



Supplications for Protection

Surah Al-Fatiha (The Opening)

1 x

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾ الْحَمْدُ لِلَّهِ رَبِّ
الْعَالَمِينَ ﴿٢﴾ الرَّحْمَنِ الرَّحِيمِ ﴿٣﴾ مَالِكِ يَوْمِ الدِّينِ
﴿٤﴾ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ﴿٥﴾ اهْدِنَا الصِّرَاطَ
الْمُسْتَقِيمَ ﴿٦﴾ صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ
الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ﴿٧﴾ آمِينَ

(1) Bi-smi llāhi r-raḥmāni r-raḥīm (2) Al-ḥamdu li-
llāhi rabbi l-ālamīn (3) Ar-raḥmāni r-raḥīm (4) Māliki
yawmi d-dīn (5) Iyyāka naʿbudu wa-ʾiyyāka nastaʾīn (6)
Ihdinā ṣ-ṣirāṭa l-mustaqīm (7) Ṣirāṭa l-ladhīna ʾanʿamta
ʿalayhim ghayri l-maghḍūbi ʿalayhim wa-lā d-dāllīn.
Ameen.

(1) In the name of God, Most Gracious, Most Merciful. (2) Praise be to
God, the Cherisher and Sustainer of the worlds; (3) Most Gracious, Most
Merciful; (4) Master of the Day of Judgment. (5) Thee do we worship, and
Thine aid we seek. (6) Show us the straight way. (7) The way of those on
whom Thou hast bestowed Thy Grace, those whose (portion) is not wrath,
and who go not astray. Ameen.

Beginning of Surah Al-Baqarah (The Cow)

1 x

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
الْم ﴿١﴾ ذَلِكَ الْكِتَابُ لَا رَيْبَ فِيهِ هُدًى لِّلْمُتَّقِينَ
﴿٢﴾ الَّذِينَ يُؤْمِنُونَ بِالْغَيْبِ وَيُقِيمُونَ الصَّلَاةَ وَمِمَّا
رَزَقْنَاهُمْ يُنْفِقُونَ ﴿٣﴾ وَالَّذِينَ يُؤْمِنُونَ بِمَا أُنزِلَ إِلَيْكَ
وَمَا أُنزِلَ مِنْ قَبْلِكَ وَبِالْآخِرَةِ هُمْ يُوقِنُونَ ﴿٤﴾ أُولَئِكَ
عَلَى هُدًى مِّن رَّبِّهِمْ ۖ وَأُولَئِكَ هُمُ الْمُفْلِحُونَ ﴿٥﴾

Bi-smi llāhi r-raḥmāni r-raḥīm (1) Alif. Lām. Mīm.
 (2) Dhālika l-kitābu lā rayba fīhi hudan li-l-muttaqīn
 (3) Alladhīna yuʾminūna bi-l-ghaybi wa-yuqīmūna
 ṣ-ṣalāta wa-mimmā razaqnāhum yunfiqūn (4) Wa-
 lladhīna yuʾminūna bi-mā ʾunzila ʾilayka wa-mā ʾunzila
 min qablika wa-bi-l-ʾākhirati hum yūqinūn (5) ʾUlāika
 ʾalā hudan min rabbihim wa-ʾulāika humu l-mufliḥūn

In the name of God, Most Gracious, Most Merciful. (1) Alif. Lām. Mīm. (2)
 This is the Book; in it is guidance sure, without doubt, to those who fear
 God. (3) Who believe in the Unseen, are steadfast in prayer, and spend out
 of what We have provided for them; (4) And who believe in the Revelation
 sent to thee, and sent before thy time, and (in their hearts) have the
 assurance of the Hereafter. (5) They are on (true) guidance, from their
 Lord, and it is these who will prosper.

