



**COMPREHENSIVE &
BENEFICIAL DU'ÂS**

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To be Read Daily

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Compliments of

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Comprehensive Du'âs

- Rasûlullâh ρ taught the following du'â to 'Imrân bin Husain's τ father, saying: "I will teach you two such phrases which will benefit you {in this world as well as the hereafter}." {Tirmidhî, vol.2, p.86}
- The entire Sharî'ah is condensed in these phrases making it a very comprehensive du'â.

اللَّهُمَّ الْهَمِّيْ رُشْدِيْ وَاعِزِّيْ مِنْ شَرِّ
نَفْسِيْ

O Allâh I! Inspire me with guidance and righteousness and protect me from the evil of my nafs. (carnal self)



- Once Rasûlullâh ρ saw Allâh I in a dream. Allâh I addressed him saying: "O Muḥammad! When you have performed

salâh then recite these words...” {upto
غَيْرَ مَفْتُونٍ

- Rasûlullâh ﷺ encouraged the learning and recital of the following du'â.
- Imâm Bukhârî and Imâm Tirmidhî *rahmatullâhi alaihimâ* have classified this Hadîth as sahîh (correct). {*Tirmidhî, vol.2, p.159*}

اللَّهُمَّ إِنِّي أَسْأَلُكَ فِعْلَ الْخَيْرَاتِ وَتَرْكَ الْمُنْكَرَاتِ
وَ حُبَّ الْمَسَاكِينِ وَ أَنْ تَغْفِرَ لِي وَ تَرْحَمَنِي وَ إِذَا
أَرَدْتَ فِتْنَةً فِي قَوْمٍ فَتَوَفَّنِي غَيْرَ مَفْتُونٍ وَأَسْأَلُكَ
حُبَّكَ وَ حُبَّ مَنْ يُحِبُّكَ وَ حُبَّ عَمَلٍ يُقَرِّبُ إِلَى
حُبِّكَ

O Allâh! I ask of You the ability to do good, to shun evil, to love the poor and that You forgive me, have mercy on me and when You intend to put any nation to test, grant me death without testing me. I also ask of Your

love, love for those who love You and love for such actions which will draw (me) closer to Your love.

Du'âs after Eating

Rasûlullâh ﷺ used to read the following du'â after eating or when his *dastarkhân* (dining sheet) was folded. {*Sahîh Bukhârî, vol.2, p.820*}

الْحَمْدُ لِلَّهِ حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ
غَيْرَ مَكْفِيٍّ وَلَا مُوَدَّعٍ وَلَا مُسْتَعْنَى عَنْهُ
رَبَّنَا

Abundant praises are due to Allâh – praises that are pure and full of blessings. Such praise which is needed all the time, to which we cannot bid farewell and which we are not independent of, O Allâh.



Rasûlullâh ﷺ said that the person who reads the following du'â after eating, his (minor) sins will be forgiven. {*Tirmidhî, vol.2, p.184*}

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا وَرَزَقَنِيهِ مِنْ
غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ

All praise is due to Allâh I who has granted me this food without any strength or ability of my own.