Daily Routine Chart for Supplication & Istighfar (With Duas Included)

📋 Spiritual Schedule for Offspring & Blessings

Time / Daily Event	Spiritual Type	Specific Action & Duas to Focus On
1. The Last Third of the Night *(Before Fajr)*	🟢 **Authentic Time**	• Perform **Salat al-Hajah** (2 Rak'ahs). • Raise your hands and beg Allah with tears and humility. • Focus on Prophet Zakariya's Dua: **رَبِّ هَبْ لِي مِن لَّدُنْكَ ذُرِّيَّةً طَيِّبَةً ۖ إِنَّكَ سَمِيعُ الدُّعَاءِ** *(My Lord, grant me from Yourself a good offspring. Indeed, You are the Hearer of supplication.)*
2. During Fajr Adhan & Iqamah	🟢 **Authentic Time**	• Stop what you are doing during the Adhan. • Recite the Sunnah duas after the Adhan. • Make sincere, heartfelt *Dua* for offspring before the Iqamah starts.
3. Morning Sitting *(After Fajr Salaah)*	🟡 **Scholarly Method**	• Dedicate 10-15 minutes strictly to **Abundant Istighfar**. • Focus your tongue and heart on saying: **أَسْتَغْفِرُ اللَّهَ** *(I seek forgiveness from Allah)* - Aim for **100 to 1,000 times**.
4. During the 5 Daily Prayers *(In every Rak'ah)*	🟢 **Authentic State**	• **In Sujood (Prostration):** Recite the Quranic Dua: **رَبِّ لَا تَذَرْنِي فَرْدًا وَأَنتَ خَيْرُ الْوَارِثِينَ** *(My Lord, do not leave me alone [with no heir], while you are the best of inheritors.)*
5. Immediately After Salaah *(Post-Fard Prayers)*	🟡 **Scholarly Method**	• Complete your standard post-prayer Dhikr. • Follow up immediately by reciting the *Ibadur-Rahman* Dua: **رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا** *(Our Lord, grant us from among our wives and offspring comfort to our eyes and make us an example for the righteous.)*

6. Throughout the Busy Day	🟡 **Scholarly Method**	• Keep your tongue moist with remembrance. • Continuously repeat *Istighfar* during commutes, cooking, or work breaks to clear spiritual blocks.
7. Late Afternoon on Fridays *(The hour before Maghrib)*	🟢 **Authentic Time**	• Clear your schedule 30 minutes before sunset. • Sit facing the Qiblah in a state of Wudu. • Combine all the Duas listed above and plead for your needs until the Maghrib Adhan.
8. Sudden Rainfall or Fasting Days	🟡 **Traditional Situation**	• **Rainfall:** Step outside or look out the window, raise your hands, and ask. • **Iftar:** Recite the traditional Dua for Prophet Ibrahim: **رَبِّ هَبْ لِي مِنَ الصَّالِحِينَ** *(My Lord, grant me [a child] from among the righteous.)*
9. Nighttime Routine *(Before Sleep / Intimacy)*	🟡 **Traditional Practice**	• Ensure you recite the **Prophetic Sunnah Dua** before marital intimacy to protect your future lineage: **بِاسْمِ اللَّهِ، اللَّهُمَّ جَنِّبْنَا الشَّيْطَانَ، وَجَنِّبِ الشَّيْطَانَ مَا رَزَقْتَنَا** *(In the name of Allah. O Allah, keep the Shaytan away from us, and keep the Shaytan away from what You bestow upon us.)*