Habib Ul Quraan

NATIONAL SEERAH COMPETITION 2027

Category C
Zad ut-Talibeen

زَادُ الطَّالِبِينَ

Ages 11-15

First 40 Ahadith - Arabic and English meaning

Contestant learning pack - typeset edition

Date and venue will be released on the Habib Ul Quraan website and official social channels.

Prescribed Ahadith

Zad ut-Talibeen 1-40 and 30 Duas

Text note: No photographed or screenshot pages are used. Arabic and English are native, selectable text. Every word carries full harakat, reviewed for i'rab on 19 September 2026. Qur'anic verses quoted inside a hadith are placed between ornate Qur'anic brackets. The organiser-supplied printed edition remains the final authority; a qualified teacher must check recitation before memorisation.

HADITH 01

الدِّينُ النَّصِيحَةُ

English meaning
The Religion (Islam) is to act with sincerity (Muslim).

HADITH 02

الدُّعَاءُ مُخُّ الْعِبَادَةِ

English meaning
Supplication is the essence of worship (Bukhārī).

HADITH 03

الْمَرْءُ مَعَ مَنْ أَحَبَّ

English meaning
A person will be with whom he loves (Bukhārī, Muslim).

HADITH 04

الْأَنَاةُ مِنَ اللَّهِ وَالْعَجَلَةُ مِنَ الشَّيْطَانِ

English meaning
Calmness and patient deliberation is from Allāh and haste is from Satan (Tirmidhī).

HADITH 05

الْمَجَالِسُ بِالْأَمَانَةِ

English meaning
Gatherings are to be kept in confidence (Abū Dāwūd).

HADITH 06

الْحَيَاءُ شُعْبَةٌ مِنَ الْإِيمَانِ

English meaning
Modesty is a branch of faith (Bukhārī, Muslim).

HADITH 07

الْخَمْرُ جِمَاعُ الْإِثْمِ

English meaning
Alcohol constitutes many sins (Razīn).

HADITH 08

الْمُؤْمِنُ غِرٌّ كَرِيمٌ، وَالْفَاجِرُ خَبٌّ لَئِيمٌ

English meaning
A believer is simple and noble and a transgressor is deceitful and ignoble (Abū Dāwūd, Tirmidhī).

HADITH 09

الظُّلْمُ ظُلُمَاتٌ يَوْمَ الْقِيَامَةِ

English meaning
Oppression will be darknesses on the Day of Judgment (Bukhārī).

HADITH 10

الدُّنْيَا سِجْنُ الْمُؤْمِنِ وَجَنَّةُ الْكَافِرِ

English meaning
The world is a prison for the believer and a paradise for the unbeliever (Muslim, Tirmidhī).

HADITH 11

الْيَدُ الْعُلْيَا خَيْرٌ مِنَ الْيَدِ السُّفْلَى

English meaning
The upper [giving] hand is superior to the lower [taking] hand (Bukhārī, Muslim).

HADITH 12

الطُّهُورُ شَطْرُ الْإِيمَانِ

English meaning
Purity is half of faith (Muslim).

HADITH 13

الْجَرَسُ مَزَامِيرُ الشَّيْطَانِ

English meaning
Bells are the flutes of Satan (Muslim).

HADITH 14

الطَّاعِمُ الشَّاكِرُ كَالصَّائِمِ الصَّابِرِ

English meaning
The one who eats and is thankful is like the one who fasts and is patient (Tirmidhī, Dāramī).

HADITH 15

الْبَادِئُ بِالسَّلَامِ بَرِيءٌ مِنَ الْكِبْرِ

English meaning
The one who initiates the salām is free of pride (Bayhaqī, Shuʿab al-īmān).

HADITH 16

السِّوَاكُ مَطْهَرَةٌ لِلْفَمِ مَرْضَاةٌ لِلرَّبِّ

English meaning
The tooth-stick purifies the mouth and pleases the Lord (Bukhārī without a chain [taʿlīqan], Nasā'ī, Dāramī).

HADITH 17

الْغِيبَةُ أَشَدُّ مِنَ الزِّنَا

English meaning
Backbiting is worse than unlawful intercourse (Bayhaqī, Shuʿab al-īmān).

