



IN THE NAME OF ALLAH THE MOST GRACIOUS, THE MOST MERCIFUL

HOW TO SEEK THE HELP FROM ALLAH

All of us need Allah's Help in every single aspect of our lives:

1. To increase our knowledge
2. To increase our obedience
3. To sustain us on our daily lives
4. When we face difficulties in our life - family matters, work, studies
5. Against our enemies
6. When we are ill

So, we complete are relying on Allah for our daily needs. We must know what to do in order for Allah to Help us in our daily affairs inshaAllah.

1. Help/Support Allah

إِن آمَنُوا الَّذِينَ أَيُّهَا
وَيُثَبِّتْ يَنْصُرْكُمْ اللَّهُ تَنْصُرُوا
أَقْدَامَكُمْ

"O you who believe! If you help (in the cause of) Allah, He will help you, and make your foothold firm." 47: 7

إِنَّ ۗ يَنْصُرُهُ مِنَ اللَّهِ وَلِيَنْصُرَنَّ
عَزِيزٌ وَيُلْقِ اللَّهُ

"...Verily, Allah will help those who help His (Cause). Truly, Allah is All-Strong, All-Mighty." 22: 40

Who are these people? Allah Explained in the next verse the characteristics of these people:

الْأَرْضِ فِي مَكَّنَاهُمْ إِنْ الَّذِينَ
وَأَتَوْا الصَّلَاةَ أَقَامُوا
بِالْمَعْرُوفِ وَأَمَرُوا الزَّكَاةَ
وَلِلَّهِ ۖ الْمُنْكَرَ عَنْ نَهْوِهَا
الْأُمُورِ عَاقِبَةٌ

“Those (Muslim rulers) who, if We give them power in the land, (they) order for *Iqamat-as-Salat*. [i.e. to perform the five compulsory congregational *Salat* (prayers) (the males in mosques)], to pay the *Zakat* and they enjoin *Al-Ma'ruf* (i.e. Islamic Monotheism and all that Islam orders one to do), and forbid *Al-Munkar* (i.e. disbelief, polytheism and all that Islam has forbidden) [i.e. they make the Qur'an as the law of their country in all the spheres of life]. And with Allah rests the end of (all) matters (of creatures).”
22: 41

- Establish salah
- Give zakat
- Enjoin goodness
- Forbid evil

Supporting/help Allah means:[al-Shinqiti, *Adwa' al-Bayan*, 5:703-704]

[1] Supporting His Religion through

(i) following it,

(ii) spreading it through *da`wa* and

(iii) learning it. This is broader in its meaning.[al-Mawardi, *al-Nukat wa'l-Uyun*, 5:295, Ibn al-Jawzi, *Zad al-Masir*, 7:397, `Izz ibn `Abd al-Salam, *Tafsir*, p.534]

[2] Supporting His Prophet through

(i) following his *sunna*,

(ii) obeying him and

(iii) protecting his honour and example.

[3] Supporting the Shariah through

(i) following it,

(ii) implementing it and

(iii) defending it.[Ibn al-Jawzi, *op. cit.*, 5:437]

- The phrase {*and make your foothold firm*} “is an expression denoting victory [s: granted to the Muslims]...”[al-Shawkani, *Fath al-Qadir* from Ibn `Atiyya, *al-Muharrar al-Wajiz*, 2:507]

- Victory or help from Allah thus has conditions. Helping Allah's cause or supporting His religion with whatever the situation demands is the condition for Allah to honour the believers with victory.
- In reality, Allah is not in need of any help; the actions are for our benefit and requirement for our success in both this world and the hereafter.

2. Praying Qiyam al Layl in the last third of the night

Abu Huraira reported: The Messenger of Allah, peace and blessings be upon him, said, "Our Lord Almighty descends to the lowest heaven in the last third of every night, saying: Who is calling upon Me that I may answer him? Who is asking from Me that I may give him? Who is seeking My forgiveness that I may forgive him?"

مَنْ لَهُ فَاسْتَجِيبَ يَدْعُونِي مَنْ
يَسْتغْفِرُنِي مَنْ فَأَعْطِيَهُ يَسْأَلُنِي
لَهُ فَأَغْفِرَ

Source: Ṣaḥīḥ al-Bukhārī 1145, Ṣaḥīḥ Muslim 758

Jabir (May Allah be pleased with him) reported: I heard the Messenger of Allah (PBUH) saying, "Every night there is a special time during which whatever a Muslim asks Allah of any good relating to this life or the Hereafter, it will be granted to him; and this moment comes every night." [Muslim]

Abu Umama al-Bahili (Allah be pleased with him) reports that the Messenger of Allah (blessings and peace be upon him, his family, and companions) said, "Hold fast to night prayer, for it was the way of the righteous before you, a way of drawing closer to your Lord, an expiation for wrong deeds, and a shield from sin." [Tirmidhi, and others] In some narrations, there is an addition, "And it repels sickness from the body."

