



اللَّهُمَّ اعْزِّ رَبِّ الْجَمِيلِ



# **Beautiful Litanies**

**(Daily Adhkaar)**



**LIMBE MUSLIM JAMAAT**

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ وَّعَلَى أَلِّي سَيِّدِنَا  
مُحَمَّدٍ فِي كُلِّ وَقْتٍ وَّحِينٍ

All praise is due to Allah ﷺ, Who has honoured us with Iman and guided us to remember Him in every state. Dhikr, the remembrance of Allah ﷺ, is among the greatest acts of worship. It brings light to the heart, tranquillity to the soul, and closeness to our Creator. Every time a believer remembers Allah ﷺ, his heart is purified, his rank is elevated, and he is surrounded by divine mercy.

Allah ﷺ says: “Remember Allah ﷺ much, so that you may be successful.” (Al-Qur'an 8:45)

The Messenger of Allah ﷺ said:

“I command you to remember Allah ﷺ. The example of this is like a man being pursued swiftly by his enemies until he reaches a strong fortress, where he protects himself from them. Likewise, a servant cannot protect himself from Shaitan except through the remembrance of Allah ﷺ.”

(Sunan At-Tirmidhi)

Sayyiduna Rasooluallah ﷺ also said:

“Everything has a polish, and the polish of the heart is the remembrance of Allah ﷺ. There is nothing better that saves a person from the punishment of Allah ﷺ than remembering Him.”

(Sunan Al-Baihaqi)



*This short book has been written with the following mission:*

*Yes, the mission is to keep our tongues engaged in the remembrance of Allah ﷺ and His beloved Prophet ﷺ.*

*Nowadays, people are usually very busy with worldly matters and cannot dedicate themselves full day for Dhikr. Therefore, I have compiled this booklet:*

آلَّا ذَكَرُ الْجَيْلَةُ  
**Beautiful Litanies**

*This should not be the last step; in fact, it should be the first step towards spirituality, and it will be beneficial only if we refrain from sins.*

*Tera Zikr Lab pur Khuda Dil kay andar  
Youn Zindagi apni Guzara karun me*

*Humble Servant,  
**Mufti Abdul Rehman Qadri,**  
**Head Imam,**  
**Limbe Muslim Jamaat,**  
**Malawi.***

وَصَلَّى اللَّهُ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى أَلِهٖ  
وَصَحِّيْهِ وَسَلَّمَ تَسْلِيْمًا كَثِيرًا



**1****Recitation of the  
Holy Qur'an**

*The best form of Dhikr is the recitation of the best Book in the universe.*

*Imam An-Nawawi ﷺ said: "Know that the Qur'an is the most emphasised of all Adhkaar, so it is essential to be consistent in its recitation and not to miss it even for one day or night."*

*The Companions used to complete the recitation of the Qur'an in seven days. (Sunan Abi Dawood)*

*If one is unable to do so, then at least one completion every month, as mentioned in Sahih Al-Bukhari.*

**2****Tahleel  
The best dhikr**

*The Messenger of Allah ﷺ said:*

*"The best dhikr is: لَّا إِلَهَ إِلَّا اللَّهُ (Sunan An-Nasai)*

*He ﷺ also said: "When a servant of Allah ﷺ sincerely utters لَّا إِلَهَ إِلَّا اللَّهُ the doors of Paradise open for it until it reaches the Throne of Allah ﷺ, as long as the person avoids major sins." (Sunan At-Tirmidhi)*



3

Unparalleled  
Reward

Pray 100 times: سُبْحَانَ اللَّهِ:

It is equivalent to freeing 100 slaves from the children of Sayyiduna Ismail ﷺ.

Pray 100 times: أَلْحَمْدُ لِلَّهِ:

It is equivalent to 100 saddled and bridled horses which you load in the path of Allah ﷺ.

Pray 100 times: أَللَّهُ أَكْبَرُ:

It is equivalent to 100 adorned and accepted camels.  
(Musnad Ahmed)

4

Sending Durood  
upon the Prophet ﷺ

The Messenger of Allah ﷺ said:

“Whoever sends Durood upon me once, Allah ﷺ will send Mercies upon him tenfold, erase ten sins from him, and raise him ten degrees in status.”

