



# ALI 697: Merits of Sahar and Suhūr in Ramadan

**March 2025/ Ramadan 1446**

**Description:** In this **online** course, we will *inshāAllah* discuss the *ādāb* of how to spend the time of *sahar* in Holy Ramadan. We will cover a few passages from the Du'ās of sahar and discuss Hadith on taking suhūr before dawn.

**Schedule:** March 3 – 7, 2025 at 6 am in NY, 11 am in UK, 2 pm in East Africa

March 10 – 14, 2025, at 7 am in NY, 12 noon in UK, and 2 pm in East Africa.

# House keeping items

- Thank you for registering for the course
- Let us pray that Allah ﷻ grants us success
- Please get involved in class discussion; this is not a *majlis*.
- Ask questions during Q & A time or in the next session.
- Please encourage family & friends to also register.
- Let us login about five minutes before the class begins
- Contact Hassan Syed at [hassan18@gmail.com](mailto:hassan18@gmail.com) for any technical support or issues.

# Meanings of Sahar and suhūr

The word سَحْرٌ and its plural أَسْحَارٌ both appear in the Quran. In Q 54:34, Allah ﷻ says *إِنَّا أَرْسَلْنَا عَلَيْهِمْ حَاصِبًا إِلَّا آلَ لُوطٍ مَّا بَجَيْنَاهُمْ بِسَحْرِ* - *We unleashed upon them a rain of stones, excepting the family of Lot, whom We delivered at dawn.* And in Q 3:17 Allah ﷻ says:

الصَّابِرِينَ وَالصَّادِقِينَ وَالْقَانِتِينَ وَالْمُنْفِقِينَ وَالْمُسْتَغْفِرِينَ بِالْأَسْحَارِ ﴿١٧﴾

*[They are] patient and truthful, obedient and charitable, and they plead for [Allah's] forgiveness at dawns.*

So, from the translation of these verses Sahar means 'dawn'. However, our scholars tell us, based on Hadith, that the Sahar time when we are asked to say tahajjud salat, recite Du'ās and munājāt and preform tasbih is the last one third of the night.

Suhūr is the food and drink we take at Sahar with an intention of beginning a fast.

# What do we do at Sahar in Ramadan?

Imam Muhammad al-Bāqir عليه السلام says that the Holy Prophet صلى الله عليه وآله broke his fast and had his early morning meal with two black things. When asked what they were, he replied: dates and water, and raisins and water. (Rayshahrī, *Shahrullāh fil-kitab wal-sunnah*, H 330)

It is recommended to recite Sūrat al-Qadr when taking Suhūr and Iftār. A believer who recites Sūrat al-Qadr when taking Suhūr and Iftār has a reward of a martyr in a Hadith. (Ibid, H 332)

In *al-Tahdhīb*: . . from Abū ‘Abdillāh عليه السلام who said: When the Holy Month of Ramadan would come, the Prophet صلى الله عليه وآله increased his salah and I too increase it (in the month of Ramadan) so you should also increase it (Tabātabā’ī, *Sunan an-Nabi*, p. 151)

# References

Tabātabā'ī, Allamah Sayyid Muhammad Husayn. *Sunan an-Nabi*, available online at [www.al-islam.org](http://www.al-islam.org)

Rayshahrī, Muhammadi. *Shabrullah fil-kitab was-sunnah*

Academy for Learning Islam, *Ramadan and Shawwal Devotions*, you can get a printed or digital copy at [www.academyofislam.com/publications/](http://www.academyofislam.com/publications/)

