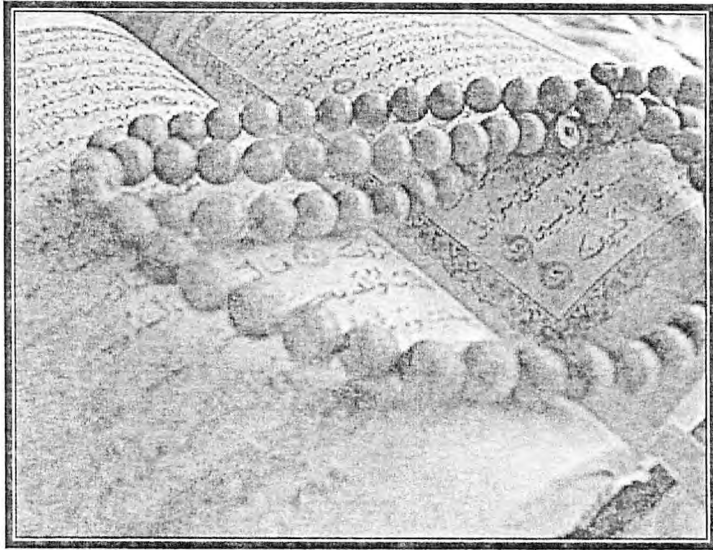


الأذكار

﴿أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ﴾



“Verily in the remembrance of God do hearts find rest”
(13:28)

Compiled and arranged by
Shāykh Mokhtār Maghrāoui
(may Allāh preserve him)

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CONTENTS

Adhkār After Salāh.....	3
Adhkār For Morning and Evening.....	10
Adhkār Before Sleeping and Upon Waking Up.....	25
Guide to Reading Transliteration.....	32

أذكار بعد الصلاة



Adhkār After Salāh

أَسْتَغْفِرُ اللَّهَ

Astaghfirullāh

“I ask Allāh for forgiveness.”

Three Times after every ṣalāh

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

“Allāhumma antas-salām, wa minkas-salām, tabārakta yā dhal-jalāli wal-ikrām.”

“Ô Allāh, You are *As-Salām*¹ and from You is all peace, Blessed are You, Ô Possessor of Majesty and Honor.”

Once after every ṣalāh

اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ.

“Allāhumma a‘innī ‘alā dhikrika wa shukrika wa ḥusni ‘ibādatik.”

“Ô Allāh, help me to remember You, to thank You, and to worship You in the best of manners.”

Once after every ṣalāh

¹ *As-Salām*: The One free of all defects and deficiencies; The Source of Peace.

لا إله إلا الله، وحده لا شريك له، له الملك وله الحمد، وهو على كل شيء قدير.

“Lā ilāha illa Allāhu waḥdahu lā sharika lah, lahul-mulku wa lahul-ḥamd, wa huwa ‘alā kulli shay’in qadīr.”

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

Ten Times after ṣalātul fajr and maghrib

اللَّهُمَّ أَجِرْنِي مِنَ النَّارِ.

“Allāhumma ajirnī minan-nār.”

“Ô Allāh, grant me safety from hell fire.”

Seven Times after ṣalātul-fajr

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْجَنَّةَ، اللَّهُمَّ أَجِرْنِي مِنَ النَّارِ.

“Allāhumma innī as’alukal-jannah, allāhumma ajirnī minan-nār.”

“Ô Allāh I ask you paradise, Ô Allāh grant me safety from hell fire.”

Seven Times after ṣalātul-maghrib

لا إلهَ إلاَّ اللهُ، وحدهُ لا شريكَ له، لهُ المُلْكُ ولهُ الحَمْدُ، يُحيي و يُميتُ،
وهوَ على كلِّ شَيْءٍ قَدِيرٌ.

*“Lā illāha illa Allāhu waḥdahū lā sharika lah, laḥul-mulku wa laḥul-
ḥamd, yuḥyi wa yumīt, wa huwa ‘alā kulli shay’in qadīr.”*

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

اللَّهُمَّ لا مانِعَ لِمَا أَعْطَيْتَ، ولا مُعْطِي لِمَا مَنَعْتَ، ولا يَنْفَعُ
ذا الجَدِّ مِنْكَ الجَدُّ.

