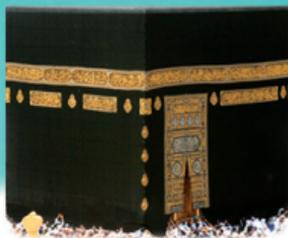


# الْمُعَوِّذَات

من القرآن والسنة



## Al-Mu'awwadhāt

**Supplications for Safety & Refuge  
from Calamities of Both Worlds**

*Compiled by Shaykhul-Hadīth, Ḥaḍrat Mawlānā  
Muhammad Saleem Dhorat dāmat barakātuhum*

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AL-MU'AWWADHĀT

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## Preface

Allāh ﷻ created human beings and sent them into this world for a limited period of time. He then made the world a place of trials, creating occasions of happiness and sadness, circumstances of comfort and pain, and situations of serenity and anxiety, in order to test His servants for their gratitude and patience.

Upon completion of this life full of tests, each individual experiences death, which is the doorway to the grave. The grave is the first stage of the everlasting life of the Ākhirah, where the results of those worldly tests are manifested. For some, this first stage will be a garden from the gardens of Paradise; for others it will be a pit from the pits of Hell. After the grave come all the other stages of the Hereafter: Resurrection, Reckoning, the Bridge of Şirāṭ and finally Jannah or Jahannam.

During the long journey that starts with entry into this world and culminates with either Jannah or

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Jahannam, man faces many dangers and has to navigate many treacherous terrains. There is only one place of refuge and sanctuary from these perils, and that is with his Creator, Allāh ﷻ, the Cherisher of the Worlds. Through His sheer Grace and Mercy, Allāh ﷻ has frequently prompted us to seek refuge in Him as a way of saving ourselves from every type of danger and difficulty. Furthermore, He has shown us how to practically do this through His Beloved Messenger ﷺ.

It is established through the treasure trove of Aḥādīth that the Messenger ﷺ sought refuge from many things. Every word and action of the Messenger ﷺ came into being through the Command of Allāh ﷻ, therefore we can definitely say that the supplications made by the Messenger ﷺ were taught to him by Allāh ﷻ Himself. Allāh ﷻ is Al-‘Alīm (the All-Knowing) and Al-Khabīr (the All-Aware); nothing in existence is hidden from Him and He is well aware of every particle of the universe. So it is not hard to understand the severity of those things from which Allāh ﷻ Himself instructed His Beloved ﷺ to seek refuge.

For this reason I, through the tawfīq of Allāh ﷻ,

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desired that the supplications for refuge found in the Qur'ān and books of Aḥādīth\* be collected in one place and arranged in seven sections, to provide the reader with an easy method to read them with regularity. Through the Mercy and Grace of Allāh ﷻ this desire was blessed with acceptance and upon my request my beloved student Muftī Ismail Bhayat – may Allāh ﷻ increase him in 'ilm and 'amal – accomplished this humble one's purpose and gathered all these supplications in one place, and also translated them into lucid English. After this humble one's initial edit, he, together with his colleagues – may Allāh ﷻ grant them all barakāt - drove this project to completion, under this humble one's guidance and supervision.

Alḥamdulillāh, it is now ready for publication after this humble one's final editing and a thorough review in the blessed city of Makkah Mukarramah. May Allāh ﷻ accept this humble effort and the efforts of these beloved students of mine, and all those who helped in any way. May Allāh ﷻ make

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\* Aṣ-Ṣiḥāḥus-Sittah, Al-Muwaṭṭā (Imām Mālik ﷺ), Musnad Aḥmad, Al-Mustadrak lil-Ḥākim, Muṣannaf Ibn Abī Shaybah, Musnadul-Bazzār, Al-Mu'jamul-Kabīr liṭ-Ṭabarānī, Musnadush-Shāmiyyīn liṭ-Ṭabarānī and Ad-Du'ā liṭ-Ṭabarānī.

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this publication a means of salvation for this humble servant, and a means of protection for all who read it from every difficulty and affliction, both in this world and the Hereafter. Āmīn.

## **How the Supplications are Arranged**

The book is divided into seven sections for easy daily reading. Each of the seven sections comprises of:

1. One formula of ḥamd from the Qur’ān;
2. One formula of ṣalāt ‘alan-nabī ﷺ from the Aḥādīth;
3. One formula of istighfār from the Qur’ān;
4. One supplication from the Aḥādīth upon which acceptance of du‘ā is promised;
5. Al-Mu‘awwadhāt; and
6. Concluding du‘ās.

This humble servant makes an earnest appeal from the heart to all brothers and sisters to be conscientious about reading these supplications regularly. “The most beloved deeds to Allāh ﷻ are those done with continuity, though they be small.” (Al-Bukhārī).

Alḥamdulillāh, these supplications encompass all

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the dreadful things of this world and the Hereafter and it is hoped from the Mercy of Allāh ﷻ that the du‘ās will be accepted and the reciter will be saved from all afflictions and difficulties in both worlds.

I humbly request all to supplicate for me, my parents, Mashāyikh, teachers, associates, well-wishers, all who participated in the production of this book and the Ummah.

May Allāh ﷻ bless us all with an abundance of tawfīq from Him. Āmīn.



**(Ḥaḍrat Mawlānā) Muhammad Saleem Dhorat**  
Jumādāl-Ūlā 1433 /April 2012\*\*  
Makkah Mukarramah

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\*\* Revised for the second edition in Sha‘bān 1440/April 2019

## How to Read This Book

1. If possible, read the complete book daily.
2. If not, read one section daily.
3. Endeavour to read the complete book on auspicious days and nights and in blessed places, so that you may acquire the benefits of all the supplications during these blessed occasions.
4. Try to study the translation to familiarise yourself with the supplications.
5. Do not read inattentively, or out of habit alone; read with full attention and concentration, with a sense of need and awareness that you are beseeching the Almighty.
6. If you are able to, then shed tears while reading; otherwise at least adopt the appearance of crying.
7. Remember that du'ā - supplication to Allāh ﷻ - is a very great form of 'ibādah. So as well as reading with the intention of beseeching Allāh ﷻ for refuge and the fulfilment of your needs, also read with the intention of 'ibādah.

## يوم الجمعة

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ، الرَّحْمَنِ الرَّحِيمِ، مَلِكِ  
يَوْمِ الدِّينِ، إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ، اهْدِنَا  
الصِّرَاطَ الْمُسْتَقِيمَ، صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ،  
غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ. آمِينَ (الفاطحة)

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ، كَمَا  
صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ  
حَمِيدٌ مُجِيدٌ، اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ  
مُحَمَّدٍ، كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ  
إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مُجِيدٌ (البخاري)

# Friday

*In the Name of Allāh,  
the Most-Beneficent, the Most-Merciful*

All Praise is for Allāh, Rabb (the Cherisher and Sustainer) of all the worlds, the Most-Beneficent, the Most-Merciful, Master of the Day of Judgement. You alone do we worship, and You alone do we ask for help. Guide us on the Straight Path, the path of those upon whom You have bestowed Your Favour, not of those who have incurred Your Wrath, nor of those who are astray. Āmīn.

O Allāh! Send Your Special Mercy upon Muḥammad (ﷺ) and upon the family and followers of Muḥammad (ﷺ) just as You sent Your Special Mercy upon Ibrāhīm (ﷺ) and upon the family and followers of Ibrāhīm (ﷺ). Indeed, You are Praised, Exalted. O Allāh! Send blessings upon Muḥammad (ﷺ) and upon the family and followers of Muḥammad (ﷺ) just as You sent blessings upon Ibrāhīm (ﷺ) and upon the family and followers of Ibrāhīm (ﷺ). Indeed, You are Praised, Exalted.

رَبَّنَا ظَلَمْنَا أَنفُسَنَا، وَإِنْ لَّمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا  
لَنَكُونَنَّ مِنَ الْخَسِرِينَ (الأعراف)

يَا أَرْحَمَ الرَّحِيمِينَ، يَا أَرْحَمَ الرَّحِيمِينَ، يَا أَرْحَمَ  
الرَّحِيمِينَ (الحاكم)

١ أَعُوذُ بِاللَّهِ أَنْ أَكُونَ مِنَ الْجَاهِلِينَ (البقرة)

٢ رَبِّ إِيَّيَّكَ أَعُوذُ بِكَ أَنْ أَسْأَلَكَ مَا لَيْسَ لِي بِهِ  
عِلْمٌ، وَإِلَّا تَغْفِرْ لِي وَتَرْحَمْنِي أَكُنْ مِنَ الْخَسِرِينَ  
(المود)

٣ إِيَّيَّكَ أَعُوذُ بِالرَّحْمَنِ (مريم)

٤ رَبِّ أَعُوذُ بِكَ مِنْ هَمَزَاتِ الشَّيْطَانِ، وَأَعُوذُ  
بِكَ رَبِّ أَنْ يَحْضُرُونِ (المؤمنون)

O Our Rabb! We have wronged ourselves, and if You do not forgive us and do not have mercy on us, we will indeed be among the losers.

O the Most Merciful of all the merciful! O the Most Merciful of all the merciful! O the Most Merciful of all the merciful!<sup>1</sup>

1. I seek refuge in Allāh from being among the ignorant.
2. O My Rabb! I seek refuge in You from asking You for something of which I have no knowledge. If You do not forgive me and do not have mercy on me, I will be among the losers.
3. I seek refuge in the Most-Beneficent (Allāh).
4. O My Rabb! I seek refuge in You from the goadings of the shayāṭīn (devils). And I seek refuge in You, O My Rabb, even from them coming near me.

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1 Rasūlullāh ﷺ said, ‘Allāh has appointed an angel over the one who says “Yā Arḥamar Rāḥimīn”. Whoever says it thrice, the angel says, “Indeed, Arḥamur Rāḥimīn has turned towards you, so ask.”’

Rasūlullāh ﷺ also passed by a companion who said, ‘Yā Arḥamar Rāḥimīn,’ to which Rasūlullāh ﷺ said, ‘Ask (Allāh), for He has turned towards you.’ (Al-Ḥākim)

٥ إِيَّ عُدَّتْ بِرَبِّي وَرَبِّكُمْ مِّنْ مَّحَلِّ مُتَكَبِّرٍ لَا

يُؤْمِنُ بِيَوْمِ الْحِسَابِ (الغافر)

٦ قُلْ يَا أَيُّهَا الْكَافِرُونَ، لَا أَعْبُدُ مَا تَعْبُدُونَ،

وَلَا أَنْتُمْ عِبُدُونَ مَا أَعْبُدُ، وَلَا أَنَا عَابِدٌ مَّا

عَبَدْتُمْ، وَلَا أَنْتُمْ عِبُدُونَ مَا أَعْبُدُ، لَكُمْ دِينُكُمْ

وَلِي دِينِ (الْكَافِرُونَ)

٧ قُلْ هُوَ اللَّهُ أَحَدٌ، اللَّهُ الصَّمَدُ، لَمْ يَلِدْ وَلَمْ

يُولَدْ، وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ (الإخلاص)

٨ قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ، مِنْ شَرِّ مَا خَلَقَ،

وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ، وَمِنْ شَرِّ النَّفَّاثَاتِ فِي

الْعُقَدِ، وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ (الفلق)

5. I have sought refuge in My Rabb and Your Rabb from every arrogant person who does not believe in the Day of Reckoning.
6. Say, “O disbelievers! I do not worship what you worship, nor do you worship Whom I worship. And neither will I worship what you have worshipped, nor will you worship Whom I worship. For you is your religion, and for me my religion.”
7. Say, “He is Allāh, the Unique. Allāh is the One all are in need of and Who is in need of none. Who does not father children nor was He fathered. And there is none equal to Him.”<sup>2</sup>
8. Say, “I seek refuge in the Rabb of the daybreak from the evil of everything He has created, and from the evil of the dark night when it intensifies, and from the evil of those who blow on knots, and from the evil of an envier when he envies.”

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2 When retiring to bed Rasūlullāh ﷺ would recite this sūrah together with Sūratul-Falaq and Sūratun-Nās; thereafter, he would blow spittle in his palms and pass them over his face and wherever his hands would reach on his body. (Al-Bukhārī)

Rasūlullāh ﷺ said, ‘Recite ‘Qul huwallāhu Aḥad’, Sūratul-Falaq and Sūratun-Nās thrice at night and thrice in the morning, they will suffice you from everything.’ (Abū Dāwūd)

٩ قُلْ أَعُوذُ بِرَبِّ النَّاسِ، مَلِكِ النَّاسِ، إِلَهِ  
النَّاسِ، مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ، الَّذِي يُوَسْوِسُ  
فِي صُدُورِ النَّاسِ، مِنَ الْجِنَّةِ وَالنَّاسِ (الناس)

١٠ اللَّهُمَّ إِنِّي أَعُوذُ بِرِضَاكَ مِنْ سَخِطِكَ،  
وَأَعُوذُ بِمُعَافَاتِكَ مِنْ عُقُوبَتِكَ، وَأَعُوذُ بِكَ  
مِنْكَ، لَا أَحْصِي ثَنَاءً عَلَيْكَ، أَنْتَ كَمَا أَثْنَيْتَ  
عَلَى نَفْسِكَ (الترمذي)

١١ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ سَمْعِي، وَمِنْ  
شَرِّ بَصَرِي، وَمِنْ شَرِّ لِسَانِي، وَمِنْ شَرِّ قَلْبِي،  
وَمِنْ شَرِّ مَنْيَّبِي (الترمذي)

١٢ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْجُوعِ، فَإِنَّهُ

9. Say, “I seek refuge in the Rabb of mankind, the Sovereign of mankind, the (true) Deity of mankind, from the evil of the whisperer who withdraws (when Allāh’s Name is pronounced), who whispers in the hearts of mankind, whether (the whisperer be) from the jinn or mankind.”
  
