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## **Virtues of the Night Prayer (Qiyaam al-Layl)**

اثنان وعشرون فضيلة لقيام الليل

Sh. 'Abdur-Rahman ibn Sa'd al-Shathri

## بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

إن الحمد لله، نحمده ونستعينه ونستغفره، ونعوذ بالله من شرور أنفسنا، ومن سيئات أعمالنا من يهده الله فلا مضل له، ومن يضلل فلا هادي له، وأشهد أن لا إله إلا الله وحده لا شريك له، وأشهد أن محمدًا عبده ورسوله

﴿ يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ حَقَّ تَقَاتِهِ وَلَا تَمُوتُنَّ إِلَّا وَأَنْتُمْ مُسْلِمُونَ ﴾

[آل عمران: ١٠٢]

﴿ يَا أَيُّهَا النَّاسُ اتَّقُوا رَبَّكُمُ الَّذِي خَلَقَكُمْ مِنْ نَفْسٍ وَاحِدَةٍ وَخَلَقَ مِنْهَا زَوْجَهَا وَبَثَّ مِنْهُمَا رِجَالًا كَثِيرًا وَنِسَاءً وَاتَّقُوا اللَّهَ الَّذِي تَسَاءَلُونَ بِهِ وَالْأَرْحَامَ إِنَّ اللَّهَ كَانَ عَلَيْكُمْ رَقِيبًا ﴾ [النساء: ١]

﴿ يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ وَقُولُوا قَوْلًا سَدِيدًا \* يُصْلِحْ لَكُمْ أَعْمَالَكُمْ وَيَغْفِرْ لَكُمْ ذُنُوبَكُمْ وَمَنْ يُطِيعِ اللَّهَ وَرَسُولَهُ فَقَدْ فَازَ فَوْزًا عَظِيمًا ﴾

[الأحزاب: ٧٠-٧١]

أما بعد: فإن أصدق الحديث كتاب الله، وخير الهدي هدي محمد ﷺ، وشر الأمور محدثاتها، وكل محدثة بدعة، وكل بدعة ضلالة، وكل ضلالة في النار

## 22 Virtues of the Night Prayer

### (Qiyaam al-Layl)

Sh. 'Abdur-Rahman ibn Sa'd al-Shathri

الحمدُ لله الذي أعظمَ علينا المِنَّةَ بالإسلامِ والسُّنَّةِ، اللهمَّ وَفَّقْنَا بِفَضْلِكَ لِلاتِّبَاعِ،  
وَاعْصِمْنَا بِرَحْمَتِكَ مِنَ الْإِبْتِدَاعِ، وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، الَّذِي  
عَجَزَ الْحَامِدُونَ عَلَى الْقِيَامِ بِأَدَاءِ شُكْرِ نِعْمَةٍ مِنْ نِعَمِهِ، وَكَلَّتِ أَلْسِنَةُ الْوَاصِفِينَ  
عَنْ بُلُوغِ كُنْهِ عَظَمَتِهِ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ، صَلَّى اللَّهُ عَلَى مُحَمَّدٍ  
سَيِّدِ الْمُرْسَلِينَ، وَإِمَامِ الْمُتَّقِينَ، وَخَاتَمِ النَّبِيِّينَ فِي كُلِّ سَاعَةٍ وَلَحْظَةٍ عَلَى دَوَامِ الْأَبَدِ مَا  
لَا يَدْخُلُ تَحْتَ الْعَدَدِ، وَلَا يَنْقَطِعُ عَنْهُ الْمَدَدُ، وَعَلَى إِخْوَانِهِ مِنَ النَّبِيِّينَ وَالْمُرْسَلِينَ  
وَالْمَلَائِكَةِ الْمُقَرَّبِينَ، وَعَلَى أَزْوَاجِهِ أُمَّهَاتِ الْمُؤْمِنِينَ وَذُرِّيَّتِهِ وَأَصْحَابِهِ وَعِزَّتِهِ، وَعَلَى  
مُتَّبِعِي سُنَّتِهِ، وَأَهْلِ إِجَابَةِ دَعْوَتِهِ بِمَنْنِهِ وَفَضْلِهِ وَسَعَةِ رَحْمَتِهِ

All praise is for Allah, who has bestowed upon us the greatest blessing of Islam and the Sunnah. O Allah, grant us success through Your grace to obey You and protect us with Your mercy from heresy and innovations. I bear witness that there is no deity worthy of worship except Allah, who has no partner. Those who give thanks cannot express enough gratitude for any of His blessings, and the tongues of those who describe Him fail to attain and comprehend the essence of His greatness. I bear witness that Muhammad is His servant and Messenger ﷺ, the leader of the Messengers, the Imam of the

righteous, and the seal of the Prophets at every waking moment forever. Allah's aid and assistance will not be cut off from him, nor his brothers of the Prophets and Messengers, the angels who are close to him, his wives who are the mothers of the believers, his descendants, his Companions, those who follow his Sunnah, and those who respond to his call by Allah's blessings, grace, and abundant mercy.

