

# PROPHETIC SUPPLICATIONS



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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allāh, the Beneficent, the Merciful.

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## **Purpose of this Book**

### **Praise and Blessings**

All praise be to Allāh ﷻ, who is not in need of any praise and who cannot be praised, which befits His Majesty. All the creation is helpless to praise Him as He deserved to be praised. Peace and blessings of Allāh, the Most High, be upon His Beloved Worshipper and Messenger ﷺ who said “Oh Allāh, I cannot encompass Your praise, You are such that only You can praise Yourself”, and may our Lord shower the flowers of His blessings upon the family, companions and followers of our Master and the leader of all the Prophets Sayyiduna Muḥammad ﷺ until and beyond the Day of Judgment.

### **Nature of Good and Evil**

Allāh the Creator of all whatever exists and what does not exist yet, created the human being in state of needfulness and weakness. The life on earth of human being is full of hardships, diseases and problems one after another. Moreover, one faces animosity and hatred from the devil in the form of magic, spells and evil Jinns and the jealous human beings. Man cannot protect and fight all the evil within oneself and in the outer world, visible and invisible alone by himself. Yes, the devil (*Shayṭān*) is the greatest enemy of humans, but Allāh the Almighty, also sent the greatest friend of human beings as a mercy for the entire world, i.e. the Messenger of Allāh ﷺ.

Amongst the other pearls of guidance, which the Prophet ﷺ taught the Ummah for protection from all kinds of evil are the duas and supplications of protection and blessings. The Prophet ﷺ strictly prohibited to seek help from the devils, devilish people, fortune tellers, astrologers, palm readers, magicians, Jinns, witch doctors or the satanic Āmils (i.e. those who practice dubious & deviant acts, which contradict the Shari‘ah (i.e. the Islamic Law) and claim to provide any such cures). He ﷺ said to less or more effect that, “anyone who visits a fortune teller but does not believe in him, then their Ṣalāh will not be accepted for forty days and anyone who believes in whatever the fortune

teller says has disbelieved on what has been revealed on me (i.e. the Holy Qur’ān)”.

These false people are taking advantage of ignorance and insecurities of people and are looting people of their finance, faith and honor through newspapers, TV and other media. The people, especially the women, are paying large sums of money and savings on the pretext that their every problems or at least some of their problems will be solved. However, they regret at the end and end up in an even worse situation.

Remember, the Prophet ﷺ is the Messenger of the Creator, who is the Lord of all the worlds and is more knowledgeable than all the creation of Allāh, the All-Knowing. So if you are in the opinion of exploring the benefit of going to these people or engaging in such acts as astrology and magic etc. then you will be disappointed and some time a person may do such harm, which is irreversible. If there were more benefit than harm in such activities then the Prophet ﷺ who was most compassionate on his Ummah would have not prohibited it.

Many people have fear of magic or feel they are victim of it. They should know that Allāh was and is the protector of the Prophet ﷺ, but even he ﷺ was affected by magic as to show the Ummah that if you become affected, what should you do and what you should not do. He ﷺ resorted to the method taught by Allāh the Supreme. The Prophet ﷺ taught those verses and special supplications to the Ummah for their benefit. In the following pages, four such gifts are written.

1. The Qur’ānic verses, which the Prophet ﷺ prescribed to be recited every morning and evening for protection and blessings.
2. The Du‘ā’s and prayers from sayings of the Messenger of Allāh ﷺ to be recited in the morning and a separate section for the evening is written.

3. If you find yourself confused and you want guidance on that matter, the Sunnah method of seeking guidance (*Istikhārah*) is taught.

4. The special 2 unit prayer of need (known as *Ṣalāṭul Hājah*) to be offered, followed by special dua to be recited, if you have a problem or a need to be fulfilled.

These Muḥammadan Pearls should be practiced by all in order for us to follow the Sunnah and achieve the pleasure of Allāh the Merciful. One should also practice these for protection and blessings in one's life, possessions and family.

The virtues and reference are also given for the benefit of the reader.

Women should not read the Qur'ānic part in the state of menstruation, but they can read the supplications and duas from Sunnah.

May Allāh the Exalted, enable all the Ummah to benefit from this until the Day of Rising and thereafter.

Try to read these Adhkārs whilst thinking Allāh is with me, watching and listening to what I am reciting. This will increase the effect as Allāh the All-Just, does not accept the prayers of heedless, absent and forgetful heart.

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## Basis for Masnūn recitation from the Ḥadīth

1. Abū Dhar رضي الله عنه reports that Messenger of Allāh ﷺ in a Ḥadīth Qudsī narrated that Allāh ﷻ says: “O My slaves! All of you are sinful, except whom I save, so ask My forgiveness, I shall forgive you. The one who knows that I have the power to forgive, and seeks My forgiveness because of My Power. I forgive him. You are all astray, except whom I guide, so seek guidance from Me. I shall guide you. You all are poor except whom I make wealthy, so ask of Me, and I will give you sustenance. If all your living and all dead, your successors and predecessors and all your organic and inorganic matter (if they became humans) were to get together and become like the person who fears Me the most, it will not increase anything in My Kingdom, not even equal to a wing of a mosquito. And if all of them were to get together and become like the most sinful and rebellious of My slaves, it would not decrease anything in My Kingdom, not even equal to a wing of a mosquito. And if all your living and all dead, your successors and predecessors and all your organic and inorganic matter (if they became humans) were to get together, and all of these were to ask Me for whatever they desired, it would not cause a loss in My treasures even to the extent that if one of you were to pass by the ocean shore, and dip a needle in it, and then take it out, and have some water clinging to it. This is because I am the Most Generous and Magnificent. My giving only constitutes a mere single Word, when I intend something, I say: Be! And it becomes.” [Ibn-Majah]

2. Jābir Ibn ‘Abdullāh رضي الله عنه narrates that Prophet ﷺ said: “No deed of a man is more calculated to save him from Allāh’s Punishment than the remembrance of Allāh. It was asked: Not even fighting in the path of Allāh? He replied: Not even fighting in the path of Allāh, except the one who fights until his sword breaks.” [Ṭabarānī]

3. Abū Hurairah رضي الله عنه reports that Prophet ﷺ in a Ḥadīth Qudsī narrated that Allāh ﷻ says: “I treat My slave according to his expectations from Me. I am ‘with him when he remembers Me;

and if he remembers Me in his heart, I remember him in My heart; and if he remembers Me in a gathering, I remember him in a better and nobler gathering (of angels). If he comes closer to Me by one span, I go closer to him an arm's length; if he comes towards Me an arm's length, I go towards him two-arm's length; and if he comes to Me walking, I run to him." [Bukhārī]

**Note:** *When a person strives to get closer to Allāh through good deeds, then Allāh Subḥānahu wa Ta'alla turns towards His slave with much more attention, mercy and help.*

4. Abū Hurairah رضي الله عنه reports that Prophet ﷺ in a Ḥadīth Qudsi narrated that Allāh the Almighty and Majestic says: "I am with my slave when he remembers Me and till his lips move while remembering Me." [Ibn-Majah]

5. Mu'adh Ibn-Jabal رضي الله عنه narrates that the last words I had with Messenger of Allāh ﷺ, at the time of bidding him farewell, was that; I said: "O Messenger of Allāh! Inform me about the deeds which are the most beloved to Allāh ﷻ. He replied: When you die, your tongue should be engaged in and refreshed with Dhikr of Allāh ﷻ. In another narration, it is stated that Mu'ad رضي الله عنه asked: O Messenger of Allāh! Tell me the best deed, which would bring me closer to Allāh." [Bazzar, Majma'uz-Zawaid]

**Note:** *"At the time of bidding him farewell" refers to the time when Messenger of Allāh ﷺ sent Mu'ad رضي الله عنه as a Governor to Yemen.*

6. Ibn-'Abbās رضي الله عنه narrates Prophet ﷺ said: "There are four characteristics of such a nature that one who has been blessed with them has been blessed with what is the best in this world and the Hereafter: (1) A thankful heart, (2) A tongue which remembers Allāh, (3) A body which endures hardships and (4) A wife who does not desire to breach the trust of her husband or squander his wealth." [Ṭabarānī]

7. Ḥanzalah al-Usadī رضي الله عنه narrates that Messenger of Allāh ﷺ said: "I swear by the One in Whose Hand is my life that if you were to maintain the state in which you are with me, and continue the

remembrance of Allāh, the angels would shake hands with you on your beds and in your walkways; but O Ḥanzalah! There is a time for every thing. He said this three times.”

**Note:** This Ḥadīth means that one cannot maintain the same state and level of feelings continually, rather the state of one’s heart keeps changing with the happenings of daily life. [Muslim]

8. Mu’adh Ibn-Jabal رضي الله عنه narrates that Messenger of Allāh ﷺ said: “The dwellers of Paradise will not regret anything except the moment spent by them (in the worldly life) without the remembrance of Allāh ﷻ.” [Ṭabarānī]

9. ‘Uqbah Ibn-‘Amir رضي الله عنه narrates that Messenger of Allāh ﷺ said: “Any rider who keeps his heart free for Allāh and his remembrance during a journey, then an angel becomes his companion. And one who engages in nothing but absurd poetry and similar useless things is accompanied by the Shaytan.” [Ṭabarānī, Majma-‘uz-Zawaid]

10. Mu’adh رضي الله عنه narrates that a man asked Messenger of Allāh ﷺ : “Which Jihād has the highest reward? He replied: (Jihād) In which the remembrance of Allāh ﷻ is done excessively. The man asked: Among those fasting. Who has the highest reward? He replied: The one who remembers Allāh Tabaraka wa Ta’ala excessively. Then similarly, Ṣalāt, Zakāt, Ḥajj and Ṣadaqah all were mentioned, and for each of them, Messenger of Allāh ﷺ kept on saying that the highest reward will be for the one who remembers Allāh ﷻ excessively (in all these deeds). Abū Bakr رضي الله عنه said to Umar رضي الله عنه: O Abū Ḥafsah! Those who remember Allāh have taken away all the virtues. Messenger of Allāh ﷺ said: You are absolutely right!” [Aḥmad]

**Note:** Abū Ḥafsah means father of Ḥafsah. Ḥafsah <sup>9</sup> is the daughter of ‘Umar رضي الله عنه and the wife of Messenger of Allāh ﷺ.

11. Anas Ibn-Malik رضي الله عنه narrates that Messenger of Allāh ﷺ said: “To sit with people who are doing the Dhikr of Allāh after Ṣalātul Fajr till the sun rises is more pleasing to me than setting free

four slaves from the progeny of Ismā‘īl ﷺ. And to sit with people who are doing the Dhikr of Allāh after Ṣalāt ul ‘Asr till the sun sets is more pleasing to me than setting free four slaves from the progeny of Ismā‘īl ﷺ.” [Abū Dawūd]

**Note:** *The slaves from the progeny of Ismā‘īl ﷺ are mentioned in this Ḥadīth as they are considered the most noble amongst the Arabs, and so more valuable.*

12. Abū Hurairah رضي الله عنه reports that Prophet ﷺ in a Ḥadīth Qudsī said: “verily, Allāh has such angels who move on the paths, seeking those who remember Allāh. And when they and such people engaged in remembering Allāh, they call one another: Come to what you are looking for! Then they all surround them with their wings up to the sky of the world. Lord ﷻ asks them, though He knows better than them: What are My slaves saying? The angels submit: They are glorifying and magnifying and praising and exalting You. Allāh asks: Have they seen Me? The angels’ reply: No! By Allāh, they have not seen You. Allāh asks: What if they had seen Me? The angels submit: Had they seen You, they would have worshipped You more devotedly and would have engaged more earnestly in glorifying and praising You. Then Allāh says: What are they asking for? The angels’ reply: They were asking for paradise. Allāh asks: Have they seen it? The angels’ reply: No! By Allāh, O Lord! They have not seen it. Allāh then asks them: What if they had seen it? The angels reply: Had they seen it, they would have been more eager, and more desiring for it, and more longing for it! Then Allāh asks: What were they seeking refuge from? The angels submit: They were seeking refuge from the fire. He asks: Have they seen it? The angels’ reply: No! By Allāh, O Lord! They have not seen it. Allāh then asks: What if they had seen it? The angels reply: Had they seen it, they would have been more earnest in fleeing from it, and more intense in fearing it. Allāh then says: I call you to witness that I have indeed, forgiven them. One of the angels says: Among them was such a person who was not one of them but had come there only for some need. Allāh says: They are such

people that whoever sits with them is not deprived of (My Mercy).” [Bukhārī]

13. Anās رضي الله عنه narrates that Messenger of Allāh ﷺ in a Ḥadīth Qudsī said: “Allāh has roving angels who seek gatherings of remembrance of Allāh. When they reach them, they surround them and depute a messenger to go to their Lordul ﷻ in the heavens. The angels say on their behalf: O our Lord! We have reached those slaves amongst Your slaves who are glorifying You for Your bounties; they are reciting Your Book, offering salutations to Your Prophet, Muḥammad ﷺ, and begging for the good of this world and of the Hereafter. Allāh ﷻ directs: Cover them with My Mercy. The angel says: O our Lord! Verily, amongst them is a sinful person who incidentally accompanied them. Allāh ﷻ says: Cover all of them with My Mercy; for this is an assembly of such people, that none sitting amongst them is deprived of.” [Bazzar, Majma-‘uz-Zawaid]

14. Abū Hurairah رضي الله عنه and Abū Sa‘id Al-Khudri رضي الله عنه both bear witness that Prophet ﷺ said: “People will not sit remembering Allāh ﷻ, without the angels surrounding them, Mercy covering them, Sakīnah (peace of heart) descending on them and Allāh mentioning them with those who are with Him.” [Muslim]

15. ‘Amr Ibn ‘Abasah رضي الله عنه narrates: I heard Messenger of Allāh ﷺ saying: “On the right of Ar-Raḥmān (the Most Beneficent) - and both His Hands are the right Hands, there will be such people who will neither be prophets nor martyrs. The brilliance of their faces will dazzle the sight of the viewers. The prophets and martyrs will envy them for their high ranks and closeness to Allāh ﷻ. It was asked: O Messenger of Allāh! Who are they? He replied: They are the people who used to gather from different tribes, away from their homes and relations, for the remembrance of Allāh. They used to search for the best words of wisdom as while eating dates, one chooses the best.” [Ṭabarānī]

16. Ṣafīyah رضي الله عنها narrates that “Messenger of Allāh ﷺ visited me. There were four thousand date stones lying before me and I was glorifying Allāh (Tasbīh). He said: O daughter of Huyya (Ṣafīyah)!

