



1

## RECITE ONCE

## TRANSLATION AND REFERENCE

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ﴿٢﴾ الرَّحْمَنِ الرَّحِيمِ  
 ﴿٣﴾ مَالِكِ يَوْمِ الدِّينِ ﴿٤﴾ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ﴿٥﴾ اهْدِنَا الصِّرَاطَ  
 الْمُسْتَقِيمَ ﴿٦﴾ صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا  
 الضَّالِّينَ ﴿٧﴾

1:1 In the name of Allah, the Entirely Merciful, the Especially Merciful.

1:2 [All] praise is [due] to Allah, Lord of the worlds.

1:3 The Entirely Merciful, the Especially Merciful.

1:4 Sovereign of the Day of Recompense.

1:5 It is You we worship and You we ask for help.

1:6 Guide us to the straight path.

1:7 The path of those upon whom You have bestowed favour, not of those who have evoked [Your] anger or of those who are astray.

Also recommended for: All Shifa | Before sleeping | Ruquiya | Sick/Evil eye

Sura Al Fateha

2

## RECITE ONCE

## TRANSLATION AND REFERENCE

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
 ﴿١﴾ ذَٰلِكَ الْكِتَابُ لَا رَيْبَ فِيهِ هُدًى لِّلْمُتَّقِينَ ﴿٢﴾ الَّذِينَ يُؤْمِنُونَ  
 بِالْغَيْبِ وَيُقِيمُونَ الصَّلَاةَ وَمِمَّا رَزَقْنَاهُمْ يُنْفِقُونَ ﴿٣﴾ وَالَّذِينَ يُؤْمِنُونَ بِمَا  
 أَنْزَلْنَا إِلَيْكَ وَمَا أَنْزَلْنَا مِنْ قَبْلِكَ وَبِالْآخِرَةِ هُمْ يُوقِنُونَ ﴿٤﴾ أُولَٰئِكَ عَلَىٰ هُدًى  
 مِنْ رَبِّهِمْ وَأُولَٰئِكَ هُمُ الْمُفْلِحُونَ ﴿٥﴾

Bismillaahir Rahmaanir Raheem

2:1 Alif Laam Meem.

2:2 Zaalikal kitaabu-laa raiba : feeh : hudal-lil muttaqeen.

2:3 Allazeena yu'minoona bilghaibi wa yu'qee-moonas salata wa mim'maa razaqna'hum yun'fiqoon.

2:4 Wal'lazena yu'minoona bimaa un'zila ilaika wa-maa un'zila min qablika wa bil aa'khirati hum yu'qinoon.

2:5 Ulaa'ika aa'laa hudam-mir rabbihim; wa ulaa'ika humul muflihoon.

Also recommended for: Before sleeping | Ruquiya | Sick/Evil eye | Guarding empty home

Al Baqarah 2:1-5

3

## RECITE ONCE

## TRANSLATION AND REFERENCE

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
 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 مِنْ عِلْمِهِ إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَوَاتِ  
 وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ ﴿٢٥٥﴾

Bismillaahir Rahmaanir Raheem

2:255 Allah – there is no deity except Him, the Ever-Living, the Sustainer of [all] existence.

Neither drowsiness overtakes Him nor sleep. To Him belongs whatever is in the heavens and whatever is on the earth. Who is it that can intercede with Him except by His permission? He knows what is [presently] before them and what will be after them, and they encompass not a thing of His knowledge except for what He wills. His Kursi extends over the heavens and the earth, and their preservation tires Him not. And He is the Most High, the Most Great.

Also recommended for: Before sleeping | Ruquiya | Sick/Evil eye | Guarding empty home

Al Baqarah 2:255

لَا إِكْرَاهَ فِي الدِّينِ قَدْ تَبَيَّنَ الرُّشْدُ مِنَ الْغَيِّ فَمَنْ يَكْفُرْ بِالطَّاغُوتِ وَيُؤْمِنْ  
بِاللَّهِ فَقَدْ اسْتَمْسَكَ بِالْعُرْوَةِ الْوُثْقَىٰ لَا انفِصَامَ لَهَا وَاللَّهُ سَمِيعٌ عَلِيمٌ

2:256 There shall be no compulsion in [acceptance of] the religion. The right course has become clear from the wrong. So whoever disbelieves in Taghut and believes in Allah has grasped the most trustworthy handhold with no break in it. And Allah is Hearing and Knowing.

