



Şeyh Muhammed Mehmet Adil El Kıbrıs-i Hazretleri (k.s.) Hadis Dersleri

THE NIGHT IS FOR SLEEPING

Assalamu Alaykum

Auzu Billahi Minashaytanir Rajeem

Bismillahir Rahmanir Raheem

Madad Ya Rasulallah, Madad Ya Ashab-e Rasulallah, Madad Ya Mashayikihina,

Shaykh Abdullah Daghestani, Shaykh Nazim al-Haqqani. Dastur.

Tariqatunas sohba, wal khayru fil jamiyya.

Allah Azza wa Jalla has divided the day to 24 hours. Eight hours for rest, eight hours for work, and eight hours are for worship. If done for the sake of Allah, if you continuously hold Allah in your mind and do not forget, then everything becomes for Allah. It is all counted as worship through the grace and generosity of Allah. Even the eight hours of rest when done for the sake of Allah, it is also worship. Allah Azza wa Jalla gives its reward.

Allah also made the day part daytime and part night. Allah could have made it all daytime or all night if He wanted. How can it be? It can be. Allah is capable of everything. Sometimes we hear of some planets having two sons, and it is never nighttime. Some have nothing, it stays sheer black and dark. It is also mentioned in the Koran, "If Allah (Azza wa Jalla) wants, He can provide light until Doomsday and you cannot rest. If he wants, he can make it dark and you cannot do anything." It is not necessarily related to the sun. If Allah wants, He can give life with the sun or without the sun. But for rest, Allah made the best. You will both lie down and rest, and get up and do work. The night is for rest and daytime is for work.

In the past, because there was no electricity, people used to pray Isha and go to bed. Well, sometimes they used to stay up a little longer. However late they may stay up, they did not pass nine or ten o'clock. They could not stay up much with those dim lamps. Now there is light. In the past, the television would be open till a certain time and they would go to sleep afterwards. Now it is open 24 hours. Other worse things have come out. These computers and internets are like a disease. Once immersed, he sits till dawn. Again, it is the wisdom of Allah, he goes to sleep when the time is three or four o'clock. Why? Because that is the time for worship, and Sabah (*Fajr*) prayer approaches. Shaytan does not keep him for that, and immediately makes him go to sleep in that time. But ofcourse he is up all night. Allah made the most beautiful of everything. Believing and even non-believing doctors are saying, "The best time for sleep and for the body [to rest] is between eleven and three o'clock." If a human lies in that time, the body gets what it



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needs in rest and comfort. His immunity strengthens, he falls ill less, and he is healthier in terms of the mind. Yet who sleeps during that time? Many times very few people go to bed before twelve or one o'clock.

The night is also divided to three. When it is past two or three o'clock, the last third is called the Thuluthul-Akhir. That is the time of Sahar and the time for Tahajjud. It is very important to get up and worship in that time. It is the most blessed time of the night and of the day. The time for getting the most rewards is that time. Of course, getting up for that time is hard for most people. They sit until that time and do somethings, and when that time comes, it is the wisdom of Allah, they are laying. It is the same everywhere. All night clubs, casinos, whatever there is work until that time, and then pass out sleeping. That is the essential time to get up and worship. Even studying is more beneficial in that time, and stays better in the minds of children. So where [are they], who will rise in that hour? May Allah make us rise in those hours. It is the dua of our Holy Prophet, "O my Lord, wake us in the hours that are sweetest for You." The hours that Allah loves most are those hours: the hours we call Thuluthul-Akhir. May Allah grant us all awakening. May we apply what Allah says. May we abide by Him. That is the most beneficial for us.

Al-Fatiha.

Hazrat Sheikh Mohammad Mahmad Adil (q.s)

Sohbat from 22 January 2015 / Morning prayers in Akbaba Dargah