

خُلِقَ نَبِيٌّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ كَانَ الْقُرْآنَ  
The character of the Prophet ﷺ was the Qur'an



# The Walking Qur'an

Studying Seerah alongside the Qur'an and Ahadith

**Session 16 of 23:**

**Sixteenth Year of Revelation**

**Age: 55; 3 AH (After Hijrah)**

*Mar 19, 2023*



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By: Mujtaba Shareef [www.fussilat.com](http://www.fussilat.com)

# About

- ❖ The main objectives of ‘The Walking Quran’ are:
  - To learn key events from the Seerah by each Nabawi year.
  - To study the Quran revealed during each Nabawi year to understand how it motivated the Prophet ﷺ and the Sahabah.
  - To present a few relevant Ahadith to understand how the Prophet ﷺ trained the Sahabah and purified their lives.
- ❖ This series consists of a total of 23 sessions, the number of years the Quran was revealed to the Prophet ﷺ.
- ❖ Compiled by:
  - Dr. Mujtaba Shareef ([mujtaba.shareef@gmail.com](mailto:mujtaba.shareef@gmail.com))



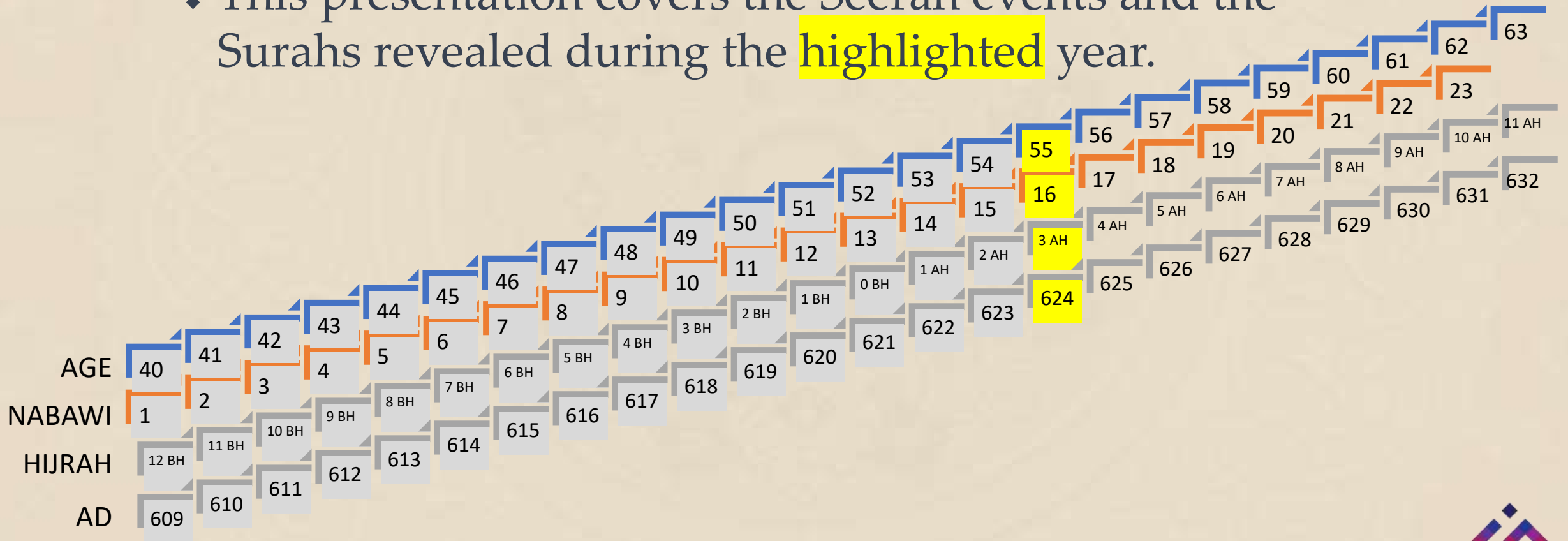
# Important Note



- ❖ All praise is due to Allah, and any goodness or correctness found in these slides is solely from Him. However, any errors or shortcomings present are my own responsibility. If you happen to notice any mistakes in these slides, I kindly request that you notify me via email, enabling me to promptly rectify them.
- ❖ Email: [mujtaba.shareef@gmail.com](mailto:mujtaba.shareef@gmail.com)

# Age, Revelation Year and Hijrah

❖ This presentation covers the Seerah events and the Surahs revealed during the **highlighted** year.





# Outline



- ❖ Part A: Main events from the Seerah
- ❖ Part B: Key messages from the Surahs revealed during that period
- ❖ Part C: A few relevant Ahadith and key takeaways





# Recap of Makkah Events

- ❖ The Prophet ﷺ secludes to the cave Hira at the age of 40 years.
- ❖ First five verses of the Surah Alaq are revealed.
- ❖ After a brief gap the second revelation happens, and commandment is given to start dawah.
- ❖ Close relatives and friends accepts his message and subsequently other close friends follows.
- ❖ The early believers used to meet at Dar Al-Arqam.
- ❖ Invitation given to the extended family, subsequently open dawah begins.
- ❖ Quraish starts persecuting Muslims, first migration to Abyssinia occurs.
- ❖ Humzah (RA) and Omar (RA) accepts Islam.
- ❖ Second migration to Abyssinia occurs.
- ❖ The disbelievers of Makkah tries bargaining and renunciation to stop the message.
- ❖ Social boycott of Banu Hashim and Muslims.
- ❖ Khadija (RA) and Abu Talib dies, year of grief.
- ❖ The Prophet ﷺ travels to Taif for dawah but the people rejects him. He returns extremely disappointed.
- ❖ Six men from Madinah meets the Prophet ﷺ and accepts Islam.
- ❖ The Prophet ﷺ goes on the journey of Isra and Me'raj.
- ❖ First and second pledge of Aqabah with more Muslims from Madinah accepts Islam.
- ❖ The Muslims begin migrating to Madinah.
- ❖ The Prophet along with Abu Bakr (RA) migrates to Madinah.

