



HIDAYAH PUBLISHERS

GRATITUDE

— a profound —

Worship



BY
HAZRAT SHAYKH AZHAR IQBAL (DB)

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الْحَمْدُ لِلَّهِ وَكَفَى وَسَلَامٌ عَلَى عِبَادِهِ الَّذِينَ اصْطَفَى : أَمَّا بَعْدُ
فَأَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ
بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
فَأَذْكُرُوا آلَاءَ اللَّهِ لَعَلَّكُمْ تُفْلِحُونَ
سُبْحَانَ رَبِّكَ رَبِّ الْعِزَّةِ عَمَّا يَصِفُونَ ، وَسَلَامٌ عَلَى الْمُرْسَلِينَ
وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ.
اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِ سَيِّدِنَا مُحَمَّدٍ وَبَارِكْ وَسَلِّمْ
اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِ سَيِّدِنَا مُحَمَّدٍ وَبَارِكْ وَسَلِّمْ
اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِ سَيِّدِنَا مُحَمَّدٍ وَبَارِكْ وَسَلِّمْ

Allah ﷻ says:

¹إِذْ قَالَ اللَّهُ يَا عِيسَى ابْنَ مَرْيَمَ اذْكُرْ نِعْمَتِي عَلَيْكَ وَعَلَى وَالِدَتِكَ

When Allah ﷻ will say: O Isa, son of Maryam, remember my reward which I bestowed on you and your mother

It is commanded by Allah ﷻ to remember His blessings all the time. In these verses, Allah ﷻ is reminding Hazrat Isa to remember the blessings given to him. It is not the only time Allah ﷻ has reminded us of His blessings on humankind.

Allah ﷻ said to the people of Israel:

²يَا بَنِي إِسْرَءِيلَ اذْكُرُوا نِعْمَتِيَ الَّتِي أَنْعَمْتُ عَلَيْكُمْ

Children of Israel, remember the blessings bestowed upon you.

We have been reminded numerous times in the Quran to remember the blessings of Allah ﷻ. There are two major reasons for this reminder:

¹ سورة المائدة: 110

² سورة البقرة: 40



1. Remembering the Blessings:

Allah ﷻ being our creator, knows us more than anyone else. He is our creator and is aware of our mindset and thought process. Severe hardships fall on us, and at those times, we fear and remember Allah ﷻ, but as soon as Allah ﷻ removes the hardship, we forget Him. It is our nature, and Allah ﷻ is aware of this. It is because of this behavior that He has asked us repeatedly to remember His blessings and be thankful to Him.

The Prophet ﷺ of Allah ﷻ said:

من لم يشكر الناس لم يشكر الله³

Whoever cannot thank people cannot be thankful to Allah ﷻ.

When one cannot be thankful to the people around him, how will he be thankful to the one who is unseen? Allah ﷻ, in the following verse, portrays how quickly human behavior changes from being thankful to thankless:

هُوَ الَّذِي يُسَيِّرُكُمْ فِي الْبَرِّ وَالْبَحْرِ حَتَّى إِذَا كُنْتُمْ فِي الْفُلِكِ الْخ.....⁴

He who guides you on land and sea, even when you ride in the boats, and these boats carry people in pleasant wind. When people are engrossed in this, suddenly, a storm comes to them, and there are tidal waves everywhere, and they believe that now they are stuck in them. Thus, at that time, they only ask Allah ﷻ that if you let us out of this problem, we will surely be the thankful ones. But not long after Allah ﷻ removed this problem, they became the people who committed

³ سنن الترمذي: (339 /4)

⁴ سورة يونس: 23-22

sins in the land.

Thus, the nature of humans is that they tend to forget the blessings of Allah ﷻ.

2. Gratitude for Blessings:

Thanking Allah ﷻ for the blessings He has bestowed on us is the purpose of our life and is the way of righteous people. The Quran appreciates Hazrat Ibrahim in this way:

5 إِنَّ إِبْرَاهِيمَ كَانَ أُمَّةً قَانِتًا لِلَّهِ حَنِيفًا، وَلَمْ يَكُ مِنَ الْمُشْرِكِينَ ۚ ۱۲۰ شَاكِرًا لِّأَنْعَامِهِ

Indeed, Ibrahim was a leader who obeyed Allah ﷻ from everywhere, and he was not from the disbelievers. He was from the thankful ones.

The Prophet ﷺ said:

Whoever is happy in little (provision) from Allah ﷻ, on the day of judgment Allah ﷻ will be happy on the little deeds (of this person).

3. Five Negative Impacts of Being Unthankful:

3.1. Lack of Faith:

The level of faith is directly proportional to our gratitude. The more we thank Allah ﷻ, the level of our faith increases and vice versa. Similarly, our actions are directly proportional to the level of faith that we have. Therefore, our thankfulness is directly proportional to the good and bad deeds that we do.



