

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ، نَحْمَدُهُ سُبْحَانَهُ كَمَا يَنْبَغِي لَجَلالِ وَجْهِهِ وَعَظِيمِ
سُلْطَانِهِ، وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ
وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، وَأَشْهَدُ أَنَّ سَيِّدَنَا وَنَبِيَّنَا مُحَمَّدًا عَبْدُ اللَّهِ وَرَسُولُهُ،
صَلَّى اللَّهُ وَسَلَّم وَبَارَكَ عَلَيْهِ وَعَلَى آلِهِ وَصَحْبِهِ أَجْمَعِينَ، وَعَلَى مَنْ تَبِعَهُمْ
بِإِحْسَانٍ إِلَى يَوْمِ الدِّينِ

All praise be to Allah as is befitting to His great sovereignty and glorious status. I bear witness that there is no deity but Him, having no associates. To Him belongs the dominion of the heavens and the earth and whatever is within them. And He is over all things competent. I also testify that Muhammad is His Servant and Messenger, may the peace and blessings of Allah be upon him, his family, his companions, and all those who will follow them in righteousness till the Day of Judgment

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عِلْمٍ لَا يَنْفَعُ وَمِنْ قَلْبٍ لَا يَخْشَعُ وَمِنْ نَفْسٍ لَا تَشْبَعُ وَمِنْ دَعْوَةٍ لَا يُسْتَجَابُ لَهَا

“O Allah, I seek refuge in You from knowledge which does not benefit, from a heart that does not fear (humble before Allah), from a soul that is not satisfied and the supplication that is not answered.”(Tirmidhi/Nasai)

YANFA’U: **Nafa’a** means to be beneficial and useful. With regards to knowledge, **Ilman Naf’ian** - beneficial knowledge - is knowledge that leads to action and benefits oneself and others positively.

YAKHSHA’U: **Khushu’** is a fear that is manifested not only in your heart but it is shown on your face and limbs. It literally means to bend down and become still. **Khushu’** is the submissiveness of the heart & limbs.

TASHBA’U: The root of this word means to be **Satisfied**, to eat to one’s fill and to gratify. This word can apply to eating or fulfilling desires. From this root is **Ishbaa’** which means **Satisfaction** and **Satiation**.

DA’WATIN: **Da’wah** literally means a call, request or invocation. When someone is involved in **Da’wah**, it literally means they are calling others to Allah ﷻ. From this root is the word **Du’a**, both words have the same meaning when referring to a supplication.

The Prophet ﷺ sought refuge from **FOUR DISASTROUS** things in this Du'a. Each one gives us a different lesson to pay heed to:

“KNOWLEDGE THAT DOES NOT BENEFIT”: This can mean knowledge that is not acted upon, or knowledge that has no use - such as worldly matters that do not give any benefit. The first type can lead to punishment

“On the night that I ascended up to the heavens, I came upon a people whose lips were being cut off by pliers made from Fire. Every time their lips were severed, they would be brought back and formed again. So I said: ‘O Jibreel, who are these people?’ He said: ‘They are speakers from your nation, who say words but do not do deeds, and who read the Book of Allah yet do not act on.’” (Bayhaqi)

“A HEART THAT IS NOT FEARFUL”: Allah ﷻ describes the true believers as having **Khushu'** in their prayer - a humility that is seen on their limbs. If the heart has **Khushu'**, the body will have **Khushu'**. So **Khushu'** is not just a restricted to the heart, it is a state of the heart which is visible on a person's actions, in their posture, and in their movements/speech. In the hereafter, “**أَبْصَارُهَا خَاشِعَةٌ** **their eyes will be humbled**”(79:9) Those eyes that did not humble themselves to Allah ﷻ in the Dunya, will have fear in the Akhirah. This fear will be apparent on their faces; faces that are full of shame, humiliation and abasement.

“A SOUL THAT IS NOT SATISFIED”: The nature of humans is to always want more. When a person is not satisfied, it brings about greed, jealousy, ungratefulness, and a lack of contentment. The believers are satisfied with whatever they are given in this life, and in the hereafter

يَا أَيَّتُهَا النَّفْسُ الْمُطْمَئِنَّةُ - رَضِيتَ بِاللَّهِ رَبًّا ، وَبِالْإِسْلَامِ دِينًا ، وَبِمُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ نَبِيًّا وَجِبْتَ لَهُ الْجَنَّةَ

Be happy with your body, life, wealth, family, properties... Refrain from indulgence in this worldly life and Allah ﷻ will make you content.

When these **THREE** things exist in someone; **a heart that is not fearful, a soul that is not satisfied and knowledge that is not beneficial**, it leads to the **FOURTH** thing - **A DUA THAT IS NOT ANSWERED**

“A SUPPLICATION THAT IS NOT ANSWERED”: Allah ﷻ tells us to call upon Him, to ask Him and that He will give us. For Allah ﷻ to not answer a supplication, it means that the person is involved in something wrong. Check your learning and acting on your knowledge, keeping your heart, body and lips humble, and are satisfied in all states with Allah ﷻ. Otherwise you will suffer the greatest rejection where your Duas will not be answered. **This is the Actual Dua You Should Do.**

اللهم إني أسألك علما نافعا وقلبا خاشعا و رزقا طيبا وعملا متقبلا

O Allah, I ask You for beneficial knowledge, a humble heart, goodly provisions and acceptable deeds. (Ibn Majah)