

AL-MA'THURAT

PROPHETIC SUPPLICATIONS FOR MORNING AND EVENING

AL-WAZIFA AS-SUGHRA

MAS PUBLICATIONS



MAS

Muslim
American
Society

Al-Ma'thurat

*Prophetic supplications for morning and evening
compiled from authentic sources by Hasan Al-Banna*

Al-Wazifa As-Sughra

A smaller compilation of du'a from Al-Ma'thurat

About MAS

Our daily schedules today are packed. Whether as students, professionals, parents, or activists, most Muslims struggle to spend even half an hour reading the Quran or properly performing the five daily prayers. Yet, we understand that true comfort depends on a close relationship with our Creator. Remembrance of Allah helps us establish this closeness with Him in our daily lives. This comfort and inner peace are described in Surah Ar-Ra'd: "Those who believe, and whose hearts find serenity in the remembrance of Allah: for without doubt, in the remembrance of Allah do hearts find serenity."

Muslim American Society (MAS) is a national grassroots organization. MAS is a religious, charitable, social, cultural, and educational non-profit organization. It is an Islamic revival, and a pioneering reform movement that seeks to uplift the individual, the family, and the society.

MAS seeks to empower the Muslim community to live according to a balanced and comprehensive understanding of Islam. MAS has more than 40 local chapters and implements innovative programs nationwide for all American youth. To join MAS and learn more about its mission and projects visit:

www.muslimamericansociety.org

An essential part of the mission of MAS is to help our Muslim brothers and sisters maintain a strong connection with their Creator. Allah says, "O son of Adam! If you mention Me to yourself, I will mention you to Myself. If you mention Me in a gathering, I will mention you in a better gathering (of the angels)."

May our hearts find serenity in reciting Al-Ma'thurat, and may Allah remember us whenever we remember Him.

MAS' Mission

To move people to strive for God consciousness, liberty and justice and to convey Islam with utmost clarity.

MAS' Vision

To create a just and virtuous American society.

About Al-Ma'thurat

Al-Ma'thurat is a compilation of adkhar (sing. *dhikr*) and ad'iyah (sing. *du'a*) derived from the Glorious Qur'an and the authentic sayings (*ahadith*) of Prophet Muhammad ﷺ, to be recited mornings and evenings.




Al-Ma'thurat is the title of a short work compiled by Imam Shaheed Hasan Al-Banna (1906-1949), the founder of the Ikhwan, who strove to establish the perpetual remembrance of Allah in all spheres of life.

Al-Ma'thurat is an answer to every Muslim's need for a daily portion of *dhikr*—remembrance of Allah, Exalted and High—so that he or she can maintain a strong, steadfast connection with Him throughout daily life. For the Muslim activist, this connection with Allah is critical. Imam Al-Banna recognized the need for a daily portion of remembrance based upon authentic hadeeth—sayings of the Prophet ﷺ. MAS encourages every Muslim to adopt a daily portion of remembrance and practice it devoutly, whether individually or in a group.

This is an abridged version of Al-Ma'thurat known as “Al-Wazifa as-Sughra.” Included in the original work was an introduction to the merits of remembering Allah, the proper etiquette for supplication, and a selection of other daily supplications based on authentic Prophetic sources.

About the Author

Imam Shaheed Hasan Al-Banna was a twentieth-century Islamic revivalist and the founder of the *Ikhwan* (Muslim Brotherhood), the largest and most influential Islamic movement in recent history. Formed in Egypt in 1928, the *Ikhwan* is a grassroots movement whose aim is to revive Islamic societies and bring about social reform and a return to divine guidance. Imam Al-Banna was assassinated in 1949 and is considered by many scholars a mujaddid--reviver of Islam--of the previous century.

On the authority of Abu Huraira  the Prophet  said "Verily, Allah  will send for this Ummah every one hundred years who will revive for it it's Deen." (Abu Dawud – Hadith Sahih).

Under Imam Al-Banna's leadership, the movement produced a wealth of contemporary scholarship and valuable experience that awakened and indeed continues to inspire Islamic revival movements across the globe. Imam Al-Banna said, "Whenever you find the good Muslim you find with him all the means for great success."

Islamic Worker By Day, Humble Worshipper by Night

"Umar, are you sleeping?" he asked through a whispered murmur.

"No." I answered. The day had been long and relentless. It was already so late. I was getting ready to sleep, mindful that the day ahead wouldn't be any less arduous. Twenty or thirty minutes passed in silence.

"Umar, are you sleeping?"

"No!" I answered a second time. It became quite once again. I didn't grasp the urgency in his voice but remained silent anyway. Half an hour passed by again.

"Umar, are you sleeping?"

This time I didn't respond at all. I pretended to sleep so as not to bother him. Waiting for a reply and hearing none, he presumed that I had fallen asleep. He arose in the still of the night, without making a sound, alone, beside his companion whom he thought was in a deep slumber, and started to perform the night prayer. For God only, oblivious to my attentive gaze, hidden from anyone's gaze."

It is Ustadh Umar Al-Tilmisani (1904-1986), an old time student and travelling companion (*Murshid*, General Guide, of the *Ikhwan* 1972-1986)

of Imam Hasan Al-Banna who provides us with this story. The attitude of his master was enough to move him to tears. It exemplified the personality of Imam Hasan Al-Banna: light-giving faith, a deep spirituality, personal discipline, gentle and soft with his fellow human beings. Ustadh Umar Al-Tilmisani wrote this story and repeated it often.

The secret of Imam Hasan Al-Banna was the quality of his faith and the intensity of his relationship with God. Anyone who had ever been in contact with him perceived and experienced this. He lived as had the first Sahaba - following the path of the Prophet ﷺ.

From Dr. Tariq Ramadan, Awakening Publications "Al-Mathurat" (2001).

Isti'adhah and Al-Fatihah

أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ

1

Audhu billahissamee'i l'aleem min ashaitan arrajeem.

