

In the Name of Allah, The Gracious the Most Merciful

A Qur'anic prayer recommended by Allamah Abdalla bin Bayyah during these days.

A Qur'anic prayer recommended by His Eminence Sheikh Abdalla bin Bayyah during this time of the pandemic. This can be read after Salah (or whenever possible), it can also be recited collectively.

Forms of *Istighfār* (Forgiveness) 100 times.

I seek forgiveness of Allah (استَغْفِرُ اللهُ *Astaghfirullah*).

Forms of *Hasbala* 100 times.

“Sufficient for us is Allah, and the best Disposer of affairs.

(حَسْبِيَ اللهُ وَنِعْمَ الْوَكِيلُ) *Hasbunallahu wa ni'mal wakil*).

The Verses of Tranquillity (Six Verses)

1. ﴿And their prophet said to them, "Indeed, a sign of his kingship is that the chest will come to you in which is assurance from your Lord﴾ al Baqarah:248

﴿وَقَالَ لَهُمْ نَبِيُّهُمْ إِنَّ آيَةَ مُلْكِهِ أَنْ يَأْتِيَكُمُ التَّابُوتُ فِيهِ سَكِينَةٌ مِّن رَّبِّكُمْ﴾ البقرة:248

2. ﴿Then Allah sent down His tranquillity upon His Messenger and upon the believers﴾ al Tawbah:26

﴿ثُمَّ أَنْزَلَ اللَّهُ سَكِينَتَهُ عَلَى رَسُولِهِ وَعَلَى الْمُؤْمِنِينَ﴾ التوبة:26

3. ﴿And Allah sent down his tranquillity upon him and supported him with angels you did not see﴾ al Tawbah:40

﴿فَأَنْزَلَ اللَّهُ سَكِينَتَهُ عَلَيْهِ وَأَيَّدَهُ بِجُنُودٍ لَّمْ تَرَوْهَا﴾ التوبة:40

4. ﴿It is He who sent down tranquillity into the hearts of the believers that they would increase in faith along with their present faith﴾ al Fath:4

﴿هُوَ الَّذِي أَنْزَلَ السَّكِينَةَ فِي قُلُوبِ الْمُؤْمِنِينَ لِيَزْدَادُوا إِيمَانًا مَّعَ إِيمَانِهِمْ﴾ الفتح:4

5. ﴿So He sent down tranquillity upon them and rewarded them with an imminent conquest﴾ al Fath:18

﴿فَأَنْزَلَ السَّكِينَةَ عَلَيْهِمْ وَأَنْزَلَهُمْ فَتْحًا قَرِيبًا﴾ الفتح:18

6. ﴿But Allah sent down His tranquillity upon His Messenger and upon the believers﴾ al Fath:26

﴿فَأَنْزَلَ اللَّهُ سَكِينَتَهُ عَلَى رَسُولِهِ وَعَلَى الْمُؤْمِنِينَ﴾ الفتح:26

The Verses of Fortification and Strengthening (Seven Verses)

1. ﴿Remember when your Lord inspired to the angels, "I am with you, so strengthen those who have believed﴾ al Anfal:12

﴿إِذْ يُوحِي رَبُّكَ إِلَى الْمَلَائِكَةِ أَنِّي مَعَكُمْ فَثَبِّتُوا الَّذِينَ آمَنُوا﴾ الأنفال:12

2. ﴿O you who have believed, when you encounter a company (from the enemy forces), stand firm and remember Allah much that you may be successful.﴾ al Anfāl:45

﴿يَا أَيُّهَا الَّذِينَ آمَنُوا إِذَا لَقِيتُمْ فِئَةً فَاثْبُتُوا وَاذْكُرُوا اللَّهَ كَثِيرًا لَّعَلَّكُمْ تُفْلِحُونَ﴾ الأنفال:45

3. ﴿Those who have believed and whose hearts are assured by the remembrance of Allah. Unquestionably, by the remembrance of Allah hearts are assured.﴾ al Ra'd:28