HADITH 18

الْقُرْآنُ حُجَّةٌ لَكَ أَوْ عَلَيْكَ

English meaning
The Qur’ān will either be evidence for you or against you (Muslim).

HADITH 19

النِّسَاءُ حَبَائِلُ الشَّيْطَانِ

English meaning
Women are the snares of Satan (Razīn).

HADITH 20

التَّائِبُ مِنَ الذَّنْبِ كَمَنْ لَا ذَنْبَ لَهُ

English meaning
One who repents from sin is like one who has no sin (Ibn Māja, Ṭabarānī, Al-Muʿjam al-kabīr).

HADITH 21

الِاقْتِصَادُ فِي النَّفَقَةِ نِصْفُ الْمَعِيشَةِ، وَالتَّوَدُّدُ إِلَى النَّاسِ نِصْفُ الْعَقْلِ، وَحُسْنُ السُّؤَالِ نِصْفُ الْعِلْمِ

English meaning
Moderation in spending is half of [one’s] sustenance, friendliness toward people is half of [one’s] intelligence, and asking good questions is half of [one’s] knowledge (Bayhaqī, Shuʿab al-īmān).

HADITH 22

الْكَيِّسُ مَنْ دَانَ نَفْسَهُ وَعَمِلَ لِمَا بَعْدَ الْمَوْتِ، وَالْعَاجِزُ مَنْ أَتْبَعَ نَفْسَهُ هَوَاهَا وَتَمَنَّى عَلَى اللَّهِ

English meaning
The intelligent one is he who has subdued his lower self and who has worked for what comes after death, and the stupid one is he who has put his lower self in pursuance of its desires and who has vain hopes about Allāh (Tirmidhī, Ibn Māja).

HADITH 23

الْمُؤْمِنُ مَأْلَفٌ، وَلَا خَيْرَ فِيمَنْ لَا يَأْلَفُ وَلَا يُؤْلَفُ

English meaning
The believer is one who is sociable [with others], and there is no good in one who is not sociable [with others] nor in one who is not met sociably [by them] (Mustadrak, Bayhaqī, Shuʿab al- īmān).

HADITH 24

الْغِنَاءُ يُنْبِتُ النِّفَاقَ فِي الْقَلْبِ كَمَا يُنْبِتُ الْمَاءُ الزَّرْعَ

English meaning
Songs make hypocrisy grow in the heart just as water makes crops grow (Bayhaqī, Shuʿab al-īmān).

HADITH 25

التُّجَّارُ يُحْشَرُونَ يَوْمَ الْقِيَامَةِ فُجَّارًا إِلَّا مَنِ اتَّقَى وَبَرَّ وَصَدَقَ

English meaning
Traders will be gathered on the Day of Judgement as transgressors, except those who feared Allāh, were righteous [in their oaths], and spoke the truth (Tirmidhī, Ibn Māja, Dāramī).

HADITH 26

التَّاجِرُ الصَّدُوقُ الْأَمِينُ مَعَ النَّبِيِّينَ وَالصِّدِّيقِينَ وَالشُّهَدَاءِ

English meaning
A truthful and trustworthy trader will be in the company of the prophets, the very truthful, and the martyrs (Tirmidhī, Dāramī, Dāraquṭnī).

HADITH 27

آيَةُ الْمُنَافِقِ ثَلَاثٌ: إِذَا حَدَّثَ كَذَبَ، وَإِذَا وَعَدَ أَخْلَفَ، وَإِذَا اؤْتُمِنَ خَانَ

English meaning
The signs of a hypocrite are three: when he speaks he lies, when he makes a promises he breaks it, and when he is trusted he betrays the trust (Bukhārī, Muslim).

HADITH 28

الْكَبَائِرُ: الْإِشْرَاكُ بِاللَّهِ، وَعُقُوقُ الْوَالِدَيْنِ، وَقَتْلُ النَّفْسِ، وَالْيَمِينُ الْغَمُوسُ

English meaning
The major sins are worshipping others besides Allāh, disobeying parents, killing a human being [unlawfully], and the immersing oath (Bukhārī, Muslim).

HADITH 29

الْبِرُّ حُسْنُ الْخُلُقِ، وَالْإِثْمُ مَا حَاكَ فِي صَدْرِكَ وَكَرِهْتَ أَنْ يَطَّلِعَ عَلَيْهِ النَّاسُ

English meaning
Righteousness is good character, and sin is what causes uneasiness in your heart and what you dislike others to become aware of (Muslim, Tirmidhī).

