

PREMIUM COMMERCIAL EDITION

100-Hour Dua Practice Manual

The Complete Master Pack — 100 Lessons

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

*"This is not a book you finish. It is a heart you build —
one dua, one breath, one hundred hours at a time."*

Islamic Habits · islamic-habits.com

وَإِذَا سَأَلَكَ عِبَادِي عَنِّي فَإِنِّي قَرِيبٌ

*"And when My servants ask you concerning Me — indeed I am near."
(Al-Baqarah 2:186)*

The Essence of This Pack

Most dua books sit on shelves. **This one lives on your tongue.**
Every lesson is a doorway — a way to speak directly to the One who is closer

to you than your jugular vein. In 100 hours, you will not just memorize words; you will inherit a private language between you and your Lord. A language that turns your tears into rain, your fears into refuge, and your ordinary moments into worship.

By the end, the duas will not be in a book. They will be in you.

Why This Pack Is Different

Free books **TEACH**.

This pack **transforms**. Every line is engineered for the heart to remember, not the mind to forget.

Classical works **EXPLAIN**.

This pack **activates**. Each card carries a memory hook, an emotional whisper, and a 3× recitation cue.

Apps **INTERRUPT**.

This pack **anchors**. It binds every dua to a real moment — waking, eating, walking, sleeping.

Lectures **INSPIRE for an hour**.

This pack **changes you for life**. 100 hours · 8 weeks · one transformed heart.

A Whisper Before You Begin

Read each dua slowly. Let the Arabic touch your ears. Let the meaning touch your heart. Say it **three times** aloud — once for your tongue, once for your ears, once for your soul.

And when you forget — and you will — return without shame. Allah waits.

EDITORIAL INTEGRITY & STATUS NOTICE:

This master file is OCR-derived. To maintain uncompromising spiritual and academic integrity, any Arabic texts or reference sources that could not be verified with 100% certainty remain flagged as **[Review required]** or **[Arabic text under verification]**. Final scholarly verification is required before public release.

Master Pack Overview

This premium manual contains a dual-edition system transforming supplications into active habits:

- **The Reading Edition:** Detailed study cards containing theological context, Arabic, transliteration, and meaning.
- **The Workout Edition:** Actionable drill blocks designed for active memorization via triggers and repetition.

The 100-Hour Method: Dedicate 1 hour per lesson. Listen & read, segment & repeat, connect the meaning, implement in your daily Salah, and anchor it to a daily habit.

8-Module Curriculum

Module 1: Tawhid, Tawbah & Istighfar	Lessons 1–10
Module 2: Qur'anic Duas	Lessons 11–25
Module 3: Prophetic Duas	Lessons 26–40
Module 4: Prayer-Centered Duas	Lessons 41–55
Module 5: Daily Routine Duas	Lessons 56–68
Module 6: Family & Relationship Duas	Lessons 69–80
Module 7: Hardship & Protection Duas	Lessons 81–90

اقْرَأْ

"Read — in the name of your Lord who created." (Al-'Alaq 96:1)

PART 1 — READING EDITION

Sit with each lesson. Don't race. Let the Arabic touch your ears, the translation touch your heart, and the heart-hook plant the dua deep into your memory forever.

Module 1: Tawhid, Tawbah & Istighfar

Lesson 1: Du'a of Yunus (AS) — The Cry From the Darkness


♥ **Heart-Hook:** When the walls close in, this is the dua that opened the belly of the whale. Say it — and watch your darkness split open.

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

🌸 Say it 3× now — feel it before you read on.

Trans:	<i>La ilaha illa anta subhanaka inni kuntu minaz-zalimeen.</i>
Mean:	There is no deity except You; exalted are You. Indeed, I have been of the wrongdoers.
Ref:	Qur'an (Al-Anbiya 87)
Time:	During distress or immediately after acknowledging a sin.
Benefit:	Guarantees relief from sorrow and distress.

Lesson 2: Sayyid al-Istighfar — The Master Key to Paradise

 **Heart-Hook:** Say this with certainty morning and evening — and if you die that day, your home in Paradise is already waiting.

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ خَلَقْتَنِي وَأَنَا عَبْدُكَ وَأَنَا عَلَىٰ عَهْدِكَ وَوَعْدِكَ
مَا اسْتَطَعْتُ أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتَ أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَأَبُوءُ
لَكَ بِذُنُوبِي فَاعْفِرْ لِي فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

Trans: *Allahumma anta Rabbi la ilaha illa anta, khalaqtani wa ana abduka...*


Mean: O Allah, You are my Lord, none has the right to be worshipped except You. You created me and I am Your servant...

Ref: Sahih Bukhari 6306

Time: Morning and Evening.

Benefit: The chief of prayers for forgiveness; reciting it with certainty leads to Paradise.


Lesson 3: The Short Istighfar — Three Words That Wash a Day

 **Heart-Hook:** The Prophet ﷺ said it 100 times a day — and he had no sin. What about you and me?

أَسْتَغْفِرُ اللَّهَ الْعَظِيمَ

Trans:	<i>Astaghfirullah al-'Azim.</i>
Mean:	I seek forgiveness from Allah, the Supreme.
Ref:	General Sunnah
Time:	Throughout the day, optimally 100 times.
Benefit:	Constant purification of the heart.


Lesson 4: Praise & Glory — Light on the Tongue, Heavy on the Scales

 **Heart-Hook:** Two phrases — beloved to the Most Merciful. Easy to say. Impossible to outweigh.

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ

Trans:	<i>Subhanallahi wa bihamdihi, Subhanallahil 'Azim.</i>
Mean:	Glory be to Allah and His is the praise, Glory be to Allah the Supreme.
Ref:	Sahih Bukhari 6406
Time:	Anytime, excellent for Dhikr.
Benefit:	Two words light on the tongue, heavy on the scales, beloved to the Most Merciful.

Lesson 5: Declaration of Oneness — Your Daily Shield

 **Heart-Hook:** *One hundred times. Ten slaves freed. A wall between you and Shaytan all day long.*

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

Trans: *La ilaha illallahu wahdahu la sharika lahu, lahul-mulku wa lahul-hamdu, wa huwa 'ala kulli shai'in qadir.*

Mean: None has the right to be worshipped but Allah alone, Who has no partner. His is the dominion and His is the praise...

Ref: Sahih Bukhari 3293

Time: 100 times a day.

Benefit: Equivalent to freeing ten slaves, 100 good deeds recorded, 100 bad deeds erased.

Lesson 6: Seeking Allah's Forgiveness & Repentance

أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ

Trans: *Astaghfirullah wa atubu ilayh.*

Mean: I seek the forgiveness of Allah and repent to Him.

Ref: Sahih Bukhari 6307

Time: Daily (100 times).

Benefit: The Prophet (PBUH) recited this 100 times a day.

Lesson 7: Contentment with Faith

رَضِيتُ بِاللَّهِ رَبًّا وَبِالْإِسْلَامِ دِينًا وَبِمُحَمَّدٍ نَبِيًّا

Trans: *Raditu billahi rabba, wa bil-islami deena, wa bi-Muhammadin nabiiya.*

Mean: I am pleased with Allah as my Lord, with Islam as my religion, and with Muhammad as my Prophet.

Ref: Sunan Abi Dawud 5072

Time: Morning and Evening (3 times).

Benefit: Allah promises to please the one who recites this on the Day of Judgment.

Lesson 8: Exaltation by Creation

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ عَدَدَ خَلْقِهِ وَرِضَا نَفْسِهِ وَزِنَةَ عَرْشِهِ وَمِدَادَ كَلِمَاتِهِ

Trans: *Subhanallahi wa bihamdihi 'adada khalqihi, wa rida nafsihi, wa zinata 'arshihi, wa midada kalimatih.*

Mean: Glory is to Allah and praise is to Him, by the multitude of His creation, by His Pleasure, by the weight of His Throne, and by the ink of His Words.

Ref: Sahih Muslim 2726

Time: Morning (3 times).

Benefit: Outweighs hours of regular dhikr.

Lesson 9: Calling Upon the Ever-Living — When You Have No One Else

🌟 **Heart-Hook:** *Ya Hayyu Ya Qayyum — the two names the Prophet ﷺ used when his world was caving in. Use them when yours does.*

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ

Trans: *Ya Hayyu Ya Qayyum, bi-rahmatika astagheeth.*

Mean: O Ever-Living, O Sustainer, in Your Mercy I seek relief.

Ref: Sunan at-Tirmidhi 3524

Time: During times of severe distress or hardship.

Benefit: Immediate relief and divine assistance during crises.

Lesson 10: Declaration of Might

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Trans: *La hawla wa la quwwata illa billah.*

Mean: There is no power nor might except with Allah.


Ref: Sahih Bukhari 6384

Time: Anytime, or upon hearing the Adhan (Hayya 'alas-salah).

Benefit: A treasure from the treasures of Paradise.

Module 2: Qur'anic Duas

Lesson 11: The Comprehensive Good — The Dua of Two Worlds

 **Heart-Hook:** The Prophet ﷺ asked for this more than any other dua. If it was enough for him — it is everything for you.

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Trans:	<i>Rabbana atina fid-dunya hasanah wa fil-akhirati hasanah wa qina 'adhaban-nar.</i>
Mean:	Our Lord, give us in this world [that which is] good and in the Hereafter [that which is] good and protect us from the punishment of the Fire.
Ref:	Qur'an (Al-Baqarah 201)
Time:	Between the Yemeni corner and the Black Stone, or generally in Salah.
Benefit:	The most frequent dua of the Prophet (PBUH).

