

## Increasing 'Eemaan (Faith) : Shaykh Ibn Baaz

[Fataawaa Lajnatud-Daa'imah lil-Buhoothul 'Ilmiyyah wal-Iftaa, 3/185-187]

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allaah, the Most Merciful, the Bestower of Mercy

**Question:** I begin my question by seeking your advice that I may benefit from you with regards to how I may increase my 'Eemaan (faith?)...

**Answer:** We advise you to recite the Qur'aan frequently and that you increase in your hearing of it and in your recitation of it. Reflect and consider its meaning to the best of your ability and what you do not understand of it, then ask the people of knowledge of your country about it, or write to those outside of your country from the Scholars of Sunnah (Prophetic guidance).

We also advise you to increase in the dhikr (remembrance) of Allaah with such remembrances and supplications that are authentically related, such as saying laa ilaaha illallaah (that none has the right to be worshipped except Allaah), or saying subhaanallaah wal-hamdulillaah wa laa ilaha illallaahu wallaahu akbar (declaring Allaah free from all imperfections, praising Him and declaring that none has the right to be worshipped except Him and that He is greater), and their like. For this purpose, we urge you to refer to books such as al-Kalimut-Tayyib of Ibn Taymeeyah, al-Waabilus-Sayyib of Ibn al-Qayyim, Riyaadhus-Saaliheen and al-Adhkaar both by Imaam an-Nawawee, and their like. This is because the remembrance of Allaah increases 'Eemaan (faith) and causes hearts to attain tranquillity, as Allaah – the Most High – said:

[“**Indeed in the remembrance of Allaah do hearts find tranquillity.**”] [Soorah ar-Ra'd 13:28].

Also preserve your five daily Prayers, your Fasting and the rest of your obligations – along with hoping in Allaah's mercy and forgiveness and relying upon Him in all your affairs. Allaah – the Most High – said:

[“**The Believers are only those who, when Allaah is mentioned, feel a fear in the hearts, and when His Verses are recited to them, it increases their 'Eemaan (faith), and they put their trust and rely upon Allaah alone. They are those who perform the Prayer and spend out of that which We have given them, they are Believers in truth. For them are grades of dignity and nobility with their Lord, and also forgiveness and generous provisions.**”]

[Soorah al-Anfaal 8:2-4]