

Du'âs after Eating

① Rasûlullâh ﷺ used to read the following du'â after eating or when his *dastarkhân* (dining sheet) was folded. {*Sahih Bukhârî*, vol. 2, p. 820, *Tirmidhî*, vol. 2, p. 184}

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

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

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

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

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

COMPREHENSIVE & BENEFICIAL DU'ÂS



To be Read Daily



Compliments of

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REVIVE A SUNNAH

"The person who holds fast (i.e. he is devoted) to my Sunnah during the time of 'fasaad' (evil and corruption) of my Ummat will get the reward of a hundred martyrs (Mishkaat Pg 30)

by:

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Comprehensive Du'âs

①

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

اللَّهُمَّ الْهَمْنِي رُشْدِي وَاعِدْنِي مِنْ شَرِّ
نَفْسِي

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

لَا إِلَهَ إِلَّا اللَّهُ مُحَمَّدٌ عَبْدُهُ وَرَسُولُهُ

②

- Once Rasûlullâh ﷺ saw Allâh ﷻ in a dream. Allâh ﷻ addressed him saying: "O Muhammad! When you have performed salâh then recite these words..." {upto
{غَيْرَ مَقْتُونٍ}

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

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

O Allâh! I ask of You the ability to do good, to shun evil, to love the poor and that You forgive me, have mercy on me and when You intend to put any nation to test, grant me death without testing me. I also ask of Your love, love for those who love You and love for such actions which will draw (me) closer to Your love.

Qaumah and Jalsah

It is Waajib to remain in Qaumah (the standing posture after Ruku before going into Sajda) and Jalsah (the sitting posture between the two Sajdas) for the duration of one Tasbeeh. (**Durrul Makhtaar V.1, P.433**) It is reported by Bara ﷺ that the Ruku, Sajdah, Qaumah and Jalsah of Rasûlullâh ﷺ were all of approximately the same duration. (**Bukhari V.1, P.110**)

Duas to be Recited in Qaumah
رَبَّنَا وَلَكَ الْحَمْدُ حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ

(Our Sustainer, for You is all praise in abundance, excellent and blessed.) (Bukhari V.1, P.110)

OR

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ , اللَّهُمَّ رَبَّنَا لَكَ الْحَمْدُ , مِلْأَ
السَّمَاوَاتِ وَالْأَرْضِ وَمِثْلَ مَا شِئْتَ مِنْ شَيْءٍ بَعْدَ

(Allah has heard the one who has praised Him. Our Sustainer, for You is all praise, full of the heavens and the earth and whatever pleases You beyond that.) (Tirmizi V.2, P.180)

Dua to be Recited in Jalsah

اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي وَعَافِنِي وَاهْدِنِي وَارْزُقْنِي

(O Allah forgive me, have mercy on me, grant me peace, guide me and grant me sustenance.) (Abu Dawood V.1, P.123) These duas should be recited in the Fardh Salaah. It is masnoon (Sunnah) to recite these duas in the Sunnah and Nafl Salaah also. (Tirmizi V.2, P.180)