أما بعد: فاتقوا الله عبادَ الله، واعلموا أنَّ أوَّلَ ما تُحاسبون عليه من حقوقِ الله يومَ القيامةِ: صَلَاتِكُمْ، قَالَ صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ: (أَوَّلُ ما يُحاسبُ بِهِ العَبْدُ يومَ القيامةِ صَلَاتُهُ، فَإِنْ أَمَّهَا كُتِبَتْ لَهُ تَامَّةً، وَإِنْ لَمْ يَكُنْ أَمَّهَا، قَالَ: انظُرُوا تَجِدُونَ لِعَبْدِي مِنْ تَطَوُّعٍ، فَأَكْمِلُوا ما ضَيَّعَ مِنْ فَرِيضَتِهِ، ثُمَّ الزَّكَاةَ، ثُمَّ تُؤْخَذُ الأَعْمَالُ على حَسَبِ ذَلِكَ) رواه الإمام أحمد وجوّد إسناده ابن رجب

As for what follows: Fear Allah, O servants of Allah, and know that the first thing you will be held accountable for from Allah's rights on the Day of Resurrection is your prayers.

The Messenger of Allah ﷺ said: **“The first thing for which a servant will be held accountable on the Day of Resurrection will be his prayers. If he performed them with completeness, they will be recorded for him as such. If they were not performed with completeness, Allah will say: Look, you will find from My servant voluntary prayers, so complete what he missed of his obligatory prayers, then the zakat, then the deeds will be taken to account according to that.”** [Narrated by Imam Ahmad and its chain of narration was deemed good by Ibn Rajab]

ألا وإنَّ أفضلَ صلاةِ التطوُّعِ: قيامُ الليلِ، قالَ - صلى اللهُ عليه وسلم -:

(أَفْضَلُ الصَّلَاةِ بَعْدَ الصَّلَاةِ الْمَكْتُوبَةِ: الصَّلَاةُ فِي جَوْفِ اللَّيْلِ) رواه مسلم،

وهي سُنَّةٌ مُؤَكَّدَةٌ ثابتَةٌ بالكتابِ والسُّنَّةِ والإجماعِ، وقد أثنى اللهُ عَزَّ وَجَلَّ على الْمُتَهَجِّدِينَ فِي اللَّيْلِ فَأَحْسَنَ عَلَيْهِمُ الثَّنَاءَ، وَوَعَدَهُمْ أَحْسَنَ مَا يَكُونُ مِنَ الْمَوْعِدِ الْجَمِيلِ، وَرَغَّبَ النَّبِيُّ صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ عَلَى قِيَامِ اللَّيْلِ وَحَثَّ أُمَّتَهُ عَلَيْهِ، وَهَكَذَا الصَّحَابَةُ وَمَنْ بَعْدَهُمْ رَغَّبُوا فِيهِ وَحَثُّوا عَلَى قِيَامِهِ، وَنَبَّلَ عِنْدَ جَمِيعِ الْمُسْلِمِينَ مَنْ كَانَ لَهُ حَظٌّ فِي قِيَامِ اللَّيْلِ، وَسُنَّبَ فِي هَذِهِ الْجُمُعَةِ إِنْ شَاءَ اللهُ مَا فِيهِ مِنَ الْفَضْلِ الْعَظِيمِ وَالْحَظِّ الْجَزِيلِ، لِيَكُونَ الرَّاغِبُ فِي قِيَامِ اللَّيْلِ عَلَى بَصِيرَةٍ، يُتَاجَرُ مَوْلَاهُ الْكَرِيمَ بِعِلْمٍ وَيُحْسِنُ الْخِدْمَةَ لِلْمَوْلَى رَجَاءَ الْقُرْبَةِ مِنْهُ

Indeed, the best voluntary prayer is the night prayer.

The Messenger of Allah ﷺ said: **“The best prayer after the obligatory prayers is the prayer in the depth of the night.”** [Narrated by Muslim]. It is an emphasized Sunnah established by the Qur’an, the Sunnah, and consensus. Allah has praised those who perform the tahajjud prayer at night with lofty praise and promised them the best of all gatherings. The Prophet ﷺ would desire to perform the night prayer and urged his nation to perform it. Likewise, the Companions and those after them desired to perform it and encouraged that it be performed. There is nobility in the eyes of all Muslims for those who stand and pray a portion of the night. We will explain - if Allah wills - what praying the night prayer entails from tremendous virtue and great fortune so that

the one who desires to pray the night prayer will do so with knowledge and insight and will interact with his Noble Master with knowledge and serve his Master well in the hope of drawing closer to Him.

