

Short & Simple Series

Book of **DUĀ**

**Authentic daily supplications
from the Qur'ān and Sunnah**

Full colour print



Easy edition

Amīnur Rahmān Ibn H M Atāur Rahmān



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Authentic supplications for daily life
from the Qur'ān and Sunnah

Amīnur Rahmān Ibn Hāfīz Muhammad Atāur Rahmān

Compiled & Edited by:

Amīnur Rahmān Ibn H M Atāur Rahmān
Old Hill Masjid & Madrasah
221 Halesowen Road
Old Hill, Cradley Heath
B64 6JE
England, UK

t: (+44) 01384566203
e: info@oldhillmasjid.org
w: www.oldhillmasjid.org

It is our humble request that if you find any mistakes or have any suggestions then please forward your comments to the following email:

a.rahman@oldhillmasjid.org



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Acknowledgment

Firstly, we thank Allāh, the Lord of all the worlds, for making this book possible. We ask that He accepts this humble effort and place it in the scales of good deeds.

This book was inspired by the memory of my late father Hafiz Muhammad Atāur Rahmān and my late grandfather Maulana Muhammad Mīzānūr Rahmān.

My grandfather was a scholar of his time in Assam, India. After graduating from the Dar-Al-Hadīth Rahmāniya which was linked to the prestigious Rahimiya institute in Delhi, India, he moved back to Assam and served his community in teaching and spreading the Islamic Dawah.

My father, like his father before him, was a pillar of the community. He dedicated his time and effort to the education and welfare of his community in the UK and his native country, Bangladesh. He completed his Hifz and Qirah with Ijaza from Jamia Muhammadia institute, Gurjanwala, Pakistan. Later he graduated (Kamil) in the sciences of Hadīth. Throughout his life, he founded many Madrasah and helped establish Masjids in many places in Bangladesh.

After moving to the UK in the early 1980s, he formed a Bangladeshi Islamic community and later established a Masjid (Jame Masjid Quba that later became the Old Hill Masjid) for the local Muslims. My father strictly adhered to the Qur'ān and Sunnah and his Dawah was according to the path of the way of the Salaf-as-saliheen (Early righteous Muslims). His legacy continues in the many students he inspired and taught to be in the service of Islām.

My appreciation goes out to all the staff and students of Old Hill Madrasah (OHM), Madeenah Institute (Coventry, UK) and affiliates of Markazi Jamia Ahle Hadīth UK (MJAH) for proofreading and their invaluable contributions. Many others assisted in this work and are too many to mention; I pray that their efforts and times are also rewarded, Aameen.

All praise is for Allāh, the Lord of all the worlds and may He bless the last Messenger Muhammad (ﷺ) and his companions.

Amīnūr Rahmān

September 2020 / Muharram 1442 AH

Foreword

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

All perfect & complete praise with love and veneration is exclusive for Allāh, and may the Salāh & Salām be with the final and last Messenger of Allāh (ﷺ), Muhammad bin Abdullāh Al-Qurayshi.

I was requested to review the “Short & Simple” series of books compiled for children on the topics of Aqīdah, Hadīth, the Prophet’s prayer described, and important supplications by Amīnur-Rahmān, the son of the late Bangladeshi Salafi scholar Hafiz Muhammad Atāur-Rahmān (d.2020). I sent my corrections and suggestions to Amīnur-Rahmān who accepted them wholeheartedly and was extremely grateful for my correspondence and amendments.

Allāh the Most-High, separated from His creation in a manner which befits His majesty states in His noble book:

يَا أَيُّهَا الَّذِينَ ءَامَنُوا قُوا أَنْفُسَكُمْ وَأَهْلِيكُمْ نَارًا وَقُودُهَا
النَّاسُ وَالْحِجَارَةُ عَلَيْهَا مَلَائِكَةٌ غِلَظٌ شِدَادٌ لَا يَعْصُونَ
اللَّهَ مَا أَمَرَهُمْ وَيَفْعَلُونَ مَا يُؤْمَرُونَ

O you who believe! Ward off from yourselves and your families against a Fire (Hell) whose fuel is men and stones, over which are (appointed) angels stern (and) severe, who disobey not, (from executing) the Commands they receive from Allāh, but do that which they are commanded.

(Sūrah At-Tahrim: 6)

Allāh the Almighty also states:

وَأَنْذِرْ عَشِيرَتَكَ الْأَقْرَبِينَ

And warn your tribe (O Muhammad) of near kindred

(*Sūrah As-Shuara: 214*)

With regards to the importance of Salāh, Allāh, the Most High states:

وَأْمُرْ أَهْلَكَ بِالصَّلَاةِ وَاصْطَبِرْ عَلَيْهَا

And enjoin As-Salāt (the prayer) on your family, and be patient in offering them [i.e. the Salāt (prayers)].

