



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

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

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وَكَانَ مِنْ دُعَائِهِ عَلَيْهِ السَّلَامُ إِذَا سَأَلَ اللَّهَ الْعَافِيَةَ وَشُكْرَهَا

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

# Imamate of Zaynul 'Abidin (a)

- Article by S. Saeed Akhtar Rizvi. Imam had 3 difficult tasks: **1.** To announce his Imamate publicly; **2.** To unite the community subtly not giving brutal rulers an excuse to retaliate; **3.** To expand true faith & guidance without attracting untoward attention of his enemies. He selected the form of Du'a for the 3<sup>rd</sup> task. He recorded his Du'as in a book form and asked his two sons to make copies of the book. This is an indication that the Du'as were not just a prayer, but also a means of guidance for the Muslims. How could anyone tell him not to ask his wants from Allah? How could anyone come between Allah and His servant, when raising his hands he called his Lord in a heart-rending voice to come to his aid and to help him out of his difficulties. Now those recorded Du'as are a treasure of Islamic knowledge. In them you find almost all theological and ethical questions answered eloquently and eruditely. The heart is filled with true belief and sincere love of Allah by reading these supplications.

# Hadith on *al-'Afiyah*

- الإمام الصادق - ع: العافية نعمة خفية، إذا وجدت نسيته، وإذا فقدت ذكرت
- Imam al-Sadiq (a): Good health is a subtle bounty – when present it is overlooked and when lost it is remembered.
- رسول الله - ص: مَنْ صَلَّى عَلَيَّ مَرَّةً فَتَحَ اللَّهُ عَلَيْهِ بَاباً مِنَ الْعَافِيَةِ
- Messenger of Allah (s): One who sends *salawat* on me, Allah opens for him a door of well-being.
- A man once heard the Prophet (s) reciting the chapter (surah) *al-Qari'ah* in his evening prayer, so he supplicated to be punished for his sins in this world and fell ill as a result. The Prophet (s) said to him, 'You spoke badly indeed you should have said, *'Our Lord, grant us good in this world and good in the Hereafter and protect us from the punishment of the Fire!'* and he supplicated for him until he got up again.'

# Sahifa Du'a 23, passage 3

وَأْمُنْ عَلَيَّ بِالصِّحَّةِ وَالْأَمْنِ وَالسَّلَامَةِ فِي دِينِي وَبَدَنِي، وَالْبَصِيرَةَ  
فِي قَلْبِي، وَالنَّفَازِ فِي أُمُورِي، وَالْخَشْيَةَ لَكَ، وَالْخَوْفَ مِنْكَ، وَالْقُوَّةَ  
عَلَى مَا أَمَرْتَنِي بِهِ مِنْ طَاعَتِكَ، وَالْاجْتِنَابَ 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

# Sahfia Du'a 23, passage 4

• اللَّهُمَّ وَاْمُنْ عَلَيَّ بِالْحُجِّ وَالْعُمْرَةِ، وَزِيَارَةِ قَبْرِ رَسُوْلِكَ، صَلَوَاتِكَ عَلَيْهِ  
وَرَحْمَتِكَ وَبَرَكَاتِكَ عَلَيْهِ وَعَلَى آلِهِ، وَآلِ رَسُوْلِكَ عَلَيْهِمُ السَّلَامُ اَبَدًا مَا  
اَبْقَيْتَنِي فِي عَامِي هَذَا وَفِي كُلِّ عَامٍ، وَاجْعَلْ ذَلِكَ مَقْبُوْلًا مَشْكُوْرًا،  
مَذْكُوْرًا لَدَيْكَ، مَذْخُوْرًا عِنْدَكَ .

- O Allah, favor me with *hajj*, the *'umra*, and visiting the graves of Your Messenger (Your blessings, mercy, and benedictions upon him and upon his Household) and the Household of Your Messenger (upon them be peace) for as long as You cause me to live, in this year of mine and in every year, and make that accepted, thanked, and mentioned before You and stored away with You!

