



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

**TO BE THANKFUL**

*As-Salāmu ‘alaykum wa rahmatu Llāhi.*

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

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

*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.*

It is necessary to give thanks for Allah’s provisions. Allah *jalla jalālahu* provided us with so much, but mankind does not know value of His provision. They will not know, until something happens to them. Then one knows the value. After losing one’s health, after being ill, then one knows its value. He knows the value of his youth, when he is old. A person knows the value of many things, after he loses them. That is why one should have gratitude.

It is said that the human body has 365 components. One should give sadaqah for every part. This is called gratitude. If one cannot afford to give charity, then one should pray two rakats of salah. This also is counted as charity. In the time of the Prophet (SAW), there were periods of financial difficulty. When his companions said they could not give charity, the Prophet (SAW) said, “Just removing a stone from the road is a charity.” It is a charity—just a small good deed! If you perform two rakats of salah, that means that you have fulfilled this duty. Being thankful [both] increases [one’s] provisions, and one [thereby] performs one’s duty towards Allah. Even a little thing! Allah does not need it, but you happen in this way to remember Him out of respect.

These people do not open their mouth for good. You ask them, “How are you?” and they reply, “Wa’Llahi, the situation is bad. This is this way, that is that way...” But look at yourself! You are standing up on your feet, strong. Thank Allah you are not suffering hunger, not thirsty, [and that] you get by each day. Instead of being thankful, one complains. To complain is not a good thing. One must show gratitude. [Even] one’s whole life would not be long enough to show [sufficient] gratitude for one of Allah’s provisions. As there are thousands of them, we need to remain in a state of gratitude. This is the way to show respect, and it is a duty. By “respect” is meant “duty”.



Such gratefulness is beneficial to oneself and others, insha'Allah. May it be beneficial for our land and for Islam, insha'Allah. May Allah have Muslims show gratitude.

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If they do so, they do good for themselves. If not, and they complain instead, it is useless. May Allah give us plentifully and bless us! May He give us peace and security! May He may protect us from Satan and these Satan-like people, insha'Allah.

*Wa min Allāhi t-tanfiq,*

*al-Fātḥah*

Ṣuḥbah of Shaykh Muḥammad Mehmet 'Adil

*Dated 15 February 2019 / 10 Jumādā-'l-Akhir 1440*

*Akbaba Dergah, Morning Prayer*