



ALI 697: Merits of Sahar and Suhūr in Ramadan

6 March 2025/ 6 Ramadan 1446 – Session 4

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.

Instructor : Sh Hasanayn Kassamali

Du'ā #1 at Sahar_2

إِلَهِي إِنْ كُنْتَ لَا تَرْحَمُ فِي هَذَا الشَّهْرِ الشَّرِيفِ
إِلَّا لِمَنْ أَخْلَصَ لَكَ فِي صِيَامِهِ وَقِيَامِهِ،
فَمَنْ لِلْمُذْنِبِ الْمُقْصِرِ إِذَا غَرِقَ فِي بَحْرِ ذُنُوبِهِ وَآثَامِهِ،

My God, if You do not have mercy, in this honored month
except the one who has sincerely purified for You, in his fasting and prayers
then **who is there for** the negligent and sinner when he drowns in the sea of his sins
and transgressions?

Commentary: *if You do not have mercy* (إِنْ كُنْتَ لَا تَرْحَمُ): we are hopeful to benefit from Divine mercy because the Holy Prophet (s) had said: . ايها الناس ! انه قد أقبل إليكم شهر الله بالبركة والرحمة والمغفرة،
Therefore, despite our shortcomings, we expect God's mercy in this honored month. We know that the Prophet had said: فاسألوا الله ربكم بنيات صادقة وقلوب طاهرة, but we are weak and are often distracted by so many forces. We should realize that in most cases we are down in the sea of our sins, disobediences and transgression.

Prophet's practices

In *al-Kafi*: Narrated from Zurarah from Abi Ja'far (a) who said: The Holy Prophet (S) would pray thirteen rakaats at night, which included the Witr (prayer) and two rakaats for (the nāfila) Fajr, whether on a journey or at home.

In *al-Tabdhib*: I heard Aba 'Abdillāh (a) saying – as he recollected the prayer of the Holy Prophet (S): He would bring his ablution water, cover it and place it near himself, and he would put his *simak* under his bed then he would sleep for as long as Allah willed. When he woke up, he would sit, turn his eyes towards the sky and recited the ayah from Āli 'Imran:

“*Verily in the creation of the heavens and earth ...*” (Q 3:190)

then he brushed his teeth and performed ablution after which he went to his place of prayer and performed four rakaats with the duration of his ruku' being equal to his recitation (while standing) and the duration of his sujud being equal to that of his ruku'. . . He then returned to his bed and slept for as long as Allah willed. Then he woke and sat up and recited the ayah from Āli 'Imran and looked towards the sky. Then he brushed his teeth, performed ablution and went to his place of prayer where he performed the Witr prayer and two (other) rakaats (i.e., the nāfila of Fajr) and then he left his house (to go to the masjid) for the (Fajr) prayer (Tabātabā'ī, *Sunan*, pp. 148 & 150)

recitation when waking up

Upon waking up, the Holy Prophet (s) recited the following :

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانِي بَعْدَ مَا أَمَاتَنِي وَإِلَيْهِ النُّشُورُ

All praise belongs to Allah who has enlivened me [anew], after having caused me to die, and to Him is the Resurrection.

Imam Muhammad al-Bāqir (a) said to say upon waking up :

الْحَمْدُ لِلَّهِ الَّذِي رَدَّ عَلَيَّ رُوحِي لِأَحْمَدَهُ وَأَعْبُدَهُ

All praise belongs to Allah who has returned my soul so that I praise Him and worship Him.

Some reports indicate that the Prophet would go to sajdah upon waking up and then say the above recitation. Shaykh Abbās al-Qummī suggests in *Al-Bāqiyāt al-Sālibāt* that you can say this in sajdah or after raising your head from the sajdah.