

ATHKAR

Morning
&
Evening

REMEMBRANCE

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AYAH AL KURSI

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ
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

TRANSLITERATION

'A 'oothu billaahi minash-Shaytaanir-rajeem. Allaahu laa 'ilaaha 'illaa Huwal-Hayyul-Qayyoom, laa ta'khuthuhu sinatun wa laa nawm, lahu maa fis-samaawaati wa maa fil-'ardh, man thai-lathee yashfa'u 'indahu 'illaa bi'ithnih, ya'lamu maa bayna 'aydeehim wa maa khalfahum, wa laa yuheetoona bishay'im-min 'ilmihii 'illaa bimaa shaa'a, wasi'a kursiyyuhus samaawaati wal'ardh, wa laa ya'ooduhu hifdhuhumaa, wa Huwal- 'Aliyyul- 'Adheem.

TRANSLATION

I seek refuge in Allah from Satan the outcast. Allah! There is none worthy of worship but He, the Ever-Living, the One Who sustains and protects all that exists. Neither slumber nor sleep overtakes Him. To Him belongs whatever is in the heavens and whatever is on the earth. Who is he that can intercede with Him except with His Permission? He knows what happens to them in this world, and what will happen to them in the Hereafter. And they will never encompass anything of His Knowledge except that which He wills. His Throne extends over the heavens and the earth, and He feels no fatigue in guarding and preserving them. And He is the Most High, the Most Great.

REFERENCE

Whoever says this when he rises in the morning will be protected from jinns 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. It was reported by Al-Hakim 1 / 562, Al-Albani graded it as authentic in Sahihut-Tarhib wat-Tarhib 1/273, and traces it to An-Nasa'i and At-Tabarani. He says that At-Tabarani's chain of transmission is reliable (Jayyid).

SURAH AL IKHLAS

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

TRANSLITERATION

Bismillaahir-Rahmaanir-Raheem. Qul Huwallaahu 'Ahad. Allaahus-Samad. Lam yalid wa lam yoolad. Wa lam yakun lahu kufuwan 'ahad .

TRANSLATION

With the Name of Allah, the Most Gracious, the Most Merciful. Say: He is Allah (the) One. The Self-Sufficient Master, Whom all creatures need, He begets not nor was He begotten, and there is none equal to Him.

REFERENCE

Al-Ikhlās 112:1-4. - Al-Falaq 113:1-5. - An-Nas 114:1-6 - Whoever recites these three times in the morning and in the evening, they will suffice him (as a protection) against everything. The Hadith was reported by Abu Dawud 4/322, and At-Tirmithi 5/567. See Al-Albani's Sahih At-Tirmithi 3/182.

SURAH AL FALAQ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ قُلْ أَعُوذُ
بِرَبِّ الْفَلَقِ ﴿١﴾ مِنْ شَرِّ مَا خَلَقَ ﴿٢﴾
وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ﴿٣﴾ وَمِنْ
شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ﴿٤﴾ وَمِنْ
شَرِّ حَاسِدٍ إِذَا حَسَدَ ﴿٥﴾

TRANSLITERATION

Bismillaahir-Rahmaanir-Raheem. Qul 'a'oothu birabbil-falaq. Min sharri ma khalaq. Wa min sharri ghaasiqin 'ithaa waqab. Wa min sharrin-naffaathaati fil-'uqad. Wa min sharri haasidin 'ithaa hasad.

TRANSLATION

With the Name of Allah, the Most Gracious, the Most Merciful.
Say: I seek refuge with (Allah) the Lord of the daybreak, from the evil of what He has created, and from the evil of the darkening (night) as it comes with its darkness, and from the evil of those who practice witchcraft when they blow in the knots, and from the evil of the envier when he envies.

REFERENCE

Al-Ikhlâs 112:1-4. - Al-Falaq 113:1-5. - An-Nas 114:1-6 - Whoever recites these three times in the morning and in the evening, they will suffice him (as a protection) against everything. The Hadith was reported by Abu Dawud 4/322, and At-Tirmithi 5/567.
See Al-Albani's Sahih At-Tirmithi 3/182.

