

**Stand before your Lord reciting Qur'aan at night;  
be it after Isha or in the midst of the night before dawn!  
Huffaaz (those who have memorised the Qur'aan)  
should at least recite 1-3 juz,  
others should recite whatsoever they have memorised.**

- 'قيام الليل' is one of the distinctive characteristics of 'عِبَادُ الرَّحْمَنِ' as stated in Sura al Furqaan:

﴿٦٤﴾ وَعِبَادُ الرَّحْمَنِ الَّذِينَ يَمْشُونَ عَلَى الْأَرْضِ هَوْنًا وَإِذَا خَاطَبَهُمُ الْجَاهِلُونَ قَالُوا سَلَامًا ﴿٦٣﴾ وَالَّذِينَ يَبِيتُونَ لِرَبِّهِمْ سُجَّدًا وَقِيَامًا ﴿٦٤﴾

*'The servants of the Rahmaan (the All-Merciful, Allah) are those who walk on the earth humbly, and when the ignorant people speak to them, they reply peacefully, and those who pass the night prostrating themselves and standing before their Lord.'*

- 'قيام الليل' is one of the characteristics of 'الْمُتَّقِينَ' as stated in Sura az Zaariyaat:

﴿١٥﴾ آخِذِينَ مَا آتَاهُمْ رَبُّهُمْ ۚ إِنَّهُمْ كَانُوا قَبْلَ ذَلِكَ مُحْسِنِينَ ﴿١٦﴾  
﴿١٧﴾ وَالَّذِينَ يَبِيتُونَ لِرَبِّهِمْ سُجَّدًا وَقِيَامًا ﴿١٨﴾

*'The God-fearing (on the other hand) will be in gardens and springs, receiving what their Lord will have given to them. Indeed, prior to this, they were good in their deeds. They used to sleep little in the night; and in the hours before dawn they used to pray for forgiveness.'*

- 'قيام الليل' is one of the means of gaining the rank of 'الَّذِينَ يَعْلَمُونَ' as stated in Sura az Zumar:

﴿٩﴾ أَمْ مَنْ هُوَ قَانِتٌ آتَاءَ اللَّيْلِ سَاجِدًا وَقَائِمًا يَحْذَرُ الْآخِرَةَ وَيَرْجُو رَحْمَةَ رَبِّهِ ۗ قُلْ هَلْ يَسْتَوِي الَّذِينَ يَعْلَمُونَ وَالَّذِينَ لَا يَعْلَمُونَ ۗ  
﴿٩﴾ إِنَّمَا يَتَذَكَّرُ أُولُو الْأَلْبَابِ ﴿٩﴾

*'Can (such people be equal to) the one who worships during the hours of night, prostrating himself and standing, fearing the Hereafter and having hopes in his Lord's mercy? Say, "Can those who know and those who do not know become equal?" It is only the people of understanding who are receptive of the advice.'*

- 'قيام الليل' is a reputation of 'أُمَّةً قَائِمَةً' as stated in Sura Aali Imran:

﴿١١٣﴾ لَيْسُوا سَوَاءً ۚ مِمَّنْ أَهْلُ الْكِتَابِ أُمَّةٌ قَائِمَةٌ يَتْلُونَ آيَاتِ اللَّهِ آنَاءَ اللَّيْلِ وَهُمْ يَسْجُدُونَ ﴿١١٣﴾

*'Not all of them are alike: Among the people of the Book there are those who are steadfast; they recite the verses of Allah in the night hours, and they prostrate themselves.'*

- 'قيام الليل' is an incomparable honour for true believers as stated in Sura as Sajdah:

﴿١٦﴾ تَتَجَافَى جُنُوبُهُمْ عَنِ الْمَضَاجِعِ يَدْعُونَ رَبَّهُمْ خَوْفًا وَطَمَعًا وَمِمَّا رَزَقْنَاهُمْ يُنفِقُونَ ﴿١٦﴾  
﴿١٧﴾ فَلَا تَعْلَمُ نَفْسٌ مَّا أُخْفِيَ لَهُم مِّن قُرَّةِ أَعْيُنٍ جَزَاءً بِمَا كَانُوا يَعْمَلُونَ ﴿١٧﴾

*'Their sides remain apart from their beds. They call their Lord with fear and hope, and spend (in charity) out of what We have given to them. So, no one knows the delight of eyes that has been reserved for them in secret, as a reward of what they used to do.'*

- 'قيام الليل' was what Rasulallah صلى الله عليه وسلم was ordained as stated in Sura al Muzzammil:

