



ALLAH AL HAYY

(The Ever-Living)

All praises are due to Allah. Anything good is from Allah and any mistakes are from ourselves and the shaitan. May Allah forgive us.

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

ALLAH AL HAYY

(The Ever-Living)

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- Allah Al Hayy is the Ever-Living Who never dies.
- He is gives us life and takes care of us.
- The Names Al Hayy Al Qayoom mostly appears together. Al Qayoom makes everything upright, from the greatest creation of the Throne and angels, to the small ants. Knowing Al Qayoom makes us want to attach to Him for everything.
- Allah Al Hayy gives us the perfect life.
- The life of Allah is not preceded with nothingness or followed by perishing. Unlike

our lives, which are preceded by nothingness and followed by perishing.

- Allah is worthy of being our Ilaah- the One we attach to immediately. He is worthy to be loved and worshipped.
- Worshipping Allah and attaching to Him is the real life. To attach to anything besides Allah will be destruction.
- This Name is mentioned five times in the Qur'an. Three times with the name Al Qayoom and twice on its own.

SURAH GHAFIR 65

هُوَ الْحَيُّ لَا إِلَهَ إِلَّا هُوَ فَادْعُوهُ مُخْلِصِينَ لَهُ الدِّينَ ۚ الْحَمْدُ لِلَّهِ رَبِّ
الْعَالَمِينَ

He is the Ever-Living; there is no deity except Him, so call upon Him, [being] sincere to Him in religion. [All] praise is [due] to Allah , Lord of the worlds.

- Allah Al Hayy is the One we purely connect to sincerely in every part of our deen.
- The life of Allah Al Hayy is not affected by anything. He never forgets, does not need to be reminded or is affected by the words of people. Our lives can be physically affected with sicknesses or harm. Or be emotionally affected by words that pull us down. If anyone deals with us in a way that is not good, it affects our actions and ways.
- Even if people disbelieve in Allah or dispraise Him, it does not affect Him.
- We need Allah Al Hayy Al Qayyoom to give us an upright life so that we may have a good life. He does not leave us without showing us what is a good life.

- Everyone wants a good life but the definition of a good life differs between people. For some, a good life is purely connected to this world - to having a good job, eating in trending places, traveling to exotic places or to socialize with certain people.
- But Allah (سبحانه وتعالى) tells us the real good life. He created us and the good life depends on the choices we make in life - do we follow His commands or our desires? If we choose His commands, surely there will be a test. And this is from His Divine Way, but then there will be happiness in this life and the next. But the one who chooses his desire will be in misery in this world and in the next. This is our test.
- What is the true good life? It is the life of the heart.

SURAH AN NAML 97

مَنْ عَمِلَ صَالِحًا مِّنْ ذَكَرٍ أَوْ أُنْثَىٰ وَهُوَ مُؤْمِنٌ فَلَنُحْيِيَنَّهٗ حَيَاةً طَيِّبَةً ۖ
وَلَنَجْزِيَنَّهُمْ أَجْرَهُمْ بِأَحْسَنِ مَا كَانُوا يَعْمَلُونَ

Whoever does righteousness, whether male or female, while he is a believer - We will surely cause him to live a good life, and We will surely give them their reward [in the Hereafter] according to the best of what they used to do.

- The word (فَلَنُحْيِيَنَّهٗ) shows that Allah (سبحانه وتعالى) will enliven him again. A person can have bodily life but is dead from within – dead in the heart.

SURAH AL ANFAL 24

يَا أَيُّهَا الَّذِينَ آمَنُوا اسْتَجِيبُوا لِلَّهِ وَلِلرَّسُولِ إِذَا دَعَاكُمْ لِمَا يُحْيِيكُمْ ۖ
وَاعْلَمُوا أَنَّ اللَّهَ يَحُولُ بَيْنَ الْمَرْءِ وَقَلْبِهِ وَأَنَّهُ إِلَيْهِ تُحْشَرُونَ

O you who have believed, respond to Allah and to the Messenger when he calls you to that which gives you life. And know that Allah intervenes between a man and his heart and that to Him you will be gathered.

