



**“Verily he
has
succeeded
who has
purified
himself”**

DAILY TARBIYAT BOOK

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Introduction

All praises are due unto Allah Alone.

Durood and Salaams be upon Sayyidina wa Nabiyyina Muhammad Sallallahu Alayhi Wasallam.

This booklet is meant to inculcate noble habits in one by helping him to track his daily activities.

Shaytaan was one who once had ample knowledge and made plenty of Ibaadah. However, he was bereft of Tarbiyat (spiritual reformation). Thus, instead of his knowledge benefitting him, it destroyed him. Instead of his knowledge leading him towards humility, it made him proud. Instead of cloaking himself with gratitude, Shaytaan adorned himself with the robes of arrogance. Ultimately, he not only ruined himself, but took an oath to ruin all of mankind. May Allah Ta'ala save us all from his clutches and mischief, Aameen.

The following notes may assist, Insha-Allah:

- 1) The chart should be filled in daily.
- 2) One should be truthful when one fills in the chart.
- 3) One should exercise effort in correcting oneself when one errs.
- 4) Even if the one does not make Amal (practice) upon much, one should still continue filling in the chart. At least one will be reminded of what needs to be done and what needs to be avoided.
- 5) This chart is not a fully comprehensive chart and serves as a starter pack which focuses more on Ibaadah and daily practices.

We request Du'aas.

May Allah Ta'ala accept this humble effort. Aameen

DAILY ASSESSMENT SECTION

PART 1 – WUDHU AND SALAAH

Says Allah, The Most-High, “Verily Salaah prevents one from immorality and evil.” (Ankaboot Aayat 45)

Nabi Sallallahu alayhi wasallam said, "The first matter that a person will be brought to account for on the Day of Qiyaamah will be Salaah." (Tabraani)

Allah Ta’ala is giving us a guarantee that if we are punctual with our daily Salaah, we will be saved from immorality, vice and sins. Hence, Salaah is a powerful weapon in combatting the whispers, thoughts and evils which comes from Shaitaan. Therefore, if all Muslims become punctual with their daily Salaah, they will be saved from Shaitaan. As a result, they will live obedient and pious lives. May Allah Ta’ala grant us Hidaayat, Aameen.

Section One – Ibaadah

Masjied and Wudhu

1) Aadaab of Masjid

1. Come to the Masjid in a clean state
2. By cleaning the Masjid you can earn reward.
3. Make Niyah Of Nafil I’tikaaf.
4. When waiting for Salaah to commence keep a tasbeeh in your hand and engage in Zikr.
5. Stand up immediately after the Imaam has finished the Dua and start you Sunnah Salaah.
6. When you have completed all your Salaah recite Tasbeeh e Faatimi and engage in Dua until you leave.
7. Do not look round
8. Do not disturb others in the Masjid.
9. Talk in the Masjid is Haraam.
10. Transactions are Haraam in the Masjid.
11. Do not bring children or mad people to the Masjid.
12. Do not Carry Sharp Items in the Masjid.
13. Do not Lean, Spit or Spread the Legs towards the Qiblah.
14. Do not Make Worldly Announcements in the Masjid.
15. Do not read Salaah with short sleeved garments.
16. Do not leave the Masjid after Adhaan.
17. Do not lean against the walls.
18. If you are late, do not run to join the Jamaat.
19. Do not crack the fingers in the Masjid.

20. It is Haraam to walk in front of a Musalli performing Salaah.

21. Do not use the Masjid as a pathway.

Walk with humility to the Masjid

“And don’t walk with pride on earth. Verily, Allah does not like the boaster.” (Surah Luqman)

Shoes placed neatly

“Allah is Beautiful and loves beauty.” (Hadith)

Hazrat Abu Musa Al-Ash'ari Radiyallahu anhu said, “I asked Nabi Sallallahu alayhi wasallam, “Who is the most excellent among the Muslims?” He said, “One from whose tongue and hands other Muslims are secure.”

Meaning, one should not cause Takleef with one’s hands. For example, by intentionally keeping our shoes on the floor at the entrance of the Masjid which will cause difficulty to Muslims when entering the Masjid. Rather, use the same hands to pick up and place one’s shoes in the racks.

Sitting with Adab (respect) in the Masjid while waiting for Salaah

In the Hadith, Nabi Sallallahu alayhi wasallam has mentioned that for as long as one is waiting for Salaah, he will receive the reward of Salaah.

2) Virtues of Athaan

Nabi Sallallahu alayhi wasallam said, “Whoever says (the same words) as he (the Muazzin) says with certainty (Yaqeen), will enter Jannah.” (Nasaai’)

Three Sunnats of Athaan

1. Stop all talking during the Athaan.
2. Reply to the Mua’tin.
3. Recite the Duaa after Athaan.

Nabi (Sallallahu alayhi wasallam) said, “Whenever you hear the Athaan, say what the Muazzin is saying.”

3) Wudhu Sunnats

1. To make intention of Wudhu.
2. To say Bismillaah-wal-Hamdu-lillah.
3. To wash both hands up to the wrists thrice.
4. To make Miswaak.
5. To rinse the mouth thrice.
6. To put/insert water in the nose thrice.
7. To wash each part/limb three times.

8. To make Masah of the entire head once.
9. To make Masah of the ears.
10. To make Khilaal of the fingers and toes.
11. To rub the limbs thoroughly.
12. To wash one part before the previous part dries.
13. To wash the right limb before the left limb.
14. To recite Kalimah Shahaadah upon the completion of Wudhu.
15. To recite the Du'a after Wudhu.
16. To recite Surah Qadr.

