BEAUTIFUL YET SIMPLE SUPPLICATIONS FROM THE QURAN & SUNNAH

AND A NEW SIMPLE 'UMRAH GUIDE

BY ABU KHADEEJAH 'ABDUL-WAHID ALAM

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“Our Lord, give us in this world that which is good and in the Hereafter that which is good, and save us from the punishment of the Fire!” (2:201)

“Our Lord, punish us not if we forget or fall into error. Our Lord, lay not on us a burden like that which You did lay on those before us. Our Lord, put not on us a burden greater than we have strength to bear. Pardon us and grant us Forgiveness. Have mercy on us. You are our Mawlā (Patron, Supporter and Protector), so give us victory over the disbelieving people.” (2:286)
"Our Lord, let not our hearts deviate [from the truth] after You have guided us, and grant us mercy from Youself. Truly, You are the Bestower." (3:8)

"Our Lord, we have indeed believed, so forgive us our sins and save us from the punishment of the Fire." (3:16)

"O my Lord, grant me from Your grace, a good offspring. You are indeed the All-Hearer of invocation." (3:38)

"Our Lord, we believe in what You have sent down, and we follow the Messenger, so write us down among those who bear witness." (3:53)

"Our Lord, we have wronged ourselves. If You forgive us not, and bestow not upon us Your Mercy, we shall
certainly be of the losers.” (7:23)

“O my Lord, make me one who performs daily prayers (Salāh) and also my offspring. Our Lord, accept my
invocation.” (14:40)

“Our Lord, forgive me and my parents, and all the believers on the Day when the reckoning will be established.” (14:41)

“O my Lord, I seek refuge with You from asking You that of which I have no knowledge. And unless You forgive me and have Mercy on me, I would indeed be one of the losers.” (11:47)

“My Lord, forgive me and my parents and whoever enters my house as a believer, and forgive the believing men and believing women.” (71:28)

“O my Lord, open for me my chest and ease my task for me. Make loose the knot from my tongue that they
2. Supplications from the Sunnah

اللَّهُمَّ إِنِي أَسْأَلُكَ الْهُدَى ، وَالْتَقْيَ ، وَالْعَفَافَ ، وَالْغِنَى

“O Allāh, I ask You for guidance, piety, chastity and contentment.” (Muslim)

اللَّهُمَّ اغْفِرْ لِي ، وَارْحَمْنِي ، وَاهْدِنِي ، وَعَافِنِي ، وَازْرُقْنِي

“O Allāh, forgive me, have mercy on me, guide me, give me good health, well-being and provide me with sustenance.” (Muslim)

اللَّهُمَّ مُصَرِّفَ الْقُلُوبِ صَرِّفْ قُلُوبَنَا عَلَى طَاعَتِكَ

“O Allāh, the Turner of the hearts, turn our hearts to Your obedience.” (Muslim)

اللَّهُمَّ أَصْلِحْ لِي دِينِي الَّذِي هُوَ عِصْمَةُ امْرِي ، وَاَصْلِحْ لِي دُنْيَايَ

الْحَيَاةَ زِيادَةً لِي فِي كُلِّ خَيْرٍ ، وَاَصْلِحْ لِي آخِرَتِي الَّتِي فِيهَا مَعَادٍ، وَاَجْعَلْ

“O Allāh, I ask You to make my religion an obstacle to my worldly affairs. Make my life better, and my afterlife better, and make my death a respite.” (Muslim)
“O Allāh, rectify my religion for me by virtue of which my affairs are protected, set right for me my world where my life exists, make good for me my Hereafter which is my resort to which I have to return. And make my life prone to perform all types of good and make death a comfort for me from every evil.” (Muslim)

“O Allāh, I seek refuge in You from helplessness [to do good], laziness and lethargy, cowardice, senility, and miserliness; and I seek Your Protection against the torment of the grave, the trials of life and death, from the burden of indebtedness and the tyranny of men.” (Muslim)

“O Allāh, I have greatly wronged myself. There is none to forgive the sins but You. So grant me pardon and have mercy on me. You are the Most Forgiving, the Most Merciful.” (Al-Bukhāri and Muslim)
"O Allāh, forgive my errors, ignorance and immoderation in my affairs. You are better aware of my faults than myself. O Allāh, forgive my faults which I committed in seriousness or in fun deliberately or inadvertently. O Allāh, grant me pardon for those sins which I committed in the past and my later sins, which I committed in privacy or in public and all those sins of which You are better aware than me. You Alone can send whomever You will to Jannah, and You Alone can send whomever You will to Hell-fire and You are All-Powerful over everything.” (Al-Bukhārī and Muslim)

