

# AL-HAYY - The Living

**He is the Living —there is no deity but Him—so call upon Him, making your religion sincerely His. Praise be to Allah, the Lord of all the worlds. (Surah Ghafir, 40:65)**

Being weak, what we can actually do is very limited. After we are born, we spend 5-10 years developing our intelligence through education and need constant care. Later on, we spend a great deal of time meeting our bodily needs (e.g., sleeping, and working to acquire food, clothing, and a place to live) and keeping ourselves clean and fresh.

Almost one-quarter of our life is spent in sleep. No matter how much we resist the need to sleep and use that time to engage in other activities, we cannot endure sleep deprivation for more than a few days. Indeed, such a lack of sleep affects our nervous systems by leaving us drowsy and unable to concentrate, and leads to poor memory and physical performance. If sleep deprivation continues, mood swings may develop.

All creatures have a fragile nature. Allah, the Creator of all beings, is *al-Hayy* (The Living). He controls everything at every moment, knows everything, and has power over all things. He is not subject to drowsiness or sleep, and is exalted above all forms of weakness. He gives various weaknesses to His servants, and commands them to recognize these weaknesses, serve Him, and ask Him for everything. Given these inherent weaknesses, we turn to our Lord, aware that we cannot live for another second unless He wills it. Several verses inform us about this attribute, as follows:

**Allah, there is no deity but Him, the Living, the Self-Sustaining. (Surah Al ‘Imran, 3:2)**

**Put your trust in the Living, Who does not die, and glorify Him with praise. He is well aware of the wrong actions of His servants. (Surat al-Furqan, 25:58)**

**Faces will be humbled to the Living, the All-Sustaining, and anyone weighed down with wrongdoing will have failed. (Surah Ta Ha, 20:111)**

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