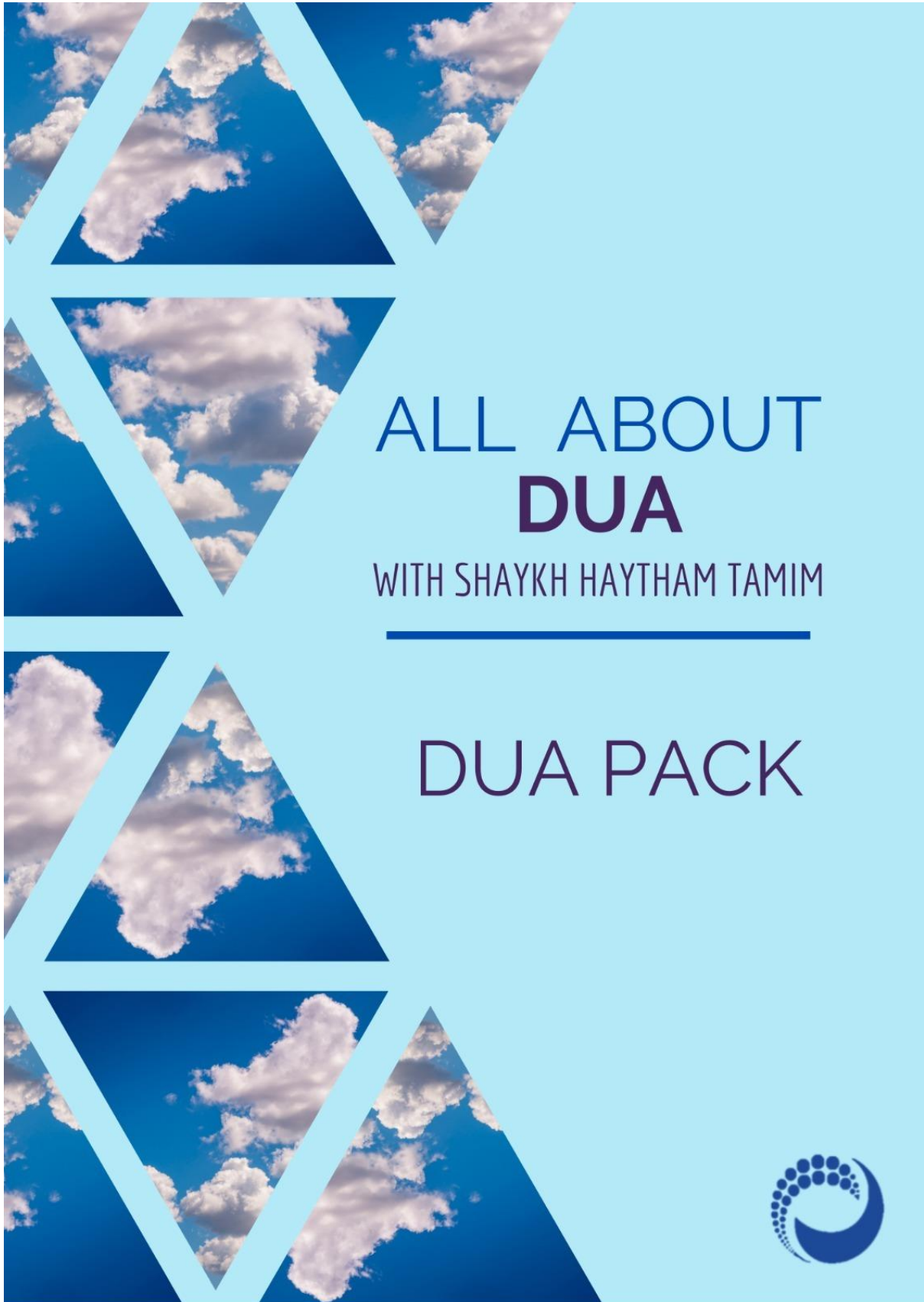




Utrujj
Knowledge & Creativity



ALL ABOUT **DUA**

WITH SHAYKH HAYTHAM TAMIM

DUA PACK



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ
وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِهِ
وَأَصْحَابِهِ أَجْمَعِينَ أَمَا بَعْدُ

*In the name of Allah the most merciful the most kind
Praise be to Allah the Lord of the worlds
Peace and benediction upon our master Muhammad, all his family and his
companions and all those who follow in their footsteps till the last day.*

اللهم علمنا ما ينفعنا، وانفعنا بما علمتنا، وزدنا علماً وعملاً وفقهاً في الدين يا رب العالمين
اللهم وفقنا للعمل بما يرضيك عنا، وإلى غيرك لا تكلنا. افتح أقفال قلوبنا بذكرك، وألهمنا شكرك،
واجعلنا من أهل معرفتك، ولا تجعلنا من الغافلين

*O Allah, teach us beneficial knowledge, and benefit us from what we have
learnt and increase us in knowledge, action and in understanding in our deen.*

*O Allah ease for us to do that what pleases You, and do not leave us to
anyone other than You*

*O Allah, open the locks of our hearts by your remembrance, inspire us to be
grateful to you Ya Allah, make us among those who know You. And do not
make us of those who are heedless of you.*

Collated by Shaykh Haytham Tamim

Edited by Ayesha Khan

How to make du'a – the prophetic way

1. Begin with the right **intention**, with sincerity (*ikhlas*) to Allah Almighty.
2. Start by **thanking** Allah Almighty and **praising** Him. Then giving **salat** on the Prophet ﷺ and end you du'a in the same way.
3. Raising your **hands**.
4. Face the **qiblah** when you make du'a.
5. Perform **wudu** if possible
6. Be **serious** in du'a and **certain** that Allah Almighty is listening to your du'a and will answer it.
7. Be **persistent** in your du'a and do not rush it.
8. Put your **heart** into your du'a. Make it from the depths of your heart as well as articulating it. Mean what you say.
9. Make du'a in times of crises as well as **in times of prosperity**. Don't leave du'a only for times of need.
10. Ask **Allah alone**.
11. **Do not make negative du'as** against yourself or family or money or children or life.
12. Make du'a in a moderately **low voice** - not silent nor too loud.
13. **Acknowledge your sins**, faults, short comings and seek forgiveness for them.
14. Turn to Allah Almighty with **humility**, eagerness, and awe/fear of Him.
15. Call upon Him with **His beautiful names**.
16. Make sure what you are consuming and earning is **halal**.
17. Chose **blessed** times and places.