"O Allāh, I seek refuge in You from the evil of that which I have done and the evil of that which I have not done.” (Muslim)
اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ رَوَالِ عَافِيَتِكَ، وَتَحْوُلِ عَافِيَتِكَ وَفُجَاءَةِ 
ِتَفَسَّمْتَكَ، وَجَمِيعِ سَخَطِكَ

“O Allāh, I seek refuge in You against the declining of Your Favours, passing of safety, the suddenness of Your punishment and all that which displeases You.” (Muslim)

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْهُدَى ، وَالسَّدَادَ

“O Allāh, I beg You for guidance and uprightness.” (Muslim)

اللَّهُمَّ لَكَ اَسْلَمْتُ ، وَبِكَ آمَنْتُ ، وَعَلَيْكَ تَأُكَّلْتُ ، وَإِلَيْكَ 
َأَنْبُتُ وَبِكَ حَاصَمْتُ ، وَإِلَيْكَ حَاكَمْتُ . فَاغْفِرْ لِي مَا قَدَّمْتُ 
، وَمَا آَخَرَتُ ، وَمَا أُسَرَّتُ وَمَا أَعَلَتْ ، أَنْتُ الْمُقَدِّمُ ، وَأَنْتَ 
المُوْتِيْرُ ، لَا إِلَهَ إِلاَّ أَنْتَ وَلَا حَوْلٌ وَلَا قُوَّةٌ إِلَّا بِاللَّهِ

“O Allāh, to You I submit, in You I affirm my faith, in You I repose my trust, to You I turn in repentance and with Your Help I contend my adversaries and from You I seek judgement. O Allāh, grant me forgiveness for the faults which I made in the past and those ones I may commit in the future, those which I committed secretly or openly. You Alone send whomever You will to Jannah, and You Alone send whomever You will to
Hell-fire. There is none worthy of worship except You. There is no strength to resist evil and no power to do good except through Allāh.” (Al-Bukhāri and Muslim)

“O Allāh, I seek refuge in You from the trials and the torment of the Fire and from the evils of wealth and poverty.” (Abu Dawud and At-Tirmidhi, authenticated by Al-Albāni)

“O Allāh, I seek refuge in You from evil manners, deeds, and desires.” (At-Tirmidhi and authenticated by Al-Albāni)

“O Allāh, I seek refuge in You from the evils of my hearing, the evils of my seeing, the evils of my tongue, the evils of my heart and the evils of my passions.” (Abu Dawud, At-Tirmidhi, authenticated by Al-Albāni)
اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبَرَصِ وَالْجُنُونِ وَالْجُذَامِ وَسَيِّءِ الْاَسْقَامِ

“O Allāh! I seek refuge in You from leucoderma, insanity, leprosy and evil diseases.” (Abu Dawud, authenticated by Al-Albāni)

يا مُقَلِّبَ الْقُلُوبِ تَثْبِتْ قَلْبِي عَلَى دِينِكَ

“O Turner of the hearts, make my heart steadfast in Your religion.” (At-Tirmidhi, authenticated by Al-Albāni)

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ خَلَقْتِي وَأَنَا عَبْدُكَ وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا أَسْتَطَعْتُ أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ أَبُؤُهُ لِكَ بِغَفُورِكَ عَلَيْيَ وَأَبْوَاهُ لِكَ بِذَنْبِي فَاغْفِرْ لِي فَإِنَّهُ لَا يَغْفِرُ الذِّنُوبَ إِلَّا أَنْتَ

“O Allāh, you are my Lord! None has the right to be worshipped but You. You created me and I am Your slave, and I am faithful to my covenant and my promise as much as I can. I seek refuge with You from all the evil I have done. I acknowledge before You all the blessings You have bestowed upon me, and I confess to You all my sins. So I entreat You to forgive my sins, for nobody can forgive sins except You.” (Al-Bukhari)
“None has the right to be worshipped except Allāh alone without any partners. To Him belongs all sovereignty and praise, and He is over all things Powerful and Able.” (Al-Bukhari) The Messenger (صلى الله عليه وسلم) said: “Whoever says this a hundred times a day will receive the reward of freeing ten slaves, and one hundred good deeds are written for him, and a hundred sins are wiped away, and he has gained refuge from the Shaytān that day until the evening. None shall come with anything more excellent except the one who has done more than this.”

“How perfect is Allāh, free from all imperfections, and I praise Him.” (Al-Bukhari) The Messenger (صلى الله عليه وسلم) said: “Whoever says this a hundred times during the day, his sins are wiped away, even if they reach the foam of the sea.”

