

DUA FOR REJUVENATING THE HEARTS

Twenty-third: Also quoted from al-Mujtana, a man is reported to have seen the Holy Prophet (s) in dream and asked him to teach him a supplicatory prayer that would refresh his heart. Therefore, the Holy Prophet (s) taught him these words:

يَا حَيُّ يَا قَيُّوْمُ، يَا لَا إِلَهَ إِلَّا أَنْتَ أَسْأَلُكَ أَنْ تُحْيِيَ

قَلْبِي. اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَاٰلِ مُحَمَّدٍ

The man commented, "When I repeated these words three times, Almighty Allah refreshed my heart."