*“Allāhumma lā māni’a limā a’tayt, wa lā mu’tiya limā mana’t. Wa lā
yanfa’u dhal-jaddi minkal-jadd.”*

“Ō Allāh, none can prevent what You have willed to bestow. And none can bestow what You have willed to prevent. And no wealth and power can be of benefit to anyone who has them, from You.”

لا إلهَ إلاَّ اللهُ، وحدهُ لا شريكَ له، لهُ المُلْكُ ولهُ الحَمْدُ، يُحيي و يُميتُ،
وهوَ على كلِّ شَيْءٍ قَدِيرٌ.

*“Lā illāha illa Allāhu waḥdahū lā sharika lah, laḥul-mulku wa laḥul-
ḥamd, yuḥyi wa yumīt, wa huwa ‘alā kulli shay’in qadīr.”*

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

لا إلهَ إلاَّ اللهُ، ولا تُعْبَدُ إلاَّ إِيَّاهُ، لهُ النِّعْمَةُ ولهُ الفَضْلُ ولهُ
الثَّنَاءُ الحَسَنُ، و هوَ على كلِّ شَيْءٍ قَدِيرٌ، لا إلهَ إلاَّ اللهُ مُخْلِصِينَ
لَهُ الدِّينَ وَلَوْ كَرِهَ الكَافِرُونَ.

“Lā ilāha illa Allāh, wa lā na‘budu illā iyyāh. Lahun-ni‘matu wa lahul-faḍl, wa lahuth-ṭhanā‘ul-ḥassan, wa Huwa ‘alā kulli shay’in qadīr.

Lā ilahā illa Allahu mukhlisīna lahud-dīna wa law karihal-kāfirūn.”

“None is worthy of worship except Allāh, and we worship none except Him.

For Him is all favor, grace and glorious praise, and He has power over all things. None is worthy of worship except Allāh and we are sincere in faith and devotion to Him although the disbelievers detest it.”

Once after every ṣalāh

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 {البقرة، ٢٥٥}

“Allāhu lā ilāha illā huwal-ḥayyul-qayyūm, lā ta’khudhuhū sinatuw-walā nawm, lahū mā fis-samāwāti wa mā fil-ard, man dhal-ladhī yashfa‘u ‘indahū illā bi’idhnih, ya‘lamu mā bayna aydihim wa mā khalfahum, wa lā yuhitūna bishay’im-min ‘ilmihī illā bimā shā’, wasī‘a kursiyuhus-samāwāti wal ard, walā ya’ūduhū ḥifdhuhumā, wa huwal-‘aliyyul-‘adhīm.” (Al-Baqarah: 255)

“Allāh! None has the right to be worshipped but He, The Living, The Self-Subsisting, The Eternal. No slumber nor sleep can seize Him. His are all things in the heavens and earth. Who is there that can intercede in His presence except as He permits? He knows what (appears to his creatures as) before or after or behind them. Nor shall they encompass anything of His knowledge except as He wills. His throne’s footstool extends over the heavens and earth, and He feels no fatigue in guarding and preserving them, for He is The Most High, The Supreme.”

(The Cow: 255)

Once after every ṣalāh

A) AL-IKHLĀS (PURITY OF FAITH)

“Qul huwAllāhu aḥad...”

﴿قُلْ هُوَ اللَّهُ أَحَدٌ...﴾

B) AL-FALAQ (THE DAWN)

“Qul a‘ūdhu birabbil-falaq...”

﴿قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ...﴾

C) AN-NĀS (MANKIND)

“Qul a‘ūdhu birabbīn-nās...”

﴿قُلْ أَعُوذُ بِرَبِّ النَّاسِ...﴾

Once after ṣalātu-duhr, ‘asr and ‘ishā’

Three Times after ṣalātul-fajr and maghrib

سُبْحَانَ اللَّهِ

“SubḥānAllāh.”

“How Perfect Allāh is.”

الْحَمْدُ لِلَّهِ

“Alḥamdu lillāh.”

“All praise is for Allāh.”

اللَّهُ أَكْبَرُ

“Allāhu Akbar.”

“Allāh is Greater.”

