

Supplication

Supplication (*du'a'*) and seeking God's help, which have been referred to in some narrations as 'the weapon of the believer' and 'the reality of worship', are important factors in overcoming difficulties and crises. Supplicating strengthens the morale of the one who prays to God and keeps hope alive in his heart. By means of supplication, man connects with the Source of Existence. By seeking His help, man takes a step towards perfection. The Noble Prophet (peace and blessings be upon him and his family) maintained the spirit of supplicating and seeking God's help in all his actions. He sought God's help in a particular manner:

"He (peace and blessings be upon him and his family) would raise his hands when supplicating and would beseech (God) just as the poor who beg for food."^{[1](#)}

In this section, mention will be made of some instances of his prayers in various circumstances:

1. When he would hear the call to prayer (*adhan*), in addition to repeating the sentences of the *adhan*, at the end he would say,

"O God, Lord of this complete invitation and established prayer, give Muhammad that which he seeks on the Day of Judgment and allow him to reach the rank of forgiveness in Paradise and accept his intercession for his community."^{[2](#)}

2. In the middle of the night, he would prostrate upon the soil and say,

"O God, never entrust (leave) me to myself for even one moment (the time it takes to blink)."^{[3](#)}

3. When he would sit to eat, he would say,

"O God, You are above (any imperfection), how great is that with which You test us. You are above (any imperfection), how plentiful is that which You give us. You are above (any imperfection), how often it is that You protect us from sickness. O God, increase us (in sustenance) and likewise (increase in sustenance) the poor amongst the believers."^{[4](#)}

4. When preparing to sleep, he would seek help from God in the following manner:

*"In the name of God I die and I live and unto Him is the return. O God, replace my fear with security, cover my faults and help me to fulfill that with which I have been entrusted."*⁵

5. When he would see the new moon (which heralds the beginning of a new month in the Islamic calendar), he would raise his hands and say,

*"O God, accompany it (the new moon) with safety, faith and health for us."*⁶

6. At the start of the New Year, he would seek help from God in the following manner:

*"O God, You are the infinitely pre-existing God, and this is a new year, so I ask of you protection from Satan, the strength to overcome this soul that commands to do evil and to be occupied with that which brings me closer to You, O Generous One, O Possessor of Splendor and Kindness, O Supporter of him who has no support, O Source of Provision of him who has no provision, O Refuge for him who has no refuge, O Helper of him who has no help..."*⁷

¹. Sunan an-Nabi, p. 315.

². Da'aim al-Islam, vol. 1, p. 146.

³. Bihar al-Anwar, vol. 16, p. 218.

⁴. Sunan al-Nabi, p. 323.

⁵. Sunan al-Nabi, p. 322.

⁶. Amali al-La'ali, vol. 2, p. 109.

⁷. Sunan an-Nabi, p. 339.

Source URL:

<https://www.al-islam.org/perfect-role-model-prophet-islam-himmat-suhrab-pur/supplication#comment>