



DARUL IHSAN
HUMANITARIAN CENTRE
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Daily Spiritual Programme

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Dear Reader

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
Bismillah hir-Rahman nir-Rahim

All praises are due to Almighty Allah. It is only through His Mercy that we are able to fulfil our Ibadah, complete our daily tasks, be of service to others, and most importantly, remember Allah in all that we do.

We hope this planner motivates you to be more mindful of Allah, and gain closeness to Him. May your Taqwa (remembrance of Allah) increase, as well as your Iman (faith).

IMPORTANT REMINDERS

1. ALWAYS REFLECT UPON & PURIFY MY NIYYAH (INTENTION).
2. TRY TO BE CONSISTENT IN MY REMEMBRANCE OF ALLAH TA'ALA.
3. SETBACKS ARE NORMAL; KEEP TRYING NO MATTER WHAT.
4. NOTHING IS IMPOSSIBLE THROUGH THE WILL OF ALLAH TA'ALA.

رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ

Rabbana taqabbal minna innaka Antas Samee'ul Aleem
Our Lord, accept [this] from us. Indeed, You are The Hearing, The Knowing

Helpful Supplications

TASBIH FATIMA

33X	سُبْحَانَ اللَّهِ	SUBHANALLAH
33X	الْحَمْدُ لِلَّهِ	ALHAMDULILLAH
34X	اللَّهُ أَكْبَرُ	ALLAHU AKBAR

SAYYIDUL ISTIGHFAR

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ خَلَقْتَنِي وَأَنَا عَبْدُكَ وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ
أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ أَبُوؤُكَ لَكَ بِنِعْمَتِكَ عَلَيَّ وَأَبُوؤُكَ لَكَ بِذُنُوبِي فَاعْفُرْ لِي فَإِنَّهُ لَا يَغْفِرُ
الذُّنُوبَ إِلَّا أَنْتَ

*Allahumma anta Rabbi la ilaha illa Anta, Khalaqtani wa ana
`Abduka, wa ana `ala `ahdika wa wa `dika mastata `tu,
A `udhu bika min Sharri ma sana `tu, abu`u Laka bini `matika
`alaiya, wa abu`u laka bidhanbi faghfir lee fa innahu la
yaghfiru adhdhunuba illa anta*

"O Allah, You are my Lord. You created me, and I am Your slave. I will remain faithful to Your covenant and promise as much as possible. I seek refuge with You from the evil of what I have done. I acknowledge Your favor upon me, and I admit my sin. So, forgive me. Indeed, none can forgive sins but You"

(Sahih al-Bukhari 6306)

