

Recite After Every Prayer

سُبْحَانَ اللَّهِ      الْحَمْدُ لِلَّهِ      اللَّهُ أَكْبَرُ (33x)  
*Glorify Allah      All Praise to Allah      Allah is Greater*

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

*There is no God but Allah. He is alone and He has no partner whatsoever. To Him Alone belong all sovereignty, and all praise. He is over all things All Powerful.*

The Messenger pbuh said: "He who recites (the above) after every prayer will have all his sins forgiven even if they are as abundant as the sea."

In another narration, the Messenger pbuh mentioned reading 'Subhaanallah 33 times, Alhumdulillah 33 times and Allahu Akbar 34 times after every prayer. (Muslim)

Recite After Every Salah

اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ

*Allah, help me in remembering You, in being grateful to You, and in worshipping You in an excellent manner. (Abū Dāwūd)*

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

*There is no might nor power except with Allah*

The Messenger of Allah SWT said: "Shall I not teach you a statement which lies beneath the Throne and is from the treasures of Paradise? Say (above) upon which Allah says: 'My slave has submitted and surrendered himself.'" (Hakim) He SAW also said: "It is a gate from the gates of Paradise." (Tirmidhi)

Recite After Fajr & Maghrib

اللَّهُمَّ أَجِرْنِي مِنَ النَّارِ. (7x)

*O Allah, protect me from the Hell-fire.*

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ ، عَلَيْهِ تَوَكَّلْتُ ، وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ. (7x)

*Allah is sufficient for me. There is no god but Him. I have placed my trust in Him only and He is the Lord of the Magnificent Throne.*

رَضِيتُ بِاللَّهِ رَبًّا ، وَبِالْإِسْلَامِ دِينًا ، وَبِمُحَمَّدٍ نَبِيًّا. (3x)

*"I am pleased with Allah as Lord, with Islam as my religion and Mohammad SAW as our Prophet and Messenger"*

The Messenger of Allah ﷺ said: "Whoever says [the above] in the morning, I guarantee that I will take hold of his hand until I enter him into Paradise." (Tabarānī)

### Fajr & Maghrib Protection Verses



Read Ayatul Kursi, Surah Ikhlas, Surah Naas, Surah Falaq and the 2 protection verses 3 times each.  
Dry spittle on to your hands 3 times & lightly wipe over your body from head to toe 3 times.

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ.

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.

*Allah, there is no god but He, the Ever Living, the One Who sustains and protects all that exists. Neither drowsiness overtakes Him nor sleep. To Him Alone belongs whatever is in the heavens and whatever is on the earth. Who is it that can intercede with Him except with His permission? He knows what is 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. (2:255)*

*Recite Ayatul Kursi after every obligatory prayer & nothing but death will prevent you from entering Paradise. An-Nasa'i Ibn Hibban, Sahih*

Surah Ikhlas 3 Times After Fajr & Maghrib



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

Say, 'He is Allah, (who is) One. Allah the Eternal Refuge. He neither begets nor is begotten (born). Nor is there to Him any equivalent.

Surah Al Falaq 3 Times After Fajr & Maghrib



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

Say: "I seek refuge with (Allah), the Lord of the daybreak, From the evil of what He has created. And from the evil of the darkening (night) as it comes with its darkness; (or the moon as it sets or goes away). And from the evil of those who practise witchcraft when they blow in the knots. And from the evil of the envier when he envies."

Surah An-Nas 3 Times After Fajr & Maghrib



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

Say: "I seek refuge in the Lord of mankind. The Sovereign of mankind. From the evil of the retreating whisper. Who whispers (evil) into the breasts of mankind. From among the jinn and mankind."

Dua for Protection from Evil



Recite 3 times after Fajr & Maghrib Salah

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

In the Name of Allah with Whose Name there is protection  
against every kind of harm in the earth or in the heaven,  
and he is the All-Hearing and All-Knowing

The Messenger of Allah (ﷺ) said: He who recites three times every morning and evening:  
'nothing will harm him'



## Dua for Protection from Evil



Recite 3 times after Fajr & Maghrib Salah

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

**Dua for Protection :** When any one of you stays at a place, he should say this dua.  
Nothing would then do him any harm until he moves from that place.