“How perfect is Allāh, free from all imperfections, and I praise Him. How perfect Allāh is, the Supreme.” (Al-Bukhari) The Messenger (صلى الله عليه وسلم) said regarding this: “There are two words which are light on the tongue, heavy on the scale and beloved to the Most Merciful.” Abud-
Dardā’ (ذَرَّة) said: I heard the Messenger of Allāh (صلى الله عليه وسلم) saying, “Whenever a Muslim supplicates for his brother in his absence, the angels say: ‘May the same be for you too.’” (Muslim)

**An important advice to Muslims**

You should know that the reward for the one who acts upon Tawḥīd (which is to single out Allāh alone with worship) is bliss, honour, happiness and eternal Paradise. This is what Allāh has promised the one who worships Him alone and abandons polytheism (shirk). And the recompense for the one who is heedless of Tawḥīd, does not worship Allāh or worships others along with Him, is that Allāh will make him lowly and punish him in the Hellfire and he will remain therein.

Upon studying the Qurʾan, you will find that all of it revolves around Tawḥīd. If you were to scrutinise the chapters (Surahs) of the Qurʾan, you will find that the Makkan verses revealed to the Prophet in the early part of his Messengership, which encompassed thirteen years, from the time that he received revelation at the age of 40 until he was 53 years old; the vast majority of those verses focused on Tawḥīd (the worship of Allāh alone), the rectification of false beliefs, the forbiddance of idolatry and devotion to false gods. So, for thirteen years, the Prophet (صلى الله عليه وسلم) called to Tawḥīd and forbade shirk (polytheism). And the vast
portion of the Sharī‘ah rulings such as Zakāt, Fasting, Hajj, the Halāl and the Harām, the Hijāb, the dress code, the forbiddance of wine, gambling and so on were not revealed until after the migration to Madinah. The notable exception being the five daily Prayers, which were obligated in Makkah during the Night-Journey and Ascension of the Prophet (ﷺ) into the Heavens (Isrā and Mi‘rāj). So the Prayer was obligated upon the believers shortly before the migration to Madinah. As far as Makkah was concerned, the focus was on strengthening the belief (‘Aqeedah) and Tawhīd of the believers — and inviting the polytheists to the worship of Allāh, and explaining to them the futility of worshipping others besides Him, whether it be by calling upon them for aid, deliverance, cure or seeking refuge with them. The people at that time had adopted the worship of idols, the Jinn and the deceased. They used to devote themselves to them, call on them (through dū‘a), sacrifice for them and worship them. So, Allāh, the Most High, forbade all of that.

Then, after the Prophet (ﷺ) migrated to Madinah along with his Companions, he did not cease to spread this same message right up until his death. Today, we too, should not forget this methodology of the Prophet (ﷺ) in calling to Allāh and rectifying the false beliefs and superstitious practices that have again crept into the Muslim Ummah.
1. When you reach the Mīqāt (or just before it on a flight) assume the Ihrām and recite:

لَـبَّـيْكَ ٱللّـهُـمَّ بِعُمْرَةٍ

Labbaik Allāhumma bi-‘Umrah.
[Here I am, O Allāh, making ‘Umrah.]

2. If you are in fear of not completing the Umrah, then recite:

اللَّهُمَّ مَحِلِّيْ حَيْثُ حَبَسْتَنِي

Allāhumma mahillee haithu habastani.
[O Allāh! my place is wherever You prevent me.]

3. Stand, face the Qiblah and recite:

اللَّهُمَّ هَذِهِ عُمْرَةٌ لَا رِيَاءَ فِيهَا وَلَا سُمْعَة

Allāhumma hādhihi ‘Umrah, lā riyā’a feehā wa lā sum’ah.
[O Allāh this is an ‘Umrah, there being no showing-off in it nor seeking repute.]

4. Then recite loudly and frequently the Talbiyyah until you reach the Sacred Mosque:

كَبِيكَ اللَّهُمَّ كَبِيكَ، كَبِيكَ لَا شَرِيكَ لَكَ كَبِيكَ، إِنَّ الْحَمْدَ وَ

[Here I am O Allāh. Here I am. You have no partner. Here I am. Verily all praise is for You, and every bounty is from You, and all dominion is Yours. You have no partner.]

5. Also from the Talbiyah is to recite:

Labbaika īlāhal haqq.

[Here I am, O God of Truth.]

6. Enter the Masjid Al-Harām (the Sacred Mosque) with your right foot first and recite:

Allāhumma salli ‘alā Muhammadin wa sallim Allāhumma aftah-lee abwāba rahmatika.

[O Allāh, send prayers and peace upon Muhammad. O Allāh, open the doors of your Mercy for me.]

