

# Mawlana Shaykh Muhammad Adil ar-Rabbani

## PEOPLE ARE DECEIVED BY YOUTH AND HEALTH

*As-Salāmu ‘Alaykum wa RaḥmatuLlāhi wa Barakātuh.*

*A‘ūdhu BiLlāhi Minash-shayṭāni r-rajim. BismiLlāhi r-Raḥmāni r-Raḥim.*

*Wa ṣ-Salātu wa s-Salāmu ‘alá Rasūlinā Muḥammadin Sayyidi l-Anwalina wa l-Akhirin.*

*Madad yā RasūlAllāh, Madad yā Sādāti Aṣḥābi RasūlLlāh, Madad yā Mashāyikhinā,  
Dastūr Mawlana Sheikh Abdullāh al-Fā’iz ad-Dāghistāni, Sheikh Muḥammad Nāzim al-  
Haqqāni. Madad. Tariqatunā aṣ-Suhbah wa l-Khayru fi l-Jam‘iyyah.*

When we say a ḥadīth of our Prophet ᷣallā Llāhu ‘alayhi wa-sallam, it must be read and recited correctly. Because ḥadīth sharīf were not written down; they were passed down from one companion of our Prophet ﷺ to another. Of course, Jews and others have interspersed them with other ḥadīths. Most of those ḥadīths have been cleared, but they still occur occasionally. But what is important here is that our Prophet ᷣallā Llāhu ‘alayhi wa-sallam said, “If a person narrates a saying or a ḥadīth saying it’s from me that is not from me, let him prepare his place in Hell.” Because all the words of our Prophet ᷣallā Llāhu ‘alayhi wa-sallam are important, they are what show us the way and guide us.

There is a ḥadīth, but I will say it in Turkish because I don’t know the Arabic words exactly. Many people have been deceived. They have deceived themselves because of youth and health. He ﷺ says “Maghbūn”. What is meant by “Maghbūn” is deceived. The Arabic of our Prophet ᷣallā Llāhu ‘alayhi wa-sallam is the most correct and clear Arabic. Even the companions were surprised by some of the words of our Prophet ᷣallā Llāhu ‘alayhi wa-sallam. Our Prophet ᷣallā Llāhu ‘alayhi wa-sallam was given from the knowledge of Allāh ‘Azza wa-Jalla. Therefore, there was no need to read or write; he ﷺ imparted knowledge directly. The word “Maghbūn” means deception, or that people have been deceived by themselves, or—it’s such a strange word that its meaning is hard to explain.

This is with youth and health. People think that youth will continue forever. “I’ll do it later,” they say, “I’ll worship later, I’ll do it later on.” Now it’s even worse. They used to think, “Well, I’m eighteen now. I’ll get married.” Now he’s forty, and he thinks he’s still a child, a young man. So, he’s deceived himself. His life has passed him by. He hasn’t made a house, nor has he made a household, nor has he raised a person, nor has he worshipped. He has deceived himself. What is meant by “Maghbūn” is a kind of self-deception. Sometimes he’s become 50 or 60, and even he thinks he’s still a child. He still does things according to his own whims. He wants people to respect him, but how can those people respect you?

# Mawlana Shaykh Muhammad Adil ar-Rabbani

The second is health. A person thinks that being healthy and of good wellbeing will keep on forever. No, that's something we need to be careful about. We need to be mindful of our health, our wellbeing, and our actions so that we can perform our prayers and our works while we're healthy. There's no telling what will happen next. That's why, as we said, people these days completely have no religion, mind, thought, or logic. They think this will continue forever. The next thing they know, it's good if they reach 60 or 70. But if they don't, they'll pack up and leave.

That's why, this life is important, a blessing from Allāh ﷺ. We shouldn't pass it in vain. We shouldn't waste it at all. Something new always emerges, deceiving children. They waste their youth in vain. After that, they remain confused, saying, "What happened, what are we going to do?" As Allāh ﷺ said, as our Prophet ﷺ said, know the value of your life and don't waste it. While you are young and healthy, perform your prayers and worship, and go to Hajj if you can. Do not neglect your fasts and all. They are what will remain for you. Neither youth nor health will remain. May Allāh ﷺ grant us blessed years, and may we live in good health and well-being, in shā'a Llāh.

Wa min Allāhi t-Tawfiq. Al-Fātiha.

Mawlana Sheikh Muhammad Adil ar-Rabbani  
05 October 2025 / 13 Rabih Al-Akhir 1447  
Fajr Prayer – Akbaba Dergah, Istanbul