

The National Amīr/ President  
Jamā‘at Aḥmadīyya,

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Dear Brother,

السلام علیکم ورحمة اللہ وبرکاتہ

**Summary of the Friday Sermon delivered by *Hadrat Khalīfatul-Masīḥ V* (May Allāh be his Helper) on 05<sup>th</sup> April 2024 at *Mubārak Mosque Islāmabād, Tilford, UK***

Huzoor (May Allāh be his Helper) said: Last Friday, I discussed the importance and philosophy of prayer, as illuminated by the saying of the Promised Messiah (Peace be upon him), and how prayers should be offered. Today, I will continue with this topic. Allāh affirms that He listens to the prayers of the distressed, not only referring to those in anguish but also to those for whom all the paths are blocked. When we pray, we should maintain a humble demeanour, entrusting all our concerns solely to Allāh, the One who can deliver us from our trials. From the perspective of the Jamā‘at, it is crucial to remember that only Allāh can rescue us from the challenges faced in Pakistan and some other countries. Even on a personal level, it is Allāh alone who fulfils all our needs and provides for us.

The Promised Messiah (Peace be upon him) has emphasised that the fact that Allāh listens to the prayers of the distressed is evidence of His existence. Therefore, we should infuse our prayers with anguish and focus more intently on them. These prayers have the potential to alleviate the difficulties faced by the Muslim world, provided they abandon their opposition to the one sent by Allāh.

The Promised Messiah (Peace be upon him) says: Allāh is not in need of anyone, and He does not care unless prayers are offered with anguish. Anguish is the precondition for the acceptance of prayers, and it is the state in which one realises that all worldly paths are now totally closed. Unless we pray with this mindset, our prayers will amount to no more than verbal eulogies. We need to turn to the prayers taught to us by the Holy Qur’ān, the Holy Prophet (May Allāh's blessings be upon him), and the Promised Messiah (Peace be upon him) in order to be free of the difficulties we are facing.

Huzoor (May Allāh be his Helper) said that we cannot offer our obligatory prayers freely in Pakistan or in some other countries. We cannot openly express our love for the Holy Prophet (May Allāh's blessings be upon him). We cannot recite the Holy Qur’ān. We cannot perform any kind of Islāmīc ritual. Satan's minions are always vying with one another in order to harm Aḥmadīs. Recently, an Aḥmadī was martyred and the killers were apprehended, whereupon he said that the Maulvī of such-and-such Madrasa told him that the closest way to enter paradise was to kill a disbeliever, and Aḥmadīs are disbelievers, so it was permissible to kill them. In fact, however, these people are only inviting divine retribution. We need to bring urgency into our prayers. We should always keep ourselves busy with prayers and remembrance of Allāh.

Huzoor (May Allāh be his Helper) said: I will now cite some prayers from the Holy Qur’ān, the Sunnah, and sayings of the Promised Messiah (Peace be upon him) that we should offer punctually. It is not enough to just say 'Āmīn' to them; constant attention should be paid, they should be recited with anguish, and they should be offered in our own languages as well. The Holy Prophet (May Allāh's blessings be upon him) said that the example of those who remember Allāh and those who do not is like that of the living and the dead. We should strive to be counted among the living—those who keep themselves busy with the remembrance of Allāh.

The foremost of these prayers is *Surah Al-Fatihah*, which we should recite often in addition to reciting it in the Ṣalāt. *Surah al-Fatihah* has a special distinction in that its frequent repetition purifies the heart. Understanding it and reciting it with deep contemplation brings man closer to Allāh.

**1) Then Allāh teaches us the following prayers in the Holy Qur’ān:**

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

‘Our Lord, grant us good in this world as well as good in the world to come, and protect us from the torment of the fire.’ (2:202)

رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَثَبِّتْ أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

‘O our Lord, pour forth steadfastness upon us, make our steps firm, and help us against the disbelieving people.’ (2:251)

رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا اِضْرَافًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا وَارْحَمْنَا

وَإِذْ نُنَاقِشُ الْعِزَّةَ عَلَى الْقَوْمِ الْكَافِرِينَ

‘Our Lord, do not punish us if we forget or fall into error; and our Lord, lay not on us a responsibility as Thou didst lay upon those before us. Our Lord, burden us not with what we have not the strength to bear; and efface our sins, and grant us forgiveness and have mercy on us; Thou art our Master; so help us Thou against the disbelieving people.’ (2:287)

