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1

**احياء علوم الدين
للامام الغزالي**

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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2

Spiritual Routines of the Day

*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

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3

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.

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

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 Dhuhhr till 'Asr time)

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

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?

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

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)

Spiritual Routines of the Night

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

1. 4 rakats nafl between adhan and iqama
2. Pray 13 units total, ending with Witr, as maximum
3. Praying witr before sleep if they are not used to waking up for Tahajjud

Spiritual Routines of the Night

The Third Spiritual Routine
(after Isha prayer)

- Sleep! It is worship if adab are observed:
 - Purity, toothbrush,
 - Intention to worship upon waking
 - Repent, no grudges, resolve to do good
- Sleep only when tired unless to enable tahajjud
- Face qibla, Duas and verses, remember death, Will
 - Dua at waking up

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

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

Additional Daily Spiritual Routines

1. Fasting
2. Giving something in charity, even if small
3. Visit the sick
4. Walk behind funeral procession

The Prophet (peace be upon him said):
"Whoever combines the performance of these four
[acts] in one day shall enter Paradise." [Muslim]

Different Awrad for Different States

1. The devotee ('abid)
2. The scholar
3. The student
4. The worker/professional
5. Person in authority (imam, judge, administrator)
6. The one fully absorbed in the Divine Oneness
