

The National Amīr/ President
Jamā‘at Aḥmadiyya,

Dear Brother,

السلام عليكم ورحمة الله وبركاته

Summary of the Friday Sermon delivered by Ḥaḍrat Khalīfatul-Masīḥ V (May Allāh be his Helper) on 17 July 2026 at Mubārak Mosque Islāmabād, Tilford, UK

Huzoor (May Allāh be his Helper) said: When Allāh created mankind, He had already prepared countless blessings for our benefit. Such immense Divine favour undoubtedly demands that we express gratitude to Him, and every Prophet instructed his followers to become grateful servants of Allāh.

The greatest and most perfect example of gratitude was demonstrated by our master, the Holy Prophet (May Allāh's blessings be upon him). Today, I will speak about his example, his prayers, and the manner in which he expressed gratitude to Allāh.

In one narration, the Holy Prophet (May Allāh's blessings be upon him) said, “Faith consists of two halves: one half is patience and the other half is gratitude.” Huzoor (May Allāh be his Helper) said that, upon reflection, patience itself is also an aspect of gratitude. The Holy Prophet (May Allāh's blessings be upon him) further taught, “The affair of a believer is altogether good. If prosperity comes to him, he gives thanks, and that is good for him. If hardship befalls him, he remains patient, and that too is good for him.”

The Holy Prophet (May Allāh's blessings be upon him) says, “He who does not thank people does not thank Allāh.” Thus, alongside gratitude to Allāh, he instructed believers to express gratitude to one another. If this teaching were truly practised, a genuinely Islamic society could be established. Ḥaḍrat Nu‘mān bin Bashīr (May Allāh be pleased with him) relates that the Holy Prophet (May Allāh's blessings be upon him) said, “Whoever is not grateful for little will not be grateful for much. Speaking of the blessings of Allāh is itself an act of gratitude. Unity is mercy, whereas division is punishment.” Ḥaḍrat ‘Usāma bin Zaid (May Allāh be pleased with him) relates that the Holy Prophet (May Allāh's blessings be upon him) said, “When someone does you a kindness and you say to him جَزَاكَ اللَّهُ خَيْرًا (May Allāh reward you with goodness), you have fully expressed your appreciation.” He also said, “When Allāh intends goodness and blessings for a people, He grants them long lives and inspires them to be grateful.”

The Holy Prophet (May Allāh's blessings be upon him) once took Ḥaḍrat Mu‘ādh bin Jabal (May Allāh be pleased with him) by the hand and said, “O Mu‘ādh! By Allāh, I love you. Therefore, never fail to recite after every prayer:

اللَّهُمَّ آعِزِّي عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ

‘O Allāh, help me to remember You, to thank You, and to worship You in the most excellent manner.’”

In another narration, he taught the Ṣaḥāba the following prayer: “O Allāh, I ask You for steadfastness in every matter, firmness upon guidance, gratitude for Your favours, excellence in worshipping You, a truthful tongue, and a sound heart. I seek refuge in You from the evil You know, I ask You for the good You know, and I seek Your forgiveness.”

When asked which supplication was best to recite during prayer, the Holy Prophet (May Allāh's blessings be upon him) replied,

اللَّهُمَّ لَكَ الْحَمْدُ كُلُّهُ، وَلَكَ الشُّكْرُ كُلُّهُ، وَلَكَ الْمُلْكُ كُلُّهُ، وَلَكَ الْخَلْقُ كُلُّهُ، وَإِلَيْكَ يَرْجِعُ الْأَمْرُ كُلُّهُ، نَسْأَلُكَ مِنَ الْخَيْرِ كُلِّهِ، وَنَعُوذُ بِكَ مِنَ الشَّرِّ كُلِّهِ

“O Allāh, all praise belongs to You, all gratitude belongs to You, all sovereignty belongs to You, and all creation belongs to You. To You all affairs return. We ask You for all kind of good, and we seek refuge in You from all kind of evil.”

