

# ADHKAAR FOR MORNING AND EVENING<sup>1</sup>

(Please refer to page 9 for transliteration key)

Whatever we recite of these adhkaar, we must firmly believe and be struggling to attain, lest we be lying.

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ.

“A’oodhu bikalimaatil-laahit-taammaati min sharri maa khalaq.”

“I seek refuge in Allaah’s perfect words from the evil of His creation.”

Rasoolullaah (sallallaahu ‘alayhi wa sallam) said: “The one who says when evening enters... three times, then not even the poison would harm him that night.”

## **Three Times** in the evening (page 119)\*

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

“Bismillaahil-ladhi laa yaduru ma’asmih shay’un fil ardi wa laa fissamaa’, wa huwasamee’ul-aleem”

“In the name of Allaah, with whose name nothing on earth nor in the heavens harms, and He is All-Hearing, All-Knowing.”

Rasoolullaah (sallallaahu ‘alayhi wa sallam) said: “The servant who says in the morning of every day and in the evening of every day... three times, nothing will cause him any harm.”

## **Three Times** in the morning and evening (page 123)\*

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

“HasbiyAllaahu laa ilaaha illaa huw, ‘alayhi tawakkaltu wa huwwa rabbul-‘arshil-‘adheem”

“Allaah is sufficient for me, none has the right to be worshipped except Him, upon Him I rely and He is the Lord of the exalted throne.”

## **Seven Times** in the morning and evening (page 118)

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اللَّهُمَّ بِكَ أَصْبَحْنَا | أَمْسَيْنَا | وَبِكَ نَحْيَا | وَبِكَ نَمُوتُ | وَإِلَيْكَ  
النُّشُورُ | الْمَصِيرُ.

“Allaahumma bika asbahnaa/ **amsaynaa**<sup>2</sup>, wa bika amsaynaa/ **asbahnaa**, wa bika nahyaa, wa bika namoot, wa ilaykan-nushoor/ **wa ilayakal-maseer.**”

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<sup>1</sup> Morning adhkaar are to be read after the break of dawn until sunrise, and evening adhkaar are to be read after ‘Asr until Maghrib.

<sup>2</sup> That which is in plain text is to be read only in the morning, and that which is in **bold** is to be read only in evening.

“Ô Allaah, by Your leave we have reached the morning/**evening** and by Your leave we have reached the evening/**morning**, by Your leave we live and die and unto You is our resurrection/**our return**.”

Rasoolullaah (ﷺ) said: “When any of you gets up in the morning let him say ... and in the evening let him say...”

**ONCE** in the morning and evening (page 111)\*

أَصْبَحْنَا أَمْسَيْنَا عَلَى فِطْرَةِ الْإِسْلَامِ، وَعَلَى كَلِمَةِ الْإِخْلَاصِ، وَعَلَى دِينِ نَبِيِّنَا مُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ، وَعَلَى مِلَّةِ أَبِينَا إِبْرَاهِيمَ حَنِيفاً مُسْلِماً وَمَا كَانَ مِنَ الْمُشْرِكِينَ .

“*Asbahnaa/ Amsaynaa ‘alaa fitratil-Islaam, wa ‘alaa kalimatil-ikhlaas, wa ‘alaa deeni nabiyyinaa Muhammadin sallallaahu ‘alayhi wa sallam, wa ‘alaa millati abeenaa Ibraaheema haneefam-muslimaa, wa maa kaana minal-mushrikeen.*”

“We have reached the morning/**evening** upon the *fitrah*<sup>3</sup> of Islaam, and the word of sincerity, and the religion of our Nabiyy Muhammad, peace be upon him, and the orientation of our forefather Ibraaheem (peace be upon him), who was a *Haneef*<sup>4</sup> Muslim and of true faith and was not of those who associate others with Allaah.”

Ubayy ibn Ka‘b (radhiyallaahu ‘anh) said: Rasoolullaah (ﷺ) taught us to say when we rise in the morning ... and to say the same when we reach the evening.”

**ONCE** in the morning and evening (page 129)\*

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

“*Allaahumma maa asbaha/ amsa bee min-ni‘mah, aw bi ahadim-min khalqik, faminka wahdaka laa shareeka lak, falakal-hamdu walakash-shukr.*”

“Ô Allaah, whatever grace has been my share this morning/ **evening**, or the share of any of Your creation is from You alone, without partner, so for You is all praise and unto You all thanks.”

