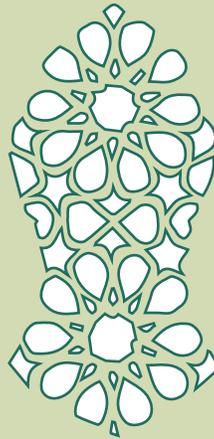




s a n a d  
collective  
*publications*

*al-Wird al-Latif*

أَلْوَرْدُ اللَّطِيفُ



---

---

**SECOND EDITION**

**PLEASE SEND REMARKS TO [INFO@SANADCOLLECTIVE.ORG](mailto:INFO@SANADCOLLECTIVE.ORG)**

---

---



s a n a d  
c o l l e c t i v e

BE THE LIGHT, SPREAD THE LIGHT

[WWW.SANADCOLLECTIVE.ORG](http://WWW.SANADCOLLECTIVE.ORG)



*In the Name of the One Who created all relationships  
and Who remains the closest in relationship to all*

Dear Friend, may the peace of God be upon you.

One of the greatest gifts we can give ourselves and all of humanity is to understand the sacred texts - the Word of God and the Word of His Apostle, ﷺ. This book comprises an attempt to nurture such an understanding of the sacred Word of prayer as well as its role in our lives. We must first understand, and then be able to share, the prayers entrusted to us by the Apostle of God ﷺ, because they are the legacy he has left for all - not just you and me - but all of humanity.

The translations in this book are not an interpretation of sacred text, but rather an inspiration that has flowed from an exploration of their Arabic meanings. We have taken great care and attention to invoke the meanings of the roots of the words, their nuances, and the sense the words are given by their context. All of this effort is out of homage to the profundity of the Arabic language, as well as the fluidity and eloquence that we know are qualities of God's Word as well as the Word of the Noble Prophet Muhammad ﷺ. It was our humble intention with this edition to release some of the meanings that are often locked away in standard translations, but which must be brought to light if we are to fully share this legacy with all those to whom it belongs. It has been too long that the extraordinary beauty and depth of the Prophet's Prayers have been kept from people by the coldness of technical word-for-word renditions that strip them of their actual flow and original grandeur. It remains our hope in God that the spirit of the words in these prayers - the spirit with which they were spoken the first time, is preserved and manifested in the translation you hold between your hands.

If you find this booklet a valuable contribution in reconnecting people to the Heritage of the Prophets, may God continue to nourish their souls and our connection to them all, please consider making a donation to **Sanad Collective** so that this kind of service may continue and expand by the Grace of God.

May all your seeking of God be met with finding Him and being found by Him, in the best of states, by His Grace.

With prayers and love,

*Shaykh Hamdi Ben Aissa & Anse Shehnaz Karim,*

Ottawa, Canada  
Dhul-Hijjah 1439 | August 2018



## *al-Wird al-Latif*

*A prescription for heart health by Imam al Haddad*

“*Wird*” - the word comes from a verb which means “to seek a source (of water);” and also “to receive something as a divine inspiration.”

A *wird* is what we as seekers go to, a source of healing and good drink for our hearts, and at its origin it is a divinely-inspired collection of prayers, all drawn from the actual invocations the Prophet ﷺ would make in speaking to the Creator. All of the prayers contained in any *wird* come to us from the Prophet ﷺ; prayers that, out of his great love for us, he left to us as a gift of connection.

What a *wird* offers is an arrangement of certain of those invocations. A *wird* is like a prescription God inspires one of His close slaves to draw up, for the service of humanity. In it are gathered all of the healing elements necessary for a particular need, situation, or state encountered by the human soul. A *wird* is thus a means by which the vast richness of the Prophetic invocations can be drawn from and arranged in particular dosages. These healing formulas can then be administered to take care of specific illnesses and bring optimal health. And what is health but the ability to connect to God in whatever situation you are in, and ask His Help, glorify Him, and utter His Praises?

There are many *awraad* (plural of *wird*). Together, these devotional litanies comprise a great treasure: the spiritual pharmacy that is the gift of the Prophet ﷺ to all of humankind. Imagine being able to enter this priceless pharmacy, full of reviving and powerful cures from the hands of the Beloved Healer ﷺ himself, who knows our sicknesses so well, and who God tells us suffers and feels hurt that we should ever suffer.

Now imagine that instead of being bewildered by all the many curative compounds, you can instead locate exactly the formula you need according to the state you are in, and pull that neatly-labelled prescription off the shelf, in order to access this Prophetic medicine. This is the enormous blessing you have access to, at all times, and in all circumstances.

This particular *wird*, *al-Wird al-Latif*, is a daily *wird* - it has a general curative effect for a wide range of daily ailments, spiritual aches and pains. As such, it is to be taken each morning and night. You can think of it as a kind of tonic, a preventive medicine, and a daily vitamin.





### **Daily Health:**

Prayers that one recites regularly, in the morning and the evening, are like a set of protective hands around the hours of our day, cupping them gently, and lifting them up to God. The Prophet ﷺ tells us that God promises us: *Whoever gives Me a moment of their time in the morning, and a moment of their time in the evening, I will take care of the time that lies between.*

Ultimately, the Wird al-Latif is a way to answer a very important invitation. God says:

*Celebrate the name of your Lord morning and evening*

Surat al Insan [Chapter 76: Verse 25]

The Wird al-Latif lets you answer this invitation.

### **How to take it:**

We are told that one of the intentions held by Imam al Haddad as he was inspired to compose this *wird*, was that it be easily accessible to as many people as possible (the literal meaning of '*latif*' in its title is 'quick' or 'light,' because it is comparatively brief to recite). This beautiful intention has been honoured by God: the Wird al-Latif has become one of the most universally-recited litanies - you can hear it being chanted in Muslim communities all over the world, from Yemen to Indonesia to South Africa to Canada.

Take this light health-enhancer once after the Dawn Prayer, and once after the Sunset Prayer. If this is not possible, take it at some point before midday, and at some point after midday. Keep your heart well, morning and night.

