

Suratul Mulk - (LXVII)

Hadrat Abu Hurairah (Radi Allaahu Ta'ala Anhu) narrated that the Messenger of ALLAAH said, "A Surah in the Holy QURAAN containing thirty Ayat intercepted for a man till his sins were forgiven. It was, **تَبَارَكَ الَّذِي بِيَدِهِ الْمُلْكُ** "Blessed is He in whose hand is the kingdom" (Suratul Mulk). [Mishkat]

Suratus Sajdah (Alif Laam Meem - Tanzil) (XXXII)

Hadrat Jabir (Radi Allaahu Ta'ala Anhu) narrated that It was the Prophet's custom not to go to sleep till he had recited **تَبَارَكَ الَّذِي بِيَدِهِ الْمُلْكُ** "Alif - Lam - Meem Tanzil and "Blessed is He in whose hand is the kingdom (Surahs XXXII) and LXVII] [Mishkat]

Suratul - Takasur (CII)

Hadrat Abdullah bin Umar (Radi Allaahu Ta'ala Anhu) narrated that the Messenger of ALLAAH said, "Can one of you not recite a thousand verses daily?" Then when he was asked who could recite a thousand verses daily he replied, "Can one of you not recite **أَلْهَكُمُ التَّكَاثُرُ** Al - Haku - Mut - (CII). [Mishkat]

Hadrat Abu Darda (Radi Allaahu Ta'ala Anhu) narrated ALLAAH's Messenger as saying. "Is any of you incapable of reciting a third of the Holy QURAAN in a night? On being asked how they could do so he replied. "Say he is ALLAAH one [Suratul - Ikhlas] is equivalent to a third of the Holy QURAAN". **قُلْ هُوَ اللَّهُ أَحَدٌ**. [Mishkat]

Hadrat Anas bin Malik (Radi Allaahu Ta'ala Anhu) narrated the Messenger of ALLAAH as saying, "If anyone who is about to sleep on his bed lies on the right side, then says **قُلْ هُوَ اللَّهُ أَحَدٌ** "Say, he is ALLAAH)

One a hundred times, the Lord will say to him on the day of resurrection My servant, enter paradise to your right." [Mishkat]

Mu'awizatan (Surah CXIII & CXIV)

Hadrat Uqba bin amir (Radi Allaahu Ta'ala Anhu) narrated that the Messenger of ALLAAH said, What wonderful ayat have been sent down tonight! The like of them has never been seen. They are قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ I seek refuge in the Lord of the dawn and قُلْ أَعُوذُ بِرَبِّ النَّاسِ say I seek refuge in the Lord of men. (Surah an - Nas and al-Falaq-CXIV-CXIII). [Mishkat]

Hadrat Aishah (Radi Allaahu Ta'ala Anha) narrated that every night when the Prophet (Sallallahu Alaihi Wa Sallam) went to his bed, he joined his hands and breathed into them, reciting into them.

قُلْ هُوَ اللَّهُ أَحَدٌ Say He is ALLAAH, one : (Suratul Ikhlas - CXII)

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ Say, I seek refuge in the Lord of the dawn:

(Suratul Falaq - CXIII) and قُلْ أَعُوذُ بِرَبِّ النَّاسِ Say, I seek refuge in the Lord of men CXIV). Then he would wipe as much of his body as he could with his hands, beginning with head, his face and the front of his body doing that three times,. [Mishkat]

Ayatul Kursi - Throne Verse

Hadrat Ubayy bin Ka'b (Radi Allaahu Ta'ala Anhu) narrated is have said: ALLAAH's Messenger asked, "Abul Munzir do you know which ayah of ALLAAH's book that you have is greatest?" I replied, "ALLAAH and His Messenger know best." He repeated his question and I said, اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ "ALLAAH, there is no god but He, the Living, the Eternal. There upon he struck me on the breast and said, "May knowlege be pleasant for you, Abul Munzir." [Mishkat]

THE LAST AYAT OF SURATUL - BAQARA

Hadrat Aifa Bin Abd al-Kilai (Radi Allaahu Ta'ala Anhu) narrated to have told of a man who asked ALLAAH's Messenger which Surah of the Holy QURAAN was greatest and was told that it is **قُلْ هُوَ اللَّهُ أَحَدٌ** (Say, He is ALLAAH, One. Suratul Ikhlas CXII). He asked which ayah of the Holy QURAAN was greatest and was told it is Ayatul Kursi Throne verse 255/II

