



Introduction to *Sahifa Sajjadiyya*

ALl 201, 3/6: Dhul Qa'dah 1432/ October 2011

Objective: The course will cover a comprehensive discussion on the significance, role and authenticity of *Sahifa Sajjadiyya*. The contents of the Sahifa will be studied using two approaches: a detailed discussion on a number of supplications individually, and a topical discussion on a few subjects covered in the book.

Lord of Nabi Ibrahim (a) in HQ 26:77-83

○ فَإِنَّهُمْ عَدُوٌّ لِّيَ إِلَّا رَبَّ الْعَالَمِينَ 7 وَالَّذِي
خَلَقَنِي فَهُوَ يَهْدِينِ 7 وَالَّذِي هُوَ يُطْعِمُنِي
وَيَسْقِينِي 7 وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِي 8
وَالَّذِي يُمَيِّتُنِي ثُمَّ يُحْيِينِي 8 وَالَّذِي أَطْمَعُ
أَنْ يَغْفِرَ لِي خَطِيئَتِي يَوْمَ الدِّينِ 8

- They (i.e. idols) are indeed my enemies; not so the Lord of all the worlds, 77 who created me. It is He who guides me, 78 and gives me food and drink, 79 and when I get sick, it is He who cures me; 80 and who will make me die, and then give me life (again), 81 and He who will, I hope, forgive my faults on the Day of Judgement.' 82
- Questions for reflection: 1) Why call idols as enemies? 2) What does v 78 indicate? 3) What is the function of *huwa* in vv. 78, 79 & 80?



Commentary & reflections on the passage

- Nabi Ibrahim (a) is saying, as for me: (compared to you O my uncle & your forefathers) none is my helper except *Rabbul 'Aalameen* who first of all is my Creator (vv. 77 & 78).
- After creating, He continues to take care of me & all the creation –being the sustainer of worlds
- Functions of the *Rabb*: guiding, feeding, quenching thirst, restoring health in sickness, causing death, resurrecting & forgiving faults.
- Falling sick is a natural phenomenon due to a number of factors- eating & drinking is big cause



Synopsis of Du‘aa No. 15 for sickness

- One of the briefest supplications
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- Praising Allah & Thanking despite being sick
 - Use of positive language throughout
 - Referring to discomfort and pain casually
 - Only three words describing the real state of the sick person: *infirmity, distress & hardship* (p.6)
 - Ending beautifully: *You are gratuitously bountiful in beneficence, ever gracious in kindness, the Generous, the Giver, Possessor of majesty and munificence!*
 - Alternate translation: *Verily You are benevolently Kind, bountifully Gracious, magnificently Generous and the Possessors of Greatness and Glory!*

Du 'aa for Sickness – Passage 1

○ Text

فِيهِ مِنْ سَلَامَةٍ بَدَنِي ، وَ لَكَ الْإِحْمَادُ عَلَيَّ مَا
أ

- *O God, to You belongs praise for the good health of my body which lets me move about, and to You belongs praise, for the ailments which You cause to arise in my flesh!*
- The first thing he mentions is good health
- A sage to a person tying bandage for headache
- Allah reminds a person who argues (36:77)
- Imam says that Allah has caused the illness
- Thus He alone can give cure & relief

Du‘aa for sickness – Passage 2

○ Text:

ف

بِالْشُّكْرِ لَكَ ، وَ أَيُّ الْوَقْتَيْنِ أَوْلَى بِالْحَمْدِ
ل

- *For I know not, my God, which of the two states deserves more my thanking You and which of the two times is more worthy for my praise of You:*
- Both states replete with Divine bounties
- Imam has limitations in thanking for sickness
- Use of word *shukr* after *hamd* in p.1 & in p.2
- No complains to Allah, rather show gratitude
- H P (s): *The wrongdoings of a sick person shed away from him like the shedding of leaves from a tree.*

Dua for Sickness – Bounties of good health

○ أَوْقَتُ الصَّحَّةَ الَّتِي هُنَّ أَتَنِي فِيهَا طَيِّبَاتِ
رِزْقِكَ ، وَ نَشَّطْتَنِي بِهَا لِابْتِغَاءِ مَرْضَاتِكَ وَ
فَضْلِكَ ، وَ قَوَّيْتَنِي مَعَهَا عَلَى مَا وَفَّقْتَنِي لَهُ
مِنْ طَاعَتِكَ

