

### 1. Recite

- Surah Al Fatiha
- Ayatul Kursi
- Surah Ikhlāas, Surah Falaq & Surah Naas x3

### 2. Perform

- Istighfar (x 100):

أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ

*I seek forgiveness from Allah, my Lord, from every sin and turn in repentance to Him.*

- Salawat (x 100):

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِ سَيِّدِنَا مُحَمَّدٍ وَبَارِكْ وَسَلِّمْ

*O Allah, send Your mercy on our guide Muhammad ﷺ and on the family of our guide Muhammad ﷺ and send Your blessings and Your peace.*

### 3. Recite Morning Duas [see list below]

### 4. Engage in Muraqabah (7-10 mins)

- Sit silently with eyes closed, focus on the heart, and imagine that it is calling on the name of Allah ﷻ.

### 5. Make Personal Dua'

## MORNING DUAS FROM THE SUNNAH

MERITS	TRANSLATION	DUA
Huthayfah and al-Bara (رضي الله عنهما) reported that the Prophet ﷺ would recite this when waking up. [Bukhari, Muslim]	<b>Praise be to Allah who resurrected us after He made us die. And to Him will be the (people's) emergence (from graves).</b>	الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ
'Uthmān Bin 'Affan (رضي الله عنه) reported that the Prophet (ﷺ) said: No harm will reach a person who says (this dua three times every morning and every evening. [Abu Dawud, Tirmidhi]	<b>(I seek protection) with the name of Allah-the One who, with His name, nothing can cause harm on Earth or in the Heaven. He is the All-Hearing and All-Knowing.</b>	x 3 بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ
Shaddād Bin Aws (رضي الله عنه) reported that the Prophet (ﷺ) said this dua is the chief supplication for forgiveness. The Prophet (ﷺ) said: Whoever says it with certitude in the morning and dies during the day before the evening, he will reside in Jannah. And whoever says it with certitude in the evening and dies during the night before the morning, he will reside in Jannah. [Bukhari]	<b>O Allāh, You are my Lord, and there is no (true) god but You. You created me, and I am Your servant, and I try to fulfill my covenant and promise to You as much as I am able. I seek Your protection from the evil of my doings. I admit to Your favor upon me, and I confess my sins to You, so forgive me, because no one forgives sins but You.</b>	اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ، وَأَبُوءُ بِذَنْبِي فَاغْفِرْ لِي فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

<p>Juwayriyah (رضي الله عنها) reported that the Prophet (ﷺ) left after Fajr, while she was sitting in her prayer spot glorifying Allah (ﷻ). He returned in the mid-morning and found her still doing the same for the duration of him being gone. He said: Indeed, I said, after I left you, four praises, 3 times. If you weigh them against what you have said since the morning, they will outweigh it. [Muslim, Abu Dawud]</p>	<p><b>Exalted is Allāh and all praise be to Him, as much as the count of His creation, as much as would please Him, as much as the weight of His Throne, and as much as the extent of His words.</b></p>	<p style="text-align: center;"><b>x 3</b></p> <p style="text-align: center;">سُبْحَانَ اللَّهِ وَبِحَمْدِهِ عَدَدَ خَلْقِهِ وَرِضَا نَفْسِهِ وَزِنَةَ عَرْشِهِ وَمَدَادَ كَلِمَاتِهِ</p>
<p>Ibn Mas'ūd (رضي الله عنه) reported that the Prophet (ﷺ) used to say this dua in the morning. [Muslim, Abu Dawud]</p>	<p><b>We have reached the morning, and the dominion continues to belong to Allāh— all praise be to Allāh. There is no (true) god but Allāh, alone without any partner. To Him belongs the dominion, He is worthy of all praise, and He is capable of everything. My Lord, I ask You for the goodness of this day and of what follows it, and seek your protection from the evil of this day and of what follows it. My Lord, I (also) seek your protection from laziness, from the evil of old age, and from punishment in the Fire or in the grave.</b></p>	<p>أَصْبَحْنَا وَأَصْبَحَ الْمَلِكُ لِلَّهِ وَالْحَمْدُ لِلَّهِ، لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، رَبِّ أَسْأَلُكَ خَيْرَ مَا فِي هَذَا الْيَوْمِ وَخَيْرَ مَا بَعْدَهُ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِي هَذَا الْيَوْمِ وَشَرِّ مَا بَعْدَهُ رَبِّ أَعُوذُ بِكَ مِنَ الْكَسَلِ، وَسُوءِ الْكِبَرِ، رَبِّ أَعُوذُ بِكَ مِنْ عَذَابِ فِي النَّارِ وَعَذَابِ فِي الْقَبْرِ</p>
<p>Abu Hurayrah (رضي الله عنه) reported that the Prophet (ﷺ) taught his companions (رضي الله عنهم) to say this dua in the morning. [Ibn Majah, Tirmidhi]</p>	<p><b>O Allāh, by You (i.e., Your will and power) we reached the morning, by You we (earlier) reached the evening, by You we live, by You we will die, and to You will be our emergence (from graves).</b></p>	<p>اللَّهُمَّ بِكَ أَصْبَحْنَا وَبِكَ أَمْسَيْنَا وَبِكَ نَحْيَا وَبِكَ نَمُوتُ وَبِكَ النُّشُورُ</p>
<p>Abdullah Bin 'Umar (رضي الله عنه) reported that the Prophet (ﷺ) would not leave off saying this supplication in the evening and morning. [Ibn Majah, An-Nasa'i]</p>	<p><b>O Allāh, I ask You for pardon and well-being in this life and the next. O Allah, I seek Your pardon and well being in regard to my religion, worldly affairs, family, and possessions. O Allāh, conceal my weaknesses and ease my fear. O Allah, protect me from in front of me and behind me, from my right and left sides, and from above me; and I seek refuge in Your greatness from getting attacked from underneath me.</b></p>	<p>اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ، اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي دِينِي، وَدُنْيَايَ، وَأَهْلِي، وَمَالِي، اللَّهُمَّ اسْتُرْ عَوْرَاتِي، وَامْنِ رُوعَاتِي، اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ يَدَيْ، وَمِنْ خَلْفِي، وَعَنْ يَمِينِي، وَعَنْ شِمَالِي، وَمِنْ فَوْقِي، وَأَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي</p>
<p>Abū 'Ayyāsh (رضي الله عنه) reported that the Prophet (ﷺ) said: <i>Whoever says this in the morning, it will equate for him freeing one slave from Isma'il's offspring, 10 good deeds will be recorded for him, 10 sins will be removed from his record, he will be raised 10 ranks (in Jannah), and he will be protected from Satan until the evening. If he says them in the evening, he will have a similar recompense until the morning.</i> [Abu Dawud, Nasa'i]</p>	<p><b>There is no (true) god except Allah, alone, without any partners. To Him belongs the dominion, He is worthy of all praise, He gives life and death, and He is capable of everything.</b></p>	<p>لَا إِلَهَ إِلَّا اللَّهُ، وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، يُحْيِي وَيُمِيتُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ</p>
<p>Al-Munaythir (رضي الله عنه) reported that the Prophet (ﷺ) said: <i>Whoever says in the morning (this dua), I promise to hold him by the hand until I admit him into Jannah.</i> [At-Tabarānī]</p>	<p><b>I am pleased with Allah as my Lord, Islam as me religion and Muhammad as my Prophet.</b></p>	<p>رَضِيْتُ بِاللَّهِ رَبًّا وَبِالْإِسْلَامِ دِينًا وَبِمُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ نَبِيًّا</p>