



# Dhuhr Adhkar

*To be recited daily after the Dhuhr prayer*

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أَسْتَغْفِرُ اللَّهَ (3)

I seek forgiveness from Allāh.

*Repeat 3 times*



اللَّهُ أَكْبَرُ (3)

Allāh is greater

*Repeat 3 times*



اللَّهُمَّ أَنْتَ السَّلَامُ، وَمِنْكَ السَّلَامُ، تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

O Allāh, You are the Source of Peace and from You comes all peace. Sanctified are You, O Possessor of Majesty and Grace.



اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ، وَشُكْرِكَ، وَحُسْنِ عِبَادَتِكَ

O Allāh, assist me to remember You, be grateful to You, and worship You in the most perfect way.

***Virtue:*** The Messenger ﷺ took Sayyidana Mu‘adh ibn Jabal by hand, told him that he truly loved him, and advised him to read this supplication after every obligatory prayer. (Abu Dawud, Al-Nasa’i, Ibn Hibban and Others)



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

There is none to be worshiped besides Allāh, who is singularly worthy of worship, without partner. To Him belongs all sovereignty and praise, and He has power over all things.

*Virtue: Whoever recites this will have the reward of freeing a slave from the progeny of Sayyiduna Isma‘il (‘alayhi al-salam); ten good deeds will be recorded for him; ten sins will be erased; he will be raised ten spiritual degrees; and it will be a protection for him from Satan. (Abu Dawud, Ibn Majah, Musnad Ahmad)*



اللَّهُمَّ لَا مَانِعَ لِمَا أَعْطَيْتَ، وَلَا مُعْطِي لِمَا مَنَعْتَ، وَلَا يَنْفَعُ ذَا الْجَدِّ مِنْكَ الْجَدُّ

O Allāh, none can withhold what You bestow, and none can bestow what You withhold. And neither wealth nor prominence can benefit their possessor with You.



لَا إِلَهَ إِلَّا اللَّهُ، وَلَا نَعْبُدُ إِلَّا إِيَّاهُ، لَهُ النِّعْمَةُ وَلَهُ الْفَضْلُ وَلَهُ الثَّنَاءُ الْحَسَنُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ،  
لَا إِلَهَ إِلَّا اللَّهُ مُخْلِصِينَ لَهُ الدِّينَ وَلَوْ كَرِهَ الْكَافِرُونَ

There is none to be worshiped besides Allāh, and we worship none except Him. For Him is all favor, grace and virtuous praise, and He has power over all things. There is none to be worshiped besides Allāh and we are truthfully devoted to Him in our way of life, even if the disbelievers are averse to it.



﴿اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ لَهُ مَا فِي السَّمَوَاتِ وَمَا فِي الْأَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ﴾

Allāh – there is no god besides Him, The Ever-Living, The Self-Subsisting. He is not affected by slumber or sleep. To Him belongs all in the Celestial realms and all in the earth. Who is there that can intercede with Him except as He permits? He knows what is before them, and what is behind them. And they encompass nothing of His knowledge except as He wills. His *Kursi* encompasses the Celestial realms and earth, and He experiences no difficulty in preserving them. And He is the

Exalted, the Tremendous. ﴿The Cow - 2:255﴾

*Virtue:* Whoever recites this verse after every obligatory prayer, only death will stand between him and entry into Paradise. One who recites it in the morning will be protected from Jinn until the evening; and one who recites it in the evening will be protected from Jinn until the morning. (Al-Tabarani, Al-Nasa'i, Ibn Hibban, Al-Hakim.)



Sūrat al-Ikhlās: ﴿قُلْ هُوَ اللَّهُ أَحَدٌ...﴾

Sūrat al-Falaq: ﴿قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ...﴾

Sūrat al-Nās: ﴿قُلْ أَعُوذُ بِرَبِّ النَّاسِ...﴾

Recite Once

*Virtue:* There is nothing better to recite than these chapters to seek refuge from all forms of evil. The one who recites them three times in the morning and evening will be sufficed against everything. (Al-Nasa'i, Abu Dawud, Al-Tirmidhi, Musnad Ahmad)



Sūrat al-Ikhlās: ﴿قُلْ هُوَ اللَّهُ أَحَدٌ...﴾

*Repeat 10 times*

**Virtue:** Whoever recites this with faith ten times after every obligatory prayer may enter Paradise from any door he wishes. It comes in numerous texts that this *Surah* is equivalent to one third of the Qur'an. (*Muslim, Ibn Majah, Al-Tirmidhi, Al-Nasa'i, Al-Tabarani*)



(33) سُبْحَانَ اللَّهِ

Transcendent is Allāh.