(*Sūrah Taha: 132*)

The Messenger of Allāh (ﷺ) said:

كُلُّكُمْ رَاعٍ وَكُلُّكُمْ مَسْئُولٌ عَنْ رَعِيَّتِهِ وَالْأَمِيرُ رَاعٍ وَالرَّجُلُ رَاعٍ عَلَى أَهْلِ بَيْتِهِ وَالْمَرْأَةُ رَاعِيَةٌ عَلَى بَيْتِ زَوْجِهَا وَوَلَدِهِ فَكُلُّكُمْ رَاعٍ وَكُلُّكُمْ مَسْئُولٌ عَنْ رَعِيَّتِهِ

“All of you are guardians and are responsible for your wards. The ruler is a guardian and the man is a guardian of his family; the lady is a guardian and is responsible for her husband’s house and his offspring; and so all of you are guardians and are responsible for your wards.”

(*Al-Bukhārī No. 853 & Muslim No. 1829*)

عَنْ جُنْدُبِ بْنِ عَبْدِ اللَّهِ، قَالَ: كُنَّا مَعَ النَّبِيِّ - صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ - وَنَحْنُ فِتْيَانٌ حَزَاوِرَةٌ، فَتَعَلَّمْنَا الْإِيمَانَ قَبْلَ أَنْ نَتَعَلَّمَ الْقُرْآنَ، ثُمَّ تَعَلَّمْنَا الْقُرْآنَ، فَازْدَدْنَا بِهِ إِيمَانًا

Jundub bin ‘Abdullah said: “We were with the Prophet (ﷺ), and we were strong youth, so we learned Īmān before we learned Qur’ān. Then we learned Qur’ān and our faith increased thereby.”

(Sunan Ibn Mājah No: 61: Sahih)

Children of the Muslims must start to learn about Tawhīd (knowledge of the oneness of Allāh as the creator, He deserving to be worshipped alone and His unique attributes) before they even start to learn how to recite the Qur’ān as Jundub bin Abdullah mentioned in the above Hadīth.

Amīnūr-Rahmān belongs to a family of Ahlul-Hadīth scholars. His grandfather was the Allamah Mīzānūr-Rahmān Rahmāni (d.1947-48) a graduate of the great Ahlul-Hadīth Institute Darul-Hadīth Rahmāniya, Delhi, India. He was a senior to our sheikh, the muhaddith, Zahirud-Din Mubarakpuri. He was given the name Mīzānūr-Rahmān by his teachers because he was very concise and balanced with regard to any issues he spoke about.

After Allamah Mīzānūr-Rahmān Rahmani graduated he returned to Assam where he settled and established a Madrasah and modelled it according to Darul-Hadīth Rahmāniya.

Amīnūr-Rahmān’s late father Sheikh Hafiz Atāūr-Rahmān was a graduate of Jamiah Muhammadiyah, Gujranwala where he travelled to study in 1963 and was a student of the great scholar of Hadīth Allamah Abul-Barakāt Ahmed al-Madrasi successor of Imam Al-Hafidh Al-Gondalwi. I spoke to his father on one occasion about his teacher and all the scholars he met and studied within Pakistan and it was an inspiring conversation over a video call lasting over an hour.

Sheikh Hafiz Atāur-Rahmān founded many institutes in Bangladesh spreading the Salafi Dawah in many areas of Bangladesh. In the UK he established Bangladeshi Islamic Community in 1992 later known as the Bangladeshi Islamic Cultural Society. In addition to this, he built a Masjid known as Jame Masjid Quba, Cradley Heath in 1996 which later moved premises to become Old Hill Masjid in 2016 which Amīnur-Rahmān currently heads.

The legacy of cultivating the people and educating them upon the Madhab of Ahlul-Hadīth from Assam to Bangladesh to the UK through this noble family reflects the revival (At-Tajdid & As-Sahwa) of the Madhab of Ahlul-Hadīth in the sub-continent due to the efforts Sheikul-Islām Nazir Hussain Dehlawi which has reached Old Hill, UK with the infinite mercy of Allāh alone.

I am honoured to write such a forward and advise Amīnur-Rahmān to continue seeking knowledge at the feet of the scholars and return his and the Masjid affairs back to them, in addition, to strictly adhere to the Salafi Creed & methodology in all his affairs.

There is a great need for Islamic books to be simplified for young children so that they can understand and read them according to their comprehension and level, just like Amīnur-Rahmān did when he simplified the book of Sheikh Albani on the Prophet's Prayer. The efforts of Amīnur-Rahmān are commendable, especially when they are in accordance with the Madhab of Ahlul-Hadīth.

I kindly request all those who want their children to be nurtured upon the Sunnah to teach their children this "Short & Simple" series of books.

May Allāh grant him success and may this be a means of sadaqah jāriyah for himself, his father Sheikh Hafiz Atāur-Rahmān and his grandfather Allamah Mīzānur-Rahmān Rahmāni.

Shaikh Zulfiker Ibrāhīm Memon

2/08/1442 AH corresponding to 15/03/2021

al-Madinah al-Nabawiyya KSA

Preface

All praise belongs to Allāh, the lord of the Universe, and peace and blessings of Allāh be upon the last of His Messengers, our Prophet Muhammad (ﷺ), his Household and Companions.