### **Intentions:**

The Wird al-Latif may be recited with the intention of seeking God's protection from various inward and outward ills, seeking His cure of certain illnesses, and seeking His provision of well-being and goodness.

*May this wird join you in harmony with the way the Prophet, may God continue to nourish his essence and our connection to him, would speak to the Creator. May you experience the deep joy of connection to him ﷺ, in reciting the same words he would recite as morning came upon him and as evening arrived to his days. May you feel the great energy that these words, uttered by him, still hold - **because** they were uttered by him ﷺ.*

*May you find healing, blessing, and peace in the Wird al-Latif.  
May its words bring you a sense of belonging to, and being loved by,  
your Lord and His Apostle ﷺ.*





# أَلْوَرْدُ اللَّطِيفُ

## *al-Wird al-Latif*

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
قُلْ هُوَ اللَّهُ أَحَدٌ، اللَّهُ الصَّمَدُ، لَمْ يَلِدْ وَلَمْ يُولَدْ،  
وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ (3)

*In the Name of God, the Creator of Relationships,  
Who is related to you more closely than your closest relatives*

*Say: "He is Allah, and He is One.*

*Allah, the Eternal Refuge.*

*He neither begets nor is He begotten,*

*And there is no one, and nothing, like Him." (recite 3 times)*





بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ، مِنْ شَرِّ مَا خَلَقَ، وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ،  
وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ، وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ (3)

*In the Name of God, Unconditionally Loving to all,  
Closer to you than your closest kin*

*Say: "I seek refuge in the Lord of the dawn, From the evil of that which He created  
And from the evil of darkness when it falls suddenly  
And when it deepens  
And from the evil of those who blow upon knots seeking that ill should come to others<sup>1</sup>  
And from the evil of an envier when he lets loose his envy." (recite 3 times)*

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
قُلْ أَعُوذُ بِرَبِّ النَّاسِ، مَلِكِ النَّاسِ، إِلَهِ النَّاسِ، مِنْ شَرِّ الْوَسْوَاسِ  
الْخَنَاسِ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ، مِنَ الْجِنَّةِ وَالنَّاسِ (3)

*In the Name of God, Ever Loving and Caring,  
Who is always the Closest One to you*

*Say: "I seek refuge in the One Who takes care of all of humankind -  
Who is Sovereign in His power over all humankind -  
And Supreme in His Presence and Essence, over all of humankind -  
from the evil of the whisperer of evil,  
That whisperer, be he of jinn or humankind,  
who whispers evil suggestions into the hearts of humankind." (recite 3 times)*





رَبِّ أَعُوذُ بِكَ مِنْ هَمَزَاتِ الشَّيْطَانِ، وَأَعُوذُ بِكَ رَبِّ  
أَنْ يَحْضُرُونِ (3)

*O my Lord I seek refuge in You from the seduction and suggestions of devils  
And I seek refuge in You from their demonic presence. (recite 3 times)*

أَفَحَسِبْتُمْ أَنَّمَا خَلَقْنَاكُمْ عَبَثًا وَأَنَّكُمْ إِلَيْنَا لَا تُرْجَعُونَ، فَتَعَالَى اللَّهُ  
الْمَلِكُ الْحَقُّ لَا إِلَهَ إِلَّا هُوَ رَبُّ الْعَرْشِ الْكَرِيمِ، وَمَنْ يَدْعُ مَعَ  
اللَّهِ إِلَهًا آخَرَ لَا بُرْهَانَ لَهُ بِهِ فَإِنَّمَا حِسَابُهُ عِنْدَ رَبِّهِ إِنَّهُ لَا يُفْلِحُ  
الْكَافِرُونَ، وَقُلْ رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِينَ

*Could you really have thought that We created you without a meaning,  
without purpose,*

*and that you would not return to Us at the end?*

*God, the King of Truth, is Exalted far above that.*

*There is no ultimate goal, no deity, but Him, the Master of the entire cosmos.*

*Let the one who pursues an illusionary god alongside the True God  
know that he will have to face his Caretaker and Creator in the end.*

*Those who turn their backs to God will never be happy.*

*Say, then, "O my Lord! Forgive and show Your Unconditional Love and Acceptance,  
for it is You Who Loves truly and unconditionally, more than a mother loves her child."*



فَسُبْحَانَ اللَّهِ حِينَ تُمْسُونَ وَحِينَ تُصْبِحُونَ، وَلَهُ الْحَمْدُ فِي السَّمَوَاتِ  
وَالْأَرْضِ وَعَشِيًّا وَحِينَ تُظْهِرُونَ، يُخْرِجُ الْحَيَّ مِنَ الْمَيِّتِ وَيُخْرِجُ  
الْمَيِّتَ مِنَ الْحَيِّ وَيُحْيِي الْأَرْضَ بَعْدَ مَوْتِهَا وَكَذَلِكَ تُخْرَجُونَ

*Glory be to God, when the day turns to evening, and when the night turns to day;  
to Him belongs all Praise -  
in the Heavens and upon Earth,  
and by night and at the brightest hour!*

*He brings the dead to life! And He brings the living to their death!  
He revives the earth after its death. In this same way,  
you will be brought from the current stage you are in, to the next.*

أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ (3)

*I seek refuge in God, Who hears all things, and knows all things,  
from the influence of Satan the one who chose to remain distant from God's Grace.  
(recite 3 times)*

لَوْ أَنْزَلْنَا هَذَا الْقُرْآنَ عَلَى جَبَلٍ لَرَأَيْتَهُ خَاشِعًا مُتَصَدِّعًا مِّنْ خَشْيَةِ  
اللَّهِ، وَتِلْكَ الْأَمْثَالُ نَضْرِبُهَا لِلنَّاسِ لَعَلَّهُمْ يَتَفَكَّرُونَ

*Were We to reveal this Quran to a mountain, you would see that mountain bend  
and bow in utter humility and awe, splitting asunder and disintegrating into dust  
out of intense veneration and longing for the Divine.  
We draw such images across the human mindscape,  
so that human beings might take the gift they are being offered to reflect deeply.*

هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ عَالِمُ الْغَيْبِ وَالشَّهَادَةِ هُوَ الرَّحْمَنُ  
الرَّحِيمُ، هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ أَمَلِكُ الْقُدُّوسِ السَّلَامُ الْمُؤْمِنُ  
الْمُهَيِّمُنُ الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ، سُبْحَانَ اللَّهِ عَمَّا يُشْرِكُونَ، هُوَ  
اللَّهُ الْخَلِيقُ الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَى، يُسَبِّحُ لَهُ مَا فِي  
السَّمَاوَاتِ وَالْأَرْضِ وَهُوَ الْعَزِيزُ الْحَكِيمُ

*He is God - the One God, that One Who, deep inside us, we know.  
There is no one worthy of being loved and sought but Him,  
He Who knows what we show and what we hide, what we see and what we don't see.  
He is the the One Who gives love to all, unconditionally,  
the One closer to us than our very own relatives.*

*He is God - the One God, that One Who, deep inside us, we know.  
There is no one worthy of focusing upon or worshiping but Him,  
no one worth being loved and sought but Him,  
the One Who rules all and to Whom belongs everything  
the One Who is Pure in His Essence and makes pure everything He touches,  
The One Who is the Source of Holiness,  
the One Who is the Essence of peace, and gives peace to everyone who seeks it of Him,  
The One Who is the Source of security, and Who bestows security upon His creatures;  
the One Who protects and guards all lives,  
Whose Height is beyond anyone's ability to fathom;  
the One Who heals and mends all the broken bones and bonds,  
The One Whose might is so great that no evil can stand before it,  
but rather perishes at its very presence!  
The One Whose grandeur is so great  
that no one can harm the one who is protected by Him  
Glory be to God above all that people equate to Him!*



*He is God, the One God.  
The Creator  
the One Who started everything from nothing,  
the One Who gave everything its form  
To Him belong the Most Stunningly Beautiful Names and Qualities,  
To Him belong the Most Exalted Titles.  
All that is in the heavens and earth celebrates His glory  
and sends forth His Praises constantly!  
Yet no one could ever actually describe or comprehend Him as He truly is,  
He remains too high above their perception,  
beyond their imagination.  
The God of Absolute Perfection.*





سَلَامٌ عَلَى نُوحٍ فِي الْعَالَمِينَ، إِنَّا كَذَلِكَ نَجْزِي الْمُحْسِنِينَ، إِنَّهُ مِنْ  
عِبَادِنَا الْمُؤْمِنِينَ

*Peace be upon Noah, a peace that resonates throughout the universe and all of its worlds!  
In this way do We reward those who strive for Us in goodness.  
Noah was truly one of Our devotees who strove to place his trust in Us!*

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ (3)

*I seek refuge in the Perfect Words of God from the evil He has created. (recite 3 times)*

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ  
وَهُوَ السَّمِيعُ الْعَلِيمُ (3)

*In the Name of God,  
with the utterance of Whose Name no harm can be visited  
upon anything on earth or in the heavens!  
(By uttering His Name, I invoke His protection from all harm, and I receive it!)  
He is the One Who hears all, and knows everything! (recite 3 times)*





اللَّهُمَّ إِنِّي أَصْبَحْتُ (أَمْسَيْتُ) مِنْكَ فِي نِعْمَةٍ وَعَافِيَةٍ وَسِتْرٍ، فَأَتَمُّ  
نِعْمَتِكَ عَلَيَّ وَعَافِيَتِكَ وَسِتْرِكَ فِي الدُّنْيَا وَالْآخِرَةِ (3)

*In the morning:  
Dear Lord of mine,  
morning finds me -  
by Your Grace -  
awash in Your gifts to me,  
enjoying the well-being You have granted me,  
and sheltered by the gentle protection You have covered me with.  
I ask You to continue, to enhance, and to perfect  
the blessing of all Your gifts to me,  
the well-being You have granted me,  
and Your protection of me  
in this world and the Next.  
(recite 3 times)*



*In the evening:  
Dear Lord of mine,  
as night falls, it finds me -  
by Your Grace -  
awash in Your gifts to me,  
enjoying the well-being You have granted me,  
and sheltered by the gentle protection You have covered me with.  
I ask You to continue, to enhance, and to perfect  
the blessing of all Your gifts to me,  
the well-being You have granted me,  
and Your protection of me  
in this world and the Next.  
(recite 3 times)*





اللَّهُمَّ إِنِّي أَصْبَحْتُ (أَمْسَيْتُ) أَشْهَدُكَ، وَأُشْهَدُ حَمَلَةَ عَرْشِكَ،  
وَمَلَائِكَتَكَ وَجَمِيعَ خَلْقِكَ أَنَّكَ أَنْتَ اللَّهُ لَا إِلَهَ إِلَّا أَنْتَ وَحْدَكَ  
لَا شَرِيكَ لَكَ، وَأَنَّ سَيِّدَنَا مُحَمَّدًا صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ  
عَبْدُكَ وَرَسُولُكَ (4)

*In the morning:*

*Dear Lord,*

*I have arisen this morning taking You as a Witness for me.  
And I take as witnesses, too, the Maintainers of the Arsh (the cosmos),  
as well as Your Angels, and the entirety of Your creation,  
as I declare that there is none worthy of being sought but You!*

*No one shares in Your Divinity.*

*And I declare that our Master Muhammad  
truly is Your slave and Apostle. (recite 4 times)*



*In the evening:*

*Dear Lord,*

*I have retired into this night taking You as a Witness for me.  
And I take as witnesses, too, the Maintainers of the Arsh (the cosmos),  
as well as Your Angels, and the entirety of Your creation,  
as I declare that there is none worthy of being sought but You!*

*No one shares in Your Divinity.*

*And I declare that our Master Muhammad  
truly is Your slave and Apostle. (recite 4 times)*



الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ حَمْدًا يُؤَافِي نِعَمَهُ وَيُكَافِي مَزِيدَهُ (3)

*Praise be to God, Lord of the universe, of all worlds, and of all dimensions, such a Praise that is sufficient to carry in it gratitude for all His bounties as well as recognition of each additional bounty that He chooses to bestow, knowing He is Ever-Bestowing of His Gifts! (recite 3 times)*