Thirty-three Times (each) after every ṣalāh

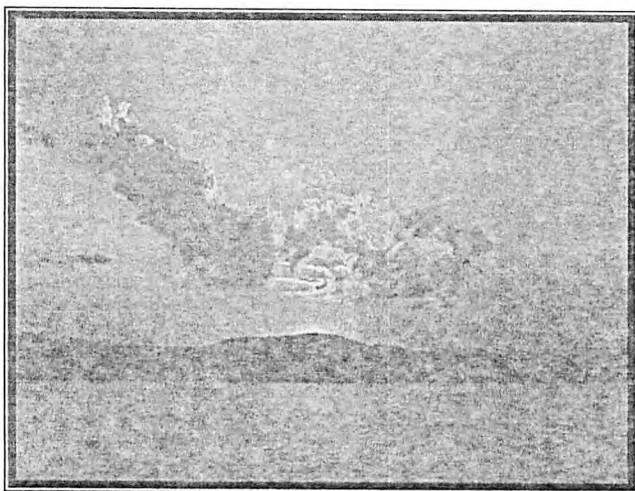
لا إِلَهَ إِلَّا اللهُ، وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، يُحْيِي وَيُمِيتُ،
وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ.

*“Lā illāha illa Allāhu waḥdahu lā sharika lah, lahul-mulku wa lahul-
ḥamd, yuhyī wa yumīt, wa huwa ‘alā kulli shay’in qadīr.”*

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

Once after every ṣalāh

أذكار الصباح و المساء



**Adhkār for Morning
and Evening**

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ.

“A‘ūdhu bikalimāt- illāh it-tāmmāti min sharri mā khalaq.”

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

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

Three Times in the evening

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

“Bismillāhil-ladhī lā yaḍuru ma‘asmihī shay’un fil arḍi wa lā fīssamā’,
wa huwasamī‘ul-‘alīm”

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

Rasūlullāh (ṣallAllāhu ‘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

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

“HasbiyAllāhu lā ilāha illā huw, ‘alayhi tawakkaltu wa huwwa
Rabbul-‘arshil-‘adhīm ”

“Allāh 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

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

*“Allāhumma bika asbahḥnā / **amsaynā**², wa bika amsaynā /
asbahḥnā, wa bika nahyā, wa bika namūt, wa ilaykan-nushūr /
wa ilayakal-maṣīr.”*

“Ô Allāh, 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**.”

Rasūlullāh (ṣallAllāhu ‘alayhi wa sallam) 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

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

² 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 the evening.

“*Asbahna / Amsayna ‘ala fitratil-Islām, wa ‘ala kalimatil-ikhlas, wa ‘ala dini nabiyyina Muhammadin sallAllāhu ‘alayhi wa sallam, wa ‘ala millati abinā Ibrāhīma hanīfam-muslimā, wa mā kāna minal-mushrikīn.*”

“We have reached the morning / **evening** upon the *fitrah*³ of Islām, and the word of sincerity, and the religion of our Messenger Muḥammad, peace be upon him, and the orientation of our forefather Ibrāhīm (peace be upon him), who was a *Hanīf*⁴ Muslim and of true faith, and was not of those who associate others with Allāh.”

Ubayy ibn Ka’b (radiyaAllāhu ‘anh) said: Rasūlullāh (sallAllāhu ‘alayhi wa sallam) 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

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

“*Allāhumma mā asbaha / amsā bi min-ni’mah, aw bi aḥadim-min khalqik, faminka wahdaka lā sharīka lak, falakal-ḥamdu walakash-shukr.*”

“*Ô Allāh, 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.*”

³ *Fitrah*: the natural, innate state of every human being, in which Allāh (*subḥānahu wa ta’āla*) wants us to remain.

⁴ *Hanīf*: one who has dedicated himself with sincerity to the natural tendency of *tawhīd* which is imbued in every human being.

Rasūlullāh (ḡallAllāhu ‘alayhi wa sallam) 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

اللَّهُمَّ إِنِّي أَصْبَحْتُ \ أَمْسَيْتُ أُشْهِدُكَ ، وَأُشْهِدُ حَمَلَةَ
عَرْشِكَ ، وَمَلَائِكَتَكَ ، وَجَمِيعَ خَلْقِكَ ، أَنتَ اللَّهُ لَا إِلَهَ
إِلَّا أَنْتَ وَحْدَكَ لَا شَرِيكَ لَكَ ، وَأَنْ مُحَمَّدًا صَلَّى اللَّهُ عَلَيْهِ وَ
سَلَّمَ عَبْدُكَ وَرَسُولُكَ .