Ayatul Kursi – the Verse of the Throne

Allahu laa ilaaha illaa huwal haiyul qai-yoom; laa taakhudhuhoo sinatunw wa laa nawm; lahoo maa fissamaawaati wa maa fil ard; man dhalladhee yashfa'u 'indahooo illaa be idhnih; ya'lamu maa baina aideehim wa maa khalfahum; wa laa yuheetoona bishay 'immin 'ilmihee illa be maa shaaaa; wasi'a kursiyyuhus samaa waati wal arda wa la ya'ooduho hifdhuhumaa; wa huwal aliyyul 'azeem

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

Allah, there is no god but He, the Living, the All-Sustaining. Neither dozing overtakes Him nor sleep. To Him belongs all that is in the heavens and all that is on the earth. Who can intercede with Him without His permission? He knows what is before them and what is behind them; while they encompass nothing of His knowledge, except what He wills. His Kursiyy (Chair) extends to the Heavens and to the Earth, and it does not weary Him to look after them. He is the All-High, the Supreme. ⁱ

Sayyid ul Istighfar - The best du'a for forgiveness

'Allahumma Anta Rabbi,
la ilaha illa Anta, khalagtani 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 'alayya, wa
abu'u bidhanbi faghfir li, fa innahu la
yaghfirudh-dhunuba illa Anta

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

O Allah! You are my Rabb. There is no true god except You. You have created me, and I am Your servant, and I hold to Your Covenant as far as I can. I seek refuge in You from the evil of what I have done. I acknowledge the favours that You have bestowed upon me, and I confess my sins. Pardon me, for none but You has the power to pardon).ⁱⁱ

Upon going to bed

Allahumma bismika
a-mutu wa ahya

اللَّهُمَّ بِاسْمِكَ أَمُوتُ وَأَحْيَا

O Allah! In Your name do I live and die.ⁱⁱⁱ

Upon waking

Alhamdulillahil ladhi ahyaana ba'da ma
amatana wa-ilayhin nushur

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَمَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

Praise be to Allah Who restored unto us life, having caused us to die and unto Him shall be the Resurrection.^{iv v}

Daily Du'a's

Allahumma inni asaluka ilman nafian, wa
rizqan tayyiban wa amalan mutaqabalan

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا، وَرِزْقًا طَيِّبًا،
وَعَمَلًا مُتَقَبَّلًا

O Allah indeed I ask You for beneficial knowledge, and a good halal provision, and actions which are accepted.^{vi}

Allaahumma 'innee 'as'alukal-'afwa
wal'aafiyata fid-dunyaa wal'aakhirati,
Allaahumma 'innee 'as'alukal-'afwa
wal'aafiyata fee deenee wa dunyaaya wa
'ahlee, wa maalee, Allaahum-mastur
'awraatee, wa 'aamin raw'aatee,
Allaahum-mahfadhnee min bayni yadayya,
wa min khalfee, wa 'an yameenee, wa 'an
shimaalee, wa min fawqee, wa 'a'oothu
bi'adhamatika 'an 'ughtaala min tahtee

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

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

In the morning

Asbahnâ wa asbaha-l-mulku li-l-lâhi,
wa-l-hamduli-l-lâhi. Lâ ilâha illâ l-lâhu,
wahdahu lâ sharîka lahu,
lahu-l-mulku wa lahu-l-hamdu,
wa huwa ‘alâ kulli shay’in qadîr.
Rabbi, as’aluka khayra mâ fî hâdhâ-l-yawmi
wa khayra mâ ba’dahu.
Wa a’ûdhu bika min sharri hâdhâ-l-yawmi
wa sharri mâ ba’dahu.
Rabbi a’ûdhu bika mina-l-kasali, wa sû’i-l-
kibari. Rabbi a’ûdhu bika min ‘adhâbin fi n-
nâr wa ‘adhâbin fi-l-qabr.

أصبحنا وأصبح الملك لله والحمد لله ، لا إله
إلا الله وحده لا شريك له، له الملك وله
الحمد، وهو على كل شيء قدير ، رَبِّ
أَسْأَلُكَ خَيْرَ مَا فِي هَذَا الْيَوْمِ وَخَيْرَ مَا بَعْدَهُ،
وَأَعُوذُ بِكَ مِنْ شَرِّ هَذَا الْيَوْمِ وَشَرِّ مَا بَعْدَهُ،
رَبِّ أَعُوذُ بِكَ مِنَ الْكَسَلِ وَسَوْءِ الْكِبَرِ ، رَبِّ
أَعُوذُ بِكَ مِنْ عَذَابِ فِي النَّارِ وَعَذَابِ فِي
الْقَبْرِ.

We have reached the morning and at this very time unto Allah belongs all sovereignty, and all praise is for Allah. None has the right to be worshipped except Allah, alone, without partner, to Him belongs all sovereignty and praise and He is over all things omnipotent. My Lord, I ask You for the good of this day and the good of what follows it and I take refuge in You from the evil of this day and the evil of what follows it. My Lord, I take refuge in You from laziness and senility. My Lord, I take refuge in You from torment in the Fire and punishment in the grave.

Asbahnâ wa asbaha-l-mulku li-l-lâhi rabbi-l-
‘âlamîn.
Allahumma innî as’aluka khayra hâdhâ-l-
yawmi: fathahu, wa nasrahu, wa nûrahu,
wa barakatahu, wa hudâhu.
Wa a’ûdhu bika min sharri mâ fîhi wa sharri
mâ ba’dahu.

أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ رَبِّ الْعَالَمِينَ،
اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هَذَا الْيَوْمِ ، فَتَحَهُ ،
وَتَصْرَهُ ، وَنُورَهُ وَبَرَكَتَهُ ، وَهُدَاهُ ، وَأَعُوذُ
بِكَ مِنْ شَرِّ مَا فِيهِ وَشَرِّ مَا بَعْدَهُ

The morning has come to me and the whole universe belongs to Allah, the Lord of the worlds, O Allah, I ask of You the good of the day, its success and aid and its nur (celestial light) and barakaat (blessings) and seek hidayah (guidance) and seek refuge from the evil in this day and from the evil of that which is to come later.^{viii}

In the evening

Amsayna wa amsa-l-mulku li-l-lâhi
wa-l-hamduli-l-lâhi. Lâ ilâha illâ l-lâhu,
wahdahû lâ sharîka lahu,
lahu-l-mulku wa lahu-l-hamdu,
wa huwa ‘alâ kulli shay’in qadîr.
Rabbi, as’aluka khayra mâ fî hâdhihi-l-laylati
wa khayra mâ ba’daha.
Wa a’ûdhu bika min sharri hâdhihi-l-laylati
wa sharri mâ ba’daha.
Rabbi a’ûdhu bika mina-l-kasali, wa sû’i-l-
kibari. Rabbi a’ûdhu bika min ‘adhâbin fi n-
nâr wa ‘adhâbin fi-l-qabr.

أَمْسَيْنَا وَأَمْسَى الْمَلِكُ لِلَّهِ وَالْحَمْدُ لِلَّهِ ، لَا إِلَهَ
إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ
الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ ، رَبِّ
أَسْأَلُكَ خَيْرَ مَا فِي هَذِهِ اللَّيْلَةِ وَخَيْرَ مَا
بَعْدَهَا ، وَأَعُوذُ بِكَ مِنْ شَرِّ هَذِهِ اللَّيْلَةِ وَشَرِّ
مَا بَعْدَهَا، رَبِّ أَعُوذُ بِكَ مِنَ الْكَسَلِ وَسَوْءِ
الْكِبَرِ ، رَبِّ أَعُوذُ بِكَ مِنْ عَذَابِ فِي النَّارِ
وَعَذَابِ فِي الْقَبْرِ.

