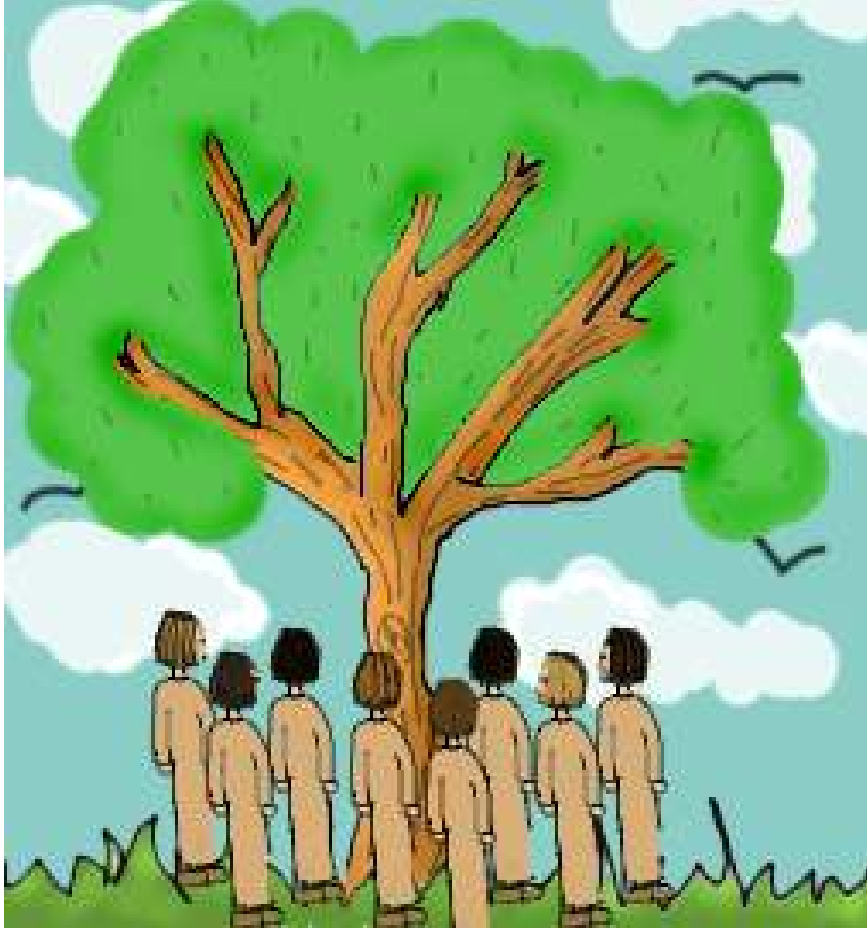


# Prayers from the Quran

## Seeking forgiveness

رَبَّنَا ظَلَمْنَا أَنفُسَنَا وَإِن لَّمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ

*Our Lord, we have wronged ourselves; and if Thou forgive us not and have not mercy on us, we shall surely be of the lost.*  
(7:24)



### Hadhrat Adam (as) prayer

Hadhrat Adam (as) was commanded by Allah not to go near a certain tree. This tree symbolised a family or tribe that Allah knew were enemies of Hadhrat Adam (as) and would bring him harm.

A wicked man, however convinced Hadhrat Adam (as) to approach these people and in doing so, Hadhrat Adam (as) inadvertently went against the command of Allah.

Almost immediately, he realised that he had made an error of judgement and asked for Allah's forgiveness saying these words of prayer.

Allah forgave Hadhrat Adam (as) he knew that it was not his intention to disobey his commandment.

We are all human beings and we can easily make mistakes, and when we do, we should say these words of prayer and ask for Allah's forgiveness.