

# Qur'an City

Recited by Sayyida Aasiya when tortured  
by Firawn for her belief in Tawheed

رَبِّ ابْنِ لِي عِنْدَكَ بَيْتًا فِي الْجَنَّةِ...

Master! Build for me a house with You in  
Janna...

66:11



عِنْدَكَ

71:28



## JOURNALLING THE QUR'AN



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# *Journaling the Qur'an*

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In this book we will share with you our passion for journaling the Qur'an. Connecting with the words of Divinity is important to every human being and we hope that this booklet will inspire you to tap into your own innate creativity and use it to bring you closer to this most awesome book.



# What is Qur'an Journalling

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The first word revealed to humankind in the Qur'an was 'IQRA' (Read) and the words continued in Suratul 'Alaq to say that He (Allah) taught with the pen.

الَّذِي عَلَّمَ بِالْقَلَمِ

**Suratul Alaq - 96:4**

Putting pen to paper is to remember and record the ayaat (verses), making them stand out. The essential thing to remember is that journaling is about reflecting on the words of Allah.

أَفَلَا يَتَدَبَّرُونَ الْقُرْآنَ أَمْ عَلَى قُلُوبٍ أَقْفَالُهَا

**Suratu Muhammad 47:24**

Why do they not ponder over the Qur'an or do they have locks on their hearts.

This book consists of key ayaat on various concepts from the Qur'an such as healing, all the ayaat that begin with 'O People!'; all those that begin with 'O you who believe!' and others.

# How to Begin

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Use a Qur'an with a translation that is understandable if you do not understand Arabic. You could journal on a hard copy of the Qur'an or do it on your phone or tablet.

Besides the suggestions in this book, you could look for ayaat which you may have learnt in a majlis or lecture or simply one that speaks to you or connected to a calendar event.

Repeat it as many times as possible to internalise it...

All the words of the Qur'an to speak to your soul

Ask yourself some questions:

## Ask yourself some questions:

1. What does the aya say?
2. When was it revealed?
3. How does it relate to my life?
4. How do I follow it?
5. Which words should I emphasise?
6. How can I express it visually?

It could be by highlighting the aya or by a simple illustration. For e.g. 66:11 of Suratut Tahreem says:

رَبِّ ابْنِ لِيْ عِنْدَكَ بَيْتًا فِي الْجَنَّةِ ...

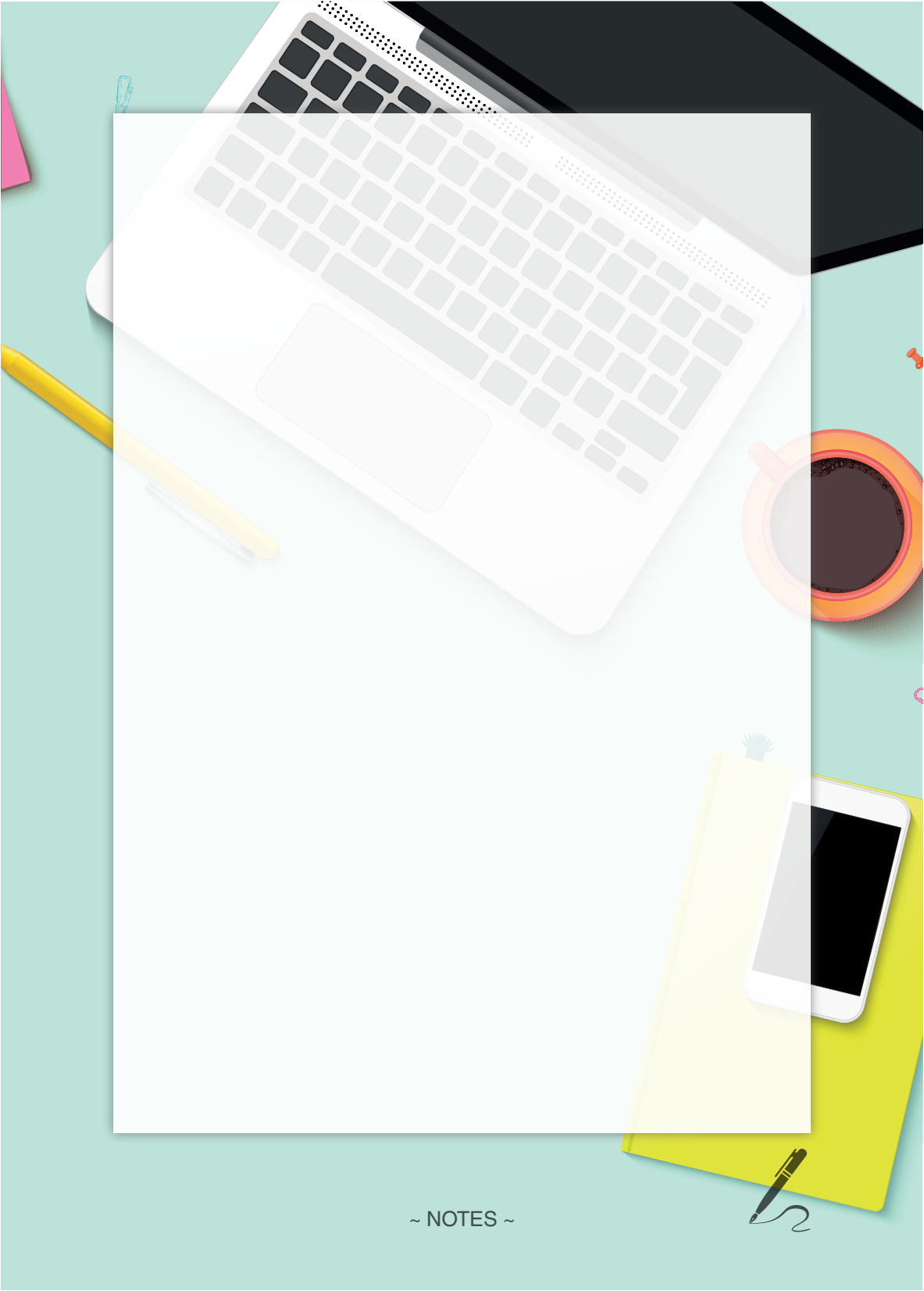
Master build for me a house with You in Janna.

The focus of Qur'an journaling is the significance of the aya and what it means to you. It will help to join a Qur'an study group or listen and watch some of the explanations on line.

## MUST HAVES

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- 1 RULER
- 2 COLOURED PENCILS AND ERASERS
- 3 POST IT NOTES
- 4 STICKERS
- 5 TABS & BOOKMARKS



~ NOTES ~



## *Duas from the Qur'an*

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Duas are an expression of desires and the Qur'an verbalises them in the best of ways.

The Prophet (pbuh) said that duas were the essence of worship because they marked the distinction between the asker and the asked.

REFERENCE

AYAAT

1:6

إِهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ

Guide us on the right path.

2:127

رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ

Our Master! Accept from us; Indeed You are the Hearing, the Knowing.

2:201

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً  
وَقِنَا عَذَابَ النَّارِ

Our Master! Grant us good in this world and good in the hereafter, and save us from the punishment of the fire.

2:250

رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَثَبِّتْ أَقْدَامَنَا  
وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

Our Master! Pour down upon us patience, and make our steps firm and assist us against those who cover up the truth.



2:286

رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا  
تَحْمِلْ عَلَيْنَا اِصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ  
قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ وَاعْفُ  
عَنَّا وَاعْفِرْ لَنَا وَارْحَمْنَا أَنْتَ مَوْلَانَا فَانصُرْنَا  
عَلَى الْقَوْمِ الْكَافِرِينَ

Our Master! Do not punish us if we forget or  
make a mistake,  
Our Master! Do not place on us a burden as  
You placed on those before us,  
Our Master! Do not impose on us that which  
we do not have the strength to bear, and  
forgive us, grant us protection and have mercy  
on us;  
You are our master, so help us against those  
who cover up the truth.

3:8



رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا  
مِنْ لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ

Our Master! Do not deviate our hearts after  
You have guided us, and grant us mercy from  
You, for Indeed You only are the Bestower.



## REFERENCE

## AYAAT

3:9

رَبَّنَا إِنَّكَ جَامِعُ النَّاسِ لِيَوْمٍ لَا رَيْبَ فِيهِ إِنَّ اللَّهَ لَا يُخْلِفُ  
الْمِيعَادَ

Our Master! Indeed You are the Gatherer of human being on a day about which there is no doubt; indeed Allah does not break His promise.

3:16

رَبَّنَا إِنَّا أَمْنَا فَاغْفِرْ لَنَا ذُنُوبَنَا وَقِنَا عَذَابَ  
النَّارِ

Our Master! Indeed we believe, therefore forgive us our faults and save us from the punishment of the fire.

3:38

رَبِّ هَبْ لِي مِنْ لَدُنْكَ ذُرِّيَّةً طَيِّبَةً إِنَّكَ سَمِيعُ  
الدُّعَاءِ

Master! Grant me from You righteous children. Indeed You hear those who call upon You.

3:53

رَبَّنَا آمَنَّا بِمَا أَنْزَلْتَ وَاتَّبَعْنَا الرَّسُولَ فَاكْتُبْنَا مَعَ  
الشَّاهِدِينَ

Our Master! we believe in what You have revealed and we follow the messenger, so include us with those who bear witness.



## REFERENCE

## AYAAT

3:147

رَبَّنَا اغْفِرْ لَنَا ذُنُوبَنَا وَإِسْرَافَنَا فِي أَمْرِنَا وَثَبِّتْ  
أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

Our Master! Forgive us our faults and our excesses in our affairs, and make firm our feet and help us against those who cover up the truth.

3:191

رَبَّنَا مَا خَلَقْتَ هَذَا بَاطِلًا سُبْحَانَكَ فَقِنَا  
عَذَابَ النَّارِ

Our Master! You have not created in vain, glory be to You, save us from the punishment of the fire.

3:192

رَبَّنَا إِنَّكَ مَنْ تُدْخِلِ النَّارَ فَقَدْ أَخْرَجْتَهُ وَمَا لِلظَّالِمِينَ  
مِنْ أَنْصَارٍ

Our Master! Indeed whoever enters the fire, is disgrace, and there shall be no helpers for the unjust:

3:193

رَبَّنَا فَاعْفُرْ لَنَا ذُنُوبَنَا وَكَفِّرْ عَنَّا سَيِّئَاتِنَا وَتَوَقَّنَا  
مَعَ الْأَبْرَارِ

Our Master! Forgive us our sins and cover our evil deeds and make us die with the righteous.

3:194

رَبَّنَا وَإِنَّا مَا وَعَدْتَنَا عَلَى رُسُلِكَ وَلَا نُخْزِنَا يَوْمَ  
الْقِيَامَةِ إِنَّكَ لَا تُخْلِفُ الْمِيعَادَ

Our Master! Grant us what You promised us through Your messengers and do not disgrace us on the day of Qiyama, Indeed You never break Your promise.





## REFERENCE

## AYAAT

4:75

رَبَّنَا أَخْرِجْنَا مِنْ هَذِهِ الْقَرْيَةِ الظَّالِمِ أَهْلُهَا وَاجْعَلْ لَنَا  
مِنْ لَدُنْكَ وَلِيًّا وَاجْعَلْ لَنَا مِنْ لَدُنْكَ نَصِيرًا

Our Master! cause us to go forth from this town, whose people are oppressors, and give us from You a guardian and a helper.

5:83

رَبَّنَا آمَنَّا فَاكْتُبْنَا مَعَ الشَّاهِدِينَ

Our Master! We believe, so include us with the witnesses (of truth).

7:23

رَبَّنَا ظَلَمْنَا أَنفُسَنَا وَإِنْ لَمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا  
لَنَكُونَنَّ مِنَ الْخَاسِرِينَ

Our Master! We have been unjust to ourselves, and if You do not forgive us and have mercy on us, we shall certainly be of the losers.

7:47

رَبَّنَا لَا تَجْعَلْنَا مَعَ الْقَوْمِ الظَّالِمِينَ

Our Master! Do not place us not with the unjust.



REFERENCE

AYAAT

7:89

رَبَّنَا افْتَحْ بَيْنَنَا وَبَيْنَ قَوْمِنَا بِالْحَقِّ وَأَنْتَ خَيْرُ الْقَاتِلِينَ

Our Master! Decide between us and our people with truth; You are the best of Deciders.

7:126

رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَتَوَفَّنَا مُسْلِمِينَ

Our Master: Pour upon us patience and cause us to live our entire lives in submission.

11:47

رَبِّ إِنِّي أَعُوذُ بِكَ أَنْ أَسْأَلَكَ مَا لَيْسَ لِي بِهِ  
عِلْمٌ وَإِلَّا تَغْفِرْ لِي وَتَرْحَمْنِي أَكُنْ مِنَ  
الْخَاسِرِينَ

Master! I seek refuge in You from asking that of which I have no knowledge; and if You should not forgive me and have mercy on me, I will be of the losers.

12:86

إِنَّمَا أَشْكُو بَثِّي وَحُزْنِي إِلَى اللَّهِ وَأَعْلَمُ مِنَ اللَّهِ مَا لَا  
تَعْلَمُونَ

I only complain of my grief and sorrow to Allah, and I know from Allah what you do not know.



REFERENCE

AYAAT

14:40

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي رَبَّنَا وَتَقَبَّلْ دُعَاءِ

Master! Make me and my children establish salaa. Our Master! Accept our dua.

14:41

رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ

Our Master! Forgive me and my parents and believers on the day of accounting.

17:24

رَبِّ ارْحَمْهُمَا كَمَا رَبَّيْتَنِي صَغِيرًا

Master! Have mercy on them (parents) just as they nourished (cherished & sustained) me when I was young.

17:80

رَبِّ ادْخُلْنِي مَدْخَلَ صِدْقٍ وَأَخْرِجْنِي مَخْرَجَ صِدْقٍ وَاجْعَلْ لِي مِنْ لَدُنْكَ سُلْطَانًا نَصِيرًا

Master! Make me to enter a goodly entering, and cause me to go forth a goodly going forth, and grant me assistance.



## REFERENCE

## AYAAT

18:10

رَبَّنَا إِنَّا مِن لَّدُنكَ رَحْمَةً وَهَيِّبْ لَنَا مِنْ  
أَمْرِنَا رَشَدًا

Our Master! Grant us mercy and help us to get out of this trouble in a righteous way.

20:25-28

رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي  
وَاحْلُلْ عُقْدَةً مِّن لِّسَانِي يَفْقَهُوا قَوْلِي

Master! Expand my chest for me, make my task easy for me, and loosen the knot on my tongue, that they may understand my speech.

20:114

رَبِّ زِدْنِي عِلْمًا

Master! Increase for me knowledge.

21:83

أَيُّ مَسْنِي الضُّرِّ وَأَنْتَ أَرْحَمُ الرَّاحِمِينَ

I have been afflicted and You are the most Merciful.

21:89

رَبِّ لَا تَذَرْنِي فَرْدًا وَأَنْتَ خَيْرُ الْوَارِثِينَ

Master! Do not leave me alone; You are the best of inheritors.



REFERENCE

AYAAT

21:112

رَبِّ احْكُم بِالْحَقِّ وَرَبُّنَا الرَّحْمَنُ الْمُسْتَعَانُ عَلَىٰ مَا  
تَصِفُونَ

Master! Judge You with truth; and our Lord is the Beneficent Allah, Whose help is sought against what you ascribe (to Him).

23:26

رَبِّ انصُرْنِي بِمَا كَذَّبُونَ

Master! Help me against their calling me a liar.

23:29



رَبِّ انزِلْنِي مُنْزَلًا مُّبْرَكًا وَأَنْتَ خَيْرُ الْمُنْزِلِينَ

Master! Cause me to disembark a blessed landing, and You are the best to cause to land.

23:94

رَبِّ فَلَا تَجْعَلْنِي فِي الْقَوْمِ الظَّالِمِينَ

Master! Do not place me with the unjust.

23:97

رَبِّ اعْوِذْ بِكَ مِنْ هَمَزَاتِ الشَّيَاطِينِ

Master! I seek refuge in You from the evil suggestions of the Shaytans.



REFERENCE

AYAAT

23:109

رَبَّنَا آمَنَّا فَاغْفِرْ لَنَا وَارْحَمْنَا وَأَنْتَ خَيْرُ الرَّحِيمِينَ

Our Master! We believe, so forgive us and have mercy on us, and You are the best of those who show mercy.

