

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

# Selections from al-Sahifa al-Sajjadiyya

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To study the life history of Imam ‘Ali Zaynul ‘Abideen al-Sajjad (a) we must look at his great contribution in the form of supplications found in the collection titled *al-Sahifa al-Sajjadiyya*.

# Intro to the *Sahifa* by Ayt S M B al-Sadr

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- Begins w/ his immediate ancestors
- Talks about his upbringing under Imams
- Praise for the Imam on his fiqh & other knowledge
- Muslims had deep attachment to the Imam (a)
- Solution to economic threat to ummah
- Ummah exposed alien customs & traditions
- Conducting intellectual activities @ Masjid Nabi
- Dangers of excessive wealth & prosperity
- Using supplications to counter affluence
- Instilled moral & spiritual values into society



# Supplication when sick & in distress

- Praise Allah for good health & causing ailment
- Which of the two states deserve more thank
- Who causes sickness in human beings?

○ رَبِّ الْعَالَمِينَ \* الَّذِي خَلَقَنِي فَهُوَ يَهْدِينِ \* وَالَّذِي هُوَ يُطْعَمُنِي وَيُسْقِينِي \* وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِي \* وَالَّذِي يُمِيتُنِي ثُمَّ يُحْيِينِي \* وَالَّذِي أَطْمَعُ أَنْ يَغْفِرَ لِي خَطِيئَتِي يَوْمَ الدِّينِ

- the Lord of the worlds; Who created me, then He has shown me the way: And He Who gives me to eat and gives me to drink: And when I am sick, then He restores me to health And He Who will cause me to die, then give me life; And Who, I hope, will forgive me my mistakes on the day of judgment. (26: 77 -82)

# Benefits of experiencing good health

- Delight in enjoying pleasant from divine provision ( طَيِّبَاتِ رِزْقِكَ )
- Joy of seeking divine pleasure and divine bounties ( مَرْضَاتِكَ وَفَضْلِكَ )
- كَلُوا مِنْ طَيِّبَاتِ مَا رَزَقْنَاكُمْ - *eat of the good things We have given you* (2:57)
- Give strength to the body so as to perform acts of obedience/worship
- Provided there is Allah's *tawfeeq*



## Unknown benefits of falling sick

- Allah test His servants thru sickness
- Lightening of offenses which otherwise weigh down our backs
- Purification of evil deeds in which we get immersed
- Encourage us to repent
- reminder of past favours
- Angels write blameless acts
- Special bounties & grace from Allah



## Actual passage of supplication

- Begin with salawat on the Holy Prophet and his family
- Hadith: salawat before & after duas
- Love that which Allah has pleased
- Make it easier to face sickness
- Make it cause of purification
- Erasure of past evil deeds



## Eventual wish: well being & safety

- To have sweetness of well being

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- Tasting the coolness of safety
- Exiting from illness to divine pardon
- Change infirmity to His forbearance
- Escape distress to His refreshment
- Safety from hardship in His relief
- For Allah is: Gratuitously bountiful,  
Ever kind, Generous, Giver &  
Majestic & Munificence



# Munaajaat (whisperings to Allah)

## ○ Function of munaajaat

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## ○ Intimacy with Allah, the Creator

○ مَا يَكُونُ مِنْ نَجْوَى ثَلَاثَةٍ إِلَّا هُوَ رَابِعُهُمْ وَلَا خَمْسَةٍ إِلَّا هُوَ سَادِسُهُمْ وَلَا أَدْنَى مِنْ ذَلِكَ وَلَا أَكْثَرَ إِلَّا هُوَ مَعَهُمْ أَيْنَ مَا كَانُوا

- 58:7 *Nowhere is there a secret counsel between three persons but He is the fourth of them, nor (between) five but He is the sixth of them, nor less than that nor more but He is with them wheresoever they are.*



## Munaajaat al-Shakireen (the thankful)

- Causes of distraction from thanking
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- My God Your bounties are so many that my tongue is unable to count them; my comprehension can't grasp them; thanking You will be exhaustive exercise
  - Non can thank Allah truly for every thanking entails another thanks giving

# For further reading go to:

*The Life of Zayn al-‘Abdin*, Baqir Sharif al-Qarashi,

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Ansariyan Publications, Qum; online: [www.maaref-foundation.com/english/library/pro\\_ahl/imam04\\_sajjad/zayn\\_al\\_abidin/index.htm](http://www.maaref-foundation.com/english/library/pro_ahl/imam04_sajjad/zayn_al_abidin/index.htm)

- *A Brief Biography of Imam Ali bin Hussein (A.S.)*, M R Dungersi, Bilal Muslim Mission.
- *Imam Zain al-Abideen (A.S.)*, M N Sultan, Imam Hussain Foundation, Beirut.
- *Glimpses of the lives of the Messenger Muhammad and His Household* by Al-Balagh Foundation
- *Biographies of Leaders of Islam*, S Ali Naqi Naqwi
- *Fascinating Discourses of Fourteen Infallibles(A.S.)*, Islamic Propagation Organization, Ansariyan, Qum.