

# THE KEY TO A SUCCESSFUL DAY

DUAS FOR THE MORNING, EVENING & AFTER PRAYER



# Transliteration Table

## Consonants in Arabic

ء	'	د	d	ض	ḍ	ك	k
ب	b	ذ	dh	ط	ṭ	ل	l
ت	t	ر	r	ظ	ẓ	م	m
ث	th	ز	z	ع	'	ن	n
ج	j	س	s	غ	gh	ه	h
ح	ḥ	ش	sh	ف	f	و	w
خ	kh	ص	ṣ	ق	q	ي	y

## Vowels in Arabic

Short	َ	a	ِ	i	ُ	u
Long	آ	ā	ي	ī	و	ū
Diphthongs	أَـ	aw	يَـ	ay		

# What to say after...

## Your obligatory prayers

أَسْتَغْفِرُ اللَّهَ (ثَلَاثًا)

1. *Astaghfirullāh* (Say it three times)

I ask for Allāh's forgiveness (Say it three times)

اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ،  
تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ.

2. *Allāhumma antas-Salāmu wa minkas-salāmu, tabārakta yā dhal-Jalāli wal-Ikrām*

Allāh, You are the Perfect Peace and peace comes from You. Blessed are You, O Owner of majesty and honour.<sup>1</sup>

## Benefits

Remembrance of Allāh is done in order to make up for any deficiency in your prayer

The Angels seek forgiveness for the person who recites these supplications after the prayer till he rises from his position...

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<sup>1</sup> Muslim

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

3. *Lā ilāha illallāhu waḥdahū lā sharīka lahū, laḥul-mulku wa laḥul-ḥamdu wa Huwa `alā kulli shay`in Qadīr. Allāhumma lā māni` limā a`tayta, wa lā mu`tiya limā mana`ta, wa lā yanfa`u dhal-jaddi minkal-jadd.*

None has the right to be worshipped but Allāh alone who has no partner. His is the dominion and to Him belongs all praise; He has power over all things. O Allāh, none can withhold what You give, and none can give what You have withheld; and the might of the mighty person cannot benefit him against You.<sup>1</sup>

## Benefits

*Khattābī said: "The essence of supplication is a person's displaying his dire need of Allāh whilst realising the basic truth that he has no power or ability to change (anything by himself). This is the mark of true servitude...."*

1 Bukhārī and Muslim

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  
 التَّعَمُّةُ وَلَهُ الْفَضْلُ وَلَهُ الشَّانُ  
 الْحَسَنُ، لَا إِلَهَ إِلَّا اللَّهُ مُخْلِصِينَ لَهُ  
 الدِّينَ وَلَوْ كَرِهَ الْكَافِرُونَ.

4. Lā ilāha illallāhu waḥdahū lā sharīka lahū, laḥul-mulku wa laḥul-ḥamdu wa Huwa `alā kulli shay`in Qadīr. Lā ḥawla wa lā quwwata illā billāh. Lā ilāha illallāhu, wa lā na`budu illā iyyāhu, lahun-ni`matu wa laḥul-faḍlu wa laḥuth-thanā`ul-ḥasanu. Lā ilāha illallāhu mukhliṣīna lahud-dīna wa law karihal-kāfirūn.

None has the right to be worshipped but Allāh alone who has no partner. His is the dominion and to Him belongs all praise; He has power over all things. There is no

## Benefits

It is narrated in Bayhaqī that our Prophet ﷺ said: "For everything there is a polish, and the polish for the hearts is the remembrance of Allāh."

## Benefits

*Imām Muslim adds (point 5) that our Prophet ﷺ said: "Whoever says this after every prayer will be forgiven his sins though they be like the foam of the sea"*

→ power or might except by Allāh. None has the right to be worshipped but Allāh, and we do not worship any other besides Him. Grace and beneficence are His and to Him belongs the most excellent praise. None has the right to be worshipped but Allāh. (We are) sincere in making our religious devotion to Him, even though the disbelievers may dislike it.<sup>1</sup>

سُبْحَانَ اللَّهِ، وَالْحَمْدُ لِلَّهِ، وَاللَّهُ أَكْبَرُ  
(ثَلَاثًا وَثَلَاثِينَ)

5. Subḥānallāhi, walḥamdu lillāhi wallāhu akbar,

Repeat it 33 times, the total is 99 after which the 100<sup>th</sup> phrase is:

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

*Lā ilāha illallāhu waḥdahū lā sharīka lah,  
lahul-mulku wa lahul-ḥamdu wa Huwa `alā  
kulli shay'in Qadīr.*