I seek refuge with Allah, the All-Hearer, the All-Knower, from the rejected Satan.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

2

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ

الرَّحْمَنِ الرَّحِيمِ ۝ مَلِكِ يَوْمِ الدِّينِ ۝

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ۝ اهْدِنَا

الصِّرَاطَ الْمُسْتَقِيمَ ۝ صِرَاطَ الَّذِينَ أَنْعَمْتَ

عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ

وَلَا الضَّالِّينَ ۝

Bismillah arrahman arraheem. Alhamdu lillahi rabbil `alameen. Arrahman arraheem. Maliki yawm addeen. Iyyaka na`budu wa iyyaka nasta`een. Ihdina assirat almustaqeem. Sirat alladheena an`amta alayhim ghayril maghdoobi `alayhim walad daalleen.

In the name of Allah, Most Gracious, Most Merciful. Praise be to Allah, the Cherisher and Sustainer of the worlds. Most Gracious, Most Merciful. Master of the Day of Judgment. You alone we worship, and Your aid we seek. Show us the straight way. The way of those on whom You bestowed Your Grace, those whose portion is not wrath, and who go not astray.

1. **Isti'adhah** – Allah ﷻ says: “And when you recite the Qur’an, seek refuge with Allah from the rejected satan.” (Qur’an 16:98). Anas ؓ reported that the Messenger of Allah ﷺ said: “Whoever says when he rises up in the morning: [this du’a] will be protected from the satan till the evening.” Related by Ibn Sunni.

2. **Surah Al-Fatihah** – Ubay ibn Ka’b ؓ reported that the Messenger of Allah ﷺ said: “By Him in Whose Hand is my soul, nothing like it was revealed in the Torah, Gospel, Psalms, or the Furqan. It is the seven oft-repeated verses and the Formidable Qur’an which I have been given.” Related by Tirmidhi

Alif Lam Meem

Surah Al-Baqarah (The Cow) [1-5]

3

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
الَّذِينَ ۝۱ ذَلِكُمْ الْكِتَابُ لِارْتِبِ فِيهِ هُدًى
لِلشَّاقِينَ ۝۲ الَّذِينَ يُؤْمِنُونَ بِالْغَيْبِ وَيُقِيمُونَ الصَّلَاةَ
وَمِمَّا رَزَقْنَاهُمْ يُنْفِقُونَ ۝۳ وَالَّذِينَ يُؤْمِنُونَ بِمَا أُنزِلَ
إِلَيْكَ وَمَا أُنزِلَ مِنْ قَبْلِكَ وَبِالْآخِرَةِ هُمْ يُوقِنُونَ ۝۴
أُولَئِكَ عَلَى هُدًى مِنْ رَبِّهِمْ وَأُولَئِكَ
هُمُ الْمُفْلِحُونَ ۝۵

Bismillah arrahman arraheem. Alif. Lam. Meem. Dhalik alkitabu la rayba feeh hudan lilmuttaqeen. Alladheena yu'minoona bilghaybi wa yuqeemoon assalata wa mimma razaqnaahum yunfiqoon. Waalladheena yu'minoona bima unzila ilayka wama unzila min qablika wabil akhirati hum yuqinoon. Ula'ika `ala hudan min rabbihim wa ula'ika humul muflihoon

Alif. Lam. Meem. This is the Book, in which there is no doubt—a guidance to those mindful of Allah. Those who believe in the Unseen, establish prayer, and spend out of what We have bestowed upon them. And who believe in the Revelation sent to you [Prophet Muhammad], and the revelation sent before you, and they are certain of the Hereafter. These are the ones with guidance from their Lord and these are the ones who are successful.

3. Surah Al-Baqarah – Ibn Mas'ud رضي الله عنه reported that the Messenger of Allah ﷺ said: "Whoever recites ten verses from Surah Al-Baqarah in the early morning, shaytan will not get near him until evening approaches; and if it is read when the evening has entered, satan will not get near him until he rises up in the morning. He will (also) see nothing he dislikes in his family and his wealth." Related by Bayhaqi.

Ayat Al-Kursi

Surah Al-Baqarah (The Cow) [255-257]

4

اللَّهُ لَا إِلَهَ إِلَّا هُوَ

الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ لَهُ مَا فِي السَّمَاوَاتِ 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 السَّمَاوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا
وَهُوَ الْعَلِيُّ الْعَظِيمُ ﴿٢٥٥﴾ لَا إِكْرَاهَ فِي الدِّينِ قَد تَّبَيَّنَ الرُّشْدُ
مِنَ الْغَيِّ فَمَنْ يَكْفُرْ بِالطَّاغُوتِ وَيُؤْمِرْ بِاللَّهِ فَقَدِ
اسْتَمْسَكَ بِالْعُرْوَةِ الْوُثْقَىٰ لَا انفصامَ لَهَا وَاللَّهُ سَمِيعٌ عَلِيمٌ ﴿٢٥٦﴾
اللَّهُ وَلِيُّ الَّذِينَ آمَنُوا يُخْرِجُهُم مِّنَ الظُّلُمَاتِ إِلَى النُّورِ
وَالَّذِينَ كَفَرُوا أَوْلِيَآؤُهُمُ الطَّاغُوتُ يُخْرِجُهُم مِّنَ
النُّورِ إِلَى الظُّلُمَاتِ أُولَٰئِكَ أَصْحَابُ النَّارِ هُمْ فِيهَا
خَالِدُونَ ﴿٢٥٧﴾

Allahu la ilaha illa huwa alhayyul qayyoom, la ta'khudbuhu sinatun wala nawm, lahu ma fissanawati wama fil ard man dballadhee yashfu'u indahu illa bi idhnih ya lamu ma bayna aydeehim wama khalfahum wala yuheetoona bishay'in min ilmih illa bima shaa wasi'a kursiyyuhu samawati wal arda wala ya'uduhu hifdhuhuma wahuwa al'aliyy al'adbeem. La ikraha fiddeeni qad tabayyan arrushdu min alghayyi faman yakfur bittaaghooti wayu'min billahi faqad istamsaka bil'urwatil wuthqaa lanfisama laha wallahu samee'un `aleem Allahu waliyy aladbeena amanu yukbrijuhum min adbulumati ilannoori walladheena kafaru awliya'uhum attaghootu yukbrijoonahum min annoori ila adbulumat ula'ika as-habu annari hum feeba khalidoon.

