



Atthkar
& Dua Book

1- Duas of Wudu	Page 3	16- Duas When Someone Is Afflicted by Anxiety or a Calamity	Page 123
2- Duas of the Masjid	Page 5	17- Daily Dhikr	Page 134
3- Duas of the Adhan	Page 9	18- Duas for Wind, Rain and Sighting the Crescent Moon	Page 152
4- Duas of the Prayer	Page 15	19- Duas of Food and Fasting	Page 159
5- Seeking Guidance in Making a Decision	Page 26	20- Seeking Refuge from Evil	Page 164
6- Duas of Fasting	Page 28	21- Making Dhikr and Its Rewards	Page 172
7- Duas of Hajj & Umrah	Page 31	22- Quranic Duas	Page 186
8- Morning and Evening Dhikr	Page 39	23- Practical Way of Ruqia	Page 230
9- Duas for Sleeping	Page 62		
10- Dua of Travelling	Page 69		
11- Dua of the Sick Person and Condolence	Page 76		
12- Dua against Enemies	Page 91		
13- Dua of Wearing a Garment	Page 97		
14- Duas for Births or Weddings	Page 102		

(1) Duas of Wudu

Dua Before Starting the Ablution

بِسْمِ اللَّهِ

‘In the name of Allah.’

Upon Completing the Ablution

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

‘I bear witness that none has the right to be worshipped except Allah, alone who is without partner, and I bear witness that Muhammad is His slave and Messenger.’

اللَّهُمَّ اجْعَلْنِي مِنَ التَّوَّابِينَ وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ

‘O Allah, make me of those who return to You often in repentance and make me of those who remain clean and pure.’

(2) Duas of the Masjid

When Going to the Mosque

اللَّهُمَّ اجْعَلْ فِي قَلْبِي نُورًا، وَفِي لِسَانِي نُورًا، وَفِي سَمْعِي نُورًا، وَفِي بَصَرِي نُورًا،
وَمِنْ خَلْفِي نُورًا، وَمِنْ أَمَامِي نُورًا وَمِنْ فَوْقِي نُورًا، وَمِنْ تَحْتِي نُورًا، اللَّهُمَّ
أَعْطِنِي نُورًا

O Allah, place within my heart light, upon my tongue light, within my ears light, within my eyes light, and place behind me light, in front of me light, above me light and beneath me light. O Allah, bestow upon me light.

Upon Entering the Mosque

أَعُوذُ بِاللَّهِ الْعَظِيمِ وَبِوَجْهِهِ الْكَرِيمِ وَسُلْطَانِهِ الْقَدِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ، بِسْمِ
اللَّهِ، وَالصَّلَاةِ وَالسَّلَامِ عَلَى رَسُولِ اللَّهِ، اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ.

"I take refuge with Allah, The Supreme and with His Noble Face, and His eternal authority from the accursed devil. In the name of Allah, and may prayers and peace be upon the Messenger of Allah. O Allah, open the gates of Your mercy for me."

Upon Leaving the Mosque

بِسْمِ اللَّهِ وَالصَّلَاةِ وَالسَّلَامِ عَلَى رَسُولِ اللَّهِ، اللَّهُمَّ إِنِّي
أَسْأَلُكَ مِنْ فَضْلِكَ، اللَّهُمَّ
اغْصِنِي مِنَ الشَّيْطَانِ الرَّجِيمِ

In the name of Allah, and may prayers and peace be upon the Messenger of Allah. O Allah, I ask You from Your favour. O Allah, guard me from the accursed devil."

(3) Duas of the Adhan (The Call to Prayer)

The Adhan (The Call to Prayer)

One repeats just as he hears the Mu-athin (One who calls to prayer) saying- except when he says, “Come to prayer, come to success.” Instead here, one should say, “There is no might nor power except with Allah.”

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

After the Adhan (The Call to Prayer)

"وَأَنَا أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَنَّ
مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ، رَضِيتُ بِاللَّهِ رَبًّا وَبِمُحَمَّدٍ
رَسُولًا وَبِالْإِسْلَامِ دِينًا."

I bear witness that none has the right to be worshipped but Allah alone, Who has no partner, and that Muhammad is His slave and His Messenger. I am pleased with Allah as my Lord, with Muhammad as my Messenger and with Islam as my religion. [To be recited in Arabic after hearing the Mu'aththin's Tashahhud or the words of affirmation of Faith]

After the Adhan (The Call to Prayer)

"اللَّهُمَّ رَبَّ هَذِهِ الدَّعْوَةِ التَّامَّةِ، وَالصَّلَاةِ الْقَائِمَةِ،
آتِ مُحَمَّدًا الْوَسِيلَةَ وَالْفَضِيلَةَ، وَابْعَثْهُ
مَقَاماً مَحْمُوداً الَّذِي وَعَدْتَهُ، إِنَّكَ لَا تُخْلِفُ الْمِيعَادَ."

After responding to the call of Mu'aththin, you should pray for Allah's blessings on the Prophet in Arabic.

“O Allah , Lord of this perfect call and of the prayer that is about to be established, grant Muhammad intercession and favor, and raise him to the honored station that You have promised him, [Verily, You do not neglect promises]”.

At the Start of the Prayer (After Takbeer)

"How perfect You are O Allah, and I praise You. Blessed be Your name, and lofty is Your position and none has the right to be worshipped except You."

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ
وَلَا إِلَهَ غَيْرُكَ

(4) Duas of the Prayer

While Bowing in Prayer

Say, "How perfect my Lord is, The Supreme" three times

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Upon Rising from the Bowing Position

"May Allah answer the one who praises Him [This supplication is to be made while rising]."

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

"Our Lord, for You is all praise: abundant, beautiful, blessed praise."

رَبَّنَا وَلَكَ الْحَمْدُ حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ

While Prostrating

Say, "How perfect my Lord is, The Most High" three times

سُبْحَانَ رَبِّيَ الْأَعْلَى

Between the Two Prostrations

"My Lord forgive me, my Lord forgive me."

رَبِّ اغْفِرْ لِي ، رَبِّ اغْفِرْ لِي

"O Allah, forgive me, have mercy upon me, guide me, enrich me, give me health, grant me sustenance and raise my rank."

اللَّهُمَّ اغْفِرْ لِي ، وَارْحَمْنِي ، وَاهْدِنِي ، وَاجْبُرْنِي ،
وَ عَافِنِي وَارْزُقْنِي وَارْفَعْنِي

When Prostrating Due to the Recitation of the Quran

"My face fell prostrate before He who created it and fashioned it, and made its hearing and sight by His might and power. (So Blessed is Allah, the best of creators)."

سَجَدَ وَجْهِي لِلَّذِي خَلَقَهُ وَصَوَّرَهُ وَشَقَّ سَمْعَهُ وَبَصَرَهُ بِحَوْلِهِ وَقُوَّتِهِ فَتَبَارَكَ
اللَّهُ أَحْسَنُ الْخَالِقِينَ

The Tashahhud

“Salutations to Allah, and all acts of worship and good deeds are for him. May the peace and the mercy and blessings of Allah be upon you, O Prophet. Peace be upon us and all of Allah’s righteous servants. I bear witness that none has the right to be worshipped except Allah and I bear witness that Muhammad is His slave and Messenger.”

التَّحِيَّاتُ لِلَّهِ، وَالصَّلَوَاتُ، وَالطَّيِّبَاتُ، السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ
وَبَرَكَاتُهُ، السَّلَامُ عَلَيْنَا وَعَلَى اللَّهِ الصَّالِحِينَ. أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ
مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

Prayers upon the Prophet (SAW) After the Tashahhud

"O Allah, send prayers upon Muhammad and the followers of Muhammad, just as You sent prayers upon Ibraheem and upon the followers of Ibraheem. Verily, You are full of praise and majesty. O Allah, send blessings upon Muhammad and upon the family of Muhammad, just as You sent blessings upon Ibraheem and upon the family of Ibraheem. Verily, You are full of praise and majesty."

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ، وَعَلَى آلِ مُحَمَّدٍ، كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ
وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ، اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ، وَعَلَى
آلِ مُحَمَّدٍ، كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ
مَجِيدٌ

After the Last Tashahhud and Before Salam

"O Allah, I take refuge in You from the punishment of the grave, from the torment of the Fire, from the trials and tribulations of life and death and from the evil affliction of Al-Maseeh Ad-Dajjal."

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ، وَمِنْ عَذَابِ جَهَنَّمَ، وَمِنْ فِتْنَةِ الْمَحْيَا وَالْمَمَاتِ، وَمِنْ شَرِّ فِتْنَةِ الْمَسِيحِ الدَّجَالِ

"O Allah, I take refuge in You from the punishment of the grave, and I take refuge in You from the temptation and trial of Al-Maseeh Ad-Dajjal, and I take refuge in You from the trials and tribulations of life and death. O Allah, I take refuge in You from sin and debt."

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ، وَأَعُوذُ بِكَ مِنْ فِتْنَةِ الْمَسِيحِ الدَّجَالِ، وَأَعُوذُ بِكَ مِنْ فِتْنَةِ الْمَحْيَا وَالْمَمَاتِ. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْمَأْتَمِّ وَالْمَغْرَمِ

After Salam

"O Allah, You are As-Salam and from You is all peace. Blessed are You, O Possessor of majesty and honor."

أَسْتَغْفِرُ اللَّهَ (ثَلَاثًا) اللَّهُمَّ أَنْتَ السَّلَامُ، وَمِنْكَ السَّلَامُ، تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

Immediately After the Salam of the Witr Prayer

Say, “How perfect The King, The Holy One” three times. Then, “Lord of the Angels and the Rooh.”

سُبْحَانَ الْمَلِكِ الْقُدُّوسِ رَبِّ الْمَلَائِكَةِ وَالرُّوحِ

**(5) Seeking Guidance
in Making a Decision**

Seeking Guidance in Making a Decision or Choosing the Proper Course

"O Allah, I seek Your counsel by Your knowledge and by Your power. I seek strength and I ask You from Your immense favor, for verily You are able while I am not and verily You know while I do not and You are the Knower of the Unseen. O Allah, if You know this affair [Mention your need here] to be good for me in relation to my religion, my life and end, then decree and facilitate it for me, and bless me with it, and if You know this affair to be bad for me with regards to my religion, my life and end, then remove it from me and remove me from it, and decree for me what is good- wherever it is and make me satisfied with it."

اللَّهُمَّ إِنِّي أَسْتَخِيرُكَ بِعِلْمِكَ، وَأَسْتَقْدِرُكَ بِقُدْرَتِكَ، وَأَسْأَلُكَ مِنْ فَضْلِكَ الْعَظِيمِ؛ فَإِنَّكَ تَقْدِرُ وَلَا أَقْدِرُ،
وَتَعْلَمُ وَلَا أَعْلَمُ، وَأَنْتَ عَلَّامُ الْغُيُوبِ، اللَّهُمَّ إِنْ كُنْتَ تَعْلَمُ أَنَّ هَذَا الْأَمْرَ - وَيُسَمِّي حَاجَتَهُ - خَيْرٌ لِي فِي
دِينِي وَمَعَاشِي وَعَاقِبَةِ أَمْرِي - أَوْ قَالَ: عَاجِلِهِ وَآجِلِهِ - فَأَقْدِرْهُ لِي وَيَسِّرْهُ لِي ثُمَّ بَارِكْ لِي فِيهِ، وَإِنْ
كُنْتَ تَعْلَمُ أَنَّ هَذَا الْأَمْرَ شَرٌّ لِي فِي دِينِي وَمَعَاشِي وَعَاقِبَةِ أَمْرِي - أَوْ قَالَ: عَاجِلِهِ وَآجِلِهِ - فَاصْرِفْهُ
عَنِّي وَاصْرِفْنِي عَنْهُ وَاقْدِرْ لِي الْخَيْرَ حَيْثُ كَانَ، ثُمَّ أَرْضِنِي بِهِ

(6) Duas of Fasting

Upon Breaking the Fast

"The thirst has gone and the veins are quenched, and reward is confirmed, if Allah wills."

ذَهَبَ الظَّمَأُ، وَابْتَلَّتِ العُرُوقُ، وَثَبَتَ الأَجْرُ إِنْ شَاءَ اللهُ

"O Allah, I ask You by Your mercy which envelopes all things, that You forgive me."

اللَّهُمَّ إِنِّي أَسْأَلُكَ بِرَحْمَتِكَ الَّتِي وَسِعَتْ كُلَّ شَيْءٍ، أَنْ تَغْفِرَ
لِي

When Insulted While Fasting

"I am fasting, I am fasting."

إِنِّي صَائِمٌ، إِنِّي صَائِمٌ

(7) Duas of Hajj and Umrah

The Talbiya for the One Doing Hajj or Umrah

"Here I am O Allah, (in response to Your call), here I am. Here I am, You have no partner, here I am. Verily all praise, grace and sovereignty belong to You. You have no partner."

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ، لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ، إِنَّ الْحَمْدَ
وَالنُّعْمَةَ، لَكَ وَالْمُلْكَ، لَا شَرِيكَ لَكَ

While Passing the Black Stone

"Allah is the greatest."

اللهُ أَكْبَرُ

Between the Yemeni Corner and the Black Stone

"O our Lord, grant us the best in this life and the best in the next life, and protect us from the punishment of the Fire."

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ
النَّارِ

The Day of 'Arafah

"None has the right to be worshipped except Allah alone, who has no partner. To Him belongs all praise and sovereignty and He is over all things omnipotent."

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ
الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Remembrance at Muzdalifa

Jabir said, “He (SAW) rode Al-Qaswa until he reached Al-Mash’ar Al-Haram, he then faced the Qiblah, supplicated to Allah, and extolled His greatness and oneness. He stood until the sun shone but left before it rose.

