

**CONSTANT CONTACT WITH ALLAH THROUGH REMEMBRANCE**

I seek refuge in **ALLAH** from satan the rejected.

In the name of **ALLAH**, Most Gracious, Most Merciful.

It has been some time since I wrote a Sermon. The detailed emails of guidance have taken on the form of sermons. Today, I am going to write and enlighten you about being sensitive to human feelings when someone is not well, or is afflicted, or is suffering pain - emotional or physical. We all face this when we are sick, or when our spouse is not well, or when our children are sick and afflicted.

During stressful times and times of hardship, when the believer's mind and body is fatigued and drained out, it is easy for satan to enter our minds through the weak spots and instill negative thoughts regarding our belief and reliance on **Allah**, basically telling us that our **Lord** is not enough for us and does not care for us. The devil cannot provide any relief to our suffering or hardship, nor can he heal and cure us. He (satan) can only distract us from our convinced belief that there is only **One Lord**, who is the **Provider, Healer, and Sustainer** of the human beings and of the entire Universe. During the hardship and challenging moments, most believers will fail to remember **Allah** and implore Him for His mercy to alleviate their suffering. There is a verse from Quran that states the following.

**22:15** If anyone thinks that **ALLAH** cannot support him in this life and in the Hereafter, let him turn completely to (*his creator in*) **heaven**, and sever (*his dependence on anyone else*). He will then see that this plan eliminates anything that bothers him.

**Revealed:** The **Allah** letters are **19** up to the "**Aleef**" of "**al-samaa – heaven.**" This proves that the **Lord of the Great Dominion** is in the highest most **Heaven** – the distance of which is unfathomable for the humans residing on Earth, **Subhan Allah.**

**22:15 Part:** If anyone thinks that **ALLAH** cannot support him.

**Part:** In this life and in the Hereafter, let him turn completely to (*his creator in*) **heaven**, and sever (*his dependence on anyone else*). He will then see that this plan eliminates anything that bothers him.

**Revealed:** The GV of **Allah** letters are 103 and 268, **revealing the diff. of 165.** For those who sincerely believe in the **Greatness and Absoluteness of Allah**, they will reverence Him through this verse in the future, after having seen the profound miracle and proof of **Absoluteness.**

Let me take the verse in parts and show you the hidden proofs within.

**22:15 Part:** If anyone thinks that **ALLAH** cannot support him.

**Revealed:** The **Allah** letters are 8 and the **messenger's** letters are 12, revealing the name of **messenger, Husain.** This proof is up to the word "**Allah**" on His glorified Name, as it appears as the ending word in Arabic for this part of verse.

**22:15 Part:** In this life and in the Hereafter, let him turn completely to (his creator in) **heaven.**

**Revealed:** After the name of **Allah** in the verse, this part is perfectly coded with the GV of **Allah letters** as **162**, revealing that the true submitters will revert and **submit** (162) to **Allah** in the **Heaven** for support in this life and in the Hereafter. When you submit to **Allah's will** and implore Him by severing all ties with powerless idols, then this will eliminate all negative thoughts and feelings from your minds and create contentment in your hearts and minds. **Allah** may show and grant you what you never expected by answering your imploring.

**The 2 Sacred Words – Allah and Heaven** – are connected and linked with each other to provide solid assurance to the believers that **Allah** is indeed in the highest most **Heaven** and does hear the believers when they take His Name and implore Him. The proof is revealed through the revelation of the name of the messenger.

**Part Linking “Allah to Heaven”** – (*If anyone thinks that*) **ALLAH** cannot support him in this life and in the Hereafter; let him turn completely to (his creator in) **heaven**.

**Revealed:** The **Allah letters** linking the 2 sacred words are **17** and the **Aleefs** are **8**, revealing the name of the **messenger, Makbool, Subhan Allah**. This kind of intricacy to reveal the messenger's name through His own Sacred words should be enough to open the eyes of hypocrites and disbelievers as to the **Power and Omniscience of Allah** and provide assurance to the believers. **Allah** is the only **One** capable of supporting life on Earth and to fulfill the needs of humans. The sacred revelation of the **messenger's name 178** through the secret coding should be proof enough that **ALLAH** is capable of all things and is fully aware of everyone in the **Universe**.

