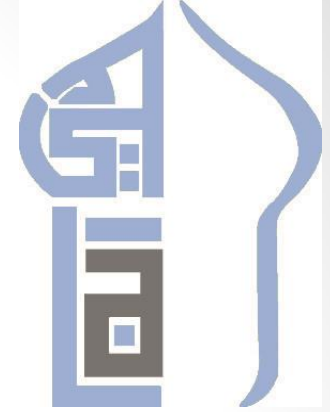


بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ



ALI 226: Du'as 19 and 23 *Sahifa Sajjadiyyah*

February 2013/ Rabi' I & II, 1434

وَكَانَ مِنْ دُعَائِهِ عَلَيْهِ السَّلَامُ إِذَا سَأَلَ اللَّهَ الْعَافِيَةَ وَشُكْرَهَا

His Supplication when he Asked Allah for Well-Being and Thanked Him for it

Quiz on 'Translator's Intro.'

- Two sections:
- Multiple choice – covered in the last class
- Fill in Blanks – we will spend 5 minutes

Holy Qur'an on healthy child

• هُوَ الَّذِي خَلَقَكُمْ مِّنْ نَّفْسٍ وَاحِدَةٍ وَجَعَلَ مِنْهَا زَوْجَهَا لِيَسْكُنَ إِلَيْهَا
فَلَمَّا تَغَشَّاهَا حَمَلَتْ حَمْلًا خَفِيفًا فَمَرَّتْ بِهِ فَلَمَّا أَثْقَلَتْ دَعَوَا اللَّهَ
رَبَّهُمَا لَئِنْ آتَيْتَنَا صَالِحًا لَنُكُونَنَّ مِنَ الشَّاكِرِينَ * فَلَمَّا آتَاهُمَا صَالِحًا
جَعَلَا لَهُ شُرَكَاءَ فِيمَا آتَاهُمَا فَتَعَالَى اللَّهُ عَمَّا يُشْرِكُونَ

- 7:189 It is He who created you from a single soul, and made from it its mate, that he might find comfort with her. So when he had covered her, she bore a light burden and passed [some time] with it. When she had grown heavy, they both invoked God, their Lord: 'If You give us a healthy [child], we will be surely grateful.'
- 7:190 Then when He gave them a healthy [child], they ascribed partners to Him in what He had given them. Exalted is God above [having] any partners that they ascribe [to Him]. (*swalihan* = good, goodly, healthy, etc)

Reward of remembering al-Husayn (a) when drinking water

- Dawood Al-Raqqi, says that once I was in the presence of Imam Ja‘far al-Sadiq (a) when he asked for water to drink. When he drank it, grief overtook him and his eyes became full of tears. Then he said,
- *O Dawood! May Allah’s curse be upon the murderers of Imam Husayn (a). There is no servant (of Allah) who drinks water and remembers Husayn and curses his enemies, except that Allah records one hundred thousand virtues for him, erases one hundred thousand bad deeds of his, and elevates one hundred thousand ranks in his position; and it is as if he has freed one hundred thousand slaves. On the Day of Resurrection he shall be raised with a heart filled with peace.*
(*Kamil Al-Ziyarat*, Chp 34; *Nafasul Mahmoom*, Chp 2: Hadith 19)

Du'a to remember al-Husayn

- Sakina b. al-Husayn heard her father saying:
 - شَيْعَتِي مَا إِنَّ شَرِبْتُمْ رَيًّا عَذْبٍ فَادْكُرُونِي
- *My Shi'ahs, when you drink cold water, then remember me.*

- So we say:

Salawaatullaahi 'alal-Husayn, wav'alaawlaadil-Husayn, wa 'alaawAshaabil-Husyan, wa 'alaawAnsaaril-Husyan; wala'natullaahi 'alaawQatilil-Husayn wa Ashaabihim. (Blessings of Allah be on Imam al-Husayn, his children, his companions and his helper. Curse of Allah be upon the killers of al-Husayn and their companions.

Meaning of *al-'aafiyah*

Meaning of the word *al-'aafiyah* = good health, well-being, vitality; free from sickness & afflictions. Some scholars say that it is being free from all sort of disliking in body and soul, that which is manifest and hidden, in religious and worldly affairs, and in the Hereafter. This is why we say in the last sajdah:

يَا وَليَّ الْعَافِيَةِ، نَسْأَلُكَ الْعَافِيَةَ، عَافِيَةَ الدِّينِ وَالدُّنْيَا وَالْآخِرَةِ

O the Master of well-being, we ask You for well-being, the well-being in the religion, the world and the Hereafter.

