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**PSYCHOLOGICAL HEALING THROUGH PROPHETIC
SUPPLICATIONS: A CASE STUDY OF KITAB AL-DA‘AWAT OF
JAMI AL-TIRMIDHI**

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ABSTRACT

Psychological healing through prophetic supplications (du‘a, plural ad‘iah) is a significant component of Islamic tradition, offering a unique approach to mental health that integrates faith with healing practices. This paper explores the impact of prophetic supplications on psychological well-being, particularly focusing on the Kitab al-Da‘awat (Book of Supplications) from Jami al-Tirmidhi, a canonical work of Hadith literature. In Islamic tradition, these supplications are believed to have the potential to mitigate psychological ailments, such as anxiety, depression, addiction, and phobias, by fostering emotional and spiritual well-being. Healing through faith is common across various religious traditions, with devotional practices providing emotional support and spiritual healing to individuals. The study emphasizes the relevance of prophetic injunctions in addressing psychological ailments, particularly within the context of contemporary mental health challenges. It highlights how these spiritual practices, while deeply rooted in religious tradition, align with modern psychological principles and can offer beneficial tools for faith-based psychological healing in the Muslim community. As modern life becomes increasingly stressful due to socio-economic pressures and a disconnect from religious practices, many individuals seek solace in faith-based practices. The challenges of contemporary psychological health, including addiction, depression, and personality disorders, call for a closer examination of how religious practices, particularly prophetic supplications, can contribute to psychological healing. This paper aims to bridge the gap between religious healing practices and modern psychological theories, offering insights into the potential of faith-based interventions in managing mental health issues.

Keywords: *Prophetic Supplications, Psychological Healing, Islamic Tradition, Mental Health, Jami Al-Tirmidhi, Kitab Al-Da‘Awat, Faith-Based Healing, Contemporary Psychological Challenges, Spiritual Well-Being, Islamic Faith.*

Introduction

Psychological healing through prophetic supplications is a significant facet of Islamic tradition that warrants academic attention. Islamic tradition is replete with invocations and supplications (du‘a, plural ad‘iah) drawn from prophetic teachings. These prophetic supplications (ad‘iah al-nabawiyah) have the potential impact on mental health and mitigation of ailments. A meticulous study of these practices through the contemporary psychological lens will be beneficial for the faith-based healing of psychological issues in the Muslim community. Healing through faith is a common phenomenon in almost all religions (Afifuddin & Nooraini, 2016). Religious activities, practices, and beliefs

provide emotional and spiritual support to the afflicted, leading to the healing of psychological ailments. Faith-based devotional activities, in general, and prophetic supplications (da'awat nabawiyah) from the tradition of the Prophet Muhammad, in particular, have leased usage in the Muslim community for psychological healing. Keeping this in view, an attempt has been made to explore the psychological healing through prophetic supplications (ad'iah al-nabawiyah) as a case study of Kitab al-Da'awat (Book of Supplications) of Jami al-Tirmidhi, one of the canonical works of Hadith literature in Islam. A brief discussion on the relevance of prophetic injunctions to psychological ailments and healing is presented first before proceeding to the examination of the text under study.

The psychological problems, popularly termed mental health issues, hamper the normal functioning of an individual and affect his/her behaviour towards family and society. The widely recognised psychological ailments in the current health scenario are addiction, anxiety, anger, depression, phobia, obsession, and personality disorders. Contemporary lifestyle, socio-economic stress, and religious apathy have made a sizeable populace vulnerable to psychological disturbances. The desire to lead a normal life pestered with psychological issues brings individuals into the concerned faith traditions. The situation warrants an in-depth investigation of the faith-based devotional practices of the concerned religions and possible bridging between them and the contemporary scientific rationale. However, this is easier said than done. The apprehended psychological problems are nuanced personality and behavioural aberrations and a disregard for the demands of the faith system, viewed externally.

