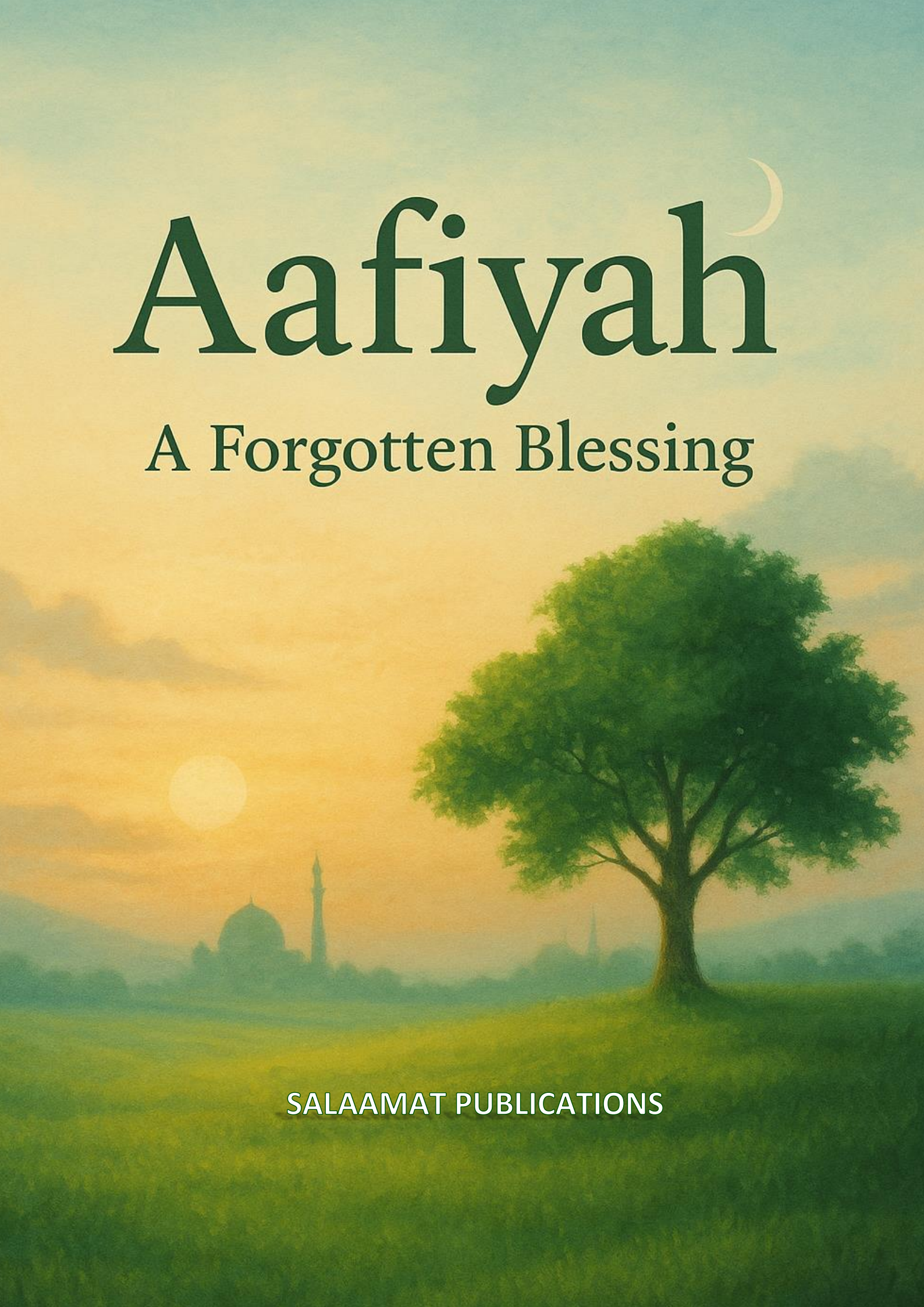




Aafiyah

A Forgotten Blessing

SALAAMAT PUBLICATIONS

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
نَحْمَدُهُ وَنُصَلِّي عَلَى رَسُولِهِ الْكَرِيمِ، أَمَّا بَعْدُ

Alhamdulillah, we praise Allah Ta'ala for blessing us with the priceless gift of Imaan.