*“Allāhumma innī aṣbaḥtu/ amsaytu ‘ush-hiduk, wa ‘ush-hidu
hamalata ‘arshik, wa malā’ikataka wa jamī’a khalqik, annaka
antAllāhu lā ilāha illā ant, waḥdaka lā sharika lak, wa anna
Muḥammadan ḡallAllāhu ‘alayhi wa sallama ‘abduka wa rasūluk.”*

“Ô Allāh, 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 Allāh, none has the right to be worshipped except You alone, without partner, and that Muhammad, peace be upon him, is Your servant and messenger.”

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

Four Times in the morning and evening

رَضِيتُ بِاللَّهِ رَبًّا وَبِالإِسْلَامِ دِينًا وَبِمُحَمَّدٍ صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ
نَبِيًّا وَرَسُولًا.

“*Raḍītu billāhi Rabbā, wa bil-Islāmi dīnā, wa bi Muḥammadin ṣallAllāhu ‘alayhi wa sallama nabiyyaw-wa rasūlā.*”

“I am pleased with Allāh as Lord, and Islām as a way of life, and Muhammad, peace be upon him, as a nabiyy and a rasūl.”

Rasūlullāh (ṣallAllāhu ‘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 Allāh to please him and accept him.”

Three Times in the morning and evening

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَى
عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ،
أَبِئْوُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَأَبِئْوُ بِذَنْبِي فَاغْفِرْ 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 ma sana’t, abū’u laka bini’matika ‘alayya wa abū’u bidhambī, faghfir lī, fa’innahu lā yaghfiru-dhunūba illā ant.*”

“Ô Allāh, 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.”

Rasūlullāh (ṣallAllāhu ‘alayhi wa sallam) said: “The best of istighfār (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

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

“Allāhumma ṣalli ‘alā sayyidinā Muḥammad, wa ‘alā āli sayyidinā
 Muḥammad, kamā ṣallayta ‘alā sayyidinā Ibrāhīm, wa ‘alā āli
 sayyidinā Ibrāhīm, innaka Ḥamīdum-Majīd. Allāhumma bārik ‘alā
 sayyidinā Muḥammad, wa ‘alā āli sayyidinā Muḥammad, kamā
 barakta ‘alā sayyidinā Ibrāhīm, wa ‘alā āli sayyidinā Ibrāhīm, fil
 ‘ālamīn, innaka Ḥamīdum-Majīd ”

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

Rasūlullāh (ṣallAllāhu ‘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

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ.

“SubḥānAllāhi wa biḥamdih.”

“How perfect Allāh is and I praise Him.”

Rasūlullāh (ṣallAllāhu ‘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

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

“SubḥānAllāhi wa biḥamdih, ‘adada khalqih, wa riḍā nafsih, wa zinata ‘arshih, wa midāda kalimātih.”

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

Juwairiyah, Mother of the believers (radīyAllāhu ‘anhā) narrated that once Rasūlullāh (sallAllāhu ‘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

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

“*Aṣḥbahnā wa aṣbahal/ amsaynā wa amsal-mulku lillāh, walḥamdu lillāh, lā ilāha illAllāh waḥdahu lā sharika lah, laḥul-mulku wa laḥul-ḥamdu wa huwa ‘alā kulli shay’in qadīr. Rabbi as’aluka khayra mā fī hadhan-nahāri/ hadhihil-laylati wa khayra mā ba’dah/ ba’dahā. Wa a’ūdhu bika min sharri mā fī hadhan-nahāri/ hadhihil-laylati, wa sharri mā ba’dah/ ba’dahā. Rabbi a’ūdhu bika minal-kasali wa sū’il-kibar, Rabbi a’ūdhu bika min ‘adhābin finnāri wa min ‘adhābin filqabr”*

“We have reached the morning/evening and at this very time unto Allāh belongs all Sovereignty, and all praise is for Allāh. None has the right to be worshipped except Allāh, 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.”

Rasūlullāh (ṣallAllāhu ‘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

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 ‘ālimal-ghaybi wash-shahādah, fāṭiras-samāwāti wal-‘ard, Rabba kulli shay’uwwa malikah, ash-hadu allā-ilāha illā ant, a‘ūdhu bika min sharri nafsī wa min sharrish-shayṭāni wa shirkih, wa’an aqtarifa ‘alā nafsī sū‘ā, aw ajurrahu ilā muslim.”

“Ô Allāh, 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 shayṭān, and from committing wrong against my nafs or bringing such upon another Muslim.”