Background and Significance of Prophetic Supplications in Islamic Tradition

Prophetic supplications (du'ā) expressed by the Prophet Muhammad (peace be upon him) are a treasured legacy bequeathed to the Muslim community. These du'ās have been recounted by generations of believers who relate these du'ās as a source of healing, comfort, divine mercy, protection, and prosperity. Everyone, especially during times of distress, turns to these du'ās which seek unreservedly Allah's intervention, assistance, mercy, and healing. People sincerely ask and implore God using the same words, thus, fostering a connection between them and the divine. In addition to providing a sense of spiritual solace, prophetic du'ās also enhance psychological resilience among the supplicants. The Muslim tradition of du'ās has a continuing history enriched with transmissions, engagements, and practices by individuals from all walks of life: commoners, scholars, and rulers (Ali Shahid & Mahmood, 2022).

Religious leaders and scholarly elites often play an important role in interpreting, publicizing, and disseminating du'ās, particularly those deemed prophetic. The tradition of du'ās also encompasses therapeutic dimensions, and hence, is relevant for mental health (Fuad, 2017). Those afflicted by psychological disturbances are often counselled to recite

specific prayers or supplications. Written accounts that explicate the therapeutic significance of prayers, supplications, or recitations can be found in diverse religious traditions. Thus, an effort is made to analyze the du'ās of psychological healing found in the Kitāb al-Da'awāt of Jāmi al-Tirmidhī. This text comprises hadiths related to prophetic supplications (du'ā) for various occasions, and this particular study focuses on those du'ās intended for mental and psychological affliction. In Islam, du'ās are considered a means to call upon and implore God, and through these prayers, the Prophet Muhammad (peace be upon him) has taught humanity how to seek God's help and intervention in times of distress.

Purpose and Scope of the Study

A careful review of literature indicates that very few scholarly studies are available on prophetic supplications compiled in "Kitab al-Dawat" of Jami al-Tirmidhi, despite their wide usage as treatment for various ailments including psychological disorders. The significance of these supplications increases manifold, especially for the Muslim community, given the present-day rise in psychological disorders. With this objective, the present research is an attempt to explore prophetic supplications for psychological healing, with specific emphasis on the book "Kitab al-Dawat" of Jami al-Tirmidhi. The book contains prophetic supplications narrated and compiled by Abu Isa Muhammad ibn Isa al-Tirmidhi, one of the greatest scholars in Hadith literature, who flourished in the third/ninth century Islamic calendar.

This research investigates selected prophetic supplications from "Kitab al-Dawat" and discusses their possible impacts on psychological healing. For this purpose, five prophetic supplications have been critically analyzed, focusing on the keywords of these supplications and their corresponding effects on the psychological state of an individual. The analysis of prophetic supplications is expected to highlight the way these supplications can be practically applied to individuals suffering from psychological issues. It also intends to provide a basis for a synthesis between Islamic teachings and contemporary knowledge in the field of psychology, specifically regarding psychological healing (Afifuddin & Nooraini, 2016). This is an exploratory study on prophetic supplications found in the book "Kitab al-Dawat" of Jami al-Tirmidhi, with a particular focus on psychological healing. Being an exploratory study, it seeks to investigate the effectiveness of prophetic supplications on psychological healing, as well as the possible impacts of selected prophetic supplications on psychological healing.

Therefore, this research can be a valuable source for clinical psychologists, psychiatric counselors, and scholars, enabling them to plan and conduct therapeutic sessions using prophetic supplications for individuals experiencing mental distress. The present research can also serve as a foundation for further empirical research on the healing impact of these supplications. This exploratory research is based primarily on library sources, with relevant materials gathered from various libraries, including public, private, and Islamic libraries. Selected materials such as

books, journal articles, and dissertations have been analyzed, with appropriate excerpts used to support the arguments made. In addition to secondary sources, primary data in Arabic have been obtained from the book “Kitab al-Dawat” of Jami al-Tirmidhi, which have also been analyzed to highlight the effectiveness of prophetic supplications on psychological healing. All discussions in this research are confined to the selected topics of prophetic supplications found in “Kitab al-Dawat” of Jami al-Tirmidhi. Other topics of supplications and dawat, comprising invocations for various purposes, are beyond the scope of this research.

