

Mawlana Shaykh Muhammad Adil ar-Rabbani

Hadīth Lesson: On Duha Prayer

As-Salamu ‘Alaykum wa RahmatuLlāhi wa Barakātuh.

A‘ūdhu BiLlāhi Minash-shayṭāni r-raḥīm. 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 Abdullah al-Fā’iz ad-Dāghistāni, Sheikh Muḥammad

Nāẓim al-Ḥaqqānī. Madad.

1- *Qala RasuluLlah salla Llāhu ‘alayhi wa-sallam*

The Messenger of Allāh ﷺ (peace be upon him ﷺ) says:

إِنَّ فِي الْجَنَّةِ بَابًا يُقَالُ لَهُ: الضُّحَى، فَإِذَا كَانَ يَوْمُ الْقِيَامَةِ يُنَادِي مُنَادٍ: أَيُّنَ الَّذِينَ كَانُوا
يُذِمُّونَ عَلَى صَلَاةِ الضُّحَى؟ هَذَا بَابُكُمْ فَأَدْخُلُوهُ بِرَحْمَةِ اللَّهِ

Our Holy Prophet ﷺ is saying, **“Indeed, there is a door in Paradise called Duha.”** The door of Duha refers to the Duha prayer. So this door is called Duha for the prayer. **“On the Day of Judgment, a caller will proclaim, ‘Where are those who regularly performed the Duha prayer? This is your gate; enter through it with the mercy of Allāh ﷻ.’”** The Duha prayer, which can be performed as two, four, six, eight, or twelve rak’ahs. But even two rak’ahs is sufficient even for entering through this gate.

2- *Qala RasuluLlah salla Llāhu ‘alayhi wa-sallam*

The Messenger of Allāh ﷺ (peace be upon him ﷺ) says:

رَكْعَتَانِ مِنَ الضُّحَى تَعْدِلَانِ عِنْدَ اللَّهِ بِحَجَّةٍ وَعُمْرَةٍ مُتَقَبَّلَتَيْنِ

Our Holy Prophet ﷺ is saying, **“Two rakat prayers performed in the time of Duha has the reward of two Hajj and one Umrah in sight of Allāh ﷻ.”** The Duha prayer is performed as we said, at least two rak’ats; and more can be prayed.

3- *Qala RasuluLlah salla Llāhu ‘alayhi wa-sallam*

The Messenger of Allāh ﷺ (peace be upon him ﷺ) says:

Mawlana Shaykh Muhammad Adil ar-Rabbani

سألت ربي أن يكتب على أمتي سبحة الضحى، فقال: تلك صلاة الملائكة، من شاء
صلاها ومن شاء تركها. فمن صلاها فليصلها حتى ترتفع

Our Holy Prophet ﷺ is saying, **“I asked my Lord to ordain the Duha prayer for my Ummah.”** Our Prophet ﷺ wanted it to be obligatory. **“My Lord Allāh ‘Azza wa-Jalla said, “This is the prayer of the angels. Whoever wishes to pray it may do so, and whoever wishes to omit it may do so.”** So it is not obligatory, but rather the prayer of the angels. Whoever wants to pray it may do so, and whoever doesn’t want to may do so. **“Whoever prays it should not pray it before the sun rises high.”** The Duha time, which is about an hour or an hour and a half after Ishrāq (sunrise), until the sun has risen high. The Ishrāq prayer is 20 minutes to half an hour after sunrise. Duha is prayed after Ishrāq time.

4- *Qala RasuluLlah salla Llāhu ‘alayhi wa-sallam*

The Messenger of Allāh ﷺ (peace be upon him ﷺ) says:

صَلُّوا رَكَعَتِي الضُّحَى بِسُورَتَيْهِمَا وَالشَّمْسُ وَضُحَاهَا وَالضُّحَى

Our Holy Prophet ﷺ is saying, **“Pray the two rak’ahs of the Duha prayer with their respective surahs, namely Surat Ash-Shams and Ad-Duha.”** “Wa-sh-shamsu wa-duha’ha.” “Wa shams” means the time when the sun rises. Their names are mentioned. That is what Duha means.

5- *Qala RasuluLlah salla Llāhu ‘alayhi wa-sallam*

The Messenger of Allāh ﷺ (peace be upon him ﷺ) says:

صَلَاةُ الْوَابِينَ حِينَ تَرْمِضُ الْفِصَالُ

Our Holy Prophet ﷺ is saying, **“Awwābīn”** those who pray the Sunnah of Awwābīn. **“Meaning those who turn to Allāh ﷻ, the Duha prayer is when the feet of baby camels burn from the heat.”** So, Awwābīn prayer are the same. Awwābīn means those who turn to Allāh ﷻ.

