Daily and Nightly Supplications

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Introduction by Shaikh Abdullah Ibn Abdurrahman Al-Jibreen
Daily and Nightly Supplications
How Best To Start and End your Day

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Translated by
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Praise and thanks be to Allah. I do exalt Him and seek His forgiveness. I testify that there is no God but Allah. He is the only Lord. We worship none but Him. I testify that Muhammad is Allah’s slave and Messenger - may Allah’s peace and blessings be unto him, his kin and his sahaabah (companions).

I have read this wîrd of Daily and Nightly Supplications, selected by Khaled Ibn Abdul-Rahman Al-Jeraisy from Prophet Muhammad’s established prayers. Though brief, the wîrd is as beneficial as a detailed one. May Allah reward the writer for choosing the wîrd contents and bless his efforts and works. May Allah’s peace and blessings be unto Prophet Muhammad, his kin and his sahaabah.

Abdullah Ibn Abdul-Rahman Al-Jibreel
1/9/1421 H.
Praise be to Allah, Who makes the dawn break, has designated night for rest, and grants His slaves their provisions from His bounty. None can do without Him, but He is in no need at all. He is immortal, but we are not. To Him belongs perfection, but to us imperfection belongs. I do praise Him in private and in public. I testify that there is no God, but Allah, alone without partners. I testify to His absolute oneness, a testimony most valued on the Day when oneness matters most. I also testify that Muhammad is His slave and Messenger, master of the trustworthy elite, who says, “Vie for doing good deeds before you are tried.”(1) He is the best at remembering His Lord at all times. It is with him that Allah has perfected the Light of Islam, and has removed the darkness of polytheism. May Allah’s peace and blessings be unto him, his kin, his sahaabah (who are like the brightness of
daylight and the shining stars at night) and his genuine followers.
If constantly done, deeds generally increase in value, and the earlier and more properly concluded the better. Remembrance of Allah by day and night has great value and special reward. Therefore, I have compiled in this booklet a selection of *adhkaar* (remembrance supplications) from the Prophet’s established prayers. In the Arabic text, the *adhkaar* are properly marked with inflection signs to facilitate reading and learning. Also, the *adhkaar* are arranged in the order of their respective times in accordance with the Muslim’s usual daily and nightly activities. Special attention is given to supplications for early morning and evening sessions. The *adhkaar* are arranged in such a way as to be - by Allah’s Grace - learnable and accessible at all times. In order to facilitate learning the *adhkaar* by heart, we have made a voice recording of the *wird* - thanks be to Allah.
This booklet consists of two chapters: Chapter 1 is concerned with the supplications concomitant with the
Muslim’s usual activities in one day and night; Chapter 2 is concerned with the early morning and evening *adhkaar*. The Arabic edition is supplemented by a card on which is recorded the early morning and evening *adhkaar*. It is easy to carry, so its benefit can spread widely, and those who do not easily learn by heart can make good use of it. This is considered a response to Allah’s command: “(125) Call unto the way of thy Lord with wisdom and fair exhortation....” [Surat An-Nahl, Ayah 125]. By it I am seeking reward from Allah, as promised in the Hadith: “If one directs others to a good deed, one is entitled to a reward (from Allah) equal to that of those who do it (following his direction).”(2) I pray to Allah, the Exalted, to accept my effort in the production of this booklet, and to make it well received in this world.

I hope that whoever benefits from this booklet will pray for me and my parents at the most opportune times for prayer. However, I hope that whoever finds faults with the booklet will be so kind as to have
them corrected, if possible, in a manner indicative of knowledge and good intention. Whatever power or strength I may have is from Allah, the Magnificent; He suffices me, on Him I rely, and from His Bounty comes my provision. May Allah's peace and blessings be unto His Prophet Muhammad, his kin, his sahaabah and those who follow his Sunnah and guidance.

Khaled Al-Jeraisy
In this text, each supplication appears in this format: an English transliteration (in italics) of the Arabic original, followed by a translation of the meaning in English (in parentheses), then by the Arabic original. Below is a Pronunciation Guide, which aims to facilitate reading the transliteration of the Arabic original. It avoids technical terms and provides a simplified approximation of Arabic pronunciation. At the bottom of each two pages, there are words representing, to a great extent, the pronunciation symbols.

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Arabic Letters</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>/th/</td>
<td>ﻣ</td>
<td>Thick, health</td>
</tr>
<tr>
<td>/d/</td>
<td>ﺱ</td>
<td>That, with - the tongue tip is between the teeth.</td>
</tr>
<tr>
<td>/h/</td>
<td>ﺣ</td>
<td>hamada (praised), fataha (opened); it sounds like the 'h' in 'hat', but the air scrapes through the throat.</td>
</tr>
<tr>
<td>Symbol</td>
<td>Arabic</td>
<td>Description</td>
</tr>
<tr>
<td>--------</td>
<td>--------</td>
<td>-------------</td>
</tr>
<tr>
<td>/h/</td>
<td>ه</td>
<td>Home</td>
</tr>
<tr>
<td>/s/</td>
<td>س</td>
<td>See, miss [the tip of the tongue is closer to the upper and lower teeth as in S].</td>
</tr>
<tr>
<td>/S/</td>
<td>ص</td>
<td>Sounds like the letter 's', as in 'sun' and 'son', but fuller; the front of the tongue touches the front of the roof of the mouth.</td>
</tr>
<tr>
<td>/z/</td>
<td>ز</td>
<td>Zero, please</td>
</tr>
<tr>
<td>/Ẓ/</td>
<td>ظ</td>
<td>Sounds like the letters 'th', as in 'thus', but fuller. The tongue tip touches the upper teeth from inside.</td>
</tr>
<tr>
<td>/sh/</td>
<td>ش</td>
<td>Shout, push</td>
</tr>
<tr>
<td>/d/</td>
<td>د</td>
<td>Dad [the tip of the tongue is closer to the teeth ridge as in D].</td>
</tr>
<tr>
<td>/D/</td>
<td>ض</td>
<td>Sounds like the letter 'd', as in 'dug' and 'mud', but the front of the tongue, rather than the tip itself, touches the front of the roof of the mouth. It sounds fuller than /d/.</td>
</tr>
<tr>
<td>/gh/</td>
<td>غ</td>
<td>Paris (as pronounced by the French), ghaadara (Arabic 'left'). The back of the tongue touches the roof of the mouth.</td>
</tr>
<tr>
<td>Sound</td>
<td>Description</td>
<td></td>
</tr>
<tr>
<td>-------</td>
<td>-------------</td>
<td></td>
</tr>
<tr>
<td>/w/</td>
<td>و</td>
<td>Week, cow</td>
</tr>
<tr>
<td>/kh/</td>
<td>خ</td>
<td>Loughness, Khalid (name) - the back of the tongue touches the roof of the mouth, with air passing through them causing a friction.</td>
</tr>
<tr>
<td>/ʕ/</td>
<td>ع</td>
<td>'arafat (name), 'ud (come back), 'ifreet (ghost)</td>
</tr>
<tr>
<td>/ŋ/</td>
<td></td>
<td>Ring, tank, monk - it sounds like the letter 'n', but less obvious, and air is diverted towards the nose.</td>
</tr>
<tr>
<td>/tˤ/</td>
<td>ط</td>
<td>Sounds like the letter 't', but fuller, as in 'butter' and 'Qatar'. The front of the tongue, rather than the tip, touches the front of the roof of the mouth.</td>
</tr>
<tr>
<td>/u/</td>
<td></td>
<td>Should, could, put</td>
</tr>
<tr>
<td>/uu/</td>
<td></td>
<td>Moon, group, fruit</td>
</tr>
<tr>
<td>/i/</td>
<td></td>
<td>in, sin.</td>
</tr>
<tr>
<td>/ee/</td>
<td></td>
<td>Deal, feel.</td>
</tr>
<tr>
<td>/æ/</td>
<td></td>
<td>Admire, happy</td>
</tr>
<tr>
<td>/aa/</td>
<td></td>
<td>dam, mad - Arabic words: maata (died); aaba (returned).</td>
</tr>
<tr>
<td>/aa/</td>
<td></td>
<td>star, car - Arabic words: qaaala (said); Saama (fasted).</td>
</tr>
<tr>
<td>/ay/</td>
<td>ice, find</td>
<td></td>
</tr>
<tr>
<td>----------</td>
<td>-----------</td>
<td></td>
</tr>
<tr>
<td>-</td>
<td>Do NOT pause. Read on.</td>
<td></td>
</tr>
<tr>
<td>()</td>
<td>Pronounce the symbols inside the brackets if you read on. Do not read them if you pause or stop.</td>
<td></td>
</tr>
</tbody>
</table>

It means: May Allah's prayers and peace be upon him. Read it as: /Salla-l-lahu 'alayhi wa-sallam/.

It means: Honor and majesty be to Allah. Read it as: /lazza wa jalla/.
Chapter 1

Supplications for Typical Situations

1. Supplication on Waking up
On waking up, one should pray:

/alhamdu-lil-laahil-laadee akhyaanaa ba'zda maa amaatanaa, wa-ilayhin-nushuur/

"Praise be to Allah, Who has given us life after death (sleep), and unto Him is the Resurrection."(3)

الْحَمْدُ لِلَّهِ الْدُّنيَايَّ أَحـَيَّانَا بَعْدَ مَا أَمُاتَنَا وَإِلَيْهِ النُّشُورُ.