Also recommended for: Before sleeping | Ruquiya | Sick/Evil eye | Guarding empty home

Al Baqarah 2:256

اللَّهُ وَلِيُّ الَّذِينَ آمَنُوا يُخْرِجُهُم مِّنَ الظُّلُمَاتِ إِلَى النُّورِ وَالَّذِينَ كَفَرُوا أَوْلِيَاؤُهُمُ  
الطَّاغُوتُ يُخْرِجُوهُمْ مِّنَ النُّورِ إِلَى الظُّلُمَاتِ أُولَٰئِكَ أَصْحَابُ النَّارِ هُمْ فِيهَا  
خَالِدُونَ

2:257 Allah is the ally of those who believe. He brings them out from darknesses into the light. And those who disbelieve - their allies are Taghut. They take them out of the light into darknesses. Those are the companions of the Fire; they will abide eternally therein.

Also recommended for: Before sleeping | Ruquiya | Sick/Evil eye | Guarding empty home

Al Baqarah 2:257

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
لِلَّهِ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ وَإِن تُبَدُّوْا مَآ فِي أَنْفُسِكُمْ أَوْ تُخْفُوْهُ  
يُحَاسِبْكُمْ بِهِ اللَّهُ فَيَغْفِرْ لِمَن يَشَاءُ وَيُعَذِّبْ مَن يَشَاءُ وَاللَّهُ عَلَىٰ كُلِّ شَيْءٍ  
قَدِيرٌ

In the name of Allah, the Entirely Merciful, the Especially Merciful

2:284 To Allah belongs whatever is in the heavens and whatever is in the earth. Whether you show what is within yourselves or conceal it, Allah will bring you to account for it. Then He will forgive whom He wills and punish whom He wills, and Allah is over all things competent.

Also recommended for: Before sleeping | Ruquiya | Sick/Evil eye | Guarding empty home

Al Baqarah 2:284

ءَامَنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ ۚ وَالْمُؤْمِنُونَ كُلٌّ ءَامَنَ بِاللَّهِ وَمَلَكِهِ ۚ  
وَكُتُبِهِ ۚ وَرُسُلِهِ ۚ، لَا تَفَرِّقُ بَيْنَ أَحَدٍ مِّن رُّسُلِهِ ۚ وَقَالُوا سَمِعْنَا وَأَطَعْنَا  
غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ

2:285 The Messenger has believed in what was revealed to him from his Lord, and [so have] the believers. All of them have believed in Allah and His angels and His books and His messengers, [saying], We make no distinction between any of His messengers. And they say, We hear and we obey. [We seek] Your forgiveness, our Lord, and to You is the [final] destination.

Also recommended for: Before sleeping | Ruquiya | Sick/Evil eye | Guarding empty home

Al Baqarah 2:285

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ رَبَّنَا لَا  
تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إَصْرًا كَمَا حَمَلْتَهُ وَعَلَى  
الَّذِينَ مِنْ قَبْلِنَا رَبَّنَا وَلَا تَحْمِلْنَا مَا لَا طَاقَةَ لَنَا بِهِ ۗ وَاعْفُ عَنَّا وَاعْفِرْ لَنَا  
وَارْحَمْنَا أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ ﴿٢٨٦﴾

2:286 Allah does not charge a soul except [with that within] its capacity. It will have [the consequence of] what [good] it has gained, and it will bear [the consequence of] what [evil] it has earned. Our Lord, do not impose blame upon us if we have forgotten or erred. Our Lord, and lay not upon us a burden like that which You laid upon those before us. Our Lord, and burden us not with that which we have no ability to bear. And pardon us; and forgive us; and have mercy upon us. You are our protector, so give us victory over the disbelieving people.

Also recommended for: Before sleeping | Ruqiya | Sick/Evil eye | Guarding empty home

Al Baqarah 2:286

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
قُلْ هُوَ اللَّهُ أَحَدٌ ﴿١﴾ اللَّهُ الصَّمَدُ ﴿٢﴾ لَمْ يَلِدْ وَلَمْ يُولَدْ ﴿٣﴾ وَلَمْ يَكُنْ لَهُ  
كُفُوًا أَحَدٌ ﴿٤﴾

In the name of Allah, the Entirely Merciful, the Especially Merciful

112:1 Say, He is Allah, [who is] One.