Mustahabbaat of Wudhu

Besides the Fardh and Sunnat acts of Wudhu, the rest are Mustahab acts. (This is according to Bahishti Zewar).

4) Wudhu Duas

Masnoon Du'as during Wudhu

There is a special Du'a to be read when washing every limb during Wudhu. These Du'as are listed below:

WUDHU DU'AAS

IMPORTANT NOTE: There are variants to the Du'aas below. We have reproduced the Du'aas commonly found in our Hanafi Arabic Fiqh and Fataawa Kitaabs.

(1) TASMIYAH BEFORE WUDHU

بِسْمِ اللَّهِ الْعَظِيمِ وَالْحَمْدُ لِلَّهِ عَلَى دِينِ الْإِسْلَامِ

In the name of ALLAH the Majestic, and praise be to ALLAH (for keeping me faithful) on the Deen of Islam.

(2) DUA ANY TIME WHILST MAKING WUDHU

اللَّهُمَّ اغْفِرْ لِي ذَنْبِي وَوَسِّعْ لِي فِي دَارِي وَبَارِكْ لِي فِي رِزْقِي

O ALLAH! Forgive my wrongdoing, grant me expansion in my home, and bless my livelihood.

(3) WHEN BRUSHING THE TEETH WITH THE MISWAAK RECITE

اللَّهُمَّ طَهِّرْ فَمِي وَتَوِّرْ قَلْبِي وَطَهِّرْ بَدَنِي وَحَرِّمْ جَسَدِي عَلَى النَّارِ
وَأَدْخِلْنِي بِرَحْمَتِكَ فِي عِبَادِكَ الصَّالِحِينَ

O ALLAH! Purify my mouth, illuminate my heart, cleanse my body, make my body unlawful for Hellfire, and enter me through Your Mercy in the company of Your Pious Servants.

(4) WHEN GARGLING RECITE

اللَّهُمَّ أَعِنِّي عَلَى تِلَاوَةِ الْقُرْآنِ وَذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ

O ALLAH! Help me in the recitation of the Qur'aan, in remembering You, in offering gratitude to You and in offering beautiful Ibaadat to You.

(5) WHEN PUTTING WATER INTO THE NOSTRILS RECITE

اللَّهُمَّ أَرِحْنِي رَائِحَةَ الْجَنَّةِ وَلَا تُرِحْنِي رَائِحَةَ النَّارِ

O ALLAH! Make me smell the Fragrance of Jannah, and do not let me smell the stench of Hellfire.

(6) WHEN WASHING THE FACE RECITE

اللَّهُمَّ بَيِّضْ وَجْهِي يَوْمَ تَبْيَضُّ وُجُوهُ وَتَسْوَدُّ وُجُوهُ

O ALLAH! Brighten my face on the Day when faces will glitter and faces will become dark.

(7) WHEN WASHING THE RIGHT FOREARM TOGETHER WITH THE ELBOW RECITE

اللَّهُمَّ أَعْطِنِي كِتَابِي بِيَمِينِي وَحَاسِبْنِي حِسَابًا يَسِيرًا

O ALLAH! Give me my Book of Deeds in my right hand and make my account easy.

(8) WHEN WASHING THE LEFT FOREARM TOGETHER WITH THE ELBOW RECITE

اللَّهُمَّ لَا تُعْطِنِي كِتَابِي بِشِمَالِي وَلَا مِنْ وَرَاءِ ظَهْرِي

O ALLAH! Do not give me my Book of Deeds in my left hand and not from behind my back as well.

(9) WHEN MAKING MASAH OF THE HEAD RECITE

اللَّهُمَّ أَظِلَّنِي تَحْتَ ظِلِّ عَرْشِكَ يَوْمَ لَا ظِلَّ إِلَّا ظِلُّ عَرْشِكَ

O ALLAH! Give me the Shade of the shelter under Your Throne on the Day when there will be no shade other than the Shade of Your Throne.

(10) WHEN MAKING MASAH OF THE EARS RECITE

اللَّهُمَّ اجْعَلْنِي مِنَ الَّذِينَ يَسْتَمِعُونَ الْقَوْلَ فَيَتَّبِعُونَ أَحْسَنَهُ

O ALLAH! Make me of those who listen to the (Divine) Speech and follow the beauty of it.

(11) WHEN MAKING MASAH OF THE NAPE RECITE

اللَّهُمَّ أَعْتِقْ رَقَبَتِي مِنَ النَّارِ

O ALLAH! Release me from the Fire of Jahannam.

(12) WHEN WASHING THE RIGHT FOOT RECITE

اللَّهُمَّ ثَبِّتْ قَدَمِي عَلَى الصِّرَاطِ يَوْمَ تَزِلُّ الْأَقْدَامُ

O ALLAH! Keep my feet firmly on the Bridge (over Jahannam) the Day feet will slip.

(13) WHEN WASHING THE LEFT FOOT RECITE

اللَّهُمَّ اجْعَلْ ذَنْبِي مَغْفُورًا وَسَعْيِي مَشْكُورًا وَتِجَارَتِي لَنْ تَبُورَ

O ALLAH! Make my wrongdoing be forgiven, my effort be appreciated and never let my purchase (of the Akhirat) be worthless.