23:118

رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّحِيمِينَ

Master! Forgive and have mercy, Indeed You are the best of the Merciful ones.

27:19

رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي  
أَنْعَمْتَ عَلَيَّ وَعَلَى وَالِدَيَّ وَأَنْ أَعْمَلَ  
صَالِحًا تَرْضَاهُ وَأَدْخِلْنِي بِرَحْمَتِكَ فِي عِبَادِكَ  
الصَّالِحِينَ

Master! Grant me that I should be thankful to Your favours which You have bestowed upon me and my parents, and that I should do the good deeds which please You and make me be amongst Your righteous servants through Your mercy.

28:16

رَبِّ إِنِّي ظَلَمْتُ نَفْسِي فَاغْفِرْ لِي فَغَفَرَ لَهُ إِنَّهُ  
هُوَ الْعَفُوفُ الرَّحِيمُ

Master! Indeed I have been unjust to myself, so protect me; Indeed He is the Forgiving, the Merciful.



REFERENCE

AYAAT

28:17

رَبِّ يَمَّا أَنْعَمْتَ عَلَيَّ فَلَنْ أَكُونَ ظَهِيرًا  
لِلْمُجْرِمِينَ

Master! Because You have bestowed a favour on me, I shall never be a supporter of the guilty.

28:21

رَبِّ نَجِّنِي مِنَ الْقَوْمِ الظَّالِمِينَ

Master! deliver me from the unjust people.

28:22

رَبِّي أَنْ يَهْدِيَنِي سَوَاءَ السَّبِيلِ

... my Master will guide me to the right path.

28:24

رَبِّ إِنِّي لِمَا أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ فَقِيرٌ

Master! Indeed I need whatever You send down of goodness.

29:30

رَبِّ انصُرْنِي عَلَى الْقَوْمِ الْمُفْسِدِينَ

Master! Help me against those who cause mischief.



REFERENCE

AYAAT

37:100

رَبِّ هَبْ لِي مِنَ الصَّالِحِينَ

Master! Grant me to be of those who do good.

44:12

رَبَّنَا اكْشِفْ عَنَّا الْعَذَابَ إِنَّا مُؤْمِنُونَ

Our Master! Remove from us the punishment;  
surely we are believers.

46:15

رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ  
عَلَيَّ وَعَلَىٰ وَالِدَيَّ وَأَنْ أَعْمَلَ صَالِحًا تَرْضَاهُ  
وَأَصْلِحْ لِي فِي ذُرِّيَّتِي <sup>ط</sup> إِنِّي تُبْتُ إِلَيْكَ وَإِنِّي مِنَ  
الْمُسْلِمِينَ

Master! Grant me that I should be thankful to  
Your favours which You have bestowed upon  
me and my parents, and that I should do good  
deeds which please You and do good to me  
in respect of my children, Indeed I turn to You  
and surely I am of those who submit.

54:10



رَبِّ أَيْ مَغْلُوبٍ فَانْتَصِرْ

.....Indeed I am overcome, so help me.





59:10

رَبَّنَا اغْفِرْ لَنَا وَلِإِخْوَانِنَا الَّذِينَ سَبَقُونَا  
بِالْإِيمَانِ وَلَا تَجْعَلْ فِي قُلُوبِنَا غِلًّا لِلَّذِينَ آمَنُوا  
رَبَّنَا إِنَّكَ رَءُوفٌ رَحِيمٌ

Our Master! Forgive us and our brothers who had precedence of us in faith, and do not allow any spite to remain in our hearts towards those who believe, our Master! Indeed You are Kind, Merciful.

60:4

رَبَّنَا عَلَيْكَ تَوَكَّلْنَا وَإِلَيْكَ أَنبَتْنَا وَإِلَيْكَ  
الْمَصِيرُ

Our Master! On You do we rely, and to You do we turn and to You is the final return.

66:8

رَبَّنَا آتِنَا نُورَنَا وَاعْفِرْ لَنَا إِنَّكَ عَلَىٰ كُلِّ  
شَيْءٍ قَدِيرٌ

Our Master! Make our light perfect for us, and grant us protection, Indeed You have power over all things.



REFERENCE

AYAAT

66:11

رَبِّ ابْن لِي عِنْدَكَ بَيْتًا فِي الْجَنَّةِ...

Master! Build for me a house with You in  
Janna...

71:28

رَبِّ اغْفِرْ لِي وَلِوَالِدَيَّ وَلِمَنْ دَخَلَ بَيْتِي مُؤْمِنًا وَ  
لِلْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ

Master! Forgive me and my parents and those  
who enter my house believing, and the  
believing men and the believing women.





~ NOTES ~





*Living the Ayaat  
of the Qur'an*

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يَا أَيُّهَا النَّاسُ ...

O PEOPLE!  
PRACTICAL LIVING



2:21

Ibada – that which encompasses every action in life which one does for the pleasure of Allah and thus nourishing the nafs. In simple words it is those acts which connect us to Allah.

يَا أَيُّهَا النَّاسُ اعْبُدُوا رَبَّكُمُ الَّذِي  
خَلَقَكُمْ وَالَّذِينَ مِنْ قَبْلِكُمْ لَعَلَّكُمْ  
تَتَّقُونَ

O people! Serve your Master Who created you and those before you so that you may guard (against evil).

2:168

Halal sustenance – in all spheres.

يَا أَيُّهَا النَّاسُ كُلُوا مِمَّا فِي الْأَرْضِ حَلَالًا  
طَيِّبًا وَلَا تَتَّبِعُوا خُطُوَاتِ الشَّيْطَانِ إِنَّهُ  
لَكُمْ عَدُوٌّ مُبِينٌ

O people! Eat the lawful and good things out of what is in the earth, and do not follow the footsteps of the Shaytan; surely he is your open enemy.



4:1

Equality of man and woman (not sameness).  
To uphold the rights of all especially womb  
relations (Ref: Risalatal Huquq – Imam Ali  
Zaynul Aabedeen pbuh)



يَا أَيُّهَا النَّاسُ اتَّقُوا رَبَّكُمُ الَّذِي  
خَلَقَكُمْ مِنْ نَفْسٍ وَاحِدَةٍ وَخَلَقَ مِنْهَا  
زَوْجَهَا وَبَثَّ مِنْهُمَا رِجَالًا كَثِيرًا  
وَنِسَاءً وَاتَّقُوا اللَّهَ الَّذِي تَسَاءَلُونَ بِهِ  
وَالْأَرْحَامَ إِنَّ اللَّهَ كَانَ عَلَيْكُمْ رَقِيبًا

O people! Be God-conscious of your Master,  
Who created you from a single being and  
created its partner and spread from them,  
many men and women; be God-conscious,  
by Whom you demand one of another (your  
rights), and to He who enjoins rights towards  
other and the ties of relationship; surely Allah  
ever watches over you.

4:174



Qur'an as clear evidence of right and wrong and a clear light – by extension to use it for guidance to success.

يَا أَيُّهَا النَّاسُ قَدْ جَاءَكُمْ بُرْهَانٌ مِّنْ  
رَّبِّكُمْ وَأَنْزَلْنَا إِلَيْكُمْ نُورًا مُّبِينًا

O people! Indeed there has come to you manifest proof from your Master and We have sent to you a manifest light.

7:158



Eiman in Allah and His rasul and to follow in his footsteps (ittibaa')

قُلْ يَا أَيُّهَا النَّاسُ إِنِّي رَسُولُ اللَّهِ إِلَيْكُمْ  
جَمِيعًا الَّذِي لَهُ مُلْكُ السَّمَاوَاتِ  
وَالْأَرْضِ لَا إِلَهَ إِلَّا هُوَ يُحْيِي وَيُمِيتُ  
فَأْمِنُوا بِاللَّهِ وَرَسُولِهِ النَّبِيِّ الْأُمِّيِّ الَّذِي  
يُؤْمِنُ بِاللَّهِ وَكَلِمَاتِهِ وَاتَّبِعُوهُ لَعَلَّكُمْ  
تَهْتَدُونَ

Say: O people! Indeed I am the Messenger of Allah to you all, of Him Whose is the kingdom of the heavens and the earth there is no god but He; He brings to life and causes to die therefore believe in Allah and His messenger, the Ummi Prophet who believes in Allah and His words, and follow him so that you may walk in the right way.



10:23

Admonition – one's rebellion against the laws of Allah in essence against oneself. Each to be returned to his/her Rabb and given report of life transactions.

يَا أَيُّهَا النَّاسُ إِنَّمَا بَغَيْتُمْ عَلَى  
 أَنْفُسِكُمْ مَتَاعَ الْحَيَاةِ الدُّنْيَا ثُمَّ إِلَيْنَا  
 مَرْجِعُكُمْ فَنُنَبِّئُكُمْ بِمَا كُنْتُمْ تَعْمَلُونَ

O people! Your rebellion is against your own souls-- provision (only) of this world's life-- then to Us shall be your return, so We will inform you of what you did.

10:57

Qur'an as healing, guidance and mercy for mu'mineen.

يَا أَيُّهَا النَّاسُ قَدْ جَاءَكُمْ مَوْعِظَةٌ مِّنْ  
 رَبِّكُمْ وَشِفَاءٌ لِّمَا فِي الصُّدُورِ وَهُدًى  
 وَرَحْمَةٌ لِّلْمُؤْمِنِينَ

O people! There has come to you indeed an admonition from your Lord and a healing for what is in the chest and a guidance and a mercy for the believers.



10:104

Testimony of Rasulullāh – by extension should be ours too.

قُلْ يَا أَيُّهَا النَّاسُ إِن كُنْتُمْ فِي شَكٍّ مِنْ  
دِينِي فَلَا أَعْبُدُ الَّذِينَ تَعْبُدُونَ مِنْ دُونِ  
اللَّهِ وَلَكِنْ أَعْبُدُ اللَّهَ الَّذِي يَتَوَفَّاكُمْ  
وَأُمِرْتُ أَنْ أَكُونَ مِنَ الْمُؤْمِنِينَ

Say: O people! If you are in doubt as to my religion, then (know that) I do not serve those whom you serve besides Allah but I do serve Allah, Who will cause you to die, and I am commanded that I should be of the believers.

10:108

Responsibility of actions on oneself –  
Rasulullāh not a custodian over us

قُلْ يَا أَيُّهَا النَّاسُ قَدْ جَاءَكُمْ الْحَقُّ مِنْ  
رَبِّكُمْ فَمَنْ اهْتَدَىٰ فَإِنَّمَا يَهْتَدِي  
لِنَفْسِهِ وَمَنْ ضَلَّٰ فَإِنَّمَا يَضِلُّ عَلَيْهَا وَمَا  
أَنَا عَلَيْكُمْ بِوَكِيلٍ

Say: O people! Indeed there has come to you the truth from your Lord, therefore whoever goes aright, he goes aright only for the good of his own soul, and whoever goes astray, he goes astray only to the detriment of it, and I am not a custodian over you.

22:1

Warning of Qiyama – admonition to get life (past. Present.... And planning for future in order)

يَا أَيُّهَا النَّاسُ اتَّقُوا رَبَّكُمُ إِنَّ زَلْزَلَةَ  
السَّاعَةِ شَيْءٌ عَظِيمٌ

O people! Guard against (the punishment from) your Lord; indeed the shaking of the hour is a great thing.

22:5

Contemplation of creation of human being and bringing to life of earth with water to re-inforce

يَا أَيُّهَا النَّاسُ إِنَّ كُنْتُمْ فِي رَيْبٍ مِّنَ  
الْبَعْثِ فَإِنَّا خَلَقْنَاكُمْ مِّنْ تُرَابٍ ثُمَّ مِّنْ  
نُّطْفَةٍ ثُمَّ مِّنْ عَلَقَةٍ ثُمَّ مِّنْ مُّضْغَةٍ مُّخَلَّقَةٍ  
وَغَيْرِ مُخَلَّقَةٍ لِّبَيِّنٍ لَّكُمْ وَنُقِرُّ فِي  
الْأَرْحَامِ مَا نَشَاءُ إِلَىٰ أَجَلٍ مُّسَمًّى ثُمَّ



22:5

نُخْرِجُكُمْ طِفْلًا ثُمَّ لِنَبْلُغُوا أَشَدَّكُمْ<sup>ط</sup>  
 وَمِنْكُمْ مَّنْ يُتَوَفَّىٰ وَمِنْكُمْ مَّنْ يُرَدُّ إِلَىٰ  
 أَرْذَلِ الْعُمُرِ لِكَيْلَا يَعْلَمَ مِنْ بَعْدِ عِلْمٍ  
 شَيْئًا وَتَرَىٰ الْأَرْضَ هَامِدَةً فَإِذَا أَنْزَلْنَا<sup>ج</sup>  
 عَلَيْهَا الْمَاءَ اهْتَزَّتْ وَرَبَتْ وَأَنْبَتَتْ مِنْ  
 كُلِّ زَوْجٍ بَهِيجٍ

O people! If you are in doubt about the raising, then surely We created you from dust, then from a small seed, then from a clot, then from a lump of flesh, complete in make and incomplete, that We may make clear to you; and We cause what We please to stay in the wombs till an appointed time, then We bring you forth as babies, then that you may attain your maturity; and of you is he who is caused to die, and of you is he who is brought back to the worst part of life, so that after having knowledge he does not know anything; and you see the earth sterile land, but when We send down on it the water, it stirs and swells and brings forth of every kind a beautiful herbage.

22:49

Rasulullah a warner to humankind (therefore a mercy)

قُلْ يَا أَيُّهَا النَّاسُ إِنَّمَا أَنَا لَكُمْ نَذِيرٌ  
مُّبِينٌ

Say: O people! I am only a plain warner to you.

22:73

Parable of fly – futility of calling upon other than Allah

يَا أَيُّهَا النَّاسُ ضَرْبٌ مِّثْلُ مَا سْتَمْعُونَ اللَّهَ  
إِنَّ الَّذِينَ تَدْعُونَ مِنْ دُونِ اللَّهِ لَنْ  
يَخْلُقُوا ذُبَابًا وَلَوْ اجْتَمَعُوا لَهُ وَإِنْ  
يَسْلُبْهُمُ الذُّبَابُ شَيْئًا لَا يَسْتَنْقِذُوهُ  
مِنْهُ ضَعْفَ الطَّالِبِ وَالْمَطْلُوبِ



O people! A parable is set forth, therefore listen to it: surely those whom you call upon besides Allah cannot create a fly, though they should all gather for it, and should the fly snatch away anything from them, they could not take it back; weak are the invoker and the invoked.



31:33



Warning of Qiyama when parent-child relationship also to no avail – not to be deceived by life of the world + Shaytan

يَا أَيُّهَا النَّاسُ اتَّقُوا رَبَّكُمُ وَأَحْشَوْا  
يَوْمًا لَا يَجْزِي وَالِدٌ عَنْ وَلَدِهِ وَلَا مَوْلُودٌ  
هُوَ جَازٍ عَنْ وَالِدِهِ شَيْئًا إِنَّ وَعْدَ اللَّهِ  
حَقٌّ فَلَا تَغُرَّبَكُمُ الْحَيَاةُ الدُّنْيَا وَلَا  
يُغُرَّبَكُمُ بِاللَّهِ الْغُرُوبُ

O people! Guard against (the punishment of) your Master and fear the day when a father shall not suffice for his son, nor shall the child suffice for his father; surely the promise of Allah is true, therefore let not this world's life deceive you, nor let the deceiver (shaytan) deceive you in respect of Allah.

35:3

Contemplation on who provided sustenance?

يَا أَيُّهَا النَّاسُ اذْكُرُوا نِعْمَتَ اللَّهِ  
عَلَيْكُمْ هَلْ مِنْ خَالِقٍ غَيْرِ اللَّهِ  
يَرْزُقُكُمْ مِنَ السَّمَاءِ وَالْأَرْضِ لَا إِلَهَ  
إِلَّا هُوَ فَأَنَّى تُؤْفَكُونَ

O people! Call to mind the favor of Allah on you; is there any creator besides Allah who gives you sustenance from the heaven and the earth? There is no god but He; whence are you then turned away?

35:5

Not to be deceived by life of the world +  
Shaytan

يَا أَيُّهَا النَّاسُ إِنَّ وَعْدَ اللَّهِ حَقٌّ فَلَا  
تَغُرَّنَّكُمُ الْحَيَاةُ الدُّنْيَا وَلَا يَغُرَّنَّكُمُ  
بِاللَّهِ الْغُرُورُ

O people! Indeed the promise of Allah is true, therefore let not the life of this world deceive you, and let not the deceiver (shaytan) deceive you respecting Allah.