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ

ALLAAH, there is no god but He, the Living, the Eternal." He asked ALLAAH's Messenger which ayah which would likely bring good to him and his people and he told, "The end of Suratul Baqra (ii) (ayat 285 and 286) for it is one of the treasures of ALLAAH's mercy from under His Throne which He gave to His people, and there is no good in this world and the next which it does not include." [Mishkat]

THE LAST AYAT OF SURAH ALE - IMRAN (III)

Hadrat Uthman bin Affan (Radi Allaahu Ta'ala Anhu) narrated that if any one recites the end of Ale-Imrân (III) on a night, the reward for a night spent, in Salaah will be recorded for him."

إِنَّ فِي خَلْقِ السَّنَاتِ سَ لَا تُخَلِّفُ الْمِيْعَادَ

(i.e. from ayat 190 to 194)

THE LAST THREE AYAT OF SURATUL - HASHAR (LIX)

Hadrat Ma'qil-bin Yasar (Radi Allaahu Ta'ala Anhu) narrated that the Prophet (Sallallahu Alaihi Wa Sallam) said, If any one says three times in the morning.

أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ
 هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ عِلْمُ 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 الْخَالِقُ الْبَارِئُ
 الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَى يُسَبِّحُ لَهُ مَا فِي السَّمَوَاتِ
 وَالْأَرْضِ وَهُوَ الْعَزِيزُ الْحَكِيمُ

I seek refuge in ALLAAH, the Hearer, and Knowner, from the accursed devil and recites three ayat (22, 23 and 24) at the end of Suratul Hasher (LIX) ALLAAH will put in charge of him seventy thousand angels who will invoke blessings on him till the evening, and if he dies that day, he will die as a martyr. If any one says them in the evening, he will be in that rank."

[Mishkat]

AN AYAH FROM SURATUL-TALAQ (LXV)

Hadrat Abu Zarr (Radi Allaahu Ta'ala Anhu) narrated that the Messenger of ALLAAH said; "I know of an ayah that if people act upon it, they will have all that they need and that ayah is:

وَمَنْ يَتَّقِ اللَّهَ يَجْعَلْ لَهُ مَخْرَجًا وَيَرْزُقْهُ مِنْ
 حَيْثُ لَا يَحْتَسِبُ (سوره طلاق)

'And whosoever keepth his duty to Allâh, Allâh will appoint a way out for him, and will provide for him from (a quarter) where he hath no expectation.

[LXV - 2 and 3] [Mishkat]

DUA - (SUPPLICATION)

Hadrat Abu Hurairah (Radi Allaahu Ta'ala Anhu) narrated that the Messenger of ALLAAH said that ALLAAH says, "I am present when my servant thinks

of me and I am with him when he remembers me.
[Mishkat]

Hadrat An-Numan bin Bashir (Radi Allaahu Ta'ala Anhu) reported ALLAAH's Messenger as saying, "supplication is worship." He then recited.

وَقَالَ رَبِّكُمْ ادْعُونِي أَسْتَجِبْ لَكُمْ

And your Lord said, "If you call on me, I will answer you. (40/60) [Mishkat]

THE MANNER OF DU'A (SUPPLICATION)

Hadrat Ibn Abbas (Radi Allaahu Ta'ala Anhu) narrated that the Messenger of ALLAAH said, When you make request of ALLAAH, do so with the palms of your hands not the backs upward, and when you have finished, wipe you faces with them. [Mishkat]

Hadrat Ubayy bin Kab (Radi Allaahu Ta'ala Anhu) narrated to have said that when ALLAAH's Messenger mentioned is any one for whom he made supplication, he began with him self. [Mishkat]

Hadrat Fudala bin 'Ubaid (Radi Allaahu Ta'ala Anhu) is narrated that while ALLAAH's Messenger was sitting, a man entered and prayed, saying, "O ALLAAH, forgive me and show mercy to me." ALLAAH's Messenger said you who are praying are in a hurry. When you sit, you should worthily extol ALLAAH's praises, invoke a blessing on me, and then make your supplication." [Mishkat]

RAISING HANDS IN DU'A (SUPPLICATION)