(14) UPON COMPLETION OF WUDHU RECITE THE FOLLOWING

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

I bear witness that there is none worthy of worship besides ALLAH, the One and Only, Who does not need any partner, and I bear witness that MUHAMMAD (SALLALLAHU ALAIHI WASALLAM) is His Servant and Messenger.

اللَّهُمَّ اجْعَلْنِي مِنَ التَّوَّابِينَ وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ

O ALLAH! Make me of those who repent profusely and among those who love to be clean.

5) Miswaak

The sunnat method of holding the Miswaak according to what Hazrat Abdullah Ibne Mas'ood (Radi-Allahu anhu) has narrated is as follows: Place the small finger of the right hand below the Miswaak. Place the thumb below the head of the Miswaak. The remaining three fingers will be placed above. (Shami- Vol. 1, pg 85)

Miswaak should be made from right to left (ardhan), i.e. sideways.

Another interpretation is to brush the teeth sideways and the tongue lengthways.

Brushing the teeth in circular movements is also reported from the Fuqaha. This means that whilst brushing sideways the miswaak should be rotated making circular motions with it, and this is precisely what dentists of today recommend. (From Allaamah Shaami's *Raddul Muhtaar (Sunanul Wudhu)*.)

6) Wastage of water

Nabi (SallAllahu alayhi wasallam) once passed by Hazrat Sa'd Radiallahu Anhu while he was performing Wudhu. Nabi (SallAllahu alayhi wasallam) said, "**What is this wastage?**" Hazrat Sa'd Radiallahu Anhu said, "Is there wastage with water during Wudhu?" Nabi (SallAllahu alayhi wasallam) said, "**Yes, even if you were on the banks of a flowing river.**"

Meaning, even if you were to make Wudhu at the banks of a flowing river, then too you should abstain from wasting water. Rather, you should then too use only the necessary amount of water for Wudhu.

7) Sunnats of Entering/Leaving Masjid

1. Enter with your right foot.

2. Recite Bismillah, Durood Shareef then the Masnoon Du'a.
3. Make intention for Nafil I'tikaaf.
4. Perform two rak'aats of Tahiyatul Masjid.
5. Observe silence.
6. Do not recite Qur'aan Shareef loudly if someone is performing Salaah.
7. Leave with the left foot and read the Duaa.

8) Total Qadhaa performed

Qadha, with regard to Salaah, means to fulfill or perform a Salaah after expiry of the time of that Salaah. It is vitally important for those students who have outstanding Qadhaa Salaah to be punctual in completing all missed Salaah.

It is a very great sin to neglect one's Salaah and delay its performance so much so that the time for it expires. It is not permissible to forego the performance of a Fardh Salaah without a valid reason. At any rate, if a Fardh Salaah has not yet been performed and its time has already expired, it is obligatory to make Qadha of that Salaah without any delay. To delay in performing the Qadha Salaah is also a sin.

It should be remembered that the obligation of the Fardh Salaah is never waived by the Shariah (Law of Allah). No amount of repentance can secure exemption from Salaahs which have not been performed in the past. Even a lifetime of Fardh Salaahs not performed must be fulfilled by means of Qadha.

1. It is not necessary to wait any particular time to perform Qadha Salaah. For example, if Zuhr Salaah was missed, it is not necessary to wait for another Zuhr time in order to make Qadha of the missed Zuhr Salaah. Several Qadha Salaahs can be performed all at once. However, one should not perform Qadha during Makrooh times.
2. Someone missed several Fardh Salaahs, but the number of the Salaah he missed does not exceed Five. Besides these five Salaahs, which he did not perform he is not liable for any other Qadha Salaahs of the past. In this case it is not permissible for him to perform an Adaa Salaah before performing the five Qadha Salaahs for which he is liable. If he performed his Adaa Salaah before fulfilling this five Qadha Salaahs, his Adaa Salaah will not be valid. After performing the five Qadha Salaahs he will have to repeat his Adaa Salaah. However, if the time remaining for the Adaa Salaah is so little that if he engages in fulfilling the Qadha Salaahs his Adaa Salaah will also become Qadha, then in such a case he should perform his Adaa Salaah, and thereafter engage in the performance of the Qadha.
3. If Qadha is being performed of several Salaahs the number not exceeding five then the Tarteeb (compulsory order) of the Salaahs has to be maintained, viz. The Salaah which was missed first should be performed as Qadha after performing the first, and so on. For example, Zuhr, Asr, Maghrib and Esha Salaah were not performed in the due and respective times. Now when performing Qadha of these four Salaahs, Tarteeb (order or sequence) must be observed because the number of Qadha Salaahs does not exceed five. Hence, firstly Zuhr will have to be performed, then Asr, then Maghrib and finally Esha.