# Quran Revealed in Makkah

- ✓ 1. Al-Fatihah(7)
- ✓ 73. Al-Muzammil(8)
- ✓ 74. Al-Muddathir(7)
- ✓ 96. Al-'Alaq(5)
- ✓ 81. At-Takwir(29)
- ✓ 82. Al-Infitar(19)
- ✓ 93. Ad-Dhuha(11)
- ✓ 94. Ash-Sharh(8)
- ✓ 97. Al-Qadr(5)
- ✓ 99. Az-Zalzlah(8)
- ✓ 100. Al-'Adiyat(11)
- ✓ 101. Al-Qari'ah(11)
- ✓ 103. Al-'Asr(3)
- ✓ 55. Ar-Rahman(78)
- ✓ 75. Al-Qiyamah(40)
- ✓ 76. Al-Insan(31)
- ✓ 77. Al-Mursalat(50)
- ✓ 78. An-Naba(40)
- ✓ 79. An-Nazi'at(46)
- ✓ 80. Abasa(42)
- ✓ 83. Al-Mutaffifin(36)
- ✓ 84. Al-Inshiqaq(25)
- ✓ 87. Al-A'la(19)
- ✓ 88. Al-Ghashiyah(26)
- ✓ 95. At-Tin(8)
- ✓ 102. At-Takathur(8)
- ✓ 104. Al-Humazah(9)
- ✓ 105. Al-Fil(5)
- ✓ 106. Al-Quraysh(4)
- ✓ 107. Al-Ma'un(7)
- ✓ 108. Al-Kawthar(3)
- ✓ 109. Al-Kafirun(6)
- ✓ 111. Al-Masad(5)
- ✓ 112. Al-Iklas(4)
- ✓ 113. Al-Falaq(5)
- ✓ 114. An-Naas(6)
- ✓ 18. Al-Kahf(110)
- ✓ 19. Maryam(98)
- ✓ 20. Taha(135)
- ✓ 29. Al-'Ankabut(69)
- ✓ 30. Ar-Rum(60)
- ✓ 31. Luqman(34)
- ✓ 32. As-Sajdah(30)
- ✓ 39. Az-Zumar(75)
- ✓ 50. Qaf(45)
- ✓ 51. Adh-Dhariyat(60)
- ✓ 52. At-Tur(49)
- ✓ 56. Al-Waq'iah(96)
- ✓ 67. Al-Mulk(30)
- ✓ 68. Al-Qalam(52)
- ✓ 69. Al-Haqqah(52)
- ✓ 70. Al-Ma'arij(44)
- ✓ 71. Nuh(28)
- ✓ 73. Al-Muzammil(13)
- ✓ 74. Al-Muddathir(50)
- ✓ 91. Ash-Shams(15)
- ✓ 92. Al-Layl(21)
- ✓ 96. Al-'Alaq(14)
- ✓ 21. Al-Anbya(112)
- ✓ 23. Al-Mu'minun(118)
- ✓ 25. Al-Furqan(77)
- ✓ 26. Ash-Shua'ra(227)
- ✓ 27. An-Naml(93)
- ✓ 28. Al-Qasas(88)
- ✓ 41. Fussilat(54)
- ✓ 44. Ad-Dukhan(59)
- ✓ 45. Al-Jathiyah(37)
- ✓ 54. Al-Qamar(55)
- ✓ 34. Saba(54)
- ✓ 35. Fatir(45)
- ✓ 36. Ya-Sin(83)
- ✓ 37. As-Saffat(182)
- ✓ 85. al-Buruj(22)
- ✓ 86. At-Tariq(17)
- ✓ 89. Al-Fajr(30)
- ✓ 40. Ghafir(85)
- ✓ 90. Al-Balad(20)
- ✓ 38. Sad(88)
- ✓ 46. Al-Ahqaf(35)
- ✓ 72. Al-Jinn(28)
- ✓ 10. Yunus(109)
- ✓ 11. Hud(123)
- ✓ 12. Yusuf(111)
- ✓ 13. Ar-Ra'd(43)
- ✓ 14. Ibrahim(52)
- ✓ 15. Al-Hijr(99)
- ✓ 16. An-Nahl(128)
- ✓ 17. Al-Isra(111)
- ✓ 53. An-Najm(62)
- ✓ 6. Al-An'am(165)
- ✓ 7. Al-A'raf(206)
- ✓ 42. Ash-Shura(53)
- ✓ 43. Az-Zukhruf(89)



# Recap of Madinah Events



- ❖ The prophet establishes first mosque in Quba.
- ❖ The prophet along with his companions builds the mosque in Madinah.
- ❖ Brotherhood among the Muhajirun and Ansar is established.
- ❖ Pacts of Madinah with Jews and other tribes of Madinah are signed.
- ❖ Allah orders Qiblah to be changed from Jerusalem towards Masjid Al-Haram.
- ❖ Battle of Badr where Muslims are victorious.