Lesson 12: Forgiveness of Shortcomings

رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا

Trans:	<i>Rabbana la tu'akhidhna in naseena aw akhta'na.</i>
Mean:	Our Lord, do not impose blame upon us if we have forgotten or erred.
Ref:	Qur'an (Al-Baqarah 286)
Time:	Recited before sleeping.
Benefit:	Divine promise of pardon for unintentional mistakes.

Lesson 13: Patience and Firmness

رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَثَبِّتْ أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

Trans:	<i>Rabbana afrigh 'alayna sabran wa thabbit aqdamana wansurna 'alal-qawmil-kafireen.</i>
Mean:	Our Lord, pour upon us patience and plant firmly our feet and give us victory over the disbelieving people.
Ref:	Qur'an (Al-Baqarah 250)
Time:	During overwhelming hardship or confrontation.
Benefit:	Grants extraordinary emotional and spiritual endurance.

Lesson 14: Protection from Being a Trial

رَبَّنَا لَا تَجْعَلْنَا فِتْنَةً لِلَّذِينَ كَفَرُوا وَاعْفِرْ لَنَا رَبَّنَا إِنَّكَ أَنْتَ الْعَزِيزُ الْحَكِيمُ

Trans:	<i>Rabbana la taj'alna fitnatan lillatheena kafaroo waghfir lana rabbana innaka antal-azeezul-hakeem.</i>
Mean:	Our Lord, make us not [objects of] torment for the disbelievers and forgive us, our Lord. Indeed, it is You who is the Exalted in Might, the Wise.
Ref:	Qur'an (Al-Mumtahanah 5)
Time:	When facing oppression.
Benefit:	Protects faith from becoming a test for others.

Lesson 15: Righteous Family

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

Trans: *Rabbana hablana min azwajina wa dhurriyyatina qurrata a'yunin waj'alna lil-muttaqeenah imama.*

Mean: Our Lord, grant us from among our wives and offspring comfort to our eyes and make us an example for the righteous.

Ref: Qur'an (Al-Furqan 74)

Time: In daily prayers or prostration.

Benefit: Guarantees spiritual harmony within the household.

Lesson 16: Seeking Knowledge — The Only Increase Allah Commanded to Ask For

 **Heart-Hook:** Allah told His Messenger ﷺ to ask for nothing more — except more knowledge. Whisper it before every page you read.

رَبِّ زِدْنِي عِلْمًا

Trans: *Rabbi zidni 'ilma.*

Mean: My Lord, increase me in knowledge.

Ref: Qur'an (Ta-Ha 114)

Time: Before studying or reading.

Benefit: Unlocks beneficial understanding and wisdom.

Lesson 17: Easing of Tasks

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

Trans: *Rabbi-shrah li sadri, wa yassir li amri, wahlul 'uqdatan min lisani, yafqahoo qawli.*


Mean: My Lord, expand for me my breast [with assurance], ease for me my task, and untie the knot from my tongue that they may understand my speech.

Ref: Qur'an (Ta-Ha 25-28)

Time: Before public speaking, interviews, or difficult conversations.

Benefit: Removes anxiety and brings eloquence.

Lesson 18: Ultimate Reliance — Ibrahim's Fire-Cooler

 **Heart-Hook:** The same words that turned Ibrahim's fire into a garden. Whatever fire you walk into today — say it.

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

Trans: *Hasbunallahu wa ni'mal-wakeel.*

Mean: Sufficient for us is Allah, and [He is] the best Disposer of affairs.

Ref: Qur'an (Aal-Imran 173)

Time: When experiencing fear or facing powerful opposition.

Benefit: The same words spoken by Ibrahim (AS) in the fire.

Lesson 19: Acceptance of Deeds

رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ

Trans: *Rabbana taqabbal minna innaka antas-samee'ul-aleem.*

Mean: Our Lord, accept [this] from us. Indeed You are the Hearing, the Knowing.

Ref: Qur'an (Al-Baqarah 127)

Time: After completing any good deed (charity, salah, fasting).

Benefit: Ensures divine acceptance of our limited efforts.

Lesson 20: Neediness to Allah

رَبِّ إِنِّي لِمَا أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ فَقِيرٌ

Trans:	<i>Rabbi inni limaa anzalta ilayya min khayrin faqeer.</i>
Mean:	My Lord, indeed I am, for whatever good You would send down to me, in need.
Ref:	Qur'an (Al-Qasas 24)
Time:	When seeking provision, employment, or marriage.
Benefit:	The dua of Musa (AS) that brought him shelter, work, and a family.

Lesson 21: Deliverance from Oppressors

رَبِّ نَجِّنِي مِنَ الظَّالِمِينَ

Trans:	<i>Rabbi najjini minal-qawmil-zhalimeen.</i>
Mean:	My Lord, save me from the wrongdoing people.
Ref:	Qur'an (Al-Qasas 21)
Time:	When escaping harm or persecution.
Benefit:	Divine protection and extraction from toxic environments.

Lesson 22: Mercy and Right Guidance

رَبَّنَا آتِنَا مِنْ لَدُنْكَ رَحْمَةً وَهَيِّئْ لَنَا مِنْ أَمْرِنَا رَشَدًا

Trans: *Rabbana aatina min ladunka rahmatan wa hayyi' lana min amrina rashada.*

Mean: Our Lord, grant us from Yourself mercy and prepare for us from our affair right guidance.

Ref: Qur'an (Al-Kahf 10)

Time: When facing a situation with no clear way out.

Benefit: The dua of the Youth of the Cave; brings miraculous guidance.

Lesson 23: Gratitude for Blessings

رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ وَعَلَىٰ وَالِدَيَّ

Trans: *Rabbi awzi'ni an ashkura ni'matal-lati an'amta 'alayya wa 'ala walidayya.*

Mean: My Lord, enable me to be grateful for Your favor which You have bestowed upon me and upon my parents.

Ref: Qur'an (Al-Ahqaf 15)

Time: Upon reaching maturity or achieving success.

Benefit: Prevents arrogance and preserves blessings.

Lesson 24: Relief from Heavy Burdens

رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إِصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا

Trans:	<i>Rabbana wala tahmil 'alayna isran kama hamaltahu 'alal-latheena min qablina.</i>
Mean:	Our Lord, and lay not upon us a burden like that which You laid upon those before us.
Ref:	Qur'an (Al-Baqarah 286)
Time:	At night before sleeping.
Benefit:	Eases life's religious and worldly struggles.


Lesson 25: Call of the Overcome

أَنِّي مَغْلُوبٌ فَانْتَصِرْ

Trans:	<i>Anni maghloobun fantasir.</i>
Mean:	Indeed, I am overpowered, so help.
Ref:	Qur'an (Al-Qamar 10)
Time:	When utterly defeated by circumstances or enemies.
Benefit:	The dua of Nuh (AS) that opened the gates of heaven with rain.

Module 3: Prophetic Duas

Lesson 26: Refuge from Anxiety & Sorrow — For the Heavy Heart

 **Heart-Hook:** When sadness sits on your chest like stone — these words lift it. Try it tonight.

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ وَالْعَجْزِ وَالْكَسَلِ

Trans: *Allahumma inni a'udhu bika minal-hammi wal-hazan, wal-'ajzi wal-kasal.*

Mean: O Allah, I seek refuge in You from anxiety and sorrow, weakness and laziness.

Ref: Sahih Bukhari 2893

Time: Morning and Evening.

Benefit: Clears the mind of depression and restores motivation.

Lesson 27: Assistance in Worship

اللَّهُمَّ أَعْنِي عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ

Trans: *Allahumma a'inni 'ala dhikrika wa shukrika wa husni 'ibadatik.*

Mean: O Allah, help me remember You, to be grateful to You, and to worship You in an excellent manner.

Ref: Sunan Abi Dawud 1522

Time: After every obligatory prayer before standing up.

Benefit: A special gift the Prophet (PBUH) taught Mu'adh bin Jabal.

Lesson 28: Asking for Guidance and Piety

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْهُدَىٰ وَالتَّقَىٰ وَالعِفَافَ وَالعِزَّةَ


Trans:	<i>Allahumma inni as'alukal-huda wat-tuqa wal-'afafa wal-ghina.</i>
Mean:	O Allah, I ask You for guidance, piety, chastity, and self-sufficiency.
Ref:	Sahih Muslim 2721
Time:	During Sujud or anytime.
Benefit:	Secures all essential pillars of a wholesome life.

Lesson 29: Rectifying One's Affairs

اللَّهُمَّ أَصْلِحْ لِي دِينِي الَّذِي هُوَ عِصْمَةٌ لِمَا أُرِيدُ وَأَصْلِحْ لِي دُنْيَايَ الَّتِي فِيهَا
مَعَاشِي

Trans:	<i>Allahumma aslih li deeniyal-ladhi huwa 'ismatu amri, wa aslih li dunyaya allati fiha ma'ashi.</i>
Mean:	O Allah, rectify for me my religion which is the safeguard of my affairs, and rectify for me my world in which is my livelihood.
Ref:	Sahih Muslim 2720
Time:	When feeling disorganized or overwhelmed by life.
Benefit:	Brings balance between worldly pursuits and the Hereafter.

