

Before saying anything say the following prayer so that all sins committed will be forgiven:

O Allah, whatever saying I have uttered this week,	allāhumma mā qultu fī jumū`atī hādhihī min qawlin	اللَّهُمَّ مَا قُلْتُ فِي جُمُعَتِي هَذَا مِنْ قَوْلٍ
whatever oath I have taken during it,	aw ḥalaftu fihā min ḥalfin	أَوْ حَلَفْتُ فِيهَا مِنْ حَلْفٍ
and whatever vow I have made during it,	aw nadhartu fihā min nadhrin	أَوْ نَذَرْتُ فِيهَا مِنْ نَذْرٍ
verily, it is Your will that is before all that.	famashiyyatuka bayna yaday dhālika kullihī	فَمَشِيئَتُكَ بَيْنَ يَدَيْ ذَلِكَ كُلِّهِ
Hence, only that which You will to have effect will come to pass	famā shi'ta minhu an yakūna kāna	فَمَا شِئْتَ مِنْهُ أَنْ يَكُونَ كَانَ
and whatever You do not will to have effect will never come to pass.	wa mā lam tasha' minhu lam yakun	وَمَا لَمْ تَشَأْ مِنْهُ لَمْ يَكُنْ
O Allah, (please) forgive me and overlook my offenses.	allāhumma ighfir lī wa tajāwaz `annī	اللَّهُمَّ اغْفِرْ لِي وَتَجَاوَزْ عَنِّي
O Allah, whosoever You bless, then I invoke Your blessings upon him	allāhumma man ṣallayta `alayhi faṣalati `alayhi	اللَّهُمَّ مَنْ صَلَّى عَلَيْهِ فَصَلَّاتِي عَلَيْهِ
and whosoever You curse, then I invoke Your curse upon him.	wa man la`anta fala`nati `alayhi	وَمَنْ لَعَنْتَ فَلَعْنَتِي عَلَيْهِ
Shaykh al-Tūsī has recommended to say the following prayer after the Dawn Prayer on Fridays:		
O Allah, I am resorting to You with my needs,	allāhumma innī ta`ammadtu ilayka biḥājati	اللَّهُمَّ إِنِّي تَعَبَّدْتُ إِلَيْكَ بِحَاجَتِي
and I am putting in Your presence my poverty,	wa anzaltu ilayka alyawma faqrī	وَأَنْزَلْتُ إِلَيْكَ الْيَوْمَ فَقْرِي
my indigence, and my deprivation.	wa fāqatī wa maskanatī	وَفَاقَتِي وَمَسْكَاتِي
Verily, I hope for Your forgiveness more than I rely on my deeds.	fa-anā limaghfiratika arjā minnī li`amalī	فَأَنَا لِمَغْفِرَتِكَ أَرْجُو مِنْ مَعْرِي لِعَمَلِي
Indeed, Your forgiveness and Your mercy are more inclusive than my sins are.	wa lamaghfiratika wa raḥmatuka awsa`u min dhunūbī	وَلَمَغْفِرَتِكَ وَرَحْمَتِكَ أَوْسَعُ مِنْ ذُنُوبِي
So, (please) embark on settling all my needs out of Your power over them,	fatawalla qaḍā'a kulli ḥājatin lī biqudratika `alayhā	فَتَوَلَّ قَضَاءَ كُلِّ حَاجَةٍ لِي بِقُدْرَتِكَ عَلَيْهَا
out of the easiness for You to do that,	wa taysīri dhālika `alayka	وَتَيْسِيرِ ذَلِكَ عَلَيْكَ
and out of my urgent need for that.	wa lifaqrī ilayka	وَلِفَقْرِي إِلَيْكَ
Verily, I have not gained any good thing save from You	fa'innī lam uṣib khayran qaṭṭu illā minka	فَإِنِّي لَمْ أَصِبْ خَيْرًا قَطُّ إِلَّا مِنْكَ
and none could ever repel evil from me save You.	wa lam yaṣrif `annī sū'an qaṭṭu aḥadun siwāka	وَلَمْ يَصْرِفْ عَنِّي سِوَا قَطُّ أَحَدٍ سِوَاكَ
I hope for none to stand for me in my affairs of this world and the Next World	wa lastu arjū li-ākhiratī wa dunyāya wa	وَلَسْتُ أَرْجُو لِأَخْرَجِي وَدُنْيَايَ
and on the day of my poverty,	lā liyawmi faqrī	وَلَا لِيَوْمِ فَقْرِي
when people will leave me alone in my hole (i.e. grave)	yawma yufridunī alnnāsu fī ḥufratī	يَوْمَ يُفْرِدُنِي النَّاسُ فِي حُفْرَتِي
and I will then confess of my sins before You, except You.	wa ufḍī ilayka bidhanbī siwāka	وَأُفْضِي إِلَيْكَ بِذُنُوبِي سِوَاكَ