We have reached the evening and at this very time unto Allah belongs all sovereignty, and all praise is for Allah. None has the right to be worshipped except Allah, alone, without partner, to Him belongs all sovereignty and praise and He is over all things omnipotent. My Lord, I ask You for the good of this night and the good of what follows it and I take refuge in You from the evil of this night and the evil of what follows it. My Lord, I take refuge in You from laziness and senility. My Lord, I take refuge in You from torment in the Fire and punishment in the grave.

Amsayna wa amsa l-mulku li-l-lâhi rabbi-l-
‘âlamîn.
Allahumma innî as’aluka khayra hâdhihi-l-
laylati: fathaha, wa nasraha, wa nûraha, wa
barakataha, wa hudâha.
Wa a’ûdhu bika min sharri mâ fîha wa
sharri mâ ba’daha.

أَمْسَيْنَا وَأَمْسَى الْمَلِكُ لِلَّهِ رَبِّ الْعَالَمِينَ،
اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هَذِهِ اللَّيْلَةِ ، فَتَحَهَا،
وَنَصْرَهَا، وَنُورَهَا وَبَرَكَاتَهَا ، وَهُدَاهَا،
وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِيهَا وَشَرِّ مَا بَعْدَهَا

The evening has come to me and the whole universe belongs to Allah, the Lord of the worlds, O Allah, I ask of You the good of this night, its success and aid, and its nur (celestial light) and barakaat (blessings) and seek hidayah (guidance) and seek refuge from the evil in this night and from the evil of that which is to come later.^{ix}

Travel

Allaahu 'Akbar, Allaahu 'Akbar, Allaahu 'Akbar, Subhaanal-lathee sakhkhara lanaa haathaa wa maa kunnaa lahu muqrineen. Wa 'innaa 'ilaa Rabbinaa lamunqaliboon. Allaahumma 'innaa nas'aluka fee safarinaa haathal-birrawattaqwaa, waminal-'amalimaa tardhaa, Allaahumma hawwin 'alaynaa safaranaa haathaa watwi 'anna bu'dahu, Allaahumma 'Antas-saahibu fis-safari, walkhaleefatu fil-'ahli, Allaahumma 'innee 'a'oothu bika min wa'thaa'is-safari, wa ka'aabanl-mandhari, wa soo'il-munqalabi fil-maaliwal'ahli

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، (سُبْحَانَ الَّذِي
سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ * وَإِنَّا إِلَى
رَبِّنَا لَمُنْقَلِبُونَ) اللَّهُمَّ إِنَّا نَسْأَلُكَ فِي سَفَرِنَا هَذَا
الْبِرَّ وَالنَّفْقَى، وَمِنَ الْعَمَلِ مَا تَرْضَى، اللَّهُمَّ
هَوِّنْ عَلَيْنَا سَفَرَنَا هَذَا وَاطْوِ عَنَّا بُعْدَهُ، اللَّهُمَّ
أَنْتَ الصَّاحِبُ فِي السَّفَرِ، وَالْخَلِيفَةُ فِي الْأَهْلِ،
اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ وَعَثَاءِ السَّفَرِ، وَكَآبَةِ
"الْمَنْظَرِ، وَسَوْءِ الْمُنْقَلَبِ فِي الْمَالِ وَالْأَهْلِ،

Allah is the Most Great. Allah is the Most Great. Allah is the Most Great. Glory is to Him Who has provided this for us though we could never have had it by our efforts. Surely, unto our Lord we are returning. O Allah, we ask You on this our journey for goodness and piety, and for works that are pleasing to You . O Allah, lighten this journey for us and make its distance easy for us . O Allah, You are our Companion on the road and the One in Whose care we leave our family. O Allah, I seek refuge in You from this journey's hardships, and from the wicked sights in store and from finding our family and property in misfortune upon returning.

Upon returning

'Aa'iboona, taa'iboona, 'aabidoona,
Lirabbinaa haamidoon.

أَيُّبُونَ، تَائِبُونَ، عَابِدُونَ، لِرَبِّنَا حَامِدُونَ

We return repentant to our Lord, worshipping our Lord, and praising our Lord.^x

Istikharah – the Du’a for guidance

Allâhumma inni astakhiruka bi ilmika wa astaqdiruka biqudratika wa as'aluka min fadlikal-azimi, fa innaka taqdiru walâ aqdiru wa ta'lamu walâ a'lamu wa anta allamul ghuyubi. Allâhumma in kunta ta'lamu anna hâdhâli amra khayrun li fi dini wa ma-ashi wa aqibati amri faqdir-hu li wa yassir-hu li thumma barik li fihi wa in kunta ta'lamu anna hâdhâli amra sharrun li fi dini wa maâshi wa aqibati amri fasrifhu anni wasrifni anhu waqdir liyal-khayra haythu kâna thumma ardini bih.

اللَّهُمَّ إِنِّي أَسْتَخِيرُكَ بِعِلْمِكَ وَأَسْتَقْدِرُكَ بِقُدْرَتِكَ
وَأَسْأَلُكَ مِنْ فَضْلِكَ الْعَظِيمِ فَإِنَّكَ تَقْدِرُ وَلَا أَقْدِرُ
وَتَعْلَمُ وَلَا أَعْلَمُ وَأَنْتَ عَلَّامُ الْغُيُوبِ اللَّهُمَّ إِنْ
كُنْتَ تَعْلَمُ أَنَّ هَذَا الْأَمْرَ خَيْرٌ لِي فِي دِينِي
وَمَعَاشِي وَعَاقِبَةِ أَمْرِي فَاقْدُرْهُ لِي وَيَسِّرْهُ لِي
ثُمَّ بَارِكْ لِي فِيهِ وَإِنْ كُنْتَ تَعْلَمُ أَنَّ هَذَا الْأَمْرَ
شَرٌّ لِي فِي دِينِي وَمَعَاشِي وَعَاقِبَةِ أَمْرِي
فَاصْرِفْهُ عَنِّي وَاصْرِفْنِي عَنْهُ وَاقْدِرْ لِي الْخَيْرَ
حَيْثُ كَانَ ثُمَّ أَرْضِنِي بِهِ.

O Allah, verily I seek the better [of either choice] from You, by Your knowledge, and I seek ability from You, by Your power, and I ask You from Your immense bounty. For indeed You have power, and I am powerless; You have knowledge and I know not; You are the Knower of the unseen realms. O Allah, if You know that this matter is good for me with regard to my religion, my livelihood and the end of my affair then decree it for me, facilitate it for me, and grant me blessing in it. And if You know that this matter is not good for me with regard to my religion, my livelihood and the end of my affair then turn it away from me and me from it; and decree for me better than it, wherever it may be, and make me content with it.^{xixii}

Du'as for marriage

Rabbana hablana min azwaajina wa dhuriyyatina qurrata A'yunin waj'alna lil-muttaqina imama

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ
وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

Our Lord, give us, from our spouses and our children, comfort of eyes, and make us heads of the God-fearing.^{xiii}

Yâ hayyu yâ qayyûm, bi-rahmatika astaghîth
Aliddhû biyâ dhal-jalâli wal-ikrâm

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ
أَلْظُوْا بِبِيَا ذَا الْجَلَالِ وَالْإِكْرَامِ.