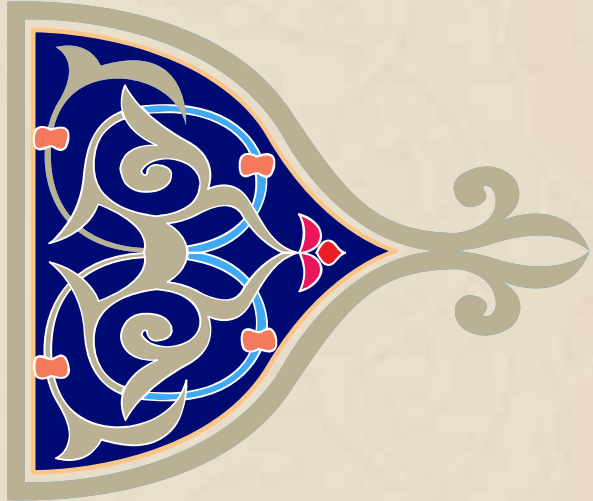
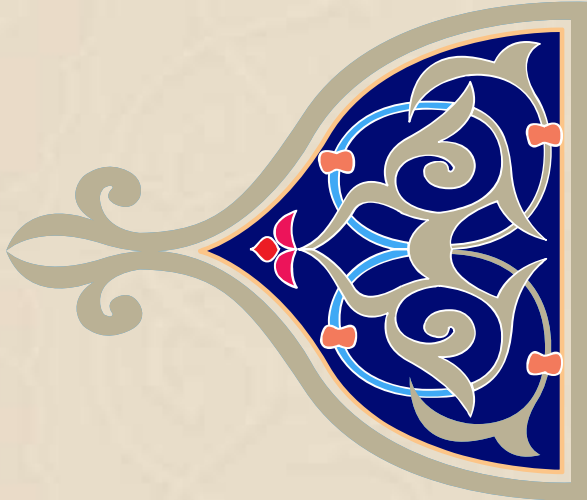




# Quran Revealed in Madinah until 2 Hijri

- ✓ 22. Al-Hajj(78)
- ✓ 62. Al-Jumu'ah(3)
- ✓ 64. At-Taghabun(18)
- ✓ 2. Al-Baqarah(286)
- ✓ 8. Al-Anfal(75)
- ✓ 47. Muhammad(38)
- ✓ 65. At-Talaq(12)
- ❖ 3. Ali 'Imran(200)
- ❖ 61. As-Saf(14)
- ❖ 4. An-Nisa(176)
- ❖ 57. Al-Hadid(29)
- ❖ 59. Al-Hashr(24)
- ❖ 33. Al-Ahzab(73)
- ❖ 58. Al-Mujadila(22)
- ❖ 24. An-Nur(64)
- ❖ 48. Al-Fath(29)
- ❖ 63. Al-Munafiqun(11)
- ❖ 5. Al-Ma'idah(120)
- ❖ 62. Al-Jumu'ah(8)
- ❖ 60. Al-Mumtahanah(13)
- ❖ 66. At-Tahrim(12)
- ❖ 9. At-Tawbah(129)
- ❖ 49. Al-Hujurat(18)
- ❖ 98. Al-Bayyinah(8)
- ❖ 110. An-Nasr(3)





Part A: Seerah  
Sixteenth Year of Revelation  
Age 55; 3 BH

# Post Battle of Badr

## ❖ Expulsion of Banu Qainuqa

- The victory of Badr made the people from this tribe jealous.
- They started creating problems with Muslims including disrespecting and mocking the Prophet ﷺ.
- One of the evil persons from them harassed a Muslim women, fight broke out and killings happened on both sides.
- Fight started and Muslims siege them for over 15 days and forced them to leave Madinah.

## ❖ Quraish plans to attack Madinah

- They wanted to take revenge of Badr.
- They were worried about their trade route.
- After the defeat of Badr they had lost the political dominance and wanted to take that back.





# Post Battle of Badr



## ❖ News reached Madinah

- The Prophet ﷺ is informed of the plan of Quraish planning to attack Madinah.
- The Prophet ﷺ consulted the companions on the strategy, either to fight staying Madinah or go out and fight.
- The Prophet ﷺ's idea was to fight by staying in city, but others wanted to fight outside city.
- Decision is made to fight from outside the city.