Ayat-ul-Kursi (Verse of the Throne)

1 X

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 مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ ۚ وَسِعَ
 كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ ۖ وَلَا يَئُودُهُ حِفْظُهُمَا ۚ وَهُوَ
 الْعَلِيُّ الْعَظِيمُ ﴿٢٥٥﴾ لَا إِكْرَاهَ فِي الدِّينِ ۚ قَدْ تَبَيَّنَ
 الرُّشْدُ مِنَ الْغَيِّ ۚ فَمَن يَكْفُرْ بِالطَّاغُوتِ وَيُؤْمِن بِاللَّهِ
 فَقَدِ اسْتَمْسَكَ بِالْعُرْوَةِ الْوُثْقَىٰ لَا انْفِصَامَ لَهَا ۗ وَاللَّهُ
 سَمِيعٌ عَلِيمٌ ﴿٢٥٦﴾ اللَّهُ وَلِيُّ الَّذِينَ آمَنُوا يُخْرِجُهُم
 مِّنَ الظُّلُمَاتِ إِلَى النُّورِ ۗ وَالَّذِينَ كَفَرُوا أَوْلِيَاؤُهُمُ
 الطَّاغُوتُ يُخْرِجُونَهُم مِّنَ النُّورِ إِلَى الظُّلُمَاتِ ۗ أُولَٰئِكَ
 أَصْحَابُ النَّارِ ۗ هُمْ فِيهَا خَالِدُونَ ﴿٢٥٧﴾

(255) Allāhu lā ʾilāha ʾillā huwa l-ḥayyu l-qayyūm
lā taḵhudhuhū sinatun wa-lā nawm lahū mā fī
s-samāwāti wa-mā fī l-ʾarḍ man dhā lladhī yashfaʿu
ʾindahū ʾillā bi-ʾidhnih yaʿlamu mā bayna ʾaydīhim wa-
mā khalfahum wa-lā yuḥīṭūna bi-shayʾin min ʾilmihī
ʾillā bi-mā shāʾ wasīʾa kursiyyuhu s-samāwāti wa-l-ʾarḍa
wa-lā yaʿūduhū ḥifẓuhumā wa-huwa l-ʿaliyyu l-ʿazīm
(256) Lā ʾikrāha fī d-dīni qad tabayyana r-rushdu mina
l-ghayy fa-man yakfur bi-ṭ-ṭāghūti wa-yuʾmin bi-llāhi
fa-qadi stamsaka bi-l-ʿurwati l-wuthqā lā nfiṣāma
lahā wa-llāhu samīʿun ʿalīm (257) Allāhu waliyyu
lladhīna ʾāmanū yukhrijuhum mina ṣ-ṣulumāti ʾilā
n-nūri wa-lladhīna kafarū ʾawliyāʾuhumu ṭ-ṭāghūtu
yukhrijūnahum mina n-nūri ʾilā ṣ-ṣulumāt ʾulāʾika
ʾaṣḥābu n-nāri hum fīhā khālidūn

(255) God. There is no god but He, the Living, the Self-subsisting, Eternal. No slumber can seize Him nor sleep. His are all things in the heavens and on earth. Who is there can intercede in His presence except as He permitteth? He knoweth what (appeareth to His creatures as) before or after or behind them. Nor shall they compass aught of His knowledge except as He willeth. His Throne doth extend over the heavens and the earth, and He feeleth no fatigue in guarding and preserving them for He is the Most High, the Supreme (in glory). (256) Let there be no compulsion in religion: Truth stands out clear from Error: whoever rejects evil and believes in God hath grasped the most trustworthy hand-hold, that never breaks. And God heareth and knoweth all things. (257) God is the Protector of those who have faith: from the depths of darkness He will lead them forth into light. Of those who reject faith the patrons are the evil ones: from light they will lead them forth into the depths of darkness. They will be companions of the fire, to dwell therein (forever).

