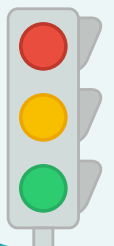


My Prophet صلى الله عليه وسلم Did Dhikr and Du'a Every Morning



Learning Objectives

In this lesson, I will:



Describe the morning routine of our Prophet صلى الله عليه وسلم

Practise some morning dhikr

Explain the benefits of morning dhikr and du'a



Key Words

Adhkar - أَذْكَارٌ

Beneficial

Strife

T Thinking Starter

When you wake up, what 3 things should you do to start your day in the best way?



Morning Dhikr and Du'a

We should do dhikr and du'a at all times. However, Allah has given us a specific command to remember Him in the mornings and the evenings:

يَا أَيُّهَا الَّذِينَ ءَامَنُوا أَذْكُرُوا اللَّهَ ذِكْرًا كَثِيرًا . وَسَبِّحُوهُ بُكْرَةً وَأَصِيلًا

“Believers, remember Allah often and glorify Him morning and evening.” (Surah al-Ahzab: 41-42)

Our Prophet صلى الله عليه وسلم would recite a collection of **adhkar** and du'as every morning and evening. We should try to copy him and recite as many as we can.

Adhkar: the plural of 'dhikr' which means remembrance of Allah.



Did You Know?

All of Allah's creation, including the animals and the mountains, remember Allah in the morning!





Task 1

Trace and memorise

Our beloved Prophet ﷺ told us to say this dhikr 3 times in the morning:

أَصْبَحْتُ أَثْنِي عَلَيْكَ حَمْدًا، وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ

I have entered the morning praising You, and I bear witness that there is no god worthy of worship but Allah.

(Nasa'i)



In the above dhikr, we thank Allah, we praise Him and we also affirm tawhid. Do you remember the meaning of tawhid?

The Morning of Muhammad ﷺ

After a long night in prayer, our beloved Prophet ﷺ often rested for a short time. When he would wake up, he would rub his eyes, clean his teeth with a siwak and say the waking up du'a. He would perform wudu and prepare for salah. Then, he would listen intently to the Fajr adhan and repeat the sweet words after the muaddhin.

He would make his way to the masjid for Fajr salah and stay there until sunrise. He would spend this time doing dhikr, making du'a, reciting Qur'an, and having **beneficial** conversations with the sahabah.

After sunrise, he would go home and greet his family. He would ask how they are and spend some time with them.

Beneficial: something that helps and produces good results.



Task 2

Musa has just woken up. Order the pictures to help him follow the morning routine of the Prophet ﷺ.



Why Should I Do Dhikr and Du'a in the Morning?

You fulfil Allah's command and make Him pleased,
Draw near to Him, stay blessed and eased.

You earn rewards and blessings that endlessly flow,
Feel peace within, wherever you go.

You are protected from harm, from illness and **strife**,
With dhikr and du'a as your shield in the journey of life.

You gain strength each day, for tasks great and small,
With dhikr and du'a, you can complete them all.



Strife: serious disagreements and fights.



There was a Prophet who would be joined by the birds and mountains when he did dhikr in the morning. Do you know his name?



Task 3

Match the benefits of adhkar with the correct examples:

Connect with Allah and feel at peace.

There is a heavy storm, but you don't feel scared.

Be protected from illnesses, harm and all types of evil.

Say رَضِيتُ بِاللّٰهِ رَبًّا ، وَبِالْإِسْلَامِ دِينًا ، وَبِمُحَمَّدٍ نَبِيًّا 3x every morning and evening and the Prophet صلى الله عليه وسلم will take your hand and enter you into Paradise!

Gain the strength to complete our daily tasks.

You don't think you'll get your homework done, but you manage to finish it all in a short while.

Earn lots of rewards and blessings from Allah.

You almost fell down the stairs, but you managed to balance yourself and didn't fall.

I Act On What I Learn

I will start my day with dhikr and du'a, like Muhammad صلى الله عليه وسلم.

P Progress Check



1. How did our Prophet صلى الله عليه وسلم start his day?



2. What is the morning dhikr that begins with أَصْبَحْتُ؟



3. Why should we recite the morning adhkar?