One can also pray:

/alhamdu-lil-laahil-laadee zaafaaneet fee jasadee, wa-radda zalayya ruukhi, wa-adina lee bi-dikrih/

\[|i| = \text{sit}; |s| = \text{tank / ring}; |s| = \text{set}; |S| = \text{sum}; |sh| = \text{she};
|th| = \text{think}; |T| = \text{tub}; |u| = \text{could}; |uu| = \text{food}; |w| = \text{cow};
|z| = \text{zero}; |Z| = \text{Thus}\]
"Praise be to Allah, Who has made my body sound, returned my soul into my body and permitted me to remember Him."(4)

الحمدللهالذي عفانيفيجسميدورددعليروحي
وأذنليبذكره.

2. Supplications on Going into and Coming out of the Lavatory
When one is about to step into the lavatory, one should supplicate:

/allahumma innee a'uuḍu bika minal-khubuthi wal-khabaa-ith/

"O Allah! I seek refuge in You from male and female devils."(5)

اللهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْحُبُثِ وَالْخَبَائِثِ.

After one gets out of the lavatory, one should say:

/ghufraanak/

/a/ = happy; /aa/ = lamb; /aa/ = star; /ay/ = find; /d/ = bad;
/d/ = this; /D/ = dumb; /ee/ = meat; /gh/ = Paris); /h/ = has;
/h/ = hulm (Arabic dream);
"Grant me Your forgiveness"(6).

3. Supplication after waking up at Night and Doing Wudu’
After one wakes up during the night, does wudu’ (washes for salaah) and brushes one’s teeth, one should recite / read the following Ayahs(7):

/(190) inna fee-khalqis-samaawaati wal-ar-Di\[462\] wa-khtilaafil-layli wan-nahaari la-aayaat( il) li-ulilalbaab(i) (191) alla[461]eena ya’dkuruunyal-\[461\] laaha qiyaamaw-wa qu’ruudaw-wa-‘alaa junuubihim, wa yatafakkaruuna fee-khalqissamaawaati wal-ar-D(i), rabbanaa maa khalqita ha’daa baaTila(η) subhaanak(a), faqinaa ‘aadiaban-naar (192) rabbanaa innaka ma‘y tudkhilin-naara faqad akhzaytah(u), wa-maa li‘Z‘aalimeena min amSaar (193) rabbanaa innanaa sami‘naa munaadi-yay-yunaadee lil-eemaani an

Supplications for Typical Situations

aaminuu bi-rabbikum fa-aamannya, rabbanaa faghfir lanaa ḍunuubanaa, wa-kaaffir ẓannaa sayyi-aatinaa, wa-tawaffanaa maẓal-abraar, (194) rabbanaa wa-aatina maa waẓattana ẓalaa rusulik(a), wa-laaj tukhzinnaa yawmal-qiyaama(ti), innaka laa tukhliful-meeẓaad/

(195) fastajaaba lahum rabbuhum annee laa uDeeẓu ẓamala ẓaamilim-miṣkum miḥ ḍakarin aw urtha baẓDukum-mimbaẓD, fal-laṭeena ḍaajaruu wa ukhirju miḥ diyaarihim wa uuḍuu mee sabeeli wa-qaaataluu wa-qutiluu la-ukaffiranna ẓanhum sayyi-aatihim, wa-laa-udkhillannahum jannaatiṣ tajree miḥ taḥtiḥa-anhaar(u), thawaabam-min ẓiḥdillaah(i), wal-laahu ẓndahu ḍusnuth-thawaab (196) laa yaghurrannkal-laṭeena kafaruu fil-bilaad (197) mataaẓuẓ qaleeluu thumma ma’waahum jahannam(u) wabi’sal-miḥaad (198) laakinil-laṭeenaat-taqaww rabbuhum lahum jannaatiṣ tajree miḥ taḥtiḥa-anhaaru khaalideena feeha, nuzulammin ẓiḥdillaah, wa

\[ a \] = happy; \[ aa \] = lamb; \[ ao \] = star; \[ ay \] = find; \[ d \] = bad; \
\[ d \] = this; \[ D \] = dumb; \[ ee \] = meat; \[ gh \] = Paris; \[ h \] = has; \
\[ h \] = hilm (Arabic dream);
ma ʿin dallyahu khayru-l-lil-abraar (199) wa-
immin ahlikitaabi lamy-yuʾminu billaahi wa
maa unzila ilaykum wa maa unzila ilayhim
khāshīʿeena lillaah(i), laa yashtruuna bi-
aayaatil-laahi thamanañ qaleela, ulaa-ika
lahum ajruhum ʿinda rabbihim, innal-laaha
sareeʾul hisaab (200) yaa ayyuhal-lāriena
aamanuSbiruu wa Saabiruu waraabiTuu
wattaqul-laaha laʾallakum tuflikuun/

"(190) Lo! In the creation of the heavens and
the earth and (in) the difference of night and
day are tokens (of His sovereignty) for men of
understanding, (191) Such as remember
Allah, standing, sitting, and reclining, and
consider the creation of the heavens and the
earth, (and say): Our Lord! You created not
this in vain. Glory be to You! Preserve us from
the doom of Fire (192) Our Lord! Whom You
causd to enter the Fire; him indeed You have
confounded. For evil doers there will be no
helpers. (193) Our Lord! Lo! We have heard a
crier calling unto Faith: ‘Believe you in your

|t| = sit; |s| = tank / ring; |s| = set; |S| = sum; |sh| = she;
|th| = think; |T| = tub; |u| = could; |uu| = food; |w| = cow;
|z| = zero; |Z| = Thus
Lord!’ So we believed. Our Lord! Therefore forgive us our sins, and remit from us our evil deeds, and make us die the death of the righteous. (194) Our Lord! And give us that which You have promised to us by Your messengers. Confound us not upon the Day of Resurrection. Lo! You break not the tryst. (195) And their Lord has heard them (and He says): Lo! I suffer not the work of any worker, male or female, to be lost. You proceed one from another. So those who fled and were driven forth from their homes and suffered damage for My cause, and fought and were slain, verily I shall remit their evil deeds from them, and verily I shall bring them into Gardens underneath which rivers flow. A reward from Allah. And with Allah is the fairest of rewards. (196) Let not the vicissitude (of the success) of those who disbelieve, in the land, deceive you (O Muhammad). (197) It is but a brief comfort. And afterward their habitation will be hell, an

\[\text{[a]} = \text{happy}; \text{[aa]} = \text{lamb}; \text{[aa]} = \text{star}; \text{[ay]} = \text{find}; \text{[d]} = \text{bad}; \\
\text{[d]} = \text{this}; \text{[D]} = \text{dumb}; \text{[ee]} = \text{meat}; \text{[gh]} = \text{Paris}; \text{[h]} = \text{has}; \\
\text{[h]} = \text{holm (Arabic dream);} \]
ill abode. (198) But those who keep *taqwa* of their Lord, for them are Gardens underneath which rivers flow, wherein they will be safe for ever. A gift of welcome from their Lord. That which Allah has in store is better for the righteous. (199) And Lo! Of the People of the Scripture there are some who believe in Allah and that which is revealed unto you and that which was revealed unto them, humbling themselves before Allah. They purchase not a trifling gain at the price of the revelations of Allah. Verily their reward is with their Lord, and Lo! Allah is swift to take account. (200) O you who believe! Endure, outdo all others in endurance, be ready, and observe *taqwa* of Allah, in order that you may succeed." [Surat Al-Imraan / Ayahs 190-200].

[^1]: *sit; ** = tank/ ring; [s] = set; [S] = sum; [sh] = she;
[th] = think; [T] = tub; [u] = could; [uu] = food; [w] = cow;
[z] = zero; [Z] = Thus
Supplications for Typical Situations

[Translation of Arabic text]

[Notes on transliteration]

|a| = happy; |aːl| = lamb; |aːr| = star; |aːy| = find; |d| = bad;
|dː| = this; |D| = dumb; |eː| = meat; |gː| = Paris; |h| = has;
|hː| = hulm (Arabic dream);
4. Supplication after *Wudhuu*’
As soon as one finishes *wudhuu*’, (washing for *salaah*) one should supplicate:

\[\text{ash-hadu allaa ilaaha illal-laah, wak'dahu laa shareeka laah}(u), \text{ wa ash-hadu anna muhammadan } \zabduhu wa-rasuuluh\]

"I testify that there is no God but Allah, alone without partners, and that Muhammad is His slave and Messenger."\(^{(8)}\)

5. Starting Voluntary *Salaah* at Night, one should supplicate:

\[\text{allaahumma rabba jibraa-eel(a) wa-meekaa-}\]

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\(\text{i} = \text{sit; }\|\text{ = tank/ ring; }\text{s} = \text{set; }\text{S} = \text{sum; }\text{sh} = \text{she; }\text{th} = \text{think; }\text{T} = \text{tub; }\text{u} = \text{could; }\text{uu} = \text{food; }\text{w} = \text{cow; }\text{z} = \text{zero; }\text{\bar{z}} = \text{Thus} \)
O Allah, Lord of Gabriel, Mikhail and Israfil, Creator of the heavens and the earth, Knower of the Unseen and the Seen. You will judge between Your slaves concerning matters wherein they differ. Guide me to the truth in those matters wherein they differ by Your permission, for You guide whom You will to the straight path."(9)
6. Ayahs to Recite in the *Witr* Salaah
According to the Hadith, "The Prophet used
to recite Surat Al-A'laa in the 1st rak'ah, Surat
Al-Kaafiruun in the 2nd and Surat Al-Ikhlaas
in the 3rd." The *witr* salaah/ salaatul-*witr*
is voluntary prayer with odd-numbered
rak'ahs(10).

