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## **SONE KE ADAAB**

### **QUR'AN SE DALEEL**

Allah S.W.T hi roohon ko un ki mauth ke waqt aur jin ki mauth nahi aayi unhe un ke neendh ke waqt qabz kar leta hai, phir jin par maut ka hukm Lag chuka hai, unhe to rok leta hai aur doosri (roohon) ko ek muqarrar waqt tak ke Liye chohd deta hai, ghaur karne waalo ke Liye iss mein yaqeenan bahot si nishaaniya hai

(Surah AZ Zumar - 39 : 42)



**Aur wahi (ALLAH s.w.t) hai jis ne raath ko tumhaare  
liye pardah banaya aur neend ko raahath banayi  
aur din ko uth khade hone ka waqt  
(Surah AL Furqan - 25 : 47)**

## **HADEES SE DALEEL**

**Nabi e kareem (saw) ka Farmaan hai:**

**" Jo Shaks raat Guzaare aur uss ke haath mein  
Chiknaayi ki Boo ho phir usey kuch Museebat  
pahunche tho woh sirf apne aap ko bura bhala  
kahe ".**

**(Sunan Tirmizi : 1860)**

**FAYEDA : ya'ni khaane ke baad apne haathon ko acchi  
tarah Dho Lo, kyunki Naa Dhone se khaane ki  
Boo haathon mein baaqi rahegi, jo jinn aur  
Shayateen ko apni taraf Attract karegi, aur aisi  
Soorat mein aisa shakhs kisi museebat mein  
mubtala ho sakta hai, is Liye sote waqt iska,**



**(Haathon se chiknaayi ko khatam karne ka) khaas khayal rakhna chahiye.**

**1) Sote waqt Wuzu karna Chahiye Aur Apne Dahine Karwat (Right Side) sona Chahiye.. { Saheeh Bukhari : 247 }**

**2) Sote waqt apne bistar ko Jhatak lena aur saaf kar lena Chahiye { Saheeh Bukhari : 6320 }**

**NOTE ( Bismillah keh kar seedhe (Right hand) hath se Jhatke**

**3) Rasoolullah صلى الله عليه وسلم ne farmaya :**

**" Allah ka naam Le kar ( yani Bismillah keh kar) Bartan ko Dhaank kar rakho, Mashk (pani ke bindey wagairah) ka Munh band karke rakho, chiraagh bujha do, aur Darwaza band karLo, iss Liye ke Shaitaan Naa Aisi Mashk ko kholta hai, aur Naa aise Darwaze ko aur Naa hi aise Bartan ko jo Band kar diya gaya ho.. Allah ka Naam Lekar**

**{Sunnan ibn e Majah : 3410 - Tirmizi : 2587}**



#### 4) (Stomach, BeLLy) Pet ke BaL sona Manaa hai

{ Sunan ibn Majah : 3724 }

5) Aur iske alawa Sonay se pehle jo cheez Faydemand ho jaise (Brusing, oiling hair, etc.,) Bhi karsakte hain Allah ke Rasool صلى الله عليه وسلم ne Farmaya

"Har Uss Cheez ke Hiris mand raho jo Tumhe Faida Pahuncha ye". { Saheeh Muslim - Sunan ibne Majah }

#### 6) Sonay ke waqt ki Duaein :

Apni Dono HatheLiyon ko ikhatta karein, phir ye Suratein

[Surah iqlaas, Surah Naas, Surah, Falaq] padh

kar unn par Phoonk marein. Phir Sar, Chehre,

Jism ke saamne se shuru karte huwe Taaqat ke mutabiq Saarey Badan par Pherein, iss Tarah Teen (3) Martaba karein. {Saheeh Bukhari : 5017 - Abu Dawood : 5056 }



## **7) Ayatul kursi ka padhna**

**Saheeh ibn Khuzaimah : 2424 - Sunan Kubra**

**Lin Nasai : 10720 - Saheeh Bukhari Ta'Leeqan :**

**2311 - Albani Rahimahullah ne isey SAHEEH**

**Qarar diya hai : Saheeh Targheeb (1:392)**

### **FAYEDA**

**Iss Hadees mein Ayatul Kursi Sonay ke Waqt padhne ki ye Fazeelat aayi hai ke, jo Shakhs Bistar par Letne se Pehle isay PadhLe, Uske Liye Allah ki Taraf se Ek Muhafiz (Farishta) Mutayyan kar Diya jata hai aur Subah Tak Shaytan uske Qareeb Nahi Aa sakta.**

## **8) Surah baqrah ki akhri 2 ayatein**

**Saheeh Bukhari : 4008 - Saheeh Muslim : 807 -**

**Abu Dawood : 1397 - Tirmizi : 2881 - ibn Majah: 1368 }**

### **FAYEDA**

**Iss Hadees mein inn Aayat ki ye Fazeelat warid hai ke jo Shakhs kisi Raat mein inhein Padh Le**



**gaa uske Liye ye Aayat Kaafi Hongi –**

**9) Jab bistar par Sonay ke Liye pahuncho tho Bistar ko Acche se Teen (3) Baar Jhaad Lo kyun ke Koi nahi jaanta ke aapse pehle bistar par kaun tha ya kya thaa (Saanp, Bicchu, jinn wagairah Hosakta hai isiLiye aisa karo) Phir ye Dua Padho**

