



## TO RECITE IMMEDIATELY AFTER FARDH SALAH

1. **أَسْتَغْفِرُ اللَّهَ** : Astaghfirullah, 3 times
2. Du'as from the Qur'an:

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Rabbanā 'Ātinā Fī Ad-Dunyā Ḥasanatan Wa Fī Al-'Ākhirati Ḥasanatan Wa Qinā  
'Adhāba An-Nār

Our Lord! Give us good in this world and good in the Hereafter and save us from the torment of the fire! (2:201)

رَبَّنَا ظَلَمْنَا أَنفُسَنَا وَإِن لَّمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ

Rabbanā Ḥalamnā 'Anfusanā Wa 'In Lam Taghfir Lanā Wa Tarḥamnā Lanakūnanna  
Mina Al-Khāsirīn

Our Lord! We have wronged our own souls: if Thou forgive us not and bestow not upon us Thy Mercy we shall certainly be  
lost. (7:23)

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

Rabbanā Lā Tuzigh Qulūbanā Ba`da 'Idh Hadaytanā Wa Hab Lanā Min Ladunka  
Raḥmatan 'Innaka 'Anta Al-Wahhāb

Our Lord!, "let not our hearts deviate now after Thou hast guided us, but grant us mercy from Thee: for Thou art the  
Grantor of bounties without measure. (3:8)

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي رَبَّنَا وَتَقَبَّلْ دُعَاءِ رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ

Rabbi Aj`alnī Muqīma Aṣ-Ṣalāati Wa Min Dhurrīyatī Rabbanā Wa Taqabbal Du`ā'.  
Rabbanā Aghfir Lī Wa Liwālidayya Wa Lilmu'uminīna Yawma Yaqūmu Al-Ḥisāb

O my Lord! Make me one who establishes regular Prayer, and also (raise such) among my offspring O our Lord! And accept  
Thou my Prayer. "O our Lord! Cover (us) with Thy Forgiveness— me, my parents, and (all) Believers, on the Day that the  
Reckoning will be established! (14:40-41)

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا فُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

Rabbanā Hab Lanā Min 'Azwājinā Wa Dhurrīyātinā Qurrata 'A`yunin Wa Aj`alnā Lilmuttaqīna 'Imāmā

Our Lord! Grant unto us wives and offspring who will be the comfort of our eyes and give us (the grace) to lead the righteous. (25:74)

### 3. AYAT AL KURSI:

- Greatest ayah of the Qur'an
- Chief of the verses of the Qur'an
- Satan leaves the house where it is recited
- If someone recites Ayat al Kursi after every fard salah, nothing stops him from entering Paradise except death. [Nasa'i]

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

Allāhu Lā 'Ilāha 'Illā Huwa Al-Ĥayyu Al-Qayyūm Lā Ta'khudhuhu Sinatun Wa Lā Nawm Lahu Mā Fī As-Samāwāti Wa Mā Fī Al-'Arḍ Man Dhā Al-Ladhī Yashfa`u `Indahu 'Illā Bi'idhnih Ya`lamu Mā Bayna 'Aydīhim Wa Mā Khalfahum Wa Lā Yuḥīṭūna Bishay'in Min `Ilmihi 'Illā Bimā Shā Wasi`a Kursiyuhu As-Samāwāti Wa Al-'Arḍ Wa Lā Ya`ūduhu Ḥifẓuhumā Wa Huwa Al-`Alīyu Al-`Aẓīm

Allah! There is no Allah but He—the living, the Self-subsisting, Eternal. No slumber can seize him nor sleep. His are all things in the heavens and on earth. Who is there can intercede in His presence except as He permitteth? He knoweth what (appeareth to His creatures as) Before or After or Behind them. Nor shall they compass aught of His knowledge except as He willeth. His Throne doth extend over the heavens and the earth, and He feeleth no fatigue in guarding and preserving them. For He is the Most High, the Supreme (in glory). (2:255)

4. Tasbeeh: اللَّهُ أَكْبَرُ , الْحَمْدُ لِلَّهِ , سُبْحَانَ اللَّهِ , 33 times each

5. Fourth Kalima & Dua

لا إله إلا الله وحده لا شريك له، له الملك وله الحمد وهو على كل شيء قدير

La ilaha illAllahu Wahdahu La Shareeka lahu, la hulmulk, wa la hulhamd, wa huwa 'ala kulli Shay'in Qadeer

There is none worthy of worship except Allah. He is alone and has no partner. To Him belongs the Kingdom and for Him is all praise. In His hand is all good and He has power over everything

اللَّهُمَّ لَا مَانِعَ لِمَا أَعْطَيْتَ، وَلَا مُعْطِيَ لِمَا مَنَعْتَ، وَلَا يَنْفَعُ ذَا الْجَدِّ مِنْكَ الْجَدُّ