## ❖ Hypocrites Leaves

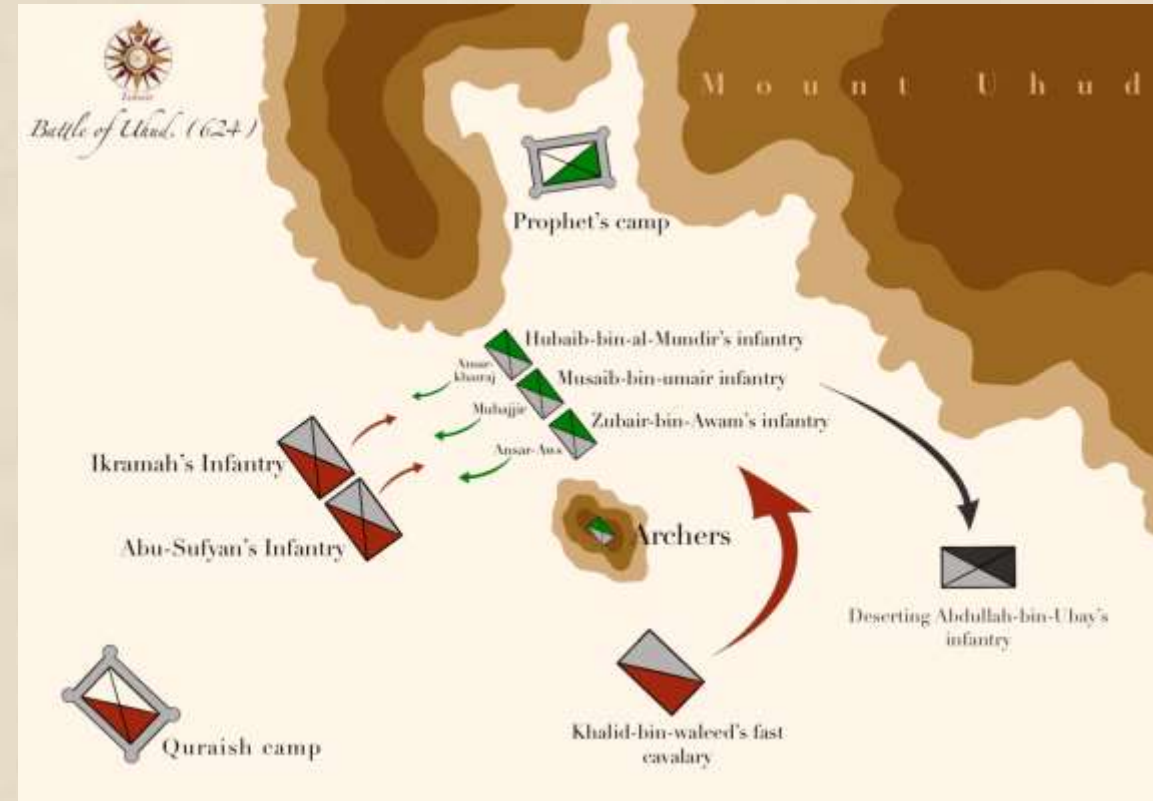
- Hypocrites do not like the decision to fight from outside city.
- Under the leadership of Abdullah bin Ubay, over 300 (out of 1000) of decided not to join the battle.



# Battle of Uhud

- ❖ This battle occurred in Shawwal 3 Hijri.
- ❖ The Prophet ﷺ's Strategy
  - He stationed the main camp with Uhud mountain behind and another mountain on right side
  - Left side was vacant, to protect it, the Prophet ﷺ installed a cavalry of 50 men and instructed them not to leave that place in any situation.
- ❖ Quraish Army

- Abu Sufyan was leading the main army with Khalid bin Waleed and Ikramah leading the left and right cavalry.
- They came with a strong army.





# Battle of Uhud

## ❖ Initial Advancement

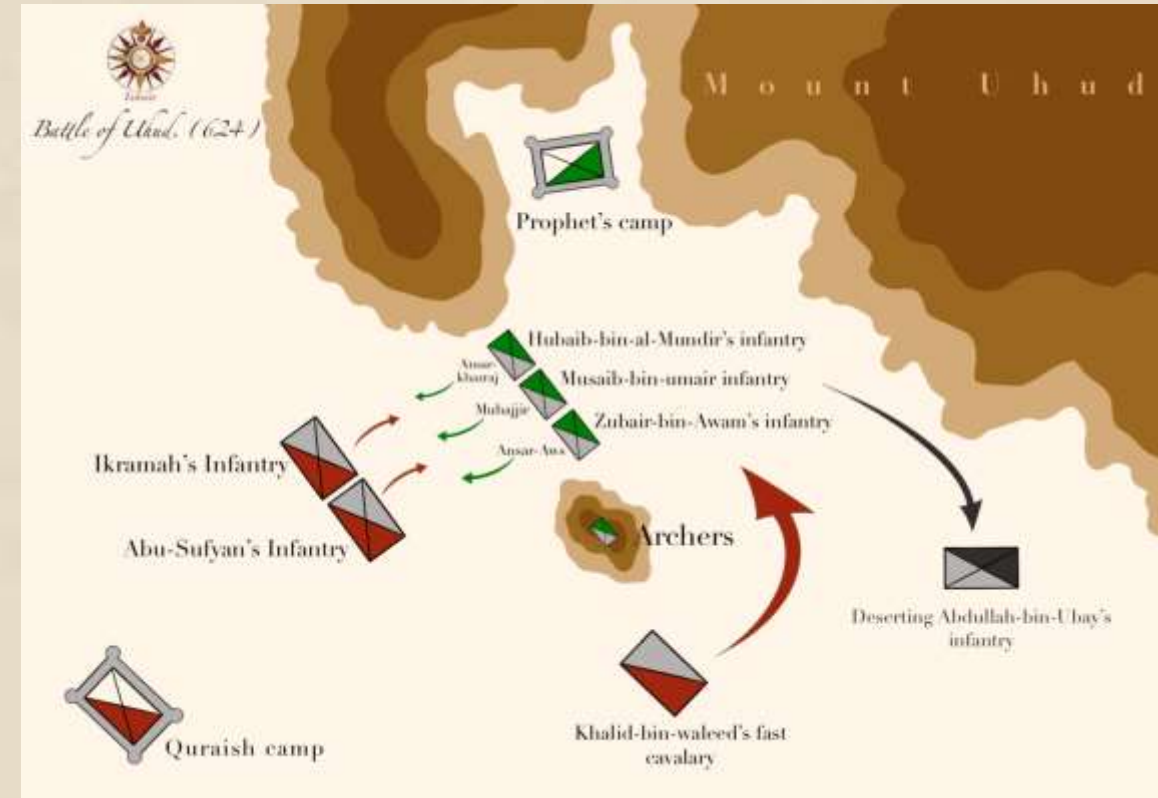
- Muslims fought bravely and took the lead in the battle.
- Quraish were taken a back.

## ❖ Archers leave the place

- Thinking that Muslims are winning the battle, many soldiers stationed at the site left the place.
- This made the entire army vulnerable to the attack from behind.

