

المأثورات

# Al-Ma<sup>ʿ</sup>thurat

Revealed Prayers & Daily Supplications





# Al-Ma'thurat

Revealed Prayers & Daily Supplications

أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ

A'ūdhu bi Llāhi s-Samī'ī l-ʿAlīmī mina sh-shayṭāni r-rajīm

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

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

Bismi Llāhi r-Raḥmāni r-Raḥīm (1) al-ḥamdu li Llāhi Rabbi l-ʿālamīn  
(2) ar-Raḥmāni r-Raḥīm (3) Māliki yawmi d-dīn (4) iyyāka naʿbudu wa  
iyyāka nastaʿīn (5) ihdina ṣ-ṣirāṭa l-mustaqīm (6) ṣirāṭa l-ladhīna anʿamta  
ʿalayhim ḡhayri l-maghḍūbi ʿalayhim wa la ḍ-ḍāllīn (7)

(1) In the Name of Allah, Most Gracious, Most Merciful (2) Praise be to Allah,  
Lord of the Worlds, (3) Most Gracious, Most Merciful, (4) Master of the Day of  
Judgment; (5) Thee do we worship and Thine aid we seek. (6) Guide us to the  
straight path, (7) the path of those on whom Thou hast bestowed [Thy] favor, not  
of those who incur [Thy] wrath, nor of those who go astray.

(Sūrat al-Fātiḥa, 'The Opening,' 1:1-7)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الْم ﴿١﴾ ذَلِكَ الْكِتَابُ لَا رَيْبَ فِيهِ هُدًى لِّلْمُتَّقِينَ ﴿٢﴾ الَّذِينَ يُؤْمِنُونَ  
بِالْغَيْبِ وَيُقِيمُونَ الصَّلَاةَ وَمِمَّا رَزَقْنَاهُمْ يُنْفِقُونَ ﴿٣﴾ وَالَّذِينَ يُؤْمِنُونَ  
بِمَا أُنزِلَ إِلَيْكَ وَمَا أُنزِلَ مِن قَبْلِكَ وَبِالْآخِرَةِ هُمْ يُوقِنُونَ ﴿٤﴾ أُولَئِكَ عَلَى  
هُدًى مِّن رَّبِّهِمْ وَأُولَئِكَ هُمُ الْمُفْلِحُونَ ﴿٥﴾

Bismi Llāhi r-Raḥmāni r-Raḥīm

Alif. Lām. Mīm. (1) Dhālika l-kitābu lā rayba fihi hudal-li l-muttaqīn  
(2) al-ladhīna yu'minūna bi l-ghaybi wa yuqīmūna ṣ-ṣalāta wa mim mā  
razaqnāhum yunfiqūn (3) wa l-ladhīna yu'minūna bi mā unzila ilayka  
wa mā unzila min qablika wa bi l-ākhirati hum yūqinūn (4) ulā'ika 'alā  
hudam-mi'r-Rabbiḥim wa ulā'ika humu l-mufliḥūn (5)

In the Name of Allah, Most Gracious, Most Merciful

(1) Alif. Lām. Mīm. (2) That is the Book in which there is no doubt, [containing]  
guidance for the God-fearing, (3) Those who believe in the Unseen, establish the  
prayer, and spend out of what We have provided them, (4) and who believe in  
what is revealed unto thee [O Muḥammad] and what was revealed before thee,  
and of the Hereafter they are certain. (5) It is they that are on right guidance  
from their Lord, and it is they that shall prosper.

