

SHA'BAN

VIRTUES AND SUGGESTED PRACTICES



Sha'ban is a special month. It is the curtain raiser to the month of Ramadan and brings with it the 15th night of Sha'ban - an auspicious night when Allah Ta'ala's mercy and forgiveness is unlimited. **Every opportunity in this month should be used to prepare spiritually for Ramadan.**

THE FAST OF SHA'BAN

Nabi ﷺ used to fast for the better part of the month of Sha'ban in preparation for the blessed month of Ramadan.

Hazrat Anas ؓ reports that Nabi ﷺ was asked, **"Which fast is the most meritorious after the fasts of Ramadan?"** He replied, **'Fasts of Sha'ban in honour of Ramadan.'**" *(Ibn Abi Shaybah)*

Hazrat Aisha (R) says, **"I never saw the Messenger of Allah, ﷺ, fasting in a month so profusely as he did in the month of Sha'ban..."** *(Ibn Abi Shaybah)*

Certain scholars regard the fast of the 15th of Sha'ban as meritorious. When fasting in Sha'ban, consideration must be given to one's health. Fasting should not be so excessive that it makes one incapable of fasting the obligatory fasts of Ramadan.

THE NIGHT OF BARA'AH - 15TH NIGHT OF SHA'BAN

Countless souls are forgiven by Allah Ta'ala on this blessed night - thus known as **'Laylatul Bara'ah'** (Night of freedom from the fire).

Rasulullah ﷺ said, **"This is the night of the half of Sha'ban. Allah Ta'ala looks upon His slaves in this night and forgives those who seek forgiveness and bestows His mercy upon those who pray for mercy ..."** *(Bayhaqi)*

Hazrat Aisha (R) has reported Nabi ﷺ said, **"This is the middle Night of Sha'ban. Allah emancipates a large number of the people from the Fire, more than the number of the hair growing on the sheep of Bani Kalb. But He does not cast a glance at a person who associates partners with Him, or at a person who harbours malice in his heart (against someone), or at a person who severs family ties, or at a man who leaves his clothes extending below his ankles, or at a person who disobeys his parents, or at a person who has a habit of drinking wine."** *(Bayhaqi)*

Bani Kalb was a large tribe who owned many flocks of sheep. The comparison in the hadith indicates to the great number of people forgiven on this.

A SIMPLE FORMAT FOR THIS NIGHT

1. Perform Esha & Fajr Salah in congregation

Nabi ﷺ said: “One who performs Esha Salah in congregation gets the reward of spending half the night in worship. And he who follows that up with the Fajr Salah in congregation, will be regarded as if he has stayed up all night in worship.” *(Abu Dawood)*

2. Sincere Taubah

Engage in sincere Taubah for the past. With Allah Ta'ala's special mercy descending, a lifetime of sin and wrong can be washed away with genuine Taubah. Briefly Taubah entails:

- Confession of sins and vices committed
- To feel regretful and ashamed of one's bad deeds
- To leave the sin and stay away from people associated with it

Refer to article titled 'Taubah' on www.darulihسان.com for more on this subject.

3. Sleep in the state of purity (perform Wudhu)

It is reported that the soul of one who sleeps with wudhu makes sajdah (prostrates) at the 'Arsh of Allah'. *(Fathul Baari)*

This is a simple and excellent way of gaining reward whilst one is sleeping.

4. Cast away ill-feelings and hatred

To harbour ill-feelings for others is a sin and a cause of deprivation. One who harbours malice for fellow Muslims is deprived of guidance and forgiveness.

Four categories of people that will be deprived on this night:

- a. An Alcoholic
- b. One who disobeys his parents
- c. One who severs family ties
- d. One who harbours ill-feelings in his heart for others. *(Ibn Hibban)*

5. Qur'an, Zikr & Dua

- Recite the recommended Surahs of the night, Surah Mulk, Surah Waqiah, Surah Yaseen, Surah Sajdah and the last 2 verses of Surah Baqarah.
- Recite the following 100 times or more: Kalimah Tayyibah, Istighfar, and the Tasbeeh, Subhanallah wa bihamdihi Subhanallahil Azeem.
- Recite Durood and Salaam upon our beloved Nabi ﷺ
- Engage in dua at regular intervals and make dua beginning with oneself, the family, friends and relatives and the Ummah.
- **The virtues and blessings of this night begin from sunset and continue till dawn.**
- **This a recommended format to adopt for the purposes of ease. There is no compulsion in optional worship. A person may do more or less, according to one's ability.**

Dua for **Laylatul Bar'ah** (Night of 15th Sha'ban)

It is reported that Rasulullah ﷺ said to Hazrat 'Aisha (R): **“On this night (15th Sha'ban) read this dua and teach it to others. Jibra'eel (عليه السلام) taught this dua to me.”**

أَعُوذُ بِعَفْوِكَ مِنْ عِقَابِكَ وَأَعُوذُ بِرِضَاكَ مِنْ سَخَطِكَ وَأَعُوذُ بِكَ مِنْكَ جَلَّ
وَجْهُكَ لَا أَحْصِي ثَنَاءً عَلَيْكَ أَنْتَ كَمَا أَثْنَيْتَ عَلَى نَفْسِكَ

'Auzu bi'afwika min 'iqabika wa 'auzu bi ridaka min sakhatika wa 'auzu bika minka jalla wajhuka la uhsee sana an 'alayka anta kama asnayta 'ala nafsik

Translation: (O Allah) I seek protection in Your forgiveness from Your punishment; and I seek shelter in Your pleasure from Your displeasure; and I seek safety in You, from You. Glory be to You. I am unable to fully praise You. You are as you have praised Yourself.

(Bayhaqi)





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About Darul Ihsan

Darul Ihsan Humanitarian Centre provides education, guidance, social, empowerment and welfare services to the community. In providing this service, we adopt a holistic approach, that gives due importance to basic needs as well as human rights and dignity of those that we serve.

Founding Philosophy

Darul Ihsan Humanitarian Centre is a multi-purpose, humanitarian-services providing organisation. 'Ihsan' means compassion towards mankind and to act with excellence. The Centre was established in the year 2000 with the primary objective of serving humanity and alleviating poverty and hardship locally and abroad. Since its inception, it has developed and established many humanitarian projects and provides a variety of free services to the community.

Key Objectives

One of the key objectives of the Centre is to promote a better understanding of humanity and peace, thereby serving as a bridge-builder between faiths and communities. Through guidance, Ubuntu and empowerment, the organisation hopes to train and develop the youth to become torch bearers of hope, peace and compassion to humanity.