HP (s): The most beloved thing is to ask Allah for *al-'aafiyah*.

- A person was asking for patience during *tawaaf*. Imam al-Sajjad (a) advised, 'you have asked to be tried. Instead say:

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَافِيَةَ، وَالشُّكْرَ عَلَى الْعَافِيَةِ

Sahifa Du'a 23: Passage 1

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِهِ، وَأَلْبِسْنِي عَافِيَتَكَ، وَجَلِّلْنِي عَافِيَتَكَ،
وَخَصِّنِي بِعَافِيَتِكَ، وَأَكْرِمْنِي بِعَافِيَتِكَ، وَأَغْنِنِي بِعَافِيَتِكَ، وَتَصَدَّقْ
عَلَيَّ بِعَافِيَتِكَ، وَهَبْ لِي عَافِيَتَكَ وَأَفْرِشْنِي عَافِيَتَكَ، وَأَصْلِحْ لِي
عَافِيَتَكَ، وَلَا تُفَرِّقْ بَيْنِي وَبَيْنَ عَافِيَتِكَ فِي الدُّنْيَا وَالْآخِرَةِ .

O Allah, bless Muhammad and his Household, clothe me in Your well-being, wrap me in Your well-being, fortify me through Your well-being, honor me with Your well-being, free me from need through Your well-being, donate to me Your well-being, bestow upon me Your well-being, spread out for me Your well-being, set Your well-being right for me, and separate me not from Your well-being in this world and the next!

Notes on Passage 23:1

- Begins the supplication with salawaat
- We should be covered & wrapped with good health
- Imam Ali (a): *There is no garment more beautiful than good health and vitality* (لَا لِبَاسٍ أَجْمَلُ مِنَ الْعَافِيَةِ)
- Keep me protected in Your well-being
- Honor and enrich me in Your well-being; so real dignity and richness lies in Divine blessings
- Good health is so vital that we ask Allah to give it to us as charity and gift
- Spread out Your well-being so it is easily available and make set it good for me.
- Never separate it from me in both worlds

Sahifa Du'a 23: Passage 2

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِهِ، وَعَافِنِي عَافِيَةً كَافِيَةً شَافِيَةً عَالِيَةً نَامِيَةً،
عَافِيَةً تُؤَلِّدُ فِي بَدَنِي الْعَافِيَةَ، عَافِيَةَ الدُّنْيَا وَالْآخِرَةِ.

O Allah, bless Muhammad and his Household and make me well with a well-being sufficient, healing, sublime, growing, a well-being that will give birth to well-being in my body, a well-being in this world and the next!

Notes on Passage 23:2

- Again the Imam begins with salawaat
- Clarification on the type of well-being:
 - sufficient (*kafiyatan*)
 - healing (*shaafiyatan*)
 - sublime (*`aaliyatan*)
 - growing (*naamiyatan*) – that will give birth to a well-being & vitality in my body. This seems similar to how cancer and diseases grow & spread in our bodies.
- well-being in both the worlds; physical & spiritual

Sahifa Du'a 23, passage 3

وَأْمُنْ عَلَيَّ بِالصِّحَّةِ وَالْأَمْنِ وَالسَّلَامَةِ فِي دِينِي وَبَدَنِي، وَالْبَصِيرَةِ
فِي قَلْبِي، وَالنَّفَازِ فِي أُمُورِي، وَالْخَشْيَةِ لَكَ، وَالْخَوْفِ مِنْكَ، وَالْقُوَّةِ
عَلَى مَا أَمَرْتَنِي بِهِ مِنْ طَاعَتِكَ، وَالْإِجْتِنَابِ لِمَا نَهَيْتَنِي عَنْهُ مِنْ
مَعْصِيَتِكَ.

Favor me with health, security, and safety in my religion and body, insight in my heart, penetration in my affairs, dread of You, fear of You, strength for the obedience which You have commanded for me, and avoidance of the disobedience which You have prohibited for me!

Notes on Passage 23:3

- Meaning of *al-'aafiyah* explained:
 - Good health (*sibhab*)
 - Security (*amn*)
 - Safety (*salaamah*)
 - All these in religion and body

Insight in my religion

Encompassing all my affairs

Awe as well as fear of Allah

Strength in obeying Allah for what He has commanded

Staying away from disobedience