**I seek refuge in the Perfect Words of Allah from the evil of what He created.**

I heard Allah's Messenger (ﷺ) as saying: When any one of you stays at a place, he should say: "I seek refuge in the Perfect Words of Allah from the evil of that He created." Nothing would then do him any harm until he moves from that place.

Abu Huraira reported that a person came to Allah's Messenger (ﷺ) and said: "Allah's Messenger, I was stung by a scorpion during the night. Thereupon he said: Had you recited these words in the evening: "I seek refuge in the Perfect Words of Allah from the evil of what He created," it would not have done any harm to you.



[2708 b, 2709 a | Sahih Muslim Book 35, Hadith 6542 (USC-MSA web (English))]

Recite 10 Times After Fajr and Maghrib

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

*There is no god but Allah. He is Alone and He has no partner whatsoever. To Him Alone belong all sovereignty and all praise. He is over all things All-Powerful.*

The Messenger of Allah ﷺ said: "Who ever says [the above] 10 times after Maghrib and Fajr, whilst sitting in the position of tashahhud and before moving, Allah will write 10 good deeds for him for each time he says it. (Likewise) He will forgive 10 sins and raise 10 stages for him. It will be a shield for him against all repulsive things and he will be guarded from Shaytān. No sin will be allowed to reach him that day (i.e. destroy him or invalidate his actions) except for shirk. He will be from the best of people in terms of actions, except for the one who recites it even more than him." (Ahmad)

Recite 100 Times in The Morning & Evening

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

*There is no god but Allah. He is Alone and He has no partner whatsoever. To Him Alone belong all sovereignty and all praise. He is over all things All-Powerful.*

The Messenger of Allah ﷺ said: "He who says [the above] 100 times in a day will have a reward equivalent to that of freeing 10 slaves. 100 good deeds will be recorded to his credit, and a 100 of his sins will be blotted out from his scroll. He will be safeguarded against Shaytān on that day till the evening; and none will surpass him in doing better good deeds except someone who has recited these words more often than him." (Bukhārī)

#### DUA WHICH ALLAH RESPONDS AND GIVES | PRAISING ALLAH BEFORE DUA

Narrated Anas ibn Malik: "I was sitting with the Messenger of Allah (ﷺ) and a man was offering prayer in which he supplicated:

اللَّهُمَّ إِنِّي أَسْأَلُكَ بِأَنَّ لَكَ الْحَمْدَ لَا إِلَهَ إِلَّا أَنْتَ  
وَحْدَكَ لَا شَرِيكَ لَكَ الْمَنَانُ بَدِيعُ السَّمَوَاتِ وَالْأَرْضِ،  
يَا ذُو الْجَلَالِ وَالْإِكْرَامِ، يَا حَيُّ يَا قَيُّوْمُ

Allahumma inni as'aluka bi-anna lakal-hamd. La ilaha illa Anta, wahdaka la sharika laka.  
Al-Mannanu, Badi'us-samawati wal-ard, Ya Dhal-jalali wal-ikram, Ya Hayyu Ya Qayyum

(O Allah! I ask You by virtue of the fact that all praise is due to You; none has the right to be worshiped but You alone, and You have no partner or associate, the Bestower, the Originator of the heavens and the earth, O Possessor of Majesty and Honor, O Ever-Living, O Eternal One)

The Prophet (ﷺ) then said: He has supplicated Allah using His Greatest Name, when supplicated by this name, He answers, and when asked by this name He gives.