10. O Allāh! I seek refuge in Your Pleasure from Your Displeasure. And I seek refuge in Your complete Pardon from Your Punishment. And I seek refuge in You from You (i.e. Your Punishment). I am unable to enumerate (even a little of) Your Praise: Your befitting Praise is (only) Your Praise of Yourself.
  
11. O Allāh! I seek refuge in You from the evil of my ears, my eyes, my tongue, my heart and my private parts.
  
  
  
  
  
  
  
  
  
  
12. O Allāh! I seek refuge in You from hunger, for it is such a miserable bedfellow. And I seek refuge

بُئْسَ الصَّجِيعُ، وَأَعُوذُ بِكَ مِنَ الْخِيَانَةِ، فَأَهْمَا  
بُئْسَتِ الْبَطَانَةُ (أبو داود)

١٣ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَمَلٍ يُخْزِينِي،  
اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ غِنَى يُطْغِينِي، اللَّهُمَّ إِنِّي  
أَعُوذُ بِكَ مِنْ صَاحِبٍ يُرْدِينِي، اللَّهُمَّ إِنِّي أَعُوذُ  
بِكَ مِنْ أَمَلٍ يُلْهِينِي، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ فَقْرٍ  
يُنْسِينِي (الدعاء للطبراني)

١٤ اللَّهُمَّ إِنَّا نَسْأَلُكَ مِنْ خَيْرِ مَا سَأَلَكَ مِنْهُ  
نَبِيُّكَ مُحَمَّدٌ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ، وَنَعُوذُ بِكَ  
مِنْ شَرِّ مَا اسْتَعَاذَ مِنْهُ نَبِيُّكَ مُحَمَّدٌ صَلَّى اللَّهُ عَلَيْهِ  
وَسَلَّمَ، وَأَنْتَ الْمُسْتَعَانُ وَعَلَيْكَ الْبَلَاغُ، وَلَا

- in You from disloyalty, for it is such a miserable confidant.
13. O Allāh! I seek refuge in You from that action which would disgrace me. O Allāh! I seek refuge in You from affluence which would cause me to exceed the boundaries (of Dīn). O Allāh! I seek refuge in You from a companion who will ruin me. O Allāh! I seek refuge in You from hope which would cause me to become heedless (of You). O Allāh! I seek refuge in You from poverty which would make me forget (devotion to You).
14. O Allāh! We ask You for all the good that Your Messenger, Muḥammad (ﷺ), asked You for, and we seek refuge in You from all the evils that Your Messenger, Muḥammad (ﷺ), sought refuge from. You are the only One Who can be turned to for help, and only You can convey us to the objective. There is no power (to do good deeds) or ability (to avoid bad deeds) except with the Help of Allāh.<sup>3</sup>

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3 Sayyidunā Abū Umāmah ؓ addressed Rasūlullāh ﷺ saying, “O Messenger of Allāh, you have supplicated by means of many du‘ās which we cannot remember.” Rasūlullāh ﷺ said, “Shall I not guide you to that which encompasses all of them?” He then taught him this du‘ā. (At-Tirmidhī)

حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ (الترمذي)

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً، وَفِي الْآخِرَةِ حَسَنَةً، وَقِنَا  
عَذَابَ النَّارِ (البقرة) رَبَّنَا تَقَبَّلْ مِنَّا، إِنَّكَ أَنْتَ السَّمِيعُ  
الْعَلِيمُ (البقرة) وَثُبِّ عَلَيْنَا، إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ (البقرة)  
رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّحِيمِينَ (المؤمنون)  
سُبْحَانَ رَبِّكَ رَبِّ الْعِزَّةِ عَمَّا يَصِفُونَ، وَسَلَامٌ عَلَى  
الْمُرْسَلِينَ، وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ (الطه) وَآخِرُ  
دَعْوَانَا أَنْ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ، وَصَلَّى اللَّهُ تَعَالَى  
عَلَى خَيْرِ خَلْقِهِ، سَيِّدِنَا وَمَوْلَانَا مُحَمَّدٍ وَآلِهِ وَصَحْبِهِ  
أَجْمَعِينَ، بِرَحْمَتِكَ يَا أَرْحَمَ الرَّحِيمِينَ. آمِينَ ❁

O Our Rabb! Give us good in this world and good in the Hereafter, and save us from the punishment of the Fire.<sup>4</sup> O Our Rabb! Accept (this) from us. Indeed, You and You alone are the All-Hearing, the All-Knowing. And accept our repentance. Indeed, You and You alone are the Most-Relenting, the Most-Merciful. O My Rabb! Forgive and have mercy; You are the Best of all the merciful. Pure is Your Rabb, the Rabb of all Might, from what they attribute (to Him). Peace be upon the Messengers. All Praise is for Allāh, Rabb of all the worlds.<sup>5</sup> And the end of our prayer is, ‘All Praise is for Allāh, Rabb of all the worlds.’<sup>6</sup> May special mercy from Allāh, the Most-High, be upon the Best of Creation, our Leader and Master Muḥammad (ﷺ), and upon all his family and followers, and his companions. Through Your Mercy (accept our prayer), O the Most Merciful of all the merciful! Āmīn.

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4 Rasūlullāh ﷺ would supplicate to Allāh ﷻ with this du‘ā the most. (Al-Bukhārī)

This du‘ā encompasses all the blessings of this world and the Hereafter, including safety and refuge from the Fire of Jahannam. (‘Umdatul-Qārī)

5 It is better to include these three verses at the end of du‘ā. (Tafsīrul-Qurṭubī)

6 It is mustaḥabb to recite this at the end of du‘ā. (Tafsīrul-Qurṭubī)

## يوم السبت

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الْحَمْدُ لِلَّهِ الَّذِي خَلَقَ السَّمَوَاتِ وَالْأَرْضَ وَجَعَلَ  
الظُّلُمَاتِ وَالنُّورَ، ثُمَّ الَّذِينَ كَفَرُوا بِرَبِّهِمْ  
يَعْدِلُونَ (الأعام)

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَأَزْوَاجِهِ وَذُرِّيَّتِهِ، كَمَا  
صَلَّيْتَ عَلَى آلِ إِبْرَاهِيمَ، وَبَارِكْ عَلَى مُحَمَّدٍ  
وَأَزْوَاجِهِ وَذُرِّيَّتِهِ، كَمَا بَارَكْتَ عَلَى آلِ  
إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مُجِيدٌ (البخاري)

رَبَّنَا لَا تُوَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا، رَبَّنَا وَلَا  
تَحْمِلْ عَلَيْنَا إِصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ

# Saturday

*In the Name of Allāh,  
the Most-Beneficent, the Most-Merciful*

All Praise is for Allāh who created the heavens and the earth, and made darkness and light; yet those who disbelieve hold others equal to their Rabb.

O Allāh! Send Your Special Mercy upon Muḥammad ﷺ and upon his wives and progeny, just as You sent Your Special Mercy upon the family and followers of Ibrāhīm (ﷺ). And send blessings upon Muḥammad ﷺ and upon his wives and progeny, just as You sent blessings upon the family and followers of Ibrāhīm (ﷺ). Indeed, You are Praised, Exalted.

O Our Rabb! Do not punish us if we forget or make a mistake. O Our Rabb! Do not place on us a burden such as You placed on those before us. And O Our Rabb! Do not make us bear a burden that we do not

قَبْلِنَا، رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ، وَاعْفُ  
عَنَّا، وَاعْفِرْ لَنَا، وَارْحَمْنَا، أَنْتَ مَوْلَانَا فَانصُرْنَا  
عَلَى الْقَوْمِ الْكَافِرِينَ (البقرة)

اللَّهُمَّ إِنِّي أَسْأَلُكَ بِأَنَّ لَكَ الْحَمْدَ، لَا إِلَهَ إِلَّا  
أَنْتَ الْحَنَّانُ، بَدِيعَ السَّمَوَاتِ وَالْأَرْضِ، ذَا الْجَلَالِ  
وَالْإِكْرَامِ، يَا حَيُّ يَا قَيُّوْمُ، إِنِّي أَسْأَلُكَ (أحمد)

١ بِسْمِ اللَّهِ الْكَبِيرِ، أَعُوذُ بِاللَّهِ الْعَظِيمِ، مِنْ  
شَرِّ كُلِّ عَرَقٍ نَعَّارٍ، وَمِنْ شَرِّ حَرِّ النَّارِ (الترمذي)

٢ أَصْبَحْنَا وَأَصْبَحَ الْمَلِكُ لِلَّهِ رَبِّ الْعَالَمِينَ،  
اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هَذَا الْيَوْمِ، فَتُحَهُ  
وَنَصْرَهُ وَنُورَهُ وَبَرَكَتَهُ وَهُدَاةً، وَأَعُوذُ بِكَ مِنْ

have the strength to bear. Pardon us, forgive us, and have mercy on us. You are our Protector, so help us against the rejectors (of the truth).

O Allāh! I ask You by virtue of All Praise belonging to You. There is no deity but You, the Most-Affectionate. O the Originator of the heavens and earth! O the Owner of Majesty and Honour! O the Ever-Living! O the Self-Sustaining! I ask You.<sup>7</sup>

1. In the name of Allāh, the Great, I seek refuge in Allāh, the Magnificent, from the evil of every gushing vein and the evil of the heat of the Fire.<sup>8</sup>
2. We have entered the morning and Sovereignty has entered the morning being only for Allāh, Rabb of all the worlds. O Allāh! I ask You for the goodness of this day: its success, assistance, light, blessing and guidance. And I seek refuge in You from the

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7 Rasūlullāh ﷺ heard a ṣaḥābī ﷺ pray this du‘ā and commented that this person had called out to Allāh with *Al-Ismul-A‘zam*, by which if He is called, He responds. (Aḥmad)

8 Rasūlullāh ﷺ would teach this du‘ā for the cure of fever and all pains. (At-Tirmidhī)

شَرِّ مَا فِيهِ وَشَرِّ مَا بَعْدَهُ (أبو دلود)

۳ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكَسَلِ وَالْهَرَمِ،  
وَالْمَأْثَمِ وَالْمَغْرَمِ، وَمِنْ فِتْنَةِ الْقَبْرِ وَعَذَابِ  
الْقَبْرِ، وَمِنْ فِتْنَةِ النَّارِ وَعَذَابِ النَّارِ، وَمِنْ شَرِّ  
فِتْنَةِ الْغِنَى، وَأَعُوذُ بِكَ مِنْ فِتْنَةِ الْفَقْرِ، وَأَعُوذُ  
بِكَ مِنْ فِتْنَةِ الْمَسِيحِ الدَّجَالِ، اللَّهُمَّ اغْسِلْ عَيْنِي  
خَطَايَايَ بِمَاءِ السَّلْجِ وَالْبَرَدِ، وَنَقِّ قَلْبِي مِنَ  
الْخَطَايَا كَمَا نَقَّيْتَ الثَّوْبَ الْأَبْيَضَ مِنَ الدَّنَسِ،  
وَبَاعِدْ بَيْنِي وَبَيْنَ خَطَايَايَ كَمَا بَاعَدْتَ بَيْنَ  
الْمَشْرِقِ وَالْمَغْرِبِ (البخاري)

۴ أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَحَدٌ وَأَحَادُهُ  
(مسلم)

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evil within it and the evil of what is after it.

3. O Allāh! I seek refuge in You from laziness, (the incapacities of) old age, sin, debt, the trial and punishment of the grave, the trial and punishment of the Fire, and from the evil of the trial of affluence. I seek refuge in You from the trial of poverty. And I seek refuge in You from the trial of Al-Masīḥud-Dajjāl. O Allāh! Wash away my sins with the water of snow and hail; and cleanse my heart from sins as You cause white cloth to be cleansed of dirt; and distance me from my sins as You have distanced the east from the west.
  