4. If one is liable for six or more Fardh Salaahs, i.e. six or more Salaahs were not performed in their due times then ones Adaa Salaah may be performed before performing the Qadha Salaah.
5. When the number of Qadha Salaahs exceeds five, then the observance of Tarteeb is not Wajib or necessary. In this case one may perform Qadha of the Salaah in any order.
6. Witr Salaah is an obligatory Salaah; hence, if it is missed its Qadha must be performed. If one missed the Esha Salaah, Qadha of both the Fardh and Witr will have to be performed before engaging in the performance of Fajr Salaah. It is not permissible to perform the Fajr Salaah, if only the Fardh of Esha (which was not performed the previous night), was fulfilled in Qadha. The Witr will have to be performed in the Qadha as well.
7. Only Qadha of Fardh and Witr Salaah is made. Besides the two Rakaahs of Sunnah of Fajr, Qadha of Sunnah and Nafl Salaah is not necessary. If the Qadha of Fajr is being performed before Zawaal (mid-day) then Qadha of the Fardh, as well as the Sunnah, should be performed. However, if the Qadha of Fajr Salaah is being made after Zawaal, only the Qadha of the Fardh should be made.
8. If so little of Fajr time remains that only two Rakaahs could be performed in that time, then in such a case only the Fardh of Fajr should be performed, and about twenty minutes after sunrise, Qadha of the two Fajr Sunnahs should be performed.
9. If one is liable for several Qadha Salaahs, one should stipulate in the Niyyah (intention) when making the Qadha which Qadha Salaah is being made. For example, if Fajr, Zuhr and Asr Salaahs have been missed, then when making Qadha it should be intended: "I am making Qadha of Fajr Salaah or Zuhr Salaah" as the case may be. **If it is not stipulated in the Niyyah which Qadha is being performed, the Qadha will not be valid.**
10. If one did not perform Salaah for a number of years, then too, Qadha of all the missed Salaahs must be performed. If it cannot be remembered how many years or months Salaah were not performed, one should continue making Qadha Salaah (making Qadha of Fajr, Zuhr, Asr, Maghrib, Esha (Fardh and Witr) until one is fully satisfied that all the Qadha Salaahs have been discharged.

Fard Salaah

10-13) Fard Salaah in the Masjid

Takbeer-e-Ula

Nabi SallAllahu alayhi wasallam said, "Whoever reads Salaah for Allah Ta'ala for forty days in congregation and Takbeer-e-Ulaa, he will be recorded as being free from two things; free from the Fire (of Jahannam) and free from hypocrisy."

First Saff

Nabi SallAllahu alayhi wasallam said, "If the people knew the reward for pronouncing the Athaan and for standing in the first Saff (in congregational prayers) and found no other way to get that except by drawing lots, they would draw lots."

Nabi Sallallahu alayhi wasallam said, "The best Saff for the men is the first Saff and the worst Saff is the last Saff."

Nabi Sallallahu alayhi wasallam said, "Verily, Allah Ta'ala and His Angels send salutations upon those who come close to the first Saff."

Nabi Sallallahu alayhi wasallam said, "Indeed, the first Saff is likened to the Saff of the Malaa'ikah. If only you knew its virtue, you would rush towards it." (Above narrations in Mishkaat)

Concentration in Salaah

Allah Ta'ala says in His Kalaam, "Successful indeed are those believers who have Khushoo' (concentration, humility) in their Salaah." (Surah Mu'minoon)

Tasbeeh e Faatimi

Hazrat Ka'b bin 'Ujrah Radiyallahu anahu said that Nabi SallAllahu alayhi wasallam said, "The one who recites 33 times Subhanallah, 33 times Alhamdulillah and 34 Allahu Akbar after Salaah, will not be unsuccessful (in his work etc.)"

Du'a (after Salaah)

Nabi SallAllahu alayhi wasallam was once asked as to which Du'a was most quickly accepted? He replied: "In the middle of the night and after the Fard Salaah."

Masnoon Salaahs

14) Tahajjud

Nabi Sallallahu alayhi wasallam was asked, "Which Salaah is most virtuous after the Fardh Salaah?" He said, "Salaah in the depths of the night."

Nabi Sallallahu alayhi wasallam said, "O people! Spread the Salaam, feed others, maintain family ties, and perform Salaah at night when others are asleep and you will enter Jannah safely."

15) Ishraq

Nabi Sallallahu alayhi wasallam said, "Whoever reads Fajr Salaah, then sits in his place remembering Allah until sunrise, then performs two rakaats, shall be rewarded as if he had performed a Hajj and an 'Umrah, with a reward that is complete, complete, complete."

16) Chasht

Nabi Sallallahu alayhi wasallam said, “Whoever performs chasht will not be written amongst the heedless (people), and whoever performs four rak’ats will be written amongst the worshippers, and whoever performs six rakaats, it will suffice for him on that day, and whoever performs eight rakaats will be written amongst the pious, and whoever performs twelve rak’ats, Allah will build for him a palace in Jannah.”

17) Awaabeen (Nafil Salaah after the Sunnats of Maghrib)

Nabi Sallallahu alayhi wasallam said, “He who

offers six rakaats after Maghrib salaah – without talking any evil between them – then these six Rakaats will be equal to the worship of twelve years.”

Hazrat Ammaar bin Yasaar Radiyallahu narrates, “I saw my beloved Prophet Sallallahu alayhi wasallam offering six rakaats after Maghrib salaah and he said: “He who offers six rakaats after Maghrib salaah shall have his sins forgiven, even if they are equal to the foam on the ocean”

18) Extra Salaahs

Tahiyatul-Wudhu

Hazrat Abu Hurairah Radiyallahu anhu narrates that Rasulullah Sallallahu alayhi wasallam asked Hazrat Bilal Radiyallahu anhu: “O Bilal! Tell me of the deed in which you have the most hope from what you did in Islam? For I have heard your footsteps in front of me in Jannah.”