3.2. Decrease in Allah ﷻ's Love:

Another loss for the unthankful person is the decrease in Allah ﷻ's love for him. It is natural for a person to love someone who has been good to him. A person who certainly remembers the favors of others remembers those who did the favors. An Arabic saying is:

الْإِنْسَانُ عَبْدُ الْإِحْسَانِ

Human is a slave to favor.

The heart naturally remembers the person who has favored us. When a person does not remember the blessings of Allah ﷻ, his love for Him decreases, and so do his acts and deeds. But when a person remembers the blessings, he tends to get near to Allah , ﷻ and then all the worldly things do not matter to him. Today, our lack of love for Allah ﷻ is also due to our ingratitude and thanklessness.

3.3. Allah ﷻ's Displeasure:

Thanklessness invites the displeasure of Allah ﷻ. Whoever is pleased with Allah ﷻ, Allah ﷻ is pleased with him. Whoever is ungrateful to Allah ﷻ, mindful of only the challenges, difficulties, and trials he has been through, Allah ﷻ will not be pleased with him. Making the creator pleased with us should be our primary goal in life.

3.4. Decline in Blessings:

Allah ﷻ says:

لِّئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ⁶

If you are truly thankful, I will give you more.

Whoever cries all the time about what he does not have rather than being thankful for what he says, Allah ﷻ says for them:

وَلِّئِنْ كَفَرْتُمْ إِنَّ عَذَابِي لَشَدِيدٌ⁷

If you become unthankful, then my punishment is severe.

Thankfulness is a big blessing; whoever makes a habit of thanking Allah ﷻ will be rewarded with more in life. Similarly, whoever does not thank Allah ﷻ then Allah reduces His blessings on him.

Allah ﷻ says:

I deal with my servant as he expects⁸

3.5. An Ungrateful Man Will Never Be Happy:

The fifth effect of being unthankful is that the peace of the heart vanishes. A person who thinks that he is not blessed will eventually fall into depression and hopelessness. Vice versa, if a person thinks that he is blessed, he feels like king of the world, and

⁶ سورة ابراهيم : 7

⁷ سورة ابراهيم : 7

⁸ يقول الله تعالى: أنا عند ظن عبدي بي. [اللولؤ والمرجان فيما اتفق عليه

الشيخان (ص: 828)]

whatever Allah ﷻ has given to him, he has not given to anyone else in this world.

It was the nature of the Prophet ﷺ to remain thankful to Allah ﷻ, and Allah ﷻ wants His servants to remain thankful and grateful to Him. We can see from the life of our Prophet ﷺ he was the most thankful person. We try to emulate his life, for instance, wearing a cap while praying, wearing white clothes, etc. Likewise, we should make an effort to imitate the Prophet ﷺ's thankfulness.

4. Gratitude in Suffering:

If we analyze the life of our beloved Prophet ﷺ, we will realize that he was thankful in a state of happiness and sorrow. No matter what situation came upon him, he always thought of it as a blessing from Allah ﷻ and remained grateful to Him. It is the pinnacle of thankfulness. A person has to train his mind in such a way that even in the hardest of times, one should be able to see the positive side of the situation.

5. Gratitude in Disobedient Children:

People say that children do not listen. I say to them, "They do listen." Whenever we ask them to do any work, they typically refuse to do it. A lot of times, people get fed up with their children and say that they wish that they had not been born. But being parents, we have to see the positive side of things. The point to ponder is how it is possible to see the good in the disobedience of children. One day, I found my answer. I was sitting at a relative's place, and I heard someone shouting from inside. Upon asking, I was told that we have a daughter who is disabled. She has been like this since birth. Her brain development is slow, that is the reason she cannot speak. In fact, she just keeps on shouting. At this

instant, I realized that a disobedient child is better than having a disabled child for life.

6. Gratitude in Disobedient Employees:

Many times our employees become disobedient to us. One of the companions asked the Prophet ﷺ how many times do I have to forgive my slave? Our Prophet ﷺ remained silent. The companion repeated his question, upon which the Prophet ﷺ replied that you forgive him 70 times each day.⁹

From this Hadith, it can be understood that there is no room left to be angry with an employee. If an employee becomes disobedient, the question arises: what is the positive side of this situation? The answer to this question is that I am the master, and he is my servant. If Allah ﷻ wanted, this arrangement could have been reversed.

7. Gratitude in Economic Distress:

Many times, a person has financial problems. Because of this, he does not know what to do. If, for instance, this time, you tell him to be thankful to Allah ﷻ, he would reply that my business is in trouble, and you want me to be thankful to Allah ﷻ. The reality is that all the hardships come from Allah ﷻ only. Businesses have their ups and downs, but what is more important is seeing that there are millions of people in this world who are jobless and have to beg every day for their food. Allah ﷻ has not made us like that, and if we stay thankful to Him, then he will remove this trouble too from us.