What are these? I replied: I am glorifying Allāh with these date stones. He said: Since the time I have been standing with you, I have glorified Allāh more than you. She said: Teach me, He replied: Say: ‘I praise Allāh equal to the number of all that He has created!’ ” [Mustadrak Ḥakīm]

17. Abū Umamah رضي الله عنه narrates that “Messenger of Allāh ﷺ came, I was sitting and my lips were moving. He asked: Why were you moving your lips? I replied: O Messenger of Allāh! I am remembering Allāh. He said: Should I not tell you those words that if you were to say them, then even your remembrance of day and night would not be equal to the reward of these words? I requested: Yes! Do tell me. Messenger of Allāh ﷺ said: Say: ‘*Alḥamdulillāh* -(All praises be to Allāh)- equal to the things counted by His Book; and *Alḥamdulillāh*, equal to the things presented in His Book; and *Alḥamdulillāh*, equal to the number as counted by all His creation; and *Alḥamdulillāh*, equal to the count of things needed to fill all His creation; and *Alḥamdulillāh*, equal to the count needed to fill the space between the heavens and the earth; and *Alḥamdulillāh*, equal to the count of every thing; and *Alḥamdulillāh* on every thing. And in the same way say *SuḥanAllāh* (Glory be to Allāh Who is above all faults); and in the same way say: *Allāhu Akbar* (Allāh is the Greatest).It will be as follows: *SubḥānAllāh* -(Glory be to Allāh Who is above all faults)- equal to the things counted by His Book; and *SubḥānAllāh*, equal to the things presented in His Book; and *SubḥānAllāh*, equal to the number as counted by all His creation; and *SubḥānAllāh*, equal to the count of things needed to fill all His creation; and *SubḥānAllāh*, equal to the count needed to fill the space between the heavens and the earth; and *SubḥānAllāh*, equal to the count of every thing; and *SubḥānAllāh* on everything.”

18. Abū Sa’id al Khudrī رضي الله عنه and Abū Hurairah رضي الله عنه both witness that Messenger of Allāh ﷺ in a Ḥadīth Qudsī said: “Whoever says ‘None is worthy of worship but Allāh, and Allāh is the Greatest.’ his Lord confirms and says ‘None is worthy of worship but Me, and I am the Greatest.’ And when he says ‘None is worthy of worship but Allāh, The Alone.’ Allāh Ta’ala says ‘None is worthy of worship but Me and I am Alone.’ And when he says ‘None is

worthy of worship but Allāh, The Alone, Who has no partner.’ Allāh Ta’ala says ‘None is worthy of worship but Me, and I am Alone, I have no partner.’ And when he says ‘None is worthy of worship but Allāh, to Whom belongs the Kingdom, and to Whom all praise is due.’ Allāh Ta’ala says ‘None is worthy of worship but Me, to Me belongs the Kingdom, and to Me all praise is due.’ And when he says ‘None is worthy of worship but Allāh, and there is no might to resist evil, and no power to do good, except through Allāh.’ Allāh Ta’ala says ‘None is worthy of worship but Me, and there is no might to resist evil, and no power to do good, except through Me.’ Messenger of Allāh ﷺ said: Whosoever says the above words in his illness, and then dies, the Hell will not even taste (touch) him.” [Tirmidhī]

**Note:** *It means that when anyone is suffering from illness and he says the following then the Fire of Hell will not even taste (touch) him.*

19. ‘Umar al Anṣārī رضى الله عنه narrates that Messenger of Allāh ﷺ said: “Whosoever, from my Ummah, sends Salawat on me once with sincerity of his heart, Allāh will bestow on him ten blessings; raise him by ten ranks, and write for him ten virtues and erase ten sins from him.” [Nasā’ī]

20. Anās Ibn-Mālik رضى الله عنه narrates; I heard Messenger of Allāh ﷺ saying in a Ḥadīth Qudsī that Allāh ﷻ says: “O son of Adam! So long as you call upon Me, and have hope in Me, I shall forgive you for what you have done; and I shall not care. O son of Adam! If your sins were to each the heights of the skies, and then you ask forgiveness from Me, I would forgive you I shall not care (that your sins were so many).” [Tirmidhī]

21. Abū Bakr رضى الله عنه narrates that Messenger of Allāh ﷺ said: “He who seeks forgiveness is not a persistent sinner, even though, he returns to his sin seventy Times a day.” [Abū Dawūd]

**Note:** *He who repents after committing a sin and has a firm intention not to repeat it, he is likely to be forgiven despite committing that sin repeatedly. [Badhl-ul-Majhud]*

22. Ibn ‘Abbās رضي الله عنه narrates that Messenger of Allāh ﷺ said: “He who constantly seeks forgiveness; Allāh will show him a way out of every distress, and a relief from every grief, and will provide for him with the means of sustenance from where he could never imagine.” [Abū Dawūd]



CHAPTER ONE

Prophetic Supplications to be  
recited in the Morning and  
Evening from the Qur'ān



❁ 10 Times ❁

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
 اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى  
 إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ ﴿١﴾ اللَّهُمَّ  
 بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ  
 وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ ﴿٢﴾

In the name of Allāh, the Beneficent, the Merciful.

O Allāh, bestow Your blessings upon Muḥammad and upon the family of Muḥammad, just as You bestowed Your blessings to Ibrāhīm and his family. Truly, You are Praiseworthy and Glorious. O Allāh, send Your blessings upon Muḥammad and upon the family of Muḥammad, as you blessed Ibrāhīm and his family. Truly, You are Praiseworthy and Glorious.<sup>1</sup>

<sup>1</sup> Prophet ﷺ said “whoever will invoke 10 times *durūd* (blessings) upon me in the morning and evening will attain my intercession on the day of Resurrection.”[Ṭabarānī]

Prophet ﷺ said “he of my community who invokes blessings upon me sincerely, Allāh will bless him ten fold and raise him ten degrees, and he will have written for him ten good deeds, and erased from his record ten bad deeds.”[An-Nasā’ī]

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ ﴿١﴾  
 بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿٢﴾  
 الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ﴿١﴾ الرَّحْمَنِ الرَّحِيمِ ﴿٢﴾ مَلِكِ  
 يَوْمِ الدِّينِ ﴿٣﴾ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ﴿٤﴾ اهْدِنَا  
 الصِّرَاطَ الْمُسْتَقِيمَ ﴿٥﴾ صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ  
 غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ﴿٦﴾ آمين \*

I seek refuge with Allāh from the accursed Satan.

In the name of Allāh, the Beneficent, the Merciful.<sup>2</sup>

All Praise be to Allāh, Lord of the worlds. (1) The Compassionate, the Merciful (2) Owner of the Day of Judgment, (3) You alone we worship; You alone we ask for help. (4) Guide us unto the straight path, (5) The path of those whom You have favoured. Not of those who earned Your anger nor of those who have gone astray (6)<sup>3</sup>

<sup>2</sup> Sayyidina ‘Uthmān bin ‘Affān ؓ asked the Messenger of Allāh ﷺ about ‘*Bismillāhir Raḥmānir Raḥīm*’. He replied that is amongst Allāh’s names and the distance between it and the Greatest Name (*Ism-ul-Akbar*) is as close as the space as the between the Iris (blackness of the eye) and its cornea (whiteness of the eye). [Ibn Najjar]

<sup>3</sup> Sayyidina ‘Imran ibn Ḥussain narrated that the Messenger of Allāh ﷺ said “If any servant (of God) recites *Sūrah al Fātiḥa* and the verses of *Ayātul Kursīy* in a house they (the household) will not be harmed by an evil eye of human or jinn.” [Ad-Daylamī]

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾  
 الْم ﴿١﴾ ذَلِكَ الْكِتَابُ لَا رَيْبَ ۗ فِيهِ ۗ هُدًى لِّلْمُتَّقِينَ  
 ﴿٢﴾ الَّذِينَ يُؤْمِنُونَ بِالْغَيْبِ وَيُقِيمُونَ الصَّلَاةَ وَمِمَّا  
 رَزَقْنَاهُمْ يُنْفِقُونَ ﴿٣﴾ وَالَّذِينَ يُؤْمِنُونَ بِمَا أُنزِلَ إِلَيْكَ وَمَا  
 أُنزِلَ مِنْ قَبْلِكَ ۗ وَبِالْآخِرَةِ هُمْ يُوقِنُونَ ﴿٤﴾ أُولَٰئِكَ عَلَىٰ  
 هُدًى مِّن رَّبِّهِمْ ۗ وَأُولَٰئِكَ هُمُ الْمُفْلِحُونَ ﴿٥﴾

In the name of Allāh, the Beneficent, the Merciful.

Alif. Lam. Mim . (1) This Book has no doubt in it, a guidance for the God-fearing, (2) Who believe in the Unseen, and are steadfast in Ṣalāh (prayer), and spend out of what We have provided them; (3) And who believe in what has been revealed to you and what has been revealed before you; and they have faith in the Hereafter. (4) It is these who are guided by their Lord; and it is these who are successful. (5)<sup>4</sup>

<sup>4</sup> Sayyidina Abū Hurairah رضي الله عنه narrates that the Messenger of Allāh ﷺ said “there is a verse in *Sūrah al-Baqārah* which is the king of all verses of the *Qur’ān* and when it is recited in a house in which there is a devil then he will be expelled from it” [Al Ḥakim, Al Bayhaqī]

اللَّهُ لَا إِلَهَ إِلَّا هُوَ ۚ الْحَيُّ الْقَيُّومُ ۚ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ ۚ  
 لَهُ مَا فِي السَّمَوَاتِ وَمَا فِي الْأَرْضِ ۚ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ  
 إِلَّا بِإِذْنِهِ ۚ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ ۚ وَلَا  
 يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ ۚ وَسِعَ كُرْسِيُّهُ  
 السَّمَوَاتِ وَالْأَرْضَ ۚ وَلَا يَئُودُهُ حِفْظُهُمَا ۚ وَهُوَ الْعَلِيُّ الْعَظِيمُ  
 ﴿٢٥٥﴾ لَا إِكْرَاهَ فِي الدِّينِ ۚ قَدْ تَبَيَّنَ الرُّشْدُ مِنَ الْغَيِّ ۚ  
 فَمَنْ يَكْفُرْ بِالطَّاغُوتِ وَيُؤْمِنْ بِاللَّهِ فَقَدِ اسْتَمْسَكَ بِالْعُرْوَةِ  
 الْوَثْقَىٰ لَا انْفِصَامَ لَهَا ۗ وَاللَّهُ سَبِيعٌ عَلِيمٌ ﴿٢٥٦﴾ اللَّهُ وَلِيُّ  
 الَّذِينَ آمَنُوا ۗ يُخْرِجُهُم مِّنَ الظُّلُمَاتِ إِلَى النُّورِ ۗ وَالَّذِينَ  
 كَفَرُوا أَوْلِيَاؤُهُمُ الطَّاغُوتُ ۗ يُخْرِجُونَهُم مِّنَ النُّورِ إِلَى  
 الظُّلُمَاتِ ۗ أُولَٰئِكَ أَصْحَابُ النَّارِ ۗ هُمْ فِيهَا خَالِدُونَ ﴿٢٥٧﴾

Allāh: There is no god but He, the Everliving, the All-Sustaining. Dozing overtakes Him not, nor sleep. To Him belongs all that is in the heavens and all that is on earth. Who can intercede with Him without His permission? He knows what is before them and what is behind them; while they encompass nothing of His knowledge, except what He wills. His Kursiyy (Chair) extends unto the Heavens and unto the Earth, and it does not weary

