

**AUTHENTIC ADHKAAR TO BE SAID AFTER THE
OBLIGATORY PRAYER**

(1) أَسْتَغْفِرُ اللَّهَ ، أَسْتَغْفِرُ اللَّهَ ، أَسْتَغْفِرُ اللَّهَ .

– اللَّهُمَّ أَنْتَ السَّلَامُ وَ مِنْكَ السَّلَامُ تَبَارَكْتَ (يَا) ذَا الْجَلَالِ وَالْإِكْرَامِ

(2) لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ ،

لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ،

اللَّهُمَّ لَا مَانِعَ لِمَا أَعْطَيْتَ وَلَا مُعْطَى لِمَا مَنَعْتَ وَلَا يَنْفَعُ ذَا الْجَدِّ مِنْكَ الْجَدُّ

(3) لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ،

لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ،

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ، لَا إِلَهَ إِلَّا اللَّهُ وَلَا نَعْبُدُ إِلَّا إِيَّاهُ،

لَهُ النِّعْمَةُ وَلَهُ الْفَضْلُ وَلَهُ الشَّانُ الْحَسَنُ،

لَا إِلَهَ إِلَّا اللَّهُ مُخْلِصِينَ لَهُ الدِّينَ وَ لَوْ كَرِهَ الْكَافِرُونَ .

(f) (e) (d) (c) (b) (a) (4)

11 10 25 33 33 33 سُبْحَانَ اللَّهِ

11 10 25 33 33 33 الْحَمْدُ لِلَّهِ

11	10	25	33	34	33	اللَّهُ أَكْبَرُ
-	-	25	-	-	-	لَا إِلَهَ إِلَّا اللَّهُ
						لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ
						لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ
-	-	-	1	-	-	وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ :

(5) اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ

(6) (سُورَةُ الْفَلَقِ) وَ (سُورَةُ النَّاسِ)

(7) (آيَةُ الْكُرْسِيِّ)

(8) اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْجُبْنِ وَأَعُوذُ بِكَ أَنْ أُرَدَّ إِلَى أَرْدَلِ الْعُمْرِ

وَأَعُوذُ بِكَ مِنْ فِتْنَةِ الدُّنْيَا ، وَأَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ

(9) اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ وَالْفَقْرِ وَعَذَابِ الْقَبْرِ

(10) اللَّهُمَّ اغْفِرْ لِي ذُنُوبِي وَخَطَايَايَ كُلَّهَا، اللَّهُمَّ أَنْعِشْنِي وَاجْبُرْنِي،

وَاهْدِنِي لِصَالِحِ الْأَعْمَالِ وَالْأَخْلَاقِ،

إِنَّهُ لَا يَهْدِي لِصَالِحِهَا وَلَا يَصْرِفُ سَيِّئَهَا إِلَّا أَنْتَ

(11) سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ

(1) MUSLIM reported (no. 591): “Daawood ibn Rushayd narrated to us: al-Waleed narrated to us : from al-Awzaa`ee: from Aboo Ammaar-his name is Shaddaad ibn `Abdillaah: from Aboo Asmaa. : from Thawbaan who said: “When Allaah’s Messenger (صلى الله عليه وسلم) finished his Prayer he would seek forgiveness three times, and say:

اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ تَبَارَكْتَ ذَا الْجَلَالِ وَالْإِكْرَامِ

[O Allaah You are the Flawless One, and from You comes peace and security. Blessed are You, Possessor of Majesty and Honour].”

al-Waleed said: So I said to al-Awzaa`ee: ‘How is seeking forgiveness done?’

He said: “You say : “أَسْتَغْفِرُ اللَّهَ أَسْتَغْفِرُ اللَّهَ ...”

(I seek Allaah’s forgiveness, I seek Allaah’s forgiveness....)”.

-The wording of the four ‘Sunan’ in a hadeeth of `Aa.ishah- radiyallaahu `anhaa-(declared authentic by Shaikh al-Albaanee) is:

اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

[O Allaah You are the Flawless One, and from You comes peace and security. Exalted are You, O Possessor of Majesty and Honour].

