DEEN KA ILM ACADEMY
FREE ISLAMIC COURSES FOR SISTERS

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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)   Rasoolullahصلى 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

بِاسْمِكَ رَبِّ وَضَعْتُ جَنْبِي، وَبِكَ أَرْفَعُهُ إِنْ أَمْسَكْتَ نَفْسِي فَارْحَمْهَا، وَاِنْ 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-Siffeen ki Raaton mein bhi (Saheeh Bukhari : 5362)

**(12   فَكَمْ ، وَآوَانَا وَكَفَانَا وَسَقَانَا أَطْعَمَنَا الَّذِي لِلَّهِ الْحَمْدُ اَلْحَمْدُ
مُؤْوِيَ وَلَا لَهُ كَافِيَ لَا مِمَّنْ**

 AlhamdulillahiL Ladhi At'amana Wa Saqaana

Wa Kafaana Wa Aawaanaa Fakam Mimman Laa Kaafiya Lahu WaLa Mu'wiya]

Tarjuma

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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 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.

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