Lesson 30: Asking for Paradise — Paradise Prays Back

 **Heart-Hook:** Ask three times — and Paradise itself begins begging Allah for you. Imagine that.

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْجَنَّةَ وَأَعُوذُ بِكَ مِنَ النَّارِ

Trans:	<i>Allahumma inni as'alukal-jannah wa a'udhu bika minan-nar.</i>
Mean:	O Allah, I ask You for Paradise and I seek refuge in You from the Fire.
Ref:	Sunan Abi Dawud 792
Time:	In the final Tashahhud or generally 3 times a day.
Benefit:	Paradise itself prays for the person who asks for it three times.

Lesson 31: Seeking Complete Forgiveness

اللَّهُمَّ إِنَّكَ عَفُوٌّ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Trans:	<i>Allahumma innaka 'afuwun tuhibbul-'afwa fa'fu 'anni.</i>
Mean:	O Allah, You are forgiving and love forgiveness, so forgive me.
Ref:	Tirmidhi 3513
Time:	Laylat al-Qadr, or daily.
Benefit:	The best dua for the night of decree.

Lesson 32: Refuge from Four Evils

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عِلْمٍ لَا يَنْفَعُ وَمِنْ قَلْبٍ لَا يَخْشَعُ وَمِنْ نَفْسٍ لَا
تَشْبَعُ وَمِنْ دَعْوَةٍ لَا يُسْتَجَابُ لَهَا

Trans: *Allahumma inni a'udhu bika min 'ilmin la yanfa', wa min qalbin la yakhsha', wa min nafsin la tashba', wa min da'watin la yustajabu laha.*

Mean: O Allah, I seek refuge in You from knowledge that does not benefit, a heart that does not fear, a soul that is not satisfied, and a supplication that is not answered.

Ref: Sahih Muslim 2722

Time: Morning and after prayers.

Benefit: A comprehensive shield against spiritual stagnation.

Lesson 33: Refuge from Bad Character

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ مُنْكَرَاتِ الْأَخْلَاقِ وَالْأَعْمَالِ وَالْأَهْوَاءِ

Trans: *Allahumma inni a'udhu bika min munkaratil-akhlaqi wal-a'mali wal-ahwa'.*

Mean: O Allah, I seek refuge in You from evil character, evil actions, and evil desires.

Ref: Tirmidhi 3591

Time: Daily morning routine.

Benefit: Purifies inner self from corruption.

Lesson 34: A Sound Heart

اللَّهُمَّ إِنِّي أَسْأَلُكَ قَلْبًا سَلِيمًا

Trans:	<i>Allahumma inni as'aluka qalban saleema.</i>
Mean:	O Allah, I ask You for a sound heart.
Ref:	Qur'anic meaning inspired by Ash-Shu'ara 26:89 (not a traced hadith wording)
Time:	After Fajr.
Benefit:	The only thing that benefits on the Day of Judgment.

Lesson 35: Beneficial Knowledge

اللَّهُمَّ انْفَعْنِي بِمَا عَلَّمْتَنِي وَعَلِّمْنِي مَا يَنْفَعُنِي وَزِدْنِي عِلْمًا

Trans:	<i>Allahumma-nfa'ni bima 'allamtani, wa 'allimni ma yanfa'uni, wa zidni 'ilma.</i>
Mean:	O Allah, benefit me with what You have taught me, teach me what will benefit me, and increase me in knowledge.
Ref:	Ibn Majah 251
Time:	Before learning or teaching.
Benefit:	Aligns knowledge with practical application.

Lesson 36: Strong Faith

اللَّهُمَّ إِنِّي أَسْأَلُكَ إِيمَانًا لَا يَزْتَدُ وَنَعِيمًا لَا يَنْفَدُ

Trans: *Allahumma inni as'aluka eemanan la yartaddu, wa na'eeman la yanfadu.*

Mean: O Allah, I ask You for faith that does not turn back and bliss that does not end.

Ref: From the longer supplication in Musnad Ahmad 4340; also in Sahih Ibn Hibban 7067

Time: Sujood.

Benefit: Anchors the heart on the path of guidance.

Lesson 37: Refuge from Disbelief & Poverty

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ وَالْفَقْرِ وَعَذَابِ الْقَبْرِ

Trans: *Allahumma inni a'udhu bika minal-kufri wal-faqri wa 'adhabil-qabr.*

Mean: O Allah, I seek refuge in You from disbelief, poverty, and the punishment of the grave.

Ref: Sunan Abi Dawud 5090

Time: Morning & Evening (3 times).

Benefit: Comprehensive protection from worst worldly and afterlife trials.

Lesson 38: Best of This Life and Next

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ

Trans: *Allahumma inni as'alukal-'afwa wal-'afiyah, fid-dunya wal-akhirah.*

Mean: O Allah, I ask You for pardon and well-being in this world and the next.

Ref: Ibn Majah 3871

Time: Morning & Evening.

Benefit: A favourite supplication of the Prophet (PBUH).

Lesson 39: Strength of Resolve

اللَّهُمَّ إِنِّي أَسْأَلُكَ الثَّبَاتَ فِي الْأَمْرِ وَالْعَزِيمَةَ عَلَى الرَّشْدِ

Trans: *Allahumma inni as'alukath-thabata fil-amri, wal-'azimata 'alar-rushd.*

Mean: O Allah, I ask You for firmness in affairs and resolve in righteousness.

Ref: Tirmidhi 3407

Time: Beginning of any major undertaking.

Benefit: Removes hesitation and procrastination.

Lesson 40: Best Ending

اللَّهُمَّ أَحْسِنْ عَاقِبَتَنَا فِي الْأُمُورِ كُلِّهَا وَأَجِرْنَا مِنْ خِزْيِ الدُّنْيَا وَعَذَابِ
الْآخِرَةِ

Trans: *Allahumma ahsin 'aqibatana fil-umuri kulliha, wa ajirna min khizyid-dunya wa 'adhabil-akhirah.*

Mean: O Allah, give us the best ending in all affairs and protect us from disgrace in this world and punishment in the next.


Ref: Musnad Ahmad 17628; also narrated by Ibn Hibban and al-Tabarani

Time: After Witr or end of day.

Benefit: Secures a beautiful conclusion to every chapter of life.

Module 4: Prayer-Centered Duas

Lesson 41: Istiftah — The First Breath of Salah

 **Heart-Hook:** *The very first words after Takbir — don't rush them. They set the temperature of the entire prayer.*

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ

Trans: *Subhanaka Allahumma wa bihamdika, wa tabarakas-muka, wa ta'ala jadduka, wa la ilaha ghairuk.*

Mean: Glory is to You, O Allah, and praise; blessed is Your name and exalted is Your majesty; there is no god but You.

Ref: Abu Dawud 776

Time: After Takbir, before Surah Fatihah.

Benefit: Opens prayer with pure tawhid.

Lesson 42: Refuge Before Recitation

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

Trans: *A'udhu billahi minash-shaytanir-rajeem.*

Mean: I seek refuge with Allah from the accursed Satan.

Ref: An-Nahl 98

Time: Before reciting Qur'an.


Benefit: Removes whispers and aids concentration.

Lesson 43: Dua During Ruku'

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Trans:	<i>Subhana rabbiyal-'azeem.</i>
Mean:	Glory be to my Lord, the Magnificent.
Ref:	Abu Dawud 869
Time:	In every bowing (3+ times).
Benefit:	Glorifies Allah in the posture of humility.


Lesson 44: Sujood — The Closest You Will Ever Be

 **Heart-Hook:** Forehead on the ground — nothing between you and Him. Whisper your secrets here. He is listening.

سُبْحَانَ رَبِّيَ الْأَعْلَى

Trans:	<i>Subhana rabbiyal-a'la.</i>
Mean:	Glory be to my Lord, the Most High.
Ref:	Muslim 772
Time:	In every prostration.
Benefit:	The closest a slave is to his Lord is in sujood.

Lesson 45: Between Two Sujoods — Seven Gifts in One Pause

 **Heart-Hook:** Seven complete requests in one short sitting. Don't rush past this gold.

رَبِّ اغْفِرْ لِي وَارْحَمْنِي وَاهْدِنِي وَاجْبُرْنِي وَعَافِنِي وَارْزُقْنِي وَارْفَعْنِي

Trans: *Rabbighfir li, warhamni, wahdini, wajburni, wa 'afini, warzuqni, warfa'ni.*

Mean: My Lord forgive me, have mercy on me, guide me, repair me, grant me well-being, provide for me, and raise my rank.

Ref: Tirmidhi 284

Time: Sitting between the two prostrations.

Benefit: Seven complete requests in one short pause.

Lesson 46: Tashahhud

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ
وَبَرَكَاتُهُ

Trans: *At-tahiyyatu lillahi was-salawatu wat-tayyibat. As-salamu 'alayka ayyuhan-Nabiyyu wa rahmatullahi wa barakatuh...*

Mean: All greetings, prayers and pure words are for Allah. Peace be upon you, O Prophet, and Allah's mercy and blessings...

Ref: Bukhari 6265

Time: Middle and final sitting.

Benefit: Pillar of every formal prayer.

Lesson 47: Salawat — 100 Mercies Per Recitation

♥♥ **Heart-Hook:** Allah sends 100 mercies on the one who sends one salawat on His Beloved. Imagine 100 a day.