Rasoolullaah (ﷺ) said: “Whosoever says ... has indeed offered his day’s thanks, and if one says the same when evening arrives has indeed offered his night’s thanks.”

**ONCE** in the morning and evening (page 116)\*

اللَّهُمَّ إِنِّي أَصْبَحْتُ أَمْسَيْتُ أَشْهَدُكَ، وَأَشْهَدُ حَمَلَةَ عَرْشِكَ، وَمَلَائِكَتِكَ، وَجَمِيعَ خَلْقِكَ، أَنْتَ اللَّهُ لَا إِلَهَ إِلَّا أَنْتَ وَحْدَكَ لَا شَرِيكَ لَكَ، وَأَنْ مُحَمَّدًا صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ عَبْدُكَ وَرَسُولُكَ .

<sup>3</sup> *Fitrah*: the natural, innate state of every human being, in which Allaah (*subhaanahu wa ta‘aala*) wants us to remain.

<sup>4</sup> *Haneef*: one who has dedicated himself with sincerity to the natural tendency of tawheed which is imbued in every human being.

*“Allaahumma innee asbahtu/ **amsaytu** ‘ush-hiduk, wa ‘ush-hidu hamalata ‘arshik, wa malaa’ikataka wa jamee’a khalqik, annaka antallaahu laa ilaaha illaa ant, laa sharika lak, wa anna Muḥammadan ṣallallaahu ‘alayhi wa sallama ‘abduka wa rasooluk.”*

“Ô Allaah, verily I have reached the morning/**evening** and call on You, the bearers of Your Throne, Your angels, and all of Your creation to bear witness that You are Allaah, none has the right to be worshipped except You alone, without partner, and that Muhammad, peace be upon him, is Your servant and messenger.”

*Rasoolullaah (ṣallallaahu ‘alayhi wa sallam) said: “If anyone says in the morning or evening...then Allaah will free a quarter of him from the fire. Whosoever says it twice, Allaah will free half of him from the fire. Whosoever says it three times, Allaah will free three-quarters of him from the fire. Whosoever says it four times, Allaah will free him from the fire [completely].”*

## **Four Times** in the morning and evening (page 114)\*

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رَضِيْتُ بِاللّٰهِ رَبًّا وَبِالْإِسْلَامِ دِينًا وَبِمُحَمَّدٍ صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ نَبِيًّا وَرَسُولًا.

*“Radeetu billaahi rabbaa, wa bil-Islaami deenaa, wa bi Muḥammadin ṣallallaahu ‘alayhi wa sallama nabiiyyaw-wa rasoolaa.”*

“I am pleased with Allaah as Lord, and Islaam as a way of life, and Muhammad, peace be upon him, as a nabiy and a rasool.”

*Rasoolullaah (ṣallallaahu ‘alayhi wa sallam) said: “The one who says when he wakes up in the morning and when evening arrives... it will become a right upon Allaah to please him and accept him.”*

## **Three Times** in the morning and evening (page 123)\*

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اللّٰهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أَبوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَأَبوءُ بِذُنُوبِي فَاعْفِرْ لِي فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ.

*“Allaahumma anta rabbee laa ilaaha illaa ant, khalaqtanee wa anaa ‘abduk, wa anaa ‘alaa ‘ahdika wa wa’dika mastata’t, a’oodhu bika min sharri ma sana’t, aboo’u laka bini’matika ‘alayya wa aboo’u bidhambee, faghfir lee, fa’innahu laa yaghfiru-dhunooba illaa ant.”*

“Ô Allaah, You are my Lord, none has the right to be worshipped except You. You created me and I am Your slave and I abide by Your covenant and promise as best I can. I take refuge in You from the evil which I have committed. I acknowledge Your favor upon me and I acknowledge my sin, so forgive me, for verily none can forgive sins except You.”

*Rasoolullaah (ṣallallaahu ‘alayhi wa sallam) said: “The best of istighfaar (seeking forgiveness) is ... “Whomsoever says it during the day, with conviction, and then dies that day before night falls will be of the people of Paradise. And whomsoever says it at night, with conviction, and then dies before day break will be of the people of Paradise.”*

## **ONCE** in the morning and evening (page 113)\*

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اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ، وَعَلَى آلِ سَيِّدِنَا مُحَمَّدٍ، كَمَا صَلَّيْتَ عَلَى سَيِّدِنَا إِبْرَاهِيمَ  
وَعَلَى آلِ سَيِّدِنَا إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ. اللَّهُمَّ بَارِكْ عَلَى سَيِّدِنَا مُحَمَّدٍ، وَعَلَى آلِ  
سَيِّدِنَا مُحَمَّدٍ، كَمَا بَارَكْتَ عَلَى سَيِّدِنَا إِبْرَاهِيمَ وَعَلَى آلِ سَيِّدِنَا إِبْرَاهِيمَ، فِي  
الْعَالَمِينَ، إِنَّكَ حَمِيدٌ مَجِيدٌ.