Allahumma la mani'a lima a'tayta, wa la mu'tiya lima mana'ta, wa la yanfa'u dhal-jaddi, minkal-jaddu

O Allah! None can deny that which You bestow and none can bestow that which You hold back; and the greatness of the great will be of no avail to them against You



## VERSES OF THE QURAN TO RECITE IN THE MORNING & EVENING



### SET 1

#### ✦ SURAH IKHLAS, 3 times

قُلْ هُوَ اللَّهُ أَحَدٌ (١) اللَّهُ الصَّمَدُ (٢) لَمْ يَلِدْ وَلَمْ يُولَدْ (٣) وَلَمْ يَكُنْ لَهُ ۚ كُفُوًا أَحَدٌ (٤)

Qul Huwa Allāhu 'Aḥad. Allāhu Aṣ-Ṣamad. Lam Yalid Wa Lam Yūlad. Walam Yakun Lahu Kufūan 'Aḥad

Say: He is Allah the One and Only; Allah, the Eternal, Absolute; He begetteth not, nor is He begotten; And there is none like unto Him.

#### ✦ SURAH FALAQ, 3 times

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ (١) مِنْ شَرِّ مَا خَلَقَ (٢) وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ (٣) وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ (٤) وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ (٥)

Qul 'A`ūdhu Birabbi Al-Falaq. Min Sharri Mā Khalaq. Wa Min Sharri Ghāsiqin 'Idhā Waqab. Wa Min Sharri An-Naffāthāti Fī Al-'Uqad. Wa Min Sharri Ḥāsidin 'Idhā Ḥasad

Say: I seek refuge with the Lord of the Dawn, From the mischief of created things; From the mischief of Darkness as it overspreads; From the mischief of those who practice Secret Arts; And from the mischief of the envious one as he practices envy.

#### ✦ SURAH NAS, 3 times

قُلْ أَعُوذُ بِرَبِّ النَّاسِ (١) مَلِكِ النَّاسِ (٢) إِلَهِ النَّاسِ (٣) مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ (٤) الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ (٥) مِنَ الْجِنَّةِ وَالنَّاسِ (٦)

Qul 'A`ūdhu Birabbi An-Nās. Maliki An-Nās. 'Ilahi An-Nās. Min Sharri Al-Waswāsi Al-Khannās. Al-Ladhī Yuwaswisu Fī Şudūri An-Nās. Mina Al-Jinnati Wa An-Nās

Say: I seek refuge with the Lord and Cherisher of Mankind, The King (or Ruler) of Mankind. The Allah (or Judge) of Mankind. From the mischief of the Whisperer (of Evil), who withdraws (after his whisper) (The same) who whispers into the hearts of Mankind. Among Jinns and among Men.

#### VIRTUES:

Abdullah ibn Abbas (RA) narrates the Prophet ﷺ said: The Surah: Al Zilzal is equal to half of the Qur'an, the Surah: Al Ikhlas is equal to one third of the Qur'an, and the Surah Al Kafiroon is equal to one fourth of the Qur'an. (Tirmidhi)

A'isha (RA) reported that whenever the Prophet ﷺ went to bed every night, he used to cup his hands together and blow over it after reciting Surat Al-Ikhlas, Surat Al-Falaq and Surat An-Nas, and then rub his hands over whatever parts of his body he was able to rub, starting with his head, face and front of his body. He used to do that three times. [Sahih al-Bukhari]

A'isha (RA) reported that whenever the Prophet ﷺ became sick, he would recite Mu'awwidhat (Surat Al-Falaq and Surat An-Nas) and then blow his breath over his body. When he became seriously ill, I used to recite (these two Surahs) and rub his hands over his body hoping for its blessings. [Sahih al-Bukhari]

## SET 2

### ◆ SURAT AL FATIHA

### ◆ AYAT AL KURSI

شَهِدَ اللَّهُ أَنَّهُ لَا إِلَهَ إِلَّا هُوَ وَالْمَلَائِكَةُ وَأُولُو الْعِلْمِ قَائِمًا بِالْقِسْطِ ۚ لَا إِلَهَ إِلَّا هُوَ الْعَزِيزُ الْحَكِيمُ

Shahidal laahu annahoo laa ilaaha illaa Huwa walmalaaa'ikatu wa ulul 'ilmi qaaa'imam bilqist; laaa ilaaha illaa Huwal 'Azeezul Hakeem

Allah witnesses that there is no deity except Him, and [so do] the angels and those of knowledge - [that He is] maintaining [creation] in justice. There is no deity except Him, the Exalted in Might, the Wise.