(Sunan An-Nasai)

صَلَّى اللَّهُ عَلَى مُحَمَّدٍ وَّعَلَى أَلِهٖ وَسَلَّمَ  
تَسْلِيْمًا كَثِيرًا



5

70,000 Angels will seek  
forgiveness for you

The Messenger of Allah ﷺ said: "Whoever says in the morning:

أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ

then recites the last three verses of Surah Al-Hashr:

هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ صَالِمُ الْغَيْبِ وَالشَّهَادَةُ هُوَ  
الرَّحْمَنُ الرَّحِيمُ

هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ صَالِمُ الْقُدُوسُ السَّلَامُ  
الْمُؤْمِنُ الْمُهَمِّمُ الْعَزِيزُ الْجَبَارُ الْمُتَكَبِّرُ سُبْحَانَ اللَّهِ عَمَّا  
يُشَرِّكُونَ

هُوَ اللَّهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَىٰ  
يُسَيِّحُ لَهُ مَا فِي السَّمَاوَاتِ وَالْأَرْضِ وَهُوَ  
الْعَزِيزُ الْحَكِيمُ

- 70,000 angels will seek forgiveness for him until evening.
- If recited in the evening, they will seek forgiveness until morning.

(Sunan At-Tirmidhi)



The Messenger of Allah ﷺ said:

"Recite Qul Huwa Allahu Ahad (Surah Al-Ikhlaas) and the two chapters of refuge (Surah Al-Falaq and Surah An-Naas) three times in the morning and three times in the evening; they will suffice you in all matters."

(Sunan At-Tirmidhi)

### ***Surah Al-Ikhlass***

﴿قُلْ هُوَ اللَّهُ أَحَدٌ ﴾ ﴿لَمْ يَلِدْ وَلَمْ يُوْلَدْ ﴾  
 ﴿وَلَمْ يَكُنْ لَّهٗ كُفُواً أَحَدٌ﴾

### ***Surah Al-Falaq***

﴿قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ﴾ ﴿مَنْ شَرِّ مَا خَلَقَ ﴾ ﴿وَمَنْ شَرِّ ﴾  
 ﴿غَاسِقٍ إِذَا وَقَبَ ﴾ ﴿وَمَنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ﴾ ﴿وَمَنْ ﴾  
 ﴿شَرِّ حَاسِدٍ إِذَا حَسَدَ﴾

### ***Surah An-Naas***

﴿قُلْ أَعُوذُ بِرَبِّ النَّاسِ ﴾ ﴿مَلِكِ النَّاسِ ﴾ ﴿إِلَهِ ﴾  
 ﴿النَّاسِ ﴾ ﴿مَنْ شَرِّ الْوَسُوَاسِ الْخَنَّاسِ ﴾ ﴿الَّذِي ﴾  
 ﴿يُوَسُوسُ فِي صُدُورِ النَّاسِ ﴾ ﴿مَنْ الْجِنَّةُ وَالنَّاسُ﴾



**7****A Supplication that Suffices  
All Worldly & Hereafter Needs**

*The Messenger of Allah ﷺ said:*

*“Whoever recites (this supplication) seven times in the morning and seven times in the evening, Allah ﷺ will be sufficient for him regarding everything that worries him.”*

**حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ، عَلَيْهِ تَوَكَّلُ، وَهُوَ  
رَبُّ الْعَرْشِ الْعَظِيمِ**

*Allah ﷺ is sufficient for me. There is none worthy of worship except Him. I place my trust in Him alone, and He is the Lord of the Mighty Throne.*

*(Sunan Abi Dawood)*

**8****Special Du'aa to be prayed  
after every Salah**

*Sayyiduna Mu'adh ibn Jabal ﷺ reported:*

*The Messenger of Allah ﷺ took hold of my hand and said, “O Mu'adh! By Allah ﷺ, I love you. So do not ever forget to say after every prayer:*



اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ

“O Allah ﷺ, help me to remember You, to be grateful to You, and to worship You in the best manner.”

(Sunan Abi Dawood)

9

**Islamic Insurance**  
(Coverage of home, family and  
neighbours)

### One time Ayatul Kursi

اللَّهُ أَلَا إِلَهَ إِلَّا هُوَ حَلَّ كُلِّ الْقَوْمِ حَلَّ لَا تَأْخُذْنَا سَنَةً  
وَلَا نُوْمَ طَلَّهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ طَمَّنَ ذَا  
الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ طَيْلَمُ مَا بَيْنَ أَيْدِيهِمْ  
وَمَا خَلْفَهُمْ حَوْلَهُمْ يُحِيطُونَ بِشَيْءٍ مِّنْ عَلِيهِ إِلَّا بِمَا  
شَاءَ حَوْلَهُمْ وَسَعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ حَوْلَهُمْ وَلَا يَعُودُهُ  
حِفْظُهُمَا حَوْلَهُمْ وَهُوَ الْعَلِيُّ الْعَظِيمُ

The Messenger of Allah ﷺ said:

“Recite Ayatul Kursi, for indeed He (Allah ﷺ) will protect you along with your progeny, and He will protect your house and even the houses around your house.”