**بِسْمِكَ رَبِّ وَضَعْتُ جَنْبِي، وَبِكَ أَرْفَعُهُ  
إِنْ أَمْسَكَتَ نَفْسِي فَارْحَمْهَا، وَإِنْ أَرْسَلْتَهَا فَاحْفَظْهَا بِمَا  
تَحْفَظُ بِهِ عِبَادَكَ الصَّالِحِينَ-**

**['Bismika Rabbi Waza`tu Janbi wa bika arfa'uhu,  
in amsakta nafsi farhamha wa in arsaltaha  
fahfazha bima tahfazu bihi ibadakas-saaliheen."']**

## **Tarjuma**

**Aye mere Rabb maine Tere Naam ke saath Apna pehLu  
(Bistar par) Rakha aur Tere Naam ke saath hi Uthunga,  
Lihaza agar tu meri Rooh ko Rok Le tho uss par Rehem  
farmana aur Agar Tu usey chord De tho iski Aise Hifazath  
Farmana jaise tu Apne Nek bandon ki Hifazath Farmata hai.**



{ Sahih al-Bukhari 6320 - Saheeh Muslim : 2741

- Abu Dawood : 5050 - Tirmizi : 3401 – ibn Majah : 3874 }

## 10) Allahumma bismika Amootu Wa Ahya

### Tarjuma

Aye ALLAH!! Main Tere Naam ke saath hi  
Marta (Sota) aur Zindah (Jaagta) hota hoon -

### FAYEDA

Ye Dua bhi sotey huwe Apne Daaein (Right) GaaL (Cheek) ke  
neeche Daayan (Right) Haath rakh Kar Padhni Chahiye.

{ Saheeh Bukhari : 6314,6325 - Tirmizi : 3417 - Abu Dawood : 5049 }

## 11)

33 Martaba SubhanAllah

33 Martaba Alhamdulillah

34 Martaba Allahu Akbar

### FAYEDA



**Agar koi Shakhs inn Azkaar ko bistar par Soney ke Baad PadhLe tho ye uske Liye Ek Khaadim (GhuLam) Se bhi Behtar hai.**

{ Saheeh Bukhari :3705 - Saheeh Muslim : 2727- Abu Dawood : 5062 - Tirmizi : 3408 }

**NOTE : Iss Tasbeeh ko, Tasbeeh-E-Fatima bhi Kaha Jaata hai, Ali Raziallahu Anhu inn Azkaar ko kabhi nahi chhord tey thae, Hatta ke jung-E-Sifteen ki Raaton mein bhi ( Saheeh Bukhari : 5362)**

**12) الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَكَفَانَا وَآوَانَا، فَكَمْ مِمَّنْ لَا كَافِيَ لَهُ وَلَا مُؤْوِي**

**AlhamdulillahiL Ladhi At'amana Wa Sqaana  
Wa Kafaana Wa Aawaanaa Fakam Mimman Laa Kaafiya Lahu  
WaLa Mu'wiya ]**

**Tarjuma**





**Har Qism ki Tareef Uss ALLAH ke Liye hai jisne hame Khilaya, Pilaaya aur hamein kaafi hogaya aur hamein Thikana diya (Warna) kitne hi aise Log hain jin ki Naa Koi Kifayat karne waala hai aur naa koi Thikana Dene waala**

**{ Saheeh Muslim : 2715 - Abu Dawood : 5053 - ibn Majah : 3396 }**

### **13) Surah Al-Kafiroon padhna**

Rasool Allah (SAW) ne farmaya: "**Jo shakhs Surah Al-Kafiroon ko sone se pehle padhta hai, woh shirk se mehfooz rehta hai.**" (Sunan Abu Dawood, Hadees No. 5055)

### **14) Surah Ikhlas padhna**

Yeh Surah tauheed ka behtareen izhar hai aur Allah ki wahdaniyat ko bayan karti hai. Sote waqt isko padhna Allah ki rahmat aur hifazat mein sone ka zariya hai. Jaisa ke

Rasool Allah (SAW) ka ek amal tha ke aap ne is Surah ko raat mein padhne ko pasand farmaya.

Ek hadees mein farmaya: "**Surah Ikhlas ek tihaai ( yani 1/3 ) Qur'an ke baraabar hai.**" (Sahih al-Bukhari, Hadees No. 5013)



## **15) Surah Sajdah (Surah : 32) Aur Surah MuLk (Surah : 67) pardhein**

**{ Tirmizi : 3404,2892 -Sunan AL Kubra Lin Nasai :10474 }**

**NOTE - Ye tamaam A'maal Raat ko sone ke Adaab me se hai Alhamdulillah.... Pehle ke ALL PDFS ko dekhne ke liye Humare Academy ke WEBSITE me Jakar Visit karen.**