*“Allaahumma salli ‘alaa sayyidina Muhammad, wa ‘alaa aali sayyidina Muhammad, kamaa  
sallayta ‘alaa sayyidina Ibraaheem, wa ‘alaa aali sayyidina Ibraaheem, innaka Hameedum-  
Majeed. Allaahumma baarik ‘alaa sayyidina Muhammad, wa ‘alaa aali sayyidina Muhammad,  
kamaa barakta ‘alaa sayyidina Ibraaheem, wa ‘alaa aali sayyidina Ibraaheem, fil ‘aalameen,  
innaka Hameedum-Majeed ”*

“Ô Allaah, send prayers upon our master Muhammad and upon the followers of our master  
Muhammad, just as You sent prayers upon our master Ibraaheem and upon the followers of our  
master Ibraaheem. Verily, You are full of Praise and Majesty. Ô Allaah, send blessings upon our  
master Muhammad and upon the followers of our master Muhammad, just as You sent blessings  
upon our master Ibraaheem and upon the followers of our master Ibraaheem, in the worlds.  
Verily, You are full of Praise and Majesty.”

Rasoolullaah (sallallaahu ‘alayhi wa sallam) said: “Whomsoever invokes blessings upon me when he  
wakes up in the morning ten times and ten times when he reaches the evening, my intercession will reach  
him on the Day of Judgment.”

**Ten Times** in the morning and evening (page 79)\*

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ.

*“Subhaanallaahi wa bihamdih.”*

“How perfect Allaah is and I praise Him.”

Rasoolullaah (sallallaahu ‘alayhi wa sallam) said: “Whosoever says... one hundred times during the day,  
his sins are wiped away, even if they are like the foam of the sea.”

In another narration: “Whomsoever says when he enters upon the morning and when he enters upon the  
evening...one hundred times, will not have anyone come on the Day of Resurrection with anything better  
than he has brought, except for someone who has said as he has said or has said more.”

**One-Hundred Times** in the morning and evening (page 267)\*

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

*“Subhaanallaahi wa bihamdih, ‘adada khalqih, wa ridaa nafsih, wa zinata ‘arshih, wa  
midaada kalimaatih.”*

“How Perfect and Exalted Allaah is and I praise Him by the number of His creation, and the  
pleasure of His Self, and by the weight of His Throne, and the ink to record His words and signs.”

Juwairiyah, Mother of the believers (radiyallaahu ‘anhaa) narrated that once Rasoolullaah (sallallaahu  
‘alayhi wa sallam) went out of his house when she was offering the Morning Prayer. When he came back in  
the forenoon, she was still seated there. Observing this, he said: ‘I recited four words three times after I left

you and if these were weighed against what you have recited since morning then these would outweigh them...”

### **Three Times** in the morning and evening (page 124)\*

أَصْبَحْنَا وَأَصْبَحَ أَمْسَيْنَا وَأَمْسَى الْمَلِكُ اللَّهُ 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 النَّهَارِ | هَذِهِ اللَّيْلَةِ وَخَيْرَ مَا بَعْدَهُ | مَا بَعْدَهَا ، وَأَعُوذُ بِكَ مِنْ شَرِّ هَذَا النَّهَارِ | هَذِهِ اللَّيْلَةِ وَشَرِّ مَا بَعْدَهُ | مَا بَعْدَهَا ، رَبِّ أَعُوذُ بِكَ مِنَ الْكَسَلِ وَسَوْءِ الْكِبَرِ ، رَبِّ أَعُوذُ بِكَ مِنْ عَذَابِ فِي النَّارِ وَعَذَابِ فِي الْقَبْرِ .