(Sūrat al-Baqara, 'The Cow,' 2:1-5)

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 ﴿٢٥٥﴾ لَا إِكْرَاهَ فِي  
الدِّينِ قَدْ تَبَيَّنَ الرُّشْدُ مِنَ الْغَيِّ فَمَنْ يَكْفُرْ بِالطَّاغُوتِ وَيُؤْمِنْ بِاللَّهِ  
فَقَدْ اسْتَمْسَكَ بِالْعُرْوَةِ الْوُثْقَى لَا انْفِصَامَ لَهَا وَاللَّهُ سَمِيعٌ عَلِيمٌ ﴿٢٥٦﴾  
اللَّهُ وَلِيُّ الَّذِينَ ءَامَنُوا يُخْرِجُهُم مِّنَ الظُّلُمَاتِ إِلَى النُّورِ وَالَّذِينَ كَفَرُوا  
أُولَئَاؤُهُمُ الطَّاغُوتُ يُخْرِجُونَهُم مِّنَ النُّورِ إِلَى الظُّلُمَاتِ أُولَئِكَ أَصْحَابُ

Allāhu lā ilāha illā Huwa l-Ḥayyu l-Qayyūm; lā ta'khudhuhū sinatun wa lā nawm; lahū mā fi s-samāwāti wa mā fi l-arḍ; man dha l-ladhī yashfa'u 'indahū illā bi idhnihi; ya'lamu mā bayna aydīhim wa mā khalfahum wa lā yuḥīṭūna bi shay'im-min 'ilmihī illā bi mā shā'; wasi'a kursiyyuhu s-samāwāti wa l-arḍ, wa lā ya'ūduhū ḥifdhuhumā wa Huwa l-ʿAliyyu l-ʿAdhīm (255) Lā ikrāha fi d-dīni qat-tabayyana r-rushdu mina l-ghayy; fa man yakfur bi ṭ-ṭaghūti wa yu'min bi Llāhi fa qad istamsaka bi l-ʿurwati l-wuthqā la'nfiṣāma lahā, wa Llāhu Samī'un ʿAlim (256) Allāhu waliyyu l-ladhīna āmanū yukhrijuhum mina dh-dhulumāti ila n-nūr, wa l-ladhīna kafarū awliyā'uhumu ṭ-ṭaghūtu yukhrijūnahum mina n-nūri ila dh-dhulumāt; ulā'ika aṣḥābu n-nāri hum fihā khālidūn (257)

(255) Allah! There is no god but He, the Living, the Self-Subsisting. Neither somnolence overtakes Him nor sleep. To Him belongs whatsoever is in the heavens and whatsoever is on the earth. Who is it that can intercede with Him but by His leave? He knows what is before them and what is behind them, and they encompass naught of His knowledge except for what He wills. His Throne extends over the heavens and the earth; their preservation tires Him not, and He is the Exalted, the Magnificent. (256) There is no compulsion in religion; the right course has become clear from the wrong. So whoever disavows false deities and believes in Allah has grasped the most trustworthy handhold, which never breaks; and Allah is the All-Hearing, All-Knowing. (257) Allah is the patron of those who believe; He brings them out of the darkness into the light. As for those who disbelieve, their patrons are the false deities, [who] bring them out of the light into the darkness. Those are the denizens of the Fire, abiding therein forever.

(Sūrat al-Baqara, 'The Cow,' 2:255-257)

لِلَّهِ مَا فِي السَّمٰوٰتِ وَمَا فِي الْاَرْضِ وَإِنْ تُبَدُّوا مَا فِي أَنْفُسِكُمْ أَوْ تُخَفَوْهُ يُحَاسِبْكُمْ بِهِ اللَّهُ فَيَغْفِرْ لِمَنْ يَشَاءُ وَيُعَذِّبْ مَنْ يَشَاءُ وَاللَّهُ عَلَى كُلِّ شَيْءٍ قَدِيرٌ ﴿٢٨٤﴾ ءَامَنَ الرَّسُولُ بِمَا أُنْزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ كُلٌّ ءَامَنَ بِاللَّهِ وَمَلٰئِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ لَا نُفَرِّقُ بَيْنَ أَحَدٍ مِنْ رُسُلِهِ 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 أَخْطَا رَبَّنَا  
وَلَا تَحْمِلْ عَلَيْنَا إَصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا رَبَّنَا وَلَا تَحْمِلْنَا مَا  
لَا طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا وَارْحَمْنَا أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ  
الْكَافِرِينَ ﴿٢٨٦﴾

