

## CLASS 4

# FORGOTTEN SUNAN OF OTHER IBAADAAT

### Reciting this du`a after reciting Qur`an

Ā'ishah [may Allāh be pleased with her] said:

"The Messenger of Allāh would not sit in a sitting, nor recite Qur`ān nor pray a prayer except that he would end it with certain words." She said: "So I said: O Messenger of Allāh, I see that you do not sit in a sitting nor recite Qur`ān nor pray a prayer except that you end it with these words?"

He ﷺ said: *"Yes, whoever said anything good, a seal is placed upon that good for him and whoever said any evil it is expiation for him:*

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ، لَا إِلَهَ إِلَّا أَنْتَ، أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ

*{O Allāh, far removed are You from any imperfection and praise to You, there is none worthy of worship except You, I seek Your forgiveness and repent to You}."* (Nisaai; Albaani Classed it as Sahih)

### Repentance

Although this is not actually a Forgotten Sunnah but it something not practiced to the Level of our beloved Prophet ﷺ who infact was forgiven all his previous and future sins. SubhaanAllah so we got to put this into practice in our lives.

"[The Messenger of Allah ﷺ said :

- 'By Allah, I seek forgiveness and repent to Allah, more than seventy times a day.]"
- *Whoever says (the below) a hundred times during the day, his sins are wiped away, even if they are like the foam of the sea.* (Bukhari & Muslim)

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ  
SubhanAllahi wa biHamdihi  
Glory be to Allah and Praise Him

Many more authentic Duas have been narrated in Hadeeths. We muslims should firstly try and memorise all, if not at least try and read it from the books so that we keep these Sunan alive.

## Making Dhikr - Adhkaar

It is mustahabb for the Muslim to remember Allaah a great deal (dhikr), because Allaah says (interpretation of the meaning):

- *"O you who believe! Remember Allaah with much remembrance. And glorify His Praises morning and afternoon"* [al-Ahzaab 33:41-42]
- *"...and the men and the women who remember Allaah much with their hearts and tongues. Allaah has prepared for them forgiveness and a great reward (i.e. Paradise)"* [al-Ahzaab 33:35]

And there are many similar verses. And the Prophet ﷺ also encouraged us to do that, when he said: *"Keep your tongue moist with the remembrance of Allaah."* (Narrated by al-Tirmidhi)

There are so many Adhkaar that are so easy and have great value. A couple listed below...

Prophet Muhammad said: *"Two words (mentioned below) are light on the tongue, weigh heavily in the balance, they are loved by the Most Merciful One."* (Bukhari & Muslim)

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ ، سُبْحَانَ اللَّهِ الْعَظِيمِ

SubhanAllahi wa biHamdihi, Subhan-Allahi 'l-'adheem

Glory be to Allah, and Praise, Glory be to Allah, the Supreme

A treasure from the treasures of Paradise. (Bukhari & Muslim)...

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

La Hawla wa la Quwatta illa Billah

There is no Might or Power except with Allah))

There are Adhkaar to be recited after Fardh salah: -

1. "ASTAGHFIRULLAAH" x 3

2. Immediately thereafter, the worshipper may recite the following supplication:

**"ALLAHUMMA ANTA SALAAM, WA MINKA SALAAM, TABARAKTA YAA DHAL JALALI WAL IKRAAAM "**

3. It is also recommended for the worshipper to recite thereafter the following supplication: **"LA ILAHA ILAL-LAHU WAHDAHU, LAA SHARIKA LAHU, LAHUL-MULKU, WALAHUL-HAMDU, WAHUWA ALAA KULI SHEY-IN QADIIR"** x 3 (x 10 after Fajr & Maghrib)

4. And says thereafter: "**LAA HOWLA WALAA QUWATA ILLA BILLAAH**".

5. Also, say: "**ALLAHUMMA A'INNI 'ALA DHIKRIKA, WA SHUKRIKA, WA**

**HUSNA IBA DATIK**" which means: "O Allah, help me in remembering You, thanking You and conducting my worship to You in a perfect way".

6. The person also says:

a) **SUBHANA -ALLAH** - Glory be to ALLAH - (33 times).

b) **AL HAMDU-LILLAH**- Praise be to Allah - (33 times)

c) **ALLAHU AKBAR** - Allah is great (33 times).

