



ALI 697: Merits of Sahar and Suhūr in Ramadan

March 2025/ Ramadan 1446 – Session 8

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.

Note: Tomorrow & on Friday, iA, we will meet at 6:30 am instead of 7:00 am

Verses from Āli Imrān at Sahar

إِنَّ فِي خَلْقِ السَّمَاوَاتِ وَالْأَرْضِ وَاخْتِلَافِ اللَّيْلِ وَالنَّهَارِ لآيَاتٍ لِأُولِي الْأَلْبَابِ ﴿١٩٠﴾ الَّذِينَ يَذْكُرُونَ اللَّهَ قِيَامًا وَقُعُودًا وَعَلَىٰ جُنُوبِهِمْ وَيَتَفَكَّرُونَ فِي خَلْقِ السَّمَاوَاتِ وَالْأَرْضِ رَبَّنَا مَا خَلَقْتَ هَذَا بَاطِلًا سُبْحَانَكَ فَقِنَا عَذَابَ النَّارِ ﴿١٩١﴾ رَبَّنَا إِنَّكَ مَنْ تَدْخُلُ النَّارَ فَقَدْ أَخْزَيْتَهُ وَمَا لِلظَّالِمِينَ مِنْ أَنْصَارٍ ﴿١٩٢﴾ رَبَّنَا إِنَّنا سَمِعْنَا مُنَادِيًا يُنَادِي لِلْإِيمَانِ أَنْ آمِنُوا بِرَبِّكُمْ فَآمَنَّا رَبَّنَا فَاغْفِرْ لَنَا ذُنُوبَنَا وَكَفِّرْ عَنَّا سَيِّئَاتِنَا وَتَوَفَّنَا مَعَ الْأَبْرَارِ ﴿١٩٣﴾ رَبَّنَا وَآتِنَا مَا وَعَدْتَنَا عَلَىٰ رُسُلِكَ وَلَا تُخْزِنَا يَوْمَ الْقِيَامَةِ إِنَّكَ لَا تُخْلِفُ الْمِيعَادَ ﴿١٩٤﴾

Indeed, in the creation of the heavens and the earth and the alternation of night and day, there are signs for those who possess intellect. (190) Those who remember Allah standing, sitting, and lying on their sides, and reflect on the creation of the heavens and the earth [and say], ‘Our Lord, You have not created this in vain! Immaculate are You! Save us from the punishment of the Fire. (191) Our Lord, whoever that You make enter the Fire will surely have been disgraced by You, and the wrongdoers will have no helpers. (192) Our Lord, we have indeed heard a summoner calling to faith, declaring, “Have faith in your Lord!” So, we believed. Our Lord, forgive us our sins and absolve us of our misdeeds, and make us die with the pious. (193) Our Lord, give us what You have promised us through Your apostles, and do not disgrace us on the Day of Resurrection. Indeed, You do not break Your promise.’ (194

Hadith on Q 3:190 - 194

It is cited in the books by Fakhr Razi, Qurtubī and Maraḳī that once ‘Ayisha was asked what the best memory was that she remembered from the Prophet (S).

She replied that all the affairs of the Prophet (S) were wonderful, but the most important one of all was that one night the Prophet (S) was relaxing in the house where ‘Ayisha was living.

Before having a rest, he suddenly stood up and wore his clothing, made ablution and began praying. He shed tears so much so that the front of his clothes became wet. After that he bowed down for prostration. When he went so sajdah, he wept so much so that the ground became wet.

Next morning, when Bilal came and asked him about so much amount of tear, the Prophet (S) said:

"Last night some verses were revealed to me (verses 190 to 194, Surah Āli ‘Imrān)."

And then he (S) added:

"Woe to the one who recites these verses and does not contemplate."

Again, in the book by Fakhr Razi, a tradition has been narrated from Hadrat Ali (as) who said:

"The Messenger of Allah (S) used to recite these verses before his midnight prayers." (See slide 13, above)

In another tradition we have also been recommended to recite these holy verses.

It is narrated from one of the companions of Imam Ali (as) by the name of 'Nuf Bakkali' who said: One night he was at the presence of Hadrat Ali (a). He (a) got up from his bed and recited these verses.

<https://al-islam.org/enlightening-commentary-light-holy-quran-vol-3/section-17-triumph-faithfuls#surah-ali-imran-verse-190>

'Allamah Tabātabā'ī on 3:190-99

These verses give the resume of the conditions of the believers, the polytheists and the People of the Book as represented in this chapter. They explain the characteristics of the righteous believers that they always remember God and reflect on His signs; they seek God's protection from His chastisement and beseech for His forgiveness and the Garden; and that God has accepted their prayers and will surely give them what they have asked for. This is the general condition of the believers. As for the unbelievers, although they fearlessly roam the earth, but it is a brief enjoyment; and soon they will abide in the Hell-fire. One should not compare the believers with them.

Abu al-Shaykh has narrated in *al-'Azamah* from Abi Hurayrah that he said: "The Messenger of God has said: *One hour's thought is better than sixty years' worship* (ibid.)

Author's comments: Some traditions say, "one night's worship"; others say, "one year's worship"; and it is also narrated through Shī'ah narrators (*Al-Mizan*, v 7 (Eng translation), 107 & 114)