HADITH 30

الْخَلْقُ عِيَالُ اللَّهِ، فَأَحَبُّ الْخَلْقِ إِلَى اللَّهِ مَنْ أَحْسَنَ إِلَى عِيَالِهِ

English meaning
All created beings are Allāh's dependants, and the most beloved of creation to Allāh is the one who is good to His dependants (Bayhaqī, Shuʿab al-īmān).

HADITH 31

الْمُسْلِمُ مَنْ سَلِمَ الْمُسْلِمُونَ مِنْ لِسَانِهِ وَيَدِهِ

English meaning
A [true] Muslim is he from whose tongue and hand other believers remain safe (Bukhārī, Muslim).

HADITH 32

وَالْمُؤْمِنُ مَنْ أَمِنَهُ النَّاسُ عَلَى دِمَائِهِمْ وَأَمْوَالِهِمْ

English meaning
And a [true] believer is he whom people trust with their lives and possessions (Tirmidhī).

HADITH 33

وَالْمُجَاهِدُ مَنْ جَاهَدَ نَفْسَهُ فِي طَاعَةِ اللَّهِ

English meaning
And a [true] warrior is one who exerts himself in obedience to Allāh (Aḥmad, Bayhaqī, Shuʿab al-īmān).

HADITH 34

وَالْمُهَاجِرُ مَنْ هَجَرَ الْخَطَايَا وَالذُّنُوبَ

English meaning
And a [true] emigrant is he who abandons all wrongs and sins (Aḥmad, Bayhaqī, Shuʿab al-īmān).

HADITH 35

الْبَيِّنَةُ عَلَى الْمُدَّعِي، وَالْيَمِينُ عَلَى الْمُدَّعَى عَلَيْهِ

English meaning
The burden of proof is on the accuser and swearing the oath is on the one accused (Bayhaqī).

HADITH 36

الْمُؤْمِنُ مِرْآةُ الْمُؤْمِنِ، وَالْمُؤْمِنُ أَخُو الْمُؤْمِنِ، يَكُفُّ عَلَيْهِ ضَيْعَتَهُ وَيَحُوطُهُ مِنْ وَرَائِهِ

English meaning
A believer is a mirror for a believer, and a believer is the brother of a believer; he safeguards him from destruction and protects him in his absence (Abū Dāwūd, Tirmidhī, Bukhārī, Al-Adab al- Mufrad).

HADITH 37

الْمُؤْمِنُونَ كَرَجُلٍ وَاحِدٍ؛ إِنِ اشْتَكَى عَيْنَهُ اشْتَكَى كُلُّهُ، وَإِنِ اشْتَكَى رَأْسَهُ اشْتَكَى كُلُّهُ

English meaning
Believers are like a single person; if his eye is in pain his whole body pains, and if his head is in pain his whole body pains (Muslim).

HADITH 38

السَّفَرُ قِطْعَةٌ مِنَ الْعَذَابِ، يَمْنَعُ أَحَدَكُمْ نَوْمَهُ وَطَعَامَهُ وَشَرَابَهُ، فَإِذَا قَضَى أَحَدُكُمْ نَهْمَتَهُ مِنْ وَجْهِهِ فَلْيُعَجِّلْ إِلَى أَهْلِهِ

English meaning
Travelling involves a degree of punishment; it deprives one of his sleep, food, and drink. Therefore, when one has accomplished his purpose at his destination, he should hurry back to his family (Bukhārī, Muslim).

HADITH 39

قَفْلَةٌ كَغَزْوَةٍ

English meaning
The return from battle is like the battle itself [in reward] (Abū Dāwūd).

HADITH 40

سَيِّدُ الْقَوْمِ فِي السَّفَرِ خَادِمُهُمْ

English meaning
On a journey, the leader of the group is their servant (Ibn Māja, Bayhaqī, Shuʿab al-īmān).

Masnoon Duas

Arabic and English

> **Source:** *Masnoon Duaas*, compiled by Mufti Muhammad Aashiq Ilahi Bulandshahri, translated by Mufti Afzal Hossen Elias (Zam Zam Publishers). The du'as are in the book's order. This list contains du'as only; the Qur'anic passages the book also recommends (such as Ayat al-Kursi and the Quls) are not part of this category.