Hazrat Bilal Radiyallahu anhu replied: “I have not done any deed in which I have the most hope except that whenever I perform wudhu – be it day or night – I offer with that wudhu whatever salaah Allah Ta’aala destined that I should offer.” (Meaning - Tahiyatul Wudhu)

Hazrat Uqbah ibn Amr Radiyallahu anhu narrates that Rasulullah Sallallahu alayhi wasallam said: “Whoever performs a perfect wudhu and then follows it up with two rakaats salaah offered with total devotion and humility, Paradise becomes incumbent on him.”

Hazrat Uthman Radiyallahu anhu performed wudhu and then said: “I saw Rasulullah Sallallahu alayhi wasallam performing wudhu just as I have performed it. He then said: “Whoever performs wudhu as I have done and follows it with two rakaats salaah, without allowing his thoughts to wander therein, his past sins are forgiven.”

Tahiyatul-Masjid

Nabi Sallallahu alayhi wasallam said, “When anyone enters the Masjid, let him not sit until he performs two rak’aats.”

Virtues of Salaah

Hazrat Abu Zar Radiyallahu anhu narrates that once Nabi Sallallahu alayhi wasallam came out of his house. It was Autumn and the leaves were falling off the trees. He caught hold of a branch of a tree and its leaves began to drop in large number. At this he remarked, "O Abu Zar! When a Muslim offers his Salaat to please Allah, his sins are shed away from him just as these leaves are falling off this tree."

The Reward For He Who Offers Twelve Rakaats Nafil Salaah In A Day

Umm Habiba bint Abu Sufyaan Radiyallahu anhu narrates: I heard Rasulullah Sallallahu alayhi wasallam saying: "A mumin who offers twelve rakaats optional salaah, apart from the compulsory salaah, for the sake of Allah Ta'aala in the day and night, Allah Ta'aala builds a house for him in Jannah, or a house is built for him in Jannah."

19) The Reward For Offering Two Rakaats Sunnats Of Fajr

Aisha Radiyallahu anha narrates that Rasulullah Sallallahu alayhi wasallam said: "Two rakaats (sunnat) of Fajr are better than the world and whatever is in it." Another narration states: "They (the two rakaats) are more beloved to me than the entire world."

20) The Reward For Offering Four Rakaats Sunnats Of Zuhr

Al Bara ibn Azib Radiyallahu anhu narrates that Rasulullah Sallallahu alayhi wasallam said: "He who offers four rakaats before Zuhr is as though he offered them at night as Tahajjud salaah."

Umar Radiyallahu anhu narrates: I heard Rasulullah Sallallahu alayhi wasallam say: "Four rakaats before Zuhr but after mid-day are counted as four rakaats of Tahajjud. Every single creation of Allah glorifies Allah at that time."

21) The Reward For Offering Four Rakaats Sunnats Of Asr

Umm Salamah Radiyallahu anha narrates that Rasulullah Sallallahu alayhi wasallam said: "He who offers four rakaats before the Asr salaah, Allah Ta'aala will make his body unlawful to the fire of Jahannam."

Hazrat Ali Radiyallahu anhu narrates that Rasulullah Sallallahu alayhi wasallam said: "My followers will continue walking on Earth with definite forgiveness as long as they offer these four rakaats before the Asr salaah."

22) The Reward For Offering Sunnats And Nafil After Esha

Hazrat Ibn Umar Radiyallahu anhu narrates that Rasulullah Sallallahu alayhi wasallam said, "He who offers the Esha salaah in congregation and then offers four rakaats before leaving the Masjid, it will be as though he offered them on Laylatul Qadr (the night of power)."

PART 2 - THIKRULLAH

Says Allah, The Most-High, "Remember Me, I will remember you." (Baqarah, Aayat 152)

A Sahaabi once said to Nabi Sallallahu alayhi wasallam, "The laws of Islam are too heavy for me, so tell me something that I can easily follow." Nabi Sallallahu alayhi wasallam told him, "Let your tongue be always busy with the remembrance of Allah."

When a person makes frequent Thikr, he strengthens his bond with Allah Ta'ala. Therefore, when we are free, in safety, in comfort, luxury, on our couches, beds or in the comfort of our homes, we should try to keep our tongues moist with the Blessed Name of Allah Ta'ala.

Tasbeehaat

1) Thikr - (Third, Fourth Kalimah)

Once a man said to Nabi Sallallahu alayhi wasallam, "The laws of Islam are too heavy for me, so tell me something that I can easily follow," Nabi Sallallahu alayhi wasallam told him, "Let your tongue be always busy with the remembrance of Allah."

Nabi Sallallahu alayhi wasallam) asked, "Is anyone of you unable to gain 1,000 good deeds in a day?" One of those sitting with him then asked: "How can one of us gain 1,000 good deeds?" He said: "By making 100 tasbeehas, 1,000 good deeds would be written for him."

It has come in the Hadith Shareef that these four sentences (of the 3rd Kalimah) are most beloved to Allah Ta'ala.

It is also mentioned in a Hadith Shareef that that after the Qur'aan Majeed, this is the most virtuous of speeches and in actual reality, these are the words of the Qur'aan Shareef.

It is also mentioned in the Hadith Shareef that Nabi Sallallahu alayhi wasallam said, "To read these four sentences are more beloved to me than everything upon which the sun has risen."

2) Durood Sharief

Recite Durood Sharief whenever you are free. One Durood earns you ten stages in Jannat, ten trees in Jannat, ten sins are forgiven and the special Pleasure of Rasulullah Sallallahu alayhi wasallam. Try to recite five hundred Duroods throughout the day.