Hadrat Ikrima (Radi Allaahu Ta'ala Anhu) narrated that he heard Hadrat Aishah (Radi Allaahu Ta'ala Anha) as saying that she saw that the Messenger of ALLAAH used to raise his hands in supplication and said, (O ALLAAH) I am a human being. Do not

call me to account; If I have harassed any believer or spoken ill of him, then do not call me to account for it also." [Al-Adabul Mufrid]

AAMEEN

Hadrat Abu Zubair an-Numair (Radi Allaahu Ta'ala Anhu) narrated; "One night we went out with ALLAAH's Messenger and came upon a man who was making supplication with persistence and humility. The Messenger of ALLAAH paused for a while and lent his ears to his presistant supplication and humility. Then he told us, "He will have done somethings which guarantees (Paradise for him) if he puts a seal to it." One of us asked what he should use for a seal, and he replied, Aameen. (i.e. at the end of the prayer Aameen should be said). [Abu Dawud]

DU'A (SUPPLICATION) FOR WELL - BEING (A'AFIAT)

Hadrat Ibn Umar (Radi Allaahu Ta'ala Anhu) narrated ALLAAH's Messenger was saying, "If the gate of supplication is opened for any one of you, the gates of mercy will be opened for him, and ALLAAH is not asked for any thing He likes so much as to be asked for Well - Being." [Tirmizi - Hisn -i- Hasin]

DU'A (SUPPLICATION) TO PUT OFF EVIL

Hadrat Ibn 'Umar (Radi Allaahu Ta'ala Anhu) narrated ALLAAH's Messenger as saying, supplication is beneficial regarding things which have happened and things which have not happened, so devote yourselves to supplication, servants of ALLAAH.

[Mishkat]

Hadrat Salman al-Farsee (Radi Allaahu Ta'ala Anhu) narrated ALLAAH's Messenger narrated "Nothing but supplication averts the decree, and nothings but righteousness increases life." [Mishkat]

DU'A (SUPPLICATION WITH CONFIDENCE)

Hadrat Abu Hurairah (Radi Allaahu Ta'ala Anhu) narrated that the Prophet (Sallallahu Alaihi Wa Sallam) narrated, "When you make a supplication to ALLAAH make it with confidence that he will answer you. And remember that ALLAAH will not answer the supplication of one whose mind (at the time of Salaah) is occupied elsewhere and is heedless of ALLAAH." [Tirmizi]

HASTAINESS IN DU'A (SUPPLICATION)

Hadrat Abu Hurairah (Radi Allaahu Ta'ala Anhu) narrated that the Prophet (Sallallahu Alaihi Wa Sallam) narrated: A servant is granted an answer provided he does not ask for anything sinful or for breaking ties of relationship, and provided he does not demand an answer quickly." On being asked what demanding an answer quickly meant, ALLAAH's Messenger replied, "It is when he says he has prayed and prayed and does not think he will be answered so he grows weary in such circumstances and gives up supplication. [Mishkat]

POSITIVENESS IN DU'A (SUPPLICATION)

Hadrat Abu Hurairah (Radi Allaahu Ta'ala Anhu), narrated that the Prophet (Sallallahu Alaihi Wa Sallam) narrated, "When one of you makes a supplication, he must not say, "O ALLAAH, forgive me if Thou wilt, show mercy to me if Thou wilt, but must not make his request definite, for He does what He wills and there is no one to impose compulsion on him. [Bukhari]

DU'A (SUPPLICATION) FOR DEATH FORBIDDEN

Hadrat Anas (Radi Allaahu Ta'ala Anhu) narrated that the Prophet (Sallallahu Alaihi Wa Sallam) said, "Do not wish for death and do not ask for it in supplication. If one of you is alosolutely hard put to it then he should

pray "O ALLAAH! grant me life as long as thou knowest life to be best for me, and take me when Thou knowest death to be best for me."

[Sunan Nasa - Marif -ul- Hadis]

DU'A (SUPPLICATION) IN SAJDHAH

The Prophet (Sallallahu Alaihi Wa Sallam) is reported to have said, While in Sajdah, a servant of ALLAAH is nearest to him. So make persistent supplications during sajdah."

