

Sunnah Book For Kids



Dua Before Meal

PROPHET ﷺ SAID TO
Umar ibn Abi
Salamah,

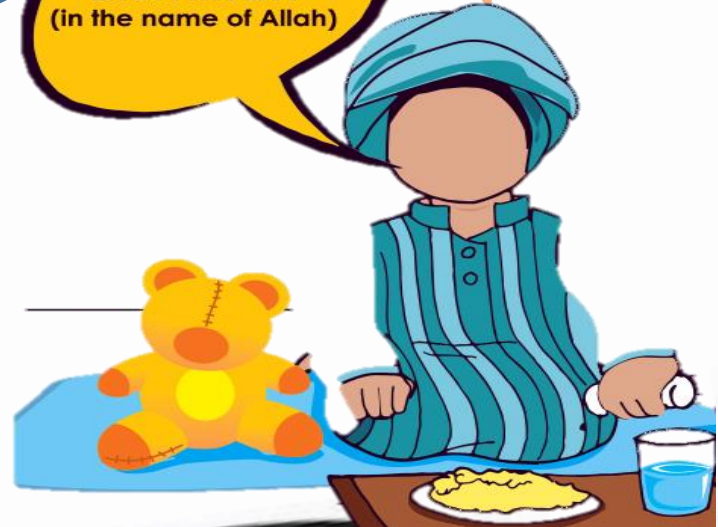
Eating Sunnahs

- ✓ "O young boy,
say "bismillah"
- ✓ eat with your righthand,
- ✓ eat from what is directly
in front of you.

(Narrated by al-Bukhaari, 3576
Muslim, 2022)

بِسْمِ اللّٰهِ

Bismillah
(in the name of Allah)



PROPHET ﷺ SAID

“When any one of you eats, let him mention the name of Allaah.

Eating Sunnahs

If he forgets to mention the name of Allaah at the beginning, then let him say

‘Bismillaahi awwalahu wa aakhirahu’

If you forget to recite Bismillah then say

بِسْمِ اللّٰهِ اَوَّلَهُ
وَآخِرَهُ

"In the name of Allah at the beginning and at the end of it."

(Narrated by al-Tirmidhi, 1858; Abu Dawood, 3767)



Don't eat while reclining

PROPHET ﷺ SAID

"I do not eat whilst I am reclining."

(Narrated by al-Bukhaari, 5399)



Journey Towards
Jannah



Don't Throw Food in Garbage

ANAS IBN MAALIK رضي الله عنه NARRATED

Eating Sunnahs

"He ﷺ said,
'If any one of you drops a piece of food, let him remove any dirt from it and eat it, and not leave it for the Shaytaan.'

He ﷺ said,
'For you do not know where in your food the blessing is.'"

(Muslim, 2034)



Journey Towards Jannah

Don't Criticise the Food

ABU HURAYRAH رضي الله عنه narrated

Prophet صلى الله عليه وسلم never criticized any food.

If he liked it, he would eat it and if he did not like it, he would leave it.

(Bukhaari, 3370; Muslim, 2046)

Rinse Mouth After Eating

Basheer ibn Yassaar رضي الله عنه narrated

Eating Sunnahs

Suwayd ibn al- Nu'maan told him that they were with the Prophet صلى الله عليه وسلم in al-Sahba' He called for food, but he did not find anything but some saweeq (barley mush).

So he ate some and we all ate with him.

Then he called for water and rinsed out his mouth, and then he prayed, and we prayed, and he did not do wudoo'.

(Narrated by al-Bukhaari, 5390)

The Messenger of Allah (ﷺ) said:

“Whoever eats food and then says:

*Al-hamdulillāh,
alladhī at`amanī
hādha wa razaqanīhi
min ghairi hawlin minnī,
wa lā quwwatin
his past sins shall be forgiven.”*

Eating
Sunnahs

Dua after eating

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا
وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ
مِنِّي وَلَا قُوَّةٍ

All praise is due to
Allah who fed me this
and granted
it as provision to me,
without any effort from me nor power,



Jam e Tirmazi - 3458

Eating Sunnahs Checklist

Wash Hands

Be moderate in Eating

Say Bismillah before eating

Rinse Mouth After Eating

Eat with Right Hand

Don't Criticise Food

Eat what is right in front of you

Don't leave food in plate

Don't eat from gold or silver vessels

Don't Miss After Meal Du'a

Don't throw Food in Garbage

Thank Allah after Eating

Don't recline while Eating



Narrated Abu Dhar:

Whenever the Prophet ﷺ lay on his bed, he used to say:
"Allahumma bismika amutu wa ahya," and when he woke up he would say:
"Al-hamdu lil-lahilladhi ahyana ba'da ma an atana, wa ilaihi an-nushur."