Him to look watch over them. He is the All-High, the Supreme. (255) There is no compulsion in Faith. The guided way has become distinct from the erroneous. Now, whoever rejects the Taghut (the Rebel, the Satan) and believes in Allāh has a firm grasp on the strongest ring that never breaks. Allāh is All-Hearing, All-Knowing. (256) Allāh is the Protector of those who believe. He brings them out of the depths of darkness into the light. As for those who disbelieve, their friends are the Rebels. They bring them out from the light into the depths of darkness. Those are people of the Fire. There they will remain forever. (257)

لِلَّهِ مَا فِي السَّمٰوٰتِ وَمَا فِي الْاَرْضِ ۗ وَاِنْ تُبَدُّوْا مَا فِىْ  
اَنْفُسِكُمْ اَوْ تَخْفَوْهُ يَحْسِبْكُمۡ بِهٖ اللّٰهُ ۗ فَيَغْفِرۡ لِمَنْ  
يَّشَآءُ وَيُعَذِّبۡ مَنْ يَّشَآءُ ۗ وَاللّٰهُ عَلٰى كُلِّ شَيْءٍ قَدِيْرٌ  
﴿٢٨٢﴾ اَمِنَ الرَّسُوْلُ بِمَا اُنزِلَ اِلَيْهِ مِنْ رَّبِّهٖ وَالْمُؤْمِنُوْنَ ۗ  
كُلُّ اَمِنَ بِاللّٰهِ وَمَلٰٓئِكَتِهٖ وَكُتُبِهٖ وَرُسُلِهٖ ۗ لَا نَفَرِقُ بَيْنَ  
اَحَدٍ مِّنْ رُّسُلِهٖ ۗ وَقَالُوْا سَبِعْنَا وَاَطَعْنَا ۗ غُفْرٰنَكَ رَبَّنَا وَا  
اِلَيْكَ الْمَصِيْرُ ﴿٢٨٥﴾ لَا يُكَلِّفُ اللّٰهُ نَفْسًا اِلَّا وُسْعَهَا ۗ لَهَا  
مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ ۗ رَبَّنَا لَا تُؤَاخِذْنَا اِنْ  
نَّسِيْنَا اَوْ اَخْطَاْنَا ۗ رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا اِصْرًا كَمَا حَمَلْتَهُ

عَلَى الَّذِينَ مِنْ قَبْلِنَا ۖ رَبَّنَا وَلَا تُحِثْ عَلَيْنَا مَا لَا طَاقَةَ لَنَا بِهِ ۗ  
 وَاعْفُ عَنَّا ۗ وَاعْفِرْ لَنَا ۗ وَارْحَمْنَا ۗ أَنْتَ مَوْلَانَا فَانصُرْنَا  
 عَلَى الْقَوْمِ الْكَافِرِينَ ﴿٢٨٦﴾

To Allāh belongs what is in the heavens and what is on earth. If you disclose what is in your hearts or conceal it, Allāh shall hold you accountable for it, then He will forgive whom He wills and punish whom He wills. Allāh is powerful over everything. (284) The Messenger has believed in what has been revealed to him from his Lord, and the believers as well. All have believed in Allāh and His angels and His Books and His Messengers. “We make no division between any of His Messengers,” and they have said: “We have listened, and obeyed. Our Lord, (we seek) Your pardon! And to You is the return.” (285) Allāh does not obligate anyone beyond his capacity. For him is what he has earned (of virtue), and on him what he has incurred (of vice). “Our Lord, do not hold us accountable, if we forget or make a mistake, and, Our Lord, do not place on us such a burden as You have placed on those before us, and, Our Lord, do not make us bear a burden for which we have no strength. And pardon us, and grant us forgiveness, and have mercy on us. You are our Lord. So then help us against the disbelieving people.” (286)<sup>5</sup>

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<sup>5</sup> Sayyidina Abū Dhar رضي الله عنه reports that the Messenger of Allāh ﷺ said “surely Allāh ended *Sūrah al-Baqārah* with two verses which He has given me from the the treasures beneath His Throne. So learn them and teach them to your woman and children because they are blessing, recitation and a supplication.” [Ḥakīm]

شَهِدَ اللَّهُ أَنَّهُ لَا إِلَهَ إِلَّا هُوَ ۖ وَالْمَلَائِكَةُ وَأُولُو الْعِلْمِ قَائِمًا  
بِالْقِسْطِ ۗ لَا إِلَهَ إِلَّا هُوَ الْعَزِيزُ الْحَكِيمُ ﴿١٨﴾ إِنَّ الدِّينَ  
عِنْدَ اللَّهِ الْإِسْلَامُ ۗ

Allāh bears witness that there is no god but He and (so do) the angels and the men of knowledge, being the One who maintains equity. There is no god but He, the Mighty, the Wise. (18) Truly, the (recognised) religion in the sight of Allāh is Islām.<sup>6</sup>

7 Times

حَسْبِيَ اللَّهُ ۗ لَا إِلَهَ إِلَّا هُوَ ۗ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ  
الْعَظِيمِ ﴿١٢٩﴾

Enough for me is Allāh. There is no god but He. In Him I have placed my trust, and He is the Lord of the Great Throne. (129)<sup>7</sup>

<sup>6</sup> Prophet ﷺ said, “He who recites, ‘Allāh bears witness that there is no god but He and (so do) the angels and the men of knowledge being the One who maintains equity. There is no god but He, the Mighty, the Wise. (18) Truly, the (recognized) religion in the sight of Allāh is Islam’ And then says I bear witness to what Allāh has testified and I entrust this testimony to Allāh and it is a trust for me with Him. He will be brought on the Day of Resurrection and it will be said “this servant of mine has entered into a covenant with Me and I am the most entitled to fulfill a promise, enter My servant into paradise.” [Abū Shaykh]

<sup>7</sup> Prophet ﷺ said, “Whoever will recite seven times in the morning and evening ‘Enough for me is Allāh. There is no god but He. In Him I

## ❁ 3 Time ❁

قُلِ ادْعُوا اللَّهَ أَوْ ادْعُوا الرَّحْمَنَ ۗ أَيًّا مَا تَدْعُوا فَلَهُ الْأَسْمَاءُ  
 الْحُسْنَىٰ ۗ وَلَا تَجْهَرُوا بِصَلَاتِكُمْ وَلَا تَخَافُتَ بِهَا وَابْتَغِ بَيْنَ  
 ذَلِكَ سَبِيلًا ﴿١١٠﴾ وَقُلِ الْحَمْدُ لِلَّهِ الَّذِي لَمْ يَتَّخِذْ وَلَدًا  
 وَلَمْ يَكُنْ لَهُ شَرِيكٌ فِي الْمُلْكِ وَلَمْ يَكُنْ لَهُ وَلِيٌّ مِّنَ الدُّنْيِ  
 وَكَبِّرْهُ تَكْبِيرًا ﴿١١١﴾

Say: 'Call on Allāh or call on the All-Merciful, by whichever (name) you call (upon Him), the Most Beautiful Names are His.' Do not be too loud in your prayer or too quiet in it, but find a way in between the two.(110) and Say: 'Praise be to Allāh Who has had no son and who has no partner in His Kingdom and who needs no one to protect Him from abasement.' And proclaim His Greatness repeatedly! (111)<sup>8</sup>

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*have placed my trust, and He is the Lord of the Great Throne' Allāh will free him from the concerns regarding this world and hereafter [Ibn Sunnī] ...whether he is sincere or untrue concerning it." [Ibn Asākir]*

<sup>8</sup> Ḥaḍrat Abū Mūsā ؓ reports that the Prophet of Allāh ﷺ said, "whoever recites 'Say: Call on Allāh or call on the All-Merciful...' till the end of the Sūrah in the morning and evening his heart will neither die in that day nor in that evening. [Ad-Daylamī]

❖ Once ❖

أَفَحَسِبْتُمْ أَنَّمَا خَلَقْنَاكُمْ عَبَثًا وَأَنَّكُمْ إِلَيْنَا لَا تُرْجَعُونَ  
 ﴿١١٥﴾ فَتَعَلَى اللَّهُ الْمَلِكُ الْحَقُّ ۚ لَا إِلَهَ إِلَّا هُوَ ۚ رَبُّ الْعَرْشِ  
 الْكَرِيمِ ﴿١١٦﴾ وَمَنْ يَدْعُ مَعَ اللَّهِ إِلَهًا آخَرَ ۚ لَا بُرْهَانَ لَهُ  
 بِهِ ۚ فَإِنَّمَا حِسَابُهُ عِنْدَ رَبِّهِ ۖ إِنَّهُ لَا يُفْلِحُ الْكَافِرُونَ ﴿١١٧﴾  
 وَقُلْ رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِينَ ﴿١١٨﴾

Have you thought that We created you for no reason, and that you will not be brought back to Us?" (115) Nay, High above all is Allāh, the King, the True. There is no god but He, the Lord of the Noble Throne. (116) And whoever invokes another god besides Allāh, though he has no proof for it, his reckoning is surely with his Lord. In certainty, the infidels will achieve no success. (117) And say (O prophet) "My Lord, grant pardon and have mercy, for you are the best of all the merciful." (118)<sup>9</sup>

<sup>9</sup> Ibrāhīm Tamīmī reports from his father that when we went a war expedition, the Messenger of Allāh ﷺ ordered us to recite "So did you think that We created you for nothing, and that you will not be brought back to Us? So, High above all is Allāh, the King, the True. There is no god but He, the Lord of the Noble Throne. And whoever invokes another god with Allāh, while he has no proof for it, his reckoning is only with his Lord. Surely, the infidels will not achieve success. And say (O prophet) 'My Lord, grant pardon and have mercy, for you are the best of all the merciful.'" In the morning and in the evening we recited it and returned safely with booty. [Ibn Sunnī]

❖ 3 Times ❖

فَسُبْحَانَ اللَّهِ حِينَ تُمْسُونَ وَحِينَ تُصْبِحُونَ ﴿١٧﴾ وَلَهُ  
 الْحَمْدُ فِي السَّمَاوَاتِ وَالْأَرْضِ وَعَشِيًّا وَحِينَ تُظْهِرُونَ ﴿١٨﴾  
 يُخْرِجُ الْحَيَّ مِنَ الْمَيِّتِ وَيُخْرِجُ الْمَيِّتَ مِنَ الْحَيِّ وَيُحْيِي  
 الْأَرْضَ بَعْدَ مَوْتِهَا ۗ وَكَذَلِكَ تُخْرَجُونَ ﴿١٩﴾

So, proclaim Allāh’s purity when you see the evening and when you see the morning. (17) And to Him belongs praise in the heavens and the earth, and in the night and when you enter the time of *Zuhr* (soon after the decline of the sun towards West). (18) He brings out the living from the dead, and brings out the dead from the living, and gives life to the land after it is dead. And in similar way you will be brought out (from your graves). (19)<sup>10</sup>

<sup>10</sup> It is narrated by ‘Abdullāh son of ‘Abbās ؓ that the Messenger of Allāh ﷺ said, “whoever will recite “*So, proclaim Allāh’s purity (from shirk) when you see the evening and when you see the morning...to...same way you too will be brought*” in the morning, it will compensate whatever he has missed and whoever will recite it in the evening it will also compensate whatever he has missed in the evening. [Ibn Sunnī]– *This means that if one has missed any of his adhkārs.*

❖ 3 Times ❖

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
 حَمْءٌ ﴿١﴾ تَنْزِيلُ الْكِتَابِ مِنَ اللَّهِ الْعَزِيزِ الْعَلِيمِ ﴿٢﴾  
 غَافِرِ الذَّنْبِ وَقَابِلِ التَّوْبِ شَدِيدِ الْعِقَابِ ذِي الطَّوْلِ ﴿٣﴾  
 إِلَهَ إِلَّا هُوَ ۖ إِلَيْهِ الْمَصِيرُ ﴿٣﴾

In the name of Allāh, the Beneficent, the Merciful.

Ḥa Mīm. (1) The revelation of the Book is from Allāh, the Mighty, the All Knower. (2) Forgiver of sin, and Acceptor of repentance, severe in chastisement, Lord of Power. There is no god but He; Unto Him is the journeying. (3)<sup>11</sup>

<sup>11</sup> It is narrated by Abū Hurairah رضي الله عنه that the Prophet of Allāh ﷺ said, “anyone who recites the verse of Divine Chair (*Ayātul Kursī*) and the beginning of *Sūrah Mu'min* from ‘Ḥa Mīm, The revelation of this is from Allāh... to our final destination’ will remain in protection until evening if he has recited it in morning and will also be protected until morning if he recites it in the evening.” [Ibn Sunnī, Kitābul Adhkār]

اللَّهُ لَا إِلَهَ إِلَّا هُوَ ۚ الْحَيُّ الْقَيُّومُ ۚ لَا تَأْخُذُهُ سِنَّةٌ وَلَا  
 نَوْمٌ ۚ لَهُ مَا فِي السَّمَوَاتِ وَمَا فِي الْأَرْضِ ۗ مَنْ ذَا الَّذِي  
 يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ ۗ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا  
 خَلْفَهُمْ ۗ وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ ۗ  
 وَسِعَ كُرْسِيُّهُ السَّمَوَاتِ وَالْأَرْضَ ۗ وَلَا يَئُودُهُ حِفْظُهُمَا ۗ  
 وَهُوَ الْعَلِيُّ الْعَظِيمُ ﴿٢٥٥﴾

Allāh: There is no god but He, the Living, the All-Sustaining. Dozing overtakes Him not, nor sleep. To Him belongs all that is in the heavens and all that is on the earth. Who can intercede with Him without His permission? He knows what is before them and what is behind them; while they encompass nothing of His knowledge, except what He wills. His Chair extends unto the Heavens and unto the Earth, and it does not weary Him to look after them. He is the All-High, the Supreme. (255)

✽ 3 Times ✽

أَعُوذُ بِاللَّهِ السَّبِيحِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ ﴿﴾

I seek refuge with Allāh, the All-Hearing, All-Knowing, from the accursed Satan.

