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#### احياء علوم الدين للامام الغرالي

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

Book 10.1 :: Lesson 32 The Spiritual Routines of the Day and Night

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### Spiritual Routines of the Day

2

3

The First Spiritual Routine (between dawn and sunrise)

Remember Allah and Dua' on awakening
After Fajr in congregation, sit in mosque

Remember Allah till sunrise
Dua, dhikr, Quran and meditation

#### Spiritual Routines of the Day

The Second Spiritual Routine (between sunrise and midday)

• Salat al-Duha

• Good deeds related to people, which habitually may be done in the morning: visiting the sick, funerals, helping others, seeking knowledge, or similar.

4

5

6

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# Spiritual Routines of the Day

The Third Spiritual Routine (between midday and noon)

 Working for a livelihood and doing errands like shopping, while remembering Allah in one's dealings
 The afternoon qaylula (nap), to help in waking up for tahajjud at night

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#### Spiritual Routines of the Day

The Fourth Spiritual Routine (after noon, for the Dhuhr prayer)

Performing Dhuhr with all its Sunnah prayers
Shortest but most important of the day
Adhan, duas, 4 Sunnah, Dhuhr, 2 Sunnah

#### Spiritual Routines of the Day

The Fifth Spiritual Routine (after Dhuhr till 'Asr time)

• Staying in mosque or home for various types of worship or good from prayer to prayer

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### Spiritual Routines of the Day

The Sixth Spiritual Routine ('Asr prayer)

• There is no other prayer except the 4 fardh of 'Asr • What can we do afterwards?

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# Spiritual Routines of the Day

The Seventh Spiritual Routine (before sunset)

Same as between Fajr and sunrise
Try to ensure the sun sets while asking forgiveness
Dua at hearing adhan and go to Maghrib prayer

9

#### Spiritual Routines of the Night

The First Spiritual Routine (at sunset until the start of Isha)

 From Maghrib prayer, to busy oneself in worship till the glow of sunset disappears
 This is a time for those repentant ('awwabeen)

10

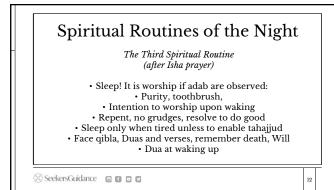
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#### Spiritual Routines of the Night

The Second Spiritual Routine (from the start of Isha till people go to sleep)

 4 rakats nafl between adhan and iqama
 Pray 13 units total, ending with Witr, as maximum
 Praying witr before sleep if they are not used to waking up for Tahajjud



#### Spiritual Routines of the Night

The Fourth Spiritual Routine (after half of night till 1/6 remains)

• Time to awaken for Tahajjud • Pray nafl is two's, but witr before Fajr enters

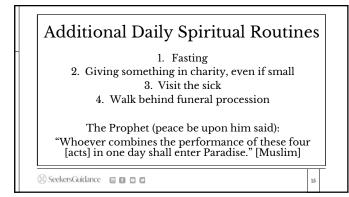
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## Spiritual Routines of the Night

The Fifth Spiritual Routine (last 1/6 of night, before dawn)

Make istighfar
Suhur if fasting
At dawn, pray 2 Sunnah of Fajr

14



# Different Awrad for Different States

The devotee ('abid)
 The scholar
 The student
 The worker/professional
 Person in authority (imam, judge, administrator)
 The one fully absorbed in the Divine Oneness

16