112:2 Allah, the Eternal Refuge.

112:3 He neither begets nor is born.

112:4 Nor is there to Him any equivalent.

Also recommended for: Before sleeping | Ruqiya | Sick/Evil eye | Guarding empty home

Al-Ikhlās | Abu Dawood 2/86 | An Nasai 3/68  
| Al Albani | Sahih Timithi 2/8

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
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﴾

In the name of Allah, the Entirely Merciful, the Especially Merciful

113.1 Say, I seek refuge in the Lord of daybreak.

113.2 From the evil of that which He created.

113.3 And from the evil of darkness when it settles.

113.4 And from the evil of the blowers in knots.

113:5 And from the evil of an envier when he envies.

Also recommended for: Before sleeping | Ruqiya | Sick/Evil eye | Guarding empty home

Al-Falaq | Abu Dawood 2/86 | An Nasai 3/68  
| Al Albani | Sahih Timithi 2/8

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
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﴾

In the name of Allah, the Entirely Merciful, the Especially Merciful

114.1 Say, I seek refuge in the Lord of mankind.

114.2 He Sovereign of mankind.

114.3 The God of mankind.

114.4 From the evil of the retreating whisperer.

114.5 Who whispers [evil] into the breasts of mankind.

114.6 From among the jinn and mankind.

Also recommended for: Before sleeping | Ruqiya | Sick/Evil eye | Guarding empty home

Al-Naas | Abu Dawood 2/86 | An Nasai 3/68  
| Al Albani | Sahih Timithi 2/8

أَمْسَيْنَا وَأَمْسَى الْمَلِكُ لِلَّهِ، وَالْحَمْدُ لِلَّهِ، لَا إِلَهَ إِلَّا اللَّهُ، وَحُدَّهُ لَا شَرِيكَ لَهُ،  
 لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، يُحْيِي وَيُمِيتُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، رَبِّ  
 أَسْأَلُكَ خَيْرَ مَا فِي هَذِهِ اللَّيْلَةِ، وَخَيْرَ مَا بَعْدَهَا، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِي  
 هَذِهِ اللَّيْلَةِ، وَشَرِّ مَا بَعْدَهَا، رَبِّ أَعُوذُ بِكَ مِنَ الْكَسَلِ وَسُوءِ  
 الْكِبَرِ، رَبِّ أَعُوذُ بِكَ مِنْ عَذَابٍ فِي النَّارِ وَعَذَابٍ 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.

Also recommended for: Before sleeping | Ruquiya | Sick/Evil eye | Guarding empty home

Sahih Muslim 4/2088 and 2723 | At-Trimidhi 3390

أَمْسَيْنَا عَلَى فِطْرَةِ الْإِسْلَامِ، وَعَلَى كَلِمَةِ الْإِخْلَاصِ، وَعَلَى دِينِ نَبِيِّنَا  
 مُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ، وَعَلَى مِلَّةِ أَبِينَا إِبْرَاهِيمَ حَنِيفًا مُسْلِمًا،  
 وَمَا كَانَ مِنَ الْمُشْرِكِينَ

We have reached the evening upon the fitrah of Al-Islam, and the word of pure faith, and upon the religion of our Prophet Muhammad and the religion of our forefather Ibrahim, who was a Muslim and of true faith and was not of those who associate others with Allah.

Also recommended for: Dua anytime or in Tashahhud

Imam Ahmad 15367 | Sahih Al-Jami 4674

اللَّهُمَّ بِكَ أَمْسَيْنَا، وَبِكَ أَصْبَحْنَا، وَبِكَ نَحْيَا، وَبِكَ نَمُوتُ، وَإِلَيْكَ  
 الْمَصِيرُ

O Allah, by Your leave we have reached the evening and by Your leave we have reached the morning, by Your leave we live and die and unto You is our return.

Also recommended for: Dua anytime or in Tashahhud

Abu Dawood 5068 | At-Tirmidhi 3391 | Ibn Majah 3868

اللَّهُمَّ إِنِّي أَمْسَيْتُ مِنْكَ فِي نِعْمَةٍ وَعَافِيَةٍ وَسِتْرٍ، فَأْتَمَّ عَلَيَّ نِعْمَتُكَ، وَعَافِيَتُكَ،  
 وَسِتْرُكَ فِي الدُّنْيَا وَالْآخِرَةِ

O Allah, I have reached the evening with blessings, strength and concealment of my shortcomings, all of which are from You. So complete all the blessings and strength from You and the concealment for me in this life and the hereafter.