35:15

Clear declaration that humankind dependent  
on Allah – The Self Sufficient

يَا أَيُّهَا النَّاسُ أَنْتُمْ الْفُقَرَاءُ إِلَى اللَّهِ  
وَاللَّهُ هُوَ الْغَنِيُّ الْحَمِيدُ

O people! You stand in need of Allah, and Allah is He Who is the Self-sufficient, the Praised One.

49:13

Most honoured with Allah the one with taqwa – obedience with sincerity – “Do not pretend to obey Allah; but obey him sincerely and faithfully. Let this desire of obedience be engraved in your mind and be deep rooted in your hearts. Let it rule over your words and deeds.” Sermon 203-Nahjul Balagha

يَا أَيُّهَا النَّاسُ إِنَّا خَلَقْنَاكُمْ مِنْ ذَكَرٍ  
وَأُنْثَىٰ وَجَعَلْنَاكُمْ شُعُوبًا وَقَبَائِلَ  
لِتَعَارَفُوا إِنَّ أَكْرَمَكُمْ عِنْدَ اللَّهِ  
تَتَّقَاكُمْ إِنَّ اللَّهَ عَلِيمٌ خَبِيرٌ

O people! Indeed We have created you of a male and a female, and made you tribes and families that you may know each other; surely the most honorable of you with Allah is the one who is God-conscious, surely Allah is Knowing, Aware.



*Living the Ayaat  
of the Qur'an*

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يَا أَيُّهَا الَّذِينَ آمَنُوا...

O YOU WHO BELIEVE!  
PRACTICAL LIVING



REFERENCE

AYAAT

2:104

Do not say something and mean something else to mock someone – in this case ra'ina with a slight twist of accent means stupid instead of 'listen to us'.

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تَقُولُوا رَاعِنَا وَقُولُوا  
 انظُرْنَا وَاسْمَعُوا وَلِلْكَافِرِينَ عَذَابٌ أَلِيمٌ

O you who believe! Do not say listen to us but say observe us and listen, and for those who cover up the truth there is a painful punishment.

2:153

When seeing assistance to rely on Sabr (usage of all available resources and abilities and then relying on Him) and Salaa (submission)

يَا أَيُّهَا الَّذِينَ آمَنُوا اسْتَعِينُوا بِالصَّبْرِ  
 وَالصَّلَاةِ إِنَّ اللَّهَ مَعَ الصَّابِرِينَ

O you who believe! Seek assistance through patience and prayer; surely Allah is with the patient.





2:172



Ensure all sustenance (Physical, Mental, Emotional & Spiritual) is tayyib and to do Shukr (done best by utilising that which He has given)

يَا أَيُّهَا الَّذِينَ آمَنُوا كُلُوا مِن طَيِّبَاتِ مَا  
رَزَقْنَاكُمْ وَاشْكُرُوا لِلَّهِ إِن كُنتُمْ إِيَّاهُ  
تَعْبُدُونَ

O you who believe! Eat from the good things which We have provided for you, and give thanks to Allah if it is He that you worship.

2:178

Laws of qisaas (retaliation)

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ  
الْقِصَاصُ فِي الْقَتْلِ <sup>ط</sup>الْحُرِّ بِالْحُرِّ وَالْعَبْدُ  
بِالْعَبْدِ وَالْأُنثَىٰ بِالْأُنثَىٰ فَمَنْ عَفِيَ لَهُ مِنْ  
أَخِيهِ شَيْءٌ فَاتَّبِعْهُ بِالْمَعْرُوفِ وَأَدِّ إِلَيْهِ  
بِإِحْسَانٍ ذَلِكَ تَخْفِيفٌ مِّن رَّبِّكُمْ وَرَحْمَةٌ  
فَمَنْ اعْتَدَىٰ بَعْدَ ذَلِكَ فَلَهُ عَذَابٌ أَلِيمٌ

O you who believe! Requital is prescribed for you in the matter of the murdered, the free for the free, and the slave for the slave, and the female for the female, but whoever is forgiven by his brother, then a repayment should be made according to custom in good manner. This is an alleviation from your Master and a mercy. But whoever transgresses after that will have a painful punishment.





2:183

Purpose of fasting – taqwa (Awareness, God consciousness) In essence doing all the wajibat and keeping away from Muharrimat

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ  
كَمَا كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ  
تَتَّقُونَ

O you who believe! Fasting is prescribed for you, as it was prescribed for those before you, so that you may become righteous.

2:208

Submission together – not to follow Shaytan-  
open enemy

يَا أَيُّهَا الَّذِينَ آمَنُوا ادْخُلُوا فِي السَّلَامِ كَافَّةً  
وَلَا تَتَّبِعُوا خُطُوَاتِ الشَّيْطَانِ إِنَّهُ لَكُمْ  
عَدُوٌّ مُّبِينٌ

O you who believe! Enter into peace and security and do not follow the footsteps of Shaytan; surely he is your clear enemy.





2:254



To spend out in His way before Qiyama – every good deed, however small is immeasurably significant.

يَا أَيُّهَا الَّذِينَ آمَنُوا أَنْفِقُوا مِمَّا رَزَقْنَاكُمْ  
مِّن قَبْلِ أَنْ يَأْتِيَنِي يَوْمٌ لَا بَيْعٌ فِيهِ وَلَا خُلَّةٌ وَلَا  
شَفَاعَةٌ وَالْكَافِرُونَ هُمُ الظَّالِمُونَ

O you who believe! Spend from what We have provided you before the day comes when there is no bargaining, friendship or intercession. Those who cover up the truth are those who are unjust.





2:264

Do not render sadaqa useless by reproach

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تَبْطُلُوا صَدَقَاتِكُمْ  
 بِالْمَنِّ وَالْأَذَى كَالَّذِي يُنْفِقُ مَالَهُ رِئَاءَ  
 النَّاسِ وَلَا يُؤْمِنُ بِاللَّهِ وَالْيَوْمِ الْآخِرِ  
 فَمَثَلُهُ كَمَثَلِ صَفْوَانٍ عَلَيْهِ تُرَابٌ  
 فَأَصَابَهُ وَايْلٌ فَتَرَكَهُ صَلْدًا لَا يَقْدِرُونَ  
 عَلَى شَيْءٍ مِّمَّا كَسَبُوا وَاللَّهُ لَا يَهْدِي الْقَوْمَ  
 الْكَافِرِينَ

O you who believe! Do not nullify your charity with reminders or injury, like the one who spends his wealth to be seen by the people and does not believe in Allah and the Last Day. His example is that of a smooth rock with earth upon it when a heavy rain falls, leaving it bare. They will not be able to gain anything of what they have earned, and Allah does not guide those who cover up the truth.





2:267

Give out of the best that you have – don't give that which you wouldn't have

يَا أَيُّهَا الَّذِينَ آمَنُوا أَنْفِقُوا مِنْ طَيِّبَاتِ مَا كَسَبْتُمْ وَمِمَّا أَخْرَجْنَا لَكُمْ مِنَ الْأَرْضِ وَلَا تَيَمَّمُوا الْحَبِثَ مِنْهُ تَنْفِقُونَ وَلَسْتُمْ بِأَخَذِيهِ إِلَّا أَنْ تُغْمِضُوا فِيهِ وَاعْلَمُوا أَنَّ اللَّهَ غَنِيٌّ حَمِيدٌ

O you who believe! Spend from the good things, which you have earned, and from that which We have produced for you from the earth. And do not intend to spend what is bad while you would not take it yourselves, unless you overlook the matter. Know that Allah is Free of need and Praiseworthy.

2:278

Keep away from Ribaa (interest)

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ وَذَرُوا مَا بَقِيَ مِنَ الرِّبَا إِن كُنْتُمْ مُؤْمِنِينَ

O you who believe! Be God conscious and leave what remains of interest, if you are people who believe.





2:282



Record debts with witnesses – if you are a witness be just

يَا أَيُّهَا الَّذِينَ آمَنُوا إِذَا تَدَايَنْتُمْ بِدَيْنٍ إِلَى  
 أَجَلٍ مُّسَمًّى فَآكْتُبُوهُ وَلْيَكْتُب بَيْنَكُمْ  
 كَاتِبٌ بِالْعَدْلِ وَلَا يَأْب كَاتِبٌ أَنْ يَكْتُبَ  
 كَمَا عَلَّمَهُ اللَّهُ فَلْيَكْتُبْ وَلْيَمْلِكِ الَّذِي  
 عَلَيْهِ الْحَقُّ وَلْيَتَّقِ اللَّهَ رَبَّهُ وَلَا يَبْخَسْ مِنْهُ  
 شَيْئًا فَإِنْ كَانَ الَّذِي عَلَيْهِ الْحَقُّ سَفِيهًا أَوْ  
 ضَعِيفًا أَوْ لَا يَسْتَطِيعُ أَنْ يُمِلَّ هُوَ فَلْيَمْلِكْ  
 وَلِيُّهُ بِالْعَدْلِ وَاسْتَشْهِدُوا شَهِيدَيْنِ مِنْ  
 رِجَالِكُمْ فَإِنْ لَمْ يَكُونَا رَجُلَيْنِ فَرَجُلٌ





2:282

وَامْرَأَتَانِ مِمَّنْ تَرَ ضُونَ مِنَ الشُّهَدَاءِ أَنْ  
 تَضِلَّ إِحْدَاهُمَا فَتُذَكِّرَ إِحْدَاهُمَا الْأُخْرَى  
 وَلَا يَأْبُ الشُّهَدَاءُ إِذَا مَا دُعُوا وَلَا تَسْأَمُوا  
 أَنْ تَكْتُبُوهُ صَغِيرًا أَوْ كَبِيرًا إِلَىٰ أَجَلِهِ ذَلِكُمْ  
 أَقْسَطُ عِنْدَ اللَّهِ وَأَقْوَمُ لِلشَّهَادَةِ وَأَدْنَىٰ أَلَّا  
 تَرْتَابُوا إِلَّا أَنْ تَكُونَ تِجَارَةً حَاضِرَةً  
 تُدِيرُوهَا وَمَهَا بَيْنَكُمْ فَلَيْسَ عَلَيْكُمْ جُنَاحٌ أَلَّا  
 تَكْتُبُوهَا وَأَشْهَدُوا إِذَا تَبَايَعْتُمْ وَلَا يُضَارَّ  
 كَاتِبٌ وَلَا شَهِيدٌ وَإِنْ تَفَعَّلُوا فإِنَّهُ فُسُوقٌ  
 بِكُمْ وَاتَّقُوا اللَّهَ وَيُعَلِّمُكُمُ اللَّهُ وَاللَّهُ  
 بِكُلِّ شَيْءٍ عَلِيمٌ





2:282

O you who believe! When you contract a debt for a specified term, write it down. And let a scribe write it down between you with fairness. A scribe should not refuse to write as Allah has taught him, so let him write and let the one who owes the debt dictate. And he should fear Allah, his Master, and not leave anything out of it. But if the one who owes the debt is of limited understanding or weak or unable to dictate himself, then let his guardian dictate with fairness. Seek two witnesses amongst your men, but if there are not two men, then a man and two women from those whom you accept as witnesses. This is so that if one of the two errs, the second of the two may remind the other. The witnesses should not refuse when they are called upon. And do not be averse to write it, whether it is small or large, along with the time of its due date. That is more just with Allah and more appropriate in testimony. It is the best way to avoid entertaining any doubts afterwards, except when it is an immediate transaction, which you conduct among yourselves. In this case there is no blame on you for not writing it down. And take witnesses when you conclude a contract. Let no harm be done to the scribe or the witness. If you do harm them, then surely it is disobedience in you. Be God conscious, and Allah teaches you. And Allah knows all things.





3:102

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ حَقَّ تَقَاتِهِ  
وَلَا تَمُوتُنَّ إِلَّا وَأَنتُمْ مُسْلِمُونَ

O you who believe! Be God-conscious with the care, which is due to Him, and do not die unless you are Muslims.

3:118

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تَتَّخِذُوا بِطَانَةَ مَنْ  
دُونَكُمْ لَا يَأْلُونَكُمْ خَبَالًا وَذُؤَامًا عَنْتُمْ  
قَدْ بَدَتِ الْبَغْضَاءُ مِنْ أَفْوَاهِهِمْ وَمَا تُخْفِي  
صُدُورُهُمْ أَكْبَرُ قَدْ بَيَّنَّا لَكُمْ الْآيَاتِ إِنْ  
كُنْتُمْ تَعْقِلُونَ

O you who believe! Do not take for intimate friends from among others than your own people; they do not fall short of inflicting loss upon you; they love what distresses you; vehement hatred has already appeared from out of their mouths, and what their chests conceal is greater still; indeed, We have made the communications clear to you, if you will understand.





3:130



يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تَأْكُلُوا الرِّبَا أَضْعَافًا  
مُضَاعَفَةً <sup>ط</sup>وَأَتَّقُوا اللَّهَ لَعَلَّكُمْ تُفْلِحُونَ

O you who believe! Do not devour interest, making it double and redouble, and be God-conscious, that you may be successful.

3:149

يَا أَيُّهَا الَّذِينَ آمَنُوا إِن تَطِيعُوا الَّذِينَ  
كَفَرُوا يَرُدُّوكُمْ عَلَىٰ أَعْقَابِكُمْ فَتَنْقَلِبُوا  
خَاسِرِينَ

O you who believe! If you obey those who cover up the truth they will turn you back upon your heels, so you will turn back losers.





3:200

يَا أَيُّهَا الَّذِينَ آمَنُوا اصْبِرُوا وَصَابِرُوا  
وَرَابِطُوا وَاتَّقُوا اللَّهَ لَعَلَّكُمْ تُفْلِحُونَ

O you who believe! Be patient and excel in patience and remain steadfast, and be God-conscious, that you may be successful.

4:19

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا يَحِلُّ لَكُمْ أَنْ تَرِثُوا  
النِّسَاءَ كَرِهًا <sup>ط</sup> وَلَا تَعْضَلُوهُنَّ لِتَذْهَبُوا  
بِبَعْضِ مَا آتَيْتُمُوهُنَّ إِلَّا أَنْ يَأْتِيَنَّ  
بِفَاحِشَةٍ مُبِينَةٍ <sup>ج</sup> وَعَاشِرُوهُنَّ بِالْمَعْرُوفِ  
فَإِنْ كَرِهْتُمُوهُنَّ <sup>ج</sup> فَعَسَى أَنْ تَكْرَهُوا شَيْئًا  
وَجَعَلَ اللَّهُ فِيهِ خَيْرًا كَثِيرًا

O you who believe! It is not lawful for you that you should take women as heritage against (their) will, and do not straiten them in order that you may take part of what you have given them, unless they are guilty of manifest indecency, and treat them kindly; then if you hate them, it may be that you dislike a thing while Allah has placed abundant good in it.





4:29

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تَأْكُلُوا أَمْوَالَكُمْ  
 بَيْنَكُمْ بِالْبَاطِلِ إِلَّا أَنْ تَكُونَ تِجَارَةً عَن  
 تَرَاضٍ مِّنْكُمْ وَلَا تَقْتُلُوا أَنْفُسَكُمْ إِنَّ اللَّهَ  
 كَانَ بِكُمْ رَحِيمًا

O you who believe! Do not devour your property among yourselves falsely, except that it be trading by your mutual consent; and do not kill your people; surely Allah is Merciful to you.





4:43



يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تَقْرَبُوا الصَّلَاةَ  
 وَأَنتُمْ سُكَارَىٰ حَتَّىٰ تَعْلَمُوا مَا تَقُولُونَ وَلَا  
 جُنُبًا إِلَّا عَابِرِي سَبِيلٍ حَتَّىٰ تَغْتَسِلُوا وَإِن  
 كُنْتُمْ مَرْضَىٰ أَوْ عَلَىٰ سَفَرٍ أَوْ جَاءَ أَحَدٌ  
 مِنْكُمْ مِنَ الْغَائِطِ أَوْ لَامَسْتُمُ النِّسَاءَ فَلَمْ  
 تَجِدُوا مَاءً فَتَيَمَّمُوا صَعِيدًا طَيِّبًا  
 فَامْسَحُوا بِوُجُوهِكُمْ وَأَيْدِيكُمْ إِنَّ اللَّهَ  
 كَانَ عَفُوًّا غَفُورًا

O you who believe! Do not go near prayer when you are Intoxicated until you know (well) what you say, nor when you are under an obligation to perform ghusl-- unless (you are) travelling -- until you have purified yourselves; and if you are sick, or on a journey, or one of you come from the toilet or you have been intimate with women the women, and you cannot find water, take pure earth, and wipe your faces and your hands; surely Allah is Pardoning, Forgiving.