قُلِ اللَّهُمَّ مَلِكُ الْمَلِكِ تُؤْتِي الْمَلِكَ مِنْ تَشَاءُ وَتَنْزِعُ الْمَلِكَ مِمَّنْ تَشَاءُ وَتُعْزُّ مَنْ تَشَاءُ وَتُذِلُّ مَنْ تَشَاءُ بِيَدِكَ الْخَيْرُ إِنَّكَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ (٢٦) تُوَلِّجُ اللَّيْلَ فِي النَّهَارِ وَتُوَلِّجُ النَّهَارَ فِي اللَّيْلِ وَتُخْرِجُ الْحَيَّ مِنَ الْمَيِّتِ وَتُخْرِجُ الْمَيِّتَ مِنَ الْحَيِّ وَتَرْزُقُ مَنْ تَشَاءُ بِغَيْرِ حِسَابٍ (٢٧)

Quli Al-Lahumma Mālika Al-Mulki Tu'utī Al-Mulka Man Tashā'u Wa Tanzi`u Al-Mulka Mimman Tashā'u Wa Tu`izzu Man Tashā'u Wa Tudhillu Man Tashā'u Biyadika Al-Khayr 'Innaka `Alá Kulli Shay'in Qadīr. Tūliju Al-Layla Fī An-Nahāri Wa Tūliju An-Nahāra Fī Al-Layli Wa Tuxhriju Al-Ĥayya Mina Al-Mayyiti Wa Tuxhriju Al-Mayyita Mina Al-Ĥayyi Wa Tarzuqu Man Tashā'u Bighayri Ĥisāb.

Say: "O Allah! Lord of Power (and Rule) Thou givest Power to whom Thou pleasest and Thou strippest off power from whom Thou pleasest thou enduest with honor whom thou pleasest, and Thou bringest low, whom Thou pleasest; in Thy hand is all Good. Verily, over all things Thou hast power. "Thou causest the Night to gain on the Day, and Thou causest the Day to gain on the Night; Thou bringest the Living out of the Dead, and Thou bringest the Dead out of the Living; and Thou givest sustenance to whom Thou pleasest without measure." (3:26-27)

#### VIRTUES:

Abu Ayub Al-Ansari (RA) narrates from the Prophet ﷺ said: Whoever recites Ayat al Kursi, and the ayah (3:18), and ayah (3:26-27), Allah will forgive his sins, admit him into Paradise and take care of seventy (many) of his needs, the simplest being his forgiveness (Ruh al Ma'ani, with reference to Daylami)

Imam al Baghawi reports a hadith from the Prophet ﷺ in which he said: It is Allah's promise that anyone who recites, after every Salah, Surat al Fatihah, Ayat al Kursi, two verses of Al-Imran (3:18), and the aayahs (3:26-27), He will make his abode in Paradise, and have him place in the Sacred Enclosure, and bless him with His mercy seventy times every day, and fulfill seventy of his needs and protect him against every envier and enemy and make him prevail over them.

### SET 3

#### ◆ AYAT AL KURSI

حَمْ (١) تَنْزِيلُ الْكِتَابِ مِنَ اللَّهِ الْعَزِيزِ الْعَلِيمِ (٢) غَافِرِ الذَّنْبِ وَقَابِلِ التَّوْبِ شَدِيدِ الْعِقَابِ ذِي الطَّلَوِّ لَا إِلَهَ إِلَّا هُوَ  
إِلَيْهِ الْمَصِيرُ (٣)

Ĥā-Mīm. Tanzīlu Al-Kitābi Mina Allāhi Al-`Azīzi Al-`Alīm. Ghāfiri Adh-Dhanbi Wa Qābili At-Tawbi Shadīdi Al-`Iqābi Dhī Aṭ-Ṭawli Lā 'Ilāha 'Illā Huwa 'Ilayhi Al-Maṣīr.

Ha Mim. (1) The revelation of this Book is from Allah, Exalted in Power, Full of Knowledge (2) Who forgiveth Sin, accepteth Repentance, is strict in Punishment, and hath a Long Reach (in all things). There is no god but He: to Him is the Final Goal. (40:1-3)

#### VIRTUES:

Al Bazzar, quoting his own chains of authority in his Musnad, report from Sayyidina Abu Hurairah (RA) that the Holy Prophet ﷺ said: A person who has recited the Ayat al Kursi and the first three verses of Surah Mu'min, early during the day, he will, on that day, remain safe from everything bad and painful. It has also been reported by Tirmidhi. [Ibn Kathir/Ma'arifur Qur'an]

### SET 4

مَا يَفْتَحُ اللَّهُ لِلنَّاسِ مِنْ رَحْمَةٍ فَلَا مُمْسِكَ لَهَا وَمَا يُمْسِكُ فَلَا مُرْسِلَ لَهُ ۖ مِنْ بَعْدِهِ ۗ وَهُوَ الْعَزِيزُ الْحَكِيمُ

