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**احياء علوم الدين  
للامام الغرالي**

**Revival Circle :: Ihya Ulum al-Din**  
The Book of Spiritual Routines

**Book 10.2 :: Lesson 33**  
The Means to Facilitate the Night Vigil (*Qiyam al-Layl*)

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SeekersGuidance Canada 2021

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**The Virtues of Qiyam al-Layl**

**إِنَّ نَاشِئَةَ اللَّيْلِ هِيَ أَشَدُّ وَطْأً وَأَقْوَمُ قِيلاً**

*{Truly, worship by night is more impactful (on the heart) and more suitable for recitation (of divine words).}*  
[Qur'an, 73:6]

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## The Virtues of Qiyam al-Layl

تَتَجَافَى جُنُوبُهُمْ عَنِ الْمَضَاجِعِ يَدْعُونَ رَبَّهُمْ خَوْفًا وَطَمَعًا وَمِمَّا  
رَزَقْنَاهُمْ يُنْفِقُونَ

{Their bodies do not touch their  
beds; they call on their Lord with  
fear and hope, and they donate from  
what We have provided for them.}

[Qur'an, 32:16]

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## The Virtues of Qiyam al-Layl

وَالَّذِينَ يَبِيتُونَ لِرَبِّهِمْ سُجَّدًا وَقِيَامًا

{‘They are’ those who spend ‘a good  
portion of’ the night, prostrating  
themselves and standing before their  
Lord.

[Qur'an, 25:64]

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## The Virtues of Qiyam al-Layl

Abu Huraira reported: The Messenger of Allah, peace  
and blessings be upon him, said,

**“Satan ties three knots on the back of your head while  
you are asleep. On every knot he puts the saying: *‘The  
night is long, stay asleep’*. When you wake up and  
remember Allah, one knot is undone. When you  
perform wudhu, the second knot is undone. When you  
pray, the third knot is undone and you will wake up  
energetic with a good mood; otherwise, you will wake  
up lazy with a bad mood.”** [Bukhari]

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## The Virtues of Qiyam al-Layl

The Messenger of Allah, peace and blessings be upon him, said,

**“The best prayer, after the (fardh) prescribed ones, is the night vigil.”**

[Muslim]

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## Strategies to Wake Up for Tahajjud

Praying at Night is Challenging for Most People

Except those who are able to observe the Outward and Inward Conditions (the means) that facilitate it.

4 Outward Strategies

4 Inward Strategies

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## Four Outward Means to Wake Up for the Night Vigil

1. Do not eat or drink excessively before sleeping
2. Do not exhaust the body and nerves with physically taxing work [also, wind down]
3. Do not abandon the mid-day nap (qaylula), which is Sunnah [also, sleeping early!]
4. Do not SIN during the day, as it hardens the heart (especially consuming the Unlawful)

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## Four Inward Means to Wake Up for the Night Vigil

1. Free the Heart from envy, hatred, innovation and excessive worry about worldly things.
2. Keep the fear of the matters of the Afterlife and shortened expectations of this life in mind
3. Know the virtues of night vigil from the Quran, Hadiths and reports, so there is hope and longing.
4. Focus on LOVE of Allah, and know that not a single word is uttered but they are in intimate discourse with their Lord. This is the most noble means.

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## The Pleasure of Intimate Discourse with Allah

The pleasure of calling on Allah carries one to stand in prayer at night.

This pleasure should not be denied, as both reason and textual proofs establish it.

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## The Pleasure of Intimate Discourse with Allah

### Rational Proof:

When you love someone...

### Textual Reports:

The states of those who prayed at night at reported the pleasure they gained from it.

*Just like a lover considers a night spent with his beloved too short...*

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## Ways of Dividing the Night

1. Praying ALL night
2. Praying HALF the night
3. Praying a THIRD of the night
4. One FIFTH or SIXTH of the night
5. No attention to quantification... keep praying, sleeping, waking, and praying again...
6. Enough to pray 4 or 2 rakats of prayer [or dhikr]
7. If unable, pray between Maghrib and Isha, and try to be awake when Fajr comes in

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