4:59

يَا أَيُّهَا الَّذِينَ آمَنُوا أَطِيعُوا اللَّهَ وَأَطِيعُوا  
 الرَّسُولَ وَأُولِي الْأَمْرِ مِنْكُمْ فَإِنْ تَنَازَعْتُمْ<sup>ط</sup>  
 فِي شَيْءٍ فَرُدُّوهُ إِلَى اللَّهِ وَالرَّسُولِ إِنْ كُنْتُمْ  
 تُؤْمِنُونَ بِاللَّهِ وَالْيَوْمِ الْآخِرِ ذَلِكَ خَيْرٌ<sup>ج</sup>  
 وَأَحْسَنُ تَأْوِيلًا

O you who believe! Obey Allah and obey the Messenger and those in authority from among you; then if you dispute about anything, refer it to Allah and the Messenger, if you believe in Allah and the last day; this is better and very good in the end.

4:71

يَا أَيُّهَا الَّذِينَ آمَنُوا اخذُوا حذرًاكُمْ  
 فأنفروا أثباتًا أو انفروا أجمعيًا

O you who believe! Be cautious, then go forth alone or go forth together.





4:94

يَا أَيُّهَا الَّذِينَ آمَنُوا إِذَا ضَرَبْتُمْ فِي سَبِيلِ  
 اللَّهِ فَتَيَّبُوا وَلَا تَقُولُوا لِمَنْ أَلْفَىٰ إِلَيْكُمْ  
 السَّلَامَ لَسْتَ مُؤْمِنًا تَبْتَغُونَ عَرَضَ الْحَيَاةِ  
 الدُّنْيَا فَعِنْدَ اللَّهِ مَغَانِمٌ كَثِيرَةٌ كَذَلِكَ  
 كُنْتُمْ مِنْ قَبْلُ فَمَنَّ اللَّهُ عَلَيْكُمْ فَتَبَيَّنُوا  
 إِنَّ اللَّهَ كَانَ بِمَا تَعْمَلُونَ خَبِيرًا

O you who believe! When you go to war in Allah's way, make investigation, and do not say to any one who offers you peace: You are not a believer. Do you seek goods of this world's life! But with Allah there are abundant gains; you too were such before, then Allah conferred a benefit on you; therefore make investigation; surely Allah is aware of what you do.





4:135

يَا أَيُّهَا الَّذِينَ آمَنُوا كُونُوا قَوَّامِينَ بِالْقِسْطِ  
 شُهَدَاءَ لِلَّهِ وَلَوْ عَلَىٰ أَنفُسِكُمْ أَوِ الْوَالِدِينَ وَ  
 الْأَقْرَبِينَ إِن يَكُنْ غَنِيًّا أَوْ فَقِيرًا فَاللَّهُ أَوْلَىٰ  
 بِهِمَا فَلَا تَتَّبِعُوا الْهَوَىٰ أَن تَعْدِلُوا وَإِن تَلُوا  
 أَوْ نُعِرْ صُوفَانِ اللَّهِ كَانَ بِهِمَا تَعْمَلُونَ خَيْرًا

O you who believe! Be maintainers of justice, bearers of witness of Allah's sake, though it may be against your own selves or (your) parents or near relatives; if he be rich or poor, Allah is nearer to them both in compassion; therefore do not follow (your) low desires, lest you deviate; and if you swerve or turn aside, then surely Allah is aware of what you do.





4:136

يَا أَيُّهَا الَّذِينَ آمَنُوا آمِنُوا بِاللَّهِ وَرَسُولِهِ  
 وَالكِتَابِ الَّذِي نَزَّلَ عَلَى رَسُولِهِ  
 وَالكِتَابِ الَّذِي أَنْزَلَ مِنْ قَبْلُ وَمَنْ يَكْفُرْ  
 بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ وَالْيَوْمِ  
 الْآخِرِ فَقَدْ ضَلَّ ضَلَالًا بَعِيدًا

O you who believe! Believe in Allah and His Messenger and the Book which He has revealed to His Messenger and the Book which He revealed before; and whoever disbelieves in Allah and His angels and His messengers and the last day, he indeed strays off into a remote error.





## REFERENCE

## AYAAT

4:144

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تَتَّخِذُوا الْكَافِرِينَ  
أَوْلِيَاءَ مِنْ دُونِ الْمُؤْمِنِينَ أَلَا تَرِيدُونَ أَنْ  
تَجْعَلُوا لِلَّهِ عَلَيْكُمْ سُلْطَانًا مُبِينًا

O you who believe! Do not take those cover up the truth for friends rather than the believers; do you desire that you should give to Allah a manifest proof against yourselves?

5:1

يَا أَيُّهَا الَّذِينَ آمَنُوا أَوْفُوا بِالْعُقُودِ...

O you who believe! fulfill the obligations...

5:2

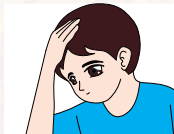
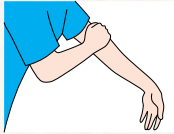
يَا أَيُّهَا الَّذِينَ آمَنُوا..... وَتَعَاوَنُوا عَلَى الْبِرِّ  
وَالتَّقْوَىٰ وَلَا تَعَاوَنُوا عَلَى الْإِثْمِ وَالْعُدْوَانِ  
وَاتَّقُوا اللَّهَ إِنَّ اللَّهَ شَدِيدُ الْعِقَابِ

O you who believe! ..... and help one another in goodness and piety, and do not help one another in sin and aggression; and be God-conscious; surely Allah is severe in requiting (evil).





5:6



يَا أَيُّهَا الَّذِينَ آمَنُوا إِذَا قُمْتُمْ إِلَى الصَّلَاةِ  
فَاغْسِلُوا وُجُوهَكُمْ وَأَيْدِيَكُمْ إِلَى الْمَرَافِقِ  
وَامْسَحُوا بِرُءُوسِكُمْ وَأَرْجُلَكُمْ إِلَى  
الكَعْبَيْنِ وَإِنْ كُنْتُمْ جُنُبًا فَاطَّهَّرُوا وَإِنْ  
كُنْتُمْ مَرْضَىٰ أَوْ عَلَىٰ سَفَرٍ أَوْ جَاءَ أَحَدٌ مِنْكُمْ  
مِنَ الْغَائِطِ أَوْ لَامَسْتُمُ النِّسَاءَ فَلَمْ تَجِدُوا مَاءً  
فَتَيَمَّمُوا صَعِيدًا طَيِّبًا فَامْسَحُوا بِوُجُوهِكُمْ  
وَأَيْدِيكُمْ مِنْهُ مَا يُرِيدُ اللَّهُ لِيَجْعَلَ عَلَيْكُمْ  
مِنْ حَرَجٍ وَلَكِنْ يُرِيدُ لِيُطَهِّرَكُمْ وَلِيُتِمَّ  
نِعْمَتَهُ عَلَيْكُمْ لَعَلَّكُمْ تَشْكُرُونَ

O you who believe! When you rise up to prayer, wash your faces and your hands as far as the elbows, and wipe your heads and your feet to the ankles; and if you are under an obligation to perform a total ablution, then wash (yourselves) and if you are sick or on a journey, or one of you come from the privy, or you have touched the women, and you cannot find water, betake yourselves to pure earth and wipe your faces and your hands therewith, Allah does not desire to put on you any difficulty, but He wishes to purify you and that He may complete His favor on you, so that you may be grateful.





5:8

يَا أَيُّهَا الَّذِينَ آمَنُوا كُونُوا قَوَّامِينَ لِلَّهِ  
 شُهَدَاءَ بِالْقِسْطِ وَلَا يَجْرِمَنَّكُمْ شَنَاٰنُ قَوْمٍ  
 عَلَىٰ ٱلَّذِينَ آمَنُوا عَدِلُوا هُوَ أَقْرَبُ لِلتَّقْوَىٰ  
 وَاتَّقُوا اللَّهَ إِنَّ اللَّهَ خَبِيرٌ بِمَا تَعْمَلُونَ

O you who believe! Be upright for Allah, bearers of witness with justice, and let not hatred of a people incite you not to act equitably; act equitably, that is nearer to piety, and be careful of (your duty to) Allah; surely Allah is Aware of what you do.

5:35

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ وَابْتَغُوا إِلَيْهِ  
 ٱلْوَسِيلَةَ وَجَاهِدُوا فِي سَبِيلِهِ لَعَلَّكُمْ  
 تُفْلِحُونَ

O you who believe! Be God-conscious and seek means of nearness to Him and strive hard in His way that you may be successful.





5:54

يَا أَيُّهَا الَّذِينَ آمَنُوا مَنْ يَرْتَدَّ مِنْكُمْ عَنْ  
 دِينِهِ فَسَوْفَ يَأْتِي اللَّهَ بِقَوْمٍ يُحِبُّهُمْ وَيُحِبُّونَهُ  
 أَذِلَّةٍ عَلَى الْمُؤْمِنِينَ أَعِزَّةٍ عَلَى الْكَافِرِينَ  
 يُجَاهِدُونَ فِي سَبِيلِ اللَّهِ وَلَا يَخَافُونَ لَوْمَةَ  
 لَائِمٍ ذَلِكَ فَضْلُ اللَّهِ يُؤْتِيهِ مَنْ يَشَاءُ وَاللَّهُ  
 وَاسِعٌ عَلِيمٌ

O you who believe! Whoever from among you turns back from his religion, then Allah will bring a people, He shall love them and they shall love Him, lowly before the believers, mighty against those who cover up the truth, they shall strive hard in Allah's way and shall not fear the disapproval of any censurer; this is Allah's Face, He gives it to whom He pleases, and Allah is Ample-giving, Knowing.





5:57

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تَتَّخِذُوا الَّذِينَ  
اتَّخَذُوا دِينَكُمْ هُزُوءًا وَلَعِبًا مِّنَ الَّذِينَ أُوتُوا  
الْكِتَابَ مِن قَبْلِكُمْ وَالْكَافَّةَ أُولِيَاءَ  
وَاتَّقُوا اللَّهَ إِنَّ كُنتُمْ مُؤْمِنِينَ

O you who believe! Do not take for guardians those who take your religion for a mockery and a joke, from among those who were given the Book before you and those who cover up the truth; and be God-conscious if you are believers.

5:87

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تُحَرِّمُوا طَيِّبَاتِ مَا  
أَحَلَّ اللَّهُ لَكُمْ وَلَا تَعْتَدُوا إِنَّ اللَّهَ لَا يُحِبُّ  
الْمُعْتَدِينَ

O you who believe! Do not forbid (yourselves) the good things which Allah has made lawful for you and do not exceed the limits; surely Allah does not love those who exceed the limits.





5:90

يَا أَيُّهَا الَّذِينَ آمَنُوا إِنَّمَا الْخَمْرُ وَالْمَيْسِرُ  
وَالْأَنْصَابُ وَالْأَزْلَامُ رِجْسٌ مِنْ عَمَلِ  
الشَّيْطَانِ فَاجْتَنِبُوهُ لَعَلَّكُمْ تُفْلِحُونَ

O you who believe! Intoxicants and games of chance and (sacrificing to) stones set up and (dividing by) arrows are only uncleanness, the Shaytan's work; shun it therefore that you may be successful.

5:94

يَا أَيُّهَا الَّذِينَ آمَنُوا الْيَبْلُوتَكُمْ اللَّهُ بِشَيْءٍ  
مِّنَ الصَّيْدِ تَنَالَهُ أَيْدِيكُمْ وَرِمَاحُكُمْ  
لِيَعْلَمَ اللَّهُ مَن يَخَافُهُ بِالْغَيْبِ فَمَنِ اعْتَدَى  
بَعْدَ ذَلِكَ فَلَهُ عَذَابٌ أَلِيمٌ

O you who believe! Allah will certainly try you in respect of some game, which your hands and your lances can reach, that Allah might know who fears Him in secret; but whoever exceeds the limit after this, he shall have a painful punishment.





5:101

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تَسْأَلُوا عَنَ أَشْيَاءٍ إِن  
 تُبَدَّلَ لَكُم تَسْوُكُمْ وَإِن تَسْأَلُوا عَنْهَا حِينَ  
 يُنزَّلُ الْقُرْآنُ تُبَدَّلَ لَكُم عَفَا اللَّهُ عَنْهَا وَاللَّهُ  
 غَفُورٌ حَلِيمٌ

O you who believe! Do not put questions about things which if declared to you may trouble you, and if you question about them when the Quran is being revealed, they shall be declared to you; Allah pardons this, and Allah is Forgiving, Forbearing.

5:105

يَا أَيُّهَا الَّذِينَ آمَنُوا عَلَيْكُمْ أَنْفُسُكُمْ لَا  
 يَضرُّكُمْ مَن ضَلَّ إِذَا اهْتَدَيْتُمْ إِلَى اللَّهِ  
 مَرْجِعُكُمْ جَمِيعًا فَيُنَبِّئُكُمْ بِمَا كُنتُمْ  
 تَعْمَلُونَ

O you who believe! Take care of your souls; he who errs cannot hurt you when you are on the right way; to Allah is your return, of all (of you), so He will inform you of what you did.





5:106



يَا أَيُّهَا الَّذِينَ آمَنُوا شَهَادَةٌ بَيْنَكُمْ إِذَا  
 حَضَرَ أَحَدُكُمْ الْمَوْتُ حِينَ الْوَصِيَّةِ اثْنَانِ  
 ذَوَا عَدْلٍ مِّنْكُمْ أَوْ آخَرَانِ مِنْ غَيْرِكُمْ إِنْ  
 أَنْتُمْ حَضَرْتُمْ فِي الْأَرْضِ فَأَصَابَتْكُمْ  
 مُصِيبَةُ الْمَوْتِ تَحْبِسُوهُمَا مِنْ بَعْدِ الصَّلَاةِ  
 فَيُقْسِمَانِ بِاللَّهِ إِنْ ارْتَبْتُمْ لَا نَشْتَرِي بِهِ  
 شَيْئًا وَلَوْ كَانَ ذَا قُرْبَىٰ وَلَا نَكْتُمُ شَهَادَةَ اللَّهِ  
 إِنَّا إِذًا مِنَ الْآثِمِينَ

O you who believe! Call to witness between you when death draws close to one of you, at the time of making the will, two just persons from among you, or two others from among others than you, if you are travelling in the land and the calamity of death befalls you; the two (witnesses) you should detain after the prayer; then if you doubt (them), they shall both swear by Allah, (saying): We will not take for it a price, though there be a relative, and we will not hide the testimony of Allah for then certainly we should be among the sinners.





8:15

يَا أَيُّهَا الَّذِينَ آمَنُوا إِذَا لَقِيتُمُ الَّذِينَ  
كَفَرُوا زَحَفًا فَلَا تُولُوهُمُ الْآدْبَارَ

O you who believe! When you meet those who cover up the truth marching for war, then do not turn away from them.

8:20

يَا أَيُّهَا الَّذِينَ آمَنُوا أَطِيعُوا اللَّهَ وَرَسُولَهُ  
وَلَا تَوَلَّوْا عُنْفُهُ وَأَنْتُمْ تَسْمَعُونَ

O you who believe! Obey Allah and His Messenger and do not turn back from Him while you hear.





8:24

يَا أَيُّهَا الَّذِينَ آمَنُوا اسْتَجِيبُوا لِلَّهِ  
 وَلِلرَّسُولِ إِذَا دَعَاكُمْ لِمَا يُحْيِيكُمْ وَاعْلَمُوا  
 أَنَّ اللَّهَ يَحُولُ بَيْنَ الْمَرْءِ وَقَلْبِهِ وَأَنَّهُ إِلَيْهِ  
 نُحْشَرُونَ

O you who believe! Answer (the call of) Allah and His Messenger when he calls you to that which gives you life; and know that Allah intervenes between man and his heart, and that to Him you shall be gathered.

8:27

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تَخُونُوا اللَّهَ وَالرَّسُولَ  
 وَتَخُونُوا أَمَانَاتِكُمْ وَأَنْتُمْ تَعْلَمُونَ

O you who believe! Be not unfaithful to Allah and the Messenger, nor be unfaithful to your trusts while you know.