(Ad Durrul Manthur)



10

Guaranteed Entry  
into Paradise

Recite Aayat Al-Kursi after every obligatory Salah.

*The Messenger of Allah ﷺ said: “Whoever recites Aayat Al-Kursi at the end of every obligatory prayer, nothing but death will prevent him from entering Paradise.*

*(Sunan An-Nasai)*

11

Safety from  
All Calamities

*The Messenger of Allah ﷺ said:*

*“There is no servant who says, in the morning of every day and the evening of every night, three times, except that nothing will harm him:*

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
وَلَا فِي السَّمَاوَاتِ وَلَا فِي الْأَرْضِ

*‘In the Name of Allah, with whose Name nothing can cause harm on earth or in the heavens, and He is the All-Hearing, the All-Knowing’*

*(Sunan At-Tirmidhi)*



12

## Happiness on the Day of Qiyāmah

The Messenger of Allah ﷺ said:

“Whoever says 3 times in the morning and 3 times in the evening:

رَضِيَتْ بِاللَّهِ رَبِّاً، وَبِالْإِسْلَامِ دِيْنًا، وَبِمُحَمَّدٍ نَبِيًّا

(I am pleased with Allah ﷺ as my Lord, with Islam as my religion, and with Muhammad (peace and blessings of Allah ﷺ be upon him) as my Prophet ﷺ.)

Allah ﷺ has promised that anyone who says this three times every morning or evening will be pleased on the Day of Resurrection.”

(Sunan An-Nasai)

13

## Making the Scales Heavy on the Day of Qiyamah

The Messenger of Allah ﷺ said:

“Whoever says in the morning and in the evening:

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

one hundred times, no one will come on the Day of Resurrection with deeds better than his, except one who said the same as he did or more.”

(Sahih Muslim)



14

Countless  
Reward

Sayyidah Juwairiyah (may Allah be pleased with her) reported: The Prophet ﷺ left her in the morning after Fajr while she was engaged in Dhikr, then returned later in the forenoon and found her still sitting. He said: "Have you remained in the same state since I left you?" She replied: "Yes." He said: "I have said after leaving you four phrases, three times each. If they were to be weighed against all that you have said today, they would outweigh it:

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ، عَدَّدَ خَلْقَهُ، وَرِضَا نَفْسِهِ

وَزِنَةَ عَرْشِهِ، وَمِدَادَ كَلِمَاتِهِ

(Sahih Muslim)

15

Protection from Insects and  
Stings of Harmful Creatures

The Messenger of Allah ﷺ said:

"Whoever recites this three times in the evening will be protected from insect stings:

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

"I seek refuge in the Perfect Words of Allah ﷺ from the evil of what He has created".

(Musnad Ahmad)



16

Attaining the Intercession  
of Prophet Muḥammad ﷺ

*The Messenger of Allah ﷺ said:*

*“Whoever sends blessings upon me ten times in the morning and ten times in the evening will attain my intercession on the Day of Resurrection.”*

*(At-Tabarani)*

17

Safety from the Punishment  
on the Day of Resurrection

*Sayyidah Hafsa (may Allah be pleased with her) reported: When the Messenger of Allah ﷺ wished to lie down to sleep, he would place his right hand under his cheek and then say:*

اللَّهُمَّ قِنِّي عَذَابَكَ يَوْمَ تَبْعَثُ عِبَادَكَ

*“O Allah ﷺ, protect me from Your punishment on the Day You resurrect Your servants.”*

*(Sunan Abi Dawood)*



*The Messenger of Allah ﷺ said:*

*“Whoever recites this supplication in the morning with firm faith and dies before evening will be among the people of Jannah; and whoever recites it in the evening with firm faith and dies before morning will be among the people of Jannah.”*

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ،  
وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، أَعُوذُ بِكَ مِنْ  
شَرِّ مَا صَنَعْتُ، أَبْوَءُ لَكَ بِنِعْمَتِكَ عَلَىَّ، وَأَبْوَءُ بِذَنْبِي،  
فَاغْفِرْ لِي، فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