Hazrat Abu Talha Ansari Radiyallahu anhu said, "Once Nabi Sallallahu alayhi wasallam came to us and he was extremely happy. The Sahaabah said, 'O Rasool of Allah, we see that you are very happy today.'

Nabi Sallallahu alayhi wasallam replied, "Yes, indeed. I have received a message from my Rabb. Allah has said that whoever from amongst my followers confers one blessing upon me, Allah will record ten good deeds for him, forgive ten of his sins and raise his status tenfold."

Nabi Sallallahu alayhi wasallam said, "On the Day of Qiyaamah the person closest to me will be the one who conferred the most Durood upon me."

It is mentioned in a Hadith that Hazrat Ubay bin Ka'b Radiyallahu anhu came to the service of Nabi Sallallahu alayhi wasallam and said, "O Rasulullah! I have devoted all my time of Zikr and Du'a in sending Durood upon you." Nabi Sallallahu alayhi wasallam said, "Then all your difficulties will be solved, your needs will be fulfilled and your sins will be forgiven..."

3) Istighfaar

"If anyone constantly seeks Istighfaar (from Allah), Allah will appoint for him a way out of every distress and a relief from every anxiety, and will provide sustenance for him from where he expects not." (Abu Dawood)

4) Thikr of Isme-That (Allah)

Allah Ta'ala says, "If you remember Me, I will remember you."

5) Tasbeeh Fatimi (Before sleeping and after every Salaah)

Hazrat Ka'b bin 'Ujrah (Radiyallahu anahu) said that Nabi Sallallahu alayhi wasallam said, "The one who recites 33 times Subhanallah, 33 times Alhamdulillah and 34 Allahu Akbar after Salaah, will not be unsuccessful (in his work etc.)"

6) Kalimah Tayyibah

Abu Hurairah Radiyallahu anhu narrates that Rasulullah Sallallahu alayhi wasallam said: "Imaan has more than seventy branches, the most superior one is saying "Laa ilaaha illallah" (there is none worthy worship except Allah); and the lowest branch is the removal of an obstacle from the way, and Haya (modesty) is a branch of Imaan."

It is mentioned in the Hadith that the one who recites Laa-ilaaha-illAllah 100 times daily, his face will shine like the 14th moon on the Day of Qiyaamah.

It also appears in the Hadith that nothing stops this Zikr (i.e. Laa-ilaaha-illAllah) from reaching the Arsh (Throne) of Allah Ta'ala. when this Kalimah reaches the Arsh, then a column of Noor (Divine Light) descends directly from the Arsh into the hearts of the reciter.

It is also mentioned that once Hazrat Moosa Alaihis salaam asked Allah Ta'ala to prescribe to him a Zikr whereby he could remember Allah Ta'ala. Allah Ta'ala said to him, "O Moosa! Recite Laa-ilaaha-illAllah." Hazrat Moosa Alaihis salaam replied, "O Allah, all Your creation recites this Zikr. I desire something special." Allah Ta'ala said, "O Moosa! If the seven heavens and the seven earths are placed on one pan of a scale and this Kalimah is placed on the other pan of the scale, this Kalimah will outweigh everything."

It has been narrated in a Hadith that there is a Pillar in front of of the Arsh of Allah Ta'ala which begins vibrating when a person recites Laa-ilaaha-illAllah. Allah Ta'ala commands it thus, "Stop! Be at ease!" The Pillar replies, "How can I be at ease when the reciter of Laa-ilaaha-illAllah has not been forgiven?" The Allah Ta'ala says to it, "Stop! I have forgiven the reciter."

It is also mentioned in a Hadith that the person who recites the Kalimah 70 000 times, he is granted salvation from the Fire (Jahannam).

Mulla Ali Qaari Rahmatullahi alaih mentions in his Mirqaat (commentary of Mishkaat Shareef): Sheikh Ibn Al-Arabi says, "The Hadith has reached me from Nabi Sallallahu alayhi wasallam where it is mentioned, 'The person who recites 70 000 times Laa-ilaaha-illAllah will be forgiven and the person for whom it is read will also be forgiven.'" **La-ilaaha illa anta**

Du'a of Hazrat Yunus Alayhis salaam which he recited in the belly of the whale. Hence, Allah Ta'ala saved him from a place from which no hope of safety was expected. By reciting this one will gain relief from his/her problem.

7) Subhaanallahi wa-bi-hamdih

"(There are) two words which are dear to Allah Ta'ala, very light (easy) for the tongue (to say), but very heavy in weight in the balance. They are: "Subhanallahi wa-bi hamdihi Subhan Allah Al-Azim."

8) Paas-Anfaas

When breathing in one says "Allah", and when breathing out, one says "Hu". Daily, a few moments (for the beginning) should be reserved to make this Thikr. Then, Insha Allah, automatically our tongues will do this when it is free.

PART 3 - THE QUR'AN MAJEED AND SOME DAILY PRACTICES

Nabi Sallallahu alayhi wasallam said, "Read the Quran, for indeed it will come on the Day of Standing (Judgement) as an intercessor for its companions." [Muslim]

The Qur'aan Majeed is the greatest miracle of Nabi Sallallahu alayhi wasallam. The more a person recites the Qur'aan Majeed, the more Noor, Barakaat (blessings), Mercy and Sukoon (peace of mind) he/she will experience. The more a person makes Tilaawat, the healthier his/her Rooh (soul) will become. The Qur'aan Majeed cleanses the rust which is on a person's heart which comes about by committing sins.

