

In the Silence of the Night: The Miraculous Benefits of Tahajjud

Ratu Mahfuzah (2310117220005)

Lambung Mangkurat University

Meylinda Elysa Hidayah (2310117220033)

Lambung Mangkurat University

Fathiyaturrizki (2310117320006)

Lambung Mangkurat University

Email: 2310117220005@mhs.ulm.ac.id

Korespondensi penulis: 2310117220005@mhs.ulm.ac.id

ABSTRACT

Salah is one of the five pillar of islam. A prayer is generally a means of remembrance of Allah STW, and getting His mercy and blessings. Tahajjud prayer is also known as Qiyam-u-lail (Standing at night). It is part of the established sunnah of our beloved Prophet Muhammad SAW. The time for tahajjud peayer is the time when Allah Almighty sends His angels to take the Dua of all His servants who are deeply in need of His blessings. That is the reason why people that do tahajjud get closer to Allah and are filled with brightness, peace, and success in their lives. Tahajjud is also the time when Allah forgives all sinners who had repented their sins. It is also the time when Allah accepts the Dua for the things we wish for both in this life and hereafter.

Keywords: *Tahajjud Prayer, Miracle, Life, Sunnah.*

BACKGROUND

Prayers are divided into two parts, including obligatory prayers and sunnah prayers. One of the sunnah prayers mentioned in the Qur'an is tahajjud prayer. That means that tahajjud prayer is highly recommended by Prophet Muhammad SAW. through the Qur'an and the Sunnah of the Prophet and the opinions of the scholars, there are many advantages or privileges of performing this Tahajjud prayer. There are priority in performing tahajud prayer. First, if the performance of the Tahajjud prayer is good and

correct, the degree and dignity will be raised to a noble and praiseworthy place. If we think logically, during the day many people pray to God. But in the last third of the night only a few people woke up and prayed to Allah SWT. Only the chosen ones could wake up in the middle of the night and do the tahajjud prayer. Second, Tahajjud is the most important sunnah prayer. So many prayers recommended by the Messenger of Allah, it turns out that the Tahajjud prayer is one of the ones written in the Qur'an. Third, the Tahajjud prayer can erase our sins when we diligently doing it. Waking up in the middle of the night and asking God for forgiveness with all our hearts, this gives us a great opportunity, Allah SWT will forgive our mistakes and sins. Only arrogant people do not ask Allah SWT for forgiveness. but for people who feel that their life is full of mistakes and sins all this time, tahajjud is the answer for it. Then Allah SWT will forgive our mistakes and sins because we are sincere and also hope for the pleasure only of Allah SWT. Fourth, the Dua's from people who do the tahajjud prayer is automatically accepted by Allah SWT. In tahajjud prayer, there is positive energy that can make people healthy physically and mentally.

THEORETICAL STUDIES

In linguistically tahajjud means to wake up heavily, so the requirement to perform tahajjud prayers according to the majority of scholars must sleep first. While in terms of tahajjud is a sunnah prayer performed at night after performing the isha' prayer and after waking up. (Sheikh Zaynuddin Al Malibari, 2017:50).

The word tahajjud is a combination of *ta* and *al-hajud*. *Ta* is an acronym of *tayaqush* which means "awake from sleep". While *al-hajud* means "sleep". Because, if the tahajjud prayer is done before going to bed, it is no longer called tahajjud prayer but ordinary night prayer like other sunnah prayers. (Sayyid Bakri Syatha, 2017: 276).

The tahajjud prayer is a sunnah prayer performed at night after the Isha prayer. Tahajjud prayers can be performed at the beginning, middle and end of time, when awake or awake at night. The Qur'an has made it clear, patience and prayer as a helper. Tahajjud prayer itself has virtues that have been explained in the Qur'an, namely QS. Al-Isra: 79 which means: "And on some nights, then perform the tahajud prayer as an additional worship for you, may your Lord lift you up to a place of praise".