Transcendent is Allāh, all praise be to Allāh,  
Allāh is the Greatest - Repeat it 33 times, then

1 Muslim

say the following phrase - None has the right to be worshipped but Allāh alone who has no partner. His is the dominion and to Him belongs all praise; He has power over all things.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ "قُلْ أَعُوذُ  
 بِرَبِّ الْفَلَقِ ❁ مِنْ شَرِّ مَا  
 خَلَقَ ❁ وَمِنْ شَرِّ غَاسِقٍ إِذَا  
 وَقَبَ ❁ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي  
 الْعُقَدِ ❁ وَمِنْ شَرِّ حَاسِدٍ إِذَا  
 حَسَدَ."

6. Bismillāhir-Raḥmānir-Raḥīm. "Qul a`ūdhu birabbil-falaq. Min sharri mā khalaq. Wa min sharri ghāsiqin idhā waqab. Wa min sharrin-naffāthāti fil-`ūqad. Wa min sharri ḥāsīdin idhā ḥasad."

With the Name of Allāh, the All Merciful, the Most Merciful. "Say: I take refuge with the Lord of daybreak, from the evil of what He created, from the evil of darkness as it envelops, from the evil of those who blow on knots, and from the evil of an envier when he envies." (al-Falaq 113:1-5).

## Benefits

Ibn al-Qayyim said:

"Remembrance endows a person with love which is the very spirit of Islām, the pivotal point of religion and the axis of eternal happiness and deliverance.

Allāh has opened a way of access to everything, and the way to love is constancy in remembrance..."

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ "قُلْ أَعُوذُ  
 بِرَبِّ النَّاسِ ❁ مَلِكِ النَّاسِ ❁ إِلَهَ  
 النَّاسِ ❁ مِنْ شَرِّ الْوَسْوَاسِ  
 الْخَنَّاسِ ❁ الَّذِي يُوَسْوِسُ فِي  
 صُدُورِ النَّاسِ ❁ مِنَ الْجِنَّةِ  
 وَالنَّاسِ"

## Benefits

*These two sūrahs should be recited in arabic after each prayer.*

*After Fajr and Maghrib they should be recited three times each.*

*Recorded (point 6) in Abū Dāwūd, Tirmidhī, Nasā'ī*

*Bismillāhir-Raḥmānir-Raḥīm. "Qul a`ūdhu birabbīn-nās. Malikin-nās. Ilāhin-nās. Min sharril-waswāsīl-khannās. Alladhī yuwaswisu fī ṣudūrin-nās. Minal-jinnati wannās."*

With the Name of Allāh, the All Merciful, the Most Merciful. "Say: I take refuge with the Lord of mankind, the King of mankind, the God of mankind, from the evil of the Stealthy Whisperer, who whispers in people's breasts, (coming) from the jinn and man." (*al-Nās 114:1-6*)



اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا  
 تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ لَهُ مَا فِي  
 السَّمَاوَاتِ 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 السَّمَاوَاتِ وَالْأَرْضَ وَلَا  
 يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ.

7. "Allāhu lā ilāha illā Huwal-Ḥayyul-Qayyūm, lā ta'khudhuhū sinatun wa lā nawm, lahū mā fis-samāwāti wa mā fil-arḍ, man dhal-ladhī yashfa'ū 'indahū illā bi idhnihi, ya'lamu mā bayna aydihim wa mā khalfahum, wa lā yuḥīṭūna bishay'im-min 'ilmihī illā bi mā shā'a, wasi'a kursiyyuhus-samāwāti wal arḍ, wa lā ya'ūduhu hifẓuhumā, wa Huwal-'Aliyyul-'Aẓīm."

## Benefits

This is the greatest āyah in the Noble Qur'ān known as the Verse of the Throne - Āyatul-Kursī (al-Baqarah 2:255)

The narration (point 7) of Nasā'ī adds, "Nothing stops a person who recites this verse except death"

It should be recited in arabic after every prayer.

Allāh, there is none worthy of worship save Him, the Living, the Self-Sustaining. He is not subject to drowsiness or sleep. Everything in the heavens and the earth belongs to Him. Who can intercede with Him except by His permission? He knows what is before them and what is behind them but they cannot grasp any of His knowledge save what He wills. His Footstool encompasses the heavens and the earth and their preservation does not tire Him. He is the Most High, the Magnificent. (Recite in Arabic after each prayer.)

## Benefits

Recite (point 8) ten times in Arabic after Fajr and Maghrib prayers.

