

THE 4 QUL SHIELD

Printable Recitation & Night Shield Guide

Save this: Download or print this Qul Card (Arabic with vowel marks, roman English, and the Night Shield steps on one page). Parents can use it with children. Our guide on teaching the Quran explains why the effort matters.

The Sunnah Night Shield Steps

1

Cup both palms together in front of your face.

2

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

3

Lightly blow (with slight spittle) into your cupped hands.

4

Wipe hands over body, starting from head to toes.
(Repeat 3x)

Surah Al-Ikhlās (The Sincerity)

Chapter 112

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ هُوَ اللَّهُ أَحَدٌ (١) اللَّهُ الصَّمَدُ (٢) لَمْ يَلِدْ وَلَمْ يُولَدْ (٣) وَلَمْ يَكُنْ لَهُ
كُفُوًا أَحَدٌ (٤)

Bismillahir-Rahmanir-Rahim.

1. Qul huwallahu ahad. 2. Allahus-samad. 3. Lam yalid wa lam yulad. 4. Walam yakul-lahu kufuwan ahad.

Surah Al-Falaq (The Daybreak)

Chapter 113

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

اَلَمْ يَلِدْ وَلَمْ يُولَدْ اَلَمْ يَلِدْ وَلَمْ يُولَدْ اَلَمْ يَلِدْ وَلَمْ يُولَدْ اَلَمْ يَلِدْ وَلَمْ يُولَدْ

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Continued Recitations

Surah An-Nas (Mankind)

Chapter 114

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ النَّاسِ (١) مَلِكِ النَّاسِ (٢) إِلَهِ النَّاسِ (٣) مِنْ شَرِّ
الْوَسْوَاسِ الْخَنَّاسِ (٤) الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ (٥) مِنَ الْجِنَّةِ
وَالنَّاسِ (٦)

Bismillahir-Rahmanir-Rahim.

1. Qul a'udhu bi-rabb-in-nas. 2. Malikin-nas. 3. Ilahin-nas. 4. Min sharril-waswasil-khannas. 5. Alladhi yuwaswisu fi sudurin-nas. 6. Minal-jinnati wan-nas.

Surah Al-Kafirun (The Disbelievers)

Chapter 109

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ يَا أَيُّهَا الْكَافِرُونَ (١) لَا أَعْبُدُ مَا تَعْبُدُونَ (٢) وَلَا أَنْتُمْ عَابِدُونَ مَا
أَعْبُدُ (٣) وَلَا أَنَا عَابِدٌ مَّا عَبَدْتُمْ (٤) وَلَا أَنْتُمْ عَابِدُونَ مَا أَعْبُدُ (٥) لَكُمْ
دِينُكُمْ وَلِيَ دِينِ (٦)

Bismillahir-Rahmanir-Rahim.

1. Qul ya ayyuha al-kafirun. 2. La a'budu ma ta'budun. 3. Wa la antum 'abiduna ma a'bud. 4. Wa la ana 'abidum-ma 'abadtum. 5. Wa la antum 'abiduna ma a'bud. 6. Lakum dinukum wa liya din