



THE DAILY WIRD

Dhikr & Du'a

الأذكار والأدعية

The believer's daily wurd: the remembrances and supplications of the Qur'an and the authentic sunnah

Before you begin

This is a book to be used, not only read: 229 adhkar across 26 collections, from waking to sleeping, gathered from the Qur'an and the authentic sunnah. Each is given in Arabic, with a transliteration to help you learn it, its meaning, its source, and how many times to say it.

The Qur'anic adhkar are verified via quran.ai (Uthmani script with the Saheeh International meaning). The prophetic adhkar are taken from Hisn al-Muslim (Fortress of the Muslim) by Sa'eed al-Qahtani, cited with their grading. You need not say all of it: take a few, keep them, and let them grow. The most beloved deeds to Allah are the small and the constant.

THE DAILY WIRD · [THEDAILYWIRD.COM](https://thedailywird.com)

Contents

THROUGH THE DAY

Wudu & Bathroom	6 adhkar
Leaving & Entering the Home	3 adhkar
The Masjid & the Adhan	8 adhkar
Food & Drink	10 adhkar
Travel	11 adhkar
The Prayer of Istikharah	1 adhkar
Gatherings	2 adhkar
Difficulty & Distress	13 adhkar
Nature & Weather	10 adhkar
For Other People	8 adhkar
Protecting Your Faith	9 adhkar
Hajj & Umrah	7 adhkar
Money & Shopping	3 adhkar
Marriage & Children	5 adhkar
Death & Grief	16 adhkar

CORE REMEMBRANCE

Salawat	2 adhkar
Praises of Allah	12 adhkar
Istighfar	3 adhkar
Qur'anic Du'as	13 adhkar
Ruqyah & Illness	7 adhkar
Sunnah Du'as	7 adhkar

THE DAILY WIRD

Waking Up	4 adhkar
Morning Adhkar	24 adhkar
After Salah	8 adhkar
Evening Adhkar	24 adhkar

Waking Up

أذكار الاستيقاظ

The first words of the day

Before your feet touch the floor, before the phone, there is a breath in which you were just returned to life. Sleep, the Qur'an says, is a lesser death, and waking is a small resurrection. The Prophet ﷺ met it with words.

۱ Praise for being given life again

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

Alḥamdu lillāhil-ladhī 'aḥyānā ba`da mā 'amātanā wa 'ilayhin-nushūr.

Praise is to Allah Who gives us life after He has caused us to die and to Him is the return.

MUSLIM 4/2083 · SAHIH

2 If you wake in the night

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، سُبْحَانَ اللَّهِ، وَالْحَمْدُ لِلَّهِ، وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ، رَبِّ اغْفِرْ لِي

Lā 'ilāha 'illallāhu waḥdahu la sharīka lahu, lahul-mulku wa lahul-ḥamdu, wa huwa 'alā kulli shay'in qadīr Subḥānallāhi, walḥamdu lillāhi, wa lā 'ilāha 'illallāhu, wallāhu 'akbar, wa lā ḥawla wa lā quwwata 'illā billāhil-'aliyyil-'aẓīm, rabbighfir li.

There is none worthy of worship but Allah alone, Who has no partner, His is the dominion and to Him belongs all praise, and He is able to do all things. Glory is to Allah. Praise is to Allah. There is none worthy of worship but Allah. Allah is the Most Great. There is no might and no power except by Allah's leave, the Exalted, the Mighty. My Lord, forgive me.

IBN MAJAH 2/335 · SAHIH

If you stir in the night and say this, then ask Allah for something, the Prophet ﷺ taught that your du'a is answered; and if you rise to pray, your prayer is accepted.

3 When your soul is returned to you

الْحَمْدُ لِلَّهِ الَّذِي عَافَانِي فِي جَسَدِي وَرَدَّ عَلَيَّ رُوحِي وَأَذِنَ لِي بِذِكْرِهِ

Al-ḥamdu lillāhil-ladhī `āfānī fī jasadī, wa radda `alayya rūḥī, wa 'adhina lī bidhikrihi.

Praise is to Allah Who gave strength to my body and returned my soul to me and permitted me to remember Him.

AT-TIRMIDHI 5/473 · SAHIH

إِنَّ فِي خَلْقِ السَّمَوَاتِ وَالْأَرْضِ
وَأَخْتِلَافِ اللَّيْلِ وَالنَّهَارِ لَآيَاتٍ لِّأُولِي
الْأَبْصَارِ

Indeed, in the creation of the heavens and the earth and the alternation of the night and the day are signs for those of understanding.

QUR'AN · AAL-IMRAN 3:190-200

The Prophet ﷺ would recite these on waking. Recite from here to the end of the surah (3:190-200). Tap play to hear all ten.

THE DAILY WIRD

Morning Adhkar

أذكار الصباح

The remembrances that open your day

There is a short window after Fajr, before the day grabs you, when a handful of words can set the whole day on a different footing. The Prophet ﷺ never let it pass empty. He had words for the morning: praise, protection, and the quiet handing of the day back to the One who owns it.

اللَّهُ لَا إِلَهَ 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

Allah - there is no deity except Him, the Ever-Living, the Self-Sustaining. Neither drowsiness overtakes Him nor sleep. To Him belongs whatever is in the heavens and whatever is on the earth. Who is it that can intercede with Him except by His permission? He knows what is before them and what will be after them, and they encompass not a thing of His knowledge except for what He wills. His Kursi extends over the heavens and the earth, and their preservation tires Him not. And He is the Most High, the Most Great.

QUR'AN · AL-BAQARAH 2:255

The greatest verse in the Qur'an. The Prophet ﷺ taught that whoever recites it in the morning is guarded until evening, and whoever recites it in the evening is guarded until morning. Say it once, slowly, and let it land.

قُلْ هُوَ اللَّهُ أَحَدٌ ۝ اللَّهُ الصَّمَدُ ۝ لَمْ يَلِدْ وَلَمْ يُولَدْ ۝ وَلَمْ يَكُنْ
لَهُ كُفُوًا أَحَدٌ

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ۝ مِنْ شَرِّ مَا خَلَقَ ۝ وَمِنْ شَرِّ غَاسِقٍ إِذَا
وَقَبَ ۝ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ۝ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ
قُلْ أَعُوذُ بِرَبِّ النَّاسِ ۝ مَلِكِ النَّاسِ ۝ إِلَهِ النَّاسِ ۝ مِنْ شَرِّ
الْوَسْوَاسِ الْخَنَّاسِ ۝ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ۝ مِنَ الْجِنَّةِ
وَالنَّاسِ

Say, "He is Allah, [who is] One, Allah, the Eternal Refuge. He neither begets nor is born, Nor is there to Him any equivalent." / Say, "I seek refuge in the Lord of daybreak From the evil of that which He created And from the evil of darkness when it settles And from the evil of the blowers in knots And from the evil of an envier when he envies." / Say, "I seek refuge in the Lord of mankind, The Sovereign of mankind, The God of mankind, From the evil of the retreating whisperer - Who whispers [evil] into the breasts of mankind - From among the jinn and mankind."

QUR'AN · AL-IKHLAS 112, AL-FALAQ 113, AN-NAS 114

Al-Ikhlās, Al-Falaq and An-Nas, three times each. The Prophet ﷺ said they suffice you against everything. He would cup his hands, recite them with a breath into his palms, and wipe over his body.

أَصْبَحْنَا وَأَصْبَحَ الْمَلِكُ لِلَّهِ وَالْحَمْدُ لِلَّهِ، لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ،
لَهُ الْمَلِكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، رَبِّ أَسْأَلُكَ خَيْرَ مَا فِي هَذَا
الْيَوْمِ وَخَيْرَ مَا بَعْدَهُ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِي هَذَا الْيَوْمِ وَشَرِّ مَا بَعْدَهُ،
رَبِّ أَعُوذُ بِكَ مِنَ الْكَسَلِ وَسُوءِ الْكِبَرِ، رَبِّ أَعُوذُ بِكَ مِنْ عَذَابِ فِي
النَّارِ وَعَذَابِ فِي الْقَبْرِ

Aṣbaḥnā wa aṣbaḥal-mulku lillāh, walḥamdu lillāh, lā ilāha illallāhu waḥdahū lā sharīka lah, laḥul-mulku wa laḥul-ḥamd, wa huwa `alā kulli shay'in Qadīr.

Rabbi as'aluka khayra mā fī hādha 'l-yawmi wa khayra mā ba`dahu wa a`ūdhu bika min sharri mā fī hādha 'l-yawmi wa sharri mā ba`dahu, Rabbi a`ūdhu bika minal-kasali, wa sū'il-kibar, Rabbi a`ūdhu bika min `adhābin fin-nāri wa `adhābin fil-qabr.

We have entered a new day and with it all dominion is Allah's. Praise is to Allah. None has the right to be worshipped but Allah alone, Who has no partner. To Allah belongs the dominion, and to Him is the praise and He is Able to do all things. My Lord, I ask You for the goodness of this day and of the days that come after it, and I seek refuge in You from the evil of this day and of the days that come after it. My Lord, I seek refuge in You from laziness and helpless old age. My Lord, I seek refuge in You from the punishment of Hell-fire, and from the punishment of the grave.

4 By You we enter morning and evening

اللَّهُمَّ بِكَ أَصْبَحْنَا وَبِكَ أَمْسَيْنَا وَبِكَ نَحْيَا وَبِكَ نَمُوتُ وَإِلَيْكَ النُّشُورُ

وإذا أمسي فليقل : اللهم بك أمسينا وبك أصبحنا وبك نحيا وبك نموت

وإليك المصير

Allāhumma bika aṣḥabnā, wa bika amsaynā, wa bika naḥyā, wa bika namūt, wa ilaykan-nushūr. When you say this in the evening you should say:

O Allah, by You we enter the morning and by You we enter the evening, by You we live and by You we die, and to You is the Final Return. O Allah, You bring us the end of the day as You bring us its beginning, You bring us life and you bring us death, and to You is our fate.

AT-TIRMIDHI 3/142 · SAHIH

5 Sayyid al-Istighfar

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ خَلَقْتَنِي وَأَنَا عَبْدُكَ وَأَنَا عَلَى عَهْدِكَ

وَوَعْدِكَ مَا اسْتَطَعْتُ أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ أَبُوءُ لَكَ بِنِعْمَتِكَ

عَلَيَّ وَأَبُوءُ بِذُنُوبِي فَاعْفُرْ لِي فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

Allāhumma anta Rabbī lā ilāha illā ant, khalaqtanī wa anā `abduk, wa anā `alā `ahdika wa wa `dika mastata`t, a`ūdhu bika min sharri mā ṣana`t, abū`u laka bi ni`matika `alay, wa abū`u bidhanbī faghfir lī fa`innahu lā yaghfirudh-dhunūba illā ant.

O Allah, You are my Lord, there is none worthy of worship but You. You created me and I am your slave. I keep Your covenant, and my pledge to You so far as I am able. I seek refuge in You from the evil of what I have done. I admit to Your blessings upon me, and I admit to my misdeeds. Forgive me, for there is none who may forgive sins but You.

AL-BUKHARI 7/150 · SAHIH

The Prophet ﷺ called this the chief way of seeking forgiveness: whoever says it by day with certainty and dies before evening is among the people of Paradise, and likewise by night. Slow down for this one.

اللَّهُمَّ إِنِّي أَصْبَحْتُ أُشْهِدُكَ ، وَأُشْهِدُ حَمَلَةَ عَرْشِكَ ، وَمَلَائِكَتِكَ ،
وَجَمِيعَ خَلْقِكَ ، أَنْكَ أَنْتَ اللَّهُ لَا إِلَهَ إِلَّا أَنْتَ وَحْدَكَ لَا شَرِيكَ لَكَ
، وَأَنَّ مُحَمَّدًا عَبْدُكَ وَرَسُولُكَ

Allāhumma innī aṣbahtu ush-hiduka wa ush-hidu ḥamalata `arshik, wa malā'ikataka wajamī'a khalqik, annaka antallāhu lā ilāha illā ant, waḥdaka lā sharīka lak, wa anna Muḥammadan `abduka wa rasūluk.

O Allah, I have entered a new morning and call upon You and upon the bearers of Your Throne, upon Your angels and all creation to bear witness that surely You are Allah, there is none worthy of worship but You alone, You have no partners, and that Muhammad is Your slave and Your Messenger. (Recite four times in Arabic.)

ABU DAWUD 4/317 · HASAN

7 Every blessing is from You

اللَّهُمَّ مَا أَصْبَحَ بِي مِنْ نِعْمَةٍ أَوْ بِأَحَدٍ مِنْ خَلْقِكَ ، فَمِنْكَ وَحْدَكَ لَا
شَرِيكَ لَكَ ، فَلَكَ الْحَمْدُ وَلَكَ الشُّكْرُ

Allāhumma mā aṣbaha bī min ni`matin aw bi aḥadin min khalqik, fa minka waḥdaka lā sharīka lak, falaka 'l-ḥamdu wa lakash-shukr.

O Allah, whatever blessing has been received by me or anyone of Your creation is from You alone, You have no partner. All praise is for you and thanks is to You.

WHEN YOU SAY THIS IN THE EVENING, YOU SHOULD SAY: ALLĀHUMMA MĀ 'AMSA BĪ...: "O ALLAH, AS I · HASAN

اللَّهُمَّ عَافِنِي فِي بَدَنِي، اللَّهُمَّ عَافِنِي فِي سَمْعِي، اللَّهُمَّ عَافِنِي فِي بَصَرِي،
 لَا إِلَهَ إِلَّا اللَّهُ أَنْتَ. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ، وَالْفَقْرِ، وَأَعُوذُ
 بِكَ مِنْ عَذَابِ الْقَبْرِ، لَا إِلَهَ إِلَّا أَنْتَ

*Allāhumma `āfinī fī badanī, Allāhumma `āfinī fī sam`ī, Allāhumma `āfinī fī
 baṣarī, lā ilāha illā ant. Allāhumma innī a`ūdhu bika mina 'l-kufri, wa 'l-faqr, wa
 a`ūdhu bika min `adhābi 'l-qabr, lā ilāha illā ant.*

O Allah, make me healthy in my body. O Allah, preserve for me my hearing. O Allah, preserve for me my sight. There is none worthy of worship but You. O Allah, I seek refuge in You from disbelief and poverty, and I seek refuge in You from the punishment of the grave. There is none worthy of worship but You (Recite three times in Arabic.)

ABU DAWUD 4/324 · HASAN

9 Allah is sufficient for me

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ

Ḥasbiyallāhu lā ilāha illā huwa `alayhi tawakkalt, wa huwa Rabbu 'l-'Arshi 'l-`Aẓīm.

Allah is sufficient for me. There is none worthy of worship but Him. I have placed my trust in Him, He is Lord of the Majestic Throne. (Recite seven times in Arabic.)

ABU DAWUD 4/321 · SAHIH

Seven times, morning and evening. Whoever says it, Allah is enough for him in everything that weighs on him, in this world and the next.

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ ، اللَّهُمَّ إِنِّي
أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي دِينِي وَدُنْيَايَ وَأَهْلِي وَمَالِي ، اللَّهُمَّ اسْتُرْ
عَوْرَاتِي وَأَمِّنْ رَوْعَاتِي ، اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ يَدَيْ وَمِنْ خَلْفِي
وَعَنْ يَمِينِي وَعَنْ شِمَالِي ، وَمِنْ فَوْقِي ، وَأَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ
تَحْتِي

*Allāhumma innī as'aluka 'l-'afwa wal-'āfiyah fid-dunyā wal-ākhirah,
Allāhumma innī as'aluka 'l-'afwa wal-'āfiyah fī dīnī wa dunyāya, wa ahlī, wa
mālī, Allāhummastur `awrātī, wa āmin raw`ātī, Allāhummaḥfaznī min bayni
yadayya, wa min khalfī, wa `an yamīnī, wa `an shimālī, wa min fawqī, wa
a`ūdhu bi`aẓamatika an `uġtāla min taḥtī.*

O Allah, I seek Your forgiveness and Your protection in this world and the next. O Allah, I seek Your forgiveness and Your protection in my religion, in my worldly affairs, in my family and in my wealth. O Allah, conceal my secrets and preserve me from anguish. O Allah, guard me from what is in front of me and behind me, from my left, and from my right, and from above me. I seek refuge in Your Greatness from being struck down from beneath me.

IBN MAJAH 2/332 AND ABU DAWUD · SAHIH

اللَّهُمَّ عَالِمَ الْغَيْبِ وَالشَّهَادَةِ فَاطِرَ السَّمَاوَاتِ وَالْأَرْضِ رَبَّ كُلِّ شَيْءٍ وَمَلِيكَهٗ ، أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ ، أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي وَمِنْ شَرِّ الشَّيْطَانِ وَشِرْكِهِ ، وَأَنْ أَقْتَرِفَ عَلَى نَفْسِي سُوءًا أَوْ أُجْرَهُ إِلَى مُسْلِمٍ

Allāhumma `ālima 'l-ghaybi wash-shahādah fātir as-samāwāti wa 'l'arḍ, Rabba kulli shay'in wa malīkah, ash-hadu an lā ilāha illā ant, a'ūdhu bika min sharri nafsi, wa min sharrish-shayṭāni wa shirkih, wa an aqtarifa `alā nafsi sū'an, aw ajurrahu ilā Muslim.

O Allah, Knower of the unseen and the evident, Maker of the heavens and the earth, Lord of everything and its Possessor, I bear witness that there is none worthy of worship but You. I seek refuge in You from the evil of my soul, and from the evil of Satan and his helpers. (I seek refuge in You) from bringing evil upon my soul and from harming any Muslim.

AT-TIRMIDHI 3/142 AND ABUDAWUD · SAHIH

12 The Name with which nothing can harm

3X

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّهُ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

Bismillāhi 'l-ladhī lā yaḍurru ma`a-smihi shay'un fil-'arḍi wa lā fis-samā' wa huwas-Samī `ul-'Alīm.

In the Name of Allah, Who with His Name nothing can cause harm in the earth nor in the heavens, and He is the All-Hearing, the All-Knowing. (Recite three times in Arabic).

ABU DAWUD 4/323, AT-TIRMIDHI 5/465, IBN MAJAH 2/332, AHMAD · HASAN

Three times. The Prophet ﷺ promised that whoever says it, nothing on earth or in the sky will harm him until he reaches the next morning or evening.

رَضِيتُ بِاللَّهِ رَبًّا وَبِالْإِسْلَامِ دِينًا وَبِمُحَمَّدٍ نَبِيًّا

Raḍītu billāhi Rabba, wa bil-Islāmi dīna, wa bi-Muḥammadin (ṣallallāhu `alayhi wa sallama) nabīyya.

I am pleased with Allah as my Lord, with Islam as my religion, and with Muhammad (peace and blessings of Allah be upon him) as my Prophet. (Recite three times in Arabic.)

AHMAD 4/337, AN-NASA'I, 'AMALUL-YAWM WAL-LAYLAH P · HASAN

14 O Ever-Living, O Sustainer

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ ، أَصْلِحْ لِيْ شَأْنِيْ كُلَّهُ ، وَلَا تَكِلْنِيْ إِلَى نَفْسِيْ طَرْفَةَ عَيْنٍ

Yā Ḥayyu yā Qayyūmu biraḥmatika astaghīth aṣliḥ lī sha'nī kullah wa lā takilnī ilā nafsī ṭarfata `ayn.

O Ever-Living One, O Eternal One, by Your mercy I call on You to set right all my affairs. Do not place me in charge of my soul even for the blinking of an eye (i.e. a moment).

AL-HAKIM 1/545, SEE ALBANI, SAHIHUT-TARGHIB WAT-TARHIB, 1/273 · SAHIH

أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ رَبِّ الْعَالَمِينَ ، اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ
هَذَا الْيَوْمِ ، فَتَحَهُ ، وَنَصْرَهُ ، وَنُورَهُ وَبَرَكَتَهُ ، وَهُدَاهُ ، وَأَعُوذُ بِكَ
مِنْ شَرِّ مَا فِيهِ وَشَرِّ مَا بَعْدَهُ وَإِذَا أَمْسَى قَالَ: أَمْسَيْنَا وَأَمْسَى الْمُلْكُ
لِلَّهِ رَبِّ الْعَالَمِينَ ، اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هَذِهِ اللَّيْلَةِ ، فَتَحَهَا ،
وَنَصْرَهَا ، وَنُورَهَا وَبَرَكَتَهَا ، وَهُدَاهَا ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا
فِيهَا وَشَرِّ مَا بَعْدَهَا

Aṣḥaḥnā wa aṣḥaḥal-mulku lillāhi Rabbi 'l-a'lamīn, Allāhumma innī as'aluka khayra hādha 'l-yawm:

We have entered a new day and with it all the dominion which belongs to Allah, Lord of all that exists. O Allah, I ask You for the goodness of this day,² its victory, its help, its light, its blessings, and its guidance. I seek refuge in You from the evil that is in it, and from the evil that follows it.

ABU DAWUD 4/322 · HASAN

أَصْبَحْنَا [أَمْسَيْنَا] عَلَى فِطْرَةِ الْإِسْلَامِ ، وَعَلَى كَلِمَةِ الْإِخْلَاصِ ، وَعَلَى
دِينِ نَبِيِّنَا مُحَمَّدٍ وَعَلَى مِلَّةِ أَبِيْنَا إِبْرَاهِيمَ حَنِيفًا مُسْلِمًا وَمَا كَانَ مِنَ
الْمُشْرِكِينَ

Aṣḥaḥnā `alā fiṭrati 'l-Islām, wa `alā kalimati 'l-ikhlās, wa `alā dīni nabīyyinā Muḥammadin (ṣallallāhu `alayhi wa sallam), wa `alā millati abīnā Ibrāhīm, ḥanīfan Musliman wa mā kāna mina 'l-mushrikīn.

We have entered a new day upon the natural religion of Islam, the word of sincere devotion, the religion of our Prophet Muhammad (peace and blessings of Allah be upon him), and the faith of our father Ibrahim. He was upright (in worshipping Allah), and a Muslim. He was not of those who worship others besides Allah.

AHMAD 3/406

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

Subḥānallāhi wa biḥamdih.

Glory is to Allah and praise is to Him. (Recite one hundred times in Arabic).

AL-BUKHARI 4/2071 · SAHIH

A hundred times. The Prophet ﷺ said no one will arrive on the Day of Judgement with anything better, except someone who said the same or more. Light on the tongue, heavy on the scale.

18 There is no god but Allah, alone

100X

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Lā ilāha illallāhu waḥdahū lā sharīka lah, lahu 'l-mulku walahu 'l-ḥamd, wa huwa `alā kullī shay'in qadīr.

None has the right to be worshipped but Allah alone, Who has no partner. His is the dominion and His is the praise and He is Able to do all things. (Recite ten times in Arabic or one time to ward off laziness.)

AHMAD 8/704, 16/293 · SAHIH

19 There is no god but Allah, a hundredfold

100X

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Lā ilāha illallāhu waḥdahū lā sharīka lah, lahu 'l-mulku walahu 'l-ḥamd, wa huwa `alā kullī shay'in qadīr.

None has the right to be worshipped but Allah alone, Who has no partner. His is the dominion and His is the praise and He is Able to do all things. (Recite 100 times in Arabic upon rising in the morning).

AL-BUKHARI 4/95, MUSLIM 4/2071 · SAHIH

20 Glory to Allah, by the number of His creation

3X

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ عَدَدَ خَلْقِهِ ، وَرِضَا نَفْسِهِ ، وَزِنَةَ عَرْشِهِ ،
وَمِدَادَ كَلِمَاتِهِ

Subhānallāhi wa biḥamdih:

Glory is to Allah and praise is to Him, by the multitude of His creation, by His Pleasure, by the weight of His Throne, and by the extent of His Words. (Recite three times in Arabic upon rising in the morning.)