Narrated by Abu Hurayrah (radhi allahu anhu): "The Messenger of Allah (sallallahu alaihi wa-sallam) said: "The best prayer after those prescribed is (the prayer performed) in the depth of night." [Saheeh Muslim and Musnad Ahmad]

He (sallallahu alaihi wa-sallam) also said: "The most beloved prayer to Allah was of Dawud (alaihi as-salaam). He slept one half of the night, got up (and prayed) for one third, and then slept (the remaining) one sixth." [Saheeh al-Bukharee and Saheeh Muslim]

3. Changing your own conditions before you expect Allah Help you

إِنَّ اللَّهَ لَا يُغَيِّرُ مَا بِقَوْمٍ حَتَّىٰ يُغَيِّرُوا مَا بِأَنْفُسِهِمْ

“...Indeed, Allah will not change the condition of a people until they change what is in themselves...” [Quran, 13:11]

Everyone is blaming others, blaming America, Israel for the things that are happening in Palestine, for example... but do the Palestinians specifically and the Muslim ummah actually look at themselves to see if they have been submitting to Allah completely? Many people choose which commands of Allah they wish to obey and deliberately disobey Allah on other commands. So, while they pray, they also are indulging in bribery, cheating, lying, riba, etc. Islam is a way of life – not restricted only to salah, fasting in Ramadan, zakat, etc. The Qur’an has been sent to us in order to show us how to lead our lives. It is not an option for us to choose which verses we obey and which we ignore.

آمَنُوا الَّذِينَ آتَيْهَا يَا
الرَّسُولَ وَأَطِيعُوا اللَّهَ أَطِيعُوا
فَإِنَّ مِنْكُمْ الْأَمْرَ وَأُولِي
إِلَىٰ فَرْدَوْهُ شَيْءٍ فِي تَنَازَعْتُمْ
كُنْتُمْ إِنْ وَالرَّسُولِ اللَّهُ
الْآخِرِ وَالْيَوْمِ بِاللَّهِ تُوْمِنُونَ
تَأْوِيلًا وَأَحْسَنُ خَيْرٌ ذَلِكَ

“O you who believe! Obey Allah and obey the Messenger (Muhammad, Peace be upon him), and those of you (Muslims) who are in authority. (And) if you differ in anything amongst yourselves, refer it to Allah and His Messenger (Peace be upon him), if you believe in Allah and in the Last Day. That is better and more suitable for final determination.” 4: 59

الْكِتَابِ بِبَعْضٍ أَفْتُونُ
 جَزَاءُ فَمَا ۚ بِبَعْضٍ وَتَكْفُرُونَ
 خِزْيٌ إِلَّا مِنْكُمْ ذَلِكَ يَفْعَلُ مَنْ
 وَيَوْمَ ۖ الدُّنْيَا الْحَيَاةِ فِي
 أَشَدِّ إِلَى يُرَدُّونَ الْقِيَامَةِ
 بِغَافِلٍ اللَّهُ وَمَا ۖ الْعَذَابِ
 تَعْمَلُونَ عَمَّا

"...Then do you believe in a part of the Scripture and reject the rest? Then what is the recompense of those who do so among you, except disgrace in the life of this world, and on the Day of Resurrection they shall be consigned to the most grievous torment. And Allah is not unaware of what you do." 2: 85

مُؤْمِنَةٍ وَلَا لِمُؤْمِنٍ كَانَ وَمَا
 أَمْرًا وَرَسُولُهُ اللَّهُ قَضَىٰ إِذَا
 مِنَ الْخَيْرَةِ لَهُمْ يَكُونُ أَنْ
 اللَّهُ يَعِصُ وَمَنْ ۖ أَمْرِهِمْ
 مُبِينًا ضَلَالًا ضَلَّ فَقَدْ وَرَسُولُهُ

"It is not for a believer, man or woman, when Allah and His Messenger have decreed a matter that they should have any option in their decision. And whoever disobeys Allah and His Messenger, he has indeed strayed in a plain error." 33: 36

وَهُوَ شَيْئًا تَكَرَّهُوا أَنْ وَعَسَىٰ
 تُحِبُّوا أَنْ وَعَسَىٰ ۖ لَكُمْ خَيْرٌ
 وَاللَّهُ ۖ لَكُمْ شَرٌّ وَهُوَ شَيْئًا
 تَعْلَمُونَ لَا وَأَنْتُمْ يَعْلَمُ

“...and it may be that you dislike a thing which is good for you and that you like a thing which is bad for you. Allah knows but you do not know.” 2: 216

4. Be patient, and pray

آمَنُوا الَّذِينَ أَيُّهَا يَا
 وَالصَّلَاةِ بِالصَّبْرِ اسْتَعِينُوا
 الصَّابِرِينَ مَعَ اللَّهِ إِنَّ

“O you who believe! Seek help in patience and *As-Salat* (the prayer). Truly! Allah is with *As-Sabirin* (the patient ones, etc.).” 2: 153

We must understand how life is filled with Allah’s Tests, especially for the believers:

