



This book belongs to:





Sincere Advice





The Danger of Taking Sin Lightly

You should know, may Allah have mercy on me and on you, that Allah has commanded His slaves to repent sincerely and has made doing so obligatory. He says:

**“O you who believe! Turn to Allah
with sincere repentance...”** [al-Tahreem 66:8].

Allah has given us time to repent before the honorable scribes (recording angels) record our deeds. The Prophet (saw) said: “The (scribe) on the left hand raises his pen (i.e., delays writing) for six hours [this may refer to six hours of 60 minutes as measured by astronomers, or it may refer to short periods of time during the day or night – Lisan al-‘Arab] before he records the sinful deed of a Muslim. If he regrets it and seeks Allah’s forgiveness, the deed is not recorded; otherwise it is recorded as one deed.” A further respite is granted after the deed has been recorded, up until the moment before death approaches.



The Danger of Taking Sin Lightly

The problem is that many people nowadays do not place their hope and fear in Allah. They disobey Him by committing all manner of sins, day and night. There are those who are being tested by the idea of regarding sins as insignificant, so you may see one of them regarding certain “minor sins” as inconsequential. However, compare this attitude with that reflected in the following reports narrated by Al-Bukhari (ra):

Anas (ra) said: “You do things which in your eyes are less significant than a hair, but at the time of the Prophet (saw), we used to count them as things that could destroy a man.”

Ibn Mas'ood (ra) said: “The believer regards his sin as if he were sitting beneath a mountain which he fears may fall on him, whereas the sinner regards his sin as if a fly lands on his nose and he swipes it away.”



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Will these people then understand the seriousness of the matter when they read this hadith of the Prophet (saw)?

“Beware of the minor sins which are often thought of as insignificant, for they are like a group of people who stopped in the bottom of a valley. One of them brought a stick, and another brought a stick, until they had gathered enough to cook their food. These minor sins, if a person is called to account for them, will destroy him.”

According to another report, he said: “Beware of minor sins, for they will pile up until they destroy a person.”

(Reported by Ahmad; Sahih al-Jaami’).

The scholars said that when minor sins are accompanied by a lack of shame or remorse, and with no fear of Allah, and are taken lightly, then there is the risk that they will be counted as major sins. Hence it is said that no minor



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sin is minor if you persist, and no major sin is major if you keep on seeking forgiveness.

So we say to the one who is in this situation: Do not think about whether the sin is major or minor; think about the One Whom you are disobeying.

Insha'Allah, these words will benefit those who are sincere, and who are aware of their sins and shortcomings, and do not insist upon doing wrong and adhering to their faults.



**“And your Lord says,
‘Call on Me and I shall respond to you’”
(Ghâfir, 40: 60)**

**O Allah,
I supplicate You to grant me Your Love
And the Love of those who love You
And the action that would lead me to win Your Love
And make my love for You more dear to me
Than myself, my family, and cold refreshing water**

Hadith – the noble Prophet Muhammad
(Blessings and Peace of Allah be upon him)





Allah, All-Mighty said:

“My servant does not draw near Me with anything more loved by Me than the religious duties I have imposed upon him, and my servant continues to draw near to Me with supererogatory works so that I shall love him. When I love him, I will be his hearing with which he hears, his sight with which he sees, his hand with which he strikes, his foot with which he walks. Were he to ask something of Me, I would surely give it to him; and were he to ask Me for refuge, I would surely grant him it.”

Sahih Al-Bukhari





Allah, the All-Mighty, has said:

“O son of Adam, so long as you call upon Me and ask of Me, I shall forgive you for what you have done, and I shall not mind. O son of Adam, were your sins to reach the clouds of the sky and were you then to ask forgiveness of Me, I would forgive you. O son of Adam, were you to come to Me with sins as great as the earth and were you then to face Me, ascribing no partner to Me, I would bring you forgiveness nearly as great as it.”





Dua





The Importance of Dua

When distress and pain befall a person, the door of *dua* is always open to him; it is never closed.

When one calls upon the Most Generous, He will respond and give.

Allah says (interpretation of the meaning):

“And when My slaves ask you concerning Me, then (answer them), I am indeed near (to them by My Knowledge). I respond to the invocations of the supplicant when he calls on Me. So let them obey Me and believe in Me, so that they may be led aright.” [al-Baqarah 2:186]





Each Evening

Read the “Verse of the throne” which states:

“Allah, there is none worthy of worship but Him, the Ever-Living, the Sustaining. Neither drowsiness nor sleep overtakes Him. To Him belongs whatever is in the heavens and the earth. Who is it that can intercede with Him except by His own permission? He knows what is before them and what is behind them. They encompass nothing of His knowledge except for that which He wills. His footstool extends over the heavens and the earth, and their preservation tires Him not. And He is the Most High, the Most Great.”

(Al-Baqarah 255)





Each Night and Morning:

Say these surahs **three times each**
in the morning and in the evening
for protection.

1. **Al-Ikhlās**
2. **Al-Falaq**
3. **An-Nas**





Dua for Preventing Distress

“Allaahumma inni aoodhu bika min al-hamm wal hazn wal ajz wal kasal wal bukhl wal jubn wa dhala al dayn wa ghalbat al-rijaal.”

