

## NAMAZ E SHAB

The following is an easy-to-do method of offering the Night Prayer that everyone can do:

When you wake up at night, it is recommended to prostrate yourself before Almighty Allah. It is recommended that you say the following doxology (zikr) during or after the prostration:

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانِي بَعْدَ مَا أَمَاتَنِي وَ إِلَيْهِ النُّشُورُ  
الْحَمْدُ لِلَّهِ الَّذِي رَدَّ عَلَيَّ رُوحِي لِأَحْمَدَهُ وَأَعْبَدَهُ-

When you get up and stand up, say the following supplication:

اللَّهُمَّ أَعِنِّي عَلَى هَوْلِ الْمَطَّلَعِ وَ وَسَّعْ عَلَيَّ الْمَضْجَعَ  
وَ ارْزُقْنِي خَيْرَ مَا بَعْدَ الْمَوْتِ-

When you hear the sounds of roosters, say the following:

سُبُّوحٌ قُدُّوسٌ رَبُّ الْمَلَائِكَةِ وَالرُّوحِ سَبَقَتْ رَحْمَتُكَ  
غَضَبَكَ لَا إِلَهَ إِلَّا أَنْتَ عَمِلْتُ سُوءًا وَظَلَمْتُ نَفْسِي  
فَاغْفِرْ لِي إِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ فَتُبَّ عَلَيَّ إِنَّكَ  
أَنْتَ التَّوَّابُ الرَّحِيمُ-

When you raise your sight towards the sky, say the following supplication:

اللَّهُمَّ إِنَّهُ لَا يُورِي مِنْكَ لَيْلٌ سَاجٍ وَلَا سَمَاءٌ ذَاتُ أَبْرَاجٍ  
 وَلَا أَرْضٌ ذَاتُ مِهَادٍ وَلَا ظُلُمَاتٌ بَعْضُهَا فَوْقَ بَعْضٍ وَ  
 لَا بَحْرٌ لُجْبِيٌّ تُدَلِّجُ بَيْنَ يَدَيْ الْمُدَلِّجِ مِنْ خَلْقِكَ تُدَلِّجُ  
 الرَّحْمَةَ عَلَى مَنْ تَشَاءُ مِنْ خَلْقِكَ تَعْلَمُ خَائِنَةَ الْأَعْيُنِ وَ  
 مَا تُخْفِي الصُّدُورُ غَارَتِ النُّجُومُ وَنَامَتِ الْعُيُونُ وَ أَنْتَ  
 الْحَيُّ الْقَيُّومُ لَا تَأْخُذُكَ سِنَةٌ وَلَا نَوْمٌ سُبْحَانَ اللَّهِ رَبِّ  
 الْعَالَمِينَ وَاللهِ الْمُرْسَلِينَ وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ-

After that, you may recite the following five Quranic verses from SurahAl-'Imran (No. 3):

إِنَّ فِي خَلْقِ السَّمَوَاتِ وَالْأَرْضِ وَاخْتِلَافِ اللَّيْلِ وَالنَّهَارِ  
 لآيَاتٍ لِّأُولِي الْأَلْبَابِ الَّذِينَ يَذْكُرُونَ اللَّهَ قِيَامًا وَقُعُودًا  
 وَعَلَى جُنُوبِهِمْ وَيَتَفَكَّرُونَ فِي خَلْقِ السَّمَوَاتِ وَالْأَرْضِ  
 رَبَّنَا مَا خَلَقْتَ هَذَا بَاطِلًا سُبْحَانَكَ فَقِنَا عَذَابَ النَّارِ  
 رَبَّنَا إِنَّكَ مَنْ تَدْخِلِ النَّارَ فَقَدْ أَخْرَيْتَهُ وَمَا لِلظَّالِمِينَ  
 مِنْ أَنْصَارٍ رَبَّنَا إِنَّنَا سَبِعْنَا مُنَادِيًا يُنَادِي لِلإِيْمَانِ أَنْ