MUSLIM 4/2090 · SAHIH

21 Asking for beneficial knowledge

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا، وَرِزْقًا طَيِّبًا، وَعَمَلًا مُتَقَبَّلًا

Allāhumma innī as'aluka `ilman nāfi'a, wa rizqan ṭayyiba, wa `amalan mutaqqabbala.

O Allah, I ask You for knowledge that is of benefit, a good provision, and deeds that will be accepted. (Recite in Arabic upon rising in the morning.)

IBN AS-SUNNI, NO. 54, IBN MAJAH NO. 925. ITS CHAIN OF TRANSMISSION IS GOOD (HASAN), IBN AL-QAYYIM 2/375 · HASAN

22 I seek Allah's forgiveness and turn to Him

100X

أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ

Astagfirullāha wa atūbu ilayh.

I seek the forgiveness of Allah and repent to Him. (Recite one hundred times in Arabic during the day.)

MUSLIM 4/2075 · SAHIH

23 Refuge in the perfect words of Allah

3X

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

A'udhu bikalimāti-llāhit-tāmmāti min sharri mā khalaq.

I seek refuge in the Perfect Words of Allah from the evil of what He has created. (Recite three times in Arabic in the evening.)

AHMAD 2/ · SAHIH

اللَّهُمَّ صَلِّ وَسَلِّمْ عَلَيَّ نَبِيِّنَا مُحَمَّدٍ

Allāhumma ṣalli wa sallim `alā nabiyyinā Muḥammad.

O Allah, we ask for your peace and blessings upon our Prophet Muhammad. (Recite ten times in Arabic.)

AT-TABARANI; JAYYID (AL-ALBANI, SAHIH AT-TARGHIB 1/273) · HASAN

Ten times in the morning and ten in the evening. Whoever sends blessings on the Prophet ﷺ this way will be reached by his intercession on the Day of Resurrection.

After Salah

أذكار بعد الصلاة

The dhikr that follows every prayer

The prayer ends, but the standing before Allah does not have to. The Prophet ﷺ would turn from the prayer and stay a little longer in remembrance, and he taught a set of words for exactly this moment, while the heart is still soft from sujood.

1 Forgiveness, then peace

3X

أَسْتَغْفِرُ اللَّهَ اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ تَبَارَكْتَ يَا ذَا الْجَلَالِ
وَالْإِكْرَامِ

Astaghfirullāh

I seek the forgiveness of Allah (three times). O Allah, You are Peace and from You comes peace. Blessed are You, O Owner of majesty and honor.

MUSLIM 1/414 · SAHIH

2 There is no god but Allah, alone

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ
قَدِيرٌ اللَّهُمَّ لَا مَانِعَ لِمَا أَعْطَيْتَ وَلَا مُعْطِيَ لِمَا مَنَعْتَ وَلَا يَنْفَعُ ذَا الْجَدِّ
مِنْكَ الْجَدُّ

Lā 'ilāha 'illallāh, waḥdahu lā sharīka lah, lahu 'l-mulku wa lahu 'l-ḥamd, wa huwa `alā kullī shay'in qadīr, Allāhumma lā māni'a limā 'a'tayt, wa lā mu'tiya limā mana't, wa lā yanfa'u dhal-jaddi minkal-jadd.

None has the right to be worshipped but Allah alone, He has no partner, His is the dominion and His is the praise, and He is Able to do all things. O Allah, there is none who can withhold what You give, and none may give what You have withheld, and the might of the mighty person cannot benefit him against You.

AL-BUKHARI 1/255, MUSLIM 1/414 · SAHIH

3 No power except in Him

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ
قَدِيرٌ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ لَا إِلَهَ إِلَّا اللَّهُ وَلَا نَعْبُدُ إِلَّا إِيَّاهُ لَهُ
النِّعْمَةُ وَلَهُ الْفَضْلُ وَلَهُ الثَّنَاءُ الْحَسَنُ لَا إِلَهَ إِلَّا اللَّهُ مُخْلِصِينَ لَهُ الدِّينَ وَلَوْ
كَرِهَ الْكَافِرُونَ

Lā 'ilāha 'illallāh, waḥdahu lā sharīka lah, lahu-l-mulku, wa lahu-ḥamd, wa huwa `alā kullī shay'in qadīr. Lā ḥawla wa lā quwwata 'illā billāh, lā 'ilāha 'illallāh, wa lā na'budu 'illā 'iyyāh, lahu-ni'matu wa lahu-faḍl, wa lahu-thana'ul-ḥasan, lā 'ilāha 'illallāh, mukhliṣīna lahu-dīn, wa law karihal-kāfirūn.

None has the right to be worshipped but Allah alone, He has no partner, His is the dominion and His is the praise and He is Able to do all things. There is no power and no might except by Allah. None has the right to be worshipped but Allah, and we do not worship any other besides Him. His is grace, and His is bounty, and to Him belongs the most excellent praise. None has the right to be worshipped but Allah. (We are) sincere in making our religious devotion to Him, even though the disbelievers may dislike it.

MUSLIM 1/415 · SAHIH

4 The tasbeih of thirty-three

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَاللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ
الْمَلِكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Subhānallāh, walḥamdu lillāh, wallāhu 'akbar,

Glory is to Allah, and praise is to Allah, and Allah is the Most Great.
(each said thirty-three times) None has the right to be worshiped but
Allah alone, He has no partner, His is the dominion and His is the praise
and He is Able to do all things.

**MUSLIM 1/418, WHOEVER SAYS THIS AFTER EVERY PRAYER WILL BE FORGIVEN HIS
SINS EVEN THOUGH THEY BE AS THE FOAM OF THE SEA · SAHIH**

SubhanAllah, Alhamdulillah, Allahu Akbar, thirty-three each, then La ilaha illallah to
complete the hundred. The Prophet ﷺ said whoever does this after every prayer is
forgiven though his sins be like the foam of the sea.

قُلْ هُوَ اللَّهُ أَحَدٌ ۝ اللَّهُ الصَّمَدُ ۝ لَمْ يَلِدْ وَلَمْ يُولَدْ ۝ وَلَمْ يَكُنْ
لَهُ كُفُوًا أَحَدٌ

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ۝ مِنْ شَرِّ مَا خَلَقَ ۝ وَمِنْ شَرِّ غَاسِقٍ إِذَا
وَقَبَ ۝ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ۝ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ
قُلْ أَعُوذُ بِرَبِّ النَّاسِ ۝ مَلِكِ النَّاسِ ۝ إِلَهِ النَّاسِ ۝ مِنْ شَرِّ
الْوَسْوَاسِ الْخَنَّاسِ ۝ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ۝ مِنَ الْجِنَّةِ
وَالنَّاسِ

Say, "He is Allah, [who is] One, Allah, the Eternal Refuge. He neither begets nor is born, Nor is there to Him any equivalent." / Say, "I seek refuge in the Lord of daybreak From the evil of that which He created And from the evil of darkness when it settles And from the evil of the blowers in knots And from the evil of an envier when he envies." / Say, "I seek refuge in the Lord of mankind, The Sovereign of mankind, The God of mankind, From the evil of the retreating whisperer - Who whispers [evil] into the breasts of mankind - From among the jinn and mankind."

QUR'AN · AL-IKHLAS 112, AL-FALAQ 113, AN-NAS 114

Recited after every prayer, and three times each after Fajr and Maghrib.

اللَّهُ لَا إِلَهَ 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

Allah - there is no deity except Him, the Ever-Living, the Self-Sustaining. Neither drowsiness overtakes Him nor sleep. To Him belongs whatever is in the heavens and whatever is on the earth. Who is it that can intercede with Him except by His permission? He knows what is before them and what will be after them, and they encompass not a thing of His knowledge except for what He wills. His Kursi extends over the heavens and the earth, and their preservation tires Him not. And He is the Most High, the Most Great.

QUR'AN · AL-BAQARAH 2:255

The Prophet ﷺ said that whoever recites Ayat al-Kursi after every obligatory prayer, nothing stands between him and entering Paradise except death.

7 Ten declarations after Fajr and Maghrib

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ يُحْيِي وَيُمِيتُ وَهُوَ
 عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Lā ilāhā illallāh waḥdahū lā sharīka lah, lahu'l-mulku wa lahu'l-ḥamd yuḥyī wa yumīt wa huwa `alā kulli shay'in qadīr.

None has the right to be worshipped but Allah alone, Who has no partner. His is the dominion and His is the praise. He brings life and He causes death, and He is Able to do all things.

AT-TIRMIDHI 5/515, AHMAD 4/227

8 Asking for beneficial knowledge (after Fajr)

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا وَرِزْقًا طَيِّبًا وَعَمَلًا مُتَقَبَّلًا بَعْدَ السَّلَامِ مِنْ
صَلَاةِ الْفَجْرِ

*Allāhumma innī as'aluka `ilman nāfi`an, wa rizqan ṭayyiban, wa `amalam-
mutaqabbala.*

"O Allah, I ask You for knowledge which is beneficial, and sustenance
which is good, and deeds which are acceptable."

IBN MAJAH 1/152 AND MAJMA' AZ-ZAWA'ID 10/111 · SAHIH

Evening Adhkar

أذكار المساء

The remembrances to close your day

As the day closes, the believer does again what he did at its start: hands the hours back to Allah, asks for shelter through the dark, and remembers the One who carried him through the day. The evening adhkar are the twin of the morning.

1 Ayat al-Kursi

1X

اللَّهُ لَا إِلَهَ 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 مِنْ عِلْمِهِ إِلَّا بِمَا شَاءَ
وَسِعَ كُرْسِيُّهُ السَّمَوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ
الْعَظِيمُ

Allah - there is no deity except Him, the Ever-Living, the Self-Sustaining. Neither drowsiness overtakes Him nor sleep. To Him belongs whatever is in the heavens and whatever is on the earth. Who is it that can intercede with Him except by His permission? He knows what is before them and what will be after them, and they encompass not a thing of His knowledge except for what He wills. His Kursi extends over the heavens and the earth, and their preservation tires Him not. And He is the Most High, the Most Great.

QUR'AN · AL-BAQARAH 2:255

The greatest verse in the Qur'an. Whoever recites it in the evening is guarded until morning.

قُلْ هُوَ اللَّهُ أَحَدٌ ۝ اللَّهُ الصَّمَدُ ۝ لَمْ يَلِدْ وَلَمْ يُولَدْ ۝ وَلَمْ يَكُنْ
لَهُ كُفُوًا أَحَدٌ

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ۝ مِنْ شَرِّ مَا خَلَقَ ۝ وَمِنْ شَرِّ غَاسِقٍ إِذَا
وَقَبَ ۝ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ۝ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ
قُلْ أَعُوذُ بِرَبِّ النَّاسِ ۝ مَلِكِ النَّاسِ ۝ إِلَهِ النَّاسِ ۝ مِنْ شَرِّ
الْوَسْوَاسِ الْخَنَّاسِ ۝ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ۝ مِنَ الْجِنَّةِ
وَالنَّاسِ

Say, "He is Allah, [who is] One, Allah, the Eternal Refuge. He neither begets nor is born, Nor is there to Him any equivalent." / Say, "I seek refuge in the Lord of daybreak From the evil of that which He created And from the evil of darkness when it settles And from the evil of the blowers in knots And from the evil of an envier when he envies." / Say, "I seek refuge in the Lord of mankind, The Sovereign of mankind, The God of mankind, From the evil of the retreating whisperer - Who whispers [evil] into the breasts of mankind - From among the jinn and mankind."

QUR'AN · AL-IKHLAS 112, AL-FALAQ 113, AN-NAS 114

Al-Ikhlās, Al-Falaq and An-Nas, three times each. They suffice you against everything.

أَصْبَحْنَا وَأَصْبَحَ الْمَلِكُ لِلَّهِ وَالْحَمْدُ لِلَّهِ، لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ،
لَهُ الْمَلِكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، رَبِّ أَسْأَلُكَ خَيْرَ مَا فِي هَذَا
الْيَوْمِ وَخَيْرَ مَا بَعْدَهُ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِي هَذَا الْيَوْمِ وَشَرِّ مَا بَعْدَهُ،
رَبِّ أَعُوذُ بِكَ مِنَ الْكَسَلِ وَسُوءِ الْكِبَرِ، رَبِّ أَعُوذُ بِكَ مِنْ عَذَابِ فِي
النَّارِ وَعَذَابِ فِي الْقَبْرِ

Aṣḥaḥnā wa aṣḥaḥal-mulku lillāh, walḥamdu lillāh, lā ilāha illallāhu waḥdahū lā sharīka lah, laḥul-mulku wa laḥul-ḥamd, wa huwa `alā kulli shay'in Qadīr.

Rabbi as'aluka khayra mā fī hādha 'l-yawmi wa khayra mā ba`dahu wa a`ūdhu bika min sharri mā fī hādha 'l-yawmi wa sharri mā ba`dahu, Rabbi a`ūdhu bika minal-kasali, wa sū'il-kibar, Rabbi a`ūdhu bika min `adhābin fin-nāri wa `adhābin fil-qabr.

We have entered a new day and with it all dominion is Allah's. Praise is to Allah. None has the right to be worshipped but Allah alone, Who has no partner. To Allah belongs the dominion, and to Him is the praise and He is Able to do all things. My Lord, I ask You for the goodness of this day and of the days that come after it, and I seek refuge in You from the evil of this day and of the days that come after it. My Lord, I seek refuge in You from laziness and helpless old age. My Lord, I seek refuge in You from the punishment of Hell-fire, and from the punishment of the grave.

MUSLIM 4/2088 · HASAN

Evening form: say 'We have entered the evening, and the dominion has entered the evening, belonging to Allah,' and ask for the good of this night and refuge from the evil of this night.

4 By You we enter morning and evening

اللَّهُمَّ بِكَ أَصْبَحْنَا وَبِكَ أَمْسَيْنَا وَبِكَ نَحْيَا وَبِكَ نَمُوتُ وَإِلَيْكَ النُّشُورُ

وَإِذَا أَمْسَى فَلْيَقُلْ : اللَّهُمَّ بِكَ أَمْسَيْنَا وَبِكَ أَصْبَحْنَا وَبِكَ نَحْيَا وَبِكَ نَمُوتُ

وَإِلَيْكَ الْمَصِيرُ

Allāhumma bika aṣḥaḥnā, wa bika amsaynā, wa bika naḥyā, wa bika namūt, wa ilaykan-nushūr. When you say this in the evening you should say:

O Allah, by You we enter the morning and by You we enter the evening, by You we live and by You we die, and to You is the Final Return. O Allah, You bring us the end of the day as You bring us its beginning, You bring us life and you bring us death, and to You is our fate.

AT-TIRMIDHI 3/142 · SAHIH

Evening form: '...and by You we die, and to You is the return (al-masir).'

5 Sayyid al-Istighfar

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ خَلَقْتَنِي وَأَنَا عَبْدُكَ وَأَنَا عَلَى عَهْدِكَ

وَوَعْدِكَ مَا اسْتَطَعْتُ أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ أَبُوءُ لَكَ بِنِعْمَتِكَ

عَلَيَّ وَأَبُوءُ بِذُنُوبِي فَاعْفُرْ لِي فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

Allāhumma anta Rabbī lā ilāha illā ant, khalaqtanī wa anā `abduk, wa anā `alā `ahdika wa wa `dika mastata`t, a`ūdhu bika min sharri mā ṣana`t, abū`u laka bi ni`matika `alay, wa abū`u bidhanbī faghfir lī fa`innahu lā yaghfirudh-dhunūba illā ant.

O Allah, You are my Lord, there is none worthy of worship but You. You created me and I am your slave. I keep Your covenant, and my pledge to You so far as I am able. I seek refuge in You from the evil of what I have done. I admit to Your blessings upon me, and I admit to my misdeeds. Forgive me, for there is none who may forgive sins but You.

AL-BUKHARI 7/150 · SAHIH

The chief way of seeking forgiveness: whoever says it by night with certainty and dies before morning is among the people of Paradise.

اللَّهُمَّ إِنِّي أَصْبَحْتُ أُشْهِدُكَ ، وَأُشْهِدُ حَمَلَةَ عَرْشِكَ ، وَمَلَائِكَتِكَ ،
وَجَمِيعَ خَلْقِكَ ، أَنْتَ اللَّهُ لَا إِلَهَ إِلَّا أَنْتَ وَحْدَكَ لَا شَرِيكَ لَكَ
، وَأَنْ مُحَمَّدًا عَبْدُكَ وَرَسُولُكَ

Allāhumma innī aṣḥaḥtu ush-hiduka wa ush-hidu ḥamalata `arshik, wa malā'ikataka wajamī'a khalqik, annaka antallāhu lā ilāha illā ant, waḥdaka lā sharīka lak, wa anna Muḥammadan `abduka wa rasūluk.

O Allah, I have entered a new morning and call upon You and upon the bearers of Your Throne, upon Your angels and all creation to bear witness that surely You are Allah, there is none worthy of worship but You alone, You have no partners, and that Muhammad is Your slave and Your Messenger. (Recite four times in Arabic.)

ABU DAWUD 4/317 · HASAN

Evening form: 'O Allah, I have entered the evening (amsaytu) bearing witness...'

7 Every blessing is from You

اللَّهُمَّ مَا أَصْبَحَ بِي مِنْ نِعْمَةٍ أَوْ بِأَحَدٍ مِنْ خَلْقِكَ ، فَمِنْكَ وَحْدَكَ لَا
شَرِيكَ لَكَ ، فَالْحَمْدُ وَلَكَ الشُّكْرُ

Allāhumma mā aṣḥaba bī min ni'matin aw bi aḥadin min khalqik, fa minka waḥdaka lā sharīka lak, falaka 'l-ḥamdu wa lakash-shukr.

O Allah, whatever blessing has been received by me or anyone of Your creation is from You alone, You have no partner. All praise is for you and thanks is to You.

WHEN YOU SAY THIS IN THE EVENING, YOU SHOULD SAY: ALLĀHUMMA MĀ 'AMSA BĪ...: "O ALLAH, AS I · HASAN

اللَّهُمَّ عَافِنِي فِي بَدَنِي، اللَّهُمَّ عَافِنِي فِي سَمْعِي، اللَّهُمَّ عَافِنِي فِي بَصَرِي،
 لَا إِلَهَ إِلَّا اللَّهُ أَنْتَ. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ، وَالْفَقْرِ، وَأَعُوذُ
 بِكَ مِنْ عَذَابِ الْقَبْرِ، لَا إِلَهَ إِلَّا أَنْتَ

*Allāhumma `āfinī fī badanī, Allāhumma `āfinī fī sam`ī, Allāhumma `āfinī fī
 baṣarī, lā ilāha illā ant. Allāhumma innī a`ūdhu bika mina 'l-kufri, wa 'l-faqr, wa
 a`ūdhu bika min `adhābi 'l-qabr, lā ilāha illā ant.*

O Allah, make me healthy in my body. O Allah, preserve for me my hearing. O Allah, preserve for me my sight. There is none worthy of worship but You. O Allah, I seek refuge in You from disbelief and poverty, and I seek refuge in You from the punishment of the grave. There is none worthy of worship but You (Recite three times in Arabic.)

ABU DAWUD 4/324 · HASAN

9 Allah is sufficient for me

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ

Ḥasbiyallāhu lā ilāha illā huwa `alayhi tawakkalt, wa huwa Rabbu 'l-'Arshi 'l-`Aẓīm.

Allah is sufficient for me. There is none worthy of worship but Him. I have placed my trust in Him, He is Lord of the Majestic Throne. (Recite seven times in Arabic.)

ABU DAWUD 4/321 · SAHIH

Seven times. Allah suffices the one who says it in all that worries him.

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ ، اللَّهُمَّ إِنِّي
أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي دِينِي وَدُنْيَايَ وَأَهْلِي وَمَالِي ، اللَّهُمَّ اسْتُرْ
عَوْرَاتِي وَأَمِّنْ رَوْعَاتِي ، اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ يَدَيْ وَمِنْ خَلْفِي
وَعَنْ يَمِينِي وَعَنْ شِمَالِي ، وَمِنْ فَوْقِي ، وَأَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ
تَحْتِي

*Allāhumma innī as'aluka 'l-'afwa wal-'āfiyah fid-dunyā wal-ākhirah,
Allāhumma innī as'aluka 'l-'afwa wal-'āfiyah fī dīnī wa dunyāya, wa ahlī, wa
mālī, Allāhummastur `awrātī, wa āmin raw`ātī, Allāhummaḥfaznī min bayni
yadayya, wa min khalfī, wa `an yamīnī, wa `an shimālī, wa min fawqī, wa
a`ūdhu bi`aẓamatika an `uġtāla min taḥtī.*

O Allah, I seek Your forgiveness and Your protection in this world and the next. O Allah, I seek Your forgiveness and Your protection in my religion, in my worldly affairs, in my family and in my wealth. O Allah, conceal my secrets and preserve me from anguish. O Allah, guard me from what is in front of me and behind me, from my left, and from my right, and from above me. I seek refuge in Your Greatness from being struck down from beneath me.

IBN MAJAH 2/332 AND ABU DAWUD · SAHIH

اللَّهُمَّ عَالِمَ الْغَيْبِ وَالشَّهَادَةِ فَاطِرَ السَّمَاوَاتِ وَالْأَرْضِ رَبَّ كُلِّ شَيْءٍ وَمَلِيكَهٗ ، أَشْهَدُ أَنَّ لَا إِلَهَ إِلَّا أَنْتَ ، أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي وَمِنْ شَرِّ الشَّيْطَانِ وَشِرْكِهِ ، وَأَنْ أَقْتَرِفَ عَلَى نَفْسِي سُوءًا أَوْ أُجْرَهُ إِلَى مُسْلِمٍ

Allāhumma `ālima 'l-ghaybi wash-shahādah fātir as-samāwāti wa 'l'arḍ, Rabba kulli shay'in wa malīkah, ash-hadu an lā ilāha illā ant, a'ūdhu bika min sharri nafsi, wa min sharrish-shayṭāni wa shirkih, wa an aqtarifa `alā nafsi sū'an, aw ajurrahu ilā Muslim.

O Allah, Knower of the unseen and the evident, Maker of the heavens and the earth, Lord of everything and its Possessor, I bear witness that there is none worthy of worship but You. I seek refuge in You from the evil of my soul, and from the evil of Satan and his helpers. (I seek refuge in You) from bringing evil upon my soul and from harming any Muslim.

AT-TIRMIDHI 3/142 AND ABUDAWUD · SAHIH

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّهُ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

Bismillāhi 'l-ladhī lā yaḍurru ma`a-smihi shay'un fil-'arḍi wa lā fis-samā' wa huwas-Samī `ul-'Alīm.

In the Name of Allah, Who with His Name nothing can cause harm in the earth nor in the heavens, and He is the All-Hearing, the All-Knowing. (Recite three times in Arabic).

ABU DAWUD 4/323, AT-TIRMIDHI 5/465, IBN MAJAH 2/332, AHMAD · HASAN

Three times. Nothing will harm him on earth or in the sky until morning.

رَضِيتُ بِاللَّهِ رَبًّا وَبِالْإِسْلَامِ دِينًا وَبِمُحَمَّدٍ نَبِيًّا

Raḍītu billāhi Rabba, wa bil-Islāmi dīna, wa bi-Muḥammadin (ṣallallāhu `alayhi wa sallama) nabīyya.

I am pleased with Allah as my Lord, with Islam as my religion, and with Muhammad (peace and blessings of Allah be upon him) as my Prophet. (Recite three times in Arabic.)

AHMAD 4/337, AN-NASA'I, 'AMALUL-YAWM WAL-LAYLAH P · HASAN

14 O Ever-Living, O Sustainer

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ ، أَصْلِحْ لِيْ شَأْنِيْ كُلَّهُ ، وَلَا تَكِلْنِيْ إِلَى نَفْسِيْ طَرْفَةَ عَيْنٍ

Yā Ḥayyu yā Qayyūmu biraḥmatika astaghīth aṣliḥ lī sha'nī kullah wa lā takilnī ilā nafsī ṭarfata `ayn.