7. *Qunuut* in the *Witr* and in the *Fajr* Salaah(11)
If one does *qunuut* (supplication in *salaah*), for
example, in the *witr* and in the *fajr salaah*, one
can say:

\[\text{/al\text{\textipa{laahumma-hdinee feeman hadayt(a), wa-}\text{\textipa{\z{a}afinee feeman \z{a}afayt(a), wa-tawallanee feeman tawallayt(a), wa-baarik lee feemaa \text{a}{\text{c}}Tayt(a), wa-qinee sharra maa qaDayt(a), fa-innaka taqDee wa-la\text{\textipa{a}} yaqDaa \text{\textipa{z}alayk(a), wa-innah(u) laa ya\text{\textipa{d}}illu maw-waalayt(a), wa-la\text{\textipa{a}} ya\text{\textipa{c}}izzu mana \text{\textipa{z}aadayt(a), tabaarakta rabbanaa wa-ta\text{\textipa{c}}aalayt/}}\]

"O Allah, guide me among those You guide.
Grant me safety among those You grant
safety. Take me into Your care among those You take into Your care. Bless what You give me. Protect me from the evil You have decreed. Verily, You decree, but nothing is decreed for You; whomever You take care of is never humiliated, and whomever You take as an enemy is never honoured. Blessed be You, our Lord, and exalted be You."\(^{(12)}\)

«اللهُمَّ اغْفِرِي فِي مَنْ تُؤْتِي، وَعَفَّانِي فِي مَنْ عَادَيْتُ، وَتَوَلُّتِي فِي مَنْ تَوَلَّيْتُ، وَبَارَكَ لِي فِي مَنْ أُغْفِتَيْتُ، وَتَنَزَّلَ مَا فَقَضَيْتُ، فَإِنُّكَ تَقْضِي وَلَا يَقْضِي عَلَيْكَ، وَإِنَّهُ لا يُذِلُّ مَنْ عَادَيْتُ، وَلَا يَعْرُ مَنْ عَادَيْتُ، بَارَكَ لِي فِي مَنْ تَوَلَّيْتُ، وَتَوَلُّتِي فِي مَنْ تُؤْتِي.»

8. Supplication after the *Witr Salaah*
When one finishes the *witr salaah*, one should say three times:\(^{(13)}\)

|subḥaanāl-malikil-qudduus|

"Exalted be the Holy King."\(^{(14)}\)

\[\text{\textbackslash w = happy; \textbackslash a = lamb; \textbackslash a = star; \textbackslash c = find; \textbackslash d = bad,}\
\text{\textbackslash d = this; \textbackslash D = dumb; \textbackslash e = meat; \textbackslash g = Paris; \textbackslash h = has;}\
\text{\textbackslash h = hulm (Arabic dream);}\]
Chapter 1

The third time should be prolonged and said more loudly.

9. Supplication during *Adhaan* (Call for *Salaah*)
As soon as the call for *salaah* starts, one should follow the muezzin (caller for prayer), repeating the words after him, except at

/ḥayyi ẓalaS-Salaah/ (Come for prayer) and
/ḥayyi ẓalal-falaah/ (Come for success), one
should say:

/laa-ḥawla walaax quwwata illaa bi-l-лаaah/

"There is neither might nor power except with
Allah".\(^{(15)}\)

\(\text{لا حول ولا قوة إلا بالله} \)

10. Supplication after *Adhaan*
Having followed the call for *Salaah* the way
mentioned above, one should say:

/ḥash-hadu allaah ilaaha illal-laah(u), wakhdahu
laa shareeka laah(u), wa-anna muḥammadan
ẓabduhu wa-rasuuluh(u), allaahumma Salli

\(\text{i}=\text{si}; \text{r}=\text{tank/ring}; \text{s}=\text{set}; \text{S}=\text{sum}; \text{sh}=\text{she};\)
\(\text{th}=\text{think}; \text{T}=\text{rub}; \text{u}=\text{could}; \text{uu}=\text{food}; \text{w}=\text{cow};\)
\(\text{z}=\text{zero}; \text{Z}=\text{Thus}\)
wa-sallim ζαλαα ζαbdika wa-rasuulika mουhmannad, raDeetu bi-l-laahi rabba(w), wa-
bi-mουhmannadir-rasuula(w), wa-bil-iskaami deenaa/

/allaahumma rabba haađihid-dażwatit-
taamma(ti), waS-Salaatil-qaa-ima(ti), aati
mουhmannadan al-waseelata wal-faDeela(ta),
wa-bζathhu maqqaamam mahmuudan-il-lađee
waζattah/

"I testify that there is no God but Allah, alone
without partners, and Muhammad is His
slave and Messenger. O Allah! May Your
prayers and peace be upon Your slave and
Messenger, Muhammad. I am pleased to
accept Allah as my Lord, Muhammad as His
Messenger and Islam as my religion."(16)

"O Allah! Lord of this perfect call and the
established prayer! Grant Muhammad the
privilege of intercession (on the Day of
Judgment) and superiority, and take him to
the exalted place You have promised him."(17)

|a| = happy; |aa| = lamb; |aa| = star; |ay| = find; |at| = bad;
|æ| = this; |D| = dumb; |ee| = meat; |gh| = Paris; |æ| = has;
|æ| = ζulm (Arabic dream);
11. Supplication on Getting Dressed
Putting on clothes, one should say:

\[\text{الْحَمْدُ لِلَّهِ الَّذِي كَسَانِي هَذَا الثَّوبُ وَرُزَقَتِهِ مِنْ غَيْرِ حَوْلٍ مَّنْيُ وَلَا قُوَّةُ.}\]

"Praise be to Allah, Who has clothed me and given me this garment even though I have no power or strength."\(^{(18)}\)
12. Supplication on Wearing New Clothes
On wearing new clothes, one should supplicate:

/allahumma lakal-hamdu, aynata kasawtineeh, as-aluka khayrahi wakkayra maa Suni'aa lahu, wa-akwnudhu bika miy sharrihi maa Suni'aa lahu/

"O Allah, praise be to You. You have clothed me with this garment. Give me its good and the good it is made for. Protect me from its evil and the evil it is made for."(19)

«اللهُمَّ لَكَ الحمدُ أَنتَ كَسَوْتِينِهِ، أَسْأَلُكَ خَيْرَةً وَخَيْرُ مَا
صَنِعَ لِهَا، وَأَغْوُدُ نِكَ مِنْ شَرِّهَا وَشَرْرٍ مَا صَنِعَ لِهَا.»

13. Supplication on Going out of the House
On going out of the house, one should pray:

/bismil-laah(i), tawakkaltu 'ala allah(i), laa hawla wa-laa quwwata illaah bil-laah/

"In the name of Allah, I have put my trust in Allah. There is neither might nor power except with Allah."(20)

|a| = happy; |aa| = lamb; |aay| = star; |ay| = find; |ad| = bad;
|di| = this; |D| = dumb; |ee| = meat; |gh| = Paris; |ha| = has;
|h| = hilm (Arabic dream);
One can add:

/allaahumma innee açуuḍu bika an aDilla aw-uDall(a), aw- azilla aw-uzall(a), aw-aẒlima aw-uẒlam(a), aw-ajhala aw-yujhala ẓalayy/

"O Allah, I seek refuge in you from going astray or leading others astray, from slipping (into sin) or causing others to slip, from doing wrong or being wronged, and from behaving with ignorance or being treated with ignorance."(21)

اللهُمَّ إِنِّي أَعُوذُ بِكَ أَنَّ أَقْسَلُ أَوْ أَقِسُلُ، أَوْ أُذُرُ أَوْ أُذُرُ، أَوْ أَقْسَلُ أَوْ أَقِسُلُ أَوْ أُذُرُ أَوْ أُذُرُ عَلَيْهِ.