With love and humility, we send peace and blessings upon our beloved Master Nabi Muhammad ﷺ, his noble family, and his honoured companions.

Today we speak about a priceless blessing, a blessing that many of us forget to ask Allah Ta'ala for. It is the blessing of **Aafiyah**.

The Meaning of Aafiyah

Aafiyah refers to complete wellbeing, safety, protection, and peace.

It is the state of being free from hardships, calamities, illnesses, sins, and punishment.

When Allah grants Aafiyah to someone, their life becomes easy and peaceful.

Think of a man who is very wealthy, but he spends half his wealth on medicine and treatment, or he is always worried about court cases, enemies, or family fights. This is not Aafiyah.

What use is that wealth without Aafiyah?

And now think of another man who has little wealth, but he wakes up in the morning in good health, his family is safe, he has peace of mind, and he has food for the day.

This man is truly living with Aafiyah.

The Hadith of Sayyiduna ‘Abbaas رضي الله عنه

Sayyiduna ‘Abbaas ibn Abd al-Muttalib رضي الله عنه once came to Rasoolullah ﷺ and said:

“O Messenger of Allah, teach me something to ask Allah.

Rasoolullah ﷺ said: “Ask Allah for Aafiyah.”

After a few days Hazrat Abbaas رضي الله عنه came to Rasoolullah ﷺ again with the same request.

Rasoolullah ﷺ said: “O Abbaas, O uncle of the Messenger of Allah, ask Allah for Aafiyah in this world and the Hereafter.” (Tirmidhī)

This shows us that the most valuable thing after Imaan is Aafiyah.

Why Aafiyah is So Important

- 1) Without Aafiyah, wealth is of no benefit.
- 2) Without Aafiyah, position and power bring stress and fear.
- 3) Without Aafiyah, even worship becomes difficult.

That is why Rasoolullah ﷺ taught us to ask Allah every day for Aafiyah.

A Du‘ā for Aafiyah

One of the duas Nabi ﷺ taught us to read in the morning and evening is:

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ،
اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي دِينِي وَدُنْيَايَ، وَأَهْلِي
وَمَالِي

“O Allah, I ask You for forgiveness and Aafiyah in this world and the Hereafter.

O Allah, I ask You for forgiveness and Aafiyah in my religion, in my worldly affairs, in my family, and in my wealth.” (Abu Dawud, Ibn Majah)

This one dua covers everything in life.

Real-Life Examples of Aafiyah

- **Health:** A person with diabetes or cancer or a terminal illness would give up his wealth or pay large amounts just to have good health.

When Allah gives us health, we should not take it for granted. This is part of Aafiyah.

- **Family Peace:** Some families have money but they live with constant fights, arguments, or court cases.

They are rich but they have no peace. Aafiyah means Allah protects us from such problems.

- **Safety from Sins:** Sometimes people have everything, but they are drowning in sins, in bad habits, in addictions.

That life is a punishment. Aafiyah means Allah protects us from falling into sin.

- **Protection in the Hereafter:** Imagine a person who lives his whole life comfortable in this world but has to face punishment in the grave and Jahannam.

That is not real success. True Aafiyah is when Allah saves us in the Hereafter as well.

Story to Think About

There was a man who lived his life in constant complaints and every morning he should wake up with a frown.

At the table, he grumbled about his food. At work, he sighed about his tasks.

At night, he tossed and turned, moaning and groaning about his daily routine and life.

His days were heavy with dissatisfaction, though he had no real suffering or hardship.

One afternoon, fate took him to the hospital.

As he entered the long white corridor, the sharp smell of medicine filled his nose.