8:29

يَا أَيُّهَا الَّذِينَ آمَنُوا إِن تَتَّقُوا اللَّهَ يَجْعَلْ  
لَكُمْ فُرْقَانًا وَيُكَفِّرْ عَنْكُمْ سَيِّئَاتِكُمْ  
وَيَغْفِرْ لَكُمْ وَاللَّهُ ذُو الْفَضْلِ الْعَظِيمِ

O you who believe! If you are God-conscious  
He will grant you a distinction and do away  
with your evils and forgive you; and Allah is  
the Lord of mighty grace.

8:45

يَا أَيُّهَا الَّذِينَ آمَنُوا إِذَا لَقِيتُمْ فِئَةً فَاثْبُتُوا  
وَادْكُرُوا اللَّهَ كَثِيرًا لَّعَلَّكُمْ تُفْلِحُونَ

O you who believe! When you meet a party,  
then be firm, and remember Allah much, that  
you may be successful.





9:23

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تَتَّخِذُوا آبَاءَكُمْ  
وَأَخْوَانَكُمْ أَوْلِيَاءَ إِنِ اسْتَحَبُّوا الْكُفْرَ عَلَى  
الْإِيمَانِ وَمَنْ يَتَوَلَّهُمْ مِنْكُمْ فَأُولَئِكَ هُمُ  
الظَّالِمُونَ

O you who believe! Do not take your fathers and your brothers for guardians if they love covering up the truth more than belief; and whoever of you takes them for a guardian, these it is that are the unjust.

9:34

يَا أَيُّهَا الَّذِينَ آمَنُوا إِنَّ كَثِيرًا مِنَ الْأَحْبَارِ  
وَالرُّهْبَانِ لِيَآكُفُونَ أَمْوَالَ النَّاسِ بِالْبَاطِلِ  
وَيُصَدِّدُونَ عَنْ سَبِيلِ اللَّهِ وَالَّذِينَ  
يَكْنِزُونَ الذَّهَبَ وَالْفِضَّةَ وَلَا يَنْفِقُونَهَا فِي  
سَبِيلِ اللَّهِ فَبَشِّرْهُمْ بِعَذَابٍ أَلِيمٍ

O you who believe! Surely many professionals and clergy take property of others falsely, and turn (them) from Allah's way; and (as for) those who hoard up gold and silver and do not spend it in Allah's way, announce to them a painful punishment.





9:38

يَا أَيُّهَا الَّذِينَ آمَنُوا مَا لَكُمْ إِذَا قِيلَ لَكُمْ  
 انْفِرُوا فِي سَبِيلِ اللَّهِ أَنَّا قُلْنَا إِلَى الْأَرْضِ  
 أَرْضِينَا بِالحَيَاةِ الدُّنْيَا مِنَ الْآخِرَةِ فَمَا  
 مَتَاعُ الْحَيَاةِ الدُّنْيَا فِي الْآخِرَةِ إِلَّا قَلِيلٌ

O you who believe! What (excuse) have you that when it is said to you: Go forth in Allah's way, you should incline heavily to the earth; are you contented with this world's life instead of the hereafter? But the provision of this world's life compared with the hereafter is but little.

9:119

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ وَكُونُوا مَعَ  
 الصَّادِقِينَ

O you who believe! Be God-conscious and be with the true ones.





9:123

يَا أَيُّهَا الَّذِينَ آمَنُوا قَاتِلُوا الَّذِينَ يَلُونَكُمْ  
مِنَ الْكُفَّارِ وَلْيَجِدُوا فِيكُمْ غِلْظَةً  
وَاعْلَمُوا أَنَّ اللَّهَ مَعَ الْمُتَّقِينَ

O you who believe! Fight those who cover up the truth and let them find in you hardness; and know that Allah is with those who guard (against evil).

22:77

يَا أَيُّهَا الَّذِينَ آمَنُوا ارْكَعُوا وَاسْجُدُوا  
وَاعْبُدُوا رَبَّكُمْ وَافْعَلُوا الْخَيْرَ لَعَلَّكُمْ  
تُفْلِحُونَ

O you who believe! Bow down and prostrate yourselves and serve your Master, and do good that you may succeed.





24:21

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تَتَّبِعُوا خُطُواتِ  
 الشَّيْطَانِ وَمَنْ يَتَّبِعْ خُطُواتِ الشَّيْطَانِ  
 فَإِنَّهُ يَأْمُرُ بِالْفَحْشَاءِ وَالْمُنْكَرِ وَلَوْلَا فَضْلُ  
 اللَّهِ عَلَيْكُمْ وَرَحْمَتُهُ مَا زَكَاىَ مِنْكُمْ مِّنْ  
 أَحَدٍ أَبَدًا وَلَكِنَّ اللَّهَ يُزَكِّي مَنْ يَشَاءُ وَاللَّهُ  
 سَمِيعٌ عَلِيمٌ

O you who believe! Do not follow the footsteps of the Shaytan, and whoever follows the footsteps of the Shaytan, then surely he bids the doing of indecency and evil; and were it not for Allah's grace upon you and His mercy, not one of you would have ever been pure, but Allah purifies whom He pleases; and Allah is Hearing, Knowing.

24:27

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تَدْخُلُوا بُيُوتًا غَيْرَ  
 بُيُوتِكُمْ حَتَّى تَسْتَأْذِنُوا وَتُسَلِّمُوا عَلَى  
 أَهْلِهَا ذَلِكَ خَيْرٌ لَّكُمْ لَعَلَّكُمْ تَذَكَّرُونَ

O you who believe! Do not enter houses other than your own houses until you have asked permission and saluted their inmates; this is better for you, that you may be mindful.





24:58

يَا أَيُّهَا الَّذِينَ آمَنُوا لِيَسْتَأْذِنَكُمْ الَّذِينَ  
 مَلَكَتْ أَيْمَانُكُمْ وَالَّذِينَ لَمْ يَبْلُغُوا الْحُلُمَ  
 مِنْكُمْ ثَلَاثَ مَرَّاتٍ مِّن قَبْلِ صَلَاةِ الْفَجْرِ  
 وَحِينَ تَضَعُونَ ثِيَابَكُمْ مِّنَ الظَّهِيرَةِ وَمِن  
 بَعْدِ صَلَاةِ الْعِشَاءِ ثَلَاثُ عَوْرَاتٍ لَّكُمْ  
 لَيْسَ عَلَيْكُمْ وَلَا عَلَيْهِمْ جُنَاحٌ بَعْدَ هُنَّ  
 طَوَّافُونَ عَلَيْكُمْ بَعْضُكُمْ عَلَى بَعْضٍ  
 كَذَلِكَ يُبَيِّنُ اللَّهُ لَكُمْ الْآيَاتِ وَاللَّهُ عَلِيمٌ  
 حَكِيمٌ

O you who believe! Let those whom your right hands possess and those of you who have not attained to puberty ask permission of you three times; before the morning prayer, and when you put off your clothes at midday in summer, and after the prayer of the night-fall; these are three times of privacy for you; neither is it a sin for you nor for them besides these, some of you must go round about (waiting) upon others; thus does Allah make clear to you the communications, and Allah is Knowing, Wise.





33:9

يَا أَيُّهَا الَّذِينَ آمَنُوا اذْكُرُوا نِعْمَةَ اللَّهِ  
عَلَيْكُمْ إِذْ جَاءَتْكُمْ جُنُودٌ فَأَرْسَلْنَا عَلَيْهِمْ  
رِيحًا وَجُنُودًا لَمْ تَرَوْهَا وَكَانَ اللَّهُ بِمَا  
تَعْمَلُونَ بَصِيرًا

O you who believe! Call to mind the favour of Allah to you when there came down upon you hosts, so We sent against them a strong wind and hosts, that you saw not, and Allah is Seeing what you do.

33:41

يَا أَيُّهَا الَّذِينَ آمَنُوا اذْكُرُوا اللَّهَ ذِكْرًا كَثِيرًا

O you who believe! Remember Allah, remembering frequently,

33:70

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ وَقُولُوا قَوْلًا سَدِيدًا

O you who believe! Be God-conscious and speak the right word,

33:71

يُصْلِحْ لَكُمْ أَعْمَالَكُمْ وَيَغْفِرْ لَكُمْ ذُنُوبَكُمْ وَ

مَنْ يُطِعِ اللَّهَ وَرَسُولَهُ فَقَدْ فَازَ فَوْزًا عَظِيمًا

He will put your deeds into a right state for you, and forgive you your faults; and whoever obeys Allah and His Messenger, he indeed achieves a mighty success.





47:7

يَا أَيُّهَا الَّذِينَ آمَنُوا إِن تَنصُرُوا اللَّهَ  
يَنصُرْكُمْ وَيُثَبِّتْ أَقْدَامَكُمْ

O you who believe! If you help (the cause of) Allah, He will help you and make firm your feet.

47:33

يَا أَيُّهَا الَّذِينَ آمَنُوا أَطِيعُوا اللَّهَ وَأَطِيعُوا  
الرَّسُولَ وَلَا تُبْطِلُوا أَعْمَالَكُمْ

O you who believe! Obey Allah and obey the Messenger, and do not make your deeds of no effect.





49:1

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تَقْدِمُوا بَيْنَ يَدَيْ  
 اللَّهِ وَرَسُولِهِ <sup>ط</sup> وَاتَّقُوا اللَّهَ إِنَّ اللَّهَ سَمِيعٌ  
 عَلِيمٌ

O you who believe, do not put [yourselves]  
 before Allah and His Messenger but be  
 God-conscious. Indeed, Allah is Hearing and  
 Knowing.

49:2

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تَرْفَعُوا أَصْوَاتَكُمْ  
 فَوْقَ صَوْتِ النَّبِيِّ وَلَا تَجْهَرُوا لَهُ بِالْقَوْلِ  
 كَجَهْرِ بَعْضِكُمْ لِبَعْضٍ أَنْ تَحْبَطَ  
 أَعْمَالُكُمْ وَأَنْتُمْ لَا تَشْعُرُونَ

O you who believe, do not raise your voices  
 above the voice of the Prophet nor address  
 him in the manner that you address one  
 another, lest your deeds become worthless  
 while you are unaware.





49:6

\*Fasaqa – to hear things and pass it on, adding one's own version

يَا أَيُّهَا الَّذِينَ آمَنُوا إِنْ جَاءَكُمْ فَاسِقٌ بِنَبَأٍ  
فَتَبَيَّنُوا أَنْ تُصِيبُوا قَوْمًا بِجَهَالَةٍ فَتُصِحُّوا  
عَلَىٰ مَا فَعَلْتُمْ نَادِمِينَ

O you who believe! If there comes to you a faasiq\* with information, investigate, lest you harm a people out of ignorance and become, over what you have done, regretful.

49:11

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا يَسْخَرُ قَوْمٌ مِّنْ قَوْمٍ  
عَسَىٰ أَنْ يَكُونُوا خَيْرًا مِّنْهُمْ وَلَا نِسَاءٌ مِّنْ  
نِّسَاءٍ عَسَىٰ أَنْ يَكُنَّ خَيْرًا مِّنْهُنَّ وَلَا  
تَلْمِزُوا أَنْفُسَكُمْ وَلَا تَنَابَزُوا بِالْأَلْقَابِ  
بِئْسَ الْإِسْمُ الْفُسُوقُ بَعْدَ الْإِيمَانِ وَمَنْ  
لَّمْ يَتُوبْ فَأُولَٰئِكَ هُمُ الظَّالِمُونَ

O you who believe! Do not make fun of others; it may be that they are better than them. Nor let women make fun of other women; it may be that they are better than them. And do not find faults in yourselves and do not insult one another with nicknames. How evil it is after having believed that a person (does these acts) but does not repent. Surely it is these people who are the oppressors





49:12

يَا أَيُّهَا الَّذِينَ آمَنُوا اجْتَنِبُوا كَثِيرًا مِّنَ  
الظَّنِّ إِنَّ بَعْضَ الظَّنِّ إِثْمٌ وَلَا تَجَسَّسُوا وَلَا  
يَعْتَبْ بَعْضُكُم بَعْضًا أَيُّحِبُّ أَحَدُكُمْ أَنْ  
يَأْكُلَ لَحْمَ أَخِيهِ مَيْتًا فَكَرِهْتُمُوهُ وَاتَّقُوا  
اللَّهَ إِنَّ اللَّهَ تَوَّابٌ رَّحِيمٌ

O you who believe! Avoid making assumptions (suspicion). Indeed, some assumptions are sinful. And do not spy (eavesdrop) on each other or backbite each other. Would one of you like to eat the flesh of his brother when he lies there dead? You would detest it. And be God-conscious; Indeed, Allah continuously accepts Tawba and He is Ever Merciful.

57:28

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ وَآمِنُوا  
بِرَسُولِهِ يُؤْتِكُمْ كِفْلَيْنِ مِّن رَّحْمَتِهِ وَيَجْعَلْ  
لَكُمْ نُورًا تَمْشُونَ بِهِ وَيَعْفِرْ لَكُمْ وَاللَّهُ  
غَفُورٌ رَّحِيمٌ

O you who believe! Be careful of (your duty to) Allah and believe in His Messenger: He will give you two portions of His mercy, and make for you a light with which you will walk, and forgive you, and Allah is Forgiving, Merciful;





58:9

يَا أَيُّهَا الَّذِينَ آمَنُوا إِذَا تَنَاجَيْتُمْ فَلَا  
تَتَنَاجَوْا بِالْإِثْمِ وَالْعُدْوَانِ وَمَعْصِيَتِ  
الرَّسُولِ وَتَنَاجَوْا بِالْبِرِّ وَالتَّقْوَىٰ وَاتَّقُوا  
اللَّهَ الَّذِي إِلَيْهِ تُحْشَرُونَ

O you who believe! When you confer together in private, do not give to each other counsel of sin and revolt and disobedience to the Messenger, and give to each other counsel of goodness and guarding (against evil); and be God-conscious, to Whom you shall be gathered together.

58:11

يَا أَيُّهَا الَّذِينَ آمَنُوا إِذَا قِيلَ لَكُمْ تَفَسَّحُوا  
فِي الْمَجَالِسِ فَأَفْسَحُوا يَفْسَحِ اللَّهُ لَكُمْ وَإِذَا  
قِيلَ انشُرُوا فَاَنْشُرُوا أَيْرَفَعِ اللَّهُ الَّذِينَ  
آمَنُوا مِنْكُمْ وَالَّذِينَ أُوتُوا الْعِلْمَ دَرَجَاتٍ  
وَاللَّهُ بِمَا تَعْمَلُونَ خَبِيرٌ

O you who believe! When it is said to you, Make room in (your) assemblies, then make ample room, Allah will give you ample, and when it is said: Rise up, then rise up. Allah will exalt those of you who believe, and those who are given knowledge, in high degrees; and Allah is Aware of what you do.





58:12

يَا أَيُّهَا الَّذِينَ آمَنُوا إِذَا نَاجَيْتُمُ الرَّسُولَ  
فَقَدِّمُوا بَيْنَ يَدَيْ نَجْوَاكُمْ صَدَقَةٌ ذَلِكْ  
خَيْرٌ لَّكُمْ وَأَطْهَرُ فَإِن لَّمْ تَجِدُوا فَإِنَّ اللَّهَ  
عَفُورٌ رَّحِيمٌ

O you who believe! When you consult the Messenger, then offer something in charity before your consultation; that is better for you and purer; but if you do not find, then surely Allah is Forgiving, Merciful.

59:18

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ وَلْتَنْظُرْ  
نَفْسٌ مَّا قَدَّمَتْ لِغَدٍ وَاتَّقُوا اللَّهَ إِنَّ اللَّهَ  
خَبِيرٌ بِمَا تَعْمَلُونَ

O you who believe! Be God-conscious and let every soul consider what it has sent on for the morrow, and be God-conscious; surely Allah is Aware of what you do.





60:1

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تَتَّخِذُوا عَدُوِّي  
 وَعَدُوَّكُمْ أَوْلِيَاءَ تُلْقُونَ إِلَيْهِم بِالْمُودَّةِ وَقَدْ  
 كَفَرُوا بِمَا جَاءَكُمْ مِنَ الْحَقِّ يُخْرِجُونَ  
 الرَّسُولَ وَإِيَّاكُمْ أَنْ تُؤْمِنُوا بِاللَّهِ رَبِّكُمْ  
 إِنَّ كُنْتُمْ تَحِبُّونَ جِهَادًا فِي سَبِيلِي وَابْتِغَاءَ  
 مَرْضَاتِي تُسِرُّونَ إِلَيْهِم بِالْمُودَّةِ وَأَنَا أَعْلَمُ  
 بِمَا أَخْفَيْتُمْ وَمَا أَعْلَنْتُمْ وَمَنْ يَفْعَلْهُ مِنْكُمْ  
 فَقَدْ ضَلَّ سَوَاءَ السَّبِيلِ

O you who believe! Do not take My enemy  
 and your enemy for friends: would you offer  
 them love while they deny what has come to  
 you of the truth, driving out the Messenger  
 and yourselves because you believe in Allah,  
 your Lord? If you go forth struggling hard in  
 My path and seeking My pleasure, would you  
 manifest love to them? And I know what you  
 conceal and what you manifest; and whoever  
 of you does this, he indeed has gone astray  
 from the straight path.