14. Supplication on Going to the Mosque(22)
On going to the mosque for Salaah, one should pray:

/allaahumma-j'al fee qalbee nuura(w), wa-fee baSaree nuura(w), wa-fee sam'ee nuura(w),

\[\text{[t]} = \text{at}; \ [\text{z}] = \text{tank} / \text{ring}; \ [s] = \text{set}; \ [S] = \text{sum}; \ [sh] = \text{she}; \]
\[\text{[th]} = \text{think}; \ [T] = \text{tub}; \ [u] = \text{could}; \ [uu] = \text{food}; \ [w] = \text{cow}; \]
\[\text{[z]} = \text{zero}; \ [\text{Z}] = \text{Thus} \]
wa-ṣay-yameenee nuura(w), wa-ṣay-yasaaree nuura(w), wa-fawqee nuura(w), wa-tahtee nuura(w), wa-amaamee nuura(w), wakhalfee nuura(w), waṣaZim lee nuuraa/

"O Allah! Let there be light in my heart, light in my eye-sight, light in my hearing, light on my right, light on my left, light above me, light under me, light in front of me and light behind me, and grant me great light."(23)

اللهـمـ أَجْعَلْ فِي قَلْبِي نُورًا، وَفِي بَصَرِي نُورًا، وَفِي سَمْعِي نُورًا، وَعَنْ يَمِيني نُورًا وَعَنْ يَسَارِي نُورًا، وَفَنَوْقِي نُورًا وَثَنْخِي نُورًا، وَأَمْامِي نُورًا وَخَلْفِي نُورًا، وَعَظْمُ لي نُورًا.

15. Supplication on Riding a Means of Transport
On riding a means of transport, one should pray:

/bismillaah(i), alhamdu lillaah(i), subhaanaal-lahtee sakh-khara lanaa haataa, wamaa kunnaa

/a/ = happy; /aa/ = lamb; /aα/ = star; /ay/ = find; /d/ = bad;
/d/ = this; /D/ = dumb; /ee/ = meat; /gh/ = Paris; /h/ = has;
/h/ = hulm (Arabic dream);
lahu muqrineen, wa-innaa ilaa rabbinaa lamurajibuun, alhamdu lillaah(i), alhamdu lillaah(i), alhamdu lillaah, aaallaahu-akbar(u), allaahu-akbar(u), allaahu-akbar, subhaanak(a), innee qad Zalamtu nafsee, faghfir lee, fa innahu laa yaghfuru addunuuba illaa ayt."

"In the name of Allah. Praise be to Allah. Glorified be He Who has subdued these unto us, and we were not capable (of subduing them); And lo! Unto our Lord we are returning." Praise be to Allah, praise be to Allah, praise be to Allah. Allah is the Greatest, Allah is the Greatest, Allah is the Greatest. Exalted be You. I have wronged myself; forgive me. None can forgive sins but You."(24)
16. On Experiencing Difficulty with a Means of Transport
If it is difficult to get on the means of transport, one is not to curse it in the first place. According to the Hadith, when a woman on a trip cursed her donkey, the Prophet said, "Take the load off the donkey and let it go, for it has been cursed."\(^{(25)}\)
Having refrained from cursing, one should say the following prayer, which is said for easing encountered difficulties:

\textit{/allaahumma laa sahla illaa maa ja'altahu sahlaa, wa-ar'ta taj'alaal-hazna id'aa shi'ta sahlaa/}

"O Allah! Nothing is easy except that which You make easy. It is only You Who can, if You will, turn the big mountain into a plain [i.e. make the hard easy]."\(^{(26)}\)

\[\begin{array}{c}
\text{\texttt{a/}} = \text{happy}; \text{\texttt{aa/}} = \text{lamb}; \text{\texttt{aay/}} = \text{star}; \text{\texttt{ay/}} = \text{find}; \text{\texttt{d/}} = \text{bad};
\text{\texttt{d/}} = \text{this}; \text{\texttt{D/}} = \text{dumb}; \text{\texttt{e/}} = \text{meat}; \text{\texttt{gh/}} = \text{Paris}; \text{\texttt{h/}} = \text{has};
\text{\texttt{n/}} = \text{hulm (Arabic dream)};
\end{array}\]
17. Supplication on Entering the Mosque
On entering the mosque, one should pray:

/bismillaah(i) waS-Salaatu was-salaamu 
izzaa rasuulillaah(i)/ allaahumma-ftyah lee 
abwaaba raajmatik/

"In the name of Allah; may His prayers and peace be upon Allah’s Messenger. O Allah! Open for me the gates of Your mercy."(27)

قِبَسِ اللَّهِ، وَالصَّلاةُ والسَّلامُ عَلَى رَسُولِ اللَّهِ الَّذِي افْتَغَى لِي أَبْنَاتَ رَحْمَتِكَ.

18. Supplication on Opening Salaah
Having said takbeer, marking entry into salaah, one can say this Qur’anic supplication:

/wajjahtu wajhiya lil-lađee faTaras-
samaawaati wal-arDa kaneefa(w), wa-maa 
ana minal-mushrikeen(a), inna Salaatee wa-

|/| = sit; /a/ = tank / ring; /s/ = set; /S/ = sum; /sh/ = she; 
/th| = think; /T/ = tub; /u/ = could; /uu/ = food; /w/ = cow; 
/z/ = zero; /Z/ = Thus
nusukhee, wa-makhyaya wa-mamaatee, lil-laahi ribbil-aalameen(a), laa shareeka lah(u), wa-bidaalika umert(u), wa-ana minal-muslimeen/

"I have turned my face toward Him Who created the heavens and the earth, as one by nature upright, and I am not of the idolaters. My worship and, my sacrifice and my living and my dying are for Allah, Lord of the Worlds. He has no partner. This am I commanded, and I am first of those who surrender (unto Him)."(28)

وَجَهْتَ وَجِهٍ لِلَّذِي قَضَرَ السَّماوَاتِ وَالأَرْضَ حَيَّاً، وَمَا آنَا مِنَ الْمُشْرِكِينَ، إِنْ صَلَاتِي وَسُكْرِي وَمَخَافَى وَمَمَاتِي لِلَّهِ رَبِّ الْعَالَمِينَ، لَا شَرِيكُ لَهُ، وَبَذْلِكَ أُمِرْتُ وَآنَا مِنَ الْمُسْلِمِينَ.

One can also say his prayer:

|subhaanakal-laahumma wa-bihamdik(a), wa-tabaarak-a-smuk(a), wa-ta'aala

[a] = happy; [aa] = lamb; [aa] = star; [ay] = find; [ad] = bad;
[d] = this; [D] = dumb; [ee] = meat; [gh] = Paris; [h] = has;
[h] = hilm (Arabic dream);
jadid\(a\), wa-laa ilaaha ghayruk/

"O Allah! Glory and praise be to You. Blessed be Your name, and Supreme be Your Fortune. There is no God but You."\(^{(29)}\)

\begin{align*}
\text{شُبَحَّانَكَ الَّهُمَّ وَيَحْمِدُكَ، وَتَبَارَكَ اسْمُكَ، وَتَعَالَى جَدُوكَ، وَلَا إِلَهَ حَيَّ زَيْغيَكَ.}
\end{align*}

19. Supplication in \textit{Ruku\textsuperscript{u} and Sujud}

Having said \textit{tasbeeh} 3 times in \textit{ruku\textsuperscript{u}} (bending) or \textit{sujud} (prostrating), one can add these prayers:

/subhaanaka-laahumma wa-bi-\textit{hamdik}(a), allahumma-ghfir lee/

"O Allah, our Lord! Glory be to You, and all praise be to You. O Allah! Forgive me."\(^{(30)}\)

\begin{align*}
\text{شُبَحَّانَكَ الَّهُمَّ رَبَّنَا وَيَحْمِدُكَ، الَّهُمَّ اغْفِر لِي.}
\end{align*}

You can also say:

/subbuulqu\textit{q} qudduos, rabbul-malaa-ikati war-ruuh/
"You are the Ever-Exalted, the All-Holy, You are the Lord of angels and the Soul [Jibreel]."

However, one is not to recite the Qur’an in the ruku‘ and sujuud positions. Ali Ibn Abi Taalib said, "Allah’s Messenger instructed me not to recite the Qur’an in ruku‘ or sujuud."

20. Supplication after Ruku‘
Having straightened up from Ruku‘, one should say:

/allaahumma rabbanaa wa-lakal-hamd/

"O Allah, our Lord! All praise be to You." (34)

One can also say:

/allaahumma rabbanaa wa-lakal-hamd(u),

|a| = happy; |aa| = lamb; |aaj| = star; |ay| = find; |ad| = bad;
|d| = this; |D| = dumb; |ee| = meet; |gh| = Paris; |h| = has;
|h| = hilm (Arabic dream);
Hamdan katheera\textsuperscript{f} Tayyibam-mubaarak\textsuperscript{a} feeh/

"O Allah, our Lord! To You belongs all praise that is abundant, good and blessed."\textsuperscript{(35)}

اللَّهُمَّ رَبّـتَا وَلَكَ الحَمْدُ، حَمْدًا كَثِيرًا طَلِيًا مَّبَارِكًا فيهٖ.

