

The Need For Abundant Zikr

**Extracted from a short audio clip of
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The Need for Abundant Zikr

When there's rain, especially after the winter, you sometimes see everything becoming very lush and green. The ground, which might hardly have had any grass on it, suddenly starts sprouting vegetation. This is all the effect of the rain.

Allah Ta'ala mentions in many places in the Qur'an Sharif that with the rain, vegetation is brought forth from the ground. It is Allah Ta'ala's Qudrat (power) that makes the rain the means for this. The ground needs the rain, and if there's no rain for an extended period, it dries up completely, becomes hard, and only thorny trees grow.

Similarly, the rain for the heart is the Zikr (remembrance) of Allah Ta'ala. The heart is king, and for all the good things to emerge from it, it needs the rain of Zikr. If Zikr stops, the heart is deprived of this rain.

When this rain is no longer present, the thorny trees start growing in the heart. It begins to incline toward all kinds of evil and sin.

One thing leads to another, and before a person knows it, they find themselves slipping. Often, they reflect and say, "I don't know what made me slip. Things were going fine." When asked if they had stopped their Zikr, they might admit, "Yes, I missed a couple of days."

That missed Zikr is like the withholding of rain from the heart. Within two or three days, the ground begins to bring forth something other than the goodness it was producing before. This shows how essential it is to be consistent in Zikr. No day should go by without it being done thoroughly. When Zikr is done regularly, **InshaAllah**, the heart will stay alive.

Protecting the Heart

When the heart is alive, it becomes strong and is able to fend off the attacks of the Nafs and Shaitaan. This doesn't mean that these attacks won't come—that is the job of Shaitaan, and the nature of the Nafs.

However, a heart that is alive and strong will easily defend itself. If the heart is deprived of this rain, it becomes weak and succumbs to these attacks. Before a person even realizes it, they are washed away by sin.

This is why Zikr should never be treated as something casual or ordinary. It might seem small, but what is being achieved through it is tremendous.

The Hidden Nourishment

A person eats food, and the nourishment goes into their body. But every day, do they see which part of the body the food is nourishing? Does the person see which nourishment went to the lungs, the organs, or the eyes? They don't feel it. However, if they stop eating for a couple of days, they will realize what the food was doing.

Similarly, the heart is very sensitive—it needs nourishment every day. The heart constantly requires Zikr. Nowhere else in the Qur'an Sharif has anything been commanded in the same manner as Zikr. We are commanded to do Zikr abundantly.

Conclusion

We should never take Zikr as something casual or by the way. It is an essential need of the heart. To ensure the heart stays alive and protected, we must be consistent and regular in Zikr. This spiritual rain is necessary to keep the heart strong and to protect it from inclining toward sin and evil. May Allah Ta'ala grant us the tawfeeq (ability) to do abundant zikr. Ameen.

NB:

Any errors are due to our own limitations, and we humbly seek Allah سبحانه وتعالى forgiveness and guidance in our future publications.

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