Sayyidul istighfar

The best way to ask Allah's forgiveness (Sahih al-Bukhari 6306). Say it once in the day and once at night.

1

اللَّهُمَّ أَنْتَ رَبِّي

Allahumma anta rabbi
O Allah, You are my Lord.

2

لاَ إِلَهَ إِلاَّ أَنْتَ

La ilaha illa anta
There is no god but You.

3

خَلَقْتَنِي وَأَنَا عَبْدُكَ

Khalaqtani wa ana 'abduk
You created me and I am Your servant.

4

وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ

Wa ana 'ala 'ahdika wa wa'dika mastata't
I keep Your covenant and promise as best I can.

5

أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ

A'udhu bika min sharri ma sana't
I seek refuge in You from the evil of what I have done.

6

أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَأَبُوءُ لَكَ بِذَنْبِي

Abu'u laka bi ni'matika 'alayya wa abu'u laka bi dhanbi
I acknowledge Your favour on me and I acknowledge my sin,

7

فَاغْفِرْ لِي

Faghfir li
so forgive me,

8

فَإِنَّهُ لاَ يَغْفِرُ الذُّنُوبَ إِلاَّ أَنْتَ

Fa innahu la yaghfirudh-dhunuba illa ant
for no one forgives sins but You.

Learn it in seven days

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Lines 1 and 2 ☐	Line 3 ☐	Line 4 ☐	Line 5 ☐	Line 6 ☐	Lines 7 and 8 ☐	The whole dua, eyes closed ☐