## ❖ Attack from behind by Khalid bin Walid

- He was an expert war person
- He took the opportunity and attacked the Muslims from behind



# Battle of Uhud

## ❖ Muslims Regroup

- The Prophet ﷺ called everyone and Muslims regrouped and drove away Quraish.
- Abu Sufyan challenged Muslims that they will come back next year to fight in Badr.

## ❖ Women's Role in Uhud

- To provide food and water.
- To treat injured soldiers.
- Some of them fought alongside the army to protect the them.

إِذْ تُصْعِدُونَ وَلَا تَلُونَنَ عَلَيَّ أَحَدٍ وَالرَّسُولُ يَدْعُوكُمْ فِي  
أُخْرَىٰكُمْ فَأَتَيْتُكُمْ غَمًّا بَغِيمٍ لِّكَيْلًا تَحْزَنُوا عَلَيَّ مَا فَاتَكُمْ وَلَا  
مَا أَصَابَكُمْ وَاللَّهُ خَبِيرٌ بِمَا تَعْمَلُونَ

Remember when you were running far away  
"in panic"—not looking at anyone—while the  
Messenger was calling to you from behind! So  
Allah rewarded your disobedience with  
distress upon distress. Now, do not grieve over  
the victory you were denied or the injury you  
suffered. And Allah is All-Aware of what you  
do. [3:153]

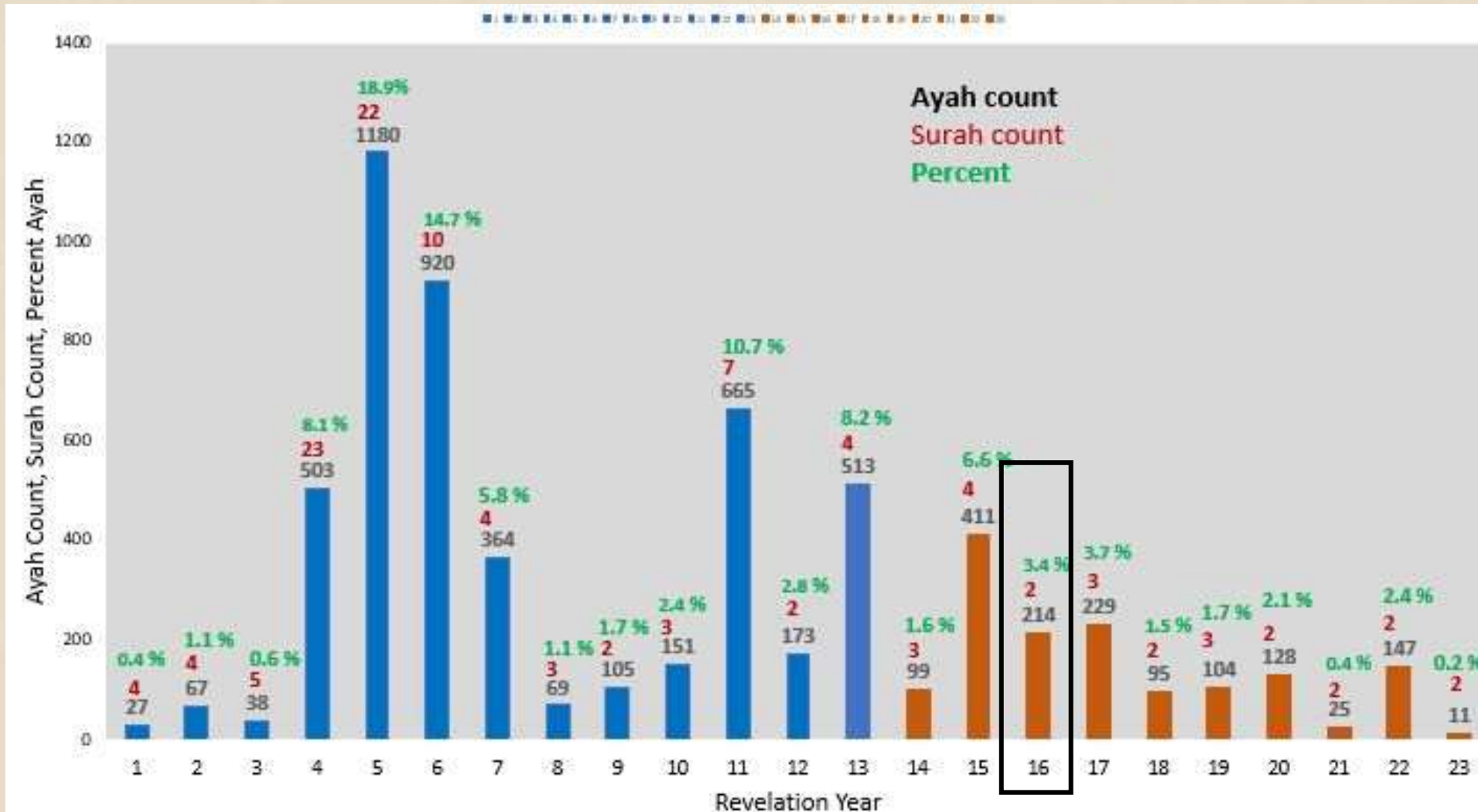
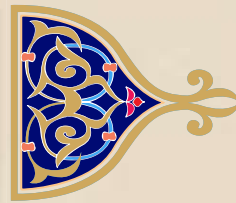




Part B:  
The Glorious  
Qur'an



# Ayath Revealed Per Year

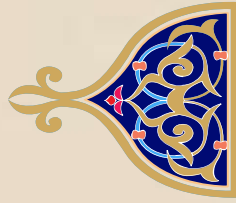


Note: These numbers are approximate and could vary according to different scholars