Theoretical Framework

The exploration of psychological healing through prophetic supplications in Islamic traditions finds its theoretical foundation in a comprehensive framework. The first aspect highlights the understanding of prophetic supplications a compilation of prayers from an Islamic perspective. It emphasizes the beliefs surrounding healing in Islam and the significance of prayers as a means of healing, focusing on the divinity of the Creator's nature (Haron, 2015). The second aspect examines psychological perspectives, exploring ideas related to faith-based interventions, positive outcomes, and the integration of clinical psychology with religious practices. By addressing both aspects, the theoretical framework provides a nuanced understanding of prophetic supplications as psychological healing tools. This discussion serves as a basis for the methodology, case study, and ongoing project.

Prophetic supplications are prayers all Muslims believe to be said or taught by the Prophet Muhammad (peace be upon him). These prayers are worth studying because, from an Islamic perspective, they are seen as a source of healing or might provide insight into the usage of these prayers in a contemporary context. For a Muslim, faith is a comprehensive way of life that includes the belief in God as the Creator and Sustainer of everything, the understanding that God is merciful, and the belief that everything happens according to God's will (qadar) (S. Nathawat & Menon, 2018). Thus, the understanding of healing involves the Creator's nature attributes. In Islam, healing may refer to a physical cure, spiritual cure, or both, while health is the opposite of sickness. Sickness is understood as a test, a punishment, or the result of misdeeds. The significance of prayers as a means of healing is emphasized in Islamic tradition, particularly the Qur'an and the Sunnah. Islam places great importance on healing, and several healings are found in the Qur'an, Hadith, and historical accounts of the Prophet Muhammad. The beliefs surrounding healing in Islam are discussed, presenting healing as a wider understanding involving the Creator's nature attributes.

Islamic Beliefs on Healing and Supplications

Healing is considered a central course of action in any faith. In Islam, healing is not merely a physical restoration but also a spiritual recuperation to the natural state of fitrah (nature) created by Allah. Mental and spiritual sickness is often the result of departing from this primordial condition. The Qur'an considers itself shifa' (healing) for the hearts afflicted by sickness. It offers comfort, peace, and tranquility to the

souls disturbed by anxieties, discord, and distress (Haron, 2015). In the tradition of prophetic medicine, psychological and spiritual diseases are treated by reciting and acting upon the Qur'anic verses and prophetic teachings that concern spiritual wellness.

Islamic beliefs uphold the presence of illness and the need for healing in this life. When afflicted by sickness, believers are encouraged to seek healing while having the conviction that the cure is from Allah. Healing through supplications is considered a fundamental practice in Islam. According to the teachings of the Prophet Muhammad, the act of supplication is an acknowledgment of faith, servitude, and humility before Allah as the Creator, Sustainer, and Lord of the universe. Supplications are the words of the servants in fulfilling their needs, desires, and aspirations, and the means to express their tawakkul (trust) and reliance on Allah's mercy (Ahmed Sayeed & Prakash, 2013). Prayers are believed to effectuate transformation, especially during personal distress, helplessness, and illness. Along with the faith in Allah, commitment, and sincerity in performing the prayers, could bring about the desired outcomes, whether immediate or deferred.

In the Islamic teachings, there are various types of prayers or supplications (du'ā) recognized, each serving different objectives, ends, and purposes. Among them, du'ā can be performed for personal needs, for others' needs, for worldly affairs, for the Hereafter, for inner peace and tranquility, for forgiveness, for deliverance from calamities or misfortunes, and for physical and mental healing. Healing through du'ā could either be direct healing or as a medium to seek the cause of healing. In addition to the individual prayers, there are also communal healing prayers (du'ā) conducted, which are predominantly initiated by the ill person or those who seek healing. Generally, it is observed that people would come together in performing prayers when an individual is inflicted with illness or calamities. This section elaborates on the Islamic beliefs concerning healing and the significance of supplications as a crucial practice in this faith. It seeks to strengthen the understanding of the prophetic supplications as a spiritual and psychological resource and the importance of these practices in the Islamic culture.

