



## UMRAH 360 – AUTHENTIC SUPPLICATIONS

From the Quran and Sunnah

### 1. UPON ENTERING THE MASJID

"Bismillahi, was-salatu was-salamu 'ala Rasulillah. Allahummagh-firli dhunūbī waftah-lī abwāba rahmatik."

(Reference: Abu Dawood/Tirmidhi)

### 2. DURING TAWAF (BETWEEN YEMENI CORNER & BLACK STONE)

"Rabbana atina fid-dunya hasanatan wa fil-akhirati hasanatan waqina 'adhaban-nar."

(Reference: Quran 2:201 - This was the most frequent Dua of the Prophet PBUH).

### 3. UPON CLIMBING MOUNT SAFA

"La ilaha illallahu wahdahu la sharika lah, lahul-mulku wa lahul-hamdu wa huwa 'ala kulli shay'in qadir..."  
(Reference: Sahih Muslim - The Prophet PBUH repeated this 3 times with personal Dua in between).

#### 4. DRINKING ZAMZAM

"Allahumma inni as'aluka 'ilman nafi'an, wa rizqan wasi'an, wa shifa'an min kulli da'in."  
(Reference: Mustadrak Al-Hakim - "Zamzam water is for whatever purpose it is drunk for.")

#### 5. LEAVING THE MASJID

"Allahumma inni as'aluka min fadlik."  
(Reference: Sahih Muslim)