Recorded in Tirmidhī and Aḥmad

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

8. *Lā ilāha illallāhu waḥdahū lā sharīka lahū, laḥul-mulku wa laḥul-ḥamdu yuḥyi wa yumītu wa Huwa `alā kulli shay'in Qadīr.*

None has the right to be worshipped but Allāh alone who has no partner. His is the dominion and to Him belongs all praise. He gives life and He causes death; He has power over all things.

# What to say in the...

## Mornings & Evenings

*In this section the supplications are in general for both the morning and evening, although where highlighted, there are slight changes in the wording which should be followed when reciting for the evening.*

Anas رضي الله عنه said that he heard the Prophet صلى الله عليه وسلم say: “Sitting with people remembering Allāh, Most High, from the morning (*Fajr*) prayer until sunrise is more beloved to me than freeing four slaves from the Children of Ismā`il. Sitting with people remembering Allāh from the afternoon (*‘Aṣr*) prayer until the sun sets is more beloved to me than freeing four slaves from the Children of Ismā`il.”<sup>1</sup>

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا  
 تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ لَهُ مَا فِي  
 السَّمَاوَاتِ 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 السَّمَاوَاتِ وَالْأَرْضَ وَلَا  
 يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ.

## Benefits

*Hākim whose narration adds (point 1), “Whoever says this when he rises in the morning will be protected from the jinn until he retires in the evening, and whoever says it when retiring in the evening will be protected from them until he rises in the morning.”*

1. “Allāhu lā ilāha illā Huwal-Ḥayyul-Qayyūm, lā ta’khudhuhū sinatun wa lā nawm, lahū mā fis-samāwāti wa mā fil-arḍ, man dhal-ladhī yashfa`ū `indahū illā bi idhnihi, ya`lamu mā bayna aydihim wa mā-khalfahum, wa lā yuḥitūna bishay`im-min `ilmihī illā bi mā shā`a, wasi`a kursiyyuhus samāwāti wal arḍ, wa lā ya`ūduhu hifzuhumā, wa Huwal-`Aliyyul-`Azīm.”

Allāh, there is none worthy of worship save Him, the Living, the Self-Sustaining. He is not subject to drowsiness or sleep.

Everything in the heavens and the earth belongs to Him. Who can intercede with Him except by His permission? He knows what is before them and what is behind them but they cannot grasp any of His knowledge save what He wills. His Footstool encompasses the heavens and the earth and their preservation does not tire Him. He is the Most High, the Magnificent.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ "قُلْ هُوَ  
اللَّهُ أَحَدٌ \* اللَّهُ الصَّمَدُ \* لَمْ يَلِدْ  
وَلَمْ يُولَدْ \* وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ"

2. Bismillāhir-Raḥmānir-Raḥīm. "Qul Huwallāhu Aḥad. Allāhus-Ṣamad. Lam yalid wa lam yūlad. Wa lam yakun lahū kufuwan aḥad"

With the Name of Allāh, the All Merciful, the Most Merciful. "Say: He is Allāh, the One and only. Allāh, the Everlasting Sustainer of all. He fathered none, nor was He born. And no one is comparable to Him." (al-Ikhlās)

## Benefits

*Surūh al-Ikhlās equates to 1/3<sup>rd</sup> of the Qur'ān.*

*Reciting these verses every day in the morning and evening upon ourselves and our children is one of the best means protecting us from the problems surrounding us.*

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ "قُلْ اَعُوْذُ  
 بِرَبِّ الْفَلَقِ ❁ مِنْ شَرِّ مَا  
 خَلَقَ ❁ وَمِنْ شَرِّ غَاسِقٍ اِذَا  
 وَقَبَ ❁ وَمِنْ شَرِّ النَّفَّٰثَاتِ فِی  
 الْعُقَدِ ❁ وَمِنْ شَرِّ حَاسِدٍ اِذَا  
 حَسَدَ".

*Bismillāhir-Raḥmānir-Raḥīm. "Qul a`ūdhu  
 birabbil-falaq. Min sharri mā khalaq. Wa  
 min sharri ghāsiqin idhā waqab. Wa min  
 sharrin-naffāthāti fil-`uqad. Wa min sharri  
 ḥāsidi idhā ḥasad."*

With the Name of Allāh, the All Merciful, the  
 Most Merciful. "Say: I take refuge with the  
 Lord of daybreak, from the evil of what He  
 created, from the evil of darkness as it  
 envelops, from the evil of those who blow  
 on knots, and from the evil of an envier  
 when he envies." (*al-Falaq* 113:1-5).

