



‘The difference between the one who remembers Allah ﷻ and the one who doesn’t remember Allah ﷻ is like the difference between the living and the dead.’

[Ṣaḥīḥ Al-Bukhārī]



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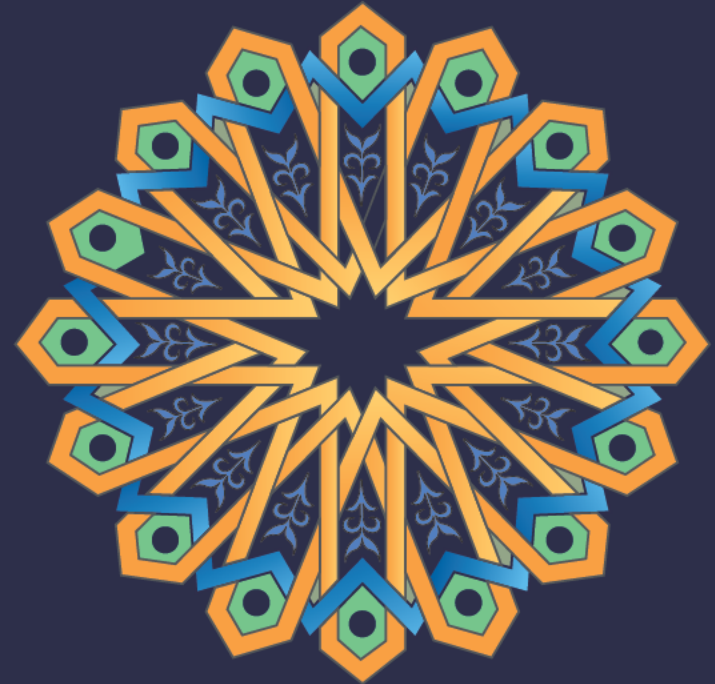


# وَإِيَّاكَ نَسْتَعِينُ

‘and You alone we ask for help’

eBook

Supplications for Morning, Evening and Protection





بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

وَإِيَّاكَ نَسْتَعِينُ

‘and You alone we ask for help’

Supplications for Morning, Evening and Protection

The Messenger of Allah ﷺ said, ‘Allah the Almighty said: ‘I am as My servant thinks I am . I am with him when he makes mention of Me. If he makes mention of Me to himself, I make mention of him to Myself; and if he makes mention of Me in an assembly, I make mention of him in an assembly better than it. And if he draws near to Me a hand's span, I draw near to him an arm's length. And if he comes to Me walking, I go to him at speed.’

[*Ṣaḥīḥ al-Bukhārī & Ṣaḥīḥ Muslim*]

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

## Transliteration Chart

## جدول التَّشْكِيل

Letter	Transliteration	Letter	Transliteration
ا	a	ط	ṭ
ب	b	ظ	ẓ
ت	t	ع	‘
ث	th	غ	gh
ج	j	ف	f
ح	ḥ	ق	q
خ	kh	ك	k
د	d	ل	l
ذ	dh	م	m
ر	r	ن	n
ز	z	و	w
س	s	هـ	h
ش	sh	ء ا ز ي	’
ص	ṣ		
ض	ḍ		

### Short Vowels

a -

i -

u -

### Long Vowels

ā تا

ī يـ

ū وـ

### Diphthongs

aw ؤ

ai ءي

### Double Letters

ـ

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ۝ الرَّحْمَنُ  
الرَّحِيمُ ۝ مَلِكِ يَوْمِ الدِّينِ ۝ إِيَّاكَ نَعْبُدُ وَ  
إِيَّاكَ نَسْتَعِينُ ۝ اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ۝  
صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ  
الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ۝

(All) praise is (due) to Allah, Lord of the worlds. The Entirely Merciful, the Especially Merciful. Sovereign of the Day of Recompense. You we worship and You we ask for help. Guide us to the straight path. The path of those upon whom You have bestowed favour, not of those who have evoked anger nor of those who are astray.



## Preface

In this life every person experiences misfortune, grief and anxiety. When we are afflicted with a hardship, there is a natural tendency to want to turn to someone. There is an underlying hope that this assistance will in some way alleviate our suffering and resolve our difficulties.

What we need to realise is that the absolute ability to eradicate any adversity and provide relief to the entire creation belongs to the Creator, Allah ﷻ alone.

أَمَّن يُجِيبُ الْمُضْطَرَّ إِذَا دَعَاهُ وَيَكْشِفُ السُّوءَ... ۝

'Is He (not best) who responds to the desperate one when he calls upon Him and removes evil...' [Al-Naml: 62]

In order to be free from grief and anxiety we need to remember Allah ﷻ abundantly, especially in the mornings and in the evenings. As Allah ﷻ says:

يَا أَيُّهَا الَّذِينَ آمَنُوا اذْكُرُوا اللَّهَ ذِكْرًا كَثِيرًا ۝ وَسَبِّحُوهُ بُكْرَةً وَأَصِيلًا ۝

'O you who have believed, remember Allah ﷻ with much remembrance. And exalt Him morning and afternoon. [Al-Ahzāb: 41-42]

It is also essential to bear in mind that the best way to remember Allah ﷻ is in the manner taught to us by Allah ﷻ Himself:

فَاذْكُرُوا اللَّهَ كَمَا عَلَّمَكُمْ مَا لَمْ تَكُونُوا تَعْلَمُونَ ۝

...then remember Allah, as He has taught you that which you did not [previously] know. [Al-Baqarah: 239]

Accordingly, we should avoid the use of self-innovated methods and adhere to that which we have been clearly commanded. That is why in addition to words of remembrance for the morning and evening, this book contains supplications for the afflictions of anxiety and sorrow, and protection from evil and misfortune supported with evidences from the authentic Sunnah of the Holy Prophet ﷺ.

Reciting these supplications from the heart with utmost humility will prove beneficial, *InshāAllah*.

May Allah ﷻ grant us all the ability to remember Him and be grateful to Him. *Amin*.

Farhat Hashmi,  
October, 2012

## Praise and Glorification

1. سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ.

*Subhān Allāhi wa bi ḥamdihi subhān Allāhil ‘azīmi*

2. اللَّهُ أَكْبَرُ كَبِيرًا وَالْحَمْدُ لِلَّهِ كَثِيرًا وَسُبْحَانَ اللَّهِ

بُكْرَةً وَأَصِيلًا.

*Allāhu Akbaru kabīra(n)w wal ḥamdulillāhi kathīra(n)w wa subhān Allāhi bukrata(n)w wa aṣīlan*

## Peace and Blessings upon the Messenger of Allah ﷺ

1. اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ.

*Allāhumma ṣalli ‘alā Muḥammadi(n)w wa ‘alā āli Muḥammadin*

2. اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ عَبْدِكَ وَرَسُولِكَ

كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَبَارَكْ عَلَى مُحَمَّدٍ

وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى

إِبْرَاهِيمَ وَآلِ إِبْرَاهِيمَ.

*Allāhumma ṣalli ‘alā Muḥammadin ‘abdika wa rasūlika kamā ṣallaita ‘alā Ibrāhīma wa bārik ‘alā Muḥammadi(n)w wa ‘alā āli Muḥammadin kamā bārakta ‘alā Ibrāhīma wa āli Ibrāhīma*



## Supplications for Morning and Evening

1. سُبْحَانَ اللَّهِ وَبِحَمْدِهِ عَدَدَ خَلْقِهِ وَرِضَا نَفْسِهِ وَزِينَةَ

(Thrice in the morning)

عَرْشِهِ وَمَدَادَ كَلِمَاتِهِ.

*Subhān Allāhī wabi ḥamdihī, 'adada khalqihī, wa riḍā nafsihī, wa zinata 'arshihī, wa midāda kalimātihī*

2. 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.

(Once in the morning and evening)

*Allāhu lā ilāha illā huwal ḥayyul qayyūmu, lā ta'khudhuhū sinatu(n)w walā nawmun, lahū mā fis samāwāti wa mā fil arḍi, man dhalladhī yashfa'u 'indahū illā bi idhnihī, ya'lamu mā baina aidihim wa mā khalfahum, wa lā yuḥīṭuna bi shai'i(n)min 'ilmihī illā bimā sha'a, wasi'a kursiyuhus samāwāti wal arḍa, wa lā ya'ūduhū ḥifzuhumā, wa huwal 'aliyyul 'azīmu.*

3. اللَّهُمَّ بِكَ أَصْبَحْنَا وَبِكَ أَمْسَيْنَا وَبِكَ نَحْيَا وَبِكَ

نَمُوتُ وَ إِلَيْكَ الْمَصِيرُ.

(Once in the morning)

*Allāhumma bika aṣbahnā wa bika amsainā, wa bika nahyā, wa bika namūtu wa ilaikal maṣīru.*

☆ In the evening say:

اللَّهُمَّ بِكَ أَمْسَيْنَا وَبِكَ أَصْبَحْنَا وَبِكَ نَحْيَا وَبِكَ

نَمُوتُ وَ إِلَيْكَ التُّشُورُ.

(Once in the evening)

*Allāhumma bika amsainā wa bika aṣbahnā, wa bika nahyā, wa bika namūtu wa ilaikan nushūru.*

4. أَصْبَحْنَا عَلَى فِطْرَةِ الْإِسْلَامِ وَعَلَى كَلِمَةِ الْإِخْلَاصِ

وَعَلَى دِينِ نَبِيِّنَا مُحَمَّدٍ ﷺ وَعَلَى مِلَّةِ آبَائِنَا إِبْرَاهِيمَ

حَنِيفًا مُسْلِمًا وَمَا كَانَ مِنَ الْمُشْرِكِينَ.

(Once in the morning and evening)

*Aṣbahnā 'alā fiṭratil islāmi, wa 'alā kalimatil ikhlāsi, wa 'alā dīni nabiyyinā Muḥammadin (ṣallallāhu 'alaihi wasallam), wa 'alā millati abīnā Ibrāhīma ḥanīfa(n)m muslima(n)w wamā kāna minal mushrikīna.*

☆ In the evening say, *Amsainā* instead of *Aṣbahnā*



5. اَللّٰهُمَّ فَاطِرَ السَّمٰوٰتِ وَالْاَرْضِ، عَالِمَ الْغَيْبِ وَالشَّهَادَةِ،  
لَا اِلٰهَ اِلَّا اَنْتَ رَبُّ كُلِّ شَيْءٍ وَمَلِيْكُهُ اَعُوْذُبِكَ مِنْ  
شَرِّ نَفْسِيْ وَمِنْ شَرِّ الشَّيْطٰنِ وَشَرِّكَهٖ وَاَنْ اَقْتَرِفَ عَلٰى  
نَفْسِيْ سُوْءًا اَوْ اَجْرَهُ اِلٰى مُسْلِمٍ .

(Once in the morning and evening)

*Allāhumma fāṭiras samāwāti wal arḍi, ‘alimal ghaibi wash shahādati, lā ilāha illā anta rabba kulli shai’i(n)w wa malīkahu, a‘udhubika min sharri nafsi, wa min sharrish shaiṭāni wa shirkihī, wa an aqtarifa ‘alā nafsi sū’an aw ajurrahū ilā muslimin.*

6. اَصْبَحْنَا وَ اَصْبَحَ الْمَلِكُ لِلّٰهِ وَالْحَمْدُ لِلّٰهِ لَا اِلٰهَ اِلَّا  
اللّٰهُ وَحْدَهُ لَا شَرِيْكَ لَهٗ، لَهٗ الْمَلِكُ وَلَهٗ الْحَمْدُ وَهُوَ  
عَلٰى كُلِّ شَيْءٍ قَدِيْرٌ، رَبِّ اَسْأَلُكَ خَيْرَ مَا فِيْ هٰذَا الْيَوْمِ  
وَ خَيْرَ مَا بَعْدَهَا وَاَعُوْذُبِكَ مِنْ شَرِّ مَا فِيْ هٰذَا الْيَوْمِ وَشَرِّ  
مَا بَعْدَهُ، رَبِّ اَعُوْذُبِكَ مِنَ الْكَسْلِ وَسُوْءِ الْكِبَرِ رَبِّ  
اَعُوْذُبِكَ مِنْ عَذَابِ فِي النَّارِ وَعَذَابِ فِي الْقَبْرِ .

(Once in the morning)

*Aṣḥaḥnā wa aṣḥaḥal mulku lillāhi wal ḥamdu lillāhi, lā ilāha*

*illAllāhu, waḥdahū lā sharīka lahū, laḥul mulku wa laḥul ḥamdu wa huwa ‘alā kulli shai’in qadīrun, rabbi as’aluka khaira mā fi hādhal yawmi, wa khaira mā ba’dahū, wa a‘udhubika min sharri mā fi hādhal yawmi wa sharri mā ba’dahū, rabbi a‘udhubika minal kasali wa sū’il kibari, rabbi a‘udhubika min ‘adhābin fin nāri wa ‘adhābin fil qabri.*

☆ In the evening read it as:

اَمْسَيْنَا وَ اَمْسَى الْمَلِكُ لِلّٰهِ وَالْحَمْدُ لِلّٰهِ لَا اِلٰهَ اِلَّا اللّٰهُ  
وَ حُدَّهُ لَا شَرِيْكَ لَهٗ، لَهٗ الْمَلِكُ وَلَهٗ الْحَمْدُ وَهُوَ عَلٰى  
كُلِّ شَيْءٍ قَدِيْرٌ، رَبِّ اَسْأَلُكَ خَيْرَ مَا فِيْ هٰذِهِ اللَّيْلَةِ وَ  
خَيْرَ مَا بَعْدَهَا وَاَعُوْذُبِكَ مِنْ شَرِّ مَا فِيْ هٰذِهِ اللَّيْلَةِ وَشَرِّ  
مَا بَعْدَهَا، رَبِّ اَعُوْذُبِكَ مِنَ الْكَسْلِ وَسُوْءِ الْكِبَرِ، رَبِّ  
اَعُوْذُبِكَ مِنْ عَذَابِ فِي النَّارِ وَعَذَابِ فِي الْقَبْرِ .

(Once in the evening)

*Amsainā wa amsal mulku lillāhi wal ḥamdu lillāhi, lā ilāha illAllāhu, waḥdahū lā sharīka lahū, laḥul mulku wa laḥul ḥamdu wa huwa ‘alā kulli shai’in qadīrun, rabbi as’aluka khaira mā fi hādhihil lailati, wa khaira mā ba’dahā, wa a‘udhubika min sharri mā fi hādhihil lailati wa sharri mā ba’dahā, rabbi a‘udhubika minal kasali wa sū’il kibari, rabbi a‘udhubika min ‘adhābin fin nāri wa ‘adhābin fil qabri.*

7. رَضِيتُ بِاللَّهِ رَبًّا وَبِالْإِسْلَامِ دِينًا وَبِمُحَمَّدٍ نَبِيًّا.

(Once in the morning)

*Raḍitu billāhi Rabba(n)w wa bil islāmi dīna(n)w wa bi Muḥammadin nabiyyan.*

8. أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ.

(Once in the evening)

*A'ūdhu bi kalimātillāhit tammāti min sharri mā khalaqa.*

9. بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ

وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ.

(Thrice in the morning and evening)

*Bismillāhil ladhī lā yaḍurru ma 'asmihī shai'un fil arḍi wa lā fis sama'i wa huwas samī'ul 'alīmu.*

10. اللَّهُمَّ عَافِنِي فِي بَدَنِي، اللَّهُمَّ عَافِنِي فِي سَمْعِي، اللَّهُمَّ

عَافِنِي فِي بَصَرِي لَا إِلَهَ إِلَّا أَنْتَ.

(Thrice in the morning and evening)

*Allāhumma 'āfinī fi badanī, Allāhumma 'āfinī fi samī', Allāhumma 'āfinī fi baṣarī, lā ilāha illā anta.*

11. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ وَالْفَقْرِ، اللَّهُمَّ إِنِّي

أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ، لَا إِلَهَ إِلَّا أَنْتَ.

(Thrice in the morning and evening)

*Allāhumma innī a'ūdhubika minal kufri wal faqri, Allāhumma innī a'ūdhubika min 'adhābil qabri, lā ilāha illā anta.*

12. يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ أَصْلِحْ لِيْ شَأْنِيْ

كُلَّهُ وَلَا تَكِلْنِيْ إِلَى نَفْسِيْ طَرْفَةَ عَيْنٍ.

(Once in the morning and evening)

*Ya Ḥayyu Ya Qayyūmu bi raḥmatika astaghīthu, aṣliḥ lī sha'nī kullahu, wa lā takilnī ilā nafsi' tarfata 'ainin.*

13. اللَّهُمَّ أَنْتَ رَبِّيْ، لَا إِلَهَ إِلَّا أَنْتَ خَلَقْتَنِيْ وَأَنَا عَبْدُكَ

وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ أَعُوذُ بِكَ

مِنْ شَرِّ مَا صَنَعْتُ أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَأَبُوءُ

بِدُنْيِيْ فَاعْفِرْ لِيْ إِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ.

(Once in the morning and evening)

*Allāhumma anta rabbī lā ilāha illā anta khalaqtanī wa ana 'abduka wa ana 'alā 'ahdika wa wa'dika mastata'tu a'ūdhubika min sharri mā ṣana'tu abū'u laka bi ni'matika 'alaiya wa abū'u bi dhambī faghfir lī innahū lā yaghfirudh dhunūba illā anta.*

14. اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ، اللَّهُمَّ

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

(Once in the morning and evening)

Allāhumma innī as'alukal 'āfiyata fid duniyā wal ākhirati,  
Allāhumma innī as'alukal 'afwa wal 'āfiyata fi dīnī wa duniyāya,  
wa ahli wa māli, Allāhummastur 'awrātī wa āmi(n)r raw'ātī,  
Allāhumhḥfaznī mim bainī yadayya wa min khalfī, wa'a(n)y  
yamīnī wa 'an shimālī wa min fawqī wa a'ūdhubi 'aẓamatika an  
ughtāla min taḥī.

15. بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ هُوَ اللَّهُ أَحَدٌ ۝ اللَّهُ الصَّمَدُ ۝ لَمْ يَلِدْ وَلَمْ يُولَدْ ۝ وَلَمْ  
يَكُنْ لَهُ كُفُوًا أَحَدٌ ۝

(Thrice in the morning and evening)

Bismillāhir Raḥmānir Raḥīm.

Qul huwAllāhu aḥadun. Allāhuṣ ṣamadu. Lam yalid wa lam  
yūlad. Wa lam yaku(n)l lahū kufiwan aḥadun.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

.16

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ۝ مِنْ شَرِّ مَا خَلَقَ ۝ وَمِنْ شَرِّ  
غَاسِقٍ إِذَا وَقَبَ ۝ وَمِنْ شَرِّ النَّفَّاثِ فِي الْعُقَدِ ۝ وَمِنْ شَرِّ  
حَاسِدٍ إِذَا حَسَدَ ۝

(Thrice in the morning and evening)

Bismillāhir Raḥmānir Raḥīm.

Qul a'ūdhubi rabbil falaqi. Min sharri mā khalaqa. Wa min  
sharri ghāsiqin idhā waqaba. wa min sharrin naffāthāti  
fi'uqadi. Wa min sharri ḥāsidi(n) idhā ḥasada.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

.17

قُلْ أَعُوذُ بِرَبِّ النَّاسِ ۝ مَلِكِ النَّاسِ ۝ إِلَهِ النَّاسِ ۝ مِنْ  
شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ۝ الَّذِي يُوَسْوِسُ فِي صُدُورِ  
النَّاسِ ۝ مِنَ الْجِنَّةِ وَالنَّاسِ ۝

(Thrice in the morning and evening)

Bismillāhir Raḥmānir Raḥīm.

Qul a'ūdhubi rabbin nāsi. Malikin nāsi. ilāhin nāsi. Min sharril  
waswāsil khannāsi. Alladhī yuwaswisu fi ṣudūrin nāsi. Minal  
jinnati wannāsi.

18. لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ

الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ.

(Once in the morning and evening)

*Lā ilāha illAllāhu waḥdahū lā sharīka lahu, lahul mulku wa lahul ḥamdu, wa huwa 'alā kulli shai' in qadīrun.*

19. سُبْحَانَ اللَّهِ وَبِحَمْدِهِ. (100 times in the morning and evening)

*SubḥānAllāhi wa biḥamdihi.*

20. اَسْتَغْفِرُ اللَّهَ. (100 times in the morning)

*Astaghfirullāh*

### Supplication of a Traveller in the Morning

21. سَمِعَ سَامِعٌ بِحَمْدِ اللَّهِ وَحُسْنِ بَلَائِهِ عَلَيْنَا، رَبَّنَا

صَاحِبِنَا وَأَفْضَلُ عَلَيْنَا عَائِدًا بِاللَّهِ مِنَ النَّارِ.

*Sami'a sāmiu(n)m bi ḥamdillāhi wa ḥusni balā'ihī 'alainā, rabbana ṣāḥibnā wa afḍil 'alainā 'ā'idha(n)m billahi min annāri.*



## Supplications for Protection



## Supplications for Protection

1. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنْ مُنْكَرَاتِ الْاَخْلَاقِ  
وَ الْاَعْمَالِ وَ الْاَهْوَاءِ.

*Allāhumma innī a'ūdhubika min munkarātil akhlāqi, wal ā'māli wal ahwā'i.*

2. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنْ شَرِّ مَا عَمِلْتُ وَ مِنْ شَرِّ مَا  
لَمْ اَعْمَلْ.

*Allāhumma innī a'ūdhubika min sharri mā 'amiltu wa min sharri mā lam a'mal.*

3. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنَ الْبَرَصِ وَ الْجُنُوْنِ وَ الْجُدَامِ  
وَ سَيِّئِ الْاَسْقَامِ.

*Allāhumma innī a'ūdhubika minal barāsi, wal junūni, wal judhāmi, wa sayyi'il asqāmi.*

4. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنْ ضِيْقِ الدُّنْيَا، وَ ضِيْقِ يَوْمِ  
الْقِيَامَةِ.

*Allāhumma innī a'ūdhubika min ḍiqid dunyā wa ḍiqi yawmil qiyāmati.*

5. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنْ قَوْلٍ لَا يُسْمَعُ وَ عَمَلٍ لَا  
يُرْفَعُ وَ قَلْبٍ لَا يَخْشَعُ وَ عِلْمٍ لَا يَنْفَعُ.

*Allāhumma innī a'ūdhubika min qawli lā yusma'u wa 'amali lā yurfa'u wa qalbil lā yakh-sha'u wa 'ilmillā yanfa'u.*

6. لَا اِلٰهَ اِلَّا اللّٰهُ وَحْدَهُ لَا شَرِيْكَ لَهُ، لَهُ الْمُلْكُ وَ لَهُ  
الْحَمْدُ وَ هُوَ عَلَى كُلِّ شَيْءٍ قَدِيْرٌ.

*Lā ilāha illAllāhu waḥdahū lā sharīka lahu, lahu mulku wa lahu ḥamdu, wa huwa 'alā kulli shai'in qaḍīrun.*

7. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنْ جَهْدِ الْبَلَاءِ وَ دَرَكِ الشَّقَاةِ  
وَ سُوءِ الْقَضَاءِ وَ شَمَاتَةِ الْاَعْدَاءِ.

*Allāhumma innī a'ūdhubika min jahdil balā'i wa darakish shaqā'i wa sū'il qaḍā'i wa shamātatil a'dā'i.*

8. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنَ الْفَقْرِ وَ الْقِلَّةِ وَ الدَّلَّةِ وَ اَعُوْذُبِكَ  
مِنْ اَنْ اُظْلِمَ اَوْ اُظْلَمَ.

*Allāhumma innī a'ūdhubika minal faqri wal qillati wadh dhillati wa a'ūdhubika min an aẓlima aw uẓlama.*

9. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنْ زَوَالِ نِعْمَتِكَ وَتَحَوُّلِ  
عَافِيَتِكَ وَفُجَاءَةِ نِقْمَتِكَ وَجَمِيْعِ سَخَطِكَ.

Allāhumma innī a'ūdhubika min zawāli ni'matika wa taḥawwuli  
'āfiyatika wa fuajā'ati niqmatika wa jamī'i sakhatika.

10. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنْ شَرِّ سَمْعِيْ وَمِنْ شَرِّ بَصْرِيْ  
وَمِنْ شَرِّ لِسَانِيْ وَمِنْ شَرِّ قَلْبِيْ وَمِنْ شَرِّ مَنِيِّيْ.

Allāhumma innī a'ūdhubika min sharri sam'i wa min sharri  
baṣari wa min sharri lisāni wa min sharri qalbi wa min sharri  
maniyyi.

11. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنْ عِلْمٍ لَا يَنْفَعُ وَمِنْ قَلْبٍ لَا  
يَخْشَعُ وَمِنْ نَفْسٍ لَا تَشْبَعُ وَمِنْ دَعْوَةٍ لَا يُسْتَجَابُ لَهَا.

Allāhumma innī a'ūdhubika min 'ilmil lā yanfa'u wa min qalbil lā  
yakhsha'u wa min nafsil lā tashba'u wa min da'watil lā yustajābu  
lahā.

12. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنَ الْجُوْعِ فَاِنَّهُ بِئْسَ الضَّجِيْعُ  
وَاعُوْذُبِكَ مِنَ الْخِيَاْنَةِ فَاِنَّهَا بِئْسَتِ الْبِطَانَةُ.

Allāhumma innī a'ūdhubika minal jū'i fa innahu bi'saḍ ḍajī'u wa  
a'ūdhubika minal khiyānati fa innahā bi'satil biṭānātu.

13. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنَ الْعَجْزِ وَالْكَسَلِ وَالْجُبْنِ  
وَالْهَرَمِ وَالْبُخْلِ وَاعُوْذُبِكَ مِنْ عَذَابِ الْقَبْرِ وَمِنْ فِتْنَةِ  
الْمَحْيَا وَالْمَمَاتِ.

Allāhumma innī a'ūdhubika minal 'ajzi wal kasali wal jubni wal  
harami wal bukhli wa a'ūdhubika min 'adhābil qabri wa min  
fitnatil mahyā wal mamāti.

14. اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنْ يَوْمِ السُّوْءِ وَمِنْ لَيْلَةِ السُّوْءِ  
وَمِنْ سَاعَةِ السُّوْءِ وَمِنْ صَاحِبِ السُّوْءِ وَمِنْ جَارِ السُّوْءِ  
فِيْ دَارِ الْمَقَامَةِ.