Adding to the above, one can, then, say:

/allaahumma rabbanaa wa-lakal-\textit{Hamd}(u), \textit{Hamdan katheera\textsuperscript{f}} Tayyibam-mubaarak\textsuperscript{a} feeh, mil-as-samaawaati wa-ar\textit{D}(i), wa-mil-a maa shi'ta min shayimba\textsuperscript{d}, ahluth-thanaa-i-wal-majd(i), akaqqu maa qaalal-\textit{Zabd}(u), wa-kulluna laka \textit{Zabd}, allaahumma laa mani'\textit{a} limaa a\textit{Z} Tayta, wa-laa mu\textit{Z} Tiya limaa mana\textit{z}t(a), wa-laa ya\textit{N}f\textit{a}\textit{Z} u dal-jaddi min kal-jadd/\n
"O Allah, our Lord! To You belongs all praise that is abundant, good and blessed, as much as the fill of the heavens, the earth, and everything else You wish. You are worthy of

\texttt{[f]} = sit; \texttt{\$} = tank / ring; \texttt{s} = set; \texttt{S} = sum; \texttt{sh} = she; \texttt{th} = think; \texttt{T} = tub; \texttt{u} = could; \texttt{uu} = food; \texttt{w} = cow; \texttt{z} = zero; \texttt{Z} = Thus
praise, glory and the most truthful words a
slave can ever say, and we are all Your slaves.
O Allah! None can prevent what You bestow,
nor can anyone bestow what You prevent. No
fortune can be of benefit to its possessor
against Allah’s Fortune."(36)

«اللَّهُمَّ رَبِّنَا وَلَكَ الحَمْدُ، حَمْدًا كَثِيرًا طَيِّبًا مَبَارَكًا فِيهِ،
مَلِئَ السَّمَاءِ وَمَلِئَ الأَرْضِ، وَمَلِئَ مَا شَيْتَ مِن
شَيْءٍ مُّنْ فَعَلْدُ، أَهْلَ الْيَتَاءَ وَالْمَجِيدَ، أَحْكَمَ مَا قَالَ الْعَبْدُ،
وَكُلُّ نَفْعُكَ عَبْدُ - اللَّهُمَّ لَا مَانِعُ لِمَا أُغْطِيَتْ، وَلَا مُغْطِيَ
لِمَا مَنَغَتْ، وَلَا يَتْقَفَ ذَٰلِكَ الجَدُّ مِنكَ الْجِدُّهُ.»

21. Supplication in the Sitting Position between
the 2 Prostrations
In this sitting position, one can say:

/rabbi-ghfir lee, wa-rhamnee, wa={},aaf,nee wa-
jburnee, wa-hdinee, wa-rzuqnee wa-rfa Kane/

"O my Lord! Forgive me, have mercy on me,
make me healthy, help me, guide me, and
provide for me and raise me in rank."(37)

/a/ = happy; /aa/ = lamb; /a/ = star; /ay/ = find; /d/ = bad;
/d/ = this; /D/ = dumb; /ee/ = meat; /gh/ = Paris; /h/ = has;
/h/ = kulf (Arabic dream);
One may wish to say only this prayer:

/rabbi-ghfir lee, rabbi-ghfir lee/

"O my Lord! Forgive me. O my Lord! Forgive me." (38)

Chapter 1

22. Tashahhud

In the tashahhud position, one is to say:

/attahiyyatu lil-laah(i), waS-Salawaat(u) waT-Tayyibaat(u)/ assalaamu ζalaika ayyuhan-nabiyy-yu wa-raḥmatul-lāahi wa-barakaatuh/ assalaamu ζalaynaa wa-ζalaa ζibaadil-lāahi S-Saaliheen/ ash-hadu allaa ilaaha illal-lāah, wa-ash-hadu anna muḥammadan abduhu wa-rasuuluh/

"Salutations be to Allah, and the prayers, and
the good deeds. Peace be upon you, O Prophet, and the mercy of Allah and His blessings. Peace be upon us and upon Allah's sincere slaves. I bear witness that there is no God but Allah. I bear witness that Muhammad is His slave and Messenger."

23. How to Pray for the Prophet 

After one finishes the above tashahhud, one prays for the Prophet, saying the following, which is considered the best at all times:

\[\text{اللهُمَّ سَلِيمُ وَرَحْمَةَ اللَّهُ وَبَرَكَانَهُ، السَّلَامُ عَلَيْهِ وَعَلَى عِبَادِ اللَّهِ الصَّالِينَ، أَشْهَدُ أَنَّ لَا إِلَيْهِ إِلَّا اللَّهُ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ.}\]

\[\text{/allaahumma Salli 'alaa muhammad(\text{w}), wa-'alaa aali muhammad(\text{i})), kamaa Sallayta 'alaa ibraaheem(\text{a}), wa-'alaa aali ibraaheem(\text{a}), innaka hameedum-majeed, allaahumma baarik 'alaa muhammad(\text{iw}),}\]

|a| = happy; |a| = lamb; |aa| = star; |ay| = find; |d| = bad;  
|d| = this; |D| = dumb; |ee| = meat; |gh| = Paris; |h| = has;  
|h| = hulm (Arabic dream);
wa-ṣalaa aali muḥammad(in), kamaa baarakta ẓalaa ibrāheem(a), wa-ṣalaa aali ibrāheem(a), fil-ẓaalameen(a), innaka hameedum-majeed/

"O Allah, pray for Muhammad and the family of Muhammad, as You have prayed for Ibraheem and the family of Ibraheem. You are Praiseworthy and Gloryworthy. O Allah! Bless Muhammad and the family of Muhammad, as You have blessed Ibraheem and the family of Ibraheem, in all the worlds. You are Praiseworthy and Gloryworthy."(40)

١٩٠ اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمِ إِنْكَ حَمِيدٌ مَجِيدٌ، اللَّهُمَّ بارَكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمِ فِي الْعَالَمِينَ إِنْكَ حَمِيدٌ مَجِيدٌ.

24. What to Say after Tashahhud, and before Tasleem

After you finish the last tashahhud, and before

| /i/ = sit; /a/ = tank / ring; /s/ = set; /S/ = sum; /sh/ = she; /th/ = think; /T/ = tub; /u/ = could; /uu/ = food; /w/ = cow; /z/ = zero; /Z/ = Thus |
you do *tasleem* (saying: *assalaamu 'alaikum* to end *salaah*), one can say one’s favourite supplications.\(^{(41)}\) For example, one can pray:

\[ \text{//allahumma innee azzu'du bika min za'adi jahannam(a), wa-min za'dabil-qabr(i), wa-min fitantil-mahyaa wal-mamaat(i), wa-min sharri fitnatil-maseehid-dajjaal/} \]

"O Allah! I seek refuge in You from the torment of the Hellfire, from the torment of the grave, from the trial of life and death, and from the affliction of Al-Maseeh Ad-Dajjal [Anti-Christ]."\(^{(42)}\)

«للَّهُمَّ إِنِّي أُعْوذُ بِكَ مِنْ عَذَابِ جَهَنَّمَ، وَمِنْ عَذَابِ الْقَبْرِ، وَمِنْ فَتْنَةِ الْمَخَابِرِ وَالْمَمَاتِ، وَمِنْ شَرٍّ فَتْنَةِ الْمُسْسِيحِ الدَّجَالِلِ.»

One can also say the following prayers for seeking the good of this world and the Hereafter.

\[ \text{//rabbanaa aatinaa fid-dunyaa hasanah, wa-} \]

\[ \text{|a| = happy; |aa| = lamb; |ae| = star; |ay| = find; |d| = bad; } \]
\[ \text{|d| = this; |D| = dumb; |ee| = meat; |gh| = Paris; |h| = has; } \]
\[ \text{|k| = hilm (Arabic dream); } \]
"O our Lord! Give us good in this world, and good in the Hereafter, and protect us from the torment of fire." [Surat Al-Baqarah, Ayah 102].

"Our Lord! Cause not our hearts to stray after You have guided us, and bestow upon us mercy from Your Presence. Lo! You, only You are the Bestower." [Surat Ala-Imran, Ayah 8].
wa-maa akhkhart(u), wa-maa asrart(u), wa-
maa a'laat(u), wa-maa asraat(u), wa-maa a'ta a'lamu bihee minnee, a'tal-
muqaddim(u) wa-a'tal-mu-akhkhir(u), laa ilaaha illaa a't

"O Allah! Forgive my sins, the earlier and the
later ones, the secret and the declared thereof,
what I have done excessively and what You
know, but I do not. You are the One Who
puts things forward, and the One Who delays
them, and there is no God but You."(43)

اللهُمَّ اغْفِرْ لي مَا قَدْمَتْ وَمَا أَقْرَثْتُ
وَمَا أَغْلَثْتُ، وَمَا أَسْرَفْتُ، وَمَا أَنْتَ أَغْلَمُ يَهُ مَيْنَي، أَنْتَ
المَقْدِمُ، وَأَنْتَ الْمُؤْخَرُ، لا إِلَهَ إِلَّآ أَنْتَ.

[4] /allaahumma innee Ţalamtu nafsee Ţulmaa
katheera(w), wa-laa yaghfiru't-dunuuba illaa a't(a), faghfir lee maghfiratam-min
liin dik(a), war-hamnee, innaka a'tal-
ghafuurur-raheem/

/a/ = happy; /aa/ = lamb; /aaj/ = star; /ay/ = find; /d/ = bad;
/d/ = this; /D/ = dumb; /ee/ = meat; /gh/ = Paris); /h/ = has;
/h/ = halm (Arabic dream);
"O Allah! I have wronged myself considerably. None can forgive sins but You, so grant me Your forgiveness. You are the Ever-Forgiving, the Merciful."