Sleeping Sunnahs

Dua Before Sleep
اللَّهُمَّ بِاسْمِكَ أَمُوتُ وَأَحْيَا

O Allah, with Your name
I die and live



Sahih al-Bukhari

Dust off bed & lie down on right side

The Prophet ﷺ said,
'When one of you goes to bed, he should undo the inside of his lower garment and dust the bed with it. He does not know what has come on his bed since he left it.'

Sleeping Sunnahs

He should lie down on his right side and say

Bismika Rabbi Wada'tu janbi, wa bika arfa'hu. In amsakta nafsi faghfir laha, wa in arsaltaha fahfazha bima tahfaz bihi 'ibadaka-s-salihin

[Al-Adab Al-Mufrad]

Dua when dust off your bed

بِاسْمِكَ رَبِّي وَضَعْتُ جَنْبِي
وَبِكَ أَرْفَعُهُ، إِنْ أَمْسَكْتَ نَفْسِي
فَاغْفِرْ لَهَا وَإِنْ أَرْسَلْتَهَا فَاخْفِظْهَا
بِمَا تَحْفَظُ بِهِ عِبَادَكَ الصَّالِحِينَ

'In Your Name I have laid down on my side. If You take my soul, then have mercy on it. If You release it, then preserve it in the manner in which You preserve the men of right action.'

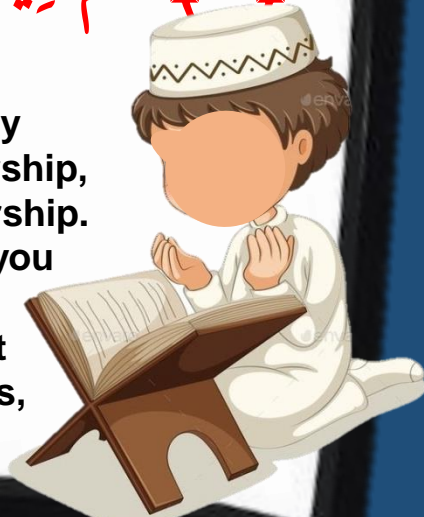


Recite 4 quls before sleeping

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ يَا أَيُّهَا الْكَافِرُونَ ﴿١﴾ لَا أَعْبُدُ مَا
تَعْبُدُونَ ﴿٢﴾ وَلَا أَنْتُمْ عِبُدُونَ مَا
أَعْبُدُ ﴿٣﴾ وَلَا أَنَا عَابِدٌ مَا عَبَدْتُمْ
﴿٤﴾ وَلَا أَنْتُمْ عِبُدُونَ مَا أَعْبُدُ
﴿٥﴾ لَكُمْ دِينُكُمْ وَلِيَ دِينِ ﴿٦﴾

Say: Oh you who turn away
I do not worship what you worship,
nor do you worship what I worship.
And I will not worship what you
worship,
Nor will you worship what
I worship. Your way is yours,
and my way is mine.



Sleeping Sunnahs

It was narrated that Nawfal al
Ashja'1 said:

The Prophet ﷺ said to me:

“Recite **Qul ya ayyuhal
kaafiroon** then go to sleep at
the end of it, for it is a disavowal
of shirk.”

Abu Daood (5055)
Al Thirmidhi (3400)

Recite 4 quls before sleeping

It was narrated from Aa'ishah رضي الله عنها that when the Prophet ﷺ went to bed every night, he would hold his hands together and blow into them, and recite into them

Sleeping Sunnahs

- *Qul Huwa Allaahu Ahad,*
- *Qul a'oodhu bi rabb il-falaq and*
- *Qul a'oodhu bi rabb il-naas*

Then he would wipe them over whatever he could of his body, starting with his head and face and the front of his body and he would do that three times

Sahih al-Bukhari

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ هُوَ اللَّهُ أَحَدٌ ﴿١﴾ اللَّهُ
الصَّمَدُ ﴿٢﴾ لَمْ يَلِدْ وَلَمْ يُولَدْ
﴿٣﴾ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ
﴿٤﴾

Say: He is Allah, the One! Allah,
the eternally Besought of all!
He begetteth not nor was
begotten.
And there is none
comparable unto Him.