SURAH AL NAS

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ قُلْ
أَعُوذُ بِرَبِّ النَّاسِ ﴿١﴾ مَلِكِ النَّاسِ
﴿٢﴾ إِلَهِ النَّاسِ ﴿٣﴾ مِنْ شَرِّ
الْوَسْوَاسِ الْخَنَّاسِ ﴿٤﴾ الَّذِي
يُوسْوِسُ فِي صُدُورِ النَّاسِ ﴿٥﴾
مِنَ الْجَنَّةِ وَالنَّاسِ

TRANSLITERATION

Bismillaahir-Rahmaanir-Raheem. Qul 'a'oothu birabbin-naas. Malikin-naas. 'Ilaahin-naas. Min sharril-waswaasil-khannaas. Allathee yuwaswisu fee sudoorin-naas. Minal-jinnati wannaas.

TRANSLATION

With the Name of Allah, the Most Gracious, the Most Merciful. Say: I seek refuge with (Allah) the Lord of mankind, the King of mankind, the God of mankind, from the evil of the whisperer who withdraws, who whispers in the breasts of mankind, of jinns and men.

REFERENCE

Al-Ikhlās 112:1-4. - Al-Falaq 113:1-5. - An-Nas 114:1-6 - Whoever recites these three times in the morning and in the evening, they will suffice him (as a protection) against everything. The Hadith was reported by Abu Dawud 4/322, and At-Tirmithi 5/567. See Al-Albani's Sahih At-Tirmithi 3/182.

أَصْبَحْنَا وَأَصْبَحَ الْمَلِكُ / أَمْسَيْنَا وَ
 أَمْسَى الْمَلِكُ / لِلَّهِ وَالْحَمْدُ لِلَّهِ، لَا
 إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ
 الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ
 شَيْءٍ قَدِيرٌ، رَبِّ اسْأَلِكْ خَيْرَ مَا فِي
 هَذَا الْيَوْمِ / هَذِهِ اللَّيْلَةِ / وَخَيْرَ مَا
 بَعْدَهُ / بَعْدَهَا، / وَأَعُوذُ بِكَ مِنْ شَرِّ
 مَا فِي هَذَا الْيَوْمِ / هَذِهِ اللَّيْلَةِ / وَشَرِّ
 مَا بَعْدَهُ / بَعْدَهَا، / رَبِّ أَعُوذُ بِكَ مِنْ
 الْكَسَلِ، وَسُوءِ الْكِبَرِ، رَبِّ أَعُوذُ
 بِكَ مِنْ عَذَابِ فِي النَّارِ وَعَذَابِ
 فِي الْقَبْرِ

TRANSLITERATION

Asbahnaa wa 'asbahal-mulku ['Amsaynaa wa 'amsal-mulku] lillaahi walhamdu lillaahi, laa 'ilaaha 'ilallaahu wahdahu laa shareeka lahu, lahul-mulku wa lahul-hamdu wa Huwa 'alaa kulli shay'in Qadeer. Rabbi 'as'aluka khayra maa fee haathal-yawmi [haathihil-laylati] wa khayra maa ba'dahu [ba'dahaa] wa 'a'oothu bika min sharri maa fee haathal-yawmi [haathihil-laylati] wa sharri maa ba'dahu [ba'dahaa], Rabbi 'a'oothu bika minal-kasali, wa soo'il-kibari, Rabbi 'a'oothu bika min 'athaabin fin-naari wa 'athaabin fil-qabri.

TRANSLATION

We have entered a new day [ended another day] and with it all dominion is Allah's. Praise is to Allah. None has the right to be worshiped 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 [night] and of the days [nights] that come after it, and I seek refuge in You from the evil of this day [night] and of the days [nights] 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.

REFERENCE

1) When you say this in the evening you should say 'Amsaynaa wa 'amsal-mulku lillaah: "We have ended another day and with it all dominion is Allah's." 2) When you say this in the evening you should say: Rabbi 'as'aluka khayra maa fee haathihil-laylati, wa khayra maa ba'dahaa, wa 'a'oothu bika min sharri maa fee haathihil-laylati wa sharri maa ba'dahaa: "I ask You for the good things of this night and of the nights that come after it and I seek refuge in You from the evil of this night and of the nights that come after it." 3) Muslim 4/2088.