The tahajjud prayer is a prayer performed by at least two raka'ats and as many as unlimited. The start time is done at night during isha' until dawn. Night prayers can be called tahajjud prayers, but with the condition that you have to sleep first, even if you sleep only for a short time. The Prophet SAW advised us to sleep before the tahajjud prayer because at 21.00-23.00 our body is in the detoxification phase and this phase really needs calm so that there is no activity in the body. The law of performing tahajjud prayers is *sunnah mu'akkad* which is sunnah which is highly recommended to be done. Therefore, the Prophet Muhammad SAW strongly advised his people to always perform the tahajjud prayer, which is on the last third of the night Allah Subhanahu wa 'Ta'ala will go to earth and grant the prayers of those who always worship Him

Some hadiths about the meaning of tahajjud prayer:

1. Prayer is a process of pouring out various emotions that burden the soul, especially in the middle of prostration. Rasulullah SAW. Said "The situation of servant who is closest to Allah SWT. Is when prostrates, then pray more," (HR. Muslim).
2. "Tahajjud prayer can atone for one sins, bring peace and tranquility, and shield oneself from illness." (HR. At-Tirmidhi).
3. Abu Hurairah r.a said, the Prophet Muhammad SAW said: "The best fast after the fast of Ramadan is the fast of Muharram, and the best prayer after the obligatory prayer is the prayer at night" (HR.Muslim). So tahajjud prayer is the most important voluntary prayer after the obligatory prayer compared to other voluntary prayers.
4. In another hadith it is explained that every two thirds of the night Allah SWT descends to the first heaven while exclaiming. "My servant who is bowing and prostrating to perform tahajud prayer, I will grant your request, I will fulfill your prayer, I will forgive your sins".²³ In addition, the hadith narrated by Tabrani explained that tahajjud prayer is a habit practiced by the pious in ancient times which is believed to help cure physical and psychological illnesses.

RESEARCH METHOD

This research uses the literature review method. Conceptually, the researcher aims to provide an overview of the Tahajjud prayer. The main question in this research is: What

is tahajjud, and what are its benefits for an individual's life? The literature was selected from online sources as many as 20 journals, in the form of national scientific journal articles, then reduced, adjusted to the needs of the research questions.

RESULTS AND DISCUSSION

This study aims to determine the benefits and privileges of performing tahajjud prayer for individual life. Tahajjud is one of the sunnah acts of worship that many Muslims neglect. Even though this sunnah worship is at the level below the five daily obligatory prayers. Based on the results of research using the literature review method, it was found that tahajjud prayer has many benefits for individual life. Tahajjud prayer has benefits for physical and spiritual health, intelligence, and character building.

The Benefits of Tahajjud Prayer

1. Character Development

The following are some of the benefits of Tahajjud in character development.

a. Emotional Intelligence

Emotional intelligence is the ability to feel, understand effectively, apply emotional power and sensitivity as a source of human energy, information, connection and influence. Prayer is an activity or method that is very appropriate and done by someone to improve emotional intelligence, especially tahajjud prayer which has different features, which can quickly improve a person's emotional intelligence ability.

b. Spiritual Intelligence

In general, humans today are not enough to have intellectual intelligence and emotional intelligence, but must be equipped with spiritual intelligence which is obtained by getting closer to Allah SWT, one of which is by getting used to worshipping Allah SWT through Tahajjud prayer. Tahajjud prayer has an influence on spiritual intelligence. The habit of praying Tahajjud has a high correlation with spiritual intelligence.

c. Discipline

Discipline is seen as a condition that is created and formed through a process of a series of behaviors that show values of obedience, compliance, loyalty, rules or order. Tahajjud prayer can increase discipline in a person. By carrying out Tahajjud prayers, discipline towards one's time and behavior will increase.