عَنْ جَابِرِ رَضِيَ اللَّهُ عَنْهُ- أَنَّ النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ رَكِبَ نَاقَتَهُ
الْقَصْوَاءَ حَتَّى أَتَى الْمَشْعَرَ الْحَرَامَ، فَاسْتَقْبَلَ الْقِبْلَةَ، فَدَعَاهُ وَكَبَّرَهُ
وَوَحَّدَهُ وَهَلَّلَهُ، فَلَمْ يَزَلْ وَاقِفًا حَتَّى أَسْفَرَ جِدًّا، فَدَفَعَ قَبْلَ أَنْ تَطْلُعَ
الشَّمْسُ.

When Throwing Each Pebble at the Jamarat

Every time the Prophet (SAW) threw a pebble at any of the three Jamarat, he would say, "Allah is the greatest." On completion of the first Jamarat, he advanced a little, stood facing the Qiblah, raised his hands and supplicated. He also did this after the second Jamarat but not the third.

اللهُ أَكْبَرُ

When Slaughtering or Offering a Sacrifice

"In the name of Allah, and Allah is the greatest. O Allah, (it is) from You and belongs to You, O Allah, accept this from me."

بِسْمِ اللَّهِ وَاللَّهُ أَكْبَرُ اللَّهُمَّ مِنْكَ وَلَكَ اللَّهُمَّ تَقَبَّلْ مِنِّي

(8) Morning and Evening Dhikr

In the Morning and Evening

Recite The Verse of the Footstool (Ayat-Al-Kursi): Surat
Al-Baqarah: 255

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ لَهُ مَا فِي
السَّمَاوَاتِ 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 السَّمَاوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا
وَهُوَ الْعَلِيُّ الْعَظِيمُ

In the Morning and Evening

Recite Chapters Al-Ikhlās, Al-Falaq and An-Nas
three times after each prayer

(الإِخْلَاصُ).....قُلْ هُوَ اللهُ أَحَدٌ
(الْفَلَقُ).....قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ
(النَّاسِ).....قُلْ أَعُوذُ بِرَبِّ النَّاسِ

In the Morning and Evening

Say, "None has the right to be worshipped except Allah alone, who has no partner, to Him belongs all sovereignty and praise and He is over all things omnipotent" ten times, or just once.

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ
الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

In the Morning and Evening

Recite in the Morning, “ O Allah, by your leave we have reached the morning and by Your leave we have reached the evening, by Your leave we live and die and unto You is our resurrection.”

Recite in the Evening, “O Allah, by Your leave we have reached the evening and by Your leave we have reached the morning, by Your leave we live and die and unto You is our return.”

اللَّهُمَّ بِكَ أَصْبَحْنَا وَبِكَ أَمْسَيْنَا ، وَبِكَ نَحْيَا وَبِكَ نَمُوتُ وَإِلَيْكَ
النَّشُورُ

اللَّهُمَّ بِكَ أَمْسَيْنَا، وَبِكَ أَصْبَحْنَا، وَبِكَ نَحْيَا، وَبِكَ نَمُوتُ وَإِلَيْكَ
الْمَصِيرُ

In the Morning and Evening

"O Allah, You are my Lord, none has the right to be worshipped except You, You created me and I am Your servant and I abide to Your covenant and promise the best that I can, I take refuge in You from the evil of which I have committed. I acknowledge Your favor upon me and I acknowledge my sin, so forgive me, for verily none can forgive sin except You."

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

In the Morning and Evening

Say, "O Allah, verily I have reached the morning and call on You, the bearers of Your throne, Your angels, and all of Your creation to witness that You are Allah, none has the right to be worshipped except You alone, who has no partner and that Muhammad is Your Servant and Messenger" four times in the morning and evening.

اللَّهُمَّ إِنِّي أَصْبَحْتُ أُشْهِدُكَ ، وَأُشْهِدُ حَمَلَةَ عَرْشِكَ ، وَمَلَائِكَتَكَ ، وَجَمِيعَ
خَلْقِكَ ، أَنَّكَ أَنْتَ اللَّهُ لَا إِلَهَ إِلَّا أَنْتَ وَحْدَكَ لَا شَرِيكَ لَكَ ، وَأَنَّ مُحَمَّدًا عَبْدُكَ
وَرَسُولُكَ
(أربع مرات حين يَصْبِحُ أو يَمْسِي)

In the Morning and Evening

"O Allah, whatever blessing that has been received by me or any of Your creation, is from You alone, who has no partner, so unto You is all praise and for You is all thanks."

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

In the Morning and Evening

Say, "O Allah, grant my body health. O Allah, preserve for me my hearing. O Allah, preserve for me my sight.

None has the right to be worshipped except You. O Allah, I seek refuge in You from disbelief and poverty, and I seek refuge in You from the punishment of the grave. There is none worthy of worship except You” three times.

اللَّهُمَّ عَافِنِي فِي بَدَنِي، اللَّهُمَّ عَافِنِي فِي سَمْعِي، اللَّهُمَّ عَافِنِي
فِي بَصَرِي، لَا إِلَهَ إِلَّا أَنْتَ. اللَّهُمَّ
إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ، وَالْفَقْرِ، وَأَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ، لَا إِلَهَ إِلَّا أَنْتَ

In the Morning and Evening

Say, "Allah is sufficient for me, none has the right to be worshipped except Him, upon Him I rely and He is Lord of the exalted throne" seven times in the morning and evening.

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ
الْعَرْشِ الْعَظِيمِ
(سبع)

In the Morning and Evening

Say, "O Allah, I seek your forgiveness and Your protection in this world and the next. O Allah, I seek your forgiveness and Your protection in my religion, in my worldly affairs, in my family and in my wealth. O Allah, conceal my secrets and preserve me from anguish. O Allah, guard me from what is in front of me and behind me, from my left and from my right, and from above me. I seek refuge in Your Greatness from being struck down from beneath me."

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

In the Morning and Evening

"O Allah, Knower of the unseen and the evident, Creator of the heavens and the Earth, Lord and Sovereign of all things, I bear witness that there is none worthy of worship except You. I take refuge in You from the evil of my soul and from the evil of the devil and his idolatry, and from perpetrating evil against my soul or bringing it upon another Muslim."

اللَّهُمَّ عَالِمَ الْغَيْبِ وَالشَّهَادَةِ فَاطِرَ السَّمَاوَاتِ وَالْأَرْضِ رَبَّ كُلِّ شَيْءٍ وَمَلِيكَهُ
أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ ، أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي وَمِنْ شَرِّ الشَّيْطَانِ وَشِرْكِهِ
وَأَنْ أَقْتَرِفَ عَلَى نَفْسِي سُوءًا أَوْ أُجْرَهُ إِلَى مُسْلِمٍ

In the Morning and Evening

Say "In the name of Allah, Who with His name nothing can cause harm on Earth nor in the Heavens and He is The All-Hearing, The All-Knowing" three times.

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

In the Morning and Evening

Say, "I am pleased with Allah as a Lord, and Islam as a religion and Muhammad (SAW) as a Prophet" three times.

رَضِيتُ بِاللَّهِ رَبًّا وَبِالْإِسْلَامِ دِينًا وَبِمُحَمَّدٍ نَبِيًّا
(ثَلَاثًا)

In the Morning and Evening

"O Ever Living One, O Eternal One, by Your mercy I call on you to rectify all my affairs. do not leave me to myself, even for the blinking of an eye (i.e. a moment)."

يا حيُّ يا قيُّومُ بِرَحْمَتِكَ أَسْتَغِيثُ ، أَصْلِحْ لِي شَأْنِي كُلَّهُ ، وَلَا تَكِلْنِي إِلَى
نَفْسِي طَرْفَةَ عَيْنٍ

In the Morning and Evening

"We rise upon the natural religion of Islam, the word of pure faith, and the religion of our Prophet Muhammad (SAW) and the religion of our forefather Ibrahim, who was upright and a Muslim and was not of those who associate others with Allah."

[أَمْسَيْنَا] أَصْبَحْنَا

عَلَى فِطْرَةِ الْإِسْلَامِ ، وَعَلَى كَلِمَةِ الْإِخْلَاصِ ، وَعَلَى دِينِ نَبِيِّنَا
مُحَمَّدٍ وَعَلَى مِلَّةِ أَبِينَا إِبْرَاهِيمَ حَنِيفاً مُسْلِماً وَمَا كَانَ مِنَ
الْمُشْرِكِينَ

In the Morning and Evening

Recite, “Glory is to Allah and praise is to him” one hundred times.

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ
(مائة مرة)

In the Morning and Evening

Recite, "None has the right to be worshipped except Allah, alone, who has no partner. To Him belongs all sovereignty and praise, and He is over all things omnipotent" one hundred times every day.

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ
الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ
(مائة مرة)

In the Morning and Evening

Say, “Glory is to Allah and praise is to him by the multitude of His creation and by His pleasure, and by the weight of His throne, and by the extent of His words”
three times

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ عَدَدَ خَلْقِهِ ، وَرِضَا نَفْسِهِ ،
وَزِنَةَ عَرْشِهِ ، وَمِدَادَ كَلِمَاتِهِ
(ثَلَاثًا)

In the Morning and Evening

After giving salaam for Fajr prayer, say, "O Allah, I ask You for beneficial knowledge and good provision, and deeds that will be accepted."

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا، وَرِزْقًا طَيِّبًا، وَعَمَلًا
مُتَقَبَّلًا

In the Morning and Evening

"I seek the forgiveness of Allah and repent to him."

أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ

In the Morning and Evening

Say, "I seek refuge in the perfect words of Allah from the evil of what He has created" three times in the evening.

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ
(ثَلَاثًا إِذَا أَمْسَى)

In the Morning and Evening

Say, "O Allah, send prayers and blessings upon our prophet Muhammad" ten times.

اللَّهُمَّ صَلِّ وَسَلِّمْ عَلَى نَبِيِّنَا مُحَمَّدٍ

(9) Duas for Sleeping

Before Sleeping

When retiring to his bed every night, the Prophet (SAW) would hold his palms together, spit (a form of spitting comprising mainly of air with little spittle) in them, recite the last three chapters (Al-Ikhlās, Al-Falaq, An-Nas) of the Quran and then wipe over as much of his body as possible with his hands, starting with his head and face and then the rest of the body. He would do this three times.

"In Your name my Lord, I lie down and in Your name I rise. If You should take my soul, then have mercy upon it, and if You should return my soul, then protect it as you protect Your righteous servants."

بِاسْمِكَ رَبِّي وَضَعْتُ جَنْبِي وَبِكَ أَرْفَعُهُ إِنْ أَمْسَكْتَ نَفْسِي فَارْحَمْهَا وَإِنْ أَرْسَلْتَهَا فَاحْفَظْهَا بِمَا تَحْفَظُ بِهِ
عِبَادَكَ الصَّالِحِينَ

Before Sleeping

"In Your name O Allah, I live and I die."

بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

When Turning Over During the Night

"None has the right to be worshipped except Allah, the One, the Victorious, Lord of the Heavens and the Earth and all that is between them, the All-Mighty, The All-Forgiving."

لَا إِلَهَ إِلَّا اللَّهُ الْوَاحِدُ الْقَهَّارُ ، رَبُّ السَّمَوَاتِ
وَالْأَرْضِ وَمَا بَيْنَهُمَا ، الْعَزِيزُ الْغَفَّارُ

Upon Experiencing Unrest, Fear, or Apprehensiveness During Sleep

"I seek refuge in the Perfect Words of Allah from His anger and punishment, from the evil of His servants, and from the taunts of devils and from their presence."

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ غَضَبِهِ وَعِقَابِهِ، وَشَرِّ
عِبَادِهِ وَمِنْ هَمَزَاتِ الشَّيَاطِينِ وَأَنْ يَحْضُرُونَ

Upon Seeing a Good Dream or a Bad Dream

Upon seeing a good dream, one should praise Allah and not report it to anyone except those whom he loves.

(يَحْمِدُ اللَّهُ عَلَيْهِ, وَلَا يُحَدِّثُ بِهِ إِلَّا مَنْ يُحِبُّ)

Upon seeing a bad dream, you should spit three times to your left, then seek refuge in Allah from the evil of the devil. Do not report it to anyone, and change the side on which you were sleeping on previously. Get up and pray if you wish.

فَلْيَتْفُلْ عَنِ يَسَارِهِ ثَلَاثًا, وَيَتَعَوَّذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ
وَلَا يُحَدِّثُ بِهَا أَحَدًا وَيَتَحَوَّلُ عَنِ جَنْبِهِ الَّذِي كَانَ نَائِمًا عَلَيْهِ وَلِيَقُمْ فَلْيُصَلِّ إِذَا
أَمَكَنَهُ

When Waking Up

«الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ»

Praise is to Allah Who gave us life after He caused us to die and to Him is the return.

(10) Dua of Travelling

Supplication of the Traveler for the Resident

"I entrust your religion, your faithfulness and last deeds
with Allah."

أَسْتَوْدِعُ اللَّهَ دِينَكَ وَأَمَانَتَكَ، وَخَوَاتِيمَ عَمَلِكَ

Upon Travelling

"Allah is the greatest, Allah is the greatest, Allah is the greatest. Glory is to him who has provided us this (transport) though we ourselves would not have been capable of that, and to our Lord is our final destiny. O Allah, we ask You for goodness and piety in this journey of ours, and for deeds which please You. O Allah, facilitate our journey and let us cover it's distance quickly. O Allah, You are our Companion on the journey and The One Whose care we leave our family, O Allah, I seek refuge in You from this journeys difficulties, from the wicked sights in store and from finding our family and property in misfortune upon returning. [Upon returning, recite the same supplication, adding, "We return, repent, worship and praise our Lord."]

