



﴿1﴾ Say 70 times every day

It is recommended to say the following imploration for forgiveness seventy times each day in Sha'ban:

أَسْتَغْفِرُ اللَّهَ وَ أَسْأَلُهُ التَّوْبَةَ

I seek forgiveness of Allah, and, repentant, beseech Him.

﴿2﴾ Say 70 times every day

It is recommended to recite the following imploration for forgiveness seventy times each day in Sha'ban:

**أَسْتَغْفِرُ اللَّهَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الرَّحْمَنُ الرَّحِيمُ
الْحَيُّ الْقَيُّومُ وَ أَتُوبُ إِلَيْهِ**

I seek forgiveness of Allah who is "There is no God save He", the Beneficent, the Merciful; the Ever living, the Eternal, and I turn repentant to Him

However, some narrations have mentioned this imploration with some difference in the order of the statements, by preceding the phrase, "الْحَيُّ الْقَيُّومُ" to "الرَّحْمَنُ الرَّحِيمُ". At any rate, any form of the supplication is acceptable.

According to narrations, the best words that are advisably said in Sha'ban are the implorations for the forgiveness of Almighty Allah (i.e. istighfar). Hence, to implore for Almighty Allah's forgiveness seventy times a day in Sha'ban is equal to imploring for His forgiveness seventy thousand times a day in the other months.

﴿3﴾ Give Alms (SADQA)

Third: It is recommended to give alms in this month even if it is as small as a half date. Almsgiving in this month brings about rescue from Hellfire.

In this respect, it has been narrated that when Imam al-Sadiq(a.s.) was asked about the merits of observing fasting in Rajab, he answered, "Why do you not ask about the merits of observing fasting in Sha'ban?"

"What is then the reward of one who observes fasting on one day in Sha'ban?" asked the narrator.

The Imam (a.s.) answered, "The reward will be Paradise. I swear it by Allah."

The narrator then asked again, "What are the best deeds that should be done in Sha'ban."

The Imam (a.s.) answered, "Almsgiving and imploring for forgiveness are the best deeds in Sha'ban. Verily, if anyone of you gives alms in Sha'ban, Almighty Allah will breed that alms in the very same way as you breed your small camels. Hence, this alms will be as huge as Mount Uhud on the Resurrection Day."

﴿4﴾ Repeat 100 times

It is recommended to repeat the following litany one thousand times in Sha'ban:

لَا إِلَهَ إِلَّا اللَّهُ وَلَا نَعْبُدُ إِلَّا إِيَّاهُ

There is no god save Allah. We do not worship save "He" alone,

مُخْلِصِينَ لَهُ الدِّينَ وَلَوْ كَرِهَ الْمُشْرِكِينَ

making religion pure for Him (only), however much the disbelievers be averse.



This devout rite brings about a great reward. The reward of one who repeats this litany in Sha'ban is that one is awarded the reward of serving (Almighty Allah) for one thousand years.

﴿5﴾ Thursday SALAWAT of Shaban

Fifth: It is recommended to offer a two unit prayer each Thursday in Sha'ban.

In each unit, it is recommended to recite [Surah al-Faatehah](#) once and repeat [Surah al-Tawheed](#) one hundred times.

After accomplishment, one should invoke God's blessings upon the Holy Prophet and his Household one hundred times. This rite achieves the granting of all worldly and religious needs.

It is also recommended to observe fasting on Thursdays in Sha'ban. In this respect, a Hadith reads that the skies decorate themselves each Thursday in Sha'ban and the angels pray Almighty Allah, saying, "O our God, (please do) forgive those who observe fasting on this day and respond to their prayers."

The Holy Prophet (s.a.w.a.) is also reported as saying, "If one observes fasting each Monday and Thursday in Sha'ban, Almighty Allah will grant forty of his needs - twenty appertained to the worldly life and twenty to the Hereafter."

﴿6﴾ repeat very much the invocation of blessings

It is recommended to repeat very much the invocation of blessings upon the Holy Prophet and his Household.

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ

O Allah: (please do) send blessings upon Muhammad and the Household of Muhammad

﴿7﴾ invocation of blessings from Imam Sajjad

It is recommended to say the following form of invocation of blessings upon the Holy Prophet and his Household that is reported from Imam Ali ibn al-Husayn al-Sajjad (i.e. Imam Zayn al-'Abidin) each midday in Sha'ban and at the fifteenth night of it:

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ

O Allah: (please do) send blessings upon Muhammad and the Household of Muhammad

شَجَرَةِ النُّبُوَّةِ، وَ مَوْضِعِ الرِّسَالَةِ،

the tree of Prophethood; and the trustees of the (Divine) Mission;

Note: A separate file has been issued for detailed above SALAWAT.

Munajat Shabaniyyah

﴿8﴾ الْمُنَاجَاةِ شَعْبَانِيَّة

It is recommended to say the following confidential prayer (Munajat) that has been narrated by Ibn Khalawayh who commented on it, saying, "This is the confidential prayer of Imam AliAmeer al-Momineen and the Holy Imams (a.s.) who used to say it in the month of Sha'ban."

This confidential prayer (Munajat), ascribed to the Holy Imams (a.s.), is highly significant since it comprises excellent meanings. It is advisable to say it with presence of heart all the time.



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ

O Allah, (please do) send blessings to Muhammad and the Household of Muhammad,

وَأَسْمَعْ دُعَائِي إِذَا دَعَوْتُكَ،

listen my prayers whenever I beseech You

وَأَسْمَعْ نِدَائِي إِذَا نَادَيْتُكَ

listen to my call whenever I call upon you,

Note: A separate file has been issued for detailed above Munajat.

وَصَلِّ عَلَى اللَّهِ عَلَى مُحَمَّدٍ وَآلِهِ أَجْمَعِينَ-

and (please do) bless Muhammad and the Household of Muhammad (all of them)