“Oh Allah, I seek refuge with You from distress, grief, incapacity, laziness, miserliness, cowardice, the burden of debt and from being overpowered by men.”

This *dua* is very effective in preventing distress before it happens; prevention is better, and easier, than cure.





Dua for Worries about the Future

“Allaahumma aslih li deeni alladhi huwa ismat amri wa aslih li dunyaaya allati fihaa ma’aashi wa aslih li aakhirati allati fihaa ma’aadi wa ajal al-hayaata ziyaadatan li fi kulli khayri wa ajal al-mawta raahatan li min kulli sharr.”

“O Allah, make me adhere properly to my religion, on which all my affairs depend; make this world good for me in which is my livelihood; make my Hereafter good for me, in which is my ultimate destiny; make my life increase in every good thing and make my death a respite from every evil”

When one is worried about what may happen in the future, the following *dua* is very beneficial.





Dua for Relief of Distress and Grief

*Allaahumma inni abduka ibn abdika ibn
amatika naasyati bi yadika, maada fiyya
hukmuka, adlun fiyya qadaa'uka.*

*As'aluka bi kulli ismin huwa laka
sammayta bihi nafsaka aw anzaltahu
fi kitaabika aw allamtahu ahadan
min khalqika aw ista'tharta bihi fi ilm
il-ghayb indaka an taj'al al-Qur'aana
rabee qalbi wa noor sadri wa jalaa
huzni wa dhihaab hammi.*





Dua for Relief of Distress and Grief

The Prophet (saw) said:

“There is no-one who is afflicted by distress and grief, and says:

O Allah, I am Your slave, son of Your slave, son of Your maidservant; my forelock is in Your hand, Your command over me is forever executed and Your decree over me is just. I ask You by every name belonging to You which You have named Yourself with, or revealed in Your Book, or You taught to any of Your creation, or You have preserved in the knowledge of the Unseen with You, that You make the Quran the life of my heart and the light of my breast, and a departure for my sorrow and a release for my anxiety.

but Allah will take away his distress and grief, and replace it with joy.”





Seeking Forgiveness

*Allahumma anta rabbi la ilaaha illaa anta.
Khalaqtani wa ana 'abduka wa ana 'ala
'ahdika wa wa'dika ma-stata'tu a'oodhu
bika min sharri maa sana'tu. Aboo'u
laka bini matika 'alayya wa aboo'u
bi-dhanbee Fagfirlee fa 'innahu laa
yaghfiru-dhunooba lla anta.*





Seeking Forgiveness

The Prophet (saw) said:

The leader of the words of seeking forgiveness is for you to say:

“Oh Allah, you are my Lord, there is none worthy of worship except You. You created me and I am Your servant. I am according to Your covenant and Your Promise to the best of my ability. I seek refuge in You from the evil of what I have done. I recognize Your bounties that You have bestowed on me. I Admit my sins, so forgive me, as no one forgives sins except You.

Whoever says this during the daytime, with firm belief in it, and dies on that day before the evening, he will be from the inhabitants of Paradise. And whoever says that during the night while believing firmly in it, and dies before the morning, will be from the inhabitants of Paradise.” (Al-Bukhari)





Dua for Relief of Distress and Anxiety

“La ilaaha il-Allah al-.Adheem al-Haleem, la ilaaha il-Allah Rabb al-arsh al-adheem, la ilaaha il-Allah Rabb al-samawaat wa Rabb al-ardh wa Rabb al-arsh al-kareem.”

“There is no god but Allah, the All-Powerful, the Forbearing; there is no god but Allah, Lord of the mighty Throne; there is no god but Allah, Lord of heaven, Lord of earth, and Lord of the noble Throne.”

Ibn ‘Abbaas reported that when the Prophet (saw) felt distressed, he would say this dua.





Two Duas for Relief of Distress

*“Ya Hayyu ya Qayyoom
bi rahmatika astagheeth”*

Which means:

**“Oh Ever-Living, Oh Eternal,
by Your mercy I seek help”**

“Allah Allah rabbee laa ushriku bihi shayan.”

Which means:

**“Allah, Allah is my Lord, I do not
associate anything with Him.”**





Duas when in Distress

The Prophet (saw) said:

“The *dua* of the person who is in distress is:

“Allaahumma rah’mataka arjoo fa laa takilni ilaa nafsi tarfat ayn wa aslih li sha’ni kullahu la ilaaha illa anta.”

Which means:

“O Allah, for Your mercy I hope, so do not leave me in charge of my affairs even for the blink of an eye; rectify all my affairs. There is no god except You.”





When Prophet Ibrahim (as) was placed in the fire, he said, “Allah (Alone) is sufficient for us, and He is the Best Disposer of affairs.” Thereupon, Allah made the fire to be cool, safe, and peaceful for Ibrahim (as).

No person by himself is capable of fighting against the current of misfortune, nor can he fend off the blows of disaster when they strike. This is because man was created weak and fragile. However, when in times of difficulty, the believer places his dependency and trust with His Lord: he knows that all difficulties can be overcome.

If you are in any kind of worldly difficulty or if you fear the misdeeds of the oppressor, call out: “Allah Alone is sufficient for us, and He is the Best Disposer of our affairs.”



**Taken from “Don’t be Sad”
‘Aaidh ibn Abdullah al-Qarni**