Rasūlullāh (ṣallAllāhu ‘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

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 يَدَيَّْ وَمِنْ خَلْفِي وَعَنْ يَمِينِي وَعَنْ شِمَالِي وَمِنْ فَوْقِي
 وَأَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي .

*“Allāhumma innī as’alukal-‘afwa wal-‘āfiyata fīd-dunyā wal-‘ākhīrah,
 Allāhumma innī as’alukal-‘afwa wal-‘āfiyata fī dīnī wa dunyāya wa
 ahli wa māli. Allāhumma astur ‘awrātī, wa ‘āmin raw‘ātī.
 Allāhumma-ahfadhni mim-bayni yadayya wa min khalfī, wa ‘an
 yamīnī wa ‘an shimālī, wa min fawqī, wa a‘ūdhu bi‘adhqamatika’an
 ughtāla min tahtī.”*

“Ô Allāh, I ask You for pardon and well-being in this life and the next.
 Ô Allāh, I ask You for pardon and well-being in my religious and
 worldly affairs, and my family and my wealth. Ô Allāh, do not expose
 my defects and deficiencies and change my fears into peace and
 security. Ô Allāh, 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.”

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

ONCE in the morning and evening

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، عَلَيْكَ تَوَكَّلْتُ وَأَنْتَ رَبُّ الْعَرْشِ
 الْعَظِيمِ، مَا شَاءَ اللَّهُ كَانَ، وَ مَا 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، وَأَخْصَى كُلَّ شَيْءٍ عَدَدًا. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي،
 وَمِنْ شَرِّ كُلِّ دَابَّةٍ أَنْتَ آخِذٌ بِنَاصِيَتِهَا، إِنَّ رَبِّي عَلَى صِرَاطٍ مُسْتَقِيمٍ.

“Allāhumma anta Rabbī lā ilāha illā ant, ‘alayka tawakkalt, wa anta rabbul-‘arshil-‘adhīm, mā shā’Allāhu kān, wa mā lam yasha’ lam yakun. Lā ḥawla wa lā quwwata illā billāhil-‘aliyil-‘adhīm. A‘lamu anna Allāha ‘alā kulli shay’in qadīr, wa anna Allāha qad aḥāṭa bikulli shay’in ‘ilmā, wa aḥsā kulla shay’in ‘adadā. Allāhumma innī a‘ūdhu bika min sharri nafsi, wa min sharri kulli dābbatin anta ākhidhun bināsiyatihā, inna Rabbī ‘alā sirāṭim-mustaqīm.”

“Ô Allāh, 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 Allāh, the Exalted, the Great. What Allāh wills will be, and what He does not will, will not be. I know that Allāh has Power over all things, and that Allāh’s knowledge has encompassed everything and that Allāh 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 Abu ad-Dardā’ (raḍiyallahu ‘anh) and said: “Abu ad-Dardā’, your house has burnt down.” He (raḍiyallahu ‘anh) responded: “It has not burnt down. Allāh would not let it happen so, because of some words about which I heard Rasūlullāh (ṣallAllāhu ‘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

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

“Allāhumma ‘āfinī fi badanī, Allāhumma ‘āfinī fi samī, Allāhumma ‘āfinī fi basarī, lā ilāha illā ant.”

“Ô Allāh, grant me safety and health in my body. Ô Allāh, grant me safety and health in my hearing. Ô Allāh, 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
الْقَبْرِ، لَا إِلَهَ إِلَّا أَنْتَ.

*“Allāhumma innī a‘ūdhu bika minal-kufri wal faqr, wa a‘ūdhu bika
min ‘adhābil-qabr, lā ilāha illā ant.”*

“Ô Allāh, 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 Bakr (radīyAllāhu ‘anh) said: “I heard Rasūlullāh (ṣallAllāhu ‘alayhi wa
sallam) pray with it and I wish to abide by his sunnah (ṣallAllāhu ‘alayhi wa
sallam).”*

Three Times in the morning and evening

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

*“Allāhumma innī a‘ūdhu bika minal-arba‘: min ‘ilmin lā yanfa‘, wa
min qalbin lā yakhsha‘, wa min nafsin lā tashba‘, wa min du‘āin lā
yusma‘.”*

“Ô Allāh, 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

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

“Allāhumma aqsim lī min khashyatika mā taḥūlu bihi baynī wa bayna ma‘shiyatak, wa min tā‘atika mā tubalighunī bihi jannatak, wa minal-yaqīni mā tuhawwinu bihi ‘alayya maṣā’ibad-dunyā.”