أَمِنُوا بِرَبِّكُمْ فَأَمَّا رَبَّنَا فَاعْفُرْ لَنَا ذُنُوبَنَا وَكَفِّرْ عَنَّا  
سَيِّئَاتِنَا وَتَوَقَّنَا مَعَ الْأَبْرَارِ رَبَّنَا وَآتِنَا مَا وَعَدْتَنَا عَلَى  
رُسُلِكَ وَلَا تَخْزِنَا يَوْمَ الْقِيَامَةِ إِنَّكَ لَا تَخْلِفُ الْوَعْدَ

When you intend to take initiative to the night worship but you need to go to toilet, you may start with it. When you go out of toilet, cleanse your teeth with the traditional stick of Miswak. Afterward, you may perform the ritual ablution as completely as possible and then perfume and ready yourself for the Night Prayer.

## THE TIME OF NAMAZ E SHAB

The time of the Night Prayer begins after midnight; yet, it is recommended to perform it as near as possible to dawn (fajr). However, when dawn (fajr) comes while one has still four units of the prayer to perform, one may recite only Surah al-Faatehah in the rest of the prayer.

The Night Prayer consists of eight units of prayer; each two alone. Taslim should be said at the end of each two units with the intention of offering the Night Prayer. It is advisable to repeat Surah al-Tawheed thirty times in each unit of the first couple after reciting Surah al-Faatehah.

By doing such, one's all sins will be forgiven as soon as he finishes the prayer. It is also recommended to recite (after Surah al-Faatehah) Surah al-Tawheed in the first unit and Surah al-Kafirun in the second.

In the other units of the prayer, one may recite any Surah he chooses. However, it is sufficiently acceptable to recite Surah al-Faatehah and Surah al-Tawheed in each unit of

the Night Prayer. It is also permissible to recite Surah al-Faatehah alone.

## QUNUT

Like obligatory prayers, it is highly recommended to practice Qunut in the second unit of each couple of the units of supererogatory (mustahab / nafilah) prayers. At least, it is sufficient to repeat the following statement three times in Qunut:

سُبْحَانَ اللَّهِ-

It is also sufficient to say this supplicatory prayer:

اللَّهُمَّ اغْفِرْ لَنَا وَارْحَمْنَا وَعَافِنَا وَأَعْفُ عَنَّا فِي الدُّنْيَا وَ  
الْآخِرَةِ إِنَّكَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ-

or this supplicatory prayer:

رَبِّ اغْفِرْ وَارْحَمْ وَتَجَاوَزْ عَمَّا تَعَلَّمُ إِنَّكَ أَنْتَ الْأَعَزُّ  
الْأَجَلُّ الْأَكْرَمُ-

It is narrated that Imam Musa ibn Ja'far al-Kazim (a.s.) used to say the following supplicatory prayer in his night worship:

اللَّهُمَّ إِنَّكَ خَلَقْتَنِي سَوِيًّا--

## THE SHAF' AND THE WITR PRAYER

When you accomplish the eight-unit Night Prayer, you may then offer the two-unit Shaf' Prayer and the one-unit

Witr Prayer. In these three units, you are advised to recite, after Surah al-Faatehah, Surah al-Tawheed once so that you may be considered as having recited the entire Qur'an. Narrations have confirmed that Surah al-Tawheed is equivalent to one-third of the Holy Qur'an.

You may also recite in the first unit of the Shaf' Prayer Surah al-Nas (No. 114) and in the second Surah al-Falaq (No. 113).

