



ZUMURA

Tahajjud

Companion Cards

Du'as, Steps & Tracker for the Night Prayer

Free Resource | zumura.com

Your Night Prayer Flow

The complete sequence from waking to Fajr

1

Wake Up

Say the du'a for waking from sleep

2

Look at the Sky

Recite Aal-Imran 3:190-200

3

Prepare

Use siwak, make wudu

4

Two Light Rakaat

Ease into prayer with two short rakaat

5

Opening Du'a

Say the Tahajjud opening du'a

6

Eight Rakaat

Pray in pairs of two, four sets total

7

Two Shaf'a

Al-A'la in first, Al-Kafirun in second

8

One Witr

Al-Ikhlās + Dua al-Qunut

9

Du'a in Sujud

Your longest sujud, ask for everything

10

Istighfar at Sahar

Seek forgiveness in the time before dawn

How to Find the Last Third

Maghrib to Fajr = total night hours. Divide by 3. The final third is the best time.

Essential Du'as

Say these at each stage of your night prayer

1 When You Wake Up

الحمد لله الذي أحيانا
بعد ما أماتنا وإليه النشور

"All praise is for Allah who gave us
life after causing us to die, and to
Him is the return."

Sahih al-Bukhari 6324

2 Opening Du'a of Tahajjud

اللهم لك الحمد أنت نور
السموات والأرض ومن فيهن
ولك الحمد أنت قيم
السموات والأرض ومن فيهن

"O Allah, to You is all praise. You are
the Light of the heavens and the earth.
And to You is all praise. You are the
Sustainer of the heavens and the earth."

Sahih al-Bukhari 1120

3 Du'a in Sujud

سبحان ربي الأعلى
اللهم اغفر لي

"Glory be to my Lord, the Most High"
"O Allah, forgive me"

Then make du'a in any language for
whatever you need. This is the closest
you are to your Lord.

Sahih Muslim 482

4 Dua al-Qunut (in Witr)

اللهم اهديني فيمن هديت
وعافني فيمن عافيت
وتولني فيمن توليت

"O Allah, guide me among those You
have guided, grant me well-being among
those You have granted well-being,
take me into Your charge..."

Sunan Abi Dawud 1425

5 Between the Two Sujuds

رب اغفر لي

"My Lord, forgive me."
Repeat multiple times.

Sunan Abi Dawud 874

6 After Completing Witr

سبحان الملك القدوس

"Glory be to the Sovereign, the Holy."
Say three times, raising your voice
on the third.

Sunan an-Nasai 1699

30-Night Tracker

Mark each night you pray. Build the habit.

1 Rakaat: ____ Night	2 Rakaat: ____ Night	3 Rakaat: ____ Night	4 Rakaat: ____ Night	5 Rakaat: ____ Night
6 Rakaat: ____ Night	7 Rakaat: ____ Night	8 Rakaat: ____ Night	9 Rakaat: ____ Night	10 Rakaat: ____ Night
11 Rakaat: ____ Night	12 Rakaat: ____ Night	13 Rakaat: ____ Night	14 Rakaat: ____ Night	15 Rakaat: ____ Night
16 Rakaat: ____ Night	17 Rakaat: ____ Night	18 Rakaat: ____ Night	19 Rakaat: ____ Night	20 Rakaat: ____ Night
21 Rakaat: ____ Night	22 Rakaat: ____ Night	23 Rakaat: ____ Night	24 Rakaat: ____ Night	25 Rakaat: ____ Night
26 Rakaat: ____ Night	27 Rakaat: ____ Night	28 Rakaat: ____ Night	29 Rakaat: ____ Night	30 Rakaat: ____ Night

Milestones

- Week 1 (Night 1-7)**
 Building the habit. Even 2 rakaat counts.
- Week 2 (Night 8-14)**
 You're consistent. Try adding more rakaat.
- Week 3 (Night 15-21)**
 It's becoming part of you. Lengthen your sujud.
- Week 4 (Night 22-30)**
 You are among the people of the night.

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Grow through Islam, one action at a time.

zumura.com

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Every ayah cited. Every hadith graded.

Every opinion labeled. Nothing made up.