



ALI 697: Merits of Sahar and Suhūr in Ramadan

7 March 2025/ 7 Ramadan 1446 – Session 5

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_3

إِلَهِي إِنْ كُنْتَ لَا تَرْحَمُ إِلَّا الْمُطِيعِينَ فَمَنْ لِلْعَاصِينَ،
وَإِنْ كُنْتَ لَا تَقْبَلُ إِلَّا مِنَ الْعَامِلِينَ فَمَنْ لِلْمُقْصِرِينَ،

My God, if You do not have mercy on any,
except the **obedient** then who is there for the **disobedient**?

[My God] if You do not accept from any except the **doers** [of good actions],
then who is there for the **negligent** (who fall short)?

Of course, Allah ﷻ accepts deeds from obedient, and this is true for all humanity. Earlier we saw in Q 3:17 that the **mutaqqīn** (pious and God conscious) are obedient to Allah. And when it comes to accepting, the Quran says that Allah only accepts the good deeds from the pious and God conscious people in the following story from the Quran:

﴿٢٧﴾ ﴿إِنَّمَا يَتَقَبَّلُ اللَّهُ مِنَ الْمُتَّقِينَ﴾

Despite this, there are sincere believers who sometime disobey and are negligent due to circumstances beyond their abilities. What about them? Will Allah ﷻ not show mercy to them?

The long salat of the Prophet (s)

From Shaykh Tusi in *Misbah al-Mutahajjid*: The Noble Prophet's ﷺ prayer consists of two rakaats: In every rak'ah al-Hamd is recited once and *Inna anzalnahu* (i.e., Surat al-Qadr) fifteen times while standing, fifteen times in rukū', fifteen times when you stand after the rukū', fifteen times when you prostrate, fifteen times when you raise your head, fifteen times when you prostrate for the second time and fifteen times when you raise your head for the second time.

Then one stands and recites the second rak'ah in the same way as the first and when you have completed the prayer and performed any other related acts of worship that you wish, there will be no sin that you will have committed but that Allah ﷻ will have forgiven it. (Tabātabā'ī, *Sunan*, p. 151)

This means that we need to recite Sūrat al-Qadr 105 times in each of the two rakaats. May Allah ﷻ grant us tawfiq to do this, at least once, in this holy month. It is like Salat of Ja'far al-Tayyar wherein we recite Tasbīhāt arba' fifteen time in qiyām and ten times in each of the six states of prayers. It is highly recommended to recite NJT on Fridays.