

Holy Month of Sha'ban, the Month of the Prophet. Helpful Practices

Fasting:

It's recommended to fast at least one day during the first fifteen days of Sha'ban, but forbidden during the latter fourteen or fifteen days of the month, unless it is your regular practice (for instance, to fast the last three days of the month, or regular Monday and Thursdays). During the allowed period, fast on mid-Sha'ban or any Monday or Thursday.

Du'a and practices

a) Repeat 70 times daily:

Astaghfiru allaaha wa as-aluka attawbata

I seek the forgiveness of Allah and I pray Him for approval of my repentance.

b) Repeat 70 times daily:

astaghfiru allaaha alladhy I seek Allah's forgiveness

laa ilaha huwa *For there is god Except Him*

ar- Rahmanu ar-Rahimu *The compassionate, the merciful*

al Hayy al Qayyumu wa atouba ilay *The living, the eternal, and I repent to Him*

c) Frequently throughout the month to give alms, even as little as half a date sadaqa (freewill) offering to someone who has less than you.

d) Repeat 1,000 times once, in one day, during the month, either all at a time, or broken up during the day (such as 300 after Fajr, 200 after Dhuhr, etc., to total 1,000)

laa ilaaha illaa allahu *There is no deity except Allah*

wa laa na'budu illaa iyyahu *And we don't worship but Him*

muklisuna lahu aaddina *Faithful & sincere in following His religion*

wa law kariha al mushrikuuna *even if the polytheists hate it*

e) At least one Thursday or more do two extra rakats after any prayer except Fajr and Asr (because one never does extra prayers after those) and preferably after Maghrib and before 'Isha. After Fatiha for both rakats (of superogatory prayers) do 100 Surah Ikhlas

f) Repeat frequently throughout the month:

Allahumma salli ala sayiddina Muhammad (is sufficient)

Allah, please send your peace & blessings upon our Master Guide Muhammad.

Or add: **wa alayhi wa salim** *and upon his family*

or **wa alayhi wa sahbihi wa salim**

and upon his family and companions

or **wa alayhi wa sahbihi wa _alayna wa salim**

and upon his family, his companions and upon us.

About the Night of Mid-Sha'ban

The Messenger of Allah (salla'llahu 'alayhi wa sallim) said:

"Allah gazes at His creation on the 15th night of Sha`ban & then forgives all His slaves except for two (kinds): those who attribute partners with Allah and those who have rancor for their fellow Muslims."

"On this night Allah calls out to His slaves: 'Is there anyone seeking forgiveness from Me so that I may forgive him? Is there anyone seeking provision from Me so I may provide for him? Is there anyone suffering so I may relieve his suffering?'"

"There are 5 nights in which invocation is not rejected; the 1st night of Rajab, the 15th night of Sha'ban, Friday night, the night (before) Eid Al-Fitr, and the night (before) Eid Al-Adha."

"[On] the 15th night of Sha`ban, Allah forgives more people than there are hairs on the sheep of the tribe Kalb." (Which is a tribe famous for owning flocks of sheep that would fill vast valleys)

It is traditional to spend the night in prayer asking for forgiveness, invoking Allah's blessing on the Prophet (salla'llahu 'alayhi wa sallim) & asking for whatever you need.

It is also traditional to read Surah YaSiin (#36) 3 times during the night:

- The 1st reading under the intention of asking Allah for a long life full of sincere faith & deeds;
- The 2nd reading with intention of seeking protection from calamities;
- The 3rd reading for seeking sustenance without having to rely on anyone other than Allah.