I can cite for example from my own family, and this has to be true in other believing families. For example, the wife has menstrual period and she is hurting physically and emotionally. Or she could be pregnant, and her hormones may cause her to have different feelings and responses to which the husband may be oblivious to and disregard what she is going through. At times like these, the insensitive husband can add to her emotional distress by uttering wrongful and harsh words, or by arguing, or by talking loud to her. Such occasions are a true test for the husbands where the devil will encourage them to continue in this manner in order to cause disharmony between spouses, cause friction, weaken their bond of marriage, and to distract you from remembering your **Creator, ALLAH, Most Exalted**.

On the other hand, it may be the husband who is tired and stressed out from the job, trade, or business. In this case, the wife and the children should offer support and speak consoling words to pacify him. Kind words spoken by anyone to anybody at the right moment can really make a big difference in creating and strengthening bonds of kinship and friendship. They do help to alleviate and lessen the emotional and physical anxiety and fatigue.

The question is how should the believing couple cope with situations like these? It is highly important that the wife and husband implore **Allah** for His mercy and guidance by directly saying: “*My Lord, I implore you to alleviate my suffering, and to grant me strength to endure and cope with this test.*” The wife should implore **Allah** frequently when put to the monthly test of menstruation, and if the husband is insensitive to her hurt and feelings, she should say it loud enough in the presence of the husband, so that it may dawn on him to be a believing husband by being sensitive to her state of mind and feelings. The husband should also implore **Allah** to grant him the patience and to make him realize and

understand the feelings of his wife. Both of them should implore **their Lord** to alleviate the suffering and to keep them guided during enduring and testing times. By doing this, it will keep you in “**constant contact with Allah by remembering Him at all times.**” This is the Topic of this Sermon. I have noticed that most of the believers are not referring and contacting **Allah** by addressing Him at the appropriate times on a “first tense” basis by saying, “**My Lord**” – to implore Him for all their problems and needs. I have pointed out the importance of this in my past sermon some time ago. To implore **Allah Ta’ala** through the reminders served through the verses is what is required to fully submit to Him; thereby earning your credits and rewards through constant remembrance by imploring and seeking Him Alone for all your needs.

The reminder is given early on through the **1<sup>st</sup> chapter**. Note the verses and their proofs!

**1:5 (Part 1)** You alone we worship; **(Part 2)** You alone we ask for help.

**Messenger’s Guidance:** Both parts have equal importance and value as they are marked with 2 and 2 **Aleefs** on each side. The importance of the matching revelation reveals that most believers do fulfill **Part 1** by worshiping Him alone, but may be heedless to **Part 2** of the verse to implore Him for His help when you are in need for it. Therefore, it is imperative that the believers develop their souls by calling on **their Lord** through **Part 2** by actually reciting these words in your daily lives, whether you need help or not. These words should specially be recited when you are suffering, afflicted, sick, weak, or when there is friction and disagreement between spouses and family members, and during testing times when satan is apt to make you forget **your Lord** and call upon **Him**.

Through **Verse # 6**, you are “**imploping Allah to guide you in the right path.**” This may not happen or be possible till you worship Him through both parts of **Verse 5** – which is to worship Him alone, and to seek help from Him alone, at all times. By following both parts of Verse 5 and then imploring **Allah** through **Verse 6** will keep you in constant touch with **your Lord** and augment your guidance and worship. The linkage of the 2 verses being connected to each other in order to fulfill the command is being made clear through the clarifying proofs!

**1:5** You alone we worship; You alone we ask for help.

**1:6** Guide us in the right path.

**Revealed:** The **Aleefs of Absoluteness** are 4 and 4 in each verse. They are perfectly matched to enlighten you to the truth that both verses are connected and interlinked, when you implore **Allah** in the manner decreed by Him. When you observe Him as commanded, then He will lead you on the path of those whom He blessed, as given in **Part 1** of **Verse 7**.

**Revealed:** The **messenger’s letters** are 9 and 8 in each verse, revealing the **profound diff. of 1**.

**Revealed:** The **messenger’s letters** in both verses are **17** and the **Aleefs** are **8**, revealing the name of the **messenger, Makbool, 178, who has been authorized to offer you guidance from the hidden content of the recorded verses of the Quran, Subhan Allah.**

\*\* The revelation of my name **178** through these verses is a “**new proof**” Alhumdo Lillah.

As stated above, when you observe **Allah** (100 percent), in the manner decreed by Him through His messenger in fulfilling the verses, then you are assured to be on the path of those blessed by Him. Here is the Proof!