اللهُمَّ إِنِّي ظَلَمْتُ نَفْسِي ظَلَمًا كَبِيرًا، وَلَا يُغْفِرُ الذُّنُوبُ إِلَّا أَنْتَ، فَغَفْلَرْ لي مَغْفِرَةً مِنْ عَنْدِكَ، وَارَحْمَمْيَ إِنَّكَ أَنْتَ الْغَفْرُ الرَّجِيمُ.

25. Supplications in Sujud in Response to a Qur’anic Recitation
If one does sujusd in response to an Ayah that mentions prostration to Allah, be it during or outside salaah, one can say this prayer three times:

- /subhaana rabbiyal-azzaa/

"Glory be to my Lord, the most High".

سبحان ربي الأعلى.

You can add or say:

/sajada wajheel lil-ladhee khalaqahu wa-

[Notes on transcription: /s/ = sit, /s/ = tank / ring, /s/ = set, /S/ = sum, /sh/ = she, /th/ = think, /T/ = tub, /u/ = could, /w/ = food, /w/ = cow, /z/ = zero, /Z/ = Thus]
Supplications for Typical Situations

*Sawwarah* (u), *wa-shaqa sam*ṣ*ahu wa-baSrah* (u), *tabaarakal-lahahu aksanul-khaaliqueen/

"My face is prostrating for the One Who has created it, formed it and provided its hearing and eyesight. Blessed be Allah, the best Creator.""**(46)**

"سَجَدَ وَجَهِي لِلَّذِي خَلَقَهُ، وَصَوْرَةَهُ، وَشَنَّ سَمَعَةُ وَبُصَرَّهُ، تَبَارَكَ اللَّهُ أَحْسَنُ الحَالِيَنَّ

You can also add or say:

/allahumma-ktub lee bihaa ẓindaka ajraa, wa-Daẓ bihaa ẓannee wizraa, wa-jalhaa lee ẓindaka ḍukhraa, wa-taqabbalhaa minnee, kamaa taqabbaltahaa min ẓabdika dawwud/

"O Allah! With this (prostration), record for me a reward from You; remove one of my sins; save it for me for time of need; and accept it from me, as you accepted it from Your slave Daawuud.""**(47)**

/ṣ/ = happy; /aa/ = lamb; /aa/ = star; /ay/ = find; /d/ = bad;
/d/ = this; /D/ = dumb; /ee/ = meat; /gh/ = Paris); /h/ = has;
/h/ = hulm (Arabic dream);
26. Dhikr (Remembrance) after Salaah\(^{(48)}\)
Once one finishes salaah, one should do the following:

[A] Say three times:
/astaghfirul-laah/

"I seek Allah’s forgiveness."

[B] Say:
/allahumma antas-salaamu wa-minkas-salaam(u), tabaarakta yaa dai-jalaali wal-ikraam/

"O Allah! You are Peace, and peace is from You. Blessed be You, the possessor of..."
Majesty and Honour.  

«الَّهُمَّ أَنتَ السَّلامُ وَمَنَكَ السَّلامُ تُبارَکَتْ يَا ذَا الجَلَالِ  
وَالإِكْرَامِ».

[C] Say:

/lā īlaḥa ʾillā-lāḥ(u) wākdahu laa shāreeka  
lah(u), laḥul-mulk(u), wa-lahul-kamād(u),  
wā-huwa ʾẓalāa kulli shayʾ-iḏ qadeer, laa  
ḥāwla wa-lāa quwwata illāa bil-lāḥ(i), laa  
īlaāha ʾillā-lāḥ(u), wa-lāa naḍbudu illāa  
iyyāḥ(u), laḥun-niẓma(tu), wa-lahul-  
faDl(u), wa-lahuth-thanaa-ul-hassan(u), laa  
īlaāha ʾillā-lāḥ(u), mukhliSeena lahud-  
deena, wā-law kariḥal-kaafirūn/  

"There is no God but Allah, alone without partners. To Him belongs the dominion, and  
to all praise is due. He has power over all  
things. There is no might or power except with  
Him. There is no God but Allah. We worship  
none but Him. To Him belong all blessings,
sovereignty and good praise. There is no God but Allah, in Whom we have pure faith in spite of the disbelievers."(50)

"لا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمَلَكُ، وَلَهُ
الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرُ، لَا حَوْلٌ وَلَا قَوْرَةٌ إِلَّا
بِاللَّهِ، لَا إِلَهَ إِلَّا اللَّهُ، وَلَا نَعْبُدُ إِلَّا إِيَّاهُ، لَهُ الْعُمْرَةُ، وَلَهُ
الْفَضْلُ، وَلَهُ الْبُطُورُ الْحَسُنُ، لَا إِلَهَ إِلَّا اللَّهُ، مُخْلِصَيْنِ لَهُ
الْدِينُ، وَلَوْ كَرَةَ الْكَاشفِرُوَنَّ«.

[D] Say:

/laa ilaaha illal-laah(u), wahdahu laa shareeka lah(u), lahu-mulk(u), wa-lahul-
humad(u), wa-huwa zalaa kulli shay-in
qadeer/ allaahumma laa maniça limaa
az Tayt(a), wa-laa mu'tiya limaa
mana'st(a), wa-laa yarfa'zu dhal-jaddi min kal-
jad(u)/

"There is no God but Allah, alone without partners. To Him belongs the dominion, and
to him all praise is due. He has power over all things. O Allah! None can prevent what You bestow, nor can anyone bestow what You prevent. No fortune can be of benefit to its possessor against Allah’s Fortune." (51)

لا إِلَهَ إِلا اللَّهُ وَحْدَهُ لَا شَرَّبِكَ اللَّهُ لَهُ إِلَى اللَّهِ الْمُكْرُوْحُ وَهُوَ عَلَى كُل شَيْءٍ قَبِيرٌ، اللَّهُمَّ إِنَّمَا مَأْتِى لِمَا أُعَطِيتُ وَلَا مَعْطُى لِمَا مَنَّتُ وَلَا يَنْتَفَعُ ذا الْجَدُّ مِنكَ الْجِدُّ

[E] In addition to what has been mentioned above, one can say the following prayer ten times, particularly after the Fajr (dawn) and the Maghrib (sunset) obligatory prayers:

/laa ilaaha illal-laah(u), wa’idahu laa shareeka lah(u), lahul-mulk(u), wa-lahul-hamd(u), yuhyee wa-yumeet(u), wa-huwa qalaa kulli shay-in qadeer/

"There is no God but Allah, alone without partners. To Him belongs the dominion, and to Him all praise is due. He has power over all

/a/ = happy; /aa/ = lamb; /aaj/ = star; /ay/ = find; /d/ = bad;
/d/ = this; /D/ = dumb; /e/ = meet; /gh/ = Paris; /h/ = has;
/h/ = hilm (Arabic dream);
things. He gives life and death, and He has power over all things."

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

[F] Say 33 times: /subhanallaah/ (Glory be to Allah);
Say 33 times: /alhamdu-lil-aaah/ (Praise be to Allah)
Say 33 times: /allaahu akbar/ (Allah is the Greatest).

Then, top up the above-mentioned 99 adhkaar to one hundred by saying:

/laa ilaaha illal-aaah(u), wahdahu laa
shareeka lah(u), lahuul-mulku walaahu-
hamd(u), wa-huwa 'alaa kulli shay-in qadeer/

"There is no God but Allah, alone without partners. To Him belongs the dominion, and
to Him all praise is due. He has power over all things."
[G] Recite Ayat Al-Kursi\(^{(54)}\):

\begin{center}
\texttt{/allaahu laa ilaaha illaa huwal-hayyul-qayyuum(u), laa ta'khu\u0131\u0130hu sinatuw-wa-laa nawa\u016bm(u), lahu maa fis-samaawaati wa-maa fil-arD(i), ma\u0167 dal-la\u0167ee yashfa\u0131\u0167i rebel\u0167u illaa bi-i\u0131nii\u0167(i), ya\u017cm\u0167u maa bayna aydeehim wa-maa khalfahum, wa-laa yuh\u0167ee Tuuna bi-shay-\u0131m-min \u0131\u0167i\u0167i\u0167e illaa bi-maa shaa\u2019(a), wasi\u017c\u0167a kursiyyu\u0167hus-samaawaati wa-arD(a), wa-laa ya-\u0167uduhu \u0167ifŽuhumaa, wa-huwal-\u0167aliyyul-\u0167ažeem/}
\end{center}

"Allah! There is no God save Him, the Alive, the Eternal. Neither slumber nor sleep overtakes Him. Unto Him belongs whatsoever is in the heavens and whatsoever is in the earth. Who is he that intercedes with Him save by His leave? He knows that which is in front of them and that which is behind

\[\text{\textit{\texttt{|a| = happy; |aa| = lamb; |au| = star; |ay| = find; |d| = bad;}}\]
\[\text{\textit{\texttt{|d| = this; |D| = dumb; |ee| = meat; |gh| = Paris; |h| = has;}}\]
\[\text{\textit{\texttt{|h| = hulm (Arabic dream);}}}\]
them, while they encompass nothing of His knowledge save what He will. His throne includes the heavens and the earth, and He is never weary of preserving them. He is the Sublime, the Tremendous."