THANKS GIVING ON A DUA BEING ANSWERED

It appears in a tradition that the Prophet (Sallallahu Alaihi Wa Sallam) said, what prevents one from saying:

الْحَمْدُ لِلَّهِ الَّذِي بَعَثَ يَوْمَ كَذَا عَبْدًا لَهُ تَتَبَعَ الصَّالِحَاتُ

Praise be to ALLAAH that good works have ended by His power and glory.

When he finds that his supplications has been answered, e.g., when one has been cured of his illness, or has come back safe and sound from his journey. [Hisn-i-Haseen-Hakim]

AD'IYAH (SUPPLICATION)

The Prophet (Sallallahu Alaihi Wa Sallam) has said. There is no supplication of a believer about which ALLAAH does not indicate whether he has accepted it in this world or whether he has kept it over for the next. At that stage, the believing servant of ALLAAH would wish how nice it would have been if none of his supplications had received an answer in this world. As such a believing servant of ALLAAH ought to keep on making supplications in all circumstances.

[Hakim]

The Prophet (Sallallahu Alaihi Wa Sallam) narrated: There are two things that are never rejected by

ALLAAH: one is a supplication made at the time of a call of Salaah (azan) and the other a du'a made at the time of Jihad (forming battle aways). [Abu Dawud]

The Prophet (Sallallahu Alaihi Wa Sallam) said: A du'a made between Azan (call to Salaah) and Iqamah is never refused. The Companions asked, What should we pray for in this interval? The Prophet (Sallallahu Alaihi Wa Sallam) replied:

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ

“O ALLAAH, I ask Thy forgiveness and Thy comfort in this world and in the Hereafter.”

Hadrat Abu Hurairah (Radi Allaahu Ta'ala Anhu) narrated that the Prophet (Sallallahu Alaihi Wa Sallam) said: There are three supplications in particular that are undoubtedly answered:

- (1) The du'a made by parents for their children.
- (2) The du'a made by a traveller and a stranger, and.
- (3) The du'a made by one who has been wronged.

[Tarmizi, Marif -ul- Hadis]

Hadrat Abdullah Ibn-Abbas (Radi Allaahu Ta'ala Anhu) narrated that the Prophet (Sallallahu Alaihi Wa Sallam) said: Five supplications receive an answer: (1) that of one who is wronged till help comes, (2) that of a pilgrim till he returns home, (3) that of one engaged in jihad till he stops, (4) that of a sick person till he recovers, and (5) that of some one for an absent brother. Then he added, “The one of those which gets the quickest answer is that for an absent brother.”

[Mishkat]

DU'A (SUPPLICATION) FOR AN ABSENT BROTHER

Hadrat Abu Darda (Radi Allaahu Ta'ala Anhu) narrated ALLAAH's Messenger as saying, A Muslim's supplication

for an absent brother receives an answer. An angel is stationed at his head and as often as he makes supplication that this brother may be given what is good the angel who is put in charge of him says ameen and may you receive the like." [Muslim, Mishkat]

DU'A (SUPPLICATION) FOR ELDERS

Hadrat Umar bin al-Khattab (Radi Allaahu Ta'ala Anhu) narrated: I asked the Prophets permission for an Umrah and he gave me the permission, saying, include me in your supplication, dear brother and do not forget me. Hazrat Umer said that the Prophet said the words "dear brother in such a tone that I am not willing to take the world in exchange." [Mishkat]

A FEW ADIYAH (SUPPLICATIONS) OF THE PROPHET (SALALAHU ALAIHI WASALLAM)

In the Sahih Muslim, it has been narrated on the authority of Hadrat Abu Said, al-Khidri (Radi Allaahu Ta'ala Anhu) that Jibraeel عليه السلام visited the Prophet (Sallallahu Alaihi Wa Sallam) one day and asked; "O Mohammad, are you having any pain? The Prophet replied in the affirmative. Thereupon Hadrat Jibraeel عليه السلام blew on him the following incantation:

بِسْمِ اللَّهِ أَرْقِيكَ مِنْ كُلِّ دَاءٍ يُؤْذِيكَ مِنْ شَرِّ كُلِّ
نَفْسٍ أَوْ عَيْنٍ حَاسِدٍ اللَّهُ يَشْفِيكَ بِاسْمِ اللَّهِ أَرْقِيكَ

I blow on thee in the name of ALLAAH against every ailment that afflicts thee against the evil of every one and every jealous eye. May Allah cure thee. I blow on thee in the name of ALLAAH. [Zadul Ma'ad]

VARIOUS AD'IYAH (SUPPLICATION)

Hadrat Abu Hurairah (Radi Allaahu Ta'ala Anhu) has narrated that when the Prophet was grief stricken, he would raise his head towards the sky and say: سُبْحَانَ اللَّهِ الْعَظِيمِ Glory be to

my lord the exalted, and after praying persistently would say: يَا حَيُّ يَا قَيُّوْمُ O Living , O Ever Existing.