4. I seek refuge in Allāh and His Power from the evil of what I am experiencing and of what I fear.<sup>9</sup>

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<sup>9</sup> When any pain occurs in the body, you should place your right hand on the place of the pain and recite ‘Bismillāh’ thrice, and thereafter read this du‘ā seven times. (Muslim)

٥ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الشَّقَاقِ وَالتَّفَاقِ  
وَسُوءِ الْأَخْلَاقِ (النسائي)

٦ اللَّهُمَّ أَعُوذُ بِكَ أَنْ أُضِلَّ أَوْ أُضِلَّ، أَوْ أُزَلَّ  
أَوْ أُزَلَّ، أَوْ أُظْلَمَ أَوْ أُظْلَمَ، أَوْ أَجْهَلَ أَوْ يُجْهَلَ  
عَلِيِّ (أبو داود)

٧ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبُخْلِ وَالْجُبْنِ،  
وَأَعُوذُ بِكَ مِنْ سُوءِ الْعُمْرِ، وَأَعُوذُ بِكَ مِنْ فِتْنَةِ  
الصَّدْرِ، وَأَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ (النسائي)

٨ اللَّهُمَّ أَنْتَ الصَّاحِبُ فِي السَّفَرِ، وَالْخَلِيفَةُ  
فِي الْأَهْلِ، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الضُّبْنَةِ فِي

5. O Allāh! I seek refuge in You from opposing (the truth), hypocrisy and bad character.
  
6. O Allāh! I seek refuge in You from going astray or being led astray, from slipping or being made to slip, from oppressing or being oppressed or from behaving ignorantly or being treated with ignorance.
  
7. O Allāh! I seek refuge in You from miserliness and cowardice. I seek refuge in You from the worst part of age. I seek refuge in You from the trials of the heart. And I seek refuge in You from the punishment of the grave.
  
8. O Allāh! You are my Companion during my journey and the Custodian of my family (in my absence). O Allāh! I seek refuge in You from burdensome companions whilst travelling, and

السَّفَرِ، وَالْكَأْبَةِ فِي الْمُنْقَلَبِ، اللَّهُمَّ اطْوِرْ لَنَا  
الْأَرْضَ، وَهَوِّنْ عَلَيْنَا السَّفَرَ (أحمد)

٩ أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ (البخاري)

١٠ إِيَّيْ أَعُوذُ بِاللَّهِ مِنَ الْبُؤْسِ وَاللِّبَؤُسِ (مسند الشافعيين  
للطبراني)

١١ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الشَّكِّ بَعْدَ الْيَقِينِ،  
وَأَعُوذُ بِكَ مِنْ مُقَارَنَةِ الشَّيْطَانِ، وَأَعُوذُ بِكَ مِنْ  
عَذَابِ يَوْمِ الدِّينِ (ابن أبي شيبة)

١٢ أَعُوذُ بِوَجْهِ اللَّهِ الْعَظِيمِ الَّذِي لَيْسَ شَيْءٌ  
أَعْظَمَ مِنْهُ، وَبِكَلِمَاتِ اللَّهِ التَّامَّاتِ الَّتِي لَا  
يُجَاوِزُهُنَّ بَرٌّ وَلَا فَاجِرٌ، وَبِأَسْمَاءِ اللَّهِ الْحُسْنَى

(from) distress upon (my) return. O Allāh! Roll up the earth for us (so that we may cover it quickly) and make the journey easy for us.<sup>10</sup>

9. I seek refuge in Allāh from Shayṭān the accursed.
10. I seek refuge in Allāh from extreme poverty and displaying poverty.
11. O Allāh! I seek refuge in You from doubt after conviction. I seek refuge in You from the companionship of shayaṭīn (devils). I seek refuge in You from the punishment of the Day of Judgement.
12. I seek refuge in the Magnificent Being of Allāh, than Whom there is nothing more magnificent, and (I seek refuge) in the perfect Words of Allāh (the knowledge of) which no righteous person or transgressor can surpass, and (I seek refuge) in all the Beautiful Names of Allāh, those which I know

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<sup>10</sup> Rasūlullāh ﷺ would read this du‘ā when setting out on a journey. (Aḥmad)

كُلِّهَا، مَا عَلِمْتُ مِنْهَا وَمَا لَمْ أَعْلَمْ، مِنْ شَرِّ مَا  
خَلَقَ وَذَرَأَ وَبَرَأَ (مالك)

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً، وَفِي الآخِرَةِ حَسَنَةً، وَقِنَا  
عَذَابَ النَّارِ (البقرة) رَبَّنَا تَقَبَّلْ مِنَّا، إِنَّكَ أَنْتَ السَّمِيعُ  
الْعَلِيمُ (البقرة) وَتُبْ عَلَيْنَا، إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ (البقرة)  
رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّحِيمِينَ (المؤمنون)  
سُبْحَانَ رَبِّكَ رَبِّ الْعِزَّةِ عَمَّا يَصِفُونَ، وَسَلَامٌ عَلَى  
الْمُرْسَلِينَ، وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ (الطه) وَآخِرُ  
دَعْوَانَا أَنْ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ، وَصَلَّى اللَّهُ تَعَالَى  
عَلَى خَيْرِ خَلْقِهِ، سَيِّدِنَا وَمَوْلَانَا مُحَمَّدٍ وَآلِهِ وَصَحْبِهِ  
أَجْمَعِينَ، بِرَحْمَتِكَ يَا أَرْحَمَ الرَّحِيمِينَ. آمِينَ ❀

and those I do not know, from the evil of what He has created, spread and made.<sup>11</sup>

O Our Rabb! Give us good in this world and good in the Hereafter, and save us from the punishment of the Fire. O Our Rabb! Accept (this) from us. Indeed, You and You alone are the All-Hearing, the All-Knowing. And accept our repentance. Indeed, You and You alone are the Most-Relenting, the Most-Merciful. O My Rabb! Forgive and have mercy; You are the Best of all the merciful. Pure is Your Rabb, the Rabb of all Might, from what they attribute (to Him). Peace be upon the Messengers. All Praise is for Allāh, Rabb of all the worlds. And the end of our prayer is, ‘All Praise is for Allāh, Rabb of all the worlds.’ May special mercy from Allāh, the Most-High, be upon the Best of Creation, our Leader and Master Muḥammad (ﷺ), and upon all his family and followers, and his companions. Through Your Mercy (accept our prayer), O the Most Merciful of all the merciful! Āmīn.

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11 Ka‘b Al-Aḥbār ﷺ would read this du‘ā for safety from black magic. (Al-Muwatṭā)

## يوم الأحد

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الْحَمْدُ لِلَّهِ الَّذِي لَمْ يَتَّخِذْ وَلَدًا وَلَمْ يَكُنْ لَهُ  
شَرِيكٌ فِي الْمُلْكِ، وَلَمْ يَكُنْ لَهُ وِليٌّ مِّنَ الدُّنْيَا  
وَكَبِّرُهُ تَكْبِيرًا (الإسراء)

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ، كَمَا  
صَلَّيْتَ عَلَى آلِ إِبْرَاهِيمَ، وَبَارِكْ عَلَى مُحَمَّدٍ وَعَلَى  
آلِ مُحَمَّدٍ، كَمَا بَارَكْتَ عَلَى آلِ إِبْرَاهِيمَ فِي  
الْعَالَمِينَ، إِنَّكَ حَمِيدٌ مُّجِيدٌ (مسلم)

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي، رَبَّنَا  
وَتَقَبَّلْ دُعَاءَ، رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ

# Sunday

*In the Name of Allāh,  
the Most-Beneficent, the Most-Merciful*

All Praise is for Allāh, Who has neither fathered a son, nor has He any partner in His Kingdom, nor (does He need) any protector due to weakness. And proclaim His Greatness much.

O Allāh! Send Your Special Mercy upon Muḥammad (ﷺ) and upon the family and followers of Muḥammad (ﷺ), just as You sent Your Special Mercy upon the family and followers of Ibrāhīm (ﷺ). And send blessings upon Muḥammad (ﷺ) and upon the family and followers of Muḥammad (ﷺ) just as You sent blessings upon the family and followers of Ibrāhīm (ﷺ) in all the worlds. Indeed, You are Praised, Exalted.

O My Rabb! Make me one who establishes ṣalāh, and (raise such people from) my progeny as well. O Our Rabb! Accept my prayer. O Our Rabb! Forgive me and my parents and all believers on the Day when the

يَوْمَ يَقُومُ الْحِسَابُ (إبراهيم)

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ، إِلَهِي كُنْتَ مِنَ الظَّالِمِينَ  
(الأنبياء)

١ أَعُوذُ بِاللَّهِ الْعَظِيمِ، وَبِوَجْهِهِ الْكَرِيمِ،  
وَسُلْطَنِهِ الْقَدِيمِ، مِنَ الشَّيْطَانِ الرَّجِيمِ (أبو داود)

٢ رَضِينَا بِاللَّهِ رَبًّا، وَبِالْإِسْلَامِ دِينًا، وَبِمُحَمَّدٍ  
صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ نَبِيًّا، نَعُوذُ بِاللَّهِ مِنْ غَضَبِ  
اللَّهِ وَغَضَبِ رَسُولِهِ (أحمد)

٣ اللَّهُمَّ إِلَهِي أَعُوذُ بِكَ مِنْ شَرِّ مَا عَمَلْتُ، وَمِنْ  
شَرِّ مَا لَمْ أَعْمَلْ (مسلم)

٤ اللَّهُمَّ إِلَهِي أَعُوذُ بِكَ مِنْ جَارِ السُّوءِ فِي دَارِي

Reckoning will take place.

There is no deity but You; You are Pure from all imperfections. Indeed, I am from the wrongdoers.<sup>12</sup>

1. I seek refuge in Allāh, the Magnificent, and in His Most Generous Being and in His eternal Sovereignty, from Shayṭān the accursed.<sup>13</sup>
2. We are pleased with Allāh as Our Rabb, with Islām as our religion, and with Muḥammad (ﷺ) as our Messenger. We seek refuge in Allāh from the Anger of Allāh, and the anger of His Messenger (ﷺ).
3. O Allāh! I seek refuge in You from the evil of what I have done, and from the evil of what I have not done.
4. O Allāh! I seek refuge in You from a bad neighbour

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12 This is the du‘ā Dhun-Nūn (Sayyidunā Yūnūs ؑ) made when he was in the belly of the fish. Rasūlullāh ﷺ said, ‘Indeed, no Muslim asks for anything with it except that Allāh accepts his du‘ā.’ (At-Tirmidhī)

13 Rasūlullāh ﷺ would pray this whilst entering the Masjid. (Abū Dāwūd)

## المُقَامِ (النسائي)

٥ اللَّهُمَّ إِنِّي أَسْأَلُكَ بِحَقِّ السَّائِلِينَ عَلَيْكَ،  
وَأَسْأَلُكَ بِحَقِّ مَمَشَايَ هَذَا، فَإِنِّي لَمْ أَخْرُجْ أَشْرًا  
وَلَا بَطْرًا، وَلَا رِيَاءً وَلَا سُمْعَةً، وَخَرَجْتُ اتِّقَاءَ  
سُخْطِكَ وَابْتِغَاءَ مَرْضَاتِكَ، فَأَسْأَلُكَ أَنْ تُعِيدَنِي  
مِنَ النَّارِ، وَأَنْ تَغْفِرَ لِي ذُنُوبِي، إِنَّهُ لَا يَغْفِرُ  
الذُّنُوبَ إِلَّا أَنْتَ (ابن ماجة)

٦ أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ غَضَبِهِ  
وَعِقَابِهِ وَشَرِّ عِبَادِهِ، وَمِنْ هَمَزَاتِ الشَّيْطَانِ وَأَنْ  
يَحْضُرُونِ (الترمذي)

٧ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ،

in any permanent place of residence.

