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# PRESCRIBED SUPPLICATIONS

*in the morning and evening*

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5081 (2163/4)

(193/36)

71 37 :

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Abū al-Dardā *radīyAllahu ‘anhu* narrates that the Prophet *sallAllahu ‘alayhi wasallam* said, “He who recites, “Allah is sufficient for me, none is worthy of worship but Him, in Him do I vest my trust, and He is the *Rabb* (Sustainer) of the Magnificent *‘Arsh* (throne)”, seven times in the morning and evening, **Allah will suffice him in all that concerns him in relation to matters of this world as well as the hereafter**”.

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5443

(642/8)

5082

(2164/4)

3575

(387/5)

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‘Abdullah ibn Khubayb *radīyAllahu ‘anhu* says, “On a dark rainy night, we set out in search of Rasūlullah *sallAllahu ‘alayhi wasallam* that he may lead us in *ṣalāh*. On finding him, he said to me, “Say!” But I did not say anything. He repeated the same thrice and on the third occasion I ventured, “What should I say, O’ Prophet of Allah?” He replied, “[Say] and (i.e. and ) thrice in the morning, **for it will suffice you for everything**”.

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6306 (100/11) :

Shaddād ibn ‘Aws *radīyAllahu ‘anhu* narrates that the Prophet *sallAllahu ‘alayhi wasallam* said, “The leading form of seeking Allah’s forgiveness (Sayyid al-Istighfār) is, “O’ Allah, You are my Lord. There is none worthy of worship besides You. You have created me. I am your bondsman and upon Your covenant and promise to the best of my ability. I seek refuge in You from the evil of what I have done. I acknowledge your favor upon me and confess my sins; forgive me, for none but You can forgive sins”.

The Messenger of Allah *sallAllahu ‘alayhi wasallam* then said, “Whoever recites these words in the evening with firm belief and consequently dies that night, **will enter paradise**; whoever recites these words in the morning with firm belief and dies that day, **will enter Paradise**”.

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3870 (1273/2) 5072 (2159/4) (367/5) (337/4) :  
385 : 68 35 : 471 (348/1)

(295/5)

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.1904 (518/1) « »

Abū Salām narrates that he heard the Prophet *sallAllahu ‘alayhi wasallam* saying, “He who recites, “We are pleased with Allah as our *Rabb* (Sustainer), with Islam as our religion and with Muḥammad, *sallAllahu ‘alayhi wasallam* as our messenger” in the morning and evening, **Allah takes it upon himself to please him**” and in another narration: “**Jannah becomes obligatory for him**”.

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<sup>6</sup>( ) (6)

<sup>7</sup>( ) (7)

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(143-142/3) 9835 (5/6) 5073 (2160/4) :  
(117/4) 861  
.145 : (360/2)

‘Abdullāh ibn Ghannām *radīyAllahu ‘anhu* narrates that the messenger of Allah *sallAllahu ‘alayhi wasallam* said, “Whosoever recites the following supplication in the morning, “O Allah, whatever bounty has come my way, or the way of any of Your creation, this morning, has indeed come from You. You have no partner, and to You belongs all praises and all thanks”, [Whosoever recites this] **has certainly expressed his gratitude for the bounties of that day**; whosoever recites it in the evening, **has expressed his gratitude for the bounties of that night**”.

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660 198 : 3869 (1273/2) 3388 (294/5) :  
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‘Uthmān ibn ‘Affān *radīyAllahu ‘anhu* narrates that he heard the Messenger of Allah *sallAllahu ‘alayhi wasallam* saying, “**Nothing will ever harm the person** who recites: “In the name of Allah, with whose name nothing in the earth or in the heavens can harm. He is All-Hearing, All- Knowing.” thrice every morning and evening”.

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:(556/4)	6363	1555 (669-668/2)	:
		(177/11)	

Abū Sa’īd al-Khudrī *radīyAllahu ‘anhu* narrates, “One day the Messenger of Allah *sallAllahu ‘alayhi wasallam* entered the masjid to find a man from the *Anṣār* known as Abu Umāmah there. The Messenger of Allah *sallAllahu ‘alayhi wasallam* asked him, “O Abū Umāmah, “Why is it that I see you sitting in the Masjid at this odd hour, it not being the time of prayer?” He replied, “Anxiety and debts have overwhelmed me, O’ messenger of Allah.” The Prophet *sallAllahu ‘alayhi wasallam* then said to him, “Shall I not teach you a prayer, that should you recite it, **Allah will remove your anxiety and settle your debts for you?**” He replied, “By all means, O’ Messenger of Allah”. The Prophet *sallAllahu ‘alayhi wasallam* instructed him as follows, “Recite in the mornings and evenings: “O Allah I seek your protection against anxiety and grief, from timidity and indolence, from cowardice and selfishness, from overwhelming indebtedness and from the oppression of people”. Abū Umāmah says, “Upon reciting this, Allah removed my anxiety and settled my debts”.

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3871 (1273/2)	5070 (2160/4)	1200 351:	:
961 (241/3)	837 264:	5 (41/7)	(26/2)
			1902 (517/1)

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Ibn ‘Umar *radīyAllahu ‘anhu* narrates that the Messenger of Allah *sallAllahu ‘alayhi wasallam* would never fail to invoke the following supplication in the morning and evening: “O Allah! I ask You for **safety** in this world as well as the next. O’ Allah, I seek Your **forgiveness** and **security** in relation to my religion, worldly affairs, family and property. O’ Allah, **conceal** my faults and lay to **rest my fears**. O Allah, **protect me** from the front, the rear, the right, the left and from above; I seek refuge, by Your Magnificence, that I be destroyed suddenly from beneath”.

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3392 (296/5)	5067 (2157/4)	1203 1202 352:
1892 (1513)	45 25:	(298/2) (9/1)
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Abū Bakr *radīyAllahu ‘anhu* said, “O’ Messenger of Allāh *sallAllahu ‘alayhi wasallam* prescribe to me an invocation that I may recite in the mornings and evenings. The Prophet *sallAllahu ‘alayhi wasallam* responded by saying, “Recite: “O’ Allah, Creator of the heavens and the earth, The Knower of the seen and unseen, Lord and Master of all things. I bear witness that there is none worthy of worship besides You. I seek refuge in You from the **evil of my self and the evil of *Shayṭān*** and his polytheistic insinuation and [I seek refuge in You] that I may do anything wrong or involve any other Muslim in evil”. In another narration Abū Bakr *radīyAllahu ‘anhu* is advised that this supplication should be read in the morning, evening and before sleeping.

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(42/5)	5090 (2167/4)	701 210:
		(369/2) 69 35:

‘Abdurahmān ibn ‘Abī Bakrah said to his father, “O’ father, Every morning I hear you supplicating: “O’ Allah grant me **sound health**, hearing and sight. O’ Allah, I seek protection in you from **disbelief and poverty**. O’ Allah, I seek protection in You from the chastisement of the grave. There is no deity besides You”. [My father] You repeat the same thrice every morning and evening. He responded by saying, “Verily, I heard the Messenger of Allah *sallAllahu ‘alayhi wasallam* offering this supplication and I love to follow his example”.