



# Spiritual Hunger?

Nau Mobbayyeen  
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# + Learning Outcomes

- To understand the concept of spiritual hunger
- To understand the importance of salaah in relieving spiritual hunger
- To be aware of the practices of the Holy Prophet Muhammad (SAW) and the teachings of the Promised Messiah (as) in their practices to relieve spiritual hunger.

# + What is Spiritual Hunger?

- It is the desire to please, obey and praise Allah so that you know with certainty that Allah is the creator of all, and all powerful, without whom one cannot attain paradise because it is through His pleasure and nearness that one can attain paradise
- It is the connection between you and your creator and the realisation that without the connection, there is no purpose of life or no fulfilment of that spiritual hunger
- The blissful state of being in paradise is achieved by being close to Him.

# + What is Spiritual Hunger?

- In the Holy Quran it says:

**“Verily the most honourable person in the sight of Allah is the one who is most righteous” (Quran 49:14)**

- So the aim for mankind is to move forward and change so to be honoured in the sight of Allah.

# + So where does man begin to explore?

- Man begins to create full faith in Allah that not only does He exist, but also He listens to you and answer your prayers. Observe all the beauties of what Allah has surrounded you with and so believe that Allah is the Almighty.
- One has to try to experience Allah's different Attributes and reflect them in one's own person.

# + Creating an appetite for spiritual food

- Once there was a lady suffering from general ill-health. She was advised to move to a warmer climate from where she wrote letters to her friends extolling the lovely weather, beautiful scenery and luscious fruits. She wrote back in glowing words about the variety of tempting fruits. However she always referred to her lack of appetite. Later news was received that she had died despite the abundance of exotic health building fruits. She did not die from the absence of nourishing food but from the want of appetite.

*(Bashir Orchard Sahib, Guide posts, Spiritual Hunger pg 78)*

# + How does the lady's story reflect in everyday life?

- God has provided us with heavenly nourishment but most of us do not hunger for it. Only those with spiritual appetite relieve their hunger with God's heavenly fruits which sustain not only for the moment but during the days that lie ahead.

# + So what does human nature hunger and thirst for?

## ■ Prosperity

### ■ How is this achieved?

- Having the full understanding of Allah

- By establishing a perfect relationship with Allah

## ■ On the condition that love should surge up on both sides

*(The essence of Islam VOL II chapter 7 Salvation Extracts of the writing of the Promised Messiah May peace be upon him).*



# **What are the Fruits of Spiritual Hunger?**

# + The fruits of spiritual food

- Performing Salaat

- The Promised Messiah (as) writes:

So perform your prayers five times a day inspired by such awe and awareness of the presence of Almighty God as if you were seeing Him with your own eyes.

- Hadhrat Abu Harairah (ra) narrates that the Holy Prophet (saw) said:

**“The first thing for which a person could be called to account is the Prayer. If he succeeds in this account, he would be successful and will attain salvation. If that account is deficient, he will be ruined and will be a loser. If there is a shortfall in the obligatory Prayers, Allah will make it up from his nawafil. Similarly, all his other deeds will be accounted for”.**

*(Sunan Al Nasai).*

# + The fruits of spiritual food

## ■ Performing Salaat

- Hadhrat Abu Hurairah (ra) has related that he heard the Holy Prophet (saw):

**“Tell me if one of you had a stream running at his door and he should take a bath in it 5 times every day, would any dirt be left upon him? He was answered ‘No dirt would be left on him.’ The Holy Prophet (saw) observed this is the case of the five prayers. Allah wipes out all faults in consequence of them”.**

*(Sahi Al Bukahari).*

# + The fruits of spiritual food

## ■ Tahajjud

- Hadrat Abu Hurairah (ra) has related that the Holy Prophet (saw) said:

**‘Our Lord descends every night to the lowest heaven. When one-third of the night remains, Allah says, “Who will call upon Me, so I should respond to him? Who will beg of him?” Allah the Almighty keeps saying so until dawn breaks.’**

- The Promised Messiah (as) advised his followers to make at a minimum 2 rakat. He said to wake up at this time creates a heart felt pain, which creates a condition of devotion and distress which in turn become the means of acceptance of supplication.

# + The fruits of spiritual food

## ■ Tahajjud

- The Holy Prophet (saw) would spend his nights in the worship of Allah so much so that his feet got swollen. Hadhrat Ayesha, may Allah be pleased with her, relates: “the Holy Prophet, (saw), stood so long during his voluntary prayer at night that the skin of his feet would crack; so I said to him: Messenger of Allah, why do you stand so long in prayer when Allah has suppressed in you in the past and for the future all inclination towards sin? He answered: then should I not wish to be a grateful servant of Allah?

*(Bukhari and Muslim).*



**What does this Hadith teach us?**

# + The fruits of spiritual food

- Sending Durud upon the Holy Prophet (saw)
  - Hadhrat 'Amir Bin Rabi'ah (ra) narrates that the Holy Prophet (saw) said:

**“A Muslim who invokes Allah’s blessings upon me will continue to receive the blessing from the angels as long as he continues. Let him, if he wishes shorten the time or prolong it.”**

# + The fruits of spiritual food

- Sending Durud upon the Holy Prophet (saw):

- The Promised Messiah (as) said:

Through invoking blessings upon the Holy Prophet (saw).... it is my personal experience that, divine grace in the shape of wonderful light proceeds in the direction of the Holy prophet (saw) and is absorbed into his bosom and then issuing there from numberless streams of it reach everyone deserving them according to his capacity. Certainly, no grace can reach anyone without the agency of the Holy Prophet (saw). Invoking blessings on the Holy Prophet ~ (saw) brings into movement his throne from which these streams of light issue. He who desires to obtain the grace of God Almighty should invoke blessing on him persistently, so that divine grace might be brought into motion.

(Al Hakam February 28, 1903 pg7)

# + The fruits of spiritual food

## ■ Regular Istighfar

- Hadhrat Ibn-e-Abbas (ra) relates that the Holy Prophet (saw) said:

**“Whoever clings to istighfar (i.e., performs it regularly and often) Allah the almighty grants him a way out of all difficulties , and grants him ease under all difficulties and grants him provisions from ways that he could not imagine .”**

(Sunano Abi Dawud, Kitab-ul-Witri, Babun fil-Istighfar)

# + The fruits of spiritual food

## ■ Regular Istighfar

- The Promised Messiah (as) stated that istighfar brings strength upon the roots of faith.

It is mentioned in two ways in the Holy Quran:

1. To Strengthen the love of Allah in one's heart, through the relationship with Allah, Those people are engrossed completely in God and seek His help and cannot imagine to be separated.
2. To emerge from the bondage (burden) of sin and flee towards Allah.

# + The fruits of spiritual food

- To always express gratitude to Allah

- The Holy Prophet (saw) said:

- “Every matter of importance that is not begun with the praise of Allah remains defective”.**

- “Every speech that is not begun with the praise of Allah is devoid of blessings”.**

## + III Condition of Ba' it

- ***That he/she shall regularly offer the five daily prayers in accordance with the Commandments of God and the Holy Prophet Muhammad (saw) and shall try his /her best to be regular in offering. The tahajjud and invoking durud on the Holy Prophet Muhammad (saw). That he/she shall make it his/her daily routine to ask forgiveness for his/her sins, to remember the bounties of God and praise and Glorify Him.***



Jazaka' Allah for listening

**ANY QUESTIONS?**