5. O Allāh! I ask You through the right of the beseechers upon You, and through this walking of mine, for I have not set out with arrogance or pride, nor for display or fame; rather, I have set out to safeguard myself from Your Displeasure, desiring Your Pleasure. I ask You to grant me refuge from the Fire, and to forgive my sins. Indeed, only You can forgive sins.<sup>14</sup>
6. I seek refuge in the perfect Words of Allāh from His Anger, His Punishment, and the evil of His servants and from the goadings of the shayāṭīn (devils) and from them even coming near me.<sup>15</sup>
7. O Allāh! I seek refuge in You from distress and grief, I seek refuge in You from inability and

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14 Rasūlullāh ﷺ would recite this du‘ā when leaving his house for ṣalāh. Allāh ﷻ turns his attention towards the reciter when he reads it and seventy thousand angels seek forgiveness for him. (Ibn Mājah)

15 If a person experiences a nightmare then he should read this du‘ā. (At-Tirmidhī)

وَأَعُوذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ، وَأَعُوذُ بِكَ مِنَ  
الْجُبْنِ وَالْبُخْلِ، وَأَعُوذُ بِكَ مِنْ غَلَبَةِ الدَّيْنِ  
وَقَهْرِ الرِّجَالِ (أبو داود)

٨ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ  
(أحمد)

٩ أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ (مسلم)

١٠ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْفَقْرِ، وَأَعُوذُ بِكَ  
مِنَ الْقِلَّةِ وَالذِّلَّةِ، وَأَعُوذُ بِكَ أَنْ أُظْلِمَ أَوْ أُظْلَمَ  
(النسائي)

١١ الْحَمْدُ لِلَّهِ الَّذِي كَفَانِي وَأَوَانِي، وَأَطْعَمَنِي  
وَسَقَانِي، وَالَّذِي مَنَّ عَلَيَّ فَأَفْضَلَ، وَالَّذِي أَعْطَانِي  
فَأَجْزَلَ، الْحَمْدُ لِلَّهِ عَلَى كُلِّ حَالٍ، اللَّهُمَّ رَبِّ

- laziness, I seek refuge in You from cowardice and miserliness, and I seek refuge in You from overpowering debt and the subjugation of men.
8. O Allāh! I seek refuge in You from the male and female shayāṭīn (devils).<sup>16</sup>
  9. I seek refuge in the perfect Words of Allāh from the evil of all that He has created.<sup>17</sup>
  10. O Allāh! I seek refuge in You from poverty, I seek refuge in You from (my) lacking (in virtuous qualities and actions) and from humiliation. And I seek refuge in You from oppressing (anyone or anything) or being oppressed.
  11. All Praise is for Allāh, Who has sufficed me, sheltered me, fed me and given me to drink; (the One) Who has conferred favours on me and been extremely gracious, and Who has given to me (bounties) and given in abundance. All Praise is for Allāh in every circumstance. O Allāh! The

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16 Rasūlullāh ﷺ would recite this du'ā before entering the lavatory. (Aḥmad)

17 If this du'ā is recited thrice at night or after dismounting during a journey, no creature will harm the reader during the night or until he gets back on his mount. (Muslim)

كُلِّ شَيْءٍ وَمَمْلِكَةٍ، وَإِلَهُ كُلِّ شَيْءٍ، أَعُوذُ بِكَ مِنَ  
النَّارِ (أبو داود)

١٢ أَعُوذُ بِاللَّهِ مِنَ الْفِتَنِ، مَا ظَهَرَ مِنْهَا وَمَا بَطَنَ  
(أحمد)

١٣ أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ، وَأَسْمَائِهِ كُلِّهَا عَامَّةٍ،  
مِنْ شَرِّ السَّامَةِ وَالْعَامَةِ، وَشَرِّ الْعَيْنِ اللَّامَةِ، وَمِنْ  
شَرِّ حَاسِدٍ إِذَا حَسَدَ، وَمِنْ شَرِّ زَيْ شَرٍّ وَمَا وَلَدَ (البنار)

١٤ اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ،  
اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي دِينِي وَدُنْيَايَ  
وَأَهْلِي وَمَالِي، اللَّهُمَّ اسْتُرْ عَوْرَاتِي وَأْمِنْ رَوْعَاتِي،  
اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ يَدَيْ وَمِنْ خَلْفِي، وَعَنْ

Rabb and (absolute) Sovereign of everything and the Deity of everything! I seek refuge in You from the Fire.<sup>18</sup>

12. I seek refuge in Allāh from all tribulations; those that are apparent and those that are hidden.
  
13. I seek refuge in the complete words of Allāh and all His Names from the evil of all people, the evil of the evil eye, the evil of an envier when he envies and the evil of the evil one and his offspring.
  
14. O Allāh! I ask You for safety in this world and the Hereafter. O Allāh! I ask You for forgiveness and safety in (regards to) my religion, my worldly life, my family and my wealth. O Allāh! Conceal my faults and calm my fears. O Allāh! Grant me protection in front of me, behind me, on my right,

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18 Rasūlullāh ﷺ would read this du'ā before retiring to bed. (Abū Dāwūd)

يَمِينِي وَعَنْ شِمَالِي وَمِنْ فَوْقِي، وَأَعُوذُ بِعَظَمَتِكَ أَنْ  
أُغْتَالَ مِنْ تَحْتِي (أبو داود)

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً، وَفِي الْآخِرَةِ حَسَنَةً، وَقِنَا  
عَذَابَ النَّارِ (البقرة) رَبَّنَا تَقَبَّلْ مِنَّا، إِنَّكَ أَنْتَ السَّمِيعُ  
الْعَلِيمُ (البقرة) وَتُبْ عَلَيْنَا، إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ (البقرة)  
رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّحِيمِينَ (المؤمنون)  
سُبْحَانَ رَبِّكَ رَبِّ الْعِزَّةِ عَمَّا يَصِفُونَ، وَسَلَامٌ عَلَى  
الْمُرْسَلِينَ، وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ (الصف) وَآخِرُ  
دَعْوَانَا أَنْ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ، وَصَلَّى اللَّهُ تَعَالَى  
عَلَى خَيْرِ خَلْقِهِ، سَيِّدِنَا وَمَوْلَانَا مُحَمَّدٍ وَآلِهِ وَصَحْبِهِ  
أَجْمَعِينَ، بِرَحْمَتِكَ يَا أَرْحَمَ الرَّحِيمِينَ. آمِينَ ❀

on my left and above me. And I seek refuge in Your Greatness from being seized unawares from below me.<sup>19</sup>

O Our Rabb! Give us good in this world and good in the Hereafter, and save us from the punishment of the Fire. O Our Rabb! Accept (this) from us. Indeed, You and You alone are the All-Hearing, the All-Knowing. And accept our repentance. Indeed, You and You alone are the Most-Relenting, the Most-Merciful. O My Rabb! Forgive and have mercy; You are the Best of all the merciful. Pure is Your Rabb, the Rabb of all Might, from what they attribute (to Him). Peace be upon the Messengers. All Praise is for Allāh, Rabb of all the worlds. And the end of our prayer is, ‘All Praise is for Allāh, Rabb of all the worlds.’ May special mercy from Allāh, the Most-High, be upon the Best of Creation, our Leader and Master Muḥammad (ﷺ), and upon all his family and followers, and his companions. Through Your Mercy (accept our prayer), O the Most Merciful of all the merciful! Āmīn.

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19 Rasūlullāh ﷺ would always recite this du‘ā in the morning and in the evening. (Abū Dāwūd)

## يوم الإثنين

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الْحَمْدُ لِلَّهِ الَّذِي لَهُ مَا فِي السَّمَوَاتِ وَمَا فِي الْأَرْضِ،  
وَلَهُ الْحَمْدُ فِي الْآخِرَةِ، وَهُوَ الْحَكِيمُ الْخَبِيرُ (سبأ)

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ النَّبِيِّ، وَأَزْوَاجِهِ أُمَّهَاتِ  
الْمُؤْمِنِينَ، وَذُرِّيَّتِهِ وَأَهْلِ بَيْتِهِ، كَمَا صَلَّيْتَ عَلَى  
أَلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مُجِيدٌ (أبو داود)

رَبَّنَا لَا تَجْعَلْنَا فِتْنَةً لِلَّذِينَ كَفَرُوا وَاعْفِرْ لَنَا رَبَّنَا،  
إِنَّكَ أَنْتَ الْعَزِيزُ الْحَكِيمُ (الملتحنة)

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ (البقرة) اللَّهُ  
لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ (آل عمران) وَعَنْتِ الْوُجُوهُ

# Monday

*In the Name of Allāh,  
the Most-Beneficent, the Most-Merciful*

All Praise is for Allāh, to Whom belongs all that is in the heavens and all that is on the earth; and for Him alone is All Praise in the Hereafter, and He is the All-Wise, the All-Aware.

O Allāh! Send Your Special Mercy upon Muḥammad (ﷺ), the Prophet, upon his wives, the mothers of the believers, and upon his progeny and his household, just as You sent Your Special Mercy upon the family and followers of Ibrāhīm (ﷺ). Indeed, You are Praised, Exalted.

O Our Rabb! Do not make us a trial for those who disbelieve. And forgive us, O Our Rabb! You and You alone are the All-Mighty, the All-Wise.

Allāh, there is no deity but He, the Ever-Living, the Self-Sustaining. Alif, Lām, Mīm. There is no deity but He, the Ever-Living, the Self-Sustaining. All faces will

## لِلْحَيِّ الْقَيُّومِ (طه)

١ 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 (مسلم)

٢ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ،  
 وَالْجُبْنِ وَالْبُخْلِ، وَالْهَرَمِ وَعَذَابِ الْقَبْرِ، اللَّهُمَّ

be humbled before (Allāh,) the Ever-Living, the Self-Sustaining.<sup>20</sup>

1. O Allāh! O the Rabb of the heavens, the earth and the Magnificent Throne! O Our Rabb and the Rabb of everything! O the One who splits the grain and the date stone! O the Revealer of the Tawrāt, Injīl and Furqān (the Qur’ān)! I seek refuge in You from the evil of everything You control. O Allāh! You are the First: there is nothing before You. And You are the Last: there is nothing after You. And You are the Manifest: there is nothing more manifest than You. And You are the Hidden: there is nothing more hidden than You. Fulfil our debts and make us independent (and save us) from poverty.
  
2. O Allāh! I seek refuge in You from inability, laziness, cowardice, miserliness, (the incapacities of) old age and from the punishment of the grave.

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20 Rasūlullāh ﷺ said, ‘Indeed, *Al-Ismul-A‘zam* is in three chapters of the Qur’ān: Sūratul-Baqarah, Āl-‘Imrān and Ṭāhā.’ Sayyidunā Abū Umāmah ؓ searched for them and found these verses. (Al-Ḥākim)

Supplications made with *Al-Ismul-A‘zam* are certainly accepted. (Aḥmad)

أَتِ نَفْسِي تَقْوَاهَا، وَزَكَّاهَا أَنْتَ خَيْرُ مَنْ زَكَّاهَا،  
 أَنْتَ وَلِيِّهَا وَمَوْلَاهَا، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عِلْمٍ  
 لَا يَنْفَعُ، وَمِنْ قَلْبٍ لَا يَخْشَعُ، وَمِنْ نَفْسٍ لَا تَشْبَعُ،  
 وَمِنْ دَعْوَةٍ لَا يُسْتَجَابُ لَهَا (مسلم)

٣ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ ضَيْقِ الدُّنْيَا، وَضَيْقِ  
 يَوْمِ الْقِيَامَةِ (أبو داود)

٤ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الشُّحِّ وَالْجُبْنِ،  
 وَفِتْنَةِ الصَّدْرِ وَعَذَابِ الْقَبْرِ (النسائي)

٥ أَعُوذُ بِوَجْهِ اللَّهِ الْكَرِيمِ، وَبِكَلِمَاتِ اللَّهِ  
 التَّامَّاتِ اللَّاتِي لَا يَجَاوِزُهُنَّ بَرٌّ وَلَا فَاجِرٌ، مِنْ شَرِّ  
 مَا يَنْزِلُ مِنَ السَّمَاءِ وَمِنْ شَرِّ مَا يَعْرُجُ فِيهَا، وَشَرِّ

O Allāh! Grant taqwā (piety) to my nafs (inner self) and purify it; You are the Best of Purifiers and You are its Guardian and Protector. O Allāh! I seek refuge in You from knowledge that does not benefit (me), a heart that is not submissive, a nafs (inner self) that is never satiated and a prayer that is not accepted.

3. O Allāh! I seek refuge in You from distress in this world and distress on the Day of Judgement.<sup>21</sup>
4. O Allāh! I seek refuge in You from extreme miserliness, cowardice, the trials of the heart and the punishment of the grave.
5. I seek refuge in the Most Generous Being of Allāh and in the perfect Words of Allāh, (the knowledge of) which no righteous person or transgressor can surpass, from the evil of what descends from the

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21 When a strong wind would blow during the night, Rasūlullāh ﷺ would say ‘Allāhu Akbar’ ten times, ‘Alḥamdulillāh’ ten times, ‘Subḥānallāhi wa biḥamdihī’ ten times, ‘Subḥānal Malikil Quddūs’ ten times, ‘Astaghfirullāh’ ten times, ‘Lā ilāha illallāh’ ten times, and thereafter would recite this du‘ā ten times and engage in ṣalāh. (Abū Dāwūd)

مَا ذَرَأَ فِي الْأَرْضِ، وَشَرَّ مَا يَخْرُجُ مِنْهَا، وَمِنْ فِتَنِ  
 اللَّيْلِ وَالنَّهَارِ، وَمِنْ طَوَارِقِ اللَّيْلِ وَالنَّهَارِ، إِلَّا  
 طَارِقًا يَطْرُقُ بِخَيْرٍ، يَا رَحْمَنُ (ملك)

٦ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ جَهْدِ الْبَلَاءِ، وَدَرَكِ  
 الشَّقَاءِ، وَسُوءِ الْقَضَاءِ، وَشَمَاتَةِ الْأَعْدَاءِ (البخاري)

٧ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ زَوَالِ نِعْمَتِكَ،  
 وَتَحَوُّلِ عَافِيَتِكَ، وَفُجَاءَةِ نِقْمَتِكَ، وَجَمِيعِ  
 سَخِطِكَ (مسلم)

٨ أَسْتَعِيذُ بِاللَّهِ مِنْ طَمَعٍ يَهْدِي إِلَى طَبَعٍ، وَمِنْ  
 طَمَعٍ يَهْدِي إِلَى غَيْرِ مَطْمَعٍ، وَمِنْ طَمَعٍ حَيْثُ لَا  
 طَمَعٍ (أحمد)

sky and the evil of what ascends in it, the evil of what He has spread in the earth and what emerges from it, and from the trials of the night and the day, and from comers by night and day, except for the nocturnal visitor who brings good. O the Most-Beneficent!