Duā and Adkhār (daily supplication and Remembrances) are important in a Muslims life. Memorising them and keeping regular to reading them is a blessing for the Muslims and that's why they are encouraged to learn them to gain rewards, protection and tranquillity.

Allāh says:

الَّذِينَ ءَامَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ
الْقُلُوبُ

Those who believe (in the Oneness of Allāh - Tawhīd), and whose hearts find rest in the remembrance of Allāh, Verily, in the remembrance of Allāh do hearts find rest.

(Ar-Ra'ad: 28)

This book from the "Short & Simple" Series, the "Book of Duā", is a collection of authentic Duās and Adkhārs to be said in various times and places daily. Inspired by the example of the famous book "Fortress of the Muslim" but simplified, easier and shorter to help the young learner or the beginner learner and any reader to be able to memorise them easily and effortlessly.

This Duā book consists of 5 chapters set for young children. The chapters are compiled, with short, easy and most relevant Duās in the beginning chapters. Then, gradually, slightly longer ones are set in the later ones. Each chapter consists of 15 Duās that are relevant to one another.

This book was originally compiled for students of Old Hill Masjid / Madrasah. The main focus was to teach children daily Duās that are easy and essential for every Muslim.

We encourage all Muslims to learn it and Qur'ān Schools to teach this book, as Alhamdulillah, we have put it through trials in a few Qur'ān Schools / Madrasahs and the feedback from the learners are very positive, showing that this booklet is a good guide to daily remembrances.

Much thought and care have been taken to make this book look appealing to the reader by using large, easy to read, colourful text. We hope that the reader finds this book an enjoyable experience and at the same time beneficial.

We ask Allāh to aid us in this effort as He is the best aid and assistance and we ask Allāh Almighty to reward all with Jannat-al-Firdows and make it as a means of ongoing charity for us and the reader and Allāh knows best.

Dr. Nasir Mustafa BI-Kheer Al-libee

Founder of Madeenah Institute, Coventry UK

Vice-President of Khatam al-Morsaleen University

Dean of Islamic Studies at Passion Islamic University USA

Member in the Islamic studies, Research & Fatwa Centre in Libya

CHAPTER 1

1. BEFORE EATING OR DRINKING

بِسْمِ اللَّهِ

Bismillaah

In the name of Allāh.

(Al-Bukhārī No. 5367 & Muslim No. 2022)

2. WHEN YOU FINISH EATING OR DRINKING

الْحَمْدُ لِلَّهِ

Alhamdu-lillaah

All perfect praise be to Allāh.

(Abu Dāwūd No. 4023: Hasan)

3. IF YOU FORGET TO SAY 'BISMILLAAH'

بِسْمِ اللَّهِ أَوَّلَهُ وَآخِرَهُ

Bismillaahi awwalahu wa aakhirah

In the name of Allāh, beginning and the end.

(Abu Dāwūd No. 3767: Sahih)

4. GREETING FOR WHEN YOU MEET PEOPLE

اَلْسَّلَامُ عَلَیْكُمْ

As-salaamu'alaykum

Peace be upon you.

(Muslim No. 54)

5. REPLY TO THE GREETING

وَعَلَیْكُمْ السَّلَامُ

Wa'alaykumus-salaam

And upon you be Peace.

(Abu Dāwūd No. 5195: Sahih)

6. SAYING GOODBYE

اَلْسَّلَامُ عَلَیْكُمْ وَرَحْمَةُ اللّٰهِ

As-salaamu'alaykum warahmantullaah

Peace be upon you, and the Mercy of Allāh.

(Al-Adab Al-Mufrad No. 1007: Sahih)

7. WHEN YOU INTEND TO DO SOMETHING

إِنْ شَاءَ اللَّهُ

In-shaa-Allaah

If Allāh wills.

(Sūrah Khaf 18:24)

8. FOR ASCENDING (CLIMBING UP)

اللَّهُ أَكْبَرُ

Allaahu-Akbar

Allāh is the Greatest.

(Al-Bukhārī No. 2993)

9. FOR DESCENDING (CLIMBING DOWN)

سُبْحَانَ اللَّهِ

Subhaan-Allaah

Glory be to Allāh.

(Al-Bukhārī No.2993)

10. IF YOU SEE SOMETHING NICE WITHIN YOURSELF

مَا شَاءَ اللَّهُ

Maa-shaa-Allaah

As Allāh wills.

(Sūrah Khaf 18:39)

11. WHEN YOU ARE AMAZED

سُبْحَانَ اللَّهِ

Subhaan-Allaah

Glory be to Allāh.

(Al-Bukhārī No. 115)

12. WHEN YOU MAKE A MISTAKE

أَسْتَغْفِرُ اللَّهَ

Astaghfirullaah

I seek Allāh's forgiveness.

(Abu Dāwūd No. 1517, 2391: Sahih)

13. WHEN YOU ARE VERY HAPPY

اللَّهُ أَكْبَرُ

Allaahu-Akbar

Allāh is the Greatest.

(Al-Bukhārī No. 3348 & Muslim No. 221)

14. WHEN YOU ARE ANGRY

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

A'oodhu bil-laahi min-ashaytaanir-rajeem

I seek refuge with Allāh from the accursed devil (shaytaan).

