



ALI 697: Merits of Sahar and Suhūr in Ramadan

10 March 2025/ 10 Ramadan 1446 – Session 6

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_4

إِلٰهِي رِيحَ الصَّائِمُونَ وَفَارَ الْقَائِمُونَ وَنَجَى الْمُخْلِصُونَ،
وَنَحْنُ عِبِيدُكَ الْمَذْنِبُونَ، فَارْحَمْنَا بِرَحْمَتِكَ
وَأَعْتِقْنَا مِنَ النَّارِ بِعَفْوِكَ يَا كَرِيمُ، يَا أَرْحَمَ الرَّاحِمِينَ

My God, those who fast have profited
those who stay up in prayer have won
and those who are sincere have succeeded
but we are **Your sinful servants!**

So be kind to us through Your mercy
and save us from the fire through Your forgiveness, O Gracious
O the Most Merciful of the merciful ones

Yes, we have also fasted, prayed with sincerity. However, forgive our shortcomings by Your Mercy and most important free us from the Fire by pardoning us, O the *Karim* (generous & honorable). Keep in mind this passage when fasting, praying and saying ‘al-afw in witr.

Du'ā for having a good memory

It has been narrated from Prophet Muhammad (s) that he said to Imam Ali (a) that if wish to retain (or remember) everything that you hear or you read then supplicate the following du'ā after every prayer:

سُبْحَانَ مَنْ لَا يَعْتَدِي عَلَى أَهْلِ مَمْلَكَتِهِ
سُبْحَانَ مَنْ لَا يَأْخُذُ أَهْلَ الْأَرْضِ بِالْأَوَانِ الْعَذَابِ
سُبْحَانَ الرَّءُوفِ الرَّحِيمِ
اللَّهُمَّ اجْعَلْ لِي فِي قَلْبِي نُورًا وَبَصَرًا وَفَهْمًا وَعِلْمًا
إِنَّكَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ.

Glory be to Him who does not oppress the inhabitants of His kingdom.

Glory be to Him who does not seize the earth's inhabitants with various kinds of punishment (that they deserve).

Glory be to the All-gracious and the All-merciful.

O God, put into my heart light, insight, understanding and knowledge.

Indeed, You have power over all things.

(Ref: Ibn Tawus, *Falāh al-Sā'il wa najāh al-masā'il*, p. 16)