

## After Leaving the Bathroom

غُفْرَانَكَ

Ghuf-rā nak

I ask You (Allāh) for forgiveness<sup>1</sup>

### The text of the Hadeeth:

"Whenever the Prophet (Sallallahu Alaihi wa Sallam) came out of the 'Khalā' (place of answering the call of nature, i.e., the bathroom) he would say: '**Ghuf-rā-nak.**' " <sup>2</sup>

### Explanation of the Hadeeth:

**The saying of the Prophet** (Sallallahu Alaihi wa Sallam): **Ghuf-rā-nak:** 'I ask *You* (Allāh) for forgiveness' is the acknowledgement that forgiveness of every act of sin and disobedience, as well as every shortcoming in fulfilling one's obligations to Allāh, can only be sought from Him! There are *no intermediaries* who can grant forgiveness besides Allāh, neither Prophets, saints nor Imāms.

In explaining the reason for seeking forgiveness on this particular occasion, it has been said that the human being is incapable of completely fulfilling the obligation of offering gratitude (*Shukr*) to Allāh for the blessings of **(1)** providing the food and drink, **(2)** digesting it, **(3)** distributing the nutrition according to the body's needs and then **(4)** making the removal of the waste easy.

Allāh, the Most High, said:

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<sup>1</sup> Fortress of the Muslim, No 11.

<sup>2</sup> Reported by Abu Dāwood, no. 30, at-Tirmidhee, no. 7, Ibn Mājah, no. 300 and others, from "Ā'isha bint Abi Bakr as-Siddeeq (may Allāh be pleased with them both). Al-Albānee declared it to be 'Ḥasan' (Good, Acceptable) in Saḥeeḥ Al-Jaami', no. 4707 and Mishkāt-ul-Masābeeḥ, no. 359.

فَكُلُوا مِمَّا رَزَقَكُمُ اللَّهُ حَلَالًا طَيِّبًا وَاشْكُرُوا نِعْمَتَ اللَّهِ إِن كُنتُمْ إِيَّاهُ تَعْبُدُونَ ﴿١١٤﴾

"So eat of the *lawful* and *good* food which Allāh has provided for you. And *be grateful* for the favors of Allāh, if it is He Whom you worship." (16:114)

Realizing that he has definitely fallen short in properly fulfilling the *obligation* of expressing *gratitude* to Allāh for this great blessing, the human being must make up for this shortcoming by *seeking Allāh`s forgiveness!*

[Taken from: 'Reflections Upon Selected Daily Supplications' - Abu Muhammad]