- The life of the heart is where the true delight, happiness and joy lies. This is by believing in Allah, knowing and trusting Him. Trust is very important especially in intimate relations.
- If the trust is broken, the feelings can quickly go away. There is no one we want to trust and entrust all our affairs to except Allah (سبحانه وتعالى).
- There is no life greater and sweeter in this world than believing in Allah (سبحانه وتعالى), obeying Him and His messenger (صلى الله عليه وسلم).
- Then comes the eternal good life in paradise. Everyone loves everyone else in paradise. Paradise is the place of pure belief and love. There is no growing old, no death, no loss, no

change, no greed, sickness, worries, fatigue or physical harm in paradise. Everything will be perfect there and this is the real life that Allah (سبحانه وتعالى) grants to those who believe and perform righteous good deeds.

- If the heart is good, even the limbs will become good.
- To have life of heart we need three things

1. NOT LONG FOR A LONG LIFE.

- To know the reality of life. Our journey is short in this world so we want to do the best of what will benefit us. The Prophet (صلى الله عليه وسلم) said the average lifespan of his ummah is between 60 to 70 years. Each day that passes, we are a day closer to the time written for us. The time we lie under the earth is more than how much we walk over it.

- The one who knows this reality takes the opportunities that come to him. When any 'quake' hits his heart, he does not get stuck but he moves on. This keeps the heart alive.

2. PONDERING OVER THE QUR'AN

SURAH SAAD 29

كِتَابٌ أَنْزَلْنَاهُ إِلَيْكَ مُبَارَكٌ لِيَدَّبَّرُوا آيَاتِهِ

[This is] a blessed Book which We have revealed to you, [O Muhammad (صلى الله عليه وسلم)], that they might reflect upon its verses

- This is the purpose behind the revelation of the Qur'an. To know Allah (سبحانه وتعالى), His Names, to know what He likes and dislikes. It is to know the past stories, to see His perfect justice and favor. Allah (سبحانه وتعالى) shows us that

pondering over His Words is our happiness in this life and next.

- With pondering comes beneficial knowledge, we find the essentials of faith. It gives firmness for the hearts. By pondering we can see the picture of the hereafter. All of this enlivens the hearts.

3. TO KEEP AWAY FROM ANYTHING THAT CORRUPTS THE HEARTS.

- Too much mingling with others can scatter our hearts. It makes it difficult to focus, to gather ourselves and to see the hereafter. It also leads to attaching to rather than Allah (سبحانه وتعالى).

- To stay away from excessive eating and sleeping that leads to tiredness and hardness of hearts.
- If the heart is dead, the limbs cannot move. The person will find it difficult to worship Allah, he cannot follow the sunnah of the Prophet (صلى الله عليه وسلم) or even thank Allah (سبحانه وتعالى).
- He is not affected by the admonitions and in the end becomes an enemy to Allah and an ally to the shaitan.
- The greatest driver of the heart is love of Allah (سبحانه وتعالى). This makes him constantly remember Him, look at His perfection, beauty and majesty. Whether he faces situations or blessings, he always remembers Allah (سبحانه). This path becomes a beautiful path.

- He has hope to keep him going on this path. He believes there is paradise, there is a good end for the mutaqeen and not for those who follow their desires.
- He also has fear to remind him not to off the path. If he goes far away from this path, he will be miserable in this life and in the next.
- Knowing Allah Al Hayy make us to always attach to Him and not have any space for others or consider anyone else.
- Sleep is minor death and everyday Allah (سبحانه وتعالى) is giving us life again.

SUPPLICATION WHEN WAKING UP

الْحَمْدُ لِلَّهِ الَّذِي عَافَانِي فِي جَسَدِي وَرَدَّ عَلَيَّ رُوحِي وَأَذِنَ لِي بِذِكْرِهِ
*Alḥamdu lillaahil-ladhee 'aafaanee fee jasadee
 wa radda 'alayya rooḥee wa adhina lee bi
 dhikrih*

All praise is for Allah who restored to me my health and returned my soul and has allowed me to remember Him.