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ﴿١﴾ مِنْ شَرِّ
مَا خَلَقَ ﴿٢﴾ وَمِنْ شَرِّ غَاسِقٍ إِذَا
وَقَبُ ﴿٣﴾ وَمِنْ شَرِّ النَّفَّاثِ فِي
الْعُقَدِ ﴿٤﴾ وَمِنْ شَرِّ حَاسِدٍ إِذَا
حَسَدَ ﴿٥﴾

Say: I seek refuge in the Lord of the Daybreak. From the evil of that which He created; From the evil of the darkness when it is intense, And from the evil of malignant witchcraft, And from the evil of the envier when he envieth.



Journey Towards
Jannah



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ النَّاسِ ﴿١﴾ مَلِكِ
النَّاسِ ﴿٢﴾ إِلَهِ النَّاسِ ﴿٣﴾ مِنْ
شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ﴿٤﴾
الَّذِي يُوسْوِسُ فِي صُدُورِ النَّاسِ
﴿٥﴾ مِنَ الْجِنَّةِ وَالنَّاسِ ﴿٦﴾

Say: I seek refuge in the Lord of mankind, The King of mankind, The god of mankind, From the evil of the sneaking whisperer, Who whispereth in the hearts of mankind, Of the jinn and of mankind.

Journey Towards Jannah

Surah Mulk before sleeping

Narrated Jabir رضي الله عنه
"The Prophet (ﷺ) would
not sleep until he recited
Alif Lam Mim Tanzil and
Tabarak Alladhi
Biyadihil-Mulk."

Sleeping Sunnahs

Jami At-Thirmidhi, Book 42,
Hadith 2892

Narrated Abu Hurairah رضي الله عنه

that the Prophet (ﷺ) said:
"Indeed there is a Surah in the
Qur'an of thirty Ayat,
which intercedes for a man
until he is forgiven.

It is [Surah]
**Tabarak Alladhi
Biyadihil-Mulk.**"

Jami At-Thirmidhi,
Book 42, Hadith 2891



Last 2 verses of Surat al Baqarah before sleeping

Narrated Abu Mas'ud:

The Prophet (ﷺ) said,
"If somebody recited the **last two Verses of Surat Al-Baqara** at night, that will be **sufficient** for him."

Sahih al-Bukhari 5009

سُورَةُ الْبَقَرَةِ

Sleeping
Sunnahs



أَمَّنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ
وَالْمُؤْمِنُونَ كُلٌّ آمَنَ بِاللَّهِ وَمَلِكِهِ
وَكُتُبِهِ وَرُسُلِهِ **ق** لَا تَفَرِّقُ بَيْنَ أَحَدٍ
مِّنْ رُّسُلِهِ **ق** وَقَالُوا سَمِعْنَا وَأَطَعْنَا
عُفْرَانِكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ **(٢٨٥)**

The Messenger has believed in what was revealed to him from his Lord, and [so have] the believers. All of them have believed in Allah and His angels and His books and His messengers, [saying], "We make no distinction between any of His messengers." And they say, "We hear and we obey. [We seek] Your forgiveness, our Lord, and to You is the [final] destination."

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا
كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ رَبَّنَا لَا تُؤَاخِذْنَا
إِن نَّسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا
إِصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِن قَبْلِنَا رَبَّنَا وَلَا
تَحْمِلْنَا مَا لَا طَاقَةَ لَنَا بِهِ **ق** وَاعْفُ عَنَّا وَاعْفِرْ
لَنَا وَارْحَمْنَا أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ
الْكَافِرِينَ **(٢٨٦)**

Allah does not charge a soul except [with that within] its capacity. It will have [the consequence of] what [good] it has gained, and it will bear [the consequence of] what [evil] it has earned. "Our Lord, do not impose blame upon us if we have forgotten or erred. Our Lord, and lay not upon us a burden like that which You laid upon those before us. Our Lord, and burden us not with that which we have no ability to bear. And pardon us; and forgive us; and have mercy upon us. You are our protector, so give us victory over the disbelieving people."



Narrated Abu Qatadah رضي الله عنه

Messenger of Allah (ﷺ) said:
“(Good) dreams come from Allah and
(bad) dreams come from Satan, so if
anyone of you sees something that
he dislikes, let him

- ✓ spit dryly to his left three times
- ✓ seek refuge with Allah from the
accursed Satan three times, and
- ✓ turn over onto his other side.”