Li Llāhi mā fi s-samāwāti wa mā fi l-arḍ, wa in tubdū mā fī anfusikum aw  
tukhfūhu yuḥāsibkum bihi Llāh; fa yaghfiru li man yashā'u wa yu'adhdhibu  
man yashā'u wa Llāhu 'alā kulli shay'in Qadīr (284) Āmana r-Rasūlu bi  
mā unzila ilayhi mi'r-Rabbiḥī wa l-mu'minūn; kullun āmana bi Llāhi wa  
malā'ikatihī wa kutubihī wa rusulih, lā nufarriqu bayna aḥādīm-mi'r-rusulih;  
wa qālū sami'nā wa aṭa'nā ghufrānaka Rabbanā wa ilayka l-maṣīr (285) Lā  
yukallifu Llāhu nafsān illā wus'ahā; lahā mā kasabat wa 'alayhā ma'ktasabat.  
Rabbanā lā tu'ākhidhnā in nasīnā aw akḥṭa'nā. Rabbanā wa lā taḥmil 'alaynā  
iṣran kamā ḥamaltahū 'ala l-ladhīna min qablinā. Rabbanā wa lā tuḥammilnā  
mā lā ṭāqata lanā bih. Wa 'fu 'annā wa'ghfir lanā wa'rḥamnā. Anta mawlānā  
fa'nṣurnā 'ala l-qawmi l-kāfirīn. (286)

(284) To Allah belongs whatsoever is in the heavens and whatsoever is on the  
earth. Whether ye reveal what is in your selves or conceal it, Allah shall bring  
you to account for it; then shall He forgive whom He will and punish whom He  
will, and Allah hath power over all things. (285) The Messenger believes in what  
was revealed to him from his Lord and (so also) the believers. Each believes  
in Allah, His angels, His Books, and His messengers, [saying]: “No distinction  
do we make between any of His messengers.” And they say, “We hear and we  
obey. [We seek] Thy forgiveness, our Lord, and to Thee is the final return.”  
(286) Allah charges no soul with greater than it can bear; it shall reap what it  
has earned and shall bear what [wrong] it has wrought. “Our Lord, take us not  
to task should we forget or err. Our Lord, lay not upon us a burden such as Thou  
laidest upon those before us. Our Lord, impose not upon us that which we have  
not the strength to bear. Pardon us, and forgive us, and have mercy on us. Thou  
art our Master, so grant us triumph over the disbelieving people.”

(Sūrat al-Baqara, 'The Cow,' 2:284-286)

**Repeat the Following Āyāt (verses) and Du‘ā’ (supplications) Three Times Each**

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

لَهُ كُفُوًا أَحَدٌ ﴿٤﴾

Bismi Llāhi r-Raḥmāni r-Raḥīm

Qul Huwa Llāhu Aḥad (1) Allāhu ṣ-Ṣamad (2) Lam yalid wa lam yūlad (3) Wa lam yakul-lahū kufuwan aḥad (4)

In the name of Allah, Most Gracious, Most Merciful

(1) Say: He is Allah, the One and Only (2) Allah, the Eternally Self-Sufficient, the Refuge; (3) He neither begat nor was He begotten, (4) and there is none like unto Him.

(Sūrat al-Ikhlāṣ, 'Purity of Faith,' 112:1-4)

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﴾

Bismi Llāhi r-Raḥmāni r-Raḥīm

Qul a'ūdhu bi Rabbi l-falaq (1) min sharri mā khalaq (2) wa min sharri ghāsiqin idhā waqab (3) wa min sharri n-naffāthāti fi l-'uqad (4) wa min sharri ḥāsadin idhā ḥasad (5)

In the Name of Allah, Most Gracious, Most Merciful

(1) Say: I seek refuge in the Lord of the daybreak (2) from the evil of that which He hath created, (3) and from the evil of darkness when it overspreads, (4) and from the evil of those that blow into knots, (5) and from the evil of the envious one as he practices envy.