O Living, O Self-Sustaining Sustainer! In Your Mercy do I seek relief
Be blessed with Majesty and Honour^{xiv}

Allaahumma laa sahla 'illaa ma ja'altahu
sahlan wa 'anta taj'alu-l-hazna 'ithaa shi'ta
sahlan

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

O Allah, there is no ease other than what You make easy. If You please You ease sorrow.^{xv}

Recite Surah Yasin^{xvi} - for all needs including marriage.

Du'a's to have children

Wazakariyyā idh nādā rabbahu rabbi lā
tadharnī fardan wa-anta khayru-l-wārithīn

وَزَكَرِيَّا إِذْ نَادَىٰ رَبَّهُ ۗ رَبِّ لَا تَذَرْنِي فَرْدًا
وَأَنْتَ خَيْرُ الْوَارِثِينَ

And (remember) Zakariyya when he called his Lord, 'My Lord, do not leave me alone and You are the best of inheritors.'^{xvii}

Faql'tu-s'taghfirū rabbakum innahu kāna
ghaffāra
Yur'sili-samāa 'alaykum mid'rāra
Wayum'did'kum bi-amwālin wabanīna
wayaj'al-lakum jannātin wayaj'al lakum
anhāra

تُ اسْتَغْفِرُوا رَبَّكُمْ إِنَّهُ كَانَ غَفَّارًا يُرْسِلِ
السَّمَاءَ عَلَيْكُمْ مِدْرَارًا وَيُمْدِدْكُمْ بِأَمْوَالٍ وَبَنِينَ
وَيَجْعَلْ لَكُمْ جَنَّاتٍ وَيَجْعَلْ لَكُمْ أَنْهَارًا

So I said, 'Pray to your Lord for your forgiveness, Indeed He is Very-Forgiving, And He will cause the heavens to rain upon you in abundance, And will help you with riches and sons, and will cause gardens to grow for you, and cause rivers to flow for you.'^{xviii}

Hunālika da'ā zakariyyā rabbahu qāla rabbi
hab lī min ladunka dhurriyyatan ṭayyibatan
innaka samī'u-du'ā

هُنَالِكَ دَعَا زَكَرِيَّا رَبَّهُ ۖ قَالَ رَبِّ هَبْ لِي مِنْ
أَدْنِكَ ذُرِّيَّةً طَيِّبَةً ۗ إِنَّكَ سَمِيعُ الدُّعَاءِ

Thereupon, Zakariyya prayed to his Lord. He said: 'O my Lord, grant me from Your own (power) a goodly progeny. Verily, You are the One who listens to the prayer.'^{xix}

Du'as for curing sickness

وَيَشْفِ صُدُورَ قَوْمٍ مُّؤْمِنِينَ

Wa yashfi sudoora qawmim mu'mineen

And heal the breasts of a believing people (Tawbah 9:14)

وَإِذَا مَرَضْتُ فَهُوَ يَشْفِينِ

Wa idha maridtu fahuwa yashfeen

And when I am ill, it is He who cures me (Shu'ara 26:80)

وَشِفَاءٌ لِّمَا فِي الصُّدُورِ وَهُدًى وَرَحْمَةٌ لِّلْمُؤْمِنِينَ

Wa shifâ-ul-limaa fis-sudoori wa hudan wa rahmatun lilmu'mineen

And a healing for that which is in your breasts – a guidance and a mercy
for the believers (Yunus 10:57)

فِيهِ شِفَاءٌ لِّلنَّاسِ

Feehi shifâ-ul-linnaas

Wherein is healing for men (Nahl 16:69)

وَنُنَزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ وَلَا يَزِيدُ الظَّالِمِينَ إِلَّا خَسَارًا

Wa nunazzilu minal-Quraani maa huwa shifâ-un wa rahmatu-l-lil mu'mineen

And We send down of the Qur'an that which is a healing and a mercy to
those who believe (Israa' 17: 82)

قُلْ هُوَ لِلَّذِينَ آمَنُوا هُدًى وَشِفَاءٌ

Qul huwa lilladheena aamanoo hudan wa shifâ-un

Say: 'It is for those who believe, a guide and a healing' (Fussilat 41:44)

Du'as to cope with stress anxiety and loss

Allahumma allif bayna qulûbinâ, wa 'aslih dhâta bayninâ, wahdinâ subula-s-salami, wanajjinâ mina-d-dhlumaati ila-n-nûri, wa jannibnâ ifawâhisha mâ dhahara minha wa mâ batana, wa bârik lanâ fi asmâ'inâ, wa absârinâ, waqulâbinâ, wa azwâjinâ, wa dhurriyyâtinâ, wa tub alaynâ innaka anta-t-tawwaabu-r-rahim. Wa aj'alnâ shâkirîna lini'amatika muthnîna biha qâbilîha wa atimmaha 'alaynâ.

اللَّهُمَّ أَلْفَ بَيْنَ قُلُوبِنَا وَأَصْلِحْ ذَاتَ بَيْنِنَا وَاهْدِنَا
سُبُلَ السَّلَامِ وَنَجِّنَا مِنَ الظُّلُمَاتِ إِلَى النُّورِ
وَجَنِّبْنَا الْفَوَاحِشَ مَا ظَهَرَ مِنْهَا وَمَا بَطَنَ وَبَارِكْ
لَنَا فِي أَسْمَاعِنَا وَأَبْصَارِنَا وَقُلُوبِنَا وَأَرْوَاجِنَا
وَذُرِّيَّاتِنَا وَتُبْ عَلَيْنَا إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ
وَاجْعَلْنَا شَاكِرِينَ لِنِعْمَتِكَ مُتْنِينَ بِهَا قَابِلِيهَا
وَأَتِمَّهَا عَلَيْنَا

O Allah, join our hearts, mend our social relationship, guide us to the path of peace, bring us from darkness to light, save us from obscenities, outward or inward, and bless our ears, our eyes, our hearts, our wives, our children, and relent toward us; Thou art the Relenting, the Merciful. And make us grateful for Thy blessing and make us praise it while accepting it and give it to us in full. ^{xx}

Allahumma inni 'abduka, wa ibnu 'abdika, wa ibnu amatika, nasitî biyadika, mâdin fi hukmuka, 'adlun fi qadauka, asaluka bikulli ismin huwa laka sammayta bihi nafsaka, aw 'allamtahu ahadan min khalqika, aw anzaltahu fe kitâbika, aw ista'tharta bihi fi 'ilmi-l-ghaybi 'indaka an taj'ala-l-qurâna rabî'a qalbi, wa nûra sadrî wajalâ-a huznî, wa dhahâba hammî.