O Ever-Living One, O Eternal One, by Your mercy I call on You to set right all my affairs. Do not place me in charge of my soul even for the blinking of an eye (i.e. a moment).

AL-HAKIM 1/545, SEE ALBANI, SAHIHUT-TARGHIB WAT-TARHIB, 1/273 · SAHIH

أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ رَبِّ الْعَالَمِينَ ، اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ
هَذَا الْيَوْمِ ، فَتَحَهُ ، وَنَصْرَهُ ، وَنُورَهُ وَبَرَكَتَهُ ، وَهُدَاهُ ، وَأَعُوذُ بِكَ
مِنْ شَرِّ مَا فِيهِ وَشَرِّ مَا بَعْدَهُ وَإِذَا أَمْسَى قَالَ: أَمْسَيْنَا وَأَمْسَى الْمُلْكُ
لِلَّهِ رَبِّ الْعَالَمِينَ ، اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هَذِهِ اللَّيْلَةِ ، فَتَحَهَا ،
وَنَصْرَهَا ، وَنُورَهَا وَبَرَكَتَهَا ، وَهُدَاهَا ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا
فِيهَا وَشَرِّ مَا بَعْدَهَا

Aṣbaḥnā wa aṣbaḥal-mulku lillāhi Rabbi 'l-a'lamīn, Allāhumma innī as'aluka khayra hādha 'l-yawm:

We have entered a new day and with it all the dominion which belongs to Allah, Lord of all that exists. O Allah, I ask You for the goodness of this day,² its victory, its help, its light, its blessings, and its guidance. I seek refuge in You from the evil that is in it, and from the evil that follows it.

ABU DAWUD 4/322 · HASAN

Evening form: 'We have entered the evening upon the dominion of Allah... I ask You for the good of this night.'

أَصْبَحْنَا [أَمْسَيْنَا] عَلَى فِطْرَةِ الْإِسْلَامِ، وَعَلَى كَلِمَةِ الْإِخْلَاصِ، وَعَلَى
دِينِ نَبِيِّنَا مُحَمَّدٍ وَعَلَى مِلَّةِ أَبِيْنَا إِبْرَاهِيمَ حَنِيفًا مُسْلِمًا وَمَا كَانَ مِنَ
الْمُشْرِكِينَ

Aṣḥbahnā `alā fiṭrati 'l-Islām, wa `alā kalimati 'l-ikhlās, wa `alā dīni nabīyyinā Muḥammadin (ṣallallāhu `alayhi wa sallam), wa `alā millati abīnā Ibrāhīm, ḥanīfan Musliman wa mā kāna mina 'l-mushrikīn.

We have entered a new day upon the natural religion of Islam, the word of sincere devotion, the religion of our Prophet Muhammad (peace and blessings of Allah be upon him), and the faith of our father Ibrahim. He was upright (in worshipping Allah), and a Muslim. He was not of those who worship others besides Allah.

AHMAD 3/406

Evening form: 'We have entered the evening (amsayna) upon the fitrah of Islam...'

100X

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

Subḥānallāhi wa biḥamdih.

Glory is to Allah and praise is to Him. (Recite one hundred times in Arabic).

AL-BUKHARI 4/2071 · SAHIH

A hundred times. None comes on the Day of Judgement with better, save one who said the same or more.

18 There is no god but Allah, alone

10X

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Lā ilāha illallāhu waḥdahu lā sharīka lahu, lahu 'l-mulku walahu 'l-ḥamd, wa huwa `alā kullī shay'in qadīr.

None has the right to be worshipped but Allah alone, Who has no partner. His is the dominion and His is the praise and He is Able to do all things. (Recite ten times in Arabic or one time to ward off laziness.)

AHMAD 8/704, 16/293 · SAHIH

19 There is no god but Allah, a hundredfold

100X

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Lā ilāha illallāhu waḥdahu lā sharīka lahu, lahu 'l-mulku walahu 'l-ḥamd, wa huwa `alā kullī shay'in qadīr.

None has the right to be worshipped but Allah alone, Who has no partner. His is the dominion and His is the praise and He is Able to do all things. (Recite 100 times in Arabic upon rising in the morning).

AL-BUKHARI 4/95, MUSLIM 4/2071 · SAHIH

20 Glory to Allah, by the number of His creation

3X

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ عَدَدَ خَلْقِهِ ، وَرِضَا نَفْسِهِ ، وَوزنَةَ عَرْشِهِ ،
وَمِدَادَ كَلِمَاتِهِ

Subḥānallāhi wa biḥamdih:

Glory is to Allah and praise is to Him, by the multitude of His creation, by His Pleasure, by the weight of His Throne, and by the extent of His Words. (Recite three times in Arabic upon rising in the morning.)

MUSLIM 4/2090 · SAHIH

21 Asking for beneficial knowledge

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا، وَرِزْقًا طَيِّبًا، وَعَمَلًا مَقْبُولًا

Allāhumma innī as'aluka `ilman nāfi`a, wa rizqan ṭayyiba, wa `amalan mutaqqabala.

O Allah, I ask You for knowledge that is of benefit, a good provision, and deeds that will be accepted. (Recite in Arabic upon rising in the morning.)

IBN MAJAH AND OTHERS · HASAN

Note: the Prophet ﷺ specified this du'a for the morning only; it is not part of the evening adhkar.

22 I seek Allah's forgiveness and turn to Him

100X

أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ

Astaghfirullāha wa atūbu ilayh.

I seek the forgiveness of Allah and repent to Him. (Recite one hundred times in Arabic during the day.)

MUSLIM 4/2075 · SAHIH

23 Refuge in the perfect words of Allah

3X

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

A`ūdhu bikalimāti-llāhit-tāmmāti min sharri mā khalaq.

I seek refuge in the Perfect Words of Allah from the evil of what He has created. (Recite three times in Arabic in the evening.)

AHMAD 2/ · SAHIH

Three times in the evening especially: whoever says it will not be harmed by anything that night.

اللَّهُمَّ صَلِّ وَسَلِّمْ عَلَيَّ نَبِيِّنَا مُحَمَّدٍ

Allāhumma ṣalli wa sallim `alā nabiyyinā Muḥammad.

O Allah, we ask for your peace and blessings upon our Prophet Muhammad. (Recite ten times in Arabic.)

THE PROPHET (ﷺ) SAID: "WHO RECITES BLESSINGS UPON ME TEN TIMES IN THE MORNING AND TEN TIMES IN THE EVENING WILL OBTAIN MY INTERCESSION ON THE DAY OF RESURRECTION · HASAN

Ten times in the morning and ten in the evening, to be reached by his intercession.

THE DAILY WIRD

Before Sleep

أذكار النوم

The night's protection

You hand your soul back every night. The Prophet ﷺ called sleep the brother of death, and he never lay down without first placing the night, and himself, in the keeping of Allah.

1 The three Quls, breathed into your hands

قُلْ هُوَ اللَّهُ أَحَدٌ ۝ اللَّهُ الصَّمَدُ ۝ لَمْ يَلِدْ وَلَمْ يُولَدْ ۝ وَلَمْ يَكُنْ
لَهُ كُفُوًا أَحَدٌ

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ۝ مِنْ شَرِّ مَا خَلَقَ ۝ وَمِنْ شَرِّ غَاسِقٍ إِذَا
وَقَبَ ۝ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ۝ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ
قُلْ أَعُوذُ بِرَبِّ النَّاسِ ۝ مَلِكِ النَّاسِ ۝ إِلَهِ النَّاسِ ۝ مِنْ شَرِّ
الْوَسْوَاسِ الْخَنَّاسِ ۝ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ۝ مِنَ الْجِنَّةِ
وَالنَّاسِ

Say, "He is Allah, [who is] One, Allah, the Eternal Refuge. He neither begets nor is born, Nor is there to Him any equivalent." / Say, "I seek refuge in the Lord of daybreak From the evil of that which He created And from the evil of darkness when it settles And from the evil of the blowers in knots And from the evil of an envier when he envies." / Say, "I seek refuge in the Lord of mankind, The Sovereign of mankind, The God of mankind, From the evil of the retreating whisperer - Who whispers [evil] into the breasts of mankind - From among the jinn and mankind."

QUR'AN · AL-IKHLAS 112, AL-FALAQ 113, AN-NAS 114

Cup your hands, recite the three suras into them, and wipe over your body, head and face, beginning with the front. The Prophet ﷺ did this three times each night.

اللَّهُ لَا إِلَهَ 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

Allah - there is no deity except Him, the Ever-Living, the Self-Sustaining. Neither drowsiness overtakes Him nor sleep. To Him belongs whatever is in the heavens and whatever is on the earth. Who is it that can intercede with Him except by His permission? He knows what is before them and what will be after them, and they encompass not a thing of His knowledge except for what He wills. His Kursi extends over the heavens and the earth, and their preservation tires Him not. And He is the Most High, the Most Great.

QUR'AN · AL-BAQARAH 2:255

Whoever recites it on lying down, the Prophet ﷺ said, has a guardian from Allah and no devil comes near him until morning.

ءَامَنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ ۗ وَالْمُؤْمِنُونَ كُلٌّ ءَامَنَ بِاللَّهِ
 وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ ۗ لَا نَفْرَقَ بَيْنَ أَحَدٍ مِنْ رُسُلِهِ ۗ وَقَالُوا سَمِعْنَا
 وَأَطَعْنَا ۗ غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ
 لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا ۗ لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا أُكْتَسَبَتْ ۗ رَبَّنَا
 لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا ۗ رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إِكْرًا كَمَا حَمَلْتَهُ
 عَلَى الَّذِينَ مِنْ قَبْلِنَا ۗ رَبَّنَا وَلَا تُحْمِلْنَا مَا لَا طَاقَةَ لَنَا بِهِ ۗ وَاعْفُ عَنَّا
 وَاعْفِرْ لَنَا وَارْحَمْنَا ۗ أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

The Messenger has believed in what was revealed to him from his Lord, and [so have] the believers. All of them have believed in Allah and His angels and His books and His messengers, [saying], "We make no distinction between any of His messengers." And they say, "We hear and we obey. [We seek] Your forgiveness, our Lord, and to You is the [final] destination." Allah does not charge a soul except [with that within] its capacity. It will have [the consequence of] what [good] it has gained, and it will bear [the consequence of] what [evil] it has earned. "Our Lord, do not impose blame upon us if we have forgotten or erred. Our Lord, and lay not upon us a burden like that which You laid upon those before us. Our Lord, and burden us not with that which we have no ability to bear. And pardon us; and forgive us; and have mercy upon us. You are our protector, so give us victory over the disbelieving people."

QUR'AN · AL-BAQARAH 2:285-286

The Prophet ﷺ said: whoever recites the last two verses of al-Baqarah at night, they will suffice him.

بِسْمِكَ رَبِّي وَضَعْتُ جَنِي، وَبِكَ أَرْفَعُهُ، فَإِنْ أَمَسَكَ نَفْسِي فَارْحَمْهَا،
وَإِنْ أَرْسَلْتَهَا فَاحْفَظْهَا بِمَا تَحْفَظُ بِهِ عِبَادَكَ الصَّالِحِينَ

Bismika Rabbī waḍa`tu janbī, wa bika arfa`uh, fa in amsakta nafsī farḥamhā, wa in arsaltahā faḥfazhā bimā taḥfaẓu bihi `ibādakaṣ-ṣāliḥīn.

With Your Name my Lord, I lay myself down; and with Your Name I rise. And if You take my soul, have mercy on it, and if You send it back then protect it as You protect Your righteous slaves.

AL-BUKHARI 1 1/126 AND MUSLIM 4/2084 · SAHIH

5 Entrusting the soul that He made

اللَّهُمَّ إِنَّكَ خَلَقْتَ نَفْسِي وَأَنْتَ تَوَفَّاهَا، لَكَ مَمَاتُهَا وَمَحْيَاهَا، إِنْ أَحْيَيْتَهَا
فَاحْفَظْهَا، وَإِنْ أَمَّتَهَا فَاعْفِرْ لَهَا. اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَافِيَةَ

Allāhumma innaka khalaqta nafsī wa anta tawaffāhā, laka mamātuhā wa maḥyāhā, in aḥyaytahā faḥfazhā, wa in amattahā faghfir lahā. Allāhumma innī as'aluka 'l-`āfiyah.

O Allah, You have created my soul and You take it back. Unto You is its death and its life. If You give it life then protect it, and if You cause it to die then forgive it. O Allah, I ask You for strength.

MUSLIM 4/2083 AND AHMAD 2/79 · SAHIH

6 Refuge from the punishment of the Day

اللَّهُمَّ قِنِي عَذَابَكَ يَوْمَ تَبْعَثُ عِبَادَكَ

Allāhumma qinī `adhābaka yawma tab`athu `ibādak.

O Allah, save me from Your punishment on the Day that You resurrect Your slaves.

ABU DAWUD 4/311 · SAHIH

7 In Your Name I die and I live

بِسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismika Allāhumma amūtu wa aḥyā.

In Your Name, O Allah, I die and I live.

MUSLIM 4/2083 · SAHIH

8 The tasbih of Fatimah (33, 33, 34)

4X

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَاللَّهُ أَكْبَرُ

Subḥānallāh, Wa 'l-ḥamdu lillāh, Wallāhu Akbar.

Glory is to Allah (thirty-three times in Arabic), Praise is to Allah (thirty-three times), Allah is the Most Great (thirty-four times)

MUSLIM 4/2091 · SAHIH

SubhanAllah thirty-three, Alhamdulillah thirty-three, Allahu Akbar thirty-four. The Prophet ﷺ taught this to Fatimah instead of a servant, and said it is better for them than a helper.

اللَّهُمَّ رَبَّ السَّمَوَاتِ السَّبْعِ وَرَبَّ الْعَرْشِ الْعَظِيمِ رَبَّنَا وَرَبَّ كُلِّ
 شَيْءٍ فَالِقَ الْحَبِّ وَالنَّوَى وَمُنزِلَ التَّوْرَةِ وَالْإِنْجِيلِ وَالْفُرْقَانِ أَعُوذُ
 بِكَ مِنْ شَرِّ كُلِّ شَيْءٍ أَنْتَ آخِذٌ بِنَاصِيَتِهِ اللَّهُمَّ أَنْتَ الْأَوَّلُ فَلَيْسَ
 قَبْلَكَ شَيْءٌ وَأَنْتَ الْآخِرُ فَلَيْسَ بَعْدَكَ شَيْءٌ وَأَنْتَ الظَّاهِرُ فَلَيْسَ
 فَوْقَكَ شَيْءٌ وَأَنْتَ الْبَاطِنُ فَلَيْسَ دُونَكَ شَيْءٌ اقْضِ عَنَّا الدَّيْنَ
 وَأَغْنِنَا مِنَ الْفَقْرِ

Allāhumma Rabbas-samāwātis-sab'i wa Rabba 'l-'Arshi 'l-'Aẓīm, Rabbanā wa Rabba kullī shay', fāliqa 'l-ḥabbi wan-nawā, wa munzilat-Tawrāti wal-'Injīli, wal-Furqān, a`ūdhu bika min sharri kullī shay'in anta ākhidhun bināṣiyatih. Allāhumma anta 'l-awwalu falaysa qablaka shay', wa antal-ākhiru falaysa ba'daka shay', wa antaẓ-ẓāhiru falaysa fawqaka shay', wa antal-bāṭinu falaysa dūnaka shay', iqdi `annad-dayn, wa aghninā mina 'l-faqr.

O Allah! Lord of the seven heavens and Lord of the Magnificent Throne. Our Lord and the Lord of everything. Splitter of the grain and the date-stone, Revealer of the Torah and the Injeel and the Furqan (the Qur'an), I seek refuge in You from the evil of everything that You shall seize by the forelock. O Allah You are the First and nothing has come before you, and You are the Last, and nothing may come after You. You are the Most High, nothing is above You and You are the Most Near, and nothing is nearer than You. Remove our debts from us and enrich us against poverty.

10 Praise for being fed and sheltered

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا، وَكَفَانَا، وَأَوَانَا، فَكَمْ مِمَّنْ لَا كَافِيَ لَهُ وَلَا مُؤَيِّ

Alḥamdu lillāhil-lathī 'aṭ'amanā wa saqānā, wa kafānā, wa 'āwānā, fakam mimman lā kāfiya lahu wa lā mu'wī.

Praise is to Allah Who has provided us with food and with drink, sufficed us and gave us an abode, for how many are there with no provision and no home.

MUSLIM 4/2085 · SAHIH

11 Knower of the unseen, refuge from my own evil

اللَّهُمَّ عَالِمَ الْغَيْبِ وَالشَّهَادَةِ فَاطِرَ السَّمَاوَاتِ وَالْأَرْضِ رَبَّ كُلِّ شَيْءٍ وَمَلِيكَهٗ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي وَمِنْ شَرِّ الشَّيْطَانِ وَشُرَكَهٖ وَأَنْ أَقْتَرِفَ عَلَى نَفْسِي سُوءًا أَوْ أُجْرَهُ إِلَى مُسْلِمٍ

Allāhumma `ālima 'l-ghaybi wash-shahādah, fātiras-samāwāti wa 'l-ardh, Rabba kullī shay'in wa malīkah, ash-hadu an lā ilāha illā ant, a `ūdhu bika min sharri nafsī, wa min sharrish-shayṭāni wa shirkih, wa an aqtarifa `alā nafsī sū'an, aw ajurrahu ilā Muslim.

O Allah, Knower of the unseen and the evident, Maker of the heavens and the earth, Lord of everything and its Master, I bear witness that there is none worthy of worship but You. I seek refuge in You from the evil of my soul, and from the evil of Satan and his helpers. (I seek refuge in You) from bringing evil upon my soul and from harming any Muslim.

ABU DAWUD 4/317 · SAHIH

12 Recite al-Mulk and as-Sajdah

يَقْرَأُ) السَّجْدَةَ، وَ(تَبَارَكَ الَّذِي بِيَدِهِ الْمَلِكُ)

Recite Surah (As-Sajdah) and Surah (Al-Mulk) in Arabic.

AT-TIRMIDHI, AN-NASA'I · SAHIH

اللَّهُمَّ اسَلِّمْتُ نَفْسِي إِلَيْكَ، وَفَوَضْتُ أَمْرِي إِلَيْكَ، وَوَجَّهْتُ وَجْهِي
إِلَيْكَ، وَأَلْجَأْتُ ظَهْرِي إِلَيْكَ، رَغْبَةً وَرَهْبَةً إِلَيْكَ، لَا مَلْجَأَ وَلَا
مَنْجَا مِنْكَ إِلَّا إِلَيْكَ، آمَنْتُ بِكِتَابِكَ الَّذِي أَنْزَلْتَ وَبِنَبِيِّكَ الَّذِي
أَرْسَلْتَ

*Allāhumma aslamtu nafsī ilayk, wa fawwadtu amrī ilayk, wa wajjahtu wajhī
ilayk, wa alja'tu zahrī ilayk, raghbatan wa rahbatan ilayk, lā malja'a wa la
manjā minka illā ilayk, āmantu bikitābika 'l-ladhī anzalt, wa bi-nabiyyika 'l-ladhī
arsalt.*

O Allah, I submit myself to You, entrust my affairs to You, turn my face to You, and lay myself down depending upon You, hoping in You and fearing You. There is no refuge, and no escape, except to You. I believe in Your Book (the Qur'an) that You revealed, and the Prophet whom You sent.

MUSLIM 4/2081 · SAHIH

Lie on your right side and make these the last words you say. The Prophet ﷺ said that whoever dies that night dies upon the fitrah, the natural way of Islam.

Salawat

الصلاة على النبي

Blessings upon the Prophet ﷺ

Allah and His angels send blessings on the Prophet ﷺ, and the believers are told to do the same. When the Companions heard the command, they asked the obvious question: we know how to greet you with peace, but how do we send blessings upon you? His answer is the salawat we still say in every prayer.

1 The full salawat (Ibrahimiyyah)

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ، وَعَلَى آلِ مُحَمَّدٍ، كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى
آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مُجِيدٌ، اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ، وَعَلَى آلِ مُحَمَّدٍ،
كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مُجِيدٌ

*Allāhumma ṣalli `alā Muḥammadin wa `alā `āli Muḥammadin, kamā ṣallayta `alā
'Ibrāhīma wa `alā `āli 'Ibrāhīma, 'innaka ḥamīdum-majīd. Allāhumma bārik `alā
Muḥammadin wa `alā `āli Muḥammadin, kamā bārakta `alā 'Ibrāhīma wa `alā
'āli 'Ibrāhīma, 'innaka ḥamīdum-majīd.*

O Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious. O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious.

SAHIH AL-BUKHARI (FATH AL-BARI 6/408) · SAHIH

This is the salawat the Prophet ﷺ taught when the Companions asked how to send blessings on him. It is what you recite in every prayer, in the sitting before the salam.

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى أَزْوَاجِهِ وَذُرِّيَّتِهِ، كَمَا صَلَّيْتَ عَلَى آلِ
إِبْرَاهِيمَ وَبَارِكْ عَلَى مُحَمَّدٍ وَعَلَى أَزْوَاجِهِ وَذُرِّيَّتِهِ، كَمَا بَارَكْتَ عَلَى آلِ
إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مُجِيدٌ

Allāhumma ṣalli `alā Muḥammadin wa `alā 'azwājihī wa dhurriyyatihī, kamā ṣallayta `alā `ālī 'Ibrāhīma. Wa bārik `alā Muḥammadin wa `alā 'azwājihī wa dhurriyyatihī, kamā bārakta `alā `ālī 'Ibrāhīma. 'Innaka ḥamidum-majīd.

O Allah, bestow Your favor on Muhammad and upon his wives and progeny as You have bestowed Your favor upon the family of Ibrahim. And bless Muhammad and his wives and progeny as You have blessed the family of Ibrahim, You are full of praise, Most Glorious.

SAHIH AL-BUKHARI (FATH AL-BARI 6/408) · SAHIH

A slightly different wording of the same blessing, naming his wives and offspring. Both are authentic; you may use either.

CORE REMEMBRANCE

Praises of Allah

التسبيح والتحميد

The words light on the tongue, heavy on the scale

Some words cost nothing to say and weigh more than the world on the Day of Judgement. The Prophet ﷺ kept pointing to them: short, simple phrases of praise that a tired tongue can carry all day and that fill the scale when everything else is light.

1 Glory and praise, a hundred times

100X

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

Allah's Messenger (ﷺ) said: Whoever says: Glorified is Allah and praised is He. one hundred times a day, will have his sins forgiven even if they are like the foam of the sea.

AL-BUKHARI 7/168 · SAHIH

2 There is no god but Allah (ten times)

10X

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ، وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Allah's Messenger (ﷺ) said: Whoever says: None has the right to be worshipped but Allah alone, Who has no partner. His is the dominion and His is the praise, and He is Able to do all things. ten times, will have the reward for freeing four slaves from the Children of Isma'il.

AT-TIRMIDHI 5/515 · SAHIH

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ ، سُبْحَانَ اللَّهِ الْعَظِيمِ

Allah's Messenger (ﷺ) said: Two words are light on the tongue, weigh heavily in the balance, and are loved by the Most Merciful One: Glorified is Allah and praised is He, Glorified is Allah the Most Great.

AL-BUKHARI 7/168, MUSLIM 4/2072 · SAHIH

Light on the tongue, heavy on the scale, beloved to the Most Merciful: the Prophet ﷺ singled these two out.

4 Dearer to the Prophet ﷺ than all the world

سُبْحَانَ اللَّهِ، وَالْحَمْدُ لِلَّهِ، وَلَا إِلَهَ إِلَّا اللَّهُ، وَاللَّهُ أَكْبَرُ

Allah's Messenger (ﷺ) said: For me to say: Glory is to Allah, and praise is to Allah, and there is none worthy of worship but Allah, and Allah is the Most Great. is dearer to me than all that the sun rises upon (i.e. the whole world).