Psychological Perspectives on the Efficacy of Supplications

A theoretical framework is presented, integrating psychological perspectives with the discussion on the efficacy of prophetic supplications. Psychologically, it is viewed that thoughts and emotions expressed through prayers help individuals achieve psychological relief and enhanced well-being. Research shows that religious and spiritual practices are related to better mental health (Upenieks, 2023). For instance, coping supplications such as asking for help from Allah, with efforts abandoned elsewhere, tend to reduce distress, and have negative mental health consequences. Prayers, especially in a public setting, invite cognitive and emotional processing which allows individuals to attain a sense of control and peace. Individuals in need usually prefer private prayers, as such prayers are believed to ensure confidentiality, which minimizes embarrassment, helps avoid negative judgments, and prevents

unwanted advice. Shared religious practices, including praying together, are good sources of social support for those in distress. Prayers build a kind of relationship through which individuals feeling distressed can receive sympathy, patience, and hope from others. Hope and resilience are also important in this context, as they help individuals cope with challenges and recover from adversity. Individuals believe prayer is generally good; it can bring comfort, calmness, and satisfaction, and those who pray more tend to perceive more benefits from prayer. This view is crucial for a better understanding of how prophetic supplications may be beneficial for individuals undergoing psychological healing. Finally, the insights from this discussion will shape the research methodology, as the qualitative interview covers both the Islamic belief system and relevant psychological theories.

Methodology

This study employs a systematic and structured methodology to explore, examine, and analyze the prophetic supplications (duas) regarding psychological healing found in the Kitab al-Da'awat. For the purpose of this study, the Kitab al-Da'awat has been selected due to its comprehensive and widely accepted collection of various types of prophetic supplications (duas), including those for psychological healing. The analysis of these duas (supplications) has been divided into two parts: the first part focuses on their discussion and examination based on textual analysis, while the second part incorporates individual interviews or survey questionnaires with people who have recited these duas (supplications) for healing purposes. Both parts of the analysis employ qualitative research methods, while the first part also utilizes quantitative research methods to present numerical data on the categorization of prophetic duas (supplications) in the Kitab al-Da'awat (Ali Shahid & Mahmood, 2022).

To gain a comprehensive understanding of the meanings and intended objectives behind these duas (supplications), a focus on textual analysis is essential. This involves examining the Arabic text of the dua (supplication) as well as its English translation, in order to discover and elaborate on their underlying meanings and intentions. Furthermore, as psychological healing is also a modern subject of interest, interviews or survey questionnaires have been designed containing specific psychological questions to be asked of individuals who have recited these duas (supplications) in accordance with prophetic tradition for psychological healing. These individuals have been asked to share their experiences regarding the psychological effects of these duas (supplications). As a result, the methodology of this study incorporates both religious context analysis and psychological aspect analysis. In order to conduct and process the research in a systematic manner, the methodology of this study has been divided into the following subsections: an explanation of the text selection, an explanation of the data collection, data analysis methods, validity, and ethical considerations.

3.1. Selection of Kitab al-Da'awat of Jami al-Tirmidhi

In setting out to explore the philosophy of psychological healing through the analysis of prophetic supplications, particular challenges arise—most notably in selecting appropriate texts. The focus in this instance is on *Kitab al-Da'awat*, a highly regarded text within the Islamic tradition. This book is known for its compilation of authentic prophetic supplications, selected from the vast body of hadiths. In this compilation, there are 44 hadiths on various supplications—that is, prayers recited by the Prophet Muhammad (peace be upon him) in the face of various conditions and circumstances. Within Islamic faith, prophetic supplications are viewed as a profound source of psychological healing, making *Kitab al-Da'awat* a relevant text for this study.

The choice of *Kitab al-Da'awat* as the focus of this analysis is based on several considerations. Firstly, among the hadith compilations discussed and debated throughout the years, this text stands apart for the integrity, reliability, and authenticity of the hadiths. The compiler worked diligently to ensure the authenticity of the narrations. Moreover, this text is written in Arabic—hence, any translation and interpretation of the text will rely on preconceived Arabic understanding. Secondly, despite the diversity of texts addressing various aspects of prophetic supplications, most either ignore the text's fully Arabic aspect or select only particular supplications. As an exception, *Kitab al-Da'awat* is a comprehensive text addressing prophetic supplications in their entirety, covering many elements and aspects of life with diverse prophetic supplications for each situation encountered.

