

His nourishment was the remembrance of Allaah

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allaah, the Most Merciful, the Bestower of Mercy

A reminder by **Shaykh Saalih al-Fawzaan** (حفظه الله)¹:

Imaam ibn al-Qayyim (رَحْمَةُ اللَّهِ)² said:

He went to his Shaykh—Shaykh of Islaam ibn Taymeeyah—because he wanted to speak to him about something, or to take knowledge from him. So he found him sitting remembering Allaah. He was too afraid to speak to him until he finished from the remembrance of Allaah. Then he turned to him and said: How long have you been here? He said: Since such and such a time and I am waiting. Thus the Shaykh (Ibn Taymeeyah) (رَحْمَةُ اللَّهِ) said: ‘This is my breakfast, if I do not take my breakfast, I would not have strength to work that day’.

Thus his portion of remembrance was his breakfast which gave him strength to deal with work during his day; (رَحْمَةُ اللَّهِ). And this is how the Muslim is.

For this reason he (Ibn Taymeeyah) said: ‘Verily to Allaah belongs a paradise in this world, whoever does not enter it, will not enter the paradise of the next life’.

Meaning the remembrance of Allaah (سبحانه وتعالى)³, it is paradise in this world because it relaxes the Muslim and soothes him and expands his chest, and removes his anxiety and repels the devils away from him. Thus it is a paradise. He enjoys it more than he enjoys food, drink, and desires. For this reason, you will find if a person does not say his portion of remembrance during the first part of the day or the first part of the morning, or the first part of the evening, you find him dejected and disconsolate. But if he adheres to his portion of remembrance in the beginning of the morning or the first part of the evening, you find him at ease with his chest expanded.

For this reason, the remembrance of Allaah always and forever accompanies the Muslim; in the morning, in the evening, at the time of sleep, when he is aroused during the night or while sleeping, and when he awakens. The remembrance of Allaah is always upon the heart and tongue of the Muslim. He is never able to do without it.

¹ (حفظه الله) May Allaah the Most High preserve him

² (رَحْمَةُ اللَّهِ) (rahimahullaah) May Allaah the Most High have mercy on him

³ (سبحانه وتعالى) (Subhanahu wa-ta'ala) The Exalted, The Most High

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This is in contrast to the hypocrite, disbeliever, pagan and sinner. Their pleasure and enjoyment is in music, instruments, plays, skits and comedies. They are not familiar with the remembrance of Allaah. For this reason He said concerning the hypocrite:

وَلَا يَذْكُرُونَ اللَّهَ إِلَّا قَلِيلًا

[And they do not remember Allaah but little.]⁴

They are not put at ease by the remembrance of Allaah; they are only put at ease by the remembrance of the devil. We ask Allaah for safety and security.

The remembrance of Allaah connects the person to his Lord; as it comes in the hadeeth Qudsee. Allaah (سبحانه)⁵ says:

أنا مع عبدي إن ذكرني في نفسه ذكرته في نفسي، وإن ذكرني في ملأ ذكرته في ملأ خير منه
I am with My slave, if he mentions me to himself I mention him to Myself, and if he mentions Me in a gathering I mention him in a gathering better than his gathering.

Meaning: a gathering of Angels.

And Allaah (جل وعلا)⁶ said:

فَاذْكُرُونِي أَذْكَرْكُمْ وَأَشْكُرُوا لِي وَلَا تَكْفُرُون

[Therefore remember Me. I will remember you, and be grateful to Me and never be ungrateful to Me.]⁷

Thus how can the person do without the remembrance of Allaah, that which brings him near to Allaah, and grants him the favour of Allaah mentioning him and lauding him in the highest gathering?! These are tremendous benefits from the remembrance of Allaah (عز وجل)⁸.

The Prophet (صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ)⁹ gave the resemblance of the person and the remembrance of Allaah, to the person whose enemies came out in quick pursuit of him, desiring to kill him. Thus he took shelter in a strong fortress, and thus he was saved from them. He said: **'Likewise is the remembrance of Allaah, it is the fortress of the Muslim.'**

This is what protects him from his enemies, from the devils of man and jinn; thus it is necessary for the Muslim to adhere to the remembrance of Allaah with his tongue, his heart, and his actions.

⁴ سورة النساء - Soorah an-Nisaa [4:142]

⁵ (سبحانه) (Subhanahu) The Exalted

⁶ (جل وعلا) (The Lofty and Majestic)

⁷ سورة البقرة - Soorah al-Baqarah [2:152]

⁸ (عز وجل) (Azza wa Jaal) Mighty and Majestic is He

⁹ (صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ) (sallallahu 'alayhi wa sallam) May the peace and blessings of Allaah the Most High be upon him