Also recommended for: Dua anytime or in Tashahhud

Kitab Al Azkar Al-Uthaymeen | Ibn Sonny

اللَّهُمَّ مَا أَمْسَى بِي مِنْ نِعْمَةٍ، أَوْ بِأَحَدٍ مِنْ خَلْقِكَ، فَمِنْكَ وَحْدَكَ لَا  
 شَرِيكَ لَكَ، فَلَكَ الْحَمْدُ وَلَكَ الشُّكْرُ

O Allah, what blessing I or any of Your creation have risen upon, is from You alone, without partner, so for You is all praise and unto You all thanks.

Also recommended for: Dua anytime or in Tashahhud

Abu Dawood 4/324

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## RECITE ONCE

TRANSLATION AND REFERENCE

يَا رَبِّ لَكَ الْحَمْدُ كَمَا يَنْبَغِي لِجَلَالِ وَجْهِكَ وَعَظِيمِ  
سُلْطَانِكَ

O my Lord, all praises be to You as it should be due to Your Might and the Greatness of Your Power.

Also recommended for: Dua anytime or in Tashahhud

Kitab Al Azkar AL-Uthaymeen | Itahzeeb Al-Kamali Lilmazi

18

## RECITE THREE TIMES

TRANSLATION AND REFERENCE

رَضِيتُ بِاللَّهِ رَبًّا، وَبِالإِسْلَامِ دِينًا، وَبِمُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ نَبِيًّا  
وَرَسُولًا

I have accepted Allah as my Lord; and Islam as my way of life; and Muhammad ﷺ As Allah's Prophet and the Messenger.

Also recommended for: Dua anytime or in Tashahhud

Abu Dawood 4/318

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## RECITE ONCE

TRANSLATION AND REFERENCE

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

O Allah, I ask You for pardon and well-being in this life and the next. O Allah, I ask You for pardon and well-being in my religious and worldly affairs, and my family and my wealth. O Allah, veil my weaknesses and set at ease my dismay, and preserve me from the front and from behind and on my right and on my left and from above, and I take refuge with You lest I be swallowed up by the earth.

Also recommended for: Dua anytime or in Tashahhud

Ibn Majah 2/323

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## RECITE THREE TIMES

TRANSLATION AND REFERENCE

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ، عَدَدَ خَلْقِهِ، وَرِضَانِ نَفْسِهِ، وَزِينَةِ عَرْشِهِ، وَمِدَادِ  
كَلِمَاتِهِ

How perfect Allah is; and I praise Him by the number of His creation and His pleasure, and by the weight of His throne, and the ink of His words.

Also recommended for: Dua anytime or in Tashahhud

Sahih Muslim 4/2090

21

## RECITE THREE TIMES

TRANSLATION AND REFERENCE

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

In the name of Allah with whose name nothing is harmed on earth nor in the heavens and He is The All-Seeing, The All-Knowing.

Also recommended for: Dua anytime or in Tashahhud

Abu Dawood 4/323 | At-Trimithi 5/465

22

## RECITE THREE TIMES

TRANSLATION AND REFERENCE

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ أَنْ أُشْرِكَ بِكَ شَيْئًا أَعْلَمُ، وَأَسْتَغْفِرُكَ لِمَا لَا  
أَعْلَمُ

O Allah, I take refuge in You lest I should commit shirk with You knowingly and I seek Your forgiveness for what I do unknowingly.

Also recommended for: Dua anytime or in Tashahhud

Kitab Al Azkar Al-Uthaymeen | Ahadith Mokhtara Limaqdesy

23

## RECITE THREE TIMES

TRANSLATION AND REFERENCE

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

I seek protection in the perfect words of Allah from every evil that He has created.

Also recommended for: Dua anytime or in Tashahhud

Imam Ahmed 2/290

24

## RECITE ONCE

TRANSLATION AND REFERENCE

اللَّهُمَّ عَالِمَ الْغَيْبِ وَالشَّهَادَةِ، فَاطِرَ السَّمَاوَاتِ وَالْأَرْضِ، رَبِّ كُلِّ شَيْءٍ  
وَمَلِيكَهُ، أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ، أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي، وَمِنْ شَرِّ  
الشَّيْطَانِ وَشَرِّكَه، وَأَنْ أَقْتَرِفَ عَلَى نَفْسِي سُوءًا أَوْ أَجْرَهُ إِلَى مُسْلِمٍ

O Allah, knower of the unseen and the seen, creator of the heavens and the earth, Lord and sovereign of all things, I bear witness that none has the right to be worshipped except You. I take refuge in You from the evil of my soul and from the evil and shirk of the devil, and from committing wrong against my soul or bringing such upon another Muslim.

