364914 - He feels a shiver when praying and when reciting Qur’an, and in other situations. Does that stem from fear of Allah?

the question

Most of the time I feel a shiver when praying or reciting Qur’an or when offering supplication, and sometimes I feel coolness on my back. Is this the shiver what Allah, may He be glorified, mentions when He says {*The skins shiver therefrom of those who fear their Lord* }? But sometimes when I am not praying or offering supplication, I get this shiver, but it mostly happens when I am praying. Does this stem from fear of Allah, or what?

Detailed answer

Praise be to Allah.

Allah, may He be exalted, says (interpretation of the meaning):

{Allah has sent down the best statement: a consistent Book wherein is reiteration. The skins shiver therefrom of those who fear their Lord; then their skins and their hearts relax at the remembrance of Allah. That is the guidance of Allah by which He guides whom He wills. And one whom Allah leaves astray - for him there is no guide} [az-Zumar 39:23].

Al-Qurtubi (may Allah have mercy on him) said in his *Tafseer* (15/249): Here there are three issues: the first is {*shiver*}, which means shaking and trembling with fear because of the warning mentioned. {*then their skins and their hearts relax at the remembrance of Allah*} that is, when hearing the verse that speaks of mercy. And it was said that they relax when they begin to act in accordance with the Book of Allah and believe in it. And it was said that {*at the remembrance of Allah* } refers to Islam.

The second issue: it was narrated that Asma’ bint Abi Bakr as-Siddeeq (may Allah be pleased with her) said: When the Qur’an was recited to the companions of the Prophet (blessings and peace of

Allah be upon him), they would be as Allah described them: their eyes would flow with tears and their skins would shiver. It was said to her: Some people nowadays, when the Qur'an is recited to them, one of them may fall down unconscious. She said: I seek refuge with Allah from the accursed Shaytaan…

It was narrated from al-'Abbaas that the Messenger of Allah (blessings and peace of Allah be upon him) said: "When the believer's skin shivers with fear of Allah, his sins drop from him as leaves fall from a dying tree."

It was narrated from Ibn 'Abbaas that the Messenger of Allah (blessings and peace of Allah be upon him) said: "A person's skin does not shiver from fear of Allah but Allah will forbid him to the Fire."

It was narrated from Shahr ibn Hawshab that Umm ad-Darda' said: The fear (of Allah) in a man's heart is fleeting and disappears as quickly as the time it takes for a palm leaf to burn. Do you feel a shiver? I said: Yes. She said: Then call upon Allah [at that time], for a supplication offered at such a time will be answered.

It was narrated that Thaabit al-Banaani said: So-and-so said: I know when my supplication could be answered. They said: How do you know that? He said: When my skin shivers, and I feel fear [of Allah] in my heart, and my eyes flow with tears, that is when my supplication will be answered.

And it was said that because the Qur'an is very concise and eloquent, when they realised that they were unable to produce anything like it, then their skins shivered in awe and amazement at its beauty and structure, and fear of what is in it, that was like what Allah, may He be exalted, says (interpretation of the meaning):

{If We had sent down this Qur'an upon a mountain, you would have seen it humbled and coming apart from fear of Allah} [al-Hashr 59:21].

The word translated here as "*coming apart*" is similar to what is meant by the word translated above as "*shivering*", and the word translated as "*humbled*" is similar in meaning to the words

translated above as "*then their skins and their hearts relax at the remembrance of Allah.*" What is meant by the heart relaxing (lit. softening) is that it softens, becomes tranquil and is calmed. End quote.

The hadith of al-'Abbaas was narrated by Abu'sh-Shaykh Ibn Hayyaan in *ath-Thawaab* and by al-Bayhaqi. It was classed as da'eef (weak) by al-Albaani in *Da'eef at-Targheeb wa't-Tarheeb* (1942).

Al-Haythami said in *Majma' az-Zawaa'id* (10/310): It was narrated by al-Bazzaar, but its isnad includes Umm Kulthoom bint al-'Abbaas, whom I do not know. The rest of its narrators are trustworthy. End quote.

We could not find the hadith of Ibn 'Abbaas.

If this shivering happens to you when you remember the Fire and the punishment, this is a good sign.

If it happens without you hearing the Qur'an and the promise and warning, or thinking of them, or thinking of the might of Allah, this is another matter, and perhaps doctors could tell you what it is.

And Allah knows best.