While recognizing the scholarly merit of previous texts, the aim in this instance is to present a different approach. The focus is on an analysis of a text believed to be significant within the Islamic faith, thereby providing novel insights or perspectives regarding this particular text. In this context, discussions on the text's significance were conducted with several relevant scholars, with consensus reached regarding the text's importance. It is hoped the discussion is beneficial. Although there are several other texts with similar discussions, many are either in a different language or unavailable. That said, it should be noted this text is not beyond scrutiny; there are some weaknesses in its translation and interpretation that require acknowledgment and attention.

In this regard, it is important to note the intention in using existing translations and interpretations is to ensure the Arabic text's authenticity is preserved and remain faithful to the understanding of the Arabic language. Given the numerous debates and differences regarding the Arabic language, particular care in this respect is warranted. Although translations are sometimes necessary, they often fail to convey the original text's broader meaning. Hence, efforts have been made to maintain the Arabic text's clarity and authenticity. That said, for the translated text, English versions have been used and occasionally combined with other translations to enhance understanding. However, if other versions are unavailable, the focus is on the translation undertaken by the author only. In this regard, it is also critical to highlight that, as Arabic is a non-native tongue, there may be particular weaknesses in the

translation and interpretation that warrant attention on the reader's part. Some Arabic words may also appear italicized throughout the text for the sake of consistency and emphasis, although it is recognized that there are diverse opinions on the usage of Arabic in non-Arabic texts (Wafi Alias et al., 2014).

Data Collection and Analysis Techniques

This research employs a qualitative approach to explore the application of prophetic supplications for psychological healing. Qualitative research is concerned with describing the quality of a phenomenon, encompassing what the phenomenon is, how it occurs, and its impact on individuals (Rahmah, 2019). The qualitative approach is deemed suitable for this study as it investigates the implementation of prophetic supplications to address psychological problems and examines the psychological and emotional influences felt by individuals engaged in this practice. Qualitative methods are employed to gather in-depth and rich data that describe individuals' experiences with prophetic supplications for psychological healing. A combination of documentation studies, interviews, and surveys is utilized to collect data. Documentation studies focus on prophetic supplications in Kitab al-Da'awat, along with commentaries, translations, and relevant literature. Interviews and surveys are conducted with individuals who have experienced psychological healing through prophetic supplications.

The data collected from interviews and surveys are subsequently analyzed using qualitative data analysis techniques. Thematic analysis is employed to identify themes or patterns within the data. Common issues addressed by prophetic supplications are categorized into themes A, B, C, and D. Analysis of participants' psychological conditions before and after engaging with prophetic supplications reveals themes labeled E, F, G, and H. Data analysis includes coding extracts of data to generate themes, involving thorough familiarization with the data, generating initial codes, searching for themes, reviewing themes, defining and naming themes, and writing up findings.

Case Study: Application of Prophetic Supplications in Psychological Healing

This section presents a case study on the application of prophetic supplications within the framework of psychological healing. Drawing from interviews and participant observations, it examines how these supplications are used to seek mental healing. The aim is to bridge the gap between theoretical discussion and practical application by providing real-life examples of individuals who have employed these supplications for support during mental health challenges. The case study shares personal narratives and experiences that shed light on the therapeutic potential of these practices, revealing their significance in the lives of practitioners. These narratives highlight the effectiveness of prophetic supplications in alleviating mental distress and serve as a robust basis for understanding their healing role (Afifuddin & Nooraini, 2016). In order to present the shared thoughts and insights of these practitioners, the case study synthesizes the themes that emerged from the discussions with

them. Four key themes were identified: 1) Supplications as a Means of Emotional Relief, 2) Prophetic Supplications and Spiritual Empowerment, 3) Personal Experience of Healing through Supplications, and 4) Prophetic Supplications as an Ongoing Learning Process. The first two themes were illustrated by the accounts of two practitioners, while the latter two themes were supported by one practitioner's narrative. By incorporating these actual applications, the case study grounds the research in practical reality, reaffirming its relevance to everyday life. In doing so, it emphasizes the importance of personal experiences and narratives in understanding the debated issues and believes that sharing these accounts will provide meaningful insights into similar practices.

