

Lesson 2:

Du'a When Waking up from Sleep

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ،
سُبْحَانَ اللَّهِ، وَالْحَمْدُ لِلَّهِ، وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ
الْعَظِيمِ، رَبِّ اغْفِرْ لِي

Lā 'ilāha 'illallāhu waḥdahū la sharīka lahu, lahul-mulku wa lahul-ḥamdu, wa huwa 'alā kulli shay'in qadīr
Subḥānallāhi, walḥamdu lillāhi, wa lā 'ilāha 'illallāhu, wallāhu 'akbar, wa lā ḥaula wa lā quwwata 'illā billāhil-
`aliyyil-`aẓīm, rabbighfir lī.

There is none worthy of worship but Allah alone, Who has no partner, His is the dominion and to Him belongs all praise, and He is able to do all things. Glory is to Allah. Praise is to Allah. There is none worthy of worship but Allah. Allah is the Most Great. There is no might and no power except by Allah's leave, the Exalted, the Mighty. My Lord, forgive me.

Reference: Whoever says this will be forgiven, and if he supplicates Allah, his prayer will be answered; if he performs ablution and prays, his prayer will be accepted.

Al-Bukhari, cf. Al-Asqalani, Fathul-Bari 3/39, among others. The wording here is from Ibn Majah 2/335. Hisn al-Muslim 2

From Islam: A Total Beginner's Guide Part 1

The religion sent down by Allah and brought into the world by His Prophets has been called Islam for the simple reason that its followers surrender completely to Our Lord and obey Him whole-heartly.

Islam is not a new religion. It is as old as the first man, the Prophet Adam. The Quran speaks of Adam as the first man and the first Prophet. Prophethood ended with Muhammad, saw. The religion of all the Prophets and Messengers was Islam.

Everyone and everything begin as Muslims in the sense that all, knowingly or unknowingly, are obliged to the Divine will and cannot escape from it. Rocks fall from gravity. Trees grow and sway in the wind. Animals follow a life cycle. This is a submission to the will of the creator.

The Quran Says of the universe:

“The seven heavens, the earth, and whatever is within them celebrate His glory. And there is not a thing but celebrates His glory in praises. But you do not understand their glorification.” Isra 17:44

Thinking about this should fill us with awe that as everything we can sense and even everything, we know everything turns to Allah in submission. Everything in the universe glorifies Allah. We as human beings are so limited in the understanding of Allah's praise. We must spend time appreciating how vast Allah's creation is.

The whole universe is Muslim surrendering to the Will of Allah. Humans and Jinn are the only exception in this universal law as we have free will to obey or not obey the Commands of Allah.