

90-Second Dua Guide

Surah Al-Fatiha: Your Morning Spiritual Reset

Welcome to the Digital Sunnah

Transform your morning routine with this 90-second spiritual practice before scrolling Instagram or emails.

Designed for: US Muslims (EST/PST) & UK Muslims (GMT)

Morning Routine Checklist - US Eastern Time (7 AM EST)

- Wake up at 6:00 AM EST (NYC, Washington DC, Miami)
- Recite Surah Al-Fatiha 3 times before touching phone
- Say Ameen after each recitation
- Set intention: Today I follow the Straight Path
- Then scroll: Instagram, emails, news

Morning Routine Checklist - US Pacific Time (7 AM PST)

- Wake up at 6:00 AM PST (LA, San Francisco)
- Recite Surah Al-Fatiha 3 times before touching phone
- Say Ameen after each recitation
- Set intention: Today I follow the Straight Path
- Then scroll: Instagram, emails, news

Morning Routine Checklist - UK GMT (9 AM GMT)

- Wake up at 8:00 AM GMT (London, Manchester)
- Recite Surah Al-Fatiha 3 times before touching phone
- Say Ameen after each recitation
- Set intention: Today I follow the Straight Path
- Then scroll: Instagram, emails, news

90-Second Dua Guide

Surah Al-Fatiha: Your Morning Spiritual Reset

Surah Al-Fatiha Full Transliteration

Verse 1: Bismillaahir-Rahmaanir-Raheem

In the name of Allah, the Most Gracious, the Most Merciful

Verse 2: Alhamdu lillaahi Rabbil-alameen

All praise is for Allah, Lord of all worlds

Verse 3: Ar-Rahmaanir-Raheem

The Most Gracious, the Most Merciful

Verse 4: Maaliki Yawmid-Deen

Master of the Day of Judgment

Verse 5: Iyyaaka na-budu wa iyyaaka nasta-een

You alone we worship, and You alone we ask for help

Verse 6: Ihdinas-Siraatal-Mustaqeem

Guide us to the Straight Path

Verse 7: Siraatal-lazeena an-amta alayhim...

The path of those You have blessed - not those who earned Your anger, nor those who went astray

90-Second Dua Guide

Surah Al-Fatiha: Your Morning Spiritual Reset

Urdu Translation Summary

Full Urdu translation available in the article. Key verses:

Verse 1: Allah ke naam se jo bara mehban na-rehte raham wala hai

Verse 2: Tamaam taareefain Allah ke liye jo tamam makhlooq ka parwardigar hai

Verse 5: Hum teri hi ibadat karte hain aur tujh hi se madad maangte hain

Full 7 verses with Urdu text available at: currentislam.com/surah-al-fatiha

90-Second Dua Guide

Surah Al-Fatiha: Your Morning Spiritual Reset

Prayer Times 2026

New York (EST)

Fajr: 5:18 AM | Sunrise: 6:47 AM | Dhuhr: 1:12 PM | Asr: 4:52 PM | Maghrib: 7:37 PM | Isha: 9:05 PM

Los Angeles (PST)

Fajr: 5:32 AM | Sunrise: 6:58 AM | Dhuhr: 1:28 PM | Asr: 5:08 PM | Maghrib: 7:52 PM | Isha: 9:18 PM

London (GMT)

Fajr: 4:52 AM | Sunrise: 6:28 AM | Dhuhr: 1:18 PM | Asr: 4:48 PM | Maghrib: 7:42 PM | Isha: 9:12 PM

Manchester (GMT)

Fajr: 4:45 AM | Sunrise: 6:22 AM | Dhuhr: 1:22 PM | Asr: 4:45 PM | Maghrib: 7:52 PM | Isha: 9:25 PM

90-Second Dua Guide

Surah Al-Fatiha: Your Morning Spiritual Reset

Digital Sunnah Habit Tracker (30-Day Challenge)

Week 1: Building the Foundation

Day 1-7: Recite 3x | Say Ameen | Set Intention

Week 2: Consistency Check

Day 8-14: Recite 3x | Say Ameen | Set Intention

Week 3: Deepening the Practice

Day 15-21: Recite 3x | Say Ameen | Set Intention

Week 4: Mastery and Reflection

Day 22-30: Recite 3x | Say Ameen | Set Intention

Quick Reference Card

Before You Scroll (7 AM EST / 9 AM GMT):

1. Recite Fatiha 3x = 90 seconds
2. Say Ameen after each
3. Set intention for Straight Path
4. Then scroll Instagram/emails

90-Second Dua Guide

Surah Al-Fatiha: Your Morning Spiritual Reset

Benefits of This Practice

Morning Anxiety Relief: 73% of US Muslims report reduced anxiety
Spiritual Grounding: 90-second bridge between faith and technology
Dopamine Regulation: Rhythmic Arabic recitation induces calm
Sins Forgiveness: Say Ameen when angels say Ameen [Sahih Bukhari 5:597]
Cure from Illness: Fatiha = Ash-Shifa [Sahih Bukhari 5:597]

Scholarly References

Sahih Bukhari 5:597: Fatiha = Ash-Shifa (cure from every illness)
Sahih Muslim 4:154: Greatest surah in the Quran, foundation of Islam
Sahih Bukhari 1:723: No prayer for one who does not recite Opening of the Book
Al-Jalalayn Tafseer: Word-by-word Arabic breakdown
Ibn Kathir Tafseer: Makkah revelation (Tawhid, Prophethood, Hereafter)

Downloaded from: currentislam.com

June 2026 | For US/UK Muslims