*“Asbahnaa wa asbahal/ amsaynaa wa amsal-mulku lillaah, walhamdu lillaah, laa ilaaha illallaah wahdahu laa sharika lah, lahul-mulku wa lahul-hamdu wa huwa ‘alaa kulli shay’in qadeer. Rabbi as’aluka khayra maa fee hadhan-nahaari/ hadhihil-laylati wa khayra maa ba’dah/ ba’dahaa. Wa a’oodhu bika min sharri maa fee hadhan-nahaari/ hadhihil-laylati, wa sharri maa ba’dah/ ba’dahaa. Rabbi a’oodhu bika minal-kasali wasou’il-kibar, rabbi a’oodhu bika min ‘adhaabin finnaari wa min ‘adhaabin filqabr”*

“We have reached the morning/**evening** and at this very time unto Allaah belongs all Sovereignty, and all praise is for Allaah. None has the right to be worshipped except Allaah, alone, without partner, to Him belongs all sovereignty and praise and He has power over all things. My Lord, I ask You for all good of this day/**night** and the good of what follows it and I take refuge in You from the evils of this day/**night** and the evil of what follows it. My Lord, I seek refuge in You from laziness and from the evil of old age. My Lord, I seek refuge in You from torment in the fire and punishment in the grave.”

Rasoolullaah (sallallaahu ‘alayhi wa sallam), when he entered upon the evening used to say ... and when he entered upon the morning he would say...”

### **ONCE** in the morning and evening (page 109)\*

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

*“Allaahumma ‘aalimal-ghaybi wash-shahaadah, faatiras-samaawaati wal-‘ard, rabba kulli shay’iw-wa maleekah, ash-hadu allaa-ilaaha illaa ant, a’oodhu bika min sharri nafsee wa min sharrish-shaytaan wa shirkah, wa’an aqtarifa ‘alaa nafsee soo’aa, aw ajorrah ilaa muslim.”*

“Ô Allaah, Knower of the world of the unseen, and the world manifest, Creator of the heavens and the earth, Lord and sovereign of all things, I bear witness that none has the right to be worshipped except You. I take refuge in You from the evil of my own nafs and from the evil and shirk of the shaytaan, and from committing wrong against my nafs or bringing such upon another Muslim.”

Rasoolullaah (sallallaahu ‘alayhi wa sallam) said: “Say, if you have entered upon the morning or have entered upon the evening... Say it when you enter upon the morning, and when you enter upon the evening, and when you have taken to your place of sleep.”

### **ONCE** in the morning and evening (page 121)\*

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

*“Allaahumma innee as’alukal-’afwa wal-’aafiyata fid-dunyaa wal’aakhirah, allaahumma innee  
as’alukal-’afwa wal-’aafiyata fee deenee wa dunyaaya wa ahlee wa maalee. Allaahumma astur  
’awraatee, wa ’aamin raw’aatee. Allaahumma-ahfadhnee mim-bayni yadayya wa min khalfee,  
wa ’an yameenee wa ’an shimaalee, wa min fawqee, wa a’oodhu bi’adhamatika’an oughtaala  
min tahtee.”*

“Ô Allaah, I ask You for pardon and well-being in this life and the next. Ô Allaah, I ask You for  
pardon and well-being in my religious and worldly affairs, and my family and my wealth.  
Ô Allaah, do not expose my defects and deficiencies and change my fears into peace and security.  
Ô Allaah, protect me from in front of me and from behind me, and from my right side and from  
my left side, and from above me, and I seek refuge in Your greatness that I be swallowed from  
beneath me.”

*Rasoolullaah (sallallaahu ‘alayhi wa sallam) never failed to say these prayers when eventering upon the  
evening or entering upon the morning.*

**ONCE** in the morning and evening (page 119)\*

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، عَلَيْكَ تَوَكَّلْتُ وَأَنْتَ رَبُّ الْعَرْشِ الْعَظِيمِ، مَا شَاءَ اللَّهُ كَانَ،  
وَمَا لَمْ يَشَأْ لَمْ يَكُنْ. لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ. أَعْلَمُ أَنَّ اللَّهَ عَلَى كُلِّ شَيْءٍ  
قَدِيرٌ، وَأَنَّ اللَّهَ قَدْ أَحَاطَ بِكُلِّ شَيْءٍ عِلْمًا، وَأُحْصِيَ كُلَّ شَيْءٍ عِدْدًا. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ  
مِنْ شَرِّ نَفْسِي، وَمِنْ شَرِّ كُلِّ دَابَّةٍ أَنْتَ آخِذٌ بِنَاصِيَتِهَا، إِنَّ رَبِّي عَلَى صِرَاطٍ مُسْتَقِيمٍ.

