

My Tahajjud routine

وَقَوْلِهِ عَزَّ وَجَلَّ: (وَمِنَ اللَّيْلِ فَتَهَجَّدْ بِهِ نَافِلَةً لَكَ).

And from the the night , stand up in tahajjud salaah as an optional act for
you

Narrated Al-Mughira:

The Prophet (ﷺ) used to stand (in the prayer) or pray till both his feet or
legs swelled. He was asked why (he offered such an unbearable prayer)
and he said, "should I not be a thankful slave."

حَدَّثَنَا أَبُو نُعَيْمٍ، قَالَ حَدَّثَنَا مِسْعَرٌ، عَنْ زِيَادٍ، قَالَ سَمِعْتُ الْمُغِيرَةَ - رَضِيَ اللَّهُ عَنْهُ - يَقُولُ
إِنْ كَانَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ لَيَقُوعُ لِيَصَلِّيَ حَتَّى تَرِفَ قَدَمَاؤُهُ أَوْ سَاقَاهُ، فَيَقَالَ لَهُ
فَيَقُولُ "أَفَلَا أَكُونُ عَبْدًا شَكُورًا"

Attaching this dua to my life

Key words or theme to

focus on:

The concept of "shakur"

- is the choice of

extreme gratitude that

combats negativity and

reframes the way that we

look at our lives



My Tahajjud routine

Ibn 'Abbas: When the Prophet (ﷺ)

:got up at night to offer the Tahajjud prayer, he used to say

Allahumma lakal-hamd. Anta qaiyyimus-samawati wal-ard wa man fihinna. Walakal-hamd, Laka mulk-usamawati wal-ard wa man fihinna. Walakal-hamd, anta nurus-samawati wal-ard. Wa lakal-hamd, anta-l-haq wa wa'duka-lhaq, wa liqa'uka Haq, wa qauluka Haq, wal-jannatu Han wan-naru Haq wannabiyyuna Haq. Wa Muhammadun, sallal-lahu'alaihi wasallam, Haq, was-sa'atu Haq. Allahumma aslamtu Laka wabika amantu, wa 'Alaika tawakkaltu, wa ilaika anabtu wa bika khasamtu, wa ilaika hakamtu faghfir li ma qaddamtu wama akh-khartu wama as-rartu wama'a lantu, anta-l-muqaddim wa anta-l-mu akh-khir, la ilaha illa anta (or la ilaha ghairuka). (O Allah! All the praises are for you, You are the Holder of the Heavens and the Earth, And whatever is in them. All the praises are for You; You have the possession of the Heavens and the Earth And whatever is in them. All the praises are for You; You are the Light of the Heavens and the Earth And all the praises are for You; You are the King of the Heavens and the Earth; And all the praises are for You; You are the Truth and Your Promise is the truth, And to meet You is true, Your Word is the truth And Paradise is true And Hell is true And all the Prophets (Peace be upon them) are true; And Muhammad is true, And the Day of Resurrection is true. O Allah! I surrender (my will) to You; I believe in You and depend on You. And repent to You, And with Your help I argue (with my opponents, the non-believers) And I take You as a judge (to judge between us). Please forgive me my previous And future sins; And whatever I concealed or revealed And You are the One who make (some people) forward And (some) backward. There is none to be worshipped but you. Sufyan said that 'Abdul Karim Abu Umaiya added to the above, 'Wala haula .Wala quwata illa billah' (There is neither might nor power except with Allah)