Sunan Ibn Majah 3909



Journey Towards Jannah

Dua when you see
a bad dream

أَعُوذُ بِاللَّهِ مِنْ شَرِّ الشَّيْطَانِ

وَشَرِّهَا

“I seek refuge with Allah from the evil
of Satan and its (i.e. dream's) evil.”



Dua when you wake up at the middle of night

Narrated 'Ubada bin As-Samit:
The Prophet (ﷺ) "Whoever gets up at
night and says: --
'La ilaha il-lallah Wahdahu la Sharika
lahu Lahu-lmulk, waLahu-l-hamd
wahuwa 'ala kullishai'in Qadir. Al
hamdu lil-lahi wa subhanal-lahi

Sleeping Sunnahs

wa la-ilaha il-lal-lah
wa-l-lahu akbar wa la hawla
Wala Quwata il-la-bil-lah.
And then says: -- Allahumma, Ighfir li Or
invokes (Allah), he will be responded to and
if he performs ablution (and prays), his
prayer will be accepted."

Sahih Bukahri 1154



Journey Towards
Jannah



Journey Towards Jannah

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ،
لَهُ الْمُلْكُ، وَلَهُ الْحَمْدُ، وَهُوَ عَلَى
كُلِّ شَيْءٍ قَدِيرٌ. الْحَمْدُ لِلَّهِ،
وَسُبْحَانَ اللَّهِ، وَلَا إِلَهَ إِلَّا اللَّهُ،
وَاللَّهُ أَكْبَرُ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا
بِاللَّهِ. اللَّهُمَّ اغْفِرْ لِي



Recite Ayat ul kursi when go to bed

Reported Abu Hurairah رضي الله عنه A man said to me, "I shall teach you some words with which Allah may benefit you." I asked, "What are those words?" He replied, "When you go to bed, recite Ayat-ul- Kursi for there will be a guardian

Sleeping Sunnahs

appointed over you from Allah, and Satan will not be able to approach you till morning." The Prophet (ﷺ) said, "Verily, he has told you the truth though he is a liar. O Abu Hurairah! Do you know with whom you were speaking for the last three nights?" I said, "No." He (ﷺ) said, "He was Shaitan (Satan)."

Sahih Bukahri



Journey Towards
Jannah



Journey Towards Jannah

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ ۚ لَا
تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ لَهُ مَا فِي السَّمَوَاتِ
وَمَا فِي الْأَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ
إِلَّا بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ
وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا
شَاءَ ۗ وَسِعَ كُرْسِيُّهُ السَّمَوَاتِ وَالْأَرْضَ
وَلَا يَئُودُهُ حِفْظُهُمَا ۗ وَهُوَ الْعَلِيُّ الْعَظِيمُ

"Allah! There is no god but He - the Living, The Self-subsisting, Eternal. No slumber can seize Him Nor Sleep. His are all things In the heavens and on earth. Who is there can intercede In His presence except As he permitteth? He knoweth What (appeareth to His creatures As) Before or After or Behind them. Nor shall they compass Aught of his knowledge Except as He willeth. His throne doth extend Over the heavens And on earth, and He feeleth No fatigue in guarding And preserving them, For He is the Most High. The Supreme (in glory)."



Do wadhu & sleep on right side

Al-Bara' b. 'Azib
reported that
Allah's, Messenger (ﷺ) said:
"When you go to bed, perform
ablution as is done for
prayer; then lie down on
the right side"

Sleeping Sunnahs

[Sahih Muslim 2710 a]



Journey Towards Jannah



Hudhaifah رضي الله عنه reported:

Whenever the Messenger of Allah (ﷺ) intended to go to sleep, he would place his right hand under his (right) cheek and supplicate:
"Allahumma qini 'adhabaka yauma tab'athu 'ibadaka"
Before going to sleep the Messenger of Allah (ﷺ) would recite this Du'a three times.

[Riyad as-Salihin Book 16, Hadith 57, At-Tirmidhi]



Journey Towards Jannah

Place right hand
under right cheek & say

اللَّهُمَّ قِنِي عَذَابَكَ يَوْمَ تَبْعَثُ

عِبَادَكَ

'O Allah, protect me from Your punishment on the Day you raise up Your slaves.'



Ali reported that Messenger of ALLAH (ﷺ) said to me and Fatima: "Shall I tell you a thing which is better than a maid-servant you asked me for? When you go to your beds, say:

Sleeping Sunnahs

'Allahu Akbar (i.e. Allah is Greater)' for 34 times, and **'Al hamdu Li llah** (i.e. all the praises are for Allah)' for 33 times, and **Subhan Allah** (i.e. Glorified be Allah) for 33 times. This is better for you than what you have requested."