Mā Yaftāhī Allāhu Lilnnāsi Min Raḥmatin Falā Mumsika Lahā Wa Mā Yumsik Falā  
Mursila Lahu Min Ba`dih Wa Huwa Al-`Azīzu Al-Ḥakīm

What Allah out of His Mercy doth bestow on mankind there is none can withhold: what He doth withhold there is none can  
grant apart from Him: and He is the Exalted in Power, Full of Wisdom. (35:2)

وَإِن يَمَسُّكَ اللَّهُ بِضُرٍّ فَلَا كَاشِفَ لَهُ إِلاَّ هُوَ وَإِن يُرِدْكَ بِخَيْرٍ فَلَا رَادَّ لِفَضْلِهِ يُصِيبُ بِهِ مَن يَشَاءُ مِنْ  
عِبَادِهِ وَهُوَ الْغَفُورُ الرَّحِيمُ

Wa 'In Yamsaska Allāhu Biḍurrin Falā Kāshifa Lahu 'Illā Huw Wa 'In Yuridka Bikhayrin  
Falā Rādda Lifadlih Yuṣṭbu Bihi Man Yashā'u Min `Ibādih Wa Huwa Al-Ghafūru Ar-  
Raḥīm

If Allah do touch thee with hurt, there is none can remove it but He: if He do design some benefit for thee, there is none  
can keep back His favor: He causeth it to reach whomsoever of His servants He pleaseth. And He is the Oft-Forgiving, Most  
Merciful. (10:107)

لِيُنْفِقَ ذُو سَعَةٍ مِّن سَعَتِهِ وَمَن قَدِرَ عَلَيْهِ رِزْقُهُ فَلْيُنْفِقْ مِمَّا ءَاتَاهُ اللَّهُ لَا يَكْلِفُ اللَّهُ نَفْسًا إِلاَّ مَا ءَاتَاهَا سَيَجْعَلُ  
اللَّهُ بَعْدَ عُسْرٍ يُسْرًا

Liyunfiq Dhū Sa`atin Min Sa`atih Wa Man Qudira `Alayhi Rizquhu Falyunfiq Mimmā  
'Ātāhu Allāh Lā Yukallifu Allāhu Nafsāan 'Illā Mā 'Ātāhā Sayaj`alu Allāhu Ba`da  
`Usrin Yusrā

Let the man of means spend according to his means: and the man whose resources are restricted, let him spend according to  
what Allah has given him. Allah puts no burden on any person beyond what he has given him. After a difficulty, Allah will  
soon grant relief. (65:7)

❁ وَمَا مِنْ دَابَّةٍ فِي الْأَرْضِ إِلاَّ عَلَى اللَّهِ رِزْقُهَا وَيَعْلَمُ مُسْتَقَرَّهَا وَمُسْتَوْدَعَهَا كُلٌّ فِي كِتَابٍ مُّبِينٍ

Wa Mā Min Dābbatin Fī Al-'Arḍi 'Illā `Alá Allāhi Rizquhā Wa Ya`lamu Mustaqarrahā  
Wa Mustawda`ahā Kullun Fī Kitābin Mubīn

There is no moving creature on earth but its sustenance depends on Allah: He knoweth the time and place of its definite  
abode and its temporary deposit: all is in a clear Record. (11:6)

#### VIRTUES:

Amir ibn Qays (RA) said: Once I get to recite four verses of the Qur'an in the morning, I stop  
worrying about what happens in the morning and what would happen in the evening. They are  
as follows, and he recited the above verses. (Ruh al Ma'ani)



ءَامَنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ كُلٌّ ءَامَنَ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ لَا تَفَرُّقَ بَيْنَ أَحَدٍ مِّنْ  
رُّسُلِهِ وَقَالُوا سَمِعْنَا وَأَطَعْنَا غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ (٢٨٥)

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا تَحْمِلْ  
عَلَيْنَا إِصْرًا كَمَا حَمَلْتَهُ ، عَلَى الَّذِينَ مِنْ قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ ، وَاعْفُ عَنَّا وَارْحَمْنَا أَنْتَ  
مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ (٢٨٦)

'Āmana Ar-Rasūlu Bimā 'Unzila 'Ilayhi Min Rabbihi Wa Al-Mu'uminūn Kullun 'Āmana  
Billāhi Wa Malā'ikatihi Wa Kutubihi Wa Rusulih Lā Nufarriqu Bayna 'Aḥadin Min  
Rusulih Wa Qālū Sami`nā Wa 'Aṭa`nā Ghufrānaka Rabbanā Wa 'Ilayka Al-Maṣīr. Lā  
Yukallifu Allāhu Nafsāan 'Illā Wus`ahā Lahā Mā Kasabat Wa `Alayhā Mā Aktasabat  
Rabbanā Lā Tu'uākhidhnā 'In Nasīnā 'Aw 'Akhṭā'nā Rabbanā Wa Lā Tuḥmil `Alaynā  
'Iṣrāan Kamā Ḥamaltahu `Alā Al-Ladhīna Min Qablinā Rabbanā Wa Lā Tuḥammilnā  
Mā Lā Ṭāqata Lanā Bih Wa A`fu `Annā Wa Aghfir Lanā Wa Arḥamnā 'Anta Mawlānā  
Fānṣurnā `Alā Al-Qawmi Al-Kāfirīn