"الله لا إله إلا هو القيوم لا تأخذ له شريك ولا تُوزَم لل accred "

[H] Conclude with the Suras of Al-Ikhlaas, Al-Falaq and An-Naas(55):

Surat Al-Ikhlaas

/(1) qul huw-allaahu aḥad, (2) allaahuS-Samad, (3) lam yaliḍ wa-lam yuulad, (4) wa-lam yakul-lahu kufuwan aḥad/

"(1) Say: He is Allah, the One! (2) Allah, the eternally besought of all! (3) He begets not,
nor was begotten. (4) And there is none comparable unto Him."

Surat Al-Falaq

"(1) Say: I seek refuge in the Lord of Daybreak (2) From the evil of that which He created, (3) From the evil of the darkness when it is intense, (4) And from the evil of malignant witchcraft, (5) And from the evil of the envier when he envies."

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/a/ = happy; /a/ = lamb; /aa/ = star; /ay/ = find; /d/ = bad; /di/ = this; /D/ = dumb; /ee/ = meat; /gh/ = Paris; /h/ = has; /h/ = hilm (Arabic dream);
Surat An-Naas

After one says the above-mentioned established prayers after the Fajr (dawn) and Asr (afternoon) salaahs, one can say more adhkaar recommended for the mornings and the evenings, in line with the Prophet’s traditions. Chapter 2 is devoted to these adhkaar.

27. Supplication on Going out of the Mosque
On going out of the mosque, one should say:

/bismil-laah(i) waS-Salaatu was-salaamu \( \tilde{\text{z}} \)alaa rasuulil-laah(i) \( \tilde{\text{z}} \)alaahumma innee as-aluka mi\( \tilde{\text{a}} \)faDlik/

"In the name of Allah, and may His blessings and peace be upon Allah’s Messenger. O Allah! I am asking You to give me from Your Bounty."(56)
28. Supplication on Entering One’s House
On entering one’s house, one should pray:

\[\text{Allahumma innee as-aluk(a) khayral-mawlij(i), wa-khayral-makhraj(i), bismil-laahi walajnaa, wa-bismil-laahi kharajnaa, wa-\text{alal-laahi rabbinaa tawakkalnaa/}\]

"O Allah! I am asking You for the best entry and the best exit. In the name of Allah we enter, and in the name of Allah we go out, and we put our trust in Allah, our Lord."(57)

Having entered the house, one should greet one’s family [with /assalaamu alaykum/].

29. Supplication on Eating / Drinking
[A] When one wants to start to eat or drink, one should pray:

\[\text{Bismillaah} (\text{In the name of Allah})^{(58)}\].

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[i] = /i/ = ike, ring; [s] = /s/ = set; [S] = /s/ = sum; [sh] = /she, show,
[th] = /think; [T] = /t/ = could; [u] = /food; [w] = /cow;
[z] = zero; [\text{Th}] = Thus
However, if one forgets to say that at the start, he should, as soon as he remembers while eating/drinking, say:

/bismil-laahi awwalahu wa-aakhirah(u)/

"In the name of Allah in its beginning and end."(59)

[B] As soon as one finishes (eating / drinking), one should pray:

/alhamdu-lil- laah(i), hamdaan katheeran Tayyiba-mubaarakan feeh(i), ghayra makfiyyiwa-laa muwaddaa(iw), wa-laa mustaghnaan zanah, rabbanaa/

"Abundant, good and blessed praise be to Allah. His favours cannot be replaced, nor can they be left or dispensed with. O Allah."(60)
30. Supplication on Going to Bed
On going to bed, one should do the following:

[A] Recite Ayat Al-Kursi\(^{(61)}\):

\[\text{allaahu laa ilaaha illaa huwal-Kayyul-qayyum(u), laa ta'khu\dshape{u}hu sinatuw-wa-laa nawm(ul), lahu maa fis-samaawaati wa-maa fil-arD(i), ma\' al-ladhee yashfa'uu \'in dahuu illaa bi-i\dshape{th}nih(i), ya\dshape{c}lamu maa bayna aydeehim wa-maa khalfahum, wa-laa yu\dshape{k}ee Tuuna bi-shay-im-min \'ilmihee illaa bi-maa shaa'(a), wasi'aa kursiyyuhus-samaawaati wal-arD(a), wa-laa ya-uudu\dshape{u} hif\dshape{z}uhuma, wa-huwal-\dshape{z}aliyyul-\dshape{z}eeem/\]

"(255) Allah! There is no God save Him, the Alive, the Eternal. Neither slumber nor sleep overtakes Him. Unto Him belongs whatsoever is in the heavens and whatsoever is in the earth."

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\(\text{i} \ = \ 	ext{sit}, \ \text{t} \ = \ 	ext{tank / ring}, \ \text{s} \ = \ 	ext{set}, \ \text{S} \ = \ 	ext{sum}, \ \text{sh} \ = \ 	ext{she};\)

\(\text{th} \ = \ 	ext{think}, \ \text{T} \ = \ 	ext{tub}, \ \text{u} \ = \ 	ext{could}, \ \text{uu} \ = \ 	ext{food}, \ \text{w} \ = \ 	ext{cow};\)

\(\text{z} \ = \ 	ext{zero}, \ \text{Z} \ = \ 	ext{Thus}\)
is in the earth. Who is he that intercedes with Him save by His leave? He knows that which is in front of them and that which is behind them, while they encompass nothing of His knowledge save what He will. His throne includes the heavens and the earth, and He is never weary of preserving them. He is the Sublime, the Tremendous."

الله لا إله إلا هو القيوم لا أخذ منه سبحة ولا نوى له ما في السماوات وما في الأرض من ذا الزيت يشفع عنه إلا بإذينه يعلم ما بين أيديه وما خلفهم ولا يجريون يشتبه بين عليهما إلا يما شاء ويسع كربسية السماوات والأرض ولا يغ('_', حفظهما وهو الملي شقيقه [سورة البقرة: الآية 255]

[B] Recite the last 2 Ayahs of Surat Al-Baqarah(62):

(285) aamanar-rasululu bimaa uziza ilayhi mir-rabbihii wal-mu’miňuun(a), kullun aamana bil-laahi, wa-malaat-ikatihi, wa-kutubihi, wa-rusulih(i), laa nufarriqu bayna

[a] = happy; [aa] = lamb; [au] = star; [ay] = find; [d] = bad;
[di] = this; [D] = dumb; [ee] = meat; [gh] = Paris); [h] = has;
[h] = kulum (Arabic dream);
aḥadim-mir-rusulīh(i), wa-qāaluu samīṣnaa wa-ataṣnaa ghufraanaka rabbanaa wa-
ilaykal-maSeer/

/(286) rabbanaa laa tu-aakhiḍnaa in-naseenaa aw-akhTa’nāa, rabbanaa wa-laah taḥmil ζalainaa iSaṛf kamaa khamaltahu ζalal-
laḏeena miṣ qablinaa, rabbanaa wa-laah tuḥammilnaa maa laa Taqqata lanaa bih(i),
wa-ζfu ζannaa, wağhfiir lanaa, war-kamnaa, aŋta mawlaanaa, fa-ŋSurnaa ζalal-qaumil-
kaaʃireen/

"(285) The messenger believes in that which has been revealed unto him from his Lord and
(so do) the believers. Each one believes in Allah and His angels and His scriptures and
His messengers - We make no distinction between any of His messengers - and they say:
We hear, and we obey. (Grant us) Your forgiveness, our Lord. Unto You is the
journeying.

(286) Allah taskes not a soul beyond its scope.
Supplications for Typical Situations

For it (is only) that which it has earned, and against it (only) that which it has deserved. Our Lord! Condemn us not if we forget, or miss the mark! Our Lord! Lay not on us such a burden as You did lay on those before us! Our Lord! Impose not on us that which we have not the strength to bear! Pardon us, absolve us and have mercy on us, You, our Protector, and give us victory over the disbelieving folk."

[الآية 286]
[C] Recite Surat Al-Kaaﬁruun

/(1) qul yaa ayyuhal-kaaﬁruun(a), (2) laa a’budu maa ta’buduuun(a), (3) wa-laa a’rutum zaabiduuna maa a’bud(u), (4) wa-laa ana zaabidum-maa zaabattum, (5) wa-laa a’rutum zaabiduuna maa a’bud(u), (6) lakum deenukum, wa-liya deen(i)/

"(1) Say: O disbelievers! (2) I worship not that which you worship; (3) Nor worship you that which I worship. (4) And I shall not worship that which you worship. (5) Nor will you worship that which I worship. Unto you your religion, and unto me my religion."(63)

[D] Do nafth (blowing slightly - without spitting - into your palms put together) after reciting Surat Al-Ikhlas, Surat Al-Falaq, and

|/i/ = sit; /a/ = tank / ring; /s/ = set; /S/ = sum; /sh/ = she; /th/ = think; /T/ = tub; /u/ = could; /uu/ = food; /w/ = cow; /z/ = zero; /Z/ = Thus
Surat An-Naas. You should, then, rub your hands over the parts of your body you can reach, starting with your head, face, and front of your body. You can do the recitation and *naft* three times.  