60:13

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تَتَوَلَّوْا قَوْمًا غَضِبَ  
اللَّهُ عَلَيْهِمْ قَدْ يَكْسُوْا مِنَ الْآخِرَةِ كَمَا  
يَكْسُ الْكُفَّارُ مِنْ أَصْحَابِ الْقُبُورِ

O you who believe! Do not make friends with a people with whom Allah is angry; indeed they despair of the hereafter as those who cover up the truth despair of those in their graves.

61:2

يَا أَيُّهَا الَّذِينَ آمَنُوا لِمَ تَقُولُونَ مَا لَا  
تَفْعَلُونَ

O you who believe! Why do you say that which you do not do?





61:10-13

يَا أَيُّهَا الَّذِينَ آمَنُوا هَلْ أَدُلُّكُمْ عَلَىٰ تِجَارَةٍ  
تُنَجِّيكُمْ مِنْ عَذَابِ أَلِيمٍ

O you who believe! Shall I lead you to a  
merchandise which may deliver you from a  
painful punishment?

تَوَّابُونَ بِاللَّهِ وَرَسُولِهِ وَيُجَاهِدُونَ فِي سَبِيلِ  
اللَّهِ بِأَمْوَالِهِمْ وَأَنْفُسِهِمْ ذَلِكَ خَيْرٌ لَّكُمْ  
إِنْ كُنْتُمْ تَعْلَمُونَ

You shall believe in Allah and His Messenger,  
and struggle hard in Allah's way with your  
property and your lives; that is better for you,  
did you but know!

يَغْفِرُ لَكُمْ ذُنُوبَكُمْ وَيُدْخِلْكُمْ جَنَّاتٍ  
تَجْرِي مِنْ تَحْتِهَا الْأَنْهَارُ وَمَسَاكِنَ طَيِّبَةً فِي  
جَنَّاتٍ عَدْنٍ ذَلِكَ الْفَوْزُ الْعَظِيمُ

He will forgive you your faults and cause you  
to enter into gardens, beneath which rivers  
flow, and goodly dwellings in gardens of  
perpetuity; that is the mighty achievement;

وَأُخْرَىٰ تُحِبُّونَهَا نَصْرٌ مِّنَ اللَّهِ وَفَتْحٌ قَرِيبٌ  
وَبَشِيرٌ الْمُؤْمِنِينَ

And yet another (blessing) that you love: help  
from Allah and a victory near at hand; and  
give good news to the believers.





61:14

يَا أَيُّهَا الَّذِينَ آمَنُوا كُونُوا أَنْصَارَ اللَّهِ كَمَا  
 قَالَ عِيسَى ابْنُ مَرْيَمَ لَلْحَوَارِيِّينَ مَنْ  
 أَنْصَارِي إِلَى اللَّهِ قَالَ الْحَوَارِيُّونَ نَحْنُ  
 أَنْصَارُ اللَّهِ فَأَمَّنَّا بِطَائِفَةٍ مِّنْ بَنِي  
 إِسْرَائِيلَ وَكَفَرَتِ طَائِفَةٌ فَأَيَّدْنَا الَّذِينَ  
 آمَنُوا عَلَىٰ عَدُوِّهِمْ فَأَصْبَحُوا ظَاهِرِينَ

O you who believe! Be helpers (in the cause) of Allah, as Isa son of Marium said to (his) disciples: Who are my helpers in the cause of Allah? The disciples said: We are helpers (in the cause) of Allah. So a party of the children of Israel believed and another party disbelieved; then We aided those who believed against their enemy, and they became uppermost.





REFERENCE

AYAAT

62:9



يَا أَيُّهَا الَّذِينَ آمَنُوا إِذَا نُودِيَ لِلصَّلَاةِ مِنْ  
يَوْمِ الْجُمُعَةِ فَاسْعَوْا إِلَىٰ ذِكْرِ اللَّهِ وَذَرُوا  
الْبَيْعَ ۚ ذَٰلِكُمْ خَيْرٌ لَّكُمْ إِنْ كُنْتُمْ تَعْلَمُونَ

O you who believe! When the call is made for prayer on Friday, then hasten to the remembrance of Allah and leave off trading; that is better for you, if you know.

63:9

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تُلْهِكُمْ أَمْوَالُكُمْ  
وَأَوْلَادُكُمْ عَنْ ذِكْرِ اللَّهِ وَمَنْ يَفْعَلْ  
ذَٰلِكَ فَأُولَٰئِكَ هُمُ الْخَاسِرُونَ

O you who believe! Let not your wealth, or your children, divert you from the remembrance of Allah; and whoever does that, these are the losers.





64:14

يَا أَيُّهَا الَّذِينَ آمَنُوا إِنَّ مِنْ أَدْوَابِكُمْ  
 وَأَوْلَادِكُمْ وَعَدُوِّكُمْ فَأَحْذَرُوهُمْ وَإِنْ  
 تَعَفَّوْا وَتَصَفَّحُوا وَتَغَفَّرُوا فَإِنَّ اللَّهَ غَفُورٌ  
 رَحِيمٌ

O you who believe! Indeed from among your wives and your children there is an enemy to you; therefore beware of them; and if you pardon and forbear and forgive, then surely Allah is Forgiving, Merciful.

66:6

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا أَنْفُسَكُمْ  
 وَأَهْلِيكُمْ نَارًا وَقُودُهَا النَّاسُ وَالْحِجَارَةُ  
 عَلَيْهَا مَلَائِكَةٌ غُلَاظٌ شِدَادٌ لَا يَعْصُونَ اللَّهَ  
 مَا أَمَرَهُمْ وَيَفْعَلُونَ مَا يُؤْمَرُونَ

O you who believe! Save yourselves and your families from a fire whose fuel is men and stones; over it are angels stern and strong, they do not disobey Allah in what He commands them, and do as they are commanded.





66:8

يَا أَيُّهَا الَّذِينَ آمَنُوا تَوْبُوا إِلَى اللَّهِ تَوْبَةً  
 نَصُوحًا عَسَىٰ رَبُّكُمْ أَن يُكَفِّرَ عَنْكُمْ  
 سَيِّئَاتِكُمْ وَيُدْخِلَكُمُ جَنَّاتٍ تَجْرِي مِنْ  
 تَحْتِهَا الْأَنْهَارُ يَوْمَ لَا يُخْزِي اللَّهُ النَّبِيَّ  
 وَالَّذِينَ آمَنُوا مَعَهُ نُورُهُمْ يَسْعَىٰ بَيْنَ  
 أَيْدِيهِمْ وَبِأَيْمَانِهِمْ يَقُولُونَ رَبَّنَا أَتِمِّمْ لَنَا  
 نُورَنَا وَاعْفِرْ لَنَا إِنَّكَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ

O you who believe! Turn to Allah a sincere turning; maybe your Master will remove from you your evil and cause you to enter gardens beneath which rivers flow, on the day on which Allah will not abase the Prophet and those who believe with him; their light shall run on before them and on their right hands; they shall say: Our Master! Make perfect for us our light, and grant us protection, indeed You have power over all things.





~ NOTES ~







# *Physical Ailments*

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AYAAT TO BE RECITED FOR  
PHYSICAL AILMENTS

BACKACHE

Suratul Ali Imran 3:145

وَمَا كَانَ لِنَفْسٍ أَنْ يَمُوتَ إِلَّا بِإِذْنِ اللَّهِ كِتَابًا  
 مُّوَجَّلًا وَمَنْ يُرِدْ ثَوَابَ الدُّنْيَا نُؤْتِهِ مِنْهَا وَمَنْ  
 يُرِدْ ثَوَابَ الْآخِرَةِ نُؤْتِهِ مِنْهَا وَسَنَجْزِي  
 الشَّاكِرِينَ

And a soul will not die but with the permission of Allah the term is fixed; and whoever desires the reward of this world, I shall give him of it, and whoever desires the reward of the hereafter I shall give him of it, and I will reward the grateful.

Suratul Qadr (97) x 7





## AILMENTS

## REFERENCE

### BLADDER

Recite Suratul Baqara 2:106 & 107 × 3 before sleeping and as soon as one wakes up

مَا نَنْسَخْ مِنْ آيَةٍ أَوْ نُنسِهَا نَأْتِ بِخَيْرٍ مِّنْهَا أَوْ  
مِثْلَهَا أَلَمْ تَعْلَمْ أَنَّ اللَّهَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ  
أَلَمْ تَعْلَمْ أَنَّ اللَّهَ لَهُ مُلْكُ السَّمَاوَاتِ  
وَالْأَرْضِ وَمَا لَكُمْ مِنْ دُونِ اللَّهِ مِنْ وَّلِيٍّ وَلَا  
نَصِيرٍ

Whatever communications We abrogate or cause to be forgotten, We bring one better than it or like it. Do you not know that Allah has power over all things? Do you not know that Allah's is the kingdom of the heavens and the earth, and that besides Allah you have no guardian or helper?

### BOILS

Recite Suratul Inshirah (94) 3x on the boil.



## CHEST

Suratul Baqara 2:72-73

وَإِذْ قَتَلْتُمْ نَفْسًا فَادَّارَأْتُمْ فِيهَا وَاللَّهُ مُخْرِجٌ مَّا

كُنْتُمْ تَكْتُمُونَ

فَقُلْنَا اضْرِبُوهُ بِبَعْضِهَا كَذَلِكَ يُحْيِي اللَّهُ

الْمَوْتَى وَيُرِيكُمْ آيَاتِهِ لَعَلَّكُمْ تَعْقِلُونَ

And when you killed a man, then you disagreed with respect to that, and Allah was to bring forth that which you were going to hide. So We said: Strike the (dead body) with part of the (Sacrificed cow), thus Allah brings the dead to life, and He shows you His signs so that you may understand.

Suratu Ali Imran 3:145 followed by Suratul Qadr (97) 7x

وَمَا كَانَ لِنَفْسٍ أَنْ تَمُوتَ إِلَّا بِإِذْنِ اللَّهِ كِتَابًا

مُؤَجَّلًا وَمَنْ يُرِدْ ثَوَابَ الدُّنْيَا نُؤْتِهِ مِنْهَا وَمَنْ

يُرِدْ ثَوَابَ الْآخِرَةِ نُؤْتِهِ مِنْهَا وَسَجَّزِي

الشَّاكِرِينَ

And a soul will not die but with the permission of Allah the term is fixed; and whoever desires the reward of this world, I shall give him of it, and whoever desires the reward of the hereafter I shall give him of it, and I will reward the grateful.





## AILMENTS

## REFERENCE

### COMA & FAINTING

Suratul Layl (92) in the ear of the patient

### DIZZINESS

Suratul Mu'mininun (23)

### EARACHE

Suratul Hashr 59:21-24 (Place hand on ear and recite)

لَوْ أَنْزَلْنَا هَذَا الْقُرْآنَ عَلَى جَبَلٍ لَرَأَيْتَهُ خَاشِعًا  
مُتَّصِدًا عَامِنٌ خَشِيَةَ اللَّهِ وَتَلَكَ الْأَمْثَالُ  
نَضْرِبُهَا لِلنَّاسِ لَعَلَّهُمْ يَتَفَكَّرُونَ  
هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ عَالِمُ الْغَيْبِ  
وَالشَّهَادَةِ هُوَ الرَّحْمَنُ الرَّحِيمُ  
هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْمَلِكُ الْقُدُّوسُ  
السَّلَامُ الْمُؤْمِنُ الْمُهَيَّبُ الْعَزِيزُ الْجَبَّارُ  
الْمُتَكَبِّرُ سُبْحَانَ اللَّهِ عَمَّا يُشْرِكُونَ



EARACHE

هُوَ اللَّهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ لَهُ <sup>ص</sup> الْأَسْمَاءُ  
 الْحُسْنَى يُسَبِّحُ لَهُ مَا فِي السَّمَاوَاتِ <sup>ج</sup>  
 وَالْأَرْضِ وَهُوَ الْعَزِيزُ الْحَكِيمُ <sup>ص</sup>

Had We sent down this Quran on a mountain, you would certainly have seen it falling down, splitting asunder because of the fear of Allah, and We set forth these parables to men that they may reflect.

He is Allah besides Whom there is no god; the Knower of the unseen and the seen; He is the Beneficent, the Merciful.

He is Allah, besides Whom there is no god; the King, the Holy, the Giver of peace, the Granter of security, Guardian over all, the Mighty, the Supreme, the Possessor of every greatness Glory be to Allah from what they set up (with Him).

He is Allah the Creator, the Maker, the Fashioner; His are the most excellent names; whatever is in the heavens and the earth declares His glory; and He is the Mighty, the Wise. 59:21-24





EARACHE

31:7 &amp; 17:36 Recite

وَإِذَا تُتْلَىٰ عَلَيْهِ آيَاتُنَا وَرَأَىٰ مَسْتَكْبِرًا كَانُ لَّمْ  
يَسْمَعُهَا كَانُ فِي أذُنَيْهِ وَقُرَّٰٓءَ فَبَشِّرْهُ بِعَذَابٍ  
أَلِيمٍ

And when Our communications are recited to him, he turns back proudly, as if he had not heard them, as though in his ears were a heaviness, therefore announce to him a painful chastisement. (31:7)

وَلَا تَقْفُ مَا لَيْسَ لَكَ بِهِ عِلْمٌ إِنَّ السَّمْعَ  
وَالْبَصَرَ وَالْفُؤَادَ كُلُّ أُولَٰئِكَ كَانَ عَنْهُ مَسْئُولٌ

And follow not that of which you have not the knowledge; surely the hearing and the sight and the heart, all of these, shall be questioned about that. (17:36)



EPILEPSY

Recite Suratush Shams (91) in the person's ears.

Recite Suratul Falaq & Suratun Naas and blow.

Recite 3:1-3 and first part of aya 4 (or wear as a taweedh)

أَلَمْ  
 اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ  
 نَزَّلَ عَلَيْكَ الْكِتَابَ بِالْحَقِّ مُصَدِّقًا لِمَا بَيْنَ  
 يَدَيْهِ وَأَنْزَلَ التَّوْرَةَ وَالْإِنْجِيلَ  
 مِنْ قَبْلُ هُدًى لِلنَّاسِ وَأَنْزَلَ الْقُرْآنَ  
 إِنَّ الَّذِينَ كَفَرُوا بِآيَاتِ اللَّهِ لَهُمْ عَذَابٌ  
 شَدِيدٌ وَاللَّهُ عَزِيزٌ ذُو انتِقَامٍ





## AILMENTS

## REFERENCE

### EPILEPSY

Alif Lam MimAllah, (there is) no god but He, the Everliving, the Self-subsisting by Whom all things subsist He has revealed to you the Book with truth, verifying that which is before it, and He revealed the Taurat and the Injeel aforetime, a guidance for the people, and He sent the Furqan.

Surely they who disbelieve in the communications of Allah they shall have a severe chastisement; and Allah is Mighty, the Lord of retribution.

Recite Suratul Baqara (2) and keep the written text with you.

Write Suratush Shuraa (42), wash with water and sprinkle over patient.

Recite Suratul Layl (92) in the ear of patient.

Recite Suratut Tahreem (66) over patient.

### EYES

#### Ayatul Kursi (2:255)

Suratun Nur 24:35 (on water and use as eyedrops)

ج  
اللَّهُ نُورُ السَّمَاوَاتِ وَالْأَرْضِ مِثْلُ نُورِهِ  
صَلَّ صَلَّ  
كَمْشَكَاةٍ فِيهَا مِصْبَاحٌ الْمِصْبَاحُ فِي رُجَاةٍ



## EYES

الرُّجَاجَةُ كَأَنَّهَا كَوْكَبٌ دُرِّيٌّ يُوقَدُ مِنْ شَجَرَةٍ  
 مُبَارَكَةٍ زَيْتُونَةٍ لَا شَرْقِيَّةٍ وَلَا غَرْبِيَّةٍ يَكَادُ زَيْتُهَا  
 يُضِيءُ وَلَوْ لَمْ تَمْسَسْهُ نَارٌ نُورٌ عَلَى نُورٍ يَهْدِي  
 اللَّهُ لِنُورِهِ مَنْ يَشَاءُ وَيَضْرِبُ اللَّهُ الْأَمْثَالَ  
 لِلنَّاسِ وَاللَّهُ بِكُلِّ شَيْءٍ عَلِيمٌ

Allah is the light of the heavens and the earth; a likeness of His light is as a niche in which is a lamp, the lamp is in a glass, (and) the glass is as it were a brightly shining star, lit from a blessed olive-tree, neither eastern nor western, the oil whereof almost gives light though fire touch it not-- light upon light-- Allah guides to His light whom He pleases, and Allah sets forth parables for men, and Allah is Aware of all things.