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ وَإِنَّا إِلَى رَبِّنَا لَمُنْقَلِبُونَ، اللَّهُمَّ إِنَّا نَسْأَلُكَ فِي سَفَرِنَا هَذَا الْبِرَّ وَالتَّقْوَى ، وَمِنَ الْعَمَلِ مَا تَرْضَى ، اللَّهُمَّ هَوِّنْ عَلَيْنَا سَفَرَنَا هَذَا وَاطْوِ عَنَّا بُعْدَهُ ، اللَّهُمَّ أَنْتَ الصَّاحِبُ فِي السَّفَرِ، وَالْخَلِيفَةُ فِي الْأَهْلِ، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ وَعْثَاءِ السَّفَرِ، وَكَآبَةِ الْمُنْظَرِ وَسُوءِ الْمُنْقَلَبِ فِي الْمَالِ وَالْأَهْلِ آيِبُونَ تَائِبُونَ عَابِدُونَ لِرَبِّنَا حَامِدُونَ

Stopping or Lodging Somewhere

"I take refuge in Allah's perfect words from the evil that He has created."

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

Remembrance While Ascending or Descending

When ascending say, "Allah is the greatest" and when descending say, "How perfect Allah is."

سُبْحَانَ اللَّهِ / اللَّهُ أَكْبَرُ

Upon Entering a Town or Village

"O Allah, Lord of the seven heavens and all that they envelop, Lord of the seven earths and all that they carry, Lord of the devils and all whom they misguide, Lord of the winds and all whom they whisk away. I ask You for the goodness of this village, the goodness of its inhabitants and for all the goodness found within it and I take refuge with You from the evil of this village, the evil of its inhabitants and from all the evil found within it."

اللَّهُمَّ رَبَّ السَّمَوَاتِ السَّبْعِ وَمَا أَظْلَلْنَ، وَرَبَّ الْأَرْضِينَ السَّبْعِ وَمَا أَقْلَلْنَ، وَرَبَّ الشَّيَاطِينِ وَمَا أَضْلَلْنَ، وَرَبَّ الرِّيَّاحِ وَمَا ذَرَيْنَ، أَسْأَلُكَ خَيْرَ هَذِهِ الْقَرْيَةِ وَخَيْرَ أَهْلِهَا، وَخَيْرَ مَا فِيهَا، وَأَعُوذُ بِكَ مِنْ شَرِّهَا وَشَرِّ أَهْلِهَا، وَشَرِّ مَا فِيهَا

While Returning from Travel

"Allah is the greatest, Allah is the greatest, Allah is the greatest.

None has the right to be worshipped except Allah alone, who has no partner. To Him belongs all sovereignty and praise, and He is over all things omnipotent. We return, repent, worship and praise our Lord. Allah fulfilled His promise, aided His Servant, and he alone defeated the allies."

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ. لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ
الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، آيُّونَ تَائِبُونَ عَابِدُونَ لِرَبِّنَا حَامِدُونَ، صَدَقَ
اللَّهُ وَعْدَهُ، وَنَصَرَ عَبْدَهُ، وَهَزَمَ الْأَحْزَابَ وَحْدَهُ

**(11) Dua of the Sick
Person and
Condolence**

Excellence of Visiting the Sick

If a man calls on his sick Muslim brother, he walks along a path of Paradise until he sits, and when he sits he is showered in mercy, and if this was in the morning, seventy thousand angels send prayers upon him until the evening, and if this was in the evening, seventy thousand angels send prayers upon him until the morning.

When Visiting the Sick

"Never mind, may it (the sickness) be a purification, if Allah wills."

لَا بَأْسَ طُهُورٌ إِنْ شَاءَ اللَّهُ

Say, "I ask Almighty Allah, Lord of the Magnificent Throne to cure you" seven times

أَسْأَلُ اللَّهَ الْعَظِيمَ، رَبَّ الْعَرْشِ الْعَظِيمِ أَنْ يَشْفِيكَ
سبع مرات

When the Sick Have Renounced All Hope of Life

"O Allah, forgive me, have mercy upon me and unite me with the higher companions."

اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي وَأَلْحِقْنِي بِالرَّفِيقِ الْأَعْلَى

"There is none worthy of worship except Allah, death does indeed contain agony."

لَا إِلَهَ إِلَّا اللَّهُ، إِنَّ لِلْمَوْتِ لَسَكْرَاتٍ

Instruction for the One Nearing Death

" There is none worthy of worship except Allah."

لَا إِلَهَ إِلَّا اللَّهُ

When Closing the Eyes of the Deceased

"O Allah, forgive [mention the name of the deceased here] and raise his rank among those who are rightly guided, and be a successor to whom he has left behind, and forgive us and him, O Lord of the worlds. Enlarge for him his grave and illuminate it for him."

اللَّهُمَّ اغْفِرْ لِفُلَانٍ بِاسْمِهِ وَارْفَعْ دَرَجَتَهُ فِي الْمَهْدِيِّينَ ، وَاخْلُفْهُ
فِي عَقِبِهِ فِي الْغَابِرِينَ ، وَاغْفِرْ لَنَا وَلَهُ يَا رَبَّ الْعَالَمِينَ ، وَافْسَحْ
لَهُ فِي قَبْرِهِ وَنَوِّرْ لَهُ فِيهِ

For the Deceased at the Funeral Prayer

"O Allah, forgive and have mercy upon him, excuse him and pardon him, and make honorable his reception. Expand his entry, and cleanse him with water, snow, and ice, and purify him of sin as a white robe is purified of filth. Exchange his home for a better home, and his family for a better family, and his spouse for a better spouse. Admit him into the Garden, protect him from the punishment of the grave and the torment of the Fire."

اللَّهُمَّ اغْفِرْ لَهُ وَارْحَمْهُ ، وَعَافِهِ وَاعْفُ عَنْهُ ، وَأَكْرِمْ نُزُلَهُ ، وَوَسِّعْ مَدْخَلَهُ ،
وَاغْسِلْهُ بِالْمَاءِ وَالتَّلْجِ وَالْبَرَدِ ، وَنَقِّهِ مِنَ الْخَطَايَا كَمَا نَقَّيْتَ التُّوبَ ،
الْأَبْيَضَ مِنَ الدَّنَسِ ، وَأَبْدِلْهُ دَاراً خَيْراً مِنْ دَارِهِ ، وَأَهْلاً خَيْراً مِنْ أَهْلِهِ ،
وَزَوْجاً خَيْراً مِنْ زَوْجِهِ ، وَأَدْخِلْهُ الْجَنَّةَ ، وَأَعِذْهُ مِنْ عَذَابِ الْقَبْرِ وَعَذَابِ
النَّارِ

For the Deceased at the Funeral Prayer

"O Allah, forgive our living and our dead, those present and those absent, our young and our old, our males and our females. O Allah, for whomever amongst us that You give life, let such a life be upon Islam, and whomever amongst us that You take unto Yourself, then let such a death be upon faith. O Allah, do not deprive us of his reward and do not send us astray after him."

اللَّهُمَّ اغْفِرْ لِحَيِّنَا وَمَيِّتِنَا، وَشَاهِدِنَا وَغَائِبِنَا، وَصَغِيرِنَا وَكَبِيرِنَا، وَذَكَرْنَا
وَأُنْثَانَا. اللَّهُمَّ مَنْ أَحْيَيْتَهُ مِنَّا فَأَحْيِهِ عَلَى الْإِسْلَامِ، وَمَنْ تَوَفَّيْتَهُ مِنَّا فَتَوَفَّهُ عَلَى
الْإِيمَانِ، اللَّهُمَّ لَا تَحْرِمْنَا أَجْرَهُ، وَلَا تُضِلَّنَا بَعْدَهُ

For the Deceased at the Funeral Prayer

"O Allah, [name the person] is under Your care and protection so protect him from the trial of the grave and torment of the Fire. Indeed You are faithful and truthful. Forgive and have mercy upon him. Surely You are The Oft-Forgiving, The Most-Merciful."

اللَّهُمَّ إِنَّ فُلَانَ بِنَ فُلَانٍ فِي ذِمَّتِكَ ، وَحَبْلِ جِوَارِكَ ، فَقِهِ مِنْ فِتْنَةِ الْقَبْرِ
وَعَذَابِ النَّارِ ، وَأَنْتَ أَهْلُ الْوَفَاءِ وَالْحَقِّ ، فَاعْفِرْ لَهُ وَارْحَمْهُ ، إِنَّكَ أَنْتَ
الْغَفُورُ الرَّحِيمُ

For the Deceased at the Funeral Prayer

"O Allah, forgive and have mercy upon him, excuse him and pardon him, and make honorable his reception. Expand his entry, and cleanse him with water, snow, and ice, and purify him of sin as a white robe is purified of filth. Exchange his home for a better home, and his family for a better family, and his spouse for a better spouse. Admit him into the Garden, protect him from the punishment of the grave and the torment of the Fire."

اللَّهُمَّ اغْفِرْ لَهُ وَارْحَمْهُ ، وَعَافِهِ وَاعْفُ عَنْهُ ، وَأَكْرِمْ نُزُلَهُ ، وَوَسِّعْ مُدْخَلَهُ ، وَاغْسِلْهُ
بِالْمَاءِ وَالتَّلْجِ وَالْبَرَدِ ، وَنَقِّهِ مِنَ الْخَطَايَا كَمَا نَقَّيْتَ التَّوْبُ الْأَبْيَضُ مِنَ الدَّنَسِ ، وَأَبْدِلْهُ
دَاراً خَيْراً مِنْ دَارِهِ ، وَأَهْلاً خَيْراً مِنْ أَهْلِهِ ، وَزَوْجاً خَيْراً مِنْ زَوْجِهِ ، وَأَدْخِلْهُ الْجَنَّةَ ،
وَأَعِذْهُ مِنْ عَذَابِ الْقَبْرِ وَعَذَابِ النَّارِ .

For the Deceased at the Funeral Prayer

"O Allah, Your servant and the child of Your maidservant is in need of Your mercy and You are not in need of his punishment. If he was righteous then increase his reward and if he was wicked then pardon him."

اللَّهُمَّ عَبْدُكَ وَابْنُ أُمَّتِكَ، اِحْتِاجَ إِلَى رَحْمَتِكَ، وَأَنْتَ غَنِيٌّ عَنِ عَذَابِهِ، إِنْ كَانَ مُحْسِنًا فَرِّدْ فِي حَسَنَاتِهِ، وَإِنْ كَانَ مُسِيئًا فَتَجَاوَزْ عَنْهُ

When the Deceased Is a Child, During the Funeral Prayer

"O Lord, protect him from the punishment of the grave. O Lord, make him a preceding reward and a stored treasure for his parents, and an answered intercessor. O Allah, make him weigh heavily on their scales (of good) and magnify their reward. Unite him with the righteous believers, place him in the care of Ibrahim, and protect him by Your mercy from the torment of Hell. Give him in exchange a better residence and a better family than his. O Allah, forgive our ancestors and our descendants and those who came before us in faith."

اللَّهُمَّ اجْعَلْهُ فَرَطًا وَذُخْرًا لِوَالِدَيْهِ، وَشَفِيعًا مُجَابًا، اللَّهُمَّ ثَقِّلْ بِهِ مَوَازِينَهُمَا،
وَأَعْظِمْ بِهِ أَجُورَهُمَا، وَالْحَقُّهُ بِصَالِحِ الْمُؤْمِنِينَ، وَاجْعَلْهُ فِي كَفَالَةِ
إِبْرَاهِيمَ، وَقِهِ بِرَحْمَتِكَ عَذَابَ الْجَحِيمِ.

Placing the Deceased in the Grave

"In the name of Allah and according to the Sunnah of the Messenger of Allah."

بِسْمِ اللَّهِ وَعَلَى سُنَّةِ رَسُولِ اللَّهِ

After Burying the Deceased

“O Allah, forgive him, O Allah, strengthen him.”
[Seek forgiveness for your brother and pray that he remains firm, for he is now being questioned.]

اللَّهُمَّ اغْفِرْ لَهُ، اللَّهُمَّ ثَبِّتْهُ

Condolence

"Verily to Allah belongs what He took and to Him belongs what He gave, and everything with Him has an appointed time. So have patience and hope for Allah's reward. May Allah magnify your reward, make better your solace and forgive your deceased."

إِنَّ لِلَّهِ مَا أَخَذَ، وَلَهُ مَا أُعْطِيَ، وَكُلُّ شَيْءٍ عِنْدَهُ بِأَجَلٍ مُّسَمًّى... فَلْتَصْبِرْ
وَلْتَحْتَسِبْ
أَعْظَمَ اللَّهُ أَجْرَكَ، وَأَحْسَنَ عَزَاءَكَ، وَغَفَرَ لِمَيِّتِكَ

(12) Dua Against Enemies

Upon Encountering an Enemy or Those of Authority

"O Allah, we place You before them and we take refuge in You from their evil."

اللَّهُمَّ إِنَّا نَجْعَلُكَ فِي نُحُورِهِمْ، وَنَعُوذُ بِكَ مِنْ
شُرُورِهِمْ

Upon Encountering an Enemy or Those of Authority

"O Allah, You are my supporter and You are my helper, by You I move, and by You I attack, and by You I battle.