7. Then, at the end of the above three recitations, the worshipper recites the following supplication: "**LAA ILLAHA ILAL LAAHU WAHDHU LAA SHARIKA LAHU, LAHUL MUL-KU, WALA-HUL HAMDU, WAHUWA ALAA KULI SHEY'INN QADIIR**"

8. It is also recommended for the person to recite thereafter "**AYAT AL KURSI**"

9. It is also strongly recommended that the person recites the following three chapters of the Holy Qur'an after each prayer:

a) **Surah Al-Ikhlaas** (Purity of Faith) Qur'an, Chapter 112.

b) **Surah Al-Falaq** (The Dawn) - Qur'an, Chapter 113.

c) **Surah An-Naas** (Mankind) - Qur'an, Chapter 114.

Then there are Adhkaar for Day and Evening that can be found in Hisnul Muslim which has beautiful Adhkaar, we can at least download them and listen to them as a habit during the day and evening and eventually InshaAllah memorize them.

## Wudoo

Everyone knows how to perform Wudoo (Washing Hands, Rinsing mouth & Nose, wash the Face, wash the arms till the elbows, wiping the head and than washing the feet. The Sunan of Wudoo are:

1. Run the fingers through the Beard once after washing the face.
2. Increase washing from one to three times, when washing the face, arms and feet and also not stick one number rather keep changing the number of times you wash them so that you are doing all the different Sunans.
3. Be economic in using water.
4. Upon completing Wudoo recite the supplication.
5. From the Sunan of Wudu': Rubbing between your toes with your pinky finger
6. Perform 2 Rakats after Wudoo.

The Prophet ﷺ said to Bilal:- *"Tell me~ Bilal! of your most hopeful action since your acceptance of Islam because I have heard the echo of your footsteps in Paradise in front of me?"*

Bilal replied:- *"I do not consider any of my actions more hopeful (of acceptance from Allah) than that whenever I have made my ablutions (Wudu) during the day or night I have each time offered by way of prayer that which Allah has made easy for me."* { Bukhari Book #21, Hadith #250} & Muslim}

## Forgotten Sunan of Dua

**We should ask of Allaah by His most beautiful names**

Allaah says (interpretation of the meaning): *"And (all) the Most Beautiful Names belong to Allaah, so call on Him by them, and leave the company of those who belie or deny (or utter impious speech against) His Names"* [al-A'raaf 7:180]

**We should praise Allaah as He deserves before we call upon Him**

Al-Tirmidhi (3476) narrated that Fadaalah ibn 'Ubayd (may Allaah be pleased with him) said: *Whilst the Messenger of Allaah ﷺ was sitting, a man came in and prayed and said, "O Allaah, forgive me and have mercy on me." The Messenger of Allaah ﷺ said, "You have been too hasty, O worshipper. When you have prayed and are sitting, praise Allaah as He deserves to be praised, and send blessings upon me, then call upon Him."* According to another version (3477): *"When one of you prays, let him start with praise of Allaah, then let him send blessings upon the Prophet ﷺ, then let him ask whatever he likes after that."* Then another man prayed after that, and he praised Allaah and sent blessings upon the Prophet ﷺ. The Prophet ﷺ said: *"O worshipper, ask and you will be answered."*

## Sending blessings upon the Prophet ﷺ

The Prophet ﷺ said: *“Every du‘aa’ is kept back until you send blessings upon the Prophet ﷺ.”* Narrated by al-Tabaraani in al-Awsat, 1/220.

## Doing good deeds and asking Allah by one’s good deeds

Qasim bin `Abd said: *“I said to Anas bin Malik: ‘O Abu Hamzah pray to Allah for us.’ He said: ‘Du‘a is elevated by good deeds.’”*

Bukhari and Muslim relate the hadith of the Prophet ﷺ of the story of three men, who each supplicated to Allah by (mentioning) a good deed they had done earlier in their lives.

*“Three persons of a people before you were on a journey when they were overtaken by a storm; therefore, they took shelter in a cave. A rock slipped down from the mountain and blocked the exit of the cave. One of them said, ‘The only way for deliverance is to beseech Allah and (to mention) some virtuous deed (he did purely for His sake).’”*

One of the men mentioned a good deed which they had done for Allah, and supplicated, *“O Lord, if I did this thing seeking only Thy pleasure, then do Thou relieve us of the distress wrought upon us by this rock.”*

The rock moved, but not enough to free the men. So, the other two made similar supplications while mentioning their good deeds until the rock moved enough to free them.