أَمَنْتُ بِاللَّهِ الْعَظِيمِ، وَكَفَرْتُ بِالْجِبْتِ وَالطَّاغُوتِ، وَاسْتَمَسَكْتُ  
بِالْعُرْوَةِ الْوُثْقَى لَا انْفِصَامَ لَهَا وَاللَّهُ سَمِيعٌ عَلِيمٌ (3)

*I am putting my trust in Allah, the Majestic Lord of Power.*

*I reject all false gods  
and all who claim my servitude  
and the focus of my heart,  
other than my Lord!*

*I hold with all my being to the most trustworthy handhold  
- a handhold that is utterly unbreakable!*

*And God hears every single thing, and He knows every single thing! (recite 3 times)*

رَضِيتُ بِاللَّهِ رَبًّا، وَبِالْإِسْلَامِ دِينًا، وَبِسَيِّدِنَا مُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ  
وآلِهِ وَسَلَّمَ نَبِيًّا وَرَسُولًا (3)

*I am contented and fulfilled to have God as my Caretaker,  
I am contented and fulfilled with submission to Him as my way of life,  
and I am contented and fulfilled to have our Master Muhammad  
- may God continue to nourish his soul and our connection to him -  
be my Prophet and Guide! (recite 3 times)*



حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ (7)

*God is Enough for me! He is looking after me completely.  
Only God is worthy of being sought.  
I let go of all pretenses to control  
and place my full reliance on Him!  
He is the Caretaker of the this entire cosmos,  
the One Who keeps it all in perfect balance,  
the Maintainer of its intricacy and Sustainer of its immensity,  
and Controller of all action and every movement therein. (recite 7 times)*

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِهِ وَصَحْبِهِ وَسَلِّمْ (10)

*O my Beloved Lord, exalt, honour, and nourish the Essence of the Prophet,  
his Family, and his Companions, and nourish our connection to them.  
Let the light of the Apostle reach us,  
magnify it in our lives,  
unfold the peace of his presence to encompass us all.<sup>2</sup> (recite 10 times)*

اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فُجَاءَةِ الْخَيْرِ، وَأَعُوذُ بِكَ مِنْ فُجَاءَةِ الشَّرِّ

*O my Beloved Lord, I beseech You for positive turns of events and unexpected good fortune!  
And I seek Your protection from unexpected ill fortune and negative turns of events.*





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

*O my Beloved Lord, You are my Caretaker,  
the One Who looks after me fully and completely!  
There is no one worthy of being sought but You.*

*You have created me, and I am Yours.*

*I commit to my promise and covenant to You, to the maximum of my ability!  
I seek refuge in You from the evil of that which I have brought about through my actions!  
I come to You, fully acknowledging Your great favors upon me!  
And I come to You acknowledging my sins - forgive me! For no one can forgive but You!*

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ عَلَيْكَ تَوَكَّلْتُ وَأَنْتَ  
رَبُّ الْعَرْشِ الْعَظِيمِ

*O my Lord Who is closer to me than myself!  
You are the One Who looks after me.  
There is no one worthy of my focus but You!  
Upon You I rely completely.  
You are the Lord of the Vast Arsh (the cosmos)!*





مَا شَاءَ اللَّهُ كَانَ وَمَا لَمْ يَشَأْ لَمْ يَكُنْ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ  
الْعَلِيِّ الْعَظِيمِ

*Whatever God wills will come to pass, and whatever He does not will,  
will never come to pass. There is no power to do good nor capacity to resist evil  
but through God, the Supreme Being, the Almighty.*

أَعْلَمُ أَنَّ اللَّهَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ وَأَنَّ اللَّهَ قَدْ أَحَاطَ بِكُلِّ شَيْءٍ عِلْمًا

*I know that God is Capable of doing anything, Powerful over all and everything!  
And I know that God's Absolute Knowledge encompasses all things  
and there is nothing He does not know.*

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي، وَمِنْ شَرِّ كُلِّ دَابَّةٍ أَنْتَ آخِذٌ  
بِنَاصِيَتِهَا، إِنَّ رَبِّي عَلَى صِرَاطٍ مُسْتَقِيمٍ

*O my Lord, I seek refuge in You from the evil of my self  
and from the evil of every creature - all of whom are under Your control!  
Truly nothing escapes the awareness and the control of my Lord,  
and nothing can move a single inch past the limits set by Him,  
in His precise determination of the range of every single thing.*



يَا حَيُّ يَا قَيُّوْمُ، بِرَحْمَتِكَ أَسْتَغِيْثُ، وَمِنْ عَذَابِكَ أَسْتَجِيْرُ،  
أَصْلِحْ لِيْ شَأْنِيْ كُلَّهُ، وَلَا تَكِلْنِيْ إِلَى نَفْسِيْ وَلَا إِلَى أَحَدٍ مِنْ خَلْقِكَ  
طَرْفَةَ عَيْنٍ

*O You, the One Who is the Truly-Living, Who never dies, Giver of life,  
O You Who sustains all and needs no sustenance!  
I call upon Your Closeness and Your Compassion, I seek Your Aid!  
I seek protection from ever being distanced from You.  
Set aright for me all the aspects of my existence  
Be with me always, and do not leave me to myself or to anyone else in Your creation,  
even for the blink of an eye!*

اللَّهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَأَعُوْذُ بِكَ مِنَ الْعَجْزِ  
وَالْكَسَلِ، وَأَعُوْذُ بِكَ مِنَ الْجُبْنِ وَالْبُخْلِ، وَأَعُوْذُ بِكَ مِنْ غَلْبَةِ  
الدَّيْنِ وَقَهْرِ الرِّجَالِ

*O my Lord, I come to You seeking Your refuge from suffering anxiety or sadness,  
and from being afflicted by incapacity or laziness,  
and from feeling cowardice or miserliness,  
and from facing overwhelming debt or the oppression of people.<sup>3</sup>*

اللَّهُمَّ إِنِّيْ أَسْأَلُكَ الْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ

*O Lord of mine! I beg You for well-being in this world and the Next!*

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ وَالْمُعَافَاةَ الدَّائِمَةَ  
فِي دِينِي وَدُنْيَايَ وَأَهْلِي وَمَالِي

*O Lord of mine!  
I beg You for pardon,  
well-being,  
and a state of security that is abiding in every moment, and enduring forever,  
I ask You for these blessings to manifest in my faith, my life, my family,  
and all that You have given me.*

اللَّهُمَّ اسْتُرْ عَوْرَاتِي، وَأَمِنْ رُوعَاتِي

*O my Lord, protect my weak points from being exposed to my enemies,<sup>4</sup>  
and soothe my fears until I am in total security, safe from every worry.<sup>5</sup>*

اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ يَدَيَّ وَمِنْ خَلْفِي، وَعَنْ يَمِينِي وَعَنْ شِمَالِي  
وَمِنْ فَوْقِي، وَأَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي

*O Lord of mine! Provide me protection before me,  
and protection behind me,  
protection to my right  
and protection to my left,  
and provide me protection above me,  
I seek refuge in Your magnificence from being betrayed from below  
(by those closest to me, from whom I least expect it)!*



اللَّهُمَّ أَنْتَ خَلَقْتَنِي، وَأَنْتَ تَهْدِينِي، وَأَنْتَ تُطْعِمُنِي، وَأَنْتَ  
تُسْقِينِي، وَأَنْتَ تُمِيتُنِي، وَأَنْتَ تُحْيِينِي، وَأَنْتَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

*O my Lord, it is You Who created me,  
and You Who guides me,  
You Who feeds me, and You Who gives me to drink!  
You cause me to die, and You bring me back to life!  
And You are Able to do anything, You have Complete Power.  
Nothing can stand in the way of Your bringing to pass  
that which You wish to bring to pass.*



أُصْبِحُنَا (أَمْسِينَا) عَلَى فِطْرَةِ الْإِسْلَامِ، وَعَلَى كَلِمَةِ الْإِخْلَاصِ،  
وَعَلَى دِينِ نَبِيِّنَا مُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ، وَعَلَى مِلَّةِ أَبِيْنَا  
إِبْرَاهِيمَ عَلَيْهِ السَّلَامُ حَنِيفًا مُسْلِمًا وَمَا كَانَ مِنَ الْمُشْرِكِينَ

*In the morning:*

*We begin this day*

*in the state of innate purity God gave us from the beginning,  
aware that our Creator is the Source and the Destination,*

*accepting Him as our Direction;*

*committing to the Promise of Sincerity to Him;*

*dwelling within the blessed embrace of the way of life of our Messenger Muhammad -  
may the peace and blessing of God continue to nourish his and his Family's souls  
and our connection to him and them.*

*And we align ourselves in harmony with the guidance of our Father Abraham,  
who was ever and by his very nature, connected to the One True God,  
never of those who gave a share of their hearts to false idols alongside His Divine Majesty!*



*In the evening:*

*We begin this night*

*in the state of innate purity God gave us from the beginning,  
aware that our Creator is the Source and the Destination,*

*accepting Him as our Direction;*

*committing to the Promise of Sincerity to Him;*

*dwelling within the blessed embrace of the way of life of our Messenger Muhammad -  
may the peace and blessing of God continue to nourish his and his Family's souls  
and our connection to him and them.*

*And we align ourselves in harmony with the guidance of our Father Abraham,  
who was ever and by his very nature, connected to the One True God,  
never of those who gave a share of their hearts to false idols alongside His Divine Majesty!*



اللَّهُمَّ بِكَ أَصْبَحْنَا وَبِكَ أَمْسَيْنَا، وَبِكَ نَحْيَا وَبِكَ نَمُوتُ، وَعَلَيْكَ  
نَتَوَكَّلُ وَإِلَيْكَ النُّشُورُ (المصير)

*In the morning:*

**O my Lord,**

*by You we have awoken to this day,  
and by You we will retire into its night.*

*By You we live, and by You we die.*

*We place our complete reliance upon You.*

*And to You we will be resurrected.*



*In the evening:*

**O my Lord,**

*by You we retire into this night,  
and by You we awaken to this day.*

*By You we live, and by You we die.*

*We place our complete reliance upon You.*

*And our destiny is to return to You.*



أَصْبَحْنَا (أَمْسَيْنَا) وَأَصْبَحَ (وَأَمْسَى) الْمَلِكُ لِلَّهِ  
وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ

*In the morning:*

*Morning has come upon us*

*As it has come upon all of creation,  
ever under the Control of the One God.*

*We proclaim that all praise belongs to our Caring Lord,  
Who maintains and gives harmony to the magnificent universe and all its worlds,  
pouring His blessing into all of its vast, immeasurable dimensions.<sup>6</sup>*



*In the evening:*

*Night has come upon us*

*As it has come upon all of creation,  
ever under the Control of the One God.*

*We proclaim that all praise belongs to our Caring Lord,  
Who maintains and gives harmony to the magnificent universe and all its worlds,  
pouring His blessing into all of its vast, immeasurable dimensions.*

اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هَذَا الْيَوْمِ، فَتَحَهُ، وَنَصْرَهُ، وَنُورَهُ، وَبَرَكَتَهُ،  
وَهُدَاهُ (هَذِهِ اللَّيْلَةَ، فَتَحَهَا، وَنَصْرَهَا، وَنُورَهَا، وَبَرَكَتَهَا وَهُدَاهَا)

*In the morning:*

*O my Lord Who is my Closest Friend,*

*I ask You for the goodness of this day,  
its openings, its help, its light, its blessings,  
and the guidance You have enfolded in it.<sup>7</sup>*



*In the evening:*

*O my Lord Who is my Closest Friend,*

*I ask You for the goodness of this night,  
its openings, its help, its light, its blessings,  
and the guidance You have enfolded in it.*



اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هَذَا الْيَوْمِ، وَخَيْرَ مَا فِيهِ، وَخَيْرَ مَا قَبْلَهُ، وَخَيْرَ  
مَا بَعْدَهُ، وَأَعُوذُ بِكَ مِنْ شَرِّ هَذَا الْيَوْمِ، وَشَرِّ مَا فِيهِ، وَشَرِّ مَا قَبْلَهُ،  
وَشَرِّ مَا بَعْدَهُ (هَذِهِ اللَّيْلَةَ، وَخَيْرَ مَا فِيهَا، وَخَيْرَ مَا قَبْلَهَا، وَخَيْرَ مَا  
بَعْدَهَا، وَأَعُوذُ بِكَ مِنْ شَرِّ هَذِهِ اللَّيْلَةَ، وَشَرِّ مَا فِيهَا، وَشَرِّ مَا قَبْلَهَا،  
وَشَرِّ مَا بَعْدَهَا)

*In the morning:*

*O my Lord,*

*I ask You for the goodness of this day, and the best of what it holds,  
the goodness of what came before it, and the goodness of what will follow it,  
and I seek refuge in You from the evil of this day and the evil of what it holds,  
and the evil that came before it and the evil that follows it.<sup>8</sup>*



*In the evening:*

*O my Lord,*

*I ask You for the goodness of this night, and the best of what it holds,  
the goodness of what came before it, and the goodness of what will follow it,  
and I seek refuge in You from the evil of this night and the evil of what it holds,  
and the evil that came before it and the evil that follows it.*





اللَّهُمَّ مَا أَصْبَحَ (ما أمسى) بِي مِنْ نِعْمَةٍ أَوْ بِأَحَدٍ مِنْ خَلْقِكَ فَمِنْكَ  
وَحْدَكَ لِأَشْرِيكَ لَكَ فَلكَ الْحَمْدُ وَلَكَ الشُّكْرُ عَلَى ذَلِكَ

*In the morning:*

*O my Lord,*

*whatever goodness and grace You have bestowed upon me  
or upon anyone in Your creation on this day,  
it is indeed from You Alone and no other,  
and there is none who shares in Your Power to give!  
You alone are the Giver. And I praise You and thank You!*



*In the evening:*

*O my Lord,*

*whatever goodness and grace You have bestowed upon me  
or upon anyone in Your creation on this night,  
it is indeed from You Alone and no other,  
and there is none who shares in Your Power to give!  
You alone are the Giver. And I praise You and thank You!*





سُبْحَانَ اللَّهِ وَبِحَمْدِهِ عَدَدَ خَلْقِهِ، وَرِضَى نَفْسِهِ، وَزِنَةَ عَرْشِهِ،  
وَمِدَادَ كَلِمَاتِهِ (3)

*“Glory be to God and praise be unto Him”  
As many times as is equal to the quantity of all that He has created  
And to the measure of His Pleasure  
And to the weight of the entire cosmos  
And to the ink of His Words! (recite 3 times)*

سُبْحَانَ اللَّهِ الْعَظِيمِ وَبِحَمْدِهِ عَدَدَ خَلْقِهِ، وَرِضَى نَفْسِهِ،  
وَزِنَةَ عَرْشِهِ، وَمِدَادَ كَلِمَاتِهِ (3)

*“Glory be to God the One Who has absolute Power, and Praise be unto Him”  
As many times as is equal to the quantity of all that He has created  
And to the measure of His Pleasure  
And to the weight of the entire cosmos  
And to the ink of His Words! (recite 3 times)*





سُبْحَانَ اللَّهِ عَدَدَ مَا خَلَقَ فِي السَّمَاءِ، سُبْحَانَ اللَّهِ عَدَدَ مَا خَلَقَ فِي  
الأَرْضِ، سُبْحَانَ اللَّهِ عَدَدَ مَا بَيْنَ ذَلِكَ، سُبْحَانَ اللَّهِ عَدَدَ مَا هُوَ خَالِقُ

**Glory be to God!**

*As many times as is equal to  
all that He has created,  
all that He creates  
and all that He will create  
in the Heavens;*

**Glory be to God!**

*As many times as is equal to  
all that He has created,  
all that He creates  
and all that He will create  
upon Earth;*

**Glory be to God!**

*As many times as is equal to  
all that He has created,  
all that He creates  
and all that He will create  
between them;*

**Glory be to God!**

*multiplied by all the instances in which God manifests as Creator!*





الْحَمْدُ لِلَّهِ عَدَدَ مَا خَلَقَ فِي السَّمَاءِ، الْحَمْدُ لِلَّهِ عَدَدَ مَا خَلَقَ فِي  
الأَرْضِ، الْحَمْدُ لِلَّهِ عَدَدَ مَا بَيْنَ ذَلِكَ، الْحَمْدُ لِلَّهِ عَدَدَ مَا هُوَ خَالِقُ

**Praise be to God!**

*As many times as is equal to  
all that He has created,  
all that He creates  
and all that He will create  
in the Heavens;*

**Praise be to God!**

*As many times as is equal to  
all that He has created,  
all that He creates  
and all that He will create  
upon Earth;*

**Praise be to God!**

*As many times as is equal to  
all that He has created,  
all that He creates  
and all that He will create  
between them;*

**Praise be to God!**

*multiplied by all the instances in which God manifests as Creator!*





لَا إِلَهَ إِلَّا اللَّهُ عَدَدَ مَا خَلَقَ فِي السَّمَاءِ، لَا إِلَهَ إِلَّا اللَّهُ عَدَدَ  
مَا خَلَقَ فِي الْأَرْضِ، لَا إِلَهَ إِلَّا اللَّهُ عَدَدَ مَا بَيْنَ ذَلِكَ،  
لَا إِلَهَ إِلَّا اللَّهُ عَدَدَ مَا هُوَ خَالِقٌ

**There is none to be sought but God!**

*As many times as is equal to  
all that He has created,  
all that He creates  
and all that He will create  
in the Heavens;*

**There is no one worthy of my true love but God!**

*As many times as is equal to  
all that He has created,  
all that He creates  
and all that He will create  
upon Earth;*

**There is none worthy of my devotion but God!**

*As many times as is equal to  
all that He has created,  
all that He creates  
and all that He will create  
between them;*