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ

‘Our Lord, let not our hearts become perverse after Thou hast guided us; and bestow on us mercy from Thyself; surely, Thou alone art the bestower.’ (3:9)

**2) Huzoor (May Allāh be his Helper) then cited the following prayers taught by the Holy Prophet (May Allāh's blessings be upon him):**

The Holy Prophet (May Allāh's blessings be upon him) taught Ḥaḍrat Abu Bakr (May Allāh be pleased with him) the following prayer to be recited in the Ṣalāt:

اللَّهُمَّ إِنِّي ظَلَمْتُ نَفْسِي ظُلْمًا كَثِيرًا وَلَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ، فَاغْفِرْ لِي مَغْفِرَةً مِنْ عِنْدِكَ وَارْحَمْنِي، إِنَّكَ أَنْتَ الْغَفُورُ الرَّحِيمُ

‘O Allāh, I have greatly wronged myself, and no one forgives sins but You. So, grant me forgiveness and have mercy on me. Surely, you are Forgiving, Merciful.’

A Bedouin once came before the Messenger of Allāh and said, "Teach me something to recite that is concise and beneficial." The Holy Prophet (May Allāh's blessings be upon him) told him to recite following prayer:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ اللَّهُ أَكْبَرُ كَبِيرًا وَالْحَمْدُ لِلَّهِ كَثِيرًا سُبْحَانَ اللَّهِ رَبِّ الْعَالَمِينَ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَزِيزِ الْحَكِيمِ

‘There is no god but Allāh, the One, having no partner with Him. Allāh is the Greatest of the great and all praise is due to Him. Great is Allāh, the Lord of the worlds, there is no Might and Power but that of Allāh, the All-Powerful and the Wise.’

The Holy Prophet (May Allāh's blessings be upon him) further taught:

اللَّهُمَّ اغْفِرْ لِي، وَارْحَمْنِي، وَاهْدِنِي وَارزُقْنِي

‘O Allāh, grant me pardon, have mercy upon me, direct me to righteousness and provide me sustenance.’

It is narrated that whenever someone accepted Islām, the Holy Prophet (May Allāh's blessings be upon him) would teach them to pray:

اللَّهُمَّ اغْفِرْ لِي، وَارْحَمْنِي، وَاهْدِنِي، وَعَافِنِي وَارزُقْنِي

‘O Allāh forgive me, and have mercy on me and guide me and give me good health and provide for me.’

Huzoor (May Allāh be his Helper) said that this prayer is recited between the two prostrations, but people often offer it in a hurry, whereas it should be made with care and understanding. This supplication is meant for both material sustenance and spiritual well-being. Our prayers should not only be for worldly gain but also for the improvement of our outward and inward states. When we make supplications with special attention, we will witness all kinds of divine blessings.

When the Holy Prophet (May Allāh's blessings be upon him) would wake up at night, he would pray:  
 لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ، اللَّهُمَّ إِنِّي أَسْتَغْفِرُكَ بِدَنِّي، وَأَسْأَلُكَ بِرَحْمَتِكَ، اللَّهُمَّ زِدْنِي عِلْمًا، وَلَا تَزِرْ قَلْبِي بَعْدَ إِذْ هَدَيْتَنِي، وَهَبْ لِي مِنْ لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ

‘O Allāh, there is none worthy of worship except You. O Allāh, I seek Your forgiveness for my sins and Your mercy. O Allāh, increase me in knowledge, and let my heart not become perverse after you have guided me and granted me Your mercy.’

Whenever the Holy Prophet (May Allāh's blessings be upon him) was worried about something, he would pray:

يَا سَيُّدِي يَا قَيُّومُ بِرَحْمَتِكَ أَسْتَغِيثُ

‘O living and self-sustaining God, by Your mercy, I cry for help.’

The Holy Prophet (May Allāh's blessings be upon him) would offer the following prayers during the Ṣalāt:

اللَّهُمَّ إِنِّي أَسْأَلُكَ بِرَحْمَتِكَ الَّتِي وَسِعَتْ كُلَّ شَيْءٍ أَنْ تَغْفِرَ لِي

‘O Allāh! I ask You, by Your mercy, which encompasses all things, that You forgive me.’