Allah! There is no god but He, the Living, the Self Sufficient. Neither slumber nor sleep overtakes Him. To Him belongs all that is in the heavens and on earth. Who can intercede in His presence except as He permits? He knows what is in front of them and what is behind them while they can attain none of His knowledge except as He wills. His Throne extends over the heavens and the earth, and He is never weary of preserving them

for He is the Most High, the Supreme. There is no compulsion in religion. The right guidance is henceforth distinct from error. Whoever rejects evil and believes in Allah has grasped the most trustworthy support that never breaks. And Allah is the All-Hearing, the All-Knowing. Allah is the protecting ally of those who believe; from the depths of darkness He leads them into the light. As for those who reject truth, their allies are the devils who take them out of the light and into the darkness. Such are the dwellers of the fire; in it they shall abide for ever.

4. **Ayat Al-Kursi** – Ubay ibn Ka'b رضي الله عنه reported that the Messenger of Allah ﷺ once asked: "Abul Mundhir, do you know which verse of the Book of Allah that you have is the greatest?" I said: Allah and His Messenger know best. He repeated his question and I said: "Alah, there is no God but He, the Living, the Sustainer ?" There-upon he struck me on the breast saying: 'May knowledge be your delight, Oh Abul Mundhir!'" Related by Muslim.

Last Three Verses from Surah Al-Baqarah

Surah Al-Baqarah (The Cow) [285-286]

5

لِلَّهِ مَا فِي السَّمٰوٰتِ

وَمَا فِي الْاَرْضِ ۗ وَاِنْ تُبَدُّوْا مَا فِيْ اَنْفُسِكُمْ اَوْ تَخْفَوْهُ
يُحَاسِبْكُمْ بِهٖ ۗ اَللّٰهُ فَيَعْفِرُ لِمَنْ يَّشَآءُ وَيُعَذِّبُ مَنْ يَّشَآءُ
وَ اَللّٰهُ عَلٰى كُلِّ شَيْءٍ قَدِيْرٌ ﴿٢٨٥﴾ ؕ اٰمَنَ الرَّسُوْلُ بِمَا اُنزِلَ
اِلَيْهِ مِنْ رَّبِّهٖ ۗ وَ الْمُؤْمِنُوْنَ كُلُّهُمْ بِاللّٰهِ وَ مَلٰٓئِكَهٖ وَ كُتُبِهٖ
وَ رُسُلِهٖ ۗ لَا تَفْرُقُ بَيْنَ اَحَدٍ مِنْ رُّسُلِهٖ ۗ وَ قَالُوْا سَمِعْنَا
وَ اطَعْنَا غَفْرًا نَّكَ رَبَّنَا وَ اِلَيْكَ الْمَصِيْرُ ﴿٢٨٦﴾ لَا يَكْلِفُ
اَللّٰهُ نَفْسًا اِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَ عَلَيْنَا مَا اَكْتَسَبَتِ
رَبَّنَا لَا تُوَاجِدُنَا اِنْ نَسِينَا اَوْ اٰخَطَا اَنَا رَبَّنَا ۗ وَ لَا تَحْمِلْ
عَلَيْنَا اِصْرًا كَمَا حَمَلْتَهُ عَلٰى الَّذِيْنَ مِنْ قَبْلِنَا رَبَّنَا ۗ وَ لَا
تُحْمِلْنَا مَا لَاطَاقَةٌ لَّنَا بِهٖ ۗ وَ اعْفُ عَنَّا وَ اعْفِرْ لَنَا وَ اَرْحَمْنَا
اَنْتَ مَوْلَانَا ۗ فَانصُرْنَا عَلٰى الْقَوْمِ الْكَافِرِيْنَ ﴿٢٨٧﴾

Lillahi ma fissanawati wama fee al-ardi wa'in tubdoo ma fee anfusikum aw tukhfoo hu yuhasibkum bihillah fayaghfiru liman yasha'u wayu'adhibu man yasha'u wallahu `ala kulli shay'in qadeer. Aman arasoolu bima unzila ilayhi min rabbihî walmu'minoon kullun amana billahi wamala 'ikatibi wakutubihî warusulihî la nufarriqu bayna abadin min rusulih waqaaloo sami'na wa ata'na ghufuranaka rabbana wa ilayk almaseer. La yukallifu allahu nafsan illa wus'aha laba ma kasabat wa'alayha maktasabat rabbana la tu'akhidhna in naseena aw akhta'na rabbana wala tahmil `alayna isran kama hamaltahu `ala alladheena min qablina rabbana wala tuhammilna ma la taqata lana bihi wa'afu `anna waghfir lana warhamna anta mawlana fansurna `ala alqawm alkafireen.

To Allah belongs all that is in the heavens and in the earth. Whether you reveal what is in your hearts or hide it, Allah takes you to account for it. He forgives whom He wills, and punishes whom He wills, for Allah has power over all things. The Messenger believes in what has been revealed to him from his Lord, as do the believers. They all believe in Allah, His angels, His books, and His messengers. [They say] "We make

no distinction between one and another of His messengers.” And they say: “We hear and we obey, we seek Your forgiveness, our Lord, and to You is the end of all journeys.” Allah does not impose on any soul a burden greater than it can bear. It receives every good that it earns, and it suffers every ill that it earns. [Pray:] Our Lord! Do not condemn us if we forget or fall into error; our Lord! Do not lay on us a burden like that which You laid on those before us; our Lord! Do not lay on us a burden greater than we have strength to bear. Pardon us, forgive us, and have mercy on us. You are our guardian, so grant us victory over the unbelievers.