Allāhumma innī a'ūdhubika min yawmis sū'i wa min lailatis sū'i  
wa min sā'atis sū'i wa min ṣāhibis sū'i wa min jāris sū'i fi dāril  
muqāmati.

15. اَعُوْذُ بِاللّٰهِ اَنْ اُرَدَّ اِلَى اَرْضِ الْعُمْرِ وَاَعُوْذُ بِاللّٰهِ مِنْ  
الْبُخْلِ وَالْجُبْنِ وَاَعُوْذُ بِاللّٰهِ مِنْ فِتْنَةِ الصَّدْرِ وَبَغْيِ  
الرِّجَالِ.

A'ūdhubillāhi an uradda ilā ardhalil 'umuri wa a'ūdhubika  
minal bukhli wal jubni wa a'ūdhubillāhi min fitnatis ṣadri wa  
baghyir rijāli.

16. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ، اللَّهُمَّ إِنِّي  
أَعُوذُ بِكَ مِنْ عَذَابِ النَّارِ، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ  
الْفِتَنِ مَا ظَهَرَ مِنْهَا وَمَا بَطَنَ، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ  
فِتْنَةِ الْأَعْوَرِ الْكَذَّابِ.

*Allāhumma inni a'udhubika min 'adhābil qabri Allāhumma inni  
a'udhubika min 'adhābin nāri. Allāhumma inni a'udhubika  
minal fitani ma zahara minhā wa mā baṭana. Allāhumma inni  
a'udhubika min fitnatil a'waril kadh-dhābi.*

17. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ التَّرْدِي وَالْهَدْمِ وَالْغَرَقِ  
وَالْحَرِيقِ وَأَعُوذُ بِكَ أَنْ يَتَخَبَّطَنِي الشَّيْطَانُ عِنْدَ  
الْمَوْتِ وَأَعُوذُ بِكَ أَنْ أَمُوتَ فِي سَبِيلِكَ مُدْبِرًا  
وَأَعُوذُ بِكَ أَنْ أَمُوتَ لَدِيغًا.

*Allāhumma inni a'udhubika minat taraddi wal hadmi wal  
gharaqi wal hariqi, wa a'udhubika a(n)y yatakhabbataniyash  
shaitānu 'indal mawti, wa a'udhubika an amūta fi sabilika  
mudbira(n)w wa a'udhubika an amūta ladighan.*

18. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ وَالْجُبْنِ  
وَالْبُخْلِ وَالْهَرَمِ وَالْقَسْوَةِ وَالْغَفْلَةِ وَالْعَيْلَةِ وَالذَّلَّةِ

وَالْمَسْكَنَةِ وَأَعُوذُ بِكَ مِنَ الْفَقْرِ وَالْكَفْرِ وَالْفُسُوقِ  
وَالشَّقَاقِ وَالنِّفَاقِ وَالسُّمْعَةِ وَالرِّيَاءِ وَأَعُوذُ بِكَ مِنْ  
الصَّمَمِ وَالْبَكَمِ وَالْجُنُونِ وَالْجُدَامِ وَالْبَرَصِ وَسَيِّءِ  
الْأَسْقَامِ.

*Allāhumma inni a'udhubika minal 'ajzi, wal kasali, wal jubni,  
wal bukhli, wal harami, wal qaswati, wal ghaflati, wal 'ailati,  
wadh dhillati, wal maskanati, wa a'udhubika minal faqri wal  
kufri wal fusūqi wash shiqāqi wan nifaqi, was sum 'ati war riyā'i,  
wa a'udhubika minas ṣamami wal bakami, wal junūni wal  
judhāmi wal baraṣi wa sayyi'il asqāmi.*

19. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ جَارِ السُّوءِ، وَمِنْ زَوْجٍ  
تُشَيَّبِنِي قَبْلَ الْمَشِيْبِ، وَمِنْ وَلَدٍ يَكُونُ عَلَيَّ رَبًّا، وَمِنْ  
مَالٍ يَكُونُ عَلَيَّ عَذَابًا، وَمِنْ خَلِيلٍ مَا كَرِهَيْتُهُ تَرَانِي،  
وَقَلْبُهُ يَرْعَانِي إِنْ رَأَى حَسَنَةً دَفَنَهَا، وَإِذَا رَأَى سَيِّئَةً  
أَذَاعَهَا.

*Allāhumma inni a'udhubika min jāris sū'i wa min zawjin  
tushaiyibunī qablal mashībi wa min waladi(n)yakūnu 'alaiya  
rabban wa mi(n)m māli(n)yakunu 'alaiya 'adhāban wa min  
khalīli(n)m mākirin 'ainuhu tarānī wa qalbuḥu yar 'ānī i(n)r ra 'a  
ḥasanatan dafanahā wa idhā ra 'ā sayyi'atan adha 'ahā.*

20. اللَّهُمَّ لَكَ أَسَلَمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ  
تَوَكَّلْتُ وَإِلَيْكَ أَنْبْتُ وَبِكَ خَاصَمْتُ، اللَّهُمَّ إِنِّي  
أَعُوذُ بِعِزَّتِكَ لَا إِلَهَ إِلَّا أَنْتَ أَنْ تُضِلَّنِي، أَنْتَ الْحَيُّ  
الَّذِي لَا يَمُوتُ وَالْجِنُّ وَالْإِنْسُ يَمُوتُونَ.

*Allāhumma laka aslamtu wa bika āmantu wa ‘alaika tawakaltu  
wa ilaika anabtu wa bika khaṣamtu. Allāhumma inni a‘ūdhu  
bi ‘izzatika lā illāha illā anta an tuḍillanī antal ḥayyul ladhī lā  
yamūtu wal jinnu wal insu yamūtūna.*

21. اللَّهُمَّ رَبَّ السَّمَوَاتِ وَرَبَّ الْأَرْضِ وَرَبَّ الْعَرْشِ  
الْعَظِيمِ، رَبَّنَا وَرَبَّ كُلِّ شَيْءٍ، فَالِقَ الْحَبِّ وَالنَّوَى،  
وَمُنْزِلَ التَّوْرَةِ وَالْإِنْجِيلِ وَالْفُرْقَانِ، أَعُوذُ بِكَ مِنْ شَرِّ  
كُلِّ شَيْءٍ أَنْتَ آخِذٌ بِنَاصِيَتِهِ اللَّهُمَّ أَنْتَ الْأَوَّلُ فَلَيْسَ  
قَبْلَكَ شَيْءٌ وَأَنْتَ الْآخِرُ فَلَيْسَ بَعْدَكَ شَيْءٌ، وَأَنْتَ  
الظَّاهِرُ فَلَيْسَ فَوْقَكَ شَيْءٌ، وَأَنْتَ الْبَاطِنُ فَلَيْسَ دُونَكَ  
شَيْءٌ، اقْضِ عَنَّا الدَّيْنَ وَأَغْنِنَا مِنَ الْفَقْرِ.

*Allāhumma Rabbas samāwāti wa Rabbal arḍi wa Rabbal ‘arshil  
‘azīmi, Rabbanā wa Rabba kulli shai’in, Fāliqal ḥabbi wan  
nawā, wa munzilat tawrāti wal injīli wal furqāni, a‘ūdhubika min  
sharri kulli shai’in anta ākhizunm bi nāṣiyatihi, Allāhumma  
antal awwalu fa laisa qablaka shai’un wa antal ākhīru fa laisa*

*ba ‘daka shai’un , wa antaz zāhiru fa laisa fawqaka shai’un, wa  
antal bātinu fa laisa dūnaka shai’un, iqḍi ‘annad daina wa  
aghninā minal faqri.*

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

*Allāhumma inni a‘udhubika min ‘adhābi jahannama wa min  
‘adābil qabri wa min fitnatil mahyā wal mamāti wa min sharri  
fitnatil masīhid dajjālī.*





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*Supplications for  
Protection from an Enemy*



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## Supplications for Protection from an Enemy

1. اللَّهُمَّ اكْفِنِيهِمْ بِمَا شِئْتَ.

*Allāhummak finihim bimā shi'ta.*

2. اللَّهُمَّ إِنَّا نَجْعَلُكَ فِي نُحُورِهِمْ وَنَعُوذُ بِكَ مِنْ شُرُورِهِمْ.

*Allāhumma innā naj'aluka fī nuḥūrihim wa na'ūdhubika min shurūrihim.*

3. إِنِّي عُدْتُ بِرَبِّي وَرَبِّكُمْ مِنْ كُلِّ مُتَكَبِّرٍ لَا يُؤْمِنُ بِيَوْمِ  
الْحِسَابِ.

*Inni 'udhtu bi rabbī wa rabbikum min kulli mutakabbiril lā yu'minu bi yawmil ḥisābi.*

4. اللَّهُمَّ مَتِّعْنِي بِسَمْعِي وَبَصْرِي وَاجْعَلْهُمَا الْوَارِثَ  
مِنِّي وَانصُرْنِي عَلَى مَنْ يظْلِمُنِي وَخُذْ مِنْهُ بِثَارِي.

*Allāhumma matti'ni bisam'i wa baṣarī waj'alhumal waritha minni wanṣurni 'ala ma(n)y yazlimuni wa khudh minhu bitha'ri.*

5. اللَّهُمَّ رَبَّ السَّمَوَاتِ السَّبْعِ وَرَبَّ الْعَرْشِ الْعَظِيمِ،  
كُنْ لِي جَارًا مِّنْ فَلَانِ بْنِ فَلَانٍ وَأَحْزَابِهِ مِنْ خَلَائِقِكَ،  
أَنْ يَفْرُطَ عَلَيَّ أَحَدٌ مِنْهُمْ أَوْ يَطْفِي، عَزَّ جَارُكَ وَجَلَّ  
ثَنَاؤُكَ وَلَا إِلَهَ إِلَّا أَنْتَ.

*Allāhumma rabbas samāwātis sab'i, wa rabbal 'arshil 'aẓīmi, ku(n)l li jāra(n)m min fulānibni fulāni(n)w wa aḥzābihi min khalā'iqika, ai(n)y yafruta 'alayya aḥadu(n)m minhum aw yatghā, 'azza jāruka wajalla thana'uka, wa lā ilāha illā anta.*

6. اللَّهُ أَكْبَرُ، اللَّهُ أَعَزُّ مِنْ خَلْقِهِ جَمِيعًا، اللَّهُ أَعَزُّ مِمَّا  
أَخَافُ وَأَحْذَرُ، أَعُوذُ بِاللَّهِ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْمُمْسِكِ  
السَّمَوَاتِ السَّبْعِ أَنْ يَقَعْنَ عَلَى الْأَرْضِ إِلَّا بِإِذْنِهِ، مِنْ  
شَرِّ عَبْدِكَ فَلَانٍ وَجُنُودِهِ وَاتِّبَاعِهِ وَأَشْيَاعِهِ مِنَ الْجِنِّ  
وَالْإِنْسِ، اللَّهُمَّ كُنْ لِي جَارًا مِّنْ شَرِّهِمْ، جَلَّ ثَنَاؤُكَ  
وَعَزَّ جَارُكَ وَتَبَارَكَ اسْمُكَ وَلَا إِلَهَ غَيْرُكَ.

(Three times)

*Allāhu Akbaru, Allāhu a'azzu min khalqihī jamī'an, Allāhu a'azzu mimmā akhāfu wa aḥdharu, a'ūdhu billāhil ladhī lā ilāha illā huwal mumsikis samāwātis sab'i ai(n)y yaqa'na 'alal arḍi*

*illā bi idhnihi, min sharri ‘abdika fulāni(n)w wa junūdihi wa atba ‘ihi wa ashya ‘ihi, minal jinni wal insi, Allāhumma ku(n)l li jāram min sharrihim, jalla thanā’uka wa ‘azza jāruka, wa tabārakasmuka wa lā ilāha ghairuka.*

☆ Mention the name of the enemy in place of **فُلَانٍ** *fulānin*



## *Supplication for Protection During the Night*



## Supplication for Protection During the Night

1. اَمَّنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ ط  
كُلُّ أَمْنٍ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ ق لا نُفَرِّقُ  
بَيْنَ أَحَدٍ مِّنْ رُّسُلِهِ ق وَقَالُوا سَمِعْنَا وَأَطَعْنَا ف  
غُفِرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ ۝ لا يُكَلِّفُ اللَّهُ نَفْسًا  
إِلَّا وُسْعَهَا ط لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ ط  
رَبَّنَا لا تُؤَاخِذْنَا إِن نَّسِينَا أَوْ أَخْطَأْنَا ء  
رَبَّنَا وَلا تَحْمِلْ عَلَيْنَا إِصْرًا كَمَا حَمَلْتَهُ  
عَلَى الَّذِينَ مِنْ قَبْلِنَا ء رَبَّنَا وَلا تُحَمِّلْنَا مَا لا طَاقَةَ لَنَا بِهِ ء  
وَاعْفُ عَنَّا ق وَاعْفِرْ لَنَا ق وَارْحَمْنَا ق أَنْتَ مَوْلَانَا  
فانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ ۝

*Āmanar rasūlu bimā unzila ilaihi mir rabbiḥi wal mu'minūna kullun āmana billāhi wa ma'ā' ikatihī wa kutubihī wa rusulihī, lā nufarriqu baina aḥadi(n)m mir rusulihī, wa qālu sami'nā wa aṭa'nā, ghufrānaka rabbanā wa ilaikal maṣīru. lā yukallifullāhu nafsan illā wus'ahā, lahā mā kasabat wa 'alaiha maktasabat, rabbanā lā tu'ākidhnā in nasīnā aw akhta'nā, rabbanā wa lā taḥmil 'alainā iṣran kamā ḥamaltahū*

*'alalladhīna min qablinā, rabbanā wa lā tuḥammilnā mā lā ṭāqata lanā bihī, wa 'fu 'annā, waghfir lanā, warhamnā, anta mawlānā fanṣurnā 'alal qawmil kāfirīna.*

2. Recite *Āyat al-kursī*



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*Supplications for Fright  
During Sleep*



## Supplications for Fright During Sleep

☆ If one feels frightened or anxious while sleeping, then read:

1. اَعُوذُ بِكَلِمَاتِ اللّٰهِ التَّامَّاتِ مِنْ غَضَبِهِ وَعِقَابِهِ وَشَرِّ  
عِبَادِهِ وَمِنْ هَمَزَاتِ الشَّيَاطِينِ وَأَنْ يَّحْضُرُونِ .

*A'ūdhu bikalimātillāhit tām̄māti min ghaḍābihī wa 'iqābihī wa  
sharri 'ibādihī wa min hamazātish shayāṭīni wa ai(n)y  
yahḍurūni.*

2. اَعُوذُ بِكَلِمَاتِ اللّٰهِ التَّامَّاتِ الَّتِي لَا يُجَاوِزُهُنَّ بَرٌّ وَلَا  
فَاجِرٌ مِّنْ شَرِّ مَا يَنْزِلُ مِنَ السَّمَاءِ وَمَا يَعْرُجُ فِيهَا وَمِنْ  
شَرِّ فِتَنِ اللَّيْلِ وَالنَّهَارِ وَمِنْ كُلِّ طَارِقٍ إِلَّا طَارِقًا يَّطْرُقُ  
بِخَيْرٍ يَا رَحْمَانُ .

*A'ūdhu bi kalimātillāhit tām̄mātil latī lā yujāwizu hunna  
barru(n)w walā fājiru(n)m min sharri mā yanzilu minas samā'i  
wa mā ya 'ruju fihā. wa min sharri fitanil laili wan nahāri, wa min  
kulli ṭāriqin illā ṭāriqa(n)y yaṭruqu bi khairi(n)yā Raḥmānu.*



## After a Bad Dream

1. Change sleeping position.
2. Spit on the left side three times and read:

اَعُوذُ بِاللّٰهِ مِنْ شَرِّ الشَّيْطَانِ وَشَرِّهَا .

*A'ūdhu billāhi min sharrish shaiṭāni wa sharrihā*



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*Supplications for  
Warding off Evil Whisperings*



## Supplications for Warding off Evil Whisperings

### 1. Command to seek refuge with Allah

وَإِنَّمَا يَنْزِعُكَ مِنَ الشَّيْطَانِ نَزْعٌ فَاسْتَعِذْ بِاللَّهِ إِنَّهُ هُوَ السَّمِيعُ الْعَلِيمُ ۝

And if an evil suggestion comes to you from Satan, then seek refuge in Allah. Indeed, He is the Hearing, the Knowing.

### 2. Believe with conviction that there will be no reckoning upon whisperings.

The Messenger of Allah ﷺ said:

إِنَّ اللَّهَ تَحَاوَزَ لِأُمَّتِي عَمَّا وَسَّوَسَتْ أَوْ حَدَّثَتْ بِهِنَّ أَنْفُسَهَا مَا لَمْ تَعْمَلْ بِهِ أَوْ تَكَلَّمْ.

'Allah has forgiven for my Ummah that which is whispered to them and which crosses their minds, so long as they do not act upon it or speak of it.'

### 3. Read **أَعُوذُ بِاللَّهِ** *A'udhubillāh* excessively.

4. If experiencing evil whisperings and distractions during Salah or recitation of the Qur'an, seek refuge in Allah ﷻ from Satan by saying:

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

*A'udhubillāhi minash shaiṭānir rajīmi*

and spit towards your left three times.

5. Recite Surah Al-Ikhlās and *Mu'awwidhatain* (Al-Falaq and Al-Nās).

### ☆ Read the following supplications:

6. رَبِّ أَعُوذُ بِكَ مِنْ هَمَزَاتِ الشَّيْطَانِ ۝ وَأَعُوذُ بِكَ

(Three times)

رَبِّ أَنْ يَحْضُرُونِ ۝

*Rabbi a'udhubika min hamazāṭish shayāṭīni. Wa a'udhubika Rabbi a(n)yahḍurūn.*

7. أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ مِنْ  
هَمَزِهِ وَنَفْحِهِ وَنَفْثِهِ.

*A'udhu billāhis samī'il 'alīmi minash shaiṭānir rajīmi min hamzihi wa nafkhihi wa nafthihi.*

8. هُوَ الْأَوَّلُ وَالْآخِرُ وَالظَّاهِرُ وَالْبَاطِنُ ۚ وَهُوَ بِكُلِّ  
شَيْءٍ عَلِيمٌ.

*Huwal awalu wal ākhiru waḥ ḡāhiru wal bāṭimu, wa huwa bikulli shai'in 'alīmun.*

9. اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، الْحَمْدُ لِلَّهِ الَّذِي رَدَّ  
كَيْدَهُ إِلَى الْوَسْوَةِ.

*Allāhu akbaru, Allāhu akbaru, Allāhu akbaru, alḡamdu lillāhil ladhī radda kaidahu ilal waswasati.*





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*Supplications for  
Warding off Evil Eye*



## For Warding Off Evil-Eye

1. If the person who caused the evil eye is known, ask him/her to perform ablution and wash the place where the waist belt is tied. The afflicted person should then bathe with that water. This is the Masnūn way of warding off the evil eye. The Messenger of Allah ﷺ said:

الْعَيْنُ حَقٌّ وَلَوْ كَانَ شَيْءٌ سَابِقَ الْقَدَرِ سَبَقَتْهُ الْعَيْنُ وَإِذَا اسْتُغْسِلْتُمْ فَأَغْسِلُوا-

The influence of an evil eye is a reality; if anything would precede the destiny it would be the influence of an evil eye, and when you are asked to take a bath (as a cure) from the influence of an evil eye, you should take a bath.

2. Recite Al-Fātihah, Al-Ikhlāṣ and *Mu'awwidhatain* (Al-Falaq and Al-Nās).

☆ **Make the following supplications:**

3. اَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ كُلِّ شَيْطَانٍ وَهَامَّةٍ وَمِنْ كُلِّ عَيْنٍ لَّامَّةٍ.

*A'ūdhu bi kalimātillāhit tammāti min kulli shaiṭāni(n)w wa hāmmati(n)w wa min kulli 'ainil lāmmatin.*

4. بِاسْمِ اللَّهِ أَرْقِيكَ مِنْ كُلِّ شَيْءٍ يُؤْذِيكَ مِنْ شَرِّ كُلِّ نَفْسٍ أَوْ عَيْنٍ حَاسِدٍ، اللَّهُ يَشْفِيكَ، بِاسْمِ اللَّهِ أَرْقِيكَ.

*Bismillāhi arqīka min kulli shai'i(n)y yu'dhīka, min sharri kulli nafsin aw 'aini ḥāsadin, Allāhu yashfīka, bismillāhi arqīka.*

5. بِاسْمِ اللَّهِ يُبْرِيكَ وَمِنْ كُلِّ دَاءٍ يَشْفِيكَ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ وَشَرِّ كُلِّ ذِي عَيْنٍ.

*Bismillāhi yubrīka wa min kulli dā'i(n)y yashfīka wa min sharri ḥāsidin idhā ḥāsada wa min sharri kulli dhī 'ainin.*



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*Supplications for  
Protection against Black Magic*



## For Protection Against Black Magic

1. Regularly read the supplications for morning, evening, protection and healing.
2. Recite *Āyat al-Kursī* and *Mu'awwidhāt* (Al-Ikhlāṣ, Al-Falaq and Al-Nās) in the morning, evening and before going to bed.
3. Recite the last two verses of al-Baqarah every night.
4. For protection against the effects of black magic, eat seven 'Ajwah dates first thing in the morning.
5. Perform cupping, a *masnūn* way of treatment.
6. Read *Ruqyah Sharī'ah* or play a recording before the afflicted person.

☆ Read the following supplications:

7. اَعُوذُ بِاللّٰهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ مِنْ

(Three times)

هَمَزِهِ وَنَفْحِهِ وَنَفْثِهِ.

*A'ūdhu billāhis Samī'il 'Alimi min ash shaiṭānir rajīmi min hamzihī wa nafkhihī wa nafthihī*

8. اَعُوذُ بِاللّٰهِ الْعَظِيمِ وَبِوَجْهِهِ الْكَرِيمِ وَسُلْطَانِهِ الْقَدِيمِ

مِنَ الشَّيْطَانِ الرَّجِيمِ.

*A'ūdhu billāhil 'azīmi biwaj-hihil karīmi wa sulṭānihil qadīmi minash shaiṭānir rajīmi.*

☆ Recite the following daily:

9. لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ

الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ. (100 times a day)

*Lā ilāha illAllāhu waḥdahū lā sharīkalahu, laḥul mulku wa laḥul ḥamdu wa huwa 'alā kulli shai'in qadīrun.*



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*Supplications for  
Protection against Evil of Jinns*



## Supplications for Protection against the Evils of Jinn

1. Recite the Qur'an excessively. Allah says:

وَنُزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ وَلَا يَرْيَدُ الظَّالِمِينَ إِلَّا عَسَارًا

And We send down of the Qur'an that which is healing and mercy for the believers, but it does not increase the wrongdoers except in loss.

2. Recite Al-Baqarah. If a person is unable to recite it, then its recitation can be played.

Ensure to make the following supplications:

☆ When Angry:

3. اَعُوذُ بِاللّٰهِ مِنَ الشَّيْطَانِ الرَّجِيْمِ .

*A'ūdhu billāhi minash shaiṭānir rajīmi.*

☆ Before Entering the Restroom:

4. اَللّٰهُمَّ اِنِّىْ اَعُوذُبِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ .

*Allāhumma innī a'ūdhubika minal khubuthi wal khabā'ith*

☆ When Leaving the Home:

5. بِسْمِ اللّٰهِ تَوَكَّلْتُ عَلَى اللّٰهِ وَلَا حَوْلَ وَلَا قُوَّةَ اِلَّا بِاللّٰهِ .

*Bismillāhi tawakkaltu 'alAllāhi wa lā ḥawla wa lā quwwata illā billāhi*

☆ At the Time of Sexual Intimacy:

6. بِسْمِ اللّٰهِ اَللّٰهُمَّ جَنِّبْنَا الشَّيْطَانَ وَجَنِّبِ الشَّيْطَانَ مَا رَزَقْتَنَا .

*Bismillāhi, Allāhumma jannibnash shaiṭāna wa jannibish shaiṭāna mā razaqtanā*

☆ When Changing Clothes:

7. بِسْمِ اللّٰهِ

*Bismillah*



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*Supplications for  
Healing*



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## Supplications for Healing

### 1. The recitation of the Holy Qur'ān is a healing for physical and spiritual ailments:

وَنُزِّلَ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ... ۞

a. And We send down of the Qur'ān that which is healing and mercy for the believers...

يَا أَيُّهَا النَّاسُ قَدْ جَاءَكُم مَّوْعِظَةٌ مِّن رَّبِّكُمْ وَشِفَاءٌ لِّمَا فِي الصُّدُورِ ۖ وَهُدًى وَرَحْمَةٌ لِّلْمُؤْمِنِينَ ۞

b. O mankind, there has come to you instruction from your Lord and healing for what is in the breasts and guidance and mercy for the believers.

2. Benefit from various natural nutrients and medicines for cure from the disease. E.g. Honey, Ḥabbat al-Saudā' (Black Seed-Nigella Sativa), Zam Zam water, rain water, olive oil etc.

3. During a sickness or some affliction recite Al-Fātiḥah an odd number of times and then blow over the afflicted person:

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

الْحَمْدُ لِلّٰهِ رَبِّ الْعٰلَمِیْنَ ۝ الرَّحْمٰنِ الرَّحِیْمِ ۝ مٰلِكِ

یَوْمِ الدِّیْنِ ۝ اِیَّاكَ نَعْبُدُ وَاِیَّاكَ نَسْتَعِیْنُ ۝ اِهْدِنَا

الصِّرَاطَ الْمُسْتَقِیْمَ ۝ صِرَاطَ الَّذِیْنَ اَنْعَمْتَ عَلَیْهِمْ

غَیْرِ الْمَغْضُوْبِ عَلَیْهِمْ وَلا الضَّالِّیْنَ ۝

*Bismillāhir Raḥmānir Raḥīm*

*Alḥamdulillāhi Rabbil 'ālamīna. Ar Raḥmānir Raḥīmi. Māliki yawmid dīni. iyyāka na'budu wa iyyāka nasta'īmu. Ihdinaṣ ṣirāṭal mustaqīma. ṣirāṭal ladhīna an'amta 'alaihim ghairil magḥḍubi 'alaihim waladḍāllīna.*

4. اِنِّیْ مَسْنِیَ الضُّرِّ وَاَنْتَ اَرْحَمُ الرَّحِیْمِ ۝

*Annī massaniyaḍ ḍurru wa anta arḥamur raḥīmīn.*

☆ Place hand on the affected area and say:

(Three times) بِسْمِ اللّٰهِ .5

*Bismillāh*

(Seven times) . اَعُوْذُ بِاللّٰهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا اَجِدُ وَاُحَاذِرُ .