فَمِنَ الْفَضَائِلِ: أَنَّ قِيَامَ اللَّيْلِ مِنْ صِفَاتِ عِبَادِ الرَّحْمَنِ: قَالَ تَعَالَى:

﴿وَالَّذِينَ يَبِيتُونَ لِرَبِّهِمْ سُجَّدًا وَقِيَامًا﴾ [الفرقان: 64]

1. Among the virtues: praying at night is one of the characteristics of the servants of the Most Merciful.

Allah says: **{And those who spend [part of] the night to their Lord prostrating and standing [in prayer]}** [Surah al-Furqan: 64]

قِيَامُ اللَّيْلِ مِنْ صِفَاتِ الْمُتَّقِينَ: ﴿كَانُوا قَلِيلًا مِنَ اللَّيْلِ مَا يَهْجَعُونَ\* وَبِالْأَسْحَارِ هُمْ يَسْتَغْفِرُونَ﴾ [الذاريات: 17-18]

2. Performing the night prayer is one of the characteristics of the righteous.

Allah says: **{They used to sleep but little of the night, and in the hours before dawn they would ask forgiveness}** [Surah al-Dhariyat: 17-18]

قِيَامُ اللَّيْلِ لِلْكَمَلِ مِنْ أَهْلِ الْإِيمَانِ: ﴿تَتَجَافَى جُنُوبُهُمْ عَنِ الْمَضَاجِعِ يَدْعُونَ رَبَّهُمْ خَوْفًا وَطَمَعًا﴾ [السجدة: 16]

3. The night prayer is for the most perfect of the people of faith.

Allah says: **{Their sides part [i.e., they arise] from [their] beds; they supplicate their Lord in fear and aspiration}** [Surah al-Sajdah: 16]

قيام الليل علامة أهل العلم: ﴿أَمَّنْ هُوَ قَانِتٌ آنَاءَ اللَّيْلِ سَاجِدًا وَقَائِمًا يَحْذَرُ  
الْآخِرَةَ وَيَرْجُو رَحْمَةَ رَبِّهِ قُلْ هَلْ يَسْتَوِي الَّذِينَ يَعْلَمُونَ وَالَّذِينَ لَا يَعْلَمُونَ إِنَّمَا  
يَتَذَكَّرُ أُولُو الْأَلْبَابِ﴾ [الزمر: 9]

4. The night prayer is a sign of the people of knowledge.

Allah says: {Is one who is devoutly obedient during periods of the night, prostrating and standing [in prayer], fearing the Hereafter and hoping for the mercy of his Lord, [like one who does not]? Say, "Are those who know equal to those who do not know?" Only they will remember [who are] people of understanding} [Surah az-Zumar: 9]

قيام الليل أجمع للخاطر وأجدر لفقه القرآن: قال تعالى: ﴿إِنَّ نَاشِئَةَ اللَّيْلِ هِيَ  
أَشَدُّ وَطْئًا وَأَقْوَمُ قِيلًا﴾. قال ابن عباس - رضي الله عنهما -: (وقوله: «أَقْوَمُ  
قِيلًا» هُوَ أَجْدَرُ أَنْ يَفْقَهَ فِي الْقُرْآنِ) رواه أبو داود وحسنه الألباني

5. The night prayer is more fulfilling for the heart and more suitable for understanding the Qur'an.

Allah says: {Indeed, worship in the night is more impactful and suitable for recitation}

Ibn Abbas said: His saying {suitable for recitation} meaning it is a more suitable time for one to understand the Qur'an.

[Narrated by Abu Dawud and declared Hasan by al-Albani]

قيام الليل سبب ثناء الله على طائفة من أهل الكتاب: قال تعالى: ﴿لَيْسُوا سَوَاءً  
مِنْ أَهْلِ الْكِتَابِ أُمَّةٌ قَائِمَةٌ يَتْلُونَ آيَاتِ اللَّهِ آنَاءَ اللَّيْلِ وَهُمْ يَسْجُدُونَ﴾

[آل عمران: 113]

6. The night prayer is a reason behind Allah's praise of a [previous] group amongst the People of the Book.

Allah says: {They are not [all] the same; among the People of the Scripture is a community standing [in obedience], reciting the verses of Allah during periods of the night and prostrating [in prayer]}

[Surah Al 'Imran: 113]