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

O Allah, I am Your slave, son of Your slave, son of Your female slave, my forelock is in Your hand, Your command over me is forever executed and Your decree over me is just. I ask You by every Name belonging to You which You named Yourself with, or revealed in Your Book, or You taught to any of Your creation, or You have preserved in the knowledge of the unseen with You, that You make the Quran the life of my heart and the light of my breast, and a departure for my sorrow and a release for my anxiety. ^{xxi}

Lâ ilâha ill-Allah al-'adhîm ul-halîm, lâ ilâha il-Allahu rabbu-l-'arshi-l-'adheemi, lâ ilâha il-Allahu rabbu-s-samawwâti wa rabbu-l-ardi wa rabbu-l-'arshi-l-kareem.

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 except Allah, the Almighty, the Forbearing; there is no god except Allah, the Lord of the Mighty Throne; there is no god except Allah, Lord of the heavens, Lord of the earth and Lord of the noble Throne. ^{xxii}

The du'a of Yunus عليه السلام

Lā ilāha illā anta subhānaka innī kuntu
minadhālimīn

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

There is none worthy of worship except You, Glory to You, Indeed, I have been of the transgressors.^{xxiii}

Allahu, Allahu rabbi lâ ashriku bihi shayan

اللَّهُ، اللَّهُ رَبِّي لَا أُشْرِكُ بِهِ شَيْئًا

Allah, Allah is my Lord, I do not associate anything as partner with Him.^{xxiv}

Du'as for victory and success

Rabbi a'inni wa lâ tu'in 'alayya, wansurni
wa lâ tansur 'alayya, wamkur li wa lâ
tamkur 'alayya mim baghâ 'alayya.
Allahumma aj'alni laka shâkiran laka,
dhâkiran laka, râhiban laka, mitwa'an
ilayka, mukhbitan aw munîban. Rabbi
taqabbal tawbati, wa aghsil hawbati, wa
ajib da'wati, wa thabbit hujjati, wa ahdi
qalbi, wa saddid lisani, wa aslil sakhimata
sadri.

رَبِّ أَعْنِي وَلَا تُعِنْ عَلَيَّ وَأَنْصُرْنِي وَلَا تَنْصُرْ
عَلَيَّ وَأَمْكُرْ لِي وَلَا تَمْكُرْ عَلَيَّ وَاهْدِنِي وَيَسِّرْ
هُدَايَ إِلَيَّ وَأَنْصُرْنِي عَلَى مَنْ بَغَى عَلَيَّ. اللَّهُمَّ
اجْعَلْنِي لَكَ شَاكِرًا لَكَ ذَاكِرًا لَكَ رَاهِبًا لَكَ
مُطَوِّعًا إِلَيْكَ مُخْبِتًا أَوْ مُنِيبًا رَبِّ تَقَبَّلْ تَوْبَتِي
وَاغْسِلْ حَوْبَتِي وَأَجِبْ دَعْوَتِي وَثَبِّتْ حُجَّتِي
وَاهْدِ قَلْبِي وَسَدِّدْ لِسَانِي وَاسْلُلْ سَخِيمَةَ صَدْرِي

O Lord! Help me and do not help others against me, support me and do not support others against me, plan for me and do not plan against me, guide me and make guidance easy for me, and help me against those who wrong me. O Lord! Make me grateful to You, make me remember You much, make me fearful of You, obedient to You, humble before You and turning to You. O Lord! Accept my repentance and wash away my sins, answer my supplication, guide my heart, make my tongue speak the truth, make my proof firm and remove resentment from my heard.^{xxv}

Comprehensive du'as

Allahumma inni asaluka-th-thabâta fi-l-amri, wa-l-'azimata alâ-r-rushdi, wa asaluka shikra ni'amatika, wa husna 'ibadatika, wa asaluka qalban saliman, wa lisânan sâdiqan, wa asaluka min khayri ma t'alamu, wa a'ûdhu bika min sharri ma t'alamu, wa astaghfiruka lima t'alamu wa anta allâmu-l-ghuyûb.

اللَّهُمَّ إِنِّي أَسْأَلُكَ الثَّبَاتَ فِي الْأَمْرِ، وَالْعَزِيمَةَ عَلَى الرَّشْدِ، وَأَسْأَلُكَ شُكْرَ نِعْمَتِكَ، وَحُسْنَ عِبَادَتِكَ، وَأَسْأَلُكَ قَلْبًا سَلِيمًا، وَلِسَانًا صَادِقًا، وَأَسْأَلُكَ مِنْ خَيْرِ مَا تَعْلَمُ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا تَعْلَمُ، وَأَسْتَغْفِرُكَ لِمَا تَعْلَمُ وَأَنْتَ عَلَّامُ الْغُيُوبِ

O Allah, I ask you to grant me stability in my affairs and the determination to attain guidance, and I ask You to enable me to be grateful for Your favours, and to worship You in the best manner, and I ask You for a sound heart, and a truthful tongue, and I ask of You the best of what You know, and I seek refuge in You from the evil that You know of, and I ask Your forgiveness for what is within Your knowledge and You are the All Knowing of the Unseen. ^{xxvi}

Allahumma ibsut 'alaynâ min barakâtika wa rahmatikawa fadlika wa rizqika.
Allahumma inni asaluka-n-na'îma-l-muqîma-l-adhi lâ yahûlu wa lâ yazûlu.
Allahumma inni asaluka-n-na'îma yawma-l-'aylati, walamna yawma-l-khawfi.
Allahumma inni 'âidhun bika min sharri ma a'utaytnâ, wa sharri ma mana'ata.
Allahumma habbib ilaynâ-l-îmana wa zayyinhu fi qulûbia, wa karrihu ilaynâ-l-kufra wa-l-fusuqa wa-l-'isyana, wa ij'alnâ min-arrâshidin.
Allahumma tawaffana muslimîna, wa ahyinâ muslimîna, wa alhiqnâ bi-s-sâlihîna ghayra khazâyâ wa lâ maftûnîn.

اللَّهُمَّ ابْسُطْ عَلَيْنَا مِنْ بَرَكَاتِكَ وَرَحْمَتِكَ وَفَضْلِكَ وَرِزْقِكَ، اللَّهُمَّ إِنِّي أَسْأَلُكَ النَّعِيمَ الْمُقِيمَ الَّذِي لَا يَحُولُ وَلَا يَزُولُ، اللَّهُمَّ إِنِّي أَسْأَلُكَ النَّعِيمَ يَوْمَ الْعَيْلَةِ، وَالْأَمْنَ يَوْمَ الْخَوْفِ، اللَّهُمَّ إِنِّي عَائِدٌ بِكَ مِنْ شَرِّ مَا أَعْطَيْتَنَا، وَشَرِّ مَا مَنَعْتَ، اللَّهُمَّ حَبِّبِ إِلَيْنَا الْإِيمَانَ وَزَيِّنْهُ فِي قُلُوبِنَا، وَكَرِّهْ إِلَيْنَا الْكُفْرَ وَالْفُسُوقَ وَالْعِصْيَانَ، وَاجْعَلْنَا مِنَ الرَّاشِدِينَ، اللَّهُمَّ تَوَفَّنَا مُسْلِمِينَ، وَأَحْيِنَا مُسْلِمِينَ، وَالْحَقْنَ بِالصَّالِحِينَ غَيْرَ خَرَّابًا وَلَا مَفْتُونِينَ.

