

**TRANSCRIPT****Module 3: Spiritual Productivity**

---

***Lesson 14: Spiritual Focus – Act of Worship 2: Dua***

*Bismillah* (In the Name of Allah)

The next act of worship that helps develop spiritual focus is *dua* (supplication). What *dua* really does is that it forces you to develop goals and ask Allah *Subhanahu wa-Ta'ala* (Glorified and Exalted be He) for those goals.

So imagine this. So let's say for example you want to get a job. Now you might just go about your life applying your CVs, sending your CVs here and there, going to interviews, and not making *dua* for a job. But imagine you're somebody who makes *dua* for a job.

[00:00:30]

So what are you doing, you're proclaiming your goal to Allah *Subhanahu wa-Ta'ala*, O Allah, help me find a job, help me find a *halal* (permissible), good, good income job, not very stressful, something that's fulfilling, you're asking Allah. So with *dua* what helps... is that it sort of focuses your goals, because before you might not really know what you want, but when you make *dua* you start realizing okay, what sort of job do I want? What sort of... I want a *halal* job, I want something that's very good, I want something that's very... perhaps good for my family, I don't want something that's too stressful, I want something that's very fulfilling, I want something that has meaning.

[00:01:00]

So you're asking Allah, you're making *dua* for these goals, so it helps to identify your goals and proclaim your goals. Same thing, any *dua* you make, especially when *dua* links to *dunya* (earthly life) *wa* (and) *akhira* (hereafter life), it forces you to proclaim your goals and act towards your goals. It develops a spiritual focus to focus you on your goals.

For example let's say you want to memorize Qur'an. If you don't make *dua* maybe you memorize, maybe you won't memorize. But if you make *dua* every single day, O Allah help me memorize Your Qur'an, help me memorize Your Qur'an

[00:01:30]

Then after making that *dua* you also expend effort. You develop the focus. Your *dua* is saying it and also your action will say it, because you proclaim your goal to Allah *Subhanahu wa-Ta'ala*.

So make sure when you want to develop spiritual focus in life, think about the *duas* you want to make, think about what *duas* you want to make in life, and *dua* is known as the weapon of the believer because really it's amazing what you can do with *dua*.

[00:02:00]

I always say it's like *Subhan Allah* (Glorified be Allah), it's like access to Allah *Subhanahu wa-Ta'ala* to ask him for *dua*, and the best thing about *dua* is that it will be answered in one of three ways, either it's accepted, either something bad will be pushed away from you, either you'll be rewarded for it in the hereafter. So in any case you are winning with your *duas* so ask Allah *Subhanahu wa-Ta'ala* for your goal, ask whatever decision you have to make, whatever goals you have, whatever thing you're not sure about, ask Allah for guidance. Ask Allah whether it's for marriage, ask Allah whether it's for work, ask Allah whether it's for school, whether it's for home, for anything.

[00:02:30]

Ask Allah, raise your hand, ask Allah. You'll be amazed at how much it brings focus to your life and how because you now proclaim your goal, because you're now asking Allah for these goals you start working towards them. It doesn't make sense for you to make *dua*, O Allah give me a job and you're sitting down doing nothing, O Allah make me successful in school and you're just not revising. It doesn't make sense. But when you're making *dua* then you're almost forcing yourself to say you know what, if that's my *dua* then I should take action on this *dua*.

[00:03:00]

Number two of course is that it evokes spirituality in your quest. Again just like the example, you could be going ahead and applying for your job and not making *dua* at all, and that sort of removes the *barakah* (Divine goodness) from your quest. But let's say that you make *dua* so that when you're applying your CVs and you're doing the interviews and you're going and searching for a job, you are evoking spirituality into your quest. Same thing, let's say you want to get married. You could just go ahead and try to find people and talk to families, but if you start making *dua* then it evokes spirituality into your quest, in anything you do.

[00:03:30]

Any goal you want to achieve when you raise your hand, O Allah help me achieve this, then what you're saying is that O Allah I will do my best but really You're the One who can make things happen, You are the One I rely on, You are the One I seek help from, so help me, and that by itself evokes spirituality and *barakah* in your quest so when you achieve it, it becomes, you realize *Subhan Allah*, Allah answered my *dua*. You don't say oh, because I'm smart or because I'm really good. No, you say Allah answered my *dua*.

[00:04:00]

So it brings a beautiful relationship between you as a servant and Allah as your master, and it really evokes spirituality into your quest.

So practical tips to develop and to develop the spiritual focus around *dua* as an act of worship, is number one, learn the etiquette of *dua*. I recommend you a great book by Sheikh Yasir Qadhi on the power of *dua* or *dua*, the weapon of the believer, that's the name of the book, 'Dua- The Weapon of The Believer'. I highly recommend it. It has a lot of very... it's a well-written book on *dua* and it also has the etiquette of *dua*, how you should ask Allah.

[00:04:30]

You know sometimes we forget the manners we should have. Whenever you want something from somebody sometimes you should ask, say, please, you start by saying something nice about them. Allah *Subhanahu wa-Ta'ala* He's your King, He's your Lord, He's your... the King of all kings, He's the Master of the whole world. So you should have some etiquette and manners when you raise your hand and asking Him.

Number two, ask Allah for everything.

[00:05:00]

And this is again, a lot of people fall into the mistake that oh, I don't wanna ask Allah for small things. And this goes against the teaching of Islam where it says, Prophet Muhammad said ask Allah even for the shoe string that attaches the shoe to your foot. Ask Allah for that. You really should ask Allah for everything in your life. Some scholars say even the salt in your food, ask Allah for it.

Now it's not about mocking the *dua*.

[00:05:30]

It's about making you realize that really, truly, every breath you're taking is by Allah's permission. Every thing you want to achieve is by Allah's permission. So you should ask

Allah for everything, whether it's helping you, anything small or big. I cannot even try to describe, anything small or big. O Allah help this presentation work well. Help me go through traffic easy today. O Allah help me get to this place at this time. You just ask Allah for everything. Get into the habit of asking Allah so that your relationship is always open.

[00:06:00]

In fact one of the... another scholar said that sometimes when you go through hardships and you raise your hands, O Allah help me, help me, the angels will say O Allah, we know the voice of this person. This person always asks You for things. We know the voice of this person, so Allah please answer his *dua* or please answer her *dua*. So make sure that you ask Allah for everything so even the angels will recognize your voice when you most need to be answered in your *dua*.

[00:06:30]

Number three, pray for *barakah*. As I said to you before spiritual productivity is all about *barakah*, and you really want to become productive, you need to develop your spiritual energy, your spiritual focus, you should ask Allah for *barakah* because that is the secret of the believer, the secret to success in *dunya* and *akhira* is to ask Allah for *barakah*, so ask Allah for *barakah* in your life, in your hereafter, in your parents, in your home, in your work, in your school, in your university, in your studies, in everything you do ask Allah for *barakah* because that is the key to success and the key to spiritual productivity.

[00:07:00]