# Supplication for Thursdays

*From the Sahifa Sajjadiya: Imam Zayn al-Abidin's (a.s.) supplication for Thursday — praise for the day and a plea that God decree its hours for obedience, worship and reward.*

36 lines · 3–4 min · alzair.app/duas/dua-thursday-sajjadiya

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**1**

بِسْمِ ٱللَّهِ ٱلرَّحْمٰنِ ٱلرَّحِيمِ

*bismillahi alrrahmani alrrahimi*

In the Name of Allah, the All-beneficent, the All-merciful.

**2**

اَلْحَمْدُ لِلَّهِ ٱلَّذِي أَذْهَبَ ٱللَّيْلَ مُظْلِماً بِقُدْرَتِهِ

*alhamdu lillahi alladhi adh-haba allayla muzliman biqudratihi*

All praise be to Allah Who has taken away the shadowy night by His power

**3**

وَجَاءَ بِٱلنَّهَارِ مُبْصِراً بِرَحْمَتِهِ

*wa ja'a bilnnahari mubsiran birahmatihi*

and brought the sight-giving day through His mercy.

**4**

وَكَسَانِي ضِيَاءَهُ وَآتَانِي نِعْمَتَهُ

*wa kasani diya'ahu wa atani ni`matahu*

He has clothed me in its brightness and given me its favor.

**5**

اللَّهُمَّ فَكَمَا أَبْقَيْتَنِي لَهُ فَ أَبْقِنِي لأَمْثَالِهِ

*allahumma fakama abqaytani lahu fa-abqini li-amthalihi*

O Allah, just as You have spared me for this day, so also spare me for its likes,

6

وَصَلِّ عَلَىٰ ٱلنَّبِيِّ مُحَمَّدٍ وَآلِهِ

*wa salli `ala alnnabiyyi muhammadin wa alihi*

bless the Prophet Muhammad and his Household,

7

وَلاَ تَفْجَعْنِي فِيهِ وَفِي غَيْرِهِ

*wa la tafja`ni fihi wa fi ghayrihi*

torment me not in it and in other

8

مِنَ ٱللَّيَالِي وَٱلأَيَّامِ

*min allayali wal-ayyami*

nights and days

9

بِٱرْتِكَابِ ٱلْمَحَارِمِ

*birtikabi almaharimi*

by my commitment of unlawful acts

10

وَٱكْتِسَابِ ٱلْمَآثِمِ

*waktisabi alma'athimi*

and clothing myself in sins;

11

وَٱرْزُقْنِي خَيْرَهُ

*warzuqni khayrahu*

provide me with its good,

12

وَخَيْرَ مَا فِيهِ

*wa khayra ma fihi*

the good of all within it,

13

وَخَيْرَ مَا بَعْدَهُ

*wa khayra ma ba`dahu*

and the good of everything after it;

14

وَٱصْرِفْ عَنِّي شَرَّهُ

*wasrif `anni sharrahu*

and turn away from me its evil,

15

وَشَرَّ مَا فِيهِ

*wa sharra ma fihi*

the evil of all within it,

16

وَشَرَّ مَا بَعْدَهُ

*wa sharra ma ba`dahu*

and the evil of everything after it!

17

اَللَّهُمَّ إِنِّي بِذِمَّةِ ٱلإِسْلامِ أَتَوَسَّلُ إِلَيْكَ

*allahumma inni bidhimmati al-islami atawassalu ilayka*

O Allah, by the protective compact of Islam, I seek mediation with You!

18

وَبِحُرْمَةِ ٱلْقُرآنِ أَعْتَمِدُ عَلَيْكَ

*wabihurmati alqur'ani a`tamidu `alayka*

By the inviolability of the Qur'an, I rely upon You!

19

وَبِمُحَمَّدٍ ٱلْمُصْطَفَىٰ

*wa bimuhammadin almustafa*

By Muhammad the chosen,

20

صَلَّىٰ ٱللَّهُ عَلَيْه وَآلِهِ

*salla allahu `alayhi wa alihi*

Allah bless him and his Household,

21

أَسْتَشْفِعُ لَدَيْكَ

*astashfi`u ladayka*

I seek intercession with You.

22

فَٱعْرِفِ ٱللَّهُمَّ ذِمَّتِي

*fa`rif allahumma dhimmati*

So, recognize my protective compact

23

ٱلَّتِي رَجَوْتُ بِهَا قَضَاءَ حَاجَتِي

*allati rajawtu biha qada'a hajati*

by which I hope my need will be granted,

24

يَا أَرْحَمَ ٱلرَّاحِمِينَ

*ya arhama arrahimina*

O Most Merciful of all those who show mercy!

25

اَللَّهُمَّ ٱقْضِ لِي فِي ٱلْخَمِيسِ خَمْساً

*allahumma iqdi li fi alkhamisi khamsan*

O Allah, decree for me on Thursday five things,

26

لاَ يَتَّسِعُ لَهَا إِلاَّ كَرَمُكَ

*la yattasi`u laha illa karamuka*

which none embraces but Your generosity

27

وَلاَ يُطِيقُهَا إِلاَّ نِعَمُكَ

*wa la yutiquha illa ni`amuka*

and none supports but Your favors:

28

سَلامَةً أَقْوَىٰ بِهَا عَلَىٰ طَاعَتِكَ

*salamatan aqwa biha `ala ta`atika*

health through which I may have the strength to obey You,

29

وَعِبَادَةً أَسْتَحِقُّ بِهَا جَزِيلَ مَثُوبَتِكَ

*wa `ibadatan astahiqqu biha jazila mathubatika*

worship by which I may deserve Your plentiful reward,

30

وَسَعَةً فِي ٱلْحَالِ مِنَ ٱلرِّزْقِ ٱلْحَلالِ

*wa sa `atan fi alhali min alrrizqi alhalali*

plenty in my state through lawful provision,

31

وَ أَنْ تُؤْمِنَنِي فِي مَوَاقِفِ ٱلْخَوْفِ بِأَمْنِكَ

*wa an tu'minani fi mawaqifi alkhawfi bi-amnika*

and that You make me secure in the places of fear through Your security,

32

وَتَجْعَلَنِي مِنْ طَوَارِقِ ٱلْهُمُومِ وَٱلْغُمُومِ فِي حِصْنِكَ

*wa taj `alani min tawariqi alhumumi walghumumi fi hisnika*

and place me in Your fortress against the striking of worries and sorrows!

33

صَلِّ عَلَىٰ مُحَمَّدٍ وَآلِهِ

*salli ‘ala muhammadin wa alihi*

Bless Muhammad and his Household,

34

وَٱجْعَلْ تَوَسُّلِي بِهِ شَافِعاً

*waj `al tawassuli bihi shafi `an*

and make my seeking his mediation as an intercessor give profit

35

يَوْمَ ٱلْقِيَامَةِ نَافِعاً

*yawma alqiyamati nafi `an*

on the Day of Resurrection!

36

إِنَّكَ أَنْتَ أَرْحَمُ ٱلرَّاحِمِينَ

*innaka anta arhamu arrahimina*

Surely, You are the Most Merciful of all those who show mercy!