- *The time of health in which You make me (1) delight in the agreeable things of Your provision, (2) through which You give me the joy to seek the means to Your good pleasure and bounty, and (3) by which You strengthen me for the acts of obedience which You have given me success to accomplish*
- What is *tayyibaat* in provision? See 2:57 & 172
(*Taaba* = to be good, pleasant, agreeable, lawful)
- Means of seeking *ridha* and *fadh*l of Allah
- Strength to obey Allah, thru His *tawfeeq*

Dua for Sickness: Bounties of ill health

○ أَمْ وَقْتُ الْإِعْلَاءِ الَّتِي مَحَّصْتَنِي بِهَا ، وَ الْإِنْعَامِ
الَّتِي أَتَّحَفْتَنِي بِهَا ، تَخَفِي فَأَلِمًا ثَقُلَ بِهِ
عَلَيَّ ظَهْرِي مِنْ الْخَطِيئَاتِ ، وَ تَطْهِّرَ لِمَا
أَنْغَمَسْتُ فِيهِ مِنَ السَّيِّئَاتِ ، وَ تَنْبِيهِ أَلَمًا
لِتَنْأُولَ التَّوْبَةَ ، وَ تَذَكِّرَ لِمَحْوِ الْحَوْبَةَ
بِقَدِيمِ الْإِنْعَامِ

- *Through which You have (1) put me to the test (2) bestow favours by: a) lightening offenses that weigh down my back, b) purification of evil deeds into which I have plunged, c) warning to be prompt in repentance, d) reminder of the erasure of misdeeds through ancient favour*
- Undoubtedly sickness is one of the tests
- Wisdom of Allah testing His creatures
- Opportunity to look back at our lives
- Importance of *tawba* and reminder

More bounties of illness

○ وَ فِي خِلَالِ ذَلِكَ مَا كَتَبَ لِي الْكَاتِبَانِ مِنْ

زَكِيِّ الْأَعْمَالِ ، مَا لَمْ يَلْقُ قَلْبٌ فَكَّرَ فِيهِ ، وَ لَمْ يَلْسَنْ أَنْ نَطْقَ بِهِ ، وَ لَمْ يَجْرَحْهُ تَكَلُّفَتْهُ ، بَلْ
إِفْضَالًا مِنْكَ عَلَيَّ ، وَ إِحْسَانًا مِنْ صَنِيْعِكَ
إِلَيَّ

○ *And, through all that, what the two writers write for me: blameless acts, which no heart had thought, no tongue had uttered, and no limb had undertaken, rather, as Your bestowal of bounty upon me and the beneficence of Your benefaction toward me*

○ Role of *al-kaatiban*

○ Why only record Academy for Learning Islam pure & blameless acts?

○ The quality and best deeds



What to ask in sickness? Part 1

- *O God, bless Muhammad and his Household, make me love what You have approved for me, make easy for me what You have sent down upon me, purify me of the defilement of what I have sent ahead, erase the evil of what I have done beforehand,*
- Begin your needs with *salawat*
- Love whatever Allah gives -> contentment
- Ability to bear discomfort & pain in sickness
- Purification of our filthy acts
- Deleting of our evil deeds



What to ask in sickness? Part 2

- *let me find the sweetness of well-being, let me taste the coolness of safety, and appoint for me a way out from my illness to Your pardon, transformation of my infirmity into Your forbearance, escape from my distress to Your refreshment, and safety from this hardship in Your relief!*
- Good health & well being is indeed sweet
- Have a look at his supplication of well being
- ‘Coolness of safety’ – lack of temperature
- God’s pardon is one of the remedies
- Develop Divine quality of forbearance
- Freeing from distress & hardship



Adaab of visiting the sick

- Lot of reward of visiting a sick, similar to participating in a funeral
- Ensure to make a brief visit
- A fool can hurt the sick more than his illness
- Take with you some fruits & perfume
- Pray for him/her sincerely
- Ask him/her to pray for you for the supplication of sick is accepted promptly
- Always be hopeful with Allah for recovery
- Use positive words & actions during visits



Prep for the next class

- Qur'anic verses on thanksgiving.
- Discussion on the article on *Sahifa Sajjadiyya* by Ayatullah Muhammad Baqir al-Sadr (*q.s.*)
- Meaning of words *hamd*, *thanaa* & *shukr*.
- Reading passages from Du'aas No 1 & 74 in *Sahifa*.
- Stories or events on thanksgiving