



**Sofbats by**  
**Hadrat Shaykh Muhammad Mehmet Adil al-Hakkani**

**THE WISDOM IN FOLLOWING THE SUNNAH**

*As-Salāmu ‘alaykum wa raḥmatu Llāhi.*

*A‘ūdhu biLlāhi mina sh-shayṭāni r-rajīm.*

*Waṣ-ṣalātu wa s-Salāmu ‘alā Rasūlinā Muḥammadin Sayyidi l-awwalīn wa l-ākhirīn.*

*Madad yā Rasūla Llāh, madad yā Sādāti Aṣḥābi Rasūli Llāh, madad yā Mashāyikhinā,  
dastūr yā Shaykh ‘Abdu Llāh al-Fā’iz ad-Dāghistānī, Shaykh Muḥammad Nāẓim al-  
Ḥaqqānī. Madad.*

*Ṭarīqatunā ṣ-ṣuḥbah wa l-khayru fi l-jam’iyyah.*

Following the Sunnah of the Prophet (SAW) is good and is a good deed for us. The Prophet (SAW) said, “Whoever fulfills my Sunnah in the End Days, Allah gives him the reward (*thawāb*) of a hundred martyrs.” To be a martyr is not an easy thing. The Prophet (SAW) said, “A hundred martyrs’ deeds are given.” What is the Sunnah of our Prophet (SAW)? It is what he did, whatever he did, to do that. It is the way he behaved. Not to act as other people do, but how the Prophet (SAW) did, for example, eating with the right hand, to enter mosques with the right foot, to exit mosques with the left foot first. It is all about doing what he did while eating, drinking, during a journey, *etc.* If we keep following the Prophet’s (SAW) Sunnah, it will turn into a habit. Allah rewards us for following and fulfilling them consistently.

Their benefits are many, too. As well as receiving spiritual benefits, you also receive benefits in this world, as your deeds and affairs go more easily, [such as] whatever you eat or drink becomes healthy for you. If you have a journey to make, it too goes easy and benefits you. This is the reward of the Prophet (SAW). Following his Sunnah is as beneficial in the material world as in the spiritual. Do not waste food—this is the order of the Prophet (SAW). Leave the table before you are full. Do not eat until you are stuffed. If there are crumbs leftover, take them. Do not leave anything on your plate. The Prophet (SAW) showed the best way in everything. Also what he (SAW) advised is Sunnah. May Allah have us fulfill these acts successfully.

Of course, the Prophet (SAW) has thousands of sunnahs. We are to do as much as we know. Doing what we know is sufficient for us, too. May Allah accept them, and make us successful in them. May Allah ‘azza wa jalla have us follow the Sunnah of the Prophet (SAW), insha’Allah. May we receive his intercession! Those who follow his Sunnah do receive his intercession, insha’Allah.



Wa min Allāhi t-tawfiq,

al-Tatarruf



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Suhbah of Shaykh Muhammad Mehmet Adil

**Hadrat Shaykh Muhammad Mehmet Adil al-Hakkani**

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Akbaba Dergah, Morning Prayer