﴿الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ﴾ الرعد:28

4. ﴿Allah eliminates what He wills or confirms, and with Him is the Mother of the Book.﴾ al Ra'd:39

﴿يَمْحُو اللَّهُ مَا يَشَاءُ وَيُثَبِّتُ وَعِنْدَهُ أُمُّ الْكِتَابِ﴾ الرعد:39

5. ﴿Allah keeps firm those who believe, with the firm word, in worldly life and in the Hereafter.﴾ Ebrahim:27

﴿يُثَبِّتُ اللَّهُ الَّذِينَ آمَنُوا بِالْقَوْلِ الثَّابِتِ فِي الْحَيَاةِ الدُّنْيَا وَفِي الْآخِرَةِ﴾ إبراهيم:27

6. ﴿And if We had not strengthened you, you would have almost inclined to them a little.﴾ Isrā:74

﴿وَلَوْلَا أَنْ ثَبَّتْنَاكَ لَقَدْ كِدَّتْ تَرَكُنْ إِلَيْهِمْ شِينًا قَلِيلًا﴾ الإسراء:74

7. ﴿Thus it is that We may strengthen thereby your heart. And We have spaced it distinctly.﴾ al Furqān:32

﴿كَذَلِكَ لِنُثَبِّتَ بِهِ فُؤَادَكَ وَرَتَّلْنَاهُ تَرْتِيلًا﴾ الفرقان:32

Recite Surah al Sharḥ - Surah 94.

Did We not expand for you, (O Muhammad), your breast? (1)

And We removed from you your burden. (2)

Which had weighed upon your back. (3)

And raised high for you your repute. (4)

For indeed, with hardship will be ease. (5)

Indeed, with hardship will be ease. (6)

So when you have finished, then stand up for worship.

And to your Lord direct your invocation. (7)

﴿أَلَمْ نَشْرَحْ لَكَ صَدْرَكَ (1) وَوَضَعْنَا عَنكَ وِزْرَكَ (2) الَّذِي أَنْقَضَ ظَهْرَكَ (3) وَرَفَعْنَا لَكَ ذِكْرَكَ (4) فَإِنَّ

مَعَ الْعُسْرِ يُسْرًا (5) إِنَّ مَعَ الْعُسْرِ يُسْرًا (6) فَإِذَا فَرَغْتَ فَانصَبْ (7) وَإِلَىٰ رَبِّكَ فَارْغَبْ (8)﴾ سورة

الشرح

Recite Verses from Surah al Tūr (27 & 28)

﴿So Allah conferred favour upon us and protected us from the punishment of the Scorching Fire.

Indeed, we used to supplicate Him before. Indeed, it is He who is the Beneficent, the Merciful.﴾ al Tūr

﴿فَمَنْ اللَّهُ عَلَيْنَا وَوَقَانَا عَذَابَ السَّمُومِ (27) إِنَّا كُنَّا مِنْ قَبْلُ نَدْعُوهُ إِنَّهُ هُوَ الْبَرُّ الرَّحِيمِ (28)﴾ الطور

Recite Yaa Barru Yaa Raḥim (O Most Generous, O Most Merciful) 7 times.

NB: Al Barr means Most Generous, Most Beneficent, Most Kind and Benign

O Most Generous, O Most Merciful (7 times) ! يَا بَرُّ يَا رَحِيمُ

Be Gracious on us, protect us from the Scorching Fire;
And protect us from this epidemic and calamity;
We ask you for forgiveness and well-being;
And salutations on our Master Muhammad (Peace be upon him), his family and companions.

مَنْ عَلَيْنَا وَقِنَا عَذَابَ السَّمُومِ وَقِنَا الْوَبَاءَ وَالْبَلَاءَ وَنَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ صَلَّى اللَّهُ عَلَىٰ سَيِّدِنَا مُحَمَّدٍ وَعَلَىٰ آلِهِ وَصَحْبِهِ وَسَلَّمَ.