✽ Once ✽

هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ ۚ عَلِيمُ الْغَيْبِ وَالشَّهَادَةِ ۚ  
هُوَ الرَّحْمَنُ الرَّحِيمُ ﴿٢٢﴾ هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ ۚ  
الْمَلِكُ الْقُدُّوسُ السَّلَامُ الْمُؤْمِنُ الْمُهَيْمِنُ الْعَزِيزُ الْجَبَّارُ  
الْمُتَكَبِّرُ ۚ سُبْحَانَ اللَّهِ عَمَّا يُشْرِكُونَ ﴿٢٣﴾ هُوَ اللَّهُ الْخَالِقُ  
الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَى ۚ يُسَبِّحُ لَهُ مَا فِي  
السَّمَوَاتِ وَالْأَرْضِ ۚ وَهُوَ الْعَزِيزُ الْحَكِيمُ ﴿٢٤﴾

He is Allāh, besides whom there is no god, the Knower of the unseen and the seen. He is the Beneficent, the Merciful. (22) He is Allāh, besides Whom there is no god, the Sovereign, the Supreme-In-Holiness, the Safe (from all defects), the Giver-Of-Peace, the Guardian, the All-Mighty, the All-Repairer, the Sublime. Pure is Allāh from what they associate with Him. (23) He is Allāh, the Creator, the Inventor, the Shaper. 10 His are the Most Beautiful Names. His purity is proclaimed by all that is in the heavens and the earth, and He is the All-Mighty, the All-Wise. (24)<sup>12</sup>

<sup>12</sup> The Prophet ﷺ said, “He who recites ‘I seek refuge with Allāh, the All-Hearing, All-Knowing, from the accursed Satan’ three times in the morning and then recites the last three verses of *Sūrah Hashr*, seventy thousand angels will continue praying for him until evening and if he dies during that day he dies as a martyr. If he recites the same in the evening then he will receive similar merits. [Bayhaqī] In a Hadith narrated by Abū Umamah in *Al Bayhaqī* it is mentioned “he who recites

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾  
 قُلْ هُوَ اللَّهُ أَحَدٌ ﴿١﴾ اللَّهُ الصَّمَدُ ﴿٢﴾ لَمْ يَلِدْ ﴿٣﴾ وَلَمْ يُولَدْ ﴿٤﴾  
 ﴿٣﴾ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ﴿٤﴾

In the name of Allāh, the Beneficent, the Merciful.

Say: He is Allāh the One.(1) Allāh, the Independent.(2) He has not given birth nor was He born.(3) And no one is comparable to Him.(4)12F<sup>13</sup>

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾  
 قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ﴿١﴾ مِنْ شَرِّ مَا خَلَقَ ﴿٢﴾ وَمِنْ شَرِّ  
 غَاسِقٍ إِذَا وَقَبَ ﴿٣﴾ وَمِنْ شَرِّ النَّفْثَاتِ فِي الْعُقَدِ ﴿٤﴾ وَمِنْ  
 شَرِّ حَاسِدٍ إِذَا حَسَدَ ﴿٥﴾

the last three verses in the morning or in the evening then entering paradise will become compulsory for him.” [Al Bayhaqī]

<sup>13</sup> The Prophet ﷺ said, “He who recites ‘Sūrah al Ikh̄lās, say He is Allāh, the One...’ when he enters into his house, it will drive poverty away from the inhabitants of the house and the neighborhood.” The Prophet ﷺ also said, “he who recites Sūrah al Ikh̄lās 100 times Allāh will forgive his sins of 50 years as long as he avoids four vices: shedding blood; attaining wealth unlawfully; fornication and alcohol drinking.” [Bayhaqī]

In the name of Allāh, the Beneficent, the Merciful.  
 Say: I seek refuge with the Lord of the daybreak, (1) from the evil of what He has created, (2) And from the mischief of the darkening when it comes, (3) And from the mischief of the women blowers upon the knots, (practicing witchcraft) (4) And from the mischief of the envier when he envies. (5)<sup>14</sup>

Sūrah Nās

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾  
 قُلْ أَعُوذُ بِرَبِّ النَّاسِ ﴿١﴾ مَلِكِ النَّاسِ ﴿٢﴾ إِلَهِ النَّاسِ ﴿٣﴾  
 مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ﴿٤﴾ الَّذِي يُوَسْوِسُ فِي  
 صُدُورِ النَّاسِ ﴿٥﴾ مِنَ الْجِنَّةِ وَالنَّاسِ ﴿٦﴾

In the name of Allāh, the Beneficent, the Merciful  
 Say: I seek refuge with the Lord of the mankind. (1) the King of mankind, (2) the God of mankind, (3) from the mischief of the sneaking whisperer, (4) who whispers into the breasts of people, (5) both jinn and mankind. (6)<sup>15</sup>

<sup>14</sup> The Prophet ﷺ said, “Say *Sūrah al-Ikhlāṣ*, *al-Falaq* and *an-Nās* three times in the morning and in the evening, they will suffice you for every purpose.” [Ibn Sunnī]

<sup>15</sup> ‘Ā’isha رضي الله عنها reported that “when the Prophet ﷺ went to bed every night, he used to cup his hands together and blow over them after reciting *Sūrah al-Ikhlāṣ*, *Sūrah al-Falaq* and *Sūrah an-Nās*, and then rub his hands over whatever parts of his body he was able to rub, starting with his head, face and front of his body. He used to do that three times. When he became seriously ill, she used to recite (these two *Sūrahs*) and rub his hands over his body hoping for its blessings.” [Bukhārī]

Sūrah Iklās

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾  
قُلْ هُوَ اللَّهُ أَحَدٌ ﴿١﴾ اللَّهُ الصَّمَدُ ﴿٢﴾ لَمْ يَلِدْ ۖ وَلَمْ يُولَدْ  
﴿٣﴾ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ﴿٤﴾

Sūrah Falaq

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾  
قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ﴿١﴾ مِنْ شَرِّ مَا خَلَقَ ﴿٢﴾ وَمِنْ شَرِّ  
غَاسِقٍ إِذَا وَقَبَ ﴿٣﴾ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ﴿٤﴾ وَمِنْ  
شَرِّ حَاسِدٍ إِذَا حَسَدَ ﴿٥﴾

Sūrah Nās

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾  
قُلْ أَعُوذُ بِرَبِّ النَّاسِ ﴿١﴾ مَلِكِ النَّاسِ ﴿٢﴾ إِلَهِ النَّاسِ ﴿٣﴾  
مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ﴿٣﴾ الَّذِي يُوَسْوِسُ فِي صُدُورِ  
النَّاسِ ﴿٤﴾ مِنَ الْجِنَّةِ وَالنَّاسِ ﴿٥﴾

Sūrah Ikhlaṣ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾  
قُلْ هُوَ اللَّهُ أَحَدٌ ﴿١﴾ اللَّهُ الصَّمَدُ ﴿٢﴾ لَمْ يَلِدْ ۖ وَلَمْ يُولَدْ  
﴿٣﴾ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ﴿٣﴾

Sūrah Falaq

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾  
قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ﴿١﴾ مِنْ شَرِّ مَا خَلَقَ ﴿٢﴾ وَمِنْ شَرِّ  
غَاسِقٍ إِذَا وَقَبَ ﴿٣﴾ وَمِنْ شَرِّ النَّفْثَاتِ فِي الْعُقَدِ ﴿٤﴾ وَمِنْ  
شَرِّ حَاسِدٍ إِذَا حَسَدَ ﴿٥﴾

Sūrah Nās

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾  
قُلْ أَعُوذُ بِرَبِّ النَّاسِ ﴿١﴾ مَلِكِ النَّاسِ ﴿٢﴾ إِلَهِ النَّاسِ  
﴿٢﴾ مِنْ شَرِّ الْوَسْوَاسِ ۖ الْخَنَّاسِ ﴿٣﴾ الَّذِي يُوَسْوِسُ فِي  
صُدُورِ النَّاسِ ﴿٤﴾ مِنَ الْجِنَّةِ وَالنَّاسِ ﴿٥﴾

CHAPTER TWO

**Prophetic Supplications to be recited in  
the Morning from the Sunnah**



❁ 3 Times ❁

13

رَضِيتُ بِاللَّهِ رَبًّا وَبِالْإِسْلَامِ دِينًا وَبِمُحَمَّدٍ ﷺ نَبِيًّا ❁

I am pleased with Allāh as a Lord, and Islām as a religion and Muḥammad ﷺ as a Prophet.<sup>16</sup>

❁ 3 Times ❁

14

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي  
السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ ❁

In the name of Allāh with whose name nothing is harmed on earth nor in the heavens and He is the All-Hearing, the All-Knowing.<sup>17</sup>

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<sup>16</sup> The Messenger of Allāh ﷺ said, “He who will say, ‘I am pleased with Allāh as a Lord, and Islām as a religion and Muḥammad ﷺ as a Prophet’ (Three times) Allāh takes responsibility to please him on the Day of Judgment.” [Aḥmad]

<sup>17</sup> The Messenger of Allāh ﷺ said, “He who says, ‘In the name of Allāh with whose name nothing is harmed on earth nor in the heavens and He is the All-Seeing, the All-Knowing’ (Three times) in the evening, no sudden affliction will befall on him until morning and if he says this in the morning then no sudden affliction will befall upon him until evening.” [Abū Dawūd]

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ عَلَيْكَ تَوَكَّلْتُ وَأَنْتَ رَبُّ  
 الْعَرْشِ الْعَظِيمِ، مَا شَاءَ اللَّهُ كَانَ وَمَا لَمْ يَشَأْ لَمْ يَكُنْ  
 لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ أَعْلَمُ أَنَّ اللَّهَ عَلَى كُلِّ  
 شَيْءٍ قَدِيرٌ، وَأَنَّ اللَّهَ قَدْ أَحَاطَ بِكُلِّ شَيْءٍ عِلْمًا، اللَّهُمَّ  
 إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي وَمِنْ شَرِّ كُلِّ دَابَّةٍ أَنْتَ  
 آخِذٌ بِنَاصِيَتِهَا إِنَّ رَبِّي عَلَى صِرَاطٍ مُسْتَقِيمٍ

O Allāh, You are my Lord, none has the right to be worshipped except You, in You I put my trust and You are Lord of the Mighty Throne. Whatever Allāh wills will happen and whatever has not willed will not happen and there is no power and there is no strength except with Allāh, the High, the Magnificent. And I know Allāh has power over all things, and that Allāh surrounds all things in (His) knowledge. O Allāh I seek Your protection from the mischief of my nafs (evil soul) and from the mischief of every moving creatures. You have the grasp of its forelock. Verily my Lord is (found) on the right path.<sup>18</sup>

<sup>18</sup> Ṭalāq bin Ḥabīb says a man came to Abū Darda رضي الله عنه and said your house has been burnt. Abū Darda said it has not been burnt because Allāh who is Great and Almighty was not going to do that because of some words of supplication which I heard from the Messenger of Allāh صلى الله عليه وسلم and I have recited them today. Then he said let us go and see. So they reached his house and found all other houses around his house had burnt but nothing had touched Abū Darda's House. These are the words which

أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ وَالْحَمْدُ لِلَّهِ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ  
 لَا شَرِيكَ لَهُ ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ  
 قَدِيرٌ، رَبِّ أَسْأَلُكَ خَيْرَ مَا فِي هَذَا الْيَوْمِ وَخَيْرَ مَا بَعْدَهُ  
 وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِي هَذَا الْيَوْمِ وَشَرِّ مَا بَعْدَهُ رَبِّ  
 أَعُوذُ بِكَ مِنَ الْكَسَلِ وَسُوءِ الْكِبَرِ رَبِّ أَعُوذُ بِكَ مِنْ عَذَابٍ  
 فِي النَّارِ وَعَذَابٍ فِي الْقَبْرِ ❁❁

We have reached the morning as has the kingdom of Allah. All praise is for Allāh. None has the right to be worshipped except Allāh, alone, without partner, to Him belongs all sovereignty and praise and He is over all things omnipotent. My Lord, I ask You for the good of this day and the good that follows it and I take refuge from the evil of this day and the evil of what follows it. My Lord, I take refuge in from laziness and helplessness of old age. My Lord, I take refuge in You from punishment of Hellfire and from punishment of the grave.<sup>19</sup>

