

## The Disease and the Cure According to Shaykh al-Islām Ibn Taymiyyah

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

A questioner was trialled by a disease [of the heart] and became overpowered by shortcomings and overcome by laziness. When he wished to turn to Allāh (سُبْحَانَهُ وَتَعَالَى) his desires prevented him, when he wanted to remember Allāh his thoughts distracted him and when he attempted to perform good deeds his failures in doing so overtook him.

Shaykh al-Islām Ibn Taymiyyah (رَحِمَهُ اللَّهُ) was asked for the cure for this ailment as well as the path to success and guidance. Likewise, he was asked what the way out was for the one who finds himself in constant confusion and dismay.

### **He answered:**

The cure is to turn to Allāh (عَزَّ وَجَلَّ) and continuously beseech Him with supplication as well as learning the [authentically] reported supplications [from the Sunnah]. Also, he should aim to supplicate during the times when the acceptance of supplication is most likely such as the end part of the night, the times of the

*ādhān* and *iqāmah*, in the *sujūd* (prostration) and at the end of the prayers.

Also, he adds *al-istighfār* (seeking forgiveness) to that for, indeed, whoever seeks forgiveness from Allāh (عَزَّوَجَلَّ) and turns to Him in repentance, He grants him good enjoyment for an appointed term.<sup>1</sup>

Furthermore, he should recite a portion of *adhkār* in the morning and evening as well as the time of sleep. Moreover, he should be patient upon whatever obstacles and distractions occur for, indeed, [if he does so] Allāh (عَزَّوَجَلَّ) will aid and strengthen him quickly with *Rūh* (light and true guidance) from Himself and will write *īmān* (faith) in his heart.

Furthermore, he should inwardly and outwardly be keen in completing the obligations of the five daily prayers for indeed it is the pillar of the religion. He should make it his habit [to say] “*Lā Ḥawla wa la Quwwata illa Billāh al-‘Aliyy al-‘Adhīm* (There is no might or power except with Allāh, The Most-High, The Greatest)” for, verily, due to it heavy burdens are

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<sup>1</sup> Taken from Sūrah Hūd (11:3)

carried, terrors are endured and high ranks are attained.

Lastly, he should not give up in supplication and beseeching as indeed, it is answered for the slave as long as he does not become hasty, saying: “I supplicated and it was not answered”<sup>2</sup>, and he should know that victory comes with patience, relief with distress and ease with hardship, and that no-one, not even a prophet or other than him, has attained tremendous good except by having patience.

And all praise is due to Allāh, the Lord of the worlds.<sup>3</sup>

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<sup>2</sup> As occurs in the ḥadīth in *Ṣaḥīḥ al-Bukhārī* (6340)

<sup>3</sup> *Jāmi’ al-Masā’il* (7/446-448), *Majmū’ al-Fatāwá* (10/136-137)