(Sūrat al-Falaq, 'The Daybreak,' 113:1-5)

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 الْغِيَةِ وَالنَّاسِ ﴿٦﴾

Bismi Llāhi r-Raḥmāni r-Raḥīm

Qul a'ūdhu bi Rabbi n-nās (1) Maliki n-nās (2) Ilāhi n-nās (3) min sharri l-waswāsi l-khannās (4) al-ladhī yuwaswisu fī ṣudūri n-nās (5) mina l-jinnati wa n-nās (6)

In the Name of Allah, Most Gracious, Most Merciful

(1) Say: I seek refuge in the Lord of mankind, (2) the King of mankind, (3) the God of mankind (4) from the evil of the stealthy whisperer, (5) who whispers into the breasts of mankind, (6) from among jinn and mankind.

(Sūrat al-Nās, 'Mankind,' 114:1-6)

أَصْبَحْنَا وَأَصْبَحَ (أَمْسَيْنَا وَأَمْسَا) أَلْمُلْكُ لِلَّهِ وَالْحَمْدُ لِلَّهِ لَا شَرِيكَ لَهُ لَا إِلَهَ إِلَّا هُوَ وَإِلَيْهِ النُّشُورُ (الْمَصِيرُ)

Aṣḥaḥnā wa aṣḥaḥa (amsaynā wa amsā) l-mulku li Llāh, wa l-ḥamdu li Llāhi lā sharīka lah, lā ilāha illā Huwa wa ilayhi n-nushūr (al-maṣīr)

We have risen this morning (set this evening), and the dominion has risen this morning (evening), unto Allah. Praise be to Allah, no partner hath He. There is no god but He and unto Him is the Resurrection (the Ultimate Abode).

أَصْبَحْنَا (أَمْسَيْنَا) عَلَى فِطْرَةِ الْإِسْلَامِ وَعَلَى كَلِمَةِ الْإِخْلَاصِ وَعَلَى دِينِ نَبِيِّنَا مُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ وَعَلَى مِلَّةِ آبَائِنَا إِبْرَاهِيمَ حَنِيفًا وَمَا كَانَ مِنَ الْمُشْرِكِينَ

Aṣḥaḥnā (amsaynā) 'alā fiṭrati l-Islām, wa 'alā kalimati l-ikhhlās, wa 'alā dīni nabiyyinā Muḥammadin (ṣalla Llāhu 'alayhi wa sallam), wa 'alā millati abīnā Ibrāhīma ḥanīfan wa mā kāna mina l-mushrikīn

We have risen this morning (set this evening) on the innate disposition [fiṭra] of Islam, on the Word of Pure Faith [the shahāda], on the religion of our prophet Muḥammad, ṣalla Llāhu 'alayhi wa sallam, and on the confession of our



forefather Ibrāhīm – a pure monotheist – and he was not among the idolaters.

اللَّهُمَّ إِنِّي أَصْبَحْتُ (أَمْسَيْتُ) مِنْكَ فِي نِعْمَةٍ وَعَافِيَةٍ وَسِتْرٍ فَأَتِمَّ عَلَيَّ  
نِعْمَتَكَ وَعَافِيَتَكَ وَسِتْرَكَ فِي الدُّنْيَا وَالْآخِرَةِ

Allāhumma innī aṣbaḥtu (amsaytu) minka fī ni‘matin wa ‘āfiyatin wa sitr, fa  
atimma ‘alayya ni‘mataka wa ‘āfiyataka wa sitraka fī d-dunyā wa l-ākhirā

O Allah! I have risen this morning (evening) with blessings, wellbeing, and  
covering protection from Thee; so complete upon me Thy blessings, Thy  
(granting of) wellbeing, and Thy covering protection in this life and in the  
Hereafter.