Sahih al-Bukhari 3113



Journey Towards Jannah

Before going to sleep
say

سُبْحَانَ اللَّهِ
الْحَمْدُ لِلَّهِ
اللَّهُ أَكْبَرُ



It was narrated that Abu Dharr said:

“The Prophet (ﷺ) passed by me and I was lying on my stomach. He nudged me with his foot and said: 'O Junaidib! This is How the people of Hell lie.'”

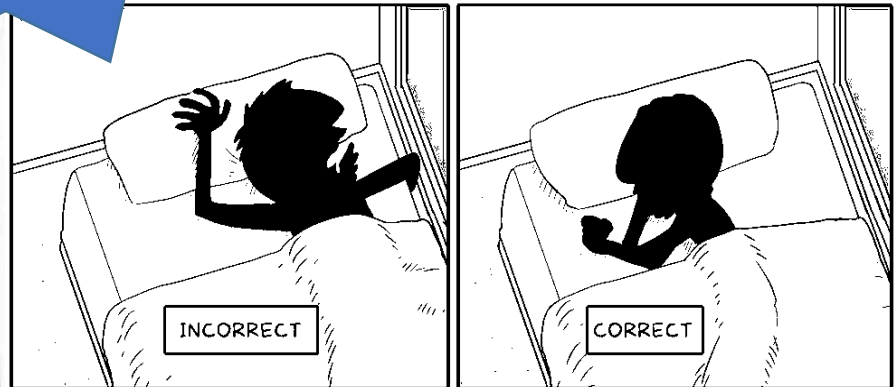
Sunan Ibn Majah 3724

Don't lie on your stomach

✗ Don't lie on your stomach

✓ Always lie down on the right side

Sleeping Sunnahs



Before going to Sleep, say

اللَّهُمَّ أَسَلَمْتُ نَفْسِي إِلَيْكَ، وَوَجَّهْتُ وَجْهِي إِلَيْكَ
وَفَوَّضْتُ أَمْرِي إِلَيْكَ، وَأَلْجَأْتُ ظَهْرِي إِلَيْكَ،
رَغْبَةً وَرَهْبَةً إِلَيْكَ، لَا مَلْجَأَ وَلَا
مَنْجَا مِنْكَ إِلَّا إِلَيْكَ، آمَنْتُ بِكِتَابِكَ
الَّذِي أَنْزَلْتَ، وَبِنَبِيِّكَ الَّذِي أَرْسَلْتَ

'O Allah! I have surrendered myself over to you and have turned my face towards You, and leave all my affairs to You and depend on You

and put my trust in You
expecting Your reward and
fearing Your punishment.
There is neither fleeing from
You nor refuge but with You. I
believe in the Book (Qur'an)
which You have revealed and
in Your Prophet (Muhammad)
whom You have sent.' If you
then die on that night, then
you will die as a Muslim,



Sleeping Sunnahs

Narrated Al-Bara' bin 'Azib:
Allah's Messenger (ﷺ) said,
O so-and-so, whenever you go to your bed
(for sleeping) say,

"Allaahumma 'aslamtu nafsee
'ilayka, wa wajjahtu wajhee 'ilayka,
wa fawwadhtu 'amree 'ilayka,

wa 'alja'tu dhahree
'ilayka, raghbatan wa rahbatan
'ilayka, laa maalja' wa laa manja
minka 'illaa 'ilayka, 'aamantu
bikitaabikal-lathee 'anzalta wa
bi-nabiyyikal-lathee 'arsalta."

If you then die on that night, then you will die
as a Muslim, & if you wake alive in the
morning then you will receive the reward."

[Sahih al-Bukhari 7488]



Journey Towards
Jannah



Journey Towards Jannah

Sleeping Sunnahs Checklist

Dust off your bed before sleeping

Recite 4 qul before sleeping

dua before sleeping
اللَّهُمَّ بِاسْمِكَ أَمُوتُ وَأَحْيَا

Recite Surah Mulk before going to bed

Do wadhu & sleep on right side

Recite "Allaahumma 'aslamtu nafsee ... bi-nabiyyikal-lathe 'arsalta

When you see a bad dream, spit dryly to your left three times, seek refuge with Allah from the accursed Satan three times, and turn over onto your other side

Recite Ayat ul kursi before sleeping

Place right hand under right cheek while sleeping

Don't lie on stomach

Last 2 verses of Surat al Baqarah before sleeping

Say Allahu Akber (34X), Alhamdu-lillah (33X), Subhan ALLAH (33X)

Make Dua when you wake up at the middle of night

Dua after waking up

Whenever the
Prophet ﷺ woke up
he would say:
"Al-hamdu lil-lahilladhi
ahyana ba'da ma an atana,
wa ilaihi an-nushur."