“Ô Allāh, bestow upon me a share of fear from You which will prevent me from disobeying You, and bestow upon me a share of obedience of you 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 dunyā on my heart.”

ONCE in the morning and evening

اللَّهُمَّ إِنِّي ضَعِيفٌ فَقَوِّمْهُ فِي رِضَاكَ ضَعْفِي، وَ خُذْ إِلَى الْخَيْرِ بِنَاصِيَتِي، وَ اجْعَلْ
 الْإِسْلَامَ مُنْتَهَى رِضَايَ، اللَّهُمَّ إِنِّي ضَعِيفٌ فَقَوِّنِي، اللَّهُمَّ إِنِّي ذَلِيلٌ فَأَعِزَّنِي،
 اللَّهُمَّ إِنِّي فَاقِرٌ فَارْزُقْنِي.

“Allāhumma innī da‘īfun faqawwī fī riḍāka ḍa‘fī, wa khudh ilal-khayri bināsiyatī, waj‘al il-islāma muntahā riḍāyy. Allāhumma innī da‘īfun faqawwinī, Allāhumma innī dhalīlun fa a‘izzanī, Allāhumma innī faqīrun farzuqnī.”

“Ô Allāh, 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 Allāh I am weak, strengthen me. Ô Allāh, I am abased (by my sins), dignify me (by Your obedience). Ô Allāh, I am destitute, enrich me.”

ONCE in the morning and evening

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

“Allāhumma innī as’aluka ḥubbaka wa ḥubba man yanfa’uni ḥubbuhu ‘indak. Allāhumma mā razaqtanī mim mā uḥibb, faj’alhu lī quwwatan fī mā tuḥibb. Allāhumma mā zawayta ‘annī mim mā uḥibb, faj’alhu lī farāghan fī mā tuḥibb.”

“Ô Allāh, I implore You for Your love and the love of the one whose love benefits me with You. Ô Allāh, whatever You have bestowed upon me of what I love, let it be strength for me in what You love. Ô Allāh, 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

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

“Lā ilāha illa Allāhu waḥdahu lā sharika lah, laḥul-mulku wa laḥul-ḥamd, wa huwa ‘alā kulli shay’in qadīr .”

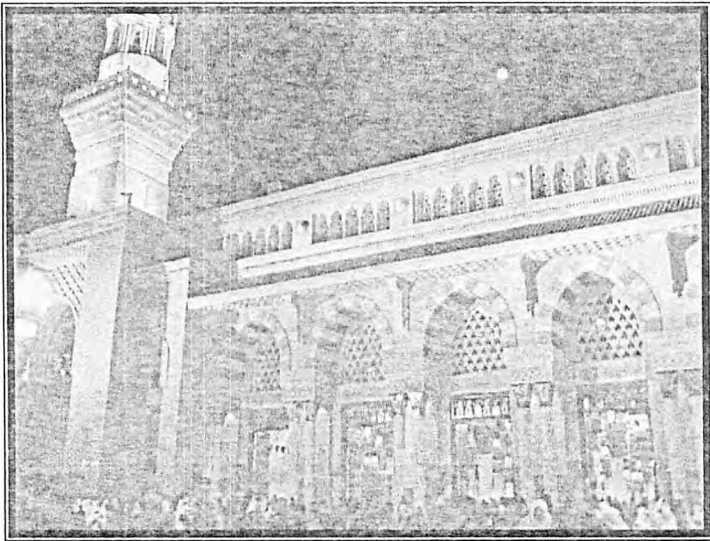
“None is worthy of worship except Allāh, alone, without partner. To Him belongs all sovereignty and praise, and He has power over all things.”

Rasūlullāh (ṣallāllāhu ‘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

أَذْكَارُ النَّوْمِ

وَالْأَسْتِيقَاطِ مِنَ النَّوْمِ



ADHKĀR BEFORE SLEEPING
AND UPON WAKING UP

BEFORE SLEEPING:

☞ Be in *Tahārah* ☞ Renew your *Tawbah* ☞
☞ Lie on your right side ☞

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 {البقرة، ٢٥٥}

*“Allāhu lā ilāha illā huwal-ḥayyul-qayyūm, lā ta’khudhuhū sinatuw-
walā nawm, lahū mā fis-samāwāti wa mā fil-ard, man dhal-ladhī
yashfa’u ‘indahū illā bi’idhnih, ya’lamu mā bayna aydihim wa mā
khalifahum, wa lā yuhītūna bishay’im-min ‘ilmihī illā bimā shā’, wasi’a
kursiyyuhus-samāwāti wal arḍ, walā ya’ūduhū ḥifdhuhumā, wa
huwal-’aliyyul-’adhīm.” (Al-Baqarah: 255)*