6. O Allāh! I seek refuge in You from the pain of affliction, being overtaken by wretchedness, ill-fate and the gloating of enemies.
  
7. O Allāh! I seek refuge in You from the cessation of Your Favour, any change in the safety You provide me, Your sudden Wrath and every form of Your Displeasure.
  
8. I seek refuge in Allāh from greed which drives (me) to disgrace, from greed which drives (me) to false hope, and from greed where there is no temptation.

٩ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ أَنْ أَمُوتَ غَمًّا أَوْ هَمًّا،  
أَوْ أَنْ أَمُوتَ غَرَقًا، أَوْ أَنْ يَتَخَبَّطَنِي الشَّيْطَانُ عِنْدَ  
الْمَوْتِ، أَوْ أَنْ أَمُوتَ لِدَيْعًا (أحمد)

١٠ أَعُوذُ بِكَ أَنْ أُظْلِمَ أَوْ أُظْلَمَ، أَوْ أَعْتَدِيَ أَوْ  
يُعْتَدَى عَلَيَّ، أَوْ أَكْتَسِبَ خَطِيئَةً مُحِبَّةً، أَوْ  
أُذْنِبَ ذَنْبًا لَا تَغْفِرُهُ (أحمد)

١١ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ الْأَعْمِيِّينَ (المعجم  
الكبير للطبراني)

١٢ اللَّهُمَّ إِنِّي أَسْأَلُكَ الثَّبَاتَ فِي الْأَمْرِ، وَالْعَزِيمَةَ  
عَلَى الرَّشْدِ، وَأَسْأَلُكَ شُكْرَ نِعْمَتِكَ وَحُسْنَ  
عِبَادَتِكَ، وَأَسْأَلُكَ قَلْبًا سَلِيمًا وَلِسَانًا صَادِقًا،

9. O Allāh! I seek refuge in You from dying in sorrow or distress, dying from drowning, from Shayṭān confounding me at the time of death, or from dying due to a poisonous bite.
  
10. O Allah! I seek refuge in You from oppressing or being oppressed, from abusing or being abused, from committing a mistake which would nullify (my good deeds) and from committing a sin You will not forgive.
  
11. O Allāh! I seek refuge in You from the evil of two blind things (i.e. flood and a raging camel).
  
12. O Allāh! I ask You for steadfastness on Dīn and determination upon guidance. And I ask You for (the ability to show) gratitude upon Your Favours and excellence in Your worship. I ask You for a sound heart and a truthful tongue. I ask You for

وَأَسْأَلُكَ مِنْ خَيْرِ مَا تَعَلَّمُ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا  
تَعَلَّمُ، وَأَسْتَغْفِرُكَ لِمَا تَعَلَّمُ (النسائي)

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً، وَفِي الْآخِرَةِ حَسَنَةً، وَقِنَا  
عَذَابَ النَّارِ (البقرة) رَبَّنَا تَقَبَّلْ مِنَّا، إِنَّكَ أَنْتَ السَّمِيعُ  
الْعَلِيمُ (البقرة) وَثُبِّ عَلَيْنَا، إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ (البقرة)  
رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّحِيمِينَ (المؤمنون)  
سُبْحَانَ رَبِّكَ رَبِّ الْعِزَّةِ عَمَّا يَصِفُونَ، وَسَلَامٌ عَلَى  
الْمُرْسَلِينَ، وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ (الطه) وَآخِرُ  
دَعْوَانَا أَنْ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ، وَصَلَّى اللَّهُ تَعَالَى  
عَلَى خَيْرِ خَلْقِهِ، سَيِّدِنَا وَمَوْلَانَا مُحَمَّدٍ وَآلِهِ وَصَحْبِهِ  
أَجْمَعِينَ، بِرَحْمَتِكَ يَا أَرْحَمَ الرَّحِيمِينَ. آمِينَ ❀

the good that You are aware of. I seek refuge in You from the evil that You are aware of. And I seek Your Forgiveness for what You are aware of (i.e. my sins).

O Our Rabb! Give us good in this world and good in the Hereafter, and save us from the punishment of the Fire. O Our Rabb! Accept (this) from us. Indeed, You and You alone are the All-Hearing, the All-Knowing. And accept our repentance. Indeed, You and You alone are the Most-Relenting, the Most-Merciful. O My Rabb! Forgive and have mercy; You are the Best of all the merciful. Pure is Your Rabb, the Rabb of all Might, from what they attribute (to Him). Peace be upon the Messengers. All Praise is for Allāh, Rabb of all the worlds. And the end of our prayer is, ‘All Praise is for Allāh, Rabb of all the worlds.’ May special mercy from Allāh, the Most-High, be upon the Best of Creation, our Leader and Master Muḥammad (ﷺ), and upon all his family and followers, and his companions. Through Your Mercy (accept our prayer), O the Most Merciful of all the merciful! Āmīn.

## يوم الثلاثاء

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الْحَمْدُ لِلَّهِ فَاطِرِ السَّمَوَاتِ وَالْأَرْضِ، جَاعِلِ  
الْمَلَائِكَةَ رُسُلًا أُولِيَّ أَجْنِحَةٍ مَّثْنَى وَثُلُثَ وَرُبْعٍ،  
يَزِيدُ فِي الْخَلْقِ مَا يَشَاءُ، إِنَّ اللَّهَ عَلَى كُلِّ شَيْءٍ  
قَدِيرٌ (فاطر)

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ عَبْدِكَ وَرَسُولِكَ، كَمَا  
صَلَّيْتَ عَلَى إِبْرَاهِيمَ، وَبَارِكْ عَلَى مُحَمَّدٍ وَآلِ  
مُحَمَّدٍ، كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ (النسائي)

رَبَّنَا اغْفِرْ لَنَا وَلِإِخْوَانِنَا الَّذِينَ سَبَقُونَا  
بِالْإِيمَانِ، وَلَا تَجْعَلْ فِي قُلُوبِنَا غِلًّا لِلَّذِينَ آمَنُوا

# Tuesday

*In the Name of Allāh,  
the Most-Beneficent, the Most-Merciful*

All Praise is for Allāh, the Originator of the heavens and the earth, Who appoints the angels as messengers having wings: twos, threes and fours. He adds to the creation what He wills. Indeed, Allāh has power over everything.

O Allāh! Send Your Special Mercy upon Muḥammad (ﷺ), who is Your Servant and Your Messenger, just as You sent Your Special Mercy upon Ibrāhīm (ﷺ). And send blessings upon Muḥammad (ﷺ) and upon the family and followers of Muḥammad (ﷺ) just as You sent blessings upon Ibrāhīm (ﷺ).

O Our Rabb! Forgive us and our brothers who preceded us in Īmān, and do not place in our hearts any rancour against those who believe. O Our Rabb! Indeed, You

رَبَّنَا إِنَّكَ رَءُوفٌ رَحِيمٌ (الحشر)

وَاللَّهُمَّ إِلَهٌ وَاحِدٌ، لَا إِلَهَ إِلَّا هُوَ الرَّحْمَنُ  
الرَّحِيمُ (البقرة)

١ اللَّهُمَّ فَاطِرَ السَّمَوَاتِ وَالْأَرْضِ، عَالِمَ  
الْغَيْبِ وَالشَّهَادَةِ، لَا إِلَهَ إِلَّا أَنْتَ، رَبِّ كُلِّ شَيْءٍ  
وَمَلِيكَهٗ، أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي، وَمِنْ شَرِّ  
الشَّيْطَانِ وَشَرِّكِهِ، وَأَنْ أَقْتَرِفَ عَلَى نَفْسِي سُوءًا  
أَوْ أَجْرَهُ إِلَى مُسْلِمٍ (الترمذي)

٢ اللَّهُمَّ إِنَّا نَجْعَلُكَ فِي نُحُورِهِمْ، وَنَعُوذُ بِكَ  
مِنْ شُرُورِهِمْ (أبو داود)

٣ اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي،

are Most Kind, Most Merciful.

And Your deity is one deity. There is no deity but He, the Most-Beneficent, the Most-Merciful.<sup>22</sup>

1. O Allāh! O the Originator of the heavens and the earth! O the Knower of the unseen and the seen! There is no deity but You. O the Rabb and (absolute) Sovereign of everything! I seek refuge in You from the evil of my nafs (inner self), from the evil of Shayṭān and his (calling towards) polytheism, and from my perpetrating any wrong upon my self or my attributing that wrong to any Muslim.<sup>23</sup>
2. O Allāh! We place You in front of them (the enemy) and we seek refuge in You from their evils.<sup>24</sup>
3. O Allāh! You are My Rabb, there is no deity but You. You created me and I am Your slave, and as

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22 This verse also contains *Al-Ismul-A'zam*. (Abū Dāwūd, At-Tirmidhī, Ibn Mājah, Aṭ-Ṭabarānī)

23 Rasūlullāh ﷺ instructed that this du'ā be read every morning and evening. (At-Tirmidhī)

24 Rasūlullāh ﷺ would read this du'ā when he would fear evil from people. (Abū Dāwūd)

وَأَنَا عَبْدُكَ، وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا  
 اسْتَطَعْتُ، أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أَبُوءُ لَكَ  
 بِنِعْمَتِكَ عَلَيَّ، وَأَبُوءُ لَكَ بِذَنْبِي، فَاغْفِرْ لِي فَإِنَّهُ  
 لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ (البخاري)

٤ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْجُنُونِ وَالْجَذَامِ،  
 وَالْبَرَصِ وَسَيِّئِ الْأَسْقَامِ (النسائي)

٥ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَدْمِ، وَأَعُوذُ بِكَ  
 مِنَ التَّرَدِّي، وَأَعُوذُ بِكَ مِنَ الْغَرَقِ وَالْحَرَقِ  
 وَالْهَرَمِ، وَأَعُوذُ بِكَ أَنْ يَتَخَبَّطَنِي الشَّيْطَانُ عِنْدَ  
 الْمَوْتِ، وَأَعُوذُ بِكَ أَنْ أَمُوتَ فِي سَبِيلِكَ مُدْبِرًا،  
 وَأَعُوذُ بِكَ أَنْ أَمُوتَ لَدِيغًا (أبو داود)

far as I am able, I abide by my solemn promise and covenant (to be obedient) to You. I seek refuge in You from the evil consequences of my actions, I fully acknowledge the favours that You have bestowed upon me, and I confess to You all my sins. Forgive me, for no one forgives sins but You.<sup>25</sup>

4. O Allāh! I seek refuge in You from insanity, all forms of leprosy and from the worst of illnesses.
5. O Allāh! I seek refuge in You from (a structure) collapsing (on me), and I seek refuge in You from plummeting (from heights or to depths), I seek refuge in You from drowning, burning and (the incapacities of) old age. I seek refuge in You from Shayṭān confounding me at the time of death. I seek refuge in You from dying in Your Path in the state of fleeing. And I seek refuge in You from dying due to a poisonous bite.

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25 This is the most comprehensive formula with which repentance can be sought. It has been named ‘Sayyidul-Istighfār’ in the Ḥādīth. Rasūlullāh ﷺ said, ‘Whoever reads this du‘ā with conviction in the morning and dies before the night will be from the people of Jannah, and whoever reads it with conviction at night/after sunset and dies before the morning will be from the people of Jannah.’ (Al-Bukhārī)

٦ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ،  
وَالْعَجْزِ وَالْكَسَلِ، وَالْبُخْلِ وَالْجُبْنِ، وَضَلَعِ  
الدَّيْنِ وَغَلْبَةِ الرِّجَالِ (البخاري)

٧ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ شَيْطَانِ الْجِنِّ  
وَالْإِنْسِ (النسائي)

٨ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ قَوْلٍ لَا يُسْمَعُ، وَعَمَلٍ  
لَا يُرْفَعُ، وَقَلْبٍ لَا يَخْشَعُ، وَعِلْمٍ لَا يَنْفَعُ (أحمد)

٩ سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ، وَتَبَارَكَ اسْمُكَ،  
وَتَعَالَى جَدُّكَ، وَلَا إِلَهَ غَيْرُكَ، لَا إِلَهَ إِلَّا اللَّهُ،  
لَا إِلَهَ إِلَّا اللَّهُ، لَا إِلَهَ إِلَّا اللَّهُ، اللَّهُ أَكْبَرُ كَبِيرًا،  
اللَّهُ أَكْبَرُ كَبِيرًا، اللَّهُ أَكْبَرُ كَبِيرًا، أَعُوذُ بِاللَّهِ

6. O Allāh! I seek refuge in You from distress and grief, inability and laziness, miserliness and cowardice, overburdening debt and the subjugation of men.<sup>26</sup>
  
7. O Allāh! I seek refuge in You from the evil of shayāṭīn (devils) among the jinn and humans.
  
8. O Allāh! I seek refuge in You from a prayer that is not heard, a deed that is not accepted, a heart that is not submissive and knowledge that does not benefit.
  