The Messenger believeth in what hath been revealed to him from his Lord, as do the men of faith. Each one (of them) believeth in Allah, His angels, His books, and His Messengers "We make no distinction (they say) between one and another of His Messengers." And they say: "We hear and we obey; (We seek) Thy forgiveness, Our Lord, and to Thee is the end of all journeys." On no soul doth Allah place a burden greater than it can bear. It gets every good that it earns and it suffers every ill that it earns. (Pray): "Our Lord! Condemn us not if we forget or fall into error; our Lord! Lay not on us a burden like that which Thou didst lay on those before us; Our Lord! Lay not on us a burden greater than we have strength to bear.

Blot out our sins and grant us forgiveness. Have mercy on us. Thou art our Protector; help us against those who stand against faith." (2:285-286)

#### VIRTUES:

One who recites these two verses during the night, they will be sufficient from him (hadith]

Abdullah ibn Abbas (RA) narrates, the Prophet ﷺ said that Allah sent forth these verses out of the treasures of Paradise and the Rahman had already written them by His own hand two thousand years earlier than the creation of all things and beings. One who is able to recite them after the Salah of Isha, they will stand for tahajjud in his case.

Umar and Ali (RA) said that they thought that anybody who has any sense in him would never go to sleep without having recited these two verses.

لَقَدْ جَاءَكُمْ رَسُولٌ مِّنْ أَنْفُسِكُمْ عَزِيزٌ عَلَيْهِ مَا عَنِتُّمْ حَرِيصٌ عَلَيْكُمْ بِالْمُؤْمِنِينَ رَءُوفٌ رَّحِيمٌ فَإِنْ تَوَلَّوْا فَقُلْ  
حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ



Laqad Jā'akum Rasūlun Min 'Anfusikum `Azīzun `Alayhi Mā `Anittum Ĥarīṣun  
`Alaykum Bil-Mu'uminīna Ra'ūfun Raḥīm. Fa'in Tawallaw Faqul Ĥasbī Allāhu Lā 'Ilāha  
'Illā Huwa `Alayhi Tawakkaltu Wa Huwa Rabbu Al-`Arshi Al-`Aẓīm

Now hath come unto you a messenger from amongst yourselves: it grieves him that ye should perish: ardently anxious is he over you: to the Believers is he most kind and merciful. But if they turn away, Say: "Allah sufficeth me: There is not god but He: On Him is my trust - He the Lord of the Throne (of Glory) Supreme! (9:128-129)

#### VIRTUES:

Abu Darda' (RA) says: One who recites these verses three times, morning and evening, shall find that Allah Ta'ala makes things easy for him. (Qurtubi)

### SET 7

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

Fa-Subḥāna llāhi Hīna Tumsūna Wa-Hīna Tuṣbiḥūn. Wa-Lahu l-Hamdu Fī S-Samāwāti Wa-l-'Arḍi Wa-'Ashiyyan Wa-Hīna Tuḥhirūn. Yukhriju l-Hayya Mina l-Mayyiti Wa-Yukhriju l-Mayyita Mina l-Hayyi Wa-Yuḥyi l-'Arḍa Ba'Da Mawtihā Wa-Ka-Dhālika Tukhrajūn

So glory be to Allah when ye enter the night and when ye enter the morning. Unto Him be praise in the heavens and the earth! - and at the sun's decline and in the noonday. He bringeth forth the living from the dead, and He bringeth forth the dead from the living, and He reviveth the earth after her death. And even so will ye be brought forth.

#### VIRTUES:

Mu'adh ibn Anas (RA) relates that this verse is the *dhikr* of Ibrahim (AS), which he used to recite in the morning and evening. (Ma'ariful Qur'an).

Abdullah ibn Abbas (RA) reports that the Messenger ﷺ said that whosoever recites these verses in the morning and evening, all shortcomings in his acts during the day and night will be repaired. (Abu Dawood, Tabrani)

### SET 8

أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ

'A'udhu bi-llah is-Sami' il-Alim min ash-Shaytan ir-Rajim (recite 3 times)

I seek refuge with Allah, the All-Hearing, the All-Knowing, from the accursed Shaytan