الْخَوْفِ مِنْ بَشْيءٍ وَلَنْبَلُونَكُمْ
 الْأَمْوَالِ مِنْ نَقْصٍ وَالْجُوعِ
 وَبَشَرٍ ۗ وَالثَّمَرَاتِ وَالْأَنْفُسِ
 الصَّابِرِينَ

“And certainly, We shall test you with something of fear, hunger, loss of wealth, lives and fruits, but give glad tidings to *As-Sabirin* (the patient ones, etc.).” 2: 155

Many stories in the Qur’an are given by Allah in order to teach us that the pious people before us were tested severely - and through their patience and steadfastness of the Deen Allah Help them:

1. Prophet Ayyoub (AS)
2. Prophet Ibrahim (AS)
3. Prophet Yusuf (AS)
4. Prophet Muhammad (SallAllahu ‘alayhi wa sallam)
5. People of the cave
6. Maryam, mother of prophet Isa (AS)
7. Asiyah, wife of the pharaoh.

5. Repenting to Allah

Prophet Yunus (AS) was in the belly of the whale. He made an important du’a to Allah and asked for His Forgiveness:

إِنِّي سُبْحَانَكَ أَنْتَ إِلَّا إِلَهَ لَا
الظَّالِمِينَ مِنْ كُنْتُ

“La ilaha illa Anta [none has the right to be worshipped but You (O Allah)], Glorified (and Exalted) are You [above all that (evil) they associate with You]. Truly, I have been of the wrong-doers.”

And Allah Answered his du’a and Prophet Yunus (AS) was free from the belly of the whale. His nation was also making du’a to Allah seeking His Forgiveness:

“Was there any town (community) that believed (after seeing the punishment), and its Faith (at that moment) saved it (from the punishment)? (The answer is none,) – except the people of Yunus (Jonah); when they believed, We removed from them the torment of disgrace in the life of the (present) world, and permitted them to enjoy for a while.” 10: 98

Prophet Nuh (AS) advised his people:

فَقُلْتُ اسْتَغْفِرُوا رَبَّكُمْ إِنَّهُ كَانَ
غَفَّارًا
يُرْسِلِ السَّمَاءَ عَلَيْكُمْ مِدْرَارًا
وَيُمِدِّدْكُمْ بِأَمْوَالٍ وَبَنِينَ وَيَجْعَلْ
لَكُمْ جَنَّاتٍ وَيَجْعَلْ لَكُمْ أَنْهَارًا

“I said (to them): ‘Ask forgiveness from your Lord; Verily, He is Oft-Forgiving; He will send rain to you in abundance; And give you increase in wealth and children, and bestow on you gardens and bestow on you rivers.’ ” (71: 10-12)

6. Ensure that your provisions (food, drinks, wealth) are halal

On the authority of Abu Hurayrah (ra):

The Messenger of Allah (ﷺ) said, “Allah the Almighty is Good and accepts only that which is good. And verily Allah has commanded the believers to do that which He has commanded the Messengers. So the Almighty has said:

مِنْ كُلُوا الرُّسُلُ أَيُّهَا يَا
صَالِحًا وَاعْمَلُوا الطَّيِّبَاتِ

“O (you) Messengers! Eat of the tayyibat [all kinds of halal (legal) foods], and perform righteous deeds.” [23:51] and the Almighty has said:

كُلُوا آمَنُوا الَّذِينَ أَيُّهَا يَا
رَزَقْنَاكُمْ مَا طَيِّبَاتٍ مِنْ

“O you who believe! Eat of the lawful things that We have provided you.” [2:172]” Then he (ﷺ) mentioned [the case] of a man who, having journeyed far, is disheveled and dusty, and who spreads out his hands to the sky saying “O Lord! O Lord!” while his food is haram (unlawful), his drink is haram, his clothing is haram, and he has been nourished with haram, so how can [his supplication] be answered? [Muslim]

On drinking alcohol:

Narrated by Ibn Maajah (3377) from ‘Abd-Allaah ibn ‘Amr who said: The Messenger of Allaah (peace and blessings of Allaah be upon him) said: “Whoever drinks alcohol and gets drunk, his prayer will not be accepted for forty days and if he dies he will go to Hell. But if he repents, Allaah will accept his repentance. If he again drinks alcohol and gets drunk, his prayer will not be accepted for forty days and if he dies he will go to Hell. But if he repents, Allaah will accept his repentance. If he again drinks alcohol and gets drunk, his prayer will not be accepted for forty days and if he dies he will go to Hell. But if he repents, Allaah will accept his repentance. If he commits (this sin) again, then Allaah pledges to make him drink the mud of khabaal on the Day of Resurrection.” They asked, “O Messenger of Allaah, what is the mud of khabaal?” He said, “The juices of the people of Hell.”

Classed as saheeh by al-Albaani in Saheeh Ibn Maajah.

Therefore we have to inshaAllah implement all the above in order to get the Help and Support from Allah which we all need at all times.

May Allah Guide us all in the straight path and Grant us with the ability to submit ourselves completely to His Commands and Grant us Jannatul Firdaus for our efforts.