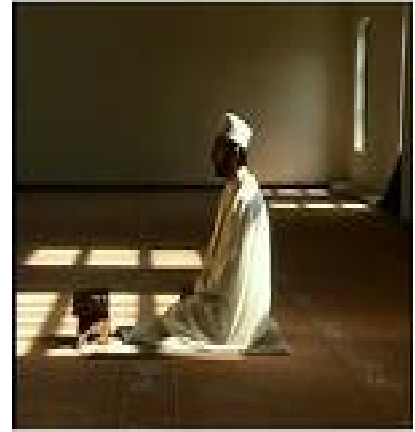


A Sleepy Head's Guide To Waking Up For Fajr.

In this guide you will find a few easy solutions on how to wake up for Fajr...the easy way

Fajr is the early morning or dawn Prayer.

The Prophet (sallallaahu-alaihi-wasallam) said: "Shaytaan ties three knots on the crown of any one of you in your sleep. He says upon each knot that he ties: "You have a long night before you, therefore sleep". But if you wake up and mention Allah, Most exalted in remembrance one knot will be untied. If you then make ablution another knot will be undone. If you then proceed to pray - the last knot will be disentangled. Thus, you will feel in the morning energetic and in good spirits. Otherwise you will feel in a despicable state, lazy".
[Narrated by Maalik, Bukhaaree, Muslim and Abu Dagwood]



Allah says, "Worship at fixed hours hath been enjoined on the believers." (An-Nisa': 103)

Tips for you to begin the day in the best of ways:

Tip Number 1: Go to bed early-

This is not only healthy but you will also get more reward because you do not laze about or watch TV.

Tip Number 2: Avoid eating too much junk food-

Junk food only makes you lazy; overloading your belly will only tie you down to your bed.

Tip Number 3: Get a nice new alarm clock-

This not only is a way to wake you up but it looks nice on a desk, shelf or drawer. If your alarm clock is too near to you put it across the room so you have to get up to switch it off. Better still, put on a few alarms and position them in various places in the house - make it your job to go and switch them all off! Surely, running around the house switching off alarms will soon wake you up!

Tip Number 4: Make it your job to wake everyone up-

If you go and wake everyone up you not only get rewarded for this but it gets you up as well.

Tip Number 5: Make getting up attached to a privilege-

So if you don't pray Fajr the next day you take a fun thing out of your day e.g. going out, eating something special and so on.

Tip Number 6: Receive calls or texts-

If one of your good friends could call or text you then you are more likely to wake up as we are all good at following our friends... right?

Tip Number 7: Make a family member water you! Ask a family member to throw water on you- this way you wake up in no time at all!

Tip Number 8: Drink water before going to bed.

Not only is it extremely healthy to drink lots of water, but come morning hours you'll need to get up for more than just Fajr salah!

Tip Number 9: Exercise-

As soon as your alarm clock rings immediately start doing push ups and star jumps!

Tip Number 10: Buy a 'coffee maid' -

This is a machine that has a timer and automatically makes you a cup of coffee on a sleep timer- wake up to the smell of coffee.

Tip Number 11: Lights-

Put your light on a timer and make it turn on for Fajr time.



Abu Musa (May Allah be pleased with him) reported: Messenger of Allah (PBUH) said, "He who, observes, Al-Bardan (i.e., Fajr and `Asr prayers) will enter Jannah." [Al-Bukhari and Muslim]

By Syra K. - Age: 13 years