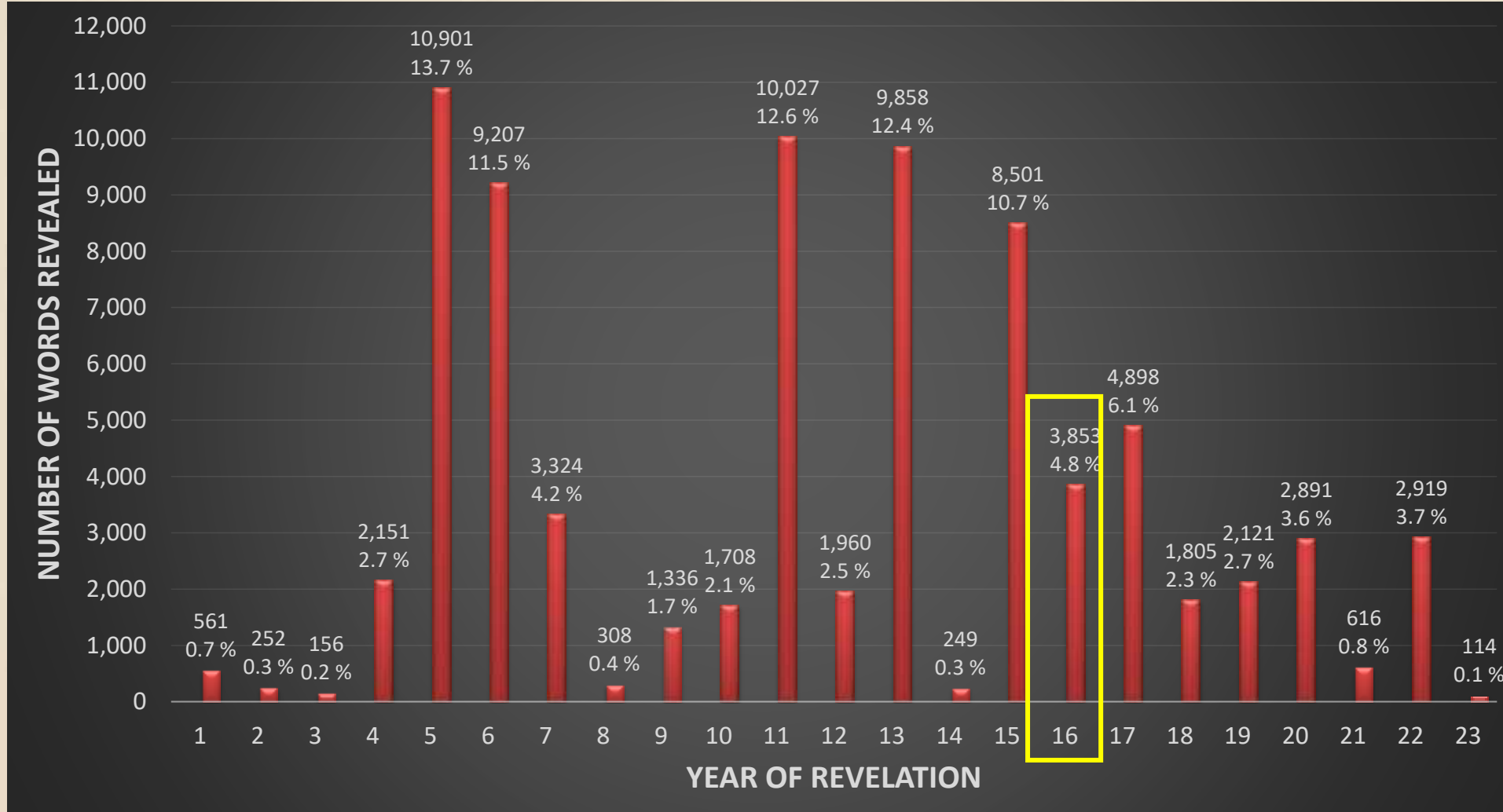
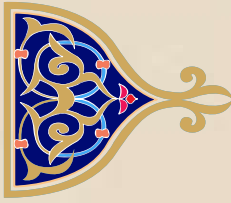


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# Words Revealed Per Year



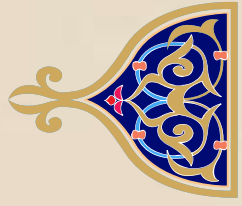
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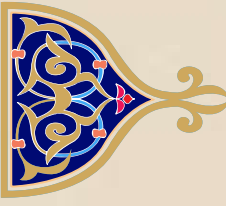
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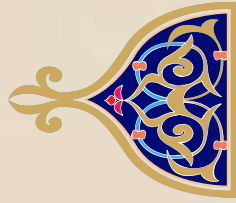


# The Glorious Quran

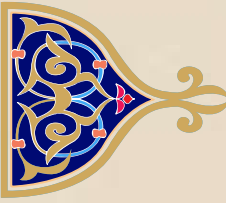


- ❖ Surahs revealed in the Sixteenth (3 AH) Year of Revelation
  - ❖ 3. Ali-'Imran (Major portion)
  - ❖ 61. As-Saf