Third: It has been narrated that one who says the following invocation after the Ḥuhr and Fajr Prayers on Fridays, as well as other days, will meet Imam al-Mahdī (‘a) before he dies:

O Allah, bless Muḥammad and the Household of Muḥammad and hasten their Relief.

allāhumma ṣalli ‘alā muḥammadin wa ‘āli muḥammadin wa ‘ajjil farajahum

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ وَعَجِّلْ فَرَجَهُمْ

In addition, it has been narrated that one who repeats the aforesaid invocation one hundred times will have sixty of his requests granted for him—thirty in this worldly life and thirty on the Resurrection Day.

Fourth: It is recommended to recite [Sūrah al-Rahmān \(No. 55\)](#) after the Fajr Prayer on Fridays and to say, "Laa bi-shay-in min alaa-ika rabbi ukad'dhibu" "None of Your favors do I deny,"⁽¹¹⁾ wherever the verses, "Then which of the favors of your Lord will ye deny?" are recited.

Fifth: Shaykh al-Tūsī has recorded that it is highly recommended to recite Sūrah al-Tawḥīd, to invoke Almighty Allah's blessings upon Muḥammad and his Household, and to pray Him for forgiveness each one hundred times after the Fajr Prayer on Fridays. It is also highly recommended to recite Sūrahs al-Nisā' (No. 4), Hūd (No. 11), al-Kahf (No. 18), al-Ṣāffāt (No. 37), and al-Raḥmān (No. 55) during that time.

Sixth: It is recommended to recite [Sūrah al-Aḥqāf \(No. 46\)](#) and Sūrah al-Mu'minūn (No. 23).

Imam al-Ṣādiq (‘a) is reported as saying that any one who recites Sūrah al-Aḥqāf at Friday nights or on Fridays will not be inflicted by dismays in his worldly life and will be saved from the horrors on the Resurrection Day. The Imam (‘a) is also reported as saying that any one who recites Sūrah al-Mu'minūn regularly each Friday will come upon a happy end and will be granted an abode in the Supreme Paradise with the Prophets and Messengers of Almighty Allah.

Seventh: It is recommended to repeat [Sūrah al-Kāfirūn \(No. 109\)](#) ten times before sunrise and then pray Almighty Allah so that all prayers will be answered.

It has been narrated that Imam ‘Alī ibn al-Ḥusayn Zayn al-‘Ābidīn (‘a) used to repeat reciting Āyah al-Kursī (verse No. 255 of Sūrah al-Baqarah No. 2) from early morning up to midday on Fridays. When he accomplished the obligatory prayers, he would recite Sūrah al-Qadr (No. 97) frequently.

It is worth mentioning that to recite [Āyah al-Kursī](#) in the form of revelation⁽¹²⁾ on Fridays achieves a great reward.

Eighth: GHUSL It is highly recommended to bathe oneself. In fact, this is one of the most confirmed rituals of Fridays. The Holy Prophet (ṣ) is reported to have instructed Imam ‘Alī (‘a) by saying, "O ‘Alī; wash yourself every Friday even if you have to purchase water with your daily provisions and have nothing to eat. Verily, no voluntary act is better than this."

Imam al-Ṣādiq (‘a) is also reported to have said: Whoever washes himself on Fridays and, meanwhile, says the following prayer will be pure all through that week:

I bear witness that there is no god except Allah,

ash-hadu an lā ilāha illā allāhu

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ

the One, (there is) no associate with Him;

waḥdahū lā sharīka lahū

وَحْدَهُ لَا شَرِيكَ لَهُ

and I testify that Muḥammad is His servant and His Messenger.

wa ash-hadu anna muḥammadan ‘abduhū wa rasūluhū

وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

O Allah, send blessings to Muḥammad and the Household of Muḥammad,

allāhumma ṣalli ‘alā muḥammadin wa ‘āli muḥammadin

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ

and make me of those who turn to You constantly

waj`alnī mina alttawwābīna

وَاجْعَلْنِي مِنَ التَّوَّابِينَ

and those who keep themselves pure and clean.

waj`alnī mina almutaṭahhirīna

وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ

"Pure" in the aforesaid Ḥadīth stands for purification from sins or acceptance of the deeds, which is thus moral purification. In any case, it is important not to neglect bathing oneself on Fridays when possible. The recommended time of this bathing is between sunrise and midday. In addition, the nearer to midday the better.