“Allāh! None has the right to be worshipped but He, The Living, The Self-Subsisting, The Eternal. No slumber nor sleep can seize Him. His are all things in the heavens and earth. Who is there that can intercede in His presence except as He permits? He knows what (appears to his creatures as) before or after or behind them. Nor shall they encompass anything of His knowledge except as He wills. His throne’s footstool extends over the heavens and earth, and He feels no fatigue in guarding and preserving them, for He is The Most High, The Supreme.”

(The Cow: 255)

Once before sleeping

لِلَّهِ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ وَإِنْ تُبَدُّوا مَا فِي أَنْفُسِكُمْ أَوْ تُخْفُوهُ يُحَاسِبِكُمْ بِهِ اللَّهُ فَيَغْفِرُ لِمَنْ يَشَاءُ وَيُعَذِّبُ مَنْ يَشَاءُ وَاللَّهُ عَلَى كُلِّ شَيْءٍ قَدِيرٌ ﴿٢٨٤﴾

آمَنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ كُلٌّ آمَنَ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ لَا نُفَرِّقُ بَيْنَ أَحَدٍ مِّنْ رُّسُلِهِ وَقَالُوا سَمِعْنَا وَأَطَعْنَا غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ ﴿٢٨٥﴾
لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا وَاعْفِرْ لَنَا وَارْحَمْنَا أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ ﴿٢٨٦﴾

“Lillāhi mā fis-samāwāti wa mā fil-ard, wa in tubdū mā fi anfusikum aw tukhfuhu yuḥāsibikum bihil-lāh, fayaghfiru limay- yashā’u wa yu’adhibu may-yashā’u wAllāhu ‘alā kulli shay’in qadīr.

Āmanar-rasūlu bimā unzila ilayhi mir-rabihi wal mu’minūn, kullun āmana billāhi wa malā’ikatihī wa kutubihī wa rusulih, lā nufariqu bayna aḥadim- mir-rusulih, wa qālū sami’nā wa aṭa’nā ghufṛānaka Rabbanā wa ilaykal-masīr.

Lā yukaliful-llāhu nafsan illa wus’ahā, lahā mā kasabat wa ‘alayhā maktasabat, Rabbanā lā tu’akhidhnā in-nasīnā aw akhṭa’nā, Rabbanā wa lā taḥmil ‘alaynā isran kamā ḥamaltahu ‘alal-ladhīna min qablinā, Rabbanā wa lā tuḥamilnā mā lā ṭāqata lanā bih, wa’fu ‘anna waghfir lanā warḥamnā, anta mawlānā fansurnā ‘al-alqawmil kāfirīn.” (Al-Baqarah: 284-286)

“To Allāh belongs all that is in the heavens and on earth. Whether you show what is in your minds or conceal it, Allāh calls you to account for it. He forgives whom He pleases, and punishes whom He pleases, for Allāh hath power over all things.

The Messenger believes in what hath been revealed to him from his Lord, as do the men of faith. Each one (of them) believes in Allāh, His angels, His books, and His messengers. ‘We make no distinction (they say) between one and another of His messengers.’ And they say: ‘We hear, and we obey: (We seek) Thy forgiveness, our Lord, and to Thee is the end of all journeys.’

On no soul does Allāh place a burden greater than it can bear. It gets every good that it earns, and it suffers every ill that it earns. (Pray:) ‘Our Lord! Condemn us not if we forget or fall into error; our Lord! Lay not on us a burden like that which you did lay on those before us; Our Lord! lay not on us a burden greater than we have strength to bear. Blot out our sins, and grant us forgiveness. Have mercy on us. You are our Protector; help us against those who stand against faith.’”

(The Cow: 284-286)

ONCE before sleeping

A) AL-KĀFIRŪN (UNBELIEVERS)

“Qul yā ayyuhal-kāfirūn...”

﴿قُلْ يَا أَيُّهَا الْكَافِرُونَ...﴾

B) AL-IKHLĀS (PURITY OF FAITH)

“Qul huwAllāhu aḥad...”