Abu Dawood 1495 - Sahih (al-Albani) Precious Gems from the Quran and Sunnah

#### Duah Praising Allah SWT

اللَّهُمَّ لَكَ الْحَمْدُ ، أَنْتَ نُورُ السَّمَوَاتِ وَالْأَرْضِ وَمَنْ فِيهِنَّ ، وَلَكَ الْحَمْدُ  
أَنْتَ قَيِّمُ السَّمَوَاتِ وَالْأَرْضِ وَمَنْ فِيهِنَّ ، وَلَكَ الْحَمْدُ ، أَنْتَ الْحَقُّ وَوَعْدُكَ  
حَقٌّ ، وَقَوْلُكَ حَقٌّ ، وَلِقَاؤُكَ حَقٌّ ، وَالْجَنَّةُ حَقٌّ ، وَالنَّارُ حَقٌّ ، وَالسَّاعَةُ حَقٌّ ،  
وَالنَّبِيُّونَ حَقٌّ ، وَمُحَمَّدٌ حَقٌّ ، اللَّهُمَّ لَكَ أَسْلَمْتُ وَعَلَيْكَ تَوَكَّلْتُ وَبِكَ آمَنْتُ  
وَإِلَيْكَ أُنَبِّتُ ، وَبِكَ خَاصَمْتُ ، وَإِلَيْكَ حَاكَمْتُ

O Allah, for You Alone is all praise; You are the Light of the heavens and the earth and whatever is therein. For You Alone is all praise; You are the Maintainer of the heavens and the earth and whatever is therein. And for You Alone is all praise; You are the Truth. Your promise is the truth, Your speech is the truth, the meeting with You is the truth, Paradise is the truth, Hell-Fire is the truth, the Final Hour is the truth, the Prophets are the truth and Muhammad ﷺ is the truth. O Allah, I surrender myself to You Alone, I put my trust in You Alone, I believe in You Alone, I turn to You Alone, I complain of my opponents to You Alone and I refer judgement to You Alone. (Bukhārī)

#### Recite 3 Times: Heavier on The Scales Than an Entire Morning of Recitation

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

*Allah is free from imperfection and I begin with His praise as many times as the number of His creatures, in accordance with his Good Pleasure, equal to the weight of His Throne and equal to the ink that may be used in recording the words (for His Praise).*

Juwairiyah bint Al-Harith Raziulla Unhu reported:

The Prophet SAW came out from my apartment in the morning as I was busy in performing the dawn prayer. He came back in the forenoon and found me sitting there. The Prophet SAW said "Are you still in the same position as I left you? I replied in the affirmative. Thereupon the Prophet SAW said, "I recited four phrases three times after I had left you. If these are to be weighed against all you have recited since morning. These will be heavier.

These are Subhan-Allahi wa bihamdihi, `adada khalqihi, wa rida nafsihi, wa zinatah `arshihi, wa midada kalimatihi Sahih Muslim: 6913

Statements Beloved to Ar-Rahman  
Can read 100 times in morning and evening

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ  
سُبْحَانَ اللَّهِ الْعَظِيمِ

*All Glory is to Allah and all Praise to Him. Glorified is Allah, the Great*

The Messenger of Allah SWT said:

“There are two statements that are light on the tongue, heavy on the Scale, and beloved to Ar-Rahman.”

Recite 100 Times Earn 1000 Hasanah

سُبْحَانَ اللَّهِ

*Glory be to Allah/Allah is perfect*

Allah's Messenger pbuh said “Is anyone of you capable of earning 1000 hasanah (rewards) a day” Someone from the gathering asked, “How can anyone one of us earn a 1000 hasanah?”

The Messenger pbuh said: “Glorify Allah 100 times by just saying Subhaan Allah and a good deed will be written for you, or 100 sins will be wiped away.”

Recite 100 Times in The Morning & Evening for Excellence

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

*Glory be to Allah and praise be to Him*

Allah's Messenger pbuh as saying, He who recites in the morning and in the evening Subhaan Allahi wa bihumdihi 100 times, he would not bring on the Day of Resurrection anything excellent than this except one who utters these words or utters more than these words.