(Al-Bukhārī No. 3282 & Muslim No. 2610)

15. REMEMBRANCE OF ALLĀH (1st KALIMAH TAYYIBAH)

لَا إِلَهَ إِلَّا اللَّهُ مُحَمَّدٌ رَّسُولُ اللَّهِ

Laa-ilaaha illal-laahu Muhammadur-rasoolullaah

There is no deity (worthy of worship in truth) but Allāh, (and) Muhammad is the messenger of Allāh.

(Sūrah As-saffat 37:35, Sūrah Al-Fath 48:29, & An-Nasāi No. 3982)

CHAPTER 2

16. BEFORE STARTING A GOOD ACTION

بِسْمِ اللَّهِ

Bismillaah

In the name of Allāh.

(Al-Bukhārī No. 5367 & Muslim No. 2202)

(It is good practice to say 'Bismillaah' before starting something that is good. For example eating, drinking, undressing, washing for Wudū', walking in and out of the house and also to pray over yourself.)

17. AFTER FINISHING A GOOD ACTION

الْحَمْدُ لِلَّهِ

Alhamdu-lillaah

Praise be to Allāh.

(At-Tirmidhī No.3383: Hasan)

18. FOR LEARNING AND KNOWLEDGE

رَبِّ زِدْنِي عِلْمًا

Rabbee zidnee 'ilmaa

Oh my Lord increase me in knowledge.

(Sūrah Taha 20:114)

19. WHEN YOU SNEEZE

الْحَمْدُ لِلَّهِ

Alhamdu-lillaah

Praise be to Allāh.

(Al-Bukhārī No. 6224)

20. WHEN YOU HEAR SOMEONE SNEEZE

يَرْحَمُكَ اللَّهُ

Yarhamuk-Allaah

May Allāh have mercy on you.

(Al-Bukhārī No. 6224)

21. REPLY FROM THE PERSON WHO SNEEZED

يَهْدِيكُمْ اللَّهُ وَيُصْلِحُ بَالَكُمْ

Yahdeekumullaahu wa-yuslihu baalakum

May Allāh guide you and rectify your condition.

(Al-Bukhārī No. 6224)

22. TO THANK SOMEONE

جَزَاكَ اللَّهُ خَيْرًا

Jazaak-Allaahu khair

May Allāh reward you with good.

(At-Tirmidhī No. 2035: Hasan)

23. TO THANK SOMEONE BACK

وَ جَزَاكَ اللَّهُ خَيْرًا

Wa jazaak-Allaahu khair

May Allāh also reward you with good.

(At-Tirmidhī No. 2035: Hasan)

24. IF YOU SEE SOMETHING YOU LIKE OF SOMEONE

اَللّٰهُمَّ بَارِكْ عَلَيْهِ

Allaahumma baarik ‘alayh

Oh Allāh, send blessings on him.

(Ibn Mājah No. 1906: Hasan)

25. ON HEARING GOOD NEWS

الْحَمْدُ لِلَّهِ الَّذِي بِنِعْمَتِهِ تَتِمُّ الصَّالِحَاتُ

Alhamdu lillaahil-ladhee bi ni'matihi tatimmus-saalihaat

All Praise is for Allāh by whose favour good works are accomplished.

(Al-Hakim No. 499: Sahih)

(It is Sunnah to do a Sajdah (prostration) after hearing pleasant news.)

26. ON HEARING BAD NEWS

الْحَمْدُ لِلَّهِ عَلَى كُلِّ حَالٍ

Alhamdu lillaahi 'alaa kulli haal

Praise be to Allāh in all circumstances.

(Al-Hakim No. 499: Sahih)

27. WHEN YOU ARE FRIGHTENED

لَا إِلَهَ إِلَّا اللَّهُ

Laa ilaaha il-lallaah

None has the right to be worshiped except Allāh.

(Al-Bukhārī No.5844)

28. IF YOU HAVE DOUBTS OR BAD THOUGHTS

آمَنْتُ بِاللَّهِ وَرُسُلِهِ

Aamantu billaahi wa rusulih

I have believed in Allāh and His Messengers.

(Muslim No. 134)

29. ON HEARING THE PROPHET'S NAME

صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

Sal-lal-laahu 'alayhi wa-sal-lam

May the Praise and the Peace of Allāh be upon him.

(Muslim No. 384)

30. TESTAMENT OF FAITH (2nd KALIMAH SHAHAADAH)

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ
وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

Ash-hadu allaa ilaaha illallaahu wahdahuu laa shareekalahuu,
wa ash-hadu anna Muhammadan 'abduhuu wa rasooluh

I bear witness that none has the right to be worshipped in truth except Allāh, alone, without partner, and I bear witness that Muhammad is His slave and Messenger.

(Abu Dāwūd No. 525: Sahih)

CHAPTER 3

31. GOING INTO THE HOUSE

بِسْمِ اللَّهِ
الْسَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

Bismillaah,
As-salaamu 'alaykum wa rahmatullaahi wa barakaatuh

In the name of Allāh,
Peace be unto you and the Mercy of Allāh and His Blessings.