9. You are Pure from all imperfections, O Allāh! And for You is all praise; blessed is Your Name and exalted is Your Majesty; there is no deity but You. There is no deity but Allāh, there is no deity but Allāh, there is no deity but Allāh. Allāh is the Greatest. Allāh is the Greatest, Allāh is the Greatest. I seek refuge in Allāh, the All-Hearing,

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26 Rasūlullāh ﷺ would teach this du‘ā for the relief of distress and debt. (Abū Dāwūd)

السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ، مِنْ هَمْزِهِ  
وَنَفْحِهِ وَنَفْثِهِ (أبو داود)

10. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ صَلَوةٍ لَا تَنْفَعُ (أبو داود)

11. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ يَوْمِ السُّوءِ، وَمِنْ لَيْلَةِ

السُّوءِ، وَمِنْ سَاعَةِ السُّوءِ، وَمِنْ صَاحِبِ السُّوءِ

(الدعاء للطبراني)

12. اللَّهُمَّ أَصْلِحْ لِي دِينِي الَّذِي جَعَلْتَهُ لِي

عِصْمَةً، وَأَصْلِحْ لِي دُنْيَايَ الَّتِي جَعَلْتَ فِيهَا

مَعَاشِي، اللَّهُمَّ إِنِّي أَعُوذُ بِرِضَاكَ مِنْ سَخَطِكَ،

وَأَعُوذُ بِعَفْوِكَ مِنْ نِقْمَتِكَ، وَأَعُوذُ بِكَ مِنْكَ، لَا

مَانِعَ لِمَا أَعْطَيْتَ، وَلَا مُعْطِيَ لِمَا مَنَعْتَ، وَلَا

the All-Knowing, from Shayṭān the accursed; from his goading (insanity), his blowing (pride) and his blowing out spittle (evil poetry).

10. O Allāh! I seek refuge in You from a ṣalāh which does not benefit.
11. O Allāh! I seek refuge in You from a bad day, a bad night, a bad moment and a bad companion.
12. O Allāh! Set right for me my Dīn which You have made a protection for me, and set right for me my world in which You have kept my livelihood. O Allāh! I seek refuge in Your Pleasure from Your Displeasure. And I seek refuge in Your Pardon from Your Punishment. And I seek refuge in You from You (i.e. Your Punishment). No one can withhold what You have decreed to give, and no one can give what You have withheld (therefore

يُفَعُّ ذَا الْجَدِّ مِنْكَ الْجَدُّ (النسائي)

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً، وَفِي الْآخِرَةِ حَسَنَةً، وَقِنَا  
عَذَابَ النَّارِ (البقرة) رَبَّنَا تَقَبَّلْ مِنَّا، إِنَّكَ أَنْتَ السَّمِيعُ  
الْعَلِيمُ (البقرة) وَتُبْ عَلَيْنَا، إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ (البقرة)  
رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّحِيمِينَ (المؤمنون)  
سُبْحَانَ رَبِّكَ رَبِّ الْعِزَّةِ عَمَّا يَصِفُونَ، وَسَلَامٌ عَلَى  
الْمُرْسَلِينَ، وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ (الطه) وَآخِرُ  
دَعْوَانَا أَنْ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ، وَصَلَّى اللَّهُ تَعَالَى  
عَلَى خَيْرِ خَلْقِهِ، سَيِّدِنَا وَمَوْلَانَا مُحَمَّدٍ وَآلِهِ وَصَحْبِهِ  
أَجْمَعِينَ، بِرَحْمَتِكَ يَا أَرْحَمَ الرَّحِيمِينَ. آمِينَ ❁

grant me and do not withhold from me). And affluence will not save the affluent from You.

O Our Rabb! Give us good in this world and good in the Hereafter, and save us from the punishment of the Fire. O Our Rabb! Accept (this) from us. Indeed, You and You alone are the All-Hearing, the All-Knowing. And accept our repentance. Indeed, You and You alone are the Most-Relenting, the Most-Merciful. O My Rabb! Forgive and have mercy; You are the Best of all the merciful. Pure is Your Rabb, the Rabb of all Might, from what they attribute (to Him). Peace be upon the Messengers. All Praise is for Allāh, Rabb of all the worlds. And the end of our prayer is, ‘All Praise is for Allāh, Rabb of all the worlds.’ May special mercy from Allāh, the Most-High, be upon the Best of Creation, our Leader and Master Muḥammad (ﷺ), and upon all his family and followers, and his companions. Through Your Mercy (accept our prayer), O the Most Merciful of all the merciful! Āmīn.

## يوم الأربعاء

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

فَلِلَّهِ الْحَمْدُ رَبِّ السَّمَوَاتِ وَرَبِّ الْأَرْضِ رَبِّ  
الْعَالَمِينَ، وَلَهُ الْكِبْرِيَاءُ فِي السَّمَوَاتِ وَالْأَرْضِ،  
وَهُوَ الْعَزِيزُ الْحَكِيمُ (الجاثية)

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَأَزْوَاجِهِ وَذُرِّيَّتِهِ، كَمَا  
صَلَّيْتَ عَلَى إِبْرَاهِيمَ، وَبَارِكْ عَلَى مُحَمَّدٍ وَأَزْوَاجِهِ  
وَذُرِّيَّتِهِ، كَمَا بَارَكْتَ عَلَى آلِ إِبْرَاهِيمَ فِي  
الْعَالَمِينَ، إِنَّكَ حَمِيدٌ مُجِيدٌ (ابن ماجه)

رَبَّنَا اغْفِرْ لَنَا ذُنُوبَنَا وَإِسْرَافَنَا فِي أَمْرِنَا وَثَبِّتْ  
أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ (آل عمران)

# Wednesday

*In the Name of Allāh,  
the Most-Beneficent, the Most-Merciful*

So, All Praise is for Allāh, Rabb of the heavens, Rabb of the earth and Rabb of all the worlds. To Him belongs Majesty in the heavens and the earth. And He is the All-Mighty, the All-Wise.

O Allāh! Send Your Special Mercy upon Muḥammad (ﷺ) and upon his wives and progeny, just as You sent Your Special Mercy upon Ibrāhīm (ﷺ). And send blessings upon Muḥammad (ﷺ) and upon his wives and progeny, just as You sent blessings upon the family and followers of Ibrāhīm (ﷺ) in all the worlds. Indeed, You are Praised, Exalted.

O Our Rabb! Forgive our sins and our excesses in our conduct, make firm our feet and help us against the rejectors (of the truth).

اللَّهُمَّ إِنِّي أَسْأَلُكَ بِأَبِي أَشْهَدُ أَنْتَ اللَّهُ، لَا إِلَهَ إِلَّا  
 أَنْتَ الْأَحَدُ الصَّمَدُ الَّذِي لَمْ يَلِدْ وَلَمْ يُولَدْ، وَلَمْ  
 يَكُنْ لَهُ كُفُوًا أَحَدٌ (الترمذي)

١ اللَّهُمَّ لَكَ الْحَمْدُ كَالَّذِي تَقُولُ، وَخَيْرًا  
 مِمَّا تَقُولُ، اللَّهُمَّ لَكَ صَلَاتِي وَنُسُكِي، وَمَحْيَايَ  
 وَمَمَاتِي، وَإِلَيْكَ مَا بِي، وَلَكَ رَبِّ تَرَاتِبِي، اللَّهُمَّ  
 إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ، وَوَسْوَاسَةِ الصُّدُورِ،  
 وَشَتَاتِ الْأَمْرِ، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ مَا  
 تَجِيءُ بِهِ الرِّيحُ (الترمذي)

٢ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبُحْلِ، وَأَعُوذُ بِكَ  
 مِنَ الْجَبْنِ، وَأَعُوذُ بِكَ أَنْ أُرَدَّ إِلَى أَرْذَلِ الْعُمُرِ،

O Allāh! I ask You through the medium of me testifying that You are Allāh, there is no deity but You; Who is Unique; the One all are in need of and Who is in need of none; Who does not father children nor was He fathered; and there is none equal to Him.<sup>27</sup>

1. O Allāh! For You are praises as You express, and far better than anything we express. O Allāh! My prayer, my offering, my life and my death are only for You, and only to You is my return and only for You, O My Rabb, is my wealth. O Allāh! I seek refuge in You from the punishment of the grave, the (inappropriate) whispers of the heart and from my affairs being in disarray. O Allāh! I seek refuge in You from the evil of what the wind brings.<sup>28</sup>
2. O Allāh! I seek refuge in You from miserliness. I seek refuge in You from cowardliness. I seek refuge in You from being brought back to a feeble

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27 Rasūlullāh ﷺ heard a ṣaḥābī ﷺ pray this du‘ā and commented that this person had called out to Allāh with *Al-Ismul-A‘zam*, by which if He is called, He responds.” (At-Tirmidhī)

28 Rasūlullāh ﷺ recited this du‘ā in abundance on the evening (preceding the day) of ‘Arafah. (At-Tirmidhī)

وَأَعُوذُ بِكَ مِنْ فِتْنَةِ الدُّنْيَا، وَأَعُوذُ بِكَ مِنْ  
عَذَابِ الْقَبْرِ (البخاري)

٣ اللَّهُمَّ انْفَعْنِي بِمَا عَلَّمْتَنِي، وَعَلِّمْنِي مَا  
يَنْفَعُنِي، وَزِدْنِي عِلْمًا، أَلْحَمْدُ لِلَّهِ عَلَى كُلِّ حَالٍ،  
وَأَعُوذُ بِاللَّهِ مِنْ حَالِ أَهْلِ النَّارِ (الترمذي)

٤ يَا أَرْضُ، رَبِّي وَرَبُّكَ اللَّهُ، أَعُوذُ بِاللَّهِ مِنْ  
شَرِّكَ، وَشَرِّ مَا فِيكَ، وَشَرِّ مَا خُلِقَ فِيكَ، وَمِنْ  
شَرِّ مَا يَدُبُّ عَلَيْكَ، وَأَعُوذُ بِاللَّهِ مِنْ أَسَدٍ وَأَسْوَدٍ،  
وَمِنَ الْحَيَّةِ وَالْعَقْرَبِ، وَمِنْ سَاكِنِي الْبَلَدِ، وَمِنْ  
وَالِدٍ وَمَا وَلَدَ (أبو داود)

٥ اللَّهُمَّ أَلْهِمْنِي رُشْدِي، وَأَعِزَّنِي مِنْ شَرِّ

age. I seek refuge in You from the (greatest) trial of the world (the trial of Dajjāl). And I seek refuge in You from the punishment of the grave.

3. O Allāh! Benefit me through the knowledge You have taught me, and teach me what will benefit me, and increase me in knowledge. All Praise is for Allāh in all circumstances. And I seek refuge in Allāh from the condition of the dwellers of the Fire.
4. O earth! My Rabb and Your Rabb is Allāh. I seek refuge in Allāh from your evil, the evil of what is inside you, the evil of those (creatures) that have been created within you and from the evil of those (creatures) that walk upon you. And I seek refuge in Allāh from the lion, the black viper, every (type of) snake, the scorpion and from the dwellers of the earth and from every creature that has offspring and from what it gives birth to.
5. O Allāh! Inspire me with guidance and grant me

## نَفْسِي (الترمذي)

٦ اللَّهُمَّ اغْفِرْ لِي وَاهْدِنِي، وَارْدُقْنِي وَعَافِنِي، أَعُوذُ

بِاللَّهِ مِنْ ضَيْقِ الْمَقَامِ يَوْمَ الْقِيَامَةِ (النسائي)

٧ أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ، مِنْ كُلِّ شَيْطَانٍ

وَهَامَّةٍ، وَمِنْ كُلِّ عَيْنٍ لَامَّةٍ (البخاري)

٨ أَعُوذُ بِاللَّهِ مِنَ الْكُفْرِ وَالذَّنِّ (النسائي)

٩ أَعُوذُ بِاللَّهِ مِنْ كُفْرَانِ اللَّهِ (أحمد)

١٠ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ،

وَالجُبْنِ وَالْبُخْلِ، وَالْهَرَمِ وَالْقَسْوَةِ، وَالْغَفْلَةِ

وَالْعَيْلَةِ، وَالذَّلَّةِ وَالْمَسْكِنَةِ، وَأَعُوذُ بِكَ مِنَ الْفَقْرِ

refuge from the evil of my nafs (inner self).