## Du‘aa’ in the depths of the night, the time before dawn

This is the time when Allaah descends to bestow His bounty upon His slaves, to meet their needs and to relieve their distress, when He says: *“Who will call upon Me, that I may answer Him? Who will ask of Me, that I may give him? Who will seek My forgiveness, that I may forgive him?”* Bukhaari.

Although this is well known but only a very very small amount of people are making use of this time.

## Making Dua when rain falls

Sahl ibn Sa’d that is attributed to the Prophet ﷺ: *“There are two which will not be rejected: du‘aa’ at the time of the call (to prayer) and when it is raining.”* Narrated by Abu Dawood

## Dua when hearing the crowing of a rooster

Hadeeth: *“When you hear the crowing of a rooster, ask Allaah of His bounty, for he has seen an angel.”* Narrated by al-Bukhaari, 2304; Muslim, 2729.

## Du'aa' for one who is sick

The Messenger of Allaah ﷺ said: *"When you visit a sick person, say good things, for the angels say Ameen to whatever you say..."* Muslim (919)

## Praying, praising Allah and giving charity during eclipse

The Prophet started praying when the Eclipse started and when he finished the eclipse had ended. Then he addressed the people; he praised and glorified Allah (SWT), then he said: *The sun and the moon are two of the signs of Allah (SWT). They do not become eclipsed for the death or birth of anyone. If you see that then call upon Allah (SWT), the Mighty and Sublime, and magnify Him, and give charity.* [Sunan an-Nasa'ee 1474]

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*Note* these are not part of the ongoing course, it is an independent course that can be done at your own pace and at your own convenience.

## Forgotten Sunan of Correcting People

No doubt that correcting our people is an Ibadah and comes under the command of "Enjoining Good and Forbidding Evil", but then ﷺ showed us ways to do it as well, a lot of times we see people trying to correct someone but end up offending due to their words/actions/approach. There are a few listed below which we think are not commonly used these days but there are many more which can be found in the link below...

- Hastening to deal with people's mistakes and not putting it off
- Referring people back to Islam when they make mistakes, and pointing out to them the principle that they are breaking
- Correcting misconceptions that are due to something not being clear in people's minds
- Showing compassion to the one who is making a mistake
- Not hastening to tell someone he is wrong
- Remaining calm when dealing with people's mistakes

- Explaining the harmful effects of the mistake
- Offering a sound alternative
- Not confronting people directly with their mistakes and addressing the issue in general terms may be sufficient
- Telling them in private

### Combining fasting with feeding the poor

Combining fasting with feeding the poor is one of the means of reaching Paradise, as the Prophet ﷺ said: *“In Paradise there are rooms whose outside can be seen from the inside and the inside can be seen from the outside. Allaah has prepared them for those who feed the poor, who are gentle in speech, who fast regularly and who pray at night when people are asleep.”* (Reported by Ahmad 5/343; Ibn Khuzaymah, no. 2137. Al-Albaani said in his footnote, its isnaad is hasan because of other corroborating reports). The Prophet ﷺ said: *“Whoever gives food to a fasting person with which to break his fast, will have a reward equal to his, without it detracting in the slightest from the reward of the fasting person.”* (Reported by al -Tirmidhi, 3/171; Saheeh al-Targheeb, 1/451). Shaykh al-Islam [Ibn Taymiyah] (may Allaah have mercy on him) said: “What is meant is that he should feed him until he is satisfied.” (Al-Ikhtiyaaraat al-Fiqhiyyah, p. 109).

### Some Forgotten Sunan in other Ibaadaat: -

- While wearing Ihram Putting on Perfume on Head & Beard. (Mustahab) only for Men. This is to be put on before making the Niyah of Ihram.
- Continuous Performance of Righteous Deeds Allah’s Messenger ﷺ said: *“The best loved deeds to Allah are the ones that are continuous even if they are not very many.”* (Bukhari and Muslim)
- In Eid Prayer for Eid ul Fitr, go to Prayer after Eating Dates, going by walk and coming back from a route other than that one takes to go to the Masjid.
- Sponsoring an Orphan. The Messenger of Allah ﷺ said: *“The one who sponsors an orphan, whether it is a relative of his or not, he and I will be like these two in Paradise ”* and Maalik pointed with his forefinger and middle finger. (Sahih Muslim)
- Taking care of a Widow. The Prophet ﷺ said: *“The one who looks after a widow and a poor person is like the Mujahid in the cause of Allah, or like the one who fasts all the day and stands (in prayer) all the night.”* [Jami at-Tirmidhi]