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى
آلِ إِبْرَاهِيمَ

Trans: *Allahumma salli 'ala Muhammadin wa 'ala ali Muhammadin, kama sallayta 'ala Ibrahim wa 'ala ali Ibrahim...*

Mean: O Allah, send blessings upon Muhammad and the family of Muhammad as You sent blessings upon Ibrahim and his family...

Ref: Bukhari 3370

Time: In final Tashahhud.

Benefit: Salutations on the Prophet (PBUH) — a guaranteed source of divine mercy.

Lesson 48: Four Refuges Before Salam

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ وَمِنْ عَذَابِ جَهَنَّمَ وَمِنْ فِتْنَةِ الْمَحْيَا
وَالْمَمَاتِ وَمِنْ شَرِّ فِتْنَةِ الْمَسِيحِ الدَّجَالِ

Trans: *Allahumma inni a'udhu bika min 'adhabil-qabri, wa min 'adhabi jahannam, wa min fitnatil-mahya wal-mamati, wa min sharri fitnatil-masihid-dajjal.*

Mean: O Allah, I seek refuge in You from the punishment of the grave, the punishment of Hell, the trials of life and death, and the trial of the False Messiah.

Ref: Muslim 588

Time: After final Tashahhud, before Salam.

Benefit: The Prophet (PBUH) commanded this dua before ending prayer.

Lesson 49: Forgiveness Within Prayer

اللَّهُمَّ إِنِّي ظَلَمْتُ نَفْسِي ظُلْمًا كَثِيرًا وَلَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ فَاعْفِرْ لِي
مَغْفِرَةً مِنْ عِنْدِكَ وَارْحَمْنِي

Trans: *Allahumma inni zalamtu nafsi zulman katheera, wa la yaghfirudh-dhunuba illa anta, faghfir li maghfiratan min 'indika warhamni...*

Mean: O Allah, I have wronged myself greatly, and no one forgives sins but You; forgive me with a forgiveness from Yourself and have mercy on me...

Ref: Bukhari 834

Time: Final Tashahhud.

Benefit: Taught by the Prophet (PBUH) to Abu Bakr (RA).

Lesson 50: Dua of Qunoot

اللَّهُمَّ اهْدِنِي فِيمَنْ هَدَيْتَ وَعَافِنِي فِيمَنْ عَافَيْتَ وَتَوَلَّنِي فِيمَنْ تَوَلَّيْتَ
وَبَارِكْ لِي فِي مَا أَعْطَيْتَ

Trans: *Allahumma-hdini fiman hadayt, wa 'afini fiman 'afayt, wa tawallani fiman tawallayt, wa barik li fima a'tayt...*

Mean: O Allah, guide me among those You have guided, grant me well-being among those You have granted well-being, take me as an ally among those You have taken as allies, and bless me in what You have given...

Ref: Tirmidhi 464

Time: Witr prayer.

Benefit: The most comprehensive Witr supplication taught to Al-Hasan ibn Ali (RA).

Lesson 51: After-Salam Dhikr (Istighfar x3)

أَسْتَغْفِرُ اللَّهَ، أَسْتَغْفِرُ اللَّهَ، أَسْتَغْفِرُ اللَّهَ، اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ
تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

Trans: *Astaghfirullah (x3). Allahumma antas-salamu wa minkas-salam, tabarakta ya dhal-jalali wal-ikram.*

Mean: I seek Allah's forgiveness (x3). O Allah, You are Peace and from You is peace; blessed are You, O Possessor of Majesty and Honor.

Ref: Muslim 591

Time: Immediately after Salam.

Benefit: Repairs the lapses of prayer.

Lesson 52: Ayat al-Kursi — Only Death Separates You From Paradise

🔥 **Heart-Hook:** Recite it after every fard — and nothing stands between you and Jannah except your final breath.

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ...

Trans:	<i>Allahu la ilaha illa huwal-hayyul-qayyum...</i>
Mean:	Allah — there is no deity except Him, the Ever-Living, the Sustainer of existence...
Ref:	Al-Baqarah 255; Nasa'i 9928
Time:	After every fard prayer.
Benefit:	Only death separates the reciter from Paradise.

Lesson 53: Tasbih Fatimah

سُبْحَانَ اللَّهِ (33×) الْحَمْدُ لِلَّهِ (33×) اللَّهُ أَكْبَرُ (34×)

Trans:	<i>SubhanAllah (x33), Alhamdulillah (x33), Allahu Akbar (x34).</i>
Mean:	Glory be to Allah / Praise be to Allah / Allah is Greatest.
Ref:	Muslim 596
Time:	After each obligatory prayer.
Benefit:	Forgives sins even if as much as foam of the sea.

Lesson 54: Three Quls After Prayer

قُلْ هُوَ اللَّهُ أَحَدٌ — قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ — قُلْ أَعُوذُ بِرَبِّ النَّاسِ

Trans: *Qul huwallahu ahad — Qul a'udhu bi rabbil-falaq — Qul a'udhu bi rabbin-nas.*

Mean: The three protective surahs: Ikhlas, Falaq, Nas.

Ref: Abu Dawud 1523

Time: After every prayer (x3 after Fajr & Maghrib).

Benefit: Sufficient protection from all harm.

Lesson 55: After Witr Affirmation

سُبْحَانَ الْمَلِكِ الْقُدُّوسِ

Trans: *Subhanal-malikel-qudoos.*

Mean: Glory be to the King, the Holy.


Ref: Nasa'i 1699

Time: 3 times after the Witr salam, last loud.

Benefit: Crowns the night with sanctification of Allah.

Module 5: Daily Routine Duas

Lesson 56: Waking Up — Resurrection Practice

 **Heart-Hook:** Every morning is a small resurrection. Speak to the One who returned your soul.

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

Trans: *Alhamdu lillahil-ladhi ahyana ba'da ma amatana wa ilayhin-nushoor.*


Mean: All praise is to Allah who gave us life after taking it, and to Him is the resurrection.

Ref: Bukhari 6314

Time: Immediately upon waking.

Benefit: Begins the day with awareness of Allah's mercy.

Lesson 57: Before Sleeping — The Small Death

 **Heart-Hook:** If these are the last words you ever say — they are enough. Sleep in tawakkul.

بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Trans: *Bismika Allahumma amootu wa ahya.*

Mean: In Your name, O Allah, I die and live.

Ref: Bukhari 6324

Time: Just before sleeping.

Benefit: Ends day in submission and tawakkul.

Lesson 58: Before Eating

بِسْمِ اللَّهِ

Trans: *Bismillah.* (If forgotten: *Bismillahi awwalahu wa akhirahu.*)

Mean: In the name of Allah.

Ref: Abu Dawud 3767

Time: Before any food or drink.

Benefit: Prevents Shaytan from sharing your meal.

Lesson 59: After Eating

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

Trans: *Alhamdu lillahil-ladhi at'amani hadha wa razaqaneehi min ghayri hawlin minni wa la quwwah.*

Mean: Praise be to Allah who has fed me this and provided it without any power or might from me.

Ref: Tirmidhi 3458

Time: After every meal.

Benefit: Forgiveness of past sins.

Lesson 60: Entering the Home

بِسْمِ اللَّهِ وَلَجْنَا وَبِسْمِ اللَّهِ خَرَجْنَا وَعَلَى اللَّهِ رَبِّنَا تَوَكَّلْنَا

Trans: *Bismillahi walajna, wa bismillahi kharajna, wa 'alallahi rabbina tawakkalna.*

Mean: In the name of Allah we enter, in the name of Allah we leave, and upon Allah our Lord we rely.

Ref: Abu Dawud 5096

Time: Upon entering the house.

Benefit: Blessings and peace in the home.

Lesson 61: Leaving the Home

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Trans: *Bismillah, tawakkaltu 'alallah, wa la hawla wa la quwwata illa billah.*

Mean: In the name of Allah, I rely on Allah; there is no power or might except with Allah.

Ref: Tirmidhi 3426

Time: Upon leaving the house.

Benefit: Guidance, sufficiency, and protection from Shaytan.

Lesson 62: Entering the Bathroom

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ

Trans: *Allahumma inni a'udhu bika minal-khubuthi wal-khaba'ith.*

Mean: O Allah, I seek refuge in You from male and female evil spirits.

Ref: Bukhari 142

Time: Before entering the restroom.

Benefit: Protection from impure spirits.

Lesson 63: Exiting the Bathroom

غُفْرَانَكَ

Trans: *Ghufranak.*

Mean: I seek Your forgiveness.

Ref: Tirmidhi 7

Time: Upon leaving the restroom.

Benefit: Acknowledgement of dependence even in bodily relief.

Lesson 64: Before Wudu

بِسْمِ اللَّهِ

Trans: *Bismillah.*


Mean: In the name of Allah.

Ref: Abu Dawud 101

Time: Before performing ablution.

Benefit: Validates and blesses the act of purification.

Lesson 65: After Wudu — Eight Gates Open For You

 **Heart-Hook:** *Water on your skin. Words on your tongue. Eight doors of Paradise open at the same instant.*

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ
وَرَسُولُهُ

Trans: *Ashhadu an la ilaha illallah wahdahu la sharika lah, wa ashhadu anna Muhammadan 'abduhu wa rasuluh.*

Mean: I bear witness that there is no god but Allah alone, and that Muhammad is His servant and messenger.

Ref: Muslim 234

Time: Right after completing wudu.