Suratudh Dahr 76:2

إِنَّا خَلَقْنَا الْإِنْسَانَ مِنْ نُطْفَةٍ أَمْشَاجٍ  
 نَبْتَلِيهِ فَجَعَلْنَاهُ سَمِيعًا بَصِيرًا

Surely We have created man from a small life-germ uniting (itself): We mean to try him, so We have made him hearing, seeing.



EYES

Suratut Takweer (81) to remove haziness

50:22 & 36:66 on water to wash eyes (for protection)

لَقَدْ كُنْتَ فِي غَفْلَةٍ مِّنْ هَذَا فَكَشَفْنَا عَنْكَ  
غِطَاءَكَ فَبَصَرُكَ الْيَوْمَ حَدِيدٌ

Certainly you were heedless of it, but now  
We have removed from you your veil, so your  
sight today is sharp. (50:22)

وَلَوْ نَشَاءُ لَطَمَسْنَا عَلَىٰ أَعْيُنِهِمْ فَاسْتَبَقُوا  
الصِّرَاطَ فَأَنَّى يُصِرُّونَ

And if We please We would certainly put out  
their eyes, then they would run about groping  
for the way, but how should they see? (36:66)

Recite Sura Naba (78) after Asr prayers

Recite Sura Abasa (80)

Reciting of Suratul Ala (87) on the eyes or  
ear, relieves the pain in them

Recite Al Qadr (97)

Recite Al Ikhlaas (112) 50 times, and each  
time saying "Bismillah" twice, blow on your  
hands, and rub your hands on the eyes.



## AILMENTS

## REFERENCE

### FEVER

Recite Recite Sura Shams (91) on water and drink it

Recite Sura Asr (103) on the patient

Recite 21:69

قُلْنَا يَا نَارُ كُونِي بَرْدًا وَسَلَامًا عَلَىٰ إِبْرَاهِيمَ

We said: O fire! be a comfort and peace to Ibrahim;

### FEET

Recite 48:1-7 for aching feet

إِنَّا فَتَحْنَا لَكَ فَتْحًا مُّبِينًا

لِيُغْفِرَ لَكَ اللَّهُ مَا تَقَدَّمَ مِن ذَنْبِكَ وَمَا تَأَخَّرَ

وَيُؤَيِّمَ نِعْمَتَهُ عَلَيْكَ وَيَهْدِيَكَ صِرَاطًا

مُسْتَقِيمًا

وَيَنْصُرَكَ اللَّهُ نَصْرًا عَزِيمًا

هُوَ الَّذِي أَنْزَلَ السَّكِينَةَ فِي قُلُوبِ الْمُؤْمِنِينَ

لِيَزِدَّهُمْ إِيمَانًا مَعَ إِيمَانِهِمْ <sup>ط</sup> وَاللَّهُ جُنُودُ





## FEET

السَّمَاوَاتِ وَالْأَرْضِ وَكَانَ اللَّهُ عَلِيمًا حَكِيمًا  
 لِيَدْخُلَ الْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ جَنَّاتٍ تَجْرِي مِنْ  
 تَحْتِهَا الْأَنْهَارُ خَالِدِينَ فِيهَا وَيُكَفَّرُ عَنْهُمْ  
 سَيِّئَاتِهِمْ وَكَانَ ذَلِكَ عِنْدَ اللَّهِ فَوْزًا عَظِيمًا  
 وَيُعَذِّبُ الْمُتَافِقِينَ وَالْمُتَافِقَاتِ وَالْمُشْرِكِينَ  
 وَالْمُشْرِكَاتِ الظَّالِمِينَ بِاللَّهِ ظَنَّ السَّوْءَ عَلَيْهِمْ  
 دَائِرَةُ السَّوْءِ وَغَضِبَ اللَّهُ عَلَيْهِمْ وَلَعَنَهُمْ  
 وَأَعَدَّ لَهُمْ جَهَنَّمَ وَسَاءَتْ مَصِيرًا  
 وَلِلَّهِ جُنُودُ السَّمَاوَاتِ وَالْأَرْضِ وَكَانَ اللَّهُ  
 عَزِيزًا حَكِيمًا



FEET

Surely We have given to you a clear victory.  
That Allah may forgive your community their  
past faults and those to follow and complete  
His favour to you and keep you on a right  
way, And that Allah might help you with a  
mighty help.

He it is Who sent down tranquillity into the  
hearts of the believers that they might have  
more of faith added to their faith-- and Allah's  
are the hosts of the heavens and the earth,  
and Allah is Knowing, Wise

That He may cause the believing men and the  
believing women to enter gardens beneath  
which rivers flow to abide therein and  
remove from them their evil; and that is a  
grand achievement with Allah

And (that) He may punish the hypocritical  
men and the hypocritical women, and the  
polytheistic men and the polytheistic women,  
the entertainers of evil thoughts about Allah.

On them is the evil turn, and Allah is wrath  
with them and has cursed them and prepared  
hell for them, and evil is the resort.

And Allah's are the hosts of the heavens and  
the earth; and Allah is Mighty, Wise. 48:1-7





HEADACHE

Recite 35:41, 42 placing right hand on the head.

<sup>ج</sup>  
 إِنَّ اللَّهَ يُمْسِكُ السَّمَاوَاتِ وَالْأَرْضَ أَنْ تَزُولَا  
<sup>ج</sup>  
 وَلَئِنْ زَالَتَا إِنْ أُمْسَكَهُمَا مِنْ أَحَدٍ مِنْ بَعْدِهِ إِنَّهُ  
 كَانَ حَلِيمًا غَفُورًا

وَأَقْسَمُوا بِاللَّهِ جَهْدَ أَيْمَانِهِمْ لَئِنْ جَاءَهُمْ  
<sup>صل</sup>  
 نَذِيرٌ لَيَكُونُنَّ أَهْدَى مِنْ إِحْدَى الْأُمَمِ  
 فَلَمَّا جَاءَهُمْ نَذِيرٌ مَّا زَادَهُمْ إِلَّا نُفُورًا

Surely Allah upholds the heavens and the earth lest they come to naught; and if they should come to naught, there is none who can uphold them after Him; surely He is the Forbearing, the Forgiving.

And they swore by Allah with the strongest of their oaths that if there came to them a warner they would be better guided than any of the nations; but when there came to them a warner it increased them in naught but aversion.



## AILMENTS

## REFERENCE

### HEADACHE

Recite 3:8&9

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ  
لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ  
رَبَّنَا إِنَّكَ جَامِعُ النَّاسِ لِيَوْمٍ لَا رَيْبَ فِيهِ إِنَّ اللَّهَ  
لَا يُخْلِفُ الْمِيعَادَ

Our Master! Do not deviate our hearts after You have guided us, and grant us mercy from You, for Indeed You only are the Bestower. Our Master! Indeed You are the Gatherer of human being on a day about which there is no doubt; indeed Allah does not break His promise.

Suratut Takathur (102)

### HEART AILMENTS

Place right hand on the place of pain and  
recite 3:145

وَمَا كَانَ لِنَفْسٍ أَنْ تَمُوتَ إِلَّا بِإِذْنِ اللَّهِ كِتَابًا  
مُؤَجَّلًا وَمَنْ يُرِدْ ثَوَابَ الدُّنْيَا نُؤْتِهِ مِنْهَا وَمَنْ





HEART  
AILMENTS

يُرَدُّ ثَوَابُ الْآخِرَةِ نُوْتِهِ مِنْهَا وَسَنْجَرِي

الشَّاكِرِينَ

And a soul will not die but with the permission of Allah the term is fixed; and whoever desires the reward of this world, I shall give him of it, and whoever desires the reward of the hereafter I shall give him of it, and I will reward the grateful.

Recite and/or write 50:37 on water and drink it.

إِنَّ فِي ذَلِكَ لَذِكْرًا لِمَنْ كَانَ لَهُ قَلْبٌ أَوْ أَلْقَى

السَّمْعَ وَهُوَ شَهِيدٌ

Most surely there is a reminder in this for him who has a heart or he gives ear and is a witness. (50:37)

Recite and/or write 3:8&9, 13:28, & 10:22 on water and drink it. Also may be worn as tawidh.

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ

لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ



HEART  
AILMENTS

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رَبَّنَا إِنَّكَ جَامِعُ النَّاسِ لِيَوْمٍ لَّا رَيْبَ فِيهِ إِنَّ اللَّهَ  
لَا يُخْلِفُ الْمِيعَادَ

Our Master! Do not deviate our hearts after You have guided us, and grant us mercy from You, for Indeed You only are the Bestower. Our Master! Indeed You are the Gatherer of human being on a day about which there is no doubt; indeed Allah does not break His promise. (3:8&9)

هُوَ الَّذِي يُسَيِّرُكُمْ فِي الْبَرِّ وَالْبَحْرِ حَتَّىٰ إِذَا  
كُنْتُمْ فِي الْفُلِكِ وَجَرَينَ بِهِمْ بِرِيحٍ طَيِّبَةٍ  
وَفَرِحُوا بِهَا جَاءَتْهَا رِيحٌ عَاصِفٌ وَجَاءَهُمُ  
الْمَوْجُ مِنْ كُلِّ مَكَانٍ وَظَنُّوا أَنَّهُمْ أُحِيطَ بِهِمْ  
دَعَوْا اللَّهَ مُخْلِصِينَ لَهُ الدِّينَ لَئِنِ أَنْجَيْتَنَا مِنْ  
هَذِهِ لَنَكُونَنَّ مِنَ الشَّاكِرِينَ





## AILMENTS

## REFERENCE

### HEART AILMENTS

He it is Who makes you travel by land and sea; until when you are in the ships, and they sail on with them in a pleasant breeze, and they rejoice, a violent wind overtakes them and the billows surge in on them from all sides, and they become certain that they are encompassed about, they pray to Allah, being sincere to Him in obedience: If Thou dost deliver us from this, we will most certainly be of the grateful ones. (10:22)

Recite and write Suratul Rahmaan (55) with saffron, wash with water and drink it.

Recite Suratul Inshirah (94)

### INSOMNIA

Suratut Tahreem (66)

### JOINTS

Suratul Hashr 59:21-24 – 3 x with hand on joints

لَوْ أَنْزَلْنَا هَذَا الْقُرْآنَ عَلَى جَبَلٍ لَرَأَيْنَاهُ خَاشِعًا  
مُتَّصِدًا عَامِنٍ خَشِيَةَ اللَّهِ وَتِلْكَ الْأَمْثَالُ  
نَضْرِبُهَا لِلنَّاسِ لَعَلَّهُمْ يَتَفَكَّرُونَ  
هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ عَالِمُ الْغَيْبِ



## JOINTS

وَالشَّهَادَةُ هُوَ الرَّحْمَنُ الرَّحِيمُ<sup>ط</sup>  
 هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْمَلِكُ الْقُدُّوسُ  
 السَّلَامُ الْمُؤْمِنُ الْمُهَيَّمِنُ الْعَزِيزُ الْجَبَّارُ  
 الْمُتَكَبِّرُ سُبْحَانَ اللَّهِ عَمَّا يُشْرِكُونَ<sup>ج</sup>  
 هُوَ اللَّهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ  
 الْحُسْنَى يُسَبِّحُ لَهُ مَا فِي السَّمَاوَاتِ  
 وَالْأَرْضِ وَهُوَ الْعَزِيزُ الْحَكِيمُ<sup>ط</sup>

Had We sent down this Qur'an on a mountain, you would certainly have seen it falling down, splitting asunder because of the fear of Allah, and We set forth these parables to men that they may reflect.

He is Allah besides Whom there is no god; the Knower of the unseen and the seen; He is the Beneficent, the Merciful.

He is Allah, besides Whom there is no god; the King, the Holy, the Giver of peace, the Granter of security, Guardian over all, the Mighty, the Supreme, the Possessor of every greatness Glory be to Allah from what they set up (with Him).

He is Allah the Creator, the Maker, the Fashioner; His are the most excellent names; whatever is in the heavens and the earth declares His glory; and He is the Mighty, the Wise.





## AILMENTS

## REFERENCE

### LEGS

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Suratul Kahf 18:27 for pain in legs

وَاتْلُ مَا أُوحِيَ إِلَيْكَ مِنْ كِتَابِ رَبِّكَ لَا مُبَدِّلَ  
لِكَلِمَاتِهِ وَلَنْ تَجِدَ مِنْ دُونِهِ مُلْتَحَدًا

And recite what has been revealed to you of the Book of your Lord, there is none who can alter His words; and you shall not find any refuge besides Him.

### MEMORY IMPROVEMENT

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20:114 7x after every wajib salaa

رَبِّ زِدْنِي عِلْمًا

... O my Lord ! increase me in knowledge.

Recite Suratul A'laa (87) after Fajr salaa

Recite Suratul Muddaththir (74)

20:25-28 20x after Fajr salaa

رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي وَاحْلُلْ  
عُقْدَةً مِنْ لِسَانِي يَفْقَهُوا قَوْلِي

Master! Expand my chest for me, make my task easy for me, and loosen the knot on my tongue, that they may understand my speech.

Ayatul Kursi (2:255) especially between Fajr & Dhuhr on Friday.



## AILMENTS

## REFERENCE

### MIGRAINE

Suratu Aali Imran 3:8-9

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ  
لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ  
رَبَّنَا إِنَّكَ جَامِعُ النَّاسِ لِيَوْمٍ لَّا رَيْبَ فِيهِ إِنَّ اللَّهَ  
لَا يُخْلِفُ الْمِيعَادَ

Our Master! Do not deviate our hearts after You have guided us, and grant us mercy from You, for Indeed You only are the Bestower. Our Master! Indeed You are the Gatherer of human being on a day about which there is no doubt; indeed Allah does not break His promise.

### NAUSEA

Suratul Mu'min (40)





## AILMENTS

## REFERENCE

### NOSEBLEEDS

Suratu Hud 11:44

وَقِيلَ يَا أَرْضُ ابْلَعِي مَاءَكِ وَيَا سَّمَاءُ أَقْلِعِي

وَوَغِيضِ الْمَاءِ وَفُضِيَ الْأَمْرُ وَاسْتَوَتْ عَلَى

الْجُودِيِّ وَقِيلَ <sup>صَلِّ</sup> بُعِدَ الظَّالِمِينَ

And it was said: O earth, swallow down your water, and O cloud, clear away; and the water was made to abate and the affair was decided, and the ark rested on the Judi, and it was said: Away with the unjust people.

### PILES

Suratul Burooj (85)

### POISONOUS BITES

Suratul Inshiqaq (84)



## AILMENTS

## REFERENCE

### RELIEF FROM PAIN

70 x Suratul Fatiha (1)

Suratu Luqman (31) – recite on water and drink

Suratus Sajda (32)

Suratuz Zukhruf (43)

Suratul Qalam (68) – taweedh on painful part

Suratul Munafiqun (63)

Suratul Mursalat (77) – recite on water

Suratul Ghashiya (88)

Suratun Naas (114)

### RIBS

Suratul Mu'minuun 23:115-118

أَفْحَسِبُّكُمْ أَنَّمَا خَلَقْنَاكُمْ عَبَثًا وَأَنَّكُمْ

إِلَيْنَا لَتُرجعون

فَتَعَالَى اللَّهُ الْمَلِكُ الْحَقُّ لَا إِلَهَ إِلَّا هُوَ

رَبُّ الْعَرْشِ الْكَرِيمِ





## AILMENTS

## REFERENCE

### RIBS

وَمَنْ يَدْعُ مَعَ اللَّهِ إِلَهًا آخَرَ لَا بُرْهَانَ لَهُ بِهِ فَإِنَّمَا  
حِسَابُهُ عِنْدَ رَبِّهِ إِنَّهُ لَا يُفْلِحُ الْكَافِرُونَ  
وَأَنْتَ خَيْرُ الرَّاحِمِينَ

What! did you then think that We had created you in vain and that you shall not be returned to Us?

