



DAILY PRESCRIPTION OF  
**SPIRITUAL  
PILLS**

For Every Morning and Evening

Fifth Edition, April 2026

# A little present for you...

to keep you safe and at peace.





This is a collection of short daily recitals to keep you protected and happy.

By taking these pills regularly, may you taste physical and spiritual well-being every day of your life!

Ma'assalam,  
Fathima Nafla  
[www.fathimanafla.com](http://www.fathimanafla.com)



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

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
قُلْ هُوَ اللَّهُ أَحَدٌ {١}· اللَّهُ الصَّمَدُ  
{٢}· لَمْ يَلِدْ وَلَمْ يُولَدْ {٣}· وَلَمْ  
يَكُنْ لَهُ كُفُوًا أَحَدٌ {٤}·





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﴾

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





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]



ESPECIALLY FOR MORNINGS

اللَّهُمَّ بِكَ أَصْبَحْنَا، وَبِكَ أَمْسَيْنَا، وَبِكَ نَحْيَا، وَبِكَ نَمُوتُ وَإِلَيْكَ الْمَصِيرُ

O ALLAH, WE ENTER THE MORNING BY YOU AND WE ENTER THE EVENING BY YOU. WE LIVE BY YOU AND WE DIE BY YOU AND TO YOU IS THE FINAL RETURN.

[AL-ADAB AL-MUFRAD]

---



ESPECIALLY FOR EVENINGS

اللَّهُمَّ بِكَ أَمْسَيْنَا وَ بِكَ أَصْبَحْنَا، وَ بِكَ نَحْيَا، وَ بِكَ نَمُوتُ وَ إِلَيْكَ النُّشُورُ

O ALLAH, WE ENTER THE EVENING BY YOU AND WE ENTER THE  
MORNING BY YOU AND WE LIVE BY YOU AND WE DIE BY YOU AND TO  
YOU IS THE RETURN.

# Sayyidul Istighfar

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ،  
وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، أَعُوذُ بِكَ مِنْ  
شَرِّ مَا صَنَعْتُ، أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ، وَأَبُوءُ بِذَنْبِي  
فَاغْفِرْ لِي فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

O ALLAH, YOU ARE MY LORD, THERE IS NONE WORTHY OF  
WORSHIP EXCEPT YOU. YOU HAVE CREATED ME AND I AM  
YOUR SLAVE, AND I AM ADHERING TO YOUR COVENANT AND  
YOUR PROMISE AS MUCH AS I CAN. I SEEK REFUGE WITH YOU  
FROM THE EVIL OF WHAT I DO. I ACKNOWLEDGE YOUR  
BLESSING AND I ACKNOWLEDGE MY SIN, SO FORGIVE ME, FOR  
THERE IS NONE WHO CAN FORGIVE SIN EXCEPT YOU.

[SAHIH AL-BUKHARI]

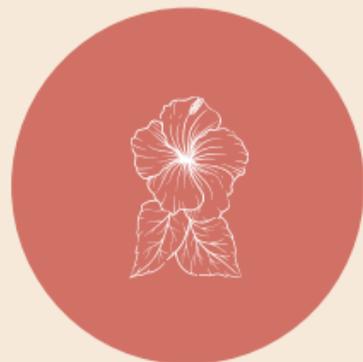




اللَّهُمَّ عَافِنِي فِي بَصَرِي



اللَّهُمَّ عَافِنِي فِي سَمْعِي



اللَّهُمَّ عَافِنِي فِي بَدَنِي

لَا إِلَهَ إِلَّا أَنْتَ

O ALLAH, MAKE ME HEALTHY IN MY BODY. O ALLAH, MAKE  
ME HEALTHY IN MY HEARING. O ALLAH, MAKE ME  
HEALTHY IN MY SIGHT. THERE IS NO GOD BUT YOU.