**1:6** Guide us in the right path.

**1:7 Part:** The path of those whom You blessed.

**Messenger's Guidance:** When the believers walk the path with the messenger, then they remain guided on the right path, which is for the few who are blessed by **Allah Ta'ala**. The messenger's letters are 8 and 8, matching perfectly to reveal the truth of the verses.

**Revealed:** The GV of **messenger's letters** are 360 and 260, **the diff. is 100**, Subhan Allah. The "*Revelation and Proof of 100*" assures the believers that if you observe **Allah 100 %** (wholeheartedly), then you are **100 %** assured to remain on the blessed path of guidance by Him. Note that most of these proofs are through the letters of the messenger, praise be to **Allah**.

When **Allah Ta'ala** placed the humans to inhabit the earth, He did not leave us abandoned and without provisions. He pre-calculated the provisions to figure out the needs and requirements of the humans till the Day of Judgment, and blessed the Earth with all kinds of provisions that will be needed by us. Similarly, when it comes to following His commands in order to uphold them, He has recited through His scriptures that He provides the humans with teachers who are His authorized messengers. This example is similar to providing provisions on Earth for the sustenance of the humans. The Proof of **296** for "*Rasool - messenger*" is hereby revealed through the same verses, while the name of the messenger has been revealed earlier.

**1:6 & 1:7 (Part 1):** Guide us in the right path. The path of those whom You blessed.

**1:7 Part 2:** Not of those who have deserved wrath, nor of the strayers.

**Revealed:** The **Allah letters** are 12 and 10, **the diff. is 2**. The Revelation of 2 denotes wrath for the strayers and the disbelievers.

**Revealed:** The **messenger's letters** are 16 and 14, **the diff. is 2**. The *revelation of 2* is to enlighten the believers that their imploring has been fulfilled by sending a messenger in order to guide and purify them, otherwise they would have been on the path of the devil and incurred the wrath of **Allah** in this life and in the Hereafter. This is made clear through the next revelation!

**Revealed:** The GV of **Allah letters** for **Verses 1:6-7** is precisely **295**, revealing the word "*messengers – rosulehee*", GV 295, (See spelling of messengers – rosulehee in Verse 2:285)

**1:6** Guide us in the right path.

**1:7 Part:** The path of those whom You blessed.

**Revealed:** The GV of **messenger's letters** in the first part is 620 and in the 2<sup>nd</sup> part is 324, revealing the diff. of **296 for Rasool – Messenger**. This fulfills the truthful promise of **Allah**

not to abandon the true believers and to guide them through His messenger. (*La Elaha Ella Allah*)

Now I will show you that the disbelievers and strayers will incur severe wrath from **Allah** for not upholding the Quran and for disbelieving in His messengers. This is a straight and clear proof through the mix of *Allah and His messenger's letters*.

**1:7 Part 2:** Not of those who have deserved wrath, nor of the strayers.

**Revealed:** The GV of **Allah letters** is 159 and of **the messenger** is 324, **revealing the diff. of 165, La Elaha Ella Allah – and He is Al-Samad – the Absolute.** This is a very strong proof to warn all those who disobey and disregard **Allah's Absolute Authority** or follow corrupt worship practices / teachings through unauthorized human beings that they will suffer the eternal wrath which is the Fire of Hell. It is also a clear proof for the messenger that he comes with due authority of the **Supreme Lord** and should not be disobeyed or disregarded at all. The messenger is here for a finite interim to provide the valuable and pure guidance to those who seek and yearn for it in order to be redeemed into **Paradise** after death.

Verse 7:205 reminds the believers to remember **Allah** at all times, and **never** to be unaware of Him.

**7:205 Part 1:** You shall remember your Lord within yourself, publicly, privately, and quietly, day and night.

**Part 2:** And do not be unaware.

**Revealed:** The **Allah letters** are split up as **16** and **5** in each part, to reveal the **Absoluteness of the Lord of the Universe**, who creates, controls, guides, and hears the imploring of every human being.

**Revealed:** The **messenger's letters** are split up as 23 and 9 in each part to **reveal the diff. of 14** – the true Miracle to prove the truth of the verse and the proof above, **Subhan Allah.**

*The messenger's soul is pre-decreed by Allah with the true guidance about the awareness of His Eternal, Living Existence* – therefore, *my Lord* is on my mind and lips no matter where I am or what time of the day it is, **Subhan Allah.** Note the supporting proofs behind my statement.