The Holy Prophet (May Allāh's blessings be upon him) used to pray:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ، وَأَعُوذُ بِكَ مِنْ فِتْنَةِ الْمَسِيحِ الدَّجَالِ، وَأَعُوذُ بِكَ مِنْ فِتْنَةِ الْمَحْيَا وَالْمَمَاتِ. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبَأْسِ وَالْبَغْزِ

‘O Allāh, I seek refuge in You from the punishment of the grave, and I seek refuge in You from the trial of the Antichrist, and I seek refuge in You from the trials of life and death. O Allāh, I seek refuge in You from sin and from debt.’

When the Holy Prophet (May Allāh's blessings be upon him) woke up for Tahajjud prayers, he would pray:

اللَّهُمَّ لَكَ الْحَمْدُ أَنْتَ قَيُّمُ السَّمَوَاتِ وَالْأَرْضِ وَمَنْ فِيهِنَّ، وَلَكَ الْحَمْدُ، لَكَ مُلْكُ السَّمَوَاتِ وَالْأَرْضِ وَمَنْ فِيهِنَّ، وَلَكَ الْحَمْدُ أَنْتَ نُورُ السَّمَوَاتِ وَالْأَرْضِ، وَلَكَ الْحَمْدُ أَنْتَ

الْحَقُّ، وَوَعْدُكَ الْحَقُّ، وَالْقَاوُكُ الْحَقُّ، وَقَوْلُكَ الْحَقُّ، وَالْبُحْتَةُ الْحَقُّ، وَالنَّارُ الْحَقُّ، وَالنَّبِيُّونَ الْحَقُّ، وَمُحَمَّدٌ صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ حَقٌّ، وَالسَّاعَةُ حَقٌّ، اللَّهُمَّ لَكَ أَسْلَمْتُ، وَبِكَ آمَنْتُ

وَعَلَيْكَ تَوَكَّلْتُ، وَإِلَيْكَ أُنَبْتُ، وَبِكَ خَاصَمْتُ، وَإِلَيْكَ حَاكَمْتُ، فَاغْفِرْ لِي مَا قَدَّمْتُ وَمَا أَخَّرْتُ، وَمَا أَسْرَرْتُ وَمَا أَعْلَنْتُ، أَنْتَ الْبُقْعَةُ وَأَنْتَ الْمَوْجِزُ، لَا إِلَهَ إِلَّا أَنْتَ. أَوْ لَا إِلَهَ غَيْرُكَ

‘O Allāh! All the praises are for you, You are the Holder of the heavens and the earth, and whatever is in them. All the praises are for You; You have the possession of the heavens and the earth and whatever is in them. All the praises are for You; You are the Light of the heavens and the earth and all the praises are for You; You are the King of the heavens and the earth; And all the praises are for You; You are the Truth and Your Promise is the truth, and to meet You is true, Your Word is the truth and Paradise is true and Hell is true and all the Prophets (Peace be upon them) are true; And Muhammad is true, and the Day of Resurrection is true. O Allāh ! I surrender (my will) to You; I believe in You and depend on You. And repent to You, And with Your help I argue (with my opponents, the non-believers) and I take You as a judge (to judge between us). Please forgive me my previous and future sins; And whatever I concealed or revealed and You cause people to advance and also restrain them. There is none to be worshipped but you.’

The Holy Prophet also used to pray:

اللَّهُمَّ اغْفِرْ لِي ذَنْبِي وَوَسِّعْ لِي فِي رِزْقِي وَبَارِكْ لِي فِي سَائِرِ رِزْقَتِي

‘O Allāh, forgive me my sin, and expand for me my abode, and bless for me that which You have provided me.’

In *Sahih Bukhari*, we find this prayer:

اللَّهُمَّ اجْعَلْ فِي قَلْبِي نُورًا وَفِي بَصَرِي نُورًا وَفِي سَمْعِي نُورًا وَفِي يَسَارِي نُورًا وَفَوْقِي نُورًا وَتَحْتِي نُورًا وَأَمَامِي نُورًا وَخَلْفِي نُورًا وَاجْعَلْ لِي نُورًا

‘O Allāh! place light in my heart, light in my eyesight, light in my hearing, light on my right hand, light on my left hand, light above me, light below me, light in front of me, light behind me, and grant me light.’

The Holy Prophet (May Allāh's blessings be upon him) used to pray:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ مُنْكَرَاتِ الْأَخْلَاقِ وَالْأَعْمَالِ وَالْأَهْوَاءِ

‘O Allāh! I seek refuge in Thee from objectionable characteristics, deeds and passions.’