(2) AL-BUKHAAREE reported (no.844): “Muhammad ibn Yoosuf narrated to us, saying: Sufyaan narrated to us: from `Abdul-Malik ibn `Umayr: from Warraad-the scribe of al-Mugheerah ibn Shu`bah who said: al-Mugheerah dictated to me in a letter to Mu`aawiyah that the Prophet (صلى الله عليه وسلم) used to say after every Obligatory Prayer:

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

اللَّهُمَّ لَا مَانِعَ لِمَا أَعْطَيْتَ وَلَا مُعْطَى لِمَا مَنَعْتَ وَلَا يَنْفَعُ ذَا الْجَدِّ مِنْكَ الْجَدُّ

[None has the right to be worshipped except Allaah, alone, having no partner. Sovereignty is His and all praise is for Him, and He has full power over

everything. O Allaah no one can hold back what You give, and no one can give what You hold back, and no one's riches can benefit them against You.]”

(3) MUSLIM reported (no.594): “And Muḥammad ibn `Abdillaah ibn Numayr narrated to us: My father narrated to us: Hishāam narrated to us: from Abuz-Zubayr who said: “Ibn az-Zubayr used to say at the end of every Prayer when he had given the Salutation:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ،
لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ لَا إِلَهَ إِلَّا اللَّهُ وَلَا نَعْبُدُ إِلَّا إِيَّاهُ،
لَهُ النِّعْمَةُ وَلَهُ الْفَضْلُ وَلَهُ الثَّنَاءُ الْحَسَنُ،
لَا إِلَهَ إِلَّا اللَّهُ مُخْلِصِينَ لَهُ الدِّينَ وَلَوْ كَرِهَ الْكَافِرُونَ.

[None has the right to be worshipped except Allaah, alone, having no partner. Sovereignty is His and all praise is for Him, and He has full power over everything. There is no change and no ability except with (the Aid of) Allaah. None has the right to be worshipped except Allaah, and we do not worship except Him. All blessings are from Him and all favour is from Him, and fine praise is for Him. None has the right to be worshipped except Allaah, we make the Religion purely and sincerely for Him-even though the Disbelievers detest that],

and he said: “Allaah’s Messenger (صلى الله عليه وسلم) used to repeat these words after every Prayer.”

(4) (a) Saying: ‘Subḥaanallaah’, ‘al-ḥamdu lillaah’, and ‘Allaahu Akbar’- thirty-three times each after every Prayer.

[al-Bukḥaaree (no. 843) and Muslim (no. 595) from a ḥadeeth of Aboo Hurairah-radiyallaahu `anhu]

or (b) Saying: ‘Subḥaanallaah’ -thirty-three times,

‘al-ḥamdu lillaah’ -thirty-three times,

and ‘Allaahu akbar’ -thirty-four times-after every Prayer.

[Reported by Muslim (no. 596) from a hadeeth of Ka`b ibn `Ujrah-radiyallaahu `anhu]

or (c) Saying: ‘Subhaanallaah’ -thirty-three times,

‘al-hamdu lillaah’ -thirty-three times,

and ‘Allaahu akbar’ -thirty-three times- and then:

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

whoever does so after every Prayer then his sins will be forgiven even if they are like the foam of the sea.

[Reported by Muslim (no.597) from a hadeeth of Aboo Hurairah-radiyallaahu `anhu]

or (d)) Saying: ‘Subhaanallaah’ -twenty-five times,

‘al-hamdu lillaah’ -twenty-five times,

‘Allaahu akbar’ -twenty-five times

‘Laa ilaaha illallaah’ -twenty-five times

[Reported by an-Nasaa. (no. 1350) from a hadeeth of Zayd ibn Thaabit-radiyallaahu `anhu and declared ‘Saheeh’ by Shaikh al-Albaanee-rahimahullaahu.]

or (e)) Saying: ‘Subhaanallaah’ -ten times,

‘al-hamdu lillaah’ -ten times,

‘Allaahu akbar’ -ten times.

[Reported by al-Bukhaaree (no.6329)-from a hadeeth of Aboo Hurairah-radiyallaahu `anhu]

or (f)) Saying: ‘Subhaanallaah’ -eleven times,

‘al-hamdu lillaah’ -eleven times,

‘Allaahu akbar’ -eleven times.

[Reported by al-Bukhaaree (no.843) and Muslim (no. 595) from a hadeeth of Aboo Hurairah-radiyallaahu `anhu.]

