



# **Daily Practices Book Series**

**SERIES 1**

## **MANZIL**

**Daily Quranic Verses as Protection for Ourselves**

**Kamarul Azmi Jasmi**



**DAILY PRACTICES BOOK SERIES**

***MANZIL***

**DAILY QURANIC VERSES AS PROTECTION  
FOR OURSELF**

Kamarul Azmi Jasmi

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## PREFACE



All praises to Allah Almighty and salutations and greetings to the Messenger of Allah, Prophet Muhammad PBUH (Peace be upon him), his family members and his companions.

The author extends his gratitude to Allah Almighty for the ability to share the knowledge and understandings from the research of the daily Islamic practices of Maulana Zakariyya al-Khandahlawi who was a known figure in the study of *Hadiths*.

This book was originally written in Malay language other than English, namely Jasmi (2018). Due to the good response from the Malay-speaking readers, this book is translated in English. The purpose of the book translation is so that all Muslims can benefit from the translation.

This book will be focusing on some of the issues related to the daily practice of *Manzil* in terms of introduction, practicing method, advantages and the Quranic Verses in *Manzil* along with their translations, and finally followed by a summary.

All of the translations of the Quranic verses featured in this book are quoted from The Interpretations of Yusuf 'Ali (1999), published by Amana Publication, USA.

While all the uses of the *hadith* in the discussion of this book will first be considered, following the method set forth by Imam al-Nawawi (1983, 1998) and the researcher will only select the *hadiths* included by the *hadith* scholars as part of the descriptions of the interpretations.

The author's hope was so that this piece will be utilized by Muslims in strengthening the spiritual practice of every Muslim individual so that they are always in the grace and protection of Allah Almighty.

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## INTRODUCTION

This booklet will discuss a little about how to practice the verses in *Manzil*, the order to recite it based on *Hadiths*, and the verses with their translations.

### ***MANZIL PRACTICING METHOD***

It is recited twice a day, in the morning and evening as Allah Almighty encourages glorifying and remembering Him in the morning and evening, as stated in the Quran:

وَسَبِّحْهُ بُكْرَةً وَأَصِيلاً ﴿٤٢﴾

Translation: *And glorify Him morning and evening. (42)*

(*Surah al-Ahzab*, 33: 42)

In another verse, Allah Almighty also commands:

وَاذْكُرْ اسْمَ رَبِّكَ بُكْرَةً وَأَصِيلاً ﴿٤٥﴾

Translation: *And celebrate the name of thy Lord morning and evening. (25)*

(*Surah al-Insan*, 76: 25)

If one chooses to practice it once a day, it is advisable to recite it at night especially after Maghrib and before going to bed, preferably at the same hour and time every day according to the suitability of one's time. To reinforce this statement, the following *hadith* demands a Muslim to read 100 verses at night (Ahmad, 2001: 16958; Al-Darimi, 2000: 3493):

عَنْ تَمِيمِ الدَّارِيِّ رضي الله عنه، قَالَ: قَالَ رَسُولُ اللَّهِ صلى الله عليه وسلم: «مَنْ قَرَأَ  
بِمِائَةِ آيَةٍ فِي لَيْلَةٍ، كُتِبَ لَهُ قُنُوتُ لَيْلَةٍ.»

Translation: *Tamin al-Dari RA said: "The Messenger of Allah PBUH said, "Whoever recites 100 verses at night, it is as if written for him the rewards of performing prayer all night."*

(Ahmad)

On top of that, another *hadith* also stated that reciting 100 verses in the night also excludes oneself from being recorded among the heedless. As the following *hadith* states (Al-Darimi, 2000: 3491):

عَنْ أَبِي الدَّرْدَاءِ رضي الله عنه، عَنِ النَّبِيِّ صلى الله عليه وسلم قَالَ: «مَنْ قَرَأَ بِمِائَةِ آيَةٍ  
فِي لَيْلَةٍ، لَمْ يُكْتَبْ مِنَ الْغَافِلِينَ.»

Translation: *Abu Darda' narrated that Prophet Muhammad PBUH said, "Whoever recites 100 verses at night, he will not be recorded as one of the heedless."*

(Al-Darimi)

Moreover, according to Imam Al-Nawawi (1983), if one has set the usual time for his or her recitation in the night, in the occasion where the person is very occupied with something such as traveling, etc., which prevented him or her from doing so, then the person may use the time that he or she has from that night until before Zohor on the next day to finish the recitation.