[Zadul Ma'ad]

Hadrat Anas (Radi Allaahu Ta'ala Anhu) narrated that whenever the Prophet (Sallallahu Alaihi Wa Sallam) had any anxiety, his prayer used to be:

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ

O Living, O ever existing, I seek Thy assistance

[Zadul - Ma'ad]

The Prophet used to tell (others) to stick to:

الزُّمُوْا بِاِذَا الْجَلَالِ وَالْاِكْرَامِ

O Lord of Majesty and Glory) (i.e. use this phrase to make plaint to ALLAAH and pray for His help.[Tirmizi]

Hadrat Ali (Radi Allaahu Ta'ala Anhu) narrated: When fighting the unbelievers in the Battle of Badr I came to the Prophet (Sallallahu Alaihi Wa Sallam), I saw him in the state of Sajdah repeating:

O Ever living one Ever Existing One; I went away and became busy in fighting. Later when I happened to come to him again, I found him still in sajdah repeating "O Ever living one Ever Existing One". till ALLAAH gave him the good tidings of victory.

[Nasai, Hakim, Hisn -e- Haseen]

Whenever the Prophet (Sallallahu Alaihi Wa Sallam) was in extreme anxiety about anything he would spread his shroud on the ground, stand on it and raise his hands in supplication to such an extent that the whiteness under his armpits was visible. When he finished his dua, he wiped his face with his hands. He would repeat the words of du'a and istighfar (supplication for pardon) three times.

He would never use rhyme or, cadence in du'a for

he considered their use as improper (on such occasions). Whenever he rose to leave a gathering, He would say:

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ أَشْهَدُ أَنْ لَا
إِلَهَ إِلَّا أَنْتَ أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ

Glory be to Thee and so be Praise, O ALLAAH, I bear witness that there is no ALLAAH save Thee and I seek Thy pardon, and turn to Thee.

- Whenever the Prophet (Sallallahu Alaihi Wa Sallam) was happy about some thing he would say:

الْحَمْدُ لِلَّهِ الَّذِي بِنِعْمَتِهِ تَتِمُّ الصَّالِحَاتُ

Praise be to ALLAAH by whose Grace good things 'reach their zenith.

- Whenever he was in disgust about anything he would say:

الْحَمْدُ لِلَّهِ عَلَى كُلِّ حَالٍ

Praise be to ALLAAH in all circumstances.

- When he took any one's hand in his own hand while walking, he would say before separating:

اللَّهُمَّ رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ
حَسَنَةً وَقِنَا عَذَابَ النَّارِ

O ALLAAH, our Lord give us good in this world and the Hereafter and guard us from the fire.

- On repaying somebody's debt he would say:

بَارَكَ اللَّهُ فِي أَهْلِكَ وَمَالِكَ، إِنَّمَا جَزَاءُ السَّلْفِ
الْحَمْدُ وَالْأَدَاءُ ط

'May ALLAAH bless thee and thy family and thy belongings. The Best reward for a debt is appreciation and repayment in time.

- When anyone visited him wearing clothes, he would appreciate it saying

حَسَنَةٌ حَسَنَةٌ

Very nice, very nice, and then say: **أَبِلْ وَأَخْلِقْ**
Wear it out, wear it out

When anybody brought to him as a present any fruit in the beginning of its season, he would touch it first with his eyes and then his lips and say:

اللَّهُمَّ كَمَا أَرَيْتَنَا أَوَّلَهُ فَارِنَا آخِرَهُ

O ALLAAH show us the end of it as Thou has shown us its beginning. Then he would give it to the children who were about him at that time. [Ibn as-Sunni]

When bidding farewell to the army he would say:

أَسْتَوْدِعُ اللَّهَ دِينَكُمْ وَأَمَانَتَكُمْ وَعَوَائِمَ أَعْمَالِكُمْ (ابو داود)

I entrust to ALLAAH your religion and things of which you are guardians and your deeds.