5. **Last two verses from Surah Al-Baqarah** – Abu Mas’ud رضي الله عنه reported that the Messenger of Allah ﷺ said: “If anyone recites the last two verses of Surah Al-Baqarah at night, they will avert harm from him.” Related by Tirmidhi.

Ten verses of Surah Al-Baqarah – Ad-Daarimi recorded that Ash-Sha’bi said that Abdullah ibn Mas’ud said, “Whoever recites ten ayaat from Surah Al-Baqarah in a night then shaytaan will not enter his house that night (these 10 ayaat are) four from the beginning, Ayat Al-Kursi (255), The following two ayaat (256 – 257) and the last three ayaat” Related by Musnad Ad-Daarimi.

Surah Al-Ikhlaas, Al-Falaq, and An-Nas

The Chapters of Sincerity, Daybreak, and Mankind

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
قُلْ هُوَ اللَّهُ أَحَدٌ ① اللَّهُ الصَّمَدُ ② لَمْ يَكُنْ لَهُ
وَلَمْ يُولَدْ ③ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ④

6

Bismillah arrahman arraheem. Qul huwa allahu ahad. Allahu assamad. Lam yalid walam yoolad. Walam yakun lahu kufiwwan ahad

In the name of Allah, the Most Compassionate, the Most Merciful. Say: He is Allah, the One and Only. Allah, the Eternal, Absolute. He begets not, nor is He begotten. And there is none comparable to Him.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ① مِنْ شَرِّ مَا خَلَقَ ② وَمِنْ
شَرِّ غَاسِقٍ إِذَا وَقَبَ ③ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي
الْعُقَدِ ④ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ⑤

7

Bismillah arrahman arraheem. Qul a'oodhu birab alfalaq. Min sharri ma khalaq. Wamin sharri ghasiqin idha waqab. Wamin sharri annaffathati fee al'uqad. Wamin sharri hasidin idha basad.

In the name of Allah, the Most-Compassionate, the Most-Merciful. Say: I seek refuge with the Lord of daybreak. From the wickedness of things He created. From the wickedness of darkness as it overspreads. From the wickedness of those who practice evil arts. And from the wickedness of the envious one as he envies.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
 قُلْ أَعُوذُ بِرَبِّ النَّاسِ ۝ مَلِكِ النَّاسِ ۝ إِلَهِ
 النَّاسِ ۝ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ۝ الَّذِي
 يُوَسْوِسُ فِي صُدُورِ النَّاسِ ۝
 مِنَ الْجِنَّةِ وَالنَّاسِ ۝

Bismillah arrahman arraheem. Qul a'oodhu birabb alnnas. Maliki alnnas. Ilahi alnnas. Min sharri alwaswasu alkhannas. Alladhee yuwaswisu fee sudoor alnnas. Min aljinnati wannas.

In the name of Allah, the Most-Compassionate, the Most-Merciful. Say: I seek refuge with the Lord and Cherisher of Mankind, The King of Mankind, The God of Mankind, from the mischief of the whisperer (of evil) who withdraws (when Allah is remembered), who whispers into the hearts of Mankind, from among jinn and among men.

Surah Al-Ikhlāas – Abu Hurayrah رضي الله عنه reported that the Messenger of Allah ﷺ declared this surah as equal to one third of the Qur'an. Related by Tirmidhi.

Anas ibn Malik رضي الله عنه reported that a person said to the Messenger of Allah ﷺ that he loves this surah. The Messenger of Allah ﷺ said: "Your love for this surah will take you to Paradise." Related by Tirmidhi

Surah Al-Ikhlāas, Al-Falaq, and An-Nas – The Messenger of Allah ﷺ said, "Read Surah Ikhlas, Surah Al-Falaq, and Surah An-Naas three times in the morning and in the evening. It will make you sufficient of everything (i.e. your requirements will be fulfilled)." Related by Tirmidhi

Other Du'a

أَصْبَحْنَا (أَمْسَيْنَا) وَأَصْبَحَ (أَمْسَى) الْمَلِكُ لِلَّهِ ، وَالْحَمْدُ لِلَّهِ لَا شَرِيكَ لَهُ
لَا إِلَهَ إِلَّا هُوَ وَإِلَيْهِ النُّشُورُ (الْمَصِيرُ) (ثَلَاثًا)*

10
3 TIMES

Asbahnaa (amsaynaa) wa asbah (amsaa)* almulku lillah, wal hamdulillah, la sharika lahu, la ilaha illa huwa wa ilayhi annushur (almaseer)*.*

We rose up in the morning (reached this evening) and so has Allah's domain. Gratitude is due to Allah, He has no partner. There is no god but He, and onto Him is the return (destiny).

أَصْبَحْنَا (أَمْسَيْنَا) عَلَى فِطْرَةِ الْإِسْلَامِ ، وَكَلِمَةِ الْإِخْلَاصِ ، وَعَلَى دِينِ
نَبِيِّنَا مُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ ، وَعَلَى مِلَّةِ أَبِينَا إِبْرَاهِيمَ حَنِيفًا
وَمَا كَانَ مِنَ الْمُشْرِكِينَ (ثَلَاثًا)*

11
3 TIMES

Asbahnaa (Amsaynaa) `ala fitrat alislam, wa kalimat al-ikhlas, wa `ala deeni nabiyyina muhammad sallallahu alayhi wa sallam, wa `ala millati abeena ibrahima hanifa wama kana min almushrikeen.*

We have risen this morning (reached this evening) in the pure state of Islam, with the word of sincerity, on the religion of our Prophet Muhammad, may Allah's blessings and peace be upon him, and in the faith of our father Ibrahim, who was upright in truth and who was not of those who associate partners with Allah.