(Muslim No. 1418, 2028)

32. LEAVING THE HOUSE

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ
وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Bismillaahi tawakkaltu 'alal-laahi
walaa-hawla walaa-quwata illaah billaah

In the name of Allāh, I place my trust in Allāh and there is no
might, nor power except with Allāh.

(Abu Dāwūd No. 5095: Sahih)

33. BEFORE GOING TO SLEEP

اَللّٰهُمَّ بِاسْمِكَ اَمُوتُ وَاَحْيَا

Allaahumma bismika amootu wa ah-yaa

O Allāh, in Your name I live and die.

(Muslim No. 2711 & At-Tirmidhī No. 3417: Sahih)

34. WHEN YOU HAVE A BAD DREAM

اَعُوْذُ بِاللّٰهِ مِنَ الشَّيْطٰنِ الرَّجِيْمِ

A'oodhu-billaahi min-ashaytaanir-rajeem

I seek refuge with Allāh from the accursed devil.

(Al-Bukhārī No. 3292 & Muslim No. 2261)

35. AFTER WAKING UP

اَلْحَمْدُ لِلّٰهِ الَّذِيْ اَحْيَاْنَا بَعْدَ مَا اَمَاتَنَا
وَ اِلَيْهِ النُّشُوْرُ

Alhamdulillaah-hilladhee ah-yaanaa b'adamaa amaatanaa
wa ilayhin-nushoor

All praise is for Allāh who gave us life after causing us to die,
and unto Him is the resurrection.

(Muslim No. 2711 & At-Tirmidhī No. 3417: Sahih)

36. BEFORE UNDRESSING

بِسْمِ اللَّهِ

Bismillaah

In the name of Allāh.

(Al-Bukhārī No. 5367)

(It is generally a good practice to start all good actions in Allāh's name)

37. BEFORE GOING TO TOILET

اَللّٰهُمَّ اِنِّىْ اَعُوْذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَاِثِ

Allaahumma innee a'oodhubika minal-khubthi wal-khabaaith

O Allāh, I seek refuge with you from all evil and evildoers.

(Muslim No.375)

38. AFTER COMING OUT OF TOILET

غُفْرَانَكَ

Ghufraanak

I ask (Allāh) for your forgiveness.

(At-Tirmidhī No. 7: Sahih)

39. WHEN STARTING ABLUTION (WUDŪ')

بِسْمِ اللَّهِ

Bismillaah

In the name of Allāh.

(Abu Dāwūd No. 101: Sahih)

(Ablution (Wudū') is valid without saying 'Bismillaah')

40. UPON COMPLETING ABLUTION

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ
وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

Ash-hadu allaa ilaaha illallaahu wahdahuu laa shareekalah,
wa ash-hadu anna Muhammadan 'abduhuu wa rasooluh

I bear witness that none has the right to be worshipped in truth except Allāh, alone, without partner, and I bear witness that Muhammad is His slave and Messenger.

(Muslim No. 234)

41. AFTER WEARING CLOTHES

الْحَمْدُ لِلَّهِ الَّذِي كَسَانِي هَذَا الثَّوْبَ وَرَزَقَنِيهِ
مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ

Alhamdu-lillaahil-ladhee kasaanee
haadha-thawba wa-razaqaneeehi
min ghayri hawliminnee walaa-quwwah

All Praise is for Allāh who has clothed me with this garment
and provided it for me, with no power nor might from myself.

(Abu Dāwūd No.4023: Hasan)

42. WHEN YOU LOOK INTO THE MIRROR

اَللّٰهُمَّ اَنْتَ حَسَنْتَ خَلْقِيْ فَحَسِّنْ خُلُقِيْ

Allaahumma anta hassanta khalqee fa-hassin khuluqee

O Allāh, as you made my outward appearance good, make my
character good too.

(Ahmad No. 3823: Sahih)

43. WHEN ENTERING MOSQUE

بِسْمِ اللَّهِ وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ
اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Bismil-lah, wassalatu wassalamu a'laa rasoolil-lah
Allaahummaf-tahlee abwaaba rahmatik

In the name of Allāh, and prayers and peace be upon the
Messenger of Allāh.

O Allāh, open for me the gates of Your Mercy.

(Muslim No. 713)

44. LEAVING THE MOSQUE

بِسْمِ اللَّهِ وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ
اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

Bismil-lah, wassalatu wassalamu a'laa rasoolil-lah
Allaahumma innee as-aluka min-fadhlik

In the name of Allāh, and prayers and peace be upon the
Messenger of Allāh.

O Allāh, I ask You from Your favour.

(Muslim No. 713)

45. GLORIFICATION OF ALLĀH (3rd KALIMAH TAMJEED)

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ
وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ
وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ

Subḥaanal-laahi, wa-l-ḥamdu lil-laahi,
wa laa ilaaha illaal-laahu, Wal-laahu akbar,
Wa laa ḥawla wa laa quwwata illaa bil-laahil-‘alīyyil-‘adheem

Exalted is Allāh, and praise be to Allāh, and there is no deity except Allāh, and Allāh is the Greatest. And there is no might nor power except in Allāh, the Most High, the Most Great.