اللَّهُمَّ أَنْتَ عَضُدِي، وَأَنْتَ نَصِيرِي، بِكَ أَجُولُ وَبِكَ أَصُولُ وَبِكَ
أُقَاتِلُ

"Allah is sufficient for us, and how fine a trustee (He is)."

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

Dua Against the Injustice of a Ruler

" O Allah, Lord of the seven heavens and the Great Throne, protect me from [mention the name of the person] and from his allies among your creatures, and from being subjected by their abuse or tyranny. Honored is your patronage, exalted is your praise. None has the right to be worshipped except You."

اللَّهُمَّ رَبَّ السَّمَاوَاتِ السَّبْعِ وَ رَبَّ الْعَرْشِ الْعَظِيمِ كُنْ لِي
جَاراً مِنْ إِسْمِهِ وَ أَحْزَابِهِ مِنْ خَلَائِقِكَ، أَنْ يَفْرُطَ عَلَيَّ أَحَدٌ
مِنْهُمْ أَوْ يَطْفِيَ عَزَّ جَارُكَ وَ جَلَّ ثَنَّاكَ، وَ لَا إِلَهَ إِلَّا أَنْتَ

"O Allah, Revealer of the Book, Swift at reckoning, defeat the confederates. O Allah, defeat them and convulse them."

اللَّهُمَّ مُنْزِلَ الْكِتَابِ، سَرِيعَ الْحِسَابِ، اللَّهُمَّ اهْزِمْهُمْ وَ
زَلْزِلْهُمْ

When Afraid of a Group of People

"O Allah, protect me from them however you wish."

اللَّهُمَّ اكْفِنِيهِمْ بِمَا شِئْتَ

**(13) Dua of Wearing a
Garment**

When Wearing a Garment

الْحَمْدُ لِلَّهِ الَّذِي كَسَانِي هَذَا (التَّوْبَ) وَرَزَقَنِيهِ مِنْ
غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ .

“All Praise is for Allah who has clothed me with this garment and provided it for me, with no power nor might from myself.”

When Wearing a New Garment

اللَّهُمَّ لَكَ الْحَمْدُ أَنْتَ كَسَوْتَنِيهِ، أَسْأَلُكَ مِنْ خَيْرِهِ وَخَيْرِ
مَا صُنِعَ لَهُ، وَأَعُوذُ بِكَ مِنْ شَرِّهِ وَشَرِّ مَا صُنِعَ لَهُ

"O Allah, for You is all praise, You have clothed me with it (i.e. the garment). I ask You for the goodness in it and the good of which it was made for, and I seek refuge in You from the evil of it and from the evil for which it was made for."

To Someone Wearing a New Garment

إِبْسُنْ جَدِيداً وَعِشْ حَمِيداً وَمُتْ شَهِيداً

“Put on new clothes, live commendably and die as a martyr.”

Before Undressing

بِسْمِ اللَّهِ .

‘In the name of Allah.’

**(14) Duas for Births or
Weddings**

Congratulation on the Event of a Birth

Say, "May Allah bless what He has allotted to you (this child) and may you be grateful to the One who has allotted him to you. May he (this child) reach the maturity of years and may you be granted its righteousness."

To which the parent responds, "May Allah bless everything that He allots to you. May Allah reward you, allot you its like and give you an abundant retribution."

بَارَكَ اللهُ لَكَ فِي الْمَوْهُوبِ وَ شَكَرْتَ الْوَاهِبَ وَ بَلَغَ
أَشُدَّهُ وَ رَزَقْتَ بَرَّهُ بَارَكَ اللهُ لَكَ وَ بَارَكَ عَلَيْكَ،
وَ جَزَاكَ اللهُ خَيْرًا، وَ رَزَقَكَ اللهُ مِثْلَهُ، وَ أَجْزَلَ ثَوَابَكَ

To the Newlywed

"May Allah bless for you (your spouse) and bless you,
and may He unite both of you in goodness."

بَارَكَ اللهُ لَكَ، وَبَارَكَ عَلَيْكَ، وَجَمَعَ بَيْنَكُمَا فِي خَيْرٍ

On the Wedding Night

"O Allah, I ask You for the goodness within her and the goodness that you have made her inclined towards, and I take refuge with You from the evil within her and the evil that you have made her inclined towards."

اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَهَا، وَخَيْرَ مَا جَبَلْتَهَا عَلَيْهِ،
وَأَعُوذُ بِكَ مِنْ شَرِّهَا، وَشَرِّ مَا جَبَلْتَهَا عَلَيْهِ

Before Sexual Intercourse

"In the name of Allah. O Allah, keep the devil away from us and keep the devil away from what you bless us with."

بِسْمِ اللَّهِ، اللَّهُمَّ جَنِّبْنَا
الشَّيْطَانَ، وَجَنِّبِ الشَّيْطَانَ
مَا رَزَقْنَا

When a Disbeliever Praises Allah After Sneezing

"May Allah guide you and rectify your condition."

يَهْدِيكُمْ اللَّهُ وَيُصْلِحُ بَالَكُمْ

**(15) Dua at a Gathering
and When Meeting
People**

Excellence of Spreading the Islamic Greeting

"The Messenger of Allah (saws) said: You shall not enter paradise until you believe, and you shall not believe until you love one another. Shall I not inform you of something that if you were to act upon it, you will indeed achieve mutual love for one another? Spread the greeting amongst yourselves."

السَّلَامُ عَلَيْكُمْ

At a Gathering

"O my Lord, forgive me and turn towards me (to accept my repentance). Verily You are The Oft-Returning. The Oft-Forgiving."

رَبِّ اغْفِرْ لِي، وَتُبْ عَلَيَّ، إِنَّكَ أَنْتَ التَّوَّابُ الْغَفُورُ

For the Expiation of Sins in Conclusion of a Gathering

"How perfect You are O Allah, and I praise You. I bear witness that None has the right to be worshipped except You. I seek Your forgiveness and turn to You in repentance."

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

To the One Who Does You a Favour

"May Allah reward you with goodness."

جَزَاكَ اللهُ خَيْرًا

To the One Who Professes His Love for You, for Allah's Sake

"May He, for whose sake that you have loved me for, love
you."

أَحَبُّكَ الَّذِي أَحْبَبْتَنِي لَهُ

To the One Who Offered You Some of His Wealth

"May Allah bless for you, your family and wealth."

بَارِكْ اللهُ لَكَ فِي أَهْلِكَ وَمَالِكَ

To the Debtor When His Debt Is Settled

"May Allah bless for you, your family and wealth. Surely commendation and payment are the reward for a loan."

بَارَكَ اللهُ لَكَ فِي أَهْلِكَ وَمَالِكَ، إِنَّمَا جَزَاءُ السَّلْفِ .
الْحَمْدُ وَالْأَدَاءُ

Returning a Supplication After Giving a Gift or Charity upon Someone

"May Allah bless you all."

وَفِيكَ بَارَكَ اللَّهُ.

Returning a Supplication of Forgiveness

"... and you!"

وَلَاكَ

Returning a Greeting to a Disbeliever

"And upon you."

وَ عَلَيْكُمْ

The Etiquette of Praising a Fellow Muslim

"I deem [so-and-so] to be [insert good trait here] and Allah is his Assessor and I cannot claim anyone to be pious before Allah, however assume him [insert good trait here] if he knows that of him."

أَحْسَبُهُ كَذَابًا، وَاللَّهُ حَسِيبُهُ وَلَا أُزَكِّي عَلَى اللَّهِ أَحَدًا

For the One That Has Been Praised

"O Allah, don't punish me for what they say, forgive me for what they don't know, (and make me better than what they think of me)"

اللَّهُمَّ لَا تُؤَاخِذْنِي بِمَا يَقُولُونَ وَ اغْفِرْ لِي مَا لَا يَعْلَمُونَ
[وَ اجْعَلْنِي خَيْرًا مِمَّا يَظُنُّونَ]

When in Fear of Afflicting Something or Someone with the Evil Eye

If you see something from your brother, yourself or wealth which you find impressing, then invoke blessings for it, for the evil eye is indeed true.

اللَّهُمَّ بَارِكْ عَلَيْهِ

For One That You Have Insulted

"O Allah, for any believer whom I have insulted, let that be a reason to draw him near to You on the Day of Resurrection."

اللَّهُمَّ فَأَيُّمَا مُؤْمِنٍ سَبَبْتُهُ فَاجْعَلْ ذَلِكَ لَهُ قُرْبَةً إِلَيْكَ يَوْمَ
الْقِيَامَةِ

**(16) Duas When
Someone Is Afflicted by
Anxiety or a Calamity**

For One Afflicted with Doubt in His Faith

He should seek refuge in Allah, and renounce that which is causing such doubt.

“I seek refuge in Allah from the accursed devil”

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

"I have believed in Allah and His Messenger."

آمَنْتُ بِاللَّهِ وَرُسُلِهِ

For One Afflicted by Whisperings in Prayer or Recitation

Seek refuge in Allah from the devil and spit on your left side three times.

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

Settling a Debt

"O Allah, make what is lawful sufficient for me, as opposed to what is unlawful, and spare me of a need of others by your grace."

اللَّهُمَّ اكْفِنِي بِحَلَالِكَ عَنْ حَرَامِكَ وَأَغْنِنِي بِفَضْلِكَ عَمَّنْ سِوَاكَ

"O Allah, I take refuge in You from anxiety and sorrow, weakness and laziness, miserliness and cowardice, the burden of debts and from being overpowered by men."

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحُزْنِ، وَالْعَجْزِ وَالْكَسَلِ وَالْبُخْلِ
وَالجُبْنِ، وَضَلْعِ الدَّيْنِ وَغَلْبَةِ الرِّجَالِ

For One Whose Affairs Have Become Difficult

"O Allah, nothing is easy except that which You have made easy, and You make the difficulty, if You wish, easy."

اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهُ سَهْلًا، وَأَنْتَ تَجْعَلُ
الْحَزْنَ إِذَا شِئْتَ سَهْلًا

For One Afflicted by a Calamity

"To Allah we belong and unto Him is our return. O Allah, recompense me for my affliction and replace it for me with something better."

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ ، اللَّهُمَّ اجْرِنِي فِي
مُصِيبَتِي ، وَاخْلُفْ لِي خَيْرًا مِنْهَا

For One in Distress

"None has the right to be worshipped except Allah, The Forbearing. None has the right to be worshipped except Allah, the Lord of the Magnificent Throne. None has the right to be worshipped except Allah, Lord of the heavens, Lord of the Earth and Lord of the Noble Throne."

لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ، لَا
إِلَهَ إِلَّا اللَّهُ رَبُّ السَّمَوَاتِ وَرَبُّ الْأَرْضِ وَرَبُّ الْعَرْشِ الْكَرِيمِ

For Anxiety and Sorrow

"O Allah, I am Your servant, the child of Your servant, the child of Your maidservant, and my forelock is in Your hand. Your command over me is forever executed and Your decree over me is just. I ask You by every name belonging to You that which You named Yourself with, or revealed in Your Book, or that You taught to any of Your creation, or that You have preserved in the knowledge of the unseen that is with You, that You make the Quran the life of my heart and the light of my breast, the banisher of my sorrow and the reliever of my anxiety."

اللَّهُمَّ إِنِّي عَبْدُكَ ابْنُ عَبْدِكَ ابْنُ أَمَتِكَ نَاصِيَتِي بِيَدِكَ، مَاضٍ فِيَّ حُكْمُكَ، عَدْلٌ فِيَّ قَضَاؤُكَ
أَسْأَلُكَ بِكُلِّ اسْمٍ هُوَ لَكَ سَمَّيْتَ بِهِ نَفْسَكَ أَوْ أَنْزَلْتَهُ فِي كِتَابِكَ، أَوْ عَلَّمْتَهُ أَحَدًا مِنْ خَلْقِكَ أَوْ
اسْتَأْثَرْتَ بِهِ فِي عِلْمِ الْغَيْبِ عِنْدَكَ أَنْ تَجْعَلَ الْقُرْآنَ رَبِيعَ قَلْبِي، وَنورَ صَدْرِي وَجَلَاءَ حُزْنِي
وَذَهَابَ هَمِّي

For Anxiety and Sorrow

"O Allah, I take refuge in You from anxiety and sorrow, weakness and laziness, miserliness and cowardice, the burden of debts and from being overpowered by men."

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحُزْنِ، وَالْعَجْزِ
وَالْكَسَلِ وَالْبُخْلِ وَالْجُبْنِ، وَضَلْعِ الدَّيْنِ وَغَلْبَةِ
الرِّجَالِ

When Stricken with a Mishap or Overtaken by an Affair

"Allah has decreed and what He wills, He does."

قَدَّرَ اللَّهُ وَمَا شَاءَ فَعَلَ

Upon Seeing Someone in Trial or Tribulation

"All praise is for Allah Who saved me from that which He tested you with and Who most certainly favoured me over much of His creation."

الْحَمْدُ لِلَّهِ الَّذِي عَافَانِي مِمَّا ابْتَلَاكَ بِهِ، وَفَضَّلَنِي عَلَى
كَثِيرٍ مِمَّنْ خَلَقَ تَفْضِيلًا

(17) Daily Dhikr

When Leaving Home

بِسْمِ اللَّهِ ، تَوَكَّلْتُ عَلَى اللَّهِ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

When leaving say, “In the name of Allah, I place my trust in Allah, and there is no might nor power except with Allah.”

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ أَنْ أَضِلَّ أَوْ أُضَلَّ ، أَوْ أَزِلَّ أَوْ أُزَلَ ، أَوْ أَظْلِمَ أَوْ أُظْلَمَ ، أَوْ أَجْهَلَ أَوْ يُجْهَلَ عَلَيَّ

Then say, “O Allah, I take refuge with You lest I should stray or be led astray, or slip or be tripped, or oppress or be oppressed, or behave foolishly or be treated foolishly.”

