

Shukr — gratitude

Gratitude is not a feeling you wait for. It is naming the favour, using it as He intends, and saying so.



★ The promise attached

لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ

“If you are grateful, I will surely increase you.” The increase is announced before you have done anything.

Qur'an 14:7

★ The command itself

وَأَشْكُرُوا لِي وَلَا تَكْفُرُونِ

“And be grateful to Me and do not deny Me.” It arrives in the same breath as the command to remember Him.

Qur'an 2:152

★ You cannot count them

وَإِنْ تَعْدُوا نِعْمَةَ اللَّهِ لَا تُحْصَوْهَا

“And if you should count the favour of Allah, you could not enumerate it.” So begin with the one in front of you.

Qur'an 16:18

★ The du'a' he taught Mu'adh

رَبِّ أَعِنِّي عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ

“My Lord, help me to remember You, to thank You, and to worship You well.” He told Mu'adh never to leave it out of a prayer.

Sunan an-Nasa'i 1303 • sahih

★ Why he stood so long

أَفَلَا أَكُونُ عَبْدًا شَكُورًا

He prayed until his feet swelled. Asked why, when he was already forgiven, he said: “Should I not be a grateful servant?”

Sahih al-Bukhari 1130 • 4837

★ It fills the scale

وَالْحَمْدُ لِلَّهِ تَمْلَأُ الْمِيزَانَ

“Cleanliness is half of faith, and al-hamdu lillah fills the scale.” Three words, and they are weighed.

Sahih Muslim, Kitab at-Taharah

★ What already counts as much

“Whoever wakes secure in his dwelling, sound in his body, with his food for the day — the world has been gathered up for him.”

Sunan at-Tirmidhi 2346 • hasan

★ Few are grateful

وَقَلِيلٌ مِّنْ عِبَادِيَ الشَّاكِرُونَ

“And few of My servants are grateful.” Said at the close of an account of a house that was given a great deal.

Qur'an 34:13

★ One source to thank

وَمَا بِكُمْ مِّنْ نِّعْمَةٍ فَمِنَ اللَّهِ

“And whatever you have of favour — it is from Allah.” Thanking the hand that passed it on is part of thanking Him.

Qur'an 16:53