اللَّهُمَّ مَا أَصْبَحَ (مَا أَمْسَى) بِي مِنْ نِعْمَةٍ أَوْ بِأَحَدٍ مِنْ خَلْقِكَ فَمِنْكَ وَحْدَكَ  
لَا شَرِيكَ لَكَ فَلكَ الْحَمْدُ وَلَكَ الشُّكْرُ

Allāhumma mā aṣbaḥa (mā amsā) bī min ni‘matin aw bi aḥadin min khalqika fa  
minka waḥdaka lā sharīka lak, fa laka l-ḥamdu wa laka sh-shukr

O Allah! On this morning (evening) whatsoever blessings are mine or belong  
to anyone of Thy creation are from Thee alone; no partner hast Thou. All praise  
and thanks are Thine.

يَا رَبِّ لَكَ الْحَمْدُ كَمَا يَنْبَغِي لِجَلَالِ وَجْهِكَ وَعَظِيمِ سُلْطَانِكَ

Yā Rabbi laka l-ḥamdu kamā yanbaghī li jalālī wajhika wa ‘adhīmi sulṭānik

O my Lord! Praise be to Thee as befits Thy majestic Countenance and Thy  
tremendous Sovereignty.

رَضِيتُ بِاللَّهِ رَبًّا وَبِالْإِسْلَامِ دِينًا وَبِمُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ نَبِيًّا وَرَسُولًا

Raḍītu bi Llāhi rabban, wa bi l-Islāmi dīnan, wa bi Muḥammadin ṣalla Llāhu ‘alayhi wa sallama nabiyyan wa rasūlā

I am pleased with Allah as [my] Lord, with Islam as [my] religion, and with Muḥammad, ṣalla Llāhu ‘alayhi wa sallam, as Prophet and Messenger.

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ عَدَدَ خَلْقِهِ وَرِضَا نَفْسِهِ وَزِنَةَ عَرْشِهِ وَمِدَادَ كَلِمَاتِهِ

Subḥāna Llāhi wa bi ḥamdih, ‘adada khalqihī wa riḍā nafsihī wa zinata ‘arshihī wa midāda kalimātih

Glory and praise be to Allah, [as great as] the number of His creatures, the extent of His satisfaction, the weight of His throne, and the ink [it would take to record] His Words.

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

Bismi Llāhi l-ladhī lā yaḍurru ma‘a smihī shay‘un fi l-arḍi wa lā fi s-samā‘i wa Huwa s-Samī‘u l-‘Alīm

In the Name of Allah, with Whose Name nothing on earth or in the heavens can harm; and He is the All-Hearing, All-Knowing.

اَللّٰهُمَّ اِنَّا نَعُوْذُ بِكَ مِنْ اَنْ نُشْرِكَ بِكَ شَيْئًا نَعْلَمُهُ وَنَسْتَغْفِرُكَ لِمَا لَا نَعْلَمُهُ

Allāhumma innā na‘ūdhu bika min an nushrika bika shay‘an na‘lamuhū wa

nastaghfiruka li mā lā na‘lamuh

O Allah! We seek refuge in Thee from associating with Thee anything we know, and we seek Thy forgiveness for that which we know not.

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

A‘ūdhu bi kalimāti Llāhi t-tāmmāti min sharri mā khalaq

I seek refuge in the perfect Words of Allah from the evil of that which He hath created.