(Ibn Mājah No. 3878: Sahih)

(This Duā can be read in many situations for example waking up in the middle of the night and the morning after waking up. It is read even as a substitute for reciting Qur’ān in the Salāh for one who is a beginner or the one who cannot memorise Qur’ān.)

CHAPTER 4

46. WHEN YOU FEEL PAIN IN YOUR BODY

بِسْمِ اللَّهِ
أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَازِرُ

Bismillaah (x3)

A'oodhu billaahi wa-qudratihi min sharri maa ajidu wa-u'haadhiru (x7)

In the name of Allāh.

I seek refuge with Allāh and His omnipotence from the evil of what I feel and that which I am wary of.

(Muslim No. 2202)

(Place your hand at the site of the pain and say the above Duā.)

47. WHEN IN DISTRESS

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

Laa ilaaha illaa anta subḥaanaka innee kuntu minadh-dhaalimeen

None has the right to be worshipped except You. How far from imperfections You are, verily I was among the wrong-doers.

(Sūrah Ambiya 21:87 & At-Tirmidhī No. 3505: Sahih)

48. IF BAD THINGS HAPPENS

قَدَّرَ اللَّهُ وَمَا شَاءَ فَعَلَ

Qaddar-Allaahu wamaashaa-a fa'al

Allāh has decreed and what He wills, He does.

(Muslim No. 2664)

49. WHEN SCARED OF PEOPLE

اَللّٰهُمَّ اكْفِنِيْهِمْ بِمَا شِئْتَ

Allaahummakfineehim bimaa she'ta

O Allāh, protect me from them with what You will.

(Muslim No. 3005)

50. SEEKING ALLĀH'S PROTECTION

حَسْبُنَا اللّٰهُ وَنِعْمَ الْوَكِيْلُ

Hasbun-Allaahu wani'mal-wakeel

Allāh is sufficient for us, and how fine a trustee He is.

(Al-Bukhārī No. 5, 172)

51. BEING HAPPY WITH ALLĀH

رَضِيتُ بِاللّٰهِ رَبًّا وَبِالْإِسْلَامِ دِينًا
وَبِمُحَمَّدٍ نَبِيًّا

Radheetu billaahi rabban wabil-islamī deenan
wabi-Muhammadin (sallallaahu ‘alayhi wasallam) nabiyya

I’ve accepted Allāh as my Lord and Islām as my way of life and
Muhammad (praise and peace be upon him) as my Prophet.

(Muslim No. 1884)

(Say 3 times in the morning and evening.)

52. FOR WELL BEING

اللّٰهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا
وَرِزْقًا طَيِّبًا وَعَمَلًا مُتَقَبَّلًا

Allaahumma innee as-aluka ‘ilman-naafia’a,
wa-rizqan taiyibaa, wa-‘amalan mutaqabbalaa

O Allāh, I ask You for knowledge which is beneficial and
sustenance which is good, and deeds which are acceptable.

(Ibn Mājah No. 925: Sahih)

(Say this after finishing morning Salāh.)

53. ASK FOR GOOD IN THIS LIFE AND HEREAFTER

رَبَّنَا ءَاتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً
وَقِنَا عَذَابَ النَّارِ

Rabbanaa aatinaa fidunyaa hasanah wa-fil aakhirati hasanah
wa-qinaa adhabannaar

Our Lord! Give us in this world that which is good and in the hereafter that which is good, and save us from the torment of the Hell Fire!

(Sūrah Al-Baqarah 2:201 & Al-Adab Al-Mufrad No. 633: Sahih)

54. ASK FOR JANNAH AND PROTECTION FROM HELL-FIRE

اَللّٰهُمَّ اِنِّیْ اَسْأَلُكَ الْجَنَّةَ وَاَعُوْذُ بِكَ مِنَ النَّارِ

Allaahumma innee asalukal-jannah
wa-audhubika minan-naar

Oh Allāh, grant me Jannah and protect me from Hell-fire.

(Abu Dāwūd No. 96, 792: Sahih)

55. PRAYER FOR PARENTS

رَبِّ ارْحَمْهُمَا كَمَا رَبَّيَانِي صَغِيرًا

Rabbir hamhumaa kamaa rabbayaanee sageeraa

My Lord, have mercy upon them as they brought me up
[when I was] a child.

(Sūrah Bani Israeel 17:24)

56. PRAYER FOR ALL MUSLIMS

رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ
يَوْمَ يَقُومُ الْحِسَابُ

Rabbanag-firlee wa-liwaalidayya wa-lil-mu'mineena
yawma yaqoomul-hisaab

Our Lord! Forgive me and my parents, and (all) the believers
on the Day when the reckoning will be established.

(Sūrah Ibrahim 14:41)

57. BEFORE READING QUR'ĀN

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

A'oodhu billaahi min-ashaytaanir-rajeem

I seek refuge with Allāh from the accursed devil.

