is even more ungrateful and to whom Allah ﷻ has given so much, the fire of greed and desires is burning in them. Everyone is distressed. Sometimes, someone's son is unwell, sometimes daughter is unwell, sometimes wife is unwell, sometimes business suffers loss. It seems that problems arise at each and every step. The reason of all this is what Allah ﷻ has mentioned in the Quran:

فَكَفَرَتْ بِأَنْعُمِ اللَّهِ فَأَذَقَهَا اللَّهَ

Then, It turned ungrateful to the bounties of Allah; so, Allah made it to taste. (Nahl:112)

That whoever does not value Allah ﷻ blessings, Allah ﷻ afflicts him with torment, because of his ingratitude, He takes away His blessings from him, deprives him of satisfaction, deprives him of peace, deprives him of the wealth of provision, deprives him of the blessing of health.





Misuse is also ingratitude

My friends! The biggest cause of being deprived of blessings is being ungrateful towards Allah ﷻ and gratitude towards Allah ﷻ blessings is the easiest way for preserving and increasing the bestowed blessings. Also remember this that whoever misuses Allah ﷻ blessings and perseveres in committing sins, he can never become a grateful servant of Allah ﷻ, like one of the blessings given by Allah ﷻ is the eye and he misuses it so he is being ungrateful towards the blessing of the eye. If he believed that this, truly is a blessing of Allah ﷻ, so his conscience would have said to him to not misuse this blessing, so that the Beloved is not displeased. If he believed that these ears are a blessing of Allah ﷻ so his heart's yearning would be to not use them in the path which leads to Allah ﷻ disobedience. If he believed that this wealth is given by Allah ﷻ, so he would have been worried that he does not use it for any wrong purpose, so the Beloved is not displeased. If he would have thought of his house as a blessing so he would be worried that he does not do any such thing in the house that would displease Allah ﷻ. If he would have thought of his children as Allah ﷻ blessings, so he would worry that their upbringing does not take such a turn, that would lead to Allah ﷻ displeasure, if he thought of his means of business and sources of income as blessings of Allah ﷻ so his heart's yearning would be that he does not opt for any way that would cause Allah ﷻ displeasure.

My friends! If someone is using Allah ﷻ blessings for acts of disobedience to Allah ﷻ, so then he can never become a grateful servant of Allah ﷻ.





Hadhrat Suleiman عليه السلام way of gratitude

Allah ﷻ gave hadhrat Suleiman عليه السلام countless blessings, such as a supreme empire that even jinnaat were also obedient to his commands, he could also command the winds and Allah ﷻ taught him the language of birds, four-legged animals, he was even taught the speech of ants.

Once, hadhrat Suleiman عليه السلام was going with his troop, on the way, when he was passing by a group of ants, so the chief of ants said to the other ants:

يَا أَيُّهَا النَّمْلُ ادْخُلُوا مَسْكِنَكُمْ.

One of the ants said, "O ants, enter your dwelling places (Surah Naml:18)

Hadhrat Suleiman عليه السلام troop is coming; you might get crushed under their feet. Though, he is a Prophet, he would never harm Allah ﷻ creation on purpose, but he will not get to know and you will come under his feet, when the ants' chief announced this, so it is Allah ﷻ glory and His divine power that this voice did not only reach.

Hadhrat Suleiman عليه السلام ears, but He also made him understand.

Hadhrat Suleiman عليه السلام smiled on hearing what he said and despite this that Allah ﷻ had given him such a great empire, had given him such a great kingdom, Still he said:

رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ وَعَلَىٰ وَالِدَيَّ وَأَنْ أَعْمَلَ صَالِحًا تَرْضَاهُ وَأَدْخِلْنِي بِرَحْمَتِكَ فِي عِبَادِكَ الصَّالِحِينَ

"My Lord, enable me to become grateful to Your favour that you have bestowed on me and on my parents, and





to do good deeds that You like, and admit me, with Your Mercy, among Your righteous servants. (An Naml:19)

Oh Allah, guide me to be grateful to You for all the blessings You have given me. Then he bent down and adapted humility and made us understand that this is the right way to thank Allah ﷻ for His blessings, that such deeds are done that Allah ﷻ loves, the power that Allah ﷻ has given us, the abilities He has given us, the body He has given us, the eyes He has given, the children He has given us, the wealth He has given us, He has given us a respectful home, He has given us a house in a good society, the beauty and elegance He has given us and other such countless blessings that He has given us, to which we do not pay attention to, all of these should be used in such a way that pleases Allah ﷻ, this is the easiest way of being grateful for blessings, for their permanence and for increasing them.