Upon Entering Home

بِسْمِ اللَّهِ وَلَجْنَا، وَبِسْمِ اللَّهِ خَرَجْنَا، وَعَلَى رَبِّنَا
تَوَكَّلْنَا

Upon entering say, "In the name of Allah we enter and in the name of Allah we leave, and upon our Lord we place our trust."

When Entering the Market

"None has the right to be worshipped except Allah, alone, without partner, to Him belongs all sovereignty and praise. He gives life and causes death, and He lives and does not die. In His hand is all good and He is over all things, omnipotent."

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ
الْحَمْدُ، يُحْيِي وَيُمِيتُ وَهُوَ حَيٌّ لَا يَمُوتُ، بِيَدِهِ
الْخَيْرُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

When Mounting an Animal or Any Means of Transport

"In the name of Allah and all praise is for Allah. How perfect He is, the One Who has placed this (transport) at our service and we ourselves would not have been capable of that, and to our Lord is our final destiny. All praise is for Allah, All praise is for Allah, All praise is for Allah, Allah is the greatest, Allah is the greatest, Allah is the greatest. How perfect You are, O Allah, verily I have wronged my soul, so forgive me, for surely none can forgive sins except You.

بِسْمِ اللَّهِ وَالْحَمْدُ لِلَّهِ، سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ، وَإِنَّا إِلَى رَبِّنَا لَمُنْقَلِبُونَ، الْحَمْدُ لِلَّهِ، الْحَمْدُ لِلَّهِ، الْحَمْدُ لِلَّهِ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، سُبْحَانَكَ اللَّهُمَّ إِنِّي ظَلَمْتُ نَفْسِي فَاغْفِرْ لِي، فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

When the Mounted Animal (or Vehicle) Stumbles

"In the name of Allah."

بِسْمِ اللَّهِ

When Pain Is Felt in the Body

Say, "In the name of Allah" three times.
Then say, "I take refuge in Allah and within His
omnipotence from the evil that I feel and am wary of."
seven times.

بِسْمِ اللَّهِ ثَلَاثًا
أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاذِرُ
(سبع مرات)

Upon Hearing a Rooster Crow or the Braying of an Ass

If you hear the crow of a rooster, ask Allah for his bounty for it has seen an angel and if you hear the braying of an ass, seek refuge in Allah for it has seen a devil.

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

Upon Hearing the Barking of Dogs at Night

If you hear the barking of dogs or the braying of asses at night, seek refuge in Allah for they see what you do not.

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

When Startled

"None has the right to be worshipped except Allah."

لَا إِلَهَ إِلَّا اللَّهُ

At Times of Amazement and Delight

"How perfect Allah is."

سُبْحَانَ اللَّهِ

"Allah is the greatest."

اللَّهُ أَكْبَرُ

What to Say upon Receiving Pleasing or Displeasing News

"All Praise is for Allah in whose favor good works are accomplished.

All Praise is for Allah in all circumstances."

الْحَمْدُ لِلَّهِ الَّذِي بِنِعْمَتِهِ تَتِمُّ الصَّالِحَاتُ

الْحَمْدُ لِلَّهِ عَلَى كُلِّ حَالٍ

Upon Receiving Pleasant News

The Prophet (SAW) would prostrate in gratitude to Allah upon receiving news which pleased him or which caused pleasure.

كَانَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ - إِذَا أَتَاهُ أَمْرٌ يَسُرُّهُ أَوْ بُشْرٌ بِهِ خَرَّ لِلَّهِ سَاجِدًا.

Before Entering the Toilet

“In the name of Allah. O Allah, I take refuge with you from all evil and from evil-doers.”

بِسْمِ اللَّهِ، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبُثِ
وَالْخَبَائِثِ

After Leaving the Toilet

عُفْرَانِكَ

"I ask You (Allah) for forgiveness."

Placing Children Under Allah's Protection

"I seek refuge for you with Allah's perfect words from every devil, vermin, and every evil eye."

أُعِيذُكُمْ بِكَلِمَاتِ اللَّهِ التَّامَّةِ، مِنْ كُلِّ شَيْطَانٍ وَهَامَّةٍ،
وَمِنْ كُلِّ عَيْنٍ لَامَّةٍ

Before Eating

"In the name of Allah (in it's beginning and end)."

بِسْمِ اللَّهِ فِي أَوَّلِهِ وَآخِرِهِ

"O Allah, bless it for us and feed us better than it / O Allah, bless it for us and give us more of it."

اللَّهُمَّ بَارِكْ لَنَا فِيهِ وَأَطْعِمْنَا خَيْرًا مِنْهُ اللَّهُمَّ بَارِكْ
لَنَا فِيهِ وَزِدْنَا مِنْهُ

After Eating

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مُسْلِمِينَ

All praise is due to Allah, who gave us food and drink
and made us Muslims.

**(18) Duas for Wind, Rain
and Sighting the
Crescent Moon**

During a Wind Storm

"O Allah, I ask You for it's goodness and I take refuge with You from it's evil."

اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَهَا، وَأَعُوذُ بِكَ مِنْ شَرِّهَا

"O Allah, I ask You for it's goodness, the good within it, and the good that it was sent with, and I take refuge with You from it's evil, the evil within it, and from the evil that it was sent with."

اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَهَا، وَخَيْرَ مَا فِيهَا، وَخَيْرَ مَا
أُرْسِلَتْ بِهِ، وَأَعُوذُ بِكَ مِنْ شَرِّهَا، وَشَرِّ مَا فِيهَا، وَشَرِّ مَا
أُرْسِلَتْ بِهِ

Upon Hearing Thunder

"How perfect He is, (The One Whom) the thunder declares His perfection with His praise, as do the angels out of fear of Him."

سُبْحَانَ الَّذِي يُسَبِّحُ الرَّعْدُ بِحَمْدِهِ، وَالْمَلَائِكَةُ مِنْ
خِيفَتِهِ

For Rain

"O Allah, send upon us helpful, wholesome and healthy rain, beneficial, harmless rain, now and not later."

اللَّهُمَّ اسْقِنَا غَيْثًا مُغِيثًا مَرِيئًا مُرِيعًا، نَافِعًا غَيْرَ
ضَارٍ، عَاجِلًا غَيْرَ آجِلٍ

When It Rains

"O Allah, may it be a beneficial rain cloud."

اللَّهُمَّ صَيِّبًا نَافِعًا

After Rainfall

We have been given rain by the grace and mercy of Allah.

مُطِرْنَا بِفَضْلِ اللَّهِ وَرَحْمَتِهِ

Upon Sighting the Crescent Moon

"Allah is the greatest. O Allah, let the crescent loom above us in safety, faith, peace, and Islam, and in agreement with all that You love and pleases You. Our Lord and your Lord is Allah."

اللَّهُ أَكْبَرُ، اللَّهُمَّ أَهْلُهُ عَلَيْنَا بِالْأَمْنِ وَالْإِيمَانِ،
وَالسَّلَامَةِ وَالْإِسْلَامِ، وَالتَّوْفِيقِ لِمَا تُحِبُّ رَبَّنَا
وَتَرْضَى، رَبَّنَا وَرَبُّكَ اللَّهُ

(19) Duas of Food and Fasting

When Breaking the Fast

اللَّهُمَّ لَكَ صُومْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ وَعَلَيْكَ
تَوَكَّلْتُ

O Allah, for You, I fast, and with your provision, I
break the fast, and I rely on You.

When Breaking the Fast in Someone's Home

May the fasting break their fast in your home, and may the dutiful and pious eat your food, and may the angels send prayers upon you.

أَفْطَرَ عِنْدَكُمْ الصَّائِمُونَ وَأَكَلَ طَعَامَكُمْ الْأَبْرَارُ،
وَصَلَّتْ عَلَيْكُمُ الْمَلَائِكَةُ

Supplication of the Guest for the Host

"O Allah, bless for them, that which You have provided them with, forgive them and have mercy upon them."

اللَّهُمَّ بَارِكْ لَهُمْ فِي مَا رَزَقْتَهُمْ، وَاعْفِرْ لَهُمْ وَارْحَمْهُمْ

To One Offering a Drink or to One Who Intended to Do That

O Allah, feed the one who fed me, and quench the one
who has given me drink.

اللَّهُمَّ أَطْعِمْ مَنْ أَطْعَمَنِي، وَاسْقِ مَنْ سَقَانِي

**(20) Seeking Refuge
from Evil**

For Expelling the Devil and His Whisperings

Seek refuge in Allah from him

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

To Ward off the Deception of the Obstinate Devils

"I take refuge within Allah's perfect words which no righteous or unrighteous person can transgress, from all the evil that He has created, made and originated, (I take refuge) from the evil that descends from the sky and the evil that rises up to it, (I take refuge) from the evil that is spread on Earth and the evil that springs from it, and I take refuge from the evil of the tribulations of night and day, and the evil of one who visits at night except the one who brings goodness, O Merciful One."

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ الَّتِي لَا يُجَاوِزُهُنَّ بَرٌّ وَلَا فَاجِرٌ مِنْ شَرِّ مَا خَلَقَ، وَبِرَأْ وَذَرَأَ،
وَمِنْ شَرِّ مَا يَنْزِلُ مِنَ السَّمَاءِ وَمِنْ شَرِّ مَا يَعْرُجُ فِيهَا، وَمِنْ شَرِّ مَا ذَرَأَ فِي الْأَرْضِ
وَمِنْ شَرِّ مَا يَخْرُجُ مِنْهَا، وَمِنْ شَرِّ فِتَنِ اللَّيْلِ وَالنَّهَارِ، وَمِنْ شَرِّ كُلِّ طَارِقٍ إِلَّا طَارِقًا
يَطْرُقُ بِخَيْرٍ يَا رَحْمَنُ

Upon Committing a Sin

Any servant who commits a sin and as a result, performs ablution, prays two units of prayer and then seeks Allah's forgiveness, Allah would forgive him.

(مَا مِنْ عَبْدٍ يُذْنِبُ ذَنْبًا فَيُحْسِنُ الطُّهُورَ ، ثُمَّ يَقُومُ
فَيُصَلِّي رَكَعَتَيْنِ ، ثُمَّ يَسْتَغْفِرُ اللَّهَ إِلَّا غَفَرَ اللَّهُ لَهُ)

Protection from the Dajjal

Whoever memorises the first ten verses of Surah Al-Kahf will be protected from Dajjal. One should also seek refuge with Allah from the tribulations of the Dajjal after the last tashahhud in prayer.

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ جَهَنَّمَ، وَمِنْ عَذَابِ الْقَبْرِ وَمِنْ فِتْنَةِ الْمَحْيَا وَالْمَمَاتِ وَمِنْ
فِتْنَةِ الْمَسِيحِ الدَّجَالِ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْمَأْثَمِ وَالْمَغْرَمِ

“O Allah! I seek Your protection from the torture of hell, and I seek Your protection from the torture of the grave, and I seek refuge with You from the mischief of life and death, and I seek Your protection from the mischief of the Dajjal who pretends to be the Messiah. O Allah! I seek refuge in You from sin and from debt.”

Prohibition on Ascribing Things to Omens

"O Allah, there is no omen but there is a reliance on You, there is no goodness except Your goodness and none has the right to be worshipped except You."

اللَّهُمَّ لَا طَيْرَ إِلَّا طَيْرُكَ، وَلَا خَيْرَ إِلَّا خَيْرُكَ، وَلَا
إِلَهَ غَيْرُكَ

For Fear of Shirk

O Allah, I take refuge in You lest I should commit shirk with You knowingly and I seek Your forgiveness for what I do unknowingly.

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ أَنْ أُشْرِكَ بِكَ وَأَنَا أَعْلَمُ،
وَأَسْتَغْفِرُكَ لِمَا لَا أَعْلَمُ

When Angry

I seek refuge with Allah from the accursed devil.

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

(21) Making Dhikr and Its Rewards

Excellence of Sending Prayers upon the Prophet (SAW)

The Prophet (SAW) said, “Whoever sends a prayer upon me, Allah sends ten upon him.”

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ، وَعَلَى آلِ مُحَمَّدٍ، كَمَا صَلَّيْتَ عَلَى
إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ، اللَّهُمَّ بَارِكْ
عَلَى مُحَمَّدٍ، وَعَلَى آلِ مُحَمَّدٍ، كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ
وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ

"O Allah, I seek refuge in Your pleasure from Your displeasure and in Your pardon from Your punishment, and I seek refuge in You from You. I cannot enumerate Your praise. You are as You have praised Yourself."

اللَّهُمَّ إِنِّي أَعُوذُ بِرِضَاكَ مِنْ سَخَطِكَ،
وَبِمُعَافَاتِكَ مِنْ عُقُوبَتِكَ، وَأَعُوذُ بِكَ مِنْكَ، لَا
أُحْصِي ثَنَاءً عَلَيْكَ، أَنْتَ كَمَا أَثْنَيْتَ عَلَى
نَفْسِكَ

Seeking Forgiveness and Repentance

The Messenger of Allah (SAW) said, "By Allah, I seek forgiveness and repent to Allah, more than seventy times a day."

قَالَ رَسُولُ اللَّهِ -صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ- (وَاللَّهِ إِنِّي لَأَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ فِي الْيَوْمِ أَكْثَرَ مِنْ سَبْعِينَ مَرَّةً)

The Messenger of Allah (SAW) said, "O People, Repent! Verily I repent to Allah, a hundred times a day."