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ "قُلْ أَعُوذُ  
 بِرَبِّ النَّاسِ \* مَلِكِ النَّاسِ \* إِلَهٍ  
 النَّاسِ \* مِنْ شَرِّ الْوَسْوَاسِ  
 الْخَنَّاسِ \* الَّذِي يُوَسْوِسُ فِي  
 صُدُورِ النَّاسِ \* مِنَ الْجِنَّةِ  
 وَالنَّاسِ"

*Bismillāhir-Raḥmānir-Raḥīm. "Qul a`ūdhu  
 birabbīn-nās. Malikin-nās. Ilāhin-nās. Min  
 sharril-waswāsīl-khannās. Alladhī  
 yuwaswisu fī ṣudūrin-nās. Minal-jinnati  
 wannās."*

With the Name of Allāh, the All Merciful, the  
 Most Merciful. "Say: I take refuge with the  
 Lord of mankind, the King of mankind, the  
 God of mankind, from the evil of the Stealthy  
 Whisperer, who whispers in people's breasts,  
 (coming) from the jinn and man."

*(al-Nās 114:1-6)*

## Benefits

*Ibn al-Qayyim said: "These two chapters are of immense benefit and every single servant is in need of them, and this need is essential and indispensable. They have a potent effect in repressing magic, the evil eye and indeed every form of evil. The need that a servant has of these two chapters is greater than the need he has of rest, food, drink and clothes."*

أَصْبَحْنَا وَأَصْبَحَ الْمَلِكُ لِلَّهِ وَالْحَمْدُ  
 لِلَّهِ، لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ  
 لَهُ، لَهُ الْمُلْكُ 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

## Benefits

When reciting this morning supplication for the evening, take note of the two differences in wording which can be found detailed on the next page (the two areas are highlighted by the change of colour in the text)

3. Aṣḥāhnā wa aṣḥāḥal-mulku lillāhi wal-ḥamdu lillāhi, lā ilāha illallāhu waḥdahū lā sharīka lahū, lahul-mulku wa lahul-ḥamdu wa Huwa `alā kulli shay`in Qadīr. Rabbi as`aluka khayra mā fī hādhal-yawmi wa khayra mā ba`dahū wa a`ūdhu bika min sharri mā fī hādhal-yawmi wa sharri mā ba`dahū, Rabbi a`ūdhu bika minal-kasali, wa sū`il-kibari, Rabbi a`ūdhu bika min `adhābin fin-nāri wa `adhābin fil-qabri.



We have started a new day<sup>1</sup> and with it all dominion is Allāh's. Praise be to Allāh, none has the right to be worshipped but Allāh alone who has no partner. To Allāh belongs the dominion, and to Him belongs all praise; He has power over all things. My Lord, I ask You for the good in this day and the days that come after it, and I take refuge in You from the evil in this day and the days that come after it.<sup>2</sup> My Lord, I take refuge in You from laziness and helpless old age. My Lord, I take refuge in You from the punishment of the Fire, and from the punishment of the grave.<sup>3</sup>

1 When you say this **in the evening** you should say **أَمْسَيْنَا وَأَمْسَى الْمُلْكُ لِلَّهِ** *Amsaynā wa amsal-mulku lillāh...*: “We have ended another day and with it all dominion is Allāh's...”

2 When you say this **in the evening** you should say: **رَبِّ أَسْأَلُكَ خَيْرَ مَا فِي هَذِهِ اللَّيْلَةِ وَخَيْرَ مَا بَعْدَهَا، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِي هَذِهِ اللَّيْلَةِ وَشَرِّ مَا بَعْدَهَا** *Rabbi as'aluka khayra mā fi hādhihil-laylati, wa khayra mā ba'dahā, wa a'ūdhu bika min sharri mā fi hādhihil-laylati wa sharri mā ba'dahā*: “I ask You for the good in this night and the nights that come after it, and I take refuge in You from the evil in this night and the nights that come after it.”

3 Bukhārī and Muslim

اللَّهُمَّ بِكَ أَصْبَحْنَا، وَبِكَ أَمْسَيْنَا،  
وَبِكَ نَحْيَا، وَبِكَ نَمُوتُ وَإِلَيْكَ  
النُّشُورُ.

4. *Allāhumma bika aṣbaḥnā, wa bika  
amsaynā, wa bika naḥyā, wa bika namūtu wa  
ilaykan-nushūr.*

O Allāh, 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 resurrection.<sup>1</sup>

اللَّهُمَّ بِكَ أَمْسَيْنَا، وَبِكَ أَصْبَحْنَا،  
وَبِكَ نَحْيَا، وَبِكَ نَمُوتُ وَإِلَيْكَ  
الْمَصِيرُ.