# Main Themes



Surah (verses)	Main Theme
3. Ali-'Imran	<ul style="list-style-type: none"><li>• This Surah addresses the issues faced by the early Muslim community.</li><li>• It recounts the story of the family of Imran and the birth of Maryam (Mary), mother of Prophet Isa (Jesus).</li><li>• The Surah also discusses the Battle of Uhud, in which the Muslims suffered a setback, and encourages them to remain steadfast in their faith despite the hardships they face.</li><li>• It also discusses the importance of unity among Muslims and the need to avoid discord and disputes.</li><li>• The Surah concludes by emphasizing the importance of obeying Allah and His Messenger and reminds believers that they will be rewarded in the Hereafter for their righteous deeds.</li></ul>
61. As-Saf	<ul style="list-style-type: none"><li>• This Surah is a reminder to believers to remain steadfast in their faith, to strive towards establishing a just society, and to avoid following the ways of the disbelievers and hypocrites.</li><li>• It also highlights the examples of previous prophets and their followers who remained steadfast in their faith despite facing many challenges.</li></ul>



# Tawheed, Might and Signs of Allah

## ❖ Surah Ali-'Imran

- Allah gives power to anyone He likes and can take away from anyone He wishes.
- He gives provisions to anyone he wishes
- Signs of Allah for the people of understanding
- Power supplications at the end of the Surah



# Might of the Qur'an and Stories of the Prophets

❖ Story of Maryam, Isa AS and Zakariya AS



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# Characters and Commandments



- ❖ There are several Ayah revealed in Surah Ali-'Imran and Surah As-Saff for building characters of the Muslims and giving them specific commands.





# Characters and Commandments

## Surah Ali-'Imran

- ❖ The attractions (women, children, wealth) of this world are tests and pleasures of this worldly life and hereafter is better.
- ❖ Follow the Prophet ﷺ and Allah will love you.
- ❖ The first step in Dawah is to call upon the common terms (Tawheed).
- ❖ True righteousness is spending in the path of Allah which is the most beloved to you.
- ❖ Do not die except a Muslim
- ❖ Hold the rope of Allah (Quran and Sunnah) tight
- ❖ Muslims are the best Ummah since they enjoin good and forbid evil
- ❖ Do not eat interest
- ❖ Do not delay doing Tawbah
- ❖ Forgive the mistakes of the team member
- ❖ Put Trust in Allah
- ❖ Death is inevitable, so prepare for it
- ❖ Preserve and Endure

# Characters and Commandments

## Surah As-Saff

- ❖ Do not say what you don't do
- ❖ Stay united
- ❖ Do jihad in the path of Allah with wealth and your life

# Seerah–Quran Connection

- ❖ A major portion of Surah Ali-'Imran covers the events of the battle of Uhud, highlights the mistakes made by Muslims and how to rectify them.
- ❖ Surah As-Saff encourages the believers to do jihad in the path of Allah and emphasizes obeying the Prophet ﷺ. This Surah also gives examples of Jews and their disobedience towards their prophet and the consequences.





Part C:  
Ahadith & Key  
Takeaways



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# Takeaway 1: Recite the Illuminated Chapters

❖ حَدَّثَنِي الْحَسَنُ بْنُ عَلِيِّ الْحُلَوَانِيُّ، حَدَّثَنَا أَبُو تَوْبَةَ، - وَهُوَ الرَّبِيعُ بْنُ نَافِعٍ - حَدَّثَنَا مُعَاوِيَةُ، - يَعْنِي ابْنَ سَلَامٍ - عَنْ زَيْدٍ، أَنَّهُ سَمِعَ أَبَا سَلَامٍ، يَقُولُ حَدَّثَنِي أَبُو أُمَامَةَ، الْبَاهِلِيُّ قَالَ سَمِعْتُ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَقُولُ " اِقْرَأُوا الْقُرْآنَ فَإِنَّهُ يَأْتِي يَوْمَ الْقِيَامَةِ شَفِيعًا لِأَصْحَابِهِ اِقْرَأُوا الزُّهْرَاوَيْنِ الْبَقْرَةَ وَسُورَةَ آلِ عِمْرَانَ فَإِنَّهُمَا تَأْتِيَانِ يَوْمَ الْقِيَامَةِ كَأَنْهُمَا غَمَامَتَانِ أَوْ كَأَنْهُمَا غَيَابَتَانِ أَوْ كَأَنْهُمَا فِرْقَانِ مِنْ طَيْرٍ صَوَّافٍ تُحَاجَّانِ عَنْ أَصْحَابِهِمَا اِقْرَأُوا سُورَةَ الْبَقْرَةِ فَإِنَّ أَخْذَهَا بَرَكَةٌ وَتَرْكُهَا حَسْرَةٌ وَلَا تَسْتَطِيعُهَا الْبَطْلَةُ " . قَالَ مُعَاوِيَةُ بَلَّغَنِي أَنَّ الْبَطْلَةَ السَّحْرَةُ .

❖ Abu Umama said he heard Allah's Messenger (ﷺ) say: Recite the Qur'an, for on the Day of Resurrection it will come as an intercessor for those who recite It. **Recite the two bright ones, al-Baqara and Surah Al 'Imran**, for on the Day of Resurrection they will come as two clouds or two shades, or two flocks of birds in ranks, pleading for those who recite them. Recite Surah al-Baqara, for to take recourse to it is a blessing and to give it up is a cause of grief, and the magicians cannot confront it. (Mu'awiya said: It has been conveyed to me that here Batala means magicians.)