O Allah spread amongst us from Your blessings, Your mercy, Your grace and Your rizq. O Allah I ask You for the everlasting bliss that never vanishes or disappears. O Allah, I ask You to complete Your bliss on me when I need it the most, in poverty, and I ask You for safety on the day of fear. O Allah, I seek refuge in You from the evil of what You have given us, and the evil of what You have protected us from. O Allah, make imaan beloved to us and beautify it in our hearts, and make disbelief, mischief, and rebellion hateful to us, and make us among the rightly guided. O Allah, make us die as Muslims and keep us alive as Muslims, and make us among the righteous, neither let us be disgraced nor afflicted. ^{xxvii}

Allahumma aslih li dînî-l-adhî huwa ‘ismatu
amri.

Wa aslih li dunyâya-l-atee fiha ma’âshi.

Wa aslih li âkhirti-l-atee ilayha ma’âdi.

Wa ij’al hayata ziyadatan li fi kulli khayrin,
wa ij’al mawta rahatan li min kulli sharrin.

اللَّهُمَّ أَصْلِحْ لِي دِينِي الَّذِي هُوَ عِصْمَةٌ أَمْرِي،
وَأَصْلِحْ لِي دُنْيَايَ الَّتِي فِيهَا مَعَاشِي، وَأَصْلِحْ
لِي آخِرَتِي الَّتِي إِلَيْهَا مَعَادِي، وَاجْعَلْ الْحَيَاةَ
زِيَادَةً لِي فِي كُلِّ خَيْرٍ، وَاجْعَلْ الْمَوْتَ رَاحَةً
لِي مِنْ كُلِّ شَرٍّ

O Allah! Set right for me my religion, which is the safeguard of my affairs. And set right for me the affairs of the world wherein is my living. Decree the Hereafter to be good for me. And make this life, for me, (a source) of abundance for every good and make my death (a source) of comfort to me and protection against every evil.^{xxviii}

Yā hayyu yā qayyūm, bi-rahmatika
astaghīth
Aliddhu biyā dhal-jalāli wal-ikrām

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ
أَلْطُوْا بِيَا ذَا الْجَلَالِ وَالْإِكْرَامِ.

O Living, O Self-Sustaining Sustainer! In Your Mercy do I seek relief

Be blessed with Majesty and Honour ^{xxix}

O Allah, I ask You of Your mercy, that You guide by it my heart, and gather by it my affair, and bring together that which has been scattered of my affairs, and correct with it that which is hidden from me, and raise by it that which is apparent from me, and purify by it my actions, and inspire me by it with that which contains my guidance, and protect me by it from that which I seek protection, and protect me by it from every evil.

O Allah give me faith and certainty after which there is no disbelief, and mercy, by which I may attain the high level of Your generosity in the world and the Hereafter.

O Allah, I ask You for success (in that which You grant, and relief) in the Judgement, and the positions of the martyrs, and the provision of the successful, and aid against the enemies.

O Allah, I leave to You my need, and my actions are weak, I am in need of Your mercy, so I ask You, O Decider of the affairs, and O Healer of the chests, as You separate me from the punishment of the blazing flame, and from seeking destruction, and from the trial of the graves.

O Allah, whatever my opinion has fallen short of, and my intention has not reached it, and my request has not encompassed it, of good that You have promised to anyone from Your creation, or any good You are going to give to any of Your slaves, then indeed, I seek it from You and I ask You for it, by Your mercy, O Lord of the Worlds.

O Allah, Possessor of the strong rope, and the guided affair, I ask You for security on the Day of the Threat, and Paradise on the Day of Immortality along with the witnesses, brought-close, who bow and prostrate, who fulfil the covenants, You are Merciful, Loving, and indeed, You do what You wish.

O Allah, make us guided guiders and not misguided misguiders, an ally to Your friends, an enemy to Your enemies. We love due to Your love, those who love You, and hate, due to Your enmity those who oppose You.

O Allah, this is the supplication (that we are capable of), and it is upon You to respond, and this is the effort (that we are capable of), and upon You is the reliance.

O Allah, appoint a light in my heart for me, and a light in my grave, and light in front of me, and light behind me, and light on my right, and light on my left, and light above me, and light below me, and light in my hearing, and light in my vision, and light in my hair, and light in my skin, and light in my flesh, and light in my blood, and light in my bones.

O Allah, magnify for me light, and appoint for me a light. Glory is to the One who wears Glory and grants by it. Glory is to the One for Whom glorification is not fitting except for Him, the Possessor of Honour and Bounties, Glory is to the Possessor of Glory and Generosity, Glory is to the Possessor of Majesty and Honour. ^{xxx}