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Prophet ﷺ taught. He who will say in the morning and evening, nothing unpleasant will befall upon him, his family and his belongings. [Ibn Sunnī]

<sup>19</sup> Whoever recites these three times in the morning and in the evening, they will suffice him (as protection) against everything. [Tirmidhī]

❁ 3 Times ❁

17

أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ رَبِّ الْعَالَمِينَ، اللَّهُمَّ إِنِّي أَسْأَلُكَ  
خَيْرَ هَذَا الْيَوْمِ فَتَحَهُ وَنَصَرَهُ وَنُورَهُ وَبَرَكَتَهُ وَهُدَاهُ  
وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِيهِ وَشَرِّ مَا بَعْدَهُ ❁❁

We have reached the morning as has the kingdom of Allah, Lord of the Worlds. O Allāh, I ask You for the goodness of this day, its victory, its help and its light, its blessings and its guidance, and I take refuge in You from the evil that is in it and evil that follows it.<sup>20</sup>

❁ 3 Times ❁

18

اللَّهُمَّ بِكَ أَصْبَحْنَا وَبِكَ أَمْسَيْنَا وَبِكَ نَحْيَا وَبِكَ نَمُوتُ  
وَإِلَيْكَ النُّشُورُ ❁❁

O Allāh, by You we enter the morning and by You we enter the evening, by You we live and by You we die, to You is the Final Return.<sup>21</sup>

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<sup>20</sup> [Abū Dawud 4/322]

<sup>21</sup> Abū Hurairah رضي الله عنه says the Messenger of Allāh ﷺ said “When you reach the morning say: ‘O Allāh, by You we enter the morning and by You we enter the evening, by You we live and by You we die, to You is the Final Return’” [Abū Dawūd, Tirmidhī]

❖ 3 Times ❖

19

اللَّهُمَّ مَا أَصْبَحَ بِي مِنْ نِعْمَةٍ أَوْ بِأَحَدٍ مِنْ خَلْقِكَ فَمِنْكَ  
وَحْدَكَ لَا شَرِيكَ لَكَ فَلكَ الْحَمْدُ وَلَكَ الشُّكْرُ ❖

O Allāh, whatever blessings I or any of Your creation have risen upon this morning, are from You alone, without partner, so for You is all praise and unto You all thanks.<sup>22</sup>

❖ 4 Times ❖

20

اللَّهُمَّ إِنِّي أَصْبَحْتُ أَشْهَدُكَ وَأُشْهَدُ حَمَلَةَ عَرْشِكَ  
وَمَلَائِكَتَكَ وَجَمِيعَ خَلْقِكَ أَنَّكَ أَنْتَ اللهُ لَا إِلَهَ إِلَّا أَنْتَ  
وَحْدَكَ لَا شَرِيكَ لَكَ وَأَنَّ مُحَمَّدًا ﷺ عَبْدُكَ وَرَسُولُكَ ❖

O Allāh, verily I have reached the morning and call on You, the bearers of Your Throne, Your angels, and all Your creations to witness that You are Allāh, none has the right to be worshipped but You alone, without partner and that Muḥammad ﷺ is Your servant and Messenger.<sup>23</sup>

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<sup>22</sup> ‘Abdullāh ibn ‘Abbās ؓ narrates the Messenger of Allāh ﷺ said, “he who says: ‘O Allāh, whatever blessings I or any of Your creation have risen upon this morning, are from You alone, without partner, so for You is all praise and unto You all thanks’ He has offered thanks for the day and he who says the same in the evening has offered thanks for the blessings of the night.” [Ibn Sunnī, Ibn Ḥibbān, Bayhaqī]

<sup>23</sup> Prophet of Allāh ﷺ said, “He, who says in the morning and evening, ‘O Allāh, verily I have reached the morning and call on You, the bearers of Your Throne...’ Allāh will free one fourth of him from the fire. If anyone says it twice Allāh will free half of him from the fire and

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ ،  
 اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي دِينِي وَدُنْيَايَ وَأَهْلِي  
 وَمَالِي ، اللَّهُمَّ اسْتُرْ عَوْرَاتِي وَامْنِ رَوْعَاتِي ، اللَّهُمَّ  
 احْفَظْنِي مِنْ بَيْنِ يَدَيْي وَمِنْ خَلْفِي وَعَنْ يَمِينِي وَعَنْ  
 شِمَالِي وَمِنْ فَوْقِي وَأَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي ﴿﴾

O Allāh, I seek Your forgiveness and Your protection in this world and next. O Allāh, I seek Your forgiveness and Your protection in my religion, in my worldly affairs, in my family and in my wealth. O Allāh, conceal my secrets and preserve me from distress. O Allāh, guard me from what is in front of me and behind me, from my left, from my right, and above me. I seek refuge in Your Grandeur from being struck down from beneath me.<sup>24</sup>

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anyone says it four times then Allāh will free him entirely from the fire.”  
 [Ibn Sunnī, Abū Dawūd]

<sup>24</sup> ‘Abdullāh bin ‘Umar رضي الله عنه says, “I heard the Messenger of Allāh ﷺ saying in the morning and evening, ‘O Allāh, I seek Your forgiveness and Your protection in this world and next...’” - [Ibn Sunnī]

❁ 3 Times ❁

22

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ وَأَنَا  
عَلَىٰ عَهْدِكَ وَوَعْدِكَ مَا اسْتِطَعْتُ، أَعُوذُ بِكَ مِنْ شَرِّ مَا  
صَنَعْتُ، أَبُوؤُكَ بِبِعِبَتِكَ عَلَيَّ وَأَبُوؤُكَ بِذُنُوبِي فَاعْفُرْ لِي فَإِنَّهُ  
لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ ❁

O Allāh, You are My Lord, none has the right to be worshipped but You, You created me and I am Your servant and I abide by Your covenant and promise as best I can, I take refuge in You from evil which I have committed. I acknowledge Your favour upon me and I acknowledge my sins, so forgive me, for verily none can forgive sin but You.<sup>25</sup>

❁ 3 Times ❁

23

أَصْبَحْنَا عَلَىٰ فِطْرَةِ الْإِسْلَامِ وَعَلَىٰ كَلِمَةِ الْإِخْلَاصِ وَعَلَىٰ دِينِ  
نَبِيِّنَا مُحَمَّدٍ ﷺ وَعَلَىٰ مِلَّةِ أَبِينَا إِبْرَاهِيمَ حَنِيفًا مُّسْلِمًا  
وَمَا كَانَ مِنَ الْمُشْرِكِينَ ❁

We rise upon the nature of Islam, and on the word of sincerity, and upon the religion of our Prophet Muḥammad ﷺ and

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<sup>25</sup> Messenger of Allāh ﷺ said, “the best words to ask forgiveness are to say, ‘O Allāh, You are My Lord, none has the right to be worshipped...’ He who says it during the day with firm belief and dies before evening, he will be amongst the people of paradise and if anyone says it during the night with firm belief in it and dies before morning, he will be from the people of paradise.” [Bukhārī]

religion of our forefather Ibrāhīm عليه السلام, who was a Muslim and of true faith and was not of those who associate others with Allāh.<sup>26</sup>

❖ 3 Times ❖

24

اللَّهُمَّ إِنِّي أَصْبَحْتُ مِنْكَ فِي نِعْمَةٍ وَعَافِيَةٍ وَسِتْرٍ فَأَتِمَّ عَلَيَّ  
نِعْمَتَكَ وَعَافِيَتَكَ وَسِتْرَكَ فِي الدُّنْيَا وَالْآخِرَةِ ❖

O Allāh verily I enter the morning in a state of blessing and in peace and in protection. Complete upon me Your blessing and Your peace and Your protection in this world and in hereafter.<sup>27</sup>

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<sup>26</sup> ‘Abdur-Raḥmān bin Abza narrates from his father that the Messenger of Allāh ﷺ said these in the morning. ‘We rise upon the nature of Islam, and on the word of the pure faith, and upon the religion of our Prophet Muḥammad ﷺ and religion of our forefather Ibrahim عليه السلام, who was a Muslim and of true faith and was not of those who associate others with Allāh.’ [Ibn Sunnī]

<sup>27</sup> ‘Abdullāh bin ‘Abbās reports the Messenger of Allāh ﷺ said, “He who says, ‘O Allāh verily I enter upon morning in a state of blessing and in peace and on protection. Complete upon me Your blessing and Your peace and Your protection in this world and in hereafter’ Three times in the morning and in the evening Allāh the Exalted takes responsibility to complete His favours on him.” [Ibn Sunnī]

❁ 3 Times ❁

25

اللَّهُمَّ عَالِمَ الْغَيْبِ وَالشَّهَادَةِ فَاطِرَ السَّمَوَاتِ وَالْأَرْضِ رَبِّ  
كُلِّ شَيْءٍ وَمَلِيكَهُ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ، أَعُوذُ بِكَ مِنْ  
شَرِّ نَفْسِي وَمِنْ شَرِّ الشَّيْطَانِ وَشَرِّكَهٖ وَأَنْ أَقْتَرِفَ عَلَى نَفْسِي  
سُوءًا أَوْ أَجْرَةً إِلَى مُسْلِمٍ ❁❁

O Allāh, Knower of the seen and the unseen, Creator of the heavens and the earth, Lord and sovereign of all things, I bear witness that none has the right to be worshipped except You. I take refuge in You from the evil my soul and from the evil and shirk of Satan and from committing wrong against my soul and any other Muslim.<sup>28</sup>

❁ 3 Times ❁

26

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ عَدَدَ خَلْقِهِ وَرِضَا نَفْسِهِ وَزِنَةَ عَرْشِهِ  
وَمَدَادَ كَلِمَاتِهِ ❁❁

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<sup>28</sup> Once Sayyidina Abū Bakr رضي الله عنه asked the Messenger of Allāh صلى الله عليه وسلم to teach him some words (of supplication) which he could recite in the morning and evening. He صلى الله عليه وسلم said say, ‘O Allāh, Knower of the seen and unseen, Creator of the heavens and the earth, Lord and sovereign of all things...’ He صلى الله عليه وسلم further said, ‘recite these words in the morning, evening and when you go to bed.’ [Ibn Sunnī]

Glory is to Allāh and praise is to him, by the multitude of His creation, by His Pleasure, by the weight of His Throne, and by the extent of His words.<sup>29</sup>

❁ 3 Times ❁



يَا رَبِّي لَكَ الْحَمْدُ كَمَا يَنْبَغِي لِجَلَالِ وَجْهِكَ وَعَظِيمِ  
سُلْطَانِكَ ❁❁

O my Lord, all praises be to You as it is appropriate to the rigour of Your Supreme Being and the grandness of your sovereignty.<sup>30</sup>

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<sup>29</sup> The Mother of Believers Sayyidah Juwairiyah says once the Prophet of Allāh ﷺ left her (house) after he prayed the Morning Prayer while she was sitting in her place of worship (where she prayed). Then He ﷺ returned at forenoon and found her still sitting in (same) place. The Messenger of Allāh ﷺ said, “Are you still (sitting) in the same position?” she said, “yes”. The Prophet of Allāh ﷺ said, “after leaving you I have recited four phrases three times which if weighed will outweigh (in reward) all what you have recited. ‘Glory is to Allāh and praise is to him, by the multitude of His creation, by His Pleasure, by the weight of His Throne, and by the extent His words.’” [Muslim]

<sup>30</sup> Ibn ‘Umar reported that the Prophet ﷺ told them, “A servant of Allāh said: ‘O my Lord, all praises be to You as it can appropriate to Your Supreme...’ This was too much for the two angels to record. They did not know how to record it. So they soared to the heaven and said: ‘Our Lord! Your servant has said something which we don’t know how to record.’ Allāh asked them and, of course, He knew what the servant had said: ‘What did My servant say?’ They said: ‘He said: ‘My Lord! All praise belongs to You as much as befits Your Glory and Sublime Majesty.’ Allāh said to them: ‘Write it down as My servant has said until he should meet Me and I reward him for it.’” [Aḥmad]

❁ 3 Times ❁

28

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ أَصْلِحْ لِيْ شَأْنِيْ كُلَّهُ وَلَا  
تَكِلْنِيْ إِلَى نَفْسِيْ طَرْفَةَ عَيْنٍ ❁

O Ever Living One, O Eternal One, (O Self-Subsisting and Supporter of All) by Your mercy I call on You to set right all my affairs. Do not place me in charge of my self even for the blink of an eye.<sup>31</sup>

❁ 3 Times ❁

29

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ  
أَسْتَغْفِرُكَ وَأَتُوْبُ إِلَيْكَ ❁

Glory and praises be to You, O Allāh, I testify that there is no deity except You. I beg for Your forgiveness and I repent to You.

❁ 3 Times ❁

30

اللَّهُمَّ عَافِنِيْ فِيْ بَدَنِيْ، اللَّهُمَّ عَافِنِيْ فِيْ سَمْعِيْ، اللَّهُمَّ عَافِنِيْ  
فِيْ بَصَرِيْ لَا إِلَهَ إِلَّا أَنْتَ ❁

O Allāh, grant me bodily health and ease. O Allāh, grant me ease and safety in my faculty of hearing. O Allāh, grant me ease and

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<sup>31</sup> Anās bin Mālik رضي الله عنه reports, the Messenger of Allāh ﷺ instructed Fatimah رضي الله عنها to recite, ‘O Ever Living One, O Eternal One, (O Self-Subsisting and Supporter of All) by Your mercy I call on You to set right all my affairs...’ [Ibn Sunnī]

safety in my faculty of seeing. None is worthy to be worshipped except You.

