

Tawba Practice Sample Schedule

If you are unable to do your recitations on Sunday night, you can do them instead on the following Wednesday night. If you are unable to do your recitations on Thursday night, simply wait until the next Sunday to continue the practice.

	Mon.	Tue.	Wednesday	Thursday	Fri.	Sat.	Sunday
WEEK 1				Begin by repeating Astaghfiru-llāh al- 'adhīm wa atūbu ilayh 3,000 tiumes			Repeat Astaghfiru-llāh al-'adhīm wa atūbu ilayh 3,000 tiumes
WEEK 2				Repeat Astaghfiru-llāh al- 'adhīm wa atūbu ilayh 3,000 tiumes			<i>Your family is in town and you can't do the practice.</i>
WEEK 3			Make-up: Repeat Lā 'ilāha 'illa-llāh 3,000 times	Repeat Lā 'ilāha 'illa-llāh 3,000 times			Repeat Lā 'ilāha 'illa- llāh 3,000 times
WEEK 4				Begin Part 3: Repeat Allāhumma ṣalli 'alā, etc. 3,000 times			Repeat Allāhumma ṣalli 'alā, etc. 3,000 times
WEEK 5				<i>You have an obligation that keeps you from doing the practice tonight</i>			Repeat Allāhumma ṣalli 'alā, etc. 3,000 times