

'The Messenger of Allah [PBUH] said: 'By Allah, I seek forgiveness and repent to Allah, more than seventy times a day.'

He [PBUH] also said: 'O People, Repent! Verily I repent to Allah, a hundred times a day.'

He [PBUH] also said: 'verily my heart becomes preoccupied, and verily I seek Allah's forgiveness a hundred times a day.'

He [PBUH] also said: 'The nearest a servant is to his Lord is when he is prostrating, so supplicate much therein.'

He [PBUH] said: 'The nearest the Lord comes to His servant is in the middle of the night, so if you are able to be of those who remember Allah at that time, then be so.'

He [PBUH] also said: 'Whoever says:

**أَسْتَغْفِرُ اللَّهَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ
الْقَيُّومُ وَأَتُوبُ إِلَيْهِ**

**Astaghfirul-lahal-lathee la ilaha illa
huwal-hayyul-qayyoomu wa-atoobu
ilayh.**

**'I seek Allah's forgiveness, besides whom,
none has the right to be worshipped
except He, The Ever Living, The Self-
Subsisting and Supporter of all, and I turn
to Him in repentance.'**

**...Allah would forgive him even if he was one
who fled during the advance of an army.'**