أهل القيام هم أهل مناجاة الله: قال - صلى الله عليه وسلم -: (يَنْزِلُ رَبُّنَا  
تَبَارَكَ وَتَعَالَى كُلَّ لَيْلَةٍ إِلَى السَّمَاءِ الدُّنْيَا حِينَ يَبْقَى ثُلُثُ اللَّيْلِ الْآخِرِ، يَقُولُ: مَنْ  
يَدْعُونِي فَأَسْتَجِيبَ لَهُ، مَنْ يَسْأَلُنِي فَأُعْطِيَهُ، مَنْ يَسْتَغْفِرُنِي فَأَغْفِرَ لَهُ)

رواه البخاري ومسلم

7. Those who perform the night prayer are the people who intimately converse with Allah.

The Messenger of Allah ﷺ said: "Our Lord - Blessed and Most High - descends every night to the lowest heaven in a way that befits His Majesty when the last third of the night remains, saying: Who will call upon Me so that I may answer him? Who will ask Me so that I may give him? Who will ask for My forgiveness so that I may forgive him?"

[Narrated by al-Bukhari and Muslim]



أهل القيّام همّ الناجون من النار: فعن عبدالله بن عمَرَ - رضي الله عنهما - قال: (رَأَيْتُ فِي النَّوْمِ كَأَنَّ مَلَكَيْنِ أَخَذَانِي فَذَهَبَا بِي إِلَى النَّارِ، فَإِذَا هِيَ مَطْوِيَّةٌ كَطَيِّ البُرِّ، وَإِذَا لَهَا قَرْنَانِ كَقَرْنَيْ البُرِّ، وَإِذَا فِيهَا نَاسٌ قَدْ عَرَفْتُهُمْ، فَجَعَلْتُ أَقُولُ: أَعُوذُ بِاللَّهِ مِنَ النَّارِ، أَعُوذُ بِاللَّهِ مِنَ النَّارِ، أَعُوذُ بِاللَّهِ مِنَ النَّارِ، قَالَ: فَلَقِيَهُمَا مَلَكٌ فَقَالَ لِي: لَمْ تُرَعْ، فَقَصَصْتُهَا عَلَى حَفْصَةَ، فَقَصَّتْهَا حَفْصَةُ عَلَى رَسُولِ اللَّهِ - صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ -، فَقَالَ النَّبِيُّ - صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ -: «نِعْمَ الرَّجُلُ عَبْدُ اللَّهِ لَوْ كَانَ يُصَلِّي مِنَ اللَّيْلِ»، قَالَ سَامٌ: فَكَانَ عَبْدُ اللَّهِ بَعْدَ ذَلِكَ لَا يَنَامُ مِنَ اللَّيْلِ إِلَّا قَلِيلًا) رواه البخاري ومسلم واللفظ لمسلم

**8.** Those who perform the night prayer will be saved from the hellfire.

On the authority of Abdullah ibn Umar, who said: **“I saw in a dream as if two Angels had taken hold of me and carried me to the fire. It was built like the easing of a well and had two pillars like those of a well; there were people in it whom I knew, and I cried out: I seek refuge with Allah from the hellfire; I seek refuge with Allah from the hellfire; I seek refuge with Allah from the hellfire. Then another Angel joined the two others and said to me: Do not fear. I narrated this dream to Hafsa, and she narrated it to Allah's Messenger ﷺ, whereupon he ﷺ said: ‘What a fine man is Abdullah if he would pray at night.’”**

**Salim said: “After that, Abdullah would sleep only for a small portion of the night.”**

[Narrated by al-Bukhari and Muslim, and the wording is by Muslim]

أهلُ القيام لهم الغُرفُ العالية في الجنة: قَالَ - صلى الله عليه وسلم -: (إِنَّ فِي  
الجنةِ غُرفَةً يَرى ظاهِرُها مِنْ باطنِها، وباطِنُها مِنْ ظاهِرِها، أَعَدَّها اللهُ لِمَنْ  
أَطَعَمَ الطعامَ، وَأَلانَ الكلامَ، وتابَعَ الصيامَ، وصَلَّى والناسُ نِيامًا)

رواه أحمد وحسنه الهيثمي

9. Those who perform the night prayer will have high rooms  
in Paradise.

The Messenger of Allah ﷺ said: “Indeed, in Paradise is a room whose  
outside can be seen from its interior, and its interior from its exterior.  
Allah has prepared it for those who provide food, speak softly,  
consistently fast, and pray while the people are asleep.”

