

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

THE BARAKAH MORNING

*Designing Your Routine for Success
in Both Worlds*

وَبِالْأَسْحَارِ هُمْ يَسْتَغْفِرُونَ

"And in the hours before dawn they would seek forgiveness."

— Qur'an, Surah Adh-Dhariyat 51:18

A practical guide to the most blessed hours of the day,
grounded in the Qur'an and authentic Sunnah.

BEFORE YOU BEGIN

A note from someone who used to lose his mornings

For most of my life, my mornings owned me. I'd hit snooze five, six, seven times. Fajr would pass me by while I told myself I'd "make it up later." I'd drag myself out of bed at ten in the morning feeling heavy, foggy, irritated — and I couldn't figure out why my days, my work, even my income felt squeezed.

The strange thing was, I wasn't lazy. I'd hustle all afternoon. I'd push hard at night. But something was off. My efforts weren't producing what they should.

Then I learned about **barakah**.

Barakah is the divine blessing Allah places into something — time, wealth, food, knowledge — that makes a little go a long way. Two hours with barakah will outperform ten hours without it. And the Messenger of Allah ﷺ made a specific, recorded du'a about *when* barakah is poured most generously over us:

اللهم بارك لأمتي في بكورها

"O Allah, bless my Ummah in its early mornings."

— The Prophet ﷺ, narrated by Sakhr al-Ghamidi (RA). Abu Dawud 2606, Tirmidhi 1212, Ibn Majah 2236. Graded Sahih.

When I started taking this seriously, everything began to change. Not overnight. Not magically. But honestly and gradually — the way real transformation actually happens.

This short guide is what I wish someone had handed me years ago. It's simple. It's all rooted in Qur'an and authentic Hadith — nothing invented, nothing exaggerated. If you actually follow it, in shaa Allah, you'll feel the difference within a couple of weeks.

CHAPTER ONE

What Barakah Actually Means

Barakah isn't more. It's enough that feels like more.

It's the salary that covers everything even though the math shouldn't work. It's the hour of study that sticks in your memory like four hours. It's the small meal that fills a household. It's the parent whose few words shape a child for life.

It's Allah's hand on something — making it stretch.

The Prophet ﷺ specifically asked Allah to place this barakah into the early-morning hours of his Ummah. The companion who narrated this du'a — Sakhr ibn Wada'ah al-Ghamidi (RA) — was himself a merchant. After hearing the Prophet ﷺ make this du'a, he made it his lifelong policy to send his trade caravans out at first light. The narration tells us he became one of the wealthiest among his people, and his goods would arrive faster than anyone else's.

The companion who reported this said the Prophet ﷺ used to send any expedition or trading party out in the early part of the morning. (*Abu Dawud 2606, Tirmidhi 1212*)

If you want the same blessing in your work, your studies, and your provision — start where the barakah is already being poured.



CHAPTER TWO

Why This Time Is Different

Allah Himself describes the people of paradise — and notice *when* they were awake:

كَانُوا قَلِيلًا مِنْ آلِيلٍ مَا يَهْجَعُونَ ﴿٥١﴾ وَالْأَسْحَارَ هُمْ يَسْتَغْفِرُونَ

"They used to sleep but little of the night, and in the hours before dawn they would seek forgiveness."

— Qur'an, Surah Adh-Dhariyat 51:17–18

And in another verse, Allah lists the qualities of those He has promised paradise to. The last quality on the list is striking — He could have mentioned anything, but He chose this:

الصَّابِرِينَ وَالصَّادِقِينَ وَالْقانتِينَ وَالْمُنْفِقِينَ وَالْمُسْتَغْفِرِينَ بِالْأَسْحَارِ

"Those who are patient, those who are truthful, those who are devoutly obedient, those who spend (in the way of Allah), and those who seek forgiveness in the hours before dawn."

— Qur'an, Surah Ali 'Imran 3:17

And the Messenger ﷺ told us exactly what is happening in the heavens during those hours:

يَنْزِلُ رَبُّنَا تَبَارَكَ وَتَعَالَى كُلَّ لَيْلَةٍ إِلَى السَّمَاءِ الدُّنْيَا

"Our Lord, Blessed and Exalted, descends every night to the lowest heaven when the last third of the night remains, saying: 'Who is calling on Me, that I may answer him? Who is asking of Me, that I may give him? Who is seeking My forgiveness, that I may forgive him?'"