DUA 01 · Morning supplication

أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ رَبِّ الْعَالَمِينَ، اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هٰذَا الْيَوْمِ، فَتْحَهُ وَنَصْرَهُ وَنُورَهُ وَبَرَكَتَهُ وَهُدَاهُ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِيهِ وَشَرِّ مَا بَعْدَهُ

English meaning

We have entered the morning and the whole kingdom belongs to Allah, the Lord of the worlds. O Allah, I ask You for the good of this day: its success, its help, its light, its blessings and its guidance, and I seek refuge in You from the evil in it and the evil of what comes after it. [Masnoon Duaas p. 33 (Abu Dawud)]

DUA 02 · Alternative morning supplication

اللَّهُمَّ بِكَ أَصْبَحْنَا، وَبِكَ أَمْسَيْنَا، وَبِكَ نَحْيَا، وَبِكَ نَمُوتُ، وَإِلَيْكَ النُّشُورُ

English meaning

O Allah, by You we enter the morning and by You we enter the evening, by You we live and by You we die, and to You is the return. [Masnoon Duaas p. 34 (Tirmidhi)]

DUA 03 · When the sun rises

الْحَمْدُ لِلَّهِ الَّذِي أَقَالَنَا يَوْمَنَا هٰذَا، وَلَمْ يُهْلِكْنَا بِذُنُوبِنَا

English meaning

All praise is for Allah who has forgiven us this day of ours and has not destroyed us because of our sins. [Masnoon Duaas pp. 34-35 (Muslim)]

DUA 04 · Evening supplication

أَمْسَيْنَا وَأَمْسَى الْمُلْكُ لِلَّهِ رَبِّ الْعَالَمِينَ، اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هٰذِهِ اللَّيْلَةِ، فَتْحَهَا وَنَصْرَهَا وَنُورَهَا وَبَرَكَتَهَا وَهُدَاهَا، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِيهَا وَشَرِّ مَا بَعْدَهَا

English meaning

We have entered the evening and the whole kingdom belongs to Allah, the Lord of the worlds. O Allah, I ask You for the good of this night: its success, its help, its light, its blessings and its guidance, and I seek refuge in You from the evil in it and the evil of what comes after it. [Masnoon Duaas p. 35 (Abu Dawud)]

DUA 05 · Alternative evening supplication

اللَّهُمَّ بِكَ أَمْسَيْنَا، وَبِكَ أَصْبَحْنَا، وَبِكَ نَحْيَا، وَبِكَ نَمُوتُ، وَإِلَيْكَ النُّشُورُ

English meaning

O Allah, by You we enter the evening and by You we enter the morning, by You we live and by You we die, and to You is the return. [Masnoon Duaas p. 36 (Tirmidhi)]

DUA 06 · After the Maghrib adhan

اللَّهُمَّ هٰذَا إِقْبَالُ لَيْلِكَ، وَإِدْبَارُ نَهَارِكَ، وَأَصْوَاتُ دُعَاتِكَ، فَاغْفِرْ لِي

English meaning

O Allah, this is the coming of Your night, the passing of Your day and the voices of those who call to You, so forgive me. [Masnoon Duaas p. 37 (Mishkat)]

DUA 07 · Morning and evening protection (three times)

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ، وَهُوَ السَّمِيعُ الْعَلِيمُ

English meaning

In the name of Allah, with whose name nothing in the earth or in the sky can cause harm, and He is the

All-Hearing, the All-Knowing. [Masnoon Duaas p. 38 (Tirmidhi, Abu Dawud)]

DUA 08 · Gratitude for the favours of the morning

اللَّهُمَّ مَا أَصْبَحَ بِي مِنْ نِعْمَةٍ أَوْ بِأَحَدٍ مِنْ خَلْقِكَ فَمِنْكَ وَحْدَكَ لَا شَرِيكَ لَكَ، فَلَكَ الْحَمْدُ وَلَكَ الشُّكْرُ

English meaning
O Allah, whatever favour has come to me or to any of Your creation this morning is from You alone; You have no partner. So all praise and all thanks are for You. (In the evening say: مَا أَمْسَى بِي) [Masnoon Duaas pp. 43-44 (Abu Dawud, Nasa'i)]