[Narrated by Ahmad and declared Hasan by al-Haythami]

أهلُ القيام همُ الناجونَ من الفِتَنِ: عن أمِّ سلمَةَ - رضي الله عنها - قالتُ:  
(استيقظَ النبيُّ - صلى الله عليه وسلم - فقال: «سُبْحانَ اللهِ، ماذا أنزَلَ من  
الْخزائِنِ وماذا أنزَلَ من الفِتَنِ، مَنْ يُوقِظُ صَواحبَ الحُجَرِ - يُريدُ به أزواجَهُ  
حتى يُصلِّينَ - رَبَّ كاسِيَةٍ في الدنيا عاريةٍ في الآخرةِ») رواه البخاري

10. Those who perform the night prayer will be saved from trials  
and tribulations.

On the authority of Umm Salamah, who said: “[One night], the Prophet  
ﷺ woke up and said, ‘SubhanAllah! How many treasures have been  
sent down, and how many afflictions have been sent down. Who will  
wake up the women in these dwellings (he ﷺ meant by this his wives

so they can pray). Perhaps a well-clothed person in this life will be naked in the Hereafter (due to their lack of Taqwa).”

[Narrated by al-Bukhari]

أهل القيام هم أهل شفاعَةِ الْقُرْآنِ: قَالَ - صلى الله عليه وسلم -: (الصَّيَامُ وَالْقُرْآنُ يَشْفَعَانِ لِلْعَبْدِ يَوْمَ الْقِيَامَةِ، يَقُولُ الصَّيَامُ: أَيُّ رَبِّ، مَنَعْتُهُ الطَّعَامَ وَالشَّهَوَاتِ بِالنَّهَارِ، فَشَفَّعْنِي فِيهِ، وَيَقُولُ الْقُرْآنُ: مَنَعْتُهُ النَّوْمَ بِاللَّيْلِ، فَشَفَّعْنِي فِيهِ، قَالَ: فَيُشَفَّعَانِ) رواه الإمام أحمد وصحَّحه الحاكم ووافقه الذهبي

**11.** Those who perform the night prayer will receive intercession from the Qur’an.

The Messenger of Allah ﷺ said: “Fasting and the Qur’an will intercede for the servant on the Day of Resurrection. Fasting will say: O Lord, I prevented him from food and his desires during the day, so allow me to intercede for him. And the Qur’an will say: I prevented him from sleeping at night, so allow me to intercede for him. Thus, both will be allowed to intercede.” [Narrated by Imam Ahmad, authenticated by al-Hakim, and al-Dhahabi agreed with him]

أهل القيام هم أهل محبَّةِ الله تعالى: قَالَ - صلى الله عليه وسلم -: (إِنَّ اللَّهَ يُحِبُّ ثَلَاثَةً) وَذَكَرَ مِنْهُمْ: (رَجُلٌ يُسَافِرُ مَعَ قَوْمٍ فَأَدْلَجُوا حَتَّى إِذَا كَانُوا مِنْ آخِرِ اللَّيْلِ، وَقَعَ عَلَيْهِمُ الْكَرْى وَالنُّعَاسُ فَضَرَبُوا رُؤُوسَهُمْ، ثُمَّ قَامَ فَتَطَهَّرَ رَهْبَةً لِلَّهِ وَرَغْبَةً لِمَا عِنْدَهُ) رواه الحاكم وصحَّحه ووافقه الذهبي

**12.** Those who perform the night prayer are beloved by Allah, the Most High.

The Messenger of Allah ﷺ said: **“Indeed, Allah loves three.”** and he ﷺ mentioned amongst them: **“A man who travels with a people. They set out at nightfall until it is the end of the night. Then fatigue and drowsiness come over them, and they lay down their heads. Then this man gets up and purifies himself out of fear of Allah and a desire for that which is with Him.”** [Narrated and authenticated by al-Hakim, and al-Dhahabi agreed with him]

أهل القيام مُكْفَرَةٌ سَيِّئَاتُهُمْ، مُبْعَدُونَ عَنِ الْآثَامِ، أَصْحُ النَّاسِ أَجْسَادًا: قَالَ -  
صلى الله عليه وسلم :- (عليكم بقيام الليل، فإنه دأب الصالحين قبلكم، وهو  
قُرْبَةٌ لكم إلى ربكم، ومُكْفَرَةٌ للسيئات، وَمَنْهَاةٌ عَنِ الْإِثْمِ)  
رواه ابنُ خزيمة في صحيحه وصححه ابن حجر

**13.** Those who perform the night prayer have their sins expiated, are kept away from sins, and have the healthiest of bodies amongst the people.

