

NAFL PRAYERS

What is a Nafl Prayer?

1. These are voluntary prayers.
2. They may consist of two, four, or more raka-ats.
3. They are mainly performed before and after regular prayers.
4. They provide a means for the increased exercise of devotion.
5. Some of the Nafl Prayers have their own prescribed times.
6. Most of the Nafl Prayers have been taught by the Prophet (peace be upon him) himself.
7. Aulia Allah have also introduced some of the Nafl Prayers.

NAFL PRAYERS

Benefits of Nafl Prayer - A

Abu Hurairah (Allah be pleased with him) reported Allah's messenger (peace be upon him) as stating that Allah has said:

If any one is hostile to a friend of mine (WALI), I have declared war against him. No one draws near to me with anything dearer to me than what I have made obligatory (FARDH) for him. If my servant keeps drawing near to me with voluntary acts (NAWAFIL) I shall love him, and when I love him, I shall be his hearing with which he hears, his sight with which he sees, his hand with which he grasps and his foot with which he walks. If he asks from me I shall certainly give him and if he seeks refuge in me I shall certainly give him refuge.

(BUKHARI)

NAFL PRAYERS

Benefits of Nafl Prayers - B

The Prophet (peace be upon him) is reported to have said:

The first of his deeds for which a man will be taken into account on the day of judgement will be his prayers (SALAH).

If it is sound he will be saved and successful, but if it is unsound he will be unfortunate and miserable. If any deficiency is found in his obligatory (FARDH) prayers, The Lord Who is Blessed and Exalted will issue instructions to consider whether His servant has performed any voluntary (NAFL) prayers so that what is lacking in the obligatory prayer may be made up by it. Then the rest of his deeds will be treated in the same fashion.

(HAZRAT ABU HURAIRAH - TIRMIDHI, IBN-E-MAJAH)

NAFL PRAYERS

Important Nafl Prayers

1. Tahiyyat-ul-Wudhu
2. Tahiyyat-ul-Masjid
3. Ishraq
4. Chasht (Dhuha)
5. Awwabeen
6. Tahajjud
7. Salat-ut-Tasbih
8. Salat-ul-Hajat

NAFL PRAYERS

Time restrictions for Nafl Prayers

A Nafl prayer cannot be performed at the following times:

1. After Dawn and before sunrise.
2. After IQAMAT of a congregation prayer until the end of the prayer.
3. After Salat-ul-Asr until sunset.
4. After sunset and before Salat-ul Maghrib.
5. After the beginning of Khutbah of Friday prayer of Jummah.
6. At the time of Khutbah of Friday or Eid prayers.
7. Before Eid prayers (whether at home or in a masjid)
8. After Eid prayers in the Masjid.
9. When the time for a FARDH prayer is very short.
10. At a time when we are disturbed and concentration of mind and heart is not available. On such occasions we are required to get rid of any interference and then start prayer.

Note: - At the times as explained in No. 6 and No.10, any Fardh and Wajib prayer, funeral prayer and Sijdah for Tilawat are also prohibited

NAFL PRAYERS

TAHIYYAT-UL-WUDHU

Performing two Raka'at of Nafl prayer after ablution (WUDHU)

HADITH: Allah's messenger (peace be upon him) said to Bilal at the time of Fajr prayer, "Tell me Bilal, of the deed you have done since becoming a Muslim for which you expect the best reward, for I heard the sound of your sandals in front of me in Paradise". Bilal replied, "I have done nothing in the hope of best reward except offering (NAFL) prayer immediately after doing Wudhu at any hour of the night or day".

(ABU HURAIRAH - BUKHARI, MUSLIM)

TAHIYYAT-UL-MASJID

This is two Rak'at, performed just after entering into a Masjid.

HADITH: When one of you enters the MASJID, he should pray two rak'at before sitting down.

(ABU HURAIRAH - BUKHARI, MUSLIM)

NAFL PRAYERS

ISHRAQ

Two Raka'at performed 20 minutes after sunrise.

HADITH: If anyone sits in his place of prayer where he performs Sala-ul-Fajr, till he prays two Raka'at of Ishraq saying nothing but what is good, his sins will be forgiven even if they are more than the foam of the sea.

(MUADH BIN ANAS - ABU DAUD)

CHAASHT (Dhuha)

Minimum of two and maximum of twelve raka'at. Performed after $\frac{1}{4}$ of the day has passed.

HADITH: If anyone prays twelve Raka'at of Dhuha, Allah will build for him a castle of gold in Paradise.

(ANAS - TIRMIDHI, IBN MAJAH)

AWWABEEN

Six raka'at, after Salat-ul-Maghrib

HADITH: If anyone prays six raka'at after Salat-ul-Maghrib, not saying anything bad during them, these will be treated for him as equivalent to twelve years worship.

(ABU HURAIRAH - TIRMIDHI)

NAFL PRAYERS

TAHAJJUD

Minimum of two Raka'at, maximum eight Raka'at. After Eisha until Dawn, after getting up from sleep.

HADITH:

1. make a practice of getting up at night (for Tahajjud) for it was the custom of the pious before you and it is a means of bringing yourself near to your Lord, an atonement for evil deeds and it prevents you from sins.

(ABU UMAMAH - TIRMIDHI)

2. The most excellent prayer after Fardh prayers is the prayer which is performed in the depth of the night (i.e Tahajjud)

(ABU HURAIRAH - MISHKAT)

NAFL PRAYER

SALAT-UT-TASBIH (four Raka'at prayer)

Special Tasbih : SUBHANALLAHI WALHAMDULILLAHI WALA ELAHA ILLALLAHU WALLAHU AKBER

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|--|----------|
| Method: - In first Raka'at after "Subhanaka..." | 15 times |
| Then after recitation of Quran | 10 times |
| Then in Ruku after Tasbih | 10 times |
| Then after standing back and after saying Sami Allah.... | 10 times |
| Then in Sijdah after Tasbih | 10 times |
| Then between two Sijdahs | 10 times |
| Then in second Sijdah after Tasbih | 10 times |
| Total in each Raka'at = 75 times | |

HADITH: The prophet (peace be upon him) said to his uncle Hazrat Abbas, " Shall I not tell you (method of a special prayer) through which Allah will forgive your sins, first and last, old and new, involuntary and voluntary, minor and major, secret and open..... You should do that in four Raka'at. If you can perform it once daily do so, if not then once weekly, if not then once a month, if not then once a year, if not then once in your lifetime.

(ABDULLAH IBN ABBAS - ABU DAUD, IBN MAJAH, BAIHAQI)

NAFL PRAYER

SALAT-UL HAJAT

Four Raka'ats

Method

First Raka'at: Surah Fatiha, once, Ayat-ul-Kursi; three times

Second, third and fourth Raka'at: Surah Fatiha, Surah Ikhlas, Surah Falaq, Surah Naas; Once each.

Then - Dua should be made.

HADITH: Hudhaifah said that when anything distressed the Prophet (peace be upon him) he used to perform (Nafl) Prayer.

(ABU DAUD - MISHKAT)

Sheikhs and Sufis say that they have found this prayer very effective and helpful.