- We are praising Allah (سبحانه وتعالى) to give our soul back to remember Him.

SURAH AR RA'D 28

أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ

Unquestionably, by the remembrance of Allah hearts are assured."

- Remembering Him gives us rest.

ONE WHO REMEMBERS ALLAH

وعن أبي موسى الأشعري رضي الله عنه عن النبي صلى الله عليه وسلم، قال: "مثل الذي يذكر ربه والذي لا يذكره، مثل الحي والميت"

Abu Musa Al-Ash'ari (May Allah be pleased with him) reported: The Prophet (ﷺ) said, "The similitude of one who remembers his Rubb and

one who does not remember Him, is like that of the living and the dead."¹

- Allah created us to have good life with each other and not to be alone.
- Following the Prophet (صلى الله عليه وسلم) gathers us, brings love and affinity between us.
- There was an experiment to examine the impacts of separating some ants. Those who were in colonies survived their normal life of 66 days. Those in smaller groups survived for around half the time and those who were alone survived only for six days.
- Those who were alone were restless, moving around and banging on walls all the time.

¹ Riyadh as-Salihin 1434

- When they dissected these ants, they saw they did not benefit from the food they were given.

EATING TOGETHER

وَحْشِيُّ بْنُ حَرْبٍ، عَنْ أَبِيهِ، عَنْ جَدِّهِ، أَنَّ أَصْحَابَ النَّبِيِّ، صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالُوا يَا رَسُولَ اللَّهِ إِنَّا نَأْكُلُ وَلَا نَشْبَعُ. قَالَ " فَلَعَلَّكُمْ تَفْتَرِقُونَ ". قَالُوا نَعَمْ. قَالَ " فَاجْتَمِعُوا عَلَى طَعَامِكُمْ وَادْكُرُوا اسْمَ اللَّهِ عَلَيْهِ يُبَارِكُ لَكُمْ فِيهِ ".

Narrated Wahshi ibn Harb: The Companions of the Prophet (ﷺ) said: Messenger of Allah (ﷺ) we eat but we are not satisfied. He said: Perhaps you eat separately. They replied: Yes. He said: If you gather together at your food and mention Allah's name, you will be blessed in it.²

- The Prophet (ﷺ) encourage us to eat together. Eating together has a deep impact on our emotional wellbeing. When we see someone eating alone, we should sit with

² Sunan Abi Dawud 3764

them. Following the sunnah give us a good life.

- Believing in Allah (سبحانه وتعالى) and following the Prophet (صلى الله عليه وسلم) surely has an impact on us in this world and the hereafter.
- May Allah (سبحانه وتعالى) give everyone a good life.
- Every name of Allah gives us life. Even the Qur'an, sunnah, worships and supplications all give us life. Everything Allah (سبحانه وتعالى) tells us gives us life. Even situation and decree we go through gives us life because it is all from Allah Al Hayy.
- Nothing can give us life except the truth.

SURAH AL AN'AM 122

أَوْ مَنْ كَانَ مَيِّتًا فَأَحْيَيْنَاهُ وَجَعَلْنَا لَهُ نُورًا يَمْشِي بِهِ فِي النَّاسِ

And is one who was dead and We gave him life and made for him light by which to walk among the people

- There is no life without knowing Allah (سبحانه), without worshipping Him and without following the Prophet (صلى الله عليه وسلم).

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ أَصْلِحْ لِيْ شَأْنِيْ كُلَّهُ
وَلَا تَكِلْنِيْ إِلَى نَفْسِيْ طَرْفَةَ عَيْنٍ

O EVER LIVING, O SELF-SUBSISTING AND SUPPORTER OF ALL, BY YOUR MERCY I SEEK ASSISTANCE, RECTIFY FOR ME ALL OF MY AFFAIRS AND DO NOT LEAVE ME TO MYSELF, EVEN FOR THE BLINK OF AN EYE.

REFERENCES

1. تفسير الشيخ السعدي - TAFSEER SHEIKH AS SA'ADY

ADDITIONAL RESOURCES



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