In light of the encouragement to recite at least 100 Quranic verses, some scholars have suggested reciting the Manzil as recommended

by Maulana Zakariyya Al-Khandahlawi (t.th.) based on the Hadith and al-Ma'thurat as proposed by Al-Banna (t.th.).

## THE ADVANTAGES AND VERSES OF *MANZIL*

This subtopic will explain the advantages of *Manzil* and the list of all the Quranic verses that are included in *Manzil* to be recited twice or once a day as suggested by Al-Khandahlawi (t.th.). His order of the *Manzil* verses is based on the following *hadith* of Prophet Muhammad PBUH :(Ibn Majah, 2009: 3549; Ahmad, 2001: 21174):

عَنْ أَبِي بِنُ كَعْبٍ رَضِيَ اللَّهُ عَنْهُ، قَالَ: كُنْتُ عِنْدَ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ فَجَاءَ  
 أَعْرَابِيٌّ فَقَالَ: يَا نَبِيَّ اللَّهِ، إِنَّ لِي أَخًا وَبِهِ وَجَعٌ قَالَ: "وَمَا  
 وَجَعُهُ؟" قَالَ: "بِهِ لَمَمٌ." قَالَ: "فَأْتِنِي بِهِ." فَوَضَعَهُ بَيْنَ يَدَيْهِ  
 فَعَوَّدَهُ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ بِفَاتِحَةِ الْكِتَابِ، وَأَرْبَعِ آيَاتٍ مِنْ أَوَّلِ سُورَةِ  
 الْبَقَرَةِ، وَهَاتَيْنِ الْآيَتَيْنِ: (وَالِهَكُمُ إِلَهٌ وَاحِدٌ) وَآيَةِ  
 الْكُرْسِيِّ، وَثَلَاثِ آيَاتٍ مِنْ آخِرِ سُورَةِ الْبَقَرَةِ، وَآيَةٍ مِنْ آلِ  
 عِمْرَانَ (شَهِدَ اللَّهُ أَنَّهُ لَا إِلَهَ إِلَّا هُوَ)، وَآيَةٍ مِنَ الْأَعْرَافِ (إِنَّ  
 رَبَّكُمُ اللَّهُ الَّذِي خَلَقَ السَّمَوَاتِ وَالْأَرْضَ)، وَآخِرِ سُورَةِ  
 الْمُؤْمِنِينَ (فَتَعَالَى اللَّهُ الْمَلِكُ الْحَقُّ)، وَآيَةٍ مِنْ سُورَةِ الْحِجِّ  
 (وَأَنَّهُ تَعَالَى جَدُّ رَبَّنَا)، وَعَشْرِ آيَاتٍ مِنْ أَوَّلِ الصَّافَّاتِ،

وَتَلَاثِ آيَاتٍ مِنْ آخِرِ سُورَةِ الْحَشْرِ، وَقُلْ هُوَ اللَّهُ أَحَدٌ  
وَالْمُعَوِّذَتَيْنِ. فَقَامَ الرَّجُلُ كَأَنَّهُ لَمْ يَشْتِكِ قَطُّ.

Translation: *Ubay bin Ka'ab mentioned, "I was beside the Prophet PBUH, then a Bedouin Arab came and said, "O the Prophet of Allah, I have a brother who is sick." The prophet asked, "What is the illness?" He replied, "He was hit by the mad disease." The Prophet said, "Bring him here." Later, He (the diseased man) confronted the Prophet PBUH and the Prophet PBUH prayed for protection for him by reciting the opening of The Quran (Surah al-Fatihah), four of the first verses of the al-Baqarah, this following two verses, (وَإِلَهُكُمْ إِلَهٌ وَاحِدٌ) (And your Allah is One Allah) (al-Baqarah: 163) and the verse of Kursi. Then, the last three verses of Surah al-Baqarah. A verse from Surah Ali ' Imran: (شَهِدَ اللَّهُ أَنَّهُ لَا إِلَهَ إِلَّا هُوَ) (There is no god but He: That is the witness of Allah) (Ali 'Imran, 3:18), a verse from Surah Al-A'raaf: (إِنَّ رَبَّكُمْ اللَّهُ الَّذِي خَلَقَ السَّمَوَاتِ وَالْأَرْضَ) (Your Guardian-Lord is Allah, Who created the heavens and the earth) (Al-A'raf, 7:54), Ending of Surah al-Mukminun: (فَتَعَالَى اللَّهُ الْمَلِكُ الْحَقُّ) (Therefore exalted be Allah, the King, the Reality) (al-Mukminun, 23: 116), a verse of Surah al-Jin: (وَأَنَّهُ تَعَالَى جَدُّ رَبِّنَا) ('And Exalted is the Majesty of our Lord) (al-Jin, 72:3), Ten of the first verses from Surah al-Saffat, the last three verses of the Surah al-Hasyr, (وَقُلْ هُوَ اللَّهُ أَحَدٌ) (Surah al-Ikhlās), and Al-Mu'awwidhatāin (Surah al-Falaq and al-Nas). "*  
*Then, stood the man like he was never sick at all. "*