When you accomplish the Shaf' Prayer, you may say this supplicatory prayer:

إِلَهِي تَعَرَّضْ لَكَ فِي هَذَا اللَّيْلِ الْمُتَعَرِّضُونَ وَ قَصَدَكَ  
 الْقَاصِدُونَ وَ أَمَلَ فَضْلَكَ وَ مَعَرُوفَكَ الطَّالِبُونَ وَ لَكَ فِي  
 هَذَا اللَّيْلِ نَفَحَاتٌ وَ جَوَائِزُ وَ عَطَايَا وَ مَوَاهِبُ تَمُنُّ بِهَا  
 عَلَى مَنْ تَشَاءُ مِنْ عِبَادِكَ وَ تَمْنَعُهَا مَنْ لَمْ تَسْبِقْ لَهُ  
 الْعِنَايَةَ مِنْكَ وَ هَا أَنَا ذَا عُبَيْدِكَ الْفَقِيرِ إِلَيْكَ الْيَوْمِ  
 فَضْلَكَ وَ مَعَرُوفَكَ فَإِنْ كُنْتَ يَا مَوْلَايَ تَفَضَّلْتَ فِي هَذِهِ  
 اللَّيْلَةِ عَلَى أَحَدٍ مِنْ خَلْقِكَ وَ عُدْتَ عَلَيْهِ بِعَائِدَةٍ مِنْ  
 عَطْفِكَ فَصَلِّ عَلَى مُحَمَّدٍ وَ آلِ مُحَمَّدٍ الطَّيِّبِينَ  
 الطَّاهِرِينَ الْخَيْرِينَ الْفَاضِلِينَ وَ جُدْ عَلَيَّ بِطَوْلِكَ وَ  
 مَعَرُوفِكَ يَا رَبَّ الْعَالَمِينَ وَ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ خَاتَمِ

النَّبِيِّينَ وَ إِلِهِ الطَّاهِرِينَ وَ سَلَّمَ تَسْلِيمًا إِنَّ اللَّهَ حَمِيدٌ  
مَجِيدٌ اللَّهُمَّ إِنِّي أَدْعُوكَ كَمَا أَمَرْتَ فَاسْتَجِبْ لِي كَمَا  
وَعَدْتَ إِنَّكَ لَا تُخْلِفُ الْبِعَادَ۔

This supplicatory prayer has been mentioned in the book of Mafatih al-Jinan within the recommended acts on the fifteenth night of Sha'ban.

Upon accomplishment of the Shaf' Prayer, you may stand up for offering the Witr Prayer. After Surah al-Faatehah, you may recite Surah al-Tawheed once or three times alone or with Surah al-Falaq and Surah al-Nas.

You may then raise your hands for Qunut and implore Almighty Allah for anything you desire.

In the words of Shaykh al-Tusi, the supplications for Qunut are too numerous to be counted. Generally, there are not definite supplications to be said in Qunut, for it is permissible to say anything.

It is also recommended, during Qunut, to weep, or even try to weep, out of fear of Almighty Allah and fear of His chastisement. It is also desirable to pray Almighty Allah for the good of one's brethren-in-faith, for narrations have confirmed that one who prays for the good of forty of his friends shall have all his prayers responded.

Shaykh al-Saduq, in his book of Man-La-Yahduru-hul-Faqih, has recorded that the Holy Prophet (s.a.w.a.) used to say the following supplicatory prayer in the Witr Prayer:

اللَّهُمَّ اهْدِنِي فِيْمَنْ هَدَيْتَ وَ عَافِنِي فِيْمَنْ عَافَيْتَ وَ تَوَلَّنِي  
فِيْمَنْ تَوَلَّيْتَ وَ بَارِكْ لِي فِيْمَا أَعْطَيْتَ وَ قِنِي شَرَّ مَا قَضَيْتَ  
فَإِنَّكَ تَقْضِي وَ لَا يُقْضَى عَلَيْكَ سُبْحَانَكَ رَبَّ الْبَيْتِ  
أَسْتَغْفِرُكَ وَ أَتُوبُ إِلَيْكَ وَ أُوْمِنُ بِكَ وَ أَتَوَكَّلُ عَلَيْكَ  
وَ لَا حَوْلَ وَ لَا قُوَّةَ إِلَّا بِكَ يَا رَحِيْمُ-

It is also highly advisable to repeat the following imploration seventy times and, meanwhile, raise the left hand for supplicating and count with the right hand:

