



Life With Allah

Connecting to The Creator



Winter

The Believer's Season



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الحياة مع الله

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Winter

The Believer's Season

Winter: warm jumpers, woolly socks, and hot chocolate with marshmallows and cream.

But let's be honest. These are probably not the first things which come to mind when we think of winter. The truth is probably something like this: early mornings to de-ice the car, wet socks, delayed trains and even costlier utility bills.

Whilst some people enjoy the cold season, for others, the grey skies and the lack of sunshine can cause them to feel down and glum.

Changing our perspective on things can alter our feelings and motivate us to do better. Instead of approaching it like any other winter, **let's make this winter different.** Let us find inspiration in the Sunnah and the lives of our predecessors to beat the 'winter blues' and **make it a special season: a season of worship and reconnecting with Our Lord, Allah ﷻ.**

So what is a believer's winter? And how does it differ from an ordinary winter?



Its Days are Perfect for Fasting

Winter's short days make it the perfect time for optional fasts. Al-Ḥasan al-Baṣrī ؓ said, "Winter is the best season for the believer. Its nights are long for him to pray in, and its days are short for him to fast in."

The Messenger of Allah ﷺ said, "Fasting in winter is the easy prize." (Tirmidhī)

Winter is also the ideal time (particularly for sisters) to make up any missed fasts.

Try to fast on Mondays and Thursdays and, if you can, the three middle days (13th, 14th and 15th) of the Hijri month (also known as ayyām bīdh).



“

Mu‘ādh b. Jabal  wept on his deathbed
and said:

“I weep because I will miss the thirst I felt when
I fasted, praying at night during the winter,
and sitting knee to knee with the scholars
during the gatherings of knowledge.”

”

A Chance to Enjoy the Night Prayer

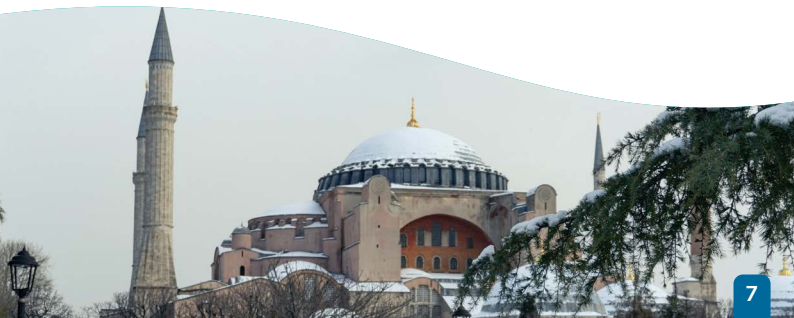
Winter allows us to **taste the joy of ‘ibādah** through the night prayer (tahajjud). **Tahajjud brings with it a sweetness** which is nearly impossible to experience otherwise.

One of life’s greatest joys is being able to cry out to one’s Maker in the stillness of the night, in Tahajjud, in Sajdah, when one is closest to Him.

Winter is the best time to begin praying tahajjud if you don’t already do so. Even if it means waking up 10 minutes before Fajr starts, do it. **The key is to be consistent** and gradually build up the amount of time you pray.

The Messenger of Allah ﷺ said, “Hold on tight to the night prayer. Indeed it is the habit of the righteous who came before you. It brings you close to your Lord, wipes away your sins and prevents you from sinning.” (Tirmidhī)

When winter would approach, ‘Ubayd b. ‘Umayr ؓ would say: “O people of the Qur’ān! The night has become long for your ṣalāh, and the day has become short for your fast, so take full advantage.”



“

“By Allah, if it wasn't for the night prayer (qiyām al-layl), I would not have loved the world. By Allah, the people of the night (prayer) experience more delight in their night than the people of entertainment experience in their entertainment. Sometimes the hearts experience moments in which they leap out of joy due to the remembrance of Allah, to the extent that I say: 'If the people of Paradise have anything like this, then how blissful must their lives be!'”

(Abū Sulaymān al-Dārānī ﷺ)

”

A Reminder of the Hell-fire

We often associate the extreme heat with Hell-fire, but even the cold should remind us of what awaits the wrongdoers.

The Messenger of Allah ﷺ told us, “Hell-fire complained to its Lord, saying: ‘Parts of me have consumed other parts.’ So, He allowed it to breathe out twice: one in the winter and one in the summer. This is the extreme heat that you experience, and the bitter cold that you experience.” (Bukhārī)

“ The night is long, so do not shorten it with your sleep; and the day is pure, so do not make it filthy with your sins.” – Yaḥyā b. Mu‘ādh ﷺ



Winter is a Means to Thank Allah and Help Others

Winter is **a reminder of how many blessings Allah has bestowed upon us**. There are thousands of homeless people on our streets, shivering through the long nights whilst we remain warm in our homes. Similarly, there are countless more around the world facing even worse difficulties. Let us be grateful to Allah for giving us roofs that shelter us, heating facilities that keep us warm, and clothing which protects us.

One of the best ways to thank Him is to help those less fortunate than us. Don't hesitate to buy a homeless person a hot meal/drink or donate to a charitable cause, whether it's local or global.



“

Sa'īd al-Kalbī ؓ used to weep during cold nights. When he was asked about this, he said:

“I thought about the poor amongst the Ummah of Muḥammad ؐ during this night, and I cried out of compassion for them.”

”



More Opportunities to have Du'as Accepted

It rains more in the winter, which means even more opportunities to have our du'ās accepted.

The Messenger of Allah ﷺ said, “Two are not rejected: the du'ā' made at the time of adhān, and under the rain.” (Hākim)

Instead of grumbling about the rain, let us turn to Allah and **pour our hearts out to al-Mujīb**, who never disappoints.

To learn what du'ā's you can pray when it rains, thunders, etc., download the [FREE Dhikr & Dua app](#).

May this season be a festive one; one in which we truly experience the joy of worshipping Allah ﷻ, our Master, our Creator, our Protective Friend. May He allow us to experience the delight in conversing with Him in the early hours and fasting during the short days.



وَصَلَّى اللَّهُ عَلَى سَيِّدِنَا
مُحَمَّدٍ
وَعَلَى آلِهِ وَسَلَّمَ

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