MUSLIM 4/2072 · SAHIH

5 A hundred tasbih, a thousand good deeds

وَقَالَ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: أَيَعْجِزُ أَحَدُكُمْ أَنْ يَكْسِبَ كُلَّ يَوْمٍ أَلْفَ حَسَنَةٍ؟ فَسَأَلَهُ سَائِلٌ مِنْ جُلَسَائِهِ كَيْفَ يَكْسِبُ أَحَدُنَا أَلْفَ حَسَنَةٍ؟ قَالَ: يُسَبِّحُ مِائَةَ تَسْبِيحَةٍ، فَيُكْتَبُ لَهُ أَلْفُ حَسَنَةٍ أَوْ يُحُطُّ عَنْهُ أَلْفُ خَطِيئَةٍ

Glory is to Allah and praise is to Him.

MUSLIM 4/2073 · SAHIH

The Prophet ﷺ said: whoever says it a hundred times in a day has a thousand good deeds written for him, or a thousand of his sins wiped away.

6 A palm tree planted in Paradise

سُبْحَانَ اللَّهِ الْعَظِيمِ وَمَجْدِهِ

Whoever says: Glorified is Allah the Most Great and praised is He. will have a date palm planted for him in Paradise.

AT-TIRMIDHI 5/511, AND AL-HAKIM WHO GRADED IT AUTHENTIC AND ATH-THAHABI AGREED 1/501 · SAHIH

7 A treasure from the treasures of Paradise

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Allah's Messenger (ﷺ) said: "O Abdullah bin Qais, should I not point you to one of the treasures of Paradise?" I said, "Yes, O Messenger of Allah." So he told me to say: There is no power and no might except by Allah.

MUSLIM 4/2076 · SAHIH

La hawla wa la quwwata illa billah: the Prophet ﷺ called it a treasure from the treasures of Paradise.

8 The four most beloved words

سُبْحَانَ اللَّهِ ، الْحَمْدُ لِلَّهِ ، لَا إِلَهَ إِلَّا اللَّهُ ، اللَّهُ أَكْبَرُ

Allah's Messenger (ﷺ) said: The most beloved words to Allah are four: Glorified is Allah, and The praise is for Allah, and There is none worthy of worship but Allah, and Allah is the Most Great.

MUSLIM 3/1685 · SAHIH

SubhanAllah, Alhamdulillah, La ilaha illallah, Allahu Akbar: begin with whichever you like.

9 A word to hold onto

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، اللَّهُ أَكْبَرُ كَبِيرًا، وَالْحَمْدُ لِلَّهِ كَثِيرًا،
سُبْحَانَ اللَّهِ رَبِّ الْعَالَمِينَ، لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَزِيزِ الْحَكِيمِ، اللَّهُمَّ
اغْفِرْ لِي، وَارْحَمْنِي، وَاهْدِنِي، وَارْزُقْنِي

A desert Arab came to Allah's Messenger (ﷺ) and said, "Teach me a word that I can say." The Prophet told him to say: There is none worthy of worship but Allah, Who has no partner, Allah is the Great, the Most Great, and praise is to Allah in abundance, glory is to Allah, Lord of the worlds. There is no power and no might but by Allah the Mighty, the Wise. He said, "That is for my Lord, but what about me?" The Prophet (ﷺ) told him to say: O Allah forgive me, and have mercy on me and guide me, and provide for me.

MUSLIM 4/2072, ABU DAWUD REPORTS THE SAME HADITH WITH THE ADDITION: AND WHEN THE ARAB LEFT, THE PROPHET (ﷺ) SAID: "HE HAS FILLED HIS HANDS WITH GOODNESS · SAHIH

10 What the Prophet ﷺ taught a new Muslim

اللَّهُمَّ اغْفِرْ لِي، وَارْحَمْنِي، وَاهْدِنِي، وَعَافِنِي وَارْزُقْنِي

Whenever anyone accepted Islam, the Prophet (ﷺ) used to teach him how to pray then he would instruct him to invoke Allah with the following words: O Allah forgive me, and have mercy on me and guide me and give me good health and provide for me.

MUSLIM 4/2073, AND IN ONE OF MUSLIM'S REPORTS THERE IS THE ADDITION: 'FOR THESE WORDS COMBINE [THE GOODNESS OF] THIS WORLD AND THE NEXT · SAHIH

11 The best remembrance, the best praise

الحمد لله ، لا إله إلا الله

The most excellent invocation is: Praise is for Allah. and the most excellent words of remembrance are: There is none worthy of worship but Allah.

AT-TIRMIDHI 5/462, IBN MAJAH 2/1249, AND AL-HAKIM WHO GRADED IT AUTHENTIC AND ATH-TBAHABI AGREED 1/503 · SAHIH

¹² The enduring good deeds (al-baqiyat as-salihah)

سبحان الله ، الحمد لله ، لا إله إلا الله ، الله أكبر ، لا حول ولا قوة إلا
بالله

The good deeds which endure are: Glorified is Allah, and The praise is for Allah, and There is none worthy of worship but Allah, and Allah is the Most Great, and There is no power and no might except by Allah.

AHMAD (AHMAD SHAKIR, ED.) AND ITS CHAIN OF NARRATION IS AUTHENTIC · SAHIH

The deeds that outlast the world: glory, praise, the declaration of oneness, magnification, and there is no power except with Allah.

Istighfar

الاستغفار

Turning back to Allah

The Prophet ﷺ was forgiven his past and future, and still he sought Allah's forgiveness more than seventy, even a hundred times a day. Istighfar is not only for after sin; it is the constant turning of a heart that knows it can never thank Allah enough.

1 Sayyid al-Istighfar, the chief of seeking forgiveness

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ خَلَقْتَنِي وَأَنَا عَبْدُكَ وَأَنَا عَلَى عَهْدِكَ
وَوَعْدِكَ مَا اسْتَطَعْتُ أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ أَبُوءُ لَكَ بِنِعْمَتِكَ
عَلَيَّ وَأَبُوءُ بِذُنُوبِي فَاعْفِرْ لِي فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

*Allāhumma anta Rabbī lā ilāha illā ant, khalaqtanī wa anā `abduk, wa anā `alā
`ahdika wa wa `dika mastāṭa`t, a`ūdhu bika min sharri mā ṣana`t, abū`u laka bi
ni`matika `alay, wa abū`u bidhanbī faghfir lī fa`innahu lā yaghfirudh-dhunūba
illā ant.*

O Allah, You are my Lord, there is none worthy of worship but You. You created me and I am your slave. I keep Your covenant, and my pledge to You so far as I am able. I seek refuge in You from the evil of what I have done. I admit to Your blessings upon me, and I admit to my misdeeds. Forgive me, for there is none who may forgive sins but You.

AL-BUKHARI 7/150 · SAHIH

The Prophet ﷺ called this the best way to ask forgiveness: whoever says it by day with certainty and dies before evening, or by night and dies before morning, is among the people of Paradise.

أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ

Astaghfirullāha wa atūbu ilayh.

I seek the forgiveness of Allah and repent to Him. (Recite one hundred times in Arabic during the day.)

MUSLIM 4/2075 · SAHIH

The simple, endless istighfar. The Prophet ﷺ, though forgiven, sought forgiveness more than a hundred times a day. Say it in the gaps of yours.

3 Astaghfirullah al-Azim, and I turn to Him

أَسْتَغْفِرُ اللَّهَ الْعَظِيمَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ وَأَتُوبُ إِلَيْهِ

Allah's Messenger (ﷺ) said: Whoever says: I seek the forgiveness of Allah the Mighty, Whom there is none worthy of worship except Him, the Living, the Eternal, and I repent to Him, Allah will forgive him even if he has deserted the army's ranks.

ABU DAWUD 2/85, AT-TIRMIDHI 5/569, AND AL-HAKIM WHO DECLARED IT AUTHENTIC AND ATH-THAHABI AGREED WITH HIM 1/511 · SAHIH

The Prophet ﷺ said whoever says it is forgiven, even if he had fled from the battlefield, one of the gravest sins.

CORE REMEMBRANCE

Qur'anic Du'as

أدعية قرآنية

The supplications Allah taught in His Book

When Allah wanted to teach us how to ask, He put the words in His own Book. The Qur'an is full of du'as: the cry of Adam after he slipped, of Yunus from inside the whale, of Ibrahim for his children, of ordinary believers asking for good in both worlds.

1 Good in this world and the next

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Our Lord, give us in this world [that which is] good and in the Hereafter [that which is] good and protect us from the punishment of the Fire.

QUR'AN · AL-BAQARAH 2:201

The du'a the Prophet ﷺ made more than any other.

2 Patience and steadfastness

رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَثَبِّتْ أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

Our Lord, pour upon us patience and plant firmly our feet and give us victory over the disbelieving people.

QUR'AN · AL-BAQARAH 2:250

3 Keep my heart from going astray

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

Our Lord, let not our hearts deviate after You have guided us and grant us from Yourself mercy. Indeed, You are the Bestower.

QUR'AN · AAL-IMRAN 3:8

A du'a for the gift you can lose: guidance itself.

4 We have believed, so forgive us

رَبَّنَا إِنَّا ءَامَنَّا فَآغْفِرْ لَنَا ذُنُوبَنَا وَقِنَا عَذَابَ النَّارِ

Those who say, 'Our Lord, indeed we have believed, so forgive us our sins and protect us from the punishment of the Fire,'

QUR'AN · AAL-IMRAN 3:16

5 The du'a of Adam, turning back after sin

رَبَّنَا ظَلَمْنَا أَنفُسَنَا وَإِن لَّمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ

Our Lord, we have wronged ourselves, and if You do not forgive us and have mercy upon us, we will surely be among the losers.

QUR'AN · AL-A'RAF 7:23

The words Adam said after he slipped. Carry them when you fall.

6 Make me steadfast in prayer, the du'a of Ibrahim

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي رَبَّنَا وَتَقَبَلْ دُعَاءِ رَبَّنَا اغْفِرْ لِي
وَلِوَالِدِي وَالْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ

My Lord, make me an establisher of prayer, and [many] from my descendants. Our Lord, and accept my supplication. Our Lord, forgive me and my parents and the believers the Day the account is established.

QUR'AN · IBRAHIM 14:40-41

7 Increase me in knowledge

رَبِّ زِدْنِي عِلْمًا

My Lord, increase me in knowledge.

QUR'AN · TA-HA 20:114

The only thing Allah told His Prophet ﷺ to ask for more of.

8 The du'a of Yunus, from the depths

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

There is no deity except You; exalted are You. Indeed, I have been of the wrongdoers.

QUR'AN · AL-ANBIYA 21:87

The Prophet ﷺ said no Muslim ever supplicates with it for anything but that Allah answers him.

9 Forgive us and have mercy

رَبَّنَا ءَامَنَّا فَاعْفِرْ لَنَا وَارْحَمْنَا وَأَنْتَ خَيْرُ الرَّحِيمِينَ

Indeed, there was a party of My servants who said, 'Our Lord, we have believed, so forgive us and have mercy upon us, and You are the best of the merciful.'

QUR'AN · AL-MU'MINUN 23:109

10 Coolness of the eyes, for spouse and children

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

Our Lord, grant us from among our wives and offspring comfort to our eyes and make us a leader for the righteous.

QUR'AN · AL-FURQAN 25:74

11 In need of whatever good You send, the du'a of Musa

رَبِّ إِنِّي لِمَا أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ فَقِيرٌ

My Lord, indeed I am, for whatever good You would send down to me, in need.

QUR'AN · AL-QASAS 28:24

Musa said it alone, broke, and a stranger with nothing. Days later he had work, a home and a wife.

12 For those who came before us in faith

رَبَّنَا اغْفِرْ لَنَا وَلِإِخْوَانِنَا الَّذِينَ سَبَقُونَا بِالْإِيمَانِ وَلَا تَجْعَلْ فِي قُلُوبِنَا غِلًّا
لِلَّذِينَ ءَامَنُوا رَبَّنَا إِنَّكَ رَءُوفٌ رَحِيمٌ

Our Lord, forgive us and our brothers who preceded us in faith and put not in our hearts [any] resentment toward those who have believed. Our Lord, indeed You are Kind and Merciful.

QUR'AN · AL-HASHR 59:10

13 Complete our light

رَبَّنَا أَتْمِمْ لَنَا نُورَنَا وَاغْفِرْ لَنَا إِنَّكَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ

Our Lord, perfect for us our light and forgive us. Indeed, You are over all things competent.

QUR'AN · AT-TAHRIM 66:8

CORE REMEMBRANCE

Ruqyah & Illness

أذكار المرض والرقية

Healing words for the sick, for your own pain, and against the evil eye

When illness comes, to you or to someone you love, the believer does two things at once: takes the medicine, and turns to the One who made the medicine work. Seeking a cure is not a lack of trust in Allah; the Prophet ﷺ told us to seek treatment, for Allah has sent down a cure for every illness. These words are that turning. They sit alongside the doctor, never instead of them.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ

الرَّحْمَنِ الرَّحِيمِ

مَلِكِ يَوْمِ الدِّينِ

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ

صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ

In the name of Allah, the Entirely Merciful, the Especially Merciful.

[All] praise is [due] to Allah, Lord of the worlds. The Entirely Merciful, the Especially Merciful. Sovereign of the Day of Recompense. It is You we worship and You we ask for help. Guide us to the straight path. The path of those upon whom You have bestowed favor, not of those who have earned [Your] anger or of those who are astray.

QUR'AN · AL-FATIHAH 1:1-7

اللَّهُ لَا إِلَهَ 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

Allah - there is no deity except Him, the Ever-Living, the Self-Sustaining. Neither drowsiness overtakes Him nor sleep. To Him belongs whatever is in the heavens and whatever is on the earth. Who is it that can intercede with Him except by His permission? He knows what is before them and what will be after them, and they encompass not a thing of His knowledge except for what He wills. His Kursi extends over the heavens and the earth, and their preservation tires Him not. And He is the Most High, the Most Great.

QUR'AN · AL-BAQARAH 2:255

قُلْ هُوَ اللَّهُ أَحَدٌ ۝ اللَّهُ الصَّمَدُ ۝ لَمْ يَلِدْ وَلَمْ يُولَدْ ۝ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ۝ مِنْ شَرِّ مَا خَلَقَ ۝ وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ۝ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ۝ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ۝
 قُلْ أَعُوذُ بِرَبِّ النَّاسِ ۝ مَلِكِ النَّاسِ ۝ إِلَهِ النَّاسِ ۝ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ۝ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ۝ مِنَ الْجِنَّةِ وَالنَّاسِ

Say, "He is Allah, [who is] One, Allah, the Eternal Refuge. He neither begets nor is born, Nor is there to Him any equivalent." / Say, "I seek refuge in the Lord of daybreak From the evil of that which He created And from the evil of darkness when it settles And from the evil of the blowers in knots And from the evil of an envier when he envies." / Say, "I seek refuge in the Lord of mankind, The Sovereign of mankind, The God of mankind, From the evil of the retreating whisperer - Who whispers [evil] into the breasts of mankind - From among the jinn and mankind."

QUR'AN · AL-IKHLAS 112, AL-FALAQ 113, AN-NAS 114

4 Comforting words for the sick: a purification

لَا بَأْسَ طَهُورٍ إِنْ شَاءَ اللَّهُ

Lā ba'sa ṭahūrun in shā Allāh.

Do not worry, it will be a purification (for you), Allah willing.

SAHIH AL-BUKHARI (FATH AL-BARI 10/118) · SAHIH

What the Prophet ﷺ would say when visiting someone unwell. It reframes the illness gently as a cleansing, not a punishment, and plants hope without false promises.

5 Du'a for the sick, said seven times

7X

أَسْأَلُ اللَّهَ الْعَظِيمَ، رَبَّ الْعَرْشِ الْعَظِيمِ أَنْ يَشْفِيكَ

As'alullāha 'l-'Aẓīma Rabba 'l-'Arshil-'Aẓīmi an yashfiyak.

I ask Almighty Allah, Lord of the Magnificent Throne, to make you well.

(Recite seven times in Arabic.)

AT-TIRMIDHI 2/210 AND SAHIHUL-JAMI' AS-SAGHIR 5/180 · SAHIH

The Prophet ﷺ taught that whoever visits a sick person whose time has not yet come and says this seven times, Allah will cure them of that illness. Say it over the one who is ill, by their bedside.

6 For your own pain: hand on the hurt

7X

ضَعُ يَدَكَ عَلَى الَّذِي تَأَلَّمُ مِنْ جَسَدِكَ وَقُلْ: "بِسْمِ اللَّهِ" ثَلَاثًا، وَقُلْ سَبْعَ
مَرَّاتٍ: "أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاذِرُ"

Put your hand on the place where you feel pain and say:

Put your hand on the place where you feel pain and say: With the Name of Allah (three times). Then say seven times: I seek refuge in Allah and in His Power from the evil of what I find and of what I guard against.

MUSLIM 4/1728 · SAHIH

When the Companion Uthman ibn Abi al-As complained of a pain in his body, the Prophet ﷺ taught him this. Place your hand where it hurts, say 'Bismillah' three times, then the words of refuge seven times.

إِذَا رَأَى أَحَدُكُمْ مِنْ أَخِيهِ، أَوْ مِنْ نَفْسِهِ، أَوْ مِنْ مَالِهِ مَا يُعْجِبُهُ [فَلْيَدْعُ
لَهُ بِالْبَرَكَاتِ] فَإِنَّ الْعَيْنَ حَقٌّ

If you see something from your brother, yourself or wealth which you find impressive, then invoke blessings for it, for the evil eye is indeed true.

AHMAD 4/447, IBN MAJAH, MALIK · SAHIH

The Prophet ﷺ said the evil eye is real, and gave the cure: when something impresses you, in another person or in your own blessings, invoke blessing for it (say 'barakAllahu fih' or 'masha Allah') so admiration brings no harm.

CORE REMEMBRANCE

Sunnah Du'as

أدعية من السنة

The du'as the Prophet ﷺ carried

Some du'as belong to a time or a place: a morning, a journey, a meal. These do not. These are the supplications the Prophet ﷺ carried inside himself, reached for when grief closed in, when a sin needed washing away, when joy struck and the heart turned at once to its Maker. They are the words of a heart that lived in conversation with Allah.

1 O Allah, I am Your slave

اللَّهُمَّ إِنِّي عَبْدُكَ ابْنُ عَبْدِكَ ابْنُ أَمَتِكَ نَاصِيَتِي بِيَدِكَ مَاضٍ فِي حُكْمِكَ
عَدْلٌ فِي قَضَائِكَ أَسْأَلُكَ بِكُلِّ اسْمٍ هُوَ لَكَ سَمِيَتْ بِهِ نَفْسُكَ أَوْ أَنْزَلْتَهُ فِي
كِتَابِكَ أَوْ عَلَّمْتَهُ أَحَدًا مِنْ خَلْقِكَ أَوْ اسْتَأْثَرْتَ بِهِ فِي عِلْمِ الْغَيْبِ عِنْدَكَ
أَنْ تَجْعَلَ الْقُرْآنَ رِيْعَ قَلْبِي وَنُورَ صَدْرِي وَجَلَاءَ حُزْنِي وَذَهَابَ هَمِّي

Allāhumma innī `abduk, ibnu `abdik, ibnu amatik, nāsiyatī biyadik, māḍin fiyya ḥukmuk, `adlun fiyya qaḍā'uk, as'aluka bikullis'min huwa lak, sammayta bihi nafsak, aw anzaltahu fī kitābik, aw `allamtahu aḥadan min khalqik, aw 'ista'tharta bihi fī 'ilmil-ghaybi `indak, an taj'ala 'l-Qur'āna rabi'a qalbī, wa nūra ṣadri, wa jalā'a ḥuznī, wa dhahāba hammī.

O Allah, I am Your slave, and the son of Your male slave, and the son of your female slave. My forehead is in Your Hand (i.e. you have control over me). Your Judgment upon me is assured, and Your Decree concerning me is just. I ask You by every Name that You have named Yourself with, revealed in Your Book, taught any one of Your creation, or kept unto Yourself in the knowledge of the unseen that is with You, to make the Qur'an the spring of my heart, and the light of my chest, the banisher of my sadness, and the reliever of my distress.

AHMAD 1/391, AND AL-ALBANI GRADED IT AUTHENTIC · SAHIH

The great du'a of anxiety and grief. You call on Allah by every Name He has and ask Him to make the Qur'an the spring of your heart and the remover of your sorrow. The Prophet ﷺ said Allah removes the grief of whoever says it and gives relief in its place.

2 Refuge from worry and grief

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحُزْنِ، وَالْعَجْزِ وَالْكَسَلِ وَالْبُخْلِ
وَالجُبْنِ، وَضَلْعِ الدِّينِ وَعَلْبَةِ الرِّجَالِ

Allāhumma 'innī 'a'ūdhu bika mina 'l-ḥammi wa 'l-ḥuzn, wa 'l-'ajzi wa 'l-kasal, wa 'l-bukhli wa 'l-jubn, wa ḍala'id-dayn, wa ghalabatir-rijāl.

O Allah, I seek refuge in you from grief and sadness, from weakness and from laziness, from miserliness and from cowardice, from being overcome by debt and overpowered by men (i.e. others).

AL-BUKHARI 7/158 · SAHIH

The Prophet ﷺ standing refuge from worry and sadness, weakness and laziness, miserliness and cowardice, and from being crushed by debt or overpowered by others.

3 After you have sinned

مَا مِنْ عَبْدٍ يذْنِبُ ذَنْبًا فَيُحْسِنُ الطَّهْرَةَ، ثُمَّ يَقُومُ فَيُصَلِّي رَكَعَتَيْنِ، ثُمَّ
يَسْتَغْفِرُ اللَّهَ إِلَّا غَفَرَ اللَّهُ لَهُ

There is not any slave of Allah who commits a sin, then he perfects his purification and stands to pray two Rak'ahs of prayer, then seeks Allah's forgiveness, except that Allah will forgive him.

ABU DAWUD 2/86, AT-TIRMIDHI 2/257 · SAHIH

The Prophet ﷺ taught that any servant who sins, then purifies himself well, prays two rak'ahs, and seeks Allah's forgiveness, will be forgiven. The way back, the moment you need it.

4 At a sight of wonder: Subhanallah

سُبْحَانَ اللَّهِ

Subḥānallāh!

(Glory is to Allah).

MUSLIM 4/1857 · SAHIH

'Glory is to Allah.' Said at a moment of awe, when something draws the heart upward toward its Maker.

Allāhu Akbar!

(Allah is the Most Great)

AT-TIRMIDHI 2/103, 235, AHMAD 5/218 · SAHIH

'Allah is the Most Great.' The Prophet ﷺ would magnify Allah at the sight of what was vast or astonishing.

6 The prostration of gratitude

كَانَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ إِذَا أَتَاهُ أَمْرٌ يُسْرَهُ أَوْ يَسْرِبُهُ نَحَرَ سَاجِدًا
شُكْرًا لِلَّهِ تَبَارَكَ وَتَعَالَى

The Prophet (ﷺ), upon receiving news which pleased him or which caused pleasure, would prostrate in gratitude to Allah blessed and exalted.

IBN MAJAH 1/233, AND 'IRWA'UL-GHALIL 2/226 · SAHIH

On receiving news that pleased him, the Prophet ﷺ would fall into prostration in thanks to Allah (sajdat ash-shukr). The body's answer to joy: straight to the ground before the One who sent it.