3 TIMES EACH MORNING & EVE

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ  
الْكُفْرِ وَالْفَقْرِ، اللَّهُمَّ إِنِّي  
أَعُوذُ بِكَ مِنْ عَذَابِ  
الْقَبْرِ، لَا إِلَهَ إِلَّا أَنْتَ

O ALLAH, I SEEK REFUGE WITH  
YOU FROM DISBELIEF AND  
POVERTY. O ALLAH, I SEEK  
REFUGE WITH YOU FROM THE  
PUNISHMENT OF THE GRAVE.  
THERE IS NO GOD BUT YOU.

[AL-ADAB AL-MUFRAD]



رَضِيْتُ بِاللَّهِ رَبًّا،  
وَبِالْإِسْلَامِ دِينًا، وَبِمُحَمَّدٍ  
صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ نَبِيًّا

I AM CONTENT WITH ALLAH AS  
MY LORD, ISLAM AS MY  
RELIGION AND MUHAMMAD  
(MAY PEACE BE UPON HIM) AS  
MY PROPHET.  
[TIRMIDHI]



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

ALLAH SUFFICES ME: THERE IS NO GOD BUT HE; ON HIM IS MY TRUST- HE, THE LORD OF THE THRONE (OF GLORY) SUPREME.

[ABU DAWUD]



اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ، اللَّهُمَّ  
إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي دِينِي وَدُنْيَايَ وَأَهْلِي،  
وَمَالِي، اللَّهُمَّ اسْتُرْ عَوْرَاتِي، وَآمِنْ رَوْعَاتِي، اللَّهُمَّ  
احْفَظْنِي مِنْ بَيْنِ يَدَيْ، وَمِنْ خَلْفِي، وَعَنْ يَمِينِي، وَعَنْ  
شِمَالِي، وَمِنْ فَوْقِي، وَأَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي

O ALLAH, I ASK YOU FOR WELL-BEING IN THIS WORLD AND THE  
NEXT. O ALLAH, I ASK YOU FOR FORGIVENESS AND WELL-BEING IN  
MY DEEN AND IN THIS WORLD AND IN MY FAMILY AND MY  
PROPERTY. O ALLAH, VEIL MY FAULTS AND CALM MY FEARS. O  
ALLAH, GIVE ME PROTECTION IN FRONT OF ME AND BEHIND ME,  
ON MY RIGHT AND MY LEFT AND ABOVE ME. I SEEK REFUGE BY  
YOUR MIGHT FROM BEING OVERWHELMED FROM UNDER ME.

3 TIMES EACH MORNING & EVE

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ  
مِنْ كُلِّ شَيْطَانٍ وَهَامَّةٍ  
وَمِنْ كُلِّ عَيْنٍ لَأَمَّةٍ

O ALLAH! I SEEK REFUGE WITH THE  
COMPLETE WORDS OF ALLAH FROM  
EVERY DEVIL AND FROM  
POISONOUS PESTS AND FROM  
EVERY EVIL, HARMFUL, ENVIOUS  
EYE.

[SAHIH AL-BUKHARI]



أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ  
مِنْ شَرِّ مَا خَلَقَ

I SEEK REFUGE WITH THE  
COMPLETE WORDS OF ALLAH FROM  
THE EVIL OF WHAT HE HAS  
CREATED.

[MUWATTA MALIK]

3 TIMES EACH MORNING & EVE

---

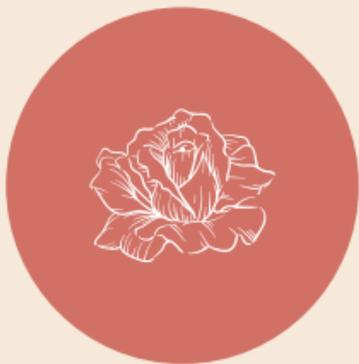
بِسْمِ اللّٰهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ  
شَيْءٌ فِي الْأَرْضِ وَلَا فِي  
السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

IN THE NAME OF ALLAH BY WHOSE  
NAME NOTHING IN THE EARTH OR  
THE HEAVEN IS HARMED. HE IS THE  
ALL-HEARING, THE ALL-KNOWING.