❁ 3 Times ❁

31

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ وَالْفَقْرِ وَأَعُوذُ بِكَ مِنْ  
عَذَابِ الْقَبْرِ، لَا إِلَهَ إِلَّا أَنْتَ ❁

O Allāh, I seek Your protection from disbelief and poverty. O Allāh I seek Your protection from the punishment of the grave. None is worthy of worship except You.<sup>32</sup>

❁ 3 Times ❁

32

اللَّهُمَّ الْهِنِّي رُشْدِي وَأَعِزَّنِي مِنْ شَرِّ نَفْسِي ❁

O Allāh, inspire me with guidance and protect me from the evil within in me.<sup>33</sup>

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<sup>30</sup> ‘Abdur-Raḥmān ibn Abū Bakr said to his father, “O father I have heard you supplicating every day, ‘O Allāh, grant me bodily health and ease. O Allāh, grant me ease and safety in my power of hearing. O Allāh, grant me ease and safety in my power of seeing. None is worthy to be worshipped except You. O Allāh, I seek Your protection from disbelief and poverty...’ Three times in the morning and evening.” He said, “yes my son, I heard the Messenger of Allāh ﷺ supplicating (with these words) in the morning and evening, I love to act upon the Sunnah.” [Ibn Sunnī]

<sup>33</sup> Sayyiduna ‘Imran bin Ḥusain ؓ reported: “The Messenger of Allāh ﷺ taught my father two statements to recite in his Dua. These are: ‘O Allāh! Inspire in me guidance and deliver me from the evils within me.’” [Tirmidhī]

❁ 3 Times ❁

33

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحُزْنِ وَأَعُوذُ بِكَ مِنَ  
الْعَجْزِ وَالْكَسَلِ وَأَعُوذُ بِكَ مِنَ الْجُبْنِ وَالْبُخْلِ  
وَأَعُوذُ بِكَ مِنْ غَلْبَةِ الدَّيْنِ وَقَهْرِ الرِّجَالِ ❁

O Allāh, I seek Your protection from grief and sadness, from laziness, from miserliness and from cowardice, from being overcome by debt and from oppression of men.<sup>34</sup>

❁ 3 Times ❁

34

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ أَنْ أَشْرِكَ بِكَ وَأَنَا أَعْلَمُ وَأَسْتَغْفِرُكَ  
لِمَا لَا أَعْلَمُ ❁

O Allāh, I take refuge in You lest I should commit shirk with You knowingly and I seek Your forgiveness for what I do unknowingly.<sup>35</sup>

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<sup>34</sup> Abū Sa'īd Khudrī ؓ says one day the Messenger of Allāh ﷺ entered the mosque and found a man called Abū Amāma sitting there. He ﷺ said, "What is the matter O Abū Amāma that I see you sitting there in the mosque when it's not time for prayer?" he replied, "I am burdened with debts and anxieties." Allāh's Messenger ﷺ said, "shall I not teach you such phrases (of supplication), when you recite them Allāh the Exalted will alleviate your anxieties and settle your debt, Say in the morning and in the evening, 'O Allāh I seek your protection against worry and grief...' " [Abū Dawūd]

<sup>35</sup> Prophet ﷺ said, "Shirk (associating partners with Allāh in His Essence or Attributes) is hidden than the crawling of an ant. Shall I not tell you (such) words which will erase (the sin of) it? They are, 'O Allāh,

✽ 3 Times ✽

35

سُبْحَانَ اللَّهِ الْعَظِيمِ وَبِحَمْدِهِ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا  
بِاللَّهِ

Glory is to Allāh Almighty and praise to Him, and there is no power and might except by Allāh.

✽ Once ✽

36

اللَّهُ أَكْبَرُ ، اللَّهُ أَكْبَرُ ، اللَّهُ أَكْبَرُ ، بِسْمِ اللَّهِ عَلَى نَفْسِي  
وَدِينِي ، بِسْمِ اللَّهِ عَلَى كُلِّ شَيْءٍ أَعْطَانِي رَبِّي ، بِسْمِ اللَّهِ خَيْرِ  
الْأَسْمَاءِ ، بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّمَعَ اسْمِهِ دَاءٌ ، بِسْمِ  
اللَّهِ افْتَتَحْتُ ، وَعَلَى اللَّهِ تَوَكَّلْتُ ، اللَّهُ اللَّهُ رَبِّي لَا أُشْرِكُ بِهِ  
أَحَدًا ، أَسْأَلُكَ اللَّهُمَّ بِخَيْرِكَ مِنْ خَيْرِكَ ، الَّذِي لَا  
يُعْطِيهِ أَحَدٌ غَيْرُكَ ، عَزَّ جَارُكَ ، وَجَلَّ ثَنَاءُكَ ، وَلَا إِلَهَ  
غَيْرُكَ ، اجْعَلْنِي فِي عِيَاذِكَ مِنْ شَرِّ كُلِّ سُلْطَانٍ وَمِنْ  
الشَّيْطَانِ الرَّجِيمِ ، اللَّهُمَّ إِنِّي أَحْتَرِسُ بِكَ مِنْ شَرِّ  
جَمِيعِ كُلِّ ذِي شَرٍّ خَلَقْتَهُ ، وَأَحْتَرِسُ بِكَ مِنْهُمْ ، وَأُقَدِّمُ

*I take refuge in You lest I should commit shirk with You knowingly and I seek Your forgiveness for what I do unknowingly.* [Ibn Sunnī]

بَيْنَ يَدَيَّ ، بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿﴾ قُلْ هُوَ اللَّهُ  
 أَحَدٌ ﴿﴾ اللَّهُ الصَّمَدُ ﴿﴾ لَمْ يَلِدْ وَلَمْ يُولَدْ ﴿﴾ وَلَمْ يَكُنْ  
 لَهُ كُفُوًا أَحَدٌ ﴿﴾ وَمِنْ خَلْفِي مِثْلَ ذَلِكَ ، وَعَنْ يَمِينِي مِثْلَ  
 ذَلِكَ ، وَعَنْ يَسَارِي مِثْلَ ذَلِكَ ، وَمِنْ فَوْقِي مِثْلَ ذَلِكَ ﴿﴾

Allāh is Great, Allāh is Great, Allāh is Great. In the Name of Allāh upon myself and religion. In the Name of Allāh, my Lord bestowed everything upon me. In the Name of Allāh the best names. In the Name of Allāh, with whose Name nothing on earth can cause harm, nor in the heaven. In the Name of Allāh. I begin and upon Allāh I do rely. Allāh, Allāh, my Lord, I do not associate partners with Him whatsoever. O Allāh, I ask You out of Your Goodness from Your Goodness which no one but You give. May those in Your charge be magnified and Your praise be exalted! There is no divinity other than You. Put me in Your protection from the evil, and from accursed Satan. O Allāh, In You I seek protection against the evil of all which You have created that is contained by evil, and by You I take heed of them, and I offer this for my hereafter, In the Name of Allāh, the Compassionate, the Merciful, Say: He is Allāh the One. Allāh, the Independent. He begets not, nor was He begotten. And no one is comparable to Him. And I offer the same prayer behind me, likewise on my right, likewise on my left and likewise above me.<sup>36</sup>

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<sup>36</sup> Khaliīfah ‘Abd al-Mālik from Banī Umaiyyah wrote to Ḥajjāj Ibn Yūsuf, ‘Look after Ḥaḍrat Anas Ibn Mālik ؓ, the servant of the Messenger ﷺ go to his assemblies, elevate him, give him good reward and honour him.’

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Ḥaḍrat Anas ؓ said, 'I went to Ḥajjāj and he said to me the same day, "O Abū Ḥamza, I would like to show you a horse, tell me how it compares with the horses belonging to the Messenger of Allāh ﷺ". So he showed it to me and I said, "what a difference between them! The very dung and urine and forage of the Prophet's horses would have been a reward!".'

Ḥajjāj said, 'If it were not for the fact that the commander of the Faithful wrote to me about you, I would have struck you on the head!' I said to him, 'You cannot do that'. He said to me, 'And why not?'

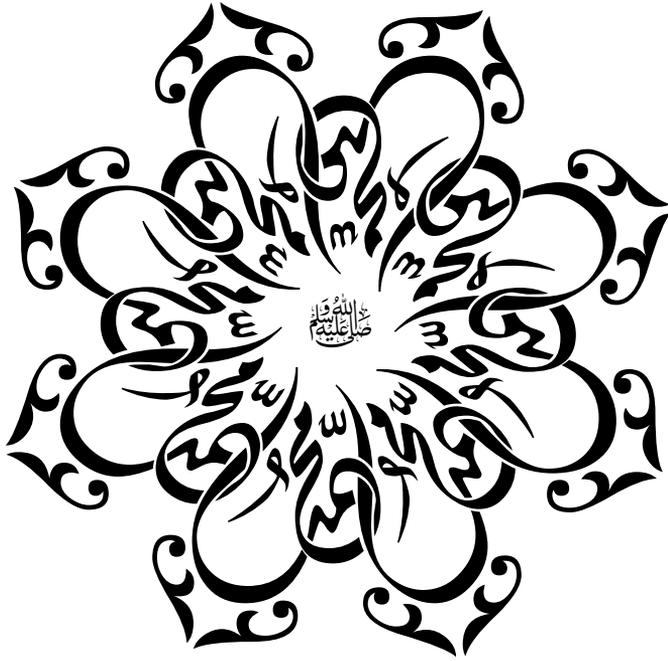
I answered, 'because the Messenger of Allāh ﷺ taught me a prayer, which, when I utter it, makes me fear no devil or power or any beast of prey.' Ḥajjāj said, 'O Abū Ḥamza, teach that supplication to your nephew Muḥammad Ibn al-Ḥajjāj.'

I refused him. So he said to his son; 'Go to your uncle Anas, and ask him to teach that to you'. Abān said, 'He explained it, for when death was approaching Anas, he called for me and said, "O Ahmar, indeed, you have devoted yourself to me, so out of esteem for you, I shall teach you the prayer which the Messenger of Allāh ﷺ taught me, but do not teach it to anyone who does not fear Allāh ﷻ, or something approximating that. He said, "*Allāh is Great, Allāh is Great, Allāh is Great. In the Name of Allāh upon myself and religion. In the Name of Allāh, my Lord bestowed everything upon me. In the Name of Allāh the best names. In the Name of Allāh, with whose Name nothing on earth can cause harm, nor in the heaven. In the Name of Allāh. I begin and upon Allāh I do rely. Allāh, Allāh, my Lord, I do not associate partners with Him whatsoever. O Allāh, I ask You out of Your Goodness from Your Goodness which no one but You give. May those in Your charge be magnified and Your praise be exalted! There is no divinity other than You. Put me in Your protection from the evil, and from accursed Satan. O Allāh, by You I guard against the evil of all which You have created that is possessed of evil, and by You I take heed of them, and I offer this in front of me, In the Name of Allāh, the Compassionate, the Merciful, Say: He is Allāh the One. Allāh, the Independent. He begets not, nor was He begotten. And no one is comparable to Him. And I offer the same prayer behind me, the same on my right, the same on my left and the same above me.* [Ibn Sunnī]



CHAPTER THREE

**Prophetic Supplications to be recited in  
the Evening from the Sunnah**



❁ 3 Times ❁

13

رَضِيتُ بِاللَّهِ رَبًّا وَبِالْإِسْلَامِ دِينًا وَبِمُحَمَّدٍ ﷺ نَبِيًّا ❁

I am pleased with Allāh as a Lord, and Islam as a religion and Muḥammad ﷺ as a Prophet.<sup>37</sup>

❁ 3 Times ❁

14

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي  
السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ ❁

In the name of Allāh with whose name nothing is harmed on earth nor in the heavens and He is the All-Hearing, the All-Knowing.<sup>38</sup>

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<sup>37</sup> The Messenger of Allāh ﷺ said, “He, who will say, ‘I am pleased with Allāh as a Lord, and Islām as a religion and Muḥammad ﷺ as a Prophet’ (Three times) Allāh takes responsibility to please him on the Day of Judgment.” [Aḥmad]

<sup>38</sup> The Messenger of Allāh ﷺ said, “He, who says, ‘In the name of Allāh, with (the protection of) whose name nothing on earth or in the heaven can harm, He is the All-Hearing, the All-Knowing.’ (Three times) in the evening, no sudden affliction will befall on him until morning and if he says this in the morning then no sudden affliction will befall upon him until evening.” [Abū Dawūd]