(Ibn Majah dan Ahmad)

Based on this *hadith*, along with others (Al-Bukhari, 2001: 5013, 5014, 5015, 5016, 5017, 5018; Ibn Fil, 2001: 32), all in all, there are several collections of verses that are recommended to be recited. This complete piece is listed by Al-Khandahlawi (t.th.). These are the listed verses followed by their translations:

(1) *Surah al-Fatihah* (1: 1-7)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ﴿٢﴾ الرَّحْمَنِ  
 الرَّحِيمِ ﴿٣﴾ مَلِكِ يَوْمِ الدِّينِ ﴿٤﴾ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ﴿٥﴾  
 أَهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ﴿٦﴾ صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ  
 الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ﴿٧﴾

Translation: *In the name of Allah, Most Gracious, Most Merciful. (1) Praise be to Allah, the Cherisher and Sustainer of the worlds; (2) Most Gracious, Most Merciful; (3) Master of the Day of Judgment. (4) Thee do we worship, and Thine aid we seek. (5) Show us the straight way, (6) The way of those on whom Thou hast bestowed Thy Grace, those whose (portion) is not wrath, and who go not astray. (7)*

(*Surah al-Fatihah*, 2: 1-7)

(2) *Surah al-Baqarah* (2: 1-5)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾ ذَلِكَ الْكِتَابُ لَا رَيْبَ فِيهِ هُدًى لِّلْمُتَّقِينَ ﴿٢﴾  
 الَّذِينَ يُؤْمِنُونَ بِالْغَيْبِ وَيُقِيمُونَ الصَّلَاةَ وَمِمَّا رَزَقْنَاهُمْ يُنْفِقُونَ ﴿٣﴾ وَالَّذِينَ يُؤْمِنُونَ  
 بِمَا أُنزِلَ إِلَيْكَ وَمَا أُنزِلَ مِن قَبْلِكَ وَيَآخِزُونَ هُم بِأَخْرَجَهُمْ يَوْمَ تَأْتِي السُّحُبُ  
 بِرَبِّهِمْ وَأُولَٰئِكَ هُمُ الْمُفْلِحُونَ ﴿٤﴾

Translation: *In the name of Allah, Most Gracious, Most Merciful. (1) This is the Book; in it is guidance sure, without doubt, to those who fear Allah; (2) Who believe in the Unseen, are steadfast in prayer, and spend out of what We have provided for them; (3) And who believe in the Revelation sent to thee, and sent*

before thy time, and (in their hearts) have the assurance of the Hereafter. (4)  
They are on (true) guidance, from their Lord, and it is these who will prosper. (5)

(Surah al-Baqarah, 2: 1-5)

### (3) Surah al-Baqarah (2: 163)

وَاللَّهُ كَرِيمٌ ۝ إِلَٰهٌ وَحِيدٌ لَّا إِلَٰهَ إِلَّا هُوَ الرَّحْمَنُ الرَّحِيمُ ﴿١٦٣﴾

Translation: And your Allah is One Allah: There is no god but He, Most Gracious, Most Merciful. (163)

(Surah al-Baqarah, 2: 163)

### (4) Surah al-Baqarah (2: 255-257)

اللَّهُ لَا إِلَٰهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ لَهُ مَا فِي السَّمَوَاتِ  
وَمَا فِي الْأَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا  
خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَوَاتِ  
وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ ﴿٢٥٥﴾ لَا إِكْرَاهَ فِي الدِّينِ قَد تَّبَيَّنَ  
الرُّشْدُ مِنَ الْغَيِّ فَمَنْ يَكْفُرْ بِالطَّاغُوتِ وَيُؤْمِنْ بِاللَّهِ فَقَدِ اسْتَمْسَكَ  
بِالْعُرْوَةِ الْوُثْقَىٰ لَا انْفِصَامَ لَهَا وَاللَّهُ سَمِيعٌ عَلِيمٌ ﴿٢٥٦﴾ اللَّهُ وَلِيُّ الَّذِينَ