Section Two: Masnoon Surahs, Du'as and Sunnats

1) Surah Yaa-Seen

"The one who recites Surah Ya-Seen at the beginning of the day, his work (for that day) will be made easy."

"Surely, everything has a heart, and the heart of the Qur'aan is Yasin. I would love that it be in the heart of every person of my people"

Whoever recites Surah Yaa-Seen, Allah Ta'ala records for him a reward equal to that of reading the whole Qur'aan 10 times.

According to one Hadith, Allah Ta'ala recited Surah Yaa-Seen and Surah Taa-Haa 1 000 years before the creation of Jannah and earth. On hearing this, the Angels said, "Blessings is for that Ummat unto whom the Qur'aan will be revealed, blessings is for the hearts which will bear it (i.e. memorise it) and blessings is for the tongues which will recite it."

Hazrat Maqrai Rahmatullahi alaih said, "If Surah Yaa-Seen is read by one who fears the ruler or enemy, will have his fears removed."

It is reported in another Hadith: "If anybody recites it every night and then passes away (on that night), he dies as a Shaheed."

"Whoever reads it in hunger will be satisfied. Whoever reads it while having lost his way, will find his way. Whoever reads it on losing an animal, will find the same. And when one reads it, apprehending that his food will run short, that food will become sufficient. And if one reads it besides a person who is in the agonies of death, his agonies will be made easy for him. And if anyone reads it to an expectant woman experiencing difficulty in childbirth, her delivery will become easy."

Hazrat Maqri Rahmatullahi alaih said, "If Surah Yaa-See is read by one who fears the ruler or an enemy, will have his fears removed."

2) Masnoon Du'as

There are various Masnoon Du'as which should be recited at specific times and places. Reciting the Masnoon Du'as punctually will bring about safety of the reciter, his family, his belongings, properties, job, vehicles etc. These Du'as also ward off Shaitaan and his forces. A firm intention should be made to learn and recite the Masnoon Du'as.

7) Recite 7 Masnoon Duas after Fajr/Maghrib

1. Aayatul Kursi
2. Allahuma Ajirnaa min an-nar (7 times)
3. Allahuma Adkhilnal Jannah (7 times)
4. Aoutho bi-kalimaatillaahit taaamaaati min sharri ma khalaq (3 times)
5. Bismillahillathi la yadurru...(3 times)
6. Hasbiyallahu la ilaha illa hu...(7 times)
7. Surah Ikhlāas & Surah Falaq & Surah Naas (3 times each)
8. Durood Shareef (10 times)

3) Surah Waqi'ah

“Surah Waqi'ah will protect the one who recites it every night from poverty.” (the time for its recital is after Maghrib)

Nabi Sallallahu alayhi wasallam said, “Surah Waqi'ah is Suratul-Ghinaa (Surah of wealth), therefore read it (yourself) and teach it to your children.”

Hazrat Abdullah bin Mas'ood Radhiyallahu anhu says that Nabi Sallallahu alayhi wasallam said, “The person who reads Surah Waqi'ah every night, poverty will never befall him.” Hazrat Abdullah bin Mas'ood Radhiyallahu anhu says, “I have instructed my daughters to read it every night.”

4) Surah Mulk

“Surah al Mulk is the protector from the torment of the grave.”

Nabi Sallallahu alaihi wasallam said, “Verily, a Surah from the Qur'an consisting of thirty Aayaat interceded for a person until he was forgiven (by Allah), and that (Surah) is Tabaarakalla-thee-Biyadihil-Mulk.” (Tirmizi)

Hazrat Abu Hurairah Radhiyallahu anhu narrated that Surah Mulk will continue interceding on behalf of its reciter until the reader is forgiven. (Hisnul-Haseen)

Nabi Sallallahu alayhi wasallam said, “Surah Tabaarak is a great protector and deliverer, it protects and frees one from the Azaab of the Qabr.” (Tirmizi)

Nabi Sallallahu alayhi wasallam said, “It is my heart's desire that Surah Mulk should be in the eart of every believer.”

5) Surah Sajdah

Hadhrat Jaabir Radiyallahu anhu said that Nabi Sallallahu alayhi wasallam never used to sleep until he recited Surah Sajdah and Surah Mulk.

It is also recorded that if somebody reads these two Surats (Surah Mulk and Surah Sajdah), 70 virtues are recorded to his account and 70 sins are forgiven. (Fazaail-e-A'maal)

Hazrat Abu Hurairah Radhiyallahu anhu says that Nabi Sallallahu alayhi wasallam said, "When a person makes Sajdah on reading Surah Sajdah (i.e. the Sajdah Aayat), Shaitaan wails in a corner and expresses sorrow, saying, 'This man has been ordered to make Sajdah and he has done it, whereupon Jannah has been assured for him, but he (Shaitaan) himself has refused it and has been doomed to Jahannam.'" (Muslim)

Hadhrat Khalid ibn Ma'dan Rahmatullahi alayhi said, "Recite The Deliverer which is Surah Sajdah, for I have heard that a man who had committed many sins used to recite it. (When he passed away) it spread its wings over him and said, "O My Rabb! Forgive him, for he often used to recite me." So Allah the Most-High made an intercessor for him and said, "Record for him a good and elevate his stage in Jannah in place of every sin."