*A 'ūdhu billāhi wa qudratihi min sharri mā ajidu wa uḥādiru.*

6. اَسْأَلُ اللّٰهَ الْعَظِیْمَ رَبَّ الْعَرْشِ الْعَظِیْمِ اَنْ یَّشْفِیْكَ .

(Seven times)

*As'alullāhal 'aẓīma rabbal 'arshil 'aẓīmi a(n)y yashfiyaka.*

Note: When supplicating for your own self recite *a(n)y a(n)y yashfiyāni* instead of *a(n)y a(n)y yashfiyaka*.

7. اَذْهِبِ الْبَاسَ رَبَّ النَّاسِ وَاشْفِ اَنْتَ الشَّافِیْ لَا

شِفَاءَ اِلَّا شِفَاؤُكَ شِفَاءً لَا یُعَادِرُ سَقَمًا .

*Adh-hibil ba'sa Rabban nāsi washfi antash shāfī la shifā'a illā shifā'uka shifā'a(n)l lā yughādiru saqaman*

☆ Read while stroking the right hand over the sick - one may



read it over their own self:

8. اِمْسَحِ الْبَاسَ رَبِّ النَّاسِ بِيَدِكَ الشِّفَاءُ لَا يَكْشِفُ  
الْكَرْبَ اِلَّا اَنْتَ.

*Imsahil ba'sa Rabban nāsi biyadikash shifā'u lā yakshiful karba illā anta.*



*Visiting the Sick*



## Visiting the Sick

### The Command to Visit the Sick

1. The Messenger of Allah ﷺ said:

أَطْعِمُوا الْجَائِعَ وَعَوِّدُوا الْمَرِيضَ وَفُكُّوا الْعَانِي.

Feed the hungry, visit the sick and free the captives.

### Excellence of Visiting the Sick

2. Afi ؓ said that I have heard the Messenger of Allah ﷺ saying, 'When a man goes to visit his sick brother in the morning, a group of seventy thousand angels prays for his forgiveness till the evening and a garden is prepared for him in Paradise. And when a man goes to visit his sick brother in the evening, a group of seventy thousand angels prays for his forgiveness till the morning and a garden is prepared for him in Paradise.'

3. The Messenger of Allah ﷺ said, 'Allah, the Mighty and Exalted, will say on the Day of Resurrection, 'O son of Adam, I was ill and you did not visit Me.' The man will say, 'O Lord, how could I visit You when You are the Lord of the worlds?' He will say, 'Do you not know that My slave so-and-so was ill and you did not visit him? Do you not know that if you had visited him, you would have found Me with him?'

### ☆ Supplications

4. اللَّهُمَّ عَافِهِ / اللَّهُمَّ اشْفِهِ

Allāhumma 'Afihi / Allāhum mashfihi

5. لَا بَأْسَ طَهُورًا إِنْ شَاءَ اللَّهُ .

Lā ba'sa ṭahūrun inshā' Allāhu.

☆ For Relief from Illness:

6. أَسْأَلُ اللَّهَ الْعَظِيمَ رَبَّ الْعَرْشِ الْعَظِيمِ أَنْ يَشْفِيكَ.

*As'alullāhal 'azīma rabbal 'arshil 'azīmi a(n)y yashfiyaka.*

☆ Read while stroking the right hand over the sick - one may read it over their own self:

7. أَذْهَبِ الْبَاسَ رَبَّ النَّاسِ وَاشْفِ أَنْتَ الشَّافِي لَا شِفَاءَ إِلَّا شِفَاؤُكَ شِفَاءً لَا يُغَادِرُ سَقَمًا .

*Adh-hibil ba'sa Rabban nāsi washfi antash shāfi la shifā'a illā shifā'uka shifā'a(n)l lā yughādiru saqaman.*

### On Seeing Someone in Illness or Trial

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

*Alḥamdu lillāhil ladhī 'āfanī mi(n)m̄mab talāka bihi wa faḍḍalanī 'ala kathīri(n)m̄ mi(n)m̄ man khalaqa tafḍīlan*

### On Receiving Unfortunate News

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ، اللَّهُمَّ أَجْرُنِي فِي مُصِيبَتِي  
وَاخْلِفْ لِي خَيْرًا مِنْهَا .

*Innā lillāhi wa innā ilaihi rāji'ūn, Allāhumma'jurnī fi muṣībatī wa akhlif li khaira(n)m̄ minha.*



## For the Forgiveness of a Deceased

1. اللَّهُمَّ عَبْدُكَ وَابْنُ أُمَّتِكَ، اِحْتِاجَ إِلَى رَحْمَتِكَ  
وَأَنْتَ غَنِيٌّ عَنْ عَذَابِهِ إِنْ كَانَ مُحْسِنًا فَزِدْ فِي إِحْسَانِهِ  
وَإِنْ كَانَ مُسِيئًا فَتَجَاوَزْ عَنْهُ.

*Allāhumma 'abduka wabnu amatika, ihtāja ilā raḥmatika wa anta ghaniyyun 'an 'adhābīhī in kāna muḥsinan fazid fi iḥsānihi, wa in kāna muṣī'an fatajāwaz 'anhu.*

Note: Mention the name of the deceased in place of 'abduka.

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

*Allāhumma inna fulānabna fulānin fi dhimmatika wa ḥabli jiwārika faqihi min fitnatil qabri wa 'adhābin nāri wa anta ahlul wafā'i wal ḥaqqi, Allāhumma faghfir lahu war ḥamhu innaka antal ghafūrur raḥīmu.*

Note: Mention the name of the deceased in place of fulānabna fulānin.

3. اللَّهُمَّ اغْفِرْ لَهُ وَارْفَعْ دَرَجَتَهُ فِي الْمَهْدِيِّينَ وَاخْلُفْهُ فِي  
عَقْبِهِ فِي الْغَابِرِينَ وَاعْفِرْ لَنَا وَلَهُ يَا رَبَّ الْعَالَمِينَ! وَافْسَحْ

لَهُ فِي قَبْرِهِ وَنَوِّرْ لَهُ فِيهِ.

*Allahumaghfir lahū warfa 'darajatahū fil mahdiyyīna wakhlufhū fi 'aqibihū fil ghabirīna waghfir lanā wa lahū yā Rabbal 'ālamīna! waf saḥ lahū fi qabrihī wa nawwir lahū fihī.*

Note: The Messenger of Allah ﷺ read this du'a for Abū Salamah. Mention the name of the deceased in place of lahū..

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

*Allāhummaghfir li ḥayyīnā wa mayyitīnā wa ṣaghīrīnā wa kabīrīnā, wa dhakarīnā wa unthānā wa shahidīnā, wa ghā'ibīnā. Allāhumma man aḥyaitahu minnā fa 'aḥyihī 'alal īmāni, wa man tawaffaitahu minnā fatawaffahu 'alal islāmi. Allāhumma lā tahrīmna ajrahu wa lā tuḍillanā ba'dahu.*

5. اللَّهُمَّ اغْفِرْ لَهُ وَارْحَمْهُ وَعَافِهِ وَاعْفُ عَنْهُ وَآكْرِمْ نُزُلَهُ  
وَوَسِّعْ مُدْخَلَهُ وَاعْسِلْهُ بِالْمَاءِ وَالثَّلْجِ وَالْبَرَدِ وَنَقِّهِ مِنَ  
الْخَطَايَا كَمَا نَقَّيْتَ الثَّوْبَ الْأَبْيَضَ مِنَ الدَّنَسِ وَأَبْدِلْهُ  
دَارًا خَيْرًا مِنْ دَارِهِ وَأَهْلًا خَيْرًا مِنْ أَهْلِهِ وَزَوْجًا خَيْرًا مِنْ

زَوْجِهِ وَأَدْخَلَهُ الْجَنَّةَ وَأَعَدَّهُ مِنْ عَذَابِ الْقَبْرِ وَمِنْ

عَذَابِ النَّارِ .

*Allāhummaghfir lahu warḥamhu, wa‘āfihī, wa‘fu ‘anhu wa akrim nuzulahu, wa wassi‘ mudkhalahu waghsilhu bilmā‘i wath thalji wal baradi, wa naqqihī, minal khaṭāyā kamā naqqaitath thawbal abyada minad danas, wa abdilhu dāran khaira(n)m min dārihi, wa ahlan khaira(n)m min ahlihi wa zawjan khaira(n)m min zawjihī, wa adkhillul jannata, wa a‘idh-hu min ‘adhābil qabri, wa min ‘adhābin nāri.*

☆ When supplicating for a female deceased, use مَا (hā) in place of هُ (hū)

اللَّهُمَّ اغْفِرْ لَهَا وَارْحَمْهَا وَعَافِهَا وَاعْفُ عَنْهَا وَاکْرِمْ  
نُزْلَهَا وَوَسِّعْ مُدْخَلَهَا وَاغْسِلْهَا بِالْمَاءِ وَالثَّلْجِ وَالْبَرَدِ  
وَنَقِّهَا مِنَ الْخَطَايَا كَمَا نَقَّيْتَ الثُّوبَ الْأَبْيَضَ مِنَ الدَّنَسِ  
وَأَبْدِلْهَا دَارًا خَيْرًا مِنْ دَارِهَا وَأَهْلًا خَيْرًا مِنْ أَهْلِهَا  
وَزَوْجًا خَيْرًا مِنْ زَوْجِهَا وَأَدْخِلْهَا الْجَنَّةَ وَأَعِدَّهَا مِنْ  
عَذَابِ الْقَبْرِ وَمِنْ عَذَابِ النَّارِ .

*Allāhummaghfir lahā war ḥamhā, wa‘Āfihā, wa‘fu ‘anhā wa akrim nuzulahā, wa wassi‘ mudkhalahā waghsilhā bilmā‘i wath thalji wal barad, wa naqqihā, minal khaṭāyā kamā naqqaitath thawbal abyada minad danas, wa abdilhā dāran khaira(n)m min dārihā, wa ahlan khaira(n)m min ahlihā wa zawjan khaira(n)m min zawjihā, wa adkhillal jannah, wa a‘idh-hā min ‘adhābil*

*qabri, wa min ‘adhābin nāri.*

## For a Deceased Child

6. اللَّهُمَّ أَعِدَّهُ مِنْ عَذَابِ الْقَبْرِ .

*Allāhumma a‘idh-hu min ‘adhābil qabri*

7. اللَّهُمَّ اجْعَلْهُ لَنَا سَلَفًا وَفَرَطًا وَاجْرًا .

*Allāhummaj‘alhu lanā salafan wa farāṭan wa ajran*



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*Supplications for Seeking  
Forgiveness*



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## For Seeking Forgiveness

1. Repentance from sins and seeking forgiveness excessively opens the doors of mercy and goodness. Allah ﷻ says:

فَقُلْتُ اسْتَغْفِرُوا رَبِّيَ إِنَّهُ كَانَ عَفَّارًا ۖ يُرْسِلُ السَّمَاءَ عَلَيْكُمْ مِدْرَارًا ۖ وَيُمَدِّدْكُمْ

بِأَمْوَالٍ وَبَنِينَ وَيَجْعَلْ لَكُمْ جَنَّاتٍ وَيَجْعَلْ لَكُمْ أَنْهَارًا ۝

And I (Nuh) said, Ask forgiveness of your Lord. Indeed, He is ever a Perpetual Forgiver. He will send [rain from] the sky upon you in [continuing] showers. And give you increase in wealth and children and provide for you gardens and provide for you rivers.

2. اَللّٰهُمَّ اغْفِرْ لِيْ ذَنْبِيْ.

Allāhummaghfirli dha(n)mbī

3. رَبِّ اغْفِرْ لِيْ خَطِيئَتِيْ يَوْمَ الدِّينِ.

Rabbighfirli khaṭī'atī yawmad dīni.

4. رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّحِمِيْنَ ۝

Rabbighfir warḥam wa Anta khairur raḥimīn.

5. رَبَّنَا اغْفِرْ لِيْ وَلِوَالِدِيْ وَلِلْمُؤْمِنِيْنَ يَوْمَ يَقَوْمُ الْحِسَابُ ۝

Rabbanaghfirli wali wālidayya wa lil mu'minīna yawma yaqūmul ḥisāb.

6. رَبَّنَا إِنَّآ أَمَنَّا فَاغْفِرْ لَنَا ذُنُوبَنَا وَقِنَا عَذَابَ النَّارِ ۝

Rabbanā innanā āmannā faghfir lanā dhunūbanā wa qinā 'adhāban nāri

7. رَبَّنَا ظَلَمْنَا أَنفُسَنَا ۖ وَإِن لَّمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ

مِنَ الْخٰسِرِيْنَ ۝

Rabbanā ḡalamnā anfusanā wa i(n)lam taghfir lanā wa tarḥamnā lanakūnanna minal khasirīna.

8. رَبَّنَا اغْفِرْ لَنَا ذُنُوبَنَا وَاسْرَافَنَا فِيْ أَمْرِنَا وَثَبِّتْ أَقْدَامَنَا

وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِيْنَ ۝

Rabbanaghfir lanā dhunūbanā wa israfanā fi amrinā wa thabbit aqdāmanā wanṣurnā 'alal qawmil kāfirīnā.

9. سُبْحٰنَكَ وَبِحَمْدِكَ اسْتَغْفِرُكَ وَأَتُوْبُ إِلَيْكَ .

Subḥānaka wa bi ḥamdika, astaghfiruka wa atūbu ilaika

10. رَبِّ اغْفِرْ لِيْ وَتُبْ عَلَيَّ إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيْمُ .

Rabbighfirli wa tub 'alayya innaka antat tawwābur raḥīmu

11. اَللّٰهُمَّ اغْفِرْ لِيْ وَارْحَمْنِيْ وَاهْدِنِيْ وَارزُقْنِيْ .

*Allāhummaghfirli warḥamnī wahdinī warzuqnī*

12. اَسْتَغْفِرُ اللّٰهَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ وَأَتُوبُ  
إِلَيْهِ.

*Astaghfirullāhal ladhī lā ilāha illā huwal ḥayyul qayyūmu wa atūbu ilaihi*

13. اَللّٰهُمَّ اغْفِرْ لِيْ ذَنْبِيْ وَيَسِّرْ لِيْ اَمْرِيْ وَبَارِكْ لِيْ فِيْ  
رِزْقِيْ.

*Allāhummaghfirli dha(n)mbi wa yassirli amri wa bārik li fi rizqi*

14. اَسْتَغْفِرُ اللّٰهَ الْعَظِيْمَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ  
وَأَتُوبُ إِلَيْهِ.

*Astaghfirullahal 'azīmal ladhī lā ilāha illā huwal Ḥayyul Qayyūmu wa atūbu ilaihi*

15. اَللّٰهُمَّ اغْفِرْ لِيْ وَاَرْحَمْنِيْ وَتُبْ عَلَيَّ اِنَّكَ اَنْتَ  
التَّوَّابُ الرَّحِيْمُ.

*Allāhummaghfirli warḥamnī wa tub 'alayya innaka antat tawwabur raḥīmu.*

16. اَللّٰهُمَّ اغْفِرْ لِيْ مَا اَخْطَاْتُ وَمَا تَعَمَّدْتُ وَمَا اَسْرَرْتُ

وَمَا اَعْلَنْتُ وَمَا جَهِلْتُ وَمَا تَعَمَّدْتُ.

*Allahummaghfirli mā akhta'tu wamā ta'amma(d)ttu wa mā asrartu wa mā a'lantu wa mā jahiltu wa mā t'amma(d)ttu*

17. اَللّٰهُمَّ اغْفِرْ لِيْ وَاخْسَا شَيْطَانِيْ وَفَكَرْ رِهَانِيْ وَثَقَلْ

مِيزَانِيْ وَاجْعَلْنِيْ فِي النَّدِيِّ الْاَعْلَى.

*Allāhummaghfirli wakhsa' shaitāni wa fukka rihāni wa thaqqil mizāni waj'alni fin nadiyyil a'lā*

18. اَللّٰهُمَّ اِنِّيْ اَسْأَلُكَ يَا اللّٰهُ، الْاَحَدَ الصَّمَدُ، الَّذِي لَمْ

يَلِدْ وَلَمْ يُوْلَدْ وَلَمْ يَكُنْ لَهٗ كُفُوًا اَحَدًا، اَنْ تَغْفِرَ لِيْ

ذُنُوْبِيْ اِنَّكَ اَنْتَ الْغَفُوْرُ الرَّحِيْمُ.

*Allāhumma inni as'aluka yā Allāhul Aḥadus Ṣamadul ladhī lam yalid wa lam yūlad wa lam yaku(n)l lahu kufiwan aḥadun an taghfirali dhunūbi innaka Antal Ghafurur Raḥīmu.*

19. اَللّٰهُمَّ اغْفِرْ لِيْ خَطِيْئَتِيْ وَجَهْلِيْ وَ اِسْرَافِيْ فِيْ اَمْرِيْ

وَمَا اَنْتَ اَعْلَمُ بِهِ مِنِّيْ، اَللّٰهُمَّ اغْفِرْ لِيْ هَزْلِيْ وَ جِدِّيْ



وَخَطِيئِي وَعَمْدِي وَكُلُّ ذَلِكَ عِنْدِي.

*Allāhumaghfirli khaḥī'atī wa jahli wa isrāfi fi amrī wa mā anta a'lamu bihī minnī, allāhumaghfirli hazli wa jiddi wa khaḥa'ī wa 'amdi wa kullu dhālika 'indi.*

20. اللَّهُمَّ اغْفِرْ لِي مَا قَدَّمْتُ وَمَا أَخَّرْتُ وَمَا أَسْرَرْتُ وَمَا أَعْلَنْتُ وَمَا أَسْرَفْتُ وَمَا أَنْتَ أَعْلَمُ بِهِ مِنِّي، أَنْتَ الْمُقَدِّمُ وَأَنْتَ الْمُؤَخِّرُ، لَا إِلَهَ إِلَّا أَنْتَ.

*Allāhumaghfirli mā qaddamtu wa mā akh-khartu wa mā asrartu wa mā a'lantu wa mā asraftu wa mā anta a'lamu bihī minnī, antal muqaddimu wa antal mu'akh-khiru lā ilāha illā anta*

21. 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 بِذَنْبِي فَاغْفِرْ لِي إِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ.

*Allāhumma Anta Rabbī, lā ilāha illā Anta, khalaqtanī wa ana 'abduka, wa ana 'alā 'ahdika wa wa'dika mastata'tu a'udhubika min sharri mā šana'tu, abu'u laka bini'matika 'alayya, wa abū'u bidha(n)mbī faghfirli innahu lā yaghfirudh dhunūba illā Anta.*

22. اللَّهُمَّ إِنِّي أَسْأَلُكَ الثَّبَاتَ فِي الْأَمْرِ، وَالْعَزِيمَةَ عَلَى الرُّشْدِ، وَأَسْأَلُكَ مُوجِبَاتِ رَحْمَتِكَ، وَعَزَائِمَ مَغْفِرَتِكَ، وَأَسْأَلُكَ شُكْرَ نِعْمَتِكَ، وَحُسْنَ عِبَادَتِكَ، وَأَسْأَلُكَ قَلْبًا سَلِيمًا، وَلِسَانًا صَادِقًا، وَأَسْأَلُكَ مِنْ خَيْرِ مَا تَعْلَمُ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا تَعْلَمُ، وَأَسْتَغْفِرُكَ لِمَا تَعْلَمُ إِنَّكَ أَنْتَ عَلَّامُ الْغُيُوبِ.

*Allāhumma innī as'alukath thabāta fil amri wal 'azīmata 'alar rushdi wa as'aluka mujibāti rahmatika wa 'azā'ima maghfirotika wa as'aluka shukra ni'matika wa ḥusna 'ibādatika wa as'aluka qalban salīman wa lisānan ṣādiqan wa as'aluka min khairi mā ta'lamu wa a'udhubika min sharri mā ta'lamu wa astaghfiruka limā ta'lamu innaka anta 'allāmul ghuyūbi.*

☆ After every Ṣalah say thrice:

*Astaghfirullāha* 23. أَسْتَغْفِرُ اللَّهَ.

☆ In Rukū' (bowing) and Sajdah (prostration):

24. سُبْحَانَكَ اللَّهُمَّ رَبَّنَا وَبِحَمْدِكَ اللَّهُمَّ اغْفِرْ لِي.

*Subḥanak Allāhumma Rabbāna wa biḥamdika, Allāhumaghfirli*

☆ In Sajdah (prostration)

25. اللَّهُمَّ اغْفِرْ لِي ذَنْبِي كُلَّهُ دِقَّةً وَجَلَّةً وَأَوَّلَهُ وَآخِرَهُ  
وَعَلَانِيَتَهُ وَسِرَّهُ .

*Allāhummaghfirli dha(n)mbi kullahu diqqahu wa jillahu wa  
awwalahu wa ākhirahu wa 'alāniyatahu wa sirrahu.*

☆ Final Tashahud (Sitting Posture)

26. اللَّهُمَّ إِنِّي ظَلَمْتُ نَفْسِي ظُلْمًا كَثِيرًا وَلَا يَغْفِرُ الذُّنُوبَ  
إِلَّا أَنْتَ فَاعْفِرْ لِي مَغْفِرَةً مِّنْ عِنْدِكَ وَارْحَمْنِي إِنَّكَ  
أَنْتَ الْغَفُورُ الرَّحِيمُ .

*Allāhumma inni zalamtu nafsi zulman kathīran, wa lā yaghfirudh  
dhumūba illā Anta, faghfirli maghfirata(n)m min 'indika war  
hamni innaka Antal Ghafurur Rahimu.*

☆ During a Gathering (100 times)

27. رَبِّ اغْفِرْ لِي وَتُبْ عَلَيَّ إِنَّكَ أَنْتَ التَّوَّابُ الْغَفُورُ .

*Rabbighfirli wa tub 'alaiya innaka Antat tawwābul Ghafuru.*

☆ At the End of a Gathering

28. سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ، أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ،

أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ .

*SubhānakAllāhumma wa bi ḥamdika, ash-hadu a(n)l lā ilāha illā  
anta, astaghfiruka wa atūbu ilaika, 'amiltu sū'an wa zalamtu  
nafsi, faghfirli, fa'innahu lā yaghfirudh dhumūba illā anta.*



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*Supplications for Relief from  
Sorrow & Distress*



## For Relief from Sorrow and Distress

1. *أَسْتَغْفِرُ اللَّهَ.*  
*Astaghfirullāha*

2. *لَا إِلَهَ إِلَّا اللَّهُ.*  
*Lā ilāha illAllāhu*

3. *لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ.*  
*Lā Ḥawla wa lā quwwata illā billāhi*

4. *حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ.*  
*ḤasbunAllāhu wa ni'mal Wakīl.*

5. *اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي وَعَافِنِي وَارْزُقْنِي.*  
*Allāhummaghfirli warḥamnī wa 'āfinī warzuqnī*

6. *إِنَّمَا أَشْكُوا بَثِّي وَحُزْنِي إِلَى اللَّهِ.*  
*Innamā ashkū bath-thī wa ḥuznī ilAllāh*

7. *اللَّهُ اللَّهُ رَبِّي لَا أُشْرِكُ بِهِ شَيْئًا.*  
*Allāhu, Allāhu Rabbi lā ushriku bihi shai'an*

8. *يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ.*

*Yā Ḥayyu yā Qayyumu bi raḥmatika astaghīthu.*

9. *لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِيْنَ*  
*Lā ilāha illā Anta subḥānaka innī kuntu minaz ḡālimīn*

10. *اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهُ سَهْلًا وَأَنْتَ تَجْعَلُ الْحَزْنَ سَهْلًا إِذَا شِئْتَ.*

*Allāhumma lā sahla illā mā ja'altahu sahla(n)w wa Anta taj'alul ḥazna sahlan idhā shi'ta.*

11. *اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ وَالْعَجْزِ وَالْكَسَلِ وَالْجُبْنِ وَالْبُخْلِ وَضَلَعِ الدِّينِ وَغَلْبَةِ الرِّجَالِ.*

*Allāhumma innī a'ūdhubika minal ḥammī wal ḥazanī wal 'ajzī wal kasalī wal jubnī wal bukhli wa ḡala'dainī wa ḡhalabatir rijālī.*

12. *اللَّهُمَّ رَحْمَتَكَ أَرْجُو فَلَا تَكِلْنِي إِلَى نَفْسِي طَرْفَةَ عَيْنٍ وَاصْلِحْ لِي شَأْنِي كُلَّهُ لَا إِلَهَ إِلَّا أَنْتَ.*

*Allāhumma raḥmataka arju falā takilnī ilā nafsī ṭarfata 'ainin wa aṣliḡ lī shai'nī kullahū lā ilāha illā Anta.*

13. لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ الْعَرْشِ

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

*Lā ilāha illAllāhul 'Azīmul Ḥalīmu, lā ilāha illAllāhu Rabbul  
'arshil 'azīmi, lā ilāha illallāhu Rabbus samāwāti wa Rabbul  
arḍi wa Rabbul 'arshil karīmi.*

14. لَا إِلَهَ إِلَّا اللَّهُ الْحَلِيمُ الْكَرِيمُ، سُبْحَانَ اللَّهِ وَتَبَارَكَ

اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ.

*Lā Ilāha IllAllāhul Ḥalīmul Karīmu, SubḥānAllāhi wa  
TabārakAllāhu, Rabbul 'arshil 'azīmi wal ḥamdu lillāhi Rabbil  
'ālamīna.*

15. اَللّٰهُمَّ اِنِّىْ عَبْدُكَ، اِبْنُ عَبْدِكَ، اِبْنُ اَمَّتِكَ، نَاصِيَتِيْ

بِيَدِكَ، مَاضٍ فِيْ حُكْمِكَ، عَدْلٌ فِيْ قَضَاؤِكَ،

اَسْأَلُكَ بِكُلِّ اسْمٍ هُوَ لَكَ، سَمَّيْتَ بِهِ نَفْسَكَ

اَوْ عَلَّمْتَهُ اَحَدًا مِّنْ خَلْقِكَ اَوْ اَنْزَلْتَهُ فِيْ كِتَابِكَ

اَوْ اسْتَاثَرْتَ بِهِ فِيْ عِلْمِ الْغَيْبِ عِنْدَكَ اَنْ تَجْعَلَ الْقُرْآنَ

رَبِيْعَ قَلْبِيْ وَنُوْرَ صَدْرِيْ وَجَلَاءَ حُزْنِيْ وَذَهَابَ هَمِّيْ.