Night of Mid Shaaban Salat al Tasbih

Pray Maghrib then make

2 rakats & 2 rakats (out loud led by Imam in community or silently as individual)

Salat al Tasbih (Prayer of Glorification)

Extra Tasbih or dhikr that is said silently in every position;

سُبْحَانَ اللَّهِ

Subhāna-llāh

الْحَمْدُ لِلَّهِ

al-Hamduli-llāh

لَا إِلَهَ إِلَّا اللَّهُ

lāa ʿillāha ʿillā-llāh

اللَّهُ أَكْبَرُ

allāhu ʿakbar

[said in this order]

4 Rakat of special Mid Shaban Prayer

(standing) fatiha then short surrah....repeat tasbih 15x each

(bending) Subhāna-llāh rabbiya-l-³adhīmrepeat tasbih 10x each

(standing) rabbanā laka-l-hamdrepeat tasbih 10x each

(prostrating) Subhāna rabbiya-l-³a^clārepeat tasbih 10x each

(sitting) rabbi-ghfirlī ar haramnirepeat tasbih 10x each

(prostrating) Subhāna rabbiya-l-³a^clā.... repeat tasbih 10x each

(sitting) allāhu ³akbar.... repeat tashih 10x each (before standing for the next rakat)

After 4 Rakat pray Dua 3 times (on pdf # 2) then make dua to ask for what ever you want.

This is the night to ask for both your physical and spiritual provision for the next year and then the angels are sent down with the order on Laylat ul-Qadr, insha'allah.

For more information read Page 100 in Reflections of Pearls, method one.

SUPPLICATION ON THE NIGHT OF MID SHA'BAN

o Allah! You shower favors on everyone, and no one can do You any favor.
o The Possessor of Majesty and Honor,
o The Distributor of bounty and rewards, there is no one worthy of worship except You.
You help the fallen and provide refuge to the refugees and give peace to those who are in fear.
o Allah! If in the Mother of All Books that is with You. You have written me down as someone who is doubtful of achieving salvation, or deprived, or rejected or without enough sustenance, Oh Allah, with Your Grace remove all of these misfortunes from me
And in the Mother of All Books that Is with You, establish me as someone who is blessed, with abundant provision and charitable good deeds.
Indeed, what You said in The Book You sent through the tongue of Your Blessed Prophet is true
That Allah changes and establishes what He wants and with Him is the Mother of All Books.
o My Lord! For the sake of Your Divine Manifestation on this fifteenth night of the blessed month of Sha'ban in which You issue all Wise and Irrevocable Decrees
Remove from us all calamities and hardships, those that we know about as well as those that we don't, while You know everything.
Truly, You are the Most Powerful, Most Generous.
And may Allah the Exalted shower blessings and peace on Sayyidina Muhammad, and on his family and his companions
And all praise is for Allah, Lord of the worlds .

DU'A NISF SHA'BAN

Allahumma Yaa Dhal Manni walaa yumannu 'Alayh
YaaDhal Jalaali wa'i Ikraam
Yaa Dhat-Tawli wa'l In'aam
Laa ilaaha ilia anta
Zahru'llaajeen wa jaaru'l mustajeereen wa amaanu'l khaaifeen
Allahumma in kunta katabtaneen 'Indaka fee Ummil Kitabi
Shaqiyyan aw mahruman aw matrudan aw muqattaran 'alayya fi'rrizqi
Fa'mhuAllahumma biFadlika
Shaqaawatee wa hirmaanee wa tardee wa'qtitaara rizqee
Wa-athbltnee 'Indaka fee Ummil Kitabi
Sa'eedan marzuqan muwaffaqan li'lkhayraati Fa Innaka Qulta wa Qawluka'i Haqq
Fee Kitabika'l munzal 'alaa lisaani Nabiyyika'i Mursal
Yamhullahu maa Yashaa'u wa yuthbit
Wa 'Indahu Ummul Kitab
Fee laylatin-nisfi min shahri Sha'ban al-Mukarram
Allatee yufraqu feehaa kullu amrin hakeemin wa yubram
An takshifa 'annaa mina'i ballaai wa'i balwaai
Maa na'lamu wa maa laa na'lam
Wa anta bihi a'iam
Innaka anta'i A'azzu'l Akram
Wa Sallallahu Ta'ala 'alaa Sayyidina Muhammad-in
Wa 'alaa aalihi wa as'haabihi wa sallam
Wa'i Hamdu Lillahi Rabbi'l'Aalameen