ءَامَنُوا يُخْرِجُهُم مِّنَ الظُّلُمَاتِ إِلَى النُّورِ وَالَّذِينَ كَفَرُوا أُولَئِكَ لَهُم  
 الطَّاغُوتُ يُخْرِجُونَهُم مِّنَ النُّورِ إِلَى الظُّلُمَاتِ أُولَئِكَ أَصْحَابُ النَّارِ  
 هُمْ فِيهَا خَالِدُونَ ﴿٢٥٧﴾

Translation: Allah! There is no god but He, -the Living, the Self-subsisting, Eternal. No slumber can seize Him nor sleep. His are all things in the heavens and on earth. Who is there can intercede in His presence except as He permitteth? He knoweth what (appeareth to His creatures as) before or after or behind them. Nor shall they compass aught of His knowledge except as He willeth. His Throne doth extend over the heavens and the earth, and He feeleth no fatigue in guarding and preserving them for He is the Most High, the Supreme (in glory). (255) Let there be no compulsion in religion: Truth stands out clear from Error: whoever rejects evil and believes in Allah hath grasped the most trustworthy hand-hold, that never breaks. And Allah heareth and knoweth all things. (256) Allah is the Protector of those who have faith: from the depths of darkness He will lead them forth into light. Of those who reject faith the patrons are the evil ones: from light they will lead them forth into the depths of darkness. They will be companions of the fire, to dwell therein (For ever). (257)

(Surah al-Baqarah, 2: 255-257)

### (5) Surah al-Baqarah (2: 284-286)

لِلَّهِ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ <sup>قُلْ</sup> وَإِن تَبَدُّوا مَا فِي أَنفُسِكُمْ أَوْ  
 تُخَفُّوهُ يَحْسِبِكُمْ بِهِ اللَّهُ <sup>صَلِّ</sup> فَيَغْفِرُ لِمَن يَشَاءُ وَيُعَذِّبُ مَن يَشَاءُ وَاللَّهُ  
 عَلَى كُلِّ شَيْءٍ قَدِيرٌ ﴿٢٨٤﴾ ءَامَنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ

وَالْمُؤْمِنُونَ كُلٌّ آمَنَ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ  
لَا نُفَرِّقُ بَيْنَ أَحَدٍ مِّن رُّسُلِهِ وَقَالُوا سَمِعْنَا وَأَطَعْنَا غُفْرَانَكَ رَبَّنَا  
وَأَلَيْكَ الْمَصِيرُ ﴿٢٨٥﴾ لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا  
مَا اكْتَسَبَتْ رَبَّنَا لَا تُؤَاخِذْنَا إِن نَّسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا  
تَحْمِلْ عَلَيْنَا إَصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِن قَبْلِنَا رَبَّنَا وَلَا  
تُحْمِلْنَا مَا لَا طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا وَارْحَمْنَا أَنْتَ  
مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ ﴿٢٨٦﴾

Translation: To Allah belongeth all that is in the heavens and on earth. Whether ye show what is in your minds or conceal it, Allah Calleth you to account for it. He forgiveth whom He pleaseth, and punisheth whom He pleaseth, for Allah hath power over all things. (284) The Messenger believeth in what hath been revealed to him from his Lord, as do the men of faith. Each one (of them) believeth in Allah, His angels, His books, and His messengers. "We make no distinction (they say) between one and another of His messengers." And they say: "We hear, and we obey: (We seek) Thy forgiveness, our Lord, and to Thee is the end of all journeys." (285) On no soul doth Allah Place a burden greater than it can bear. It gets every good that it earns, and it suffers every ill that it earns. (Pray:) "Our Lord! Condemn us not if we forget or fall into error; our Lord! Lay not on us a burden Like that which Thou didst lay on those before us; Our Lord! Lay not on us a burden greater than we have strength to bear. Blot out our sins, and grant us forgiveness. Have mercy on us. Thou art our Protector; Help us against those who stand against faith." (286)

(Surah al-Baqarah, 2: 284-286)



(6) *Surah al-A'raf* (7: 54-56)