*Allāhumma Innī 'abduka, ibnu 'abdika, ibnu amatika, nāṣiyatī  
biyadika, māḍin fiyya ḥukmuka, 'adlun fiyya qaḍā'uka, as 'aluka  
bikullismīn huwa laka, sammaita bihi nafsaka, aw 'allamtahu  
aḥada(n)m min khalqika, aw anzaltahu fī kitābika, awista 'tharta  
bihi fī 'ilmil ghaibi 'indaka, an taj 'alal Qur 'āna rabi 'a qalbī, wa  
nūra ṣadrī, wa jalā 'a ḥuznī, wa dhahāba hammī.*

☆ For relief from distress and forgiveness of sins, invoke peace  
and blessings upon the Messenger of Allah ﷺ abundantly.



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*Accepted  
Supplications*



## Accepted Supplications

Supplications made after saying the following are accepted:

1. سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ.

*SubhānAllāhi wal ḥamdullilāhi, wa lā ilāha illAllāhu wAllāhu akbaru.*

2. لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ.

*Lā Ilāha Illā Anta subhānaka inni kuntu minaz ḡālimīna.*

3. يَا بَدِيعَ السَّمَوَاتِ يَا حَيُّ يَا قَيُّوْمُ إِنِّي أَسْأَلُكَ.

*Yā Badi 'as samāwāti, yā Hayyu yā Qayyumu, inni as 'aluka.*

4. اللَّهُمَّ إِنِّي أَسْأَلُكَ بِأَنِّي أَشْهَدُ أَنَّكَ أَنْتَ اللَّهُ، لَا إِلَهَ

إِلَّا أَنْتَ الْأَحَدُ الصَّمَدُ الَّذِي لَمْ يَلِدْ وَلَمْ يُولَدْ وَلَمْ يَكُنْ

لَهُ كُفُوًا أَحَدٌ.

*Allāhumma inni as 'aluka bi anni ash-hadu annaka antAllāhu, lā ilāha illā Antal Aḥaduṣ Ṣamadul ladhī lam yalid wa lam yūlad wa lam yaku(n)l lahu kufiwan aḥadun.*

5. اللَّهُمَّ إِنِّي أَسْأَلُكَ بِأَنَّ لَكَ الْحَمْدَ، لَا إِلَهَ إِلَّا أَنْتَ

الْمَنَّانُ بَدِيعُ السَّمَوَاتِ وَالْأَرْضِ، يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

يَا حَيُّ يَا قَيُّوْمُ.

*Allāhumma inni as 'aluka bi anna lakal ḥamda, lā ilāha illā Antal Mannānu Badi 'us samāwāti wal arḍi, yā Dhal Jalāli wal Ikrāmi yā Hayyu yā Qayyumu.*

6. لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ

الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، الْحَمْدُ لِلَّهِ وَ سُبْحَانَ

اللَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

اللَّهُمَّ اغْفِرْ لِي.

*Lā ilāha illAllāhu waḥdahu lā sharīkalahu, lahul mulku wa lahul ḥamdu wa Huwa 'alā kulli shai 'in Qadirun, alḥamdulillāhi wa subhānAllāhi wa lā ilāha illAllāhu wAllāhu akbaru wa lā ḥawla wa lā quwwata illā billāhi, Allāhummaghfirli.*



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*Supplications After  
Salah*



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## Supplications After Ṣalah

☆ Say *Allāhu akbar* once in a loud voice after *taslīm*.

1. اللَّهُ أَكْبَرُ. *Allāhu akbar* (Once)

2. أَسْتَغْفِرُ اللَّهَ. *Astaghfirullāh* (Thrice)

3. اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ تَبَارَكْتَ  
يَا ذَا الْجَلَالِ وَالْإِكْرَامِ. (Once)

*Allāhumma Antas Salāmu wa minkas salāmu, tabārakta yā Dhal-Jalāli wal Ikrāmi.*

4. رَبِّ اعْنِنِي عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ  
عِبَادَتِكَ. (Once)

*Rabbi a'innī 'ala dhikrika wa shukrika wa ḥusni 'ibadatika.*

5. رَبِّ قِنِي عَذَابَكَ يَوْمَ تَبْعَثُ عِبَادَكَ.

*Rabbi qinī 'adhābaka yawma tub'athu 'ibādaka.*

6. لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ

الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ ۗ اللَّهُمَّ لَا مَانِعَ لِمَا

أَعْطَيْتَ وَلَا مُعْطَى لِمَا مَنَعْتَ وَلَا يَنْفَعُ ذَا الْجَدِّ مِنْكَ

الْجَدُّ. (Once)

*Lā ilāha illa Allāhū waḥdahū lā sharīka lahu, lahul mulku walahul ḥamdu, wa huwa 'alā kulli shai'in qadīrun, Allāhumma lā māni'a limā a'taita, walā mu'tiya limā mana'ta, walā yanfa'u dhal-jaddi minkal jaddu.*

7. اللَّهُمَّ اغْفِرْ لِي مَا قَدَّمْتُ وَمَا أَخَّرْتُ وَمَا أَسْرَرْتُ وَمَا

أَعْلَنْتُ وَمَا أَسْرَفْتُ وَمَا أَنْتَ أَعْلَمُ بِهِ مِنِّي أَنْتَ الْمُقَدِّمُ

وَأَنْتَ الْمُؤَخِّرُ لَا إِلَهَ إِلَّا أَنْتَ.

*Allāhummaghfirli mā qaddamtu wa mā akh-khartu wa mā asrartu wa mā a'lanntu wa mā asraftu wa mā Anta a'lamu bihi minnī Antal Muqaddimu, wa antal Mu'akh-khiru, lā ilāha illā Anta*

8. لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ

الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ ۗ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ،

لَا إِلَهَ إِلَّا اللَّهُ وَلَا نَعْبُدُ إِلَّا إِيَّاهُ لَهُ النِّعْمَةُ وَلَهُ الْفَضْلُ وَلَهُ الشَّانُ

الْحَسَنُ لَا إِلَهَ إِلَّا اللَّهُ مُخْلِصِينَ لَهُ الدِّينَ وَلَوْ كَرِهَ الْكَافِرُونَ.

(Once)

*Lā ilāha illAllāhū waḥdahū lā sharīka lahu, lahul mulku walahul ḥamdu, wa huwa 'alā kulli shai'in Qadīrun. Lā ḥawla walā quwwata illā billāhi, lā ilāha illAllāhu, walā na 'budu illā iyyāhu, lahun ni 'matu walahul faḍlu walahuth thanā ul-ḥasanu, lā ilāha illAllāhu mukhliṣīna lahud dīna walaw karihal kāfirūna.*

وَاللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْجُبْنِ وَأَعُوذُ بِكَ أَنْ أُرَدَّ

إِلَى أَرْدَلِ الْعُمُرِ وَأَعُوذُ بِكَ مِنْ فِتْنَةِ الدُّنْيَا وَأَعُوذُ بِكَ

مِنْ عَذَابِ الْقَبْرِ.

(Once)

*Allāhumma inni a'udhubika minal jubni wa a'udhubika an uradda ilā ardhalil 'umuri wa a'udhubika min fitnatid dunyā wa a'udhubika min 'adhabil qabri.*

سُبْحَانَ اللَّهِ (33 times) *Subhān Allāhi*

الْحَمْدُ لِلَّهِ (33 times) *Alḥamdulillāhi*

اللَّهُ أَكْبَرُ (34 times) *Allāhu akbaru*

11. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ، اللَّهُمَّ إِنِّي

أَعُوذُ بِكَ مِنْ عَذَابِ النَّارِ، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ

الْفِتَنِ مَا ظَهَرَ مِنْهَا وَمَا بَطَنَ، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ

فِتْنَةِ الْأَعْوَرِ الْكَذَّابِ.

*Allāhumma inni a'udhubika min 'adhabil qabri Allāhumma inni a'udhubika min 'adhābin nāri. Allāhumma inni a'udhubika minal fitani ma zahara minhā wa mā baṭana. Allāhumma inni a'udhubika min fitnatil a'waril kadh-dhābi.*

12. Recite Āyat al-Kursī

13. Recite *Mu'awwidhāt* (Al-Ikhlāṣ, Al-Falaq and Al-Nās)

## After Fajr Ṣalah

14. اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا وَرِزْقًا طَيِّبًا وَعَمَلًا

مُتَقَبَّلًا

(Once)

*Allāhumma inni as'aluka 'ilman nāfi'an, wa rizqan ṭayyiban, wa 'amala(n)m mutaqaḥḥbalan.*

15. لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ

الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ.

(10 times)

*Lā ilāha illAllāhu waḥdahū lā sharīka lahu, lahul mulku wa lahul ḥamdu, wa huwa 'alā kulli shai'in qadīrun.*

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*Istikharah*  
*Seeking Divine Counsel*



## Istikhārah Seeking Divine Counsel

اَللّٰهُمَّ اِنِّىْ اَسْتَخِيْرُكَ بِعِلْمِكَ وَاسْتَقْدِرُكَ  
بِقُدْرَتِكَ وَاَسْأَلُكَ مِنْ فَضْلِكَ الْعَظِيْمِ، فَاِنَّكَ  
تَقْدِرُ وَلَا اَقْدِرُ وَتَعْلَمُ وَلَا اَعْلَمُ وَاَنْتَ عَلَّامُ الْغُيُوْبِ،  
اَللّٰهُمَّ اِنْ كُنْتَ تَعْلَمُ اَنَّ هَذَا الْاَمْرَ خَيْرٌ لِّىْ فِيْ دِيْنِيْ  
وَمَعَاشِيْ وَعَاقِبَةِ اَمْرِيْ، فَاَقْدِرْهُ لِيْ وَيَسِّرْهُ لِيْ،  
ثُمَّ بَارِكْ لِيْ فِيْهِ وَاِنْ كُنْتَ تَعْلَمُ اَنَّ هَذَا الْاَمْرَ  
شَرٌّ لِيْ فِيْ دِيْنِيْ وَمَعَاشِيْ وَعَاقِبَةِ اَمْرِيْ،  
فَاَصْرِفْهُ عَنِّيْ وَاَصْرِفْنِيْ عَنْهُ وَاَقْدِرْ لِيِ  
الْخَيْرَ حَيْثُ كَانَ ثُمَّ اَرْضِنِيْ بِهِ.

*Allāhumma innī astakhīruka bi ‘ilmika, wa astaqdiruka bi qudratika, wa as’aluka min faḍlikal ‘aẓīmi, fainnaka taqdiru wa lā aqdiru, wa ta ‘lamu, wa lā a ‘lamu, wa Anta ‘Allāmul ghuyūbi, Allāhumma in kunta ta ‘lamu anna hādhal amra khairul li fi dīnī wa ma ‘āshī wa ‘āqibati amrī, faqdurhu li wa yassirhu li, thumma bārik li fihi, wa in kunta ta ‘lamu anna hādhal amra sharrul li fi dīnī wa ma ‘āshī wa ‘āqibati amrī, faṣrifhu ‘annī waṣrifnī ‘anhu waqdur liyal khaira ḥaithu kāna thumma arḍinī bihi*



*Merits and References*



## Merits and References

### Praise and Glorification

Fuḍālah bin 'Ubaid رضي الله عنه reported, While the Messenger of Allah ﷺ was seated amongst us, a man entered the mosque and offered his Ṣalah. After he completed his Ṣalah he said 'O Allah ﷻ, forgive me, have mercy on me.' The Messenger of Allah ﷺ said, 'O worshipper, you have been hasty. After completing your prayer when you sit to supplicate; then praise Allah ﷻ with praises He is deserving of, invoke blessing for me and then supplicate to Him.' Another man entered the mosque and offered Ṣalah. After he completed his prayer he praised Allah ﷻ and invoked blessings for the Prophet ﷺ. Thereupon the Messenger of Allah ﷺ said, 'O worshipper, supplicate, you will be answered.' [*Jami' al-Tirmidhī: 3476*] Ṣaḥīḥ

1. Abū Hurairah رضي الله عنه reported that the Messenger of Allah ﷺ said, There are two words which are light on the tongue, but (on the Day of Judgment) will be heavy in the scale and they are dear to the Most Merciful:

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ

Glory be to Allah and all praise be to Him; Glory be to Allah, the Most Great. [*Ṣaḥīḥ Muslim: 6846*]

2. Ibn 'Umar رضي الله عنه reported, While we said the prayer with the Messenger of Allah ﷺ, one among the people said:

أَكْبَرُ كَبِيرًا وَالْحَمْدُ لِلَّهِ كَثِيرًا وَسُبْحَانَ اللَّهِ بُكْرَةً وَأَصِيلًا

Allah is truly Great, Praise be to Allah in abundance and Glory be to Allah in the morning and the evening.

The Messenger of Allah ﷺ said, 'Who uttered such and such words?' A person among the people said: 'It is I, O Messenger of Allah ﷺ.' He ﷺ said, 'It surprised me, for the doors of heaven were opened for it.' Ibn 'Umar رضي الله عنه said: 'I have not left (saying) them since I heard the Messenger of Allah ﷺ saying this.' [*Ṣaḥīḥ Muslim: 1358*]

### Peace and Blessings Upon the Messenger of Allah ﷺ

1. Zaid bin Khārjah رضي الله عنه narrated that I asked the Messenger of Allah ﷺ and he ﷺ said, invoke peace and blessings for me and make supplications and say:

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ.

O Allah! Bestow Your Mercy upon Muḥammad ﷺ and upon the descendants of Muḥammad ﷺ. [*Sunan Nasā'ī: 1293*] Ṣaḥīḥ

2. Abū Sa'īd al-Khudrī رضي الله عنه narrated, we said, 'O Messenger of Allah ﷺ, (We know) how to greet you but how shall we invoke Allah ﷻ for you?' He ﷺ said, say:

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ عَبْدِكَ وَرَسُولِكَ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَبَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَآلِ إِبْرَاهِيمَ.

O Allah! Bestow Your mercy upon your servant and messenger, Muḥammad ﷺ as You bestowed upon Ibrāhīm رضي الله عنه and bless Muḥammad ﷺ and the descendants of Muḥammad ﷺ, as You blessed Ibrāhīm رضي الله عنه and the descendants of Ibrāhīm رضي الله عنه.

[*Ṣaḥīḥ al-Bukhārī: 6358*]

### Supplications for Morning and Evening

Anas Ibn Mālik رضي الله عنه narrated that the Prophet ﷺ said, 'I prefer to sit in the company of the people who remember Allah, the Exalted from morning prayer till the sun rises than that I emancipate four slaves from the Children of Isma'īl. I prefer to sit in the company of people who remember Allah ﷻ from 'Asr prayer till the sun sets than that I emancipate four slaves from the Children of Isma'īl. [*Sunan Abū Dawūd: 3667*] Ḥasan

1. Juwairiyah رضي الله عنها reported that one day the Prophet ﷺ left her apartment in the morning as she was busy in observing her fajr prayer in her place of worship. He ﷺ came back in the forenoon and she was still sitting there. The Prophet ﷺ said to her, 'You have been in the same place since I left you?' She said, 'Yes'. Thereupon He ﷺ said, I recited four words three times after I left you and if they were to be weighed

against what you have recited since morning they would outweigh them and they are:

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ عَدَدَ خَلْقِهِ وَرِضَا نَفْسِهِ وَزِنَةَ عَرْشِهِ وَمِدَادَ كَلِمَاتِهِ.

Glory be to Allah, and praise be to Him to the extent of the number of His creation and to the extent of His pleasure and to the extent of the weight of His Throne and to the extent of the ink of His words.

[*Ṣaḥīḥ Muslim: 6913*]

2. Muḥammad bin Ubayy bin Ka'b رضي الله عنه narrated from his father that he had some date palm orchards that were decreasing in their fruit, so one night he decided to stand guard over it when a creature resembling a young boy approached him and said Salām. When he returned the Salām, he asked, 'Are you a jinn or a human?' He replied, 'I am a jinn'. Ubayy رضي الله عنه said, 'Hold out your hand to me'. He held out his hand to him and Ubayy saw that his hand was like that of a dog's paw and his hair was like dog's fur. Ubayy رضي الله عنه asked him, 'Do all the jinn look like this?' He said, 'I know no one among the jinn who is stronger than I'. Ubayy رضي الله عنه then said, 'What made you do what you did?' He said, 'We heard that you are a man who loves charity, and we wanted to have a portion of your food'. Ubayy رضي الله عنه asked him, 'What will protect us from you?' He said, 'The verse that is in Al-Baqarah:

﴿اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ...﴾

Allah - there is no true deity except Him, the Ever-Living, the Sustainer of [all] existence. Neither drowsiness overtakes Him nor sleep. To Him belongs whatever is in the heavens and whatever is on the earth. Who is it that can intercede with Him except by His permission? He knows what is (presently) before them and what will be after them and they encompass not a thing of His knowledge except for what He wills. His *Kursi* extends over the heavens and the earth and their preservation tires Him not. And He is the Most High, the Most Great. [*Al-Baqarah: 255*]

Whoever recites it in the evening will be protected from us until the morning, and whoever recites it in the morning will be protected from us until the evening'. In the morning when he mentioned this to the Messenger of Allah ﷺ, he said, 'The filthy one has spoken the truth'.

[*Al-Mu'jam al-Kabīr al-Ṭabarānī, Vol: 1, 541*] *Ṣaḥīḥ*

3. Abū Hurairah رضي الله عنه narrated that the Prophet ﷺ used to teach his companions to say in the morning,

اللَّهُمَّ بِكَ أَصْبَحْنَا وَبِكَ أَمْسَيْنَا وَبِكَ نَحْيَا وَبِكَ نَمُوتُ وَإِلَيْكَ الْمَصِيرُ

O Allah! By Your leave we reach the morning and by Your leave we reach the evening and by Your leave we live and by Your leave we will die and to You is our return.

and to say in the evening,

اللَّهُمَّ بِكَ أَمْسَيْنَا وَبِكَ أَصْبَحْنَا وَبِكَ نَحْيَا وَبِكَ نَمُوتُ وَإِلَيْكَ التُّسُورُ.

O Allah! By Your leave we reach the evening and by Your leave we reach the morning and by Your leave we live and by Your leave we will die, and to You is our resurrection. [*Jāmi' al-Tirmidhī: 3391*] *Ṣaḥīḥ*

4. Abdul Raḥmān bin Abzā رضي الله عنه narrated from his father that the Messenger of Allah ﷺ would recite in the morning and evening:

أَصْبَحْنَا عَلَى فِطْرَةِ الْإِسْلَامِ وَعَلَى كَلِمَةِ الْإِخْلَاصِ وَعَلَى دِينِ نَبِيِّنَا مُحَمَّدٍ ﷺ

وَعَلَى مِلَّةِ آبَائِنَا إِبْرَاهِيمَ، حَنِيفًا مُسْلِمًا وَمَا كَانَ مِنَ الْمُشْرِكِينَ

We enter a new morning upon the *Fiṭrah* (pure disposition) of Islām, upon the word of pure faith, upon the religion of our Prophet Muḥammad ﷺ and upon the creed of our forefather Ibrahīm عليه السلام who was one inclining towards truth, a Muslim [submitting to Allah] and he was not of the polytheists.

[*Musnad Aḥmad, Vol: 24, Ḥadīth: 15360, 15363*] *Ṣaḥīḥ*

5. Abū Rāshid Hibrānī رضي الله عنه reported that I came to 'Abdullah bin 'Amr bin Al-'Āṣ رضي الله عنه and asked him to narrate to me any Ḥadīth that he had heard from the Prophet ﷺ. He cast a written script towards me and said that the Messenger of Allah ﷺ dictated this to me. The narrator says that he looked at it and it stated: Abū Bakr al-Ṣiddīq رضي الله عنه said, 'O Messenger of Allah ﷺ, tell me some words I can say in the morning and in the evening'. He ﷺ said, say,

اللَّهُمَّ فَاطِرَ السَّمَوَاتِ وَالْأَرْضِ، عَالِمَ الْغَيْبِ وَالشَّهَادَةِ، لَا إِلَهَ إِلَّا أَنْتَ رَبِّ كُلِّ شَيْءٍ وَمَلِيكُهُ

أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي وَمِنْ شَرِّ الشَّيْطَانِ وَشَرِّكَهْ وَأَنْ أَقْتَرِفَ عَلَى نَفْسِي سُوءًا أَوْ أُجْرَهُ إِلَى مُسْلِمٍ

O Allah - Originator of the heavens and the earth, Knower of the unseen and the seen, Lord and Sovereign of all things - I seek refuge

in You from the evil of myself and from the evil of Satan and his shirk (association with You) and from committing a wrong against my soul or against another Muslim. [Sunan al-Tirmidhī: 3529] *Ṣaḥīḥ*

6. ‘Abdullāh bin Mas‘ūd رضي الله عنه reported, in the evening the Prophet ﷺ would supplicate,

أَمْسَيْنَا وَ أَمْسَى الْمُلْكُ لِلَّهِ وَالْحَمْدُ لِلَّهِ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ

We and the entire dominion have entered a new evening for Allah, and all praise is due to Allah, there is no true deity except Allah, the One, Who has no partner with Him.

‘Abdullāh رضي الله عنه says that I think that the Prophet ﷺ also said the following with these words:

لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، رَبِّ أَسْأَلُكَ خَيْرَ مَا فِي هَذِهِ اللَّيْلَةِ

وَخَيْرَ مَا بَعْدَهَا وَأَعُوذُ بِكَ مِنْ شَرِّ مَا بَعْدَهَا، رَبِّ أَعُوذُ بِكَ مِنَ الْكَسَلِ وَسُوءِ

الْكِبَرِ، رَبِّ أَعُوذُ بِكَ مِنْ عَذَابٍ فِي النَّارِ وَعَذَابٍ فِي الْقَبْرِ.

His is the Sovereignty and all Praise is due to Him and He has power over all things. My Lord, I ask you for the good of this day and the good that follows it, and I seek refuge in You from the evil of this day and the evil that follows it. My Lord, I seek refuge in You from laziness, and from the helplessness of old age. My Lord, I seek refuge in You from the punishment of the hellfire and the punishment in the grave.

And likewise in the morning he would say:

أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ...

We and the entire dominion have entered a new morning for Allah, and all praise is due to Allah, there is no true deity except Allah, the One, Who has no partner with Him. His is the Sovereignty and all Praise is due to Him and He has power over all things. My Lord, I ask you for the good of this night and the good that follows it, and I seek refuge in You from the evil of this night and the evil that follows it. My Lord, I seek refuge in You from laziness, and from the helplessness of old age. My Lord, I seek refuge in You from the punishment of the hellfire and the punishment of the grave.

[*Ṣaḥīḥ Muslim: 6908*]

7. The Prophet ﷺ said, ‘If anyone says in the morning:

رَضِيتُ بِاللَّهِ رَبًّا وَبِالْإِسْلَامِ دِينًا وَبِمُحَمَّدٍ نَبِيًّا.

I am pleased with Allah as Lord, with Islam as religion, and with Muḥammad ﷺ as Prophet.

I guarantee that I will continue to hold his hand until he is admitted to Jannah’. [Al-Silsilah al-Ṣaḥīḥah: 2686]

8. Abū Hurairah رضي الله عنه said, a man came to the Messenger of Allah ﷺ and said, ‘O Messenger of Allah ﷺ, what agony I suffered last night from a scorpion which stung me!’ He ﷺ said, ‘If you had said in the evening,

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

I seek refuge in the complete, perfect words of Allah from the evil of what He has created.

it would not have harmed you’. [Ṣaḥīḥ Muslim: 6880]

9. Uthmān bin ‘Affān رضي الله عنه narrated, I heard the Messenger of Allah ﷺ saying: ‘If anyone says three times (in the evening):

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

In the name of Allah, by Whose name nothing on the earth or in the heavens can cause harm, and He is the All Knowing, the All-Hearing.

he will not suffer sudden affliction until the morning, and if anyone says it in the morning, he will not suffer sudden affliction until the evening. A narrator reports that Abān bin ‘Uthmān (a narrator) was afflicted by paralysis. A man, who was hearing this tradition from him, began to look at him (in surprise at his disease). He said to him, ‘Why are you looking at me? I swear by Allah ﷻ, I did not tell a lie about ‘Uthmān, nor did ‘Uthmān tell a lie about the Prophet ﷺ, but that day when I was afflicted by it (the paralysis), I became angry and forgot to say these words’. [Sunan Abū Dawūd: 5088] *Ṣaḥīḥ*

10. & 11. ‘Abdur Raḥman bin Abū Bakrah رضي الله عنه said that he said to his father, ‘O my father! I hear you supplicating every evening:

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

O Allah! Grant well-being to my body, O Allah! Grant well-being to

my hearing, O Allah! Grant well-being to my sight. There is no true deity except You.

You repeat them three times in the morning and three times in the evening?’ His father replied, ‘I heard the Messenger of Allah ﷺ, using these words as a supplication and I like to follow his practice’. The transmitter, ‘Abbās bin ‘Abdul ‘Azīm (a narrator in the chain of narrators) also mentions in his narration that ‘Abdur Raḥman bin Abū Bakrah further said: ‘And you also read:

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

O Allah! I seek refuge in You from disbelief/ingratitude and poverty.

O Allah! I seek refuge in You from the punishment of the grave.

There is no true deity except You.

You repeat these words three times in the morning and three times in the evening? He replied, ‘I like to follow the Sunnah’. [Sunan Abū Dawūd: 5090] Ḥasan

12. Anas Ibn Mālik reported that the Messenger of Allah ﷺ, advised Fāṭima, You should say in the morning and evening,

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

O Ever-Living, O Self-Subsisting, by Your Mercy I seek (Your) assistance, rectify for me all my affairs and do not give me charge of myself, even for a blink of an eye. [Al-Mustadrak ‘ala al-Ṣaḥīḥain lil-Ḥākim, Vol: 2, Ḥadīth: 2044] Ḥasan

13. Shaddad bin ‘Aws reported that the Prophet ﷺ said, ‘The best supplication for forgiveness is to say,

اَللّٰهُمَّ اَنْتَ رَبِّيْ لَا اِلٰهَ اِلَّا اَنْتَ خَلَقْتَنِيْ وَاَنَا عَبْدُكَ وَاَنَا عَلٰى عَهْدِكَ وَاَوْعِدُكَ

مَا اسْتَطَعْتُ اَعُوْذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ اَبُوْءُ لَكَ بِعَمَلِيْكَ عَلٰى وَاَبُوْءُ بِذَنْبِيْ

فَاغْفِرْ لِيْ اِنَّهُ لَا يَغْفِرُ الذُّنُوْبَ اِلَّا اَنْتَ.

