

Mawlana Shaykh Muhammad Adil ar-Rabbani

RAAT KI IBAADAT KI FAZILATEIN

*As-Salāmu ‘Alaykum wa RaḥmatuLlāhi 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-Akhirin.
Madad yā RasūlAllāh, Madad yā Sādāti Aṣḥābi Rasūlillāh, Madad yā Mashāyikhinā,
Dastūr Mawlana Sheikh Abdullah al-Fa’iz ad-Dāghistāni, Sheikh Muḥammad Naẓim
al-Ḥaqqāni. Madad. Tarīqatunā aṣ-Suḥbah wa l-Khayru fi l-Jam‘iyyah.*

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 Qīlāan’, “Beshak raat ko uthna (Tahajjud ki namaaz ke liye) sabse zyada mushkil aur sabse zyada mu’assir hai, aur (roohani) nizaam ke liye behtareen hai, aur (Allah) ke kalaam ko samajhne ke liye sabse zyada munasib hai.” Sadaqa Llāhu l-‘Azīm.

Allāh ‘Azza wa-Jalla farmata hain ke raat ka waqt ibaadat ke liye zyada mu’assir (asardar) aur mufeed hai. Hamaare Rasool ṣallā Llāhu ‘alayhi wa-sallam farmatein hain ke raat ki ibaadat din ki ibaadat ke muqable mein kayi zyada qabil-e-qubool hoti hai. Hamaare Rasool ṣallā Llāhu ‘alayhi wa-sallam farmatein hain, “Jo shaks raat ko do raka’at namaaz padhega, usey din mein hazaar raka’at namaaz padhne ke barabar ka sawaab milega.” Fajr se sirf thodi der pehle uth kar yeh do raka’at Tahajjud padhne se itna bada sawaab haasil hojata hai. Bilkul, ek banda isse zyada bhi padh sakta hai; jaise ke wuzu ki namaaz, shukrana ki namaaz, Tahajjud, aur phir najāt ki namaaz. Allāh ﷻ ka shukr hai ke yeh namazein hamaare liye Allāh ‘Azza wa-Jalla ke qareeb hone ka ek zariya hain. Allāh ‘Azza wa-Jalla ek ḥadees-e Qudsi mein farmata hain, “Mera banda nāfil ibaadat ke zariye mere qareeb hojata hai.” Allāh ‘Azza wa-Jalla farmata hain, “Jab koi mere qareeb hojata hai, Main utna hi zyada uski zubaan ban jata hoon jis se woh baatein karta hai, aur uski aankhein ban jata hoon jinse se woh dekhta hai, aur uska haath ban jata hoon jisse woh pakadta hai.” Bilkul, Allāh ‘Azza wa-Jalla ki hikmat us shaks mein aa jati hai. Yeh ibaadatain jitni zyada tumhare nafs par mushkil hoti hain,

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utna hi zyada sawaab Allāh ‘Azza wa-Jalla tumhein deta hain. Iske saath saath, ruhaani taaqat bhi haasil hoti hai.

Isiliye, raat mein jab log so rahe hotay hain uss waqt Tahajjud aur Nāfil namazein padhna un logon ke liye joh aisa kar sakte hain, ek azeem neymat hai. Jin logon ko aisa karne ki taufeeq mili hai, unhein Allāh ﷻ ka shukr adaa karna chahiye aur Allāh ﷻ ki hamd-o-sana karni chahiye. Unhein doosro ko dekh kar yeh nahi kehna chahiye ke, “Main karta hoon, yeh nahi karte,” aur unhein zaleel nahi karna chahiye; yeh bhi ahem baat hai. Yeh nahi bhoolna chahiye ke Allāh ﷻ ne isay tumhein ataa kiya hai, lehaza tum yeh kar paa rahe ho; Usﷻ ne unhein yeh (neymat) nahi ataa ki. Agar tum yeh kehte ho, “Maine isay kiya, maine isay padha,” toh tumhari saari ibaadat zaya ho jayegi. Isiliye, agar tum tumhari ibaadatein karne ke qaabil ho, toh Allāh ﷻ ka shukr adaa karo aur hamd-o-sana karo, aur kaho, “Yeh kam naa ho, balki badhti jayein. Allāh ﷻ mujhe mehfooz rakhein. Allāh ﷻ mujhe mustaqim rakhein aur meri madad ataa farmayein.”

Bahot se log kehte hain, “Hum Tahajjud ke liye nahi uth paate.” Yeh raat ko der se sone ki aur garmiyon mein chhoti raaton ki wajah se bhi hain. Woh sochte hain, “Thodi der so leta hoon phir uth jaunga,” aur pata nahi chalta ke kab subah hojati hai. Agar subah bhi hojaye, toh agar waqt ho toh woh suraj-tulu hone se pehle uth kar yeh ibaadatein kar sakte hain. Agar waqt kam ho toh woh seedha Fajr ki namaaz padh lein bina waqt ko zaya kiye.

Jaisa ke hum ne kaha, jo log kabhi bhi namaaz nahi padhte woh jab bhi mumkin ho dhere-dhere namaaz padhne ki shuruwat karein. Namaaz bahot zaroori hai; kyunki namaaz deen ka sutoon hai. Aur jaisa ke hum ne kaha, hamaare Rasool shallā Llāhu ‘alayhi wa-sallam ne raat ki namazein hamaari bhalaai ke liye tajweez ki hain. Hamaare Rasool shallā Llāhu ‘alayhi wa-sallam aksar raat ko ibaadat ke liye uth-te the. Paanch waqt ki namaaz farz hone se bhi pehle se, hamaare Rasool shallā Llāhu ‘alayhi wa-sallam raat ki namaaz ke liye uth-te the aur ibaadat karte the. Allāh ﷻ hamaari madad ataa farmaye aur in nek aamaal ko hum par mustaqil jaari rakhein, InshaAllāh.

Wa min Allāhi t-Tawfīq. Al-Fātiḥa.

Mawlana Sheikh Muhammad Adil ar-Rabbani
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