"اللَّهُمَّ إِنِّي أَسْأَلُكَ رَحْمَةً مِنْ عِنْدِكَ تَهْدِي بِهَا قَلْبِي، وَتَجْمَعُ بِهَا أَمْرِي، وَتَلُمُّ بِهَا شَعْنِي، وَتُصْلِحُ بِهَا غَائِبِي، وَتَرْفَعُ بِهَا شَاهِدِي، وَتُزَكِّي بِهَا عَمَلِي، وَتُلْهِمُنِي بِهَا رَشْدِي، وَتَرُدُّ بِهَا أَلْفَتِي، وَتَعْصِمُنِي بِهَا مِنْ كُلِّ سُوءٍ، اللَّهُمَّ أَعْطِنِي إِيمَانًا وَيَقِينًا لَيْسَ بَعْدَهُ كُفْرٌ، وَرَحْمَةً أَنَالُ بِهَا شَرَفَ كَرَامَتِكَ فِي الدُّنْيَا وَالْآخِرَةِ، اللَّهُمَّ إِنِّي أَسْأَلُكَ الْفَوْزَ فِي الْعَطَاءِ، وَيُرْوَى فِي الْقَضَاءِ، وَنُزُلَ الشُّهَدَاءِ، وَعَيْشَ السُّعَدَاءِ، وَالنَّصَرَ عَلَى الْأَعْدَاءِ، اللَّهُمَّ إِنِّي أَنْزِلْ بِكَ حَاجَتِي، وَإِنْ قَصُرَ رَأْيِي وَضَعُفَ عَمَلِي افْتَقَرْتُ إِلَى رَحْمَتِكَ، فَأَسْأَلُكَ يَا قَاضِيَ الْأُمُورِ، وَيَا شَافِيَ الصُّدُورِ ، كَمَا بُحِيرُ بَيْنَ الْبُحُورِ أَنْ يُجِيرَنِي مِنْ عَذَابِ السَّعِيرِ، وَمِنْ دَعْوَةِ الثُّبُورِ، وَمِنْ فِتْنَةِ الْقُبُورِ، اللَّهُمَّ مَا قَصُرَ عَنْهُ رَأْيِي، وَلَمْ تَبْلُغْهُ نَيْتِي، وَلَمْ تَبْلُغْهُ مَسْأَلَتِي مِنْ خَيْرٍ وَعَدْتَهُ أَحَدًا مِنْ خَلْقِكَ، أَوْ خَيْرٍ أَنْتَ مُعْطِيهِ أَحَدًا مِنْ عِبَادِكَ، فَإِنِّي أَرْغَبُ إِلَيْكَ فِيهِ، وَأَسْأَلُكَ بِرَحْمَتِكَ رَبِّ الْعَالَمِينَ، اللَّهُمَّ ذَا الْحَبْلِ الشَّدِيدِ، وَالْأَمْرِ الرَّشِيدِ، أَسْأَلُكَ الْأَمْنَ يَوْمَ الْوَعِيدِ، وَالْجَنَّةَ يَوْمَ الْخُلُودِ ، مَعَ الْمُقَرَّبِينَ الشُّهُودِ، الرَّكَعِ السُّجُودِ، الْمُوفِينَ بِالْعُهُودِ، إِنَّكَ رَحِيمٌ وَدُودٌ، وَأَنْتَ تَفْعَلُ مَا تُرِيدُ، اللَّهُمَّ اجْعَلْنَا هَادِينَ مُهْتَدِينَ، غَيْرَ ضَالِّينَ وَلَا مُضِلِّينَ، سَلْمًا لِأَوْلِيَائِكَ، وَعَدْوًا لِأَعْدَائِكَ، نُحِبُّ بِحُبِّكَ مَنْ أَحَبَّكَ، وَنُعَادِي بَعْدَاوَتِكَ مَنْ خَالَفَكَ، اللَّهُمَّ هَذَا الدُّعَاءُ وَعَلَيْكَ الْإِسْتِجَابَةُ، وَهَذَا الْجُهْدُ وَعَلَيْكَ التُّكْلَانُ، اللَّهُمَّ اجْعَلْ لِي نُورًا فِي قَبْرِي، وَنُورًا فِي قَلْبِي، وَنُورًا مِنْ بَيْنِ يَدَيَّ، وَنُورًا مِنْ خَلْفِي، وَنُورًا عَنْ يَمِينِي، وَنُورًا عَنْ شِمَالِي، وَنُورًا مِنْ فَوْقِي، وَنُورًا مِنْ تَحْتِي، وَنُورًا فِي سَمْعِي، وَنُورًا فِي بَصَرِي، وَنُورًا فِي شَعْرِي، وَنُورًا فِي بَشْرِي، وَنُورًا فِي لَحْمِي، وَنُورًا فِي دَمِي، وَنُورًا فِي عِظَامِي، اللَّهُمَّ أَعْظِمْ لِي نُورًا، وَأَعْطِنِي نُورًا ، وَاجْعَلْ لِي نُورًا، سُبْحَانَ الَّذِي تَعَطَّفَ الْعِزَّ وَقَالَ بِهِ، سُبْحَانَ الَّذِي لَيْسَ الْمَجْدُ وَتَكَرَّمَ بِهِ، سُبْحَانَ الَّذِي لَا يَنْبَغِي التَّسْبِيحُ إِلَّا لَهُ، سُبْحَانَ ذِي الْفَضْلِ وَالنِّعَمِ، سُبْحَانَ ذِي الْمَجْدِ وَالْكَرَمِ ، سُبْحَانَ ذِي الْجَلَالِ وَالْإِكْرَامِ " .الترمذي

References

Abu Hurairah (may Allah be pleased with him) narrated that the Messenger of Allah ﷺ said: 'Shaytaan ties three knots at the back of the head of any one of you when you go to sleep. On every knot he reads and exhales the following words, 'The night is long, so stay asleep.' [i.e. Do not wake up in time for Fajr prayer.] When one awakes and remembers Allah, one knot is undone; and when one does wudu, another knot is undone; and when one performs the prayer, the last knot is undone and one gets up energetic with a good heart in the morning; otherwise one gets up lazy and with a mischievous heart.' [Bukhari and Muslim]

ⁱ (2:255)

ⁱⁱ Shaddad bin Aws (may Allah be pleased with him) said:

The Prophet ﷺ said, 'The best supplication for seeking forgiveness (Sayyid ul Istighfar) is to say:

'Allahumma Anta Rabbi, la ilaha illa 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 'alayya, wa abu'u bidhanbi faghfir li, fa innahu la yaghfirudh-dhunuba illa Anta.

O Allah! You are my Rabb. There is no true god except You. You have created me, and I am Your servant, and I hold to Your Covenant as far as I can. I seek refuge in You from the evil of what I have done. I acknowledge the favours that You have bestowed upon me, and I confess my sins. Pardon me, for none but You has the power to pardon).

He who supplicates in these terms during the day with firm belief in it and dies on the same day (before the evening), he will be one of the dwellers of Jannah; and if anyone supplicates in these terms during the night with firm belief in it and dies before the morning, he will be one of the dwellers of Jannah. [Bukhari]

ⁱⁱⁱ Hudhayfah Radiyallahu 'Anhu said:

'When Rasulullah ﷺ lay down on bed, he recited: *Allahumma bismika a-mutu wa ahya.* 'O Allah! In Your name do I live and die'.

When he awakened, he recited this du'a: *Alhamdulillahil ladhi ahyana ba'da ma amatana wa-ilayhin nushur.* 'Praise be to Allah Who restored unto us life, having caused us to die and unto Him shall be the Resurrection'. [Bukhari]

^{iv} Bukhari

^v Abu Hurairah (may Allah be pleased with him) narrated that the Messenger of Allah ﷺ said: '*Shaytan ties three knots at the back of the head of any one of you when you go to sleep. On every knot he reads and exhales the following words, 'The night is long, so stay asleep.'* [i.e. Do not wake up in time for Fajr prayer.] *When one awakes and remembers Allah, one knot is undone; and when one does wudu, another knot is undone; and when one performs the prayer, the last knot is undone and one gets up energetic with a good heart in the morning; otherwise one gets up lazy and with a mischievous heart.'* [Bukhari and Muslim]

^{vi} Umm Salama (may Allah be pleased with her) said that the Messenger of Allah ﷺ after he finished saying his salam in Fajr prayer used to say:

Allahumma inni asaluka ilman nafian, wa rizqan tayyiban, wa amalan mutaqabalan

‘O Allah indeed I ask You for beneficial knowledge, and a good halal provision, and actions which are accepted’. (Ibn Majah and Nasaai)

vii Ibn Maja and Abu Dawood

viii (Abu Dawood)

ix (Abu Dawood)

x Muslim

xi Jabir (may Allah be pleased with him) reported that the Messenger of Allah (ﷺ) used to teach us the Istikharah (seeking guidance from Allah) in all matters as he would teach us a Surah of the Qur'an. He used to say: When one of you contemplates entering upon an enterprise, let him perform two Rak'ah of optional prayer other than Fard prayers and then supplicate:

‘Allahumma inni astakhiruka bi 'ilmika, wa astaqdiruka bi qudratika, wa as-'aluka min fadlikal-'azim. Fainnaka taqdiru wa la aqdiru, wa ta'lamu wa la a'lamu, wa Anta 'allamul- ghuyub. Allahumma in kunta ta'lamu anna hadhal-'amra (and name what you want to do) khairun li fi deeni wa ma'ashi wa 'aqibati amri, (or he said) 'ajili amri wa ajilihi, faqdurhu li wa yassirhu li, thumma barik li fihi. Wa in kunta ta'lamu anna hadhal 'amra (and name what you want to do) sharrun li fi deeni wa ma'ashi wa 'aqibati amri, (or he said) wa 'ajili amri wa ajilihi, fashrifhu 'anni, wasrifni 'anhu, waqdur liyal- khaira haithu kana, thumma ardini bihi.’