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ عَلَيْكَ تَوَكَّلْتُ وَأَنْتَ رَبُّ الْعَرْشِ  
 الْعَظِيمِ ، مَا شَاءَ اللَّهُ كَانَ وَمَا لَمْ يَشَأْ لَمْ يَكُنْ لَا حَوْلَ وَلَا قُوَّةَ  
 إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ أَعْلَمُ أَنَّ اللَّهَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ ، وَأَنَّ  
 اللَّهَ قَدْ أَحَاطَ بِكُلِّ شَيْءٍ عِلْمًا ، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ  
 نَفْسِي وَمِنْ شَرِّ كُلِّ دَابَّةٍ أَنْتَ آخِذٌ بِنَاصِيَتِهَا إِنَّ رَبِّي عَلَى  
 صِرَاطٍ مُسْتَقِيمٍ

O Allāh, You are my Lord, none has the right to be worshipped except You, in You I put my trust and You are Lord of the Mighty Throne. Whatever Allāh wills will happen and whatever has not willed will not happen and there is no power and there is no strength except with Allāh, the High, the Magnificent. And I know Allāh has power over all things, and that Allāh surrounds all things in (His) knowledge. O Allāh I seek Your protection from the mischief of my nafs (evil soul) and from the mischief of every moving creatures. You have the grasp of its forelock. Verily my Lord is (found) on the right path.<sup>39</sup>

<sup>39</sup> Ṭalāq bin Habīb says “a man came to Abū Darda and said your house has been burnt. Abū Darda said it has not been burnt because Allāh who is Great and Almighty was not going to do that because of some words of supplication which I heard from the Messenger of Allāh ﷺ and have recited them today. Then he said let us go and see. So they reached his house and found all other houses around his house had burnt but nothing had touched Abū Darda’s House. These are the words which Prophet ﷺ taught. He who will say in the morning and evening, nothing

أَمْسَيْنَا وَأَمْسَى الْمُلْكُ لِلَّهِ وَالْحَمْدُ لِلَّهِ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ  
 لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ  
 قَدِيرٌ، رَبِّ أَسْأَلُكَ خَيْرَ مَا فِي هَذِهِ اللَّيْلَةِ وَخَيْرَ مَا بَعْدَهَا  
 أَعُوذُ بِكَ مِنْ شَرِّ مَا فِي هَذِهِ اللَّيْلَةِ وَشَرِّ مَا بَعْدَهَا رَبِّ  
 أَعُوذُ بِكَ مِنَ الْكَسَلِ وَسُوءِ الْكِبَرِ رَبِّ أَعُوذُ بِكَ مِنْ عَذَابٍ  
 فِي النَّارِ وَعَذَابٍ فِي الْقَبْرِ ❁❁

We have reached the evening and so too has the Kingdom of Allah. All praise is for Allāh. None has the right to be worshipped except Allāh, alone, without partner, to Him belongs all sovereignty and praise and He is over all things omnipotent. My Lord, I ask You for the good of this night and the good that follows it and I take refuge from the evil of this night and the evil of what follows it. My Lord, I take refuge in from laziness and helplessness of old age. My Lord, I take refuge in You from punishment of Hellfire, and from punishment of the grave.<sup>40</sup>

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unpleasant will befall upon him, his family and his belongings.” [Ibn Sunnī]

<sup>40</sup> Whoever recites these three times in the morning and in the evening, they will suffice him (as protection) against everything [Tirmidhī]

❖ 3 Times ❖

17

أَمْسَيْنَا وَأَمْسَى الْمُلْكُ لِلَّهِ رَبِّ الْعَالَمِينَ ، اللَّهُمَّ إِنِّي  
أَسْأَلُكَ خَيْرَ هَذِهِ اللَّيْلَةِ فَتَحَهَا وَنَصْرَهَا وَنُورَهَا وَبَرَكَاتَهَا  
وَهَذَا هَا وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِيهَا وَشَرِّ مَا بَعْدَهَا ❖

We have reached the evening and so too has the Kingdom of Allah, Lord of the Worlds. O Allāh, I ask You for the goodness of this night, its victory, its help and its light, its blessings and its guidance, and I take refuge in You from the evil in this night and evil that follows it.<sup>41</sup>

❖ 3 Times ❖

18

اللَّهُمَّ بِكَ أَمْسَيْنَا وَبِكَ أَصْبَحْنَا وَبِكَ نَحْيَا وَبِكَ نَمُوتُ  
وَالَيْكَ الْمَصِيرُ ❖

O Allāh, by You we reached the evening and by You we enter the morning, by You we live and by You we die, to You is the Final Return.<sup>42</sup>

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<sup>41</sup> [Abū Dawūd 4/322]

<sup>42</sup> Abū Hurairah رضي الله عنه says the Messenger of Allāh صلى الله عليه وسلم said “When you reach the morning say: ‘O Allāh, by You we reached the evening and by You we enter the morning, by You we live and by You we die, to You is the Final Return.’ ” [Abū Dawūd, Tirmidhī]

❁ 3 Times ❁

19

اللَّهُمَّ مَا أَمْسَى بِي مِنْ نِعْمَةٍ أَوْ بِأَحَدٍ مِنْ خَلْقِكَ فَبِنِكَ  
وَحْدِكَ لَا شَرِيكَ لَكَ فَلكَ الْحَمْدُ وَلَكَ الشُّكْرُ ❁

O Allāh, whatever blessings I or any of Your creation have upon this evening, are from You alone, without partner, so for You is all praise and unto You all thanks.<sup>43</sup>

❁ 4 Times ❁

20

اللَّهُمَّ إِنِّي أَمْسَيْتُ أَشْهَدُكَ وَأَشْهَدُ حَمَلَةَ عَرْشِكَ وَمَلَائِكَتَكَ  
وَجَمِيعَ خَلْقِكَ أَنَّكَ أَنْتَ اللهُ لَا إِلَهَ إِلَّا أَنْتَ وَحْدَكَ لَا شَرِيكَ  
لَكَ وَأَنَّ مُحَمَّدًا ﷺ عَبْدُكَ وَرَسُولُكَ ❁

O Allāh, verily I have reached the evening and call on You, the bearers of Your Throne, Your angels, and all Your creations to witness that You are Allāh, none has the right to be worshipped but You, alone, without partner and that Muḥammad ﷺ is Your servant and Messenger.<sup>44</sup>

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<sup>43</sup> ‘Abdullāh ibn ‘Abbās narrates the Messenger of Allāh ﷺ said, “he who says: ‘O Allāh, whatever blessings I or any of Your creation have n upon this evening, are from You alone, without partner, so for You is all praise and unto You all thanks.’ He has offered thanks for the day and he who says the same in the evening has offered thanks for the blessings of the night.” [Ibn Sunnī, Ibn Ḥibbān, Al Bayhaqī]

<sup>44</sup> Prophet of Allāh ﷺ said, “He, who says in the morning and evening, ‘O Allāh, verily I have reached the evening and call on You, the bearers of Your Throne...’ Allāh will free one fourth of him from the fire. If anyone says it twice Allāh will free half of him from the fire and

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ،  
 اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي دِينِي وَدُنْيَايَ وَأَهْلِي  
 وَمَالِي ، اللَّهُمَّ اسْتُرْ عَوْرَاتِي وَأَمِنْ رَوْعَاتِي ، اللَّهُمَّ  
 احْفَظْنِي مِنْ بَيْنِ يَدَيْي وَمِنْ خَلْفِي وَعَنْ يَمِينِي وَعَنْ  
 شِمَالِي وَمِنْ فَوْقِي وَأَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ  
 تَحْتِي

O Allāh, I seek Your forgiveness and Your protection in this world and next. O Allāh, I seek Your forgiveness and Your protection in my religion, in my worldly affairs, in my family and in my wealth. O Allāh, conceal my secrets and preserve me from distress. O Allāh, guard me from what is in front of me and behind me, from my left, from my right, and above me. I seek refuge in Your Greatness from being struck down beneath me.<sup>45</sup>

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anyone says it four times then Allāh will free him entirely from the fire.”  
 [Ibn Sunnī, Abū Dawūd]

<sup>45</sup> ‘Abdullāh bin ‘Umar رضي الله عنه says, “I heard the Messenger of Allāh ﷺ saying in the morning and evening, ‘O Allāh, I seek Your forgiveness and Your protection in this world and next...’” [Ibn Sunnī]

❁ 3 Times ❁

22

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ خَلَقْتَنِي وَأَنَا عَبْدُكَ وَأَنَا  
عَلَىٰ عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ أَعُوذُ بِكَ مِنْ شَرِّ مَا  
صَنَعْتُ، أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَأَبُوءُ بِذَنْبِي فَاغْفِرْ لِي فَإِنَّهُ  
لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ ❁❁

O Allāh, You are My Lord, none has the right to be worshipped but You, You created me and I am Your servant and I abide by Your covenant and promise as best I can, I take refuge in You from evil which I have committed. I acknowledge Your favour upon me and I acknowledge my sins, so forgive me, for verily none can forgive sin but You.<sup>46</sup>

❁ 3 Times ❁

23

أَمْسَيْنَا عَلَىٰ فِطْرَةِ الْإِسْلَامِ وَعَلَىٰ كَلِمَةِ الْإِخْلَاصِ وَعَلَىٰ دِينِ  
نَبِيِّنَا مُحَمَّدٍ ﷺ وَعَلَىٰ مِلَّةِ أَبِينَا إِبْرَاهِيمَ حَنِيفًا مُّسْلِمًا  
وَمَا كَانَ مِنَ الْمُشْرِكِينَ ❁❁

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<sup>46</sup> Messenger of Allāh ﷺ said, “The best words to ask forgiveness are to say, ‘O Allāh, You are My Lord, none has the right to be worshipped...’ He who says it during the day with firm belief and dies before evening, he will be amongst the people of paradise and if anyone says it during the night with firm belief in it and dies before morning, he will be from the people of paradise.” [Bukhārī]

We reached the evening upon the nature of Islam, and the word of sincerity, and upon the religion of our Prophet Muḥammad ﷺ and religion of our forefather Ibrāhīm ؑ, who was a Muslim and of true faith and was not of those who associate others with Allāh.<sup>47</sup>

❁ 3 Times ❁

24

اللَّهُمَّ إِنِّي أَمْسَيْتُ مِنْكَ فِي نِعْمَةٍ وَعَافِيَةٍ وَسِتْرٍ فَاتِمَّ عَلَيَّ  
نِعْمَتِكَ وَعَافِيَتِكَ وَسِتْرِكَ فِي الدُّنْيَا وَالْآخِرَةِ ❁

O Allāh verily I enter evening in a state of blessing and in peace and on protection. Complete upon me Your blessing and Your peace and Your protection in this world and in hereafter.<sup>48</sup>

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<sup>47</sup> ‘Abdur-Raḥmān bin Abza narrates from his father that the Messenger of Allāh ﷺ said these in the morning. “We reached the evening upon the nature of Islam, and the word the pure faith, and upon the religion of our Prophet Muhammad ﷺ and religion of our forefather Ibrahīm ؑ, who was a Muslim and of true faith and was not of those who associate others with Allāh” [Ibn Sunnī]

<sup>48</sup> Messenger of Allāh ﷺ said, “He who says, ‘O Allāh verily I enter evening in a state of blessing and in peace and on protection. Complete upon me Your blessing and Your peace and Your protection in this world and in hereafter’ Three times in the morning and in the evening Allāh the Exalted takes responsibility to complete His favours on him.”-[Ibn Sunnī]

اللَّهُمَّ عَالِمَ الْغَيْبِ وَالشَّهَادَةِ فَاطِرَ السَّمَوَاتِ وَالْأَرْضِ رَبِّ  
كُلِّ شَيْءٍ وَمَلِيكَهُ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ أَعُوذُ بِكَ مِنْ شَرِّ  
نَفْسِي وَمِنْ شَرِّ الشَّيْطَانِ وَشِرْكِهِ وَأَنْ أَقْتَرِفَ عَلَى نَفْسِي  
سُوءًا أَوْ أَجْرَهُ إِلَى مُسْلِمٍ ❁

O Allāh, Knower of the seen and the unseen, Creator of the heavens and the earth, Lord and sovereign of all things, I bear witness that none has the right to be worshipped except You. I take refuge in You from the evil my soul and from the evil and shirk of Satan and from committing wrong against my soul and any other Muslim.<sup>49</sup>

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<sup>49</sup> Once Ḥaḍrat Abū Bakr Ṣiddīq asked the Messenger of Allāh ﷺ to teach him some words (of supplication) which he could recite in the morning and evening. He ﷺ said say, ‘O Allāh, Knower of the seen and the unseen, Creator of the heavens and the earth, Lord and sovereign of all things, I bear witness that none has the right to be worshipped except You. I take refuge in You from the evil my soul and from the evil and shirk of Satan and from committing wrong against my soul and any other Muslim.’ He ﷺ further said, “recite these words in the morning, evening and when you go to bed.” [Ibn Sunnī]

❁ 3 Times ❁

26

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ عَدَدَ خَلْقِهِ وَرِضَانِ نَفْسِهِ وَزِنَةَ عَرْشِهِ  
وَمِدَادَ كَلِمَاتِهِ ❁❁

Glory is to Allāh and praise is to him, by the multitude of His creation, by His Pleasure, by the weight of His Throne, and by the extent of His words.<sup>50</sup>

