

The blessings of Allah upon us are countless. There are so many blessings of Allah that we can't even write them down. If we start writing them all, our life would come to end but Allah's blessing will never finish. Even if we think of this Human Body of ours, from the time we came to this world we were not even able to move on our own. Alhamdulillah, now we can walk with the help of these feet, we are able to eat, we are able to breath. Every breath we take is a blessing of Allah. Every step we take is a blessing of Allah. The food we eat is a blessing of Allah. So, we should thank Allah for all these blessings, say Alhamdulillah every time and in every situation.

Allah says:

**“Say (O Muhammad PBUH): “Praise and thanks be to Allah, and peace be on His slaves whom He has chosen (for His Message)....” [Surah An-Naml 27: 59]**

and Allah said:

**“...And if you would count the blessings of Allah you would not be able to count them...” [Surah Ibrahim 14:34]**

In another Verse, Allah commands us to thank Him:

**“Therefore remember Me (by praying, glorifying), I will remember you, and be grateful to Me (for My countless Favors on you) and never be ungrateful to Me.” [Surah al-Baqarah 2: 152]**

In Surah Rahman (The Most Gracious), This Verse is repeated many times:

**“Then which of the Blessings of your Lord will you both (jinn and men) deny?”**

When the Prophet (Peace be upon Him) went to bed, He Would say this Dua:

“O Allah, in Your name I live and die”. (Narrated by al-Bukhari, 7394)

and when He (PBUH) woke up, He would say:

“Praise be to Allaah Who has brought us back to life after causing us to die, and unto Him is the resurrection.” (Narrated by al-Bukhari, 6312)

Suhaib (R.A) reported that Allah's Messenger (Peace be upon Him) said: “Strange are the ways of a believer for there is good in every affair of his and this is not the case with anyone else except in the case of a believer for if he has an occasion to feel delight, he thanks (Allah), thus there is a good for him in it, and if he gets into trouble and shows resignation (and endures it patiently), there is a good for him in it.” [Muslim Chapter 14, Book 042, Number 7138]

Imam al-Shafi said: **“Praised be Allah, Who, whenever He is thanked for one of His blessings, provides another blessing which in turn obliges one to thank Him again!”**