**There is none worthy of my focus but God!**

*multiplied by all the instances in which God manifests as Creator!*





اللَّهُ أَكْبَرُ عَدَدَ مَا خَلَقَ فِي السَّمَاءِ، اللَّهُ أَكْبَرُ عَدَدَ مَا خَلَقَ فِي الْأَرْضِ،  
اللَّهُ أَكْبَرُ عَدَدَ مَا بَيْنَ ذَلِكَ، اللَّهُ أَكْبَرُ عَدَدَ مَا هُوَ خَالِقٌ

**God is Great!**

*As many times as is equal to  
all that He has created,  
all that He creates  
and all that He will create  
in the Heavens;*

**God is Great!**

*As many times as is equal to  
all that He has created,  
all that He creates  
and all that He will create  
upon Earth;*

**God is Great!**

*As many times as is equal to  
all that He has created,  
all that He creates  
and all that He will create  
between them;*

**God is Great!**

*multiplied by all the instances in which God manifests as Creator!*



لا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ عَدَدَ مَا خَلَقَ فِي السَّمَاءِ،  
لا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ عَدَدَ مَا خَلَقَ فِي الْأَرْضِ،  
لا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ عَدَدَ مَا بَيْنَ ذَلِكَ،  
لا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ عَدَدَ مَا هُوَ خَالِقٌ

**There is no power to do good, nor capacity to repel evil,  
except by God the Most Powerful!**

*As many times as is equal to  
all that He has created,  
all that He creates  
and all that He will create  
in the Heavens;*

**There is no power to do good, nor capacity to repel evil,  
except by God the Most Powerful!**

*As many times as is equal to  
all that He has created,  
all that He creates  
and all that He will create  
upon Earth;*

**There is no power to do good, nor capacity to repel evil,  
except by God the Most Powerful!**

*As many times as is equal to  
all that He has created,  
all that He creates  
and all that He will create  
between them;*

**There is no power to do good, nor capacity to repel evil,  
except by God the Most Powerful!**

*multiplied by all the instances in which God manifests as Creator!*



لا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ يُحْيِي وَيُمِيتُ  
وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ عَدَدَ كُلِّ ذَرَّةٍ أَلْفَ مَرَّةٍ (3)

*There is no one to be sought but God, the One God, Who has no partner.*

*He is the Only One Who has power over all things,  
and every single aspect of creation lies in His Hands,  
belonging utterly to Him and no one else.*

*To God all praise is given,  
the One Who gives life, and the One Who brings death.*

*He has the Power to do anything,  
Nothing is beyond His Ability!*

*May this affirmation of mine be multiplied by the number of every atom in existence,  
a thousand times over! (recite 3 times)*

اللَّهُمَّ صَلِّ وَسَلِّمْ عَلَى سَيِّدِنَا مُحَمَّدٍ مِفْتَاحِ بَابِ رَحْمَةِ اللَّهِ،  
عَدَدَ مَا فِي عِلْمِ اللَّهِ، صَلَاةً وَسَلَامًا دَائِمِينَ بِدَوَامِ مُلْكِ اللَّهِ،  
وَعَلَى آلِهِ وَصَحْبِهِ.. عَدَدَ كُلِّ ذَرَّةٍ أَلْفَ مَرَّةٍ (3)

*My Beloved Lord, exalt the essence of our Master Muhammad,  
the Apostle, the Key to the Door of Your Unconditional Love and Grace,  
magnify his light in our lives, nourish his soul with Your peace and blessings.*

*Intensify our connection to him*

*by a power equal to the sum of all things in Your Knowledge!*

*With peace and blessings that are everlasting like the everlastingness of Your Dominion,  
encircle his Family and Companions with the same Grace -  
and multiply this by the number of every single atom in existence,  
a thousand times over! (recite 3 times)*





## TRANSLATORS' NOTES

1) This is figurative speech, using the image of magicians of old who would target a person whom they were asked to harm, by tying string into knots, and blowing in or on these knots, with the intention of exacerbating and inflating the person's weak points, shortcomings, and complexes. Even if that form of magic is not to be found today, this Verse remains a protection against all forms of magic, as well as all forms of blowing up and amplifying the complexes of the human being. Media, advertising, victimization, dramatization, and exaggeration are all instruments by which the complexes of the human being are blown out of proportion, until they take over our consciousness completely, stealing our focus from God. By reciting this Verse, we invoke God's Protection against the words and thoughts that fan the flames of our issues. Whether these words or thoughts suggest how great one is, or what a loser one is, they remain nothing but promptings that serve to inflate the wrong facets of one's being and distract one from the true purpose.

2) The prayer '*sal Allahu alayhi wa sallam*' that we are called upon to recite whenever the Prophet is mentioned is equivalent to asking God to intensify our connection to him. It is he ﷺ who receives from God all the realities of the vision of divine Truth (*tawhid*), such as patience (*sabr*), gratitude (*shukr*), reliance on God (*tawakkul*), praise of God (*hamd*), etc. The Prophet ﷺ is like an electrical power plant from which all energies emanate, or the lake from which all rivers flow. The Prophet ﷺ says, "The one closest to me on the Day of Judgment will be the one who asks God for more connection to me."

3) Anxiety is a feeling of dis-ease about the future, while sadness is a feeling of dis-ease about the past. The Prophet ﷺ is teaching us here that what matters is the present, and that in concentrating on the present, one can resolve and set aright both the past and future.





The Arabic word '*ajz*,' which we have translated as 'incapacity,' denotes two kinds of powerlessness. The first type is the feeling of powerlessness that comes after a good action, as one recognizes that it is God Alone Who has enabled us to do good, and that without His Will being manifested for us to do good, and without His Enabling Grace, we absolutely would not have been able to do that good. This is a sentiment of being overwhelmed by God's Grace, and it is a praiseworthy state of 'powerlessness' or '*ajz*.' It is the state of a true *muwahhid*, one who sees only the Existence of the One Power: God. For this type of person, there is no taste sweeter than that which is found in this cup of *tawhid*: the realization that there is only God! Only God exists, in reality, He is the Only true Actor bringing about any action, '*Musabib-al-asbab*' (the One behind every apparent cause)! Neither the means nor the results belong to us. All belongs to God, and all returns to Him as ultimate destination where its inner reality and meaning is revealed.