❁ 3 Times ❁

27

يَا رَبِّي لَكَ الْحَمْدُ كَمَا يَنْبَغِي لِجَلَالِ وَجْهِكَ وَعَظِيمِ  
سُلْطَانِكَ ❁❁

O my Lord, all praises be to You as it can appropriate to Your Supreme Being and Your grand sovereignty.<sup>51</sup>

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<sup>50</sup> The Mother of Believers Sayyidah Juwairiyah says once the Prophet of Allāh ﷺ left her (house) after he prayed the Morning Prayer while she was sitting in her place of worship (where she prayed). Then He ﷺ returned at forenoon and found her still sitting in (same) place. The Messenger of Allāh ﷺ said, “Are you still (sitting) in the same position?” she said, “yes”. The Prophet of Allāh ﷺ said, “after leaving you I have recited four phrases three times which if weighed will outweigh (in reward) all what you have recited. ‘Glory is to Allāh and praise is to him, by the multitude of His creation, by His Pleasure, by the weight of His Throne, and by the extent His words.’ ” [ Muslim ]

<sup>51</sup> Ibn ‘Umar reported that the Prophet ﷺ told them, “A servant of Allāh said: ‘O my Lord, all praises be to You as it can appropriate to Your Supreme.’ This was too much for the two angels to record. They did not know how to record it. So they soared to the heaven and said: ‘Our Lord! Your servant has said something which we don’t know how to record.’ Allāh asked them and, of course, He knew what the servant

❁ 3 Times ❁

28

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ أَصْلِحْ لِيْ شَأْنِيْ كُلَّهُ وَلَا  
تَكِلْنِيْ إِلَى نَفْسِيْ طَرْفَةَ عَيْنٍ ❁

O Ever Living One, O Eternal One, (O Self-Subsisting and Supporter of All), by Your mercy I call on You to set right all my affairs. Do not place me in charge of my self even for the blink of an eye.<sup>52</sup>

❁ 3 Times ❁

29

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ،  
أَسْتَغْفِرُكَ وَأَتُوْبُ إِلَيْكَ ❁

Glory and praises be to You, O Allāh, I testify that there is no deity except You. I beg for Your forgiveness and I repent to You.

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had said: ‘What did My servant say?’ They said: ‘He said: ‘My Lord! All praise belongs to You as much as befits Your Glory and Sublime Majesty.’ Allāh said to them: ‘Write it down as My servant has said until he should meet Me and I reward him for it.’” [Aḥmad]

<sup>52</sup>Anās bin Mālik رضي الله عنه reports, the Messenger of Allāh صلى الله عليه وسلم instructed Fātimah رضي الله عنها to recite, ‘O Ever Living, O Self-Subsisting and Supporter of all, by Your mercy. I seek assistance, rectify for me all of my affairs and do not leave me to myself, even for the blink of an eye’ (Recite three times in the morning and evening).[Ibn Sunnī]

❁ 3 Times ❁

30

اللَّهُمَّ عَافِنِي فِي بَدَنِي ، اللَّهُمَّ عَافِنِي فِي سَمْعِي ، اللَّهُمَّ  
عَافِنِي فِي بَصَرِي لَا إِلَهَ إِلَّا أَنْتَ ❁

O Allāh, grant me bodily health and ease. O Allāh, grant me ease and safety in my faculty of hearing. O Allāh, grant me ease and safety in my faculty of seeing. None is worthy to be worshipped except You.<sup>53</sup>

❁ 3 Times ❁

31

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ وَالْفَقْرِ وَأَعُوذُ بِكَ مِنْ  
عَذَابِ الْقَبْرِ لَا إِلَهَ إِلَّا أَنْتَ ❁

O Allāh, I seek Your protection from disbelief and poverty and I seek Your protection from the punishment of the grave. None is worthy of worship except You.

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<sup>53</sup> ‘Abdur-Raḥmān ibn Abū Bakr said to his father, “O father I have heard you supplicating every day, ‘O Allāh, grant my body health, O Allāh, grant my hearing health, O Allāh, grant my sight health. None has the right to be worshipped except You.’ ‘O Allāh, I take refuge with You from disbelief and poverty, and I take refuge with from the punishment of the grave. None has the right to be worshipped except You.’ Three times in the morning and evening.” He said, “yes my son, I heard the Messenger of Allāh ﷺ supplicating (with these words) in the morning and evening, I love to act upon the Sunnah.” [Ibn Sunnī]

❁ 3 Times ❁

32

اللَّهُمَّ الْهِنِّي رُشْدِي وَأَعِزِّي مِنْ شَرِّ نَفْسِي ❁

O Allāh, inspire me with guidance and protect me from evil within in me.<sup>54</sup>

❁ 3 Times ❁

33

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحُزْنِ وَأَعُوذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ وَأَعُوذُ بِكَ مِنَ الْجُبْنِ وَالْبُخْلِ وَأَعُوذُ بِكَ مِنْ غَلْبَةِ الدَّيْنِ وَقَهْرِ الرِّجَالِ ❁

O Allāh, I seek Your protection from grief and sadness, from laziness, from miserliness and from cowardice, from being overcome by debt and from oppression of men.<sup>55</sup>

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<sup>54</sup> Ḥadrat ‘Imrān bin Ḥusain رضي الله عنه reported: The Messenger of Allāh ﷺ taught my father two statements to recite in his Du`a. These are: “O Allāh! Inspire in me guidance and deliver me from the evils within me.” [Tirmidhī]

<sup>55</sup> Abū Sa‘id Khudrī رضي الله عنه says one day the Messenger of Allāh ﷺ entered the mosque and found a man called Abū Amaama sitting there. He ﷺ said, “What is the matter O Abū Amaama that I see you sitting there in the mosque when it’s not time for prayer?” he replied, “I am burdened with debts and anxieties.” Allāh’s Messenger ﷺ said, “shall I not teach you such phrases (of supplication), when you recite them Allāh the Exalted will alleviate your anxieties and settle your debt, Say in the morning and in the evening, ‘O Allāh I seek your protection against worry and grief...’” [Abū Dawūd]

34

✽ 3 Times ✽

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ أَنْ أَشْرِكَ بِكَ وَأَنَا أَعْلَمُ وَأَسْتَغْفِرُكَ  
بِمَا لَا أَعْلَمُ ﴿﴾

O Allāh, I take refuge in You lest I should commit shirk with You knowingly and I seek Your forgiveness for what I do unknowingly.<sup>56</sup>

35

✽ 3 Times ✽

سُبْحَانَ اللَّهِ الْعَظِيمِ وَبِحَمْدِهِ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ ﴿﴾

Glory is to Allāh Almighty and praise to Him, and there is no power and might except by Allāh.

36

✽ Once ✽

اللَّهُ أَكْبَرُ ، اللَّهُ أَكْبَرُ ، اللَّهُ أَكْبَرُ ، بِسْمِ اللَّهِ عَلَى نَفْسِي  
وَدِينِي ، بِسْمِ اللَّهِ عَلَى كُلِّ شَيْءٍ أَعْطَانِي رَبِّي ، بِسْمِ اللَّهِ خَيْرِ  
الْأَسْمَاءِ ، بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ دَاءٌ ، بِسْمِ اللَّهِ  
افْتَتَحْتُ ، وَعَلَى اللَّهِ تَوَكَّلْتُ ، اللَّهُ اللَّهُ رَبِّي لَا أُشْرِكُ بِهِ أَحَدًا

<sup>56</sup> Prophet ﷺ said, “Shirk (associating partners with Allāh in His Essence or Attributes) is hidden than the crawling of an ant. Shall I not tell you (such) words which will erase (the sin of) it? They are, ‘O Allāh, I take refuge in You lest I should commit shirk with You knowingly and I seek Your forgiveness for what I do unknowingly.’” [Ibn Sunnī]

اَسْئَلُكَ اللّٰهُمَّ بِخَيْرِكَ مِنْ خَيْرِكَ ، الَّذِي لَا يُعْطِيهِ أَحَدٌ ،  
 غَيْرُكَ ، عَزَّ جَارُكَ ، وَجَلَّ ثَنَّاؤُكَ ، وَلَا إِلَهَ غَيْرُكَ ،  
 اجْعَلْنِي فِي عِيَاذِكَ مِنْ شَرِّ كُلِّ سُلْطَانٍ وَمِنْ الشَّيْطَانِ  
 الرَّجِيمِ ، اَللّٰهُمَّ اِنِّيْ اَحْتَرِسُ بِكَ مِنْ شَرِّ جَمِيْعِ كُلِّ ذِي  
 شَرٍّ خَلَقْتَهُ ، وَاَحْتَرِزُ بِكَ مِنْهُمْ ، وَاَقْدِمُ بَيْنَ يَدَيَّ ، بِسْمِ  
 اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ ﴿﴾ قُلْ هُوَ اللّٰهُ اَحَدٌ ﴿﴾ اَللّٰهُ  
 الصَّمَدُ ﴿﴾ لَمْ يَلِدْ وَلَمْ يُوْلَدْ ﴿﴾ وَلَمْ يَكُنْ لَهٗ كُفُوًا اَحَدٌ  
 ﴿﴾ وَمِنْ خَلْفِيْ مِثْلَ ذٰلِكَ ، وَعَنْ يَّسِيْنِيْ مِثْلَ ذٰلِكَ ، وَعَنْ

يَّسَارِيْ مِثْلَ ذٰلِكَ ، وَمِنْ فَوْقِيْ مِثْلَ ذٰلِكَ ﴿﴾

Allāh is Great, Allāh is Great, Allāh is Great. In the Name of Allāh upon myself and religion. In the Name of Allāh, my Lord bestowed everything upon me. In the Name of Allāh, the best names. In the Name of Allāh, with whose Name nothing on earth can cause harm, nor in the heaven. In the Name of Allāh. I begin and upon Allāh I do rely. Allāh, Allāh, my Lord, I do not associate partners with Him whatsoever. O Allāh, I ask You out of Your Goodness from Your Goodness which no one but You give. May those in Your charge be magnified and Your praise be exalted! There is no divinity other than You. Put me in Your protection from the evil, and from accursed Satan. O Allāh, In You I seek protection against the evil of all which You have

created that is contained of evil, and by You I take heed of them, and I offer this for my Hereafter, In the Name of Allāh, the Compassionate, the Merciful, Say: He is Allāh the One. Allāh, the Independent. He begets not, nor was He begotten. And no one is comparable to Him. And I offer the same prayer behind me, likewise on my right, likewise on my left and likewise above me.<sup>57</sup>

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<sup>57</sup> Khalīfah ‘Abd al-Mālik from Banī Umaiyyah wrote to Ḥajjāj Ibn Yūsuf, ‘Look after Ḥaḍrat Anas Ibn Mālik رضي الله عنه, the servant of the Messenger ﷺ go to his assemblies, elevate him, give him good reward and honour him.’

Ḥaḍrat Anas رضي الله عنه said, ‘I went to Ḥajjāj and he said to me the same day, “O Abū Ḥamza, I would like to show you a horse, tell me how it compares with the horses belonging to the Messenger of Allāh ﷺ’. So he showed it to me and I said, ‘what a difference between them! The very dung and urine and forage of the Prophet’s horses would have been a reward!’.’

Ḥajjāj said, ‘If it were not for the fact that the commander of the Faithful wrote to me about you, I would have struck you on the head!’ I said to him, ‘You cannot do that’. He said to me, ‘And why not?’

I answered, ‘because the Messenger of Allāh ﷺ taught me a prayer, which, when I utter it, makes me fear no devil or power or any beast of prey.’ Ḥajjāj said, ‘O Abū Ḥamza, teach that supplication to your nephew Muḥammad Ibn al-Ḥajjāj.’

I refused him. So he said to his son; ‘Go to your uncle Anas, and ask him to teach that to you’. Abān said, ‘He explained it, for when death was approaching Anas, he called for me and said, “O Ahmar, indeed, you have devoted yourself to me, so out of esteem for you, I shall teach you the prayer which the Messenger of Allāh ﷺ taught me, but do not teach it to anyone who does not fear Allāh ﷻ, or something approximating that. He said, “*Allāh is Great, Allāh is Great, Allāh is Great. In the Name of Allāh upon myself and religion. In the Name of Allāh, my Lord bestowed everything upon me. In the Name of Allāh the best names. In the Name of Allāh, with whose Name nothing on earth can cause harm, nor in the heaven. In the Name of Allāh. I begin and upon Allāh I do rely.*”

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*Allāh, Allāh, my Lord, I do not associate partners with Him whatsoever. O Allāh, I ask You out of Your Goodness from Your Goodness which no one but You give. May those in Your charge be magnified and Your praise be exalted! There is no divinity other than You. Put me in Your protection from the evil, and from accursed Satan. O Allāh, by You I guard against the evil of all which You have created that is possessed of evil, and by You I take heed of them, and I offer this in front of me, In the Name of Allāh, the Compassionate, the Merciful, Say: He is Allāh the One. Allāh, the Independent. He begets not, nor was He begotten. And no one is comparable to Him. And I offer the same prayer behind me, the same on my right, the same on my left and the same above me.” [Ibn Sunnī]*

