

This prayer consists of two units in the first of which you should recite, after Sūrah al-Fātiḥah, the following verses (Sūrah al-Anbiyā' 21:87-88):

And (mention) Dhu'n-Nūn (Jonah), when he went off in anger and deemed that We would not suppress his sustenance.	wa dhā alnnūni idh dhahaba mughāḍiban	(وَذَا النُّونِ إِذْ ذَهَبَ مُغَاضِبًا
But he cried out in the darkness,	fanādā fī alzzulumāti	فَظَنَّ أَنْ لَنْ نَقْدِرَ عَلَيْهِ فَنَادَى فِي الظُّلُمَاتِ
“There is no god save You. Be You Glorified!	an lā ilāha illā anta subḥānaka	أَنْ لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ
Lo! I have been a wrongdoer.”	innī kuntu min alzzālimīna	إِنِّي كُنْتُ مِنَ الظَّالِمِينَ
Then we heard his prayer and saved him from the anguish.	fastajabnā lahū wa najjaynāhu min alghammi	فَأَسْتَجَبْنَا لَهُ وَتَجَنَّبْنَا مِنَ الْغَمِّ
Thus do we save the believers.	wa kadhālika nunjī almu'minīna	وَكَذَلِكَ نُنْجِي الْمُؤْمِنِينَ)

In the second unit, you should recite, after Sūrah al-Fātiḥah, the following verse (6:59):

And with Him are the keys of the Invisible.	wa `indahū mafātiḥu alghaybi	(وَعِنْدَهُ مَفَاتِحُ الْغَيْبِ
None but He knows them.	lā ya `lamuhā illā huwa	لَا يَعْلَمُهَا إِلَّا هُوَ
And He knows what is in the land and the sea.	wa ya `lamu mā fī albarri walbaḥri	وَيَعْلَمُ مَا فِي الْبَرِّ وَالْبَحْرِ
Not a leaf falls but He knows it,	wa mā tasquṭu min waraqatin illā ya `lamuhā	وَمَا تَسْقُطُ مِنْ وَرَقَةٍ إِلَّا يَعْلَمُهَا
not a grain amid the darkness of the earth,	wa lā ḥabbatin fī zulūmāti al-arḍi	وَلَا حَبَّةٍ فِي ظُلُمَاتِ الْأَرْضِ
naught of wet or dry	wa lā raṭṭbin wa lā yābisin	وَلَا رَطْبٍ وَلَا يَابِسٍ
but (it is noted) in a clear record.	illā fī kitābin mubīnin	إِلَّا فِي كِتَابٍ مُبِينٍ)

After that, you should raise your both hands for Qunūt, saying:

O Allah, I beseech You in the name of the Keys of the Invisible (world)	allāhumma innī as'aluka bimafātiḥi alghaybi	اللَّهُمَّ إِنِّي أَسْأَلُكَ بِمَفَاتِحِ الْغَيْبِ
that none knows save You;	allatī lā ya `lamuhā illā anta	الَّتِي لَا يَعْلَمُهَا إِلَّا أَنْتَ
(please) send blessings to Muḥammad and his Household and...	an tuṣalliya `alā muḥammadin wa ālihī...	أَنْ تُصَلِّيَ عَلَيَّ مُحَمَّدًا وَآلِهِ وَأَنْ...

You may then mention your needs. Then, say the following:

O Allah, You are the source of the graces that I have,	allāhumma anta waliyyu ni `matī	اللَّهُمَّ أَنْتَ وَلِيُّ نِعْمَتِي
You have the power to respond to my request,	walqādiru `alā ṭalibatī	وَالْقَادِرُ عَلَيَّ طَلِبَتِي
and You know my needs;	ta `lamu ḥājati	تَعْلَمُ حَاجَتِي
I therefore beseech You in the name of Muḥammad and his Household,	fa-as'aluka biḥaqqi muḥammadin wa ālihī	فَأَسْأَلُكَ بِحَقِّ مُحَمَّدٍ وَآلِهِ
peace be upon him and them,	`alayhi wa `alayhimu alssalāmu	عَلَيْهِ وَعَلَيْهِمُ السَّلَامُ
to grant me my needs.	lammā qaḍaytahā lī	لَمَّا قَضَيْتَهَا لِي

You may then pray to Him for your personal needs, for it has been narrated that any one who offers this prayer and supplicates Al