

FAJR WAKEUP TIPS POSTER AND MORE...

“And those who strictly guard their prayers. These will be the heirs. Who will inherit Paradise: they will dwell therein forever!” (Q. 23:9-11)

12 Tips for a Fajr-filled Morning!

Here in are the best, tried-and-test methods of praying Fajr. By the time you reach the end of this page, you will be able to pray Fajr daily, for the rest of your life. There is no doubt about this and in sha Allah, Allah will make it so for you.

- 1) Make FIRM intention to establish Fajr in your life. Praying Fajr itself is very easy, but turning it into a habit is something that requires firm commitment and resolve, and by making your intention unshakeable you will. One brother suggested to write down on a piece of paper: "I will wake up for Fajr tomorrow at 5 AM, insha Allah" and found himself waking up on time.
- 2) Pray Ishaa' ***right after*** it has come in and sleep until Fajr. Many people who have difficulty with Fajr also have difficulty with Isha.
- 3) Practice getting up. Take a nap in the day and when you start to doze off, get up as quickly as you can. It should be as if it's a race. RUN!
- 4) Go to sleep in a state of wudhu and make sure you pray Isha and Witr before you sleep. Performing the sunnahs before sleeping to help strengthen your intention for waking for Fajr. In your nightly duas, make dua to Allah asking Him to make it easy for you to wake up for Fajr.
- 5) Make sure you don't drink very much before you sleep. You should also limit the amount that you eat, especially near nighttime for physiological reasons. Eating lots causes a person to frequent the toilet more, and the prayer mat less. As well, it causes a gas, distracts a person from their work, and increases sexual urges. Others say drinking lots works for them and it makes them wake up earlier more easily. Try and see what works for you.
- 6) Set an alarm clock (you can use the one in your cell phone) and put it in the bathroom. This way you will be forced to get up, run to the bathroom and shut it off and since you already there in the bathroom you can easily make wudhu and pray Fajr. This is one of the most commonly reported methods but still relies on your firm intentions.
- 7) If you use the cell phone alarm clock, then make sure to set your ring tone to a very annoying sound. The more repulsive, the more you will want to shut it off as soon as possible!
- 8) In extreme cases, if the above does not work try this: Set up multiple alarm clocks, spaced one or two minutes apart and in multiple locations throughout your house. Before you know it, you have jogged all around your house and are ready to pray Fajr.
- 9) Rather than having a strict sleeping schedule or sleep and wakeup whenever, it is more sound to go to sleep once you feel tired, and then to wake up at the *exact* same time for Fajr. Your body will be able to adjust to the time for Fajr and soon you will find you don't even need an alarm. You only need sleep when your body demands it and cut off your sleep for Fajr regularly. Others mention sleeping early is helpful, again, try what works for you best.
- 10) Take an afternoon nap around Asr time. These are more commonly known as siestas and are quite common for many people.
- 11) When you wake up for Fajr, get up as suddenly and as quickly as possible. Don't walk—run to make wudhu.
- 12) Consider waking up before Fajr or staying awake passed Fajr after praying. Fajr itself should be an event and so if a person sets it earlier they can also make tahajjud, recite Quran and make their daily morning dhikrs with comfort. Many say memorizing Quran at this time makes it easier. Make dhikr until Duha prayer (optional 2 rakahs after sunrise) and then carry on with your day.

Which Quran ayahs can help me wake up for Fajr?

Some have found the recitation of certain verses from the Quran to be beneficial. Reciting these verses for these purposes is not mentioned explicitly in the Hadith but it does work and the proof of these acts is that the Quran is in Surah al-Isra, verse 9, *“Verily, this Quran guides to that which is most just and right and gives glad tidings to the believers who work deeds of righteousness, that they shall have a great reward (Paradise).”*

Recite verse number 127 of Surah al-Baqarah or the last four verses of Surah Kahf before going to sleep. By reciting these verses if a person intends to wake up at a particular time, insha Allah one will wake up on that time. If possible, upon waking up after wiping ones' face with ones' hands recite verses 190-194 of Surah Al-Imran. This is also a sunnah. Ulema have written that through their experience this practice also causes the effects of sleep to go away.