Another comprehensive prayer taught by the Holy Prophet (May Allāh's blessings be upon him) is:

اللهم إني أسألك من خير ما سألك منه نبيك محمد صلى الله عليه وسلم، وأعوذ بك من شر ما استعاذ منه نبيك محمد صلى الله عليه وسلم، وأنت

المستعان، وعليك البلاغ، ولا حول ولا قوة إلا بالله

‘O Allāh, I beg to You the good which Your Prophet Muḥammad (May Allāh's blessings be upon him) begged of You; and I seek refuge in You from the evil where from Your Prophet Muḥammad (May Allāh's blessings be upon him) sought refuge. You are the One from Whom help is sought and You are responsible for the conveyance of the Message. There is no power or strength except with Allāh the Exalted, the Great.’

Huzoor (May Allāh be his Helper) said that if we supplicate in this manner, the love of the Holy Prophet (May Allāh's blessings be upon him) will blossom in our hearts, and we will be able to offer a compassionate prayer.

Then there is a prayer for seeking forgiveness:

اللهم اغفر لي خطيئتي وجهلي، وإسرافي في أمري، وما أنت أعلم به مني، اللهم اغفر لي جدي وهزلي، وخطئي وعمدي، وكل ذلك عندي، اللهم اغفر لي ما قدمت وما

أخرت، وما أسهرت، وما أعلنت، وما أنت أعلم به مني، أنت المقدم، وأنت المؤخر، وأنت على كل شيء قدير

‘O Allāh! Forgive my errors, ignorance and immoderation in my affairs. You are better aware of my faults than myself. O Allāh! Forgive my faults which I committed in seriousness or in fun deliberately or inadvertently. O Allāh! Grant me pardon for those sins which I committed in the past and I may commit in future, which I committed in privacy or in public and all those sins of which You are better aware than me. You cause people to advance and also restrain them and You are Omnipotent.’

Then there is a supplication for the removal of affliction and distress:

لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ السَّمَوَاتِ وَرَبُّ الْأَرْضِ وَرَبُّ الْعَرْشِ الْكَرِيمِ

‘There is none worthy of worship but Allāh, the Mighty, the Forbearing. There is none worthy of worship but Allāh, Lord of the magnificent throne. There is none worthy of worship but Allāh, Lord of the heavens and Lord of the earth, and Lord of the noble throne.’

Ḥaḍrat Abu Hurairah (May Allāh be pleased with him) reports that the Messenger of Allāh used to seek Allāh’s refuge from the trials of adversity, from the torment of misery, from the evil of destiny, and from the delight of enemies.

Then there is a prayer for obtaining guidance:

اللهم ألهمني رشدي، وأعدني من شر نفسي

‘O Allāh! Inspire in me guidance and deliver me from the evils within myself.’

Huzoor (May Allāh be his Helper) said that it is important to offer this prayer regularly.

Then there is a prayer against the evil intentions of enemies:

اللَّهُمَّ إِنَّا نَجْعَلُكَ فِي نُحُورِهِمْ، وَلَعُوذُ بِكَ مِنْ شَأْوَرِهِمْ

‘O Allāh, we ask You to restrain them by their necks, and we seek refuge in You from their evil.’

This prayer should also be recited frequently, especially by Aḥmadīs. May Allāh protect us from the evil of our enemies.

**3) Huzoor (May Allāh be his Helper) then cited the following prayers taught by the promised Messiah (Peace be upon him):**

In response to a letter from Maulvī Nāzīr Hussain Dehlavī, the Promised Messiah (Peace be upon him) wrote: "Keep praying for oneself during Ṣalāt and not be content with casual and negligent prayers. Instead, wherever possible, pray with concentration. If you are unable to focus, then in each

of the five daily prayers, stand after each rak‘a and pray, 'O Allāh, the Almighty and Glorious! I am a sinner, and the poison of sin has so affected my heart and veins that I do not attain tenderness and presence during prayers. Therefore, forgive my sins and overlook my shortcomings with your grace and generosity. Soften my heart and instil in it Your greatness, fear, and love so that through it, my hardness of heart may be removed and my presence during prayers may be achieved."

On one occasion, the Promised Messiah (Peace be upon him) prayed, "O my benefactor, O my Lord! I am your unworthy servant, full of disobedience and negligence. You have seen injustice upon injustice on my part, but you have bestowed bounty upon bounty. You have seen sin upon sin but have bestowed blessings upon blessings. You have always veiled my faults and granted me countless blessings. So now, also have mercy on this unworthy and sinful servant of Yours, forgive my audacity and impertinence, and grant me deliverance from this grief, for there is no refuge for me other than You. Āmīn, and again, Āmīn!"