The second type of powerlessness or incapacity is a feeling manifested in a lack of willpower, a lack of moral drive to bring about good actions. This state is negative. The Prophet ﷺ is teaching us to seek God's protection against this second type of powerlessness.

4) Satan and *nefs* (ego or lower self).

5) When reciting this prayer and the following one, it is good to consider the metaphor of a fortress. Worries and fears are like enemies outside the walls of the fortress as well as within (traitors). The weak points of the fortress must be covered or the enemy can easily enter. In the prayer that immediately follows, we ask of God to protect us from all sides. It is important to contemplate and bring to your mind's eye the images and metaphors that are naturally, masterfully, meaningfully woven into the language of the Prophet ﷺ, so as to better understand and more fully engage in the prayers he ﷺ has given us as his blessed legacy to all who seek God.

6) The Arabic word used here, '*mulk*,' is often translated as 'sovereignty,' but literally means 'possession.' In this prayer, there is this subtle sense indicated by the literal meaning: We have awoken to this day, and this possession of God which is me: my soul, my body, my being, which all belong to Him, has awoken to this day. In this manner, the word '*mulk*' means '*abdullah*' - the devotee and slave who belongs to God and is in search of reuniting with Him. The Prophet ﷺ is teaching us through this prayer that we do not belong to ourselves. We, like all of everything the sun rises upon, are the property of God.

7) Here, the Prophet ﷺ matches all the good of the day to the occurrences of the five daily prayers. He ﷺ asks for five things from God, and each of them corresponds to the blessings sought from each of the five prayers, in order to help us experience the day in all of its true potential that God has intended in it for us, from waking until sleeping. The Fajr prayer, the first prayer of the day, is equivalent to the blessing of **opening**. We open our day and ask that our hearts and minds be opened to goodness, and that God's doors of opportunity to seek Him be opened up for us, and that breakthroughs are made inside us - opening up the way before us that before today was blocked by our own inner obstacles.





The second request of the Prophet ﷺ, corresponding with the prayer of Dhuhr, is for **help**. Dhuhr means 'manifestation' - God's Help manifesting at the right time, appearing when we need it most. Certainly, as the day reaches its zenith - the sun at its highest point, we are in need of God's Help to manifest to us, to be present in our actions and energy. It's often at this point in a journey - after the starting point has faded into the distance and the endpoint is still too far away to see - that the initial boost has worn off, and we may feel the weight of what we are engaged in - this living, this mission. At this point we need God's Help to arrive and carry us through the thick of things.

The Prayer of Asr comes as the light of day begins to dim and we are first aware of the sun's fading rays, thus the Prophet ﷺ asks for **light** at this time. The Prayer of Maghrib is the prayer of the beginning of evening; the Prophet ﷺ asks God for  **blessings** to usher us into this new phase of our temporal cycle. At the beginning of any new stage, project, or phase, we must ask for blessing. The literal meaning of the name of the last prayer in the 24-hour cycle, Isha, is 'blindness,' thus the Prophet ﷺ asks for 'guidance' as the penultimate gift from God in the day of the human being. These beautiful gifts the Prophet ﷺ requests of the Creator of day and night can also be compared to the different stages in the life of a flower: the opening of the bud, its blossoming, its radiant full beauty, its fruit, and finally, the essence - or perfume - extracted from it.

8) All the potential goodness to be had in a day is the provision (*rizq*) that God places in that day for us. It is this provision the Prophet ﷺ is inviting us to become aware of, and to ask our Lord for. In this prayer we also ask for the provision of goodness held in the day that came before today, and the day that will follow it. It might strike the rational mind as odd to seek the goodness of something that has already come and gone, but this is a profound Teaching of the Prophet ﷺ to show us how to harvest the good and recuperate the losses of the past. The secret of gaining the goodness of a day that is already gone, and a day that has not yet dawned, is to expose oneself to the good of the present: today. The key to receiving more good is to be fully aware of and conscious of the good that you are in right now.

Likewise, the way to be safe from the evil of the past and the evil of the future, is to seek God's Protection from the evil of the present moment. Even when one has committed acts of evil in the past, the potential for finding safety from that evil is contained nowhere else more readily than in this present moment. This moment is the moment of connection to God, and if one truly realizes this, it has the power to shed light well beyond its temporal boundaries. This present moment is your means to all the good of both the past and future.

It is thus pointless to worry about the future, and also pointless to be mired in guilt about the past. All it takes to compensate for the past and to secure the future is to seize today's opportunities, as we are encouraged by the Teaching of the Prophet ﷺ: "It is enough to do a good deed, in order to erase a bad one."





The Bible says: “Then the Lord said to Moses, ‘Regard, I will send down bread from heaven for you; and the people will go out every day and get enough for the day's needs; so that I may put them to the test to see if they will keep My laws or not.’” (Exodus 16:4). The Bible also says: “So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first His kingdom and His righteousness, and all these things will be given to you as well.” (Matthew 6:31-33). This notion has been translated succinctly by contemporary Catholics into the prayer: “Give us today our daily bread.” The One Who gives us life will not withhold from us that which sustains life, whether it be material or spiritual goods. And the One Who wishes to see us far from evil, Who has sent down Guidance upon Guidance for this very purpose, would not allow us to spend the goodness of our days being haunted by evil of the past, and threatened by evil of the future.

With this understanding, we must leave our life in the Hands of God, let go and let God govern all our actions, by His Grace. We must let Him take care of us, and trust in Him, for it is He Who gives us all we have and all we could want, and protects us from all that we fear. Use this moment to be clear about what you want, and what you fear - so that you may reach out to Him fully to receive His gifts, and receive His forgiveness and protection for now and always.







s a n a d  
c o l l e c t i v e

BE THE LIGHT, SPREAD THE LIGHT

[WWW.SANADCOLLECTIVE.ORG](http://WWW.SANADCOLLECTIVE.ORG)