6. O Allāh! Forgive me, guide me and grant me sustenance and safety. I seek refuge in Allāh from a distressing plight on the Day of Judgement.
7. I seek refuge in the perfect Words of Allāh from every shayṭān (whether human or jinn) and vermin, and from every evil eye.<sup>29</sup>
8. I seek refuge in Allāh from disbelief and debt.
9. I seek refuge in Allāh from ingratitude to Allāh.
10. O Allāh! I seek refuge in You from inability, laziness, cowardice, miserliness, (the incapacities of) old age, hard-heartedness, negligence, financial dependency, disgrace and helplessness; and I seek

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29 Rasūlullāh ﷺ would seek Allāh’s refuge for his two grandsons Ḥasan and Ḥusayn ؑ and would say, ‘Your grandfather (Ibrāhīm ؑ) would read these words to seek Allāh’s refuge for Ismā‘īl ؑ and Ishāq ؑ.’ (Al-Bukhārī)

وَالْكَفْرِ، وَالْفُسُوقِ وَالشَّقَاقِ، وَالنِّفَاقِ وَالسُّمْعَةِ  
وَالرِّيَاءِ، وَأَعُوذُ بِكَ مِنَ الصَّمَمِ وَالْبَكَمِ، وَالْجُنُونِ  
وَالْجَذَامِ، وَالْبَرَصِ وَسَيِّئِ الْأَسْقَامِ (الحاكم)

11 اللَّهُمَّ بِعِلْمِكَ الْغَيْبِ، وَقُدْرَتِكَ عَلَى الْخَلْقِ،  
أَحْيَيْتَنِي مَا عَلِمْتَ الْحَيَاةَ خَيْرًا لِي، وَتَوَفَّيْتَنِي إِذَا  
عَلِمْتَ الْوَفَاةَ خَيْرًا لِي، وَأَسْأَلُكَ خَشْيَتِكَ فِي  
الْغَيْبِ وَالشَّهَادَةِ، وَكَلِمَةَ الْإِحْلَاصِ فِي الرِّضَاءِ  
وَالْغَضَبِ، وَأَسْأَلُكَ نَعِيمًا لَا يَنْفَدُ، وَقُرَّةَ عَيْنٍ لَا  
تَنْقَطِعُ، وَأَسْأَلُكَ الرِّضَاءَ بِالْقَضَاءِ، وَبَرْدَ الْعَيْشِ  
بَعْدَ الْمَوْتِ، وَلَذَّةَ النَّظَرِ إِلَى وَجْهِكَ، وَالشَّوْقَ  
إِلَى لِقَائِكَ، وَأَعُوذُ بِكَ مِنْ ضَرَاءٍ مُضِرَّةٍ، وَفِتْنَةٍ

refuge in You from poverty, disbelief, disobedience, opposing (the truth), hypocrisy, (seeking) fame and ostentation; and I seek refuge in You from deafness, dumbness, insanity, all forms of leprosy and severe illnesses.

11. O Allāh! Through Your Knowledge of the unseen and Your Power over the creation, grant me life for as long as You know life to be good for me, and grant me death when You know death to be good for me. I ask You for Your fear when alone and in public and that I may speak the truth in contentment and anger. I ask You for the never-ending bounty (i.e. Paradise) and perpetual delight. I ask You for contentment with Divine Decree, delightful life after death, the bliss of seeing You and a longing to meet You. And I seek refuge in You from harmful adversity, and from that trial

مُضِلَّةٍ، اَللّٰهُمَّ زَيِّنَا بِزِيْنَةِ الْاِيْمَانِ، وَاجْعَلْنَا هُدَاةً  
مُّهْتَدِيْنَ (النسائي)

رَبَّنَا اٰتِنَا فِي الدُّنْيَا حَسَنَةً، وَفِي الْاٰخِرَةِ حَسَنَةً، وَقِنَا  
عَذَابَ النَّارِ (البقرة) رَبَّنَا تَقَبَّلْ مِنَّا، اِنَّكَ اَنْتَ السَّمِيْعُ  
الْعَلِيْمُ (البقرة) وَتُبْ عَلَيْنَا، اِنَّكَ اَنْتَ التَّوَّابُ الرَّحِيْمُ (البقرة)  
رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّحِيْمِيْنَ (المؤمنون)  
سُبْحٰنَ رَبِّكَ رَبِّ الْعِزَّةِ عَمَّا يَصِفُوْنَ، وَسَلٰمٌ عَلٰى  
الْمُرْسَلِيْنَ، وَالْحَمْدُ لِلّٰهِ رَبِّ الْعٰلَمِيْنَ (الطه) وَاٰخِرُ  
دَعْوَانَا اِنَّ الْحَمْدَ لِلّٰهِ رَبِّ الْعٰلَمِيْنَ، وَصَلَّى اللّٰهُ تَعَالٰى  
عَلٰى خَيْرِ خَلْقِهٖ، سَيِّدِنَا وَمَوْلَانَا مُحَمَّدٍ وَّآلِهٖ وَصَحْبِهٖ  
اٰجْمَعِيْنَ، بِرَحْمَتِكَ يَا اَرْحَمَ الرَّحْمِيْنَ. آمِيْنَ ❁

which leads astray. O Allāh! Adorn us with the adornment of Īmān and make us guides who are rightly guided.

O Our Rabb! Give us good in this world and good in the Hereafter, and save us from the punishment of the Fire. O Our Rabb! Accept (this) from us. Indeed, You and You alone are the All-Hearing, the All-Knowing. And accept our repentance. Indeed, You and You alone are the Most-Relenting, the Most-Merciful. O My Rabb! Forgive and have mercy; You are the Best of all the merciful. Pure is Your Rabb, the Rabb of all Might, from what they attribute (to Him). Peace be upon the Messengers. All Praise is for Allāh, Rabb of all the worlds. And the end of our prayer is, ‘All Praise is for Allāh, Rabb of all the worlds.’ May special mercy from Allāh, the Most-High, be upon the Best of Creation, our Leader and Master Muḥammad (ﷺ), and upon all his family and followers, and his companions. Through Your Mercy (accept our prayer), O the Most Merciful of all the merciful! Āmīn.

## يوم الخميس

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

وَهُوَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ، لَهُ الْحَمْدُ فِي الْأُولَى وَالْآخِرَةِ،  
وَلَهُ الْحُكْمُ وَإِلَيْهِ تُرْجَعُونَ (القصص)

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ، كَمَا صَلَّيْتَ  
عَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مُجِيدٌ، اللَّهُمَّ بَارِكْ  
عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ، كَمَا بَارَكْتَ عَلَى آلِ  
إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مُجِيدٌ (البخاري)

رَبَّنَا فَاعْفُرْ لَنَا ذُنُوبَنَا، وَكَفِّرْ عَنَّا سَيِّئَاتِنَا، وَتَوَفَّنَا مَعَ  
الْأَبْرَارِ، رَبَّنَا وَآتِنَا مَا وَعَدْتَنَا عَلَى رُسُلِكَ، وَلَا تُخْزِنَا  
يَوْمَ الْقِيَامَةِ، إِنَّكَ لَا تُخْلِفُ الْمِيعَادَ (آل عمران)

# Thursday

*In the Name of Allāh,  
the Most-Beneficent, the Most-Merciful*

He is Allāh: there is no deity but He. All Praise is only for Him, in this world and the Hereafter, and His alone is the Command, and to Him will you be returned.

O Allāh! Send Your Special Mercy upon Muḥammad (ﷺ) and upon the family and followers of Muḥammad (ﷺ) just as You sent Your Special Mercy upon the family and followers of Ibrāhīm (ﷺ). Indeed, You are Praised, Exalted. O Allāh! Send blessings upon Muḥammad (ﷺ) and upon the family and followers of Muḥammad (ﷺ) just as You sent blessings upon the family and followers of Ibrāhīm (ﷺ). Indeed, You are Praised, Exalted.

O Our Rabb! Forgive our sins, and remove our evil deeds from us, and grant us death (and include us) with the righteous (in the Hereafter). O Our Rabb! give us what You have promised us through Your Messengers, and do not disgrace us on the Day of Judgement. Surely You do not break Your Promise.

لَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ، لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، لَا إِلَهَ إِلَّا اللَّهُ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ (الطبراني)

١ اللَّهُمَّ لَكَ أَسْلَمْتُ، وَبِكَ أَمَنْتُ، وَعَلَيْكَ تَوَكَّلْتُ، وَإِلَيْكَ أَنْبَتُ، وَبِكَ خَاصَمْتُ، اللَّهُمَّ إِنِّي أَعُوذُ بِعِزَّتِكَ، لَا إِلَهَ إِلَّا أَنْتَ، أَنْ تُضِلَّنِي، أَنْتَ الْحَيُّ الَّذِي لَا يَمُوتُ، وَالْجِنُّ وَالْإِنْسُ يَمُوتُونَ (مسلم)

٢ اللَّهُمَّ إِنِّي أَعُوذُ بِوَجْهِكَ الْكَرِيمِ، وَكَلِمَاتِكَ التَّامَّةِ، مِنْ شَرِّ مَا أَنْتَ آخِذٌ بِنَاصِيَتِهِ، اللَّهُمَّ أَنْتَ

There is no deity but Allāh. Allāh is the greatest. There is no deity but Allāh alone. He has no partner. His is the Sovereignty and for Him is All Praise. He has power over everything. There is no deity but Allāh. There is no power (to do good deeds) or ability (to avoid bad deeds) except with (the Help of) Allāh.<sup>30</sup>

1. O Allāh! To You alone do I submit, in You I have brought Īmān, in You alone do I place my trust, to You alone do I turn in repentance, and with Your Help alone do I contend (with the wrongdoers). O Allāh! I seek refuge in Your Greatness, there is no deity but You, from Your leading me astray. You are the Living Who will never die, whilst jinn and men will die.
  
2. O Allāh! I seek refuge in Your Most Generous Being and Your perfect Words from the evil of everything You control. O Allāh! You remove debt

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<sup>30</sup> Rasūlullāh ﷺ said, ‘Whoever supplicates to Allāh with these five words then Allāh will grant him whatever he asks for.’ (Aṭ-Ṭabarānī)

تَكْشِفُ الْمَغْرَمَ وَالْمَأْتَمَ، اللَّهُمَّ لَا يَهْزِمُ جُنْدَكَ،  
وَلَا يُخْلَفُ وَعْدُكَ، وَلَا يَنْفَعُ ذَا الْجَدِّ مِنْكَ الْجَدُّ،  
سُبْحَانَكَ وَبِحَمْدِكَ (أبو داود)

۳ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ وَعَثَاءِ السَّفَرِ، وَكَأْبَةِ  
الْمُنْقَلَبِ، وَالْحَوْرِ بَعْدَ الْكَوْرِ، وَدَعْوَةِ الْمَظْلُومِ،  
وَسُوءِ الْمَنْظَرِ فِي الْأَهْلِ وَالْمَالِ وَالْوَالِدِ (النسائي)

۴ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ وَالْفَقْرِ  
وَعَذَابِ الْقَبْرِ (النسائي)

۵ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ مُنْكَرَاتِ الْأَخْلَاقِ،  
وَالْأَعْمَالِ وَالْأَهْوَاءِ (الترمذي)

and sin. O Allāh! Your army cannot be defeated, and Your Promise cannot be broken, and affluence will not save the affluent from You. You are Pure from all imperfections and for You is all praise.<sup>31</sup>

3. O Allāh! I seek refuge in You from the hardships of travel, distress upon (my) return, a bad state of affairs after a good state, the curse of the oppressed and from returning to see my spouse, wealth or children in a bad state.<sup>32</sup>
  
4. O Allāh! I seek refuge in You from disbelief, poverty and the punishment of the grave.
  
5. O Allāh! I seek refuge in You from detestable character, deeds and desires.

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31 Rasūlullāh ﷺ would read this du'ā before retiring to bed. (Abū Dāwūd)

32 Rasūlullāh ﷺ would read this du'ā when setting out on a journey. (An-Nasā'ī)

٦ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ،  
وَالْجُبْنِ وَالْبُخْلِ وَالْهَرَمِ، وَأَعُوذُ بِكَ مِنْ عَذَابِ  
الْقَبْرِ، وَأَعُوذُ بِكَ مِنْ فِتْنَةِ الْمَحْيَا وَالْمَمَاتِ  
(البخاري)

٧ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ غَلَبَةِ الدَّيْنِ، وَغَلَبَةِ  
الْعَدُوِّ، وَشَمَاتَةِ الأَعْدَاءِ (النسائي)

٨ أَعُوذُ بِاللَّهِ مِنْ عَذَابِ الْقَبْرِ، وَأَعُوذُ بِاللَّهِ مِنْ  
عَذَابِ النَّارِ، وَأَعُوذُ بِاللَّهِ مِنَ الْفِتَنِ، مَا ظَهَرَ مِنْهَا  
وَمَا بَطَّنَ، وَأَعُوذُ بِاللَّهِ مِنْ فِتْنَةِ الأَعْوَرِ الكَذَّابِ  
(أحمد)

٩ اللَّهُمَّ إِنَّا نَعُوذُ بِكَ مِنْ أَنْ نُشْرِكَ بِكَ شَيْئًا  
نَعْلَمُهُ، وَنَسْتَغْفِرُكَ لِمَا لَا نَعْلَمُهُ (أحمد)

6. O Allāh! I seek refuge in You from inability, laziness, cowardice, miserliness and the incapacities of old age. I seek refuge in You from the punishment of the grave. And I seek refuge in You from the trials of life and death.
7. O Allāh! I seek refuge in You from overpowering debt, overpowering enemies and the gloating of enemies.
8. I seek refuge in Allāh from the punishment of the grave, I seek refuge in Allāh from the punishment of the Fire, I seek refuge in Allāh from all tribulations: those that are apparent and those that are hidden. And I seek refuge in Allāh from the trial of the great liar (Dajjāl), who will be one-eyed.
9. O Allāh! We seek refuge in You from associating anything with You knowingly, and we seek Your Forgiveness from doing so unknowingly.<sup>33</sup>

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33 Rasūlullāh ﷺ taught this du'ā for protection from riyā (ostentation).