Among his supplications was the following: “O my Lord, help me, and do not help anyone against me. Grant me victory, and do not grant victory over me. Plan for me, and do not plan against me. Guide me, make guidance easy for me, and help me against those who wrong me. O Allāh, make me grateful to

You, mindful of You, fearful of You, obedient to You, abundant in worship, and ever turning to You. O my Lord, accept my repentance, accept my supplication, strengthen my proof, guide my heart, straighten my tongue, and remove all rancour from my heart.”

He also prayed, “O Allāh, make me one who abundantly thanks You, frequently remembers You, follows Your guidance, and keeps Your commandments constantly in mind.” Huzoor (May Allāh be his Helper) said that if a person were to recite this prayer daily, improper thoughts would not come to his mind, nor would he be inclined to commit wrongful deeds.

Whenever the Holy Prophet (May Allāh's blessings be upon him) emerged from the lavatory, he would pray,

الْحَمْدُ لِلَّهِ الَّذِي أَذْهَبَ عَنِّي الْأَذَى وَعَافَانِي

“All praise belongs to Allāh, Who has removed from me that which was harmful and granted me well-being.”

The Holy Prophet (May Allāh's blessings be upon him) also taught, “No one who has even an atom's weight of arrogance in his heart will enter Paradise.” When a man asked, “A person likes his clothes to be fine and his shoes to be fine. Is that arrogance?” the Holy Prophet (May Allāh's blessings be upon him) replied, “Allāh is Beautiful and loves beauty. Arrogance is to reject the truth out of pride and to look down upon people.”

Following the victory at the Battle of Badr and the defeat of the disbelievers, the Holy Prophet (May Allāh's blessings be upon him) expressed profound gratitude to Allāh. Likewise, numerous prayers of thanksgiving are recorded at the time of the conquest of Makkah. During the Farewell Pilgrimage, he recited the following supplication: “There is none worthy of worship except Allāh. He is One and has no partner. To Him belongs all sovereignty and all praise, and He has power over all things. There is none worthy of worship except Allāh. He fulfilled His promise, helped His servant, and He alone subdued the enemy forces.”

The Holy Prophet (May Allāh's blessings be upon him) also said, “There are two qualities which, if found in a person, Allāh counts him among the patient and the grateful. The first is that, in matters of religion, he looks to those who are superior to him and follows their example. The second is that, in worldly matters, he looks to those who possess less than he does and then praises Allāh.” He further taught, “Look at those who are below you and do not look at those who are above you, for this is more likely to prevent you from belittling the blessings of Allāh.”

He also taught, “Whoever is granted these four things has been granted the good of this world and the Hereafter: a grateful heart, a tongue constantly engaged in the remembrance of Allāh, a body that remains patient in times of trial, and a wife who does not betray him, neither in safeguarding her chastity nor in fulfilling her duties towards her husband.”

Hadrat ‘Ā’isha (May Allāh be pleased with her) relates that the Holy Prophet (May Allāh's blessings be upon him) remembered Allāh at all times. Thus, the Holy Prophet (May Allāh's blessings be upon him) established the highest standards of gratitude before his Ummah and continually exhorted us to become grateful servants of Allāh.

At the conclusion of the sermon, Huzoor (May Allāh be his Helper) said: Jalsa Salana UK will commence next Friday, Inshā’ Allāh. Pray that Allāh makes it blessed in every respect and keeps all participants under His special protection. Owing to the intensity of the summer heat, there are certain risks, so pray that Allāh safeguards everyone from every harm. Also remember in your prayers the volunteers serving the Jalsa. Many of them will have to stand for long hours in the heat and carry out demanding responsibilities. May Allāh enable them to discharge their duties in the best possible manner. Āmīn

Wassalām,

Abdul Majid Tahir
Additional Wakīlut Tabshīr
ISLĀMABAD (UK)
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