

# Call upon the One Who Sustains You — **Al-Hayyul Qayyum** الْحَيُّ الْقَيُّومُ

In this article, we will reflect on one of the most majestic names of Allah: **Al-Hayyul Qayyum**, الْحَيُّ الْقَيُّومُ the Ever-Living, the Self-Sustaining. We will explore what makes this name so powerful, why the Prophet (May Allah's peace and blessings be upon him) emphasized it in moments of deep need, and how it can transform our dua, our view of existence, and the very rhythm of our inner life.

We know Allah by His names. These are not just titles to memorize but keys to understanding who He is. The more we know and understand His names, the more our hearts begin to awaken. His blessed names help move our faith from being a concept to becoming a lived reality.

Allah tells us in the Quran,

وَلِلَّهِ الْأَسْمَاءُ الْحُسْنَىٰ فَادْعُوهُ بِهَا وَذَرُوا الَّذِينَ يُلْحِدُونَ فِي أَسْمَائِهِ سَيُجْزَوْنَ مَا كَانُوا يَعْمَلُونَ

*“And to Allah belong the Most Beautiful Names, so call upon Him by them.”* – Quran - (Surah Al-A'raf, 7:180)

Each of Allah's names reveals a facet of His perfection and descriptions of who He is. Through them, we come to know His mercy, His justice, His might, His wisdom. Yet in our moments of

need, these same names become anchors for the heart. We call upon *Ar-Rahman* when we seek mercy, *Al-Hakeem* when we long for clarity, *Al-Hafeez* when we fear harm, and so on. But through reflection of certain Quranic verses and Prophet's saying, we learn that there are moments for which two names rise as towering truths that uphold the entire cosmos: **Al-Hayyul**

**Qayyum:** الْحَيُّ الْقَيُّومُ the Ever-Living, the One who sustains and upholds all that exists.

### ***The Names That Hold the Universe in Place***

Al-Hayyul Qayyum الْحَيُّ الْقَيُّومُ appear together in some of the most powerful verses in the Quran: Ayat al-Kursi in Surah Al-Baqarah, Surah Al-Imran verse 2, and Surah Ta-Ha verse 111.

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ  
وَعَنَتِ الْوُجُوهُ لِلْحَيِّ الْقَيُّومِ وَقَدْ خَابَ مَنْ حَمَلَ ظُلْمًا

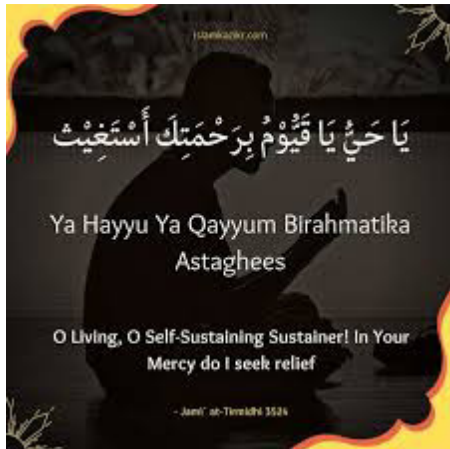
These verses describe Allah as the One who never dies, never sleeps, and never stops sustaining His creation.

Let's reflect a bit deeper into these names. We know that everything around us fades. People pass, wealth vanishes, beauty diminishes, and even memories grow faint. But **Al-Hayy** tells us there is One whose life is eternal. Al-Qayyum reminds us that Allah does not just sustain us but sustains the entire existence itself. He holds every moment in place. It is not just our being He sustains, but every heartbeat, every breath, every thought that passes through us. Nothing endures by its own strength. The sun does not rise, the earth does not turn, and the soul does not stir except by His will. **Al-Qayyum** means that the

very fabric of reality rests on Him and if He were to withdraw His sustaining power for even a blink, all would collapse into nothingness.

### ***The Prophet's Teachings on These Names***

Prophet Muhammad (May Allah's peace and blessings be upon him) frequently invoked these names in his moments of deep need. When something overwhelmed him, he would say, “*Ya Hayyu Ya Qayyum, bi-rahmatika astagheeth*” (O Ever-Living, O Sustainer, by Your mercy I seek relief.)



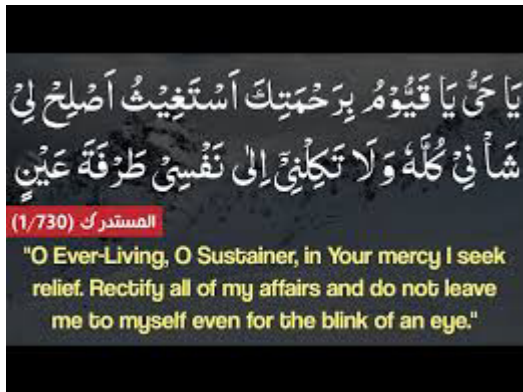
Reported by Tirmidhī (3524) and Ahmad (27898).

- The Prophet ﷺ used to say it in times of distress or difficulty.