The following prayer of the Promised Messiah (Peace be upon him) expresses deep humility and fear of Allāh, and it teaches us to reflect upon our own conditions and pray accordingly: "O Lord of the Worlds! I cannot thank you enough for your bounties. You are exceedingly merciful and generous. Your favours for me are limitless. Do not let me perish due to my sins. Instil Your pure love in my heart so that I may attain life, veil my faults, and make me act in a way that pleases You. I seek refuge in Your benevolence, so that Your wrath may not descend upon me. Have mercy! Have mercy! Have mercy! And save me from the trials of this world and the hereafter, for all bounty and generosity lie in Your hands. Āmīn"

The Promised Messiah (Peace be upon him) wrote the following prayer at the start of his book 'A Message of Peace (*Paigham-e-Sulh*)', which we need to pay great attention to: "O my Almighty Allāh, my Beloved Guide! Show us the path which leads the righteous and the sincere to Thee. And save us from treading the path which leads to carnal desires, malice, spite and worldly pursuits."

The Promised Messiah (Peace be upon him) also taught us this wonderful prayer: "May we obtain Allāh's pleasure and deliverance from sins, for sins harden the heart and make a person a slave to this world. Our prayer should be that Allāh removes from us the sins that harden the heart and shows us the path to His pleasure."

The Promised Messiah (Peace be upon him) taught this prayer for seeking forgiveness: "We are Your sinful servants, and our souls are dominant. So forgive us and save us from the calamities of the hereafter."

The Promised Messiah (Peace be upon him) also taught us to pray: "O Lord Almighty! Though it has been Your tradition and practice since ancient times to grant understanding to children and mothers and to cast a veil of darkness upon the eyes and hearts of the wise men and philosophers of this world, I humbly beseech You to draw a group of those people towards us as You have drawn some; grant them eyes to see, ears to hear, and hearts to understand. Make them aware of the value of this blessing that you have bestowed upon them in due time. If you will, you can do it, for nothing is impossible for you. Āmīn"

This prayer is crucial even today. Only if the Muslim ummah reforms itself and pays attention to the Promised Messiah (Peace be upon him), it will regain its lost greatness and glory. Therefore, we should offer this prayer with great fervour.

In a letter to Nawāb Muḥammad ‘Ali Khan, the Promised Messiah (Peace be upon him) wrote, "Keep praying abundantly and make helplessness your characteristic. Merely reciting prayers as a customary practice with the tongue achieves nothing. When you pray, except for the Ṣalāt, this should be the way: Go into seclusion and pray with utmost helplessness in front of the Almighty, saying, 'O Lord of the worlds! I cannot thank you enough for your benevolence. You are extremely merciful and generous to me. Forgive my sins so that I do not perish. Infuse Your pure love into my heart so that I attain life, and cover me with Your grace. Make me act in a way that pleases you. I seek refuge with You for the sake of Your benevolent countenance, lest Your wrath befall me.

Have mercy! Save me from the trials of this world and the hereafter, as every grace and mercy is in Your hands. *Āmīn*"

Huzoor (May Allāh be his Helper) said: It is also very important for the acceptance of prayers that we recite the *Durood* frequently. Without *Durood*, our prayers remain suspended and do not reach Allāh. Therefore, recite:

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَسِيدٌ مَجِيدٌ، اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَسِيدٌ مَجِيدٌ

‘O Allāh, bless Muḥammad and the progeny of Muḥammad, as You blessed Abraham and the progeny of Abraham. Surely, you are praiseworthy and glorious. O Allāh, bestow Your blessings upon Muḥammad and the progeny of Muḥammad as You bestowed blessings upon Abraham and the progeny of Abraham. Surely, you are praiseworthy and glorious.’

Huzoor (May Allāh be his Helper) said: May Allāh grant us the ability to pray from our hearts. Let us pray in our own language, and let those prayers come from the depths of our hearts, from a place of genuine longing and desperation. Also, pray to keep the blessings of Ramaḍān everlasting. Let us seek the blessings of this Friday and all the Fridays to come. Pray abundantly for the freedom of the captives who believe in the Promised Messiah (Peace be upon him) that Allāh may grant them release.

Huzoor (May Allāh be his Helper) also appealed for prayers for the safety of the world from global warfare and for the preservation of humanity.

*Wassalām,*

Abdul Majid Tahir  
Additional Wakīlut Tabshīr  
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