

Abu Hurayrah reported that the Messenger of Allah [PBUH] said: 'Whoever says:

**لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ
الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ
قَدِيرٌ (مائة مرة)**

**La ilaha illal-lahu wahdahu la shareeka
lah, lahul-mulku walahul-hamd, wahuwa
AAala kulli shayin qadeer
(one hundred times)**

**'None has the right to be worshipped
except Allah, alone, without partner. To
Him belongs all sovereignty and praise and
He is over all things omnipotent.'**

...a hundred times during the day, has the reward of freeing ten slaves, a hundred good deeds are recorded for him and a hundred bad deeds are wiped away and he has gained refuge from the devil that day until evening and none shall come with anything better except someone who has done more.'

'Whoever says

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

(مائة مرة في اليوم)

Subhanal-lahi wabihamdih.

(one hundred times daily)

'How perfect Allah is and I praise Him.'

...a hundred times during the day, his sins are wiped away, even if they are like the foam of the sea.'

Abu Hurayrah also reported that the Messenger of Allah [PBUH] said: 'Whoever says at morning and evening time:

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ
(حين يصبح وحين يمسي)

Subhanal-lahi wabihamdih
(at morning & evening time)

'How perfect Allah is and I praise Him.'

...one hundred times, none shall come on the Day of Resurrection with anything better except someone who has said the same or even more.'

Aboo Ayyoob Al-Ansaree related that The Prophet [PBUH] said: 'Whoever says:

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

La ilaha illal-lahu wahdahu la shareeka
lah, lahul-mulku walahul-hamd, wahuwa
ala kulli shayin qadeer.

**'None has the right to be worshipped
except Allah, alone, without partener. To
Him belongs all sovereignty and praise and
He is over all things omnipotent.'**

**.....ten times is like one who has freed
four souls from among the children of
Ismaeel.'**

Aboo Hurayrah reported that the Messenger of Allah [PBUH] said: '(There are) Two words, (which are) light on the tongue, heavy on the Scale and beloved to The Most Gracious. They are:

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ وَسُبْحَانَ اللَّهِ

الْعَظِيمِ

**Subhanal-lahi wabihamdih,
wasubhanal-lahil-atheem**

**' How perfect Allah is and I praise Him.
How perfect Allah is, The Supreme.'**

Aboo Hurayrah reported that the Messenger of Allah [PBUH] said: 'Saying:

سُبْحَانَ اللَّهِ، وَالْحَمْدُ لِلَّهِ، لَا إِلَهَ إِلَّا
اللَّهُ وَاللَّهُ أَكْبَرُ

**Subhanal-lah, walhamdu lillah, la ilaha
illal-lah wallahu akbar.**

**' How perfect Allah is, and all praise is for
Allah. None has the right to be worshipped
except Allah, and Allah is the greatest.'**

**..... is more beloved to me than everything the
sun has risen over.'**

**Sa'd said: 'We were sitting with the Messenger
of Allah [PBUH], and he said: 'Are any of you
unable to gain a thousand good deeds each
day?' Somebody then asked him [PBUH] : How
does one achieve a thousand good deeds? He
replied: 'He should say:**

سُبْحَانَ اللَّهِ

Subhanal-lah

‘How perfect Allah is.’

....one hundred times, for a thousand good deeds are recorded for him or a thousand bad deeds are wiped away.’

Jabbir related that the Prophet [PBUH] said: ‘Whoever says:

سُبْحَانَ اللَّهِ الْعَظِيمِ وَبِحَمْدِهِ

Subhanal-lahil-atheemi wabihamdih.

‘ How perfect Allah is . The Supreme, and I praise Him.’

.....a palm tree is planted for him in paradise.’

‘Abdullah Ibn Qays related that the Prophet [PBUH]said to him: ‘ O ‘AAabdullah Ibn Qays, shall I not inform you of a treasure from the treasures of paradise?’ He [PBUH] then said: ‘Say:

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

La hawla wala quwwata illa billah

'There is no might nor power except with Allah.'

' the most beloved words to Allah are four:

سُبْحَانَ اللَّهِ، وَالْحَمْدُ لِلَّهِ، وَلَا إِلَهَ إِلَّا اللَّهُ
اللَّهُ وَاللَّهُ أَكْبَرُ

Subhanal-lah, walhamdu lillah, wala ilaha
illal-lah, wallahu akbar.

**' How perfect Allah is, all praise is for Allah.
None has the right to be worshipped except
Allah and Allah is the greatest.'**

Sa'd Ibn Abee Waqqas narrated that a man came to the Messenger of Allah [PBUH] and said to him: 'Teach me something which I should say?' He said: 'Say:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، اللَّهُ
أَكْبَرُ كَبِيرًا وَالْحَمْدُ لِلَّهِ كَثِيرًا، سُبْحَانَ
اللَّهِ رَبِّ الْعَالَمِينَ، لَا حَوْلَ وَلَا قُوَّةَ إِلَّا
بِاللَّهِ الْعَزِيزِ الْحَكِيمِ

**La ilaha illal-lah, wahdahu la shareeka lah,
Allahu akbaru kabeera, walhamdu lillahi
katheera, subhanal-lahi rabbil-alameen, la
hawla wala quwwata illa billahil-azeezil-
hakeem.**

'None has the right to be worshipped except Allah, alone without partener. Allah is most great and much praise is for Allah. How perfect Allah is, Lord of the worlds. There is no might nor power except with Allah, The Exalted in might, The Wise.'

...the man then said: 'These are for my Lord, and what is for me?' He [PBUH] replied:

'Say:

**اللَّهُمَّ اغْفِرْ لِي، وارْحَمْنِي، واهْدِنِي،
وارزُقْنِي**

**Allahummagh-fir lee, warhamnee,
wahdinee, warzuqnee.**

'O Allah, forgive me, have mercy upon me, guide me and grant me sustenance.'

Tariq al-Ashjaee said: 'When someone would embrace Islam, the Prophet [PBUH] would teach him how to perform prayer and then order him to supplicate with the following words:

اللَّهُمَّ اغْفِرْ لِي، وارْحَمْنِي، واهْدِنِي،
وعَافِنِي وارْزُقْنِي

**Allahummagh-fir lee, warhamnee,
wahdinee, wa afinee warzuqnee.**

**'O Allah, forgive me, have mercy upon me,
guide me, give me health and grant me
sustenance.'**

**Jabir Ibn 'Abdullah related that the
Messenger of Allah [PBUH] said: 'Verily, the
best supplication is:**

الْحَمْدُ لِلّٰهِ

Alhamdu lillah

'All praise is for Allah.'

**...and indeed, the best form of
remembrance is:**

لَا إِلَهَ إِلَّا اللَّهُ

La ilaha illal-lah.

**'None has the right to be worshipped
except Allah.'**

‘The everlasting righteous deeds:

سُبْحَانَ اللَّهِ، وَالْحَمْدُ لِلَّهِ، لَا إِلَهَ إِلَّا
اللَّهُ وَاللَّهُ أَكْبَرُ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا
بِاللَّهِ

**Subhanal-lah, walhamdu lillah, la ilaha
illal-lah, wallahu akbar, wala hawla wala
quwwata illa billah.**

**‘How perfect Allah is, and all praise is for
Allah. None has the right to be worshipped
except Allah, and Allah is the greatest.
There is no might nor power except with
Allah.’**