Surah Al Nasr (110)

THE DIVINE SUPPORT · MADINAH · 3 VERSES · 19 WORDS

The last complete surah revealed to the Prophet (peace be upon him). It announces victory, then gives one command for the moment of success: praise Allah and seek His forgiveness. Arabic with transliteration, English (Khattab) and Urdu (Jalandhari).

بِسْمِ ٱللَّهِ ٱلرَّحْمَٰنِ ٱلرَّحِيمِ

Bismillahir-Rahmanir-Rahim — "In the Name of Allah, the Most Compassionate, Most Merciful."

Verse 1 — the help arrives first

إِذَا جَآءَ نَصْرُ ٱللَّهِ وَٱلْفَتْحُ

Idha ja'a nasrullahi wal-fath.

ENGLISH — KHATTAB

"When Allah's ultimate help comes and the victory over Mecca is achieved,"

URDU — JALANDHARI

جب خدا کی مدد آ پہنچی اور فتح (حاصل ہو گئی)

Verse 2 — people enter in crowds

وَرَأَيْتَ ٱلنَّاسَ يَدْخُلُونَ فِى دِينِ ٱللَّهِ أَفْوَاجًا

Wa ra'ayta an-nasa yadkhuluna fi dinillahi afwaja.

ENGLISH — KHATTAB

"and you, O Prophet, see the people embracing Allah's Way in crowds,"

URDU — JALANDHARI

اور تم نے دیکھ لیا کہ لوگ غول کے غول خدا کے دین میں داخل ہو رہے ہیں

Verse 3 — the only command in the surah

فَسَبِّحْ بِحَمْدِ رَبِّكَ وَٱسْتَغْفِرْهُ ۚ إِنَّهُۥ كَانَ تَوَّابًا

Fasabbih bihamdi rabbika wastaghfirh, innahu kana tawwaba.

ENGLISH — KHATTAB

"then glorify the praises of your Lord and seek His forgiveness, for certainly He is ever Accepting of Repentance."

URDU — JALANDHARI

تو اپنے پروردگار کی تعریف کے ساتھ تسبیح کرو اور اس سے مغفرت مانگو، بے شک وہ معاف کرنے والا ہے

Practise It Today

THE FINISH WITH PRAISE LOOP · THE 2-MINUTE CHECKLIST

The Finish With Praise Loop

One loop, three moves, every time something finishes well — a result, a recovery, a compliment, a closed deal, a safe arrival:

1 · NAME THE HELP. Say which part you did not control: the timing, the opening, the person who helped. "This came from Allah first."

2 · PRAISE OUT LOUD. Say Alhamdulillah where someone can hear it — at the table, in the family chat, to the colleague who asks how it went.

3 · SEEK FORGIVENESS. Say Astaghfirullah for the gaps inside the win: the corner cut, the person overlooked, the pride that crept in.

The 2-Minute Checklist

- ☐ One win from today is named, out loud or in writing.
- ☐ The help inside it is named: who, what timing, what opening.
- ☐ Alhamdulillah is said once, deliberately, not as a reflex.
- ☐ Astaghfirullah is said for one specific gap inside the win.
- ☐ One person who helped is thanked by name today.
- ☐ The next task starts only after the loop is done.

The Prophet's Own Practice

Aisha reported that after this surah was revealed, the Prophet (peace be upon him) did not pray a single prayer without saying in it (Bukhari 4967; Muslim 484a, in bowing and prostration):

سُبْحَانَكَ رَبَّنَا وَبِحَمْدِكَ، اللَّهُمَّ اغْفِرْ لِي

Subhanaka Rabbana wa bihamdika, Allahumma ighfirli.

"Glory be to You, our Lord, and praise; O Allah, forgive me." Verse 3, carried inside the prayer itself — praise and forgiveness together, exactly as the surah orders them.

Why Ibn Abbas Heard a Farewell

Umar once asked the senior companions what this surah meant. They spoke of victory and conquest. Ibn Abbas said it signalled that the Prophet's death was approaching: the mission was complete, so the Messenger was being called back. Umar said he knew nothing beyond what Ibn Abbas had said (Bukhari 4970).

Your 7-Day Tracker

ONE WIN A DAY · THREE MOVES · TICK WHAT YOU ACTUALLY DID

Day	The win I named	Praise said aloud	Istighfar said
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

Honest Limits

No fixed count for reciting this surah is verified in the sources used for this page. Numbers circulating online — 41 times, 111 times, 70 times a day for 11 days — are not established from the Quran or the checked hadith collections, and no result (a job, a cure, a win) is promised for any count. What is verified is the practice itself: praise and forgiveness at the moment of success, modelled by the Prophet (peace be upon him) in every prayer after this surah came down.

Sources

Quran 110:1-3, Uthmani text and word count via Quran.com API (chapter 110: 3 verses, 19 words). English: Dr Mustafa Khattab, The Clear Quran, via Quran.com. Urdu: Fateh Muhammad Jalandhari, via Quran.com (resource 234). Hadith: Sahih al-Bukhari 4970, 4967; Sahih Muslim 484a, checked on Sunnah.com. Al-fath as the conquest of Makkah: Tafsir Ibn Kathir on 110:1.

Print it, keep it by the prayer mat or the desk, and run the loop once a day for a week. The surah is short. The habit it builds is the point.