5. *Allāhumma bika amsaynā, wa bika  
aṣbaḥnā, wa bika naḥyā, wa bika namūtu wa  
ilaykal-maṣīr.*

O Allāh, by You we enter the evening and by  
You we enter the morning, by You we live and  
by You we die, and to You is the Final Return.<sup>2</sup>

## Benefits

Say point 4 in  
the mornings  
only.

Say point 5 in  
the evenings  
only.

1,2 Tirmidhī

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 بِذَنْبِي فَاغْفِرْ لِي  
 فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ.

6. *Allāhumma Anta Rabbī lā ilāha illā Anta,  
 khalaqtanī wa anā `abduka, wa anā `alā  
 `ahdika wa wa `dika mastafa`tu, a`ūdhu  
 bika min sharri mā ṣana`tu, abū`u laka bi  
 ni`matika `alayya, wa abū`u bidhanbī  
 faghfir lī fa innahū lā yaghfirudh-dhunūba  
 illā Anta.*

O Allāh, You are my Lord, there is none worthy of worship but You. You created me and I am your slave. I keep to Your covenant and my pledge to You as much as I can. I take refuge in You from the evil of what I have done. I acknowledge Your blessings upon me and I admit my sins. Forgive me, for there is none who forgives sins besides You.

## Benefits

*Ibn al-Qayyim said:*

*"Remembrance strengthens both heart and body. Remembrance brings provision."*

اللَّهُمَّ إِنِّي أَصْبَحْتُ أُشْهِدُكَ وَأُشْهِدُ  
 حَمَلَةَ عَرْشِكَ، وَمَلَائِكَتَكَ وَجَمِيعَ  
 خَلْقِكَ، أَنْتَ اللَّهُ لَا إِلَهَ إِلَّا أَنْتَ  
 وَحَدَّكَ لَا شَرِيكَ لَكَ، وَأَنَّ مُحَمَّدًا  
 عَبْدُكَ وَرَسُولُكَ.

7. *Allāhumma innī aṣbaḥtu ush-hiduka wa ush-hidu ḥamalata `arshika, wa malā`ikataka wa jamī`a khalqika, annaka Antallāhu lā ilāha illā Anta waḥdaka lā sharika laka, wa anna Muḥammadan `abduka wa Rasūluka.*

O Allāh, I have entered a new morning<sup>1</sup> and call upon You, upon the bearers of Your Throne, upon Your angels and all creation to bear witness that You are Allāh, there is none worthy of worship but You alone, You have no partners, and that Muḥammad is Your servant and Messenger. (Recite four times in Arabic.)

## Benefits

*Bukhārī, in his al-Adab al-Mufrad adds (for point 7), "Allāh will spare whoever says this four times in the morning or evening from the fire of Hell."*

- 1 When you say this **in the evening** you should say, اللَّهُمَّ إِنِّي أَمْسَيْتُ *Allāhumma innī amsaytu....*:  
 "O Allāh, I have ended another day..."

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

8. *Allāhumma mā aṣbaḥa bī min ni`matin  
aw bi aḥadin min khalqika faminka  
waḥdaka lā sharīka laka, falakal-ḥamdu wa  
lakash-shukru.*

O Allāh, whatever blessing has come to me  
or any of Your creatures by morning<sup>1</sup> is from  
You alone, You have no partner. All praise is  
for You and gratitude is due to You.

## Benefits

Whoever recites  
this in the  
morning has  
completed his  
obligation to  
thank Allāh for  
that day; and  
whoever says it  
in the evening,  
has completed  
his obligation  
for that night.

Recorded (point  
8) by Abū  
Dāwūd and  
Nasā'ī

1 When you say this **in the evening** you should  
say, اللَّهُمَّ مَا أَمْسَى *Allāhumma mā amsā....*: “O  
Allāh, whatever... by evening...”