حَدَّثَنَا عَلِيُّ بْنُ عَبْدِ اللَّهِ، قَالَ حَدَّثَنَا سُفْيَانُ، قَالَ حَدَّثَنَا سَلِيمَانُ بْنُ أَبِي مُسْلِمٍ، عَنِ ظَلَوَيْسٍ، سَمِعَ ابْنَ عَبَّاسٍ - رَضِيَ اللَّهُ عَنْهُمَا - قَالَ كَانَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ إِذَا قَامَ مِنَ اللَّيْلِ يَتَهَجَّدُ قَالَ " اللَّهُمَّ لَكَ الْحَمْدُ أَنْتَ قَائِمٌ السَّمَوَاتِ وَالْأَرْضِ وَمَنْ فِيهِنَّ وَلَكَ الْحَمْدُ، لَكَ مَلَكُ السَّمَوَاتِ وَالْأَرْضِ وَمَنْ فِيهِنَّ، وَلَكَ الْحَمْدُ أَنْتَ نُورُ السَّمَوَاتِ وَالْأَرْضِ، وَلَكَ الْحَمْدُ أَنْتَ الْحَقُّ، وَوَعْدُكَ الْحَقُّ، وَقَوْلُكَ حَقٌّ، وَالْجَنَّةُ حَقٌّ، وَالنَّارُ حَقٌّ، وَالنَّبِيُّونَ حَقٌّ، وَمَحَمَّدٌ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ حَقٌّ، وَالسَّاعَةُ حَقٌّ، اللَّهُمَّ لَكَ أَسْلَمْتُ، وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ، وَإِلَيْكَ أُنْبِتُ، وَبِكَ خَاصَمْتُ، وَإِلَيْكَ حَاكَمْتُ، فَاعْفُزْ لِي مَا قَدَّمْتُ وَمَا أَخَّرْتُ، وَمَا أَسْرَرْتُ وَمَا أَعْلَنْتُ، أَنْتَ الْمُقَدِّمُ وَأَنْتَ الْمُؤَخِّرُ، لَا إِلَهَ إِلَّا أَنْتَ - أَوْ لَا إِلَهَ تَعْبِزُكَ - ". قَالَ سُفْيَانُ وَرَأَى عَبْدَ الْكَرِيمِ أَبُو أَمِيَّةَ " وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ ". قَالَ سُفْيَانُ قَالَ سَلِيمَانُ بْنُ أَبِي مُسْلِمٍ سَمِعَهُ مِنْ ظَلَوَيْسٍ عَنِ ابْنِ عَبَّاسٍ - رَضِيَ اللَّهُ عَنْهُمَا - عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ.

Attaching this dua to my life

Key words or theme to focus on:

The concept of a life of affirming the truth constantly. The reality of my Iman in the unseen.

My first dua for the day is a redirection of what is important in my lifes focus i.e. attaining the nur of Allah Ta'ala in different ways and the impact that this has on my life.



My Morning Ibadah routine

Recitation of Surah Yaseen

Hazrat Ata ibn Abu Rabah radiyallahu anhu told of hearing that Allah Messenger sallallahu alaihe
".wasallam said, "If anyone recites Yaseen at the beginning of the day, his needs will be fulfilled
(Darimee)

Recitation of Ayatul Kursi*

Sayyiduna Abu Umamah (radiyallahu'anhu) reports that Rasulullah (sallallahu 'alayhi wasallam)
:said

Whoever recites Ayat al-Kursi after every Salat, the only barrier between him and paradise is"
".death

(Sunan Nasa'i, Hadith: 9848, ibn Hibban in his Kitabus Salah; see Targhib, vol. 2 pg. 453)

Recitation of Surah Ikhlas , falaq and Naas three times each*

said: "Recite SŪrah al-Ikhlās and al-Mu'awwidhatayn (SŪrah al- ﷻ The Messenger of Allah
Falaq and SŪrah al-Nās) three times in the morning and the evening. It will suffice you in all
respects." (Tirmidhī)

Attaching this dua to my life

Key words or theme to

focus on: The central

message of Surah

Yaseen helps us to

refocus daily on our

"why" in the chaos of

life.



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Attaching this dua to my life

Key words or theme to focus on: The central message of Surah Yaseen helps us to refocus daily on our "why" in the chaos of life.



My Morning Ibadah routine

Protection for Deen, life, children and family

Recite once daily

بِسْمِ اللّٰهِ عَلٰى رِيْسِيْ وَنَفْسِيْ وَوَالِدِيْ وَأَهْلِيْ وَمَالِيْ

Translation: I take the name of Allah upon my Deen, my life, my children, my family and my wealth. (Kanzul Ummal)

Benefit: A person came to Nabi r and expressed his fear for his life, children, family and wealth. Nabi r advised him to recite this dua every morning and evening. After some time Nabi (Sallallahu Alaihi Wasallam) inquired regarding his fears. He said that his fears had all vanished.” (Tirmidhī)

Attaching this dua to my life

Key words or theme to

focus on:

The strength of the
name of Allah and its
ability to combat our
fears



My Morning Ibadah routine

Contentment on the Day of Qiyamah

Recite thrice every morning & evening

رَضِيتُ بِاللَّهِ رَبًّا وَبِالْإِسْلَامِ دِينًا وَبِمُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ نَبِيًّا

Translation: I've accepted Allah as my Lord and Islam as my way of life and Muhammad (s) as Allah's Prophet and Messenger. (Tabarani)

Benefit: One who recites this supplication thrice in the morning and evening then it is a right over Allah Ta'ala to make him content on the Day of Resurrection.