قَالَ رَسُولُ اللَّهِ -صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ- (يَا أَيُّهَا النَّاسُ اسْتَغْفِرُوا رَبَّكُمْ، فَإِنِّي اسْتَغْفِرُ اللَّهَ فِي الْيَوْمِ مِائَةً مَرَّةً)

"I seek Allah's forgiveness, besides whom, none is worthy of worship except He, The Ever Living, The Self-Subsisting and Supporter of all, and I turn to Him in repentance."

أَسْتَغْفِرُ اللَّهَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ وَأَتُوبُ إِلَيْهِ

Seeking Forgiveness and Repentance

The Messenger of Allah (SAW) said, “The nearest that the Lord comes to His servant is in the middle of the night, so if you are able to be of those who remember Allah at that time, then be so.”

قَالَ رَسُولُ اللَّهِ - صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ -: (أَقْرَبُ مَا يَكُونُ الرَّبُّ مِنَ الْعَبْدِ فِي جَوْفِ اللَّيْلِ
الْآخِرِ, فَإِنْ اسْتَطَعْتَ أَنْ تَكُونَ مِمَّنْ يَذْكُرُ اللَّهَ فِي تِلْكَ السَّاعَةِ فَكُنْ)

The Messenger of Allah (saws) said, “The nearest a servant is to his Lord is when he is prostrating, so supplicate much therein.”

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ أَقْرَبُ مَا يَكُونُ الْعَبْدُ مِنْ رَبِّهِ وَهُوَ سَاجِدٌ فَأَكْثِرُوا
الدُّعَاءَ

Excellence of Remembrance and Glorification of Allah

Say, "How perfect Allah is and I praise Him" one hundred times daily.

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

Say, "None has the right to be worshipped except Allah, alone, without partner. To Him belongs all sovereignty and praise and He is over all things omnipotent" ten times.

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Abu Hurairah reported that the Messenger of Allah (SAW) said, “(There are) two words, (which are) light on the tongue, heavy on the scale and beloved to The Most Gracious: ‘How perfect Allah is and I praise Him.’ and ‘How perfect Allah is, The Supreme.’ ”

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ وَسُبْحَانَ اللَّهِ الْعَظِيمِ

Abu Hurairah reported that the Messenger of Allah (saw) said, "Saying, "How perfect Allah is, and all praise is for Allah. None has the right to be worshipped except Allah, and Allah is the greatest" is more beloved to me than everything the sun has risen over.

سُبْحَانَ اللَّهِ، وَالْحَمْدُ لِلَّهِ، لَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ

Say, “How perfect Allah is and I praise Him” one hundred times.

سُبْحَانَ اللَّهِ

Jabir related that the Prophet (SAW) said, “Whoever says, “How perfect Allah is, The Supreme, and I praise Him” will have a palm tree planted for him in paradise.”

سُبْحَانَ اللَّهِ الْعَظِيمِ وَبِحَمْدِهِ

There is no might nor power except with Allah.

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

"How perfect Allah is, and all praise is for Allah. None has the right to be worshipped except Allah, and Allah is the greatest."

سُبْحَانَ اللَّهِ، وَالْحَمْدُ لِلَّهِ، وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ

"None has the right to be worshipped except Allah, alone without partner. Allah is most great and much praise is for Allah. How perfect Allah is, Lord of the Worlds. There is no might nor power except with Allah, The Exalted in Might, The Wise.

O Allah, forgive me, have mercy upon me, guide me and grant me sustenance."

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، اللَّهُ أَكْبَرُ كَبِيرًا، وَالْحَمْدُ لِلَّهِ كَثِيرًا، سُبْحَانَ اللَّهِ
رَبِّ الْعَالَمِينَ، لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَزِيزِ الْحَكِيمِ اللَّهُمَّ اغْفِرْ لِي، وَارْحَمْنِي،
وَاهْدِنِي، وَارْزُقْنِي

"O Allah, forgive me, have mercy upon me, guide me, give me health and grant me sustenance."

اللَّهُمَّ اغْفِرْ لِي، وارْحَمْنِي، واهْدِنِي، وعَافِنِي وارزُقْنِي

"All praise is for Allah.
None has the right to be worshipped except Allah."

الْحَمْدُ لِلَّهِ ، لَا إِلَهَ إِلَّا اللَّهُ

"How perfect Allah is, and all praise is for Allah. None has the right to be worshipped except Allah, and Allah is the greatest. There is no might nor power except with Allah."

سُبْحَانَ اللَّهِ، وَالْحَمْدُ لِلَّهِ، لَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

General and Beneficent Rules

"When night falls, restrain your children (from going out) because it is the time at which the devils spread around. After a period of time has passed, let them be. Shut your doors and mention Allah's name, for verily the devil does not open a shut door, tie up your water-skins and mention Allah's name, cover your vessels with anything, mention Allah's name and extinguish your lamps.

(إِذَا كَانَ جُنْحُ اللَّيْلِ فَكُفُّوا صِبْيَانَكُمْ, فَإِنَّ الشَّيَاطِينَ تَنْتَشِرُ حِينَئِذٍ, فَإِذَا ذَهَبَ سَاعَةٌ
مِنَ اللَّيْلِ فَخَلُّوهُمْ, وَأَغْلِقُوا الْأَبْوَابَ وَاذْكُرُوا اسْمَ اللَّهِ, فَإِنَّ الشَّيْطَانَ لَا يَفْتَحُ بَابًا
مُغْلَقًا, وَأَوْكُوا قِرْبَكُمْ وَاذْكُرُوا اسْمَ اللَّهِ, وَخَمِّرُوا أَنْيَّتَكُمْ وَاذْكُرُوا اسْمَ اللَّهِ, وَلَوْ أَنْ
تُعْرِضُوا عَلَيْهَا شَيْئًا, وَأَطْفِنُوا مَصَابِيحَكُمْ.)

(22) Quranic Duas

رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ
(البقرة/127)

Our Lord! Accept from us (this duty). Lo!
Thou, only Thou, art the Hearer, the Knower.
(2/127)

رَبَّنَا وَاجْعَلْنَا مُسْلِمِينَ لَكَ وَمِنْ ذُرِّيَّتِنَا أُمَّةٌ
مُّسْلِمَةٌ لَكَ وَأَرِنَا مَنَاسِكَنَا وَتُبْ عَلَيْنَا إِنَّكَ
أَنْتَ التَّوَّابُ الرَّحِيمُ (البقرة/128)

Our Lord! And make us submissive unto
Thee and of our seed a nation submissive
unto Thee, and show us our ways of worship,
and relent toward us. Lo! Thou, only Thou,
art the Relenting, the Merciful. (2/128)

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الآخِرَةِ حَسَنَةً
وَقِنَا عَذَابَ النَّارِ (البقرة/201)

"Our Lord! Give unto us in the world that
which is good and in the Hereafter that which
is good, and guard us from the doom of Fire."
(2/201)

رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَثَبِّتْ أَقْدَامَنَا وَانصُرْنَا
عَلَى الْقَوْمِ الْكَافِرِينَ (البقرة/250)

“Our Lord! Bestow on us endurance, make our foothold sure, and give us help against the disbelieving folk.” (2/250)

رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا
تَحْمِلْ عَلَيْنَا إَصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا
رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا
وَاعْفِرْ لَنَا وَارْحَمْنَا أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى
الْقَوْمِ الْكَافِرِينَ (البقرة/286)

“Our Lord! Put not on us a burden greater than we have strength to bear.

Pardon us and grant us Forgiveness. Have mercy on us. You are our Maula (Patron, Supporter and Protector, etc.) and give us victory over the disbelieving people.” (2/286)

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ
لَنَا مِنْ لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ
(آل عمران/8)

"Our Lord! Let not our hearts deviate (from the truth) after You have guided us, and grant us mercy from You. Truly, You are the Bestower." (3/8)

رَبَّنَا إِنَّا أَمْنَا فَاغْفِرْ لَنَا ذُنُوبَنَا وَقِنَا
عَذَابَ النَّارِ (آل عمران/16)

"Our Lord! We have indeed believed, so forgive us our sins and save us from the punishment of the Fire." (3/16)

رَبِّ هَبْ لِي مِنْ لَدُنْكَ ذُرِّيَّةً طَيِّبَةً إِنَّكَ
سَمِيعُ الدُّعَاءِ (آل عمران/38)

O my Lord! Grant me from You a good
offspring. You are indeed the All-Hearer of
invocation. (3/38)

رَبَّنَا ءَامَنَّا بِمَا أَنْزَلْتَ وَاتَّبَعْنَا الرَّسُولَ
فَاكْتُبْنَا مَعَ الشَّاهِدِينَ (ال عمران / 53)

Our Lord! We believe in that which Thou hast revealed and we follow him whom Thou hast sent. Enrol us among those who witness (to the truth). (3/53)

رَبَّنَا اغْفِرْ لَنَا ذُنُوبَنَا وَإِسْرَافَنَا فِي أَمْرِنَا
وَتَثِّبْ أقدامَنَا وَاَنْصُرْنَا عَلَى الْقَوْمِ
الْكَافِرِينَ (آل عمران/147)

"Our Lord! Forgive us our sins and our transgressions (in keeping our duties to You), establish our feet firmly, and give us victory over the disbelieving folk."(3/147)

رَبَّنَا مَا خَلَقْتَ هَذَا بَاطِلًا سُبْحَانَكَ فَقِنَا عَذَابَ
النَّارِ (آل عمران)

Our Lord! Thou createdst not this in vain.
Glory be to Thee! Preserve us from the doom
of Fire. (3/191)

رَبَّنَا إِنَّا سَمِعْنَا مُنَادِيًا يُنَادِي لِلْإِيمَانِ أَنْ
ءَامِنُوا بِرَبِّكُمْ فَآمَنَّا رَبَّنَا فَاغْفِرْ لَنَا ذُنُوبَنَا
وَكَفِّرْ عَنَّا سَيِّئَاتِنَا وَتَوَقَّنَا مَعَ الْأَبْرَارِ
(ال عمران / 193)

"Our Lord! we have heard the call of one calling (Us) to Faith, 'Believe ye in the Lord,' and we have believed. Our Lord! Forgive us our sins, blot out from us our iniquities, and take to Thyself our souls in the company of the righteous." (3/193)

رَبَّنَا وَعَاثِنَا مَا وَعَدْتَنَا عَلَىٰ رُسُلِكَ وَلَا
تُخْزِنَا يَوْمَ الْقِيَامَةِ إِنَّكَ لَا تُخْلِفُ الْمِيعَادَ
(ال عمران / 194)

“Our Lord! And give us that which Thou hast
promised to us by Thy messengers.
Confound us not upon the Day of
Resurrection. Lo! Thou breakest not the
tryst.” (3/194)

رَبَّنَا أَخْرِجْنَا مِنْ هَذِهِ الْقَرْيَةِ الظَّالِمِ
أَهْلُهَا وَاجْعَل لَّنَا مِنْ لَدُنْكَ وَلِيًّا وَاجْعَل
لَّنَا مِنْ لَدُنْكَ نَصِيرًا

(النساء / 75)

“Our Lord! Bring us forth from out this town of
which the people are oppressors! Oh, give us
from thy presence some protecting friend!
Oh, give us from Thy presence some
defender!” (4/75)

رَبَّنَا أَفْتَحْ بَيْنَنَا وَبَيْنَ قَوْمِنَا بِالْحَقِّ وَأَنْتَ
خَيْرُ الْفَاتِحِينَ (الاعراف / 89)

“Our Lord! Decide with truth between us and our folk, for Thou art the best of those who make decision.” (7/89)

رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَتَوَفَّنَا مُسْلِمِينَ
(الأعراف / 126)

“Our Lord! Vouchsafe unto us steadfastness
and make us die as men who have
surrendered (unto Thee).” (7/126)

فَقَالُوا عَلَى اللَّهِ تَوَكَّلْنَا رَبَّنَا لَا تَجْعَلْنَا
فِتْنَةً لِلْقَوْمِ الظَّالِمِينَ (85) وَنَجِّنَا بِرَحْمَتِكَ
مِنَ الْقَوْمِ الْكَافِرِينَ (يونس / 86)

They said: In Allah we put trust. Our Lord!
Oh, make us not a lure for the wrongdoing
folk. (85) And, of Thy mercy, save us from the
folk that disbelieve. (86)

قَالَ رَبِّ إِنِّي أَعُوذُ بِكَ أَنْ أَسْأَلَكَ مَا
لَيْسَ لِي بِهِ عِلْمٌ وَإِلَّا تَغْفِرْ لِي
وَتَرْحَمْنِي أَكُن مِّنَ الْخَاسِرِينَ (هود/47)

He said: My Lord! Lo! in Thee do I seek
refuge (from the sin) that I should ask of
Thee that whereof I have no knowledge.
Unless Thou forgive me and have mercy on
me I shall be among the lost. (11/47)

تَوَفَّنِي مُسْلِمًا وَأَلْحِقْنِي بِالصَّالِحِينَ

(يوسف / 101)

Make me to die muslim (unto Thee), and join
me to the righteous. (12/101)

رَبَّنَا إِنَّكَ تَعْلَمُ مَا نُخْفِي وَمَا نُعْلِنُ بِقَلْبِنَا وَمَا
يُخْفِي عَلَيَّ عَلَى اللَّهِ مِنْ شَيْءٍ فِي الْأَرْضِ
وَلَا فِي السَّمَاءِ

(ابراهيم /38)

Our Lord! Lo! Thou knowest that which we
hide and that which we proclaim. Nothing in
the earth or in the heaven is hidden from
Allah. (14/38)