# Notes on Passage 23:4

- Think of any relation Hajj, 'Umrah and Ziyarat have to well-being and good health?
- Allah (swt): *If a servant, whom I have blessed and given bounties, does not come to this place to visit me once in every 5 years, he has deprived himself (al-Faqih, Merits of Hajj, p.205)*

إمام السَّجَّاد (عليه السلام): حُجُّوا وَاعْتَمِرُوا تَصِحَّ أَبْدَانُكُمْ وَتَتَّسِعَ  
أَرْزَاقُكُمْ وَتُكْفَوْنَ مَوْنَاتِ عِيَالِكُمْ.

- Imam al-Sajjad (a): Perform Hajj & 'Umrah, (it will bring) good health in your bodies, increase in sustenance and ability to provide sufficiently for your families. (*Al-Kafi*, 4:252)
- He prays for pilgrimage every year, as long as he lives
- Pilgrimage that is accepted, appreciated, lasting remembered by Allah & lasting with Him.

# Sahifa Du'a 23, Passage 5

• وَأَنْطِقُ بِحَمْدِكَ وَشُكْرِكَ وَذِكْرِكَ وَحُسْنِ الثَّنَاءِ عَلَيْكَ لِسَانِي،  
وَإِشْرَاحِ لِمَرَاشِدِ دِينِكَ قَلْبِي.

- Make my tongue utter Your praise, Your thanksgiving, Your remembrance, and Your excellent laudation, and expand my heart toward the right goals of Your religion!



# Notes Passage 23:5

Use of tongue and keeping it busy with:

Praising Allah - *tambeed*

Thanking Allah - *shukr*

Remembering Allah – *tableel, istighfaar,*

Lauding Allah excellently – *takbeer, laa hawla wa-laa...*

3:191 الَّذِينَ يَذْكُرُونَ اللَّهَ قِيَامًا وَقُعُودًا وَعَلَىٰ جُنُوبِهِمْ

Ponder over this passage from Du‘a Makarimul Akhlaq: *O Allah . . .*

*Make everything (Satan) causes to pass over my tongue – the indecent or ugly words, the maligning of good repute, the false witness, the speaking ill of an absent man of faith or the reviling of one present, and all similar things – a speech in praise of You, preoccupation of lauding You, thanking for Your favors, acknowledging Your beneficence, and enumerating Your kindness (20:13)*

# Sahifa Passage 23:6

وَأَعِدَّنِي وَذُرِّيَّتِي مِنَ الشَّيْطَانِ الرَّجِيمِ، وَمِنْ شَرِّ السَّامَةِ وَالْهَامَةِ  
وَالْعَامَّةِ وَاللَّامَةِ، وَمِنْ شَرِّ كُلِّ شَيْطَانٍ مَرِيدٍ،  
وَمِنْ شَرِّ كُلِّ سُلْطَانٍ عَنِيدٍ، وَمِنْ شَرِّ كُلِّ مُتْرَفٍ حَفِيدٍ،  
وَمِنْ شَرِّ كُلِّ ضَعِيفٍ وَشَدِيدٍ، وَمِنْ شَرِّ كُلِّ شَرِيفٍ وَوَضِيعٍ،  
وَمِنْ شَرِّ كُلِّ صَغِيرٍ وَكَبِيرٍ، وَمِنْ شَرِّ كُلِّ قَرِيبٍ وَبَعِيدٍ،  
وَمِنْ شَرِّ كُلِّ مَنْ نَصَبَ لِرَسُولِكَ وَلِأَهْلِ بَيْتِهِ حَرْبًا مِنَ الْجِنِّ  
وَالْإِنْسِ، وَمِنْ شَرِّ كُلِّ دَابَّةٍ أَنْتَ آخِذٌ بِنَاصِيَتِهَا،  
إِنَّكَ عَلَى صِرَاطٍ مُسْتَقِيمٍ.