The word “*nafsayka – within yourself*” bears the GV of *messenger's letters as 110* – the proof through the word bears testimony that the messenger had been pre-determined to be guided at a certain age to worship his **Lord** from thereon till his departure from Earth. The command to the messenger through the appropriate part of the verse also reveals the specific proof of his name.

**7:205 Part:** You shall remember your Lord within yourself.

**Revealed:** This part is marked with only **1 Aleef** – the only letter of *Allah - revealing the Great, Supreme, and Absolute Lord who is absolutely ONE. Subhan Allah.*

**Revealed:** The GV of **messenger's letters** is a perfect **128**, revealing and confirming the command of **Allah Ta'ala** to **His messenger.** Alhumdo Lillah.

The messenger is also reminded never to be unaware of his Lord, and so are the believers.

**Part:** And do not be unaware.

**Revealed:** The GV of **messenger's letters** is **296**, revealing the word "*messenger – rasool.*" The 1<sup>st</sup> part of the verse is encoded with the name of the *messenger Husain 128*, while the last part is encoded with the title granted to him of a *messenger 296*. **Allah** has addressed and inspired the messenger in a clear manner, to remember **his Lord** within himself all the time and never to be unaware of **His Presence**. This now also applies to all the believers.

**7:206 Part 1:** Those at your Lord are never too proud to worship Him.

**Part 2:** They glorify Him and fall prostrate before Him.

**Revealed: Part 1:** The **Allah letters** are **7** and **messenger's letters** are **14**, revealing that the messenger and the believers are devoid of all kinds of arrogance; they willingly and readily worship their **Lord** and find joy in doing so.

**Revealed:** The **messenger's letters** are 14 and 13 in each part, revealing the **glorified proof of 1** – representing **Allah**.

**Part:** They glorify Him.

**Part:** And fall prostrate before Him.

**Revealed:** The **Allah letters** are 1 and 2, **revealing the diff. of 1**, Subhan Allah.

**Revealed:** The **messenger's letters** are 7 and 6, **revealing the diff. of 1**, Alhumdo Lillah.

**Part:** And fall prostrate before Him.

**Revealed:** The GV of **messenger's letters** is **162**, confirming the ultimate act of prostration as **submission to Allah**.

\*\*\* There are quite a few examples given in the Quran whereby the righteous and the believing referred to **Allah** for their personal requirements by imploring Him, using the words "*my Lord*" and "*our Lord.*"

**3:35** The wife of Amram said, "**My Lord**, I have dedicated (the baby) in my belly to You, totally, so accept from me. You are Hearer, Omniscient."

**3:36** When she gave birth to her, she said, "**My Lord**, I have given birth to a girl" - **Allah** was fully aware of what she bore - "The male is not the same as the female. I have named her Mary, and I invoke Your protection for her and her descendants from the rejected devil."

**3:37** **Her Lord** accepted her a gracious acceptance, and brought her up a gracious upbringing, under the guardianship of Zachariah. Whenever Zachariah entered her sanctuary he found

provisions with her. He would ask, "Mary, where did you get this from?" She would say, "It is from **Allah**. **Allah** provides for whomever He chooses, without limits."

**3:38** That is when Zachariah implored **his Lord**: "**My Lord**, grant me such a good child; You are the Hearer of the prayers."

**3:39** The angels called him when he was praying in the sanctuary: "**Allah** gives you good news of John; a believer in the word of **Allah**, honorable, moral, and a righteous prophet."

**3:40** He said, "How can I have a boy, when I am so old, and my wife is sterile?" He said, "**Allah** does whatever He wills."

**3:41** He said, "**My Lord**, give me a sign." He said, "Your sign is that you will not speak to the people for three days, except through signals. Commemorate **your Lord** frequently; and meditate night and day."

**3:42** The angels said, "O Mary, **Allah** has chosen you and purified you. He has chosen you from all the women.

**3:43** "O Mary, you shall submit to **your Lord**, and prostrate and bow down with those who bow down."

**3:44** This is news from the past that we reveal to you. You were not there when they drew their raffles to select Mary's guardian. You were not present when they argued with one another.

**3:45** The angels said, "O Mary, **Allah** gives you good news: a Word from Him whose name is 'The Messiah, Jesus the son of Mary. He will be prominent in this life and in the Hereafter, and one of those closest to Me.'

**3:46** "He will speak to the people from the crib, as well as an adult; he will be one of the righteous."

**3:47** She (Mary) said, "**My Lord**, how can I have a son, when no man has touched me?" He said, "**Allah** thus creates whatever He wills. To have anything done, He simply says to it, 'Be,' and it is.