Also recommended for: Dua anytime or in Tashahhud

At-Thirmidi 3/142

25

## RECITE ONCE

TRANSLATION AND REFERENCE

يَا حَيُّ يَا قَيُّوْمُ، بِرَحْمَتِكَ أَسْتَغِيْثُ، أَصْلِحْ لِي شَأْنِي كُلَّهُ، وَلَا تَكِلْنِي إِ  
لَى نَفْسِي طَرْفَةَ عَيْنٍ

O Ever Living, O self-subsisting and supporter of all, by Your mercy I seek assistance, rectify for me all of my affairs and do not leave me to myself, even for the blink of an eye.

Also recommended for: Dua anytime or in Tashahhud

Sahih Tergib Ue Terhib 1/273

26

## RECITE ONCE

TRANSLATION AND REFERENCE

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

O Allah, You are my Lord, none has the right to be worshipped except You, You created me and I am Your servant and I abide to Your covenant and promise as best I can, I take refuge in You from the evil of which I have committed. I acknowledge Your favour upon me and I acknowledge my sin, so forgive me, for verily none can forgive sin except You.

Also recommended for: Dua anytime or in Tashahhud

Al Bhukari 7/150

27

## RECITE FOUR TIMES

## TRANSLATION AND REFERENCE

اللَّهُمَّ إِنِّي أَمْسَيْتُ، أَشْهَدُكَ وَأُشْهَدُ حَمَلَةَ عَرْشِكَ، وَمَلَائِكَتَكَ، وَجَمِيعَ  
خَلْقِكَ، أَنْتَ اللَّهُ، لَا إِلَهَ إِلَّا أَنْتَ، وَحَدِّكَ لَا شَرِيكَ لَكَ، وَأَنْ مُحَمَّدًا  
عَبْدَكَ وَرَسُولَكَ

O Allah, verily I have reached the evening and call on You, the bearers of Your throne, Your angels, and all of Your creation to witness that You are Allah, none has the right to be worshiped except You, alone, without partner and that Muhammad ﷺ is Your servant and Messenger.

Also recommended for: Dua anytime or in Tashahhud

Abu Dawood 4/317

28

## RECITE THREE TIMES

## TRANSLATION AND REFERENCE

اللَّهُمَّ عَافِنِي فِي بَدَنِي، اللَّهُمَّ عَافِنِي فِي سَمْعِي، اللَّهُمَّ عَافِنِي فِي بَصَرِي،  
لَا إِلَهَ إِلَّا أَنْتَ، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ وَالْفَقْرِ، وَأَعُوذُ بِكَ مِنْ  
عَذَابِ الْقَبْرِ، لَا إِلَهَ إِلَّا أَنْتَ

O Allah, grant my body health, O Allah, grant my hearing health, O Allah, grant my sight health. None has the right to be worshipped except You, O Allah, I take refuge with You from disbelief and poverty, and I take refuge with You from the punishment of the grave. None has the right to be worshipped except You.

Also recommended for: Dua anytime or in Tashahhud

Abu Dawood 4/324

29

## RECITE SEVEN TIMES

## TRANSLATION AND REFERENCE

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

Allah is sufficient for me, none has the right to be worshipped except Him, upon Him I rely and He is Lord of the exalted throne.

Also recommended for: Dua anytime or in Tashahhud

Abu Dawood 4/321

30

## RECITE 100 TIMES

## TRANSLATION AND REFERENCE

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

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.

Also recommended for: Dhikr/Tasweeh all day

Sahih Muslim 4/2071

31

## RECITE 100 TIMES

## TRANSLATION AND REFERENCE

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ، سُبْحَانَ اللَّهِ الْعَظِيمِ

All Glory is to Allah and all praise to Him, glorified is Allah the Great.

Also recommended for: Dhikr | This should be implemented at all time to purify the Galb (Heart)

Al Bukhari 6405 | Sahih Muslim 4/2071