# *Sahifa* Passage 23:6, transl.

Give me and my progeny refuge from the accursed Satan, the evil of venomous vermin, threatening pests, swarming crowds, and evil eyes, the evil of *every rebel satan*, the evil of every refractory sovereign, the evil of everyone living in ease and served, the evil of everyone weak or strong, the evil of everyone born high or low, the evil of everyone small or great, the evil of everyone near or far, the evil of everyone, jinn or man, who declares war on Your Messenger and his Household, and the evil of every *crawling creature* that You have *taken by the forelock!* Surely You are *on a straight path*.

# Notes on Passage 23:6

This passage widens the definition of *al-'aafiyah*.

Wish well-being for self as well as children & descendants

Shaytan is our enemy: spiritual, physical, economical, psychological, ethical, familial, etc. (Ref 2:268)

In praying for well-being Imam asks protection from:

- from poisonous & stinging creatures
- The vulgar/swarming crowds & the mean/ evil eyes
- Malicious ruler (*sultanin 'aneed*)
- Envious and proud rich people (*mutrafin hafeed*)
- Corruption of the weak and strong, born high or low
- Evil of everyone near or far
- Evil of every jinn or man who is an enemy of HP & family

# Sahifa Passage 23:7

• اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِهِ، وَمَنْ أَرَادَنِي بِسُوءٍ فَاصْرِفْهُ عَنِّي، وَادْحَرْ عَنِّي مَكْرَهُ، وَادْرَأْ عَنِّي شَرَّهُ، وَرُدِّ كَيْدَهُ فِي نَحْرِهِ

- O Allah, bless Muhammad and his Household

And if someone desires ill for me:

turn him away from me,  
drive away from me his deception,  
avert from me his evil and mischief  
send his trickery back to his own throat,

# Notes on Passage 23:7

إِرْفَعُوا أَصْوَاتَكُمْ بِالصَّلَاةِ عَلَيَّ فَإِنَّهَا تَذْهَبُ بِالنِّفَاقِ

Messenger of Allah (s): Raise your voices when reciting *salawat* on me, for this removes hypocrisy.

Personal well-being also involves total protection from an enemy - his deception, mischief and plots.

Repeating this passage can help us against Satan as well as enemies amongst human beings.

# Sahifa Passage 23:8

• **وَاجْعَلْ بَيْنَ يَدَيْهِ سُدًّا حَتَّى تُعْمِيَ عَنِّي بَصَرَهُ، وَتُصِمَّ عَن ذِكْرِي سَمْعَهُ،  
وَتُقْفَلَ دُونَ إِخْطَارِي قَلْبَهُ، وَتُخْرَسَ عَنِّي لِسَانُهُ، وَتُقْمَعَ رَأْسُهُ، وَتُذَلَّ عِزُّهُ،  
وَتُكْسَرَ جَبْرُوتُهُ، وَتُذَلَّ رَقَبَتُهُ، وَتُفْسَخَ كِبْرُهُ، وَتُؤْمِنَنِي مِنْ جَمِيعِ ضَرِّهِ وَشَرِّهِ  
وَغَمِّهِ وَهَمِّهِ وَلَمَزِهِ وَحَسَدِهِ وَعَدَاوَتِهِ وَحَبَائِلِهِ وَمَصَايِدِهِ وَرَجْلِهِ وَخَيْلِهِ،  
إِنَّكَ عَزِيزٌ قَدِيرٌ.**

- And place before him a barricade, so that You may blind his eyes toward me, deafen his ears toward my mention, lock his heart toward recalling me, silence his tongue against me, restrain his head, abase his exaltation, break his arrogance, abase his neck, disjoint his pride, and make me secure from all his injury, his evil, his slander, his backbiting, his faultfinding, his envy, his enmity, his snares, his traps, his foot soldiers, and his cavalry!

Surely You are Mighty, Powerful!

# Notes on Passage 23:8

- Note how Imam (a) prays against the enemy, for s/he can be very dangerous & destructive.
- We realize the force of the enemy after seeing the destruction against believers in Pakistan, Iraq, Bahrain, Syria, Lebanon, etc.