O Allah, I consult You through Your Knowledge, and I seek strength through Your Power, and ask of Your Great Bounty; for You are Capable whereas I am not and, You know and I do not, and You are the Knower of hidden things. O Allah, if You know that this matter (and name it) is good for me in respect of my Deen, my livelihood and the consequences of my affairs, (or he said), the sooner or the later of my affairs then ordain it for me, make it easy for me, and bless it for me. But if You know this matter (and name it) to be bad for my Deen, my livelihood or the consequences of my affairs, (or he said) the sooner or the later of my affairs then turn it away from me, and turn me away from it, and grant me power to do good whatever it may be, and cause me to be contented with it). And let the supplicant specify the object. [Bukhari]

xii Sa'd narrated that the Messenger of Allah (ﷺ) said:

From (the signs of) the son of Adam's prosperity, is his satisfaction with what Allah decreed for him, and from the son of Adam's misery is his avoiding to request guidance from Allah, and from the son of Adam's misery is his anger with what Allah decreed for him. (Tirmidhi)

xiii 25:74

xiv Anas bin Malik said:

Whenever a matter would distress the Prophet (ﷺ) he would say: ‘O Living, O Self-Sustaining Sustainer! In Your Mercy do I seek relief

(Yā Ḥayyu yā Qayyūm, bi-rahmatika astaghīth).’

And the Messenger of Allah ﷺ said: 'Be constant with: 'O Possessor of Majesty and Honour (Yā Dhal-Jalāli wal-Ikrām).' [Tirmidhi]

^{xv} . Ibn Hiban

^{xvi} Surat al Yasin is the heart of the Holy Quran because of its limitless blessings. 'Whosoever recites Surah Yasin in the early part of the day his needs will be fulfilled.' (Mishkaat). It has been said by Muslim scholars to recite Surah Yasin for all sort of needs including a marriage proposal.

^{xvii} Surat al Anbiya 21:89

^{xviii} Surat al Nuh 71:10-12

^{xix} Surat al Imran 3:38

^{xx} Narrated Abdullah ibn Mas'ud that the Messenger of Allah ﷺ used to teach us some words, but he did not teach them as he taught us the tashahhud: O Allah, join our hearts, mend our social relationship, guide us to the path of peace, bring us from darkness to light, save us from obscenities, outward or inward, and bless our ears, our eyes, our hearts, our wives, our children, and relent toward us; Thou art the Relenting, the Merciful. And make us grateful for Thy blessing and make us praise it while accepting it and give it to us in full. (Abu Dawoud)

^{xxi} It was reported from 'Abdullah ibn Mas'ood that the Prophet (peace be upon him) said:

'No person suffers any anxiety or grief, and says:

'O Allah, I am Your slave, son of Your slave, son of Your female slave, my forelock is in Your hand, Your command over me is forever executed and Your decree over me is just. I ask You by every Name belonging to You which You named Yourself with, or revealed in Your Book, or You taught to any of Your creation, or You have preserved in the knowledge of the unseen with You, that You make the Quran the life of my heart and the light of my breast, and a departure for my sorrow and a release for my anxiety'

but Allah will take away his sorrow and grief, and give him in their stead joy.' (Ahmad)

Ibn 'Abbas reported that the Messenger of Allah (peace be upon him) used to say, when he felt distressed or depression and worries:

'There is no god except Allah, the Almighty, the Forbearing; there is no god except Allah, the Lord of the Mighty Throne; there is no god except Allah, Lord of the heavens, Lord of the earth and Lord of the noble Throne.' (Bukhari and Muslim)

^{xxii} Ibn 'Abbas reported that the Messenger of Allah ﷺ used to say, when he felt distressed or depression and worries: 'There is no god except Allah, the Almighty, the Forbearing; there is no god except Allah, the Lord of the Mighty Throne; there is no god except Allah, Lord of the heavens, Lord of the earth and Lord of the noble Throne.' (Bukhari and Muslim)

^{xxiii} Sa'd reporter that the Messenger of Allah ﷺ said the supplication of Dhun-Nun (Prophet Yunus) when he supplicated, while in the belly of the whale was:

There is none worthy of worship except You, Glory to You, Indeed, I have been of the transgressors.

Lā ilāha illā anta subhānaka innī kuntu minaz-ẓālimīn

So indeed, no Muslim man supplicates with it for anything, ever, except Allah responds to him. (Tirmidhi)

^{xxiv} Asma' daughter of Umays narrated that the Messenger of Allah ﷺ said to her:

May I not teach you phrases which you utter in distress? (These are:) 'Allah, Allah is my Lord, I do not associate anything as partner with Him.' (Abu Dawud)

^{xxv} Abdullah ibn Abbas narrated that the Prophet ﷺ used to supplicate Allah: My Lord, help me and do not give help against me; grant me victory, and do not grant victory over me; plan on my behalf and do not plan against me; guide me, and made my right guidance easy for me; grant me victory over those who act wrongfully towards me; O Allah, make me grateful to Thee, mindful of Thee, full of fear towards Thee, devoted to Thy obedience, humble before Thee, or penitent. My Lord, accept my repentance, wash away my sin, answer my supplication, clearly establish my evidence, guide my heart, make true my tongue and draw out malice in my breast. (Abu Dawoud)

^{xxvi} The Messenger of Allah ﷺ said to Shaddad bin Aws: When you see people hoarding gold and silver, then you should treasure these words,

'O Allah, I ask you to grant me stability in my affairs and the determination to attain guidance, and I ask You to enable me to be grateful for Your favours, and to worship You in the best manner, and I ask You for a sound heart, and a truthful tongue, and I ask of You the best of what You know, and I seek refuge in You from the evil that You know of, and I ask Your forgiveness for what is within Your knowledge and You are the All Knowing of the Unseen.' (Ibn Hibban)

^{xxvii} Musnad Ahmad

^{xxviii} Abu Hurairah (may Allah be pleased with him) narrated that the Messenger of Allah ﷺ used to say, 'O Allah! Set right for me my religion, which is the safeguard of my affairs. And set right for me the affairs of the world wherein is my living. Decree the Hereafter to be good for me. And make this life, for me, (a source) of abundance for every good and make my death (a source) of comfort to me and protection against every evil'. (Muslim)

^{xxix} Anas bin Malik said:

Whenever a matter would distress the Prophet (ﷺ) he would say:

'O Living, O Self-Sustaining Sustainer! In Your Mercy do I seek relief.- •Yā Ḥayyu yā Qayyūm, bi-rahmatika astaghīth

And the Messenger of Allah ﷺ said: 'Be constant with: 'O Possessor of Majesty and Honour (Yā Dhal-Jalāli wal-Ikrām).' [Tirmidhi]

^{xxx} Tirmidhi