

FOR FREEDOM FROM PRISON

رَبَّنَا أَخْرِجْنَا مِنْ هَذِهِ الْقَرْيَةِ الظَّالِمِ اهْلُهَا وَاجْعَلْ لَنَا مِنْ لَدُنْكَ وَلِيًّا
وَجْعَلْ لَنَا مِنْ لَدُنْكَ نَصِيرًا

2 رَانِي مَسْنِي الصُّرُوَاتِ اَرْحَمَ الرَّاحِمِينَ

3 حَسْبُنَا اللهُ وَنِعْمَ الْوَكِيلُ

4 رَانِي تَوَكَّلْتُ عَلَى اللهِ رَبِّي وَرَبِّكُمْ مَا مِنْ دَابَّةٍ اِلَّا هُوَ
اَخَذُ بِنَاصِيَتِهَا اِنَّ رَبِّي عَلَى صِرَاطٍ مُسْتَقِيمٍ فَاِنْ تَوَلَّوْا
فَقَدْ اَبْلَغْتُمْ مَا اُرْسِلْتُ بِهِ اِلَيْكُمْ وَيَسْتَخْلِفْ رَبِّي
قَوْمًا غَيْرَكُمْ وَلَا تَضُرُّوْهُ شَيْئًا اِنَّ رَبِّي عَلَى كُلِّ
شَيْءٍ حَفِيظٌ (ياره ۱۲۵ ركوع ۵)۔

No. 1 Recite this Aayat 3 times after every Salaat.

No. 2 Recite this Aayat 7 times after Fajr and Maghrib.

No. 3 If you have the time, then recite this Aayat 1,000 times daily. If possible, recite it at one time, if not possible, then recite it in a few sessions in the whole day.
Also recite it continuously, as much as you wish, throughout the day while walking, sitting, working, etc.

No. 4 Recite aayats daily once, morning, afternoon and evening as frequently as possible.