



Sayyidah Ummu Sulaim (radhiyallahu ‘anha) once came to Rasulullah (sallallahu ‘alaihi wasallam) and requested, “O Rasul of Allah (sallallahu ‘alaihi wasallam)! Teach me some words to recite through which I will make du‘aa to Allah Ta‘ala.” Rasulullah (sallallahu ‘alaihi wasallam) answered, “Recite Subhaanallah ten times, Alhamdulillah ten times and Allahu Akbar ten times. Thereafter, ask your needs of Allah Ta‘ala, for He will say, ‘I have done so! I have done so! (I have fulfilled your needs)’”
(Musnad Ahmad #12207)

The prescription given to Sayyidah Ummu Sulaim (radhiyallahu ‘anha) by Rasulullah (sallallahu ‘alaihi wasallam) is one that is both easy to recite and extremely powerful. We all have needs, and every person is totally dependent on Allah Ta‘ala alone for the fulfillment of his needs. Hence, before supplicating to Allah Ta‘ala and presenting our needs to Him, let us strive to recite the zikr prescribed above. It will take only a few moments, but the effect of the du‘aa that is answered will be long lasting.