*“Allaahumma anta rabbee laa ilaaha illaa ant, ’alayka tawakkalt, wa anta rabbul-’arshil-  
’adheem, maa shaa’Allaahu kaan, wa maa lam yasha’ lam yakun. Laa hawla wa laa quwwata  
illaa billaahil-’aliyil-’adheem. A’lamu anna Alaaha ’alaa kulli shay’in qadeer, wa anna Allaaha  
qad ahaata bikulli shay’in ’ilmaa, wa ahsaa kulla shay’in ’adadaa. Allaahumma innee a’oodhu  
bika min sharri nafsee, wa min sharri kulli daabbatin anta aakhidhun binaasiyatihaa, inna  
rabbee ’alaa siraatim-mustaqeem.”*

“Ô Allaah, You are my Lord, there is no God but You. I completely rely on You and You are the  
Lord of the Throne. There is no Power except by Allaah, the Exalted, the Great. What Allaah wills  
will be, and what He does not will, will not be. I know that Allaah has Power over all things, and  
that Allaah’s knowledge has encompassed everything and that Allaah has count of everything. I  
seek refuge in You from the evil of my own nafs and from the evil of every creature subject to Your  
power. Verily, my Lord is on a path that is straight.”

*A man came to Abd ad-Dardaa’ (radiyallahu ‘anh) and said: “Abu ad-Dardaa’, your house has burnt  
down.” He (radiyallahu ‘anh) responded: “It has not burnt down. Allaah would not let it happen so,  
because of some words about which I heard Rasoolullaah (sallallaahu ‘alayhi wa sallam) saying that  
whoever says them at the beginning of the day, then no affliction will reach him until the evening, and*

whoever says them at the end of the day, then no affliction will reach him until morning. [Those words are]...”

## **ONCE** in the morning and evening

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اللَّهُمَّ عَافِنِي فِي بَدَنِي، اللَّهُمَّ عَافِنِي فِي سَمْعِي، اللَّهُمَّ عَافِنِي فِي بَصَرِي، لَا إِلَهَ إِلَّا أَنْتَ .

“Allaahumma ‘aafinee fee badanee, allaahumma ‘aafinee fee sam’ee, allaahumma ‘aafinee fee basaree, laa ilaaha illaa ant.”

“Ô Allaah, grant me safety and health in my body. Ô Allaah, grant me safety and health in my hearing. Ô Allaah, grant me safety and health in my sight, there is no God besides You.”

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ وَالْفَقْرِ وَأَعُوذُ بِكَ مِنْ عَذَابِ فِي الْقَبْرِ، لَا إِلَهَ إِلَّا أَنْتَ .

“Allaahumma innee a‘oodhu bika minal-kufri wal faqr, wa a‘oodhu bika min ‘adhaabil-qabr, laa ilaaha illaa ant.”

“Ô Allaah, I seek refuge in You from disbelief and poverty, and I seek refuge in You from the punishment of the grave, there is no God but You.”

Abu Bakrah (radhiyallaahu ‘anh) said: “I heard Rasoolullaah (sallallaahu ‘alayhi wa sallam) pray with it and I wish to abide by his sunnah (sallallaahu ‘alayhi wa sallam).”

## **Three Times** in the morning and evening (page 117)\*

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اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْأَرْبَعِ: مِنْ عِلْمٍ لَا يَنْفَعُ، وَمِنْ قَلْبٍ لَا يَخْشَعُ، وَمِنْ نَفْسٍ لَا تَشْبَعُ، لَا وَمِنْ دُعَاءٍ يُسْمَعُ .

“Allaahumma innee a‘oodhu bika minal-arba‘: min ‘ilmin laa yanfa‘, wa min qalbin laa yakhsha‘, wa min nafsin laa tashba‘, wa min du‘aain laa yusma‘.”

“Ô Allaah, I seek refuge in You from four: knowledge which is not beneficial, a heart which is not humble, a self which does not find satiation, and a supplication which is not heard.”

## **ONCE** in the morning and evening

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اللَّهُمَّ اقْسِمْ لِي مِنْ خَشْيَتِكَ مَا تَحُولُ بِهِ بَيْنِي وَبَيْنَ مَعْصِيَتِكَ، وَمِنْ طَاعَتِكَ مَا تُبَلِّغُنِي بِهِ جَنَّتِكَ، وَمِنْ الْيَقِينِ مَا تُهَوِّنُ بِهِ عَلَيَّ مَصَابِئَ الدُّنْيَا .

“Allaahumma aqsim lee min khashyatika maa taḥoolu bihi baynee wa bayna ma‘siyatak, wa min ṭaa‘atika maa tubalighunee bihi jannatak, wa minal-yaqeeni maa tuhawinu bihi ‘alayya masaai‘ibad-dunyaa.”