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

TRANSLITERATION

Allaahumma bika 'asbahnaa ['amsaynaa], wa bika 'amsaynaa
['asbahnaa], wa bika nahyaa, wa bika namootu wa 'ilaykan-nushoor.

TRANSLATION

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.

REFERENCE

1) When you say this in the evening you should say: Allaahumma bika 'amsaynaa wa bika 'asbahnaa, wa bika nahyaa, wa bika namoot, wa 'ilaykal-maseer: "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."

2) Sahih At-Tirmithi 3/142.

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

TRANSLITERATION

Allaahumma 'Anta Rabbee laa 'ilaaha 'illaa 'Anta, khalaaqtanee wa 'anaa 'abduka, wa 'anaa 'alaa 'ahdika wa wa'dika mas-tata'tu, 'a'oothu bika min sharri maa sana'tu, 'aboo'u laka bini'matika 'alayya, wa 'aboo'u bithanbee faghfir lee fa'innahu laa yaghfiruth-thunooba 'illaa 'Anta.

TRANSLATION

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.

REFERENCE

Whoever recites this with conviction in the evening and dies during that night shall enter Paradise, and whoever recites it with conviction in the morning and dies during that day shall enter Paradise, Al-Bukhari 7/150. Other reports are in An-Nasa'i and At-Tirmithi.

اللَّهُمَّ إِنِّي أَصْبَحْتُ (أَمْسَيْتُ)
أَشْهَدُكَ وَأَشْهَدُ حَمَلَةَ عَرْشِكَ،
وَمَلَائِكَتَكَ وَجَمِيعَ خَلْقِكَ، أَنْكَ
أَنْتَ اللَّهُ لَا إِلَهَ إِلَّا أَنْتَ وَحْدَكَ لَا
شَرِيكَ لَكَ، وَأَنْ مُحَمَّدًا عَبْدُكَ
وَرَسُولُكَ

(4 TIMES)

TRANSLITERATION

Allaahumma 'innee 'asbahtu ['amsaytu] 'ush-hiduka wa 'ush-hidu hamalata 'arshika, wa malaa'ikataka wajamee'a khalqika, 'annaka 'Antallaahu laa 'ilaaha 'illaa 'Anta wahdaka laa shareeka laka, wa 'anna Muhammadan 'abduka wa Rasooluka.

TRANSLATION

Whoever recites this with conviction in the evening and dies during that night shall enter Paradise, and whoever recites it with conviction in the morning and dies during that day shall enter Paradise, Al-Bukhari 7/150. Other reports are in An-Nasa'i and At-Tirmithi.

REFERENCE

- 1) When you say this in the evening you should say, Allaahumma 'innee 'amsaytu "O Allah, I have ended another day ..."
- 2) "Allah will spare whoever says this four times in the morning or evening from the fire of Hell," Abu Dawud 4/317. It was also reported by Al-Bukhari in Al-'Adab Al-Mufrad, An-Nasa'i in 'Amalul-Yawm wal-Laylah and Ibn As-Sunni. Nasa'i's and Abu Dawud's chains of transmission are good (Hasan), Ibn Baz, p. 23.

اللَّهُمَّ مَا أَصْبَحَ بِِي / اللَّهُمَّ مَا أَمْسَى
بِي / مِنْ زِعْمَةٍ أَوْ بِأَحَدٍ مِنْ خَلْقِكَ
فَمِنْكَ وَحَدِّكَ لَا شَرِيكَ لَكَ، فَلَكَ
الْحَمْدُ وَلَكَ الشُّكْرُ

TRANSLITERATION

Allaahumma maa 'asbaha bee [If evening: Allaahumma maa 'amsaa bee] min ni'matin 'aw bi'ahadin min khalqika faminka wahdaka laa shareeka laka, falakal-hamdu wa lakash-shukru.

TRANSLATION

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.