﴿قُلْ هُوَ اللَّهُ أَحَدٌ...﴾

C) AL-FALAQ (THE DAWN)

“Qul a‘ūdhu birabbil-falaq...”

﴿قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ...﴾

D) AN-NĀS (MANKIND)

“Qul a‘ūdhu birabbīn-nās...”

﴿قُلْ أَعُوذُ بِرَبِّ النَّاسِ...﴾

ONCE before sleeping

Thirty-three Times:

سُبْحَانَ اللَّهِ

“SubḥānAllāh.”

“How Perfect Allāh is.”

Thirty-three Times:

الْحَمْدُ لِلَّهِ

“*Alḥamdulillāh.*”

“All praise is for Allāh.”

Thirty-four Times:

اللَّهُ أَكْبَرُ

“*Allāhu Akbar.*”

“Allāh is Greater.”

Before sleeping

بِاسْمِكَ رَبِّي وَضَعْتُ جَنْبِي، وَبِكَ أَرْفَعُهُ، فَإِنْ أَمْسَكَتَ نَفْسِي فَارْحَمْهَا،
وَإِنْ أَرْسَلْتَهَا فَاحْفَظْهَا بِمَا تَحْفَظُ بِهِ عِبَادَكَ الصَّالِحِينَ.

“*Bismika Rabbī waḍa‘tu jambī wa bika arfa‘uh, fa’in amsakta nafsī farḥamhā, wa’in arsaltahā fahfadhhā bimā tahfadhu bihi ‘ibādakas-sāliḥīn.*”

“In Your name Ô Allāh, I lay my side and in Your name I raise it. If you keep my soul, give it (Your Loving) Mercy, and if You release it, care for it as You care for Your righteous servants.”

ONCE before sleeping

اللَّهُمَّ أَسْلَمْتُ نَفْسِي إِلَيْكَ، وَوَجَّهْتُ وَجْهِي إِلَيْكَ،
وَفَوَّضْتُ أَمْرِي إِلَيْكَ، وَأَلْجَأْتُ ظَهْرِي إِلَيْكَ، رَغْبَةً
وَرَهْبَةً إِلَيْكَ، لَا مَلْجَأَ وَلَا مَنَاجَا مِنْكَ إِلَّا إِلَيْكَ، آمَنْتُ
بِكِتَابِكَ الَّذِي أَنْزَلْتَ وَبِنَبِيِّكَ الَّذِي أَرْسَلْتَ.

*“Allāhumma aslamtu nafsī ilayk, wawajjahtu wajhī ilayk,
wafawwadtu amrī ilayk, wa’alja’tu dhahrī ilayk, raghbatan wa
rahbatan ilayk, lā malja’a walā manjā minka illā ilayk, āmantu
bikitābikal-ladhī anzalt, wa binabiyyikal-ladhī arsalt.”*

“Ô Allāh, I have surrendered my self to You, and I have oriented my face (heart) to You, and I have submitted (all matter of my life for decision) to You, and I have turned my back for refuge, in desire and in fear, towards You. There is no refuge and no escape from You except to You. I have believed in Your book which You have revealed, and in Your Nabiyy which You have sent.”

ONCE before sleeping

(This is to be the very last dhikr that one recites before sleeping, while lying on one’s right side.)

UPON WAKING UP:

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ.

“Alḥamdu lillāhil-ladhī aḥyānā ba‘da mā amātanā wa‘ilayhin-nushūr.”

“All praise is due to Allāh who has given us life after causing us to die, and to Him is (our) resurrection.”

ONCE upon waking up

الْحَمْدُ لِلَّهِ الَّذِي رَدَّ عَلَيَّ رُوحِي وَعَافَانِي فِي جَسَدِي وَأَذِنَ لِي بِذِكْرِهِ .

“Alḥamdu lillāhil-ladhī radda ‘alayya rūḥī, wa ‘āfānī fī jasadī, wa‘adhina lī bidhikrih.”

“All praise is due to Allāh who has returned upon me my soul, has given me wellness in my body and has permitted me to be in dhikr of Him.”

ONCE upon waking up

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:

Fathha - a

Dammah - u

Kasrah - i

Long Vowels:

Fathha with madd (long vowel) - ā

Dammah with madd (long vowel) - ū

Kasrah with madd (long vowel) - ī



*“Our Lord! accept (this) from us; for You are
the All-Hearing, All-Knowing”*

(2:127)