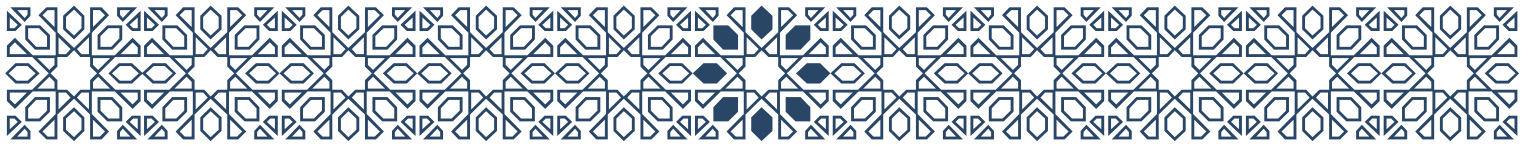
هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ عَلِيمٌ الْغَيْبِ وَالشَّهَادَةِ هُوَ الرَّحْمَنُ الرَّحِيمُ هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْمَلِكُ الْقُدُّوسُ  
السَّلَامُ الْمُؤْمِنُ الْمُهَيْمِنُ الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ سُبْحَانَ اللَّهِ عَمَّا يُشْرِكُونَ هُوَ اللَّهُ الْخَلِيقُ الْبَارِئُ الْمُصَوِّرُ لَهُ  
الْأَسْمَاءُ الْحُسْنَى يُسَبِّحُ لَهُ مَا فِي السَّمَوَاتِ وَالْأَرْضِ وَهُوَ الْعَزِيزُ الْحَكِيمُ

Huwa Allāhu Al-Ladhī Lā 'Ilāha 'Illā Huwa `Ālimu Al-Ghaybi Wa Ash-Shahādati Huwa Ar-Raḥmānu Ar-Raḥīmu. Huwa Allāhu Al-Ladhī Lā 'Ilāha 'Illā Huwa Al-Malīku Al-Quddūsu As-Salāmu Al-Mu'uminu Al-Muhayminu Al-`Azīzu Al-Jabbāru Al-Mutakabbiru Subḥāna Allāhi `Ammā Yushrikūna. Huwa Allāhu Al-Khāliqu Al-Bāri'u Al-Muṣawwiru Lahu Al-'Asmā'u Al-Ĥusnā Yusabbiḥu Lahu Mā Fī As-Samāwāti Wa Al-'Arḍi Wa Huwa Al-`Azīzu Al-Ĥakīmu

Allah is He, than whom there is no other god— Who knows (all things) both secret and open; He Most Gracious, Most Merciful. Allah is He, than whom there is no other god— the sovereign, the Holy One, the Source of Peace (and Perfection). the Guardian of Faith, the Preserver of Safety, the Exalted in Might, the Irresistible, the Supreme: Glory to Allah! (High is He) above the partners they attribute to Him. He is Allah the Creator the Evolver, the Bestower of Forms (or Colors). To Him belong the Most Beautiful Names: whatever is in the heavens and on earth, doth declare His Praises and Glory: and He is the exalted in Might, the Wise. (59:20-24)

#### VIRTUES:

Ma'qil bin Yasar (RA) narrates the Prophet ﷺ has stated that Allah appoints 70,000 angels who pray for Divine Mercy for anyone who recites the following, three times: A'udhu billahis samee'il aleemi minash shaytaanir rajeem and the last three verses of Surah Hashr. If he dies the same day, he will attain the status of a martyr. If a person recites the same words in the evening, he will attain the same status. [Tirmidhi, Mazhari]



# DUAS TO RECITE IN THE MORNING & EVENING OF THE QUR'AN



1 TIME

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

Allahumma anta Rabbi la ilaha illa anta, Anta Khalaqtani wa ana abduka, wa ana 'ala ahdika wa wa'dika mastata'tu, A'udhu bika min Sharri ma sana'tu, abu'u Laka bini'matika 'alaiya, wa Abu Laka bidhanbi faghfirli innahu la yaghfiru adhdhunuba illa anta

O Allah! You are my Lord! None has the right to be worshipped but You. You created me and I am Your slave, and I am faithful to my covenant and my promise as much as I can. I seek refuge with You from all the evil I have done. I acknowledge before You all the blessings You have bestowed upon me, and I confess to You all my sins. So I entreat You to forgive my sins, for nobody can forgive sins except You.

اللَّهُمَّ أَعِنِّي عَلَىٰ ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ

Allâhumma a-inni alâ dhikrika wa shukrika wa Husne ibâdadik.

O Allah! Assist me in remembering You, in thanking You, and in worshipping You in the best of manners.

يَا مُقَلِّبَ الْقُلُوبِ ثَبِّتْ قَلْبِي عَلَىٰ دِينِكَ

Yaa Muqallibal Quloob Thabbit Qalbee 'alaa Deenik.