REFERENCE

- 1) When you say this in the evening, you should say: Allaahumma maa 'amsaa bee ...: "O Allah, as I ... enter this evening ..."
- 2) Whoever recites this in the morning, has completed his obligation to thank Allah for that day; and whoever says it in the evening, has completed his obligation for that night. Abu Dawud 4/318, An-Nasa'i 'Amalul-Yawm wal-Laylah (no. 7), Ibn As-Sunni (no. 41), Ibn Hibban (no. 2361). Its chain of transmission is good (Hasan), Ibn Baz, p. 24.

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

(3 TIMES)

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

(3 TIMES)

TRANSLITERATION

Allaahumma 'aafinee fee badanee, Allaahumma 'aafinee fee sam'ee,
Allaahumma 'aafinee fee basaree, laa 'ilaaha 'illaa 'Anta (three times).
Allaahumma 'innee 'a'oothu bika minal-kufri, walfaqri, wa 'a'oothu bika
min 'athaabil-qabri, laa 'ilaaha 'illaa 'Anta. (Three times).

TRANSLATION

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. (Recite three times in Arabic).

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).

REFERENCE

1) When you say this in the evening, you should say: Allaahumma maa
'amsaa bee ...: "O Allah, as I ... enter this evening ..."

2) Whoever recites this in the morning, has completed his obligation
to thank Allah for that day; and whoever says it in the evening, has
completed his obligation for that night. Abu Dawud 4/318, An-Nasa'i
'Amalul-Yawm wal-Laylah (no. 7), Ibn As-Sunni (no. 41), Ibn Hibban (no.
2361). Its chain of transmission is good (Hasan), Ibn Baz, p. 24.

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

(7 TIMES)

TRANSLITERATION

Hasbiyallaahu laa 'ilaaha 'illaa Huwa 'alayhi tawakkaltu wa Huwa Rabbul-'Arshil-'Adheem.

TRANSLATION

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).

REFERENCE

Allah will grant whoever recites this seven times in the morning or evening whatever he desires from this world or the next, Ibn As-Sunni (no. 71), Abu Dawud 4/321. Both reports are attributed directly to the Prophet(SAW). The chain of transmission is sound (Sahih). Ibn As-Sunni.

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

TRANSLITERATION

Allaahumma 'innee 'as'alukal-'afwa wal'aafiyata fid-dunyaa wal'aakhirati, Allaahumma 'innee 'as'alukal-'afwa wal'aafiyata fee deenee wa dunyaaya wa 'ahlee, wa maalee, Allaahum-mastur 'awraatee, wa 'aamin raw'aatee, Allaahum-mahfadhnee min bayni yadayya, wa min khalfee, wa 'an yameenee, wa 'an shimaalee, wa min fawqee, wa 'a'oothu bi'adhamatika 'an 'ughtaala min tahtee.

TRANSLATION

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.

REFERENCE

Sahih Ibn Majah 2/332 and Abu Dawud.

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

TRANSLITERATION

Allaahumma 'Aalimal-ghaybi wash-shahaadati faatiras-samaawaati wal'ardhi, Rabba kulli shay 'in wa maleekahu, 'ash-hadu 'an laa 'ilaaha 'illaa 'Anta, 'a'oothu bika min sharri nafsee, wa min sharrish-shaytaani wa shirkih, wa 'an 'aqtarifa 'alaa nafsee soo'an, 'aw 'ajurrahu 'ilaa Muslimin.

TRANSLATION

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.

REFERENCE

Sahih At-Tirmithi 3/142 and AbuDawud.

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

(3 TIMES)

TRANSLITERATION

Bismillaahil-lathee laa yadhurru ma'as-mihi shay'un fil-'ardhi wa laa fis-samaa'i wa Huwas-Samee 'ul- 'Aleem.

TRANSLATION

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; in the morning and the evening).

REFERENCE

"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." Abu Dawud 4/323, At-Tirmithi 5/465, Ibn Majah 2/332, Ahmad. Ibn Majah's chain of transmission is good (Hasan), Ibn Baz, p. 39.

رَضِيتُ بِاللَّهِ رَبًّا، وَبِالْإِسْلَامِ دِينًا،
وَبِمُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ نَبِيًّا

(3 TIMES)

TRANSLITERATION

Radheetu billaahi Rabban, wa bil-'Islaami deenan, wa bi-Muhammadin
(sallallaahu 'alayhi wa sallama) Nabiyyan.

