

Nurturing The Heart

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Al-Bayaan Academy - Friday 13th June 2025

3. Belittling and making light of the blessings of Allah

الِاسْتِهَانَةُ بِالنِّعَمِ

Are you aware of what great blessings you woke up to?

What type of heart makes light of blessings?

3. Belittling and making light of the blessings of Allah

الِاسْتِهَانَةُ بِالنِّعَمِ

If I woke up tomorrow with
only the blessings I thanked
Allah for today, what would I
have left?

3. Belittling and making light of the blessings of Allah

الإِسْتِهَانَةُ بِالنُّعْمِ

وَعَاتَاكُمْ مِّنْ كُلِّ مَا سَأَلْتُمُوهُ^ج وَإِن تَعُدُّوا نِعْمَتَ اللَّهِ^ل لَا تُحْصَوْهَا^ا
إِنَّ الْإِنسَانَ لَظَلُومٌ كَفَّارٌ^{قل}

And He gave you from all you asked of Him. And if you should count the favour [i.e., blessings] of Allāh, you could not enumerate them. Indeed, mankind is [generally] most unjust and ungrateful.

3. Belittling and making light of the blessings of Allah

الإِسْتِهَانَةُ بِالنَّعَمِ

عَنْ سَلَمَةَ بْنِ عُبَيْدٍ اللَّهِ بْنِ مِحْصَنِ الْأَنْصَارِيِّ، عَنْ أَبِيهِ، قَالَ قَالَ رَسُولُ اللَّهِ ﷺ - صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ - " مَنْ أَصْبَحَ مِنْكُمْ مُعَافًى فِي جَسَدِهِ آمِنًا فِي سِرِّهِ عِنْدَهُ قُوَّةٌ يَوْمِهِ فَكَأَنَّمَا حِيزَتْ لَهُ الدُّنْيَا

The Messenger of Allah (ﷺ) said: 'Whoever among you wakes up physically healthy, feeling safe and secure within himself, with food for the day, it is as if he acquired the whole world.'

3. Belittling and making light of the blessings of Allah

الإِسْتِهَانَةُ بِالنِّعَمِ

What is the connection between **blessing** and
gratitude?

3. Belittling and making light of the blessings of Allah

الإِسْتِهَانَةُ بِالنُّعَمِ

حَدَّثَنَا صَدَقَةُ بْنُ الْفَضْلِ، أَخْبَرَنَا ابْنُ عُيَيْنَةَ، حَدَّثَنَا زِيَادٌ، أَنَّهُ سَمِعَ الْمُغِيرَةَ، يَقُولُ قَامَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ حَتَّى تَوَرَّمَتْ قَدَمَاهُ فَقِيلَ لَهُ غَفَرَ اللَّهُ لَكَ مَا تَقَدَّمَ مِنْ ذَنْبِكَ وَمَا تَأَخَّرَ. قَالَ " أَفَلَا أَكُونُ عَبْدًا شَكُورًا

The Prophet (ﷺ) used to offer night prayers till his feet became swollen. Somebody said, to him, "Allah has forgiven you, your faults of the past and those to follow." On that, he said, **"Shouldn't I be a thankful slave of Allah?"**

3. Belittling and making light of the blessings of Allah

الِاسْتِهَانَةُ بِالنُّعْمِ

Gratitude is knowing that whatever you have is from Allah

وَمَا بِكُمْ مِّنْ نُّعْمَةٍ فَمِنَ اللَّهِ ^{تَّوَكَّلْ} ثُمَّ إِذَا مَسَّكُمُ الضُّرُّ فَإِلَيْهِ تَجْرُونَ

And whatever you have of favour - it is from Allāh.

Then when adversity touches you, to Him you cry for help.

3. Belittling and making light of the blessings of Allah

الإِسْتِهَانَةُ بِالنُّعْمِ

How should I be a grateful servant of Allah?

1. Recognise Every Blessing Comes from Allah.
2. Show Gratitude through Worship.
3. Speak Gratitude often.
4. Use Allah's blessing to obey Him.
5. Be Grateful even in difficulty.
6. Make Du'a to be among the Grateful.

وعن معاذ رضي الله عنه، أن رسول الله صلى الله عليه وسلم، أخذ بيده وقال: "يا معاذ، والله إنني لأحبك، ثم أوصيك يا معاذ لا تدعن في دبر كل صلاة تقول

اللَّهُمَّ اَعِني عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ

.حديث صحيح، ((رواه أبو داود والنسائي بإسناد صحيح))

Mu'adh (bin Jabal) (May Allah be pleased with him) reported:

Messenger of Allah (ﷺ) held my hand and said, "O Mu'adh, By Allah, I love you and advise you not to miss supplicating after every Salat (prayer) saying:(O Allah, help me remember You, expressing gratitude to You and worship You in the best manner)".

(Hadith Sahih)