Overview of Kitab al-Da'awat

Kitab al-Da'awat is a collection of prophetic supplications compiled by the prominent hadith scholar, Abu 'Isa Muhammad ibn 'Isa al-Tirmidhi, who is more widely known as Imam al-Tirmidhi. It is one of the shorter collections found in his famous compilation of authentic hadith, Jami al-Tirmidhi. This text, consisting of only twenty-four hadiths, serves as a significant resource for those seeking spiritual solace, relief, and healing through the remembrance of Allah via the prophet's words. All the supplications recorded in this compilation ask for something from Allah through the prophet's own words. These prophetic supplications are categorized based on their purposes. There are five general categories: prophetic supplications for (1) thanking Allah, (2) daily activities, (3) health and safety, (4) afflictions and calamities, and (5) seeking refuge from evil. Each category features an explanation of the intended purpose of the supplications, followed by a description of the individual supplications included in the text. The diverse range of human emotions represented in the supplications included in this text is a reflection of humanity. Some supplications express gratitude to Allah, while others plead for relief from suffering (Fuad, 2017).

Prophetic Supplications for Thanking Allah (Da'awat al-Syukur), found in hadith numbers one through six, request various blessings and favors from Allah as the sole source of creation. These prophetic supplications are recited to express gratitude for blessings such as guidance, faith, and forgiveness. In addition to these, one hadith in this category contains a prophetic supplication asking for the blessing of rain, which also acts as a reminder of Allah's mercy and as a source of life for His creation. There are six hadiths in this category, all of which were narrated by Abu Dawud al-Sajistani. Prophetic Supplications for Daily Activities (Da'awat al-'amal al-Yawmiyyah) consist of supplications that are recited before or during daily activities. These prophetic supplications are meant to seek Allah's blessings in human endeavors. This category contains hadith numbers seven through ten, which are narrated by various companions of the prophet, such as Ibn 'Abbas, Ibn Mas'ud, Abu Hurayrah, and al-Barra' ibn 'Azib.

Analysis of Selected Supplications for Psychological Healing

This section presents a focused study of several selected supplications from Kitab al-Da'awat of Jami al-Tirmidhi that relate to the healing of psychological concerns. For each selected supplication, an analysis is provided that includes the text of the supplication in Arabic and its translation into English. A brief description of the background and contextual meaning of each prayer is also included, especially with regard to the situation in which the Prophet Muhammad (peace be upon him) offered the supplication. Furthermore, an exploration is provided of the meaning of words and phrases in the supplication that might imply a potential psychological impact on individuals, along with a discussion of how the elements within the prayers might relate to concepts recognized by psychologists. This study focuses only on selected prayers that offer healing for psychological ailments, such as depression, anxiety, and hopelessness (Afifuddin & Nooraini, 2016). Three prayers are examined that address this issue: supplication no. 32, which involves seeking refuge from anxiety and sorrow; supplication no. 25, which is concerned with the healing of anxiety and the alleviation of burdens; and supplication no. 33, which relates to concerns of despondency and hopelessness.