O Allah! You are my Lord, there is no true deity except You. You created me and I am Your servant, I abide by Your covenant and promise to the best of my ability. I seek refuge with You from the evil of which I have committed. I acknowledge Your blessings upon me and I acknowledge my sin, so forgive me for verily none forgives sins except You.

The Prophet ﷺ added, ‘If somebody recites this during the day with firm faith in it, and dies on the same day before the evening, he will be one of the people of Paradise. And if somebody recites it at night with firm faith in it, and dies before the morning, he will be one of the people of Paradise’. [Ṣaḥīḥ al-Bukhārī: 6306]

14. Abdullah Ibn ‘Umar said, the Prophet ﷺ never left saying these words in the morning and in the evening:

اَللّٰهُمَّ اِنِّيْ اَسْأَلُكَ الْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ، اَللّٰهُمَّ اِنِّيْ اَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِيْ دِيْنِيْ وَدُنْيَايَ وَاَهْلِيْ وَمَالِيْ، اَللّٰهُمَّ اسْتُرْ عُوْرَاتِيْ وَآمِنْ رُوعَاتِيْ اَللّٰهُمَّ احْفَظْنِيْ مِنْ بَيْنِ يَدَيَّ وَمِنْ خَلْفِيْ وَعَنْ يَمِيْنِيْ وَعَنْ شِمَالِيْ وَمِنْ فَوْقِيْ وَاَعُوْذُ بِعَظَمَتِكَ اَنْ اُغْتَالَ مِنْ تَحْتِيْ.

O Allah! Verily I ask You for wellness in this life and in the hereafter. O Allah! I ask You for forgiveness and well-being in my religion and in my worldly affairs and in my family and my wealth.

O Allah! Cover up my defects and change my fear into peace. O Allah! Protect me from front and from behind and on my right and on my left and from above and I seek refuge in Your Magnificence lest I am destroyed from beneath me. [Abū Dawūd: 5074; Ṣaḥīḥ]

15. 16. & 17. ‘Abdullah Ibn Khubaib narrated, ‘We went out one rainy and intensely dark night to look for the Messenger of Allah ﷺ to lead us in prayer, and when we found him, he said: ‘Say’, but I did not say anything. He said again: ‘Say’, but I did not say anything. He then said: ‘Say’. So I asked: ‘What am I to say?’ He said, ‘Say:

﴿ قُلْ هُوَ اللهُ اَحَدٌ ۝ اللهُ الصَّمَدُ ۝ لَمْ يَلِدْ ۝ لَمْ يُولَدْ ۝ وَلَمْ يَكُنْ لَهُ كُفُوًا اَحَدٌ ۝﴾

Say: He is Allah, the One and Only. Allah, the Eternal Refuge. He neither begets nor is He born. Nor is there to Him any equivalent.

and say *Mu'awwidhatain* i.e.,

﴿ قُلْ اَعُوْذُ بِرَبِّ الْفَلَقِ ۝ مِنْ شَرِّ مَا خَلَقَ ۝ وَمِنْ شَرِّ غَاسِقٍ اِذَا وَقَبَ ۝ وَمِنْ

شَرِّ النَّفَّاثِ فِي الْعُقَدِ ۝ وَمِنْ شَرِّ حَاسِدٍ اِذَا حَسَدَ ۝﴾

Say: I seek refuge in the Lord of the daybreak. From the evil of what He created. And from the evil of darkness when it settles. And from the evil of the blowers in knots. And from the evil of an envier when he envies.



And

﴿قُلْ أَعُوذُ بِرَبِّ النَّاسِ ۝ مَلِكِ النَّاسِ ۝ إِلَهِ النَّاسِ ۝﴾

من شرِّ الوَسْوَاسِ الْخَنَّاسِ ۝ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ۝ مِنَ الْجِنَّةِ وَالنَّاسِ ﴿

Say: I seek refuge in the Lord of mankind, the Sovereign of mankind, the God of mankind, from the evil of the retreating whisperer, who whispers [evil] in the chests of mankind, amongst the Jinn and mankind.

Recite them three times each in the morning and in the evening; they will serve you for every purpose.’ [Sunan Abū Dawūd: 5082] Ḥasan

18. Abū ‘Ayyāsh رضي الله عنه narrated that the Prophet ﷺ said,

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

There is no true deity except Allah, alone, He has no partners. To Him belongs the dominion and to Him is due all praise and He is upon all things Always All-Able.

‘Whoever says this will be rewarded for freeing a slave from the children of Ismail (as), ten good deeds will be recorded for him and ten bad deeds will be wiped away from his account and his ranks will be raised ten times and he will gain refuge from the Satan until evening and he will have the same (benefit) if he says them in the morning’. [Sunan Abū Dawūd: 5077] Ṣaḥīḥ

19. Abū Hurairah رضي الله عنه narrated that the Messenger of Allah ﷺ said, ‘On the Day of Resurrection no one will bring any deed better than the one who says,

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ.

Glory be to Allah, and praise be to Him.

a hundred times in the morning and evening, except the one who says the same as him or more.’ [Ṣaḥīḥ Muslim: 6843]

20. It is narrated by Abū Mūsa al-Ash‘arī رضي الله عنه that we were sitting and the Messenger of Allah ﷺ came and said, ‘I have not spent any morning without seeking forgiveness from Allah a hundred times.’

I seek forgiveness from Allah. اَسْتَغْفِرُ اللَّهَ.

[Al-Mu‘jam Al-Awsat li al-Ṭabrānī, Vol: 4, Ḥadīth: 3749] Ṣaḥīḥ

## Supplication of a Traveler in the Morning

Abū Hurairah رضي الله عنه narrated that when the Messenger of Allah ﷺ travelled, he would supplicate in the morning,

سَمِعَ سَامِعٌ بِحَمْدِ اللَّهِ وَحُسْنِ بَلَايِهِ عَلَيْنَا، رَبَّنَا صَاحِبِنَا وَأَفْضَلِ عَلَيْنَا عَائِدًا بِاللَّهِ مِنَ النَّارِ.

He who listens has heard the praise of Allah and (the confession of) His favours upon us. Our Lord, be with us, bestow favours upon us.

I seek refuge in Allah from the fire. [Ṣaḥīḥ Muslim: 6900]

## Supplications for Protection

1. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ مُنْكَرَاتِ الْأَخْلَاقِ وَالْأَعْمَالِ وَالْأَهْوَاءِ

O Allah! Verily, I seek refuge in You from bad manners, deeds and desires. [Sunan al-Tirmidhī: 3591] Ṣaḥīḥ

2. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ مَا عَمِلْتُ وَمِنْ شَرِّ مَا لَمْ أَعْمَلْ

O Allah! Verily, I seek refuge in You from the evil of that which I have done and the evil of that which I have not done. [Ṣaḥīḥ Muslim: 6895]

3. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبَرَصِ وَالْجُنُونِ وَالْجَدَامِ وَسَيِّئِ الْأَسْقَامِ

O Allah! Verily, I seek refuge in You from leucoderma, madness, leprosy and extremely fatal diseases. [Sunan Abū Dawūd: 1554] Ṣaḥīḥ

4. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ ضَيْقِ الدُّنْيَا، وَضَيْقِ الْيَوْمِ الْقِيَامَةِ

O Allah, Verily I seek refuge in You from the constriction of the world and the constriction of the Day of Standing. [Sunan Abū Dawūd: 5085] Ḥasan Ṣaḥīḥ

5. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ قَوْلٍ لَا يُسْمَعُ وَعَمَلٍ لَا يُرْفَعُ وَقَلْبٍ لَا يُخْشَعُ وَعِلْمٍ لَا يَنْفَعُ

O Allah, Verily I seek refuge in You from a word that is not heard, a deed that is not raised, a heart that does not humble and knowledge that does not benefit. [Musnad Aḥmad, Vol: 20, 13003] Ṣaḥīḥ

6. Abū Hurairah رضي الله عنه reported that the Prophet ﷺ said, ‘Whoever says:

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

There is no true deity except Allah, alone, He has no partners. To Him belongs the dominion and for Him is all praise and He is upon all things

Always All-Powerful.

will be rewarded for freeing a slave from the children of Ismail, ten good deeds will be recorded for him and ten bad deeds will be wiped away from his account and his ranks will be raised ten times and he will gain refuge from the Satan until evening and he has the same for him if he says them in the morning. [Shaḥīḥ al-Bukhārī: 3293]

7. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ جَهْدِ الْبَلَاءِ وَدَرْكِ الشَّقَاءِ وَسُوءِ الْقَضَاءِ وَشَمَاتَةِ الْأَعْدَاءِ

O Allah! Verily, I seek refuge in You from severe trials and hardship, to be overtaken by misfortune, bad fate and the rejoicing of enemies. [Shaḥīḥ al-Bukhārī: 6347]

8. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْفَقْرِ وَالْقِلَّةِ وَالذَّلَّةِ وَأَعُوذُ بِكَ مِنْ أَنْ أَظْلِمَ أَوْ أُظْلَمَ

O Allah! Verily I seek refuge in You from poverty, scarcity, humiliation, and I seek refuge in You that I may oppress anyone or that I may be oppressed by anyone. [Sunan Abū Dawūd: 1544] Shaḥīḥ

9. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ زَوَالِ نِعْمَتِكَ وَتَحَوُّلِ عَافِيَتِكَ وَفُجَاءَةِ نِقْمَتِكَ وَجَمِيعِ سَخَطِكَ

O Allah! Verily I seek refuge in You from the decline of Your blessings, the change of our state of well-being, the sudden onset of Your punishment and from all that displeases You. [Shaḥīḥ Muslim: 6943]

10. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ سَمْعِي وَمِنْ شَرِّ بَصَرِي وَمِنْ شَرِّ لِسَانِي

وَمِنْ شَرِّ قَلْبِي وَمِنْ شَرِّ مَنِيَّتِي

O Allah! Verily I seek refuge in You from the evil of my hearing and the evil of my sight and from the evil of my tongue and from the evil of my heart and from the evil of my semen. [Sunan Abū Dawūd: 1551] Shaḥīḥ

11. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عِلْمٍ لَا يَنْفَعُ وَمِنْ قَلْبٍ لَا يَخْشَعُ وَمِنْ نَفْسٍ لَا تَشْبَعُ

وَمِنْ دَعْوَةٍ لَا يُسْتَجَابُ لَهَا

O Allah! Verily I seek refuge in You from knowledge which is not beneficial and from a heart which does not fear and from a soul which is not satisfied and from a prayer which is not answered. [Shaḥīḥ Muslim: 6906]

12. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْجُوعِ فَإِنَّهُ يَنْسُ الضَّجِيعَ وَأَعُوذُ بِكَ مِنَ الْخِيَانَةِ فَإِنَّهَا يَنْسُ الْبِطَانَةَ

O Allah! Verily I seek refuge in You from hunger because it is the worst

companion and I seek refuge in You from cheating because it is the worst confidante. [Sunan Abū Dawūd: 1547; Ḥasan]

13. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ وَالْجُبْنِ وَالْهَرَمِ وَالْبُخْلِ وَأَعُوذُ بِكَ

مِنْ عَذَابِ الْقَبْرِ وَمِنْ فِتْنَةِ الْمَحْيَا وَالْمَمَاتِ

O Allah! Verily I seek refuge in You from incapacity and laziness and cowardice and senility and miserliness and I seek refuge in You from the torment of grave and from the trials and tribulations of life and death. [Shaḥīḥ Muslim: 6873]

14. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ يَوْمٍ سُوءٍ وَمِنْ لَيْلَةٍ سُوءٍ وَمِنْ سَاعَةٍ سُوءٍ

وَمِنْ صَاحِبِ السُّوءِ وَمِنْ جَارِ السُّوءِ فِي دَارِ الْمَقَامَةِ

O Allah! Verily I seek refuge in You from an evil day, an evil night, an evil moment, an evil companion and from an evil neighbour in the place of residence. [Al-Mu'jam al-Kabīr lil Ṭabarānī, vol: 17, 801; Ḥasan]

15. أَعُوذُ بِاللَّهِ أَنْ أَرُدَّ إِلَى أَرْدَلِ الْعُمُرِ وَأَعُوذُ بِاللَّهِ مِنَ الْبُخْلِ وَالْجُبْنِ وَأَعُوذُ بِاللَّهِ مِنْ

فِتْنَةِ الصُّدْرِ وَبَغْيِ الرِّجَالِ

I seek refuge in Allah from being returned to an abject age, and I seek refuge in You from miserliness and cowardice, and I seek refuge in Allah from the trials of the chest (heart) and the oppression of men. [Shaḥīḥ ibn Hibbān, Vol: 3, 1011; Shaḥīḥ]

16. Abū Naḍrah narrates that Ibn 'Abbās رضي الله عنه stood on the podium and said, the Messenger of Allah صلى الله عليه وسلم sought refuge from four things after every obligatory ṣalāh by saying:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ النَّارِ

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْقَبْرِ وَاللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ فِتْنَةِ الْأَعْوَرِ الْكَذَّابِ

O Allah, verily I seek refuge in You from the punishment of the grave.

O Allah, verily I seek refuge in You from the punishment of the fire. O

Allah, verily I seek refuge in You from all trials: apparent and hidden. O

Allah, I seek refuge in You from trials of the one-eyed liar (i.e. Dajjal).

[Musnad Aḥmad, Vol: 4, 2778] Shaḥīḥ

17. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ التَّرَدَّى وَالْهَلْدَمِ وَالْفَرْقِ وَالْحَرِيقِ وَأَعُوذُ بِكَ أَنْ يَتَخَبَّطَنِي

الشَّيْطَانُ عِنْدَ الْمَوْتِ وَأَعُوذُ بِكَ أَنْ أَمُوتَ فِي سَبِيلِكَ مُدْبِرًا وَأَعُوذُ بِكَ أَنْ أَمُوتَ لِدَيْعًا

O Allah! Verily I seek refuge in You from death caused by falling, by being buried, by drowning and by burning; and I seek refuge in You that Satan confounds me at the time of death and I seek refuge in You that I die in Your way while turning my back (fleeing) and I seek refuge in You that I die by getting stung. [Sunan al-Nasa'i: 5533] *Ṣaḥīḥ*

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ وَالْجُبْنِ وَالْبُخْلِ وَالْهَرَمِ وَالْقَسْوَةِ وَالْغَفْلَةِ وَالْعَيْلَةِ. وَالذَّلَّةِ وَالْمَسْكِنَةِ وَأَعُوذُ بِكَ مِنَ الْفَقْرِ وَالْكَفْرِ وَالْفُسُوقِ وَالشَّقَاقِ وَالْتَفَاقِ وَالسُّمْعَةَ وَالرِّيَاءِ وَأَعُوذُ بِكَ مِنَ الضَّمَمِ وَالْبِغَمِ وَالْجُنُونِ وَالْجُدَامِ وَالْبَرَصِ وَسَيِّئِ الْأَسْقَامِ

O Allah! Verily I seek refuge in You from incapacity, laziness, cowardice, miserliness, senility, a hard heart, heedlessness, deprivation, humiliation, destitution. And I seek refuge in you from poverty, disbelief, disobedience, opposition, hypocrisy, bad reputation and showing off. And I seek refuge in You from deafness, dumbness, insanity, leprosy, and leucoderma and from all fatal diseases. [Al-Mustadrak lil Ḥākim, Vol: 2, 1987] *Ṣaḥīḥ*

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ جَارِ الشُّوْءِ، وَمِنْ زَوْجِ تَشْبِيهِ قَبْلِ الْمَشِيبِ، وَمَنْ وَلِدٍ يَكُونُ عَلَيَّ رَبًّا. وَإِذَا وَمَنْ مَالٍ يَكُونُ عَلَيَّ عَدَابًا، وَمِنْ خَلِيلٍ مَأْكِرٍ عَيْنُهُ تَرَانِي، وَقَلْبُهُ يَرِغَانِي إِنْ رَأَى حَسَنَةً دَفَنَهَا، وَإِذَا رَأَى سَيِّئَةً أَدَاَهَا

O Allah, verily I seek refuge in You from evil neighbours, and from a spouse who will cause me to age before my time, and from children who will become dominant over me, and from wealth which will become a means of torment for me, and a treacherous friend whose eyes are always watching me, and in his heart he is probing into my affairs. If he sees any good, he conceals it and when sees any fault he exposes it. [Al-Silsilah al-Ṣaḥīḥah: 3137]

اللَّهُمَّ لَكَ أَسْلَمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَالْإِيكَ أَنْبَتُ وَبِكَ خَاصَمْتُ. 20. اللَّهُمَّ إِنِّي أَعُوذُ بِعَزَّتِكَ لَا إِلَهَ إِلَّا أَنْتَ أَنْ تُضِلَّنِي، أَنْتَ الْحَيُّ الَّذِي لَا يَمُوتُ وَالْحَيُّ وَالْإِنْسُ يَمُوتُونَ

O Allah, to You I submit, and in You I believe, and upon You I rely, and to You I return, and with Your help I face the enemy. O Allah, verily I seek refuge in Your honour - there is no deity worthy of worship except You - that You let me go astray. You are the Ever-Living who will not die while the jinn and men will die. [Ṣaḥīḥ Muslim: 6899]

21. Suhail رضي الله عنه narrated that when one of us went to sleep, Abū Sālih commanded us to sleep on our right side and to supplicate:

اللَّهُمَّ رَبَّ السَّمَوَاتِ وَرَبَّ الْأَرْضِ وَرَبَّ الْعَرْشِ الْعَظِيمِ، رَبَّنَا وَرَبَّ كُلِّ شَيْءٍ، فَالِقَ الْحَبِّ وَالنَّوَى، وَمُنزِلَ التَّوْرَةِ وَالْإِنْجِيلِ وَالْفُرْقَانِ، أَعُوذُ بِكَ مِنْ شَرِّ كُلِّ شَيْءٍ أَنْتَ آخِذٌ بِنَاصِيَتِهِ اللَّهُمَّ أَنْتَ الْأَوَّلُ فَلَيْسَ قَبْلَكَ شَيْءٌ وَأَنْتَ الْآخِرُ فَلَيْسَ بَعْدَكَ شَيْءٌ، وَأَنْتَ الظَّاهِرُ فَلَيْسَ فَوْقَكَ شَيْءٌ، وَأَنْتَ الْبَاطِنُ فَلَيْسَ دُونَكَ شَيْءٌ، اقْضِ عَنَّا الدَّيْنَ وَأَغْنِنَا مِنَ الْفَقْرِ

O Allah! Lord of the heavens and Lord of the earth and Lord of the great throne, Our Lord and the Lord of everything, One who cleaves the grain and the seed, and One who sent down the Torah and the Gospel and the Criterion, I seek refuge from the evil of everything You have grasped by its forelock. O Allah! You are the First thus there is nothing before You, You are the Final thus there is nothing after You, You are the Ascendant thus there is nothing above You, and You are the Intimate thus there is nothing besides You, remove from us our debts and enrich us against poverty. [Ṣaḥīḥ Muslim: 6889]

22. Abū Hurairah رضي الله عنه narrated that the Messenger of Allah صلى الله عليه وسلم said, seek refuge in Allah from four things in tashahud:

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

O Allah, verily I seek refuge in You from the punishment of Hell, and from the punishment of the grave, and from the trials of life and death, and from the trials of Dajjal, the false messiah. [Ṣaḥīḥ Muslim: 1324]

### Supplications for Protection from an Enemy

1. The incident of the People of the Ditch in which the young boy sought protection from his enemy by supplicating:

اللَّهُمَّ اكْفِرْ لَهُمْ بِمَا شَاءَتْ.

O Allah! Suffice (i.e. protect) me against them in any way You wish. [Ṣaḥīḥ Muslim: 7511]

2. Abū Mūsa al-Ash'arī رضي الله عنه narrated that when the Prophet صلى الله عليه وسلم feared a

(group of) people, he would say:

اللَّهُمَّ إِنَّا نَجْعَلُكَ فِي نُحُورِهِمْ وَنَعُوذُ بِكَ مِنْ شُرُورِهِمْ.

O Allah! Indeed, we place You before them (i.e. make You a shield) and we seek refuge in You from their evil. [Sunan Abū Dawūd: 1537] Ṣaḥīḥ

3. The supplication Prophet Mūsa عليه السلام made when Pharaoh had resolved to kill him:

إِنِّي عُدْتُ بِرَبِّي وَرَبِّكُمْ مِنْ كُلِّ مُتَكَبِّرٍ لَا يُؤْمِنُ بِيَوْمِ الْحِسَابِ.

Indeed, I have sought refuge in my Lord and your Lord from every arrogant one who does not believe in the Day of Account. [Surah Al-Mu'min: 27]

4. Abū Hurairah رضي الله عنه narrated that the Messenger of Allah supplicated:

اللَّهُمَّ مَتِّعْنِي بِسَمْعِي وَبَصَرِي وَاجْعَلْهُمَا الْوَارِثَ مِنِّي

وَإِنصُرْنِي عَلَى مَنْ يَظْلِمُنِي وَخُذْ مِنْهُ بِئَارِي.

O Allah, benefit me with my hearing and my sight and let them both be my heirs (i.e. Let them last my entire life). Help me against the one who wrongs me and take revenge from him for me. [Sunan al-Tirmidhi: 3604/7] Ḥasan

5. Abdullah bin Mas'ūd رضي الله عنه said, 'When there is a ruler in charge of you whose arrogance or injustice is feared, you should say,

اللَّهُمَّ رَبِّ السَّمَوَاتِ السَّبْعِ وَرَبِّ الْعَرْشِ الْعَظِيمِ، كُنْ لِي جَارًا مِنْ فَلَانِ بْنِ فَلَانٍ وَ

أَخْرَا بِهِ مِنْ خَلَائِقِكَ، أَنْ يَفْرُطَ عَلَيَّ أَحَدٌ مِنْهُمْ أَوْ يَظْلِي، عَزَّ جَارُكَ وَجَلَّ تَنَائُوكَ وَلَا إِلَهَ إِلَّا أَنْتَ.

O Allah! Lord of the seven Heavens and Lord of the magnificent Throne, be my Protector against so-and-so, the son of so-and-so, and his followers among Your creatures so that none of them exceeds the bounds towards me or oppresses me. Your protection is mighty and Your praise is great. There is no true deity except You.' [Al-Adab al-Mufrad lil Bukhārī: 707] Ṣaḥīḥ

6. Ibn 'Abbās رضي الله عنه said, when you go to an oppressive ruler and fear that he will dominate you, then say,

اللَّهُ أَكْبَرُ، اللَّهُ أَعَزُّ مِنْ خَلْقِهِ جَمِيعًا، اللَّهُ أَعَزُّ

مِمَّا أَحَافَ وَأَحْذَرُ، أَعُوذُ بِاللَّهِ الَّذِي لَا إِلَهَ إِلَّا هُوَ، أَلْمُؤْمِسِكِ السَّمَوَاتِ السَّبْعِ أَنْ يَقْعَنَ عَلَيَّ

الْأَرْضِ إِلَّا بِإِذْنِهِ، مِنْ شَرِّ عَبْدِكَ فَلَانٍ وَجُنُودِهِ وَاتِّبَاعِهِ وَأَشْيَاعِهِ مِنَ الْجِنِّ وَالْإِنْسِ، اللَّهُمَّ كُنْ لِي جَارًا مِنْ شَرِّهِمْ، جَلَّ تَنَائُوكَ وَعَزَّ جَارُكَ وَتَبَارَكَ اسْمُكَ وَلَا إِلَهَ غَيْرُكَ.

Allah is the Greatest, Allah is Mightier than all His creation and Allah is Mightier than all that I fear and all that I am wary of. I seek refuge with Allah. There is no true deity except Him, the One who withholds the seven heavens from falling onto the earth except by His permission, from the evil of your slave so-and-so and his armies and followers and supporters, both among jinn and men. O Allah, be my protector against their evil. Your praise is great and Your protection is immense, Blessed is Your Name. There is no true deity except You. [Al-Adab al-Mufrad lil Bukhārī: 708] Ṣaḥīḥ

### Supplications for Protection during the Night

1. Abū Mas'ūd Badrī رضي الله عنه narrated that the Messenger of Allah صلى الله عليه وسلم said, 'Whoever recites the last two verses of Al-Baqarah at night, they will be sufficient for him:

أَمِنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ

وَالْمُؤْمِنُونَ كُلٌّ آمِنٌ بِاللَّهِ وَمَلَيْكِهِ وَكِتَابِهِ وَرُسُلِهِ لَا نُفَرِّقُ بَيْنَ أَحَدٍ مِنْ رُسُلِهِ وَقَالُوا سَمِعْنَا وَأَطَعْنَا غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ لَا يَكْلِفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إِصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا وَارْحَمْنَا إِنَّكَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ.

The Messenger has believed in what was revealed to him from his Lord, and [so have] the believers. All of them have believed in Allah and His angels and His books and His messengers, [saying], 'We make no distinction between any of His messengers.' And they say, 'We hear and we obey. We seek Your forgiveness, our Lord, and to You is the final destination.' Allah does not charge a soul except [with that within] its capacity. It will have the consequence of what good it has earned, and it will bear the consequence of what evil it has earned. 'Our Lord, do not impose blame upon us if we have forgotten or erred. Our Lord, and lay not upon us a burden like that which You laid upon those before

us. Our Lord, and burden us not with that which we have no ability to bear. And pardon us; and forgive us; and have mercy upon us. You are our Protector, so give us victory over the disbelieving people.' [Al-Baqarah: 285-286][*Ṣaḥīḥ al-Bukhārī: 4008*]

2. Muḥammad bin Ubayy bin Ka'b رضي الله عنه narrated from his father that he had some date palm orchards that were decreasing in their fruit, so one night he decided to stand guard over it when a creature resembling a young boy approached him and said Salām. When he returned the Salām, he asked, 'Are you a jinn or a human?' He replied, 'I am a jinn.' Ubayy رضي الله عنه said, 'Hold out your hand to me.' He held out his hand to him and Ubayy saw that his hand was like that of a dog's paw and his hair was like dog's fur. Ubayy رضي الله عنه asked him, 'Do all the jinn look like this?' He said, 'I know no one among the jinn who is stronger than I.' Ubayy رضي الله عنه then said, 'What made you do what you did?' He said, 'We heard that you are a man who loves charity, and we wanted to have a portion of your food.' Ubayy رضي الله عنه asked him, 'What will protect us from you?' He said, 'The verse that is in Al-Baqarah [Surah Al-Baqarah: 255]:

﴿اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ...﴾

Allah - there is no true deity except Him, the Ever-Living, the Sustainer of [all] existence. Neither drowsiness overtakes Him nor sleep. To Him belongs whatever is in the heavens and whatever is on the earth. Who is it that can intercede with Him except by His permission? He knows what is (presently) before them and what will be after them and they encompass not a thing of His knowledge except for what He wills. His *Kursī* extends over the heavens and the earth and their preservation tires Him not. And He is the Most High, the Most Great. Whoever recites it in the evening will be protected from us until the morning, and whoever recites it in the morning will be protected from us until the evening.' In the morning when he mentioned this to the Messenger of Allah ﷺ, he said, 'The filthy one has spoken the truth.' [Al-Mu'jam al-Kabīr al-Ṭabarānī, Vol: 1, 541] *Ṣaḥīḥ*

### Supplications for Fright During Sleep

1. Umar bin Shu'aib رضي الله عنه reported from his father and he from his grandfather that the Prophet ﷺ said, 'When one of you is frightened during sleep he should say,

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ عَضْبِهِ وَعِقَابِهِ وَشَرِّ عِبَادِهِ

وَمِنْ هَمَزَاتِ الشَّيَاطِينِ وَأَنْ يُحْضَرُونَ.