Syed ul Astaghfar: Recite Once in the Morning & Once in the Evening

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

*Oh Allah, You are my Lord. There is no God except You. You have created me., and I am Your slave, and I am under Your covenant and pledge (to fulfil it) to the best of my ability. I seek Your protection from the evil that I have done. I acknowledge the favours that You have bestowed upon me, and I admit my sins.*

*Forgive me, for non forgives sins but You.*

The most superior manner of seeking forgiveness. Reciting in the morning and evening with firm belief in it will be from the people of Paradise. (Bukhari)



## Billions of Rewards for The Forgiveness for All Believers

**Allah's Messenger (ﷺ) said:**

**“Whoever seeks forgiveness for the male and female believers, Allah will write for him a good deed per each male and female believer!”**

اللَّهُمَّ اغْفِرْ لِلْمُسْلِمِينَ وَالْمُسْلِمَاتِ وَالْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ،  
الْأَحْيَاءِ مِنْهُمْ وَالْأَمْوَاتِ

*Oh Allah! Forgive the male and female Muslims, and the male and female believers, the living and the deceased.*

Source: At-Tabaraani in Musnadush Shamiyeen 3/234 Hadeeth #2155 Classed Hasan by Shaykh Al-Albaani in Saheeh Al Jaami' 6026

## Forgiveness of Major Sins x3

The Prophet PBUH said whoever reads this he will be pardoned, even if he fled from the battlefield.

x3 اَسْتَغْفِرُ اللهَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ وَأَتُوبُ إِلَيْهِ

*I seek the forgiveness of Allah, there is no true God except Allah, the Ever Living, the Self Subsisting, and I turn to Him for repentance. Abu Dawud 1517 Sahih*

x100 اَسْتَغْفِرُ اللهَ وَأَتُوبُ إِلَيْهِ.

*I seek Allah's forgiveness and turn to Him in repentance.*

The Messenger of Allah pbuh said: "No morning has passed by except that I have sought Allah's forgiveness in it a 100 times." (Tabarānī)

### Darood on The Prophet and His Family

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

*O Allah, bestow Your favour on Muhammad and on the family of Muhammad, as You bestowed your favour on Ibrahim the family of Ibrahim, You are Praiseworthy, Most Glorious. O Allah bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim. You are Praiseworthy, Most Glorious.*

“Whoever sends salaḥ upon me once, Allah will send salaḥ upon him tenfold, erase ten sins from him, and will raise him ten degrees in status.” (Nasa’i)

“Allah has angels who travel around the earth conveying to me the salām of my ummah.” (Nasa’i)

“The closest of people to me on the Day of Judgement will be those who send the most salaḥ upon me.”  
(Tirmidhi)

### Blessings on The Companions and Followers of the Prophet

اللَّهُمَّ اغْفِرْ لِأُمَّةٍ سَيِّدِنَا مُحَمَّدٍ

*O Allah! Forgive the followers of our Master Muhammad ﷺ*

اللَّهُمَّ ارْحَمْ أُمَّةٍ سَيِّدِنَا مُحَمَّدٍ

*O Allah! Have Mercy on the followers of our Master Muhammad ﷺ*

اللَّهُمَّ انصُرْ أُمَّةٍ سَيِّدِنَا مُحَمَّدٍ

*O Allah! Help the followers of our Master Muhammad ﷺ*

اللَّهُمَّ افْتَحْ لِأُمَّةٍ سَيِّدِنَا مُحَمَّدٍ

*O Allah! Give victory to the followers of our Master Muhammad ﷺ*



### The Prophet's Most Repeated Duah

*Shahr bin Hawshab said: "I said to Umm Salamah (RA): "O Mother of the Believers what was the supplication that the messenger of Allah (saw) most frequently when he was with you?" She said: "The supplication he said most frequently was:*

يَا مُقَلِّبَ الْقُلُوبِ ثَبِّتْ قَلْبِي عَلَى دِينِكَ

Oh Changer of the hearts, make my heart firm upon Your religion.

*She said: 'So I said: "O Messenger of Allah, why do you supplicate so frequently: 'O Changer of the hearts, make my heart firm upon your religion.' He (saw) said: 'O Umm Salamah! Verily, there is no human being except that his heart is between Two Fingers of the Finger of Allah, so whomever He wills He makes steadfast, and whomever He wills He causes to deviate.'*

*Jami' at-Tirmidhi Hadith # 3522 (Book 48, Hadith 153)*

### Duah for Parents

رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ

*"Our Lord, forgive me and my parents and the believers the Day the account is established."*