Oh Turner of the hearts (Allah, the Most High), keep my heart firm on your religion

[Authenticated by al-Albanee in al-Jaam'i as-Sagheer 1323/7988]

مَا شَاءَ اللَّهُ كَانَ ، وَمَا لَمْ يَشَأْ لَمْ يَكُنْ ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ

Ma Sha'allahu Kana Wa Ma Lam Yasha' Lam Yakun La Hawla Wa La Quwata Illa Billahil Aliyyil Azim

What Allah wishes happens, what He does not does not happen, there is neither power nor ability save by Allah, the High, the Formidable.

اللَّهُمَّ أَنْتَ خَلَقْتَنِي ، وَأَنْتَ تَهْدِينِي ، وَأَنْتَ تُطْعِمُنِي ، وَأَنْتَ تَسْقِينِي ، وَأَنْتَ تُمِيتُنِي ، وَأَنْتَ تُحْيِينِي

Allâthi-Khâlâqâni-Fâhowâ-Yâhdeen. Wallathi HowâYutCimoni Wayâsqeen. Wa'itha-Mâridtô-Fâhowâ-Yâshfeen. Wâllâthi-YumeetoniThummâ-Yôhyeen. Wâllâthi-Atmâ ô-Ay-Yâghfira-LiKhâtee'âtiYâwmâd-din

Oh Allah! You created me and You guide me, and You provide with food and You provide me with drink and You cause me to die and You give me life.

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي ، وَمِنْ شَرِّ كُلِّ دَابَّةٍ أَنْتَ آخِذٌ بِنَاصِيَتِهَا ، إِنَّ رَبِّي عَلَى صِرَاطٍ مُسْتَقِيمٍ

Allahumma 'inni A'uudhu bika min sharri Nafsii wa min sharri kulli daabbatin Anta akhidhun bi naasiyatiha inna Rabbi ala siradin mustaqiimi

Oh Allah! I seek Your protection from the evil of my soul and the evil of every creature on earth You have taken by the forehead; my Lord is indeed on a straight path.

لِلَّهِمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي دِينِي وَدُنْيَايَ وَأَهْلِي وَمَالِي

Allahumma inni as'alukal-'afwa wal-'afiyah fi dini wa dunyaya wa ahli wa mali

O Allah, I ask You for forgiveness and well-being in my religious and my worldly affairs.

اللَّهُمَّ إِنِّي أَسْأَلُكَ رِضَاكَ وَالْجَنَّةَ ، وَأَعُوذُ بِكَ مِنْ سَخَطِكَ وَالنَّارِ

Allahumma Inni As Aluka Ridhaka Wal Jannah Wa A'uzubika Min Sakhathika Wannaar

O Allah! We ask You for Your good pleasure and the Garden and we seek Your protection from Your displeasure and the Fire!

اللَّهُمَّ اسْتُرْ عَاوِرَتِي وَامِنْ رَوْعَتِي

Allahummastur 'auraati wa amin ru'aati

O Allah! Cover my shameful things and relieve my fears.

اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ يَدَيَّ وَمِنْ خَلْفِي ، وَعَنْ يَمِينِي وَعَنْ شِمَالِي وَمِنْ فَوْقِي وَأَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي

Allahumma'hfazni-mim-bayni-yadayya-wa-min-khalfi-wa'an-yamini-wa'an-shimaali -wa-min-fawqi-wa-awoozo-bi-azamatika-an-ughtaala-min-tahti

O Allah! Protect me from (the evil that comes from) in front of me, from behind my back, my right, my left, and from above me and I take refuge in Your greatness from unexpected harm from below me.

اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هَذَا الْيَوْمِ ، فَتْحَهُ ، وَنَصْرَهُ ، وَنُورَهُ وَبَرَكَتَهُ ، وَهُدَاهُ

Allahumma Innee As-Aluka Khayra Hathal-Yawm, Fat-Hahu, Wanasrahu, Wanoorahu, Wabarakatahu, Wahudahu

O Allah! I ask You the good of this day, its openings, victories, lights, blessings and right guidance.

3 TIMES

أَسْتَغْفِرُ اللَّهَ الْعَظِيمَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ وَ أَتُوبُ إِلَيْهِ

Astaghfirullah al-'Adheemal-ladhi la ilaha illa Huwal-Hayyul-Qayyum wa atubu ilaih

I seek the forgiveness of Allah the Mighty, Whom there is none worthy except Him, the Living, The Eternal, and I repent unto Him

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

A'udhu bi kalimat Allaah al-taammaat min sharri ma khalaq

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

VIRTUES:

It is narrated from Abu Hurairah that the Prophet ﷺ said: "Whosoever says at nightfall, A'udhu bi kalimati-Llahit-tammati min sharri ma khalaq, no harm shall affect him." [Saheeh Muslim]

And in another hadith a man came to the Prophet ﷺ and said:"What an affliction I received from a scorpion last night!" The Prophet ﷺ replied: "If you had said, when night fell, A'udhu bi kalimati-Llahit-tammati min sharri ma khalaq, it would not have harmed you."

