

Mawlana Shaykh Muhammad Adil ar-Rabbani

TAHAJJUD STRENGTHENS THE SPIRITUALITY

As-Salāmu 'Alaykum wa RaḥmatuLlāhi wa Barakātuh.

A'ūdhu BiLlāhi Minash-shayṭāni r-rajīm. BismiLlāhi r-Raḥmāni r-Raḥīm.

Wa ṣ-Salātu wa s-Salāmu 'alā Rasūlinā Muḥammadin Sayyidi l-Anwālina wa l-Akḥbirin.

Madad yā RasūlAllāh, Madad yā Sādāti Aṣḥābi RasūlilLāh, Madad yā Mashāyikhinā,

Dastūr Mawlana Sheikh Abdullāh al-Fā'iz ad-Dāghistāni, Sheikh Muḥammad Naẓim al-Ḥaqqāni. Madad. Tarīqatunā aṣ-Suḥbah wa l-Khayru fi l-Jam'iyah.

Bismi Llāhi r-Raḥmāni r-Raḥīm:

إِنَّ نَاشِئَةَ اللَّيْلِ هِيَ أَشَدُّ وَطْئًا وَأَقْوَمُ قِيْلًا

(Qur'ān 73:06). 'Inna Nāshi'ata Al-Layli Hiya 'Ashaddu Waṭ'āan Wa 'Aqwamu Qilāan', 'Verily, the rising by night (for Tahajjud prayer) is very hard and most potent and good for governing (the soul), and most suitable for (understanding) the Word (of Allah).' Sadaqa Llāhu l-'Aẓīm.

Allāh 'Azza wa-Jalla says, the prayer performed at night is more difficult. At night, it is more difficult for a person to perform worship. Therefore, a person who performs worship at night attains much more rewards than during the day. One ra'kah at night is more virtuous than the daytime prayer, says Sayyidina Ahmad al-Badawi. Sayyidina Ahmad al-Badawi is buried in Egypt. Those who love him and follow him are many everywhere. We go to his Dergah here as guests. His manifestation is great. He is among the awliyā'. He had many people who loved him and followed him. Of course, the manifestation changes in every time. Even if it's little here, we will be under his protection and barakah, in shā'a Llāh.

He has a beautiful saying, "One rakat of worship at night is worth a thousand rakats of worship during the day." How is the night prayer performed? A person who performs ablution before going to bed and prays two rakats of prayer is considered to have performed Qiyāmu l-Layl. Then, waking up a little before the Fajr prayer, praying tahajjud prayer and if he can pray other nāfilah prayers also, each one of them - a person would have revived the night. Its virtue is preserved in the sight of Allāh ﷻ. Allāh ﷻ knows how much He ﷻ will give for that. The account is with Him ﷻ. Also, du'a' performed at night while people are sleeping, during the time of tahajjud, is also among the du'a's that are accepted. Allāh 'Azza wa-Jalla gives him his thawāb and reward in both dunyā and ākhirah.

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The most important thing for a person to find peace is to do these things. They are not fard, they are nāfilah. But nāfilah increases a person's spiritual strength. And that is more important than material, physical strength. Because spiritual strength is the means for a person to discipline his ego. If there isn't spiritual strength, do whatever the body desires, eat and drink, it's of no benefit. Because animals eat and drink and fatten in the same way; that's all. There's no spiritual benefit.

Therefore, for spiritual benefit, pray at least two rak'at Qiyāmu l-Layl at night before going to bed. And before Fajr prayer, two rak'at, four rak'at, eight rak'at, as many as one can pray. But he must at least pray two rak'at. It will be as if he has revived the night (had been awake all night). Its benefits are endless. May Allāh ﷻ grant it to everyone. May He ﷻ give easiness. Because most people say, "We can't get up." Sometimes, a person can't get up because of the overpowering of the ego. Therefore, make jihād with (overcome) your ego. Wake up at least 15 to 20 minutes before Fajr prayer; that's good. Before praying Fajr, even if the time of Fajr has entered, it is still possible if one intends for tahajjud, in shā'a Llāh. May Allāh ﷻ help us. May Allāh ﷻ give us strength, in shā'a Llāh.

Wa min Allāhi t-Tawfiq. Al-Fātiha.

Mawlana Sheikh Muhammad Adil ar-Rabbani
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