رَبِّ ارْحَمْهُمَا كَمَا رَبَّيَانِي صَغِيرًا

*Oh Allah! Have mercy upon them as they had mercy upon me when I was small.*

*(Al Qur'an 17:24)*

### Comprehensive Duah for Allah SWT to Rectify Our Affairs

The Prophet SAW said to his daughter Fatimah (RA), "What could prevent you from listening to the advice I give you? You should say when morning comes and when evening comes:

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

*O The Ever Living, The One Who Sustains and protects all that exists; I seek assistance through Your Mercy.  
Rectify all my affairs and do not entrust me to myself for the blink of an eye. (Nasā'i)*

The most comprehensive names of Allah; Al Hay, Al Qayyum, the most comprehensive attribute that you can call Allah SWT is his Rahma and the most comprehensive ask *aslih liy sha-aniy kulla* – correct or rectify all of my affairs *wa laa takilniy ilaa nafsii tarfata aynin* -and don't leave me to myself for the blink of an eye.

Anas رضي الله عنه said: "Whenever a matter would distress the Messenger of Allah SWT. He would say

”يَا حَيُّ يَا قَيُّوْمُ ، بِرَحْمَتِكَ أَسْتَغِيْثُ

Trimirdi

### Seeking Paradise & Protection - Recite 3 Times

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْجَنَّةَ وَأَعُوذُ بِكَ مِنَ النَّارِ

*O Allah, I ask You for Paradise and I seek Your protection from the Fire*

The Messenger of Allah صلی اللہ علیہ وسلم said,

“Whoever asks Allah for Paradise,  
three times, Paradise will say:

**“O Allah, admit him to Paradise.”**

and whoever seeks refuge (in Allah)  
from the Fire three times, Hell will say:

**“O Allah, save him from Hell.”**

### Dhikr For Relief of Distress

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ : نِعْمَ الْهَوْلَى وَنِعْمَ النَّصِيرُ

*Allah alone is sufficient for us, and He is the Best Guardian; What an excellent Protector and what an Excellent Helper.  
Quran3:173 & 8:40*

For every ...  
Pain that you can't explain,  
Worry that consumes you,  
Fear that overwhelms you,  
Loss that hurts you,  
Anxiety that takes you over,  
Broken heart that silently kills you,  
Uncertainty that scares you,

For everything that's  
beyond your reach & control,  
beyond your comprehension & understanding,  
beyond your means and capacity.

### Protection From Anxiety & Grief Morning and Evening

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ ، وَأَعُوذُ بِكَ مِنَ  
الْعَجْزِ وَالْكَسَلِ ، وَأَعُوذُ بِكَ مِنَ الْجُبْنِ وَالْبُخْلِ ، وَأَعُوذُ  
بِكَ مِنْ غَلَبَةِ الدَّيْنِ وَقَهْرِ الرِّجَالِ .

*O Allah, I seek Your protection from anxiety and grief. I seek Your protection from inability and  
laziness. I seek Your protection from cowardice and miserliness and I seek Your protection from being  
overcome by debt and being overpowered by men.*

## Protection From Anxiety & Grief Morning and Evening

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

O Allah, I ask You for well-being in this world and the next. O Allah, I ask You for forgiveness and well-being in my religion, in my worldly affairs, in my family and in my wealth. O Allah, conceal my faults and assuage my fears. O Allah, guard me from in front of me and behind me, from my right, and from my left, and from above me. I seek protection in Your Greatness from being unexpectedly destroyed from beneath me.

## Duah For Forgiveness by 70, 000 Angels

① Whosoever recites 3 times:

اَعُوْذُ بِاللّٰهِ السَّمِيْعِ الْعَلِيْمِ مِنَ الشَّيْطَانِ الرَّجِيْمِ

(I seek protection of Allah, the All-Hearing and All-Knowing from Shaytan, the rejected one)

② Then recites the last 3 verses of Surat-ul-Hashr 1 time:

هُوَ اللّٰهُ الَّذِيْ لَا اِلٰهَ اِلَّا هُوَ ۚ عَلِمُ الْغَيْبِ وَالشَّهَادَةِ ۚ هُوَ الرَّحْمٰنُ الرَّحِيْمُ ﴿٢٢﴾ هُوَ اللّٰهُ الَّذِيْ  
لَا اِلٰهَ اِلَّا هُوَ ۚ اَلَمْ يَكُنْ الْقُدُّوْسُ السَّلَامُ ۚ اَلَمْ يَكُنْ الْمُؤْمِنُ الْمُهَيَّمِ ۚ اَلَمْ يَكُنْ الْجَبَّارُ الْمُتَكَبِّرُ ۚ طَسْبُحْنَ اللّٰهُ عَمَّا  
يُشْرِكُوْنَ ﴿٢٣﴾ هُوَ اللّٰهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ لَهُ اَلْاَسْمَاءُ الْحُسْنٰى طيُسَبِّحُ لَهُ مَا فِي السَّمٰوٰتِ  
وَالْاَرْضِ ۚ وَهُوَ الْعَزِيْزُ الْحَكِيْمُ ﴿٢٤﴾

I seek protection of Allah, the All-Hearing and All-Knowing from Shaytan, the rejected one. I seek protection of Allah, the All-Hearing and All-Knowing from Shaytan, the rejected one. I seek protection of Allah, the All-Hearing and All-Knowing from Shaytan, the rejected one. He is Allah, other than whom there is no deity, Knower of the unseen and the witnessed. He is the Entirely Merciful, the Especially Merciful. He is Allah, other than whom there is no deity, the Sovereign, the Pure, the Perfection, the Bestower of Faith, the Overseer, the Exalted in Might, the Compeller, the Superior. Exalted is Allah above whatever they associate with Him. He is Allah, the Creator, the Inventor, the Fashioner; to Him belong the best names. Whatever is in the heavens and earth is exalting Him. And He is the Exalted in Might, the Wise.

Virtue: Whoever reads the following in the evening 'I seek refuge with Allah against the accursed satan' and then recites three verses from the last part of Surah Hashr, will be assigned seventy thousand angels to pray for him/her forgiveness until the morning, and should the person die that day, they have died a martyr. If a person recites the same words in the morning, he will attain the same status till the evening. Sunan Tirmidhi, Hadith: 2922

### Dua for Relief of Grief, Sorrow, Anxiety, Worries, Depression & Distress

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

*"O Allah, I am your slave, the son of your slave. My forelock is in Your Hand. Your judgement of me is inescapable. Your trial of me is just. I am invoking You by all the names that You call Yourself, that You have taught to anyone in Your creation, that You have mentioned in Your Book, or that You have kept unknown. Let the Quran be the delight of my heart, the light of my chest, the remover of my sadness and the pacifier of my worries."*

Abdullah ibn Mas'ood رضي الله عنه said: The Messenger of Allah ﷺ said: 'There is no-one who is afflicted by distress & grief, & says: (above dua) but Allah will take away his distress & grief, & place it with joy.' He. Was asked: O Messenger of Allah ﷺ should we learn this?' He was asked: "O Messenger of Allah should we learn this?" He said: "Of course; everyone who hears it should learn it." Narrated Ahmad:3528

### Dua for Relief of Distress and Joy

The Prophet (salAllahu alayhi wasalam) said, there is no-one who is afflicted by distress and grief, and says (the above), but Allah will take away his distress and grief, and replace it with joy." He was asked: "O Messenger of Allah, should we learn this?" He said: "Of course; everyone who hears it should learn it

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 god but Allah, the All-Powerful, the Forbearing; there is no god but Allah, Lord of the mighty Throne; there is no god but Allah, Lord of heaven, Lord of earth, and Lord of the noble Throne.