إِنَّ رَبَّكُمْ اللَّهُ الَّذِي خَلَقَ السَّمَوَاتِ وَالْأَرْضَ فِي سِتَّةِ أَيَّامٍ ثُمَّ اسْتَوَىٰ عَلَىٰ  
 الْعَرْشِ يُعْشَىٰ <sup>ط</sup>الَيْلَ النَّهَارِ يَطْلُبُهُ <sup>ط</sup>وَحَيْثَا وَالشَّمْسُ وَالْقَمَرُ وَالنُّجُومَ  
 مُسَخَّرَاتٍ بِأَمْرِهِ <sup>ط</sup>إِنَّ أَلَاةَ الْخَلْقِ وَالْأَمْرِ تَبَارَكَ اللَّهُ رَبُّ الْعَالَمِينَ ﴿٥٤﴾ اُدْعُوا  
 رَبَّكُمْ تَضَرُّعًا وَخُفْيَةً إِنَّهُ لَا يُحِبُّ الْمُعْتَدِينَ ﴿٥٥﴾ وَلَا تَقْسِدُوا فِي الْأَرْضِ  
 بَعْدَ إِصْلَاحِهَا وَادْعُوهُ خَوْفًا وَطَمَعًا إِنَّ رَحْمَتَ اللَّهِ قَرِيبٌ مِّنَ الْمُحْسِنِينَ ﴿٥٦﴾

Translation: *Your Guardian-Lord is Allah, Who created the heavens and the earth in six days, and is firmly established on the throne (of authority): He draweth the night as a veil o'er the day, each seeking the other in rapid succession: He created the sun, the moon, and the stars, (all) governed by laws under His command. Is it not His to create and to govern? Blessed be Allah, the Cherisher and Sustainer of the worlds! (54) Call on your Lord with humility and in private: for Allah loveth not those who trespass beyond bounds. (55) Do no mischief on the earth, after it hath been set in order, but call on Him with fear and longing (in your hearts): for the Mercy of Allah is (always) near to those who do good. (56)*

(*Surah al-A'raf*, 7: 54-56)

(7) *Surah al-Isra'* (17: 110-111)

قُلِ ادْعُوا اللَّهَ وَإِذْعُوا الرَّحْمَنَ أَيَّامًا تَدْعُوا فَلَهُ الْأَسْمَاءُ الْحُسْنَىٰ وَلَا تَجْهَرُوا  
 بِصَلَاتِكُمْ وَلَا تَخَافُتْ بِهَا وَابْتَغِينَ ذَلِكَ سَبِيلًا ﴿١١٠﴾ وَقُلِ الْحَمْدُ لِلَّهِ الَّذِي لَمْ يَتَّخِذْ

وَلَدًا وَلَمْ يَكُنْ لَهُ وُشْرِيكٌ فِي الْمَلِكِ وَلَمْ يَكُنْ لَهُ وُلِيٌّ مِنَ الذُّلِّ وَكَبْرَهُ تَكْبِيرًا ﴿١١١﴾

Translation: Say, "Call upon Allah, or call upon Rahman: by whatever name ye call upon Him, (it is well): for to Him belong the Most Beautiful Names. Neither speak thy Prayer aloud, nor speak it in a low tone, but seek a middle course between." (110) Say, "Praise be to Allah, who begets no son, and has no partner in (His) dominion: Nor (needs) He any to protect Him from humiliation: yea, magnify Him for His greatness and glory!" (111)

(Surah al-Isra', 17: 110-111)

### (8) Surah al-Mu'minun (23: 115-118)

أَفَحَسِبْتُمْ أَنَّمَا خَلَقْنَاكُمْ عَبَثًا وَأَنَّكُمْ إِلَيْنَا لَا تُرْجَعُونَ ﴿١١٥﴾ فَتَعَالَى اللَّهُ الْمَلِكُ الْحَقُّ لَا إِلَهَ إِلَّا هُوَ رَبُّ الْعَرْشِ الْكَبِيرِ ﴿١١٦﴾ وَمَنْ يَدْعُ مَعَ اللَّهِ إِلَهًا آخَرَ لَا بُرْهَانَ لَهُ بِهِ فَإِنَّمَا حِسَابُهُ عِنْدَ رَبِّهِ إِنَّهُ لَا يُفْلِحُ الْكَافِرُونَ ﴿١١٧﴾ وَقُلْ رَبِّ أَعْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِينَ ﴿١١٨﴾