[AL-ADAB AL-MUFRAD]



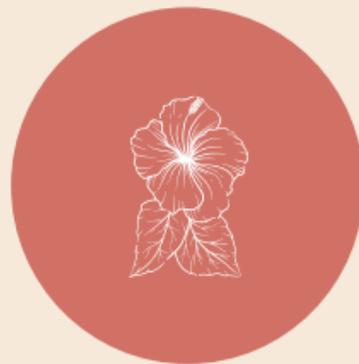
اللَّهُمَّ إِنِّي أَعُوذُ بِكَ



وَفُجَاءَةِ نِقْمَتِكَ



وَتَحَوُّلِ عَافِيَتِكَ



مِنْ زَوَالِ نِعْمَتِكَ

---

وَجَمِيعِ سَخَطِكَ

O ALLAH, I SEEK REFUGE IN THEE FROM THE WITHDRAWAL OF THINE BLESSING AND THE CHANGE OF THINE PROTECTION (FROM ME) AND FROM THE SUDDEN WRATH OF THINE, AND FROM EVERY DISPLEASURE OF THINE.

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

O ALLAH! I SEEK REFUGE WITH YOU FROM WORRY AND GRIEF,  
FROM INCAPACITY AND LAZINESS, FROM COWARDICE AND  
MISERLINESS, FROM BEING HEAVILY IN DEBT AND FROM BEING  
OVERPOWERED BY (OTHER) MEN.



اللَّهُمَّ عَالِمَ الْغَيْبِ وَالشَّهَادَةِ فَاطِرَ السَّمَاوَاتِ وَالْأَرْضِ، رَبَّ كُلِّ شَيْءٍ وَمَلِيكَهُ، أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ، أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي، وَمِنْ شَرِّ الشَّيْطَانِ وَشِرْكِهِ، وَأَنْ أَفْتَرِفَ عَلَى نَفْسِي سُوءًا، أَوْ أَجْرَهُ إِلَى مُسْلِمٍ

O ALLAH, THE CREATOR OF THE HEAVENS AND THE EARTH, THE KNOWER OF THE UNSEEN AND VISIBLE. THE LORD OF ALL THINGS AND THEIR MASTER. I SEEK REFUGE WITH YOU FROM THE EVIL OF SHAYTAN AND HIS ENCOURAGEMENT TO ASSOCIATE AND THAT I BRING EVIL ON MYSELF OR BRING IT ON ANOTHER MUSLIM.

[AL-ADAB AL-MUFRAD]



اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِ سَيِّدِنَا  
مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ  
إِنَّكَ حَمِيدٌ مَجِيدٌ. اللَّهُمَّ بَارِكْ عَلَى سَيِّدِنَا مُحَمَّدٍ  
وَعَلَى آلِ سَيِّدِنَا مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ  
وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

O ALLAH, EXALT THE MENTION OF MUHAMMAD AND THE  
FAMILY OF MUHAMMAD AS YOU EXALTED IBRAHIM AND  
THE FAMILY OF IBRAHIM. YOU ARE PRAISED AND  
GLORIOUS. O ALLAH, BLESS MUHAMMAD AND THE FAMILY  
OF MUHAMMAD AS YOU BLESSED IBRAHIM AND THE  
FAMILY OF IBRAHIM. YOU ARE PRAISED AND GLORIOUS.

[SAHIH AL-BUKHARI / MUSLIM]



# Credits

## DUA TEXT

[www.sunnah.com](http://www.sunnah.com)

## DESIGN

[www.canva.com](http://www.canva.com)

## FOR FEEDBACK & INQUIRIES:

[www.fathimanafla.com](http://www.fathimanafla.com) OR [www.qurancoachfn.com](http://www.qurancoachfn.com)