The Messenger of Allah ﷺ said: **“Upon you is to pray the night prayer, for it is the habit of the righteous before you, and it brings you closer to your Lord, expiates sins, and keeps you away from sin.”** [Narrated by Ibn Khuzaymah in his Sahih and authenticated by Ibn Hajar]

أهل القيام هم أشرف الناس: قال جبريل عليه السلام: (يا محمد شرف المؤمن قيام الليل، وعزُّهُ استغناؤُهُ عن الناس) رواه الحاكم وصحَّحه ووافقه الذهبي

**14.** Those who perform the night prayer are the most honorable of people.

Jibril (peace be upon him) said: “**O Muhammad, the honor of the believer is the night prayer, and his honor is that he is not in need of the people.**” [Narrated and authenticated by al-Hakim, and al-Dhahabi agreed with him]

أهل القيام هم المغبوطون: قال - صلى الله عليه وسلم -: (لا حسد إلا في اثنتين: رجل آتاه الله القرآن فهو يقوم به آناء الليل وآناء النهار، ورجل آتاه الله مالاً فهو ينفقه آناء الليل وآناء النهار) رواه مسلم

**15.** Those who perform the night prayer deserve to be envied.

The Messenger of Allah ﷺ said: “**Envy is not permitted except in case of two types of people: One whom Allah has given knowledge of the Qur'an and he recites it during the night and day and implements it, and a man whom Allah has given wealth and he spends it during the night and day [in the cause of Allah].**” [Narrated by Muslim]

أهل القيام ليسوا من الغافلين: قال - صلى الله عليه وسلم -: (مَنْ قَامَ بَعَشْرِ آيَاتٍ لَمْ يُكْتَبْ مِنَ الْغَافِلِينَ، وَمَنْ قَامَ بِمِائَةِ آيَةٍ كُتِبَ مِنَ الْقَانِتِينَ، وَمَنْ قَامَ بِأَلْفِ آيَةٍ كُتِبَ مِنَ الْمُقْنَطَرِينَ) رواه أبو داود وحسنه ابن حجر لشواهده

**16.** Those who perform the night prayer are not from amongst the heedless.

The Messenger of Allah ﷺ said: **“Whoever stands and recites ten verses will not be recorded from amongst the heedless; whoever stands and recites a hundred verses will be recorded from amongst the obedient; and whoever stands and recites a thousand verses will be recorded from amongst those who will receive tremendous rewards.”** [Narrated by Abu Dawud and declared Hasan by Ibn Hajar]

أهل القيام موفّقون لإجابة الدعاء: قال - صلى الله عليه وسلم -: (إنّ في الليل ساعة لا يوافقها رجلٌ مسلمٌ يسأل الله خيراً من أمر الدنيا والآخرة إلا أعطاه إياه، وذلك كلّ ليلةٍ) رواه مسلم

**17.** Those who perform the night prayer are successful in their supplication being answered.

The Messenger of Allah ﷺ said: **“There is an hour during the night in which no Muslim will ask Allah for good in this world and the next except that He will give it to him, and that applies to every night.”**  
[Narrated by Muslim]

أهل القيام الله تبارك وتعالى أقرب إليهم من غيرهم: قال - صلى الله عليه وسلم -: (أقرب ما يكون الربُّ من العبدِ في جوفِ الليلِ الآخرِ، فإن استطعت أن تكون ممن يذكرُ الله في تلك الساعة فكن) رواه الترمذيُّ وصحَّحه الألباني

**18.** Those who perform the night prayer, Allah is closer to them than to others.

The Messenger of Allah ﷺ said: **“The closest that the Lord is to a worshipper is during the last part of the night, so if you are able to be of those who remember Allah in that hour, then do so.”**

[Narrated by al-Tirmidhi and authenticated by al-Albani]

أَمَرَ اللَّهُ نَبِيَّهُ مُحَمَّدًا صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ بِمَرَاجَعَةِ حَفْصَةَ رَضِيَ اللَّهُ عَنْهَا لِأَنَّهَا  
مِنْ أَهْلِ قِيَامِ اللَّيْلِ: قَالَ - صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ -: (قَالَ لِي جَبْرِيْلُ - عَلَيْهِ  
السَّلَامُ -: رَاجِعْ حَفْصَةَ، فَإِنَّهَا صَوَّامَةٌ قَوَّامَةٌ، وَإِنَّهَا زَوْجَتُكَ فِي الْجَنَّةِ)

رواه الحاكم وحسنه الألباني

**19.** Allah commanded His Prophet Muhammad ﷺ to take Hafsa (may Allah be pleased with her) back [after he ﷺ divorced her] because she was from those who performed the night prayer.