Translation: "Did ye then think that We had created you in jest, and that ye would not be brought back to Us (for account)?" (115) Therefore exalted be Allah, the King, the Reality: there is no god but He, the Lord of the Throne of Honour! (116) If anyone invokes, besides Allah, Any other god, he has no authority therefor; and his reckoning will be only with his Lord! and verily the Unbelievers will fail to win through! (117) So say: "O my Lord! grant Thou forgiveness and mercy for Thou art the Best of those who show mercy!" (118)

(Surah al-Mu'minun, 23: 115-118)

(9) *Surah al-Saffat* (37: 1-11)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ۝ وَالصَّفَّاتِ صَفًّا ۝ ۱ ۝ فَالزَّجْرَاتِ زَجْرًا ۝ ۲ ۝ فَالتَّلَايَاتِ  
 ذِكْرًا ۝ ۳ ۝ إِنَّ إِلَهَهُمْ لَوَاحِدٌ ۝ ۴ ۝ رَبُّ السَّمَوَاتِ وَالْأَرْضِ وَمَا بَيْنَهُمَا وَرَبُّ  
 الْمَشْرِقِ ۝ ۵ ۝ إِنَّا زَيَّنَّا السَّمَاءَ الدُّنْيَا بَرِيزَةَ الْكَوَاكِبِ ۝ ۶ ۝ وَحِفْظًا مِّنْ كُلِّ  
 شَيْطَانٍ مَّارِدٍ ۝ ۷ ۝ لَا يَسْمَعُونَ إِلَى الْمَلَأِ الْأَعْلَىٰ وَيُقَذَّفُونَ مِنْ كُلِّ جَانِبٍ ۝ ۸ ۝  
 دُحُورًا وَلَهُمْ عَذَابٌ وَاصِبٌ ۝ ۹ ۝ إِلَّا مَنْ خَطِفَ الْخَطْفَةَ فَأَتْبَعَهُ شِهَابٌ ثَاقِبٌ ۝  
 ۱۰ ۝ فَاسْتَفْتِهِمْ أَهْمْ أَشَدُّ خَلْقًا أَمْ مَنِ خَلَقْنَا إِنَّا خَلَقْنَا لَهُمْ مِنْ طِينٍ لَّازِبٍ ۝ ۱۱ ۝

Translation: *In the name of Allah, Most Gracious, Most Merciful. By those who range themselves in ranks, (1) And so are strong in repelling (evil), (2) And thus proclaim the Message (of Allah)! (3) Verily, verily, your Allah is one!- (4) Lord of the heavens and of the earth and all between them, and Lord of every point at the rising of the sun! (5) We have indeed decked the lower heaven with beauty (in) the stars,- (6) (For beauty) and for guard against all obstinate rebellious evil spirits, (7) (So) they should not strain their ears in the direction of the Exalted Assembly but be cast away from every side, (8) Repulsed, for they are under a perpetual penalty, (9) Except such as snatch away something by stealth, and they are pursued by a flaming fire, of piercing brightness. (10) Just ask their opinion: are they the more difficult to create, or the (other) beings We have created? Them have We created out of a sticky clay! (11)*

(*Surah al-Saffat*, 37: 1-11)

(10) *Surah al-Rahman* (55: 33-40)

يَمَعَشِرَ الْجِنَّ وَالْإِنْسِ إِنْ أَسْتَطَعْتُمْ أَنْ تَتَفَدُّوا مِنْ أَقْطَارِ السَّمَوَاتِ  
 وَالْأَرْضِ فَأَنْفُدُوا لَا تَتَفَدُّونَ إِلَّا بِسُلْطَنِ ﴿٣٣﴾ فَبِأَيِّ ءَالَآءِ رَبِّكُمَا تُكَذِّبَانِ  
 ﴿٣٤﴾ يُرْسَلُ عَلَيْكُمَا شُوَاظٌ مِّن نَّارٍ وَنُحَاسٌ فَلَا تَنْتَصِرَانِ ﴿٣٥﴾ فَبِأَيِّ  
 ءَالَآءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٣٦﴾ فَإِذَا أَنْشَقَّتِ السَّمَاءُ فَكَانَتْ وَرْدَةً كَالدِّهَانِ  
 ﴿٣٧﴾ فَبِأَيِّ ءَالَآءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٣٨﴾ فَيَوْمَئِذٍ لَا يُسْأَلُ عَنْ ذَنْبِهِ إِنْسٌ  
 وَلَا جَانٌّ ﴿٣٩﴾ فَبِأَيِّ ءَالَآءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٤٠﴾