لِّلّٰهِ مَا فِي السَّمٰوٰتِ وَمَا فِي الْاَرْضِ ^{قله} وَاِنْ تُبْدُوْا
مَا فِيْ اَنْفُسِكُمْ اَوْ تَخْفَوْهُ يُّحَاسِبْكُمْ بِهٖ اللّٰهُ ^{صله} فَيَغْفِرُ
لِمَنْ يَّشَآءُ وَيُعَذِّبُ مَنْ يَّشَآءُ ^{قله} وَاللّٰهُ عَلٰى كُلِّ شَيْءٍ
قَدِيْرٌ ﴿٢٨٤﴾ اٰمَنَ الرَّسُوْلُ بِمَا اُنْزِلَ اِلَيْهِ مِنْ رَّبِّهٖ
وَالْمُؤْمِنُوْنَ ^ج كُلٌّ اٰمَنَ بِاللّٰهِ وَمَلٰٓئِكَتِهٖ وَكُتُبِهٖ وَرُسُلِهٖ
لَا نُفَرِّقُ بَيْنَ اَحَدٍ مِّنْ رُّسُلِهٖ ^ج وَقَالُوا سَمِعْنَا وَاَطَعْنَا ^{صله}
غُفْرٰنَكَ رَبَّنَا وَاِلَيْكَ الْمَصِيْرُ ﴿٢٨٥﴾ لَا يُكَلِّفُ اللّٰهُ
نَفْسًا اِلَّا وُسْعَهَا ^ج لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ
^{قله} رَبَّنَا لَا تُؤَاخِذْنَا اِنْ نَّسِيْنَا اَوْ اَخْطَاْنَا ^ج رَبَّنَا وَلَا تَحْمِلْ
عَلَيْنَا اِصْرًا كَمَا حَمَلْتَهُ عَلٰى الَّذِيْنَ مِنْ قَبْلِنَا ^ج رَبَّنَا
وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهٖ ^{صله} وَاعْفُ عَنَّا وَاعْفِرْ لَنَا
وَارْحَمْنَا ^ج اَنْتَ مَوْلَانَا فَانصُرْنَا عَلٰى الْقَوْمِ الْكَافِرِيْنَ

﴿٢٨٦﴾

(284) Lillahi mā fī l-samāwāti wamā fī l-arḍ wa-in
tub'dū mā fī anfusikum aw tukh'fūhu yuḥāsib'kum
bihi l-lahu fayaghfiru liman yashāu wayu'adhibu man
yashā wal-lahu 'alā kulli shay'in qadīr (285) Āmana
l-rasūlu bimā unzila ilayhi min rabbihi wal-mu'minūn
kullun āmana bil-lahi wamalāikatihi wakutubihi
warusulihi lā nufarriqu bayna aḥadin min rusulih
waqālū samī'nā wa-aṭānā ghuf'rānaka rabbanā wa-
ilayka l-maṣīr (286) Lā yukallifu l-lahu nafsan illā
wus'ahā lahā mā kasabat wa'alayhā mā ik'tasabat
rabbanā lā tuākhidh'nā in nasīnā aw akhṭanā

rabbanā walā taḥmil ‘alaynā iṣ‘ran kamā ḥamaltahu
‘alā alladhīna min qablinā rabbanā walā tuḥammil’nā
mā lā ṭāqata lanā bihi wa-u‘fu ‘annā wa-igh‘fir lanā
wa-ir’ḥamnā anta mawlānā fa-unṣur’nā ‘alā l-qawmi
l-kāfirīn

(284) To God belongeth all that is in the heavens and on earth. Whether ye show what is in your minds or conceal it, God Calleth you to account for it. He forgiveth whom He pleaseth, and punisheth whom He pleaseth, for God hath power over all things. (285) The Messenger believeth in what hath been revealed to him from his Lord, as do the men of faith. Each one (of them) believeth in God, His angels, His books, and His apostles. “We make no distinction (they say) between one and another of His apostles.” And they say: “We hear, and we obey: (We seek) Thy forgiveness, our Lord, and to Thee is the end of all journeys.” (286) On no soul doth God Place a burden greater than it can bear. It gets every good that it earns, and it suffers every ill that it earns. (Pray:) “Our Lord! Condemn us not if we forget or fall into error; our Lord! Lay not on us a burden Like that which Thou didst lay on those before us; Our Lord! Lay not on us a burden greater than we have strength to bear. Blot out our sins, and grant us forgiveness. Have mercy on us. Thou art our Protector; Help us against those who stand against faith.”