I've started praying Fajr on time...what now?

Now, once you start praying Fajr regularly, do NOT get super-excited and add on lots and lots of other deeds such as going to Fajr jama'ah (congregation) or something you are new at such as reciting more and more Quran throughout the day or praying for hours through the night.

Why?

Shaytaan will cause you to get overconfident and while trying to manage those other deeds, you will get overburdened and Fajr will become difficult. This happens all the time with ambitious young Muslims and often causes problems in the other aspects of their life (school, work, etc.). This however does not mean, a person should not try to increase their good deeds, rather it means, that it should be a step at a time.

Once you start praying Fajr for at least 40 days, alongside with the other prayers, regularly and with excellence than you should try to add on other deeds. The reason why 40 days is recommended is because psychologists have found that any action that is performed regularly until about 40 days becomes an ingrained habit and will not go away. If you cannot reach 40 days consecutively, (one day after another)—keep trying! This is all part of the struggle and a cause for great reward! Once you have reached the 40 day mark—it will be almost impossible for you to miss Fajr prayer.

“... Help you one another in al-birr and al-taqwa (virtue, righteousness and piety)...” [Surah al-Ma'idah 5:2]

“By al-‘asr (time). Verily! Man is in loss, except those who believe and do righteous good deeds, and recommend one another to the truth and recommend one another to patience.” [al-Asr 103:1-3]

1) Get a paper route job for the early morning so you are forced to get up and get out. Why is this a good idea? Well, it's simple: you can drop off Dawah leaflets to non-Muslims or flyers and motivational pamphlets. Use this as an opportunity to connect with your community!

2) Wake up the rest of your family for Fajr! Sometimes, we forget the ones closest to us, but we want them to be in the best of conditions on the Day of Resurrection and for them to be in Jannah. So don't delay!

“And enjoin al-salaah (the prayer) on your family, and be patient in offering them (the prayers)...” [Ta-Ha 20:132 – interpretation of the meaning].

2) Start a jogging club with your friends. Have all of you jog to the masjid for Fajr every morning. If this sounds hard remember how many hundreds of kilometers the Prophet Muhammad salallahu alayhi wasalam marched alongside the Sahabas. Think of it as re-living history.

3) Start a halaqa (Islamic study group) in the morning at Fajr at the masjid. Remember there is a great deal of blessing in the morning hours so this time will be well spent!

4) Give other brothers and sisters rides to the masjid for Fajr. If you intend to bring others to the masjid, it is important you make no shortcomings and are very tough with them so their hearts become accustomed to Fajr.

5) Start a Fajr phone wakeup system. Many have tried this system before, but it *only* succeeds if there is one brother who prays Fajr without fail. If you are this person and can be relied upon, then don't hesitate. Let people in your community know you will be offering this. Remember to be sociable and amicable about it—be a brother, not a shaykh!

6) If no one volunteers for the above...just start making prank phone calls at Fajr time to wake up your friends. ☺

6) If you ever have to meet Muslims, let them know you will meet them at the masjid after Fajr prayer.

7) Don't be afraid to sprinkle a little water on people's faces if they don't wake up for Fajr.

Blessings of Praying Fajr

“...if you try to count the blessings of Allah , you will fail....” [Surah Ibrahim 14 : 34]

- You start your day off in the best possible way. The rest of your day is virtually guaranteed to be 10X better. You will accomplish much much more and live your day to its fullest. You can accomplish a number of things at this time that would take time away from you day. You can go for a run, shower, cook a nice breakfast, watch the news and even arrive on time for classes or work!
- It is blessing for this Ummah that the Prophet Muhammad salallahu alayhi wasalam prayed for. The Prophet (peace be upon him) prayed, “O Allah, bless my Ummah *in their early morning endeavors.*”
- The air is richer around this time and you can breath it in. Many people comment that the day is most beautiful and enjoyable in the early hours when many are asleep.
- Praying Fajr on time makes praying all your other prayers much, much easier.

FAJR time is AJR time!