Sahih al-Bukhari 6314



الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا
بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ
النُّشُورُ

Wake up
Sunnahs

All praise is for
Allah who gave
us life after
causing us to
die, and unto
Him is the
resurrection.



Journey Towards Jannah

It was narrated that Ibn Abbas said:

“The Prophet (ﷺ)
awoke and sat up
and wiped the sleep
away from his face
with his hand.”

Wake up
Sunnahs

Rub your face
with hands when
wake up



Muwatta Malik Book 7, Hadith 11

Recite last 10 ayahs of surah Ali imran

“The Prophet (ﷺ)
awoke and sat up and wiped
the sleep away from his
face with his hand.

Then He (ﷺ) recited the
last ten ayats of
sura Ali Imran
(Sura 3).



Muwatta Malik Book 7, Hadith 11



Journey Towards Jannah

الَّذِينَ يَذْكُرُونَ اللَّهَ قِيَامًا وَقُعُودًا وَعَلَىٰ جُنُوبِهِمْ وَيَتَفَكَّرُونَ فِي
خَلْقِ السَّمٰوٰتِ وَالْاَرْضِ رَبَّنَا مَا خَلَقْتَ هٰذَا بَاطِلًا سُبْحٰنَكَ فَقِنَا عَذَابَ النَّارِ
﴿١٩١﴾ رَبَّنَا اِنَّكَ مَنْ تَدْخِلِ النَّارَ فَقَدْ اٰخَرْتَهُ وَمَا لِلظَّالِمِيْنَ مِنْ اَنْصَارٍ ﴿١٩٢﴾
رَبَّنَا اِنَّا سَمِعْنَا مُنَادِيًا يُنَادِي لِلْاِيْمَانِ اَنْ اٰمِنُوْا بِرَبِّكُمْ فَاٰمَنَّا بِرَبِّنَا فَأَعْفِرْ لَنَا ذُنُوْبَنَا
وَكَفِّرْ عَنَّا سَيِّئَاتِنَا وَتَوَفَّنَا مَعَ الْاَبْرَارِ ﴿١٩٣﴾ رَبَّنَا وَاِنَّا مَا وَعَدْتَنَا عَلٰى رُسُلِكَ وَاَلَّا
تُخْرِنَا يَوْمَ الْقِيٰمَةِ اِنَّكَ لَا تُخْلِفُ الْمِيْعَادَ
﴿١٩٤﴾ فَاسْتَعْجَبَ لَهُمْ رَبُّهُمْ اِنَّيْ لَا اُضِيْعُ عَمَلًا عَامِلٍ مِّنْكُمْ
مِّنْ ذَكَرٍ اَوْ اُنْتِىْ بَعْضُكُمْ مِّنْ بَعْضٍ فَاَلَّذِيْنَ هَاجَرُوْا
وَاُخْرِجُوْا مِنْ دِيَارِهِمْ وَاُوْدُوْا فِيْ سَبِيْلِىْ وَقَتَلُوْا وَقَتِلُوْا
لَا كُفْرًا عَنْهُمْ سَيِّئَاتِهِمْ وَلَا دَخَلْتَهُمْ جَنَّتٍ تَجْرِيْ مِنْ تَحْتِهَا الْاَنْهٰرُ
تَوَابًا مِّنْ عِنْدِ اللّٰهِ وَاللّٰهُ عِنْدَهُ حُسْنُ الْعَوَابِ ﴿١٩٥﴾ لَا يَغْرِبُكَ تَقَلُّبُ
الَّذِيْنَ كَفَرُوْا فِي الْبِلَادِ ﴿١٩٦﴾ مَتَاعٌ قَلِيْلٌ قَدْ هُم مَّا وُهِمَ بِهِمْ جَهَنَّمَ وَبِئْسَ الْمِهَادُ
﴿١٩٧﴾ لٰكِنِ الَّذِيْنَ اٰتَقَوْا رَبَّهُمْ لَهُمْ جَنَّتٌ تَجْرِيْ مِنْ تَحْتِهَا الْاَنْهٰرُ خٰلِدِيْنَ فِيْهَا نَزَّلَا
مِّنْ عِنْدِ اللّٰهِ وَمَا عِنْدَ اللّٰهِ خَيْرٌ لِّلْاَبْرَارِ ﴿١٩٨﴾ وَاِنَّ مِنْ اَهْلِ الْكِتٰبِ لَمَنْ يُؤْمِنُ
بِاللّٰهِ وَمَا اُنزِلَ اِلَيْكُمْ وَمَا اُنزِلَ اِلَيْهِمْ خٰشِعِيْنَ لِلّٰهِ لَا يَسْتَرْوْنَ بِآيٰتِ اللّٰهِ تَمَتًّا قَلِيْلًا
اُولٰٓئِكَ لَهُمْ اَجْرُهُمْ عِنْدَ رَبِّهِمْ لَنْ اللّٰهُ سَرِيْعُ الْحِسَابِ ﴿١٩٩﴾ يَا أَيُّهَا الَّذِيْنَ اٰمَنُوْا
اصْبِرُوْا وَصَابِرُوْا وَرَابِطُوْا قَدْ وَاثَقُوْا اللّٰهَ لَعَلَّكُمْ تُفْلِحُوْنَ ؕ ﴿٢٠٠﴾