❖ Sahih Muslim 804a

❖ <https://sunnah.com/muslim:804a>



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## Takeaway 2: Do not get into Mutashabihaath (Unclear)

❖ حَدَّثَنَا عَبْدُ اللَّهِ بْنُ مَسْلَمَةَ، حَدَّثَنَا يَزِيدُ بْنُ إِبْرَاهِيمَ التُّسْتَرِيُّ، عَنِ ابْنِ أَبِي مُلَيْكَةَ، عَنِ الْقَاسِمِ بْنِ مُحَمَّدٍ، عَنْ عَائِشَةَ - رَضِيَ اللَّهُ عَنْهَا - قَالَتْ تَلَا هُوَ الَّذِي أَنْزَلَ عَلَيْكَ مِنَ الْكِتَابِ مِنْهُ آيَاتٌ مُحْكَمَاتٌ هُنَّ أُمُّ الْكِتَابِ وَأُخَرُ مُتَشَابِهَاتٌ فَأَمَّا الَّذِينَ فِي رُءُوسِ السُّورِ فَالَّذِينَ هُمْ عَنْ آلِهَتِهِمْ كَبِهَاتٍ لَقَدْ تَأْوِيلَهُ قَالَتْ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ {أُولُو الْأَلْبَابِ} إِلَى قَوْلِهِ {قُلُوبِهِمْ زَيَّغٌ فَيَتَّبِعُونَ مَا تَشَابَهَ مِنْهُ ابْتِغَاءَ الْفِتْنَةِ وَابْتِغَاءَ تَأْوِيلِهِ} "الَّذِينَ يَتَّبِعُونَ مَا تَشَابَهَ مِنْهُ، فَأُولَئِكَ الَّذِينَ سَمَّى اللَّهُ، فَاحْذَرُوهُمْ".

❖ Narrated `Aisha: Allah's Messenger (ﷺ) recited the Verse: -- "It is He who has sent down to you the Book. In it are Verses that are entirely clear, they are the foundation of the Book, others not entirely clear. So as for those in whose hearts there is a deviation (from the Truth ). follow thereof that is not entirely clear seeking affliction and searching for its hidden meanings; but no one knows its hidden meanings but Allah. And those who are firmly grounded in knowledge say: "We believe in it (i.e. in the Qur'an) the whole of it (i.e. its clear and unclear Verses) are from our Lord. And none receive admonition except men of understanding." (3.7) Then Allah's Messenger (ﷺ) said, "If you see those who follow thereof that is not entirely clear, then they are those whom Allah has named [as having deviation (from the Truth)] 'So beware of them."

❖ Sahih al-Bukhari 4547

❖ <https://sunnah.com/bukhari:4547>





## Takeaway 3: Enjoin Good and Forbid Evil

حَدَّثَنَا قُتَيْبَةُ، حَدَّثَنَا عَبْدُ الْعَزِيزِ بْنُ مُحَمَّدٍ، عَنْ عَمْرِو بْنِ أَبِي عَمْرٍو، عَنْ عَبْدِ اللَّهِ الْأَنْصَارِيِّ، عَنْ حُدَيْفَةَ بْنِ الْيَمَانِ،  
عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ " وَالَّذِي نَفْسِي بِيَدِهِ لَتَأْمُرَنَّ بِالْمَعْرُوفِ وَلَتَنْهَوْنَ عَنِ الْمُنْكَرِ أَوْ لَيُوشِكَنَّ اللَّهُ أَنْ  
يَبْعَثَ عَلَيْكُمْ عِقَابًا مِنْهُ ثُمَّ تَدْعُونَهُ فَلَا يُسْتَجَابُ لَكُمْ " . قَالَ أَبُو عِيسَى هَذَا حَدِيثٌ حَسَنٌ .

حَدَّثَنَا عَلِيُّ بْنُ حُجْرٍ، أَخْبَرَنَا إِسْمَاعِيلُ بْنُ جَعْفَرٍ، عَنْ عَمْرِو بْنِ أَبِي عَمْرٍو، بِهَذَا الْإِسْنَادِ نَحْوَهُ .

Hudhaifah bin Al-Yaman narrated that the Prophet (s.a.w) said: "By the One in Whose Hand is my soul! **Either you command good and forbid evil, or Allah will soon send upon you a punishment from Him, then you will call upon Him, but He will not respond to you.** "

Jami` at-Tirmidhi 2169

<https://sunnah.com/tirmidhi:2169>



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# Assignments

## ❖ Memorize these duas

- Ayah 8 of Surah Ale-Imran
- Ayah 16 of Surah Ale-Imran

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ لَدُنْكَ  
رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ ۝۸

‘They say,’ ‘Our Lord! Do not let our hearts deviate after you have guided us. Grant us Your mercy. You are indeed the Giver of all bounties’.

رَبَّنَا إِنَّا إِتَمَمْنَا فَاغْفِرْ لَنَا ذُنُوبَنَا وَقِنَا عَذَابَ النَّارِ ۝۱۶

‘Our Lord! We have believed, so forgive our sins and protect us from the torment of the Fire





# Next week



- ❖ Seerah materials for the events during Seventeenth Year of Revelations (4 AH)
- ❖ Read the translation (and tafsir if possible) of the following Surahs:
  - 4. An-Nisa
  - 57. Al-Hadid
  - 59. Al-Hashr



# References

- ❖ Ar-Raheeq Al-Makhtum ([The Sealed Nectar](#)) By Safiur Rahman Mubarakpuri.
- ❖ [Tafheem ul Quran](#) by Moulana Abu Ala Moududi.
- ❖ [Qurani Soorton Ka Nazm e Jali](#) by Khalil ru Rahman Chisti.
- ❖ [Noble Life of the Prophet](#) by Ali Al Sullabi.



سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ، أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ،  
أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ

Glory is to You, O Allah, and praise is  
to You. I bear witness that there is  
none worthy of worship but You. I  
seek Your forgiveness and repent to  
You.

For other sessions, visit [https://fussilat.com/walking\\_quran.html](https://fussilat.com/walking_quran.html).