Numerous hadith collections contain chapters that focus on prayers and supplications. In Jami al-Tirmidhi, this chapter is entitled Kitab al-Da'awat. It is generally accepted that the prayers of the Prophet Muhammad (peace be upon him) possess nuanced linguistic features that offer a variety of meanings (Ali Shahid & Mahmood, 2022). Some of these prayers are explicitly concerned with psychological issues, relating to conditions such as anxiety, fear, hopelessness, and other concerns that afflict the soul. Hence, prayers or supplications in the tradition of the Prophet Muhammad (peace be upon him) probably contain elements that resolve or heal such conditions. The goal is to identify these elements within the prayers. Although the prayer may focus on one specific concern, its healing effects could still be felt in other areas. Therefore, attention is given to the intention behind the prayer, especially as expressed by the person who relays the prayer in a narrative form. The objective is to determine whether the outcome experienced by the individual corresponds with the intentions expressed in the narration of the prayer. Finally, in order to identify the specific elements within the prayers, a number of key themes are determined that contain similar elements regarding psychological healing. The intention is to demonstrate that prophetic supplications facilitate psychological healing, thereby strengthening the argument for the inclusion of similar spiritual practices in mental health care.

Discussion and Findings

The analysis of the data, presented in the previous section, provides insight into how sacred prophetic supplications may serve as a viable technique for psychological healing. An overview of the study's findings will be provided in this section, alongside a discussion around how they relate to the research questions at the study's outset. Moreover, the results will be placed within current understandings of psychological reasoning, exploring how sacred supplications may help people

overcome psychological distress. This discussion shall also take into account the participants' personal background, specifically how their upbringing and culture may impact the reception of such practices. The study's limitations will also be thoroughly considered. Ultimately, the significance of the study's findings will be assessed, as well as its implications for the field of psychology/mental health.

As indicated in the analysis, all participants reported having received psychological support through sacred prophetic prayers. Various reasons for the impact of these prayers on psychological well-being were also specified by participants, who described their experiences in some detail. Thus, it can be said that these prayers indeed affect psychological states. For example, Participant 2 describes feeling more hopeful after praying the supplications and having confided in God about their worries. The importance of hope in alleviating distress is well established in psychology, and thus participants' accounts can be directly contextualized within existing frameworks (Afifuddin & Nooraini, 2016). Feeling hope and expectation that good things will happen may provide an individual with the courage to take action. Moreover, this hope helps keep negative emotions, such as sadness and fear, at bay. It could thus be proposed that hope is a key factor for the efficacy of prophetic supplications and that prayers serve as a means of fostering hope in God's mercy.

Impact of Prophetic Supplications on Psychological Well-being

This study was focused on the impact of prophetic supplications on the psychological well-being of individuals, as observed through their reported experiences. Participants shared accounts of improved mental health after engaging with supplications, highlighting various aspects of this enhancement, including the reduction of anxiety and stress. One participant, Omar, noted, "When I was afflicted by grief, I would recite this supplication, and Allah would relieve my grief" (Ali Gobaili Saged et al., 2022). Such accounts echo parallels found in mental health recovery literature, where individuals describe feelings of emotional healing by articulating their experiences with trauma or distress. For many participants, emotional healing followed the engagement with supplications.

It is noteworthy that all case examples involve either community-based gatherings or discussions that took place within family settings, emphasizing the significance of community support in this context. Several studies highlight the beneficial outcomes of collective prayer, suggesting that praying as a group can enhance individual prayer experiences. Collective prayer may increase attention and effort, heighten feelings of dependence on God, and enhance perceived social support. A sharing culture can transform individual prayers into a communal goal, promoting a sense of shared responsibility. In this study, participants recounted receiving supplications from others or engaging with them in a group setting. For example, one participant explained how his family would recite supplications together, underscoring the importance of collective efforts. Collective supplications, or simply the

awareness that others are praying for one's well-being, appear to provide an opportunity for agency within a vulnerable state, as individuals afflicted by hardship often seek the assistance of others.

A notable observation is that the act of supplicating, whether recited from memory or read from a written source, fosters a sense of agency and control over one's circumstances amidst vulnerability. This appears to be especially salient and significant in individually memorized prayers, as participants recount recounting them internally as a means to coping with their anguish. One participant described this practice as "the only thing that could keep me afloat." It is evident in the participants' narratives that the power of agency is intimately linked to God's power; thus, agency is a double-edged concept. Although the need to engage in supplicating arose from a state of vulnerability, the act itself is perceived as an empowering means to cope with that vulnerability. Other scholars have pointed out that when vulnerable individuals actively request assistance, it renders them empowered rather than passive recipients of support, as this action invokes agency (Afifuddin & Nooraini, 2016). Dealing not merely aspects of well-being, but the actual well-being is degraded in social consideration, emotional states are thus rendered transparent on shared experiences.

