

THE ONE WHO LOSES THE NIGHT DIMINISHES THE DAY**Dear Mumins!**

The one who knows man most is the One who created him. Our Creator has indicated that nighttime is a time of resting and daytime is a time of working. Of course, it is not compulsory, but as a principle, it is better to obey such teachings. This must also be the most suitable order for human nature and humanity's physiological structure. In regards to night and day, it has been ordained in the Qur'ân as follows: **"Among His signs is your sleep by night and by day and your seeking of His bounty."**¹ **"And We have made the night as a covering and We have made the day for livelihood."**² **"He it is who has appointed for you the night that you may rest therein and the day to make things visible. Verily in this are proofs (lessons, signs) for a people who listen."**³

Converting this practice without any compulsory reason does not fit the system identified in the Qur'ân. There is no condemnation unto those who spend their nights with 'ilm (scientific studies) or worship. However, it is obvious that the attitude of those who kill time at nights by watching useless TV programs or surfing the Internet does not suit the Qur'anic system. Indeed, one who loses the night cannot render his or her day as productive as a consequence of such behavior. The improvement of our homes would probably be possible through the amendment of our nights.

My Dear Brothers and Sisters!

Thanks to the system, which has been created in a suitable manner for human nature,

people rest at nights and work during the day. The night is a terrific boon, just like the day. Allah (s.w.t.) tells what great boons the night and day are, having followed each other in an orderly manner since the world was created, with these remarkable questions: **"Say (O Muhammad) "Tell me! If Allah made the night continuous for you till the day of resurrection, which god besides Allah could bring you light? Will you not then hear? Say (O Muhammad) "Tell me! If Allah made the day continuous for you till the day of resurrection, which god besides Allah could bring you night wherein you rest? Will you not then see?"**⁴

**Esteemed****Mumins!**

Hadiths express that Rasulullah (s.a.w.) did not approve of sleeping before 'ishâ

prayer and being absorbed in talking after it. He instructs us to sleep just after the 'ishâ prayer, to rest and not to miss the fajr prayer. The Prophet (s.a.w.) said in a hadith: **"May Allah have mercy on a man who gets up at night and prays, and awakens his wife; if she refuses, he should sprinkle water on her face. May Allah have mercy on a woman who gets up at night and prays, and awakens her husband; if he refuses, she would sprinkle water on his face."**⁵

Surely to be awake during the fajr is an important spiritual superiority. As a spiritual dynamic, let's take this abundant time period into proper consideration, thereby enriching our life and gains.

¹ Ar-Rûm, 23.

² An-Naba', 10-11.

³ Yûnus, 67; also refer to Al-Qasas, 73; An-Naml, 86; Al-Furqân, 47.

⁴ Al-Qasas, 71-72.

⁵ Abû Dâwûd, Tatawwu, 18; Vitir, 13; Nasâi, Qiyâmu'l-layl, 5; Ibn Mâjah, I'qâmat, 175.