



**Remembrance  
of Allah**  
**Best Use Of Time**

**eCard**

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

## Remembrance of Allah

Remembrance of Allah is the best use of time and is a source of attaining mercy and blessings. In the Qur'an Allah, the Exalted gives glad tidings to those who remember Him,

فَاذْكُرُونِي أَذْكَرْكُمْ (البقرة: 152)

“So remember Me; I will remember you.”

[Al-Baqarah: 152]

When a person remembers Allah in his heart, Allah makes a mention of him to Himself and when he remembers Allah in a gathering, Allah mentions him in a better gathering (of the angels). [Ṣaḥīḥ al-Bukhārī]

So if a person wants Allah to remember him, then he must busy himself in remembering Allah.

It was reported that the Messenger of Allah ﷺ would always preoccupy himself in the remembrance of Allah. [Ṣaḥīḥ Muslim]

Every moment of our life is precious and so it is essential that we utilize it in the best manner. For this purpose the following *Masnūn Adhkār* (Remembrance of Allah from the *Sunnah*) can be said.

**In only one minute we can say**

أَسْتَغْفِرُ اللَّهَ

More than 50 times

- The Messenger of Allah ﷺ used to seek forgiveness 70 to 100 times in a day.

[Ṣaḥīḥ al-Bukhārī]

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

More than 30 times

- This is one of the treasures of Heaven.

[*Ṣaḥīḥ al-Bukhārī & Ṣaḥīḥ Muslim*]

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

31 to 33 times

- The Prophet Ibrahim عليه السلام said this when he was being thrown in the fire, then by the command of Allah the fire was cooled. [*Ṣaḥīḥ al-Bukhārī*]

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ

20 to 22 times

- The Messenger of Allah ﷺ used to say these words at times of difficulty. [*al-Tirmidhī*]

اللَّهُ اللَّهُ رَبِّي لَا أُشْرِكُ بِهِ شَيْئًا

20 to 21 times

- The Messenger of Allah ﷺ taught these words to Asma' bint 'Umais for times of hardship.

[*Abū Dāwūd*]

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ

25 to 30 times

- These two sentences of Glorification are light on the tongue, heavy on the weighing scale and beloved to *Al-Rahmān*. [*Ṣaḥīḥ Muslim*]

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ

18 to 20 times

- Sending salutations upon the Messenger of Allah ﷺ frequently is a source of forgiveness and it brings reduction in sadness and misery. [*al-Tirmidhī*]

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ  
الظَّالِمِينَ

16 to 18 times

- The Prophet Yunus عليه السلام invoked his Lord with these words in the belly of the fish. His invocation was accepted by Allah and his sorrow was brought to an end. [Al-Anbiyā':87-88]

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

8 to 10 times

- Whoever says these words 10 times will have the reward equal to freeing four slaves from the children of Isma'īl. [Ṣaḥīḥ Muslim]

Narrated Abū al-Dardā' رضي الله عنه

The Prophet ﷺ said, "Shall I not inform you of the best of your works, the purest of them with your master (Allah), the loftiest of them in your stations, the thing that is better for you than spending gold and silver (in charity), and better for you than meeting your enemies and slaying them and being slain by them?" They (the companions) said, "of course!" He said, "Remembrance of Allah, the Most High."

[al-Tirmidhī]

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