إِذَا كَانَ جُنْحُ اللَّيْلِ - أَوْ أَمْسَيْتُمْ - فَكُفُّوا صَبِيَانَكُمْ، فَإِنَّ الشَّيَاطِينَ
تَنْتَشِرُ حَيْثُ دُ، فَإِذَا ذَهَبَ سَاعَةٌ مِنَ اللَّيْلِ نَخَلُوهُمْ، وَأَغْلِقُوا الْأَبْوَابَ
وَأذْكُرُوا اسْمَ اللَّهِ، فَإِنَّ الشَّيْطَانَ لَا يَفْتَحُ بَابًا مُغْلَقًا، وَأَوْكُوا قَرَبَكُمْ،
وَأذْكُرُوا اسْمَ اللَّهِ، وَنَحْمِرُوا أَيْتَكُمْ، وَأذْكُرُوا اسْمَ اللَّهِ، وَلَوْ أَنَّ تَعْرَضُوا عَلَيْهَا
شَيْئًا، وَأَطْفَأُوا مَصَابِيحَكُمْ

When night falls, restrain your children (from going out) because at such time the devils spread about. After a period of time has passed, let them be. Shut your doors and mention Allah's name, for verily the devil does not open a shut door, tie up your water-skins and mention Allah's name, cover your vessels with anything and mention Allah's name and put out your lamps.

AL-BUKHARI WITH AL-FATH 10/88 AND MUSLIM 3/1595 · SAHIH

As night falls the Prophet ﷺ taught us to keep the children in, shut the doors, cover the vessels and tie the water-skins, and put out the lamps, mentioning Allah's name over each, for the shaytan cannot open what is closed in His name.

Wudu & Bathroom

أذكار الوضوء والخلاء

Remembrance at the edge of purity

Some of the smallest moments of the day are the ones we pass through without a thought: stepping into the bathroom, turning on the tap, finishing a wash. The Prophet ﷺ filled even these with the Name of Allah, so that no part of the day was lived heedless of Him.

1 Entering the bathroom

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ

[Bismillāhi] Allāhumma 'innī 'a'ūdhu bika minal-khubthi walkhabā'ith.

[In the Name of Allah]. O Allah, I seek protection in You from evil and the evil ones (or, from the evil male and female Jinn).

AL-BUKHARI 1/45, MUSLIM 1/283 · SAHIH

Said before you step in. The Prophet ﷺ sought refuge in Allah from harm at the very threshold, knowing these are places where the soul is exposed.

2 Leaving the bathroom

غُفْرَانَكَ

Ghufrānaka

I seek Your forgiveness.

ABU DAWUD, IBN MAJAH AND AT-TIRMIDHI

A single word, Ghufranaka, asking forgiveness. A beautiful sunnah: having been relieved of harm, the first thing on the tongue is a plea for pardon.

Bismillāhi

In the Name of Allah

ABU DAWUD, IBN MAJAH, AND AHMAD · SAHIH

Begin your wash with the Name of Allah, and the whole act becomes worship.

4 The testimony after wudu

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ
وَرَسُولُهُ

'Ash-hadu 'an lā 'ilāha 'illallāhu waḥdahu lā sharīka lahu wa 'ash-hadu 'anna Muḥammadan 'abduhu wa Rasūluhu.

I bear witness that none has the right to be worshipped but Allah alone, Who has no partner; and I bear witness that Muhammad is His slave and His Messenger.

MUSLIM 1/209 · SAHIH

The Prophet ﷺ said that whoever completes his wudu well and then says this will have the eight gates of Paradise opened for him, to enter by whichever he wishes.

5 Among the repentant and the purified

اللَّهُمَّ اجْعَلْنِي مِنَ التَّوَّابِينَ وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ

Allāhummaj`alnī minat-tawwābīna waj`alnī minal-mutaṭahhirīn.

O Allah, make me among those who turn to You in repentance, and make me among those who are purified.

AT-TIRMIDHI 1/78 · SAHIH

A second sunnah du'a after wudu, asking to be counted with those who turn back to Allah and those whom He keeps clean.

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

Subhānaka Allāhumma wa biḥamdika, 'ash-hadu 'an lā 'ilāha 'illā 'Anta, 'astaghfiruka wa 'atūbu 'ilayk.

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

AN-NASA'I, 'AMALUL-YAWM WAL-LAYLAH, P · SAHIH

The words of tasbih and seeking forgiveness, reported as a seal upon the wudu, written and kept until the Day of Resurrection.

Leaving & Entering the Home

أذكار الخروج من المنزل ودخوله

Words for the doorway

The door of your home is a threshold you cross many times a day, often without noticing. The Prophet ﷺ taught us not to cross it empty-handed: a few words on the way out place the whole journey in Allah's keeping, and a few on the way in shut the door on the devil behind you.

1 Leaving the home

بِسْمِ اللَّهِ ، تَوَكَّلْتُ عَلَى اللَّهِ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Bismillāhi, tawakkaltu `alallāhi, wa lā ḥawla wa lā quwwata illā billāh.

In the Name of Allah, I have placed my trust in Allah, there is no might and no power except by Allah.

ABU DAWUD 4/325, AT-TIRMIDHI 5/490 · SAHIH

The Prophet ﷺ said whoever says this on leaving is told: you are guided, sufficed and protected, and the devil withdraws from him.

2 Refuge from misguiding and being wronged

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ أَنْ أَضِلَّ أَوْ أُضِلَّ ، أَوْ أَزِلَّ أَوْ أُزَلَ ، أَوْ أَظْلِمَ أَوْ
أُظْلَمَ ، أَوْ أَجْهَلَ أَوْ يُجْهَلَ عَلَيَّ

*Allāhumma 'innī 'a'ūdhu bika 'an 'aḍilla, 'aw 'uḍalla, 'aw 'azilla, 'aw 'uzalla,
'aw 'aẓlima, 'aw 'uẓlama, 'aw 'ajhala 'aw yujhala `alayya.*

O Allah, I seek refuge in You lest I misguide others, or I am misguided by others, lest I cause others to err or I am caused to err, lest I abuse others or be abused, and lest I behave foolishly or meet with the foolishness of others.

AT-TIRMIDHI 3/152 AND SAHIH IBN MAJAH 2/336 · SAHIH

A second du'a for setting out, seeking refuge from straying or being led astray, from wronging or being wronged, and from acting or being treated foolishly.

3 Entering the home

بِسْمِ اللَّهِ وَجِنَّا، وَبِسْمِ اللَّهِ خَرَجْنَا، وَعَلَى رَبِّنَا تَوَكَّلْنَا

Bismillāhi walajnā, wa bismillāhi kharajnā, wa `ala Rabbinā tawakkalnā

In the Name of Allah we enter, in the Name of Allah we leave, and upon our Lord we depend [then say As-Salāmu `Alaykum to those present].

ABU DAWUD 4/325 · SAHIH

Mention Allah's Name on entering and greet your household with salam. When His Name is said at the door, the devil finds no shelter inside for the night.

THROUGH THE DAY

The Masjid & the Adhan

أذكار المسجد والأذان

Answering the call to the house of Allah

Five times a day the call goes out, and a believer answers it. Between hearing the adhan and standing in the rows, there is a path of words the Prophet ﷺ walked: light asked for on the way, mercy sought at the door, and a quiet du'a that the heavens do not turn back.

اللَّهُمَّ اجْعَلْ فِي قَلْبِي نُورًا ، وَفِي لِسَانِي نُورًا ، وَفِي سَمْعِي نُورًا ، وَفِي
 بَصَرِي نُورًا ، وَمِنْ فَوْقِي نُورًا ، وَمِنْ تَحْتِي نُورًا ، وَعَنْ يَمِينِي نُورًا ، وَعَنْ
 شِمَالِي نُورًا ، وَمِنْ أَمَامِي نُورًا ، وَمِنْ خَلْفِي نُورًا ، وَاجْعَلْ فِي نَفْسِي نُورًا ،
 وَأَعْظِمْ لِي نُورًا ، وَعَظِّمْ لِي نُورًا ، وَاجْعَلْ لِي نُورًا ، وَاجْعَلْنِي نُورًا ، اللَّهُمَّ
 أَعْظِنِي نُورًا ، وَاجْعَلْ فِي عَصِي نُورًا ، وَفِي لَحْمِي نُورًا ، وَفِي دَمِي نُورًا وَفِي
 شَعْرِي نُورًا ، وَفِي بَشْرِي نُورًا اللَّهُمَّ اجْعَلْ لِي نُورًا فِي قَبْرِي وَنُورًا فِي
 عَظْمِي وَزِدْنِي نُورًا ، وَزِدْنِي نُورًا ، وَهَبْ لِي نُورًا عَلَى نُورًا

Allāhummaj'al fī qalbī nūran, wa fī lisānī nūran, wa fī sam'ī nūran, wa fī baṣarī nūran, wa min fawqī nūran, wa min taḥtī nūran, wa 'an yamīnī nūran, wa 'an shimālī nūran, wa min 'amāmī nūran, wa min khalfī nūran, waj'al fī nafsī nūran, wa 'a'zim lī nūran, wa 'zzim lī nūran, waj'allī nūran, waj'alnī nūran, Allāhumma 'a'tinī nūran, waj'al fī 'aṣabī nūran, wa fī laḥmī nūran, wa fī damī nūran, wa fī sha'rī nūran, wa fī basharī nūran. [Allāhummaj'allī nūran fī qabrī wa nūran fī 'izāmī.] [Wa zidnī nūran, wa zidnī nūran, wa zidnī nūran.] [Wa hab lī nūran 'alā nūr.]

O Allah, place light in my heart, and on my tongue light, and in my ears light and in my sight light, and above me light, and below me light, and to my right light, and to my left light, and before me light and behind me light. Place in my soul light. Magnify for me light, and amplify for me light. Make for me light and make me a light. O Allah, grant me light, and place light in my nerves, and in my body light and in my blood light and in my hair light and in my skin light. [O Allah, make for me a light in my grave... and a light in my bones.] (At-Tirmidhi 5/483 (Hadith no. 3419).) [Increase me in light, increase me in light, increase me in light.] (Al-Bukhari in Al-'Adab Al-Mufrad (Hadith no. 695), p. 258. See also Al-Albani, Sahih Al-'Adab Al-Mufrad (no. 536).) [Grant me light upon light.] (Al-Bukhari, cf. Al-Asqalani, Fathul-Bari 11/118.)

AL-BUKHARI 11 · SAHIH

The du'a the Prophet ﷺ made setting out for the prayer, asking for light in his heart, his senses, and every direction around him. A beautiful supplication to carry on the walk to Fajr.

2 Entering the masjid

أَعُوذُ بِاللَّهِ الْعَظِيمِ وَبِوَجْهِهِ الْكَرِيمِ وَسُلْطَانِهِ الْقَدِيمِ مِنَ الشَّيْطَانِ
الرَّجِيمِ، [بِسْمِ اللَّهِ، وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ]، اللَّهُمَّ افْتَحْ لِي
أَبْوَابَ رَحْمَتِكَ

'A`ūdhu billāhi l-`azīm, wa bi-wajhihil-karīm, wa sultānihil-qadīm, min ash-shaytānir-rajīm. [Bismillāhi, wassalātu wassalāmu `alā rasūlillāhi.] Allāhummaftah lī `abwāba raḥmatik.

I seek refuge in Almighty Allah, By His Noble Face, By His primordial power, From Satan the outcast. [In the Name of Allah, and blessings and peace be upon the Messenger of Allah. O Allah, open before me the doors of Your mercy.

ABU DAWUD 1/126, SEE ALSO AL-ALBANI, SAHIHUL-JAMI'AS-SAGHIR 1/528 · HASAN

Step in with your right foot and ask Allah to open the doors of His mercy.

3 Leaving the masjid

بِسْمِ اللَّهِ وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ، اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ
فَضْلِكَ، اللَّهُمَّ اعْصِمْنِي مِنَ الشَّيْطَانِ الرَّجِيمِ

Bismillāhi waṣṣalātu wassalāmu `alā Rasūlillāhi, Allāhumma `innī `as'aluka min faḍlika, Allāhumma `šimnī min ash-shaytānir-rajīm.

In the Name of Allah, and peace and blessings be upon the Messenger of Allah. O Allah, I ask for Your favor, O Allah, protect me from Satan the outcast.

IBID

Step out with your left foot and ask Allah for His favour, and for protection from the devil as you return to the world.

يقول مثل ما يقول المؤذن إلا في حي على الصلاة ، وحي على الفلاح
فيقول لا حول ولا قوة إلا بالله

Lā ḥawla wa lā quwwata 'illā billāh.

There is no might nor power except by Allah. (You repeat what the muezzin says, except after 'Come to prayer, come to success,' when you say this instead.)

AL-BUKHARI 1/152, MUSLIM 1/288 · SAHIH

Echo each phrase of the adhan, except at 'come to prayer' and 'come to success', where you say there is no might nor power except by Allah.

5 After the two testimonies

وَأَنَا أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ ، وَأَنَّ مُحَمَّدًا عَبْدُهُ
وَرَسُولُهُ ، رَضِيتُ بِاللَّهِ رَبًّا ، وَبِمُحَمَّدٍ رَسُولًا وَبِالْإِسْلَامِ دِينًا

Wa 'anā 'ash-hadu 'an lā 'ilāha 'illallāhu waḥdahu lā sharīka lahu wa 'anna Muḥammadan 'abduhu wa rasūluhu, raḍītu billāhi rabban, wa bi Muḥammadin rasūlan wa bi 'l-islāmi dīnan.

I bear witness that none has the right to be worshipped but Allah alone, Who has no partner, and that Muhammad is His slave and His Messenger. I am pleased with Allah as my Lord, with Muhammad as my Messenger and with Islam as my religion. [To be recited in Arabic after the mu'adh-dhin's tashahhud or the words of affirmation of Faith]

MUSLIM 1/290 · SAHIH

Said in Arabic after the muadhhdhin's shahadah: a declaration of being pleased with Allah as Lord, Muhammad ﷺ as Messenger, and Islam as religion. The Prophet ﷺ said the one who says it will have his sins forgiven.

6 Blessings on the Prophet ﷺ

يُصَلِّي عَلَى النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ بَعْدَ فَرَغِهِ مِنْ إِجَابَةِ الْمُؤَذِّنِ

After replying to the call of Mu'adh-dhin, you should recite in Arabic Allah's blessings on the Prophet (ﷺ).

MUSLIM 1/288 · SAHIH

When the muadh-dhin finishes, send your peace and blessings upon the Prophet ﷺ before making your own du'a.

7 Asking for the Prophet's ﷺ station

اللَّهُمَّ رَبَّ هَذِهِ الدَّعْوَةِ التَّامَّةِ وَالصَّلَاةِ الْقَائِمَةِ آتِ مُحَمَّدًا الْوَسِيلَةَ وَالْفَضِيلَةَ وَابْعَثْهُ مَقَاماً مَحْمُوداً الَّذِي وَعَدْتَهُ [إِنَّكَ لَا تَخْلِفُ الْمِيعَادَ]

Allāhumma rabba hādhihi 'd-da'wati 't-tāmmah waṣ-ṣalāti 'l-qā'imah, 'āti Muhammadani 'l-wasīlata walfaḍīlata, wab 'ath-hu maqāma 'm-mahmūdani 'l-ladhī wa`adtahu, ['innaka lā tukhliful-mī'ād]

O Allah, Lord of this perfect call and established prayer. Grant Muhammad the intercession and favor, and raise him to the honored station You have promised him, [verily You do not neglect promises].

AL-BUKHARI 1/152, AND THE ADDITION BETWEEN BRACKETS IS FROM AL-BAYHAQI 1/410 WITH A GOOD (HASAN) CHAIN OF NARRATION · HASAN

The Prophet ﷺ said whoever asks Allah to grant him al-wasilah and the honoured station after the adhan will be granted his intercession on the Day of Resurrection.

8 Du'a between the adhan and the iqamah

يَدْعُو لِنَفْسِهِ بَيْنَ الْأَذَانِ وَالْإِقَامَةِ فَإِنَّ الدُّعَاءَ حِينَئِذٍ لَا يَرُدُّ

Between the call to prayer and the 'Iqamah, you should supplicate Allah for yourself. Invocation during this time is not rejected.

AT-TIRMIDHI, ABU DAWUD, AHMED · SAHIH

The Prophet ﷺ taught that supplication in this window is not rejected. Use it: ask for what weighs on your heart before the prayer begins.

Food & Drink

أذكار الطعام والشراب

The remembrances of the table

Every meal you have ever eaten was provision you did not create. The wheat, the water, the strength in your own hand to lift the food to your mouth: none of it was yours to begin with. The Prophet ﷺ taught us to bracket the table with remembrance, a name at the start and praise at the end, so that even an ordinary plate becomes an act of worship.

1 When you break your fast

ذَهَبَ الظَّمَأُ، وَابْتَلَّتِ العُرُوقُ، وَثَبَّتَ الأَجْرُ إِنْ شَاءَ اللهُ

Dhahabaz-ẓama', wabtallati 'l-'urūq, wa thabata 'l-'ajru in shā Allāh.

The thirst is gone, the veins are moistened, and the reward is confirmed, if Allah wills.

ABU DAWUD 2/306 AND OTHERS · SAHIH

Said as the fast is broken. The thirst gone, the body restored, and the reward, by Allah's leave, written down. A small line at sunset that gathers the whole day of fasting into a word of hope.

2 Asking forgiveness before iftar

اللَّهُمَّ إِنِّي أَسْأَلُكَ بِرَحْمَتِكَ الَّتِي وَسِعَتْ كُلَّ شَيْءٍ، أَنْ تَغْفِرَ لِي

Allāhumma innī as'aluka bi raḥmatika 'l-'latī wasi'at kulla shay' an taghfira lī.

O Allah, I ask You by Your mercy, which encompasses all things, that You forgive me.

IBN MAJAH 1/557 FROM A SUPPLICATION OF ABDULLAH BIN 'AMR · HASAN

The hour of breaking the fast is a time when du'a is answered, so the fasting person asks Allah, by the mercy that encompasses all things, to forgive.

3 Saying Bismillah before eating

إِذَا أَكَلَ أَحَدُكُمْ طَعَامًا فَلْيَقُلْ بِسْمِ اللَّهِ، فَإِنْ نَسِيَ فِي أَوَّلِهِ فَلْيَقُلْ بِسْمِ اللَّهِ
فِي أَوَّلِهِ وَآخِرِهِ

When anyone of you begins eating, say:

When anyone of you begins eating, say: With the Name of Allah. And if you forget then, when you remember, say: With the Name of Allah, in the beginning, and in the end.

ABU DAWUD 3/347, AT-TIRMIDHI 4/288 · SAHIH

Begin with the Name of Allah, and if you forget at the start, say it as soon as you remember: in the beginning and in the end. The Prophet ﷺ taught that this keeps the food from being shared by Shaytan.

4 After food, and after milk

مَنْ أَطْعَمَهُ اللَّهُ الطَّعَامَ فَلْيَقُلْ: "اللَّهُمَّ بَارِكْ لَنَا فِيهِ وَأَطْعِمْنَا خَيْرًا مِنْهُ"،
وَمَنْ سَقَاهُ اللَّهُ لَبَنًا فَلْيَقُلْ "اللَّهُمَّ بَارِكْ لَنَا فِيهِ وَزِدْنَا مِنْهُ"

Whomever Allah has given food, should say:

Whomever Allah has given food, should say: O Allah, bless us in it and provide us with better than it. Whomever Allah has given milk to drink, should say: O Allah, bless us in it and give us more of it.

AT-TIRMIDHI 5/506 · SAHIH

5 Praise for the food and the strength to receive it

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ

Alhamdu lillāhi 'l-ladhī aṭ'amanī hādha, wa razaqānīhi min ghayri ḥawlin minnī wa lā quwwah.

Praise is to Allah Who has given me this food, and sustained me with it though I was unable to do it and powerless.

AT-TIRMIDHI 3/159 · SAHIH

To thank Allah not only for the provision but for the ability to take it, admitting you were powerless to provide it yourself. A reported reward is that past sins are forgiven.

6 Abundant, good and blessed praise

الْحَمْدُ لِلَّهِ حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ، غَيْرَ مَكْفِيٍّ وَلَا مُوَدَّعٍ وَلَا
مُسْتَعْنَىٰ عَنْ رَبِّنَا

Alhamdu lillāhi ḥamdan kathīran tayyiban mubārakan fīh, ghayra makfiyyin wa lā muwadda'in, wa lā mustaghnan 'anhu Rabbanā.

All praise is to Allah, praise in abundance, good and blessed. It cannot [be compensated for, nor can it] be left, nor can it be done without, our Lord.

AL-BUKHARI 6/214, AT-TIRMIDHI 5/507 · SAHIH

7 A du'a for those who provided the food

اللَّهُمَّ بَارِكْ لَهُمْ فِي مَا رَزَقْتَهُمْ، وَاعْفِرْ لَهُمْ وَارْحَمِهِمْ

Allāhumma bārik lahum fī mā razaqtahum, wagh'fir lahum warḥamhum.

O Allah, bless them in what You have provided for them, and forgive them and have mercy on them.

MUSLIM 3/1615 · SAHIH

8 For whoever fed you or gave you drink

اللَّهُمَّ أَطْعِمْ مَنْ أَطْعَمَنِي، وَأَسْقِ مَنْ سَقَانِي

Allāhumma aṭ'im man aṭ'amanī wasqi man saqānī.

O Allah, feed the one who has fed me, and give drink to the one who has given me drink.

MUSLIM 3/126 · SAHIH

9 The fasting guest's du'a for the host

أَفْطَرَ عِنْدَكُمْ الصَّائِمُونَ وَأَكَلَ طَعَامَكُمْ الْأَبْرَارُ، وَصَلَّتْ عَلَيْكُمْ
الملائكة

*Aftara `indakumuṣ-ṣā'imūn, wa akala ṭa`āmakumu 'l-'abrār, wa ṣallat
`alaykumu 'l-malā'ikah.*

With you, those who are fasting have broken their fast, you have fed those who are righteous, and the angels recite their prayers upon you.

ABU DAWUD 3/367, IBN MAJAH 1/556, AN-NASA'I, 'AMALUL-YAWM WAL-LAYLAH 296-8 · SAHIH

When a fasting person eats at someone's table, this is the du'a left for the host: that the fasting have broken their fast with them, the righteous have eaten their food, and the angels have prayed for them.

10 Answering an invitation to eat

ومعنى فليصل أي فليدع

When you are invited (to eat) then reply to the invitation. If you are fasting then invoke Allah's blessings (on your host), and if you are not fasting then eat.

MUSLIM 2/1054 · SAHIH

The Prophet ﷺ taught that when you are invited you should respond: if you are fasting, pray for your host, and if not, then eat.

THROUGH THE DAY

Travel

أذكار السفر

The remembrances of the road

A journey is a stretch of road you cannot see the end of, in the care of hands that are not your own. The Prophet ﷺ did not set out without acknowledging that. As he took his seat to travel he would glorify the One who tamed the journey for him, recite the verse, 'Glory to Him who subjected this to us, and we could not have subdued it ourselves, and to our Lord we will surely return,' and ask Allah for ease, company and a safe return.

بِسْمِ اللَّهِ وَالْحَمْدُ لِلَّهِ، سُبْحَانَ الَّذِي سَخَّرْنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ * وَأَنَا
إِلَى رَبِّي لَمُنْقَلِبُونَ الْحَمْدُ لِلَّهِ، الْحَمْدُ لِلَّهِ، الْحَمْدُ لِلَّهِ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ،
اللَّهُ أَكْبَرُ، سُبْحَانَكَ اللَّهُمَّ إِنِّي ظَلَمْتُ نَفْسِي فَاغْفِرْ لِي، فَإِنَّهُ لَا يَغْفِرُ
الذُّنُوبَ إِلَّا أَنْتَ

Bismillāh, walḥamdulillāh. Subḥāna 'lladhī sakhkhara lanā hādhā wa mā kunnā lahu muqrinīn. Wa innā ilā Rabbinā lamunqalibūn. Alḥamdulillāh, alḥamdulillāh, alḥamdulillāh, Allāhu Akbar, Allāhu Akbar, Allāhu Akbar, Subḥānaka 'llāhumma innī ḥalamtu nafsī, faghfir lī, fa innahu lā yaghfirudh-dhunūba illā ant.