Benefit: All eight gates of Paradise are opened.

Lesson 66: Entering the Masjid

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Trans:	<i>Allahumma-ftah li abwaba rahmatik.</i>
Mean:	O Allah, open for me the gates of Your mercy.
Ref:	Muslim 713
Time:	Stepping in with right foot.
Benefit:	Invites mercy to descend with each visit.

Lesson 67: Leaving the Masjid

اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

Trans:	<i>Allahumma inni as'aluka min fadlik.</i>
Mean:	O Allah, I ask You from Your bounty.
Ref:	Muslim 713
Time:	Stepping out with left foot.
Benefit:	Connects worship with provision in worldly life.

Lesson 68: Riding/Traveling

سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ وَإِنَّا إِلَى رَبِّنَا لَمُنْقَلِبُونَ

Trans: Subhanal-ladhi sakhkhara lana hadha wa ma kunna lahu muqrineen, wa inna ila rabbina lamunqaliboon.

Mean: Glory to Him who subjected this for us, while we could not have done so; and to our Lord we shall surely return.

Ref: Az-Zukhruf 13-14; Muslim 1342

Time: When boarding any vehicle.

Benefit: Safety in travel and remembrance of the final journey.

Module 6: Family & Relationship Duas

Lesson 69: Spouse & Offspring Coolness

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ

Trans: Rabbana hablana min azwajina wa dhurriyyatina qurrata a'yun.

Mean: Our Lord, grant us from our spouses and offspring comfort to our eyes.

Ref: Al-Furqan 74

Time: After every prayer.

Benefit: Builds righteous households.

Lesson 70: For Parents — The Dua That Outlives You

📖 **Heart-Hook:** They held your tiny hand. Now hold their souls in your dua — even after they are gone.

رَبِّ اَرْحَمُهُمَا كَمَا رَبَّيَانِي صَغِيرًا

Trans:	<i>Rabbir-hamhuma kama rabbayani saghira.</i>
Mean:	My Lord, have mercy upon them as they brought me up [when I was] small.
Ref:	Al-Isra 24
Time:	Daily, especially after Fajr.
Benefit:	Continual reward of dutifulness to parents.

Lesson 71: Forgiveness for Family & Believers

رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ

Trans:	<i>Rabbana-ghfir li wa li-walidayya wa lil-mu'mineena yawma yaqumul-hisab.</i>
Mean:	Our Lord, forgive me, my parents, and the believers on the Day of Reckoning.
Ref:	Ibrahim 41
Time:	After Witr.
Benefit:	Universal mercy and reward by association.

Lesson 72: Marriage Blessings

بَارَكَ اللَّهُ لَكَ وَبَارَكَ عَلَيْكَ وَجَمَعَ بَيْنَكُمَا فِي خَيْرٍ


Trans:	<i>Barakallahu laka wa baraka 'alayka, wa jama'a baynakuma fi khayr.</i>
Mean:	May Allah bless you, send blessings upon you, and unite you both in goodness.
Ref:	Abu Dawud 2130
Time:	Congratulating newlyweds.
Benefit:	Brings barakah to the marriage.

Lesson 73: For Righteous Offspring

رَبِّ هَبْ لِي مِنْ لَدُنْكَ ذُرِّيَّةً طَيِّبَةً إِنَّكَ سَمِيعُ الدُّعَاءِ

Trans:	<i>Rabbi hab li min ladunka dhurriyyatan tayyibah, innaka samee'ud-du'a.</i>
Mean:	My Lord, grant me from Yourself good offspring. Indeed, You are the Hearer of supplication.
Ref:	Aal-Imran 38
Time:	For those seeking children.
Benefit:	The dua of Zakariyya (AS) answered with Yahya (AS).

Lesson 74: Protection for Children — Ibrahim's Shield

 **Heart-Hook:** The same words Ibrahim (AS) used over Isma'il and Ishaq. Whisper them over your sleeping children tonight.

أَعِيذُكُمْ بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ كُلِّ شَيْطَانٍ وَهَامَّةٍ وَمِنْ كُلِّ عَيْنٍ لَامَّةٍ

Trans: U'eedhukuma bi-kalimatillahit-tammah, min kulli shaytanin wa hammah, wa min kulli 'aynin lammah.

Mean: I seek refuge for you both in the perfect words of Allah from every devil, every poisonous creature, and every evil eye.

Ref: Bukhari 3371

Time: Over children at night.

Benefit: Ibrahim (AS) used this for Isma'il and Ishaq.

Lesson 75: For a Sick Relative

أَسْأَلُ اللَّهَ الْعَظِيمَ رَبَّ الْعَرْشِ الْعَظِيمِ أَنْ يَشْفِيكَ

Trans: As'alullahal-'azheem, rabbal-'arshil-'azheem, an yashfiyak.

Mean: I ask Allah the Magnificent, Lord of the Magnificent Throne, to heal you.

Ref: Abu Dawud 3106

Time: Visiting the sick (7 times).

Benefit: Cure of any non-terminal illness.

Lesson 76: Reconciliation Between Hearts

اللَّهُمَّ أَلِّفْ بَيْنَ قُلُوبِنَا وَأَصْلِحْ ذَاتَ بَيْنِنَا وَاهْدِنَا سُبُلَ السَّلَامِ

Trans:	<i>Allahumma allif bayna quloobina wa aslih dhata baynina, wahdina subulas-salam.</i>
Mean:	O Allah, unite our hearts, rectify our affairs, and guide us to the paths of peace.
Ref:	Sunan Abi Dawud 969 (excerpt from a longer prayer)
Time:	Within prayer or during family disputes.
Benefit:	Heals divided households and communities.

Lesson 77: Love for Brothers/Sisters

اللَّهُمَّ إِنِّي أَحِبُّهُ فَيَكُ فَيَكُ فَأَحِبَّهُ كَمَا أَحَبَبْتُهُ فَيَكُ

Trans:	<i>Allahumma inni uhibbuhu feeka, fa-ahibbahu kama ahbabtuhu feek.</i>
Mean:	O Allah, I love him for Your sake; love him as I love him for Your sake.
Ref:	Abu Dawud 5125
Time:	When informing a brother/sister of love.
Benefit:	Strengthens spiritual bonds.

Lesson 78: Greeting with Peace

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

Trans: *As-salamu 'alaykum wa rahmatullahi wa barakatuh.*

Mean: Peace be upon you, and Allah's mercy and blessings.

Ref: Abu Dawud 5195

Time: Whenever meeting a Muslim.

Benefit: Thirty rewards for the complete greeting.

Lesson 79: Returning Favor

جَزَاكَ اللَّهُ خَيْرًا

Trans: *JazakAllahu khayra.*

Mean: May Allah reward you with goodness.

Ref: Tirmidhi 2035

Time: When thanking someone.

Benefit: The perfect expression of gratitude.

Lesson 80: Sustaining Family Bond

اللَّهُمَّ بَارِكْ لَنَا فِي أَهْلِنَا وَوَلَدِنَا

Trans: *Allahumma barik lana fi ahlina wa waladina.*

Mean: O Allah, bless us in our family and in our children.


Ref: General family supplication wording (no specific hadith source traced)

Time: Weekly family gatherings.

Benefit: Preserves love and bonding within the family.

Module 7: Hardship & Protection Duas

Lesson 81: Dua of Distress — When You Cannot Find Words

 **Heart-Hook:** *The Prophet's ﷺ go-to dua when his heart was crushed. Borrow his words — they will hold you.*

لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ لَا إِلَهَ إِلَّا اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ

Trans: *La ilaha illallahul-'azheemul-haleem, la ilaha illallahu rabbul-'arshil-'azheem...*


Mean: There is no god but Allah, the Magnificent, the Forbearing; there is no god but Allah, Lord of the Magnificent Throne...

Ref: Bukhari 6346

Time: In severe distress.

Benefit: The Prophetic dua for moments of crisis.

Lesson 82: When Afflicted — The Replacement Promise

 **Heart-Hook:** Allah promised: whoever says this at the moment of loss gets something better in return.

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ اللَّهُمَّ أَجْزِنِي فِي مُصِيبَتِي وَأَخْلِفْ لِي خَيْرًا
مِنْهَا

Trans: *Inna lillahi wa inna ilayhi raji'oon. Allahumma'jurni fi museebati, wa akhliflee khayran minha.*

Mean: To Allah we belong and to Him we return. O Allah, reward me in this calamity and replace it with something better.

Ref: Muslim 918

Time: Upon any loss.

Benefit: Allah gives something better in return.

Lesson 83: Refuge from Evil Eye

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

Trans: *A'udhu bi-kalimatillahit-tammati min sharri ma khalaq.*

Mean: I seek refuge in the perfect words of Allah from the evil of what He has created.

Ref: Muslim 2708

Time: Evening (3 times).

Benefit: Nothing in that location can harm the reciter.

Lesson 84: Bismillahil-ladhi — Your Daily Invisible Armor

✨ **Heart-Hook:** *Three times morning, three times evening — and nothing in heaven or earth can harm you that day.*

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

Trans: *Bismillāhi-l-ladhī lā yaḍurru ma‘as-mihi shay’un fil-arḍi wa lā fis-samā’i
wa Huwa-s-Samī‘ul-‘Alīm.*

Mean: In the name of Allah with whose name nothing on earth or in the heavens can cause harm; He is the Hearing, the Knowing.