(Sūrah Al-Nahl 16:98)

58. SAJDAH DURING RECITATION OF QUR'ĀN

سَجَدَ وَجْهِي لِلَّذِي خَلَقَهُ وَشَقَّ سَمْعَهُ وَبَصَرَهُ
بِحَوْلِهِ وَقُوَّتِهِ

Sajada wajhiya lilladhee khalaqahu wa-shaqqa sam'ahu wa-basarahu bi-hawlihee wa-quawwatih

My face fell prostrate before He who created it and brought forth its faculties of hearing and seeing by His might and power.

(Abu Dāwūd No. 1414: Sahih)

59. PRAYER FOR STRONG FAITH

يَا مُقَلِّبَ الْقُلُوبِ ثَبِّتْ قَلْبِي عَلَى دِينِكَ

Yaa muqallibal-quloob thabbit qalbee 'alaa deenik

O, turner of hearts, keep my heart firm upon Your religion.

(At-Tirmidhī No. 3522: Hasan)

60. PRAISE ALLĀH (4th KALIMAH TAWHEED)

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

Laa ilaaha ill-allaahu waḥdahū laa shareeka lahu,
lahul-mulku wa-lahul-ḥamdu yuh'ee-wa-u-meetu
wa-huwa 'alaa kulli shay'in qadeer

None has the right to be worshipped except Allāh, alone, without partner, to Him belongs all sovereignty and praise. He gives life and causes death, and He is living and does not die. In His hand is all good and He is omnipotent over all things.

(At-Tirmidhī No. 3553: Sahih)

(This Duā can be read in many situations. It is a Sunnah to read it in the morning after Fajar Salāh.)

CHAPTER 5

61. WHILE BREAKING FAST (BEFORE EATING)

بِسْمِ اللَّهِ

Bismillaah

In the name of Allāh.

(Al-Bukhārī No. 5367 & Muslim No. 2022)

62. AFTER BREAKING FAST

ذَهَبَ الظَّمَأُ وَابْتَلَّتِ الْعُرُوقُ
وَتَبَّتْ الْأَجْرُ إِن شَاءَ اللَّهُ

Dhahabadhamau wabtallatil'urooqu
wa-thabatal-ajru in-shaa-Allaah

The thirst has gone and the veins are moist, and reward is assured, if Allāh wills.

(Abu Dāwūd No. 2357: Hasan)

63. WHEN DRINKING MILK

اَللّٰهُمَّ بَارِكْ لَنَا فِيْهِ وَزِدْنَا مِنْهُ

Allaahumma baarik-lanaa feehee wazidnaa minh

O Allāh, bless it for us and give us more of it.

(Abu Dāwūd No. 3730: Hasan)

64. AFTER EATING

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا الطَّعَامَ وَرَزَقَنِيهِ
مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ

Alhamdulillaahil-ladhee at-'amanee haadhat-ta'aama wa-
razaqaaneehi min-ghayri hawlim-minnee wa-laa quwwah

All praise is for Allāh who fed me this food and provided it for
me without any might from myself, nor power.

(Abu Dāwūd No. 4023: Hasan)

65. PRAYER FOR SOMEONE WHO OFFERS YOU FOOD

اللَّهُمَّ أَطْعِمْ مَنْ أَطْعَمَنِي وَاسْقِ مَنْ سَقَانِي

Allaahumma at'im man at'amanee wasqi man saqaanee

Allāh, feed him who fed me and give drink to him who
provided me drink.

(Muslim No. 2055)

66. IF YOU EAT AT SOMEONE'S HOUSE

اللَّهُمَّ بَارِكْ لَهُمْ فِيْمَا رَزَقْتَهُمْ وَاعْفِرْ لَهُمْ وَارْحَمْهُمْ

Allaahumma baarik-lahum feemaa-razaktahum wag-firlahum
war-hamhum

O Allāh, bless for them, that which You have provided them,
forgive them and have mercy upon them.

(Muslim No. 2042)

67. WHEN YOU VISIT THE SICK

لَا بَأْسَ طَهُورٌ إِنْ شَاءَ اللَّهُ

Laa ba'sa tahoorun in-shaa-Allaah

No harm, may it (the sickness) be a purification (for you), if Allāh wills.

(Al-Bukhārī No. 3616)

68. PRAYER FOR THE SICK

أَذْهِبِ الْبَأْسَ رَبَّ النَّاسِ وَاشْفِ أَنْتَ الشَّافِي
لَا شِفَاءَ إِلَّا شِفَاؤُكَ شِفَاءً لَا يُغَادِرُ سَقَمًا

Adh-hibil-ba'sa rabban-naasi, washfi antashaafi laa shifaa-a illaa shifaa-uka, shifaa-allaa yughaadiru saqamaa

Remove the affliction, O Lord of mankind, cure him (or her), for You are the one who cures, there is no cure but Your cure, the cure after which no illness remains.

(Al-Bukhārī No. 5675 & Muslim 2191)

69. WHEN YOU HEAR OF A CALAMITY

إِنَّا لِلّٰهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

Inna lillaahi wa-inna ilayhi raaji'oon

Definitely we are from Allāh and to Him is our return.

