

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the Name of Allah, the Most Merciful, the Ever Merciful



For every tired sister reading this.

14th July 2026 | 28 Muharram 1448H

To the one whose hands haven't stopped all day, who is first to rise, last to lie down, because the house only rests once you've made it rest. To the woman whose work no one claps for, who holds everyone together while quietly coming apart at the edges. To the one who is running on empty - this letter is for *you*.

You remind me of a blessed lady named Sayyidatina Fatimah az-Zahra RA - the beloved daughter of Rasulullah ﷺ, whom he ﷺ called the leader of the women of Paradise. If anyone had a claim to ease and comfort in this life, it was her. And yet Sayyidatina Fatimah shouldered it all - her home, her children, her family, her community.

She would grind the grain by hand, for hours, turning the heavy stone, till her skin would crack and blister. You know the way your arms ache after carrying a sleeping child too long? Hers never got to stop. But **Sayyidatina Fatimah did not suffer in silence** - she told her husband, Sayyidina Ali RA, that she needed help. Recognising your limits and reaching for help is not weakness, because even the best of women, asked.

Sayyidatina Fatimah RA then decided to go to her father, Rasulullah ﷺ, to ask for help easing the load at home. But Rasulullah ﷺ wasn't there, so Sayyidatina Fatimah RA simply mentioned her need to Sayyidatina 'Aisha RA and went back home. Later, when Rasulullah ﷺ returned and heard that his daughter had come by, he didn't summon her. Rasulullah ﷺ got up and went to *her* instead.

Let's pause right here and sit with this for a minute:

Rasulullah ﷺ did not delay.

He ﷺ heard his daughter had a need and acted that same night.

Rasulullah ﷺ took her need seriously.

He ﷺ didn't dismiss it as "just housework" or tell her to toughen up.

Rasulullah ﷺ went in person.

He ﷺ didn't send someone else. This is how he ﷺ loved her.

This is how he ﷺ loves us.

When Rasulullah ﷺ arrived at their home, he ﷺ sat between them.

This image of them being so close always makes me smile ❤️.

Rasulullah ﷺ then said: ***"Shall I not tell you of something better than what you asked for? When you go to your beds, say: 'SubhanAllah' thirty-three times, 'Alhamdulillah' thirty-three times, and 'Allahu Akbar' thirty-four times, for that is better for you than a servant."*** ([Bukhari](#))

Right now, you might actually think: how is *that* better than having an actual helper at home? Why these words and not real, physical hands to help her carry the weight of her difficulty?

Let us try to break it down between *who* is saying these words, *what* these words actually mean, and *why* this Zikir is better than any help we can receive.

1: The Who.

This advice was given by the best of mankind himself ﷺ, the very man who helped out in his own home and was the best of all to his wives. This is the man who once took Mu'adh RA by the hand and said, *"By Allah, I love you,"* and only *then* gave him advice. That was his blessed way ﷺ. **His love always came first, and that is where his guidance flowed from. He always spoke from a place of utmost mercy and tenderness, ﷺ.**

So when he ﷺ looks at his exhausted daughter and says, *"Shall I not tell you of something better,"* **do not miss the immense love present in his advice.** He ﷺ isn't brushing her off. Instead, he ﷺ is giving her something extremely precious - something better for her dunya, her deen, *and* her Akhirah.

2: The What.

If we look at what these words of remembrance actually carry, we start to see *why* they were the better gift.

SubhanAllah means Glory be to Allah. This declaration reminds us that Allah SWT is far above every limit, every weakness, every flaw. Nothing can tire Him or overwhelm Him. If we want strength, only Allah SWT can give it to us.

Alhamdulillah means all praise and gratitude belong to Allah. This declaration reminds us that even in the middle of our exhaustion, there is still so much to be grateful for. And if we want to invite and grow even more goodness in our lives, only Allah SWT can multiply it - for He has promised that the grateful are always given more.

Allahu Akbar means Allah is Greater or Greatest. Greater than anything you could name. Greater than the biggest thing weighing on you right now. This declaration reminds us that whatever feels overwhelming right now, Allah SWT is greater than it. And if we want peace over our worries, only Allah SWT can give it.

Three short phrases.

Repeated to make 100.

And together, they shift your entire world: Allah is Perfect, Allah is worthy of all thanks, and Allah is Greater than all of it.

3: The Why.

Allah SWT tells us in [the Quran](#) that "***only in the remembrance of Allah do hearts find rest.***"

Sayyidatina Fatimah's RA exhaustion was real, but **her father** ﷺ **knew that a servant would only ease her hands, while leaving her heart untouched.** And he loved her too much to hand her relief that stopped at her fingertips. **Zikir allows the heart to rest; it steadies you from the inside, right there in the middle of the mess, before a single thing around you changes.**

A servant would have helped with the flour, and that help would have ended the moment the grinding was done. **But this Zikir? It rewards her forever.** Rasulullah ﷺ also taught us in [another Hadith](#) that Alhamdulillah fills the scale, and that SubhanAllah and Alhamdulillah *fill the space between the heavens and the earth.* **Think about how grand and immense that is!**

Something so light on the tongue. But so, so, heavy on the scale. ❤️

Ladies, let us shift our focus again to the very woman who enabled us to learn this Zikir in the first place, Sayyidatina Fatima RA.

Let us never forget that before she was a wife, a mother, a daughter, she was first and foremost a beloved Servant of Allah. **She was never a woman who let her worship come second to any of it. Her connection to Allah was not the thing she got to *after* the work was done; it was the ground she stood on while she did it.**

Which is why, when her father ﷺ offered her Zikir instead of the servant she had come for, **her response wasn't disappointment. It was contentment.** She recognised what she'd been given - an understanding that in the end, the only One Who could truly carry her was Allah SWT.

One last thing.

Sayyidina Ali RA never left this Zikir since that very night he learned it from the blessed tongue of Rasulullah ﷺ. Someone asked him, "Even on the night of Siffin?", which is the single worst night of a brutal civil war. He said, *"Even on the night of Siffin."*

That is roughly thirty years. He kept this small nightly practice throughout Rasulullah ﷺ's lifetime, through his ﷺ passing, ***through Sayyidatina Fatima RA's passing*** 😭, through the caliphates of Sayidina Abu Bakr, Umar, and Uthman RA, and into his own caliphate and civil war.

That is three decades of never letting this practice go.

The Zikir was taught to a woman in the thick of domestic labour - but it was Sayyidina Ali RA, the warrior, the Lion of Allah, the man of the battlefield, who clung to it for thirty years and reached for it on the night of Siffin. **This was never a "soft" or "womanly" consolation. It is not a lesser gift handed to a tired woman; it is the very lifeline the bravest man of the Ummah refused to sleep without.**

The same Zikir held them both:

The woman worn down by the mill, and the man worn down by war.

Two different battlefields.

One solution.

33 x SubhanAllah

33 x Alhamdulillah

34 x Allahu Akbar

And if it held the two of them through all of that, it can definitely hold you through your days as well. Say it, repeat it, and most of all, believe in it.

So tonight, when you finally lie down, don't rush through your tasbeeh to reach sleep.

Hold it the way Sayyidatina Fatimah RA held it. ❤️

ps:

If you know a strong, tired sister who needs this today, feel free to forward it to her ❤️.