**14:39 Part:** (Abraham said) **My Lord** answers the prayers.

**14:40** "**My Lord**, make me one who consistently observes the Contact Prayers (Salat), and also my children. **Our Lord**, please answer my prayers.

**19:2** A narration about your Lord's mercy towards His servant Zachariah.

**19:3** He called **his Lord**, a secret call.

**19:4** He said, "**My Lord**, the bones have turned brittle in my body, and my hair is aflame with gray. As I implore You, **my Lord**, I never despair.

**19:47** He (Abraham) said, "Peace be upon you. I will implore **my Lord** to forgive you; He has been Most Kind to me.

**20:24** "Go to Pharaoh, for he has transgressed."

**20:25** He (Moses) said, "**My Lord**, cool my temper."

**20:26** And make this matter easy for me.

**20:27** And untie a knot from my tongue.

**20:28** So they can understand my speech.

**20:29** And appoint an assistant for me from my family.

**20:30** My brother Aaron.

**20:31** Strengthen me with him.

**20:32** Let him be my partner in this matter.

**20:33** That we may glorify You frequently.

**20:34** And commemorate You frequently.

**20:35** You are Seer of us.

**20:36** He said, "Your request is granted, O Moses."

**20:37** We have blessed you another time.

**28:20** A man came running from the other side of the city, saying, "O Moses, the people are plotting to kill you. You better leave immediately. I am giving you good advice."

**28:21** He fled the city, afraid and watchful. He said, "**My Lord**, save me from the oppressive people."

**28:22** As he traveled towards Midyan, he said, "May **my Lord** guide me in the right path."

**28:23** When he reached Midyan's water, he found a crowd of people watering, and noticed two women waiting on the side. He said, "What is it that you need?" They said, "We are not able to water, until the crowd disperses, and our father is an old man."

**28:24** He watered for them, then turned to the shade, saying, "**My Lord**, whatever provision you send to me, I am in dire need for it."

**28:25** Soon, one of the two women approached him, shyly, and said, "My father invites you to pay you for watering for us." When he met him, and told him his story, he said, "Have no fear. You have been saved from the oppressive people."

**27:19** He (Solomon) smiled and laughed at her statement, (of the ant) and said, "**My Lord**, direct me to be appreciative of the blessings You have bestowed upon me and my parents, and to do the righteous works that please You. Admit me by Your mercy into the company of Your righteous servants."

**38:34** We thus put Solomon to the test; we blessed him with vast material wealth, but he steadfastly submitted.

**38:35** He said, "**My Lord**, forgive me, and grant me a kingship never attained by anyone else. You are the Grantor."

**38:36** We (answered his prayer and) committed the wind at his disposal, pouring rain wherever he wanted.

**38:37** And the devils, building and diving.

**38:38** Others were placed at his disposal.

**38:39** "This is our provision to you; you may give generously, or withhold, without limits."

**38:40** He has deserved an honorable position with us, and a wonderful abode.

**23:94** "**My Lord**, let me not be one of the transgressing people."

**23:97** Say, "**My Lord**, I seek refuge in You from the whispers of the devils.

**23:98** "And I seek refuge in You, **my Lord**, lest they come near me."

**23:118** Say, "**My Lord**, shower us with forgiveness and mercy. Of all the merciful ones, You are the Most Merciful."



These were just a few examples from the Quran of righteous servants of **Allah** who always implored Him for their needs. The advice of the messenger to the believers is: *to be sensitive to each other's feelings, do not nag each other, try to be understanding and compassionate towards each other, and most of all lend a helping hand in times of need. Implore Allah Ta'ala to grant you more chances to work righteousness in your life, and all of you should compete in righteousness.*

**23:61** They are eager to do righteous works; they compete in doing them.

**Revealed:** The **Allah letters** are **8** and **messenger's letters** are **17**, revealing the command of righteousness and competition through the name of the **messenger, 178, Subhan Allah.**

**5:48 Part:** But He thus puts you to the test through the revelations He has given each of you. ***You shall compete in righteousness.*** To **Allah** is your final destiny - all of you - then He will inform you of everything you had disputed.

**Revealed:** The **Allah letters** are perfectly **19** and **messenger's letters** are **38, revealing the diff. of 19.**

Peace be upon the messengers

**PRAISE BE TO ALLAH, LORD OF THE UNIVERSE**