

Mawlana Shaykh Muhammad Adil ar-Rabbani

SADAQAH FOR OUR EVERY JOINT

As-Salāmu ‘Alaykum wa RaḥmatuLlāhi wa Barakātuh.

A‘ūdhu BiLlāhi Minash-shayṭāni r-rajīm. BismiLlāhi r-Raḥmāni r-Raḥīm.

Wa ṣ-Salātu wa s-Salāmu ‘alā Rasūlinā Muḥammadin Sayyidi l-Anwālina wa l-Akbarin.

Madad yā RasūlAllāh, Madad yā Sādāti Aṣḥābi RasūlilLāh, Madad yā Mashāyikhinā,

Dastūr Mawlana Sheikh Abdullāh al-Fā’iz ad-Dāghistāni, Sheikh Muḥammad Nāẓim al-Ḥaqqāni. Madad. Tarīqatunā aṣ-Suḥbah wa l-Khayru fi l-Jam‘iyyah.

Our Prophet ṣallā Llāhu ‘alayhi wa-sallam states: There are 360 joints in the human body. Of course, Allāh ‘Azza wa-Jalla informed our Prophet ṣallā Llāhu ‘alayhi wa-sallam of everything—every single atom—of the human being He created; he ﷺ knows what doctors do not know. Our Prophet ṣallā Llāhu ‘alayhi wa-sallam says that a charity must be given for each of these joints; sadaqah is required. Our Prophet ṣallā Llāhu ‘alayhi wa-sallam says, “Charity can also be given in the form of money.” He ﷺ also says, “Removing harmful objects from the way—such as stones, thorns, paper, and the like—is also an act of sadaqah.” After all, not everyone may have the means to give 360 monetary sadaqah a day. Therefore, our Prophet ṣallā Llāhu ‘alayhi wa-sallam explains that performing these other acts serves substitutes for that sadaqah.

What suffices for all of them is the two-rak’ah Duha prayer. The Duha prayer can be performed twenty minutes, half an hour, or an hour after sunrise. That initial two-rak’ah prayer performed shortly after sunrise is the Ishraq prayer. The Duha prayer can be performed in sets of two ranging from two to twelve rak’ahs. Performing at least two rak’ahs serves as the sadaqah required for all the joints in the body. If you begin your day with Tahajjud or the morning prayer, spend the day occupied with deeds that Allāh ﷻ loves and that benefit you, and conclude the day with prayer as well, then you will have spent your entire life on the way of Allāh ﷻ. This benefits you and brings health to your body, for sadaqah is health, while also elevating your spirituality.

This is a truly beautiful thing. Through it, you become a beloved servant of Allāh ﷻ and a beloved servant of our Prophet ṣallā Llāhu ‘alayhi wa-sallam. Your love for him ﷺ will increase and become deeper, for practicing his ﷺ Sunnah means striving to be like him ﷺ and emulating him ﷺ. This is the very aim of our ṭarīqah and of Islām. To follow the Prophet ﷺ, to walk his ﷺ way, and to strive to resemble him ﷺ as best we can—this is the greatest virtue and the highest beauty for a human being, for a believer. Honoring him ﷺ is likewise a supreme merit. May Allāh ﷻ protect us from those who do not respect him ﷺ; their harm is immense, for they would keep you away from this beautiful reward and this beautiful life. If you were to become like them, neither your words nor your deeds

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would be of any benefit to you. Therefore, may Allāh ﷻ protect us all. May Allāh ﷻ grant us the grace to always walk his way until our very last breath, in shā'a Llāh.

Wa min Allāhi t-Tawfiq. Al-Fātiḥa.

Mawlana Sheikh Muhammad Adil ar-Rabbani
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Fajr Prayer – Akbaba Dergah, Istanbul