7. Start at Al-Hajr Al-Aswad (the Black Stone). Men should uncover the right shoulder by placing the Ihrām under the right armpit. When beginning each
circuit of Tawāf, touch the Black Stone, and if you cannot, make a sign with your right hand towards it, and say:

اللَّهُ أَكْبَر

Allāhu akbar. [Allāh is the Greatest.]
Do not stand there to make further supplications.

8. Make seven circuits of the Ka'bah. Men should walk swiftly around the Ka'bah for the first three circuits, then begin the fourth circuit at a normal walking pace. During each circuit, between the Yemeni Corner and the Black Stone, recite:

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَ فِي الآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّار

Rabbanā ātinā fid-dunyā hasana wa fil Ākhirati hasana wa qinā ‘ādhāban-Nār.
[Our Lord! Give us that which is good in this world and in the Hereafter, and save us from the torment of the Fire.] Touch the Yemeni Corner if you are able, but do not kiss it. During Tawāf, supplicate, remember Allāh and recite the Qur’ān.

9. After the Tawāf, men should cover the right shoulder, then go behind the station (the Maqām) of Ibrāhīm and recite:

وَاتَخِذُوا مِنْ مَّقَامِ إِبْرَاهِيمِ مُصَلِّيٍّ
Wattakhidhoo min-maqāmi Ibrāheema musalla.
[And take the station of Ibraheem as a place of prayer.] Pray behind the station of Ibrāhīm if possible, otherwise anywhere you can within Al-Masjid Al-Harām is fine.

10. Pray at this place two Rak’ahs. In the first Rak’ah recite Sūrah Al-Kāfirūn and in the second Rak’ah recite Sūrah Al-Ikhlās. Pray with a sutrah in front of you. This is any prominent object (even another person) just in front of your place of prostration, so that no one should pass between you and your sutrah.

11. After praying, go to the Zam-Zam taps and drink — and pour some of the water over your head. You may supplicate whilst drinking Zam-Zam.

12. Now, return to Al-Hajar Al-Aswad (the Black Stone) and touch it as before, if you are able, and say Allāhu Akbar, but if you cannot touch it, then set off to make Sa’ī, which is the walk between the small mountains of Safā and Marwah.

13. Begin your Sa’ī (the walk) at mount Safā. At the foot of Safā recite the following only this once (and not every time you come to Safā or Marwah):
Innas-Safā wal-Marwata min sha’ā` irillāh faman hajjal-baita auwi’ tamara fīlā junāha ‘alaihi an yattawwafa bihimā wa man tatawwa’a khairan fa innallāha shākirun ‘aleem. Nabda’u bimā bada’ Allāhu bihi.

[Indeed, As-Safā and Al-Marwah are from the signs of Allāh. So it is not a sin on him who performs Hajj or ‘Umrah of the House to perform the walk between them. And whoever does good voluntarily, then verily, Allāh is All-Recogniser, All-Knower. We begin with what Allāh began with.]

14. Each time you are on the mount of Safā, face the Ka’bah and recite the following three times, with hands raised. Make plentiful supplications after the first and second recitations, but not after the third.

Allāhu Akbar, Allāhu Akbar, Allāhu Akbar. Lā ilāha illallāh wahdahu lā shareekalah, lahul mulk, wa lahul-hamd, yuhyee wa yumeet, wa huwa `alā kul-lī shay’in qadeer. Lā ilāha illallāh wahdahu lā shareekalah, anjaza wa’dahu, wa nasara `abdahu, wa
Hazam al-ahzāba wahdah.

[Allāh is the Greatest, Allāh is the Greatest, Allāh is the Greatest. There is none worthy of worship except Allāh alone, without partner. To Him belongs all sovereignty and all praise. He alone gives life and causes death, and He is All-Powerful over everything. There is none worthy of worship except Allāh alone, without partner. He has fulfilled His promise, aided His slave and He alone has defeated the confederates.]

15. Then walk from mount Safā to mount Marwah and recite upon it the same as you did at Safā. That is one circuit. Then return to Safā and recite the supplications again (that is your second circuit). Continue for seven circuits, finishing at Marwah. Do not recite anything on the last visit to Marwah.

16. Also, upon encountering the green lights between the two mountains, men only should run from one green light to the next, and no more. Do not bother or push others. Keep your ihram around your body.

17. You may now exit the Masjid al-Harām with your left foot, reciting:

Allāhumma salli ‘alā Muhammadin wa sallim,
Allāhumma innee as ‘aluka min fadlika.
[O Allāh, send prayers and peace upon Muhammad, O Allāh, verily I ask You from Your Favour.]

18. Finally, the man should shave his head (and this is best) or trim his hair equally from his head. The woman should cut a fingertip’s length of the ends of her hair as she bunches it together. Your ‘Umrah is now complete, may Allāh accept it.

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