*Repeat 33 times*

(33) الْحَمْدُ لِلَّهِ

All praise and gratitude belong to Allāh.

*Repeat 33 times*

(33) اللَّهُ أَكْبَرُ

Allāh is greater

*Repeat 33 times*

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

There is none to be worshiped besides Allāh, who is singularly worthy of worship, without partner. To Him belong all sovereignty and praise, and He has power over all things.

**Virtue:** Whoever recites the above sequence of remembrance after every obligatory prayer, their sins will be forgiven even if as great as the foam of sea,

and they will never be disappointed. Additionally, a tree is planted and grown in Paradise for each individual utterance. (Muslim and Al-Tirmidhi)



اللَّهُمَّ صَلِّ صَلَاةً كَامِلَةً، وَسَلِّمْ سَلَامًا تَامًّا، عَلَي سَيِّدِنَا مُحَمَّدٍ، تَنَحَّلْ بِهِ الْعُقْدُ، وَتَنْفِرْ بِهِ  
الْكُرْبُ، وَتُقْضَى بِهِ الْحَوَائِجُ، وَتُنَالُ بِهِ الرَّغَائِبُ، وَحُسْنُ الْحَوَاتِمِ، وَيُسْتَسْقَى الْعَمَامُ بِوَجْهِهِ  
الْكَرِيمِ، وَعَلَى آلِهِ وَصَحْبِهِ، فِي كُلِّ لَمْحَةٍ وَنَفَسٍ، بِعَدَدِ كُلِّ مَعْلُومٍ لَكَ (11)

O Allāh, send a perfect prayer and complete greeting of peace upon our Master Muhammad — the one by whom problems are solved, anxieties are relieved, needs are fulfilled, aspirations are attained and good endings are received, and by whose noble face the clouds give rain — and upon his Family and Companions, with every glance and every breath, by the number of everything that is known to You.

*Repeat 11 times*

*Virtue: Our saintly scholars report numerous virtues in reciting both salawat with regularity. Among them: erasure of sins; resolution of worries, difficulties and troubles; acceptance of supplications; realization of hopes and aspirations; ease of provision; and spiritual purification. (Al-Qurtubi and Others)*



اللَّهُمَّ إِنِّي أَسْأَلُكَ الثَّبَاتَ فِي الْأَمْرِ، وَأَسْأَلُكَ الثَّبْتَ وَالتَّشْيِيتَ فِي الْأُمُورِ، وَالْعَرِيْمَةَ عَلَى الرَّشْدِ،  
وَأَسْأَلُكَ شُكْرَ نِعْمَتِكَ، وَحُسْنَ عِبَادَتِكَ، وَأَسْأَلُكَ قَلْبًا سَلِيمًا، وَلِسَانًا صَادِقًا، وَيَقِينًا صَادِقًا،  
وَأَسْأَلُكَ خُلُقًا مُسْتَقِيمًا، وَأَسْأَلُكَ مِنْ خَيْرِ مَا تَعْلَمُ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا تَعْلَمُ،  
وَأَسْتَغْفِرُكَ لِمَا تَعْلَمُ، إِنَّكَ أَنْتَ عَلَّامُ الْغُيُوبِ

O Allāh, I ask You for steadfastness in the matter of my faith. I ask You for discerning clarity in every matter, and resolution upon guidance and goodness. I ask You for gratitude for Your favors and to worship You in the most perfect way. I ask You for a sound and healthy heart, a truthful tongue, and true certainty. I ask

You for steadfastly upright character. I ask You for the good of creation which is in Your knowledge, I seek refuge in You from the evil of creation which is in Your knowledge, and I seek forgiveness from You for what You know. Surely, You are the Knower of the Unseen.

*Virtue: The Messenger of Allāh ﷺ advised us to treasure these words when we see people amassing the treasures of wealth. (Al-Nasa'i, Al-Tirmidhi, Ibn Hibban, Al-Hakim)*

*In addition to this supplication, it strongly recommended to include others that one is familiar with. Among the times in which supplications are answered are after the obligatory prayer (Tirmidhi).*

