

Surahs to Memorize for Daily Life (Hadith-Based)

For Jumu'ah (Friday)

Surah Al-Kahf
Makki
Hadith: Recite on Friday → noor until next Friday
Purpose: Protection from Dajjal
Summary: Trials of faith, knowledge, wealth, power
Surah Al-Jumu'ah
Madani
Purpose: Importance of Jumu'ah & knowledge
Summary: Honor of Friday, warning against neglecting Salah

Before Sleeping

Surah Al-Mulk
Makki
Hadith: Protects from punishment of grave
Summary: Allah's power, accountability, life test
Surah As-Sajdah
Makki
Hadith: Prophet ﷺ recited before sleep
Summary: Creation, resurrection, humility
Ayatul Kursi
Madani
Hadith: Protection whole night from Shaytan
Summary: Allah's absolute authority

After Fajr / Morning

Surah Al-Hashr (Last 3 Ayat)
Madani
Purpose: Protection till evening
Summary: Allah's beautiful names & power
Surah Yaseen
Makki
Purpose: Heart of Quran
Summary: Resurrection, message of Rasool ﷺ

Evening / Protection

3 Quls

Al-Ikhlas (Makki): Tawheed

Al-Falaq (Makki): Protection from evil

An-Naas (Makki): Protection from Shaytan

Hadith: Recite morning & evening → complete protection

Eid / General Salah

Surah Al-A'la (Makki)

Purification & success

Surah Al-Ghashiyah (Makki)

Akhirah reminder

(Prophet ﷺ recited these in Eid prayers)

Strong Muslim vs Weak Muslim (Hadith)

“A strong believer is better and more beloved to Allah than a weak believer...”

Strong Muslim

Strong iman, body, discipline, mindset

Weak Muslim

Lazy, excuses, no self-control

 Strength helps deen + dunya

Why Ask Health in Du'a'

Hadith: After iman, best blessing is good health

Worship better

Serve others

Avoid dependence

Durood Importance

Allah sends mercy

Sins forgiven

Du'a accepted faster

Love of Prophet ﷺ

Protection Du'as

From Dajjal

Allahumma inni a'udhu bika min fitnati-l-Masih ad-Dajjal

Meaning: O Allah, protect me from Dajjal's trial

From Shaytan

A'udhu billahi min ash-shaytan ir-rajim

Meaning: I seek Allah's protection from cursed Shaytan

Daily Essential Du'ās (With Meaning)

Roza Intention

Wa bisawmi ghadin nawaitu...

I intend to fast tomorrow for Allah

Moon Sighting

Allahumma ahillahu 'alayna bil-amn...

O Allah, bring this moon with peace & iman

Azan Du'ā

Allahumma Rabba hadhihi-d-da'wat...

Grant Prophet ﷺ intercession

Entering Home

Allahumma inni as'aluka khayra-l-mawlij

Bless our entry & exit

Before Toilet

Allahumma inni a'udhu bika minal-khubuthi wal-khaba'ith

Protection from evil

Sleeping

Bismika Allahumma amutu wa ahyaa

In Your name I live & die

Waking Up

Alhamdulillah alladhi ahyana...

Thanks to Allah for life

Daily Sunnah Lifestyle

Eat less → health

Talk less → wisdom

Sleep early → barakah

Wake early → success

Character Foundations

Parents' respect → Jannah doors

Loyalty → sign of iman

Gifts → increase love

QURAN & HADITH REFERENCES (AUTHENTIC)

 Surahs to Memorize – Hadith Proof

Surah Al-Kahf (Friday)

Hadith:

“Whoever recites Surah Al-Kahf on Friday will have light between two Fridays.”

 Sahih al-Jami' 6470

Dajjal Protection:

 Sahih Muslim 809

Surah Al-Mulk (Before Sleep)

“It protects from punishment of the grave.”

 Jami' at-Tirmidhi 2891 (Hasan)

Surah As-Sajdah (Before Sleep)

Prophet ﷺ recited As-Sajdah + Al-Mulk before sleeping

 Sunan an-Nasa'i 1124

Ayatul Kursi (Night Protection)

Shaytan cannot come near till morning

 Sahih al-Bukhari 2311

3 Quls (Morning & Evening Protection)

“They will suffice you from everything.”

 Sunan Abu Dawud 5082

Eid Salah Surahs

Al-A'la & Al-Ghashiyah

 Sahih Muslim 878

 Strong vs Weak Muslim

“A strong believer is better and more beloved to Allah than a weak believer...”

 Sahih Muslim 2664

 Health – Best Thing to Ask in Du'a

“Ask Allah for forgiveness and well-being.”

 Jami' at-Tirmidhi 3512

 Durood Importance

“Whoever sends one durood, Allah sends ten mercies.”

 Sahih Muslim 408

 Protection Du'as

From Dajjal

 Qur'an: Surah Al-Kahf (18)

 Hadith:

 Sahih Muslim 588

From Shaytan

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 Qur'an:

"Seek refuge in Allah from Shaytan."

 Surah An-Nahl 16:98

 Daily Du'ās – References

Roza Intention

 Sunan Abu Dawud 2454

Moon Sighting Du'ā

 Sunan at-Tirmidhi 3451

Azan Du'ā

 Sahih al-Bukhari 614

Toilet Entry Du'ā

 Sahih al-Bukhari 142

Sleeping Du'ā

 Sahih al-Bukhari 6314

Wake-up Du'ā

 Sahih al-Bukhari 6324

 Parents' Respect

 Qur'an:

"Do not say 'uff' to parents."

 Surah Al-Isra 17:23

 Hadith:

 Sahih al-Bukhari 5971

 Gift Giving

"Give gifts and you will love one another."

 Al-Adab al-Mufrad 594 (Hasan)

 Eat Less, Talk Less

"Whoever believes in Allah... speak good or remain silent."

 Sahih al-Bukhari 6018

 Why Allah Sent Rasool

 Qur'an:

"We sent messengers as bringers of good news and warning."

 Surah An-Nisa 4:165