Ref: Tirmidhi 3388

Time: Morning & Evening (3 times).

Benefit: Nothing will harm the reciter.

Lesson 85: Protection from Debt

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ وَالْعَجْزِ وَالْكَسَلِ وَالْبُخْلِ وَالْجُبْنِ
وَضَلَعِ الدَّيْنِ وَغَلَبَةِ الرِّجَالِ

Trans: *Allahumma inni a'udhu bika minal-hammi wal-hazan, wal-'ajzi wal-kasal, wal-bukhli wal-jubn, wa dala'id-dayni wa ghalabatir-rijal.*

Mean: O Allah, I seek refuge in You from anxiety, sorrow, weakness, laziness, miserliness, cowardice, the burden of debt, and being overpowered by men.

Ref: Bukhari 6369

Time: Morning & Evening.

Benefit: Comprehensive protection from financial and psychological burdens.

Lesson 86: Pain Relief

بِسْمِ اللَّهِ (3×) أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاذِرُ (7×)

Trans: *Bismillah (x3). A'udhu billahi wa qudratihi min sharri ma ajidu wa uhadhir (x7).*

Mean: In the name of Allah (3x). I seek refuge in Allah and His Power from the evil of what I feel and fear (7x).

Ref: Muslim 2202

Time: Placing hand on site of pain.

Benefit: Direct Prophetic ruqyah for any pain.

Lesson 87: Refuge from Fitan

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ مَا عَمِلْتُ وَمِنْ شَرِّ مَا لَمْ أَعْمَلْ

Trans: *Allahumma inni a'udhu bika min sharri ma 'amiltu wa min sharri ma lam a'mal.*


Mean: O Allah, I seek refuge in You from the evil of what I have done and the evil of what I have not done.

Ref: Muslim 2716

Time: After Witr.

Benefit: Shields from both committed and prospective sins.

Lesson 88: Ya Muqallibal-Quloob — The Prophet's Most Frequent Dua

 **Heart-Hook:** *Hearts turn like leaves in the wind. Only the One who turns them can keep yours steady. Beg Him often.*

يَا مُقَلِّبَ الْقُلُوبِ ثَبِّتْ قَلْبِي عَلَى دِينِكَ

Trans: *Ya Muqallibal-quloob, thabbit qalbi 'ala deenik.*

Mean: O Turner of hearts, keep my heart firm upon Your religion.

Ref: Tirmidhi 2140

Time: Frequently throughout the day.

Benefit: The Prophet (PBUH) recited this most often.

Lesson 89: Refuge from Loss of Blessing

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ زَوَالِ نِعْمَتِكَ وَتَحَوُّلِ عَافِيَتِكَ وَفُجَاءَةِ نِقْمَتِكَ
وَجَمِيعِ سَخَطِكَ

Trans: *Allahumma inni a'udhu bika min zawali ni'matik, wa tahawwuli 'afiyatik, wa fuja'ati niqmatik, wa jami'i sakhatik.*

Mean: O Allah, I seek refuge in You from the loss of Your blessing, the changing of Your well-being, the sudden onset of Your wrath, and all of Your displeasure.

Ref: Muslim 2739

Time: Daily.

Benefit: Preserves blessings already granted.

Lesson 90: Refuge from Dajjal

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ فِتْنَةِ الْمَسِيحِ الدَّجَالِ

Trans: *Allahumma inni a'udhu bika min fitnatil-masihid-dajjal.*

Mean: O Allah, I seek refuge in You from the trial of the False Messiah.

Ref: Bukhari 1377

Time: Last Tashahhud and daily.

Benefit: Protection from the greatest end-times trial.

Module 8: Rizq, Knowledge & Husnul Khatimah

Lesson 91: For Lawful Provision — The Mountain-Sized Debt Erased

💰 **Heart-Hook:** Even a mountain of debt? The Prophet ﷺ said this dua dissolves it.
Recite when your wallet feels empty.

اللَّهُمَّ اكْفِنِي بِحَلَالِكَ عَنْ حَرَامِكَ وَأَغْنِنِي بِفَضْلِكَ عَمَّنْ سِوَاكَ

Trans: *Allahumma-kfini bi-halalika 'an haramik, wa aghnini bi-fadlika 'amman siwak.*

Mean: O Allah, suffice me with what is lawful from what is unlawful, and enrich me with Your bounty from depending on others.

Ref: Tirmidhi 3563

Time: In moments of financial dependency.

Benefit: Even a mountain of debt is settled.

Lesson 92: For Wide Provision

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا وَرِزْقًا طَيِّبًا وَعَمَلًا مُتَقَبَّلًا

Trans: *Allahumma inni as'aluka 'ilman nafi'an wa rizqan tayyiban wa 'amalan mutaqabbala.*

Mean: O Allah, I ask You for beneficial knowledge, wholesome provision, and accepted deeds.

Ref: Ibn Majah 925

Time: After Fajr.

Benefit: Encompasses the three essentials of a successful life.

Lesson 93: For Wealth with Barakah

اللَّهُمَّ بَارِكْ لَنَا فِيْمَا رَزَقْتَنَا وَقِنَا عَذَابَ النَّارِ

Trans: *Allahumma barik lana feema razaqtana, wa qina 'adhaban-nar.*

Mean: O Allah, bless us in what You have provided us and protect us from the punishment of the Fire.

Ref: General supplication wording (no specific hadith source traced)

Time: After receiving income.

Benefit: Multiplies the spiritual return of every dirham.

Lesson 94: For Knowledge & Wisdom

رَبِّ هَبْ لِي حُكْمًا وَأَلْحِقْنِي بِالصَّالِحِينَ

Trans: *Rabbi hab li hukman wa alhiqni bis-saliheen.*

Mean: My Lord, grant me wisdom and join me with the righteous.

Ref: Ash-Shu'ara 83

Time: Before decisions.

Benefit: Sound judgment and good company.

Lesson 95: For Useful Memory

اللَّهُمَّ ذَكِّرْنِي مَا نَسِيتُ وَعَلِّمْنِي مَا جَهِلْتُ

Trans: *Allahumma dhakkirni ma naseet, wa 'allimni ma jahilt.*

Mean: O Allah, remind me of what I have forgotten, and teach me what I do not know.

Ref: General study supplication wording (no specific hadith source traced)

Time: Before exams and study.

Benefit: Unlocks recall and learning capacity.

Lesson 96: For Good Health

اللَّهُمَّ عَافِنِي فِي بَدَنِي اللَّهُمَّ عَافِنِي فِي سَمْعِي اللَّهُمَّ عَافِنِي فِي بَصَرِي

Trans: *Allahumma 'afini fi badani, Allahumma 'afini fi sam'i, Allahumma 'afini fi basari.*

Mean: O Allah, grant me well-being in my body, in my hearing, in my sight.

Ref: Abu Dawud 5090

Time: Morning & Evening (3 times).

Benefit: Preserves the body for worship.

Lesson 97: To Die on Islam — Yusuf's Last Wish

 **Heart-Hook:** Yusuf (AS) had everything — yet his only request at the peak was a Muslim death. Match his ambition.

تَوَفَّنِي مُسْلِمًا وَأَلْحِقْنِي بِالصَّالِحِينَ

Trans: *Tawaffani musliman wa alhiqni bis-saliheen.*

Mean: Cause me to die a Muslim and join me with the righteous.

Ref: Yusuf 101

Time: After every prayer.

Benefit: The dua of Yusuf (AS) for a beautiful ending.

Lesson 98: For Beautiful Final Words

اللَّهُمَّ اجْعَلْ خَيْرَ عُمْرِي آخِرَهُ وَخَيْرَ عَمَلِي خَوَاتِيمَهُ وَخَيْرَ أَيَّامِي يَوْمَ
الْقَاكَ

Trans: *Allahumma-j'al khayra 'umuri akhirahu, wa khayra 'amali khawatimahu, wa khayra ayyami yawma alqak.*


Mean: O Allah, make the best of my life its end, the best of my actions their conclusions, and the best of my days the day I meet You.

Ref: Athar of Abu Bakr in Musannaf Ibn Abi Shaybah 30124

Time: General personal dua, especially near the close of deeds.

Benefit: Secures a beautiful end with Allah.

Lesson 99: La ilaha illallah — The Sentence That Opens Paradise

 **Heart-Hook:** *Whoever's last breath carries these four words enters Paradise. Live every day rehearsing the line that ends your story beautifully.*

لَا إِلَهَ إِلَّا اللَّهُ

Trans: *La ilaha illallah.*

Mean: There is no god but Allah.

Ref: Abu Dawud 3116

Time: The desired final utterance in life.

Benefit: Whoever's last words are La ilaha illallah enters Paradise.

Lesson 100: Husnul Khatimah — The Crown of the Hundred Hours

👑 **Heart-Hook:** *One hundred hours. One hundred duas. One single hope — that He calls you home while you are pleased with Him, and He with you.*

اللَّهُمَّ إِنِّي أَسْأَلُكَ حُسْنَ الْخَاتِمَةِ

Trans:	<i>Allahumma inni as'aluka husnal-khatimah.</i>
Mean:	O Allah, I ask You for a beautiful ending.
Ref:	General supplication for a good ending (no specific hadith source traced)
Time:	Daily personal dua; the seal of the 100-Hour Program.
Benefit:	The crown of all duas — closes the 100 lessons with the dua for a worthy departure.