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي
رَبَّنَا وَتَقَبَّلْ دُعَاءِ (ابراهيم / 40)

My Lord! Make me to establish proper
worship, and some of my posterity (also); our
Lord! And accept my prayer. (14/40)

رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ
يَقُومُ الْحِسَابُ
(ابراهيم /41)

Our Lord! Forgive me and my parents and
believers on the day when the account is
cast(14/41)

رَبَّنَا آتِنَا مِنْ لَدُنْكَ رَحْمَةً وَهَيِّئْ لَنَا مِنْ
أَمْرِنَا رَشَدًا
(الْكَهْف / 10)

Our Lord! Give us mercy from Thy presence,
and shape for us right conduct in our plight
(18/10)

قَالَ رَبِّ إِنِّي وَهَنَ الْعَظْمُ مِنِّي وَأَشْتَعَلَ
الرَّأْسُ شَيْبًا وَلَمْ أَكُنْ بِدُعَائِكَ رَبِّ
شَقِيًّا (مريم 4)

Saying: My Lord! Lo! The bones of me wax feeble and my head is shining with grey hair, and I have never been unblest in prayer to Thee, my Lord (19/4)

قَالَ رَبِّ اشْرَحْ لِي صَدْرِي
(طه/25)

(Moses) said: My Lord! Relieve my mind
(20/25)

وَقُلْ رَبِّ زِدْنِي عِلْمًا
(طه/114)

My Lord! Increase me in knowledge. (20/114)

وَأَيُّوبَ إِذْ نَادَىٰ رَبَّهُ ۖ أَنِّي مَسَّنِيَ الضُّرُّ
وَأَنْتَ أَرْحَمُ الرَّاحِمِينَ
(الانبياء / 83)

And Job, when he cried unto his Lord,
(saying): Lo! Adversity afflicteth me, and
Thou art Most Merciful of all who show
mercy. (21/83)

وَإِذَا الْنُّونُ إِذْ ذَهَبَ مُغَضِبًا فَظَنَّ أَنْ لَنْ
نَقْدِرَ عَلَيْهِ فَنَادَى فِي الظُّلُمَاتِ أَنْ لَا إِلَهَ
إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ
الظَّالِمِينَ (الانبياء / 87)

And (mention) Dhu'n-Nun, when he went off
in anger and deemed that We had no power
over him, but he cried out in the darkness,
saying: There is no Allah save Thee. Be Thou
Glorified! Lo! I have been a wrong-doer.
(21/87)

وَزَكَرِيَّا إِذْ نَادَىٰ رَبَّهُ ۗ رَبِّ لَا تَذَرْنِي
فَرْدًا وَأَنْتَ خَيْرُ الْوَارِثِينَ

(الانبياء / 89)

And Zachariah, when he cried unto his Lord:
My Lord! Leave me not childless, though
Thou art the best of inheritors. (21/89)

وَقُلْ رَبِّ أَنْزِلْنِي مُنْزَلًا مُبَارَكًا وَأَنْتَ
خَيْرُ الْمُنْزِلِينَ (المؤمنون / 29)

And say: My Lord! Cause me to land at a
blessed landing-place, for Thou art best of all
who bring to land. (23/29)

وَقُلْ رَبِّ أَعُوذُ بِكَ مِنْ هَمَزَاتِ
الشَّيَاطِينِ (97) وَأَعُوذُ بِكَ رَبِّ أَنْ
يَحْضُرُونِ (المؤمنون /98)

And say: My Lord! I seek refuge in Thee from suggestions of the evil ones (97) And I seek refuge in Thee, my Lord, lest they be present with me (23/97&98)

وَالَّذِينَ يَقُولُونَ رَبَّنَا أَصْرِفْ عَنَّا عَذَابَ
جَهَنَّمَ إِنَّ عَذَابَهَا كَانَ غَرَامًا (الفرقان / 65)

And who say: Our Lord! Avert from us the
doom of hell; lo! the doom thereof is anguish
(25/65)

وَالَّذِينَ يَقُولُونَ رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا
وَذُرِّيَّتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ
إِمَامًا (الفرقان / 74)

And who say: Our Lord! Vouchsafe us
comfort of our wives and of our offspring, and
make us patterns for (all) those who ward off
(evil). (25/74)

رَبِّ هَبْ لِي حُكْمًا وَالْحَقِّنِي بِالصَّالِحِينَ
(83) وَأَجْعَلْ لِي لِسَانَ صِدْقٍ فِي الْآخِرِ (84)
وَأَجْعَلْنِي مِنْ وَرَثَةِ جَنَّةِ النَّعِيمِ (85) وَأَغْفِرْ لِأَبِي
إِنَّهُ كَانَ مِنَ الضَّالِّينَ (86) وَلَا تُخْزِنِي يَوْمَ
يُبْعَثُونَ (الشعراء/ 87)

My Lord! Vouchsafe me wisdom and unite me to the righteous. (83) And give unto me a good report in later generations. (84) And place me among the inheritors of the Garden of Delight, (85) And forgive my father. Lo! He is of those who err. (86) And abase me not on the day when they are raised (26/87)

رَبِّ نَجِّنِي وَأَهْلِي مِمَّا يَعْمَلُونَ
(الشعراء / 169)

My Lord! Save me and my household from
what they do. (26/169)

وَقَالَ رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي
أَنْعَمْتَ عَلَيَّ وَعَلَىٰ وَالِدَيَّ وَأَنْ أَعْمَلَ صَالِحًا
تَرْضَاهُ وَأَدْخِلْنِي بِرَحْمَتِكَ فِي عِبَادِكَ
الصَّالِحِينَ (النمل / 19)

And (Solomon) smiled, laughing at her speech,
and said: My Lord, arouse me to be thankful for
Thy favour wherewith Thou hast favoured me
and my parents, and to do good that shall be
pleasing unto Thee, and include me in (the
number of) Thy righteous slaves. (27/19)

قَالَ رَبِّ إِنِّي ظَلَمْتُ نَفْسِي فَاغْفِرْ لِي
فَغَفَرَ لَهُ إِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ
(القصص/16)

He said: My Lord! Lo! I have wronged my soul, so forgive me. Then He forgave him. Lo! He is the Forgiving, the Merciful. (28/16)

رَبَّنَا وَأَدْخِلْهُمْ جَنَّاتِ عَدْنِ الَّتِي وَعَدْتَهُمْ وَمَنْ
صَلَحَ مِنْ ءَابَائِهِمْ وَأَزْوَاجِهِمْ وَذُرِّيَّاتِهِمْ إِنَّكَ أَنْتَ
الْعَزِيزُ الْحَكِيمُ (8) وَقِهِمُ السَّيِّئَاتِ وَمَنْ تَقِ
السَّيِّئَاتِ يَوْمَئِذٍ فَقَدْ رَحِمْتَهُ وَذَلِكَ هُوَ الْفَوْزُ
الْعَظِيمُ (9) (غافر/9)

Our Lord! And make them enter the Gardens of Eden which thou hast promised them, with such of their fathers and their wives and their descendants as do right. Lo! Thou, only Thou, art the Mighty, the Wise. (8) And ward off from them ill-deeds; and he from whom Thou wardest off ill-deeds that day, him verily hast Thou taken into mercy. That is the supreme triumph. (40/9)

رَبَّنَا اكْشِفْ عَنَّا الْعَذَابَ إِنَّا مُؤْمِنُونَ
(الدخان / 12)

Our Lord relieve us of the torment. Lo! We
are believers. (44/12)

قَالَ رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ
عَلَيَّ وَعَلَىٰ وَالِدَيَّ وَأَنْ أَعْمَلَ صَالِحًا تَرْضَاهُ
وَأَصْلِحْ لِي فِي ذُرِّيَّتِي ^ط إِنِّي تُبْتُ إِلَيْكَ وَإِنِّي مِنَ
الْمُسْلِمِينَ (الأحقاف/15)

My Lord! Arouse me that I may give thanks for the favour wherewith Thou hast favoured me and my parents, and that I may do right acceptable unto Thee. And be gracious unto me in the matter of my seed. Lo! I have turned unto Thee repentant, and lo! I am of those who surrender (unto Thee). (46/15)

وَالَّذِينَ جَاءُوا مِنْ بَعْدِهِمْ يَقُولُونَ رَبَّنَا اغْفِرْ
لَنَا وَلِإِخْوَانِنَا الَّذِينَ سَبَقُونَا بِالْإِيمَانِ وَلَا
تَجْعَلْ فِي قُلُوبِنَا غِلًّا لِلَّذِينَ ءَامَنُوا رَبَّنَا إِنَّكَ
رَءُوفٌ رَحِيمٌ (الحشر/10)

And those who came (into the faith) after them say: Our Lord! Forgive us and our brethren who were before us in the faith, and place not in our hearts any rancour toward those who believe. Our Lord! Thou art Full of Pity, Merciful. (59/10)

رَبَّنَا عَلَيْكَ تَوَكَّلْنَا وَإِلَيْكَ أَنَبْنَا وَإِلَيْكَ الْمَصِيرُ
(4) رَبَّنَا لَا تَجْعَلْنَا فِتْنَةً لِلَّذِينَ كَفَرُوا وَاعْفِرْ
لَنَا رَبَّنَا إِنَّكَ أَنْتَ الْعَزِيزُ الْحَكِيمُ

(الممتحنة / 5)

Our Lord! In Thee we put our trust, and unto Thee we turn repentant, and unto Thee is the journeying. (4) Our Lord! Make us not a prey for those who disbelieve, and forgive us, our Lord! Lo! Thou, only Thou, are the Mighty, the Wise. (60/5)

يَقُولُونَ رَبَّنَا أَتِمِّمْ لَنَا نُورَنَا وَارْحَمْنَا وَأَعِزَّنَا
إِنَّكَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ
(التحریم/8)

They will say: Our Lord! Perfect our light for us, and forgive us! Lo! Thou art Able to do all things. (66/8)

رَبِّ أَعْفِرْ لِي وَلِوَالِدَيَّ وَلِمَن دَخَلَ بَيْتِي
مُؤْمِنًا وَلِلْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ وَلَا تَزِدِ
الظَّالِمِينَ إِلَّا تَبَارًا
(نوح/28)

My Lord! Forgive me and my parents and
him who entereth my house believing, and
believing men and believing women, and
increase not the wrong-doers in aught save
ruin. (71/28)

(23) Practical Way of Ruqia

In order for this 'Ruqia' to be most effective, try reading these verses and prayers in an audible voice, ensuring that they are recited correctly and beautifully. While reading these verses and prayers, place a glass of water in front of you so that you are able to read the verses over it. When you finish, the water may be drunk or be put on parts of the body that need healing. The water can also be put on the face or chest. Try to feel reassurance, peace and godliness while doing this. These verses can also be read on olive oil, melted honey in water or Zamzam water. You have to be certain that what are you doing will not be in vain; but rather, have no doubt that it will have an effect on your body cells and strengthen your immune system. Be confident that you will recover sooner or later. This 'Ruqia' could be a treatment for even diseases that you have that you may not been aware of before. This 'Ruqia' can be performed in bed, or whilst sitting , standing, driving, or in any other condition- as long as you are able to focus on the verses' meanings, and be able to imagine that your body is recovering, that the disease has vanished and that you are active and full of energy. Belief is an important step that can hasten your recovery in sha' Allah

Performing the Ruqia

1. Sûrat Al-Fâtihah

To be read seven times

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ (١)
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ (٢) الرَّحْمَنِ الرَّحِيمِ (٣) مَالِكِ يَوْمِ الدِّينِ (٤) إِيَّاكَ نَعْبُدُ
وَإِيَّاكَ نَسْتَعِينُ (٥) اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ (٦) صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ
الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ (٧)

1-In the Name of Allah, the Most Gracious, the Most Merciful. 2. All praises and thanks be to Allah, the Lord of the 'Alamîn (mankind, jinn and all that exists). 3. The Most Gracious, the Most Merciful. 4. The Only Owner (and the Only Ruling Judge) of the Day of Recompense (i.e. the Day of Resurrection). 5. You (Alone) we worship, and you (Alone) we ask for help (for each and everything). 6. Guide us to the Straight Way. 7. The Way of those on whom you have bestowed Your Grace, not (the way) of those who earned Your Anger (i.e. those who knew the Truth, but did not follow it) nor of those who went astray (i.e. those who did not follow the Truth out of ignorance and error).

2.The first five verses of Sûrat Al-Baqarah

To be read once

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الم (1) ذَلِكَ الْكِتَابُ لَا رَيْبَ فِيهِ هُدًى لِّلْمُتَّقِينَ (2) الَّذِينَ يُؤْمِنُونَ بِالْغَيْبِ وَيُقِيمُونَ الصَّلَاةَ وَمِمَّا رَزَقْنَاهُمْ يُنْفِقُونَ (3) وَالَّذِينَ يُؤْمِنُونَ بِمَا أُنزِلَ إِلَيْكَ وَمَا أُنزِلَ مِن قَبْلِكَ وَبِالْآخِرَةِ هُمْ يُوقِنُونَ (4) أُولَئِكَ عَلَى هُدًى مِّن رَّبِّهِمْ وَأُولَئِكَ هُمُ الْمُفْلِحُونَ (5)

1. Alif-Lâm-Mîm. [These letters are one of the miracles of the Qur'an and none but Allah (Alone) knows their meanings.] 2. This is the Book (the Qur'an), whereof there is no doubt, a guidance to those who are Al-Muttaqûn [the pious believers of Islamic Monotheism who fear Allah much (abstain from all kinds of sins and evil deeds which He has forbidden) and love Allah much (perform all kinds of good deeds which He has ordained)]. 3. Who believe in the Ghaib and perform As-Salât (Iqâmat-as-Salât), and spend out of what We have provided for them [i.e. give Zakât , spend on themselves, their parents, their children, their wives, etc., and also give charity to the poor and also in Allah's Cause - Jihad]. 4. And who believe in (the Qur'an and the Sunnah) which has been sent down (revealed) to you (O Muhammad) and in that which was sent down before you [the Taurât (Torah) and the Injeel (Gospel), etc.] and they believe with certainty in the Hereafter. (Resurrection, recompense of their good and bad deeds, Paradise and Hell). 5. They are on (true) guidance from their Lord, and they are the successful.

