



**The Prophet (may Allah's peace and blessings be upon him) used to say between the two prostrations: "Allahumma ighfir li warhamni wa 'āfeni wahdeni warzuqni (O Allah, forgive me, have mercy on me, grant me safety, guide me, and provide for me)**

Ibn 'Abbās (may Allah be pleased with him) reported: The Prophet (may Allah's peace and blessings be upon him) used to say between the two prostrations: "Allahumma ighfir li warhamni wa 'āfeni wahdeni warzuqni (O Allah, forgive me, have mercy on me, grant me safety, guide me, and provide for me)".

[Hasan (sound) by virtue of other supportive narrations] [Narrated by Abu Dāwūd, At-Tirmidhi, Ibn Mājah, and Ahmad]

The Prophet (may Allah's peace and blessings be upon him) used to make these five supplications between the two prostrations in his prayer, which the Muslim badly needs. These supplications combine the goodness of this world and the Hereafter: seeking Allah's forgiveness and His concealment and pardon of sins; bestowing His mercy; granting safety from suspicions, vain desires, and illnesses and maladies; asking Allah for guidance to the truth and steadfastness upon it; and asking Him for provision, which includes faith, knowledge, righteous deeds, and good and lawful wealth.

<https://www.sunnah.global/hadeeth/en/show/10930>