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

9. *Allāhumma `āfinī fī badanī, Allāhumma  
 `āfinī fī sam `ī, Allāhumma `āfinī fī baṣarī, lā  
 ilāha illā Anta (Say it three times)*

*Allāhumma innī a `ūdhu bika minal-kufri,  
 wal-faqri, wa a `ūdhu bika min `adhābil-  
 qabri, lā ilāha illā Anta. (Say it three times)*

O Allāh, grant my body good health. O Allāh,  
 preserve my hearing for me. O Allāh,  
 preserve my sight for me. There is none  
 worthy of worship but You. (Say it three times)  
 O Allāh, I take refuge in You from disbelief  
 and poverty, and I take refuge in You from  
 the punishment of the grave. There is none  
 worthy of worship but You. (Say it three times)<sup>1</sup>

## Benefits

*It is recorded in  
 Tirmidhī that our  
 Prophet ﷺ said:  
 "There is nothing  
 nobler than  
 supplication in  
 Allāh's sight."*

1 Abū Dāwūd and Aḥmad

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

10. *Hasbiyallāhu lā ilāha illā Huwa `alayhi  
tawakkaltu wa Huwa Rabbul-`Arshil-`Aẓīm.*  
(Say it seven times in Arabic)

Allāh 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. (Say it seven times in Arabic)

اللَّهُمَّ عَافِنِي فِي بَدَنِي، اللَّهُمَّ إِنِّي  
أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا  
وَالْآخِرَةِ، اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ  
وَالْعَافِيَةَ فِي دِينِي وَدُنْيَايَ وَأَهْلِي  
وَمَالِي، اللَّهُمَّ اسْتُرْ عَوْرَاتِي، وَآمِنْ  
رَوْعَاتِي، ←

## Benefits

Reported  
additionally  
(point 10) by  
Abū Dāwūd :  
“Allāh will  
grant whoever  
recites this  
seven times in  
the morning or  
evening  
whatever he  
desires from  
this world or  
the next.”)

اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ يَدَيَّ، وَمِنْ  
خَلْفِي، وَعَنْ يَمِينِي، وَعَنْ شِمَالِي،  
وَمِنْ فَوْقِي، وَأَعُوذُ بِعَظَمَتِكَ أَنْ  
أُغْتَالَ مِنْ تَحْتِي.

11. Allāhumma innī as'alukal-'afwa wal  
'āfiyata fid-dunyā wal ākhirati, Allāhumma  
innī as'alukal-'afwa wal 'āfiyata fī dīnī wa  
dunyāya wa ahli wa māli. Allāhum-mastur  
'awrātī, wa āmin raw'ātī. Allāhum-  
mahfaznī min bayni yadayya, wa min  
khalfi, wa 'an yamīnī, wa 'an shimālī, wa  
min fawqī, wa a'ūdhu bi 'azamatika an  
ughatāla min taḥtī

O Allāh, I ask for Your pardon and good health in this world and the next. O Allāh, I ask for Your pardon and soundness in my religion, my worldly affairs, my family and my wealth. O Allāh, conceal my secrets and protect me from anguish. O Allāh, guard me from what is before me, behind me, my left, my right and above me. I take refuge in Your greatness against being struck down from beneath me.<sup>1</sup>

## Benefits

*In this world, we should find in the remembrance of Allāh, praising Him and worshipping Him, a delight that is incomparable to anything else.*

1 Abū Dāwūd and Ibn Mājah



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

12. *Allāhumma `Ālimal-ghaybi wash-shahādati fāṭiras-samāwāti wal arḍi, Rabba kulli shay'in wa malīkahu, ash-hadu an lā ilāha illā Anta, a`ūdhu bika min sharri nafsī, wa min sharrish-shayṭāni wa shirkīhi, wa an aqtarifa `alā nafsī sū'an, aw ajurrahu ilā Muslimin.*

O Allāh, Knower of the unseen and the seen, Originator of the heavens and the earth, Lord of everything and its owner; I bear witness that there is none worthy of worship but You. I take refuge in You from the evil of my soul and from the evil of Satan and his (inciting towards) *shirk*. (I take refuge in You) from bringing evil upon my soul or harming any Muslim.<sup>1</sup>

## Benefits

*Ibn al-Qayyim said:*

*“Remembrance adorns the one who practices it with dignity, sweetness and radiance.”*

1 Abū Dāwūd and Tirmīdhī

## Benefits

Tirmidhī and Abū Dawūd includes (point 13) with the words, "Whoever recites it **three times** in the **morning** will not be afflicted by any calamity before evening, and whoever recites it **three times** in the **evening** will not be overtaken by any calamity before morning."

Tirmidhī and Aḥmad include (point 14) with the words, "Allāh has promised that anyone who says this **three times** every **morning** or **evening** will be pleased on the Day of Rising."