(Muslim No. 918)

70. VISITING GRAVES

السَّلَامُ عَلَيْكُمْ يَا أَهْلَ الدِّيَارِ
مِنَ الْمُؤْمِنِينَ وَالْمُسْلِمِينَ
وَإِنَّا إِن شَاءَ اللَّهُ بِكُمْ لِلَّاحِقُونَ
نَسْأَلُ اللَّهَ لَنَا وَلَكُمْ الْعَافِيَةَ

As-salaamu'alaykum yaa ahladdiyaari
minal-mu'mineena wal-muslimeena,
wa-innaa in-shaa-Allaahu bikum lalaahiqoon,
nas'alallaahu lanaa walakumul-'aafiyah

Peace be upon you all, O inhabitants of the dwellings (graves), amongst the believers and the Muslims. Indeed we are, Allāh willing, soon to follow (to die also), we ask Allāh for well-being for us and for you.

(Muslim No. 975)

71. WHEN GOING ON A JOURNEY

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ
سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ
وَإِنَّا إِلَى رَبِّنَا لَمُنْقَلِبُونَ

Allaahu-Akbar (x3)

Subhaanalladhee sakkhara-lanaa haadha wa-maa kunnaa
lahoo mukrineena wa-innaa ilaa rabbinaa lamun qaliboon

Allāh is the Greatest. (3 times)

Glory be to Him, the One Who has placed this (transport) at
our service, and we ourselves would not have been capable of
doing so, and to our Lord is our final destination.

(Muslim No. 978, 1342)

72. BIDDING FAREWELL TO TRAVELLER

أَسْتَوْدِعُ اللَّهَ دِينَكَ وَأَمَانَتَكَ وَخَوَاتِيمَ عَمَلِكَ

Astawdi'ullaaha deenaka wa-amaanataka, wa-khawaateema
'amalik

I place your religion, your faithfulness and the ends of your
deeds in the trust of Allāh.

(At-Tirmidhī No. 3443: Hasan)

73. TRAVELLER BIDDING FAREWELL

أَسْتَوْدِعُكَ اللَّهُ الَّذِي لَا تَضِيعُ وَدَائِعُهُ

Astawdi'ukallaah-halladhee laa-tadhee'u wa-daa-i'uh

I place you in the trust of Allāh, whose trust is never misplaced.

(Ibn Mājah No. 2825: Sahih)

74. RETURNING FROM A JOURNEY

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ
آيِبُونَ تَائِبُونَ عَابِدُونَ لِرَبِّنَا حَامِدُونَ

Allaahu-Akbar (x3)

Aaa-yiboona taa-iboona 'aabidoona li-rabbinaa haamidoon

Allāh is the Greatest. (3 times)

We return, repent, worship and praise our Lord.

(Muslim No. 1342, 1344)

75. AFTER CONCLUDING A MEETING OR A CLASS

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

Subhaank-Allaahumma wa-bi-hamdika,
ash-hadu al-laa illaaha illaa-anta
astaghfiruka wa-atoobu ilayk

How far from imperfections You are O Allāh, and I praise You. I bear witness that none has the right to be worshipped except You. I seek Your forgiveness and turn to You in repentance.

(Abu Dāwūd No. 4859: Hasan & At-Tirmidhī No. 3433: Sahih)

(This Duā is read after a meeting or when any gathering of learning is concluded. This Duā is prescribed to seek forgiveness from Allāh for any unintentional mistakes.)

Final Advice

Dear Student,

All perfect and complete praise with love and veneration is exclusive to Allāh, the Lord of the worlds and may the praise in the most noble of gatherings and His peace descend upon the last Messenger Muhammad (ﷺ).

This shortlist of Duās you are learning are essential for daily life. There are Duās for almost every situation. Our whole day should revolve around worship and remembrance of our creator. Everything that we do, as long as it's according to the Prophet's (ﷺ) way then we are doing an act of worship.

Allāh says in the Qur'ān:

“And when My servants ask you, [O Muhammad], concerning Me – indeed I am near. I respond to the supplication of the supplicant when he calls upon Me. So let them respond to Me and believe in Me that they may be guided.”

(Sūrah Al-Baqarah, 2:186)

Remember that the Prophet (ﷺ) said:

“Duā (supplication) is worship.”

(Abu Dāwūd No. 1479: Sahih)

Duā is the weapon of the believer against all fears and all forms of harm that are seen and unseen. Therefore, pray sincerely and direct your worship to Allāh alone and seek His aid in all situations.

May Allāh guide us always closer to the truth; All success is from Allāh alone. We ask Allāh to forgive us for our mistakes and give us success in this life and the next, Aameen.

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Note: Most of the references used in this book are taken from on-line resources especially www.duas.com and www.sunnah.com.

Notes

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Duā and Adkhār (daily supplications and Remembrances) are important in a Muslim's life. Memorising them and keeping regular to reading them is a blessing for the Muslims, and that's why they are encouraged to learn them to gain rewards, protection and tranquillity.

**Our Lord!
Give us in this
world that which
is good and in the
hereafter that
which is good, and
save us from the
torment of the
Hellfire**

(Al-Qur'ān 2:201)

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