This du'ā should be recited thrice daily. (Nawādirul-Uṣūl)

١٠ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ مَا أُعْطَيْتَنَا،

وَمِنْ شَرِّ مَا مَنَعْتَنَا (البرار)

١١ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ أَنْ تَصُدَّ عَنِّي وَجْهَكَ

يَوْمَ الْقِيَامَةِ (المعجم الكبير للطبراني)

١٢ اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنَ الْخَيْرِ كُلِّهِ، عَاجِلِهِ

وَأُجْلِهِ، مَا عَلِمْتُ مِنْهُ وَمَا لَمْ أَعْلَمْ، وَأَعُوذُ بِكَ

مِنَ الشَّرِّ كُلِّهِ، عَاجِلِهِ وَأُجْلِهِ، مَا عَلِمْتُ مِنْهُ وَمَا

لَمْ أَعْلَمْ، اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ خَيْرِ مَا سَأَلَكَ

عَبْدُكَ وَنَبِيُّكَ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا عَاذَ مِنْهُ

عَبْدُكَ وَنَبِيُّكَ، اللَّهُمَّ إِنِّي أَسْأَلُكَ الْجَنَّةَ، وَمَا

قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ عَمَلٍ، وَأَعُوذُ بِكَ مِنْ

10. O Allāh! I seek refuge in You from the evil of what You have given us and the evil of what You have withheld from us.
  
11. O Allāh! I seek refuge in You from You turning Your Face away from me on the Day of Judgement.
  
12. O Allāh! I ask You for every good, of the present and of the future, that of which I know and that of which I do not know. I seek refuge in You from every evil, of the present and of the future, that of which I know and that of which I do not know. O Allāh! I ask You for all the good that Your Servant and Messenger (ﷺ) asked You for, I seek refuge in You from all the evils that Your Servant and Messenger (ﷺ) sought refuge from. O Allāh! I ask You for Jannah and every word and action that takes (one) near to it. I seek refuge in You from

النَّارِ، وَمَا قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ عَمَلٍ، وَأَسْأَلُكَ  
أَنْ تَجْعَلَ كُلَّ قَضَاءٍ قَضَيْتَهُ لِي خَيْرًا (ابن ماجة)

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً، وَفِي الْآخِرَةِ حَسَنَةً، وَقِنَا  
عَذَابَ النَّارِ (البقرة) رَبَّنَا تَقَبَّلْ مِنَّا، إِنَّكَ أَنْتَ السَّمِيعُ  
الْعَلِيمُ (البقرة) وَتُبْ عَلَيْنَا، إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ (البقرة)  
رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّحِيمِينَ (المؤمنون)  
سُبْحَانَ رَبِّكَ رَبِّ الْعِزَّةِ عَمَّا يَصِفُونَ، وَسَلَامٌ عَلَى  
الْمُرْسَلِينَ، وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ (الطه) وَأَخِرُ  
دَعْوَانَا أَنْ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ، وَصَلَّى اللَّهُ تَعَالَى  
عَلَى خَيْرِ خَلْقِهِ، سَيِّدِنَا وَمَوْلَانَا مُحَمَّدٍ وَآلِهِ وَصَحْبِهِ  
أَجْمَعِينَ، بِرَحْمَتِكَ يَا أَرْحَمَ الرَّحِيمِينَ. آمِينَ ❀

the Fire and every word and action that takes (one) near to it. And I ask You to make every decree You have made for me good.<sup>34</sup>

O Our Rabb! Give us good in this world and good in the Hereafter, and save us from the punishment of the Fire. O Our Rabb! Accept (this) from us. Indeed, You and You alone are the All-Hearing, the All-Knowing. And accept our repentance. Indeed, You and You alone are the Most-Relenting, the Most-Merciful. O My Rabb! Forgive and have mercy; You are the Best of all the merciful. Pure is Your Rabb, the Rabb of all Might, from what they attribute (to Him). Peace be upon the Messengers. All Praise is for Allāh, Rabb of all the worlds. And the end of our prayer is, ‘All Praise is for Allāh, Rabb of all the worlds.’ May special mercy from Allāh, the Most-High, be upon the Best of Creation, our Leader and Master Muḥammad (ﷺ), and upon all his family and followers, and his companions. Through Your Mercy (accept our prayer), O the Most Merciful of all the merciful! Āmīn.

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34 Rasūlullāh ﷺ said to Sayyidah ‘Ā’ishah ؓ, ‘O ‘Ā’ishah, hold fast to the most comprehensive du‘ā.’ He then taught her the above du‘ā. Mullā ‘Alī Qārī ؒ has stated the above to be the most comprehensive du‘ā. (Mirqātul-Mafātīḥ)

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## A Protection from all Harm

— Du'ā of Sayyidunā Anas ؓ —

Read morning and evening once (preferably three times)

بِسْمِ اللَّهِ عَلَى نَفْسِي وَدِينِي، بِسْمِ اللَّهِ عَلَى مَا أَعْطَانِي  
رَبِّي عِزًّا وَجَلًّا، بِسْمِ اللَّهِ عَلَى أَهْلِي وَمَالِي، اللَّهُ أَكْبَرُ،  
اللَّهُ رَبِّي، اللَّهُ أَكْبَرُ، اللَّهُ رَبِّي، لَا أُشْرِكُ بِهِ شَيْئًا، أَجْرُنِي  
مِنْ كُلِّ شَيْطَانٍ رَّحِيمٍ، وَمِنْ كُلِّ جَبَّارٍ عَنِيدٍ، إِنَّنِي وَلِيُّ  
اللَّهُ الَّذِي نَزَلَ الْكِتَابَ، وَهُوَ يَتَوَلَّى الصَّالِحِينَ، فَإِنْ  
تَوَلَّوْا فَقُلْ حَسْبِيَ اللَّهُ، لَا إِلَهَ إِلَّا هُوَ، عَلَيْهِ تَوَكَّلْتُ وَهُوَ  
رَبُّ الْعَرْشِ الْعَظِيمِ (الدعاء للطبراني)

**Translation:** (I seek blessings) in the Name of Allāh upon myself and my Dīn. (I seek blessings) in the Name of Allāh upon all that which my Rabb (Who is Mighty and Majestic) has given me. (I seek blessings) in the Name of Allāh upon my family and wealth.

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*Allāh is the greatest, Allāh is my Rabb. Allāh is the greatest, Allāh is my Rabb. I do not ascribe anything to Him. (O Allāh!) Save me from every accursed shayṭān and from every rebellious oppressor. Indeed, my Guardian is Allāh, Who revealed the Book (the Qurʾān), and He protects the pious. Thus, if they (the rejecters) turn away, then say, “Allāh is sufficient for me, there is no deity but Him. In Him Alone do I place my trust and He is the Rabb of the Magnificent Throne.”*

**Virtue:** Ḥajjāj ibn Yūsuf, a tyrant ruler, once expressed his desire to harm Sayyidunā Anas ؓ. Sayyidunā Anas ؓ proclaimed, ‘You will not be able to do that (harm me). Indeed, Rasūlullāh ﷺ has taught me a du‘ā through which I can safeguard myself from every accursed shayṭān and from every rebellious oppressor.’



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# Safety from all Calamities

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## A Precious Du'ā

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Read in the morning daily

رَبِّيَ اللهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ، عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ  
الْعَرْشِ الْعَظِيمِ، مَا شَاءَ اللهُ كَانَ وَمَا لَمْ يَشَأْ لَمْ يَكُنْ،  
وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ، أَشْهَدُ أَنَّ  
اللهَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، وَأَنَّ اللهَ قَدْ أَحَاطَ بِكُلِّ شَيْءٍ  
عِلْمًا، أَعُوذُ بِاللَّهِ الَّذِي يُمْسِكُ السَّمَاءَ أَنْ تَقَعَ عَلَى  
الْأَرْضِ إِلَّا بِإِذْنِهِ، مِنْ شَرِّ كُلِّ دَابَّةٍ رَبِّيَ أَخَذُ بِنَاصِيَتِهَا،  
إِنَّ رَبِّيَ عَلَى صِرَاطٍ مُسْتَقِيمٍ (عمل اليوم والليلة لابن السني)

**Translation:** My Rabb is Allāh besides Whom there is no deity. Only upon Him have I relied and He is the Rabb of the Magnificent Throne. Whatever Allāh wills happens and whatever Allāh does not will does not happen. And there is no power (to do good deeds) or ability (to avoid bad deeds) except with (the Help

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of) Allāh, the Most-High, the Magnificent. I testify that Allāh has complete power over everything and Allāh's Knowledge encompasses everything. I seek refuge in Allāh, Who holds the sky so as it does not fall on the earth except with His Permission, from the evil of every creature my Rabb controls. Indeed, my Rabb is on the Straight Path.

**Virtue:** Ḥasan Baṣrī ؓ says, 'We were sat with a Ṣaḥābī ؓ when someone came and said to him, "Go and see your house as it has caught fire." He replied, "My house has not caught fire." The man went away and then came back saying, "Go and see your house as it has caught fire." He replied, "By Allāh, my house has not caught fire." So the man said to the Ṣaḥābī ؓ, "Your house has caught fire and you are taking an oath in Allāh that it has not?" The Ṣaḥābī ؓ then said, "I heard Rasūlullāh ﷺ saying, 'Whoever says in the morning (the above du'ā), he, his family and wealth will not be afflicted with anything he dislikes.' I have said these words today." He then said, "Come with me." Then he stood up and they (the gathering) stood up with him. They reached his house (and found it) in a condition that the area surrounding it was burnt but the house was untouched.'



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# For Peace and Safety

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## Selected Du'ās

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Read morning and evening thrice

۱ بِسْمِ اللّٰهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي

الْأَرْضِ وَلَا فِي السَّمَاءِ، وَهُوَ السَّمِيعُ الْعَلِيمُ (أبو داود)

(الترمذي، ابن ماجة)

**Translation:** In the name of Allāh, with Whose Name nothing in the earth nor in the sky can do any harm. He is the All-Hearing, All-Knowing.

**Virtue:** Whoever reads this will be protected from sudden calamities and all harm.



Read morning and evening seven times

۲ حَسْبِيَ اللّٰهُ لَا إِلَهَ إِلَّا هُوَ، عَلَيْهِ تَوَكَّلْتُ وَهُوَ

رَبُّ الْعَرْشِ الْعَظِيمِ (أبو داود)

**Translation:** Allāh is sufficient for me. There is no deity but Him. Upon Him only do I rely and He is the

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*Rabb of the Magnificent Throne.*

**Virtue:** Whoever reads this, Allāh ﷻ will suffice him for whatever troubles he may have that day.



Read morning and evening once

۳ سُبْحَانَ اللَّهِ وَبِحَمْدِهِ، لَا قُوَّةَ إِلَّا بِاللَّهِ، مَا شَاءَ اللَّهُ كَانَ وَمَا لَمْ يَشَأْ لَمْ يَكُنْ، أَعْلَمُ أَنَّ اللَّهَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، وَأَنَّ اللَّهَ قَدْ أَحَاطَ بِكُلِّ شَيْءٍ عِلْمًا (أبو داود)

*Translation:* Pure is Allāh (from any imperfection) and for Him is all Praise. There is no power (to do good deeds) except with the Help of Allāh. Whatever Allāh wills happens and whatever Allāh does not will does not happen. I know that Allāh has power over everything and that Allāh's Knowledge encompasses everything.

**Virtue:** Whoever reads this in the morning will be protected until night, and whoever reads it at night will be protected until morning.



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# The Verse of Honour

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## Āyatul-ʿIzz

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Read frequently (particularly after ṣalāh and before sleeping at night)

الْحَمْدُ لِلَّهِ الَّذِي لَمْ يَتَّخِذْ وَلَدًا وَلَمْ يَكُنْ لَهُ  
شَرِيكٌ فِي الْمُلْكِ، وَلَمْ يَكُنْ لَهُ وَلِيٌّ مِّنَ الدُّنْيَا  
وَكَبِّرْهُ تَكْبِيرًا (الإسراء)

*Translation:* All Praise is for Allāh, Who has neither fathered a son, nor has He any partner in His Kingdom, nor (does He need) any protector due to weakness. And proclaim His Greatness much.

**Virtues:** 1) Cure from illnesses (Al-Jāmi‘ul-Kabīr, Abū Ya‘lā, Majma‘uz-Zawāid); 2) Safety from harm (Al-Jāmi‘ul Kabīr, Abū Ya‘lā, Majma‘uz-Zawāid); 3) Safety from theft and robbery (Musannaf ‘Abdur-Razzāq); 4) Relief from grief and anxiety when **تَوَكَّلْتُ عَلَى اللَّهِ لَئِنْ لَمْ يَنْجُنِيْ** is added to the beginning. (Al-Ḥākim, Al-Bayhaqī, Al-Jāmi‘ul Kabīr); and 5) Honour from Allāh ﷻ (Ḥāshiyatul-Jamal).

