

Sisters Learning Program

Lecture #5: Thikr

29 June 2005

Speaker: Moulana Uzair Akbar

In the name of Allah, Most Gracious, Most Merciful.

❖ Virtues of Thikr

- There are many actions (aml) in this world which get much reward, but one that is very easy to perform and reaps much benefit is *thikr*.
- Thikr is the remembrance of Allah (SWT) and gives us the power to enjoy other forms of worship, especially salaah.
- It is generally easier for a female to perform thikr than for a male because:
 - It is easier for her to focus
 - Also, because of the female's hijab, it protects her eyes and ears from the pollution that surrounds us.
- Abdullah bin Ubayd said if a person says:
 - ✚ Alhamdulillah – the reward is that the doors of heaven open up for the worshiper
 - ✚ Allahu akbar – the reward is filling the empty space between heaven and earth
 - ✚ Subhanallah – the reward for which is only known by Allah (SWT)
- When we remember Allah (SWT) in private, Allah (SWT) mentions us in a private gathering, but if we remember Allah (SWT) publicly, Allah (SWT) makes mention of us in an even greater public gathering.
- Allah loves the following 2 things:
 - One who remembers Allah (SWT) and spreads the word of Islam
 - That person who keeps away from that which is forbidden
- The fruits and rewards of thikr:
 - a) Encouragement to increase in the department of virtue
 - Just as everything needs a cleanser, so thikr cleanses our spirit
 - b) Shaytaan will not be allowed to whisper in our minds
 - c) One's heart is softened
 - Kalb e salim – that heart which is soft to the command of Allah (SWT)
 - This heart is important for the salvation of a human being

- 2 drops have the power to extinguish the fire of Jahannam
 - that drop of blood lost by a mujaahid on the battle field
 - the drop of that tear shed when asking for forgiveness
- d) One obtains the pleasure of Allah (SWT)
- e) Prevents one from engaging in evil actions
- The greatest person on the Day of Judgement is one, who in this world, constantly remembers Allah and one on whose lips are constantly moist with thikr. Other benefits of thikr include:
 - Being constant with your 5 daily salaah
 - Only partake in halal
 - Abstain from haraam

Therefore thikr is our spirit's sustenance
- For that person that doesn't remember Allah (SWT), it is similar to being alive but dead, i.e. that the physical body is alive but spiritually one is dead.
- What is the definition of a 'good life' in a Muslim's dictionary?
 - To be able to practise our religion easily, i.e. where our sustenance is halal and only halal comes to us and we are not allowed by Allah (SWT) to do any wrong.
- A Hadith in Tirmidhi – Our Prophet (S.A.W) mentioned that we should not speak too much without the thikr of Allah (SWT), because the one who talks too much without the thikr of Allah, that person's heart becomes hardened.
 - Therefore mention what Allah (SWT) says in the Quraan, and what our Prophet (S.A.W) said.
 - If there is a gathering and no mention of Allah (SWT) or our Prophet (S.A.W), there is no blessing in such a gathering. It is for this reason that we recite duaa at the end of our gatherings.
- While it may seem difficult to make thikr through the day, we should make the niyyet of thikr at the start of the day, and even if you're making thikr while your mind is not totally focused, there is still reward to benefit from such an action (aml).
- Sisters have the duty of cooking food, and a good habit to try and develop, is to make wudhu before commencing in the kitchen. This will have a positive effect on your family and increase ihsaan, and create a better and more harmonious environment within the home.
- In Islam, there is a great emphasis on hospitality. When cooking, for example, if cooking 2 cups of rice, take out a little extra with the intention of cooking for a guest if a guest had to arrive. Even if a guest doesn't arrive, you will still obtain the reward of feeding a guest.

- We must try and make the following tasbeeh before going to sleep.

- ✚ 33 x Subhanallah
- ✚ 33 x Alhamdullilah
- ✚ 34 x Allahu akbar

This tasbeeh also gives us more energy to do the work we are required to do.

The topic of thikr is to be continued insha-Allah.....

❖ Gifts for today – Surah Mulk

- Surah 67, 1st surah of the 29th Juz, contains 30 verses
- In a hadith mentioned in Tirmidhi, some sahabaa placed a tent up, but hadn't realised it was above a grave.
 - They heard a person recite Surah Mulk (the full surah)
 - They asked Muhammad (S.A.W) about this and he replied that Surah Mulk protects one from the chastisement of the grave.
- Abbas (RA) narrated that Muhammad (S.A.W) said he likes for every person to learn this surah by heart so that even if one doesn't have wudhu before going to sleep, one can still recite the surah and obtain the associated benefits.

❖ Gifts for today – Surah Waaqiyah – Surah 56

- This surah should be recited at night, and if recited protects one from destitution
- It is preferable to recite this surah after Magribh and before Esha, however, it can also be recited after Esha before going to sleep.

❖ Questions & Answers

Q1. How long is the Idat period?

A1. For a widow 4 months and 10 days

For a divorcee

- Talaq must be given when she is clean
- She must experience 3 haiz (cycles)
- At the end of the 3rd haiz, this marks the end of her idat

Q2. If one has a miscarriage, is there idat for her?

A2. Even if one limb of the foetus develops in the womb, the foetus is considered to be alive, and therefore in the case of a miscarriage, idat does apply.

The period of idat is for the time of nifaas, which can be up to a maximum of 40 days.

Q3. Can we eat at an idol worshipper's house?

A3. Yes, but we should also have the intention of inviting them to Islam.

Q4. Are we as Muslim women allowed to greet Muslim men if we're walking past etc?

A4. No.

Q5. Is nail polish permissible?

A5. Nail polish is allowed, but there is a concern in relation to wudhu. The polish must be removed *each time* wudhu is to be performed as it covers the nails which are required to be wet in order for wudhu to be valid. Therefore, this must be considered, and our wudhu and salaah should not be compromised for the sake of keeping the nail polish.

Q6. How is duaa accepted?

A6. Remember, when we ask Allah (SWT) for something, we may not necessarily be granted what we ask for. However, our duaa may be answered by:

- Some calamity being removed from our path instead
- Or our duaa may be kept for later, when Allah (SWT) knows the best time to grant it.

It is also important to partake only of halal food, have halal sustenance and be sincere.

Q7. What is the best way to give daawa to idol worshipers?

A7. To speak about the Oneness of Allah (SWT)

NB: Hadith mentioned are not quoted specifically word for word, but only mentioned briefly.