— Sahih al-Bukhari 1145, Sahih Muslim 758

The hours before Fajr — and the hour after it — are not ordinary hours. They are the hours when the doors of mercy are wide open and the King Himself is asking for guests.

Sleeping through them isn't just a missed alarm. It's a missed invitation.



CHAPTER THREE

The Wake-Up: Untying the Knots

Here's the part nobody told me, and it changed everything I thought about my mornings being "just hard":

Why is waking up for Fajr disproportionately heavy? Why does it feel like an unseen weight is sitting on your chest, telling you to roll over?

Because it literally is. The Messenger of Allah ﷺ said:

يعقد الشيطان على قافية رأس أحدكم إذا هو نام ثلاث عقد

"When any one of you goes to sleep, Shaytan ties three knots at the back of his head, striking each knot saying: 'You have a long night ahead, so sleep.' If he wakes up and remembers Allah, one knot is untied. If he performs wudu, a second knot is untied. If he prays, the third is untied — and he begins the morning energetic and in good spirits. Otherwise he begins the morning lazy and ill in spirit."

— Sahih al-Bukhari 1142, Sahih Muslim 776

Three knots. Three keys. In this exact order:

1. Remember Allah the moment you open your eyes.

Before anything — before the phone, before the news, before your own thoughts — let the first words on your tongue be the words the Prophet ﷺ taught us to say:

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

Transliteration: Al-hamdu lillāhi alladhī aḥyānā ba'da mā amātanā wa ilayhi an-nushūr.

Meaning: All praise is for Allah who gave us life after taking it from us, and to Him is the resurrection.

— Sahih al-Bukhari 6312, taught by the Prophet ﷺ upon waking.

2. Get to wudu — don't negotiate with yourself.

Don't lie there thinking about it. Don't open the phone "just to check the time." The negotiation is the trap. Sit up, plant your feet on the floor, and walk to the tap. The water itself wakes you, and the act itself is worship.

3. Pray.

Even if it's just the two rak'ahs of the Fajr Sunnah at home while you're waiting for iqamah, or even the Fard alone if that's all you can manage today. The third knot is untied at the moment your forehead touches the ground.

Three steps. Three knots. You'll feel the difference the same morning, in shaa Allah.



CHAPTER FOUR

Fajr: The Foundation Stone

If the barakah of your day is a building, Fajr is the foundation. Skip it, and everything above it tilts.

Two narrations that should reshape how you see this prayer:

من صلى الصبح فهو في ذمة الله

"Whoever prays Fajr is under the protection of Allah."

— Sahih Muslim 657

Think about what that means for the rest of your day. You step out of your home with the protection of *Allah* over you — not as a slogan, but as a reality promised on the tongue of His Messenger ﷺ.

ركعتا الفجر خير من الدنيا وما فيها

"The two rak'ahs of Fajr (Sunnah) are better than the world and everything in it."

— Sahih Muslim 725, narrated by Aisha (RA).

Read that twice. **Better than the world and everything in it.** Two rak'ahs. Sometimes the smallest thing you do is the biggest thing you do.

If you're a brother, pray Fajr in the masjid in congregation whenever you can. If you can't — pray it at home with full presence. Not racing through it. Not half-asleep. This is the prayer Allah Himself calls *witnessed*:

إن قرءان الفجر كان مشهودا

"Indeed, the recitation of dawn is ever witnessed (by the angels)."

— Qur'an, Surah Al-Isra' 17:78

The angels of the night and the angels of the day overlap at Fajr — both shifts present, both bearing witness to your prayer (*as explained in Sahih al-Bukhari 555, Sahih Muslim 632*). Nothing about Fajr is small.

CHAPTER FIVE

After Fajr: The Most Wasted Treasure

This was the hardest one for me — and the most transformative once I got it.

Most people pray Fajr, then go right back to bed. The whole body says: *"You did the duty. Rest now."* But that's the moment you're standing on a pile of gold and reaching for a pillow instead.

