

نِيَّةُ الصَّوْمِ فِي السُّحُورِ

Niyatos Sawmi fis Suhoor

The Intention of Fasting in Pre-Dawn Meal in Ramadan

وَبِصَوْمٍ 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

أَنَسَ بْنَ مَالِكٍ - رَضِيَ اللَّهُ عَنْهُ - قَالَ قَالَ النَّبِيُّ ﷺ: "تَسَحَّرُوا فَإِنَّ فِي السُّحُورِ بَرَكَهً"
[صَحِيحُ الْبُخَارِيِّ، الْكِتَابُ ٣٠، الْحَدِيثُ ٣٢]

Anas ibn Malik (ra) qala, qala An Nabi ﷺ: "Tasahharu fa inna fis sahuri barakah." [Sahih ul Bukhari, Kitab 30, Hadith 32]

Anas ibn Malik (ra) said: The Prophet (pbuh) said: "Eat suhoor (pre-dawn meal), for indeed there is blessing in the suhoor."

[Authentic by Bukhari, Book 30, Hadith 32]