*O Allah ﷺ! You are my Lord, none has the right to be worshipped except You. You created me and I am Your servant, and I abide by Your covenant and promise as much as I am able. I seek refuge in You from the evil of what I have done. I acknowledge Your favour upon me and I confess my sins. So forgive me, for none forgives sins except You.*

*(Sahih Al-Bukhari)*



Sayyiduna Ibn Umar ﷺ reported: The Messenger of Allah ﷺ did not omit saying the following in the morning and evening:

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا  
وَالْآخِرَةِ، اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ  
فِي دِينِي وَدُنْيَايِ وَأَهْلِي وَمَالِي، اللَّهُمَّ اسْتُرْ  
عَوْرَاتِي وَأَمِنْ رَوْعَاتِي، اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ  
يَدَيْ وَمِنْ خَلْفِي وَعَنْ يَمِينِي وَعَنْ شَمَائِلِي وَمِنْ  
فَوْقِي وَأَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي

O Allah ﷺ! I seek Your forgiveness and protection in this world and the Hereafter. O Allah ﷺ! I seek Your forgiveness and protection in my religion, my worldly affairs, my family, and my wealth. O Allah ﷺ! Conceal my faults and protect me from my fears. O Allah ﷺ! Guard me from what is before me, behind me, on my right, on my left, and above me. I seek refuge in Your Greatness from being struck down from beneath me.

(Sunan Ibn Majah)



20

Erasing your sins before  
leaving a gathering

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ، أَشْهُدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ  
أَسْتَغْفِرُكَ وَأَتُوْبُ إِلَيْكَ

(One time)

“Glory is to You, O Allah ﷺ, and praise is Yours. I bear witness that there is none worthy of worship but You. I seek Your forgiveness and repent to You.”

It is prescribed to end a gathering by reciting the above Du'a, as it has been narrated by Abu Barzah Al-Aslami ﷺ, who said that the Messenger of Allah ﷺ used to say this Du'aa when he wished to leave a gathering.

He ﷺ said: “It is a Kaffarah (expiation) for whatever occurred in that gathering.”

(Sahih Muslim)



21

Dua upon seeing a person who has  
been afflicted by an illness  
or disability

اَكَحْمَدُ لِلَّهِ الَّذِي عَافَانِي مِمَّا ابْتَلَاكَ بِهِ، وَفَضَّلَنِي  
عَلَى كَثِيرٍ مِّنْ خَلْقٍ تَفْضِيَّلًا

(One time)

“Praise be to Allah ﷺ who had saved me from what He had afflicted you with, and for honouring me over many of his creations.”

The Messenger of Allah ﷺ said:

“Whoever sees an afflicted person and says (this above Du'a) He (or she) will never be afflicted by it” (this particular affliction).

(Sunan At-Tirmidhi)

Note : The Prophet ﷺ would say this Du'a without letting the afflicted person hear him, as not to hurt him.



**22**

**Morning and Evening  
Du'aa taught by Prophet ﷺ  
to his beloved Daughter**

*(To be recited once in morning and evening)*

Sayyiduna Anas ibn Malik ﷺ reported that whenever a matter distressed the Messenger of Allah ﷺ, he would say:

يَا حَسْنِي يَا قَيْوُمْ بِرَحْمَتِكِ أَسْتَغْفِرُكُ ، أَصْلِحْ  
لِي شَأْنِي كُلَّهُ وَلَا تَكُلِّنِي إِلَى نَفْسِي طَرْفَةَ عَيْنٍ

*“O Ever-Living One, O Eternal One, by Your mercy I call on You to set right all my affairs. Do not place me in charge of my soul even for the blinking of an eye”*

*(Sunan An-Nasai)*



23

In a few seconds, earn  
billions of rewards daily

Imam Tabarani ﷺ has recorded this narration:  
Sayyidah Umm e Salamah RadiAllahu Anha reported that  
Nabi ﷺ said:

“Whoever says the following daily will receive the reward of  
one good deed for every believer:

اللَّهُمَّ اغْفِرْ لِي وَلِلْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ

O Allah! Forgive me and the believing men and the believing women.”

(Al-Mu'jam Al-Kabir)

Note: As of 28/01/2026, the Muslim population in the world  
is roughly 2 billion. Therefore, by reciting this Du'aa once,  
in just a few seconds, enormous rewards can be attained.