Translation: O ye assembly of Jinns and men! If it be ye can pass beyond the zones of the heavens and the earth, pass ye! not without authority shall ye be able to pass! (33) Then which of the favours of your Lord will ye deny? (34) On you will be sent (O ye evil ones twain!) a flame of fire (to burn) and a smoke (to choke): no defence will ye have: (35) Then which of the favours of your Lord will ye deny? (36) When the sky is rent asunder, and it becomes red like ointment: (37) Then which of the favours of your Lord will ye deny? (38) On that Day no question will be asked of man or Jinn as to his sin. (39) Then which of the favours of your Lord will ye deny? (40)

(*Surah al-Rahman*, 55: 33-40)

(11) *Surah al-Hashar* (59: 21-24)

لَوْ أَنْزَلْنَا هَذَا الْقُرْآنَ عَلَى جَبَلٍ لَرَأَيْتَهُ خَاشِعًا مُتَصَدِّعًا مِّنْ خَشْيَةِ  
 اللَّهِ وَتِلْكَ الْأَمْثَالُ نَضْرِبُهَا لِلنَّاسِ لَعَلَّهُمْ يَتَفَكَّرُونَ ﴿٢١﴾ هُوَ اللَّهُ الَّذِي  
 لَا إِلَهَ إِلَّا هُوَ عَلِيمٌ الْغَيْبِ وَالشَّهَادَةِ هُوَ الرَّحْمَنُ الرَّحِيمُ ﴿٢٢﴾ هُوَ اللَّهُ  
 الَّذِي لَا إِلَهَ إِلَّا هُوَ أَمْلِكُ الْقُدُوسُ السَّلَامُ الْمُؤْمِنُ الْمُهَيَّمِنُ  
 الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ سُبْحَانَ اللَّهِ عَمَّا يُشْرِكُونَ ﴿٢٣﴾ هُوَ  
 اللَّهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَى يُسَبِّحُ لَهُ وَمَا فِي  
 السَّمَوَاتِ وَالْأَرْضِ وَهُوَ الْعَزِيزُ الْحَكِيمُ ﴿٢٤﴾

Translation: *Had We sent down this Qur'an on a mountain, verily, thou wouldst have seen it humble itself and cleave asunder for fear of Allah. Such are the similitudes which We propound to men, that they may reflect. (21) Allah is He, than Whom there is no other god;- Who knows (all things) both secret and open; He, Most Gracious, Most Merciful. (22) Allah is He, than Whom there is no other god;- the Sovereign, the Holy One, the Source of Peace (and Perfection), the Guardian of Faith, the Preserver of Safety, the Exalted in Might, the Irresistible, the Supreme: Glory to Allah! (High is He) above the partners they attribute to Him. (23) He is Allah, the Creator, the Evolver, the Bestower of Forms (or Colours). To Him belong the Most Beautiful Names: whatever is in the heavens and on earth, doth declare His Praises and Glory: and He is the Exalted in Might, the Wise. (24)*

(*Surah al-Hashar*, 59: 21-24)

(12) *Surah al-Jinn* (72: 1-4)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ۞ قُلْ أُوحِيَ إِلَيَّ أَنَّهُ اسْتَمَعَ نَفَرٌ مِّنَ الْجِنِّ فَقَالُوا إِنَّا  
 سَمِعْنَا قُرْآنًا عَجَبًا ۝ (1) يَهْدِي إِلَى الرُّشْدِ فَآمَنَّا بِهِ ۖ وَلَنْ نُشْرِكَ بِرَبِّنَا أَحَدًا ۝ (2)  
 وَأَنَّهُ تَعَالَى جَدُّ رَبِّنَا مَا اتَّخَذَ صَاحِبَةً وَلَا وَلَدًا ۝ (3) وَأَنَّهُ كَانَ يَقُولُ سَفِيهُنَا  
 عَلَى اللَّهِ شَطَطًا ۝ (4)

Translation: *In the name of Allah, Most Gracious, Most Merciful. Say: It has been revealed to me that a company of Jinns listened (to the Qur'an). They said, 'We have really heard a wonderful Recital! (1) 'It gives guidance to the Right, and we have believed therein: we shall not join (in worship) any (gods) with our Lord. (2) 'And Exalted is the Majesty of our Lord: He has taken neither a wife nor a son. (3) 'There were some foolish ones among us, who used to utter extravagant lies against Allah; (4)*

(*Surah al-Jinn*, 72: 1-4)

