



NEW MUSLIM  
ACADEMY

# The Power of Mentioning God & Glorifying Him with Praise (Thikr)

# 01

There are many different ways to worship God. These different acts of devotion vary in their form. Some require certain times and places to be performed, and others are open to any time and place. Prayer in Islam could either refer to Dua, the petitionary prayer, Salah, the prescribed ritual, or Thikr, mentioning God and glorifying His praise. This latter type of prayer is the simple and easy one to do, as it can be performed whenever and wherever a person is.

To explain the significance of this, the Messenger Muhammad said, “Indeed, all actions are judged by their intention, and everyone shall receive what they intended.” Thus, every action requires an intention in order for it to be correct and valid. This intention has a dual purpose, the first is to ensure it is done exclusively as a devotion for God’s sake. This is called purity of intention. All acts of worship should only be directed and intended exclusively for God, or else it falls into associating partners with God, the greatest sin.

# 02

The Messenger Muhammad continued in the above teaching and said, “Whoever therefore migrates to please God and His Messenger, will have it recorded as such, and whoever migrates for a worldly purpose or marriage, then it too will be recorded as such.” This refers to his disciples who were migrating from Mecca to Medina. Although they were making the same journey, so outwardly they look the same. However, their intention and motive is very different.

The act of mentioning God and glorifying Him with praise is easy to perform and relatively simple, while being extremely rewarding and beneficial. God loves this act of devotion, as it is mentioned countless times throughout the Quran “...and the men who mention God and glorify Him with praise often and the women who do so – for them God has prepared forgiveness and a great reward.” [33:35] God praises those who do this act of devotion in every condition while standing, sitting and lying on their sides. [3:191] God commands us to perform this act of devotion as often as we can, in the morning and evening. [33:41]

# 04

There are many forms of mentioning God and glorifying Him with praise. This devotion is composed of words and statements that attain this objective. These statements can vary in length. The best type of mentioning God and glorifying Him with praise is to recite the words of God himself in the Quran, for all of the Quran is a form of mentioning God and glorifying Him with praise. This is why the rewards and benefits of reciting the Quran are many.

In a sacred quote, the Messenger Muhammad ﷺ tells us what God Himself says about the act of mentioning God and glorifying Him with praise, “I treat My servant as he hopes that I would treat him. I am with him whenever he remembers Me: if he remembers Me privately, I remember him privately; if he remembers Me in a gathering, I remember him in a gathering far better than that gathering.”



# 05

When we constantly mention God and glorify Him with praise God there are many benefits. These statements make us conscious and mindful of God throughout the day, and in all of our various actions of the day. This state of consciousness and mindfulness in turn, makes us less likely to sin and be heedless in our words and actions. “The mentioning of God and glorifying Him with praise is the greatest of deeds.” [29:45]

One of the most significant parts of mentioning God and glorifying Him with praise, is that the words uttered should be an indication of what is firmly believed in the heart. “Those who believe and their hearts attain tranquility by mentioning God and glorifying Him with praise. Indeed, by mentioning God and glorifying Him with praise do hearts attain tranquility.”

# 06

Mentioning God and glorifying Him with praise was recommended by the Messenger Muhammad ﷺ throughout the day, from the moment we wake up by thanking God for another day of life, until the moment we go to sleep, entrusting ourselves to God's care. There are statements of mentioning God and glorifying Him with praise to be done in the morning and evening time before sunrise and before sunset. Other statements are included in all major acts of devotion such as Salah, the prescribed ritual devotions, and Hajj, the pilgrimage to Mecca. There are other statements to be said when performing different actions of the day, such as eating, leaving the house and riding transport. There are statements of mentioning God and glorifying Him with praise when we enter the market place or are frightened, and when we see what pleases us and hear good news.

# 07

These statements of mentioning God and glorifying Him with praise revolve around different meanings. One of these statements is an indication of God being far removed from every imperfection and deficiency, the epitome of perfection and the sublime and transcendent in every way. In Arabic, this statement is, Subhan Allah. This short statement has great rewards. To add praise of God at the end of it, Subhan Allah wa bi hamdih is even more rewarding. The Messenger Muhammad ﷺ told us some of the virtues of repeating this. To say this phrase 100 times every morning and evening, is so great in reward that no one will have achieved more good deeds, except someone who does more than this. Repeating this litany would take less than five minutes. Another reward for saying this phrase is that with each time, a tree is planted in Paradise for the person who says it. A third reward is that by saying it 100 times a day, sins are forgiven even if they are as much as the foam of the sea.

# 08

Another meaning of mentioning God and glorifying Him with praise is to praise God for His qualities and to thank Him for a specific blessing or the many blessings He bestows upon us. In Arabic, this statement is Alhamdulillah. It is the best of supplications. The Messenger Muhammad ﷺ said that the reward of this statement fills the scales of good deeds, and that it fills the space between the heavens and the earth.

A third meaning revolves around God's complete power and ability over all things. In Arabic this statement is, La hawla wa la quwwata illa billah. It means that there is no might or power except that which is given by God. Nothing can happen unless He allows it and wills it and nothing can overpower God's will. When one proclaims this, they recognize that they have no inherent power or ability except that which is endowed to them by God. The Messenger Muhammad ﷺ described this statement as being from the treasures of Paradise.



# 09

A fourth meaning is about acknowledging God's power to forgive and pardon. This statement is the way to seek God's forgiveness for our sins and mistakes. In Arabic this statement is Astaghfirullah. 'I seek God's pardon and forgiveness.' The Messenger Muhammad ﷺ would say this phrase, or something similar, 100 times a day to ensure that he constantly is mentioning God. One benefit of this is that we seek God's pardon for all the small mistakes and sins we commit, even those we forget about or consider to be insignificant. This statement covers all of them.

A fifth meaning revolves around God's greatness. It is one of the most oft-repeated statements in the life of a Muslim, repeated throughout the day in the prescribed prayer, and when completing the fasts of Ramadan and celebrating Eid. "Allahu Akbar, God is the greatest." This is a declaration of a Muslim's belief.

# 10

A sixth meaning revolves around God's unique oneness and unicity. It is the best of all words and the most important, the statement of faith, La ilaha illa Allah. There is no true god, except for the One and Only True God. This is one of the most beloved of statements to God, as mentioned by the Messenger Muhamamad ﷺ.

It is a good idea to make a regular practice of repeating these statements in a daily litany. This is an amazing way of earning regular good deeds and reaping countless other spiritual benefits. These statements are short enough to memorize, and can be said on the go, as we are out and about, and throughout our day.

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