With the Name of Allah. Praise is to Allah. Glory is to Him Who has provided this for us though we could never have had it by our efforts. Surely, unto our Lord, we are returning. Praise is to Allah. Praise is to Allah. Praise is to Allah. Allah is the Most Great. Allah is the Most Great. Allah is the Most Great. Glory is to You. O Allah, I have wronged my own soul. Forgive me, for surely none forgives sins but You.

ABU DAWUD 3/34, AT-TIRMIDHI 5/501 · SAHIH

Said as you settle into whatever carries you. It recites the verse of Surah az-Zukhruf, 'Glory to Him who subjected this to us, and we could not have subdued it ourselves,' then praises Allah, declares His greatness, and asks His forgiveness.

"اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ * وَإِنَّا إِلَى رَبِّنَا لَمُنْقَلِبُونَ اللَّهُمَّ إِنَّا نَسْأَلُكَ فِي سَفَرِنَا هَذَا الْبِرَّ وَالتَّقْوَى، وَمِنَ الْعَمَلِ مَا تَرْضَى، اللَّهُمَّ هَوِّنْ عَلَيْنَا سَفَرَنَا هَذَا وَاطْوِ عَنَّا بُعْدَهُ، اللَّهُمَّ أَنْتَ الصَّاحِبُ فِي السَّفَرِ، وَالْخَلِيفَةُ فِي الْأَهْلِ، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ وَعَثَاءِ السَّفَرِ، وَكَآبَةِ الْمَنْظَرِ، وَسُوءِ الْمُنْقَلَبِ فِي الْمَالِ وَالْأَهْلِ"، وَإِذَا رَجَعَ قَاهُنَّ وَزَادَ فِيهِنَّ: "أَيُّونَ، تَائِبُونَ، عَابِدُونَ، لِرَبِّنَا حَامِدُونَ"

Allāhu Akbar, Allāhu Akbar, Allāhu Akbar, Subḥāna 'l-ladhi sakhkhara lanā hādha wa mā kunnā lahu muqrinīn. Wa innā ilā Rabbinā lamunqalibūn. Allāhumma innā nas'aluka fī safarinā hādha 'l-birra wat-taqwā, Wa mina 'l-'amali mā tarḍā, Allāhumma hawwin `alaynā safaranā hādha waṭwi `annā bu'dah, Allāhumma antas-sāhibu fis-safar, wa 'l-khalīfatu fil-ahl, Allāhumma innī a'ūdhu bika min wa'thā'is-safar, wa ka'ābati 'l-manẓar, wa sū'il-munqalabi fil-mālī wa 'l-ahl. (Upon returning recite the same again adding):

Allah is the Most Great. Allah is the Most Great. Allah is the Most Great. Glory is to Him Who has provided this for us though we could never have had it by our efforts. Surely, unto our Lord we are returning. O Allah, we ask You on this our journey for goodness and piety, and for works that are pleasing to You. O Allah, lighten this journey for us and make its distance easy for us. O Allah, You are our Companion on the road and the One in Whose care we leave our family. O Allah, I seek refuge in You from this journey's hardships, and from the wicked sights in store and from finding our family and property in misfortune upon returning. (Upon returning recite the same again adding:) We return repentant to our Lord, worshipping our Lord, and praising our Lord.

MUSLIM 2/978 · SAHIH

The fuller supplication of setting out: after the az-Zukhruf verse, you ask Allah for goodness, piety and pleasing deeds on the journey, for the distance to be made easy, for His company on the road and His care over your family, and for refuge from the journey's hardships. On returning you say it again, adding the words of the homecomer.

اللَّهُمَّ رَبَّ السَّمَوَاتِ السَّبْعِ وَمَا أَظْلَلْنَ، وَرَبَّ الْأَرْضِينَ السَّبْعِ وَمَا
أَقْلَلْنَ، وَرَبَّ الشَّيَاطِينِ وَمَا أَضَلَّلْنَ، وَرَبَّ الرِّيَّاحِ وَمَا ذَرَيْنِ، أَسْأَلُكَ
خَيْرَ هَذِهِ الْقَرْيَةِ وَخَيْرَ أَهْلِهَا، وَخَيْرَ مَا فِيهَا، وَأَعُوذُ بِكَ مِنْ شَرِّهَا
وَشَرِّ أَهْلِهَا، وَشَرِّ مَا فِيهَا

*Allāhumma Rabbas-samāwātis-sab'i wa mā aẓlaln, Wa Rabba 'l-arāqīnas-sab'i
wa mā aqlaln, wa Rabbash-shayāṭīni wa mā aḍlaln, wa Rabbar-riyāḥi wa mā
dharayn. As'aluka khayra hādhihi 'l-qaryah, wa khayra ahlihā, wa khayra
māfihā, wa a'ūdhu bika min sharrihā, wa sharri ahlihā, wa sharri mā fihā.*

O Allah, Lord of the seven heavens and all they overshadow, Lord of the seven worlds and all they uphold, Lord of the devils and all they lead astray, Lord of the winds and all they scatter. I ask You for the goodness of this town, and for the goodness of its people, and for the goodness it contains. I seek refuge in You from its evil, from the evil of its people, and from the evil it contains.

AL-HAKIM · SAHIH

4 When your transport stumbles

بِسْمِ اللَّهِ

Bismillāh.

With the Name of Allah.

ABU DAWUD 4/296 · SAHIH

If your mount, or whatever carries you, stumbles or falters, the word is simply Bismillah, the Name of Allah, rather than cursing the moment.

5 The traveller's du'a for those left behind

أَسْتَوِدِعُكُمْ اللَّهَ الَّذِي لَا تَضِيْعُ وَدَائِعُهُ

Astawdi`ukumu 'llāha 'l-ladhi lā taḍī`u wadā'i`uh.

I place you in the trust of Allah, whose trust is never misplaced.

AHMAD 2/403, IBN MAJAH 2/943 · SAHIH

As you depart, you place those who stay in Allah's keeping: His trust, the Prophet ﷺ taught, is never lost or misplaced.

6 Bidding farewell to a traveller

أَسْتَوِدِعُ اللَّهَ دِينَكَ وَأَمَانَتَكَ، وَخَوَاتِيمَ عَمَلِكَ

Astawdi`ullāha dīnak, wa amānatak, wa khawātīma `amalik.

I leave your religion in the care of Allah, as well as your safety, and the last of your deeds.

AHMAD 2/7, AT-TIRMIDHI 5/499 · SAHIH

What those staying behind say to the one setting out, entrusting to Allah's care the three things that matter most: their religion, their safety, and the final deeds of their life.

7 A blessing for the one departing

زَوَّدَكَ اللَّهُ التَّقْوَى، وَغَفَرَ ذَنْبَكَ، وَيَسَّرَ لَكَ الْخَيْرَ حَيْثُمَا كُنْتَ

Zawwadaka 'llāhut-taqwā, wa ghafara dhanbak, wa yassara laka 'l-khayra ḥaythu mā kunt.

May Allah give you piety as your provision, forgive your sins, and make goodness easy for you wherever you are.

AT-TIRMIDHI, 3/155 · SAHIH

قَالَ جَابِرٌ رَضِيَ اللَّهُ عَنْهُ:

When we climbed we declared Allah's greatness (Allahu Akbar), and when we descended we glorified Him (Subhan Allah).

SAHIH AL-BUKHARI (FATH AL-BARI 6/135) · SAHIH

Jabir reported that as they climbed they would say Allahu Akbar, and as they descended they would say Subhanallah, marking the rise and fall of the road with remembrance.

9 A du'a on the journey at dawn

سَمِعَ سَامِعٌ بِحَمْدِ اللَّهِ وَحُسْنِ بَلَائِهِ عَلَيْنَا. رَبَّنَا صَاحِبِنَا وَأَفْضَلِ
عَلَيْنَا عَائِذًا بِاللَّهِ مِنَ النَّارِ

Sami'a sāmi'un biḥamdillāhi wa ḥusni balā'ihī `alaynā. Rabbanā ṣāhibnā, wa afḍil `alaynā, `ā'idhan billāhi minan-nār.

He Who listens has heard that we praise Allah for the good things He gives us. Our Lord, be with us and bestow Your favor upon us. I seek the protection of Allah from the Fire.

MUSLIM 4/2086, THE MEANING OF SAMI' A SĀMI' UN (WHO LISTENS HAS HEARD) IS THAT 'A WITNESS HAS WITNESSED OUR PRAISE OF ALLAH DUE TO HIS BLESSINGS AND FAVOR UPON US · SAHIH

10 When you stop to rest

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

A`ūdhu bikalimāti 'llāhit-tāmmāti min sharri mā khalaq.

I seek refuge in the Perfect Words of Allah from the evil of what He has created.

MUSLIM 4/2080 · SAHIH

On alighting at any place along the way, seek refuge in the Perfect Words of Allah from the evil of what He has created. The Prophet ﷺ taught that whoever says it, nothing will harm him until he leaves that stop.

يَكْبُرُ عَلَى كُلِّ شَرَفٍ ثَلَاثَ تَكْبِيرَاتٍ ثُمَّ يَقُولُ: لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ، وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، آيُونَ، تَائِبُونَ، عَابِدُونَ، لِرَبِّنَا حَامِدُونَ، صَدَقَ اللَّهُ وَعْدَهُ، وَنَصَرَ عَبْدَهُ، وَهَزَمَ الْأَحْزَابَ وَحْدَهُ

From every elevated point say Allāhu Akbar (three times), and then recite:

From every elevated point say Allāhu Akbar (Allah is the Most Great) three times and then recite: None has the right to be worshipped but Allah alone, Who has no partner. His is the dominion and His is the praise, and He is Able to do all things. We return repentant to our Lord, worshipping our Lord, and praising our Lord. He fulfilled His Promise, He aided His slave, and He alone defeated the Confederates.

MUSLIM 2/980 · SAHIH

The homecoming du'a: Allahu Akbar three times from every high point, then declaring Allah's oneness and adding the words of the returning believer, repentant, worshipping and praising, affirming that Allah kept His promise and aided His servant.

THROUGH THE DAY

The Prayer of Istikharah

دعاء الاستخارة

Asking Allah to choose for you when you cannot see which way is best

There are decisions you cannot reason your way through. The marriage, the move, the job, the matter where every path looks reasonable and you simply cannot see which one is good for you. For exactly these, the Prophet ﷺ gave us istikharah: a way of stepping back and asking the One who knows the unseen to choose on our behalf.

قال جابر بن عبد الله رضي الله عنهما : كان رسول الله صلى الله عليه وسلم ، يُعلمنا الاستخارة في الأمور كلها كما يعلمنا السورة من القرآن ، يقول : إذا هم أحدكم بالأمر فليركع ركعتين من غير الفريضة ، ثم ليقل : "اللهم إني أستخيرك بعلمك ، وأستقدرك بقدرتك ، وأسألك من فضلك العظيم فإنك تقدر ولا أقدر ، وتعلم ولا أعلم ، وأنت علام الغيوب ، اللهم إن كنت تعلم أن هذا الأمر - يسمي حاجته - خير لي في ديني ومعاشي وعاقبة أمري - أو قال : عاجله وآجله - فاقدره لي ويسره لي ، ثم بارك لي فيه ، وإن كنت تعلم أن هذا الأمر شر لي في ديني ومعاشي وعاقبة أمري - أو قال : عاجله وآجله - فاصرفه عني واصرفني عنه ، واقدر لي الخير حيث كان ، ثم ارضني به " وما ندم من استخار الخالق ، وشاور الخلقين المؤمنين وثبتت في أمره ، فقد قال سبحانه وشاورهم في الأمر فإذا عزمت فتوكل على الله

Allāhumma innī astakhīruka bi `ilmik, wa astaqdiruka biqdratik, wa as'aluka min faḍlīka 'l-'Azīm, fa'innaka taqdiru wa lā aqdir, wa ta'lamu wa lā a'lam, wa anta `allāmu 'l-ghuyūb, Allāhumma in kunta ta'lamu anna hādha 'l-amra - [then mention the thing to be decided] Khayrun lī fī dīnī wa ma `āshī wa `āqibati amrī - [or say] `ājilīhi wa ājilīh - faqdurhu lī wa yassirhu lī thumma bārik lī fīh, wa in kunta ta'lamu anna hādha 'l-amra sharrun lī fī dīnī wa ma `āshī wa `āqibati 'amrī - [or say] `ājilīhi wa `ājilīhi - faḣrifhu `annī waḣrifnī `anh, waqdur liya 'l-khayra ḣaythu kān, thumma arḣdīnī bih.

"O Allah, I seek the counsel of Your Knowledge, and I seek the help of Your Omnipotence, and I beseech You for Your Magnificent Grace. Surely, You are Capable and I am not. You know and I know not, and You are the Knower of the unseen. O Allah, if You know that this matter [then mention the thing to be decided] is good for me in my religion and in my life and for my welfare in the life to come, - [or say: in this life and the afterlife] - then ordain it for me and make it easy for me, then bless

me in it. And if You know that this matter is bad for me in my religion and in my life and for my welfare in the life to come, - [or say: in this life and the afterlife] - then distance it from me, and distance me from it, and ordain for me what is good wherever it may be, and help me to be content with it."

AL-BUKHARI 7/162 · SAHIH

Recited after the two rak'ahs of istikharah. Where it reaches 'this matter', name your decision to Allah, then ask Him to ordain it and bless it if it is good for you, or turn it away and turn you toward what is better if it is not. Jabir reported that the Prophet ﷺ taught it for all their affairs.

Gatherings

أذكار المجلس

What to say while you sit, and the words that seal it

Every gathering leaves a residue. A sitting that begins well can drift into idle talk, a careless word, a laugh at someone's expense, and we rarely notice the moment it slips. The Prophet ﷺ knew this about human company, and he gave us two gifts for it: words to keep the heart soft while we sit, and words to wipe the slate clean before we stand.

1 Seeking forgiveness as you sit

عن ابن عمر قال : كان يعد لرسول الله صلى الله عليه وسلم في المجلس الواحد مائة مرة من قبل أن يقوم "رب اغفر لي وتب علي إنك أنت التواب الغفور"

Ibn Umar (ra) said:

My Lord, forgive me and accept my repentance; indeed You are the Ever-Relenting, the Most Forgiving.

IBN MAJAH 2/321 · SAHIH

Ibn Umar reported that the Prophet ﷺ would repeat this many times in a single sitting, asking his Lord to forgive him and turn to him in mercy. It keeps the heart returning to Allah even mid-conversation.

2 Kaffarat al-majlis: the expiation of the gathering

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

Subhānaka Allāhumma wa biḥamdik, ash-hadu an lā ilāha illā ant, astaghfiruka wa atību ilayk.

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.

AT-TIRMIDHI 3/153 · SAHIH

The words said before you rise. Aisha reported the Prophet ﷺ sealed every sitting, recitation and prayer with them, and he taught that whoever says them is forgiven whatever idle talk slipped into the gathering.

Difficulty & Distress

أدعية الكرب والهَم

The words the Prophet ﷺ turned to when the weight came down

Some days the weight is real. The diagnosis, the loss, the matter you cannot see your way out of, the people who mean you harm. The Prophet ﷺ knew those days, and he did not meet them with silence. He met them with words, taught to him by the One who alone can lift what presses on a heart.

1 The du'a of distress

لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ السَّمَوَاتِ وَرَبُّ الْأَرْضِ وَرَبُّ الْعَرْشِ الْكَرِيمِ

Lā ilāha illallāh al-'Aẓīm al-Halīm, lā ilāha illallāh Rabbu 'l-'Arshi 'l-'Aẓīm, lā ilāha illallāh Rabbus-samāwāti wa Rabbu 'l-arḍ wa Rabbu 'l-'Arshi 'l-Karīm.

There is none worthy of worship but Allah, the Mighty, the Forbearing. There is none worthy of worship but Allah, Lord of the Magnificent Throne. There is none worthy of worship but Allah, Lord of the heavens and Lord of the earth, and Lord of the Noble Throne.

AL-BUKHARI 8/154, MUSLIM 4/2092 · SAHIH

The du'a al-karb. The Prophet ﷺ would say these words at times of great distress, declaring Allah's greatness and forbearance over whatever is pressing down. When everything feels larger than you, this names the One who is larger than it all.

2 I hope for Your mercy

اللَّهُمَّ رَحْمَتَكَ أَرْجُو فَلَا تَكِلْنِي إِلَى نَفْسِي طَرْفَةَ عَيْنٍ، وَأَصْلِحْ لِي
شَأْنِي كُلَّهُ لَا إِلَهَ إِلَّا أَنْتَ

Allāhumma raḥmataka arjū falā takilnī ilā nafsī ṭarfata `ayn, wa aṣliḥ lī sha'ni kullah, lā ilāha illā ant.

O Allah, I hope for Your mercy. Do not leave me to myself even for the blinking of an eye (i.e. a moment). Correct all of my affairs for me. There is none worthy of worship but You.

ABU DAWUD 4/324, AHMAD 5/42 · HASAN

A du'a for the moment you feel you cannot trust yourself to manage your own affairs. You ask Allah not to leave you to yourself for even a blink, and to set right everything that has gone wrong.

3 The du'a of Yunus

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

Lā ilāha illā anta subḥānaka innī kuntu mināḥ-ẓālimīn.

There is none worthy of worship but You, glory is to You. Surely, I was among the wrongdoers.

AT-TIRMIDHI 5/529 · SAHIH

The words the Prophet Yunus called out from inside the whale's darkness. The Prophet ﷺ said no Muslim ever supplicates with them for anything without Allah answering him. Repeat it when you are in your own dark place.

4 Allah, Allah is my Lord

اللَّهُ اللَّهُ رَبِّي لَا أُشْرِكُ بِهِ شَيْئًا

Allāh, Allāhu Rabbī lā ushriku bihi shay'a.

Allah, Allah is my Lord. I do not associate anything with Him.

ABU DAWUD 2/87 · SAHIH

Taught for moments of anguish and trouble: a simple, firm declaration that returns your heart to the only Lord, refusing to associate anything with Him no matter how the situation shakes you.

5 Against those who wish you harm

اللَّهُمَّ إِنَّا نَجْعَلُكَ فِي نُحُورِهِمْ، وَنَعُوذُ بِكَ مِنْ شُرُورِهِمْ

Allāhumma innā naj`aluka fī nuḥūrihim wa na`ūdhu bika min shurūrihim.

O Allah, we place You before them, and we seek refuge in You from their evil.

ABU DAWUD 2/89, AND AL-HAKIM GRADED IT AUTHENTIC AND ATH-THAHABI AGREED 2/142 · SAHIH

The Prophet ﷺ would say this when he feared a people: asking Allah to restrain them and seeking refuge in Him from their evil, rather than meeting their hostility with his own.

6 You are my strength and my support

اللَّهُمَّ أَنْتَ عَضُدِي، وَأَنْتَ نَصِيرِي، بِكَ أَجُولُ وَبِكَ أَصُولُ وَبِكَ أَقَاتِلُ

Allāhumma anta `aḍudī, wa anta naṣīrī, bika ajūlu, wa bika aṣūlu, wa bika uqātil.

O Allah, You are my strength and You are my support. For Your sake, I go forth and for Your sake, I advance and for Your sake, I fight.

ABU DAWUD 3/42, AT-TIRMIDHI 5/572 · SAHIH

A du'a for facing an opponent or a struggle: you go forward, advance and stand not by your own power but by Allah's.

7 Allah is sufficient for us

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

Ḥasbunallāhu wa ni`mal-wakīl.

Allah is sufficient for us and the best of those on whom to depend.

AL-BUKHARI, 5/172 · SAHIH

Hasbunallahu wa ni'mal-wakil. The words said by Ibrahim when he was thrown into the fire, and by the believers when they were warned of a gathered enemy. When people threaten and you feel outnumbered, this is enough.

8 Be my support against an oppressor

اللَّهُمَّ رَبَّ السَّمَوَاتِ السَّبْعِ، وَرَبَّ الْعَرْشِ الْعَظِيمِ، كُنْ لِي جَارًا مِنْ
فُلَانِ بْنِ فُلَانٍ، وَأَحْزَابِهِ مِنْ خَلَائِقِكَ، أَنْ يَفْرُطَ عَلَيَّ أَحَدٌ مِنْهُمْ أَوْ
يَطْغَى، عَرَّ جَارُكَ، وَجَلَّ ثَنَاؤُكَ، وَلَا إِلَهَ إِلَّا أَنْتَ

Allāhumma Rabbas-samāwātis-sab`i, wa Rabba 'l-'Arshi 'l-'Aẓīm, kun lī jāran min [here you mention the person's name], wa aḥzābihi min khalā'iqik, an yafruṭa `alayya aḥadun minhum aw yaṭghā, `azza jāruk, wa jalla thanā'uk, wa lā ilāha illā ant.

O Allah, Lord of the seven heavens, Lord of the Magnificent Throne, be for me a support against [such and such a person] and his helpers from among your creatures, lest any of them abuse me or do me wrong.

Mighty is Your patronage, and glorious are Your praises. There is none worthy of worship but You.

AL-BUKHARI, AL-ADAB AL-MUFRAD · SAHIH

For when you fear the wrong or abuse of a specific person. Name them quietly to Allah where the du'a leaves the space, and ask the Lord of the seven heavens to stand between you and their harm.

9 Allah is mightier than what I fear

الله أكبر، الله أعز من خلقه جميعاً ، الله أعز مما أخاف وأحذر ، أعوذ
 بالله الذي لا إله إلا هو ، الممسك السموات السبع أن يقعن على
 الأرض إلا بإذنه ، من شر عبدك فلان ، وجنوده وأتباعه وأشياعه ،
 من الجن والأنس ، اللهم كن لي جاراً من شرهم ، جل ثناؤك وعز
 جارك ، وتبارك اسمك ، ولا إله غيرك

*Allāhu Akbar, Allāhu a`azzu min khalqihī jamī`a, Allāhu a`azzu mim mā akhāfu
 wa aḥḍhar, a`ūdhu billāhi 'l-ladhī lā ilāha illā hū, almumsikis-samāwātis-sab`i
 an yaqa`na `ala 'l-arḍi illā bi idhnih, min sharri `abdika [name of the person],
 wa junūdihī wa atbā`ihī wa ashyā`ih, mina 'l-jinni wa 'l-ins, Allāhumma kun lī
 jāran min sharrihim, jalla thanā`uk, wa `azza jāruk, wa tabāraka-smuk, wa lā
 ilāha ghayruk.*

Allah is the Most Great, Mightier than all His creation. He is Mightier than what I fear and dread. I seek refuge in Allah, Who there is none worthy of worship but Him. He is the One Who holds the seven heavens from falling upon the earth except by His command. [I seek refuge in You Allah] from the evil of Your slave [name of the person], and his helpers, his followers, and his supporters from among the jinn and mankind. O Allah, be my support against their evil. Glorious are Your praises and mighty is Your patronage. Blessed is Your Name, there is no true God but You. (Recite three times in Arabic.)

AL-BUKHARI, 5/172 · SAHIH

A fuller refuge against the evil of a person you dread, and their helpers, from among the jinn and mankind. It reminds you, before it asks for anything, that Allah is mightier than the very thing you are afraid of.

10 O Revealer of the Book, against the gathered foe

اللَّهُمَّ مُنْزِلَ الْكِتَابِ سَرِيعَ الْحِسَابِ اهْزِمِ الْأَحْزَابَ اللَّهُمَّ اهْزِمِهِمْ وَزَلِّزِهِمْ

Allāhumma munzila 'l-kitāb, sarī'a 'l-ḥisāb, ihzimi 'l-aḥzāb, Allāhumma-hzimhum wa zalzilhum.

O Allah, Revealer of the Book, Swift to account, defeat the groups (of disbelievers). O Allah, defeat them and shake them.

MUSLIM 3/1362 · SAHIH

The Prophet ﷺ called on Allah with these words against the confederates who came against Madinah. A du'a for when forces seem arrayed against the truth.

11 Suffice me against them however You wish

اللَّهُمَّ اكْفِنِيهِمْ بِمَا شِئْتَ

Allāhummak-finīhim bimā shi't.