Keep your tongue moist with remembrance of Allah ﷻ and gratitude

My friends! Always keep "أَلْحَمْدُ لِلَّهِ" on your tongue, our tongues should always be thanking Allah ﷻ.

Once, Nabi kareem ﷺ asked a man:

كَيْفَ أَصْبَحْتَ

How was your morning?

He said, very good, the Prophet ﷺ asked again! The second time around, he gave the same reply, the Prophet ﷺ asked for the third time, so he said: أَلْحَمْدُ لِلَّهِ. The Prophet ﷺ said this is exactly what I wanted to hear.





My friends! Allah ﷻ Nabi ﷺ has taught us to thank Allah ﷻ after every you do. If you are waking up from sleep, so say:

”الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ“

“All praise belongs to Allah ﷻ Who granted us life after death (sleep) and we are to return to Him.”

After you are done eating, say:

”الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مُسْلِمِينَ“

“All praise belongs to Allah ﷻ who gave us food and drink and made us Muslims.”

After you come out of the toilet:

”الْحَمْدُ لِلَّهِ الَّذِي أَذْهَبَ عَنِّي الْأَذَى وَعَافَانِي.“

“All praise belongs to Allah ﷻ who removed from me discomfort and gave me relief.”

My friends! Is this less of a blessing that Allah ﷻ has not closed the passage of food to the outside of our body. If he would have closed it, man would have died in agony.

Everything is Allah ﷻ beneficence

“When you see your parents in a condition of good health so say ” الْحَمْدُ لِلَّهِ when are riding or getting in your conveyance, when you sit for a meal. Eat different kinds of food, do an act of goodness, so thank Allah ﷻ from your heart, that all this is my Allah ﷻ benevolence, it is by His grace and favor, I was not even worthy of this. This should be on our tongues all the time, ” الْحَمْدُ لِلَّهِ ”

” الْحَمْدُ لِلَّهِ ” and repent form disobedience of Allah and ingratitude.





In worldly matters, look at the less fortunate

Rasool kareem ﷺ has given us a brilliant way of becoming grateful. He said:

انظُرُوا إِلَى مَنْ هُوَ أَسْفَلَ مِنْكُمْ وَلَا تَنْظُرُوا إِلَى مَنْ هُوَ فَوْقَكُمْ

“(With regard to this world) Look at those beneath you and do not look at those who are above you”

In worldly matters, always look towards the ones who are less fortunate than you, the one who has lower status than you, the one who has less wealth than you, look at the one who has less commodities and privileges. This will build value for the blessings in one’s heart, will get guidance to thank Allah ﷻ and will cause an increase in blessings as well. If you look at the ones above you, the one with more wealth, if you keep looking at the one with living with luxury and happiness, so shaitan puts despair in one’s heart and despair can never become a means of gaining blessings, it can not be a means of increase in blessings.

Hadhrat Saadi رحمه الله said that once my shoe broke. This thought came to me that how should I go out in front of people like this without a shoe? What will the people say? While I was thinking about this, I saw a man who had no feet, I thanked Allah ﷻ immediately that He has given me the blessing of feet. He has not deprived me of it.

Therefore, my friends! If Allah ﷻ has given a daughter so do not bring words of ingratitude on to your tongues, instead look at those who have disabled children, then you will realize that a daughter is such a great gift, is such a great blessing of Allah ﷻ. If Allah ﷻ has not given





children, so do not be ungrateful to Allah ﷻ, instead look at this that Allah ﷻ has given health, this is such a great beneficence of Allah ﷻ. There are so many who are on beds, in agony. If Allah ﷻ has not given a lot of wealth, still, do not be ungrateful, instead look at this, that Allah ﷻ has given you health. If Allah ﷻ has not given you a big house, so do not be ungrateful instead look at this that Allah ﷻ has given you obedient children.

Ingratitude deprives us of blessings

My friends! Ingratitude is the biggest cause of being deprived from Allah ﷻ blessings because of this, Allah ﷻ takes the blessings away. The way, thanking Allah ﷻ for materialistic blessings, leads to increase in blessings by Allah ﷻ. The same way, my friends! If Allah ﷻ grants the blessing of faith to a fortunate person, gives the blessing of piety, gives the company of pious people, surrounds a person with goodness and he thanks Allah ﷻ, that “O Allah ﷻ! All this is not because of my brilliance, instead all of this is Your bounty, Your benevolence, so Allah ﷻ by the auspiciousness of this gratitude will increase and further develop his piousness, religiousness and abstinence.

May Allah ﷻ grant divine guidance for bringing this into action, more than saying and listening.

Ameen.

وَأَخِرُ دَعْوَانَا أَنْ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ





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