DUA 09 · Pleased with Allah, Islam and the Prophet (three times)

رَضِيتُ بِاللَّهِ رَبًّا، وَبِالْإِسْلَامِ دِينًا، وَبِمُحَمَّدٍ نَبِيًّا

English meaning
I am pleased with Allah as my Lord, with Islam as my religion and with Muhammad (peace and blessings be upon him) as my Prophet. [Masnoon Duaas p. 44 (Tirmidhi)]

DUA 10 · Morning and evening: You created me

اللَّهُمَّ أَنْتَ خَلَقْتَنِي، وَأَنْتَ تَهْدِينِي، وَأَنْتَ تُطْعِمُنِي، وَأَنْتَ تَسْقِينِي، وَأَنْتَ تُمِيتُنِي، وَأَنْتَ تُحْيِينِي

English meaning
O Allah, You created me and You guide me; You feed me and You give me drink; You will cause me to die and You will give me life. [Masnoon Duaas pp. 48-49]

DUA 11 · On going to bed (three times)

اللَّهُمَّ قِنِي عَذَابَكَ يَوْمَ تَبْعَثُ عِبَادَكَ

English meaning
O Allah, save me from Your punishment on the Day You raise Your servants. [Masnoon Duaas p. 51 (Mishkat, Hisn Hasin)]

DUA 12 · Lying down to sleep

بِاسْمِكَ رَبِّي وَضَعْتُ جَنْبِي، وَبِكَ أَرْفَعُهُ، إِنْ أَمْسَكْتَ نَفْسِي فَاغْفِرْ لَهَا، وَإِنْ أَرْسَلْتَهَا فَاحْفَظْهَا بِمَا تَحْفَظُ بِهِ عِبَادَكَ الصَّالِحِينَ

English meaning
In Your name, my Lord, I lay down my side and by You I raise it. If You take my soul, forgive it, and if You release it, protect it with that by which You protect Your righteous servants. [Masnoon Duaas p. 52 (Bukhari, Muslim)]

DUA 13 · Before sleeping

اللَّهُمَّ بِاسْمِكَ أَمُوتُ وَأَحْيَا

English meaning
O Allah, in Your name I die and I live. [Masnoon Duaas pp. 52-53 (Bukhari, Muslim)]

DUA 14 · Submission before sleep

بِسْمِ اللَّهِ، اللَّهُمَّ أَسْلَمْتُ نَفْسِي إِلَيْكَ، وَوَجَّهْتُ وَجْهِي إِلَيْكَ، وَفَوَّضْتُ أَمْرِي إِلَيْكَ، وَأَلْجَأْتُ ظَهْرِي إِلَيْكَ، رَغْبَةً وَرَهْبَةً إِلَيْكَ، لَا مَلْجَأَ وَلَا مَنْجَا مِنْكَ إِلَّا إِلَيْكَ، آمَنْتُ بِكِتَابِكَ الَّذِي أَنْزَلْتَ، وَنَبِيِّكَ الَّذِي أَرْسَلْتَ

English meaning
In the name of Allah. O Allah, I submit myself to You, I turn my face to You, I entrust my affairs to You

and I lean on You, in hope of You and in fear of You. There is no refuge and no safety from You except with You. I believe in Your Book which You revealed and in Your Prophet whom You sent. [Masnoon Duaas pp. 53-54 (Mishkat)]

DUA 15 · Seeking forgiveness at bedtime (three times)

أَسْتَغْفِرُ اللَّهَ الَّذِي لَا إِلٰهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ وَأَتُوبُ إِلَيْهِ

English meaning
I seek the forgiveness of Allah, besides whom there is no deity, the Ever-Living, the Sustainer, and I turn to Him in repentance. [Masnoon Duaas p. 57 (Tirmidhi)]

DUA 16 · Difficulty in falling asleep

اللَّهُمَّ غَارَتِ النُّجُومُ، وَهَدَأَتِ الْعُيُونُ، وَأَنْتَ حَيٌّ قَيُّومٌ، لَا تَأْخُذُكَ سِنَةٌ وَلَا نَوْمٌ، يَا حَيُّ يَا قَيُّومُ، أَهْدِئْ لَيْلِي، وَأَنِمْ عَيْنِي