O Allah, suffice (i.e. protect) me against them however You wish.

MUSLIM 4/2300 · SAHIH

A short, total handing-over: you do not dictate the how, you simply ask Allah to deal with those who threaten you in whatever way He chooses.

12 There is no ease but what You make easy

اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهُ سَهْلًا، وَأَنْتَ تَجْعَلُ الْحَزْنَ إِذَا شِئْتَ سَهْلًا

Allāhumma lā saḥla illā ma ja'altahu saḥla wa anta taj'alu 'l-ḥazna idhā shi'ta saḥla.

O Allah, there is no ease other than what You make easy. If You please You ease sorrow.

IBN HIBBAN IN HIS SAHIH , AND IBN AS- SUNNI · SAHIH

For the matter that looks impossible. You admit that ease itself is in Allah's hands, and that He can turn the very hardship you are facing into something soft and passable.

قَدَرَ اللهُ وَمَا شَاءَ فَعَلَ

Qaddarallāhu wa mā shā'a fa`al.

It is the Decree of Allah and He does whatever He wills.

MUSLIM 4/2052 · SAHIH

For when something unwanted has already happened. The Prophet ﷺ taught us to say this rather than 'if only I had...!', which only opens the door to regret. It is acceptance, not defeat: the past is in His hands, so you turn your strength toward what is still ahead.

THROUGH THE DAY

Nature & Weather

أذكار المطر والرياح

The remembrances for wind, rain, and the turning sky

The weather was never just weather to the Prophet ﷺ. A wind that picked up, a roll of thunder, the first heavy drops on the roof, the thin curve of a new moon over the rooftops: each one moved him to turn to Allah. Not with worry, but with words. He read the sky as a message and answered it with du'a.

1 When the wind blows

اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَهَا، وَأَعُوذُ بِكَ مِنْ شَرِّهَا

Allāhumma innī as'aluka khayrahā, wa a'ūdhu bika min sharrihā.

O Allah, I ask You for the good of it, and seek refuge in You against its evil.

ABU DAWUD 4/326, IBN MAJAH 2/1228 · SAHIH

When the wind picked up, the Prophet ﷺ would ask Allah for its good and seek refuge from its harm, afraid it might carry punishment. A short line for the moment a gust unsettles you.

2 When the wind blows (the fuller du'a)

اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَهَا، وَخَيْرَ مَا فِيهَا، وَخَيْرَ مَا أُرْسِلَتْ بِهِ،
وَأَعُوذُ بِكَ مِنْ شَرِّهَا، وَشَرِّ مَا فِيهَا، وَشَرِّ مَا أُرْسِلَتْ بِهِ

Allāhumma innī as'aluka khayrahā, wa khayra mā fīhā, wa khayra mā ursilat bih, wa a'ūdhu bika min sharrihā, wa sharri mā fīhā, wa sharri mā ursilat bih.

O Allah, I ask You for the good of it, for the good of what it contains, and for the good of what is sent with it. I seek refuge in You from the evil of it, from the evil of what it contains, and from the evil that is sent with it.

MUSLIM 2/616, AL-BUKHARI 4/76 · SAHIH

A longer version: asking for the good of the wind, the good within it, and the good of what it was sent with, and seeking refuge from the matching evils.

3 When you hear thunder

سُبْحَانَ الَّذِي يُسَبِّحُ الرَّعْدُ بِحَمْدِهِ، وَالْمَلَائِكَةُ مِنْ خِيفَتِهِ

Subhāna 'l-ladhī yusabbiḥur-ra`du bi ḥamdihi wa 'l-malā'ikatu min khīfatih.

Glory is to Him Whom thunder and angels glorify due to fear of Him.

WHENEVER ABDULLAH BIN ZUBAIR (RA) WOULD HEAR THUNDER, HE WOULD ABANDON ALL CONVERSATION AND SAY THIS SUPPLICATION · SAHIH

Reported as the practice of Abdullah ibn az-Zubayr (a Companion): when he heard thunder he would leave off speaking and say this, glorifying the One whom even the thunder extols.

4 Asking for rain

اللَّهُمَّ اسْقِنَا غَيْثًا مُغِيثًا مَرِيئًا مَرِيعًا، نَافِعًا غَيْرَ ضَارٍ، عَاجِلًا غَيْرَ آجِلٍ

Allāhumma 'asqinā ghaythan mughīthan marī'an murī'a, nāfi'an ghayra ḍārr, `ājilan ghayra ājil.

O Allah, shower upon us abundant rain, beneficial not harmful, swiftly and not delayed.

ABU DAWUD 1/303 · SAHIH

A du'a of istisqa: asking Allah for abundant, beneficial rain that comes swiftly and is not delayed.

5 O Allah, send us rain

اللَّهُمَّ اغْنِنَا، اللَّهُمَّ اغْنِنَا، اللَّهُمَّ اغْنِنَا

Allāhumma aghithnā, Allāhumma aghithnā, Allāhumma aghithnā.

O Allah, send us rain. O Allah, send us rain. O Allah, send us rain.

AL-BUKHARI 1/224, MUSLIM 2/613 · SAHIH

The Prophet ﷺ said this three times when the people came to him in drought, raising his hands in plea.

6 Rain for Your servants and Your land

اللَّهُمَّ اسْقِ عِبَادَكَ وَبَهَائِمَكَ، وَأَنْشُرْ رَحْمَتَكَ وَأُحْيِي بَلَدَكَ الْمَيِّتَ

Allāhumma'sqi 'ibādaka wa bahā'imak, wanshur raḥmatak, wa aḥyi baladaka 'l-mayyit

O Allah, give water to Your slaves, and Your livestock, and spread Your mercy, and revive Your dead land.

ABU DAWUD 1/305 · HASAN

Asking Allah to water His servants and their livestock, spread His mercy, and bring the dead earth back to life.

7 When the rain begins

اللَّهُمَّ صَيِّبًا نَافِعًا

Allāhumma ṣayyiban nāfi'a.

O Allah, (bring) beneficial rain clouds.

SAHIH AL-BUKHARI (FATH AL-BARI 2/518) · SAHIH

The Prophet ﷺ said this as the rain started falling, asking that it be made beneficial. Rain is a time when du'a is answered, so ask freely.

مُطِرْنَا بِفَضْلِ اللَّهِ وَرَحْمَتِهِ

Muṭīrnā bifaḍlillāhi wa raḥmatih.

We have been given rain by the grace and mercy of Allah.

AL-BUKHARI 1/205, MUSLIM 1/83 · SAHIH

The Prophet ﷺ taught us to credit the rain to Allah's grace and mercy, not to the stars or the season, returning every blessing to its true Giver.

9 When the rain is too heavy

اللَّهُمَّ حَوَالَيْنَا وَلَا عَلَيْنَا، اللَّهُمَّ عَلَى الْأَكَامِ وَالْظَّرَابِ، وَبُطُونِ الْأَوْدِيَةِ،
وَمَنَابِتِ الشَّجَرِ

Allāhumma ḥawālaynā wa lā `alaynā. Allāhumma `ala 'l-ākāmi waḥ-ẓirāb, wa buṭūni 'l-awdiyati, wa manābitish-shajar.

O Allah, let the rain fall around us and not upon us, O Allah, (let it fall) on the pastures, hills, valleys, and the roots of trees.

AL-BUKHARI 1/224, MUSLIM 1/614 · SAHIH

When the downpour threatened harm, the Prophet ﷺ did not ask for it to stop, but to be turned aside onto the hills, valleys and pastures, away from the people.

اللَّهُ أَكْبَرُ، اللَّهُمَّ أَهْلُهُ عَلَيْنَا بِالْأَمْنِ وَالْإِيمَانِ، وَالسَّلَامَةِ وَالْإِسْلَامِ،
وَالْتَوْفِيقِ لِمَا تُحِبُّ رَبَّنَا وَتَرْضَى، رَبُّنَا وَرَبُّكَ اللَّهُ

Allāhu Akbar, Allāhumma ahillahu `alayna bi 'l-amni wa 'l-īmān, was-salāmati wa 'l-'Islām, wat-tawfīqi limā tuḥibbu Rabbanā wa tarḍā, Rabbunā wa Rabbukallāh.

Allah is the Most Great. O Allah, bring us the new moon with security and Faith, with peace and in Islam, and in harmony with what our Lord loves and what pleases Him. Our Lord and your Lord is Allah.

AT-TIRMIDHI 5/504, AD-DARIMI 1/336 · SAHIH

The Prophet ﷺ greeted each new moon with this, welcoming the new month with security, faith and peace, and in harmony with what Allah loves.

For Other People

أذكار العشرة والصحبة

The words of good companionship

Faith is not only what passes between you and Allah in private. It also shows in how you answer the person in front of you: the one who did you a kindness, the one who told you they love you for Allah's sake, the one who prayed for you, the one who praised you to your face. The sunnah gives you words for each of these too.

1 Returning a greeting or kindness: "And you"

وَلَّكَ

Walaka

And you.

AHMAD 5/82, AND AN-NASA'I IN 'AMALUL-YAWM WAL-LAYLAH P

A simple reply that turns a kind word back toward the one who offered it.

2 Thanking someone: "May Allah reward you with good"

جَزَاكَ اللهُ خَيْرًا

Jazākallāhu khayra.

May Allah reward you with good.

AT-TIRMIDHI · SAHIH

Jazak Allahu khayran. The Prophet ﷺ said whoever says this to the one who did him good has given him the fullest praise, handing the reward to the only One who can truly repay it.

3 When someone says "I love you for Allah's sake"

أَحَبُّكَ الَّذِي أَحْبَبْتَنِي لَهُ

Aḥabbaka 'līdhī aḥbābtanī lah.

May He for Whose sake you love me, love you.

ABU DAWUD 4/333 · HASAN

Ahabbakal-ladhi ahabbtani lah. You meet love for Allah's sake with a du'a that the same love be answered by Allah Himself.

4 Blessing the one who feeds or hosts you

بَارَكَ اللَّهُ لَكَ فِي أَهْلِكَ وَمَالِكَ

Bārakallāhu laka fī ahlīka wa mālik.

May Allah bless you in your family and your property.

SAHIH AL-BUKHARI (FATH AL-BARI 4/88) · SAHIH

Asking Allah to bless your host in their family and their wealth, a du'a the Prophet ﷺ would make for those who served him.

5 When a loan is repaid

بَارَكَ اللَّهُ لَكَ فِي أَهْلِكَ وَمَالِكَ، إِنَّمَا جَزَاءُ السَّلْفِ الْحَمْدُ وَالْأَدَاءُ

Bārakallāhu laka fī ahlīka wa mālik, innamā jazā'us-salafī 'l-ḥamdu wa'l-adā'.

May Allah bless you in your family and your wealth, surely the reward for a loan is praise and returning (what was borrowed).

IBN MAJAH 2/809 · SAHIH

A blessing for the one who lent to you: the reward for a loan is heartfelt praise and returning what was borrowed.

6 Replying to a blessing: "And may Allah bless you"

وَفِيكَ بَارَكَ اللَّهُ

Wafīka bārakallāh.

And may Allah bless you.

IBN AS-SUNNI, P

Wa fika barakallah. When someone says barakallahu fik, you return the blessing to them in kind.

7 When you must praise someone to their face

قال صلى الله عليه وسلم: "إِذَا كَانَ أَحَدُكُمْ مَادِحاً صَاحِبَهُ لَا مَحَالَةَ فَلْيَقُلْ:
أَحْسِبُ فُلَانًا وَاللَّهُ حَسِيبُهُ، وَلَا أُرِي عَلَى اللَّهِ أَحَدًا، أَحْسِبُهُ - إِنْ كَانَ
يَعْلَمُ ذَاكَ - كَذَا وَكَذَا"

If any of you praises his companion then let him say:

If any of you praises his companion then let him say: I consider (such and such a person), and Allah is his Assessor, (meaning: and I cannot claim anyone to be pious before Allah) if you know of this (good character trait in the person) to be such and such (saying what he thinks is praiseworthy in that person).

MUSLIM 4/2296 · SAHIH

The Prophet ﷺ taught that if you must praise a companion, say only what you genuinely see and add that Allah is his true assessor, for you cannot declare anyone pure before Allah.

8 When you are the one being praised

اللَّهُمَّ لَا تُؤَاخِذْنِي بِمَا يَقُولُونَ وَأَغْفِرْ لِي مَا لَا يَعْلَمُونَ [وَأَجْعَلْنِي خَيْرًا مِمَّا
يُظُنُّونَ]

Allāhumma lā tu'ākhidhnī bimā yaqūlūn, waghfir lī mā lā ya`lamūn [waj'alnī khayran mimmā yaẓunnūn].

O Allah, do not call me to account for what they say and forgive me for what they have no knowledge of [and make me better than they imagine].

AL-BUKHARI, AL-ADAB AL-MUFRAD 761 · SAHIH

Turn the praise into a du'a: ask Allah not to hold you to account for what they say, to forgive what they do not know, and to make you better than they imagine.

Protecting Your Faith

دفع الوسوسة والشيطان

What to do when doubt whispers, and how to drive Shaytan away

Sometimes the attack does not come from outside at all. It comes as a whisper: a thought about Allah you would never speak aloud, a question about your own belief that arrives unbidden and leaves you shaken. Many sincere believers carry this in silence, afraid that the whisper itself is proof their faith has failed.

1 Seek refuge, and stop

يَسْتَعِذُّ بِاللَّهِ. يَنْتَرِي عَمَّا شَكَّ فِيهِ

A`udhu billāh

He should seek refuge in Allah and stop pursuing the thought.

MUSLIM 1/120 · SAHIH

The Prophet ﷺ said that when Shaytan throws a doubt at you, asking 'who created this, who created that' until he asks 'who created Allah', you should seek refuge in Allah and cease. The whisper dies the moment you refuse to follow it.

2 I believe in Allah and His messengers

يقول "آمنت بالله ورسله"

Āmantu billāhi wa Rusulih.

I believe in Allah and His Messengers.

MUSLIM, 1/119-20 · SAHIH

The other half of the response: instead of engaging the doubt, you answer it with a clear affirmation of faith. Belief stated plainly is the cure for belief questioned.

3 He is the First and the Last

يَقْرَأُ قَوْلَهُ تَعَالَى (هُوَ الْأَوَّلُ، وَالْآخِرُ، وَالظَّاهِرُ، وَالْبَاطِنُ، وَهُوَ بِكُلِّ شَيْءٍ عَلِيمٌ)

Huwa 'l-Awwalu wa 'l-Ākhir, waẓ-Zāhiru wal-Bāṭin, wa huwa bikulli shay'in 'Alīm.

(Recite the Ayat) He is the First and the Last, the Most High and the Most Near. And He is the Knower of all things (in Arabic).

ABU DAWUD 4/329 · HASAN

Reciting this verse (al-Hadid 57:3) is taught as a remedy when persistent whispers will not leave, anchoring the heart in Allah's eternity and nearness when the mind is being pulled in circles.

4 Seek refuge from the outcast Shaytan

الاستعاذة بالله منه

A`ūdhu billāhi minash-shayṭānir-rajīm.

Seeking refuge with Allah against him (i.e. by saying I seek refuge in Allah from Satan the outcast).

ABU DAWUD 1/206, AT-TIRMIDHI · SAHIH

The plain weapon against him: A'udhu billahi min ash-shaytan ir-rajim, taught in the Qur'an itself as the response to his provocation.

5 The call to prayer

الْأَذَانُ

The call to prayer - 'Athan.

MUSLIM 1/291, AL-BUKHARI 1/151 · SAHIH

The Prophet ﷺ said that when the adhan is called, Shaytan turns and flees. The very announcement of prayer drives him off.

الذِّكْرُ وَقِرَاءَةُ الْقُرْآنِ

Saying words of Allah's remembrance (Thikr) and recitation of the Qur'an.

MUSLIM 1/539 · SAHIH

Shaytan flees the home in which Surah al-Baqarah is recited, and saying La ilaha illallah... a hundred times is a protection from him for the day. A heart kept busy with dhikr leaves him no room.

7 Guarding against the Dajjal

وَالْأَسْتِعَاذَةُ بِاللَّهِ مِنْ فِتْنَتِهِ عَقِبَ التَّشَهُدِ الْأَخِيرِ مِنْ كُلِّ صَلَاةٍ

Whoever memorizes ten 'Ayat (Verses) from the beginning of Surat Al-Kahf, will be protected from the False Messiah if he recites in every prayer after the final Tashahhud before ending the prayer, seeking the protection of Allah from the trials of the False Messiah.

MUSLIM 1/555, ANOTHER VERSION MENTIONS THE LAST TEN 'AYAT, MUSLIM 1/556 · SAHIH

Whoever memorises the first ten verses of Surah al-Kahf is protected from the trial of the Dajjal.

8 Refuge from hidden shirk

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ أَنْ أَشْرِكَ بِكَ وَأَنَا أَعْلَمُ، وَأَسْتَغْفِرُكَ لِمَا لَا أَعْلَمُ

Allāhumma innī a`ūdhu bika an ushrika bika wa anā a`lam, wa astaghfiruka limā lā a`lam.

O Allah, I seek refuge in You lest I associate anything with You knowingly, and I seek Your forgiveness for what I know not.

AHMAD 4/403 · SAHIH

The Prophet ﷺ taught this against shirk so subtle he likened it to the creeping of an ant, unseen even by the one who falls into it.

9 When a bad omen unsettles you

اللَّهُمَّ لَا طَيْرَ إِلَّا طَيْرُكَ، وَلَا خَيْرَ إِلَّا خَيْرُكَ، وَلَا إِلَهَ إِلَّا غَيْرُكَ

Allāhumma lā ṭayra illā ṭayruk, wa lā khayra illā khayruk, wa lā ilāha ghayruk.

O Allah there is no portent other than Your portent, no goodness other than Your goodness, and none worthy of worship other than You.

AHMAD 2/220 · HASAN

There is no truth in omens. This du'a hands all good and all power back to Allah and walks on.

Hajj & Umrah

أذكار الحج والعمرة

The adhkar of the pilgrim through the rites

Hajj is a journey the body makes, but it is the tongue that keeps the heart in step. From the moment you enter ihram, the rites move you from one station to the next, and at each one the Prophet ﷺ left words: a call answered, a verse recited, the oneness of Allah declared on a mountain. To know the adhkar is to walk the path the way it was walked.

1 The talbiyah

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ، لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ، إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ
وَالْمُلْكَ، لَا شَرِيكَ لَكَ

Labbayk-Allāhumma labbayk, labbayka lā sharīka laka labbayk, inna 'l-ḥamda, wanni`mata, laka wa 'l-mulk, lā sharīka lak.

I am here at Your service, O Allah, I am here at Your service. I am here at Your service, You have no partner, I am here at Your service. Surely the praise, and blessings are Yours, and the dominion. You have no partner.

MUSLIM 2/841 · SAHIH

The pilgrim's answer to Allah's call, 'Here I am at Your service.' Begun at ihram and repeated abundantly, with the voice raised, until the first pillar is stoned. The sound of Hajj itself.

طَافَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ بِالْبَيْتِ عَلَى بَعِيرٍ كَمَا أَتَى الرُّكْنَ أَشَارَ إِلَيْهِ بِشَيْءٍ عِنْدَهُ وَكَبَّرَ

Allah is the Most Great. (Said while facing the Black Stone at the start of each circuit of tawaf.)

SAHIH AL-BUKHARI (FATH AL-BARI 3/476) · SAHIH

During tawaf, each time he passed the corner of the Black Stone the Prophet ﷺ would point toward it and say Allahu Akbar. The remembrance that marks every circuit around the House.

3 Between the two corners

1X

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Our Lord, give us in this world [that which is] good and in the Hereafter [that which is] good and protect us from the punishment of the Fire.

QUR'AN · AL-BAQARAH 2:201

Recited during tawaf between the Yemeni corner and the Black Stone: the Qur'anic verse asking for good in this world and the next and refuge from the Fire (al-Baqarah 2:201), the most comprehensive request a heart can make.

4 On Safa and Marwah

3X

الْحَدِيثُ. وَفِيهِ: فَفَعَلَ عَلَى الْمَرْوَةِ كَمَا فَعَلَ عَلَى الصَّفَا

Whenever the Prophet (ﷺ) approached Mount Safa, he would recite:

Indeed, as-Safa and al-Marwah are among the symbols of Allah; I begin with what Allah began with. (Then, facing the qiblah on the hill: Allahu Akbar, and there is no god but Allah alone, with praise and supplication.)

MUSLIM 2/888 · SAHIH

The remembrance of the sa'i. Facing the Ka'bah on each hill, the Prophet ﷺ declared Allah's oneness and greatness, affirmed that He kept His promise and aided His servant, then made personal du'a, repeating it three times on each.

خير الدعاء دعاء يوم عرفة ، وخير ما قلت أنا والنبيون من قبلي : لا إله إلا الله وحده لا شريك له ، له الملك وله الحمد وهو على كل شيء قدير

Lā 'ilāha 'illallāhu waḥdahu lā sharīka lahu, lahul-mulku wa lahul-ḥamdu wa huwa `alā kulli shay'in qadīr.

None has the right to be worshipped but Allah Alone, Who has no partner. His is the dominion and His is the praise, and He is Able to do all things.

AT-TIRMIDHI 3/184, AND ALSO SILSILATUL-'AHADITH AS-SAHIHAH 4/6 · HASAN

The Prophet ﷺ said the best du'a is the du'a of the Day of Arafah, and the best of what he and the prophets before him said was this declaration of Allah's oneness. The heart of the entire Hajj.

6 At Muzdalifah

رَكِبَ صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ الْقَصْوَاءَ حَتَّى أَتَى الْمَشْعَرَ الْحَرَامَ فَاسْتَقْبَلَ
الْقِبْلَةَ فَدَعَاهُ، وَكَبَّرَهُ، وَهَلَّلَهُ، وَوَحَّدَهُ فَلَمْ يَزَلْ وَاقِفًا حَتَّى أَصْفَرَ جَدًّا
فَدَفَعَ قَبْلَ أَنْ تَطْلُعَ الشَّمْسُ

(At al-Mash'ar al-Haram, facing the qiblah: declaring Allah's greatness, His oneness, and supplicating until daybreak.)

MUSLIM 2/891 · SAHIH

At al-Mash'ar al-Haram the Prophet ﷺ faced the qiblah and stood in du'a, magnifying Allah and declaring His oneness, until the sky grew light, leaving just before sunrise.

يُكَبِّرُ كُلَّمَا رَمَى بِحَصَاةٍ عِنْدَ الْجَمَارِ الثَّلَاثِ، ثُمَّ يَتَقَدَّمُ، وَيَقِفُ يَدْعُو
مُسْتَقْبِلَ الْقِبْلَةِ، رَافِعًا يَدَيْهِ بَعْدَ الْجَمْرَةِ الْأُولَى وَالثَّانِيَةَ. أَمَّا جَمْرَةُ الْعَقَبَةِ
فَيَرْمِيهَا وَيُكَبِّرُ عِنْدَ كُلِّ حَصَاةٍ وَيَنْصَرِفُ وَلَا يَقِفُ عِنْدَهَا

Allah is the Most Great. (Said with each pebble cast at the jamarat.)

SAHIH AL-BUKHARI (FATH AL-BARI 3/581) · SAHIH

The Prophet ﷺ said Allahu Akbar with each pebble thrown at the three pillars. After the first and second he would step forward, face the qiblah, raise his hands and make du'a; after the last he left without standing.

THROUGH THE DAY

Money & Shopping

أدعية المال والسوق

Keeping Allah in mind where the world is loudest

The marketplace is where the heart is most easily pulled away. It is loud, it is busy, and it asks you to forget. The Prophet ﷺ called it the most beloved place to the shaytan, and he gave the believer words to carry into it, words that turn a place of forgetfulness into a place of remembrance and reward.