TRANSLATION

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; in the morning and the evening).

REFERENCE

Allah has promised that anyone who says this three times every
morning or evening will be pleased on the Day of Resurrection."
Ahmad 4/ 337, An-Nasa'i, 'Amalul-Yawm wal-Laylah p. 4, Ibn As-Sunni
(no. 68), At-Tirmithi 5/465. Its chain of transmission is good (Hasan),
Ibn Baz, p. 39.

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

TRANSLITERATION

Yaa Hayyu yaa Qayyoomu birahmatika 'astagheethu 'aslih lee sha'nee
kullahu wa laa takilnee 'ilaa nafsee tarfata 'aynin.

TRANSLATION

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).

REFERENCE

Its chain of transmission is sound (Sahih), Al-Hakim 1/545, see
Albani, Sahihut-Tarhib wat-Tarhib, 1/273.

أَصْبَحْنَا وَأَصْبَحَ [أَمْسَيْنَا وَ أَمْسَى]
الْمَلِكُ لِلَّهِ رَبِّ الْعَالَمِينَ ، اللَّهُمَّ إِنِّي
أَسْأَلُكَ خَيْرَ هَذَا الْيَوْمِ/هَذِهِ الْيَلَّةِ ،
فَتْحَهُ ، وَنَصْرَهُ ، وَنُورَهُ وَبَرَكَاتِهِ ، وَهُدَاهُ ،
وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِيهِ وَشَرِّ مَا بَعْدَهُ

TRANSLITERATION

Asbahnaa wa 'asbaha [In the evening: Amsaynaa wa amsaa] al-mulku lillaahi Rabbil-'aalameen, Allaahumma 'innee 'as'aluka khayra haathal-yawmi/haathihil-laylati: Fathahu wa nasrahu wa noorahu, wa barakatahu, wa hudaahu, wa'a'oothu bika min sharri maa feehi wa sharri maa ba'dahu.

TRANSLATION

We have reached the morning/[evening] and at this very time all sovereignty belongs to Allah, Lord of the worlds. O Allah, I ask You for the good of this day/night, its triumphs and its victories, its light and its blessings and its guidance, and I take refuge in You from the evil of this day and the evil that follows it.

REFERENCE

IAbu Dawud 4/322. Its transmission chain is good (Hasan). See also Ibn Al-Qayyim, Zadul-Ma'ad 2/273.

أَصْبَحْنَا عَلَى فِطْرَةِ الْإِسْلَامِ [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

TRANSLITERATION

Asbahnaa 'alaa fitratil-'Islaami [In the evening: Amsaynaa 'alaa fitratil-'Islaam] wa 'alaa kalimatil-'ikhlaasi, wa 'alaa deeni Nabiyyinaa Muhammadin (sallallaahu 'alayhi wa sallama), wa 'alaa millati 'abeenaa 'Ibraaheema, haneefan Musliman wa maa kaana minal-mushrikeen.

TRANSLATION

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.

REFERENCE

- 1) When you say this in the evening, you should say: 'Amsaynaa 'alaa fitratil-'Islaam ...: "We end this day ..."
- 2) Ahmad 3/406-7, 5/123, An-Nasa'i, 'Amalul- Yawm wal-Laylah (no. 34), At-Tirmithi 4/209.

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

(Recite 100 times
both in the morning and in the
evening)

TRANSLITERATION

Subhaanallaahi wa bihamdihi.

TRANSLATION

Glory is to Allah and praise is to Him. (Recite one hundred times in Arabic; both in the morning and the evening).

REFERENCE

"Whoever recites this one hundred times in the morning and in the evening will not be surpassed on the Day of Resurrection by anyone having done better than this except for someone who had recited it more. " Al-Bukhari 4/2071.

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

(Recite 10 times or 1 time to
ward off laziness)

TRANSLITERATION

Laa 'ilaaha 'illallaahu wahdahu laa shareeka lahu, lahul-mulku wa lahul-hamdu, wa Huwa 'alaa kulli shay'in Qadeer.