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

Bismillahil-ladhi la yadhurru ma'as-mihi shai'un fil-ardi wa la fis-sama'i, wa Huwas-Sami'ul-'Alim

In the Name of Allah, with whose Name nothing on earth or in the sky can harm. And He is the Hearing and Knowing.

VIRTUES:

The Prophet ﷺ said that, "Someone who says 'In the Name of Allah, with whose Name nothing on earth or in the sky can harm. And He is the Hearing and Knowing,' three times a day isn't harmed by anything." [Related by Tirmidhi, Abu Dawud, and Ibn Maja]

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ ، سُبْحَانَ اللَّهِ الْعَظِيمِ وَبِحَمْدِهِ ، لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

SubhanAllahi wa biHamdihi - SubhanAllahil-`adheem wa biHamdihi - La Hawla wa la Quwatta illa Billah

Glory be to Allah and Praise Him, Glory be to Allah, The Supreme, and Praise Him, there is no Might or Power except with Allah

#### VIRTUES:

Abu Hurairah (RA) reported the Prophet ﷺ said: He who recites in the morning and in the evening the statement: 'Subhan-Allahi wa bihamdihi (Allah is free from imperfection and I begin with praising Him)' one hundred times, will not be surpassed on the Day of Resurrection by anyone with better deeds than one who utters the same words or utters more of these words. (Muslim)

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ عَدَدَ خَلْقِهِ وَرِضَا نَفْسِهِ وَزِنَةَ عَرْشِهِ وَ مَدَادَ كَلِمَاتِهِ

Subhanallah wa bihamdihi 'adada khalqihi wa rida' nafsihi wa zinata 'arshihi wa midada kalimatih

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)

#### VIRTUES:

Juwairiyah (One of the wives of the Prophet ﷺ) reported that one day the Prophet ﷺ, left her apartment in the morning as she was busy observing her dawn prayer in her place of worship. He came back in the forenoon and she was still sitting there. The Prophet ﷺ, said to her, "You have been in the same place since I left you?" She said, "Yes." Thereupon the Prophet ﷺ, said, "I recited four words three times after I left you and if these were to be weighed against what you have recited since morning these would outweigh them, and these words are. (Recited the du'a) Reported by Muslim and Abu Daw'ud)

رَضِيْتُ بِاللَّهِ رَبًّا ، وَبِالْإِسْلَامِ دِينًا ، وَبِمُحَمَّدٍ رَسُولًا

Radhitsu billahi Rabba, Wa Bil Islami Deena, Wa bi Muhammadin (ﷺ) nabiyya(n) wa Rasula.

I've accepted Allah as my Lord, and Islam as my way of life, and Mohammad as a Prophet and Messenger.

#### VIRTUES:

Whosoever recites this, Paradise will become obligatory upon them.

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

Allahumma 'aafini fi badani, allahumma 'aafini fi sam'ee, allahumma 'aafini fi basari. Laa ilaaha illaa anta.

Oh Allah! Grant health to my body, to my hearing and to my sight. None has the right to be worshipped except You.

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحُزْنِ وَالْعَجْزِ وَالْكَسَلِ وَالْبُخْلِ وَالْجُبْنِ وَضَلَعِ الدَّيْنِ وَعَلْبَةِ الرَّجَالِ

Allahumma inni a'udhu bika minal-hammi wal-ḥuzni wal-'ajazi wal-kasli wal-bukhli wal-jubni wa ḍala'id-dayni wa ghalabatir-rijal.

Oh Allah, I seek refuge in You from worry and grief, from helplessness and laziness, from cowardice and stinginess, and from overpowering of debt and from oppression of men.

7 TIMES

اللَّهُمَّ أَجِرْنِي مِنَ النَّارِ

Allāhumma ajirnī minan-nār

O Allah, save me from the Fire!

VIRTUES:

It is established from the sunnah of the Messenger of Allah ﷺ that one should say, "Allahumma ajirni min an-nar," ('O Allah, save me from the Fire!') seven times after Maghrib and Fajr prayers. He told us (Allah bless him and give him peace) that saying it at Maghrib would grant one protection from the Fire if one died at night; and saying it at Fajr would grant one protection from the Fire if one died during the day. [Sunan Abi Dawud]

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

Ĥasbī Allāhu Lā 'Ilāha 'Illā Huwa `Alayhi Tawakkaltu Wa Huwa Rabbu Al-`Arshi Al-`Aẓīmi

But if they turn away, Say: "Allah sufficeth me: There is not god but He: On Him is my trust - He the Lord of the Throne (of Glory) Supreme! (9:129)

VIRTUES:

Allah will grant whoever recites the last verse of Surah Tawbah 7 times in the morning and in the evening (time of Fajr and Asr), whatever he wants in the world or the next. (Abu Dawud)