Whenever he put on new clothes he would say:

الْحَمْدُ لِلَّهِ الَّذِي كَسَانَا هَذَا

Praise be to ALLAAH who has given us this to wear or any other phrase and say two rak'ahs in thanks giving He would give away the old clothes to any destitute person. [Ibn - Asakar]

Whenever he was at home with some body in his home he would pray for the host in the following words:

اللَّهُمَّ بَارِكْ لَهُمْ فِي مَارَزَقْتَهُمْ
وَاعْفِرْ لَهُمْ وَارْحَمْهُمْ

"O ALLAAH! Bless them in what Thou has provided them and forgive them and have mercy on them. (Muslim) Whenever he intended to leave a meeting where he had some discussion, he would say istighfar ten to fifteen times. [Ibn-as-sunni]

According to one version this istighfar was:

أَسْتَغْفِرُ اللَّهَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ وَأَتُوبُ إِلَيْهِ

I seek forgiveness of ALLAAH, other than whom there is no ALLAAH, who is Alive, Ever - Existing and I turn towards Him.

Whenever he was in distress, he used to offer prayers. This action brings about visible and invisible benefits, both worldly and heavenly and the anxiety is relieved.

[Abu Dawud]

Whenever he visited a sick person he would say:

لَا بَأْسَ طَهُورٌ إِنْ شَاءَ اللَّهُ تَعَالَى

"Do not be afraid. If ALLAAH pleases, this would be an atonement for the sins." [Tirmizi, Maariful QURAAAN]

A FEW ADI'YA (SUPPLICATIONS) TAUGHT BY THE PROPHET (SALLALLAHU ALAIHI WA SALLAM) DU'A (SUPPLICATION) AT DAWN

Hadrat Abu Hurairah (Radi Allaahu Ta'ala Anhu) narrated that every night when one third of it remains, ALLAAH descends, the lowest heavens and says: I will answer anyone who calls me: I will bestow unto anyone who asks me: I will pardon anyone who seeks my pardon and forgiveness. [Al-Adabul Mufid]

Hadrat Abu Hurairah (Radi Allaahu Ta'ala Anhu) narrated that the Prophet (Sallallahu Alaihi Wa Sallam) said, "Religion is simple but if anyone tries to excel in it by sheer rigidity (and over activity) it will repel him. So be straightforward, remain close to it and bear tidings. Utilize a part of the morning and evening as also the later part of the night. [Zikrullah]

Hadrat Abu Hurairah (Radi Allaahu Ta'ala Anhu) narrated ALLAAH's messenger as saying that if anyone sits in an assembly where much time was spent in useless and sinful talks and says before getting up to leave.

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا
أَنْتَ أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ (زاد المعاد)

Glory be to thee, O ALLAAH and I begin with praise of Thee, I testify that there is no God but Thou; I ask Thy pardon and turn to Thee in repentance, he will be forgiven for what took place in that assembly where he was. [Tirmizi-Ma'riful Hadis]

Hadrat Abu Sa'id al-Khudri (Radi Allaahu Ta'ala Anhu) narrated ALLAAH's messenger as saying that if anyone says three times while going to bed.

أَسْتَغْفِرُ اللَّهَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ وَأَتُوبُ إِلَيْهِ

(I ask the forgiveness of ALLAAH other than whom there is no God the living, the Eternal and I turn in repentance to Him) ALLAAH will forgive him his sins even if they are like the foam of the sea or in number like the sand that is accumulated, or as many as the leaves of the trees, or as numerous as the days of this world. [Tirmizi-Ma'riful Hadis]

DU'A (SUPPLICATION) FOR SLEEPLESSNESS

Hadrat Buraidah (Radi Allaahu Ta'ala Anhu) narrated that (Hadrat) Khalid bin Al-Walid complained to ALLAAH's messenger that he was afflicted by sleeplessness at night, and ALLAAH's Prophet told him to say when he went to his bed:

