



Sofibats by
Hadrat Shaykh Muhammad Mehmet Adil al-Hakkani

DON'T WASTE THE FAVORS

*Assalamu Alaykum wa Rahmatullah wa Barakatuh,
Auzu Billahi Minashaytanir Rajeem. Bismillahir Rahmanir Raheem,
Wassalatu Wassalamu ala Rasulina Muhammadin Sayyidul Anwalin wal Akhirin,
Madad Ya Rasulallah, Madad Ya Sadat As'habi RasuLillah, Madad Ya Mashayikhina,
Dastur Mawlana Sheikh Abdullah Faiq Dagbestani, Sheikh Nazim al-Haqqani. Madad.
Tariqatunas sobba, wal khayru fil jamiyya.*

Bismi Llāhi r-Raḥmāni r-Raḥīm:

كُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا

(Qur'ān 07:31). Allah 'Azza wa-Jalla says, 'Kulū washrabū wa la tusrifū, 'Eat and drink, but waste not by extravagance.' Eat and drink but don't waste. To waste is to offend the Ni'mah/favor. It is the reason for favors to be gone. Nowadays, everywhere in the world people suffer from hunger. And the prices are high. Where do these come from? They come from wasting. The Barakah is gone because of wasting, and there is famine. There is cultivation, but because there is no Barakah, it is not enough.

Wasting is a bad thing. The order of Allah 'Azza wa-Jalla is not to waste – He ﷻ says, 'وَلَا تُسْرِفُوا', 'Wa la tusrifū', 'And waste not by extravagance'. (Qur'ān 07:31). Eat and drink, but do not waste. Be careful, because people of the present time, may Allah ﷻ give them understanding, throw food away into the garbage. They don't put the leftovers separately and they throw it into the dirty garbage. Take as much as you can eat so that it is not wasted. Don't throw it away. If you take more, it is not good to throw it into the garbage. There are lots of animals outside. You can put it out for them. If people make it a habit, they will be carrying out this order and it will be a Sadaqah for animals and birds. Birds eat it too.

Regarding bread, our country used to have a tradition before to put uneaten bread in a bag and hang it outside. Whoever had animals would take it. It is not like this nowadays. They just throw it into the garbage bins. It is pressed with other things and becomes useless.

And where is the Barakah then? People don't ask for Barakah. They just put the blame on other people. It is everyone's fault. Everyone is responsible for it. Everyone carries responsibility for it. If everyone does little by little, the world will become a better place. But if you say, "No, I can't deal with it", then you will suffer from it.

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A favor should not be offended. If a favor is offended, you cannot find it anymore. You should be careful with favors. “He does the same”. If he does it, he is someone who doesn’t know the value of the favor. He is losing himself. And you should know the value of the favor. Certainly, it will be of benefit for you. Even if the whole world suffers from hunger, nothing will affect you.

“We cannot do it alone”. You can! If everyone does it in their house, Barakah will stay there. If you don’t know the value of the favor, Allah ﷻ will deprive you from that favor. May Allah ﷻ protect us. May Allah ﷻ give us everlasting favors. And the biggest favor is the favor of Iman. May Allah ﷻ increase it and strengthen it for us.

Wa min Allah at-Tawfiq. Al-Fatiha.

Mawlana Sheikh Muhammad Adil ar-Rabbani
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