Hadhrat Khalid also said, "It will dispute on behalf of the one who recites it when he is in his grave saying, "O Allah! If I am part of Your Book, make me an intercessor for him. And if I am not part of Your Book, blot me out." It will be like a bird putting its wings on him (protecting him), it will intercede for him and will protect him from the punishment in the grave."

One should try to read these two Surats (Mulk and Sajdah) every night, either between Maghrib and Esha or after Esha Salaah. Insha Allah, Allah Ta'ala will reward one in abundance and also protect one from the Azaab of the Qabr, and will receive the reward equal to staying awake during Laylatul-Qadr.

PART 4 – SUNNATS

Observing a Sunnat is a very great Bounty and Gift from Allah Ta'ala. The more a person follows the Sunnat, the greater and stronger his bond and love gets with Nabi Sallallahu alayhi wasallam. Allah Ta'ala says in the Qur'aan Majeed, "Say (O Muhammad Sallallahu alayhi wasallam)! If you (the Ummah) love Allah, then follow me (the way and lifestyle of Nabi Sallallahu alayhi wasallam)."

Unfortunately, today the observance of the Sunnah has become almost non-existent. Muslims no longer give importance to observe the Sunnah. We no longer sacrifice in order to observe the Sunnah. May Allah Ta'ala grant us Hidaayat to observe the Sunnat, Aameen.

To encourage one and all to observe the Sunnah, remember this Hadith, **"Whoever adheres to my Sunnah when my Ummah is corrupt (involved in Fitnah and Fasaad) will have the reward of a hundred martyrs."** (Mishkaat)

SUNNATS

1) Sunnats upon Awakening

1. To wipe the face with the hands.
2. Recite the Kalimah.
3. Recite the Masnoon Du'a.
4. Look towards the sky and recite the last Ruku of Surah Aali-Imraan.
5. Wash your hands even before going to the toilet.
6. Use the Miswaak.

2) Sunnats of Dressing

1. Recite the Duaa.
2. Wear your clothes from the right sleeve or right side/shoe first.
3. Ensure that your Kurtah and trousers are above the ankles (for males only).
4. Take off your clothes from the left sleeve or left side/shoe first.
5. When handling your shoes, do so with your left hand.
6. Do not walk with only one shoe.
7. Respectfully handle and place down your shoes and clothing.
8. Fold your clothes when removing it before sleeping otherwise Shaytaan wears it at night.

3) Sunnats of Entering/Leaving the Toilet

1. Cover the head (Topi for males, scarf for females).
2. Recite the Duaa before entering.
3. Enter with your left foot.
4. Do not take anything in the toilet that has an Aayat of the Qur'aan Shareef or that has the blessed name of our Nabi Sallallahu alaihi wasallam etc. on it.
5. Sit and relieve yourself. Don't stand.
6. When relieving oneself, do not face the Qiblah nor face the back towards the Qiblah.
7. Do not speak in the toilet (unless there is an emergency).

8. Use your left hand for Istinjaa.
9. Beware of urine splashes. Among the causes of punishment in the Qabr is due to been careless in this matter.
10. Exit with your right foot.
11. Recite the Duaa after leaving the toilet.

4) Leaving/entering the house

1. Before entering the house, recite Bismillah and the Du'a.
2. Make Salaam audibly when entering the home. However, if someone is asleep in the house, tone down your voice so that the sleeping person does not get disturbed.
3. Recite the Du'a before leaving.
4. Salaam upon entering the house in the same manner as above.

5) Sunnats of Eating

1. Wash your hands thoroughly before and after meals.
2. Make Miswaak before and after meals.
3. Always sit on the floor and eat.
4. Recite Tasmiyyah before meals.
5. Eat with your right hand.
6. Eat with the Shahaadah (index) finger, the middle finger and the thumb.
7. Eat from what is in front of you.
8. One can eat from around the plate if there is a variety of food in the plate.
9. Do not eat very hot food, wait for it to cool down.
10. Do not blow on the food (to cool it).
11. Eat any fallen morsels and crumbs, and clean your plate.
12. Do not waste food.
13. Clean the plate/dish/utensil/cup etc. after meals. The plate (or utensil) which is thoroughly cleaned makes Du'a for one.

6) Sunnats of Drinking

1. Start with Bismillah.
2. Drink with the right hand.
3. Always sit and drink.
4. Drink water by sipping it and moving the glass/container away from the mouth after every sip.
5. Dua after drinking water/milk etc

8) Sunnats of Sleeping

1. Recite Surah Mulk and Surah Sajdah.
2. Make Miswaak.
3. Sleep with Wudhu.
4. Dust your bed thrice.
5. Recite Surah Faatiha, the opening and closing verses of Surah Baqarah and Aayatul Kursi.

6. Recite the 3 Quls and blow on palms and wipe both hands over body.
7. Sleep on your right side with your right hand under your cheek with knees slightly bent. The left hand can be placed on the legs. (After some time, you can change position.)
8. Recite Tasbeeh Faatimi.
9. Recite the Duaa for sleeping.
10. Make intention to wake up for Tahajjud.

9) Driving Sunnats

1. Recite the Du'a before beginning the journey.
2. Do not violate traffic rules.
3. Do not be reckless on the road.
4. Do not park illegally.
5. Do not utilize a mobile phone whilst driving.
6. Do not get angry at other motorists by yelling, cutting others, swearing etc.
7. Display good character to other motorists, this is a means of Da'wat to Islaam.
8. When returning from one's journey, recite the Du'a.