10. Abu Hurayrah رضي الله عنه said: "The Messenger of Allah ﷺ when he rose in the morning, used to say [this dua]. When the evening approaches, he used to say [this dua]." Related by Ibn Sunni and Bazzar.

11. Ubay Ibn Ka'b رضي الله عنه said that "the Messenger of Allah ﷺ taught us to say [this dua] when we rise in morning, and to say the same when one reaches the evening." Related by Abdullah Ibn Imam Ahmad in his Zawaid.

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

12
3 TIMES

Allahumma inni asbaktu (amsaytu) minka fi ni`matin wa `afiyatin wa sitr, fa atimma `alayya ni`mataka wa `afiyataka wa sitraka fi aldunya wa al-akhira*

O Allah, I arose this morning (reached this evening) with blessings, strength and protection all of which are from You. So complete your blessings, strength, and protection on me in this life and the hereafter.

اللَّهُمَّ مَا أَصْبَحَ (أَمْسَى) بِي مِنْ نِعْمَةٍ أَوْ بِأَحَدٍ مِنْ خَلْقِكَ فَنِعْنِكَ
وَحَدِّكَ لَا شَرِيكَ لَكَ ، فَلَكَ الْحَمْدُ ، وَلَكَ الشُّكْرُ (ثَلَاثًا) *

13
3 TIMES

Allahumma ma asbaha (amsaa) bi min ni`matin aw bi abadin min khalkika fa minka wahdaka la sharika lak falaka al hamdu wa laka alshukr*

O Allah! Whatever blessings I or any of Your creatures have this morning (reached this evening) are all from You. You have no partner, so all gratitude and thanks are due to You.

يَا رَبِّي لَكَ الْحَمْدُ كَمَا يَنْبَغِي لِجَلَالِ وَجْهِكَ وَعَظَمِ سُلْطَانِكَ (ثَلَاثًا) *

14
3 TIMES

Ya rabbi laka alhamdu kama yambaghi lijalali wajhika wa adbeemi sultanik

Oh my Lord! All gratitude is due to You as is befitting to Your glorious presence and Your greatest sovereignty.

12. Abdullah Ibn Umar رضي الله عنه narrated that the Messenger of Allah ﷺ spoke to them about a servant from amongst the servants of Allah who said: [this dua], and this became problematic between two angels, for they did not know how to write it. They ascended to the Heavens and said: "Oh our Lord! Your servant has said something that we do not know how to write (record)?" Allah ﷻ and He is the Most Knowledgeable about what His servant has said: "What has My servant said?" They replied: "Oh Lord! He said: [this dua]." Thereupon Allah ﷻ said to them "Write it down as my servant has said it so that when he meets Me, I will give the reward for it." Related by Imam Ahmad and Ibn Majah.

13. Ibn Abbas رضي الله عنه narrated that the Messenger of Allah ﷺ said: "Whoever says: [this dua], three times when he wakes up in the morning and when he reaches the evening, it will become a right upon Allah to complete His blessings upon him." Related by Ibn Sunni.

14. Abdullah Ibn Ghanam Al-Bayadi رضي الله عنه narrated that the Messenger of Allah ﷺ said: "Whoever says when he wakes up in the morning: [this dua], has fulfilled his (duty of) thanks (to Allah) for the day; and the one who says the same when evening arrives has fulfilled his (duty of) thanks (to Allah) for the night." Related by Abu Dawud, Nisa'i, and Ibn Hibbani.

رَضِيتُ بِاللَّهِ رَبًّا ، وَبِالإِسْلَامِ دِينًا ، وَبِمُحَمَّدٍ نَبِيًّا وَرَسُولًا (ثَلَاثًا) *

15
3 TIMES

Radeetu billahi rabba, wa bi alislami deena, wa bimuhhammadin nabiiyyan wa rasula.

I am satisfied to accept Allah as my Lord, Islam as my way of life, and Muhammad as my Prophet and Messenger.

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ ، عَدَدَ خَلْقِهِ وَرِضَا نَفْسِهِ ، وَزِينَةَ عَرْشِهِ ، وَمِدَادَ
كَلِمَاتِهِ (ثَلَاثًا) *

16
3 TIMES

Subhanallahi wabihamdih adada khalqih warida nafsih wazinata arshih wamidada kalimatih.

Glory be to Allah and thanks as great as the number of His creatures, the extent of His satisfaction, the weight of His throne, and the ink needed to write down His countless signs.

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّعَ أَسْمِيهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ
السَّمِيعُ الْعَلِيمُ (ثَلَاثًا) *

17
3 TIMES

Bismillah alladhi la yaduru ma` ismih shay'un fil'ardi wala fi assamaa'i wa huwa assamee` al'aleem.

In the name of Allah, with whose name nothing on earth or in the heavens can cause harm, and He is the Hearer and the Knower.

15. Abu Sullam رضي الله عنه narrated that the Messenger of Allah صلى الله عليه وسلم said: "The one who says, when he wakes up in the morning and when evening arrives: [this dua], it will become a right upon Allah to please him and accept him." Related by Abu Dawud, Tirmidhi, Nisa'i, and Hakim.

16. Juwairiyah رضي الله عنها, mother of the Believers, narrated that once the Messenger of Allah صلى الله عليه وسلم went out of his apartment when she was offering the Morning Prayer. When he came back in the forenoon, she was still sitting there. Observing this, he صلى الله عليه وسلم said: "I recited four words three times after I left you and if these were to be weighed against what you have recited since morning then these would outweigh them: [this dua]." Related by Muslim.

17. Uthman Ibn Affan رضي الله عنه narrated that the Messenger of Allah صلى الله عليه وسلم said: "The servant who says in the morning of every day and in the evening of every night: [this dua], three times, nothing will cause him any harm." Related by Abu Dawud and Tirmidhi.