(5) ABOO DAAWOOD reported (no. 1522): “`Ubaydullaah ibn `Umar ibn Maysarah narrated to us: `Abullaah ibn Yazeed al-Muqri. narrated to us:

Haywah ibn Shurayh narrated to us, saying: I heard `Uqbah ibn Muslim say: Aboo `Abdir-Rahmaan al-Hubulee narrated to me: from as-Sunaabihee: from Mu`aadh ibn Jabal: that Allaah's Messenger (صلى الله عليه وسلم) took hold of his hand and said:

<<O Mu`aadh, by Allaah I love you, by Allaah I love you.>>

So he said: << I counsel you, O Mu`aadh: Do not leave off saying at the end of every Prayer:

اللَّمَّ أَعْنِي عَلَٰ ذِكْرِكَ، وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ

[O Allaah help me upon remembrance of You, giving thanks to You, and worshipping You in a fine manner].>>

And Mu`aadh counselled as-Sunaabihee with that, and as-Sunaabihee counselled Aboo `Abdir-Rahmaan with it.”

*[Shaikh al-Albaanee-rahimahullaah-said in ‘Saheeh Sunan Abee Daawood’ (no. 1362):

“ I say: Its chain of narration is ‘Saheeh’ and it was declared ‘Saheeh’ by Ibn Khuzaymah and Ibn Hibbaan (2017)...

And the hadeeth is reported by Ahmad (5/244-245), Ibn Khuzaymah in his ‘Saheeh’ (751), and likewise Ibn Hibbaan (no. 2345), and Aboo Nu`aym in ‘al-Hilyah’ (1/241 & 5/130) through other chains from `Abdullaah ibn Yazeed al-Muqri... with it, and they add: “And Aboo `Abdir-Rahmaan counselled `Uqbah ibn Muslim.” And Aboo Nu`aym added: “And `Uqbah counselled Haywah, and Haywah counselled Aboo `Abdir-Rahmaan al-Muqri., and Aboo `Abdir-Rahmaan al-Muqri., counselled Bishr ibn Moosaa, and Bishr ibn Moosaa counselled Muhammad ibn Ahmad ibn al-Hasan, and Muhammad ibn Ahmad al-Hasan counselled me.

Aboo Nu`aym-rahimahullaah said: “And I counsel you (all) with it.”

I say: This hadeeth is from the famous hadeeth reported with a serial chain, mentioning love, and I was given ijaazah to narrate it by the virtuous Shaikh Raaghib at-Tabbaakh-rahimahullaah, and he narrated it to me... and he reported its isnaad in this manner mentioning love at each stage of the chain.]

(6) AT-TIRMIDHEE reported (no.2903): “Qutaybah narrated to us, saying: Ibn Lahee`ah narrated to us: from Yazeed ibn Abee Habeeb: from `Alee ibn Rabaah: from `Uqbah ibn `Aamir who said: “Allaah's Messenger (صلى الله عليه وسلم)

commanded me to recite the two Soorahs of seeking refuge (al-Mu`awwidhatayn) at the end of every Prayer..”

*[Declared ‘saheeh’ by Shaikh al-Albaanee-rahimahullaah.]

(7) AN-NASAA.EE reported in ‘`Amalul-Yawm wal-Laylah’ (no. 100): “al-Husayn ibn Bishr related to us in Tarsoos-we wrote from him, saying: Muhammad ibn Himyar narrated to us, saying: Muhammad ibn Ziyaad narrated to us: from Aboo Umaamah who said: Allaah’s Messenger (صلى الله عليه وسلم) said:<<Whoever recited `Aayatul-Kursee` after every obligatory Prayer, then nothing will withhold him from entry into Paradise except death.>>

*[Shaikh al-Albaanee declared the hadeeth ‘Saheeh’ in ‘as-Saheehah’ (no. 972)].

(8) AL-BUKHAAREE reported (no. 2822): “Moosaa ibn Ismaa`eel narrated to us: Aboo `Awaanah narrated to us: `Abdul-Malik ibn `Umayr narrated to us, saying: I heard `Amr ibn Maymoon al-Awdee say: Sa`d used to teach his sons these words, just as a teacher teaches boys to write, and he used to say that Allaah’s Messenger (صلى الله عليه وسلم) would seek refuge (with Allaah) from them at the end of the Prayer:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْجُبْنِ، وَأَعُوذُ بِكَ أَنْ أُرَدَّ إِلَى أَرْدَلِ الْعُمُرِ ،
وَأَعُوذُ بِكَ مِنْ فِتْنَةِ الدُّنْيَا، وَأَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ.