أَسْتَغْفِرُ اللَّهَ رَبِّي وَ أَتُوبُ إِلَيْهِ-

It is also narrated that the Holy Prophet (s.a.w.a.) used to implore for Almighty Allah's forgiveness seventy times during the Witr Prayer and then say the following statement:

هَذَا مَقَامُ الْعَائِدِ بِكَ مِنَ النَّارِ-

It is also narrated that Imam Ali ibn al-Husayn Zayn al-'Abidin (a.s.) used to repeat the following word three hundred times during the Witr Prayer:

الْعَفْوُ الْعَفْو-

After that, the Imam (a.s.) would say the following supplicatory prayer:

رَبِّ اغْفِرْ لِي وَارْحَمْنِي وَتُبْ عَلَيَّ إِنَّكَ أَنْتَ التَّوَّابُ الْغَفُورُ

الرَّحِيمُ-

It is highly advisable to extend your Qunut as long as possible. Thereafter, you go to the ritual genuflection (ruku') of the prayer and when you raise your head, you should say the following supplicatory prayer that Shaykh al-Tusi, in his book of Tahdhib al-Ahkam, reports from Imam Musa ibn Ja'far al-Kazim (a.s.):

هَذَا مَقَامٌ مِنْ حَسَنَاتِهِ نِعْمَةٌ مِنْكَ وَ شُكْرُهُ ضَعِيفٌ وَ

ذَنْبُهُ عَظِيمٌ وَ لَيْسَ لِدُلكِ إِلَّا رِفْقُكَ وَ رَحْمَتُكَ فَإِنَّكَ

قُلْتَ فِي كِتَابِكَ الْمُنْزَلِ عَلَى نَبِيِّكَ الْمُرْسَلِ صَلَّى اللهُ عَلَيْهِ

وَ إِلَيْهِ كَانُوا قَلِيلًا مِنَ اللَّيْلِ مَا يَهْجَعُونَ وَ بِالْأَسْحَارِ هُمْ

يَسْتَغْفِرُونَ طَالَ هُجُوعِي وَ قَلَّ قِيَامِي وَ هَذَا السَّحَرُ وَ أَنَا

أَسْتَغْفِرُكَ لِذُنُوبِي اسْتَغْفَارَ مَنْ لَا يَجِدُ لِنَفْسِهِ ضَرًّا وَ لَا

نَفْعًا وَ لَا مَوْتًا وَ لَا حَيَاةً وَ لَا نُشُورًا-

You may then prostrate yourself and accomplish the prayer. After the accomplishment, you may say Tasbih al-Zahra'. After that, you may say the following doxology (zikr):



الْحَمْدُ لِلرَّبِّ الصَّبَاحِ الْحَمْدُ لِفَالِقِ الإِصْبَاحِ-

You may then repeat the following doxology (zikr) three times:

سُبْحَانَ رَبِّيَ الْمَلِكِ الْقُدُّوسِ الْعَزِيزِ الْحَكِيمِ-

You may then say the following supplicatory prayer:

يَا حَيُّ يَا قَيُّوْمُ، يَا بَرُّ يَا رَحِيْمُ يَا غَنِيُّ يَا كَرِيْمُ أَرْزُقْنِي  
مِنَ التِّجَارَةِ أَعْظَمَهَا فَضْلًا وَ أَوْ سَعَهَا رِزْقًا وَ خَيْرَهَا لِي  
عَاقِبَةً فَإِنَّهُ لَا خَيْرَ فِيهَا لَا عَاقِبَةَ لَهُ-

It is also highly advisable to say the following supplicatory prayer, which is called Dua al-Hazin (The Supplication of the Sad):