بِسْمِ اللّٰهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ  
شَيْءٌ فِي الْاَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ  
السَّمِيعُ الْعَلِيمُ. (ثَلَاثًا)

13. Bismillāhil-ladhī lā yaḍurru ma`as-mihī shay'un fil-arḍi wa lā fis-samā'i wa Huwas-Samī`ul-`Alīm. (Say it three times in Arabic)

In the Name of Allāh with whose Name nothing can cause harm, neither in the earth nor in the heavens. He is the All-Hearing, the All-Knowing. (Say it three times in Arabic)

رَضِيْتُ بِاللّٰهِ رَبًّا، وَبِالْإِسْلَامِ دِينًا،  
وَبِمُحَمَّدٍ صَلَّى اللّٰهُ عَلَيْهِ وَسَلَّمَ  
نَبِيًّا. (ثَلَاثًا)

14. Raḍītu billāhi Rabban, wa bil-Islāmi dīnan, wa bi Muḥammadin ṣallallāhu `alayhi wa sallam Nabiyyan. (Say it three times in Arabic)

I am pleased with Allāh as my Lord, with Islām as my religion and with Muḥammad ﷺ as my Prophet. (Say it three times in Arabic)

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

15. Yā Ḥayyu yā Qayyūmu birahmatika  
astaghīthu aṣliḥ lī sha'nī kullahu wa lā  
takilnī ilā nafsī ṭarfata `aynin.

O Ever Living One, O Self-Sustaining One, by  
Your mercy do I ask for Your support in  
setting all my affairs right. Do not leave me  
to my soul for so much as the blink of an  
eye.<sup>1</sup>

أَصْبَحْنَا وَأَصْبَحَ الْمَلِكُ لِلَّهِ رَبِّ  
الْعَالَمِينَ اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هَذَا  
الْيَوْمِ فَتَحَهُ وَنَصْرَهُ وَنُورَهُ وَبَرَكَتَهُ

## Benefits

*Ibn al-Qayyim*  
said :

“Remembrance  
endows one  
with vigilance  
(al-murāqaba),  
which opens the  
door of self  
reform.

Entering it, the  
servant  
worships Allāh  
as if he were  
seeing Him.

There is no way  
for the heedless  
man to reach  
the station of  
excellence  
(ihsān), any  
more than for a  
seated man to  
reach his  
home.”

← وَهَدَاهُ وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِيهِ  
وَشَرِّ مَا بَعْدَهُ

16 a. *Aṣḥabnā wa aṣḥaḥal-mulku lillāhi Rabbil-`ālamīn. Allāhumma innī as'aluka khayra hādhal-yawmi: Faḥahu wa naṣrahu wa nūrahu, wa barakatahu, wa hudāhu, wa a'ūdhu bika min sharri mā fihi wa sharri mā ba'dahu.*

We have started a new day and with it all dominion is Allāh's, Lord of all being. O Allāh, I ask You for the good in this day: its victory, its help, its light, its blessings and its guidance. I take refuge in You from the evil that is in it and from the evil that follows it.

## Benefits

Point 16 a should be said in the **morning** only and Point 16 b in the **evening** only

أَمْسَيْنَا وَأَمْسَى الْمَلِكُ لِلَّهِ رَبِّ  
الْعَالَمِينَ اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هَذِهِ  
اللَّيْلَةِ فَتَحَهَا وَنَصَرَهَا وَنُورَهَا وَبَرَكَتَهَا  
وَهَدَاهَا وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِيهَا  
وَشَرِّ مَا بَعْدَهَا

16 b. Amsaynā wa amsal-mulku lillāh Rabbil  
 `Ālamīn, Allāhumma innī as'aluka khayra ma  
 fī hadhihil Laylati Faṭḥahā wa naṣrahā wa  
 nūrahā, wa barakatahā, wa hudāhā, wa  
 a'ūdhu bika min sharri mā fihā wa sharri mā  
 ba`dahā

We have ended the day and with it all dominion  
 is Allāh's, Lord of all being. O Allāh, I ask You  
 for the good in this night: its victory, its help,  
 its light, its blessings and its guidance. I take  
 refuge in You from the evil that is in it and  
 from the evil that follows it.