TRANSLATION

(In the morning) 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).

REFERENCE

"1) Allah will write ten Hasanaat (rewards) for whoever recites this ten times in the morning, and forgive him ten misdeeds and give him the reward of freeing ten slaves and protect him from Satan. Whoever recites this ten times in the evening will get this same reward. An-Nasa'i, 'Amalul-Yawm wal-Laylah (no. 24). Its chain of transmission is sound (Sahih). Albani 1/272. Abu Hurayrah narrated that the Prophet (SAW) said: "Allah will write one hundred Hasanaat for whoever says There is no God but Allah alone, He has no partner. To Allah is possession of everything, and to Him all praise is. He is Capable of all things' ten times in the morning, and forgive him one hundred misdeeds. He will have the reward of freeing a slave and will be protected from Satan throughout the day unto dusk. Whoever says it in the evening will have the same reward." Ahmad 8/704, 16/293. Its chain of transmission is good (Hasan), Ibn Baz, p. 44.

2) Whoever recites this in the morning, will have the reward of freeing a slave from the Children of Isma'il. Ten Hasanaat (rewards) will be written for him, and he will be forgiven ten misdeeds, raised up ten degrees, and be protected from Satan until evening. Whoever says it in the evening will have the same reward until morning. Abu Dawud 4/319, 3/957, Ahmad 4/ 60, Ibn Majah 2/331, Ibn Al-Qayyim Zadul-Ma'ad 2/388. Its chain of transmission is sound (Sahih). Al-Albani 1/270.

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

(Recite 3 times upon rising in
the morning)

TRANSLITERATION

Subhaanallaahi wa bihamdihi: 'Adada khalqihi, wa ridhaa nafsihi, wa zinata 'arshihi wa midaada kalimaatihi.

TRANSLATION

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).

REFERENCE

"Muslim 4/2090.

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا، وَرِزْقًا
طَيِّبًا، وَعَمَلًا مُتَقَبَّلًا

Recite upon rising in the
morning

TRANSLITERATION

Allaahumma 'innee 'as'aluka 'ilman naafi'an, wa rizqan tayyiban, wa 'amalan mutaqabbalan.

TRANSLATION

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).

REFERENCE

"Ibn As-Sunni, no. 54, Ibn Majah no. 925. Its chain of transmission is good (Hasan), Ibn Al-Qayyim 2/375.

أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ

Recite 100 times during
the day

TRANSLITERATION

Allaahumma 'innee 'as'aluka 'ilman naafi'an, wa rizqan tayyiban, wa 'amalan mutaqabbalan.

TRANSLATION

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

REFERENCE

Al-Bukhari, cf. Al-Asqalani, Fathul-Bari 11/101, Muslim 4/2075.

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا
خَلَقَ

(Recite 3 times in the evening)

TRANSLITERATION

'A'oothu bikalimaatil-laahit-taammaati min sharri maa khalaqa.

TRANSLATION

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).

REFERENCE

Whoever recites this three times in the evening will be protected from insect stings, Ahmad 2/ 290, An-Nasa'i, 'Amalul-Yawm wal-Laylah no. 590, At-Tirmithi 3/187, Ibn As-Sunni no. 68. According to Al-Albani, Ibn Majah's (2/266) chain of transmission is sound (Sahih), and following Ibn Baz 45, At-Tirmithi's report is good (Hasan).

اللَّهُمَّ صَلِّ وَسَلِّمْ عَلَى نَبِيِّنَا مُحَمَّدٍ

Recite 10 times

TRANSLITERATION

Allahumma salli wa sallim 'alaa nabiyinaa Muhammadin.

TRANSLATION

Oh Allah, we ask You for peace and blessings upon our prophet Muhammad. (Recite ten times in Arabic).

REFERENCE

The prophet (peace be upon him) said: "Who recites blessings upon me 10 times in the morning and 10 times in the evening will obtain my intercession on the Day of Resurrection." At-Tabrani reported this Hadith together with two chain of transmissions. One of them is reliable (Jayyid). See Haithami's Majma' Az-Zawa'id 10/120, and Al-Albani's Sahih At-Tarhib Wat-Tarhib 1/273.