Ninth: It is recommended to dye with hibiscus, for it saves from leprosy and insanity.

Tenth: It is also recommended to cut the mustache neatly and trim the nails so as not to miss the great merits of doing these acts. As has been mentioned in narrations, these acts bring about expansion in sustenance, cancellation of sins up to the next Friday, and security from insanity and leprosy. On doing that, it is recommended to say the following litany:

In the Name of Allah (I begin);

and by (the command of) Allah

and according to the tradition of
Muḥammad and the Household of
Muḥammad (I do this).

bismillāhi wa billāhi
wa `alā sunnati
muḥammadin wa āli
muḥammadin

بِسْمِ اللَّهِ وَبِاللَّهِ وَعَلَى سُنَّةِ مُحَمَّدٍ وَآلِ مُحَمَّدٍ

It is also recommended, on cutting the nails, to start with the little finger of the left hand and end with that of the right hand. The same thing is applicable to the nails of the feet. Then, the cut nails should be buried.

Eleventh: It is recommended to apply perfume and put on the best of one's clothes.

Twelfth: It is recommended to give alms, for the rewards are doubled up on Fridays and at Friday nights, as is confirmed by narrations, as one thousand folds as giving alms on other days.

Thirteenth: It is recommended to arrange fruits and wholesome meals to the family members so that Fridays will be their days of pleasure.

Fourteenth: It is recommended to eat pomegranate before breakfast and to eat seven leaves of endive before midday. In this connection, Imam Mūsā al-Kāzīm (ʿa) is reported to have said, "The heart of him who eats a pomegranate before breakfast on Fridays will be enlightened for forty days. To eat two pomegranates increases the period of enlightenment to eighty days, and so on. It also dismisses the evil suggestions. Of course, to get rid of Satan's suggestions is to stop acting disobediently to Almighty Allah; and to stop acting disobediently to Him allows entrance to Paradise." In *al-Miṣbāḥ*, the author has said that to eat pomegranates on Fridays and at Friday nights achieves great merits.

Fifteenth: It is recommended to dedicate Fridays to learning the religious laws and instructions, not to wandering in others' gardens, accompanying the vicious and the licentious, speaking about the others' defects, laughing and guffawing, reciting poetry, and discussing useless subjects as well as similar matters. Disadvantages arisen from such matters are too many to be mentioned.

Imam Ja`far al-Ṣādiq (ʿa) is reported as saying, "Woe to a Muslim who does not dedicate Fridays to learning the affairs of his religion."

The Holy Prophet (ṣ) is also reported to have said, "If you, on Fridays, see old men telling the tales of infidelity and of the pre-Islamic era, you should then make their heads the targets of stones."

Sixteenth: It is recommended to repeat one thousand times at least the invocation of blessings upon the Holy Prophet and his Household. Imam Muḥammad al-Bāqir (ʿa) is reported to have said, "For me, no act of worship is more favorable than invoking blessings upon the Prophet and his immaculate Household—may Allah bless them all—on Fridays."

If there is not enough time to repeat this invocation one thousand times, it must be repeated one hundred times at least so that faces will be brightened on the Judgment Day.

It has been also narrated that all sins will be totally forgiven for those who repeat invocations of blessings upon the Holy Prophet and his Household one hundred times, repeat the following prayer one hundred times, and recite Sūrah al-Tawḥīd (No. 112) one hundred times on Fridays:

I pray the forgiveness of Allah—
my Lord, and I repent before
Him.

astaghfiru allāha rabbī wa atūbu
ilayhi

اسْتَغْفِرُ اللَّهَ رَبِّي وَأَتُوبُ إِلَيْهِ

It has been also narrated that to invoke blessings upon the Holy Prophet and his household is equal (in reward) to seventy times of going on Ḥajj.

Seventeenth: It is recommended to say the ritual Ziyārahs of the Holy Prophet and Imams, peace be upon them all. A section of this book is dedicated to the etiquettes and methods of Ziyārahs.

Eighteenth: It is recommended to visit the tombs of one's relatives in general and parents in particular. Imam al-Bāqir (ʿa) is reported as saying, "Visit the graves of your relatives on Fridays, for they know about those who visit their graves and will be happy for that."

Nineteenth: It is recommended to say Du`ā' al-Nudbah Supplication, which is one of the rites to be done on the Four Feast Days (i.e. *ʿĪd al-Fiṭr*—the first of Shawwāl, *ʿĪd al-Aḍḥā*—the tenth of Dhu'l-Ḥijjah, *ʿĪd al-Ghadīr*—the eighteenth of Dhu'l-Ḥijjah, and Fridays).