Blow your nose and wash hands

Narrated Abu Huraira:
Allah's Messenger (ﷺ) said:

"When one of you wakes up from his sleep, he must blow of his nose three times, for the Satan spends the night inside one's nostrils"

[Bulugh al-Maram 37]

Wake up Sunnahs

Abu Huraira said:

"When anyone amongst you wakes up from sleep, he must not put his hand in the utensil till he has washed it three times, for he does not know where his hand was during the night."

(Sahih Muslim 278a)



“The Messenger of Allah (ﷺ) said:
Whoever wakes up in the morning and
says upon waking:

La ilaha illallah wahdahu la sharika
lahu, la hul-mulku wa la hul-hamdu, wa
Huwa ‘ala kulli shay’in Qadir; Subhan-
Allah walhamdu lillahi,

wa la ilaha illallahu, wa Allahu Akbar,
wa la hawla wa la quwwata illa billahil-
‘Aliyil-‘Azim

then he supplicates *Rabbighfirlil*
he will be forgiven.” Walid said: “Or he
said: then if he supplicated, it will be
answered for him then if he stood up and
performed ablution and then performed
prayer, his prayer would be accepted.”

[Sunan Ibn Majah 3878]



Journey Towards
Jannah



Wake up Sunnahs

When you wake up,
supplicate this, do wudu,
and perform prayer

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ
وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ
سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ
إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ وَلَا حَوْلَ وَلَا
قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ رَبِّ اغْفِرْ لِي

None has the right to be worshipped but
Allah alone, with no partner or associate.
His is the dominion and all praise is to Him,
and He is Able to do all things. Glory is to
Allah, praise is to Allah, none has the right
to be worshiped but Allah, Allah is the Most
Great, and there is no power and no
strength except with Allah, the Most High,
the Most Supreme. (O Lord, forgive me)



Journey Towards Jannah

Wake up early in the morning

Messenger of Allah (ﷺ) said:

"O Allah, bless my nation in their early mornings (i.e., what they do early in the morning)."

(Hasan) He said: "When he sent out a raiding party or an army, he would send them at the beginning of the day."

He said: (1) "Sakhr was a man engaged in trade, and he used to send his goods out at the beginning of the day, and his wealth grew and increased."

Wake up
Sunnahs

Try to wake up for Tahajjud, and then work during the hours before Fajr Salah. If you cannot, then at least wake up for Fajr and stay up till sunrise. Those hours are filled with Barakah.



Sunan Ibn Majah Vol. 3, Book 12, Hadith 2236



Journey Towards Jannah

Break the knots of Shatan

Allah's Messenger (ﷺ) said)

"During your sleep, Satan knots three knots at the back of the head of each of you, and he breathes the following words at each knot, 'The night is,

Long, so keep on sleeping

'If that person wakes up and celebrates the praises of Allah,

then one knot is undone

and when he performs ablution the

second knot is undone, and

when he prays, all the knots are undone,

and he gets up in the morning lively and in good

spirits, otherwise he gets up in low spirits

and lethargic."

Sahih al-Bukhari 3269

Wake up
Sunnahs

1.