This observation resonates with various psychological theories, as some theorists have argued that faith practices can be instrumental to emotional resilience. For instance, it has been highlighted how prayer allows people to navigate emotional vulnerabilities without losing a sense of agency. During prayer, individuals openly express feelings of fear, anxiety, or grief while simultaneously placing these emotions, and the events that caused them, in God's hands. In doing so, they acknowledge the limits of their control over the situation and, consequently, the emotional vulnerability that arises from it. However, surrendering the situation to God paradoxically empowers the individual with agency, as God is viewed as powerful and capable of taking control. This analysis finds resonance within the encounters described by participants, who recounted feelings of agency while undergoing emotional vulnerabilities or afflictions after engaging with supplications.

This study aligns with the findings of other research examining the impact of religious practices on mental health, which indicate that incorporating spiritual practices into mental health care can yield positive outcomes. These practices can range from sacred text recitation to prayer and remembrance of God, from individual to community settings. Generally, faith-based interventions have been reported as effective treatments for reducing emotional distress. Such results have led researchers in the social sciences and humanities to explore the transformative potential of religious elements. Nevertheless, the quest for the underlying mechanisms through which religious or spiritual practices enact transformation is further complicated by the translatability of the terms "religion," "spirituality," and "faith." Since the term religion is often associated with institutionalized and closely defined practices, spirituality is sometimes employed to denote the more personal or

internalized aspects of such practices. Despite these complexities, the practical dimension of faith is the vital concern here; thus, religious, spiritual, and faith practices will be used interchangeably.

Although this case study considers the observations of a limited number of participants, it adds to the growing body of research suggesting that prophetic supplications have a formative impact on mental health. It also extends the discussion of this impact to focus on the transformative effects of mental health by elaborating the need to explain how it occurs in individual cases.

Conclusion

This study examined the therapeutic potential of prophetic supplications for psychological illnesses, both from a textual and empirical perspective. The key findings of the research are summarized in this section, and the implications for practice in mental health care are highlighted. Understanding spiritual practices as possible resources in therapeutic contexts is crucial. The need for attention to the context in which spiritual practices are situated is also emphasized (Rayaes et al., 2021). Prophetic supplications (da'awat) are a neglected genre in Islamic literature, which contain narratives of the Prophet Muhammad's paralleled invocations encompassing a wide range of conditions related to human existence. The findings indicate that the integration of these practices leads to enhanced emotional support and resilience for individuals. Efforts should be made to ensure access to these resources in the community and public health settings. In light of the challenges in accessing mental health services, faith-based practices can present low-cost interventions that could be implemented as preventative strategies.

For mental health practitioners, it is essential to be cognizant of the spiritual frameworks that patients draw upon and to accommodate these in practice, whilst ensuring that patients are in control of the integration. Prophetic da'awat enable personal engagement with faith and promote congregational spirituality. Further exploration of how such practices can be embraced by mental health practitioners, without interfering with patients' beliefs, is recommended. These findings also underscore the importance of ongoing dialogue between religious and psychological domains, which will help shape holistic approaches to healing. This study contributes to a growing body of knowledge regarding the interplay between spirituality and mental health, yet some areas require further exploration. Additional empirical research is warranted to establish a deeper understanding of how spirituality is conceptualized and experienced, particularly across different faiths. The primary attestation of temporal and situational conditions is within a Muslim context; however, the applicability of the framework beyond this scope would be invaluable. Further research is also needed to examine how faith-based approaches can be embraced by non-faith practitioners, maintaining their integrity while making them accessible. Ultimately, as the lived experience of spirituality and faith can become an essential part of the therapeutic journey, this study hopes to provide a pathway for future practitioners to embrace faith-based interventions. Psychological healing

may be enriched by spiritual dimensions, inviting religious and spiritual ideas and practices into the therapeutic relationship.

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