The Prophet ﷺ didn't do that. Jabir ibn Samurah (RA) — a companion who watched him closely — described his habit:

كان النبي ﷺ إذا صلى الفجر جلس في مصلاه حتى تطلع الشمس حسنا

"The Messenger of Allah ﷺ, when he prayed Fajr, would sit in his place of prayer until the sun had risen well."

— Sahih Muslim 670

He stayed. He remembered Allah. He did not move from his prayer mat.

And then comes the hadith that, when I first heard it, made me sit on the floor and ask myself how I'd been throwing this away every single day of my life:

من صلى الغداة في جماعة ثم قعد يذكر الله حتى تطلع الشمس ثم صلى ركعتين كانت له كأجر حجة وعمره تامة تامة

"Whoever prays Fajr in congregation, then sits remembering Allah until the sun rises, then prays two rak'ahs — will have a reward equal to that of a complete Hajj and a complete Umrah, complete, complete, complete."

— Jami' at-Tirmidhi 586 (Anas, RA). Graded hasan by at-Tirmidhi and al-Albani; some scholars weaken its chain.

A complete Hajj. A complete Umrah. From your prayer rug, in shaa Allah.

Let me be honest with you. The first morning I tried this, I nearly fell asleep at minute four. By minute fifteen I was fidgeting and checking the time. It takes a couple of weeks to build the muscle. But once it's yours, you won't want to give it up — you'll start protecting that hour the way wealthy people protect appointments they paid for.

CHAPTER SIX

A Simple Routine You Can Actually Follow

Don't overcomplicate this. The whole routine is below, in plain language. Start imperfectly. Build it one piece at a time.

The night before

The morning is won the night before. The Prophet ﷺ disliked staying up after Isha without a need (*Sahih al-Bukhari* 568). Get to bed.

Before sleeping:

- Make wudu — the Prophet ﷺ taught us to sleep in a state of purity (*Sahih al-Bukhari* 247, *Sahih Muslim* 2710).
- Recite Ayat al-Kursi (Qur'an 2:255). The Prophet ﷺ said whoever reads it before sleeping will have a protector from Allah, and no Shaytan will come near him until morning (*Sahih al-Bukhari* 2311).
- Recite the last two verses of Surah al-Baqarah (Qur'an 2:285–286). The Prophet ﷺ said they suffice the one who reads them at night (*Sahih al-Bukhari* 5040, *Sahih Muslim* 807).
- Recite the three Quls (Surahs Al-Ikhlās, Al-Falaq, An-Nas), blow into your hands and wipe over your body — the Sunnah of Aisha (RA) (*Sahih al-Bukhari* 5017).
- Set your alarm with the intention of praying Fajr. That intention alone is rewarded.

The wake-up (ideally 15–20 minutes before Fajr)

- Eyes open → say *Alhamdulillah alladhī aḥyānā...*
- Sit up. Phone stays face-down. No scrolling. No checking.
- Walk straight to the tap. Make a full, unhurried wudu.
- Use a siwak or brush your teeth — the Prophet ﷺ said: "If it were not a hardship on my Ummah, I would have commanded them to use the siwak at every prayer" (*Sahih al-Bukhari* 887, *Sahih Muslim* 252).

Fajr itself

- Pray 2 rak'ahs of Sunnah (light and unhurried — the Prophet ﷺ kept them short, but with presence).
- Pray 2 rak'ahs of Fard — in congregation if possible.

After Fajr until sunrise (~30–40 minutes)

Stay on your prayer mat. Don't lie down. In any order, do as much of the following as you can:

- Morning adhkar — the authentic ones, collected in *Hisn al-Muslim (Fortress of the Muslim)* by Sa'id ibn Wahf al-Qahtani. All of them are sourced from the Qur'an and Sahih Hadith.

- A page or two of Qur'an — even a small amount is enough. The Prophet ﷺ said the most beloved deeds to Allah are those done consistently, even if few (*Sahih al-Bukhari* 6464, *Sahih Muslim* 783).
- Personal du'a — for your parents, your future, your sins, your rizq, the people you love. Speak to Allah in your own words.
- Quiet reflection. Silence is also dhikr when the heart is awake.