اللَّهُمَّ رَبِّ السَّمَوَاتِ السَّبْعِ وَمَا أَظَلَّتْ وَرَبِّ الْأَرْضِينَ
وَمَا أَقْلَّتْ وَرَبِّ الشَّيَاطِينِ وَمَا أَضَلَّتْ كُنْ لِي
جَارًا مِنْ شَرِّ خَلْقِكَ كُلِّهِمْ جَمِيعًا أَنْ يَفْرُطَ
عَلَيَّ أَحَدٌ عَزَّ جَارُكَ وَجَلَّ شَأْنُكَ وَلَا إِلَهَ
غَيْرُكَ لَا إِلَهَ إِلَّا أَنْتَ

(O ALLAAH! Lord of the seven heavens and what they overshadow, Lord of the earth and what they carry, Lord of the devils and what they lead astray,

be a Protector to me from the evil of Thy entire creation least any of them should do evil or act wrongfully to me. Strong is Thy Protection and Glorious is Thy Praise. 'There is no god other than Thee. (There is no god but Thee)'. [Tirmizi]

DU'A (SUPPLICATION) IN ANXIETY

Hadrat Ibn Mas'ud (Radi Allaahu Ta'ala Anhu) narrated ALLAAH's messenger as saying that if anyone is afflicted by much care he should say:

اللَّهُمَّ إِنِّي عَبْدُكَ وَإِبْنُ عَبْدِكَ وَإِبْنُ أَمَتِكَ وَفِي
قَبْضَتِكَ نَاصِيَتِي بِيَدِكَ مَا فِي فِي حَكْمِكَ عَدْلٌ
فِي قَضَائِكَ أَسْأَلُكَ بِكُلِّ اسْمٍ هُوَ لَكَ سَمَّيْتَ بِهِ
نَفْسَكَ أَوْ أَنْزَلْتَهُ فِي كِتَابِكَ أَوْ اسْتَأْثَرْتَ بِهِ فِي
مَكْنُونِ الْعَيْبِ عِنْدَكَ أَنْ تَجْعَلَ الْقُرْآنَ الْعَظِيمَ
رَبِيعَ قَلْبِي وَجِلَاءَ هَمِّ وَعَيْ

O ALLAAH! I am Thy servant, the son of Thy servant, the son of Thy handmaid and am at Thy disposal; my forelock is in Thy hand: Thy Judgement is effective regarding me; just concerning me is Thy decree: I ask Thee by every name Thou hast revealed in thy Book, or Thou hast taught any of Thy creatures, or kept to thy self in the invisible place of the unseen, to make the Holy QURAAN the spring of my heart and the means of clearing away my care and grief. He declared that no one had ever said it without ALLAAH removing his grief and giving him joy instead of it. [Mishkat]

DU'A (SUPPLICATION) FOR CARES AND DEBTS

Hadrat Abu Sa'id-Al-Khudri (Radi Allaahu Ta'ala Anhu) narrated that one day, the Prophet (Sallallaahu Alaihi Wa Sallam) came to the mosque and saw Abu Umama, one of the Ansars sitting there. The Prophet asked Abu Umama as to why was he sitting in the mosque at that time. Abu Umama replied that he was entangled in cares and doubts. He replied, "Shall I not teach

you the words, by which when you say them, ALLAAH will remove your cares and settle your debt? Abu Umama expressed a desire to hear them and he told him to say morning and evening:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْعَسَمِ وَالْحُزَنِ وَأَعُوذُ بِكَ
مِنَ الْعَبْزِ وَالْكَسَلِ وَأَعُوذُ بِكَ مِنَ الْجُبْنِ
وَالْبُخْلِ وَأَعُوذُ بِكَ مِنْ غَلْبَةِ الدَّيْنِ وَقَهْرِ الرِّجَالِ

'O ALLAAH! I seek refuge in Thee from care and grief, I seek refuge in Thee from incapacity and slackness; I seek refuge in thee from niggardliness and cowardice; I seek refuge in Thee from being overcome by debt and being put in subjection by men.' Abu Umam said that when he did that for some days, ALLAAH removed his cares and settled his debt. [Mishkat-Hisn-I-Haseen]

Hadrat Abu Darda (Radi Allaahu Ta'ala Anhu) narrated that some one came to him and told him that his house had caught fire. Hadrat Abu Darda (carelessly) replied, "Not at all! ALLAAH will never allow that to happen. I have heard the Prophet (Radi Allaahu Ta'ala Anhu) say: Whoever say these words in the morning, no distress will touch him till the evening. And whoever says them in the evening no trouble will come to him till the next morning." (In some traditions it appears that no harm will come to own persons, to his family and to his belongings) I have said these words this morning. How can then my house catch fire? Thereafter he asked people to accompany him and see the house for themselves. When they reached his house, they saw that all the houses around the house of Abu Darda had been burnt, but his house was safe although it was in the center.