﴿٢﴾ نِصْفَهُ أَوْ انْقُصْ مِنْهُ قَلِيلًا ﴿٣﴾ أَوْ زِدْ عَلَيْهِ وَرَتِّلِ الْقُرْآنَ تَرْتِيلًا ﴿٤﴾ إِنَّا سَنُلْقِي عَلَيْكَ قَوْلًا ثَقِيلًا ﴿٥﴾  
 إِنَّ نَاشِئَةَ اللَّيْلِ هِيَ أَشَدُّ وَظَنًا وَأَقْوَمُ قِيلًا ﴿٦﴾

*'Stand at night (for prayer) except a little--half of it, or make it a little less, or make it a little more; and recite the Qur'aan clearly with tarteel (in a distinct and measured tone). We are going to send down to you a weighty discourse. Truly, rising by night (for prayer of tahajjud) is the most effective way to subdue (one's base self) and to make speech more upright.'*

- 'قيام الليل' was the additional prayer of Rasulallah صلى الله عليه وسلم as stated in Sura Al Israa:

﴿٧٩﴾ وَمِنَ اللَّيْلِ فَتَهَجَّدْ بِهِ نَافِلَةً لَكَ عَسَىٰ أَنْ يَبْعَثَكَ رَبُّكَ مَقَامًا مَّحْمُودًا ﴿٧٩﴾

*'And during the night, wake up for Salaah of tahajjud, an additional prayer for you. It is very likely that your Lord will place you at Praised Station.'*

- 'قيام الليل' was the means of pleasure for Rasulallah صلى الله عليه وسلم as stated in Sura Taha:

﴿١٣٠﴾ فَاصْبِرْ عَلَىٰ مَا يَقُولُونَ وَسَبِّحْ بِحَمْدِ رَبِّكَ قَبْلَ طُلُوعِ الشَّمْسِ وَقَبْلَ غُرُوبِهَا ۖ وَمِنْ آنَاءِ اللَّيْلِ فَسَبِّحْ وَأَطْرَافَ النَّهَارِ لَعَلَّكَ تَرْضَىٰ ﴿١٣٠﴾

*'So, (O messenger,) endure with patience what they say, and proclaim the purity and praise of your Lord before sunrise and before sunset. And in some hours of night, proclaim His purity, and at points of the day as well, so that you may be pleased.'*

- 'قيام الليل' was what Allah observed from Rasulallah صلى الله عليه وسلم and his companions as stated in Sura as Shu'araa:

﴿٢١٧﴾ وَتَوَكَّلْ عَلَى الْعَزِيزِ الرَّحِيمِ ﴿٢١٧﴾ الَّذِي يَرَاكَ حِينَ تَقُومُ ﴿٢١٨﴾ وَتَقَلُّبِكَ فِي السَّاجِدِينَ ﴿٢١٩﴾

*'And place your trust in the Mighty, the Merciful, Who sees you when you stand (in prayer,) and (sees) your movement among those who prostrate themselves.'*

- 'قيام الليل' was the practice of Rasulallah صلى الله عليه وسلم as stated in Sura at Toor:

﴿٤٩﴾ وَاصْبِرْ لِحُكْمِ رَبِّكَ فَإِنَّكَ بِأَعْيُنِنَا ۖ وَسَبِّحْ بِحَمْدِ رَبِّكَ حِينَ تَقُومُ ﴿٤٨﴾ وَمِنَ اللَّيْلِ فَسَبِّحْهُ وَإِدْبَارَ النُّجُومِ ﴿٤٩﴾

*'And (O Prophet) be patient about the decision of your Lord, because you are in front of Our Eyes. And proclaim the purity of your Lord along with His praise when you stand (in Prayer), And, in parts of night too, proclaim His purity, and at the time of setting of the stars.'*

- 'قيام الليل' was a distinctive characteristic of Rasulallah صلى الله عليه وسلم and his companions as stated in Sura al Muzzammil:

﴿١﴾ إِنَّ رَبَّكَ يَعْلَمُ أَنَّكَ تَقُومُ أَدْنَىٰ مِنْ ثُلُثِي اللَّيْلِ وَنِصْفَهُ وَثُلُثَهُ وَطَائِفَةٌ مِّنَ الَّذِينَ مَعَكَ ۗ

*'Your Lord knows that you stand (in prayer) for nearly two thirds of the night, and (at times) for half of it, and (at times) for one third of it, and (so do) a group of those who are with you.'*

**Rise for 'قيام الليل' (night prayer) even if its two units!**

*O Allah! Make us from amongst those who, in the midst of the night, stand in prayer, reciting Your verses, proclaiming Your purity, prostrating with fear and hope to gain Your pleasure and forgiveness. Ameen.*