6- *Qala RasuluLlah salla Llāhu ‘alayhi wa-sallam*

The Messenger of Allāh ﷺ (peace be upon him ﷺ) says:

Mawlana Shaykh Muhammad Adil ar-Rabbani

صلاة الضحى صلاة الأوابين

Our Holy Prophet ﷺ is saying, **“The Duha prayer is Awwābīn prayer, those who turn to Allāh ﷻ.”** That is, it is the prayer of those who are true to Allāh ﷻ in everything.

7- *Qala RasuluLlah salla Llāhu ‘alayhi wa-sallam*

The Messenger of Allāh ﷺ (peace be upon him ﷺ) says:

كُلِّ سَلَامٍ مِنْ ابْنِ آدَمَ فِي يَوْمٍ صَدَقَةٌ وَيُجْزَى مِنْ ذَلِكَ كُلِّهِ رَكْعَتَا الضُّحَى

Our Holy Prophet ﷺ is saying, **“Every day, the son of Adam has a charity to give for each of his joints.”** Humans have about 360 joints, and a Muslim should give a charity for each of them. If he can give, he gives; if he cannot, **“Two rak’ahs of Duha prayer will suffice for all of them.”** Two rak’ahs will replace all the charity he would give. Because it doesn’t occur to a person to give charity one by one every day, but the Duha prayer will suffice for all of them.

8- *Qala RasuluLlah salla Llāhu ‘alayhi wa-sallam*

The Messenger of Allāh ﷺ (peace be upon him ﷺ) says:

عليكم بركعتي الضحى فإن فيهما الرغائب

Our Holy Prophet ﷺ is saying, **“Perform and keep on the two rak’ahs of Duha prayer, for there is much reward in them.”** That is, there is reward and Allāh ﷻ accepts one’s wishes.

9- *Qala RasuluLlah salla Llāhu ‘alayhi wa-sallam*

The Messenger of Allāh ﷺ (peace be upon him ﷺ) says:

يا ابن آدم لا تعجز عن أربع ركعاتٍ من أولِ النهارِ أكفِكَ آخرَهُ

Our Holy Prophet ﷺ is saying, **“Allāh ‘Azza wa-Jalla says: O son of Adam, do not neglect four rak’ahs at the beginning of the day, for I will suffice you at the end of it.”** This means, Allāh ‘Azza wa-Jalla says, “I will protect you from afflictions.”

Mawlana Shaykh Muhammad Adil ar-Rabbani

Therefore, both the Fajr prayer and the Duha prayer protect people. They become under the protection of Allāh ﷻ.

10- *Qala RasuluLlah salla Llāhu ‘alayhi wa-sallam*

The Messenger of Allāh ﷻ (peace be upon him ﷺ) says:

كتب على الأضحى ولم يكتب عليكم وأمرت بصلاة الضحى ولم تؤمروا بها

Our Holy Prophet ﷺ is saying, **“Sacrificing an animal was made obligatory for me,”** meaning it is not obligatory for us, but rather a wājib. Some things were obligatory for our Prophet ṣallā Llāhu ‘alayhi wa-sallam and become wājib or a Sunnah Mu’akkadah for us. **“But He ﷻ did not make it obligatory for you. I was commanded to perform the Duha prayer, but you were not commanded to perform it.”** So it is like an obligation for the Prophet ṣallā Llāhu ‘alayhi wa-sallam. For us, whoever can pray it, whoever can not pray it. But sacrifice is wājib for the one who affords it.

11- *Qala RasuluLlah salla Llāhu ‘alayhi wa-sallam*

The Messenger of Allāh ﷻ (peace be upon him ﷺ) says:

من سبح سبحة الضحى حولا مجر ما كتب الله له براءة من النار

Our Holy Prophet ﷺ is saying, **“Whoever performs the Duha prayer continuously on time for a year, Allāh ﷻ will grant him salvation from Hellfire.”** He ﷻ will write for him salvation from Hellfire. This applies to the person who performs it for a year.

12- *Qala RasuluLlah salla Llāhu ‘alayhi wa-sallam*

The Messenger of Allāh ﷻ (peace be upon him ﷺ) says:

مَنْ حَافِظٌ عَلَى شَفْعَةِ الضُّحَى، غُفِرَتْ لَهُ ذُنُوبُهُ، وَإِنْ كَانَتْ مِثْلَ زَبَدِ الْبَحْرِ

Our Holy Prophet ﷺ is saying, **“Whoever performs the two rak’ahs of the Duha prayer, his sins will be forgiven, even if they are as numerous as the foam of the sea.”** So, the sea is not much more than foam; even if a person’s sins were so much, Allāh ﷻ would still forgive them.