These words are:

O ALLAAH! Thou art my Lord, there is no god save Thou, I have my trust in Thee and Thou art the Lord of the Throne of Glory Supreme. What thou willst, becomes and what Thou do not will, does not. There

is no power or might except with ALLAAH, the Exalted, and the Supreme in Glory. ALLAAH has encompassed every thing in His knowledge.

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ عَلَيْهِ تَوَكَّلْتُ
وَأَنْتَ رَبُّ الْعَرْشِ الْعَظِيمِ مَا شَاءَ اللَّهُ كَانَ وَمَا لَمْ
يَشَأْ لَمْ يَكُنْ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ
أَعْلَمَنَّ اللَّهُ عَلَى كُلِّ شَيْءٍ قَدِيرٌ وَأَنَّ اللَّهَ
قَدَّاحٌ بِكُلِّ شَيْءٍ عَالِمٌ

DU'A IN DISTRESS AND GRIEF

In Musnad there is a tradition to the effect that the Prophet (Sallallaahu Alaihi Wa Sallam) said: in case someone becomes afflicted with some trouble, he should pray like this:

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ اللَّهُمَّ اجْرِفِي فِي
مُصِيبَتِي وَاخْلُفِي خَيْرًا مِنْهَا (زاد المعاد)

Undoubtedly we belong to ALLAAH and to Him we shall return. O ALLAAH! Make good to me for this calamity and give me something better in return. [Za'dul Ma'ad]

In Sahihain, it is related on the authority of Hadrat Ibn Abbas (Radi Allaahu Ta'ala Anhu) that when in anguish, the Prophet (Sallallaahu Alaihi Wa Sallam) used to pray as follows:

لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ لَا إِلَهَ إِلَّا اللَّهُ رَبُّ
الْعَرْشِ الْعَظِيمِ لَا إِلَهَ إِلَّا اللَّهُ رَبُّ السَّمَوَاتِ
السَّبْعِ وَرَبُّ الْأَرْضِ وَرَبُّ الْعَرْشِ الْكَرِيمِ (زاد المعاد)

(There is no God except ALLAAH who is Supreme and Forbearing. There is no god except ALLAAH, who is the lord of the Exalted Throne. There is no god except ALLAAH, who is the Lord of seven heavens and the earth and the Lord of the Throne of Grace).

[Za'dul Ma'ad]

When anyone feels incompetent to fulfil the tasks and needs more strength and energy, he should say when he goes to bed.

سُبْحَانَ اللَّهِ Glory be to ALLAAH-33 times

الْحَمْدُ لِلَّهِ Praise be to ALLAAH-33 times

اللَّهُ أَكْبَرُ ALLAAH is most Great-33 times

[Bukhari-Muslim]

DU'A ON SEEING ONE IN AFFLICTION

Hadrat Umar bin al-Khattab and Hadrat Abu Hurairah (Radi Allaahu Ta'ala Anhu) narrated ALLAAH's messenger as saying that if anyone says, on seeing a person who is suffering affliction,

الْحَمْدُ لِلَّهِ الَّذِي عَافَانِي مِمَّا ابْتَلَاكَ بِهِ
وَفَضَّلَنِي عَلَى كَثِيرٍ مِمَّنْ خَلَقَ تَفْضِيلًا

(Praise be to ALLAAH who has kept me free from the affliction he has brought on him and has shown me favour above many whom He has created) that affliction, whatever it may be, will not smite him.

[Tirmizi]

Hadrat Asma daughter of Umais (Radi Allaahu Ta'ala Anhu) narrated: The Prophet (Sallallaahu Alaihi Wa Sallam) once said to me.

I will tell you some words that you should say when you are in agony and pain. These are:

اللَّهُ رَبِّي لَا أُشْرِكُ بِهِ شَيْئًا

(ALLAAH is my sustainer. I do not associate any partner with him). In another tradition it is reported that it should be repeated seven times. [Za'dul Ma'ad]