The Messenger of Allah ﷺ said: **“Jibril (peace be upon him) said to me: ‘Take Hafsa back, for she is one who regularly fasts and performs the night prayer, and she is your wife in Paradise.’”**

[Narrated by al-Hakim and declared Hasan by al-Albani]

أَهْلُ الْقِيَامِ هُمْ أَبْعَدُ النَّاسِ عَنِ النِّفَاقِ: قَالَ قَتَادَةُ: (كَانَ يُقَالُ: مَا سَهَرَ اللَّيْلَ  
مُنَافِقٌ) رَوَاهُ ابْنُ الْمُبَارَكِ فِي الزَّهْدِ

**20.** Those who perform the night prayer are the furthest away from hypocrisy.

Qatada said: “**It used to be said: A hypocrite does not stay up at night.**” [Narrated by Ibn al-Mubarak in al-Zuhd]

## الخطبة الثانية

### The Second Khutbah

إِنَّ الْحَمْدَ لِلَّهِ، نَحْمَدُهُ وَنَسْتَعِينُهُ، مَنْ يَهْدِهِ اللَّهُ فَلَا مُضِلَّ لَهُ، وَمَنْ يُضِلَّهُ فَلَا هَادِيَ لَهُ، وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

All praise is for Allah; we praise Him and seek His help. Whoever Allah guides, none can mislead him, and whoever He leads astray, none can guide him. I bear witness that no deity is worthy of worship except Allah alone, with no partner, and that Muhammad is His servant and Messenger.

أَمَّا بَعْدُ: (فَإِنَّ خَيْرَ الْحَدِيثِ كِتَابُ اللَّهِ، وَخَيْرُ الْهُدَى هُدَى مُحَمَّدٍ، وَشَرُّ الْأُمُورِ مُحَدَّثَاتُهَا، وَكُلُّ بَدْعَةٍ ضَلَالَةٌ)، وَ(لَا إِيمَانَ لِمَنْ لَا أَمَانَةَ لَهُ، وَلَا دِينَ لِمَنْ لَا عَهْدَ لَهُ)

As for what follows: For the best of speech is the Book of Allah, and the best of guidance is the guidance of Muhammad ﷺ, and the worst of matters are newly invented matters, and every innovation is a misguidance, and there is no faith for the one who has no trustworthiness, and there is no religion for the one who has no covenant.



أيها المسلمون: بَوَّبَ أَبُو نُعَيْمٍ فِي كِتَابِهِ: (الطب النبوي): (القيام بالليل مَصْحَةً)، ثُمَّ سَاقَ بِسَنَدِهِ إِلَى بِلَالٍ - رَضِيَ اللَّهُ عَنْهُ - قَالَ: قَالَ - صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ -: (عَلَيْكُمْ بِقِيَامِ اللَّيْلِ فَإِنَّهُ دَأْبُ الصَّالِحِينَ قَبْلَكُمْ، وَإِنَّ قِيَامَ اللَّيْلِ قُرْبَةٌ إِلَى اللَّهِ عَزَّ وَجَلَّ، وَتَكْفِيرٌ لِلْسَيِّئَاتِ، وَمَنْهَاجٌ عَنِ الْإِثْمِ، وَمَطْرَدَةٌ لِلدَّاءِ عَنِ الْجَسَدِ)، وَضَعَفَ الْأَلْبَانِيُّ الْجُزْءَ الْأَخِيرَ (ومطرودة للداء عن الجسد)

**21.** O Muslims: Abu Na'eem designated a chapter in his book **"The Prophetic Medicine"** titled **"The night prayer is a hospital."** Then he transmitted a Hadith with its chain of narration back to Bilal (may Allah be pleased with him) where he said the Messenger of Allah ﷺ said:

**"Upon you is to pray the night prayer, for it is the habit of the righteous before you, and it brings you closer to your Lord, expiates sins, keeps you away from sin, and repels diseases from the body."**

Sh. al-Albani declared the last part, **"and repels diseases from the body,"** to be weak.

لقد أثبت الطب الحديث أن قيام الليل يُقوي جهاز المناعة، فالصلاة في جوف الليل تُؤدِّي إلى سمو الرُّوح وجلب الهدوء والسكينة والطمأنينة للقلوب، فمما لا شك فيه أن يكون لهذه العبادة الخفية دور أكبر في تقوية جهاز المناعة، إذا قام المسلم للتهجد فإنَّ اللهَ يَحْمِيهِ من ارتفاع ضغط الدم والجلطات القلبية والموت المفاجئ، وإذا كان المريض يعاني من ضغط الدم أو نقص تروية القلب فإنه إذا نام ثم استيقظ للتهجد فإنه يقل لديه فرصة التعرض لمضاعفات زيادة الضغط ونقص تروية القلب والسكتة القلبية.. أي إن قيام الليل وقاية وشفاء