I seek refuge in the complete, perfect words of Allah from His anger and punishment, and from the evil of His servants and from the whispers and appearance of devils.

And then nothing will harm him.' [Sunan al-Tirmidhī: 3528] *Ḥasan*

2. Khalid bin Walīd رضي الله عنه reported that he used to become frightened during his sleep so he went to the Prophet ﷺ and I said, 'I am frightened during my sleep at night and I take my sword and I kill whatever appears before me.' The Prophet ﷺ said, 'Shall I teach you some words that were taught to me by Jibrāil عليه السلام?' I said: 'Yes, indeed.' He ﷺ said, say,

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ الَّتِي لَا يُجَاوِزُهُنَّ بَرٌّ وَلَا فَاجِرٌ مِّنْ شَرِّ مَا يَنْزِلُ مِنَ السَّمَاءِ  
وَمَا يَرْجُحُ فِيهَا وَمِنْ شَرِّ لَيْلِ النَّهَارِ وَمِنْ كُلِّ طَارِقٍ إِلَّا طَارِقًا يَطْرُقُ بِخَيْرٍ يَا رَحْمَانُ.

I seek refuge in the complete, perfect words of Allah which neither the righteous nor the sinful person can exceed, from the evil that descends from the sky and the evil that ascends in it, and from the trials of the night and the day and from the visitations of the night except for the one that comes with good, O Merciful One!

So when Khalid did that, his fear departed. [Al-Mu'jam al-Awsaṭ lil-Ṭabarānī, Vol: 6, Ḥadīth: 5411] *Ṣaḥīḥ*

### Supplications After a Bad Dream

1. Jābir رضي الله عنه reported that the Prophet ﷺ said, 'If one of you sees an unpleasant dream he should spit on the left side, seek refuge in Allah from Satan, and should change his sleeping position.

2. Abū Salamah رضي الله عنه reported, 'I would see such bad and disturbing dreams that I would become sick until I met Abū Qatādah رضي الله عنه and he said, 'I was in a similar state until I heard the Messenger of Allah ﷺ saying, 'A good dream comes from Allah ﷻ and a bad dream from Satan. So when one of you sees a bad dream which he does not like, he should spit on his left side three times and seek refuge with Allah by saying:

أَعُوذُ بِاللَّهِ مِنَ شَرِّ الشَّيْطَانِ وَشَرِّهَا.

I seek refuge with Allah from the evil of Satan and its (i.e. dream's) evil. And not mention the dream to anyone, then he (Satan) will not harm him.' [Ṣaḥīḥ Muslim: 5903]

## Supplications for Warding off Evil Whisperings

1. Surah Fuṣṣilat: 36
2. *Ṣaḥīḥ al-Bukhārī*: 6664
3. Abū Hurairah narrated that the Prophet ﷺ said, 'Satan comes to one of you and provokes you to wonder 'Who created such and such a thing, and who created such and such?' until he provokes you to wonder who created your Lord? When he casts such a whisper in your heart then seek refuge with Allah and cast aside the whisper.' [*Ṣaḥīḥ al-Bukhārī*: 3276]
4. 'Uthmān bin Abū al-'Ās ʿ came to Allah's Messenger ﷺ and said, 'O Allah's Messenger ﷺ, the Satan intervenes between me and my prayer and my reciting of the Qur'ān and he confounds me.' Thereupon Allah's Messenger ﷺ said, 'That is (the doing of Satan) who is known as *Khinzab*, and when you perceive his affect, seek refuge with Allah ﷻ from him ('*Audhubillahi minash shaitān...*) and spit three times to your left. 'Uthman ʿ said, 'I did that and Allah ﷻ dispelled Satan from me.' [*Ṣaḥīḥ Muslim*: 5738]
5. Ā'ishah ʿ narrated, 'Whenever the Prophet ﷺ went to bed at night, he would cup his hands together and blow in them after reciting Al-Ikhlāṣ, Al-Falaq and Al-Nās. He would then pass his hands over whatever part of his body he was able to reach, starting with his head, face and front. He would do that three times.' [*Ṣaḥīḥ Bukhārī*: 5748]
6. O my Lord! I seek refuge in You from the incitements of the Satans, and I seek refuge in You, my Lord, lest they be present with me. [Al-Mu'minūn: 97-98]
7. Abū Sa'īd al-Khudrī ʿ narrated, 'When the Messenger of Allah ﷺ got up to pray at night (i.e. Tahajjud prayer) he pronounced the *Takbīr (Allāhu Akbar)* and then said,

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ

He then said, [لَا إِلَهَ إِلَّا اللَّهُ] three times,

then [اللَّهُ أَكْبَرُ كَبِيرًا] three times

and then

أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ مَنْ هَمَزَهُ وَنَفَخَهُ وَنَفَسَهُ

I seek refuge in Allah, the All-Hearing, the All-Knowing, from Satan, the rejected, from his incitement, from his blowing, and his spittle. he then recited (the Qur'ān).' [*Sunan Abū Dawūd*: 775] *Ṣaḥīḥ*

8. Abū Zūmāil (Samak bin Walid Hanafī) ʿ said, I asked Ibn 'Abbās ʿ, 'What should be done about the feeling I find in my heart?' He asked, 'What is it?' I replied, 'I swear by Allah ﷻ, I cannot speak about it.' He asked me, 'Is it doubt?' and he laughed. He then said 'No one can escape that! Allah, the Exalted, has revealed,

﴿فَإِنْ كُنْتُمْ فِي شَكٍّ مِمَّا أَنْزَلْنَا إِلَيْكَ فَسْئَلِ الَّذِينَ يُقْرَأُونَ الْكِتَابَ﴾

So if you are in doubt, [O Muḥammad ﷺ], about that which We have revealed to you, then ask those who have been reading the Scripture before you...' [Yūnus: 94]

He ʿ said, 'If you find something in your heart, then say:

هُوَ الْأَوَّلُ وَالْآخِرُ وَالظَّاهِرُ وَالْبَاطِنُ ۗ وَهُوَ بِكُلِّ شَيْءٍ عَلِيمٌ

He is the First and the Last, the Ascendant and the Intimate, and He is, of all things, Knowing. [*Al-Hadīd*: 3] [*Sunan Abū Dawūd*: 5110] *Ḥasan*

9. Abdullah bin 'Abbās ʿ narrated: A man came to the Prophet ﷺ and said, 'O Messenger of Allah ﷺ! One of us has thoughts of such nature that he would rather be reduced to charcoal than speak about them.' He ʿ said,

أَللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ الَّذِي رَدَّ كَيْدَهُ إِلَى الْوَسْوَسَةِ

Allah is the Greatest, Allah is the Greatest, Allah is the Greatest, all praises be to Allah Who has reduced his (Satan's) guile to evil prompting [i.e. did not let such thoughts turn into conviction or action]. [*Sunan Abū Dawūd*: 5112] *Ṣaḥīḥ*

## For Warding off Evil Eye

1. *Ṣaḥīḥ Muslim*: 5702
2. Abū Sa'īd al-Khudrī ʿ reported that some people amongst the companions of Allah's Messenger ﷺ set out on a journey and happened to pass by a tribe from the tribes of Arabia. They requested hospitality from the members of that tribe, but they did not extend any to them. Then a scorpion stung their chief, and they came to the companions asking, 'Is there anyone to do incantation amongst you?' A person

amongst us said, 'Yes'. So he came to him and he practiced incantation through Surah Al-Fātiḥah and the chief became fine. That man was given a flock of sheep (as reward), but he refused to accept, saying, 'I shall mention it to Allah's Messenger ﷺ and if he approves of it then I will accept it.' So we came to Allah's Messenger ﷺ and mentioned it to him, and he (that person) said, 'O Messenger of Allah ﷺ I swear by Allah, I did not practice incantation but with Al-Fātiḥah.' The Messenger of Allah ﷺ smiled and said, 'How did you come to know that it can be used (as incantation)?' and said, 'Take of that and allocate a share for me along with your share.' [Al-Fātiḥah: 1-7][Ṣaḥīḥ Muslim: 5733]

ii. 'Ā'ishah رضي الله عنها narrated, 'Whenever the Prophet ﷺ went to bed at night, he would cup his hands together and blow over it after reciting Al-Ikhlāṣ, Al-Falaq and Al-Nās, and then he would 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.' [Ṣaḥīḥ Bukhārī: 5748]

3. Ibn 'Abbās رضي الله عنهما narrated, the Prophet ﷺ used to seek refuge for Al-Hasan رضي الله عنه and Al-Hussain رضي الله عنه with:

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ كُلِّ شَيْطَانٍ وَهَامَّةٍ وَمِنْ كُلِّ غَيِّبٍ لَآمَةٍ.

I seek refuge in the complete, perfect words of Allah from every Satan and poisonous pest and every evil (i.e. harmful, envious) eye. and said, 'Your forefather (i.e. Ibrahīm رضي الله عنه) used to seek refuge with Allah ﷻ for Ismā'īl رضي الله عنه and Ishāq رضي الله عنه by reciting these words.' [Ṣaḥīḥ al-Bukhārī: 3371]

4. Abū Sa'īd رضي الله عنه reported, Jibra'īl عليه السلام came to Allah's Messenger ﷺ and said, 'O Muḥammad ﷺ, have you fallen ill?' Thereupon he ﷺ said 'Yes'. Jibra'īl عليه السلام said,

بِاسْمِ اللَّهِ أَرْقِيكَ مِنْ كُلِّ شَيْءٍ يُؤْذِيكَ مِنْ شَرِّ  
كُلِّ نَفْسٍ أَوْ عَيْنٍ حَاسِدٍ، اللَّهُ يَشْفِيكَ بِاسْمِ اللَّهِ أَرْقِيكَ -

In the name of Allah, I blow on you (to remove from you) all that harms you, and from the evil of every soul or envious eye; May Allah cure you; in the name of Allah, I blow on you. [Ṣaḥīḥ Muslim: 5700]

5. 'Ā'ishah رضي الله عنها narrated that once Jibra'īl عليه السلام read this du'ā when the Prophet ﷺ was ill,

بِاسْمِ اللَّهِ يُبْرِئِكَ وَمِنْ كُلِّ دَاءٍ يَشْفِيكَ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ وَشَرِّ كُلِّ ذِي عَيْنٍ.

In the name of Allah, may He cure you and from every illness heal you, and (protect you) from the evil of one who envies when he envies and from the evil of every one with an (evil) eye. [Ṣaḥīḥ Muslim: 5699]

### For Protection against Magic

1. Refer to the 'Supplications for morning and evening', 'Supplications for protection', 'Supplications for healing' for references.

2. i) Abū Hurairah رضي الله عنه narrated that Allah's Messenger ﷺ deputed me to keep Ṣadaqāt (al-Fiṭr) of Ramaḍān. Someone came and began taking handfuls of the foodstuff (of the Ṣadaqah). I took hold of him and said, 'By Allah ﷻ, I will take you to Allah's Messenger ﷺ.' Then Abū Hurairah رضي الله عنه described the entire incident and said, that person said (to me), 'Whenever you go to bed, recite *Ayat al-Kursī*-

﴿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 يُعَلِّمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ مِنْ عِلْمِهِ إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ﴾

(If you do so), Allah ﷻ will appoint a guard for you who will stay with you and no Satan will come near you until the morning.' (When the Prophet ﷺ heard the story) he ﷺ said, 'He spoke the truth, although he is an absolute liar, and it was Satan.' [Al-Baqarah: 255] [Ṣaḥīḥ al-Bukhārī: 5010]

ii) 'Ā'ishah رضي الله عنها narrated, 'Whenever the Prophet ﷺ went to bed at night, he would cup his hands together and blow in them after reciting Al-Ikhlāṣ, Al-Falaq and Al-Nās; then he would pass his hands over whatever parts of his body he was able to reach, beginning from his head, face and front of the body. He would repeat this three times.' [Ṣaḥīḥ Bukhārī: 5748]

3. I Nu'mān bin Bashīr رضي الله عنه narrated that the Messenger of Allah ﷺ said, 'Indeed, two thousand years before creating the heavens and the earth, Allah ﷻ inscribed a writing from which He sent down two verses,

with which He concluded Surah Al-Baqarah. Satan will not come near a house in which they are recited for three nights.' [Sunan al-Dārimī, Vol: 2, 3387] *Ṣaḥīḥ*

ii) Abū Mas'ūd al-Badrī رضي الله عنه narrated that the Messenger of Allah ﷺ said, 'Whoever recites the last two verses of Surah al-Baqarah in the night, they are sufficient for him.' [Al-Baqarah: 285-286] [*Ṣaḥīḥ al-Bukhārī: 4008*]

4. 'Amir bin Sa'd رضي الله عنه narrated from his father that he heard Allah's Messenger ﷺ saying, 'Whoever eats seven 'Ajwah dates in the morning will not be affected by magic or poison on that day.' [*Ṣaḥīḥ al-Bukhārī: 5445*]

5. Anas رضي الله عنه narrated that the Prophet ﷺ said,

خَيْرُكُمْ مَا تَدَاوَيْتُمْ بِهِ الْجَحَامَةَ

'The best of things with which you cure your self is cupping'. [Musnad Ahmad, Vol: 19, Ḥadīth: 12045] *Ṣaḥīḥ*

6. Listen to the audio lecture: 'Treatment of Magic, Evil Eye and Possession of Jinns' by Qāri' Sa'd al-Ghāmadi: QO33

7. Abū Sa'īd al-Khudri رضي الله عنه narrated, 'When the Messenger of Allah ﷺ, got up to pray at night (i.e Tahajjud prayer) he would say the *Takbīr* (*Allāhu Akbar*) and then say,

[سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ]

He would then say, [لَا إِلَهَ إِلَّا اللَّهُ] three times,

then [اللَّهُ أَكْبَرُ كَبِيرًا] three times

and then اَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ مِنْ هَمْزِهِ وَنَفْخِهِ وَنَفْثِهِ.

I seek refuge in Allah, the All-Hearing, the All-Knowing, from Satan, the rejected, from his incitement, from his his blowing, and his spittle. he would then recite (the Qur'an). [Sunan Abū Dawūd: 775] *Ṣaḥīḥ*

8. Ḥaiwah bin Shuraiḥ said, I met 'Uqbah Ibn Muslim and said to him, I have heard that you have narrated a ḥadīth on the authority of 'Abdullah bin 'Amr bin 'Āṣ رضي الله عنه that when the Prophet ﷺ would enter the Masjid he would say:

اَعُوذُ بِاللَّهِ الْعَظِيمِ وَبِوَجْهِهِ الْكَرِيمِ وَسُلْطَانِهِ الْقَدِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ.

I seek refuge with Allah the Great, with His Noble Face and with His Eternal Authority from Satan, the rejected.

He said, 'Is that all?' I said, 'Yes.' He said, 'So when you say that, Satan says, 'he has been protected from me for the rest of the day.' [Sunan Abū Dawūd: 466] *Ṣaḥīḥ*

9. Abū Hurairah رضي الله عنه narrated Allah's Messenger ﷺ said, 'Whoever says:

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

There is no true deity except Allah; the One and Only; there is no partner associated with Him; to Him belongs all Sovereignty and to Him belongs all Praise, and He over all things is Always All-Powerful. one hundred times a day will get the same reward as emancipating ten slaves, and one hundred good deeds will be written in his account, and one hundred sins will be deducted from his account, and it (his saying) will be a shield for him from Satan on that day till the evening, and nobody will be able to do a better deed except the one who does more (i.e. says it more) than he. [*Ṣaḥīḥ Muslim: 6842*]

### For Protection against the Evil of Jinn

1. [Bani Isrāil: 82]

2. Abū Hurairah رضي الله عنه reported Allah's Messenger ﷺ said, 'Do not make your homes into graveyards. Satan flees from the house in which Surah Al-Baqarah is recited.' [*Ṣaḥīḥ Muslim: 1824*]

3. Sulaimān bin Ṣard رضي الله عنه narrated, two men argued in the presence of the Prophet ﷺ, while I was also sitting in his company. One of them cursed the other in anger while his face was turning red. On that the Messenger of Allah ﷺ said, 'I know a word which if he says will cause his anger to depart.

اَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ.

I seek refuge in Allah from the Satan the rejected.

Someone said to that man, do you not hear what the Prophet ﷺ said? He replied, 'I am not crazy (i.e. I will not say it)'. [*Ṣaḥīḥ Bukhārī: 6115*]

4. 'Abdul Aziz رضي الله عنه bin Suhaib narrated that I heard Anas رضي الله عنه say,



whenever the Messenger of Allah ﷺ went to answer the call of nature, he ﷺ used to say,

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبِيثِ وَالْخَبَائِثِ.

I seek refuge in You from the impure male jinns and impure female jinns. [Ṣaḥīḥ Bukhārī: 142]

5. Anas bin Mālīk ؓ narrated the Messenger of Allah ﷺ said, when a man goes out of his house and says:

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

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

then it will be said to him at that time, 'You are guided, you are defended, you are protected.' The Satans will go far from him and another Satan will say, 'How can you deal with a man who has been guided, defended and protected?' [Sunan Abū Dawūd: 5095] Ṣaḥīḥ

6. Ibn ‘Abbas ؓ narrated the Messenger of Allah ﷺ said, 'If one of you wants to go to his wife, (for sexual relations) he should say,

بِسْمِ اللَّهِ، اللَّهُمَّ جَنِّبْنَا الشَّيْطَانَ وَجَنِّبِ الشَّيْطَانَ مَا رَزَقْتَنَا.

In the name of Allah. O Allah, keep the Satan away from us and keep the Satan away from what (offspring) You bless us with.

and if a child is decreed for them, Satan will never be able to harm it.' [Ṣaḥīḥ al-Bukhārī: 141]

7. The Messenger of Allah ﷺ said, the veil between the eyes of the jinns and the private parts of the children of Adam is that when one takes of his clothes he should say:

بِسْمِ اللَّهِ . . .

[Ṣaḥīḥ al-Jāmi' al-Ṣaḡhīr wa Ziyādatih: 3610]

### Supplications for Healing

1. a. Al-Isrā': 82
- b. Yunus: 57

2. **Honey:**

فِيهِ شِفَاءٌ لِلنَّاسِ

'...in which there is healing for people.' [Al-Naḥl: 69]

**Habbat al Saudā'- Black Seed (Nigella Sativa):** Khalid bin Sa'd ؓ narrated, 'I was travelling with Ghalib Bin Jabr that he fell ill. We reached Madinah while he was still unwell. Ibn Abī Aṭīq came to see him and he took 5 or 7 Black Seeds and ground them, mixed them in olive oil and dropped the mixture in both his nostrils. He then told a narration from 'A'ishah ؓ that the Prophet ﷺ said, 'there is cure in black seeds for all ailments except sām.' I asked him, 'what is sām?' he replied, 'Death'. [Ṣaḥīḥ al-Bukhārī: 5687]

**Zam Zam Water:** Jābir bin ‘Abdullāh ؓ narrated that the Prophet ﷺ said, 'Zam Zam water is for the purpose for which it is consumed.' [Sunan Ibn Mājah: 3062] Ṣaḥīḥ

**Rain Water:**

وَنَزَّلْنَا مِنَ السَّمَاءِ مَاءً مُبَارَكًا

'And We have sent down blessed water from the sky.' [Qāf: 9]

**Olive Oil:** ‘Umar bin Khaṭṭāb ؓ narrated that the Messenger of Allah ﷺ said 'Eat olive oil and massage with it because indeed it's from a blessed tree.' [Sunan al-Tirmidhī: 1852] Ṣaḥīḥ

3. i) Abū Sa'īd al-Khudrī ؓ reported that some people amongst the Companions of Allah's Messenger ﷺ set out on a journey and happened to pass by a tribe from the tribes of Arabia. They requested hospitality from the members of that tribe, but they did not extend any to them. Then a scorpion stung their chief, and they came to the Companions asking, 'Is there anyone to do incantation amongst you?' A person amongst us said, 'Yes'. So he came to him and he practiced incantation through Surah Al-Fātiḥah and the chief became fine. That man was given a flock of sheep (as reward), but he refused to accept, saying, 'I shall mention it to Allah's Messenger ﷺ and if he approves of it then I will accept it.' So we came to Allah's Messenger ﷺ and mentioned it to him, and he (that person) said, 'O Messenger of Allah ﷺ I swear by Allah, I did not practice incantation but with Surah Al-Fātiḥah.' The Messenger of Allah ﷺ smiled and said, 'How did you come to know that it can be used (as incantation)?' and said, 'Take of that and allocate a share for me along with your share.' [Ṣaḥīḥ Muslim: 5733]

ii) Kharjah bin Ṣalt al-Tamīmi ؓ narrated from his uncle that he ؓ came to the Messenger of Allah ﷺ and embraced Islām. On his return

from the Messenger of Allah ﷺ, he passed by some people who had a lunatic fettered in chains. His people said, 'We have heard that your companion (i.e. Muhammad ﷺ) has brought some good. Have you something with which you can cure him?' I then recited Surah Al-Fātiḥah:

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ۝ الرَّحْمَنِ الرَّحِيمِ ۝ مَلِكِ يَوْمِ الدِّينِ ۝ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ۝  
 إِهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ۝ صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ۝

(All) praise is (due) to Allah, Lord of the worlds. The Entirely Merciful, the Especially Merciful. Sovereign of the Day of Recompense. You we worship and You we ask for help. Guide us to the straight path. The path of those upon whom You have bestowed favour, not of those who have evoked anger nor of those who are astray.

and he was cured. They gave me one hundred sheep. I then came to the Messenger of Allah ﷺ and informed him of what happened. He ﷺ asked, 'Did you say anything other than this?' I said, 'No.' He ﷺ said, 'Take it, for by my life, some accept it for a worthless incantation, but you have done so for a genuine one.' [Sunan Abū Dawūd: 3896] Ṣaḥīḥ

4. The supplication of Prophet Ayūb ؑ when he fell ill:

أَتَيْتُ مَسْنِيَ الضَّرِّ وَأَنْتَ أَرْحَمَ الرَّحِمِينَ.

Indeed, adversity has touched me, and You are the Most Merciful of the merciful. [Al-Anbiyā': 83]

5. 'Uthmān bin Abū Al-'Aṣ Al-Thaqafī ؓ reported that he complained to the Messenger of Allah ﷺ about the pain that he felt in his body at the time he had become Muslim. Thereupon the Messenger of Allah ﷺ said, put your hand at the place where you feel pain in your body and say three times:

In the name of Allah بِسْمِ اللّٰهِ

and seven times say,

أَعُوذُ بِاللّٰهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاذِرُ.

I seek refuge in Allah and His Power from the evil that I find and that I fear. [Ṣaḥīḥ Muslim: 5737]

6. 'Abdullah bin 'Abbās ؓ narrated that the Messenger of Allah ﷺ said, 'If anyone visits a person who is sick whose time (of death) has not come, and reads for him seven times,

أَسْأَلُ اللّٰهَ الْعَظِيمَ رَبَّ الْعَرْشِ الْعَظِيمِ أَنْ يَشْفِيكَ.

I ask Allah, the Great, Lord of the Magnificent Throne, to cure you. Allah will cure him from that disease.' [Sunan Abū Dawūd: 3106] Ṣaḥīḥ

7. 'Ā'ishah ؓ narrated that when one of us would be unwell, the Messenger of Allah ﷺ used to pass his right hand over the place of ailment and used to say,

أَذْهِبِ الْبَاسَ رَبَّ النَّاسِ وَاشْفِ أَنْتَ الشَّافِي، لَا شِفَاءَ إِلَّا بِشِفَاؤِكَ شِفَاءٌ لَا يُعَادِرُ سَقَمًا.

O Lord of mankind! Remove the disease and bring about healing as You are the Healer. There is no healing but Your Healing, a healing that leaves no ailment. [Ṣaḥīḥ Muslim: 5707]

8. 'Ā'ishah ؓ narrated that the Messenger of Allah ﷺ read,

أُمْسِحِ الْبَاسَ رَبَّ النَّاسِ بِيَدِكَ الشِّفَاءُ لَا يَكْشِفُ الْكَرْبَ إِلَّا أَنْتَ

O Lord of mankind! Remove the disease. In your hand is all cure, there is no one to relieve sorrow and distress except You.

And then blew over him (the sick person). [Musnad Aḥmad, Vol: 40, 24234] Ṣaḥīḥ

## Upon Visiting the Sick

### The Command to Visit the Sick

1. Ṣaḥīḥ al-Bukhārī: 5649

### The Virtue of Visiting the Sick

2. Musnad Aḥmad: 975 [Ṣaḥīḥ], Jāmi' al-Tirmidhī: 967, 969 [Ṣaḥīḥ]

3. Ṣaḥīḥ Muslim: 6556

### Supplications

4. Alī ؓ narrated, I was sick and the Messenger of Allah ﷺ came to visit me, as he entered he heard me saying 'O Allah ﷻ! If my death is near then grant me comfort, and if my death is far then make me stand (i.e. make me healthy) and if my test is certain then grant me patience.' Thereupon the Messenger of Allah ﷺ asked me, 'What are you saying?' So I repeated what I was saying, then the Messenger of Allah ﷺ nudged me with his foot and said,

اللَّهُمَّ عَافِهِ / اللَّهُمَّ اشْفِهِ.