He walked past rooms where lives were hanging between hope and despair.

In one room, a man lay motionless, his body covered in tubes and wires, eyes staring blankly at the plain ceiling.

In another, a frail woman clutched her chest, each breath sounding like it might be her last.

Further on, a child whimpered softly, with no parent by their side, abandoned in their pain.

Some patients cried silently, their tears soaking in the pillows. Others groaned in agony, begging the nurses for relief.

The man froze. His complaints died on his tongue. His heart trembled as he whispered to himself, "How blind I have been..."

He rushed home, his footsteps quick and restless. He sat down, overwhelmed, and tears filled his eyes. He raised his hands and said:

Alhamdulillah! I am walking without support.
Alhamdulillah! I am breathing without machines.
Alhamdulillah! I am eating with my own hands.
Alhamdulillah! I sleep peacefully in my own bed.

O Allah, you have blessed me with the priceless gift called Aafiyah. That day, he discovered a treasure greater than gold and that is the treasure of gratitude for well-being.

Lessons for Us

- 1) We must make it a habit to ask Allah every day for Aafiyah.
 - 2) Teach our children this dua so they grow up asking Allah for the best gift.
 - 3) Value the Aafiyah Allah has already given us by showing gratitude and using our health, our time, and our wealth in the path of Allah.
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My dear respected brothers and sisters, remember well that no amount of wealth, no position of power, and no degree of fame can purchase true peace of heart.

Real peace is only in **Aafiyah**, and Aafiyah is wellbeing, safety, and protection that comes directly from Allah Ta'ala.

Rasoolullah ﷺ taught us a du‘ā that should never leave our tongues:

اللَّهُمَّ إِنَّا نَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ

“O Allah, we ask You for forgiveness and Aafiyah in this world and the Hereafter.”

When we make this du‘a, we turn to Allah Ta‘ala with love, fear, and hope. We ask Him to protect us from hardships that crush the soul, from sins that darken and weaken the heart, and from punishments that no human being can ever endure.

With tearful hearts, we plead to our Creator, begging Him to save us from humiliation and disgrace in this world, and from the unbearable torment of the Hereafter. For without His protection, we are helpless, and without His mercy, we are lost.

So let us stand before Allah Ta'ala, broken yet hopeful, with tears in our eyes. Let us cry to Him to cover us with His mercy, to grant us peace, ease, and safety in every part of our lives, and to admit us into His eternal Jannah with complete Aafiyah.

May Allah Ta'ala grant me, you, and our families Aafiyah in our health, our homes, our wealth, and most importantly in our deen.

May He protect us from every form of His anger and punishment in this world and the next, and may He keep us forever under the shade of His mercy. Aameen.

Some Duas for Aafiyah from the Ahadith

اللَّهُمَّ عَافِنِي فِي بَدَنِي، اللَّهُمَّ عَافِنِي فِي سَمْعِي، اللَّهُمَّ عَافِنِي فِي
بَصَرِي، لَا إِلَهَ إِلَّا أَنْتَ

“O Allah, grant me wellbeing in my body. O Allah, grant me wellbeing in my hearing. O Allah, grant me wellbeing in my sight. There is none worthy of worship except You.”

(Sunan Abi Dawud 5090)

اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي وَعَافِنِي وَارْزُقْنِي

“O Allah, forgive me, have mercy on me, grant me wellbeing, and provide for me.”

(Ṣaḥīḥ Muslim 2697)

NB:

This book has been prepared with the sincere intention of sharing beneficial knowledge.

Every effort has been made to ensure that the content remains authentic and in line with the teachings of the Qur'an and the Sunnah, as understood and practiced by our pious predecessors.

Our aim is to present the topic in a manner that inspires reflection, practice, and gratitude to Allah **سُبْحَانَهُ وَتَعَالَى** for His countless blessings.

Any errors are due to our own limitations, and we humbly seek Allah **سُبْحَانَهُ وَتَعَالَى** forgiveness and guidance in our future publications.

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