d. Improves memory

The application of tahajjud prayer affects the improvement of memory. According to some religious experts memory can be done with the implementation of tahajjud prayer at night after sleep. Because when we just wake up at night our brain or mind enters alpha & tetha waves. Which at this time the brain produces a lot of happiness hormones in large quantities as well as what happens when the brain waves are in tetha waves in addition to reducing stress also increases the return of old memories.

e. Self-soothing and Self-strengthening

Every human being who lives in the world must have various problems. From these existing problems, individuals will try to solve existing problems so as not to cause problems and form a longer ethical character and will make good individuals. Tahajjud prayer is one way to pray to Allah SWT and become a self-strengthenener or a person's character. Because performing tahajjud prayer will make our minds and hearts more peaceful. This is because tahajjud prayer is held at the third hour of the night, when the atmosphere is calm and we are more solemn in worship, and worship closer to God.

2. Physical and Mental Health

The following are some of the benefits of Tahajjud in physical and mental health.

a. Cures Various Diseases

Tahajjud prayer is beneficial for the health of the body and can treat various diseases. According to experts, some diseases that can be cured with Tahajjud prayer include treating diabetes, preventing heart swelling, being more patient and less irritable, cancer chemotherapy without any side effects and preventing hypertension and hypotension.

b. Reduce Blood Pressure

According to the results of the study, tahajjud prayer has a significant effect as a therapy to lower blood pressure. The effects of performing 11 raka'at of Tahajjud prayer on blood pressure. By conducting research in this area, we can fill this gap and shed light on the potential physiological changes that occur during this spiritual practice. Tahajjud prayer holds significant religious and spiritual importance for Muslims, and it is believed to have positive impacts on overall well-being. Understanding the potential effects of Tahajjud prayer on blood pressure can provide valuable insights into its broader health benefits and implications for cardiovascular health. Moreover, it is important to recognize that individuals may exhibit variations in their physiological responses to Tahajjud prayer, including blood pressure changes. Some individuals may experience notable alterations in blood pressure, while others may not. Exploring these individual differences can contribute to personalized approaches in managing blood pressure and optimizing the health benefits of Tahajjud prayer. By conducting research on the effects of Tahajjud prayer on blood pressure, we can deepen our understanding of the physiological mechanisms at play and unveil the potential contributions of this spiritual practice to overall health and well-being. This research has the potential to provide valuable information for both medical professionals and individuals seeking to optimize their physical and spiritual health.

c. Overcomes Stress

One alternative in handling stress is to pray Tahajjud. Some experts argue that Tahajjud prayer is a means of meditation in handling stress. Tahajjud prayer can reduce stress caused by demands from within and from outside such as academics and the environment. Tahajjud prayer brings peace to people who are experiencing stress.

Performing tahajjud prayer can significantly reduce stress. Individuals who practice tahajjud prayer have strong self-control, are calmer and more patient. Individuals with personal control are usually more successful in coping with stress, and can even overcome stressful events that are difficult to control.

d. Improves Sleep Quality

There is a significant difference in sleep quality between tahajjud prayer practitioners and non-practitioners of tahajjud prayer. The level of sleep quality of those who practice tahajjud prayer is better than the level of sleep quality of those who do not practice tahajjud prayer.

CONCLUSIONS

The conclusion that can be drawn from this research is that the Tahajjud prayer is a sunnah prayer that is performed at night after the Isha' prayer. The Tahajjud prayer can be performed at the beginning, middle and end of time, when awakened or awake at night. The results obtained show that the Tahajjud prayer has many benefits for an individual's life.

The Tahajjud prayer, beyond its spiritual significance, brings a myriad of benefits. It fosters emotional and spiritual intelligence, enhances discipline, fortifies one's character, and positively impacts physical health by improving sleep quality, reducing blood pressure, and aiding in stress management. With its holistic advantages, Tahajjud prayer stands as a powerful practice contributing not only to spiritual growth but also to overall well-being, encompassing mind, body, and soul.

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