13- *Qala RasuluLlah salla Llāhu ‘alayhi wa-sallam*

The Messenger of Allāh ﷻ (peace be upon him ﷺ) says:

Mawlana Shaykh Muhammad Adil ar-Rabbani

مَنْ صَلَّى الصُّحَىٰ أَرْبَعًا، وَقَبْلَ الْأُولَىٰ أَرْبَعًا بَنِيَ لَهُ بَيْتٌ فِي الْجَنَّةِ

Our Holy Prophet ﷺ is saying, **“Whoever performs the Duha prayer as four rak’ahs and four rak’ahs before Dhuhr prayer, a house is built for him in Paradise.”** Duha is at least two rak’ahs, but this applies if one performs four, and also the Sunnah before Dhuhr prayer which is definitely a Sunnah Mu’akkadah, those four rak’ahs. Some of these new type of people don’t perform Sunnah prayers, but even though they’ve heard and seen how virtuous these Sunnah prayers are, there are some who claim to be Muslims say, “Don’t pray them.”

14- *Qala RasuluLlah salla Llāhu ‘alayhi wa-sallam*

The Messenger of Allāh ﷺ (peace be upon him ﷺ) says:

مَنْ صَلَّى الصُّحَىٰ ثِنْتَيْ عَشْرَةَ رَكْعَةً بَنِيَ اللَّهُ لَهُ قَصْرًا فِي الْجَنَّةِ مِنْ ذَهَبٍ

Our Holy Prophet ﷺ is saying, **“Whoever performs the Duha prayer as 12 rakats, Allāh ﷻ will build him a house of gold in Paradise.”**

15- *Qala RasuluLlah salla Llāhu ‘alayhi wa-sallam*

The Messenger of Allāh ﷺ (peace be upon him ﷺ) says:

لَا يُحَافِظُ عَلَى صَلَاةِ الصُّحَىٰ إِلَّا الْاَوَّابُ، وَهِيَ صَلَاةُ الْاَوَّابِينَ

Our Holy Prophet ﷺ is saying, **“Only the Awwāb, the one who turns to Allāh ﷻ keeps on the Duha prayer.”** So it is the prayer of the one who turns to Allāh ﷻ. **“For Duha prayer is the prayer of those who turn to Allāh ﷻ.”**

Sadaqa RasuluLlah fi ma qal, aw kama qal.

The Messenger of Allāh ﷺ says the truth in what he ﷺ said or as he ﷺ said.



Ihda’ – Dedication: Ziyadatan ila sharafi’ n-Nabi, sallaLlahu `alayhi wa sallam wa Alihi wa Asahabihi l-kiram, wa ila arwahi jamee’i al Anbiya’i wa l-Mursalin wa Khudama’i sharai’ihim wa ila arwahi al ‘Aimmati al arba’a, wa ila arwahi Mashayyikhina fi t-Tariqati n-Naqshbandiyyati l-Aliyyah, khassatan Imamu

Mawlana Shaykh Muhammad Adil ar-Rabbani

t-Tariqah wa Ghawthu l-Khaliqah Khwaja Bahauddin Muhammad al-Uwaisiyi l-Bukhari, Sayyidina Abdul Khaliq al Ghujduwani, Mawlana Shaykh Sharafuddin al Daghestani, Mawlana Shaykh Abdullah al Faiz al Daghestani, Mawlana Shaykh Muhammad Nazim Adil al Haqqani, wa sai'ri Sadatina wa s-Siddiqiyun, wa man nahnu fi hadratihim wa jiwarihim. To the souls of all the ones who'd passed away. For goodness to come and evil to be gone. For happiness here and hereafter. Li-Llahi Ta'ala, Al-Fatiha.

[(*Translation*) To the honor of the Prophet, Prayers and Peace be upon Him, and his family, and his companions, and the souls of all the prophets as well as of His messengers and of those who served their Sharia, and to the souls of the four Imams. And to the souls of our Mashayikh of the Most Distinguished Naqshbandi Tariqa, in particular to the soul of the Imam of the Tariqa Ghawth al-Khaliqa (the Help of Creation), Khwaja Bahauddin Muhammad al-Uwaisiyi l-Bukhari, Sayyidina Abdul Khaliq al Ghujduwani, Mawlana Shaykh Sharafuddin al Daghestani, Mawlana Shaykh Abdullah al Faiz al Daghestani, Mawlana Shaykh Muhammad Nazim Adil al Haqqani, and the rest of our masters and Siddiqiyun, and to whom we are in their presence and near them. To the souls of all the ones who'd passed away. For goodness to come and evil to be gone. For happiness here and hereafter. To Allah Almighty. Al Fatiha.]

Mawlana Sheikh Muhammad Adil ar-Rabbani
30 December 2025/ 10 Rajab 1447
Beylerbeyi Dergah, Istanbul