



ALI 697: Merits of Sahar and Suhūr in Ramadan

11 March 2025/ 11 Ramadan 1446 – Session 7

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

Freeing of souls during Ramadan

He (i.e., the Prophet) said: And then Allah, Most High, will say three times every night in the month of Ramadan. "Is there anyone who seeks so that I may bestow? Is there any repentant, so that I may pardon him? Is there anyone seeking forgiveness so that I may forgive him? Who is there to lend a soft loan (alms and charity for the poor) to One Who is Sufficient, Everlasting and One Who is Just and wrongs no one?"

He said: "In the evening of every day of the month of Ramadan, Allah frees a million souls from hellfire at the time of Iftar. And when the night of Friday and the day of Friday enter, He frees a million souls every hour. Those were the wretched souls who deserved chastisement. And when the month of Ramadan ends, the number of souls freed on that day equals the total souls released from hellfire by Allah during the whole month. (Al-Mufid, *al-Amali*, 27th Assembly)

Du'ā after every wājib prayer in Ramadan & when we begin the a'māl of Laylatul Qadr :

فِيَا ذَا الْمَنِّ وَلَا يَمُنُّ عَلَيْكَ، مَنْ عَلَيَّ بِفَكَكَ رَقَبَتِي مِنَ النَّارِ، فِي مَنْ تَمُنُّ عَلَيْهِ، وَأَدْخِلْنِي الْجَنَّةَ بِرَحْمَتِكَ يَا أَرْحَمَ الرَّاحِمِينَ.

O You who oblige (everyone of Your creatures), and non obliges You, oblige me, among those You oblige, by releasing me from the Fire and admit me into Paradise. O Most Merciful of the merciful.

(أَنْ تَجْعَلَنِي مِنْ عُتَقَائِكَ مِنَ النَّارِ) - make me amongst those whom You have saved from the fire.

Between dawn and sunrise

It is narrated from Imam Ali Zayn Al-‘Abidin عليه السلام that he said to Abu Hamza Thumālī: *Do not sleep before sunrise. I do not like you to sleep at that time, because Almighty Allah distributes the sustenance of people at that time, and one, who sleeps at that hour remains deprived of sustenance.* Imam al-Sadiq عليه السلام has said that roasted fowl and Persian manna used to descend for Banu Israel at that time only; and whoever slept at that time was deprived of his share. According to the Holy Prophet ﷺ, a person, who sits on the prayer-mat during those hours will be saved by God from the fire of hell; and another tradition states that that person will receive the reward of a Hajj, and his sins will be forgiven. According to Imam Muhammad al-Baqir عليه السلام, sleeping in the early hours of the morning is foolish, sleeping in the afternoon is a blessing and it is harmful to sleep after late afternoon (‘asr) and sleeping between Maghrib and ‘Isha deprives one from daily bread.

Another tradition states that a person came to the Holy Prophet ﷺ and said that his memory was getting worse, and he was forgetting everything easily. The Prophet ﷺ pointed out that he has left midday nap, and he ﷺ bade him to do as he used to do before, and his memory would improve. He again started taking the midday nap and his memory improved.

Are there any exceptions to the above?

It has been narrated from Imam Ja’far al-Sadiq عليه السلام that: *If you sleep after reciting the Morning Prayer and ta'qibāt recitations before sunrise, there is no problem in it.* (Ref for all the above: Majlisi, *Hilyat al-Muttaqin*).

Also, if someone who wakes up early for tahajjud, and then performs al-fajr on time followed by minimum ta'qibāt such tasbih of Fatima al-Zahra عليها السلام is allowed to rest before sunrise. (based on what I had read & heard)