I stood in prayer one night with the Messenger of Allah (may Allah’s peace and blessings be upon him). He stood up and recited Sūrat al-Baqarah. Whenever he came across a verse mentioning mercy, he stopped and asked (Allah for mercy); and whenever he came across a verse mentioning punishment, he stopped and sought refuge (with Allah from it)

‘Awf ibn Mālik al-Ashja‘i (may Allah be pleased with him) reported: I stood in prayer one night with the Messenger of Allah (may Allah’s peace and blessings be upon him). He stood up and recited Sūrat al-Baqarah. Whenever he came across a verse mentioning mercy, he stopped and asked (Allah for mercy); and whenever he came across a verse mentioning punishment, he stopped and sought refuge (with Allah from it). Then he bowed and paused as long as he stood, and said while bowing: "Glory be to the Possessor of greatness, dominion, grandeur, and majesty." Then he prostrated himself and paused as long as he stood and said while prostrating the same thing he said while bowing. He then stood up and recited Sūrat Āl-‘Imrān, and then recited other Sūrahs, one after another.

[Authentic hadith] [An-Nasaa’i - Narrated by Abu Daoud - Narrated by Ahmad]

‘Awf ibn Mālik al-Ashja‘i (may Allah be pleased with him) reported that he joined the Messenger of Allah (may Allah’s peace and blessings be upon him) one night in voluntary night prayer. The Messenger of Allah (may Allah's peace and blessings be upon him) stood up and recited Sūrat al-Baqarah. Whenever he passed by a verse that mentions mercy and Paradise, he stopped and asked Allah for His mercy and Paradise, and whenever he passed by a verse that mentions punishment, he stopped and sought refuge with Allah from His punishment. Then he bowed for a long time, as long as the time he stood, and he said while bowing: Glory be to the Possessor of Greatness, Dominion, Grandeur, and Majesty; i.e. I exalt Allah, the Almighty, and All-Powerful, the Possessor of Dominion explicitly and implicitly, the Possessor of Grandeur and Majesty. Then he prostrated himself for a long time, as long as the time he stood, and he said while prostrating the same thing he said while bowing. Then he stood up and recited Sūrat Āl-‘Imrān then other Sūrahs, one after the other.