Attaching this dua to my life

Key words or theme to focus on:

Expressing happiness with Allah is the height of our Iman and the goal of our lives. To accept that everything is from Him but more importantly to be happy that it is from Him in the most perfect of ways.



My Morning Ibadah routine

أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ

Translation: I seek refuge in Allah the All-Hearing, the All-Knowing from the cursed Satan. (Tirmizi)

Benefit: One who recites this dua thrice in the morning & evening and then recites the last 3 verses of Surah Hashr (S 59), seventy thousand angels will be assigned to pray for him until the evening.

If he dies the same day, he will be raised among the martyrs. If recited in the night, the same will be done for him till morning”.

(Tirmidhī)

Attaching this dua to my life

Key words or theme to

focus

The concept of

seeking refuge from a

Rabb whi I'd worthy

of granting that

refuge.



My Morning Ibadah routine

Remedy for all worries

Recite 7 times every morning

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ

Benefit: "Whoever recites this dua 7 times every morning, Allah Ta'ala will take care of all his worries." (Abu Dawood)

Protection from Shaytan for the day

Recite 10 times every morning

قُلْ هُوَ اللَّهُ أَحَدٌ اللَّهُ الصَّمَدُ لَمْ يَلِدْ وَلَمْ يُولَدْ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

Attaching this dua to my life



My Morning Ibadah routine

Morning Dua

Recite once every morning

أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ رَبِّ الْعَالَمِينَ . اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هَذَا الْيَوْمِ . فَتَحَهُ
وَنَصْرَهُ وَنُورَهُ وَبَرَكَاتِهِ وَهُدَاةً . وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِيهِ وَشَرِّ مَا بَعْدَهُ

Translation: We have reached the morning, and with it all
Sovereignty belongs to Allah, the Lord of the universe. O Allah! I ask
you for the good of this day, it's victory, assistance, light, blessings
and guidance during it. And I seek refuge in you from the evil of
this day and the evil in what comes after it. (Abu Dawood)

Attaching this dua to my life



My Morning Ibadah routine

Fulfilling the gratitude for the morning & evening

Recite once every morning & evening

اللَّهُمَّ مَا أَصْبَحَ بِي مِنْ نِعْمَةٍ أَوْ بِأَحَدٍ مِّنْ خَلْقِكَ فَمِنكَ وَحْدَكَ لَا شَرِيكَ لَكَ فَالِكَ الْحَمْدُ وَلَكَ الشُّكْرُ

Translation: "O Allah, whatever favours You have bestowed upon me and all other creations is only from you. You are One, You have no partners. All praise and gratitude is for You" (Nasai)

Benefit: Whoever makes this supplication in the morning or evening, then he has fulfilled the gratitude that is due upon him for that morning or evening. For the evening one should say

اللَّهُمَّ مَا أَمْسَى

Attaching this dua to my life



My Morning Ibadah routine

Protection from Hell

Recite 7 times every morning & evening

اللَّهُمَّ أَجِرْنِي مِنَ النَّارِ

Translation: O Allah save me from Hell fire

Benefit: One who recites this dua seven times in the morning and evening, Allah Ta'ala will grant the reciter protection from Hell fire. (Tabarani)

Protection from harmful creatures

Recite thrice every morning & evening

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

Translation: "I seek refuge with Allah's perfect words from the evil of what He has created." (Muslim)

Attaching this dua to my life



My Morning Ibadah routine

Protection from all harm

Recite thrice every morning & evening

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

Translation: I take the name of Allah in whose Name nothing in the skies and the earth can harm and He is the All-hearing, the All-knowing.

(Tirmizi)

Benefit: Nothing will harm the person who recites these words three times every morning and evening.

him).” (Ibnud Durays, Fadailul Quran)

Attaching this dua to my life



An Everyday Muslima

My daily Surahs