اَللّٰهُمَّ اِنِّيْ اَعُوذُ بِكَ مِنْ اَلْهَمِّ وَاَلْحَزَنِ وَاَعُوذُ بِكَ مِنْ اَلْعَجْزِ وَاَلْكَسَلِ وَاَعُوذُ  
بِكَ مِنْ اَلْجُبْنِ وَاَلْبُخْلِ وَاَعُوذُ بِكَ مِنْ غَلَبَةِ الدَّيْنِ وَقَهْرِ الرِّجَالِ

Allāhumma innī a‘ūdhu bika mina l-hammi wa l-ḥazan, wa a‘ūdhu bika mina l-‘ajzi wa l-kasal, wa a‘ūdhu bika mina l-jubni wa l-bukhl, wa a‘ūdhu bika min ghalabati d-dayni wa qahri r-rijāl

O Allah! I seek refuge in Thee from worry and grief, I seek refuge in Thee from inability and sloth, I seek refuge in Thee from cowardice and stinginess, and I seek refuge in Thee from the burden of debt and the tyranny of men.

اَللّٰهُمَّ عَافِنِيْ فِيْ بَدَنِيْ، اَللّٰهُمَّ عَافِنِيْ فِيْ سَمْعِيْ، اَللّٰهُمَّ عَافِنِيْ فِيْ بَصَرِيْ

Allāhumma ‘āfinī fī badanī, Allāhumma ‘āfinī fī sam‘ī, Allāhumma ‘āfinī fī baṣarī

O Allah, grant me the health of my body. O Allah, grant me the health of my hearing. O Allah, grant me the health of my eyesight.

اَللّٰهُمَّ اِنِّیْ اَعُوْذُ بِكَ مِنْ الْکُفْرِ وَالْفَقْرِ، اَللّٰهُمَّ اِنِّیْ اَعُوْذُ بِكَ مِنْ عَذَابِ الْقَبْرِ،  
لَا اِلٰهَ اِلَّا اَنْتَ

Allāhumma innī a‘ūdhu bika mina l-kufri wa l-faqr, Allāhumma innī a‘ūdhu  
bika min ‘adhābi l-qabr, lā ilāha illā Ant

O Allah, I seek refuge in Thee from disbelief and poverty. O Allah, I seek refuge  
in Thee from the torment of the grave. There is no god but Thou.

اَللّٰهُمَّ اَنْتَ رَبِّیْ لَا اِلٰهَ اِلَّا اَنْتَ خَلَقْتَنِیْ وَاَنَا عَبْدُكَ وَاَنَا عَلٰی عَهْدِكَ وَوَعْدِكَ  
مَا اُسْتَطَعْتُ. اَعُوْذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ. اَبُوْءُ لَكَ بِنِعْمَتِكَ عَلَیَّ وَاَبُوْءُ  
بِدَنْبِیْ فَاعْفِرْ لِیْ فَاِنَّهُ لَا یَعْفِرُ الذُّنُوْبَ اِلَّا اَنْتَ

Allāhumma Anta Rabbī lā ilāha illā Anta khalaqtanī wa ana ‘abduka wa ana  
‘alā ‘ahdika wa wa’dika ma’sata‘t. A‘ūdhu bika min sharri mā ṣana’t. Abū’u  
laka bi ni‘matika ‘alayya wa abū’u bi dhanbī fa’ghfir lī fa innahū lā yaghfiru  
dh-dhunūba illā Ant

O Allah! Thou art my Lord; there is no god save Thee. Thou hast created me  
and I am Thy servant, and I keep my covenant with Thee and my pledge unto  
Thee as much as I have might. I seek refuge in Thee from the evil of what I have  
wrought. I acknowledge Thy blessings upon me and I admit my wrongdoing; so  
forgive me, for none forgiveth wrongdoings but Thou.

اَسْتَغْفِرُ اللهَ الَّذِي لَا اِلٰهَ اِلَّا هُوَ الْحَيُّ الْقَيُّوْمَ وَاَتُوْبُ اِلَيْهِ

Astaghfiru Llāha l-ladhī lā ilāha illā Huwa l-Ḥayya l-Qayyūma wa atūbu ilayh

I seek forgiveness from Allah, other than Whom there is no god, the Living, the  
Self-Sufficient, and I turn in repentance unto Him.