⁹ جَاءَ رَجُلٌ إِلَى النَّبِيِّ ﷺ فَقَالَ: يَا رَسُولَ اللَّهِ، كَمْ أَعْفُو عَنِ الْخَادِمِ؟..... فَقَالَ: كُلَّ يَوْمٍ سَبْعِينَ مَرَّةً. [سنن الترمذي ت بشار (400 /3)]

8. Gratitude in Taunting:

Women are more sensitive and feel deeper pain when someone insults them, compared to men. They keep on thinking the whole night about why such a thing has happened. There are so many people in this world who get humiliated a lot more than us. They get humiliated by the public media, too. The positive way to think about this is that Allah ﷻ has made us better than them.

9. Gratefulness is a Great Worship:

Some people regard prayers, fasting, and zakat as more rewarding deeds than gratefulness. There is no doubt that they are fardh (mandatory), but note that the effect of gratefulness lasts longer.

Our Prophet ﷺ said:

10 لَطَاعِمُ الشَّاكِرِ كَالصَّائِمِ الصَّابِرِ

The one who thanks Allah ﷻ after eating is like a person who has fast.

It means that a person who is grateful to Allah ﷻ for the food on his table is the same reward as the person who fasts an entire day and refrains from food. Such a big blessing this thankfulness is, which Allah ﷻ gives to His chosen ones.

10. A Unique Gratefulness:

Amongst our Mashaikh is Hazrat Khawaja Abdul Malik. One day, a follower of his was on his way to visit him. On the way, he met another Shaykh. It was the time when Hazrat Abdul Malik Siddiqui had students everywhere. He was known as

“Imam ul Ulama was Sulaha.” Other than this, he was wealthy at that time.

When he met the Shaykh, the Shaykh asked him where are you going? He said that I was going to meet Hazrat Khawaja Abdul Malik Siddiqui. The Shaykh told him to give his message to Hazrat. He said that you tell Hazrat that the world and the hereafter are two sisters. You can only marry one at a time. What he meant was that you have indulged in collecting this Dunya and have forgotten the Hereafter. The person did not like what he said and decided not to tell Hazrat about it. Upon reaching Hazrat, he inquired about his journey, and when he told Hazrat that he met the Shaykh, Hazrat insisted on telling him what he said about him. Upon which he had to say what he told him. Upon listening, Hazrat became quiet, and people saw tears rolling out from his eyes. He thanked Allah ﷻ that even today, there are people in this world who worry about our reformation.

These people were experts in detailed thankfulness. That is the reason they were considered as favorites of Allah ﷻ. Thankfulness is not wearing some specific clothes or performing any specific worship. Rather, it is the inner state of the heart.

شکر ہے تیرا خدایا میں تو اس قابل نہ تھا
تو نے اپنے گھر بلایا میں تو اس قابل نہ تھا

11. Hazrat Ayub’s Gratitude:

Hazrat Ayub was a great prophet of Allah ﷻ and Allah ﷻ blessed him with many worldly benefits. He had wealth, properties, houses, children, servants, etc. One day, Allah ﷻ took all those blessings away in order to test Hazrat Ayub. One by one, all was taken away, and he became poor and homeless. His children left him, and he became extremely ill.

He was only left with his wife to serve him, and as their situation deteriorated, the wife asked him to pray to Allah ﷻ so that he would be relieved from this suffering. On this, Hazrat Ayub replied that for 70 years I enjoyed Allah's ﷻ blessing, and now that he has been testing me for 7 years, I should complain?

الله أكبر such are the people of Allah ﷻ, who make a sincere effort to see the good in everything, even in such big sufferings. Whoever is happy with what Allah ﷻ gives him is able to attain the kingdom of this world.

12. Gratitude Does Not Lessen the Blessings:

There was a young man who joined the Tablighi Jamaat. He was not from a religious family, but upon visiting the mosque, Allah ﷻ gave him the blessing of joining the people who were going for 3 days for tabligh. After coming back, he sat at the dinner table. The mother had only cooked lentils for dinner. As soon as his siblings saw the lentils, they frowned and made a face that we have to eat only lentils today.

In comparison, he was very thankful to Allah ﷻ that he had given him this food to eat. Upon listening to him, his siblings said that you should stop saying this because this, too, could be taken away. We think that being thankful decreases our blessings. In fact, in reality, it is vice versa.

When we ask Allah ﷻ, we ask Him for things like a house, money, wealth, children, a wife, etc. In fact, we should be asking him to make us a person who is always grateful and thankful for the blessings bestowed upon him. May Allah ﷻ include us among the grateful servants.

وَأَخِرُ دَعْوَانَا الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ

IF YOU ARE TRULY THANKFUL, I WILL GIVE YOU MORE

(AL - QURAN 14:7)

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