Mawlana Shaykh Muhammad Adil ar-Rabbani

FINDING RELIEF IN DISTRESS

As-Salāmu ʻAlaykum wa RaḥmatuLlāhi wa Barakātuh.
Aʻūdhu BiLlāhi Minash-shayṭāni r-rajīm. BismiLlāhi r-Raḥmāni r-Raḥīm.
Wa ṣ-Salātu wa s-Salāmu ʻalá Rasūlinā Muḥammadin Sayyidi l-Awwalīna wa l-Akhirīn.
Madad yā RasūlAllāh, Madad yā Sādāti Aṣḥābi RasūliLlāh, Madad yā Mashāyikhinā, Dastūr Mawlana Sheikh Abdullāh al-Fāʼiz ad-Dāghistāni, Sheikh Muḥammad Nāẓim al-Ḥaqqānī. Madad. Ṭarīqatunā aṣ-Suḥbah wa l-Khayru fi l-Jamʻiyyah.

Aʻūdhu biLlāhi mina sh-shayṭāni r-rajīm. Bismi Llāhi r-Raḥmāni r-Raḥīm.

قُلْ بِفَضْلِ اللَّهِ وَبِرَحْمَتِهِ فَبِذَٰلِكَ فَلْيَفْرَحُوا هُوَ خَيْرٌ مِّمَّا يَجْمَعُونَ

‘Qul bifaḍli Llahi wa biraḥmatihi fabidhālika falyafraḥū huwa khayrun mimmā yajmaʻūn’, ‘Say, “In the bounty of Allah and in His mercy - in that let them rejoice”; that is better than what they accumulate.’ (Qur’ān 10:58). Ṣadaqa Llāhu l-ʻAẓīm.

In times when people are in distress, they should think of Allāh ʻAzza wa-Jalla. A person who recognizes that they live by the grace, generosity, and mercy of Allāh ﷻ finds relief and joy. This is what true joy is; this is what brings joy to a person. As one reflects upon Allāh’s ﷻ forgiveness, mercy, grace, and generosity, troubles fade away, replaced by a sense of ease and relief.

The state of the world grows worse with each passing day; rather than improving, it continues to decline. No day is better than the one that came before it. Mawlānā Shaykh Nāẓim used to say, “Each new day makes one long for the day that has passed.” Every day gets worse. Therefore, do not let the world weigh heavily on your mind. It is Allāh ﷻ who is Ar-Razzāq - who grants all sustenance. Allāh ﷻ is the giver. It is Allāh ʻAzza wa-Jalla who bestows peace and relief upon your heart. He ﷻ has granted you īmān, which is the greatest relief and the greatest blessing of all. Making shukr to Him ﷻ, keeping Allāh ʻAzza wa-Jalla constantly in your heart, and removing dunyā from your heart brings true relief and joy. Otherwise, one is left with sorrow, gloom, and every manner of distress.

Therefore, we must be grateful for what Allāh ʻAzza wa-Jalla has given us; and as we said, the greatest blessing is īmān. The more a person engages in acts of worship, the more peace and relief they will find. Conversely, the more one commits sins and strays from Allāh’s ﷻ commands, the greater their distress becomes—leading to all kinds of hardships. On the other hand, if you remain on the way of Allāh ﷻ and fulfill His ﷻ commands, no one can truly harm you. What Allāh ﷻ desires is for you to believe in Him ﷻ and to be

obedient to Him ﷻ. That is what Allāh ‘Azza wa-Jalla desires. To have faith means to fulfill His ﷻ commands, to perform acts of worship, and to live one’s life without causing harm to others. May Allāh ﷻ make us among such people; may He ﷻ fill our inner and outer selves with joy, in shā’a Llāh. May we all reach safety, in shā’a Llāh. May we all be granted safety and peace—both here and hereafter, in shā’a Llāh.

Wa min Allāhi t-Tawfīq. Al-Fātiḥa.

Mawlana Sheikh Muhammad Adil ar-Rabbani
26 November 2026/ 16 Jumada al-Thani 1448
Fajr Prayer – Akbaba Dergah, Istanbul