Waking up & remembering Allah

Performing
ablution

2.



Offering fajar
prayer

3.



Journey Towards Jannah

When you wake up use Miswak

Abu Hurairah رضي الله عنه reported:

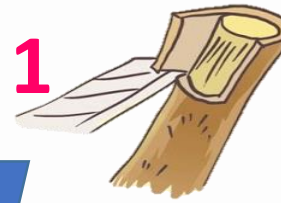
The Messenger of Allah (ﷺ) said,

"Had I not thought it difficult for my Ummah, I would have commanded them to use the Miswak (tooth-stick) before every Salat."

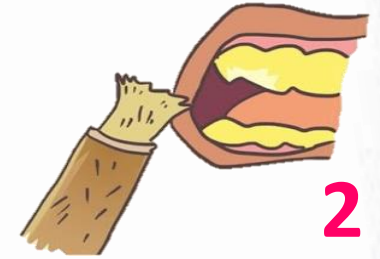
[Al-Bukhari and Muslim]

Wake up Sunnahs

1



2



How to use miswak



3



4



Wake up Sunnahs Checklist

dua after waking up
الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

Rub your face with hands

Blow your nose & wash hands

When you wake up supplicate:

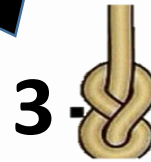
لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ
وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ
إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ رَبِّ اغْفِرْ لِي

Wake up early in the morning

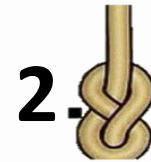
Use miswak, do wadu

Recite last 10 ayahs of Surah Aal-e-Imran

Break the knots of shaitan by



Offering fajar prayer



Performing ablution



Waking up & remembering Allah

Dua when leaving home

بِسْمِ اللَّهِ، تَوَكَّلْتُ عَلَى اللَّهِ، وَلَا
حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Bismillaahi, tawakkaltu 'alallaahi,
wa laa hawla wa laa quwwata
' illaa billaah.

In the Name of Allah,
I have placed my trust
in Allah, there is no
might and no power
except by Allah.

Jami' at-Tirmidhi 3426



Dua when entering home

بِسْمِ اللَّهِ وَلَجْنَا، وَبِسْمِ اللَّهِ خَرَجْنَا،
وَعَلَى رَبِّنَا تَوَكَّلْنَا

Bismillaahi walajnaa, wa bismillaahi
kharajnaa, wa 'alaa Rabblnaa
tawakkalnaa

In the Name of Allah we
enter, in the Name of Allah we
leave, and upon our Lord we
depend [then say As-Salaamu
'Alaykum to those present].

Abu Dawud 4/325



Sunnahs



Importance of dua

Anas ibn Maalik narrated that the Prophet ﷺ, said,
"When a man goes out of his house and says,

**'Bismillaahi tawakkaltu 'ala Allaah wala
hawla wala quwwata
illa billaah,**

*'(In the name of Allaah, I place my
trust in Allaah; there is no power
and no strength save in Allaah.)'*
then the following is said to him,

**'You are guided, defended and
protected.'**

So the devils will move out of his way, and another
devil will say,

**'How can you deal with a man who has been
guided, defended, and protected (by Allaah)?'**

Abu Daawood - Al-Albaani graded it Saheeh (good)

Dua when leaving home

بِسْمِ اللَّهِ، تَوَكَّلْتُ عَلَى اللَّهِ، وَلَا
حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Bismillaahi, tawakkaltu 'alallaahi,
wa laa hawla wa laa quwwata
' illaa billaah.

Sunnahs

In the Name of Allah,
I have placed my trust
in Allah, there is no
might and no power
except by Allah.



Jami` at-Tirmidhi 3426



Journey Towards Jannah

Dua before entering toilet

Anas bin Malik رضي الله عنه said:

"When the Prophet ﷺ would enter the toilet 'He said:

'Allahumma inni a'uthu bika min al-khubuthi wal-khaba'ith

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ
الْخُبُثِ وَالْخَبَائِثِ

O Allah, I seek refuge with You
from male and female devils

Jami` at-Tirmidhi 6

Sunnahs



Dua after leaving toilet

'Aishah, رضي الله عنها said:

"When the Prophet ﷺ would exit the toilet He would say:

'Ghufranak.'"

عُفْرَانِكَ

Jami` at-Tirmidhi 7



**JAZAKUM
ALLAH - HU
KHAIRAN**