سُبْحَانَكَ اَللّٰهُمَّ وَبِحَمْدِكَ اَشْهَدُ اَنْ لَا اِلٰهَ اِلَّا اَنْتَ اَسْتَغْفِرُكَ وَاَتُوْبُ اِلَيْكَ

Subhānaka Llāhumma wa bi ḥamdik, ashhadu al-lā ilāha illā Anta astaghfiruka  
wa atūbu ilayk

Glory and praise be to Thee, Allah! I bear witness that there is no god but Thou.  
I seek Thy forgiveness and repent unto Thee.

### Read the Following Du‘ā’ (supplication) Once

اَللّٰهُمَّ صَلِّ عَلٰى سَيِّدِنَا مُحَمَّدٍ عَبْدِكَ وَرَسُوْلِكَ النَّبِيِّ الْاُمِّيِّ وَعَلٰى اٰلِهٖ  
وَصَحْبِهٖ وَسَلِّمْ تَسْلِيْمًا عَدَدَ مَا اَحَاطَ بِهٖ عِلْمُكَ وَخَطَّ بِهٖ قَلَمُكَ وَاَحْصَا  
كِتٰبُكَ وَاَرْضَ اَللّٰهُمَّ عَنْ سَادَاتِنَا اَبِيْ بَكْرٍ وَعُمَرُ وَعُثْمٰنُ وَعَلِيٌّ وَعَنْ  
الصَّحَابَةِ اَجْمَعِيْنَ وَعَنْ التَّابِعِيْنَ وَتَابِعِيْهِمْ بِاِحْسَانٍ اِلٰى يَوْمِ الدِّيْنِ  
سُبْحَانَ رَبِّكَ رَبِّ الْعِزَّةِ عَمَّا يَصِفُوْنَ ﴿١٨٠﴾ وَسَلَامٌ عَلٰى الْمُرْسَلِيْنَ  
﴿١٨١﴾ وَالْحَمْدُ لِلّٰهِ رَبِّ الْعٰلَمِيْنَ ﴿١٨٢﴾

Allāhumma ṣalli ‘alā sayyidinā Muḥammadin ‘abdika wa rasūlika n-nabiyyi  
l-ummiyyi wa ‘alā ālihī wa ṣaḥbiḥī wa sallim taslīman ‘adada mā aḥṭā biḥī  
‘ilmuk, wa khaṭṭa biḥī qalamuk, wa aḥṣāhu kitābuk, wa ‘rḍa Llāhumma ‘an  
sādātina Abī Bakrin wa ‘Umara wa ‘Uthmāna wa ‘Aliyy, wa ‘ani ṣ-ṣaḥābati  
ajma‘īn, wa ‘ani t-tābi‘īna wa tābi‘īhim bi iḥsānin ilā yawmi d-dīn. Subhāna  
Rabbika Rabbi l-‘Izzati ‘ammā yaṣifūn (180) wa salāmun ‘ala l-mursalīn (181)  
wa l-ḥamdu li Llāhi Rabbi l-‘ālamīn (182)

O Allah! Send blessings upon our master Muḥammad – Thy servant, Thy  
messenger, the unlettered Prophet – and upon his kin and his companions,  
and send him perfect salutations as great in number as what Thy knowledge  
encompasses, Thy pen has inscribed, and Thy Book enumerated. O Allah! Be  
pleased with our masters Abū Bakr, ‘Umar, ‘Uthmān, and ‘Alī, and with the  
Companions one and all, and with the Successors and those who followed after  
them, with benevolence [from Thee] till the Day of Judgment. (180) Glory be to  
thy Lord, the Lord of Honor and Might, above that which they ascribe [to Him],  
(181) and peace be upon the Messengers, (182) and praise be to Allah, Lord of  
(all) the Worlds!

(Sūrat al-Ṣāffāt, ‘Those Ranged in Ranks,’ 37:180-182)







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