Surah Al-Imran (The Family of Imran), ayah 173

7 X

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ ﴿١٧٣﴾

(173) Ḥasbunā llāhu wa-nīma l-wakīl

(173) For us God sufficeth, and He is the best disposer of affairs.

End of Surah At-Tawbah (The Repentance), ayah 129

7 X

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ
الْعَرْشِ الْعَظِيمِ ﴿١٢٩﴾

(129) Ḥasbiya llāhu lā ‘ilāha ‘illā huwa ‘alayhi
tawakkaltu wa-huwa rabbu l-‘arshi l-‘azīm

(129) (God) sufficeth me: there is no god but He: On Him is my trust. He the Lord of the Throne (of Glory) Supreme!

Surah Al-Ikhlās (The Sincerity)

3 X

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ . قُلْ هُوَ اللَّهُ أَحَدٌ ﴿١﴾
اللَّهُ الصَّمَدُ ﴿٢﴾ لَمْ يَلِدْ وَلَمْ يُولَدْ ﴿٣﴾ وَلَمْ يَكُن لَّهُ
كُفُوًا أَحَدٌ ﴿٤﴾

Bi-smi llāhi r-raḥmāni r-raḥīm (1) Qul huwa llāhu
'aḥad (2) Allāhu ṣ-ṣamad (3) Lam yalid wa-lam yūlad
(4) Wa-lam yakun lahū kufuwan 'aḥad

In the name of God, Most Gracious, Most Merciful. (1) Say: He is God, the One and Only; (2) God, the Eternal, Absolute; (3) He begetteth not, nor is He begotten; (4) And there is none like unto Him.

Surah Al-Falaq (The Daybreak)

3 X

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ . قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ﴿١﴾
مِنْ شَرِّ مَا خَلَقَ ﴿٢﴾ وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ﴿٣﴾
وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ﴿٤﴾ وَمِنْ شَرِّ حَاسِدٍ إِذَا
حَسَدَ ﴿٥﴾

Bi-smi llāhi r-raḥmāni r-raḥīm (1) Qul 'aūdhu bi-rabbi
l-falaq (2) Min sharri mā khalaq (3) Wa-min sharri
ghāsiqin 'idhā waqab (4) Wa-min sharri n-naffāthāti fī
l-'uqad (5) Wa-min sharri ḥāsidi 'idhā ḥasad

In the name of God, Most Gracious, Most Merciful. (1) Say: I seek refuge with the Lord of the Dawn (2) From the mischief of created things; (3) From the mischief of Darkness as it overspreads; (4) From the mischief of those who practise secret arts; (5) And from the mischief of the envious one as he practises envy.

Surah An-Nas (Mankind)

3 X

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ . قُلْ أَعُوذُ بِرَبِّ النَّاسِ
﴿١﴾ مَلِكِ النَّاسِ ﴿٢﴾ إِلَهِ النَّاسِ ﴿٣﴾ مِنْ شَرِّ
الْوَسْوَاسِ الْخَنَّاسِ ﴿٤﴾ الَّذِي يُوَسْوِسُ فِي صُدُورِ
النَّاسِ ﴿٥﴾ مِنَ الْجِنَّةِ وَالنَّاسِ ﴿٦﴾

Bi-smi llāhi r-raḥmāni r-raḥīm (1) Qul 'aūdhu bi-rabbi
n-nās (2) Maliki n-nās (3) İlāhi n-nās (4) Min sharri
l-waswāsi l-khannās (5) Alladhī yuwaswisu fī şudūri
n-nās (6) Mina l-jinnati wa-n-nās

In the name of God, Most Gracious, Most Merciful. (1) Say: I seek refuge
with the Lord and Cherisher of Mankind, (2) The King (or Ruler) of
Mankind, (3) The God of Mankind, (4) From the mischief of the Whisperer
(of Evil), who withdraws (after his whisper), (5) (The same) who whispers
into the hearts of Mankind, (6) Among Jinns and among men.

