

نِيَّةُ الصَّوْمِ فِي السُّحُورِ

Niyatos Sawmi fis Suhoor

The Intention of Fasting in Pre-Dawn Meal in Ramadan

The niyatus sawm (intention for fasting) is traditionally made after suhoor, the pre-dawn meal and should be completed before the fast begins.

وَبِصَوْمِ غَدٍ نَّوَيْتُ مِنْ شَهْرِ رَمَضَانَ.

Wa bi sawmi ghadin nawayto min shahri Ramadan.

I intend to fast tomorrow in the month of Ramadan.

Blessings of Suhoor

It is important to wake up for suhoor (the pre-dawn meal) to receive its blessings and to follow the sunnah and traditions of Sayyidina Muhammad (pbuh), as emphasized in the following hadith.

عَنْ أَبِي سَعِيدٍ الْخُدْرِيِّ قَالَ: قَالَ رَسُولُ اللَّهِ ﷺ: "السُّحُورُ أَكْلَةٌ بَرَكَةٌ، فَلَا تَدَعُوهُ، وَلَوْ أَنْ يَجْرَعَ أَحَدُكُمْ جُرْعَةً مِنْ مَاءٍ، فَإِنَّ اللَّهَ وَمَلَائِكَتَهُ يُصَلُّونَ عَلَى الْمُتَسَحِّرِينَ." [مُسْنَدُ أَحْمَدَ بْنِ حَنْبَلٍ ١١٠٨٦]

'An Abi Sa'yid al-Khudri (ra) qala: Qala Rasulullahi ﷺ: "As Suhooro aklatun barakatun, fala tad'uhu, walaw an yajra'a ahadokom jar'atan min maayi, fa innAllaha wa malayikatuhu yusalluna 'alal mutasahhirin." [Musnad Ahmad ibn Hanbal 11086]

Abu Sa'id al-Khudri (ra) said: The Messenger of Allah (pbuh) said: "The suhoor (pre-dawn meal) is a meal of blessing, so do not abandon it, even if one of you only drinks a sip of water, for indeed, Allah and His angels send blessings for those who partake in suhoor." [The Musnad of Ahmad ibn Hanbal 11086]