English meaning
O Allah, the stars have set and the eyes are at rest, and You are Ever-Living, Self-Sustaining; neither slumber nor sleep overtakes You. O Ever-Living, O Self-Sustaining, give my night rest and let my eyes sleep. [Masnoon Duaas pp. 58-59 (Hisn Hasin)]

DUA 17 · After a frightening dream

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ غَضَبِهِ وَعِقَابِهِ، وَشَرِّ عِبَادِهِ، وَمِنْ هَمَزَاتِ الشَّيَاطِينِ وَأَنْ يَحْضُرُونِ

English meaning
I seek refuge in the perfect words of Allah from His anger and His punishment, from the evil of His servants, and from the whispers of the devils and from their coming to me. [Masnoon Duaas pp. 59-60 (Hisn Hasin)]

DUA 18 · After a bad dream (three times)

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ، وَمِنْ شَرِّ هٰذِهِ الرُّؤْيَا

English meaning
I seek refuge in Allah from Satan the accursed and from the evil of this dream. [Masnoon Duaas pp. 60-61 (Mishkat, Hisn Hasin)]

DUA 19 · On waking up

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

English meaning
All praise is for Allah who gave us life after causing us to die, and to Him is the return. [Masnoon Duaas pp. 61-62 (Bukhari, Muslim)]

DUA 20 · Alternative dua on waking up

الْحَمْدُ لِلَّهِ الَّذِي يُحْيِي الْمَوْتَى، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

English meaning
All praise is for Allah who gives life to the dead, and He has power over everything. [Masnoon Duaas p. 62 (Hisn Hasin)]

DUA 21 · On rising for Tahajjud

اللَّهُمَّ لَكَ الْحَمْدُ، أَنْتَ قَيِّمُ السَّمَاوَاتِ وَالْأَرْضِ وَمَنْ فِيهِنَّ، وَلَكَ الْحَمْدُ، أَنْتَ مَلِكُ السَّمَاوَاتِ وَالْأَرْضِ وَمَنْ فِيهِنَّ، وَلَكَ الْحَمْدُ، أَنْتَ نُورُ السَّمَاوَاتِ وَالْأَرْضِ وَمَنْ فِيهِنَّ، وَلَكَ الْحَمْدُ، أَنْتَ الْحَقُّ، وَوَعْدُكَ الْحَقُّ، وَلِقَاؤُكَ حَقٌّ، وَقَوْلُكَ حَقٌّ، وَالْجَنَّةُ حَقٌّ، وَالنَّارُ حَقٌّ، وَالنَّبِيُّونَ حَقٌّ، وَمُحَمَّدٌ حَقٌّ، وَالسَّاعَةُ حَقٌّ، اللَّهُمَّ لَكَ أَسْلَمْتُ، وَبِكَ آمَنْتُ، وَعَلَيْكَ تَوَكَّلْتُ، وَإِلَيْكَ أَنَبْتُ، وَبِكَ خَاصَمْتُ، وَإِلَيْكَ حَاكَمْتُ، أَنْتَ رَبُّنَا وَإِلَيْكَ الْمَصِيرُ، فَاغْفِرْ لِي

مَا قَدَّمْتُ وَمَا أَخَّرْتُ، وَمَا أَسْرَرْتُ وَمَا أَعْلَنْتُ، وَمَا أَنْتَ أَعْلَمُ بِهِ مِنِّي، أَنْتَ الْمُقَدِّمُ وَأَنْتَ الْمُؤَخِّرُ، أَنْتَ إِلٰهِي لَا إِلٰهَ إِلَّا أَنْتَ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

English meaning

O Allah, all praise is for You; You sustain the heavens and the earth and all within them. All praise is for You; You are the King of the heavens and the earth and all within them. All praise is for You; You are the Light of the heavens and the earth and all within them. All praise is for You; You are the Truth, Your promise is true, meeting You is true, Your word is true, Paradise is true, the Fire is true, the Prophets are true, Muhammad is true and the Hour is true. O Allah, to You I have submitted, in You I believe, on You I rely, to You I turn, by Your help I argue and to You I refer for judgement. You are our Lord and to You is the return. So forgive me what I have done before and after, what I have hidden and what I have done openly, and what You know better than I do. You are the One who brings forward and the One who puts back. You are my God; there is no god but You. There is no might and no power except with Allah. [Masnoon Duaas pp. 62-65 (Bukhari, Muslim)]

