

Easy Prescription for Reformation, Repentance and Reflection

By Shaykh al-Islam Mufti Muhammad Taqi Usmani

Our respected Shaykh al-Islam, Mufti Muhammad Taqi Usmani,
gave the following advice at Masjid Noor, Manchester
on Wednesday 13 November 2024 (11 Jumādā al-Ūlā 1446) :

Every morning, when you wake up, make a pledge with Allah Almighty that:

إِنَّ صَلَاتِي وَنُسُكِي وَمَحْيَايَ وَمَمَاتِي لِلَّهِ رَبِّ الْعَالَمِينَ

*My Ṣalāh, my worship, my living, and my dying is for Allah,
the Lord of the Worlds*

and then say: O Allah, I pledge to you that I will not commit any sins, and this is not possible without Your Tawfīq and support, so grant me Tawfīq for this.

Then in the evening before sleeping, undertake Muhāsabah and reflect on the actions and shortcomings of the day and then say: O Allah, I made a pledge with you this morning and also made Du'ā' to you, but I made so and so error and committed so and so sin, so I repent and seek Your forgiveness, please accept my repentance. I renew my resolve to obey you, and pray again to give me strength to abide by it.

So, two minutes in the morning and two minutes in the evening, try this every day without a miss and you will experience the benefits Inshā'Allah. Allah Almighty will grant you Tawfīq to stay away from the outer and inner sins.

Summarised in English by Yusuf Shabbir, and verified by Mufti Muhammad Taqi Usmani

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