O Allah, grant him well-being or O Allah, cure him (the transmitter was unsure). 'Alī رضي الله عنه said, 'After that I never suffered that illness again.' [Musnad Ahmad, Vol: 2, 637] *Ṣaḥīḥ*

5. Ibn 'Abbās رضي الله عنه narrated, Allah's Messenger صلى الله عليه وسلم entered upon a sick man to pay him a visit, and said to him,

لَا بَأْسَ طَهُورٌ إِنْ شَاءَ اللَّهُ.

No harm, (this illness will be) a purification, if Allah wills. The man said, 'No, it is but a fever that is boiling within an old man and will send him to his grave.' On that, the Prophet صلى الله عليه وسلم said, 'Then yes, it is so.' [Ṣaḥīḥ al-Bukhārī: 5662]

6. Ibn 'Abbās رضي الله عنه narrated, Allah's Messenger صلى الله عليه وسلم said, 'Anyone who visits a sick person whose time has not yet come and says seven times in his presence:

أَسْأَلُ اللَّهَ الْعَظِيمَ رَبَّ الْعَرْشِ الْعَظِيمِ أَنْ يَشْفِيكَ.

I ask Allah, the Great, Lord of the Magnificent Throne, to cure you. Allah will cure his illness. [Sunan Abū Dāwūd: 3106] *Ṣaḥīḥ*

7. 'Ā'ishah رضي الله عنها narrated that the Messenger of Allah صلى الله عليه وسلم read, أَدْهَبِ الْبَأْسَ رَبِّ النَّاسِ وَاشْفِ أَنْتَ الشَّافِي، لَا شِفَاءَ إِلَّا شِفَاؤُكَ شِفَاءً لَا يُعَادِرُ سَقَمًا.

O Lord of mankind! Remove the disease. In your hand is all cure, there is no one to relieve sorrow and distress except You. And then blew over him (the sick person). [Musnad Ahmad, Vol: 40, 24234] *Ṣaḥīḥ*

### On Seeing Someone in Illness or Trial

Abū Hurairah رضي الله عنه reported that the Prophet صلى الله عليه وسلم said, 'If one sees an afflicted person and says,

الْحَمْدُ لِلَّهِ الَّذِي عَافَانِي مِمَّا ابْتَلَاكَ بِهِ وَفَضَّلَنِي عَلَى كَثِيرٍ مِمَّنْ خَلَقَ تَفَضُّلاً.

All praise is for Allah, Who saved me from that which He tested you with and favoured me over much of His creation. he will be saved from that affliction.' [Sunan al-Tirmidhī: 3432] *Ṣaḥīḥ*

### On Receiving Unfortunate News

Umm Salamah رضي الله عنها heard the Messenger of Allah صلى الله عليه وسلم say, 'Whosoever is inflicted by a misfortune and then says a supplication that Allah has

commanded him to say,

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ، أَللَّهُمَّ أَجْزِنِي فِي مُصِيبَتِي وَأَخْلِفْ لِي خَيْرًا مِنْهَا.

Indeed we belong to Allah, and indeed to Him we will return. O Allah, recompense me for my affliction and replace it for me with something better. then Allah سبحانه will bestow him with a better substitute.' [Ṣaḥīḥ Muslim: 2126]

### Supplications for the Forgiveness of the Deceased

1. Yazīd bin 'Abdullah bin Rakāna bin Muṭṭalib reported, when the Messenger of Allah صلى الله عليه وسلم stood for a funeral prayer he would say,

أَللَّهُمَّ عَبْدُكَ وَابْنُ أُمَّتِكَ، اِحْتِاجُ إِلَى رَحْمَتِكَ وَأَنْتَ غَنِيٌّ عَنْ عَذَابِهِ إِنْ كَانَ مُحْسِنًا فَزِدْ فِي إِحْسَانِهِ وَإِنْ كَانَ مُسِيئًا فَتَجَاوَزْ عَنْهُ.

O Allah, Your male slave and the son of Your female slave is in need of Your mercy, and You are without need of punishing him. If he was pious then increase his rewards and if he was a sinner then pardon him. [Al-Mustadark lil Ḥākim, Vol: 1, Ḥadīth: 1368] *Ṣaḥīḥ*

2. Wāthilah bin al-Asqa' رضي الله عنه reported, the Messenger of Allah صلى الله عليه وسلم led us in a funeral prayer of a Muslim man and I heard him say:

أَللَّهُمَّ إِنَّ فُلَانًا بَنُ فُلَانٍ فِي دِمَّتِكَ فَحَمِهِ مِنْ فِتْنَةِ الْقَبْرِ.

O Allah, so and so, son of so and so, is in Your protection, so guard him from the trial in the grave. Whereas 'Abdur Raḥmān رضي الله عنه in his version said:

فِي دِمَّتِكَ وَحَبْلِ جِوَارِكَ فَحَمِهِ مِنْ فِتْنَةِ الْقَبْرِ وَعَذَابِ النَّارِ وَأَنْتَ أَهْلُ الْوَفَاءِ وَالْحَقِّ، أَللَّهُمَّ فَاعْفِرْ لَهُ وَأَرْحَمْهُ إِنَّكَ أَنْتَ الْغَفُورُ الرَّحِيمُ.

...is under Your care and protection, so save him from the trial of the grave and from the punishment of the Fire. You fulfil promises and grant rights. O Allah, forgive him and have mercy on him, surely You are the Most Forgiving, the Most Merciful. [Sunan Abū Dawūd: 3202] *Ṣaḥīḥ*

3. Umm Salamah رضي الله عنها narrated that the Messenger of Allah صلى الله عليه وسلم visited

Abū Salamah whose eyes remained open (after his death), so he closed them and said, 'when the soul departs the body, the sight follows it.' The members of his household began to cry. So the Messenger of Allah ﷺ advised them, 'Do not supplicate for anything for yourselves except that which is good because the angels say *Amīn* on your supplication.' Then, he prayed:

اللَّهُمَّ اغْفِرْ لَأَبِي سَلَمَةَ وَارْفَعْ دَرَجَتَهُ فِي الْمَهْدِيِّينَ وَاخْلُقْهُ فِي عَقِبِهِ فِي الْعَابِرِينَ وَاغْفِرْ لَنَا وَلَهُ  
بَارِكْ الْعَالَمِينَ! وَأَفْسَحْ لَهُ فِي قَبْرِهِ وَنَوِّرْ لَهُ فِيهِ.

O Allah! Forgive him and raise his degrees amongst the guided ones. Make for him a successor from among the people that remain. O Lord of the worlds! Forgive us and forgive him. Expand for him his grave and illuminate it for him. [*Ṣaḥīḥ Muslim: 2130*]

4. Abū Hurairah رضي الله عنه narrated that the Messenger of Allah ﷺ offered a funeral prayer and said:

اللَّهُمَّ اغْفِرْ لِحَيَاتِنَا وَمَيِّتِنَا وَصَغِيرِنَا وَكَبِيرِنَا وَذَكَرْنَا وَأُنثَانَا وَشَاهِدِنَا وَعَابِئِنَا، اللَّهُمَّ مِنْ أَحْيَيْتَنَا مِنَّا  
فَأَحْيِهِ عَلَيَّ الْإِيمَانَ وَمَنْ تَوَفَّيْتَنَا مِنَّا فَتَوَفَّهُ عَلَيَّ الْإِسْلَامَ، اللَّهُمَّ لَا تَحْرِمْنَا أَجْرَهُ وَلَا تُصَلِّنَا بَعْدَهُ.

O Allah, forgive our living and our dead, our young and our old, our men folk and our womenfolk, those who are present and those who are absent. O Allah, whomever you give life from among us give him life in Faith, and whomever you take away from us take him away in Islām. O Allah, do not deprive us of his reward (for supplicating for the deceased) and do not lead us astray after him. [*Sunan Abū Dawūd: 3201*] *Ṣaḥīḥ*

5. 'Auf bin Mālik رضي الله عنه reported, 'The Messenger of Allah ﷺ offered a funeral prayer and I memorized these words of his supplication:

اللَّهُمَّ اغْفِرْ لَهُ وَارْحَمْهُ وَعَافِهِ وَاعْفُ عَنْهُ وَأَكْرِمْ نُزُلَهُ وَوَسِّعْ مَدْخَلَهُ وَاغْسِلْهُ بِالسَّمَاءِ وَالرَّسَدِ وَالْبَرَدِ  
وَتَقِهِ مِنَ الْخَطَايَا كَمَا تَقِيَتِ الثُّورَ الْأَبْيَضَ مِنَ الدَّنَسِ وَأَبْدَلْهُ دَارًا خَيْرًا مِنْ دَارِهِ وَأَهْلًا خَيْرًا مِنْ أَهْلِهِ  
وَرُجُلًا خَيْرًا مِنْ رُجُلِهِ وَأَدْخِلْهُ الْجَنَّةَ وَأَعِذْهُ مِنْ عَذَابِ الْقَبْرِ وَمِنْ عَذَابِ النَّارِ.

O Allah, forgive him and have mercy on him and grant him peace and pardon him. Receive him with honour and make his place of entry (in grave) spacious. Wash him with water, snow, and ice and cleanse him of his faults like a white garment is cleansed of stains. O Allah, substitute for him an abode better than his abode, a family better than his family

and a spouse better than his spouse. Admit him into Paradise and protect him from the torment of the grave and the torment of the Fire. 'Auf bin Mālik رضي الله عنه said, 'I wished I had been that dead man.' [*Ṣaḥīḥ Muslim: 2232*]

### For a Deceased Child

6. Sa'īd bin Al-Musayyab رضي الله عنه said, 'I once prayed behind Abū Hurairah رضي الله عنه (the funeral prayer) of a deceased child who had never done a wrong action and I heard him say,

اللَّهُمَّ أَعِذْهُ مِنْ عَذَابِ الْقَبْرِ.

O Allah, protect him from the torment of the grave. [*Al-Mu'atta li Imām Mālik, al-Jana'iz: 18*]

7. Ḥasan al-Baṣrī رضي الله عنه used to recite Surah Al-Fātiḥah for a child's funeral and then say,

اللَّهُمَّ اجْعَلْهُ لَنَا سَلْفًا وَفَرَطًا وَأَجْرًا.

O Allah, make him our forerunner, a treasure and (a means of) reward. [*Ṣaḥīḥ al-Bukhārī, Book of Funeral Prayers, Chapter: 65*]

### Supplications for Forgiveness

1. Nūḥ: 10-12

2. Abū Hurairah رضي الله عنه narrated that the Prophet ﷺ said while narrating from his Lord, Glorified and Exalted, 'A servant (of Allah) committed a sin and said:

اللَّهُمَّ اغْفِرْ لِي ذَنْبِي.

O Allah, forgive me my sins.

And He said: 'My servant has committed a sin and has known that he has a Lord who forgives sins and punishes for them.' [*Ṣaḥīḥ Muslim: 6986*]

3. 'Ā'ishah رضي الله عنها narrated that she said, 'O Messenger of Allah ﷺ! During the days of ignorance, the son of Jid'an would join the relations of kinship and feed the poor. Will these deeds benefit him on the Day of Judgment? The Messenger of Allah ﷺ replied, 'It will not benefit him because he did not once say,

رَبِّ اغْفِرْ لِي خَطِيئَتِي يَوْمَ الدِّينِ.

My Lord, forgive me my sin on the Day of Recompense.' [*Ṣaḥīḥ Muslim: 518*]

4. My Lord, forgive and have mercy, and You are the best of the merciful. [Surah Al-Mu'minūn: 118]

5. Our Lord, forgive me and my parents and the believers the Day the account is established. [Surah Ibrāhīm: 41]

6. Our Lord, indeed we have believed, so forgive us our sins and protect us from the punishment of the Fire. [Surah Āli 'Imrān: 16]

7. Our Lord, we have wronged ourselves, and if You do not forgive us and have mercy upon us, we will surely be among the losers. [Surah Al-A'rāf: 23]

8. Our Lord, forgive us our sins and the excess [committed] in our affairs and plant firmly our feet and give us victory over the disbelieving people. [Surah Āli 'Imrān: 147]

9. 'Ā'ishah رضي الله عنها reported that the Messenger of Allah ﷺ before his death recited often:

سُبْحَانَكَ وَيُحَمِّدُكَ أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ.

Glory be to You O Allah, and all praise be to You! I seek Your forgiveness and turn in repentance to You.

I said, 'O Messenger of Allah ﷺ, what are these words that I find you reciting?' He said, 'There has been made a sign for me in my Ummah; when I saw that (i.e. the sign), I uttered them (i.e. these words of glorification for Allah), and the sign is:

إِذَا جَاءَ نَصْرُ اللَّهِ وَالْفَتْحُ... إلخ

When there comes the help of Allah ﷻ and the Conquest... (till the end).' [Ṣaḥīḥ Muslim: 1086]

10. 'Abdullāh bin 'Umar رضي الله عنهما narrated, we counted that the Messenger of Allah ﷺ would say a hundred times during a gathering:

رَبِّ اغْفِرْ لِي وَتُبْ عَلَيَّ إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ.

My Lord, forgive me and turn towards me (to accept my repentance). Verily You are the Accepting of repentance, the always All Merciful. [Sunan Abū Dawūd: 1516] Ṣaḥīḥ

11. Abū Mālik Ashja'ī رضي الله عنه narrated from his father that the Messenger of Allah ﷺ taught this supplication to anyone who accepted Islam:

اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي وَاهْدِنِي وَارْزُقْنِي .

O Allah, forgive me and have mercy on me and guide me and provide for me. [Ṣaḥīḥ Muslim: 6849]

12. Zaid رضي الله عنه narrated that I heard that the Messenger of Allah ﷺ said, 'Whoever says:

أَسْتَغْفِرُ اللَّهَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ وَأَتُوبُ إِلَيْهِ.

I seek forgiveness from Allah, there is no true deity except Him. The Ever Living, the Self Subsisting and I turn (in repentance) towards Him. he is forgiven even if he has run away from the battlefield.' [Sunan Abū Dawūd: 1517] Ṣaḥīḥ

13. Abū Burdah narrated that upon completing his prayer, Abū Musa رضي الله عنه said,

اللَّهُمَّ اغْفِرْ لِي ذَنْبِي وَيَسِّرْ لِي أَمْرِي وَبَارِكْ لِي فِي رِزْقِي.

O Allah, forgive my sins, make my task easy and bless me in my livelihood. [Muṣṣannaḥ Ibn Abī Shaibah, Vol: 2, 3047]

14. Zaid رضي الله عنه narrated that I heard that the Messenger of Allah ﷺ said, 'Whoever says:

أَسْتَغْفِرُ اللَّهَ الْعَظِيمَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ وَأَتُوبُ إِلَيْهِ.

I seek forgiveness from Allah - the Most Great, there is no true deity except Him. The Ever Living, the Self Subsisting and I turn (in repentance) towards Him.

he is forgiven even if he has run away from the battlefield.' [Sunan al-Tirmidhī: 3577] Ṣaḥīḥ

15. Ibn 'Umar رضي الله عنهما narrated that once as I sat with the Messenger of Allah ﷺ, I heard him seek forgiveness a hundred times. Then he said,

اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي وَتُبْ عَلَيَّ إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ.

O Allah, forgive me and have mercy on me and turn towards me (to accept my repentance). Verily You are the Accepting of repentance, the always All Merciful. [Musnad Ahmad, Vol: 9, 5354] Ṣaḥīḥ

16. 'Imran bin Huṣayn رضي الله عنه narrated that the Messenger of Allah ﷺ often supplicated,

اللَّهُمَّ اغْفِرْ لِي مَا أَخْطَأْتُ وَمَا تَعَمَّدْتُ وَمَا أَسْرَرْتُ وَمَا أَعْلَنْتُ وَمَا جَهِلْتُ وَمَا تَعَمَّدْتُ.

O Allah, forgive for me my mistakes, what I have done deliberately, secretly and openly, in ignorance and intentionally. [Musnad Ahmad, Vol: 33, 19925] *Ṣaḥīḥ*

17. Zuhair Anmārī رضي الله عنه narrated that when the Messenger of Allah ﷺ came to his bed he said,

اللَّهُمَّ اغْفِرْ لِي وَاحْسَأْ شَيْطَانِي وَفُكِّ رَهَائِي وَثَقِّلْ مِيزَانِي وَاجْعَلْنِي فِي النَّدَى الْأَعْلَى

O Allah forgive me, drive away my Satan, free my soul (from the Hell-fire), make my scales heavy and place me in the highest assembly (i.e. the angels). [Al-Mustadark lil Hākim, Vol: 2, 2026] *Ṣaḥīḥ*

18. Miḥjan bin Adra' رضي الله عنه narrated that the Messenger of Allah ﷺ came to the masjid, he saw a man who had completed his prayer and was reading the *tashahud*. He was saying,

اللَّهُمَّ إِنِّي أَسْأَلُكَ يَا اللَّهُ، الْوَاحِدَ

الصَّمَدَ، الَّذِي لَمْ يَلِدْ وَلَمْ يُولَدْ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدًا، أَنْ تَغْفِرَ لِي ذُنُوبِي إِنَّكَ أَنْتَ الْغَفُورُ الرَّحِيمُ

O Allah, indeed I ask You, O Allah, the One, the Eternal Refuge, the One Who neither begets nor is born, nor is there to Him any equivalent that You forgive for me my sins. Indeed You are the Most Forgiving, the Especially Merciful.

The Messenger of Allah ﷺ said, 'he has been forgiven, he has been forgiven' three times. [Sunan Abū Dawūd: 1517] *Ṣaḥīḥ*

19. Abū Mūsa Al-Ash'arī رضي الله عنه narrated that the Messenger of Allah ﷺ used to supplicate,

اللَّهُمَّ اغْفِرْ لِي خَطِيئَتِي وَجَهْلِي وَإِسْرَافِي فِي أَمْرِي...

O Allah, forgive my faults, my ignorance and my excess in my affairs, You are better aware of my faults than myself. O Allah, forgive my faults which I committed in fun or in seriousness, inadvertently or deliberately and all of these (attributes) are within me. [Ṣaḥīḥ Bukhārī: 6399]

20. 'Alī bin Abū Ṭālib رضي الله عنه narrated that the Messenger of Allah ﷺ would say between *tashahud* and pronouncing the salutation (i.e., before ending the Ṣalah),

اللَّهُمَّ اغْفِرْ لِي مَا قَدَّمْتُ وَمَا أَخَّرْتُ وَمَا أَسْرَرْتُ...

O Allah, forgive me what I have sent before me and what I have left

behind me, what I have concealed and what I have done openly, what I have done in excess, and what You are better aware of than I. You are the One Who sends forth and You are the One Who delays. There is no true deity except You. [Ṣaḥīḥ Muslim: 1812]

21. Shaddad bin Aws رضي الله عنه reported that the Messenger of Allah ﷺ said, 'The best supplication for forgiveness is to say,

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 بِذَنْبِي فَاغْفِرْ لِي إِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ.

O Allah! You are my Lord, there is no true deity except You. You created me and I am your servant, I abide by Your covenant and promise to the best of my ability. I seek refuge with you from the evil of which I have committed I acknowledge Your blessings upon me and I acknowledge my sin, so forgive me for verily none forgives sins except You.'

The Messenger of Allah ﷺ added, 'If somebody recites this during the day with firm faith in it, and dies on the same day before the evening, he will be one of the people of Paradise. And if somebody recites it at night with firm faith in it, and dies before the morning, he will be one of the people of Paradise.' [Ṣaḥīḥ al-Bukhārī: 6306]

22. Shaddad bin Aws رضي الله عنه narrated that the Messenger of Allah ﷺ said, 'O Shaddad bin Aws! When you find people collecting treasures of gold and silver, read these words excessively

اللَّهُمَّ إِنِّي أَسْأَلُكَ الثَّبَاتَ فِي الْأَمْرِ...

O Allah, indeed I ask You for steadfastness upon deen and firmness upon guidance. And I ask You for that which makes Your mercy incumbent and the things that necessitate Your forgiveness. And I ask You for the capacity to be grateful for Your blessings and to worship You in a beautiful manner. And I ask You for a sound heart and a truthful tongue. And I ask You for all goodness that You know of and I seek refuge in You from all evil that You know of and I seek forgiveness from all that You know of. Indeed, it is You who is the Knower of the unseen.' [Al-Mu'jam al-Kabīr al-Ṭabarānī, Vol: 7, 7135] *Ṣaḥīḥ*

23. Thawbān رضي الله عنه narrated that each time the Messenger of Allah ﷺ finished his Ṣalah, he would say three times,

أَسْتَغْفِرُ اللَّهَ .

[Ṣaḥīḥ Muslim: 1334]

24. 'A'ishah رضي الله عنها narrated that the Messenger of Allah ﷺ often said while bowing and prostrating,

سُبْحَانَكَ اللَّهُمَّ رَبَّنَا وَبِحَمْدِكَ اللَّهُمَّ اغْفِرْ لِي.

Glory be to You, O Allah, our Lord, and all praise be to You. O Allah, forgive me. *Ṣaḥīḥ Muslim: 1085*

25. Abū Hurairah رضي الله عنه reported, the Messenger of Allah ﷺ used to say in his prostration:

اللَّهُمَّ اغْفِرْ لِي ذَنْبِي كُلَّهُ دِقَّةَ وَجِلِّهِ وَأَوَّلَهُ وَآخِرَهُ وَعَلَانِيَتَهُ وَسِرَّهُ.

O Allah, Forgive me all my sins, small and great, first and last, open and secret. *[Ṣaḥīḥ Muslim: 1084]*

26. Abū Bakr Ṣiddīq رضي الله عنه reported that he said to Allah's Messenger ﷺ, 'Teach me a supplication which I should recite in my prayer.' Thereupon he ﷺ said, recite:

اللَّهُمَّ إِنِّي ظَلَمْتُ نَفْسِي ظُلْمًا

كَبِيرًا وَلَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ فَاعْفِرْ لِي مَغْفِرَةً مِّنْ عِنْدِكَ وَارْحَمْنِي إِنَّكَ أَنْتَ الْعَفُورُ الرَّحِيمُ.

O Allah, indeed I have wronged my soul greatly, and none can forgive sin except You. So, forgive me and grant me a great forgiveness from Yourself and have mercy upon me. Surely, You are the Most Forgiving, the Most Merciful. *[Ṣaḥīḥ Muslim: 6842]*

27. 'Abdullāh bin 'Umar رضي الله عنه narrated, that the Messenger of Allah ﷺ would say a hundred times before rising from a gathering:

رَبِّ اغْفِرْ لِي وَتُبْ عَلَيَّ إِنَّكَ أَنْتَ التَّوَّابُ الْعَفُورُ.

My Lord, forgive me and turn towards me (to accept my repentance). Verily You are the Accepting of repentance, the Oft Forgiving. *[Sunan al-Tirmidhī: 3434] Ṣaḥīḥ*

28. Abū Barzah Aslamī narrated that during the last days of his life after rising from a gathering, the Messenger of Allah ﷺ would say:

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

Glory be to You O Allah, and all praise be to You! I bear witness that there is no true deity except You, I seek Your forgiveness and turn in repentance to You, I have committed wrong deeds and have oppressed my soul, so forgive me, indeed no one can forgive sins except You.

A man asked, 'What are these words that you speak which you did not say before?' He ﷺ said, 'This is the atonement for a gathering.' *[Sunan Abū Dāwūd: 4859] Ḥasan Ṣaḥīḥ*

### For Relief from Sorrow and Distress

1. Fuḍālah bin 'Ubaid رضي الله عنه narrated, 'The Messenger of Allah ﷺ said, 'Man is protected from every trial so long as he continues to seek forgiveness.' *[Musnad Ahmad, Vol: 39, 23953] Ḥasan*

2. The Prophet ﷺ said, 'Whoever says:

لَا إِلَهَ إِلَّا اللَّهُ.

There is no true deity except Allah. It will become a source of salvation for him at some point in time and whatever he suffered before that has been suffered.' *[Silsilah al-Ṣaḥīḥah: 1932]*

3. Abū Hurairah رضي الله عنه narrated that the Messenger of Allah ﷺ said to me, 'Should I not teach you some words that are from under the Throne and from amongst the treasures of Paradise? Say,

لَا حُزْنَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ.

There is no power or might except with Allah.' *[Ṣaḥīḥ al-Targhīb wal-Tarhīb]*

4. Ibn Abbās رضي الله عنه narrated that the Messenger of Allah ﷺ said, 'The words:

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ.

Sufficient for us is Allah, and [He is] the best Disposer of affairs. were uttered by Ibrāhīm رضي الله عنه when he was thrown in the fire. It was also uttered by Muḥammad ﷺ when the people said to frighten the believers, 'A great army is gathering against you, therefore, fear them,' but it only increased their faith and they said: 'Allah is Sufficient for us, and He is the Best Disposer of Affairs.' *[Āli 'Imrān: 173] [Ṣaḥīḥ al-Bukhārī: 4563]*

5. Anas bin Mālik رضي الله عنه said that when the Prophet ﷺ, was faced with a serious difficulty, he would always supplicate:

اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي وَعَافِنِي وَارْزُقْنِي.

O Ever-Living, O Self Subsisting, by Your Mercy I seek (Your) assistance. [Sunan Al-Tirmidhī: 3524] Ḥasan

6. When Prophet Ya‘qūb عليه السلام was deeply grieved by the hurtful actions of his sons, he said:

﴿أَنَا أَشْكُو بَنِيَّ وَحُزْنِي إِلَى اللَّهِ﴾

I only complain of my suffering and my grief to Allah. [Yūṣuf: 86]

7. Asmā‘ bint ‘Umays رضي الله عنها narrated that the Messenger of Allah صلى الله عليه وسلم said to me, 'Should I not teach you some words that you should say at the time of distress? Say:

اللَّهُ اللَّهُ رَبِّي لَا أُشْرِكُ بِهِ شَيْئًا.

Allah, Allah is my Lord, I do not associate anything with Him.' [Sunan Abū Dāwūd: 1525] Ṣaḥīḥ

8. Abū Mālīk رضي الله عنه narrated from his father that he heard that a man came to the Messenger of Allah صلى الله عليه وسلم and said, 'O Messenger of Allah صلى الله عليه وسلم! How should I call upon my Lord?' He صلى الله عليه وسلم said, 'Join all your fingers together except for the thumb and pray:

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ.