Around 15 minutes after sunrise

Pray **2 rak'ahs of Salat al-Ishraq**. This is the prayer at the end of the Tirmidhi hadith — the seal that earns the reward of a complete Hajj and Umrah, in shaa Allah. Two rak'ahs. Whatever surahs you know.

Then your day begins

Now move. Start the workday. Open the books. Run the errands. Watch what happens to your focus, your output, your energy. The barakah is not a metaphor — you will feel it in the way an hour stretches and a small effort produces a large result.



CHAPTER SEVEN

The Pitfalls, and Honest Fixes

"I just can't wake up."

You can. The issue isn't your wake-up — it's your sleep. Sleep right after Isha. Cut the late scroll. The Prophet ﷺ disliked staying up after Isha for no reason (*Sahih al-Bukhari* 568). You're not lazy. You're just under-slept and fighting the wrong battle.

"I pray Fajr but fall asleep right after."

Move to a different spot. Don't lie down. Sit upright on your prayer rug with a Qur'an in your lap and your back against a wall. The body sleeps where it's used to sleeping — break that association. A glass of water nearby helps too.

"30 minutes of remembrance feels endless."

It won't always. The first two weeks are the hardest. After that, your heart starts craving it the way it once craved the phone. If 30 minutes is too much today, start with 10. Build from there. The Prophet ﷺ said the most beloved deeds to Allah are the consistent ones, even if small (*Sahih al-Bukhari* 6464).

"What if I miss a day? Or a week?"

You will. Everyone does. Don't quit because of one bad day. The Shaytan's favorite trick is the all-or-nothing thinking that turns one missed Fajr into a month of missed Fajrs. Reset the same day. Pray the next prayer with intention. Allah describes Himself as the one who accepts repentance and loves those who turn back to Him often (*Qur'an, Al-Baqarah* 2:222).

"I work a night shift / my schedule is unusual."

Then your "early morning" is whenever you wake. The barakah of Fajr is tied to the time of Fajr — pray it on time. The sitting and Ishraq can be done as your schedule allows. The principle is: *begin your active day with prayer, remembrance, and a witnessed dawn*. Work your real life around that anchor, not the other way around.

"I struggle to focus during dhikr — my mind wanders."

This is part of every believer's struggle. Aisha (RA) reported the Prophet ﷺ said that Allah does not look at your forms or wealth, but at your hearts and your deeds (*Sahih Muslim* 2564). A wandering mind brought back gently to the dhikr is still worship. Don't aim for perfect concentration. Aim for sincere effort.



CLOSING

A Final Word, Friend to Friend

Here is what I want you to leave with:

The hours between Fajr and sunrise are the most underused asset in the modern Muslim's life. We've traded them for snoozes, for screens, for a kind of tired that no coffee fixes. And then we wonder why our work feels squeezed and our hearts feel scattered.

But Allah's Messenger ﷺ made a du'a — recorded, preserved, authenticated, never lost — that barakah be placed specifically into the early mornings of his Ummah. **You are his Ummah. That du'a is for you.**

Take it. Even if imperfectly. Even if you start tomorrow with just two rak'ahs of Fajr Sunnah and ten minutes on your prayer rug. Allah is not asking you to be someone else — He is asking you to show up.

ومن يتوكل على الله فهو حسبه

"And whoever relies upon Allah — then He is sufficient for him."

— Qur'an, Surah At-Talaq 65:3

May Allah make our mornings blessed, our prayers accepted, our work fruitful, our hearts witnesses to the rising sun, and our gatherings of remembrance among the gatherings He looks upon with mercy.

آمين

A note on sources. Every Qur'anic verse cited here is referenced by surah and ayah number. Every hadith cited is referenced to its primary source collection — Sahih al-Bukhari, Sahih Muslim, Sunan Abi Dawud, Jami' at-Tirmidhi, or Sunan Ibn Majah — with the standard reference numbering. All are graded sahih or hasan; any dispute is noted. If you wish to verify any narration, *sunnah.com* provides the original Arabic, English translations, and the grading of each hadith from major scholars. Verify everything. Trust nothing on blind authority — including this guide.