



DUA WHEN WAKING UP

By Basharith Alikhan

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

All praise is for Allah, Who has given us life after causing us to die, and to Him is the Return

[Bukhari]

DISCUSSION POINTS

- We are created from the combination of a body and soul.
- However, the soul separates from the body on two occasions: at the time of death and at the time of sleep (Surah Zumar: 42). The Prophet (Allah bless him and give him peace) mentioned in an authentic narration that sleep is the sister of death.
- It is a mercy from Allah Most High that He replaces the soul every morning to allow us to live another day and another opportunity to achieve our goals.
- The Prophet (Allah bless him and give him peace) recommends that, as a way of praise and thanks, we recite this supplication as soon as we wake up, so we recognize the profound mercy of Allah Most High that He has delivered our souls back to our bodies.
- This supplication is also a reminder that although every night we go through a sleep/wake cycle, there will come a time when our souls are not returned to our bodies and we will undergo a major death. When we awake from that event, we will return to Allah Most High on the Day of Judgement to answer for our words and deeds.