



Hakkani TV

Sohbats by
Hadrat Shaykh Muhammad Mehmet Adil al-Hakkani

THE BARAKAH OF SUHUR

*As-Salāmu ‘Alaykum wa RaḥmatuLlābi wa Barakātuh.
A‘ūdhu BiLlābi Minash-shayṭāni r-rajīm. Bismillābi r-Raḥmāni r-Raḥīm.
Wa ṣ-Salātu wa s-Salāmu ‘alā Rasūlinā Muḥammadin Sayyidi l-Anwalina wa l-Akhirin.
Madad yā RasūlAllāh, Madad yā Sādāti Aṣḥābi Rasūlillāh, Madad yā Mashāyikhinā,
Dastūr Mawlana Sheikh Abdullah al-Fā’iz ad-Daghistani, Sheikh Muḥammad Nazim al-
Ḥaqqānī. Madad. Ṭarīqatunā aṣ-Suḥbah wa l-Khayru fi l-Jam‘iyyah.*

Our Holy Prophet salla Llāhu ‘alayhi wa-sallam says,

تَسَحَّرُوا فَإِنَّ فِي السَّحُورِ بَرَكَةً

“Take Sahur, for in Sahur there is blessing.” Having Suhur, getting up for Suhur for fasting, even drinking water with the intention of Suhur, that is Barakah, says our Holy Prophet salla Llāhu ‘alayhi wa-sallam. Every blessed saying of his ﷺ is a treasure. It is a great benefit for people.

Sometimes people feel lazy to get up for Suhur. They go to bed late at night, at 1 or 2 o’clock in order not to get up for Suhur. Whereas when they get up for Suhur, it is the time of Tahajjud prayer and they are able to pray Fajr on time. Also, they attain that Barakah by having Suhur. That Barakah is important.

But certainly, it is difficult for people to wake up from sleep. Even if it is for 5 or 10 minutes, it is difficult for people. The more difficult it is, the greater its reward is. Apart from the reward, it brings Barakah to people. It brings Barakah to people’s lives, Barakah to their properties and wealth and Barakah to their health.

Therefore, Suhur is not for not feeling hunger. It is more for carrying out the order of our Holy Prophet salla Llāhu ‘alayhi wa-sallam and it is counted as worship. Having it is important. We must have it. Not those who can do it, but those who are going to fast must certainly have it. As our Holy Prophet salla Llāhu ‘alayhi wa-sallam said, if you drink even a sip of water with the intention of Suhur, that will bring Barakah, too. We must do it.

People in old times - Regarding the matter of Suhur, one of our brothers told us a story the other day. His grandfather is Bektashi. So of course, they don’t fast. He got up for Suhur and his wife was having Suhur. She said, “Husband, you are not fasting. Why did you get up?” He said, “I am not fasting. But did I become an unbeliever? Let me get up at least for Suhur”. He is not missing Suhur.



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Suhur is an important thing that has been observed since old times. May its Barakah be upon us insha'Allah. May we have Barakah of Suhur alongside with that of Ramadan insha'Allah. Barakah is a very important thing. It is not a simple thing. It is something that people don't understand. Barakah is a secret of Allah 'Azza wa-Jalla. May Allah ﷻ give Barakah to all of us insha'Allah.

Wa min Allah at-Tawfiq. Al-Fatiha.

Mawlana Sheikh Muhammad Adil ar-Rabbani
27 March 2023/ 05 Ramadan 1444
Fajr Prayer, Akbaba Dergah

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