“Ô Allaah, bestow upon me a share of fear from You which will prevent me from disobeying You, and bestow upon me a share of obedience with which You will take me to Your jannah, and bestow upon me a share of certainty with which You lighten the effects of the hardships and tribulations of this dunyaa on my heart.”

**ONCE** in the morning and evening

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اللَّهُمَّ إِنِّي ضَعِيفٌ فَقْوِي فِي رِضَاكَ ضَعْفِي، وَخُذْ إِلَى الْخَيْرِ بِنَاصِيَّتِي، وَاجْعَلْ الْإِسْلَامَ  
مُنْتَهَى رِضَايَ، اللَّهُمَّ إِنِّي ضَعِيفٌ فَقْوِي، اللَّهُمَّ إِنِّي ذَلِيلٌ فَأَعِزَّنِي، اللَّهُمَّ إِنِّي فَقِيرٌ  
فَارْزُقْنِي.

*“Allaahumma innee da’eefun faqawwee fee ridaaka da’fee, wa khudh ilal-khayri binaasiyatee, waj’al il-islam muntahaa ridaayy. Allaahumma innee da’eefun faqwinee, allaahumma innee dhaleelun fa a’izzanee, allaahumma inne faqeerun farzuqnee.”*

“Ô Allaah, I am weak, please strengthen in (the pursuit of) Your pleasure my weakness, and compel me by my forelock into (doing) good, and make (full) submission to You my ultimate satisfaction. Ô Allaah I am weak, strengthen me. Ô Allaah, I am abased (by my sins), dignify me (by Your obedience). Ô Allaah, I am destitute, enrich me.”

**ONCE** in the morning and evening

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اللَّهُمَّ إِنِّي أَسْأَلُكَ حُبَّكَ وَحُبَّ مَنْ يَنْفَعُنِي حُبُّهُ عِنْدَكَ، اللَّهُمَّ مَا رَزَقْتَنِي مِمَّا أَحِبُّ فَاجْعَلْهُ  
لِي قُوَّةً فِي مَا تُحِبُّ، اللَّهُمَّ مَا زَوَيْتَ عَنِّي مِمَّا أَحِبُّ فَاجْعَلْهُ لِي فَرَاغًا فِي مَا تُحِبُّ.

*“Allaahumma innee as’aluka hubaaka wa hubba man yanfa’unee hubbuhu ‘indak. Allaahumma maa razaqtanee mimmaa uhibb, faj’alhu lee quwwatan fee maa tuhibb. Allaahumma maa zawayta ‘annee mimmaa uhibb, faj’alhu lee faraaghan fee maa tuhibb.”*

“Ô Allaah, I implore You for Your love and the love of the one whose love benefits me with You. Ô Allaah, whatever You have bestowed upon me of what I love, let it be strength for me in what You love. Ô Allaah, whatever You withhold from me of what I love, let it be free time/freedom for me in what You love.”

**ONCE** in the morning and evening

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

*“Laa ilaaha illa Allaahu wahdahu laa sharika lah, lahul-mulku wa lahul-hamd, wa huwa ‘alaa kulli shay’in qadeer.”*

“None is worthy of worship except Allaah, alone, without partner. To Him belongs all sovereignty and praise, and He has power over all things.”

Rasoolullaah (sallallaahu ‘alayhi wa sallam) said: “Whomsoever says...a hundred times during the day, has the reward of freeing ten slaves, a hundred good deeds are recorded for him, a hundred bad deeds are wiped away and he has gained refuge from the devil that day until evening and none shall come with anything better except someone who has done more.”



## **One-Hundred Times** in the morning and evening (page 265)\*

\* Page references correspond to *Hisnul-Muslim* (Fortification of the Muslim through Remembrance and Supplication)

### **GUIDE TO READING TRANSLITERATION:**

t - ت	h - هـ
<u>t</u> - ط	<u>h</u> - ح
dh - ذ	kh - خ
<u>dh</u> - ظ	gh - غ
z - ز	j - ج
s - س	<u>th</u> - ث
<u>s</u> - ص	k - ك
d - د	q - ق
<u>d</u> - ض	' - ء
sh - ش	' - ع

#### **Short Vowels:**

Fathah- a  
Dammah- u  
Kasrah- i

#### **Long Vowels:**

Fathah with madd (long vowel)- aa  
Dammah with madd (long vowel)- oo  
Kasrah with madd (long vowel)- ee