اللَّهُمَّ إِنَّا نَعُوذُ بِكَ مِنْ أَنْ نُشْرِكَ بِكَ شَيْئًا تَعْلَمُهُ ، وَنَسْتَفْرِقُ لِمَا لَا تَعْلَمُهُ
 * (ثَلَاثًا)

18
 3 TIMES

Allahumma inna na'udhu bika min annushrika bika shay'an na'lamuh wa nastaghfiruka lima la na'lamuh.

O Allah! We seek refuge with you from knowingly associating others with You and we seek Your forgiveness in unknowingly associating others with you.

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ (ثَلَاثًا) *

19
 3 TIMES

A'oodhu bi kalimaat illahi attammaati min sharri ma khalak.

I seek refuge in the perfect words of Allah from any evil that He has created.

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الهمِّ وَالْحَزَنِ ، وَأَعُوذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ ،
 وَأَعُوذُ بِكَ مِنَ الْجُبْنِ وَالْبَخْلِ ، وَأَعُوذُ بِكَ مِنَ غَلْبَةِ الدِّينِ وَقَهْرِ الرِّجَالِ
 * (ثَلَاثًا)

20
 3 TIMES

Allahumma inni a'oodhu bika min alhammi wa alhazan, wa a'oodhu bika min al'ajzi wa alkasal, wa a'oodhu bika min aljubni wa albukhul, wa a'oodhu bika min ghalabat addaynee wa qahr arrijal.

O Allah! I seek refuge in You from worry and grief, from helplessness and laziness, from cowardice and stinginess, and from the burden of debt and the oppression of men.

18. Abu Musa Al-Ash'ari رضي الله عنه narrated that the Messenger of Allah صلى الله عليه وسلم addressed them one day saying: "Oh people! Fear this shirk as it is more concealed than an ant in the darkness of the night." Then somebody said to him: 'How can we fear it if it is more concealed than an ant in the darkness of the night, Oh Messenger of Allah?' He صلى الله عليه وسلم said: "Say: [this dua]." Related by Ahmad and Tabarani.

19. Abu Hurayrah رضي الله عنه narrated that the Messenger of Allah صلى الله عليه وسلم said: "The one who says when evening arrives: [this dua], three times, then not even the poison would harm him that night." Related by Ibn Hibban.

20. Abu Saeed Al-Khudri رضي الله عنه narrated that one day the Messenger of Allah صلى الله عليه وسلم entered the mosque and found a man from the Ansar, named Abu Umamah. He said: "Oh Abu Umamah! Why do I see you sitting in the mosque outside the time of prayer?" Abu Umamah replied: "Anxieties and debts have remained with me." The Messenger of Allah صلى الله عليه وسلم asked: "Should I not teach you words, which if you say Allah will remove your anxiety and will settle your debt?" He replied: "Definitely, Oh Messenger of Allah!" He صلى الله عليه وسلم said: "Say when you wake up in the morning and when you reach the evening: [this dua]." Abu Umamah said (later): "I did (as the Messenger of Allah صلى الله عليه وسلم said) and Allah removed my anxiety and settled my debt." Related by Abu Dawud.

اللَّهُمَّ عَافِنِي فِي بَدَنِي ، اللَّهُمَّ عَافِنِي فِي سَمْعِي ، اللَّهُمَّ عَافِنِي فِي بَصَرِي
(ثَلَاثًا) *

21
3 TIMES

Allahumma `aafini fi badani, allahumma `aafini fi sam`ee, allahumma `aafini fi basari.

O Allah! Grant me health in my body. O Allah! Grant me health in my hearing. O Allah! Grant me health in my sight.

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ وَالْفَقْرِ، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ ،
لَا إِلَهَ إِلَّا أَنْتَ (ثَلَاثًا) *

22
3 TIMES

Allahumma inni aoodhu bika minal kufr wal faqr, wa aoodhu bika min `adhabil qabr, la ilaha illa ant.

O Allah! I seek refuge with you from rejection of truth and poverty. Oh Allah! I seek refuge with you from the punishment of the grave. There is no god but You.

21 & 22. Abd al-Rahman Ibn Abi Bakrah رضي الله عنه narrated that he said to his father: "Oh my father! I hear you pray every morning: [du'a 21] and [du'a 22]. You repeat it three times when you wake up in the morning and three times when you reach the evening?" Abu Bakrah said: "I heard the Messenger of Allah ﷺ pray with it and I wish to abide his sunnah." Related by Abu Dawud.

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ ، خَلَقْتَنِي وَأَنَا عَبْدُكَ وَأَنَا عَلَى عَهْدِكَ
وَوَعْدِكَ مَا اسْتَطَعْتُ ، أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ ، أَبُوْءُ لَكَ بِبِعَمَلِكَ
عَلَيَّ وَأَبُوْءُ بِذُنُوبِي ، فَاعْفُرْ لِي ، فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ (ثلاثاً) *

23
3 TIMES

Allahumma anta rabbi la ilaha illa ant, khalaktani wa ana `abduk, wa ana `ala `abdika wa wa`dika mastata`t, a`oodhu bika min sharri ma sana`t, abu`u laka bi nimatika alayya, wa abu`u bi dhambi, faghfirli fa innahu la yaghfiru adhanuba illa ant.

O Allah! You are my Lord, there is no god but You. You created me and I am Your slave. And I remain on my oath of faith to You and your promise as much as I can. I seek refuge in You from the sins I have committed. I acknowledge Your blessings upon me and I confess my sins, so forgive me, for none but You can forgive sins.

أَسْتَغْفِرُ اللَّهَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ وَأَتُوبُ إِلَيْهِ (ثلاثاً) *

24
3 TIMES

Astaghfirullah aladheem aladhi la ilaha illa huwa alhayy alqayyum wa atooob ilayh.

I seek forgiveness from Allah, The Almighty; there is no god but Him, the Living, the Eternal and I repent to Him.