So exalted be Allah, the True King; no god is there but He, the Lord of the honorable dominion.

And whoever invokes with Allah another god-- he has no proof of this-- his reckoning is only with his Lord; surely the unbelievers shall not be successful.

And say: O my Lord! forgive and have mercy, and Thou art the best of the Merciful ones.

### SHOULDERS

Suratul Baqara 2:107 (x3) before going to bed and as soon as one wakes up.

أَلَمْ تَعْلَمْ أَنَّ اللَّهَ لَهُ مُلْكُ السَّمَاوَاتِ  
وَالْأَرْضِ وَمَا لَكُمْ مِنْ دُونِ اللَّهِ مِنْ وَلِيٍّ وَلَا  
نَصِيرٍ

Do you not know that Allah's is the kingdom of the heavens and the earth, and that besides Allah you have no guardian or helper?



## AILMENTS

## REFERENCE

### SPEECH PROBLEMS

Recite Suratu Bani Israil (17) on water with saffron dissolved in it and drink

### STOMACH

Suratut Tariq (85) over water to cure vomiting

Suratu Aali Imran 3:8 for stomach ache

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ

Our Master! Do not deviate our hearts after You have guided us, and grant us mercy from You, for Indeed You only are the Bestower.

Suratul Quraysh (105) before every meal for smooth digestion

Suratul Baqara 2:185

شَهْرَ رَمَضَانَ الَّذِي أُنزِلَ فِيهِ الْقُرْآنُ هُدًى لِّلنَّاسِ وَبَيِّنَاتٍ مِّنَ الْهُدَى وَالْفُرْقَانِ فَمَنْ شَهِدَ مِنْكُمُ الشَّهْرَ فَلْيَصُمْهُ وَمَنْ كَانَ مَرِيضًا أَوْ عَلَى سَفَرٍ فَعِدَّةٌ مِّنْ أَيَّامٍ أُخَرَ يُرِيدُ اللَّهُ بِكُمُ الْيُسْرَ وَلَا يُرِيدُ بِكُمُ الْعُسْرَ وَلِتُكْمِلُوا الْعِدَّةَ





STOMACH

وَلِتُكَبِّرُوا اللَّهَ عَلَىٰ مَا هَدَاكُمْ وَلَعَلَّكُمْ  
تَشْكُرُونَ

The month of Ramazan is that in which the Quran was revealed, a guidance to men and clear proofs of the guidance and the distinction; therefore whoever of you is present in the month, he shall fast therein, and whoever is sick or upon a journey, then (he shall fast) a (like) number of other days; Allah desires ease for you, and He does not desire for you difficulty, and (He desires) that you should complete the number and that you should exalt the greatness of Allah for His having guided you and that you may give thanks.

Suratul Ambiya

21:30 3x over water to cure indigestion

أُولَٰئِكَ يَرَى الَّذِينَ كَفَرُوا أَنَّ السَّمَاوَاتِ  
وَالْأَرْضَ كَانَتَا رُتْقًا فَفَتَقْنَاهُمَا<sup>ص</sup> وَجَعَلْنَا مِنَ الْمَاءِ  
كُلَّ شَيْءٍ حَيٍّ<sup>ص</sup> أَفَلَا يُؤْمِنُونَ

Do not those who disbelieve see that the heavens and the earth were closed up, but We have opened them; and We have made of water everything living, will they not then believe?

## AILMENTS

## REFERENCE

### TOOTHACHE

Suratul Fatiha, Suratul Ikhlas, Suratul Qadr,  
and 27:88

وَتَرَى الْجِبَالَ تَحْسَبُهَا جَامِدًا وَهِيَ تَمْرٌ مَرَّ  
السَّحَابِ صُنْعَ اللَّهِ الَّذِي أَتَقَنَ كُلَّ شَيْءٍ إِنَّهُ  
خَبِيرٌ بِمَا تَفْعَلُونَ

And you see the mountains, you think them to be solid, and they shall pass away as the passing away of the cloud-- the handiwork of Allah Who has made everything thoroughly; surely He is Aware of what you do.

### WOUNDS AND SCARS

Suratut Tariq (86) – recite on water and pour  
on wound

Suratul Mu'min (40)





AILMENTS

REFERENCE

FOR SHIFAA OF  
ANY ILLNESS

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وَإِذَا مَرَضْتُ فَهُوَ يَشْفِينِ

Suratush Shuara 26:80

And when I am sick, then He restores me to health

رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّحِيمِينَ

Suratul Mu'mininun 23:118

Master! Forgive and have mercy, and You are the most merciful

وَنُنزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ

وَرَحْمَةٌ لِّلْمُؤْمِنِينَ...

Suratu Bani Israil 17:82

And We reveal of the Quran that which is a healing and a mercy to the believers, ...

BROKEN  
HEART

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Write Suratul Fatiha on an earthenware plate,  
wash with water and drink it.

Recite 13:28

الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ  
الْأَيْذِ كَرِ اللَّهُ تَطْمَئِنُّ الْقُلُوبُ

Those who believe and whose hearts are  
set at rest by the remembrance of Allah; now  
surely by Allah's remembrance are the hearts  
set at rest.



## *Favourite Ayaat*

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Here we have included some of the ayaat we recite regularly. You may wish to add your own.



# Four Simple Effective Quranic Duas

Imam Jafar As-Sadiq (pbuh) had expressed surprise ,that why when in need Mumi'neen do not use the following 4 duas available to them .

## AILMENTS

## REFERENCE

TO OVERCOME  
FEAR OF  
AUTHORITY/  
RULER

40:44

وَأَفْوِضْ أَمْرِي إِلَى اللَّهِ إِنَّ اللَّهَ  
بَصِيرٌ بِالْعِبَادِ

...and I entrust my affair to Allah, Surely Allah sees the servants.

FOR RIZQ  
(SUSTENANCE)

18:39

مَا شَاءَ اللَّهُ لَا قُوَّةَ إِلَّا بِاللَّهِ

... It is as Allah has pleased, there is no power save in Allah?...



AILMENTS

REFERENCE

FOR SORROWS/  
SUFFERINGS

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AYATUL KAREEMA – 21:87-88

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ  
مِنَ الظَّالِمِينَ

There is no god but You, Glory be to You, I am  
from the transgressors,

فَاسْتَجِبْنَا لَهُ وَنَجِّنَاهُ مِنَ الغَمِّ،  
وَكَذَلِكَ نُنْجِي الْمُؤْمِنِينَ

OTHER ISSUES/  
NEEDS

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3:173

حَسْبُنَا اللهُ وَنِعْمَ الْوَكِيلُ

...Allah is sufficient for us and most excellent  
is the Protector.



AYATUL KURSI  
2:255

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اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَّةٌ وَلَا  
 نَوْمٌ لَهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ مَنْ  
 ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ  
 أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ مِنْ  
 عِلْمِهِ إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَ  
 الْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ

Allah - there is no God but He, the Ever living,  
 the Self-subsisting. Slumber does not  
 overtake Him nor does He sleep; Whatever  
 is in the cosmos and whatever is in the earth  
 is His; Who is there who can intercede with  
 Him but with His permission? He knows  
 what is before them and what is behind them.  
 And they cannot comprehend anything out of  
 His knowledge except what He pleases; His  
 knowledge extends over the cosmos and the  
 earth, and the preservation of them both does  
 not tire Him; And He is the most High, the  
 Great.





AYATUL MULK  
3:26-27

قُلِ اللَّهُمَّ مَالِكَ الْمُلْكِ تُؤْتِي الْمُلْكَ مَنْ تَشَاءُ

وَتَنْزِعُ الْمُلْكَ مِمَّنْ تَشَاءُ

وَتُعِزُّ مَن تَشَاءُ وَتُذِلُّ مَن تَشَاءُ

بِيَدِكَ الْخَيْرُ إِنَّكَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ

Say: O Allah, Master of the Kingdom! You give the kingdom to whomsoever You please and take away the kingdom from whomsoever You please,

And You elevate whom You please and humiliate whom You please  
In Your hand is the good; surely, You have power over all things.

تُوجِبُ اللَّيْلَ فِي النَّهَارِ وَتُوجِبُ النَّهَارَ فِي اللَّيْلِ

وَتُخْرِجُ الْحَيَّ مِنَ الْمَيِّتِ وَتُخْرِجُ الْمَيِّتَ مِنَ الْحَيِّ

وَتَرْزُقُ مَنْ تَشَاءُ بِغَيْرِ حِسَابٍ

You make the night to pass into the day and  
You makes the day to pass into the night,  
And You bring forth the living from the dead  
and You bring forth the dead from the living,  
And You give sustenance to whom You please  
without measure.



AYATUSH  
SHAHADA  
3:18-19

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شَهِدَ اللَّهُ أَنَّهُ لَا إِلَهَ إِلَّا هُوَ، وَالْمَلَائِكَةُ وَأُولُو  
الْعِلْمِ، قَائِمًا بِالْقِسْطِ، لَا إِلَهَ إِلَّا هُوَ الْعَزِيزُ  
الْحَكِيمُ

Allah bears witness that there is no god but  
He,  
And (so do) the angels and those possessed  
of knowledge,  
Maintaining His creation with justice;  
There is no god but He, the Mighty, the Wise.

إِنَّ الدِّينَ عِنْدَ اللَّهِ الْإِسْلَامُ، وَمَا اخْتَلَفَ  
الَّذِينَ أُوتُوا الْكِتَابَ إِلَّا مِنْ بَعْدِ مَا جَاءَهُمْ  
الْعِلْمُ بَغْيًا بَيْنَهُمْ، وَمَنْ يَكْفُرْ بِآيَاتِ اللَّهِ، فَإِنَّ  
اللَّهَ سَرِيعُ الْحِسَابِ

Surely the (true) religion with Allah is Islam,  
And those to whom the Book had been given  
did not show opposition but after knowledge  
had come to them, out of envy among  
themselves; And whoever disbelieves in the  
communications of Allah  
Then surely Allah is quick in reckoning.



AMANAR  
RASUL  
2:285

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آمَنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ  
 كُلٌّ آمَنَ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ  
 لَا نُفَرِّقُ بَيْنَ أَحَدٍ مِنْ رُسُلِهِ  
 وَقَالُوا سَمِعْنَا وَأَطَعْنَا غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ  
 لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا  
 لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ

The messenger believes in what has been revealed to him from his Rabb, and (so do) the believers; they all believe in Allah, His angels, His books and His messengers; We make no distinction between any of His messengers; They say: We hear and obey. We seek Your forgiveness our Rabb, and to You is the final destination. Allah does not impose upon any soul a duty except to the extent of its capacity; It possesses what it has earned and is responsible for it has earned.





AMANAR  
RASUL  
2:286

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رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا تَحْمِلْ  
عَلَيْنَا إِصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا  
رَبَّنَا وَلَا تُحْمِلْنَا مَا لَا طَاقَةَ لَنَا بِهِ  
وَاعْفُ عَنَّا وَارْحَمْنَا  
أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

Our Rabb! Pardon us if we forget or make a  
mistake;

Our Rabb! do not lay on us a burden such as  
You laid upon those before us,

Our Rabb! do not burden us with that which  
we have no ability to bear; And pardon us,  
forgive us and have mercy on us, You are our  
Protector, so help us against the disbelieving  
people.



REFERENCE

AYAAT

SACRIFICE OF  
IBRAHIM  
3:92

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لَنْ تَنَالُوا الْبِرَّ حَتَّى تُنْفِقُوا مِمَّا تُحِبُّونَ وَمَا تُنْفِقُوا

مِنْ شَيْءٍ فَإِنَّ اللَّهَ بِهِ عَلِيمٌ

You shall never attain righteousness until you spend (in the cause of Allah) of what you love (most); And whatever you spend (in the way of Allah), Indeed Allah knows of it.

LOVE ALLAH  
3:31

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قُلْ إِنْ كُنْتُمْ تُحِبُّونَ اللَّهَ فَاتَّبِعُونِي يُحْبِبْكُمُ اللَّهُ

وَيَغْفِرَ لَكُمْ ذُنُوبَكُمْ وَاللَّهُ غَفُورٌ رَحِيمٌ

Say! If you love Allah, then follow me, Allah will love you and forgive you your sins, and Allah is All Forgiving, All Merciful.

2:156

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الَّذِينَ إِذَا أَصَابَتْهُمُ مُصِيبَةٌ قَالُوا إِنَّا لِلَّهِ وَإِنَّا

لِيهِ رَاغِبُونَ

Those who say when a misfortune befalls them "We belong to Allah, and indeed to Him we will return.



REFERENCE

AYAAT

27:62

أَمَّن يُجِيبُ الْمُضْطَرَّ إِذَا دَعَاهُ وَيَكْشِفُ السُّوءَ

Who answers the distressed one when he calls upon Him and removes the evil,

MUBAHILA  
3:61

فَمَنْ حَاجَّكَ فِيهِ مِنْ بَعْدِ مَا جَاءَكَ مِنَ الْعِلْمِ  
فَقُلْ تَعَالَوْا نَدْعُ أَبْنَاءَنَا وَأَبْنَاءَكُمْ وَنِسَاءَنَا  
وَنِسَاءَكُمْ وَأَنْفُسَنَا وَأَنْفُسَكُمْ ثُمَّ نَبْتَهِلْ  
فَنَجْعَلْ لَعْنَتَ اللَّهِ عَلَى الْكَاذِبِينَ

To those that argue with you concerning Jesus after the knowledge you have received say : Come, let us gather our sons and your sons, our women and your women, ourselves and yourselves . We will pray together and call down the curse of Allah on every liar.

AYATUT  
TATHEER  
33:33

...إِنَّمَا يُرِيدُ اللَّهُ لِيُذْهِبَ عَنْكُمُ الرِّجْسَ أَهْلَ

الْبَيْتِ وَيُطَهِّرَكُمْ تَطْهِيرًا

Allah only desires to keep away the uncleanness from you, O people of the House! And to purify you a (thorough) purifying.





REFERENCE

AYAAT

SALAWAT  
33:56

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إِنَّ اللَّهَ وَمَلَائِكَتَهُ يُصَلُّونَ عَلَى النَّبِيِّ يَا أَيُّهَا  
الَّذِينَ آمَنُوا صَلُّوا عَلَيْهِ وَسَلِّمُوا تَسْلِيمًا

Surely Allah and His angels bless the Prophet;  
O you who believe! call for (Divine) blessings  
on him and salute him with a (becoming)  
salutation.

AYATUT  
TABLEEGH  
5:67

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يَا أَيُّهَا الرَّسُولُ بَلِّغْ مَا أُنزِلَ إِلَيْكَ مِنْ رَبِّكَ وَإِنْ  
لَمْ تَفْعَلْ فَمَا بَلَّغْتَ رِسَالَتَهُ وَاللَّهُ يَعْصِمُكَ مِنَ  
النَّاسِ إِنَّ اللَّهَ لَا يَهْدِي الْقَوْمَ الْكَافِرِينَ

O Prophet! Deliver what has been revealed to  
you from Your Lord, and if you do not then you  
have not delivered His message and Allah  
will protect you from the people; Indeed Allah  
does not guide those who cover up the truth.

AYATUL  
KAMILA  
5:3

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... الْيَوْمَ أَكْمَلْتُ لَكُمْ دِينَكُمْ وَأَتِمَمْتُ عَلَيْكُمْ  
نِعْمَتِي وَرَضِيْتُ لَكُمُ الْإِسْلَامَ دِينًا ...

This day I have perfected your religion for you  
and completed my favours to you and have  
chosen Islam as your religion...



# Istikhara

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Seeking the best using the Qur'an as  
taught by the Prophet (pbuh)

“Whenever you want to see the best by the book  
of Allah, the Glorious and the Great, recite Suratul  
Ikhlas 3x, recite salawat 3x, then say:

اللَّهُمَّ تَفَالَتْ بِكِتَابِكَ وَتَوَكَّلْتُ عَلَيْكَ فَأَرِنِي مِنْ

كِتَابِكَ مَا هُوَ مَكْتُومٌ مِنْ سِرِّكَ الْمَكْنُونِ فِي غَيْبِكَ

“O Allah! I am seeking the best by Your book and  
I am relying upon You to show me from Your book  
that which is written from Your secrets and known  
from Your unseen knowledge”

Then open the Qur'an and take what is best from  
you from the beginning of the first line on the right  
side page.”



~ NOTES ~