O Allah, forgive me and have mercy on me and grant me well-being and provide for me.

Certainly, these words will amass your world and your hereafter.' [Ṣaḥīḥ Muslim: 6851]

9. Sa‘d رضي الله عنه narrated that the Messenger of Allah صلى الله عليه وسلم said, 'The supplication made by the Companion of the Fish (Prophet Yūnus عليه السلام) in the belly of the fish was:

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِيْنَ.

There is no true deity except You; exalted are You. Indeed, I have been of the wrongdoers.

If any Muslim supplicates with these words, Allah will accept his supplication.' [Jāmi‘ Al-Tirmidhī: 3505] Ṣaḥīḥ

10. Anas bin Mālīk رضي الله عنه narrated that the Messenger of Allah صلى الله عليه وسلم used to supplicate,

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

O Allah, there is no ease except what You make easy, and You alone can turn a difficulty into an ease, when You please.' [Ibn Ḥibbān: 974]

11. Anas bin Mālīk رضي الله عنه reported: The Prophet صلى الله عليه وسلم used to supplicate, اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ وَالْعَجْزِ وَالْكَسَلِ وَالْجُبْنِ وَالْبُخْلِ وَضَلَعِ الدَّيْنِ وَعَلْبَةِ الرَّجَالِ.

O Allah, I seek refuge in You from anxiety and sorrow, from incapacity and laziness, from cowardice and miserliness, from being burdened by debt and from being overpowered by men.' [Ṣaḥīḥ al-Bukhārī: 6369]

12. ‘Abdur Raḥman bin Abī Bakrah رضي الله عنه reported that his father said, that the Messenger of Allah صلى الله عليه وسلم said, the supplication for a distressed person is,

اللَّهُمَّ رَحِمَتِكَ أَرْجُو فَلَا تَكِلْنِي إِلَى نَفْسِي طَرْفَةَ عَيْنٍ وَاصْلِحْ لِي شَأْنِي كُلَّهُ لَا إِلَهَ إِلَّا أَنْتَ.

O Allah, I hope for Your mercy, so do not entrust me to myself even for as little as the blink of an eye, and set right for me all my affairs. There is no true deity except You.' [Sunan Abū Dāwūd: 5090] Ṣaḥīḥ

13. Ibn ‘Abbās رضي الله عنه reported that at the time of difficulty the Messenger of Allah صلى الله عليه وسلم used to say,

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

There is no true deity except Allah, the Most Grand, the Ever Forbearing. There is no true deity except Allah, Lord of the magnificent Throne. There is no true deity except Allah, Lord of the heavens, Lord of the earth and Lord of the noble Throne.' [Ṣaḥīḥ al-Bukhārī: 6346] Ṣaḥīḥ

14. ‘Alī رضي الله عنه bin Abū Ṭalīb narrated, 'The Messenger of Allah صلى الله عليه وسلم taught me these words and commanded me to read them in a time of distress or during any hardship,'

لَا إِلَهَ إِلَّا اللَّهُ الْحَلِيمُ الْكَرِيمُ، سُبْحَانَ اللَّهِ وَتَبَارَكَ اللَّهُ، رَبُّ الْعَرْشِ الْعَظِيمِ وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِيْنَ.

There is no true deity except Allah, the Ever Forbearing, the Generous One, glorified is Allah and blessed is Allah, the Lord of the magnificent Throne and all praise is for Allah, Lord of the worlds.' [Al-Mustadrak ‘ala al-Ṣaḥīḥain lil Ḥākim: 1916] Ṣaḥīḥ



15. 'Abdullāh bin Mas'ūd رضي الله عنه narrated that the Messenger of Allah ﷺ said, 'When anyone is afflicted with sorrow or distress, he should say:

اللَّهُمَّ إِنِّي عَبْدُكَ، ابْنُ عَبْدِكَ، ابْنُ أَمَتِكَ، نَاصِبَتِي بِيَدِكَ، مَاضٍ فِي حُكْمِكَ، عَذْلٌ فِي قَضَائِكَ، أَسْأَلُكَ بِكُلِّ اسْمٍ هُوَ لَكَ سَمِيَتْ بِهِ نَفْسِكَ أَوْ عَلَّمْتَهُ أَحَدًا مِنْ خَلْقِكَ، أَوْ أَنْزَلْتَهُ فِي كِتَابِكَ، أَوْ اسْتَأْثَرْتَ بِهِ فِي عِلْمِ الْغَيْبِ عِنْدَكَ، أَنْ تَجْعَلَ الْقُرْآنَ رَبِيعَ قَلْبِي وَنُورَ صَدْرِي وَجَلَاءَ حُزْنِي وَذَهَابَ هَمِّي.

O Allah, verily I am Your servant, the son of Your servant, the son of your maid-servant. My forelock is in Your hands, Your command continuously prevails over me, Your Decree concerning me is just. I beseech You by every one of Your names: those which You use to refer to Yourself, or have revealed in Your book, or have taught to any one of Your creation, or have chosen to keep hidden with You in the unseen, to make the Qur'an the springtime of my heart, the light of my chest, the dispelling of my grief, and the deportation of my anxiety.' [Musnad Ahmad, Vol: 6, 3712]

16. Ubbay bin Ka'b رضي الله عنه narrated that he asked, 'O Messenger of Allah ﷺ, I invoke excessive peace and blessing upon you. How much time should I devote for it in my supplication?' The Messenger of Allah ﷺ replied, 'As much as you wish'. He then asked, 'Should I dedicate a quarter of my time?' He ﷺ replied, 'As you wish, but if you increase this it would be better for you'. He further asked, 'Should I dedicate half of my time?' He ﷺ replied, 'As you wish, but if you increase this it would be better for you.' Then he asked, 'Should I dedicate two-thirds of my time?' He ﷺ replied, 'As you wish, but if you increase it this it would be better for you.' Ubbay bin Ka'b رضي الله عنه then remarked, 'I will spend all my time of supplication by sending peace and blessings upon you!' The Messenger of Allah ﷺ said, 'In that case, you will be freed from concerns and your sins will be forgiven.' [Sunan al-Tirmidhī : 2457] Hasan

### Accepted Supplications

1. Abū Hurairah رضي الله عنه reported Allah's Messenger ﷺ said: 'The uttering of these words:

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ.

Glory be to Allah, and all praise is for Allah, and none has the right to be worshipped except Allah, and Allah is the greatest.

is dearer to me than all that the sun rises upon.' [Shaḥīḥ Muslim: 6847]

2. Sa'd رضي الله عنه narrated that the Messenger of Allah ﷺ said, 'The supplication made by the Companion of the Fish (Prophet Yūnus عليه السلام) in the belly of the fish was:

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ.

There is no true deity except You; exalted are You. Indeed, I have been of the wrongdoers.

If any Muslim supplicates with these words, Allah will accept his supplication.' [Jami' Al-Tirmidhī: 3505] Shaḥīḥ

3. Anas bin Mālik رضي الله عنه said, I was with the Prophet ﷺ when a man made supplication, saying,

يَا بَدِيعَ السَّمَوَاتِ يَا حَيُّ يَا قَيُّوْمُ إِنِّي أَسْأَلُكَ

O Originator of the heavens, O Ever Living, O Self Subsisting, indeed I ask You.

He ﷺ said, 'Do you know by what he has made supplication? By the One in whose hand my soul is! He has asked Allah by that Name with which if He is asked, He answers.' [Al-Adab al-Mufrad lil-Bukhārī: 705]

4. 'Abdullāh bin Buraidah رضي الله عنه reported that the Prophet ﷺ heard a man saying:

اللَّهُمَّ إِنِّي أَسْأَلُكَ بِأَنِّي أَشْهَدُ أَنَّكَ اللَّهُ، لَا إِلَهَ إِلَّا أَنْتَ الْوَاحِدُ الصَّمَدُ الَّذِي لَمْ يَلِدْ وَلَمْ يُولَدْ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ.

O Allah, indeed I ask You, because I bear witness that indeed you are Allah, there is no true deity except You, the One, the Eternal Refuge, He neither begets nor is born, nor is there to Him any equivalent.

The Prophet ﷺ said, 'You have asked Allah by His greatest Name. When one supplicates by this Name He answers, and when one asks Him by this name, He grants.' [Sunan al-Tirmidhī : 3475]

5. Anas bin Mālik رضي الله عنه narrated, 'I was sitting with the Messenger of Allah ﷺ and a man was offering prayers, he then made a supplication:

اللَّهُمَّ إِنِّي أَسْأَلُكَ بِأَنَّ لَكَ الْحَمْدَ، لَا إِلَهَ إِلَّا أَنْتَ الْمَنَّانُ بَدِيعُ السَّمَوَاتِ وَالْأَرْضِ، يَا ذَا الْجَلَالِ وَالْإِكْرَامِ يَا حَيُّ يَا قَيُّوْمُ.

O Allah, indeed I ask You because for You is all praise, there is no true

deity except You, the Benefactor, the Originator of the heavens and the earth. O Possessor of Majesty and Splendour, O Ever Living, O Self-Subsistent.

The Prophet ﷺ then said, 'he has supplicated to Allah using His Greatest name, when supplicated by this Name, He answers, and when asked by this Name He grants.' [Sunan Abū Dāwūd: 1495] Ṣaḥīḥ

6. 'Ubādah bin Al-Ṣāmit رَضِيَ اللهُ عَنْهُ reported that the Prophet ﷺ said, 'Whoever wakes up at night and then says,

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

قَدِيرٌ، أَلْحَمْدُ لِلَّهِ وَسُبْحَانَ اللَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ.

There is no true deity except Allah Alone, no partner has He. To Him belongs the dominion and to Him belongs all praise and He is over all things All Powerful. All praise is for Allah and Glorified is Allah and there is no true deity except Allah and Allah is the Greatest and there is no power or might except with Allah. and then says,

O Allah, forgive me اللَّهُمَّ اغْفِرْ لِي

then supplicates – he will be answered. And if he performs ablution and offers Ṣalah, his Ṣalah will be accepted.' [Ṣaḥīḥ al-Bukhārī: 1154]

### Supplications After Ṣalah

1. 'Abbās رَضِيَ اللهُ عَنْهُ narrated that the conclusion of prayer by the Messenger of Allah ﷺ was recognized when we heard the *Takbīr* (*Allahu Akbar*). [Ṣaḥīḥ al-Bukhārī: 843]

2. , 3. Thawbān رَضِيَ اللهُ عَنْهُ narrated that when the Messenger of Allah ﷺ concluded the prayer, he would say,

I seek forgiveness from Allah. أَسْتَغْفِرُ اللَّهَ

three times and said,

اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ.

O Allah, You are Peace and from You is all peace, blessed are You, O Possessor of majesty and honour. [Ṣaḥīḥ Muslim: 1334]

4. Muādh bin Jabl رَضِيَ اللهُ عَنْهُ narrated that the Messenger of Allah ﷺ held

my hand and said, 'I love you, O Muādh!' I replied, 'I also love you, O Messenger of Allah ﷺ!' The Messenger of Allah ﷺ said, 'Upon concluding every prayer, say,

رَبِّ أَعِيْنِي عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ.

O my Lord, help me in Your remembrance, and in gratitude to You and in beautiful worship of You.' [Sunan al-Nasā'i: 1304] Ṣaḥīḥ

2. Barā' رَضِيَ اللهُ عَنْهُ narrated that while we were praying behind the Messenger of Allah ﷺ and we preferred to stand to his right so that he would sit while facing us (after the prayer). I heard that he ﷺ was saying,

رَبِّ قِيْنِي عَذَابِكَ يَوْمَ تَبْعُثُ عِبَادَكَ.

O my Lord, protect me from Your punishment on the Day Your slaves are resurrected. [Ṣaḥīḥ Muslim: 1642]

3. Mughīrah رَضِيَ اللهُ عَنْهُ wrote to Mu'āwīyah bin Abū Sufyān رَضِيَ اللهُ عَنْهُ that when the Messenger of Allah ﷺ concluded the prayer with *Taslim*, he said, '

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

اللَّهُمَّ لَا مَنَاعَ لِمَا أَعْطَيْتَ وَلَا مُمْعِطَ لِمَا مَنَعْتَ وَلَا يَنْفَعُ ذَا الْجَدِّ مِنْكَ الْجَدُّ.

There is no true deity except Allah alone, having no partners. To Him belongs all sovereignty and praise and He is over all things, Omnipotent. O Allah, no one can prevent what You have willed to bestow and no one can bestow what You have willed to prevent, and no wealth or majesty can benefit anyone, as from You is all wealth and majesty. [Ṣaḥīḥ al-Bukhārī: 6330]

4. 'Alī رَضِيَ اللهُ عَنْهُ bin Abū Ṭālib narrated that when the Messenger of Allah ﷺ concluded the prayer with *Taslim*, he said,

اللَّهُمَّ اغْفِرْ لِي مَا قَدَّمْتُ وَمَا أَخَّرْتُ وَمَا أَسْرَرْتُ وَمَا أَعْلَنْتُ وَمَا أَسْرَفْتُ وَمَا أَنْتَ أَعْلَمُ بِهِ مِنِّي

أَنْتَ الْمَقْدِمُ وَأَنْتَ الْمُؤَخِّرُ لَا إِلَهَ إِلَّا أَنْتَ.

O Allah, forgive me what I have sent before me and what I have left behind me, what I have concealed and what I have done openly, what I have done in excess, and what You are better aware of than I. You are the One Who sends forth and You are the One Who delays. There is no true deity except You.' [Sunan Abū Dāwūd: 760] Ṣaḥīḥ

5. Ibn Zubair رضي الله عنه narrated that after every prayer the Messenger of Allah صلى الله عليه وسلم would say, '

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ، لَا إِلَهَ إِلَّا اللَّهُ وَلَا نَعْبُدُ إِلَّا إِيَّاهُ لَهُ التَّوَكُّلُ وَلَهُ التَّنَائُفُ الْحَسَنُ لَا إِلَهَ إِلَّا اللَّهُ مُخْلِصِينَ لَهُ الدِّينَ وَلَوْ كَرِهَ الْكَافِرُونَ.

There is no true deity except Allah alone, having no partners. To Him belongs all sovereignty and praise and He is over all things, Omnipotent. There is no might, or power except with Allah. There is no true deity except Allah and we worship none except Him. For Him is all favour, grace, and glorious praise. There is no true deity except Allah. We are sincere in our faith to Him, even though the disbelievers dislike it.' [*Ṣaḥīḥ Muslim: 1343*]

6. Sa'd bin Abī Waqqāṣ رضي الله عنه taught these words to his children as one would teach them how to read and write and said that the Messenger of Allah صلى الله عليه وسلم would seek refuge in Allah with these words after every prayer,

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ

السُّبْحِ وَأَعُوذُ بِكَ أَنْ أَرُدَّ إِلَى أَرْدَلِ الْعُمُرِ وَأَعُوذُ بِكَ مِنْ فِتْنَةِ الدُّنْيَا وَأَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ.

O Allah! Verily I seek refuge in You from cowardice, and I seek refuge in You from being returned to an abject old age, and I seek refuge in You from the trials of the world and I seek refuge in You from the punishment of the grave. [*Ṣaḥīḥ al-Bukhārī: 2822*]

7. Ka'ab bin 'Ujrah رضي الله عنه narrated that the Messenger of Allah صلى الله عليه وسلم said, 'After every obligatory prayers some invocations are such that their reader would never be deprived (of reward and ranks).

Glory be to Allah 33 times, سُبْحَانَ اللَّهِ،

All praise is (due) to Allah 33 times, الْحَمْدُ لِلَّهِ،

Allah is the Greatest 34 times. اللَّهُ أَكْبَرُ.

[*Ṣaḥīḥ Muslim: 1349*]

8. 'Abū Naḍrah رضي الله عنه narrated that Ibn 'Abbas رضي الله عنه would say while standing on the podium, 'The Messenger of Allah صلى الله عليه وسلم sought refuge from

four things after every obligatory prayer. He صلى الله عليه وسلم said,

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ أَلْهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ النَّارِ  
اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْفِتَنِ مَا ظَهَرَ مِنْهَا وَمَا بَطَنَ أَلْهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ فِتْنَةِ الْأَعْيُنِ وَالْكَذَّابِ.

O Allah, verily I seek refuge in You from the punishment of the grave. O Allah, verily I seek refuge in You from the punishment of the fire. O Allah, verily I seek refuge in You from all trials - apparent and hidden. O Allah, I seek refuge in You from trials of the one-eyed liar (i.e. Dajjal).' [*Musnad Ahmad, Vol: 4, 2778*] *Ṣaḥīḥ*

9. Abū Umāmah stated in the excellence of reciting *Āyat al-Kursī* after obligatory prayers that the Messenger of Allah صلى الله عليه وسلم said, 'The one who recites *Āyat al-Kursī* after every obligatory prayer, only death is preventing his entry into Paradise.' [*Al-Mu'jam al-Kabīr lil Ṭabrānī: 7532*] *Ṣaḥīḥ*

10. It has been reported from 'Uqbah bin 'Amir رضي الله عنه that the Messenger of Allah صلى الله عليه وسلم commanded him to read *Mu'awwidhat* (*Al-Ikhlāṣ*, *Al-Falaq* and *Al-Nās*) after every obligatory prayer. [*Sunan Abū Dāwūd: 1523*] *Ṣaḥīḥ*

### Supplication after Fajr Ṣalah

11. The Mother of the believers, Umm Salamah رضي الله عنها narrated that after concluding the Fajr Ṣalah with *Taslīm*, the Messenger of Allah صلى الله عليه وسلم said,

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا وَرِزْقًا طَيِّبًا وَعَمَلًا مُتَقَبَّلًا.

O Allah, I ask You for knowledge which is beneficial and sustenance which is pure, and deeds which are acceptable. [*Sunan Ibn Mājah: 925*] *Ṣaḥīḥ*

12. The Messenger of Allah صلى الله عليه وسلم said, 'The one who said,

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

There is no true deity except Allah, alone, He has no partners. To Him belongs the dominion and to Him is due all praise and He is upon all things Always All-Able.

ten times after every fajr ṣalah, will have ten good deeds recorded for him and ten bad deeds will be wiped away from his account and his

ranks will be raised ten times. He will be rewarded for freeing two slaves from the children of Ismail عليه السلام, and he has the same for him if he says them in the evening and additionally he will gain refuge from the Satan until morning.' [Al-Silsilah al-Ṣaḥīḥah: 113]

### Istikhārah - Seeking Divine Counsel

Jābir bin 'Abdullāh رضي الله عنه narrated that Allah's Messenger صلى الله عليه وسلم used to teach us the way of doing *Istikhārah*, in all matters just like he taught us the Chapters of the Qur'ān. He used to say, If anyone of you intends to do something, he should offer two rak'āt prayers other than the compulsory prayers, and after finishing it, he should say:

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 خَيْرٌ لِي فِي دِينِي وَمَعَاشِي وَعَاقِبَةِ أُمْرِي فَأَقْدِرْهُ لِي وَيَسِّرْهُ لِي ثُمَّ

بَارِكْ لِي فِيهِ وَإِنْ كُنْتَ تَعْلَمُ أَنَّ هَذَا الْأَمْرَ شَرٌّ لِي فِي دِينِي وَمَعَاشِي وَعَاقِبَةِ أُمْرِي فَاصْرِفْهُ عَنِّي

وَاصْرِفْ سِعْيِي عَنْهُ وَأَقْدِرْ لِي الْخَيْرَ حَيْثُ كَانَ ثُمَّ أَرْضِنِي بِهِ.

O Allah, verily, I seek the good with Your knowledge, and I seek the strength with Your power and I seek from Your mighty favour, for certainly You have power whereas I do not have any power. And You know and I do not know, and You have knowledge of the unseen. O Allah, in Your knowledge if this matter (for which the *Istikhārah* is sought) is good for me in relation to my religion, my livelihood, and the end of my matter then decree it for me, make it easy for me and then grant me blessings in it. And in Your knowledge if this matter (for which the *Istikhārah* is sought) is bad for me in relation to my religion, my livelihood, and the end of my matter then turn it away from me and turn me away from it, and decree for me good from wherever it may be and then make me be pleased with it. [Ṣaḥīḥ al-Bukhārī: 1116]



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## GLOSSARY

'Ajwah	A kind of dates
Asmā' al Husnā	Beautiful Names
Āyat al-Kursī	Al-Baqarah: 255
Dīn	Religion
Ḥadīth	Words and Actions of the Prophet ﷺ
Inshā' Allah	If Allah wills
Jibrīl	Gabriel
Jinn	Genie
Masnūn	The Prophet ﷺ's precept, Sunnah
Mu'awwadhāt	Al-Ikhlās, Al-Falaq, Al-Nās
raka'āt	Units of prayer
Ruqyah Shari'ah	The Islāmic words of incantation to remove the effect of magic
Ṣalah	Ritual prayer
Ṣalawāt	Sending peace and blessings upon Prophet Muḥammad ﷺ
Sunnah	The Way of Prophet Muḥammad ﷺ
Taslīm	Turning face to right and left at the end of the ritual prayer.
Ummah	Community (of Muslims)
Zam zam	The sacred water which sprang forth miraculously under the feet of Isma'īl when he was a baby
ﷻ	<i>Raḍī Allahu 'Anhu</i> - May Allah be pleased with him
ﷺ	<i>Ṣall Allahu 'Alaihi Wasallam</i> - May Allah shower his blessings upon him and grant him peace
ﷻ	<i>Subḥānahu wa Ta'ālā</i> - attributes of Allah which mean Glorified and Elevated
ﷻ	<i>Raḥimahullah</i> - May Allah shower His mercy on him.



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

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- Namaz e Fajr ke liyay Kaisay Baidar hon?
- Juma ka Din Mubarak Din
- Labbaik 'Umrah
- In Halaat me kia karen?
- Eid al-Fitr
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#### Allah, My Lord

- Zikr o Tasbeeh
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- Allah Mera Rubb
- Insaan Allah Ka Muhtaj Hay

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- Silah-e-Rehmi
- Humaray Mu'amlaat Humari Pehchan
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- Momin Ki Sifaat
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- Achhi Niyyat Achha Phal
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- Iraday Jinkay Pukhtah Hon
- Jab Haya Na Rahay
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- Narm Mizaji
- Qawi Momin Kamzor Momin
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- Sabr Bohat Zaruri Hay
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- Ghibat, Badgumani, Tajassus

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- Ab Bhi Na Jagay To
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- Burai Ko Roko
- Chunay Huay Log
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- Imtihan To Ho Ga
- Insan Allah Ki Nazar Main
- Itihad Kaisay Mumkin Hay

#### Manners

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- Dawatain Aur Tuhfay

#### Magic, Jinnat and Shaitan

- Jadu Haqiqat Awr Ilaj
- Shaitan Kay Hathkandday
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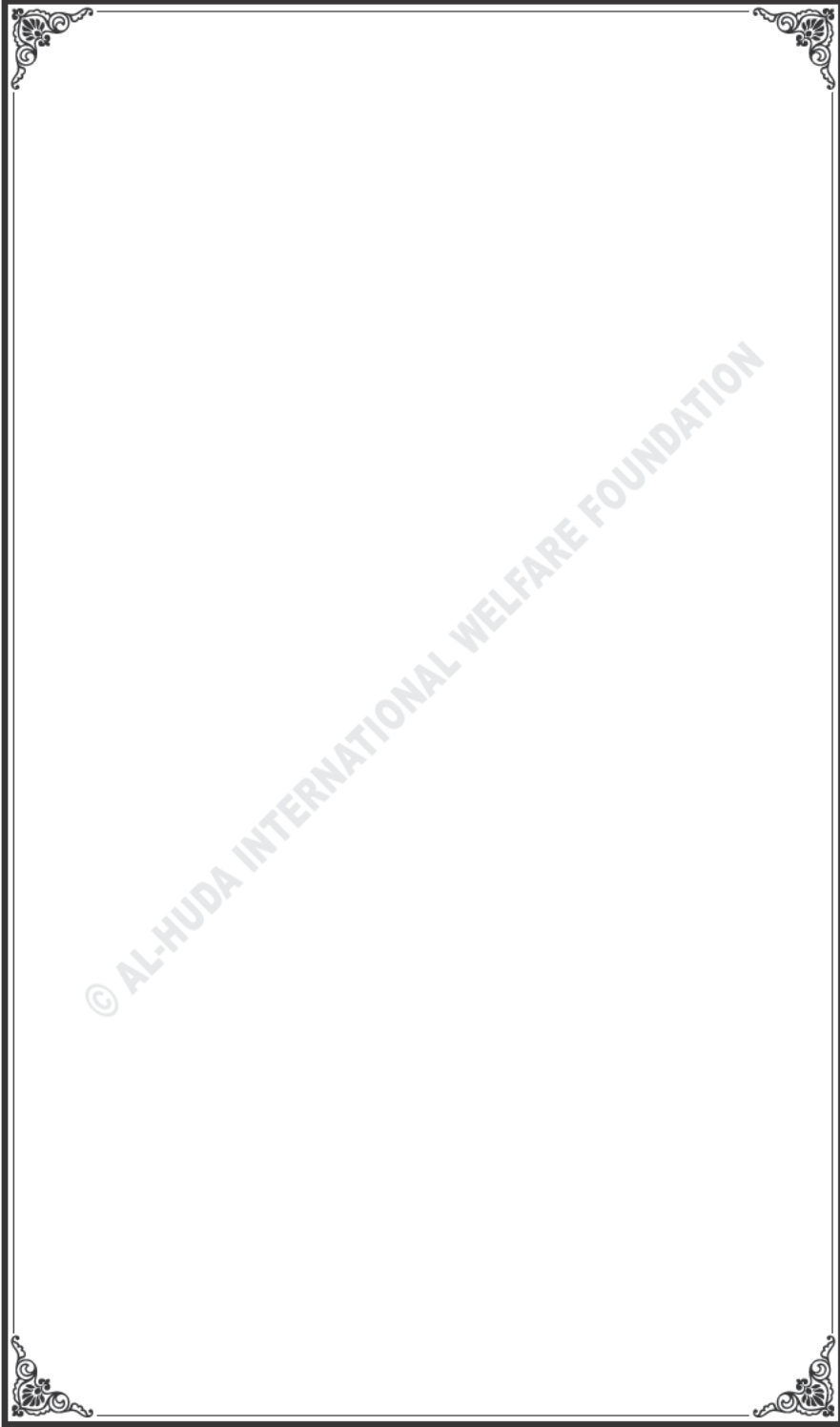
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# Notes

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