

FIRST NIGHT : A **two unit** prayer at the first of which Surahs *al-Fatihah* and *al-Anam* (No. 6) are recited and at the second unit Surahs *al-Fatihah* and *Yasin* (No. 36). & another **two unit** prayer at each of which Surah *al-Fatihah* once and Surah *al-Tawhid* **eleven** times

FIRST DAY Fasting is highly recommended as [reported by Rayyan bin Shabib from Imam Ridha \(as\)](#) "Just as He responded to the prayer of Prophet Zachariah, Almighty Allah shall respond the prayer of one who observes fasting on this day and prays to Him." Recite 2 Rakat Salaat & lift hands & recite the following Dua **3 times** :-

O Allah, You are the Eternal God and this is a new year;

I therefore request Your safety from Satan,

control over myself, which is inclined to sinning,

engagement in all that which draws me near You, O All-generous!

O Lord of majesty and honor! O Supporter of him who has no supporter!

O Provider of him who has no provisions! O Shelter of him who has no shelter!

O He who comes to help him who has no hope of help! O Reliance for him who has no one to lean upon!

O Treasure of him who has nothing in the purse! O He who knows well how to put to test and trial!

O Ultimate Hope! O Strength of the weak!

O Rescuer of the drowning! O He who saves from destruction!

O All-benefactor! O All-munificent! O All-favorer! O All-benevolent!

You are He before Whom prostrate in adoration the blackness of the night and the brightness of the day,

the moonlight, the sunlight, the ripple of the water, and the rustling of the trees!

O Allah! There is no associate with You!

O Allah! (Please do) cause us to be better than what they think of us!

Forgive us that which they do not know! Do not blame us for what they say!

Sufficient is Allah (for me). There is no god save Him,

On Him do I rely, and He is the Lord of the Great Throne.

We believe in it! It is all from our Lord!

None do mind except those having understanding.

Our Lord, make not our hearts deviate after You have guided us aright,

and grant us mercy from You; surely, You are the most liberal Giver.

اللَّهُمَّ أَنْتَ الْإِلَهُ الْأَقْدِيمُ وَهَذِهِ سَنَةٌ جَدِيدَةٌ

فَأَسْأَلُكَ فِيهَا الْعِصْمَةَ مِنَ الشَّيْطَانِ

وَالْقُوَّةَ عَلَى هَذِهِ النَّفْسِ الْأَمَّارَةِ بِالسُّوءِ

وَالْأَشْتِغَالَ بِمَا يُقَرِّبُنِي إِلَيْكَ يَا كَرِيمُ

يَا ذَا الْجَلَالِ وَالْإِكْرَامِ يَا عِمَادَ مَنْ لَا عِمَادَ لَهُ

يَا ذَخِيرَةَ مَنْ لَا ذَخِيرَةَ لَهُ يَا حِرْزَ مَنْ لَا حِرْزَ لَهُ

يَا غِيَاثَ مَنْ لَا غِيَاثَ لَهُ يَا سَنَدَ مَنْ لَا سَنَدَ لَهُ

يَا كَنْزَ مَنْ لَا كَنْزَ لَهُ يَا حَسَنَ الْبَلَاءِ

يَا عَظِيمَ الرَّجَاءِ يَا عِزَّ الضُّعْفَاءِ

يَا مُنْقِذَ الْغَرَقَى يَا مُنْجِيَ الْهَلَكَى

يَا مُنْعِمَ يَا مُجْمِلُ يَا مُفْضِلُ يَا مُحْسِنُ

أَنْتَ الَّذِي سَجَدَ لَكَ سَوَادُ اللَّيْلِ وَنُورُ النَّهَارِ

وَضَوْءُ الْقَمَرِ وَشُعَاعُ الشَّمْسِ وَدَوِيُّ الْمَاءِ وَحَفِيفُ

الشَّجَرِ

يَا اللَّهُ لَا شَرِيكَ لَكَ

اللَّهُمَّ اجْعَلْنَا خَيْرًا مِمَّا يَظُنُّونَ

وَأَغْفِرْ لَنَا مَا لَا يَعْلَمُونَ وَلَا تُؤَاخِذْنَا بِمَا يَقُولُونَ

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ

عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ

أَمَّا بِهِ كُلُّ مَنْ عِنْدَ رَبِّنَا

وَمَا يَذْكُرُ إِلَّا أَوْلَؤُا الْأَلْبَابِ

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا

وَهَبْ لَنَا مِنْ لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ

Take a [Ghusl /bath](#), for cure/protection from illness .Recite the following Dua on the water to be used: -

Glory be to Allah the Supreme balance ,Glory be to Allah the Ultimate in gentleness,
;Glory be to Allah the Goal of devotedness, Glory be to Allah the splendor of the Arsh

Subh'anallahi maal-al mizaan Subh'anallahi muntahal h'ilm
Subh'anallahi mublaghar riz'aa Subhanallahi zinatal a'rsh

Recite the [Beginning of the Month Salaat](#) 2 Rakat Sura Fatihah & 30 times Sura Ikhlass ,Second rakat Sura Fatihah & Sura Qadr30 times [then recite the dua](#)

Sayyid Ibn Tāwūs has also mentioned a lengthy prayer to be said at the sight of the new moon of Muḥarram.

Shaykh al-Ṭūsī says: It is recommended to observe fasting on the first nine days of Muḥarram. On the tenth of Muḥarram, it is recommended to abstain from eating and drinking up to afternoon. After that, one may eat a little of the soil of Imam al-Ḥusayn's tomb (*turbat al-ḥusayn*; soil taken from the area around the holy tomb of Imam al-Ḥusayn).

Sayyid Ibn Tāwūs has mentioned the merits of observing fasting during the whole month of Muḥarram adding that such a deed protects against committing any sin.

The Third of Muharram On this day, Prophet Joseph (ʿa) was freed from his prison. Hence, if one observes fasting on this day, Almighty Allah will make easy any difficulty he may face and will relieve any trouble that may face him. According to a Hadith reported from the Holy Prophet (saws), Almighty Allah will respond to the prayer of him who observes fasting on this day.

Hadith of Fasting on first Muharram

Rāyyan bin Shabeeb (the maternal uncle of Mo'tasim), says that I went to meet Imām Ali ar Rezā (a.s.) on the First day of the month of Muharram Imām Alī ibn Mūsā al-Rezā (A.S.) asked:“O son of Shabeeb! Are you in the state of fasting today”?

I (Rāyyan bin Shabeeb) replied in the negative. Imām (a.s.) continued,“This is the day when Prophet Zakariyyah (a.s.) prayed to his Lord thus:“Lord grant me from unto Thee a good offspring, Verily Thou art the Hearer of Prayers” (Surah al-Ali Imran, 3:38).

Then Allāh (s.w.t.) accepted his Prayers and commanded His Angels to go and give him glad tidings regarding the birth of his son Prophet Yahyā (a.s.). The Angels came and called out to him while he was engaged in Prayers in the niche. Hence the one who fasts on this day and asks for his desires from Allāh, his Prayer will be answered as was of Zakariyāh.”

[References: Nafasul Mahmum, Chapter 3, Section 2, Tradition 1]