(13) *Surah al-Kafirun* (109: 1-6)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ۞ قُلْ يَا أَيُّهَا الْكَافِرُونَ ۝ (1) لَا أَعْبُدُ مَا  
 تَعْبُدُونَ ۝ (2) وَلَا أَنْتُمْ عَابِدُونَ مَا أَعْبُدُ ۝ (3) وَلَا أَنَا عَابِدٌ مَّا عَبَدْتُمْ ۝ (4)  
 وَلَا أَنْتُمْ عَابِدُونَ مَا أَعْبُدُ ۝ (5) لَكُمْ دِينُكُمْ وَلِيَ دِينِ ۝ (6)

Translation: *In the name of Allah, Most Gracious, Most Merciful. Say, "O ye that reject Faith! (1) I worship not that which ye worship, (2) Nor will ye worship that which*

*I worship. (3) And I will not worship that which ye have been wont to worship, (4) Nor will ye worship that which I worship. (5) To you be your Way, and to me mine. (6)*

(*Surah al-Kafirun*, 109: 1-6)

**(14) *Surah al-Ikhlās* (112: 1-4)**

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ۝ قُلْ هُوَ اللَّهُ أَحَدٌ ۝ (١) اللَّهُ الصَّمَدُ ۝ (٢) لَمْ يَلِدْ  
وَلَمْ يُولَدْ ۝ (٣) وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ۝ (٤)

*Translation: In the name of Allah, Most Gracious, Most Merciful. Say: He is Allah, the One and Only; (1) Allah, the Eternal, Absolute; (2) He begetteth not, nor is He begotten; (3) And there is none like unto Him. (4)*

(*Surah al-Ikhlās*, 112: 1-4)

**(15) *Surah al-Falaq* (113: 1-5)**

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ۝ قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ۝ (١) مِنْ شَرِّ مَا خَلَقَ ۝ (٢)  
وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ۝ (٣) وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ۝ (٤)  
وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ۝ (٥)

*Translation: In the name of Allah, Most Gracious, Most Merciful. Say, "I seek refuge with the Lord of the Dawn (1) From the mischief of created things; (2) From the mischief of Darkness as it overspreads; (3) From the mischief of those who practise secret arts; (4) And from the mischief of the envious one as he practises envy. (5)*

(*Surah al-Falaq*, 113: 1-5)

(16) *Surah al-Nas* (114: 1-6)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾ قُلْ أَعُوذُ بِرَبِّ النَّاسِ ﴿١﴾ مَلِكِ النَّاسِ  
 ﴿٢﴾ إِلَهِ النَّاسِ ﴿٢﴾ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ﴿٤﴾ الَّذِي  
 يُوسَّوِسُ فِي صُدُورِ النَّاسِ ﴿٥﴾ مِنَ الْجِنَّةِ وَالنَّاسِ ﴿٦﴾

Translation: *In the name of Allah, Most Gracious, Most Merciful. Say: I seek refuge with the Lord and Cherisher of Mankind, (1) The King (or Ruler) of Mankind, (2) The god (or judge) of Mankind,- (3) From the mischief of the Whisperer (of Evil), who withdraws (after his whisper),- (4) (The same) who whispers into the hearts of Mankind,- (5) Among Jinns and among men. (6)*

(*Surah al-Nas*, 114: 1-6)

These verses amount to 76 verses from 16 collections of passages of Quranic verses and 13 *surahs* of the Quran. To supply the minimum of 100 verses to be recited at night, in order not to be recorded among the heedless and be rewarded as if performing prayer and *ibadahs* all night, it is advisable to carry it out by reciting *surah al-Sajadah* (32: 1-30). , *surah al-Mulk* (67: 1-30), and *surah al-Waqiah* (56: 1-97).

## SUMMARY

Practice reciting the Quran and selected *Zikr* are encouraged in Islam. Apart from that, the practice of reciting certain verses and *surahs* is important in *ibadah khususiah* in the context of becoming a righteous person. (Jasmi, 2018b, 2018a). Undoubtedly, the personage who arranged the *Manzil* and *al-Ma'thurat* had done researches, based on their knowledge, pointing that the assembled verses are the best ones that



can be practiced by Muslims to build up their spiritual strength as well as to be rewarded and avoid being recorded as one of the heedless.

Furthermore, this book also listed all the verses in *Manzil* with their translations so that this assemblage of verses will be easy for people to access, recite and practice in their lives.

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The author's hope was so that this piece will be utilized in strengthening the spirituality of every Muslim individual so that they are always in the grace and protection of Allah The Almighty.



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