



إِنَّهُمْ يَكِيدُونَ كَيْدًا
وَأَكِيدُ كَيْدًا
فَمَهَّلِ الْكَافِرِينَ أُمُهْلُهُمْ رُويْدًا

Surah At-Tariq (86: 15-16-17)

THE ULTIMATE DAILY ADHKAR & WAZIFA CHECKLIST

Your Spiritual Shield for Protection, Success, and Peace of Mind.

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01 • INTRODUCTION

How to Use This Guide

Welcome to your daily spiritual armor. In a fast-paced world, it is easy to feel overwhelmed by worries, jealousy, uncertainty, and everyday pressure. The remembrance of Allah (Dhikr) can become a steady habit of faith, reflection, and reliance upon Him.

The Spiritual Habit Loop

- 1** Save this PDF. Keep it on your phone's home screen or in your favorites.
- 2** Commit to 5 minutes. Try a short session after Fajr and another after Maghrib.
- 3** Use the checkboxes. Track consistency rather than perfection.
- 4** Recite with Yaqeen. Make the intention to remember Allah, seek His help, and place your trust in Him.

A gentle reminder: Dhikr is worship, not a guaranteed formula for controlling people or outcomes. The Qur'an and authentic Sunnah should guide your practice, while your results remain with Allah.

02 • QUR'ANIC REFLECTION

Surah At-Tariq — The Last 3 Ayat

A powerful Qur'anic reminder to remain calm and trust Allah when facing hidden opposition, plotting, or uncertainty.

Personal routine: If you choose to include these verses in your morning and evening routine, you may track your chosen repetition consistently. The Qur'an itself does not prescribe a specific 3–7 repetition count for these verses.

مُيَكِّدُونَ كَيْدًا ۖ وَأَكِيدُ كَيْدًا ۚ فَمَهْلِكِ الْكَافِرِينَ أَهْلَهُمُ رُوَيْدًا ۝

Transliteration

Innahum yakeedoona kayda. Wa akeedu kayda. Famahhilil kaafireena amhilhum ruwayda.

Translation

“Indeed, they are planning a plan, But I am planning a plan. So allow time for the disbelievers. Leave them awhile.” (Qur'an 86:15–17)

Reflection: Allah is fully aware of what is hidden. The verses call the believer toward patience, certainty, and trust in Allah's wisdom.

03 • MORNING ROUTINE

The Morning Checklist — After Fajr

Start your day with remembrance, protection, gratitude, and a sincere request for beneficial provision.

☐ Ayat al-Kursi — 1 Time

A foundational Qur'anic remembrance. Recite it with attention and understanding.

☐ The 3 Quls — 3 Times Each

Surah Al-Ikhlās, Surah Al-Falaq, and Surah An-Nas. These short surahs are established morning/evening adhkar in authentic Sunnah.

☐ Sayyidul Istighfar — 1 Time

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ...

Allahumma anta Rabbi la ilaha illa anta, khalaqtani wa ana abduka...

Meaning: "O Allah, You are my Lord, there is none worthy of worship but You. You created me and I am Your slave..."

☐ Dua for Beneficial Knowledge & Rizq — 1 Time

Allahumma inni as'aluka 'ilman naafi'an, wa rizqan tayyiban, wa 'amalan mutaqabbalan.

Meaning: "O Allah, I ask You for beneficial knowledge, good provision, and acceptable deeds."

04 • EVENING ROUTINE

The Evening Checklist — After Maghrib / Asr

Seal your day with remembrance, gratitude, and reliance upon Allah.

☐ Ayat al-Kursi — 1 Time

Recite with presence of heart and trust in Allah.

☐ The 3 Quls — 3 Times Each

Surah Al-Ikhlās, Surah Al-Falaq, and Surah An-Nas.

☐ Last 2 Verses of Surah Al-Baqarah — 1 Time

These two verses have a special virtue for nighttime recitation.

Aamanar-rasoolu bimaa unzila ilayhi min rabbihi wal-mu'minoon...

☐ Protection from Sudden Affliction — 3 Times

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

Bismillahir-ladhi la yadurru ma'as-mihi shai'un fil-ardi wa la fis-sama'i, wa Huwas-Sami'ul-'Alim.

Meaning: “In the Name of Allah with Whose Name there is protection against every kind of harm in the earth or in the heaven, and He is the All-Hearing and All-Knowing.”

05 • QUICK REFERENCE

Situational Wazifa

Keep these concise supplications and remembrances ready for specific moments during your day.

☐ When Feeling Anxious or Overwhelmed

Hasbunallahu wa ni'mal wakeel

Sufficient for us is Allah, and He is the best Disposer of affairs.

☐ For Debt and Financial Stress

Allahumma akfini bihalalika 'an haramika, wa aghnini bifadlika 'amman siwaka.

O Allah, suffice me with what You have allowed instead of what You have forbidden, and make me independent of all others besides You.

☐ When Facing a Difficult Task

Rabbi yassir wala tu'assir, wa tammim bil khair.

O my Lord, make things easier for me, do not make things difficult for me, and let this matter end beautifully.

Practice note: Some popular “wazifa” phrases are commonly circulated with fixed counts or promised outcomes that are not necessarily established in authentic Sunnah. Use this guide as a devotional checklist, and verify specific virtues and counts against reliable Qur'an and Hadith sources.

06 • YOUR 7-DAY CHALLENGE

Daily Adhkar Consistency Tracker

Print this page or use your phone's markup tool. Aim for consistency, sincerity, and gradual improvement.

Day	Morning Adhkar	Evening Adhkar	At-Tariq Recited
Monday	☐	☐	☐
Tuesday	☐	☐	☐
Wednesday	☐	☐	☐
Thursday	☐	☐	☐
Friday	☐	☐	☐
Saturday	☐	☐	☐
Sunday	☐	☐	☐

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May Allah make your remembrance sincere, your heart peaceful, and your days filled with barakah. Ameen.