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He taught this beautiful dua to his daughter Fatimah, instructing her to recite it morning and evening:

*“Ya Hayyu Ya Qayyum, bi-rahmatika astagheeth, aslih li sha’ni kullahu wa la takilni ila nafsi tarfata ‘ayn”*



(O Ever-Living, O Sustainer, by Your mercy I seek relief. Rectify all of my affairs and do not leave me to myself even for the blink of an eye.)

Sources:

- Narrated by Nasā'ī in al-Kubrā (10405), Ḥākim (2057), and authenticated by Albānī in Ṣaḥīḥ al-Adab al-Mufrad (609).

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And in another narration, the Prophet heard a man say, “*Ya Dhul-Jalali wal-Ikram, Ya Hayyu Ya Qayyum,*” and responded by saying that the man had called upon Allah by His Greatest Name, by which He responds whenever called upon.

The scholars recognized this pairing as more than a formality. These names have been placed in the heart of the Quran, in the heart of the Prophet’s practice, and in the heart of the one who seeks Allah with full consciousness.

## ***When We Make Dua Using These Names***

So the next time we stand with hands raised, hearts heavy or hopeful, and whisper “*Ya Hayyu Ya Qayyum*,” let us not rush. Let this name anchor the heart. Let it align us with the One who was, is, and will always be the source of all that exists.

Let us reflect on what we are truly calling upon.

### ***Al-Hayy is the One Whose Life Has No End***

*Al-Hayy* means *the Ever-Living one who never dies*. Al-Qurtubi in his tafsir explains that *Al-Hayy* denotes Allah’s self-sustaining life, unlike the lives of created beings which depend on time, change and external factors. To call upon *Al-Hayy* is to remember that all life in this world is fragile and temporary. Everything dies.

Everything decays. We spend our lives trying to hold onto people, possessions, and moments that are already slipping away. But Allah is *Al-Hayy*. He has no beginning and no end. He is not subject to time. He does not weaken or fade. To call upon *Al-Hayy* is to place our trust not in things that pass, but in the One who remains.

### ***Al-Qayyum is the One Who Holds Us Up***

Ibn Kathir explains that *Al-Qayyūm* derives from the root *q-y-m* (ق ي م) meaning *to stand* or *to maintain*. He writes that Allah being *Al-Qayyum* means that He upholds all existence, that everything depends on Him, and He depends on nothing. The name reminds us that we do not stand on our own. Not our

bodies, not our plans, not our hopes. Economists may speak of dependencies. Psychologists may describe inner structures that help us cope. But beneath all of it lies a deeper truth: we are upheld entirely by Allah. Every breath, every moment of clarity, every ounce of strength... none of it exists except by His will. When we call upon Al-Qayyum, we name the Sustainer and remember: we are not self-sufficient, yet we are never left alone.

### ***Al-Hayy is the One Who Renews All Things***

When calling upon Allah, the Al-Hayy, we should remember that He brings life not only to creation but to our faith as well. He is the One who brings back light after darkness, hope after loss, and joy after sorrow. He renews gardens after winter, and He renews hearts after grief. When we call upon Al-Hayy, we are asking Him to awaken and to give life to what has died within us and to bring beauty back into our existence.

### ***Al-Qayyum is the Sustainer of Order, Balance, and Justice***

When we think of the Al-Qayyum, we should remind ourselves that from atoms spinning in place to galaxies moving in rhythm, everything remains in place by the will of Al-Qayyum. He is the Sustainer of divine balance. In societies, we build systems of justice and seek structure to hold things together. But beyond every human framework, it is Allah who holds the cosmic order. Forgetting Him invites an imbalance. But to call upon Him is to step into alignment with the harmony written into all of creation.

## ***We Are Never Truly Alone***

There are moments in our lives when we feel like no one sees us, understand us, or can carry our burdens. But Al-Qayyum never leaves us. In the cave, when the Prophet and Abu Bakr were alone, Allah reminded them: *“Do not grieve, indeed Allah is with us.”* This is the essence of this name. If He sustains every soul, He surely sustains ours too. Let’s not forget that when we whisper His name in the depths of our solitude, we are never unheard.

## ***The Reality Beneath All Realities***

“Why is there something instead of nothing?” Philosophers ask this question. Although they may wander through hypothetical, but believers already have the answer. There is ‘something’ because *Al-Hayyul Qayyum* willed it into being. Every atom, every galaxy, every law of nature exists only because He sustains it. Without His will, nothing would remain. Not matter, not motion, not even the passage of time. Existence is not random. It is deliberate. It is upheld, moment by moment, by the One who never sleeps nor slips.

## ***Closing Reflection***

In a world where everything trembles, decays, or dies, we often try to hold our lives together through sheer effort. But no matter how hard we hold on, the truth remains. We are not the ones who sustain ourselves. We are sustained. By the One whose life never ends and whose strength never wavers.

So let us pause the next time we raise our hands in dua. **Let us call upon Al-Hayyul Qayyum** **الْحَيُّ الْقَيُّومُ** **with full presence.** Let us see in our minds what these names mean. The Eternal. The Sustainer. The One who never forgets us. The One who holds every star, every soul, and every moment - without ever blinking.

**Ya Hayyu Ya Qayyum, bi-rahmatika astagheeth.**



May this be our call when the night is long, and may it be the light that never goes out in our hearts.