[O Allaah! I seek Your refuge from cowardice, and I seek Your refuge from being brought back to senile old age, and I seek Your refuge from the trials of the world, and I seek your refuge from the punishment of the grave]

So I narrated it to Mus`ab and he affirmed it.”

(9) AN-NASAA.EE reported (no. 1347):

“Amr ibn `Alee related to us, saying: Yahyaa narrated to us: from `Uthmaan ash-Shahhaam: from Muslim ibn Abee Bakrah who said: My father used to say at the end of the Prayer:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ، وَالْفَقْرِ، وَعَذَابِ الْقَبْرِ

[O Allaah! I seek Your refuge from Unbelief, and poverty, and the punishment of the grave].

So I used to say it, so my father said: “Who did you take this from?” So I said: “From you!” He said: “Allaah’s Messenger (صلى الله عليه وسلم) used to say it at the end of the Prayer.”

*[Shaikh al-Albaanee said: “Its isnaad is ‘Saheeh”]

(10) IBNUS-SUNNEE reported in ‘Amalul-Yawm wal-Laylah’ (no. 116), and AT-TABARAANEE in ‘al-Kabeer’ (nos.7811 & 7893) (& 7982)... from Aboo Umaamah-radiyallaahu `anhu-who said:

“I never drew near to Allaah’s Messenger (صلى الله عليه وسلم) at the end of an obligatory or optional Prayer except that I heard him saying:

اللَّهُمَّ اغْفِرْ لِي ذُنُوبِي وَخَطَايَايَ كُلَّهَا، اللَّهُمَّ أَنْعِشْنِي وَاجْبُرْنِي،

وَاهْدِنِي لِصَالِحِ الْأَعْمَالِ وَالْأَخْلَاقِ، إِنَّهُ لَا يَهْدِي لِصَالِحِهَا وَلَا يَصْرِفُ سَيِّئَهَا إِلَّا أَنْتَ.

[O Allaah forgive me all of my sins and shortcomings. O Allaah raise me and restore me, and guide me to righteous deeds and manners; no one can guide to that which is righteous from them, nor repel that which is bad from them besides You].”

*[Declared ‘hasan’ (i.e. due to supporting narrations) by Shaikh al-Albaanee in ‘Saheehul-Jaami’ (no. 1266) and Shaikh Saleem al-Hilaalee in ‘Saheeh Kitaabil-Adhkaar’ (189/154).]

(11) AN-NASAA.EE reported [Book of ‘Sahw’ (Forgetfulness)]:Chapter (87): Another type of dhikr after the Salutation (no.1344):

“Muhammad ibn Ishaaq as-Saaghaanee related to us, saying: Aboo Salamah al-Khuzaa`ee-Mansoor ibn Salamah narrated to us, saying: Khallaad ibn Sulaymaan narrated to us, saying Aboo Salamah said: and he was one of those who were fearful: From Khaalid ibn Abee `Imraan: from `Urwah: from `Aa.ishah: that when Allaah’s Messenger (صلى الله عليه وسلم) had sat in a gathering or prayer he would say some words. So `Aa.ishah asked him about the words, so he said:

<<If he has spoken with good then it will be a seal upon that until the Day of Resurrection, and if he spoke with something other than that it will be an expiation for it:

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ

[I declare You free of all imperfections, O Allaah, and all praise is for You. I seek Your forgiveness and turn in repentance to You.]”

*[Shaikh al-Albaanee-rahimahullaah-declared it ‘Saheeh’.]

References:

‘al-Kalimut-Tayyib’ of Shaikhul-Islaam Ibn Taimiyyah, checked by Shaikh al-Albaanee [1422 edn.];

‘as-Saheehul-Musnad min Adhkaaril-Yawm wal-Laylah’, of Mustafaa al-`Adawee;

‘Saheeh Kitaabil-Adhkaar wa da`eefihi’ –Shaikh Saleem al-Hilaalee’s checking of an-Nawawee’s ‘al-Adhkaar’.

‘Muhadhdhab `Amalil-Yawm wal-Laylah’ Shaikh `Alee Hasan al-Halabee’s checking of Ibnus-Sunnee’s ‘`Amalul-Yawm wal-Laylah’.

‘Saheeh’ & ‘Da`eef’ Abee Daawood/at-Tirmidhee/an-Nasaa.ee of Shaikh al-Albaanee-rahimahullaah.

[Compiled and translated by Abu Talhah Dawud Burbank]