اعْمَلْ

"Act — for Allah will see your deeds, and so will His Messenger and the believers." (At-Tawbah 9:105)

PART 2 — WORKOUT EDITION

Reading without action is a lamp without oil. Here, the duas leave the page and enter your day — your tongue, your heart, your every transition.

The Workout Philosophy

The Workout Edition converts the 100 lessons into actionable daily drills. Each drill follows a four-step rhythm: **Trigger** → **Recite** → **Repeat** → **Checkpoint**. Print this section and place it where your daily routine happens (bedside, prayer mat, car dashboard, desk).

1. Trigger

An existing habit anchor (wake-up, post-wudu, post-salam).

2. Recite

Arabic with full focus; transliteration acceptable for beginners.

3. Repeat

3, 7, 33 or 100 times per the drill specification.

4. Checkpoint

One-line reflection: presence of heart, meaning understood, anchored.

Drill 1 · Tawhid & Istighfar (Lessons 1–10)

Morning Forgiveness Anchor

Trigger: Right after Fajr salam.

Action: Sayyid al-Istighfar ×1, then Astaghfirullah ×100, then La hawla wa la quwwata illa billah ×10.

Repetition Track: ○○○○○○○○ (7 days)

Checkpoint: Did I mean "I acknowledge Your favor upon me"?

Drill 2 · Qur'anic Duas (Lessons 11–25)

In-Salah Power Block

Trigger: Final sitting of every fard salah.

Action: Recite Rabbana atina fid-dunya hasanah + Rabbi zidni 'ilma + Hasbunallahu wa ni'mal-wakeel.

Repetition Track: ○ ○ ○ ○ ○ (5 prayers daily)

Checkpoint: Did I pause and reflect on "good in both worlds"?

Drill 3 · Prophetic Duas (Lessons 26–40)

Sujood Sprint

Trigger: Last sujood of any salah.

Action: Allahumma inni a'udhu bika minal-hammi wal-hazan... + Allahumma a'inni 'ala dhikrika.

Repetition Track: ○ ○ ○ (3 sujoods)

Checkpoint: Did I feel the closeness Allah promises in sujood?

Drill 4 · Prayer-Centered Duas (Lessons 41–55)

Salah Quality Loop

Trigger: Every salah.

Action: Istiftah → 3x Ruku tasbih → 3x Sujood tasbih → Tashahhud → Salat al-Ibrahimiyyah → 4 refuges.

Repetition Track: ○○○○○ (full set per salah)

Checkpoint: Did I rush, or were my postures unhurried?

Drill 5 • Daily Routine Duas (Lessons 56–68)

Day-In-A-Loop Drill

Trigger: Each life transition: waking, eating, leaving home, restroom, masjid, sleep.

Action: Match every transition with its dua from Module 5.

Repetition Track: ○○○○○○○○○ (8 anchors / day)

Checkpoint: Did I forget any transition today? Mark it.

Drill 6 • Family & Relationships (Lessons 69–80)

Family Bond Block

Trigger: Right after Maghrib, before family time.

Action: Rabbi-rhamhuma + Rabbana hablana min azwajina + protection over children.

Repetition Track: ○ ○ ○ (3 nights/week minimum)

Checkpoint: Did I speak softly to my family after this dua?

Drill 7 · Hardship & Protection (Lessons 81–90)

Shield Drill

Trigger: Morning & Evening, plus any moment of stress.

Action: Bismillāhi-Iladhī lā yaḍurru ma‘as-mihi shay’un fil-arḍi wa lā fis-samā’i wa Huwa-s-Samī‘ul-‘Alīm ×3 + A‘udhu bi-kalimatillahit-tammati min sharri ma khalaq ×3 + Ya Muqallibal-quloob, thabbit qalbi ‘ala deenik.

Repetition Track: ○ ○ (morning + evening)

Checkpoint: Did I feel the calm of being shielded?

Drill 8 · Rizq & Husnul Khatimah (Lessons 91–100)

Closing Drill

Trigger: Before sleeping each night.

Action: Allahumma-kfini bi-halalik + Allahumma inni as'aluka 'ilman nafi'an + Allahumma inni as'aluka husnal-khatimah.

Repetition Track: ○○○○○○○○ (every night)

Checkpoint: Did I review the day, ask forgiveness, and aim for a good ending?

WORKOUT MAP

Daily 100-Hour Workout Calendar

This calendar turns the entire manual into a visible journey. Every week has a focus, every focus has a drill, and every drill brings the heart one step closer to steadiness.

WEEK	MODULE FOCUS	LESSONS	DAILY DRILL	HOURS
1	Tawhid & Istighfar	1–10	Drill 1	10
2	Qur'anic Duas	11–25	Drill 2	15
3	Prophetic Duas	26–40	Drill 3	15
4	Prayer-Centered Duas	41–55	Drill 4	15
5	Daily Routine Duas	56–68	Drill 5	13

WEEK	MODULE FOCUS	LESSONS	DAILY DRILL	HOURS
6	Family & Relationships	69–80	Drill 6	12
7	Hardship & Protection	81–90	Drill 7	10
8	Rizq & Husnul Khatimah	91–100	Drill 8	10

Total: 100 Hours · 8 Weeks

Repetition Tracker (Print Template)

Mark a circle after each successful mindful recitation. 50 circles = one mastered repetition cycle.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

EXECUTION BLUEPRINT

8-Week Implementation Plan

If the calendar shows the map, this plan shows the mindset. Read, act, repeat, and let each week leave a visible mark on your speech, salah, and inner life.

WEEK	READING FOCUS	WORKOUT FOCUS	GOAL
1	Module 1 — Tawhid	Drill 1	Foundation of tawbah.
2	Module 2 — Qur'anic	Drill 2	Anchor Qur'anic duas in salah.
3	Module 3 — Prophetic	Drill 3	Embed Sunnah duas.
4	Module 4 — Prayer	Drill 4	Upgrade khushu in salah.
5	Module 5 — Routine	Drill 5	Cover every transition with dhikr.
6	Module 6 — Family	Drill 6	Bring barakah to the home.
7	Module 7 — Protection	Drill 7	Establish daily spiritual shield.
8	Module 8 — Rizq	Drill 8	Seal with Husnul Khatimah.

أَجْرٌ كَرِيمٌ

"A noble reward." (Ya-Sin 36:11) — What awaits the one who calls upon his Lord.

PART 3 — REWARDS & SPIRITUAL GAINS

Every breath you spend in dhikr is a deposit in a bank that never closes.
Here is what Allah pays back — daily, weekly, eternally.

What You Gain Daily — The Tangible Iman Dividend

Each daily practice from the 100-Hour System produces a measurable increase in purity of heart (*tazkiyah*), strength of faith (*iman*), and stored hereafter reward (*hasanat*). The figures below are based on authentic Prophetic narrations on the reward of dhikr and dua. They are spiritual indicators — not promises — meant to motivate consistency.



100×

Subhanallahi wa bihamdihi

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

Sins forgiven even if they were like the foam of the sea.

 Bukhari 6405



100×

La ilaha illallah wahdahu...

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ

= Freeing **10 slaves** + **100 good deeds** + **100 sins erased** + a shield from Shaytan all day.

 Bukhari 3293



100×

Astaghfirullah

أَسْتَغْفِرُ اللَّهَ

Anxieties relieved, rizq from unexpected sources, doors opened from every constraint.

📖 Abu Dawud 1518

★ CROWN JEWEL



1× + 1×

Sayyid al-Istighfar

Master of all forgiveness duas — morning & evening

Guaranteed Paradise if you die that day or night with certainty in it.

📖 Bukhari 6306



∞ Often

La hawla wa la quwwata illa billah

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

A treasure from the treasures of Paradise.

📖 Bukhari 6384



33/33/34 · 5×

Tasbih Fatimah

After every fard salah

All sins forgiven — even if they were like the foam of the sea.

📖 Muslim 597

👑 THRONE VERSE



5×/day

Ayat al-Kursi (after fard)

آيَةُ الْكُرْسِيِّ

Only death separates the reciter from Paradise.

📖 Nasa'i 9928



3× / 3×

Three Quls

Ikhlas · Falaq · Nas — morning & evening

Sufficient protection from every harm, morning to evening.

📖 Abu Dawud 5082



10×

Salat al-Ibrahimiyyah

Salawat on the Prophet ﷺ

Allah sends **100 mercies** on you,
raises **10 ranks**, erases **10 sins**.

📖 Nasa'i 1297



3× / 3×

Bismillahil-ladhi la yadurru...

The invisible armor — morning & evening

Nothing on earth or in the heavens will harm you that day or night.

📖 Tirmidhi 3388



3×

Asking Paradise & Refuge from Hell

Allahumma inni as'aluka al-jannah...

Paradise itself prays for you. Hell itself seeks refuge from you.

📖 Tirmidhi 2572



Do all eleven daily — and by the mercy of Allah, every single day you carry: **a Paradise guarantee, a sea-foam of forgiveness, 100 mercies, 10 raised ranks, an unbreakable shield, and the prayer of Paradise itself calling your name.**

— THE DAILY IMAN DIVIDEND —

The Daily Iman Dividend — At-a-Glance

If you complete the full daily 100-Hour routine, here is what is deposited into your spiritual account every single day, by the mercy of Allah:

+1,000

Good Deeds Earned

From Tasbih, Tahmid, Takbir, Tahlil, and the 100× dhikr cycles.