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ ، لَهُ الْمُلْكُ وَلَهُ

25
10 TIMES

الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Laa IlaHa illallahu Wahdahu Laa Shareeka-lah, Lahul Mulku Walahul Hamdu Wahuwa `Ala Kulli Shai`in Qadeer

There is no true god except Allah. He is One and He has no partner with Him. His is the sovereignty and His is the praise, and He is Omnipotent

23. Shaddad Ibn Aws رضي الله عنه narrated the Messenger of Allah صلى الله عليه وسلم said: "The best of istighfar (seeking forgiveness) is (to say) [this dua]. Whoever says it in the evening with firm conviction and then dies in that night, will enter Paradise." Related by Bukhari.

24. Zaid رضي الله عنه the mawla of the Messenger of Allah صلى الله عليه وسلم said: "I heard my father say on the authority of my grandfather that he heard the Messenger of Allah صلى الله عليه وسلم say: 'Whoever says: [this dua], will be forgiven even if he escaped from the advance of an army (in Jihad)." Related by Abu Dawud, Tirmidhi, Hakim

Subhanak allahumma wa bihamdik, ash-hadu alla ilaha ila ant, astaghfiruka wa atoobu ilayk.

Glory be to You O Allah and all praise. I testify that there is (ثَلَاثًا) god but You. I seek Your forgiveness and to You I repent.

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ عَبْدِكَ وَنَبِيِّكَ وَرَسُولِكَ النَّبِيِّ الْأُمِّيِّ وَعَلَى
إِلِهِ وَصَحْبِهِ وَسَلَّمَ تَسْلِيمًا عَدَدَ مَا أَحَاطَ بِهِ عِلْمُكَ وَخَطَّ بِهِ قَلَمُكَ
وَأَحْصَاهُ كِتَابُكَ ، وَارْضَ اللَّهُمَّ عَنْ سَادَاتِنَا أَبِي بَكْرٍ وَعُمَرَ وَعُثْمَانَ وَعَلِيٍّ
وَعَنِ الصَّحَابَةِ أَجْمَعِينَ ، وَعَنِ التَّابِعِينَ وَتَابِعِيهِمْ بِإِحْسَانٍ إِلَى يَوْمِ الدِّينِ .

Allahumma salli `ala Muhammad abdika wa rasulika annabiyy alummi, wa `ala alihi wa sahabi wa sallim taslima, `adada ma ahata bihi `ilmuk wa khatta bibi kalamuk wa ahsahu kitabuk, ward allahumma `aan saadaatina abi bakr wa `umar wa `uthman wa `ali, wa `an assahaabati ajma`een, wa `an attaabi`eena wa tabee`ihim ila yawm addeen.

Oh Allah! Bestow your prayer upon our leader Muhammad, Your slave, Your prophet and Your messenger –the illiterate prophet. And bestow Your prayer and peace to his family and his companions, as much as what is encompassed by Your knowledge, written by Your pen and recorded in Your book. Magnify Your favor upon the rightly guided caliphs: Abu Bakr and Umar and Uthman and Ali, the prophet’s companions, their followers and their follower’s followers, and so on and so forth until the day of judgment.

25. Jubayr Ibn Mut`am رضي الله عنه narrated that the Messenger of Allah صلى الله عليه وسلم said: “Whoever says: [this dual], in a circle of dhikr; he will verily be rewarded by it and whosoever says it in a circle of idle talk; it will redeem him from that (act of disobedience).” Related by Nisa’i, Tabarani, and Hakim.

سُبْحَانَ رَبِّكَ رَبِّ الْعِزَّةِ عَمَّا يَصِفُونَ ، وَسَلَامٌ عَلَى الْمُرْسَلِينَ ، وَالْحَمْدُ
لِلَّهِ رَبِّ الْعَالَمِينَ .

*Subhana rabbika rabbi al'izzati `aamma yasifoon, wa salamun `aala
almursaleen, wa alhamdu lillahi rabb al'alameen.*

Glory be to your Lord, the Lord of power above that which they describe,
and peace be upon the messengers. And all praise be to Allah, the Lord of
the worlds.

26. Imam al-Nawawi has reported a narration from Ali عليه السلام where he says: "He who likes to get a full measure (of reward) should say: [this dua]."

End Notes and Other Du'a

Training of the Hearts

Strengthen the brotherhood between the hearts.

Make permanent the affection between them.

Guide them to their path.

Provision of the Hearts

Fill them with the Light of Allah that never diminishes.

Comfort their hearts with the abundance of faith.

Fill them with complete trust in Allah.

Function of the Hearts

Keep them alive with knowledge of Allah.

Give them their death in martyrdom for the sake of Allah.

Wird Ar-Rabtah*

Dua of Brotherhood

قُلِ اللَّهُمَّ مَالِكَ الْمُلْكِ تُؤْتِي الْمُلْكَ مَنْ تَشَاءُ وَتَنْزِعُ الْمُلْكَ مِمَّنْ تَشَاءُ وَتُعْزِزُ مَنْ تَشَاءُ وَتُذَلِّلُ مَنْ تَشَاءُ بِإِذْنِكَ يُدَبِّرُونَ الْخَيْرَ ، إِنَّكَ عَلِيُّ كُلِّ شَيْءٍ قَدِيرٌ . تُولِجُ اللَّيْلَ فِي النَّهَارِ وَتُولِجُ النَّهَارَ فِي اللَّيْلِ ، وَتُخْرِجُ الْحَيَّ مِنَ الْمَيِّتِ وَتُخْرِجُ الْمَيِّتَ مِنَ الْحَيِّ ، وَتَرْزُقُ مَنْ تَشَاءُ بِغَيْرِ حِسَابٍ .