أَصْبَحْنَا عَلَى فِطْرَةِ الْإِسْلَامِ وَعَلَى  
 كَلِمَةِ الْإِخْلَاصِ، وَعَلَى دِينِ نَبِيِّنَا  
 مُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ، وَعَلَى  
 مِلَّةِ آبَائِنَا إِبْرَاهِيمَ، حَنِيفًا مُسْلِمًا وَمَا كَانَ  
 مِنَ الْمُشْرِكِينَ

17. Aṣḥānā `alā fiṭratil-Islāmi wa `alā  
 kalimatil-ikhḷāṣi, wa `alā dīni Nabīyyinā

## Benefits

*Ibn al-Qayyim reported that it was said: "In this world there is a paradise, whoever does not enter it will not enter the Paradise of the Hereafter."*

## Benefits

*Bukhārī, adds (for 18), “Whoever recites this one hundred times in the morning and in the evening will not be surpassed on the Day of Rising by anyone having done better than this except for someone who had recited it more.”*

*Muḥammadin (ṣallallāhu `alayhi wa sallama), wa `alā millati abīnā Ibrāhīma, ḥanīfan Musliman wa mā kāna minal-mushrikīn.*

We have started a new day<sup>1</sup> upon the natural religion of Islām, the statement of sincerity, the religion of our Prophet, Muḥammad ﷺ, and the faith of our father, Ibrāhīm. He was upright and devout, and a Muslim. He was not one of the polytheists.<sup>2</sup>

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ.

18. *Subḥānallāhi wa biḥamdihi*

*(Say it one hundred times in Arabic)*

Allāh is Transcendent and all praise is due to Him. (Say it one hundred times in Arabic)

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

1 When you say this **in the evening** you should say, *أَمْسَيْنَا* *Amsaynā*: “We end this day ...”

2 Tirmīdhī and Aḥmad

19. *Lā ilāha illallāhu waḥdahū lā sharīka lahū, laḥul-mulku wa laḥul-ḥamdu, wa Huwa 'alā kulli shay'in Qadīr.* (Say it ten times in Arabic or one time to ward off laziness)

None has the right to be worshipped but Allāh alone who has no partner. His is the dominion and to Him belongs all praise; He has power over all things. (Say it ten times in Arabic or one time to ward off laziness)

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ: عَدَدَ خَلْقِهِ،  
وَرِضَا نَفْسِهِ، وَزِنَةَ عَرْشِهِ  
وَمِدَادَ كَلِمَاتِهِ. (ثَلَاثًا)

20. *Subḥānallāhi wa biḥamdihī: 'adada khalqihī, wa riḍā nafsihī, wa zinata 'arshihī wa midāda kalimātihī.* (Recite three times in Arabic upon rising in the morning)

Allāh is Transcendent and all praise belongs to Him: in quantity, reaching the number of His creation, achieving His good-pleasure, amounting to the weight of His Throne, and equalling the extent of His words. (Recite three times in Arabic upon rising in the morning)<sup>1</sup>

1 Muslim

## Benefits

Allāh will record one hundred good deeds for whoever says, '(point 19)' ten times in the morning, and forgive him one hundred sins. He will have the reward of freeing a slave and will be protected from Satan throughout the day until dusk. Whoever says it in the evening will have the same reward." Recorded by Aḥmad

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا، وَرِزْقًا  
طَيِّبًا، وَعَمَلًا مُتَقَبَّلًا.

21. *Allāhumma innī as'aluka 'ilman nāfi'an,  
wa rizqan ṭayyiban, wa 'amalan  
mutaqabbalan.* (Say in Arabic upon rising in the morning)

O Allāh, I ask You for beneficial knowledge,  
wholesome provision and deeds that will be  
accepted. (Say in Arabic upon rising in the morning)<sup>1</sup>

أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ

22. *Astaghfirullāha wa atūbu ilayhi.*

I ask Allāh's forgiveness and turn to Him in  
repentance.

(Say it one hundred times in Arabic during the day)<sup>2</sup>

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا  
خَلَقَ

23. *A'ūdhu bikalimātillāhit-tāmmāti min  
sharri mā khalaqa.*

I take refuge in Allāh's Perfect Words from the  
evil of what He has created. (Recite three times in  
Arabic in the evening)

## Benefits

Aḥmad and  
Tirmidhī in  
addition add  
(point 23),  
“Whoever  
recites this  
three times in  
the evening will  
be protected  
from insect  
stings.”

1 Muslim

2 Bukhārī and Muslim



This book is part of a series of posters and booklets whose aim is to make each and every day a success for the believer.

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Repetition by the tongue engraves the words in the heart. Understanding and reflection brings life to the spoken words. Together, they help us keep our eyes on our destination through the journey of life. They help us develop and strengthen our relationship with Allah, thereby bringing peace of mind and protecting us from the evil temptations. And we can hope that a person who always remembered that he has to meet with Allah will not be disappointed when that time comes.

The Prophet Muhammad, peace and blessings be upon him said:

"The people of Paradise will not be sorry for anything except for the moments (in this life) that passed by in which they did not remember Allah, Most High"

Recorded in at-Tabarani

*Extracts from Khalid Baig's book: First things first*



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