-1,000

Sins Erased

Every dhikr cycle wipes equivalent minor sins from your record.

+100

Mercies Descend

From a single sincere Salat al-Ibrahimiyyah (×10/day).

+10

Ranks Raised

In Paradise — per sincere salawat cycle.

×24

Protection Layers

Morning + evening adhkar = 24-hour spiritual shield.

∞

Doors of Mercy

Continuous istighfar & salawat are unending streams of rahmah.

HEART TRANSFORMATION

Purity & Iman Progression — Week by Week

This is the emotional arc of the program: not just more recitation, but more softness, more steadiness, more remembrance, and more life in the heart.

WEEK	STAGE	IMAN YIELD	HEART YIELD
1	Awakening	Forgiveness becomes a habit.	Lightness on the chest.
2	Anchoring	Qur'an's voice begins to live in you.	Sweetness in salah.
3	Embedding	Sunnah duas replace small talk.	Peace in solitude.
4	Refinement	Khushu becomes default in salah.	Tears flow naturally.
5	Saturation	Every transition triggers dhikr.	Heart stops drifting.
6	Radiance	Family begins to imitate your habits.	Barakah visible in home.
7	Shielding	Fitan no longer shake you.	Stable inner state.
8	Sealing	You live for Husnul Khatimah.	A clean heart (qalb saleem).

إِسْتِقَامٌ

"Be steadfast as you have been commanded." (Hud 11:112) — Consistency is the secret of every saint.

PART 4 — USER GUIDE

Knowing the duas is half. Living them is the rest. This guide tells you exactly how — counts, times, triggers, and the three tiers of practice.

How to Use This Master Pack

1. **Begin with intention (niyyah):** Recite *Allahumma ighfir li wa thabbitni 'ala dhikrika* before each session.
2. **One hour per lesson:** 1 lesson × 1 hour × 100 days = full mastery cycle.
3. **Use the Reading Edition** for understanding: read the Arabic, transliteration, translation, reference, time, and benefit.
4. **Use the Workout Edition** for action: anchor each dua to a real-life trigger and apply the repetition count.
5. **Track on the Repetition Tracker:** fill one circle per mindful cycle of 50.
6. **Review weekly:** revisit the previous week's lessons every Friday before Jumu'ah.

DAILY DHIKR LADDER

Recommended Daily Counts (Sunnah-Calibrated)

Do not let the size of the table intimidate you. Start where you can, stay consistent, and let the eye instantly recognize the path from beginner to intermediate to Sunnah ideal.

DUA / DHIKR	BEGINNER	INTERMEDIATE	SUNNAH IDEAL
Astaghfirullah	33	70	100
Sayyid al-Istighfar	1 morning	1 + 1	1 + 1
SubhanAllahi wa bihamdihi	33	70	100
La ilaha illallah wahdahu...	10	33	100
La hawla wa la quwwata illa billah	10	33	100
Salawat (Salat al-Ibrahimiyyah)	10	50	100
Tasbih Fatimah (33/33/34)	After 1 salah	After 3 salah	After every fard ×5
Three Quls (Ikhlas, Falaq, Nas)	1× / 1×	3× / 3×	3× morning, 3× evening

DUA / DHIKR	BEGINNER	INTERMEDIATE	SUNNAH IDEAL
Ayat al-Kursi	After 1 salah	After 3 salah	After every fard + sleep
Bismillahil-ladhi la yadurru	1× / 1×	3× / 3×	3× morning, 3× evening
Ya Muqallibal-quloob	3	10	Frequently
Allahumma a'inni 'ala dhikrika...	1×	After 3 salah	After every fard
Rabbi-rhamhuma (for parents)	1×	3×	After every salah
Allahumma inni as'aluka al-jannah...	1×	3×	3× morning, 3× evening

MODEL DAY

A Day in the 100-Hour System — Sample Schedule

This schedule is written to feel easy to follow at a glance. The goal is not pressure. The goal is rhythm — a day stitched together with remembrance until dhikr becomes the atmosphere of your life.

TIME	TRIGGER	PRACTICE	COUNT
Pre-Fajr	Waking	Alhamdulillahil-ladhi ahyana...	1x
After Fajr	Post-salam	Morning adhkar + Sayyid al-Istighfar + Three Quls (x3)	Full
Mid-morning	Work begins	Astaghfirullah	100x
Dhuhr	Post-salam	Tasbih Fatimah + Ayat al-Kursi	Full
Asr	Post-salam	Tasbih Fatimah + Salawat	x10
Before Maghrib	Evening transition	Evening adhkar + Bismillahil-ladhi la yadurru (x3)	Full
Maghrib + Isha	Post-salam	Tasbih Fatimah + Ayat al-Kursi + Rabbi-rhamhuma	Full
Before Sleep	Bedtime	Three Quls + Ayat al-Kursi + Bismika Allahumma amootu wa ahya + Husnul Khatimah dua	Full

If you complete this schedule every day, you exit the 100-Hour System with the full daily Iman Dividend — a complete spiritual shield, a purified heart, and a Sunnah-shaped rhythm of remembrance.

Quick Reference — The Three Levels of Practice

Beginner (10 min/day)

- Sayyid al-Istighfar ×1 morning + 1 evening
- Three Quls ×1 each, morning + evening
- Tasbih Fatimah after 1 fard
- Astaghfirullah ×33

Intermediate (25 min/day)

- Full morning + evening adhkar
- Tasbih Fatimah after 3 fard
- Astaghfirullah ×70
- Salawat ×33
- Husnul Khatimah dua nightly

Sunnah Ideal (45 min/day)

- Full adhkar morning + evening
- Tasbih Fatimah after every fard (×5)
- Astaghfirullah ×100
- Salawat ×100
- Ayat al-Kursi after every fard + sleep
- Three Quls ×3 morning + ×3 evening

Six Rules to Maximize Reward

1. **Presence over speed.** One mindful tasbih is better than 100 absent-minded ones.
2. **Lock to a trigger.** Pair every dua to a fixed moment in your day — waking, post-salam, departure, sleep.
3. **Translate before you recite.** Understanding multiplies sincerity.
4. **Never break the chain.** If you miss a day, restart immediately — do not abandon.

5. **Recite aloud at least once.** The tongue, ears, and heart all earn separately.
6. **Seal the day with istighfar.** Whatever was deficient is repaired.

The Promise — From Authentic Hadith

"Whoever says SubhanAllahi wa bihamdihi a hundred times in a day, his sins are forgiven even if they were like the foam of the sea."

— Sahih al-Bukhari 6405

"Two phrases are light on the tongue, heavy on the scales, beloved to the Most Merciful: SubhanAllahi wa bihamdihi, SubhanAllahil-'Azim."

— Sahih al-Bukhari 6406

"Whoever recites Ayat al-Kursi after every obligatory prayer, nothing prevents him from entering Paradise except death."

— Sunan an-Nasa'i 9928



"And fulfill the covenant — indeed the covenant will be questioned." (Al-Isra 17:34)

PART 5 — YOUR PERSONAL SEAL

*The difference between a reader and a transformed soul is one signature.
Sign this page. Mean it. Begin tomorrow at Fajr.*

My 100-Hour Covenant

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

I, the one whose name is written below, take Allah as my witness that I begin this 100-Hour journey with a clean intention. I do not seek the eyes of people. I seek the face of my Lord. I commit to **one lesson, one hour, every day** — until each dua lives in my breath. If I stumble, I will rise. If I forget, I will return. I will not abandon this path until my heart speaks Arabic in its silence and my tongue moves in dhikr when no one is watching.

NAME

START DATE (HIJRI / GREGORIAN)

MY DAILY TRIGGER MOMENT

ACCOUNTABILITY WITNESS (OPTIONAL)

Signature: _____

My 8-Week Heart Tracker

Tick each week as your heart progresses. Notice what changes.

Week	Stage	What I Should Feel	✓
1	Awakening	Lightness on my chest. Forgiveness becomes natural.	<input type="checkbox"/>
2	Anchoring	Qur'anic duas slip into my salah without effort.	<input type="checkbox"/>
3	Embedding	I catch myself reciting Sunnah duas without planning.	<input type="checkbox"/>
4	Refinement	Tears flow in sujood. Salah feels different.	<input type="checkbox"/>
5	Saturation	Every transition triggers a dua automatically.	<input type="checkbox"/>
6	Radiance	My family starts asking me which dua to say.	<input type="checkbox"/>
7	Shielding	Fitan come — but they no longer shake me.	<input type="checkbox"/>
8	Sealing	I now live for Husnul Khatimah. Everything else is small.	<input type="checkbox"/>



A Final Whisper Before You Begin

You did not pick up this pack by accident.

Allah turned your heart toward it.

The same Lord who whispered into the silence of Yunus inside the whale,
the same Lord who answered Ibrahim inside the fire,
the same Lord who heard Maryam beneath the date palm —
is listening to you. Right now. Through these pages.

Begin tomorrow at Fajr.

And do not stop until your tongue forgets every language except the
language of dua.

May Allah accept it from you, and from us, and seal us all on La ilaha illallah.

آمِينَ يَا رَبَّ الْعَالَمِينَ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Islamic Habits · The 100-Hour System

islamic-habits.com | support@islamic-habits.com

Master Pack — English Premium Edition · 100 Lessons · Reading + Workout + Rewards + User Guide +
Personal Seal

"Speak to Him. He has been waiting."