24

Dua for well being of body,  
protection from viruses,  
pandemics, disbelief,  
poverty and punishment of  
grave

*(To be recited 3 times in morning and evening)*

*It is narrated from Sayyiduna Abdullah ibn Umar رضي الله عنه that the Prophet ﷺ used to say:*

اللَّهُمَّ عَافِنِي فِي بَدْنِي، اللَّهُمَّ عَافِنِي فِي سَمْعِي، اللَّهُمَّ عَافِنِي  
فِي بَصَرِي، لَا إِلَهَ إِلَّا أَنْتَ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ،  
وَالْفَقْرِ، وَأَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ، لَا إِلَهَ إِلَّا أَنْتَ

*“O Allah, grant me well-being in my body. O Allah, grant me well-being in my hearing. O Allah, grant me well-being in my sight. There is none worthy of worship but You. O Allah, I seek refuge in You from disbelief and poverty and I seek refuge in You from the punishment of the grave. There is none worthy of worship but You.”*

*(Sunan Abi Dawood)*



*If someone has missed Salah either once or for many years, he/she must pray Qaza as soon as possible. Salah is a Fardh and not forgiven. On the day of judgement, Salah will be the first thing asked about.*

*You could pray one day Qaza Salahs every day, which are only 20 Rak'aat (17 Rak'aat of Fardh + 3 wajib witr). The following instructions have four exceptions / relaxations so Qaza Salahs can be completed as soon as possible.*

- 1) In Ruku and Sajdah, instead of reciting “Subhaana Rabbiyal Azeem” and “Subhaana Rabbiyal A’la” three times, say it only once. But make sure not to leave the Ruku until the Meem (M) of Azeem has been said properly. Similarly, do not leave the posture of Sajdah until Aala has been said completely.*
- 2) In third and four Rak’ah of Fardh Salah, instead of reciting the whole Surah Al-Fatiha, say, “Subhan Allah” three times and go to Ruku. This exception is only for Fardh. In third Rak’ah of Witr, it’s a must to recite full Surah Al-Fatiha followed by a Surah or short Tilawat (as we usually do in first and second Rak’ah).*



3) In last Qaadah (when we sit for Attahiyat) before Salam, after Attahiyat instead of full Durood and Dua just say, "Allah Humma Salle Ala Sayyidina Muhammad Wa Aalihi", then finish the Salah with Salam.

4) In Witr, instead of full Du'aa-e-Qunoot, just say "Rabbigh Fir Lee"

رَبِّ اغْفِرْ لِي

one or three times.

(Simplified from "Fatawa Razawiya")

5) In third Rak'aat of Witr Salah , just say Takbeer Qunoot

اللَّهُ أَكْبَرُ

and do not raise your hands while offering in the presence of others.

#### **Note:**

Making a clear Niyyat (intention) is very important. Calculate how many Salahs you missed and keep track whenever you are offering Qaza for missed Salah.

Rather mentioning the specific date, one can make an intention like this:



“I am offering the very first Fajr I missed.”

OR

“I am offering the very last Fajr I missed”

Similar intention may be made for every missed Salah.

May Allah ﷺ make us punctual and concentrated in our daily prayers and make them the means for protection from the Hellfire!

أَمِينُ يَا رَبَّ الْعَالَمِينَ

26

Treasure of  
Paradise

The Messenger of Allah ﷺ said: ‘O ‘Abdullah bin Qais! Shall I not tell you of a word which is one of the treasures of Paradise?’ I said: ‘Yes, O Messenger of Allah ﷺ.’ He said: Say:

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

“There is no power and no strength except with Allah.”  
(Sunan ibn Majah)

(Fix an amount and pray daily)



27

Daily make prayers  
for parents

*The most common, simple, and beautiful Du'aa from the Holy Qur'an:*

رَبِّ ارْحَمْهُمَا كَمَا رَبَّيَا نِي صَغِيرًا

*“My Lord, have mercy on them, as they raised me from childhood.”*

*“The one who prays for his parents after every Salah will be considered an obedient child on the day of judgment.”*

*(Hazrat Sufyan Al-Thawri ﷺ)*

**For the Esaal-e-Sawaab  
of the Ummah**

*This book has been generously sponsored by well-wishers for Esaal-e-Sawaab for the LMJ members, the trustees, and their families, and for the entire Ummah. May Allah ﷺ accept this humble effort and grant abundant reward to all.*  
*Ameen.*