1 Make the lawful enough for me

اللَّهُمَّ اكْفِنِي بِحَلَالِكَ عَنْ حَرَامِكَ، وَأَغْنِنِي بِفَضْلِكَ عَمَّنْ سِوَاكَ

Allāhummak-finī biḥalālīka `an ḥarāmīk, wa 'aghni-nī bi faḍlīka `amman siwāk.

O Allah, suffice me with what You have allowed instead of what You have forbidden, and make me independent of all others besides You.

AT-TIRMIDHI 5/560 · SAHIH

A plea that Allah suffice you with what He has made lawful so you never need what He has forbidden, and free you of all need for anyone besides Him. The root of contentment with your provision.

2 Refuge from worry and debt

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَالْعَجْزِ وَالْكَسَلِ، وَالْبُخْلِ وَالْجُبْنِ،
وَضَلَعِ الدِّينِ وَغَلْبَةِ الرِّجَالِ

Allāhumma innī a`ūdhu bika mina 'l-ḥammi wa 'l-ḥazan, wa 'l-'ajzi wa 'l-kasal, wa 'l-bukhlī wa 'l-jubn, wa ḡala`id-dayni wa ghalabatir-rijāl.

O Allah! I seek refuge with You from worry and grief, from incapacity and laziness, from cowardice and miserliness, from being heavily in debt and from being overpowered by (other) men.

AL-BUKHARI 7/158 · SAHIH

The Prophet's ﷺ refuge from worry and grief, incapacity and laziness, miserliness and cowardice, and the two burdens that crush a person: heavy debt and being overpowered by others.

3 The du'a of the marketplace

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، يُحْيِي وَيُمِيتُ
وَهُوَ حَيٌّ لَا يَمُوتُ، بِيَدِهِ الْخَيْرُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Lā ilāha illallāh waḥdahū lā sharīka lah, Lahu 'l-mulku wa lahu 'l-ḥamd, Yuḥyī wa yumīt, wa huwa ḥayyun lā yamūt, Biyadihi 'l-khayr, wa huwa `alā kulli shay'in Qadīr.

None has the right to be worshipped but Allah alone, Who has no partner. His is the dominion and His is the praise. He brings life and He causes death, and He is living and does not die. In His Hand is all good, and He is Able to do all things.

AT-TIRMIDHI 5/291, AND AL-HAKIM 1/538 · HASAN

Said as you enter the market. The Prophet ﷺ taught that whoever declares Allah's oneness here has a million good deeds written, a million sins erased, and is raised a million ranks; for the market is where hearts forget, and to remember Allah in it is precious.

Marriage & Children

أدعية الزواج والأولاد

The du'as for the home you are building

A home does not begin with the keys or the furniture. It begins with a few words handed up to Allah: bless this, keep the shaytan out of it, let what grows here be good. The Prophet ﷺ gave the believers exactly those words, for the day two people are joined, for the night they come together, and for the children Allah trusts to their care.

1 Congratulating new parents (and the reply)

بَارَكَ اللهُ لَكَ فِي الْمَوْهُوبِ لَكَ، وَشَكَرْتَ الْوَاهِبَ، وَبَلَغَ أَشُدَّهُ، وَرَزَقْتَ
بِرِّه. وَيُرَدُّ عَلَيْهِ الْمَهْنَةُ فَيَقُولُ: بَارَكَ اللهُ لَكَ وَبَارَكَ عَلَيْكَ، وَجَزَاكَ اللهُ
خَيْرًا، وَرَزَقَكَ اللهُ مِثْلَهُ، وَأَجْزَلَ ثَوَابِكَ

Bārakallāhu laka fi 'l-mawhūbi lak, wa shakarta 'l-wāhib, wa balagha ashuddah, wa ruziqta birrah. The reply of the person being congratulated is to say:

May Allah bless you with His gift to you, and may you (the new parent) give thanks, may the child reach the maturity of years, and may you be granted its righteousness. The reply of the person being congratulated is to say: May Allah bless you, and shower His blessings upon you, and may Allah reward you well and bestow upon you its like and reward you abundantly

AN-NAWAWI, AL-ADHKARP · SAHIH

The words to greet a new birth: a prayer that Allah bless the gift, that the parents give thanks, and that the child reach maturity in righteousness. The parent then replies, asking Allah to reward and bless the one who came to congratulate them.

2 Seeking refuge for a child

كان رسول الله صلى الله عليه وسلم يعوذ الحسن والحسين " أعيدكما
بكلمات الله التامة ، من كل شيطان وهامة ، ومن كل عين لامة "

The Prophet (ﷺ) used to seek Allah's protection for Al-Hasan and Al-Husain by saying:

I seek protection for you in the Perfect Words of Allah from every devil and every beast, and from every envious blameworthy eye.

AL-BUKHARI4/119 · SAHIH

The Prophet ﷺ would say this over his grandsons al-Hasan and al-Husayn, seeking their protection in the Perfect Words of Allah from every devil, every harmful creature, and every envious eye. A shield to keep over your own children.

3 For the newly married

بَارَكَ اللهُ لَكَ، وَبَارَكَ عَلَيْكَ، وَجَمَعَ بَيْنَكُمَا فِي خَيْرٍ

Bārakallāhu lak, wa bāraka `alayk, wa jama`a baynakumā fī khayr.

May Allah bless you, and shower His blessings upon you, and join you together in goodness.

AT-TIRMIDHI 1/316 · SAHIH

What you say to a couple just married: that Allah bless each of them, pour His blessing over them, and join them together in goodness. The du'a to greet a new marriage with.

إِذَا تَزَوَّجَ أَحَدُكُمْ امْرَأَةً، أَوْ إِذَا اشْتَرَى خَادِمًا فَلْيَقُلْ: اللَّهُمَّ إِنِّي أَسْأَلُكَ
خَيْرَهَا، وَخَيْرَ مَا جَبَلْتَهَا عَلَيْهِ، وَأَعُوذُ بِكَ مِنْ شَرِّهَا، وَشَرِّ مَا جَبَلْتَهَا عَلَيْهِ،
وَإِذَا اشْتَرَى بَعِيرًا فَلْيَأْخُذْ بِذُرْوَةِ سَنَامِهِ وَلْيَقُلْ مِثْلَ ذَلِكَ

When any of you marries a woman or purchases a maid-servant then let him say:

When any of you marries a woman or purchases a maid-servant then let him say: O Allah, I ask You for the goodness of her, and the goodness upon which You have created her, and I seek refuge in You from the evil of her, and from the evil upon which You have created her. If you purchase a camel then take hold of the top of its hump and say the same.

ABU DAWUD 2/248 AND IBN MAJAH 1/617 · SAHIH

Taught for the start of a marriage: asking Allah for the goodness in her and the goodness she was created upon, and seeking refuge from any evil in her or in her nature. A du'a of trust at the very beginning.

5 Before intimacy

بِسْمِ اللَّهِ اللَّهُمَّ جَنِّبْنَا الشَّيْطَانَ، وَجَنِّبِ الشَّيْطَانَ مَا رَزَقْتَنَا

Bismillāh. Allāhumma jannibnash-Shayṭān, wa jannibish-Shayṭāna mā razaqtanā.

With the Name of Allah. O Allah, keep the Devil away from us, and keep the Devil away from that which You provide for us.

AL-BUKHARI 6/141, MUSLIM 2/1028 · SAHIH

Said quietly between husband and wife. The Prophet ﷺ taught that if a child is decreed from a union begun with these words, the shaytan will never be able to harm it.

Death & Grief

أذكار الموت والعزاء

What to say when someone is dying, when they pass, and after

If you are reading this beside a hospital bed, or in the first raw hours after losing someone you love, then before anything else: may Allah be gentle with you, and gentle with the one you are carrying in your heart. There is nothing you have to perform here. These are simply the words the Prophet ﷺ left us for exactly this, so that when grief takes the words away, you have his to lean on.

1 The dying person's own prayer

اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي وَأَلْحِقْنِي بِالرَّفِيقِ الْأَعْلَى

Allāhumma'ghfir lī warḥamnī wa alḥiqnī bir-rafīqi 'l-'A`alā.

O Allah, forgive me and have mercy upon me, and join me with the highest companions (in Paradise).

AL-BUKHARI7/10, MUSLIM 4/1893 · SAHIH

Among the last words of the Prophet ﷺ. If the one who is dying can still speak, these are beautiful words for them to repeat; the highest companions are the prophets and the righteous in Paradise.

2 What the Prophet ﷺ said as he was dying

جعل النبي صلى الله عليه وسلم عند موته يدخل يديه في الماء فيمسح
بهما وجهه ويقول: لا إله إلا الله إن للموت لسكرات

As he was dying, the Prophet (ﷺ) dipped his hands in water and wiped his face saying:

There is none worthy of worship but Allah, surely death has agonies.

SAHIH AL-BUKHARI (FATH AL-BARI 8/144) · SAHIH

In his final moments he dipped his hand in water, wiped his face, and acknowledged that death has its agonies, yet still affirmed there is none worthy of worship but Allah. Even the best of creation found death hard; if it is hard for you or your loved one, you are not failing.

3 Gently reminding the dying to affirm Allah

لا إله إلا الله وألله أكبر، لا إله إلا الله وحده، لا إله إلا الله وحده
لا شريك له، لا إله إلا الله له الملك وله الحمد، لا إله إلا الله ولا حول
ولا قوة إلا بالله

Lā ilāha illallāh wallāhu Akbar, lā ilāha illallāhu waḥdah, lā ilāha illallāh waḥdahu lā sharīka lah, lā ilāha illallāh lahu 'l-mulku wa lahu 'l-ḥamd, lā ilāha illallāh wa lā ḥawla wa lā quwwata illā billāh.

There is none worthy of worship but Allah, Allah is the Most Great. None has the right to be worshipped but Allah alone. None has the right to be worshipped but Allah alone, Who has no partner. There is none worthy of worship but Allah, His is the dominion and His is the praise. There is none worthy of worship but Allah, there is no power and no might but by Allah.

AT-TIRMIDHI 3/152 AND SAHIH IBN MAJAH 2/317 · SAHIH

The Prophet ﷺ said: prompt your dying to say 'la ilaha illa Allah'. Remind them softly and without pressure, hoping it will be among their last words; you need not make them repeat it once they have said it.

4 Whoever's last words are these enters Paradise

من كان آخر كلامه "لا إله إلا الله" دخل الجنة

Lā ilāha illallāh

Whoever's last words are 'There is no god but Allah' will enter Paradise.

ABU DAWUD 3/190 · SAHIH

The Prophet ﷺ promised that whoever's final words in this life are 'la ilaha illa Allah' will enter Paradise. This is why we long for these words at the end, for ourselves and for those we love.

5 When loss strikes: we belong to Allah

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ ، اللَّهُمَّ أَجْرُنِي فِي مُصِيبَتِي ، وَاخْلُفْ لِي خَيْرًا مِنْهَا

Innā lillāhi wa innā ilayhi rāji`ūn, Allāhumma-jurni fī muṣībatī wa 'khluf lī khayran minhā.

O Allah, reward me in my affliction and replace it for me with something better than it.

MUSLIM 2/632 · SAHIH

The du'a of the one struck by calamity, from the Qur'an. The Prophet ﷺ taught that whoever says it and seeks reward in their affliction, Allah will reward them and replace what was lost with something better.

6 Du'a for the one who has passed

اللَّهُمَّ اغْفِرْ لِفُلَانٍ وَأَرْفَعْ دَرَجَتَهُ فِي الْمَهْدِيِّينَ ، وَأَخْلِفْهُ فِي عَقِبِهِ فِي
الْغَابِرِينَ ، وَأَغْفِرْ لَنَا وَلَهُ يَا رَبَّ الْعَالَمِينَ ، وَأَفْسَحْ لَهُ فِي قَبْرِهِ وَنُورَ لَهُ

فِيهِ

Allāhumma'ghfir li (name of the person) warfa` darajatahu fi 'l-mahdiyyīn, wakhluḥhu fī `aqibihi fi 'l-ghābirīn, wagh'fir-lanā wa lahu yā Rabba 'l-`ālamīn, wafsaḥ lahu fī qabrihi wa nawwir lahu fīh.

O Allah, forgive [name of the person] and elevate his station among those who are guided. Send him along the path of those who came before, and forgive us and him, O Lord of the worlds. Enlarge for him his grave, and shed light upon him in it.

MUSLIM 2/634 · SAHIH

Say their name where indicated. A complete, tender prayer for the deceased: forgiveness, a raised rank, a widened and illuminated grave.

7 The funeral prayer: forgive him and have mercy on him

اللَّهُمَّ اغْفِرْ لَهُ وَارْحَمْهُ ، وَعَافِهِ وَأَعْفُ عَنْهُ ، وَأَكْرِمْ نُزُلَهُ ، وَوَسِّعْ
مُدْخَلَهُ ، وَاغْسِلْهُ بِالمَاءِ وَالثَّلْجِ وَالْبَرْدِ ، وَنَقِّهِ مِنَ الْخَطَايَا كَمَا نَقَّيْتَ
الثَّوْبَ الأَبْيَضَ مِنَ الدَّنَسِ ، وَأَبْدِلْهُ دَاراً خَيْراً مِنْ دَارِهِ ، وَأَهْلاً
خَيْراً مِنْ أَهْلِهِ ، وَزَوْجاً خَيْراً مِنْ زَوْجِهِ ، وَأَدْخِلْهُ الْجَنَّةَ ، وَأَعِذْهُ
مِنْ عَذَابِ القَبْرِ [وَعَذَابِ النَّارِ]

Allāhumma'ghfir lahu warḥamh, wa `āfihī, wa `fu `anh, wa akrim nuzulah, wa wassi` mudkhalah, wagh`silhu bi `lmā`i wath-thalji walbarad, wa naqqihī mina `l-khaṭāyā kamā naqqaytath-thawba `l-abyaḍa minad-danas, wa abdilhu dāran khayran min dārih, wa ahlan khayran min ahlih, wa zawjan khayran min zawjih, wa adkhillhu `l-jannah, wa a`idhhu min `adhābi `l-qabri [wa `adhābin-nār].

O Allah, forgive him and have mercy on him, and give him strength and pardon him. Be generous to him, and cause his entrance to be wide, and wash him with water and snow and hail. Cleanse him of his transgressions as white cloth is cleansed of stains. Give him an abode better than his home, and a family better than his family, and a wife better than his wife. Take him into Paradise, and protect him from the punishment of the grave [and from the punishment of Hell-fire].

MUSLIM 2/663 · SAHIH

The fullest du'a the Prophet ﷺ taught for the deceased in the janazah prayer. Said for a woman, the pronouns simply change; the meaning is the same.

8 The funeral prayer: forgive our living and our dead

اللَّهُمَّ اغْفِرْ لِحَيِّنَا وَمَيِّتِنَا، وَشَاهِدِنَا وَغَائِبِنَا، وَصَغِيرِنَا وَكَبِيرِنَا ،
وَذَكِّرْنَا وَأُنْثَانَا اللَّهُمَّ مَنْ أَحْيَيْتَهُ مِنَّا فَأَحْيِهِ عَلَى الْإِسْلَامِ ، وَمَنْ تَوَفَّيْتَهُ
مِنَّا فَتَوَفَّهُ عَلَى الْإِيمَانِ ، اللَّهُمَّ لَا تَحْرِمْنَا أَجْرَهُ ، وَلَا تُضِلَّنَا بَعْدَهُ

Allāhumma'ghfir liḥayyinā, wa mayyitinā, wa shāhidinā, wa ghā'ibinā, wa ṣaghīrinā wa kabīrinā, wa dhakarīnā wa unthānā. Allāhumma man aḥyaytahu minnā fa aḥyihī `ala 'l-Islām, wa man tawaffaytahu minnā fatawaffahu `alal-īmān, Allāhumma lā taḥrimnā ajrah wa lā tuḍillanā ba'dah.

O Allah forgive our living and our dead, those who are with us and those who are absent, our young and our old, our menfolk and our womenfolk. O Allah, whomever you give life from among us give him life in Islam, and whomever you take away from us take him away in Faith. O Allah, do not forbid us their reward and do not send us astray after them.

IBN MAJAH 1/480, AHMAD 2/368 · SAHIH

A du'a that gathers the whole community, present and absent, young and old, into one plea for mercy, and asks that we ourselves be kept on faith until we meet Allah.

9 The funeral prayer: under Your protection

اللَّهُمَّ إِنَّ فُلَانَ بْنَ فُلَانَ فِي ذِمَّتِكَ ، وَحَبْلِ جِوَارِكَ ، فَقِهِ مِنْ فِتْنَةِ
الْقَبْرِ وَعَذَابِ النَّارِ ، وَأَنْتَ أَهْلُ الْوَفَاءِ وَالْحَقِّ ، فَاعْفِرْ لَهُ وَارْحَمْهُ ،
إِنَّكَ أَنْتَ الْغَفُورُ الرَّحِيمُ

Allāhumma inna [name the person] fī dhimmatik, wa ḥabli jiwārik, faqihī min fitnati 'l-qabri wa `adhābin-nār, wa anta ahlu 'l-wafā'i wa 'l-ḥaqq. Faghfir lahu warḥamh innaka 'l-Ghafūrur-Raḥīm.

O Allah, surely [name the person] is under Your protection, and in the rope of Your security, so save him from the trial of the grave and from the punishment of the Fire. You fulfill promises and grant rights, so forgive him and have mercy on him. Surely You are Most Forgiving, Most Merciful.

IBN MAJAH, ABU DAWUD 3/211 · SAHIH

Placing the deceased in Allah's care and covenant, and asking to be spared the trial of the grave and the Fire.

10 The funeral prayer: in need of Your mercy

اللَّهُمَّ عَبْدُكَ وَابْنُ أُمَّتِكَ ، اِحْتَاَجُ إِلَى رَحْمَتِكَ ، وَأَنْتَ غَنِيٌّ عَنْ عَذَابِهِ ،
إِنْ كَانَ مُحْسِنًا فَزِدْ فِي حَسَنَاتِهِ ، وَإِنْ كَانَ مُسِيئًا فَتَجَاوَزْ عَنْهُ

Allāhumma `abduka wabnu `amatik iḥtāja ilā raḥmatik, wa anta ghaniyyun `an `adhābih, in kāna muḥsinan fazid fī ḥasanātih, wa in kāna musī'an fatajāwaz `anh.

O Allah, Your male slave and the child of Your female slave is in need of Your mercy, and You are not in need of his torment. If he was pious then increase his rewards and if he was a transgressor then pardon him.

AL-HAKIM 1/359 WHO GRADED IT AUTHENTIC AND ATH-THAHABI AGREED WITH HIM · SAHIH

A short, humbling du'a: Allah has no need to punish His servant, so we ask Him to increase the good of the righteous and pardon the one who fell short.

11 The funeral prayer for a child

"اللهم أعذه من عذاب القبر" وإن قال: "اللهم اجعله فرطاً وذخراً
لوالديه ، وشفيعاً مجاباً اللهم ثقل به موازينها وأعظم به أجورهما ، وألحقه
بصالح المؤمنين ، واجعله في كفالة إبراهيم ، وقه برحمتك عذاب الجحيم ،
وأبدله داراً خيراً من داره ، وأهلاً خيراً من أهله ، اللهم اغفر لاسلافنا
، وأفراطنا ، ومن سبقنا بالإيمان " فحسن

Allāhumma a`idh`hu min `adhābi `l-qabr [or say:

O Allah, protect him from the torment of the grave. [It is also good to say:] O Allah, make him a precursor, a forerunner and a treasure for his parents and an answered intercessor. O Allah, make him weigh heavily in their scales (of good) and magnify their reward. Make him join the righteous of the believers. Place him in the care of Ibrahim. Save him by Your mercy from the torment of Hell. Give him a home better than his home, and a family better than his family. O Allah, forgive those who have gone (i.e. passed away) before us, our children lost (by death), and those who have preceded us in Faith.

IBN QUDAMAH, AL-MUGHNI 3/416 AND AD-DUROOSUL-MUHIMMAH LI-AAMMATIL-'UMMAH, PG

For the loss of a little one. It asks that the child be made a treasure and an awaiting intercessor for the parents, a weight in their scales and a reason for reward, and placed in the care of Ibrahim, who tends the children of the believers in Paradise.

12 A shorter prayer for a child

اللَّهُمَّ اجْعَلْهُ لَنَا فَرَطًا، وَسَلَفًا وَأَجْرًا

Allāhumma`j`alhu lanā faraṭan, wa salafan, wa ajra.

O Allah, make him for us a precursor, a forerunner and a cause of reward.

AL-HASAN (AL-BASRI) USED TO RECITE SURAT AL-FATIHAH FOR A CHILD'S FUNERAL AND THEN SAY THIS · HASAN

Al-Hasan al-Basri would recite al-Fatihah at a child's funeral and then say this brief du'a, asking that the child be sent ahead as a reward and a treasure stored with Allah.

"إن لله ما أخذ وله ما أعطى وكل شيء عنده بأجل مسمى... فلتصبر
ولتحتسب" وإن قال: "أعظم الله أجرك، وأحسن عزاءك وغفر
لميتك" فحسن

*Inna lillāhi mā akhadh, wa lahu mā a`tā, wa kullu shay'in `indah bi ajalīn
musammā . . . faltaşbir wa 'l-taḥtasīb . [Also good to say:*

Surely, Allah takes what is His, and what He gives is His, and to all things He has appointed a time... so have patience and be rewarded. May Allah magnify your reward, and make perfect your bereavement, and forgive your departed.

AL-BUKHARI 2/80, MUSLIM 2/636 · SAHIH

The words the Prophet ﷺ sent to console a grieving family: everything belongs to Allah, who lends and takes back in His wisdom, so be patient and seek reward. The added line is a beautiful way to offer condolences directly.

14 Laying the deceased in the grave

بِسْمِ اللَّهِ وَعَلَى سُنَّةِ رَسُولِ اللَّهِ

Bismillāh wa `alā sunnati Rasūlillāh.

With the Name of Allah, and according to the Sunnah of the Messenger of Allah.

ABU DAWUD 3/314 WITH AN AUTHENTIC CHAIN · SAHIH

Said as the body is placed into the grave: in the name of Allah and upon the way of His Messenger ﷺ.

15 After the burial: asking that they be made firm

اللَّهُمَّ اغْفِرْ لَهُ اللَّهُمَّ ثَبِّتْهُ

Allāhumma'ghfir lah Allāhumma thabbit'h.

O Allah, forgive him. O Allah, strengthen him.

ABU DAWUD 3/315, AND AL-HAKIM 1/370 WHO GRADED IT AUTHENTIC AND ATH-THAHABI AGREED · SAHIH

The Prophet ﷺ would pause after a burial and tell those present to seek forgiveness for their brother and ask that he be made steadfast, for he is now being questioned. A reminder to keep praying even as the soil is settled.

16 Greeting the people of the graves

السَّلَامُ عَلَيْكُمْ أَهْلَ الدِّيَارِ مِنَ الْمُؤْمِنِينَ وَالْمُسْلِمِينَ، وَإِنَّا إِن شَاءَ اللَّهُ بِكُمْ
لَاحِقُونَ، نَسَّأَلُ اللَّهَ لَنَا وَلَكُمْ الْعَافِيَةَ

Assalāmu `alaykum ahlad-diyāri minal-mu'minīna wa 'l-muslimīn, wa innā in shā' Allāhu bikum lāḥiqūn nas'alullāha lanā wa lakumul-`āfiyah.

Peace be upon you, people of this abode, from among the believers and those who are Muslims, and we, by the Will of Allah, shall be joining you. [May Allah have mercy on the first of us and the last of us] I ask Allah to grant us and you well-being.

MUSLIM 2/671, IBN MAJAH 1/494, THE PORTION BRACKETS IS FROM MUSLIM 2/671 · SAHIH

The Prophet ﷺ taught this to say when visiting a graveyard: peace upon its people, and the quiet acknowledgement that we too will follow. A greeting, a du'a, and a softening of the heart all at once.