Du'a of Protection Against Every Harm

3 X

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

Bi-smi llāhi-ladhi la yadurru ma `as-mihi shai'un fil-
ardi wa la fis-sama'i, wa huwas-sami `ul- `alim

In the Name of God with Whose Name there is protection against every
kind of harm in the earth or in the heaven, and He is the All-Hearing and
All-Knowing.

Du'a of Protection from Evil

1 x

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ أَلْتِي لَا يُجَاوِزُ هُنَّ بَرٌّ
وَلَا فَا جِرٌّ مِنْ شَرِّ مَا خَلَقَ وَ ذَرَأَ وَ بَرَأَ، وَ مِنْ شَرِّ
مَا يَنْزِلُ مِنَ السَّمَاءِ وَ مِنْ شَرِّ مَا يَخْرُجُ فِيهَا، وَ مِنْ
شَرِّ مَا ذَرَأَ فِي الْأَرْضِ وَ مِنْ شَرِّ مَا يَخْرُجُ مِنْهَا،
وَ مِنْ شَرِّ فِتَنِ اللَّيْلِ وَ النَّهَارِ، وَ مِنْ شَرِّ كُلِّ طَارِقٍ
إِلَّا طَارِقًا يَطْرُقُ بِخَيْرٍ، يَا رَحْمَنَ

Aa'oothoo bika lima tilla hitamaaa-tila tee laa yu-
jaawizoo hoon na baa-run wa-la fajir, min-sharri' ma
khalaaqa wa dhara'a wa bara'a. Wa min sharri' maa
yanzilu mina as-smaa'i wa min sharri' maa yakhruju
feeha. Waa min sharri' ma dhara'a fil ardi, wa min
sharri' maa yakhruju mina ha, wa min sharri' fitani
allayli wa anna har, wa min sharri kulli tariqin illa
tariqan yatruqu bi khayr. Ya Rahman!

I seek refuge with God's perfect words from the evil of what He created,
willed and fashioned, and from the evil of what descends from the heavens
and what comes back therein, from the evil of what comes from the earth
and what dwells therein, and from the troubles and temptations of the
night and the day, and from the evil of every (door) knocker except those
who knock with goodness. Oh, Merciful!

Dhikr (Remembrance of God)

100 x

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ
، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

La illaha illallahu, wah-dahu la sharika lahu,
lahul al-mulku wa lahu al-hamdu,
wa huwa 'ala kul-li shay'in qadeer

There is no god but God, alone, without any partner. The Kingdom and
praise belong to Him and He has power over everything.

Surah Al-Ahzab (The Clans), ayah 41-42 1 x

يَا أَيُّهَا الَّذِينَ آمَنُوا اذْكُرُوا اللَّهَ ذِكْرًا كَثِيرًا ﴿٤١﴾
وَسَبِّحُوهُ بُكْرَةً وَأَصِيلًا ﴿٤٢﴾

(41) Yā-'ayyuhā lladhīna 'āmanū dhkurū llāha dhikran
kathīra (42) Wa-sabbiḥūhu bukratan wa-'aṣīla

(41) O ye who believe! Celebrate the praises of God, and do this often; (42)
And glorify Him morning and evening.

Tasbiḥ

100 x

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

Subha-nal-lahi wa biham-dihi

Glorified be God and to Him is the Praise.