3. Ayat-al-Kursî (Sûrat Al-Baqarah: Verse 255)

To be read three times

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَةٌ وَلَا نَوْمٌ لَهُ مَا فِي
السَّمَاوَاتِ وَمَا فِي الْأَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ
مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ مِنْ عِلْمِهِ إِلَّا بِمَا
شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ
الْعَلِيُّ الْعَظِيمُ

Allah! Lâ ilâha illa Huwa (none has the right to be worshipped but He), Al-Hayyul-Qayyum (the Ever Living, the One Who sustains and protects all that exists). Neither slumber nor sleep overtakes Him. To Him belongs whatever is in the heavens and whatever is on the earth. Who is He that can intercede with Him except with His Permission? He knows what happens to them (His creatures) in this world, and what will happen to them in the Hereafter. And they will never compass anything of His Knowledge except that which He wills. His Kursî extends over the heavens and the earth, and He feels no fatigue in guarding and preserving them. And He is the Most High, the Most Great.

4. A few verses from Sûrat Âl-'Imrân

To be read once

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ

They say): "Our Lord! Let not our hearts deviate (from the truth) after you have guided us, and grant us mercy from you. Truly, you are the Bestower

رَبَّنَا مَا خَلَقْتَ هَذَا بَاطِلًا سُبْحَانَكَ فَقِنَا عَذَابَ النَّارِ

Our Lord! You have not created (all) this without purpose, glory to you! (Exalted are you above all that they associate with you as partners). Give us salvation from the torment of the Fire

رَبَّنَا إِنَّكَ مَنْ تُدْخِلِ النَّارَ فَقَدْ أَخْزَيْتَهُ وَمَا لِلظَّالِمِينَ مِنْ أَنْصَارٍ .

Our Lord! Verily, whom you admit to the Fire, indeed, you have disgraced him; and never will the Zâlimûn (polytheists and wrong-doers) find any helpers.

5. A few verses from Sûrat Yûnus To be read seven times

قَالَ مُوسَىٰ مَا جِئْتُمْ بِهِ السَّحْرُ إِنَّ اللَّهَ سَيُبْطِلُهُ إِنَّ اللَّهَ لَا يُصْلِحُ عَمَلَ الْمُفْسِدِينَ
وَيُحِقُّ اللَّهُ الْحَقَّ بِكَلِمَاتِهِ وَلَوْ كَرِهَ الْمُجْرِمُونَ

Mûsâ (Moses) said: "What you have brought is sorcery; Allah will surely make it of no effect. Verily, Allah does not set right the work of Al-Mufsidûn (the evil-doers, corrupters)." And Allah will establish and make apparent the truth by His Words, however much the Mujrimûn (criminals, disbelievers, polytheists, sinners) may hate it."

6. A verse from Sûrat Ar-Ra'd

To be read seven times

الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ ٢٨

Those who believed (in the Oneness of Allah - Islamic Monotheism), and whose hearts find rest in the remembrance of Allah: verily, in the remembrance of Allah do hearts find rest.

7. Last four verses from Sûrat Al-Mu'minûn

To be read once

أَفَحَسِبْتُمْ أَنَّمَا خَلَقْنَاكُمْ عَبَثًا وَأَنَّكُمْ إِلَيْنَا لَا تُرْجَعُونَ ١١٥ فَتَعَالَى 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

- Did you think that we had created you in play (without any purpose), and that you would not be brought back to us?. So Exalted be Allah, the True King: Lâ ilâha illâ Huwa (none has the right to be worshipped but He), the Lord of the Supreme Throne!. And whoever invokes (or worships), besides Allah, any other ilâh (God), of whom he has no proof; then his reckoning is only with his Lord. Surely! Al-Kâfirûn (the disbelievers in Allah and in the Oneness of Allah, polytheists, pagans, and idolaters) will not be successful. And say (O Muhammad): "My Lord! Forgive and have mercy, for you are the Best of those who show mercy!"

8.A verse from Sûrat An-Nûr

To be read once

اللَّهُ نُورُ السَّمَوَاتِ وَالْأَرْضِ ۚ مَثَلُ نُورِهِ كَمِشْكَاةٍ فِيهَا مِصْبَاحٌ ۚ الْمِصْبَاحُ
فِي زُجَاجَةٍ ۚ الزُّجَاجَةُ كَأَنَّهَا كَوْكَبٌ دُرِّيٌّ يُوقَدُ مِنْ شَجَرَةٍ مُبَارَكَةٍ زَيْتُونَةٍ لَا
شَرْقِيَّةٍ وَلَا غَرْبِيَّةٍ يَكَادُ زَيْتُهَا يُضِيءُ وَلَوْ لَمْ تَمْسَسْهُ نَارٌ ۚ نُورٌ عَلَى نُورٍ ۚ
يَهْدِي اللَّهُ لِنُورِهِ مَن يَشَاءُ ۚ وَيَضْرِبُ اللَّهُ الْأَمْثَالَ لِلنَّاسِ ۚ وَاللَّهُ بِكُلِّ شَيْءٍ
عَلِيمٌ (35)

Allah is the Light of the heavens and the earth. The parable of His Light is as (if there were) a niche and within it a lamp: the lamp is in a glass, the glass as it were a brilliant star, lit from a blessed tree, an olive, neither of the east (i.e. neither it gets sun-rays only in the morning) nor of the west (i.e. nor it gets sun-rays only in the afternoon, but it is exposed to the sun all day long), whose oil would almost glow forth (of itself), though no fire touched it. Light upon Light! Allah guides to His Light whom He wills. And Allah sets forth parables for mankind, and Allah is All-Knower of everything.

9.A verse from Sûrat As-Sâffât

To be read once

إِنَّا زَيَّنَّا السَّمَاءَ الدُّنْيَا بِزِينَةِ الْكَوَاكِبِ ۖ وَحِفْظًا مِنْ كُلِّ شَيْطَانٍ مَارِدٍ ۚ لَا
يَسْمَعُونَ إِلَى الْمَلَأِ الْأَعْلَى وَيُقَذَّفُونَ مِنْ كُلِّ جَانِبٍ ۚ دُحُورًا وَلَهُمْ عَذَابٌ
وَاصِبٌ ... ۗ امرات
إِلَّا مَنْ خَطِفَ الْخَطْفَةَ فَأَتْبَعَهُ شِهَابٌ ثَاقِبٌ

Verily we have adorned the near heaven with the stars (for beauty). 7. And to guard against every rebellious devil. 8. They cannot listen to the higher group (angels) for they are pelted from every side. 9. Outcast, and theirs is a constant (or painful) torment. (Read seven times) 10. Except such as snatch away something by stealing, and they are pursued by a flaming fire of piercing brightness.

10. A verse from Sûrat Az-Zumar

To be read three times

قُلْ أَفَرَأَيْتُمْ مَا تَدْعُونَ مِنْ دُونِ اللَّهِ إِنْ أَرَادَنِيَ اللَّهُ بِضُرٍّ هَلْ هُنَّ كَاشِفَاتُ ضُرِّهِ أَوْ أَرَادَنِيَ بِرَحْمَةٍ هَلْ هُنَّ مُمْسِكَاتُ رَحْمَتِهِ قُلْ حَسْبِيَ اللَّهُ عَلَيْهِ يَتَوَكَّلُ الْمُتَوَكِّلُونَ

Say: "Tell me then, the things that you invoke besides Allah - if Allah intended some harm for me, could they remove His harm? Or if He (Allah) intended some mercy for me, could they withhold His Mercy?" Say: "Sufficient for me is Allah; in Him those who trust (i.e. believers) must put their trust."

11. Verses from Sûrat Al-Hashr

To be read three times

لَوْ أَنْزَلْنَا هَذَا الْقُرْآنَ عَلَى جَبَلٍ لَرَأَيْتَهُ خَاشِعًا مُتَصَدِّعًا مِنْ خَشْيَةِ اللَّهِ وَتِلْكَ الْأَمْثَالُ نَضْرِبُهَا لِلنَّاسِ لَعَلَّهُمْ يَتَفَكَّرُونَ ٢١ هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ عَالِمُ 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 السَّمَاوَاتِ وَالْأَرْضِ وَهُوَ الْعَزِيزُ الْحَكِيمُ

21. Had we sent down this Qur'an on a mountain, you would surely have seen it humbling itself and rent asunder by the fear of Allah. Such are the parables which We put forward to mankind that they may reflect. 22. He is Allah, beside whom Lâ ilâha illâ Huwa (none has the right to be worshipped but He) the All-Knower of the unseen and the seen. He is the Most Gracious, the Most Merciful. 23. He is Allah beside Whom Lâ ilâha illa Huwa (none has the right to be worshipped but He), the King, the Holy, the One Free from all defects, the Giver of security, the Watcher over His creatures, the All-Mighty, the Compeller, the Supreme. Glory be to Allah! (High is He) above all that they associate as partners with Him. 24. He is Allah, the Creator, the Inventor of all things, the Bestower of forms. To Him belong the Best Names. All that is in the heavens and the earth glorify Him. And He is the AllMighty, the All-Wise.

12.Last two verses from Sûrat Al-Qalam

To be read three times

وَإِنْ يَكَادُ الَّذِينَ كَفَرُوا لَيُزْلِقُونَكَ بِأَبْصَارِهِمْ لَمَّا سَمِعُوا الذِّكْرَ وَيَقُولُونَ إِنَّهُ لَمَجْنُونٌ
وَمَا هُوَ إِلَّا ذِكْرٌ لِلْعَالَمِينَ

. 51. And verily, those who disbelieve would almost make you slip with their eyes (through hatred) when they hear the Reminder (the Qur'an), and they say: "Verily, he (Muhammad) is a madman!" 52. But it is nothing else than a Reminder to all the 'Alamin (mankind, jinns and all that exists).

13.A Verse from Sûrat Al-Burûj

To be read seven times

إِنَّ الَّذِينَ فَتَنُوا الْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ ثُمَّ لَمْ يَتُوبُوا فَلَهُمْ عَذَابُ جَهَنَّمَ وَلَهُمْ عَذَابُ
الْحَرِيقِ

Verily, those who put into trial the believing men and believing women (by torturing them and burning them), and then do not turn in repentance (to Allah), then they will have the torment of Hell, and they will have the punishment of the burning Fire.

14.Sûrat Al-Ikhlâs

To be read eleven times

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

1. Say (O Muhammad): "He is Allah, (the) One. 2. Allah -us-Samad [Allah the Self-Sufficient Master, Whom all creatures need, (He neither eats nor drinks)]. 3. "He begets not, nor was He begotten. 4. "And there is none co-equal or comparable unto Him.

15.Sûrat Al-Falaq

To be read three times

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ۱ مِنْ شَرِّ مَا خَلَقَ ۲ وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ۳ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ۴ وَمِنْ
شَرِّ حَاسِدٍ إِذَا حَسَدَ ۵

In the Name of Allah, the Most Gracious, the Most Merciful 1. Say: "I seek refuge with (Allah), the Lord of the daybreak 2. "From the evil of what He has created. 3. "And from the evil of the darkening (night) as it comes with its darkness; (or the moon as it sets or goes away). 4. "And from the evil of those who practice witchcraft when they blow in the knots, 5. "And from the evil of the envier when he envies.«

16.Sûrat An-Nâs

To be read three times

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
قُلْ أَعُوذُ بِرَبِّ النَّاسِ ۱ مَلِكِ النَّاسِ ۲ إِلَهِ النَّاسِ ۳ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ۴ الَّذِي يُوَسْوِسُ فِي
صُدُورِ النَّاسِ ۵ مِنَ الْجِنَّةِ وَالنَّاسِ ۶

In the Name of Allah, the Most Gracious, the Most Merciful 1. Say: "I seek refuge with (Allah) the Lord of mankind. 2. "The King of mankind. 3. "The Ilâh (God) of mankind. 4. "From the evil of the whisperer (devil who whispers evil in the hearts of men) who withdraws (from his whispering in one's heart after one remembers Allah). 5. "Who whispers in the breasts of mankind. 6. "Of jinn and men."

2. Prophetic prayers

We advise you to repeat these prayers below. Prophet Mohammed (May the peace and blessings be upon him) was keen to say these prayers in case of illness.

Repeat this Prayer three times

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

In the name of Allah with whose Name nothing is harmful neither on Earth nor in the Heavens and He is the All-Hearing, the All-Knowing

A prayer to recover from disease

بِسْمِ اللَّهِ

In the name of Allah...

Say it three times

أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاذِرُ

I seek refuge in Allah and His Power from the evil of what I find and I fear.

Say seven times

Read this Prayer seven Times

أَسْأَلُ اللَّهَ الْعَظِيمَ رَبَّ الْعَرْشِ الْعَظِيمِ أَنْ يَشْفِينِي

I ask Almighty God, Lord of the Mighty Throne, to heal me

Prayer of Wellness

Repeat it as much as you can

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ

God, I ask you for pardon and well-being in this world and the Hereafter.