أُنَاجِيكَ يَا مَوْجُودٌ فِي كُلِّ مَكَانٍ لَعَلَّكَ تَسْمَعُ نِدَائِي فَقَدْ  
عَظَمَ جُرْمِي وَقَلَّ حَيَاتِي يَا مَوْلَايَ أَيُّ الأَهْوَالِ اتَذَكَّرُو  
أَيَّهَا أُنْسَى وَلَوْ لَمْ يَكُنْ إِلاَّ المَوْتُ لَكُنِي كَيْفَ وَمَا بَعْدَ  
المَوْتِ أَعْظَمُ وَأَدْهَى مَوْلَايَ يَا مَوْلَايَ حَتَّى مَتَيْ وَإِلَى مَتَيْ  
أَقُولُ لَكَ العُتْبَى مَرَّةً بَعْدَ أُخْرَى ثُمَّ لَا تَجِدُ عِنْدِي  
صِدْقًا وَلَا وَفَاءً فَيَا غَوْثَاهُ ثُمَّ وَ غَوْثَاهُ بِكَ يَا اللهُ مِنْ

هُوِيَ قَدْ غَلَبَنِي وَمِنْ عَدُوِّ قَدْ اسْتَكَلَبَ عَلَيَّ وَمِنْ دُنْيَا قَدْ  
 تَزَيَّيْنَتْ لِي وَمِنْ نَفْسٍ أَمَّارَةٍ بِالسُّوءِ إِلَّا مَا رَحِمَ رَبِّي  
 مَوْلَايَ يَا مَوْلَايَ إِنْ كُنْتَ رَحِمْتَ مِثْلِي فَأَرْحَمْنِي وَإِنْ  
 كُنْتَ قَبِلْتَ مِثْلِي فَأَقْبَلْنِي يَا قَابِلَ السَّحَرَةِ اقْبَلْنِي يَا مَنْ  
 لَمْ أَزَلْ اتَّعَرَّفُ مِنْهُ الْحُسْنَى يَا مَنْ يُغَذِّيَنِي بِالنِّعَمِ  
 صَبَاحًا وَمَسَاءً إِرْحَمْنِي يَوْمَ أْتِيكَ فَرْدًا شَاخِصًا إِلَيْكَ  
 بَصْرِي مُقَلِّدًا عَمَلِي قَدْ تَبَّرَ أَجْمَعُ الْخَلْقِ مِنِّي نَعْمَ وَابِي  
 وَأُمِّي وَمَنْ كَانَ لَهُ كَدِّي وَسَعْيِي فَإِنْ لَمْ تَرْحَمْنِي فَمَنْ  
 يَرْحَمْنِي وَمَنْ يُؤْنِسُ فِي الْقَبْرِ وَحْشَتِي وَمَنْ يُنْطِقُ  
 لِسَانِي إِذَا خَلَوْتُ بِعَمَلِي وَسَأَلْتَنِي عَمَّا أَنْتَ أَعْلَمُ بِهِ مِنِّي  
 فَإِنْ قُلْتَ نَعَمْ فَأَيُّنَ الْمَهْرَبُ مِنْ عَدْلِكَ وَإِنْ قُلْتَ لَمْ  
 أَفْعَلْ قُلْتَ أَلَمْ أَكُنِ الشَّاهِدَ عَلَيْكَ فَعَفُوكَ عَفُوكَ يَا  
 مَوْلَايَ قَبْلَ سَرَابِيلِ الْقَطْرَانِ عَفُوكَ يَا مَوْلَايَ  
 قَبْلَ جَهَنَّمَ وَالنِّيْرَانِ عَفُوكَ يَا مَوْلَايَ قَبْلَ أَنْ

## تُغَلِّ الأَيْدِي إِلَى الأَعْنَاقِ يَا أَرْحَمَ الرَّاحِمِينَ وَ خَيْرِ الْغَافِرِينَ-

This supplicatory prayer will be mentioned in the appendixes of Mafatih al-Jinan.

You may then prostrate yourself and repeat the following doxology (ziker) five times:

## سُبُّوحٌ قُدُّوسٌ، رَبُّ الْمَلَائِكَةِ وَالرُّوحِ-

You may then sit and recite Ayah al-Kursi after which you may return to the prostration position and repeat the aforesaid doxology (ziker) five times again.