[Sahih Bukhari 17 Hadith 38; Sahih Muslim 2730]

### Reward That Will Tire 70 Angels for 1000 Days

Hazrat Abbas (R.A) reports that Prophet Muhammad (S.A.W)  
said whoever recites:

جَزَى اللَّهُ عَنَّا مُحَمَّدًا  
صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ مَا هُوَ أَهْلُهُ

*"Jazallahu anna Muhammadam ma huwa ahluhu"*  
*"May Allah reward Muhammad (S.A.W) on our behalf  
such a reward that is due to him"*

Then indeed it will tire 70 Angels for 1000 days (to record the reward)  
(Tabarani)

### Read On **Friday** After Jummah

Recite After Jummah 100 Times  
100,000 Rewards for Reciter & 24,000 For Our Parents

Hadhrat Ibn Abbas RA narrates that the Prophet SAW said "Whoever recites this 100 times after Jummah, then, 100,000 of their own sins & 24,000 of their parents' sins will be forgiven

سُبْحَانَ اللَّهِ الْعَظِيمِ وَبِحَمْدِهِ

(Dua Masnun, Amalul-yawm Wal-layl)



## Friday Darood Salawat

Reward for Reciting Darood After Asr on Friday

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ النَّبِيِّ الْأُمِّيِّ وَعَلَى آلِهِ وَسَلِّمْ تَسْلِيمًا

Hadhrat Abu Huraura RA narrates, whoever recites the above durood 80 times on Friday, immediately after Asr before standing up from their place, then 80 years of their sins will be forgiven and 80 years of worship will be written. (Tabarani)

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ النَّبِيِّ الْأُمِّيِّ

*O Allah send Your blessings upon the unlettered Nabi*

Hazrat Zayd bin Wahab RA relates that Hazrat ibn Masud RA said: Don't leave out sending blessings on Rasulullah SAW on the day of Jummah 1000 times by reciting the above.

## What A Muslim Should Say When He Is Praised

اللَّهُمَّ اجْعَلْنِي خَيْرًا مِمَّا يَظُنُّونَ

*O Allah make me better than what they think of me.*

وَاعْفِرْ لِي مَا لَا يَعْلَمُونَ

*And forgive me for what they do not know about me.*

وَلَا تُؤَاخِذْنِي بِمَا يَقُولُونَ

*And do not take me to account for what they say about me.*

Encourage the person praising to say 'May Allah bless you.' to avoid the evil eye.

اللَّهُمَّ بَارِكْ

*Sheikfi Assim Al-Hakem*



Duah For Istakbara

اللَّهُمَّ إِنِّي أَسْتَخِيرُكَ بِعِلْمِكَ وَأَسْتَقْدِرُكَ بِقُدْرَتِكَ وَأَسْأَلُكَ مِنْ فَضْلِكَ الْعَظِيمِ

"O Allah! I seek goodness from Your Knowledge and with Your Power (and Might) I seek strength, and I ask from You Your Great Blessings,

فَإِنَّكَ تَقْدِرُ وَلَا أَقْدِرُ وَتَعْلَمُ وَلَا أَعْلَمُ وَأَنْتَ عَلَّامُ الْغُيُوبِ، اللَّهُمَّ إِنْ كُنْتَ تَعْلَمُ

because You have the Power and I do not have the power. You Know everything and I do not know, and You have knowledge of the unseen. Oh Allah! If in Your Knowledge

أَنَّ هَذَا الْأَمْرَ\* خَيْرٌ لِي فِي دِينِي وَمَعَاشِي وَعَاقِبَةِ أَمْرِي فَأَقْدِرْهُ لِي وَكَيِّسْهُ

that **this action** (which I intend to do) is better for my religion and for here [in this world] and the hereafter then make it destined for me and make it easy

لِي ثُمَّ بَارِكْ لِي فِيهِ وَإِنْ كُنْتَ تَعْلَمُ أَنَّ هَذَا الْأَمْرَ\* شَرٌّ لِي فِي دِينِي وَمَعَاشِي

for me and then add blessings [baraka] in it, for me. And if In Your Knowledge **this action** is bad for me, bad for my religion and for here [in this world]

وَعَاقِبَةِ أَمْرِي فَأَصْرِفْهُ عَنِّي وَاصْرِفْنِي عَنْهُ وَاقْدِرْ لِي الْخَيْرَ حَيْثُ كَانَ ثُمَّ أَرْضِنِي بِهِ

and the hereafter then turn it away from me and turn me away from it and whatever is better for me, ordain [destine] that for me and then make me satisfied with it."

Mention the matter for which you are seeking Allah's Guidance

**هَذَا الْأَمْرُ\***

Sahih Bukhari 1162