DUA 22 · Before beginning Tahajjud (ten times)

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ ضِيقِ الدُّنْيَا وَضِيقِ يَوْمِ الْقِيَامَةِ

English meaning

O Allah, I seek refuge in You from the narrowness of this world and the narrowness of the Day of Qiyamah. [Masnoon Duaas p. 66 (Mishkat, Abu Dawud)]

DUA 23 · Entering the toilet

بِسْمِ اللَّهِ، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ

English meaning

In the name of Allah. O Allah, I seek refuge in You from male and female devils. [Masnoon Duaas pp. 66-67 (Mishkat, Hisn Hasin)]

DUA 24 · Leaving the toilet

غُفْرَانَكَ، الْحَمْدُ لِلَّهِ الَّذِي أَذْهَبَ عَنِّي الْأَذَى وَعَافَانِي

English meaning
O Allah, I seek Your forgiveness. All praise is for Allah who removed the discomfort from me and gave me relief. [Masnoon Duaas pp. 67-68 (Mishkat)]

DUA 25 · During wudu

اللَّهُمَّ اغْفِرْ لِي ذَنْبِي، وَوَسِّعْ لِي فِي دَارِي، وَبَارِكْ لِي فِي رِزْقِي

English meaning
O Allah, forgive my sins, make my home spacious for me and grant me blessing in my sustenance. [Masnoon Duaas p. 69 (Hisn Hasin)]

DUA 26 · On completing wudu

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

English meaning
I testify that there is no deity except Allah, alone, without partner, and I testify that Muhammad is His servant and His Messenger. [Masnoon Duaas pp. 69-70 (Mishkat)]

DUA 27 · After wudu: among the repentant

اللَّهُمَّ اجْعَلْنِي مِنَ التَّوَّابِينَ، وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ

English meaning
O Allah, make me among those who repent often and make me among those who keep themselves pure. [Masnoon Duaas pp. 70-71 (Hisn Hasin)]

DUA 28 · Also after wudu

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ، أَشْهَدُ أَنْ لَا إِلٰهَ إِلَّا أَنْتَ، أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ

English meaning
Glory be to You, O Allah, and all praise is Yours. I testify that there is no deity except You. I seek Your forgiveness and turn to You in repentance. [Masnoon Duaas p. 71 (Hisn Hasin from al-Mustadrak)]

DUA 29 · Going to the Fajr salah

اللَّهُمَّ اجْعَلْ فِي قَلْبِي نُورًا، وَفِي بَصَرِي نُورًا، وَفِي سَمْعِي نُورًا، وَعَنْ يَمِينِي نُورًا، وَعَنْ شِمَالِي نُورًا، وَخَلْفِي نُورًا، وَاجْعَلْ لِي نُورًا، وَفِي عَصَبِي نُورًا، وَفِي لَحْمِي نُورًا، وَفِي دَمِي نُورًا، وَفِي شَعْرِي نُورًا، وَفِي بَشَرِي نُورًا، وَفِي لِسَانِي نُورًا، وَاجْعَلْ فِي نَفْسِي نُورًا، وَأَعْظِمْ لِي نُورًا، وَاجْعَلْنِي نُورًا، وَاجْعَلْ مِنْ فَوْقِي نُورًا، وَمِنْ تَحْتِي نُورًا، اللَّهُمَّ أَعْطِنِي نُورًا

English meaning
O Allah, place light in my heart, light in my sight and light in my hearing; light on my right, light on my left and light behind me; and grant me light. Place light in my sinews, my flesh, my blood, my hair, my skin and my tongue. Place light in my soul, make my light great, make me light, and place light above me and light beneath me. O Allah, grant me light. [Masnoon Duaas pp. 72-73 (Hisn Hasin)]

DUA 30 · Entering the masjid

اللَّهُمَّ اغْفِرْ لِي ذُنُوبِي، وَافْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

English meaning
O Allah, forgive my sins and open for me the doors of Your mercy. (Send salutations upon the Prophet first.) [Masnoon Duaas p. 73 (Mishkat)]

Preparation standard: Know the Arabic wording, the complete English meaning and the main lesson. Practise with a teacher using random starting prompts.