اللَّهُمَّ إِنَّ هَذَا إِقْبَالٌ لَيْلِكَ وَإِدْبَارٌ نَهَارِكَ وَأَصْوَاتٌ دُعَاةِكَ فَاغْفِرْ لِي

يُؤْرَثُ إِنَّكَ تَعْلَمُ أَنَّ هَذِهِ الْقُلُوبَ قَدْ اجْتَمَعَتْ عَلَيَّ مَحَبَّتِكَ ، وَالتَّقْتُ عَلَيَّ طَاعَتِكَ ، وَتَوَحَّدْتُ عَلَيَّ دُعْوَتِكَ ، وَتَعَاهَدْتُ عَلَيَّ نَصْرَةَ شَرِيعَتِكَ ، فَوَثِّقْ اللَّهُمَّ رَابِطَتَهَا ، وَأَدِيمْ وُدَّهَا ، وَاهْدِهَا سَبِيلَهَا ، وَأَمْلَأْهَا بِبُورِكَ الَّذِي لَا يَخْبُو ، وَأَشْرَحْ صُدُورَهَا بِبَيْضِ الْإِنْسَانِ بِكَ ، وَجَمِّبِ التَّوَكُّلَ عَلَيْنِكَ ، وَأَحْيِهَا بِمَعْرِفَتِكَ ، وَأَمْتِهَا عَلَيَّ الشَّهَادَةَ فِي سَبِيلِكَ ، إِنَّكَ نِعَمَ الْمَوْلَى وَنِعَمَ النَّصِيرِ ، اللَّهُمَّ آمِينَ . وَصَلِّ اللَّهُمَّ عَلَيَّ سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِهِ وَصَحْبِهِ وَسَلَّمَ .

Qul allabumma malikul mulk tu'til mulka man tasha'u wa tanzi` almulka mimman tasha' Wa tu`izzu man tasha'u wa tudhillu man tasha' Biyadik alkhair innaka ala kulli shay'in qadeer Tooliju allaila fi annahari wa tooliju annahara fillail wa tukhriju alhayya min almayyiti wa tukhrij almayyita min alhayy wa tarzuqu man tasha'u bighairi hisab.

Allahumma inna hadha iqbalu laylik wa idbaru naharik wa aswatu duaatik faghfirlana (three times).

Allahumma innaka ta'lamu anna hadhihi alqulooba qad ijta'ma'at `ala mahabatik...wa ultaqat ala ta'atik wa tawahhadat `ala da'watak wa ta`ahadat `ala nusrati share`atik...fa wathiq allahumma raabitataha wa adim wuddaha wahdiha subulaha wamla'ha binoorika alladhee la yakbboo... washrah sudooraha

*This dua was composed by Imam Hasan Al-Banna to unite the hearts of those working for the sake of Allah

bifayd alimani bik wa jameel attawakkuli alaik... wa ahyiha bima`rifatika wa amit-ha `ala ashabadati fi sabeelik... innaka ni`m almarwla wa ni`m annaseer.

Say: "O Allah. Lord of Power and Rule, You grant power to whom You please, and You take power away from whom You please. You endow with honor whom You please, and You abase whom You please. In Your hand is all good. Verily, You have power over all things.

You cause the night to envelop the day, and You cause the day to envelop the night; You bring the Living out of the dead, and You bring the dead out of the living; and You give sustenance to whom You please, without measure."

O Allah, this is the coming of Your night and the turning away of Your day and the voices of the callers to You, so, Forgive us.

O Allah, You know that these hearts have come together in loving You, met together in Your obedience, united for Your message, and entered together in a covenant to support Your way. O Allah, strengthen the bonds between these hearts, make permanent the affection between them, guide them to their paths, fill them with Your light that never diminishes, comfort their hearts with the flood of faith in You, and a beautiful trust in You, keep them alive with knowledge of You, and give them their death in martyrdom for You. Truly You are the best protector and the best to give victory. O Allah. Ameen.

And may Allah bestow his blessings and his peace upon Prophet Muhammad and upon his family and his companions.

The Ten Directives for Islamic Workers

Read. Contemplate. Act upon.

1. Rise to the prayer upon hearing the call (adhan) (or upon its appointed time) regardless of the circumstances.
2. Recite the Qur'an. Read (study), listen (to useful things), or remember Allah (dhikr). Do not waste any of your time without doing something of benefit.
3. Strive to speak (or at least learn) classical Arabic because it is one of the symbols of Islam.
4. Avoid argumentation (regardless of the subject) for it leads to no good.
5. Avoid excessive laughter. The heart is connected to Allah is calm and tranquil.
6. Do not spend your time joking. The people of striving are ever serious.
7. Speak so that your listener or listeners can hear you and do not raise your voice beyond that. Speaking with excessive loudness is insensitive and offensive to others.
8. Avoid backbiting individuals and defaming other groups and organizations. Speak only when you have something good to say.
9. Foster ties of loving brotherhood with any of your brothers that you meet without waiting for others to ask this of you. Indeed this love and familiarity is the foundation of our Call (Da'wah).
10. We have more responsibilities than time. Help others to benefit from the time that they do have. If you need something from another person, do all you can so that it takes up as little time as possible.

The Ten Characteristics of Muslim Personality

Read. Contemplate. Act upon.

1. Sound creed
2. Correct worship
3. Noble character
4. Healthy body
5. Cultured/intellectual thought
6. Be able to earn a living (self-sufficient)
7. Disciplined over his/her Nafs
8. Values the importance of time
9. Organized in his/her affairs
10. Beneficial to others

Compiled by Imam Hasan Al-Banna, Al-Ma'thurat literally means "authentic sayings." This small book is a collection of supplications and Qur'anic verses, all based on the authentic sayings of Prophet Muhammad ﷺ, peace be upon him, to be recited in the mornings and evenings. Al-Ma'thurat is an answer to every Muslims need for a daily portion of dhikr – remembrance of Allah – so that he or she can maintain a strong, steadfast connection with Allah throughout daily life and activism.



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