لأمراض القلب والضغط ومضاعفاته، إذا استيقظ المسلم في الثلث الأخير من الليل فإنه يكون أقل عرضة لأمراض الجهاز التنفسي، لأنه يحمي الجهاز التنفسي من أمراض الحساسية والتهابات الجيوب الأنفية، كما أن الصلاة وكثرة السجود تحفظ الرئة من الأمراض، حيث إن في حالة السجود يزداد تدفق الدم إلى المنطقة الأولى الجذبة من الرئة، وبالتالي تحصل على أوكسجين أعلى في هذا الوقت، وبالتالي تكون أقل عرضة للدرن الرئوي ومرض السرطان، لو استيقظ مريض التنفس في الثلث الأخير من الليل لكان بعيداً عن المسببات والمضاعفات الكثيرة والتي منها: تضخم الجهة اليمنى من القلب، وفشل القلب، وارتفاع ضغط الدم، واضطرابات القلب، وفشل التنفس، والسكتة الدماغية، والذبحة الصدرية، والموت المفاجئ، فضلاً عن الحرمان من النوم والصداع المستمر، وسرعة الغضب وتقلب المزاج، وإن نوم المسلم على طهارة يجعله هادئ البال، منشرح الصدر مما يؤدي إلى انخفاض مستوى الكورتيزون فتتحسن دورات النوم ويصحو هادئاً نشيطاً.

قال - صلى الله عليه وسلم -: (يَعْقِدُ الشَّيْطَانُ عَلَى قَافِيَةِ رَأْسِ أَحَدِكُمْ إِذَا هُوَ نَامَ ثَلَاثَ عُقَدٍ، يَضْرِبُ كُلَّ عُقْدَةٍ مَكَانَهَا: عَلَيْكَ لَيْلٌ طَوِيلٌ فَارْقُدْ، فَإِنِ اسْتَيْقَظَ فَذَكَرَ اللَّهَ انْحَلَّتْ عُقْدَةٌ، فَإِنِ تَوَضَّأَ انْحَلَّتْ عُقْدَةٌ، فَإِنِ صَلَّى انْحَلَّتْ عُقْدُهُ كُلُّهَا، فَأَصْبَحَ نَشِيطاً طَيِّبَ النَّفْسِ، وَإِلَّا أَصْبَحَ خَبِيثَ النَّفْسِ كَسَلَانَ) رواه البخاري ومسلم، وزاد ابن خزيمة: (فَحُلُّوا عَقْدَ الشَّيْطَانِ، وَلَوْ بَرَكْعَتَيْنِ)

**22.** Modern medicine has proven that praying at night strengthens the immune system. Praying in the middle of the night leads to the sublimity of the soul and brings calmness, tranquility, and reassurance to the heart. There is no doubt that this hidden worship has a significant role in strengthening the immune system. If a Muslim stands for tahajjud, Allah will protect him from high blood pressure, heart attacks, and sudden death. If he suffers from high blood pressure or heart ischemia and he sleeps and wakes up to pray tahajjud, he has less chance of being exposed to the complications of high blood pressure, heart ischemia, and cardiac arrest. That is to say, the night prayer is a prevention and cure for heart disease, high blood pressure, and its complications.

If a Muslim wakes up in the last third of the night, he will be less susceptible to respiratory diseases because it protects the respiratory system from allergic diseases and sinus infections. Similar to how prayer and frequent prostration protect the lungs from diseases. In the case of prostration, blood flow increases to the first dry area of the lungs. Therefore, the lungs receive more oxygen at this time and thus are less susceptible to pulmonary tuberculosis and cancer. If a respiratory patient wakes up in the last third of the night, he will be far away from the many causes and complications, including enlargement of the right side of the heart, heart failure, high blood pressure, other heart disorders, respiratory failure, stroke, angina pectoris, sudden death, sleep deprivation, constant headaches, irritability, and mood swings. A Muslim sleeping in a state of purity makes him calm in his

thoughts and mind and brings peacefulness to his chest, which leads to decreased cortisone levels, so sleep cycles improve, and he wakes up calm and energetic.

The Messenger of Allah ﷺ said: **“When any one of you sleeps, Shaytaan ties three knots at the back of his neck. He recites this incantation at every knot: 'You have a long night, so sleep.' If he awakes and remembers Allah, one knot is loosened. If he performs Wudu', the second knot is loosened, and if he performs prayer, all three knots are loosened. He begins his morning in a happy and refreshed mood; otherwise, he gets up in bad spirits and a sluggish state.”**

[Narrated by al-Bukhari and Muslim]

Ibn Khuzaymah added:

**“So loosen the devil’s knot, even if it is with two rak’ahs.”**

والله أعلم

وصلَّى اللهُ وسلَّمَ على عبده ورسوله محمَّدٍ، وآله وصحبه أجمعينَ

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20<sup>th</sup> of Rabi' al-Awwal, 1445 AH (10/05/2023)