

IMAM AL-SAJJAD [A.S]

امام السجاد (ع)

Objectives >>>

Students should:

- Be introduced to Imam al-Sajjād as our fourth Imam
- Discuss the meaning of the titles 'al-Sajjād' and 'Zaynul 'Abidīn'
- Discuss the rewards of prostrating to Allah (SWT)
- Discuss the benefits of worship briefly
- Learn a supplication from Saḥīfah al-Sajjādiyah

Imam Zainul 'Abidīn (as): Our Fourth Imam

As we have learnt earlier, we have 12 Imams who came after our Prophet Muḥammad (saw). These Imams are role models for us showing us how to live a healthy Islamic lifestyle. Imam 'Ali (as) was our first Imam and Imam al-Mahdi (atf) is our last Imam who is still alive today. In this lesson we will learn about our 4th Imam, the son of Imam Ḥusayn (as), whose name is Imam 'Ali, Zainul 'Abideen or al-Sajjād (as).

Here is a quick glance at his profile:

Name: Ali

Title: al-Sajjād and Zainul 'Abideen

Mother: Lady Shahrbanoo (From Iran)

Birth Date: 5th Sha'bān 38 AH in Medina

FUNDAMENTALS OF ISLAM

LEVEL 1

Death: 25th Muharram 94 AH

Buried: Jannatul Baqī', Medina

THE MASTER OF WORSHIPPERS

Imam Sajjad (as) was known to always be in the state of worship ('Ibadah) which is one of the reasons he has the title al-Sajjād, meaning 'the one who prostrates often'. It really makes us wonder why he busied himself so much in worship when he was sinless (Ma'sūm) and heaven was promised to him! In the words below, the Imam (as) explains to us beautifully why it is so important to engage in du'ā and talk to Allah (SWT):

The Imam (as) said: "...Despite his great status in the sight of Allah (SWT), the Prophet Muḥammad (saw) engrossed himself so much in worship that his feet were swollen. He was asked: 'Why do you burden yourself so much when you have nothing to worry about?' He (saw) said, 'Shouldn't I express my gratitude to Allah (SWT) for all His favours?'"

PROSTRATING TO ALLAH (SWT)

When a baby is born, he or she needs mum to do everything for them!

Whether they are hungry, need a change, want to sleep,



tired, or thirsty, they need their mum. Even now, most of us still need our mums to do certain things for us – drop us off to school, give us some food, take us here and there; we are dependent on them for many things. Our relation with Allah (SWT) is similar to that of a newborn baby and the mother. We rely solely and completely on Allah (SWT) for everything! And not only when we are young – but throughout our whole lives!



He has blessed us with things we haven't even asked for! For example, do you remember ever asking for a roof over your head? Or perhaps wake up in the morning and ask for some food? Or some air to breathe? Or some clean water? Allah (SWT) has blessed us with things we cannot even begin to count. Then shouldn't we be thanking him for the favours he has given us?

Allah (SWT) loves those who prostrate to him – it is the most humbling position for a believer. When you perform sujūd, you are showing Allah (SWT) that you are the lowest of the low and are completely and entirely dependent on Him and nobody else. Performing sujūd offers you peace of heart, comfort and security knowing that Allah (SWT) is watching over you no matter what.

Imam 'Ali (as) says:

“Nothing can bring about closeness to Allah (SWT) except prostrating and bowing a lot.”

HOW IMAM AL-SAJJĀD USED TO WORSHIP

Imam al-Sajjād (as) is also given the title of Zainul 'Abidīn. This means 'the best of the worshippers'. As we said earlier, the Imam (as) would spend a great amount of time in worship. He would sometimes spend the whole night praying, and he would still feel that he needed to do more. And when he was praying, nothing could distract from his prayer. He

paid full attention to his prayer. In fact, Imam al-Bāqir (as) says:

“When my father stood up to pray, he was like a

tree trunk, with no part of him moving except whatever the wind caused to move.”

ACTIVITY: PRACTICAL

Starting from today we are going to do a practical homework where after every Salah we perform sujūd to show our thanks to Allah (SWT). Let your teacher know how you feel after doing this.

CLASS ACTIVITY: DISCUSSION

Discuss with your teacher the benefits of praying to Allah (SWT) frequently.

AS SAḤĪFAH AL-SAJJĀDIYAH & MEMORISATION



At the time of our fourth Imam (as), it was very difficult for the Imam (as) to teach Islam to the people. This was because Yazīd's cruel men kept a close watch on the Imam's movements. The Imam (as) decided that the best way to teach people Islam

was through du'ā'. The Imam (as) would teach his companions many supplications, and these would be written and passed on by the companions. These du'ā's were compiled into a book called al-Saḥifah al-Sajjādiyah, and we are lucky to have this book with us now. There are many beautiful du'ā's in this book. Today, we will learn a small part of one of these du'ā's. This is a little extract from the Du'a for Sunday which is in Imam Sajjād (as)'s book "Saḥifa Sajjadiyya":

اللَّهُمَّ يَا مُنْتَهَى مَطْلَبِ الْحَاجَاتِ

"O Allah, you are ultimate giver of our needs..."

The above is very short and easy to memorise and perhaps we can all recite it every day.

Review Questions

Q1. Imam al-Sajjād (as) is our:

- 3rd Imam
- 6th Imam
- 4th Imam

Q2. The Imam was given the title of al-Sajjād because:

- He spent a lot of time in sujūd
- He was generous
- He was merciful