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**Surat Al-Ikhlaas**

\((1)\) *qul huw-allaahu a\(\text{\textsuperscript{a}}\)had, (2) allaahuS-Samad, (3) lam yaf\(\text{\textsuperscript{a}}\)d wa-lam yu\(\text{\textsuperscript{a}}\)d, (4) wa-lam yakul-lahu kufuwan a\(\text{\textsuperscript{a}}\)had/

"(1) Say: He is Allah, the One! (2) Allah, the eternally besought of all! (3) He begets not, nor was begotten. (4) And there is none comparable unto Him."

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\[ قُلَ هُوَ أَللَّهُ إِيَّهُ تَرْكَبُونَ ]

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**Surat Al-Falaq**

\((1)\) *qul a\(\text{\textsuperscript{a}}\)\(\text{\textsuperscript{u}}\)d\(\text{\textsuperscript{u}}\) bi- \(\text{\textsuperscript{a}}\)rabbil-falaq(i), (2) mi\(\text{\textsuperscript{a}}\)y sharri maa khalaq(a), (3) wa-mi\(\text{\textsuperscript{a}}\)y sharri

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|\(a\)| = happy; |\(aa\)| = lamb; |\(aa\)| = star; |\(ay\)| = find; |\(d\)| = bad;  
|\(d\)| = this; |\(D\)| = dumb; |\(ee\)| = meat; |\(gh\)| = Paris; |\(h\)| = has;  
|\(h\)| = hilm (Arabic dream);
ghaasisiin idaad waqab(a), (4) wa-miṣ sharrin-
naffaathaati fil-ṣuqad(i), (5) wa-miṣ sharri
haasidin idaad hasad/

"(1) Say: I seek refuge in the Lord of
Daybreak (2) From the evil of that which
He created, (3) From the evil of the darkness
when it is intense, (4) And from the evil of
malignant witchcraft, (5) And from the evil of
the envier when he envies."

Surat An-Naas

|(1) qul aṣuudu bi-rabbin-naas(i), (2)
malikin-naas(i), (3) ilaahin-naas(i), (4)
miṣ sharril-waswaasil-khannaas(i), (5)
allaadee yuwaswisu fee Suduurin-naas(i), (6)
minal-jinnati wan-naas/

[i] = sit; [ŋ] = tank / ring; [s] = set; [S] = sum; [ʃ] = she;
[θ] = think; [T] = tub; [u] = could; [ʌ] = food; [w] = cow;
[z] = zero; [ʔ] = Thus
"(1) Say: I seek refuge in the Lord of mankind, (2) The King of mankind, (3) The God of mankind, (4) From the evil of the sneaking whisperer, (5) Who whispers in the hearts of mankind, (6) Of the jinn and of mankind." (65)

قَلِ اعْفُدَ يِرِبَّ الْكَبَارِэٰ مَلِيكَ الْكَبَارِ اِلَهُ الْكَبَارِ مِنْ شَرِّ الْوُسْوَاسِ الْجَهَّازِ الْذِّي يُوسُوِشُ فِي صُدُورِ الْكَبَارِ مِنْ اِلْجَهَّازِ دَلْعَابَةٌ الْكَبَارِ.

[Suarah al-Nas] [65]

[F] Say:

/subhanallaah/ (Glory be Allah) 33 times;  
/alhamdu-lil-laah/ (Praise be to Allah) 33 times; and /allaahu akbar/ (Allah is the Greatest) 34 times. (66)

[F] Say:

/allaahumma bi-smika ahyaa wa- bi-smika amuut(u)/

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[a] = happy; [aa] = lamb; [aa] = star; [ay] = find; [d] = bad;  
[d] = this; [D] = dumb; [ee] = meat; [gh] = Paris; [h] = has;  
[h] = kilm (Arabic dream);
"O Allah! In Your name I live, and in Your name I die."(67)

اللهُمَّ يَا سِمِّكَ أَحِيَا وَيَا سِمِّكَ أَمْوتُكَ

[G] Say:

/allāhummā rabbas-samaawaati wa-rabbal-ard(i), wa-rabbal-ţarshil-ţaţeem, rabbanaa wa-rabba kulli shay-i(η), faalìqaal-ţabi wa-nawaaa, wa-munazzilat-tawraati wal-injeeli wal-furqaan(i), âţuuду bika miγ sharri kulli shay-in ârta aakhiďum-binaaSiyatih(i) / allāhummā ârtaal-awwal(u) fa-laysa qablaka shay'(uw), wa-arţal-aakhir(u) fa-laysa baçadaka shay'(uw), wa-arţal-ţaţeem-zahir(u) fa-laysa faawqaka shay'(uw), wa-arţal-baaTinu fa-laa duunaka shay'(un), iqDi annad-dayn(a), wa-ghninnaa minal-faqr/

"O Allah, Lord of the heavens and earth and the Magnificent Throne, our Lord and Lord of all things, the Revealer of At-Tawraah, Al-Injeel, and the Qur’an, the Splitter and

*i* = sit; *η* = tank / ring; *s* = set; *Σ* = sum; *sh* = she; *th* = think; *T* = tub; *u* = could; *uu* = food; *w* = cow; *z* = zero; *Ţ* = Thus
Grower of the seed grain and date stone! I seek refuge in You from the evil of all things, which you hold under Your control. You are the First, nothing before You. You are the Last, nothing after You. You are the Manifest, nothing above You. You are the Innermost, nothing beyond You. Remove the burden of our debt, and save us from poverty."

اللهُمَّ رَبُّ السَّمَاوَاتِ وَرَبُّ الْأَرْضِ وَرَبُّ العَزُّ العَظِيمُ، رَبِّنَا وَرَبُّ كُلٌّ شَيْءٍ، قَالَ لَهُ لَحْمُ وَالْنَّارِ، وَمُنْزِلُ الْمُنْزَلَةِ وَالْإِنْجِيلِ وَالْقُرْآنِ، أُغَوَّذِ بِكَ مِنْ شَرِّ كُلٍّ شَيْءٍ أَنْتَ أُحْدَّ يَتَاصِبُ نِيَهَ، اللَّهُمَّ أَنْتَ الْأَوَّلُ قَلِيسًا قَبْلَ كُلِّ شَيْءٍ، وَأَنْتَ الْآخَرُ قَلِيسًا بَعْدُ كُلِّ شَيْءٍ، وَأَنْتَ الْظَّاهِرُ قَلِيسًا قَوْفِكَ كُلِّ شَيْءٍ، وَأَنْتَ الْبَاطِنُ قَلِيسًا دُونُ كُلِّ شَيْءٍ، افْضِ عَنَا الَّذِينَ وَأَغْنِيَا مِنْ الْقَمرِ.

[H] You can add:

/bi-smika rabbi waDajatu jambi, wa-bika/

|a| = happy; |aa| = lamb; |aa| = star; |ay| = find; |d| = bad;
|d| = this; |D| = dumb; |ee| = meat; |gh| = Paris); |h| = has;
|H| = hilm (Arabic dream);
In Your name, O Lord, I lie down to sleep. And by Your leave, I wake up. If You do not return my soul [to my body], have mercy on it; if You return it [so I am still alive after sleep], protect it as You do Your righteous slaves."(69)

[1] You can conclude with this supplication:

Allahumma aslamtu nafsee ilayk(a), wa-fawwaDtu amree ilayk(a), wa-wajjahtu wajhee ilayk(a), wa-alja'tu Zahree ilayk(a), raghbataw-wa-rahbatan ilayk(a), laa malja-a wa-laa marjam-mi'ka illa ilayk(a), aamaytu bi-kitabikal-la'dee arzalt(a); wa-nabiyyikal-la'dee arsallt/

\[|j| = \text{sit}; |\ddot{a}| = \text{tank / ring}; |s| = \text{set}; |S| = \text{sum}; |\dot{h}| = \text{she};
|\ddot{h}| = \text{think}; |T| = \text{tub}; |u| = \text{could}; |uu| = \text{food}; |w| = \text{cow};
|z| = \text{zero}; |\ddot{Z}| = \text{Thus}\]
"O Allah! I have surrendered my soul to You, entrusted You with my affair, turned my face towards You, and sought Your protection of my back. All this is in pursuit of Your pleasure and out of fear of You. There is no escape or refuge from You except in You. I believe in Your Book, which You have sent down, and in Your Prophet, whom You have sent."(70)

31. Supplication on Waking up during the Night
If one wakes up, interrupting sleep, during the night, one should pray:

/laa ilaaha illa-allaahu wahdah(u), laa sharika lah(u), lahul-mulk(u), wa-lahul-hamd(u),

/h/ = halm (Arabic dream);
wa-huwa ẓalaa kulli shayin qadeer/ alhamdu-lil-laah(i), wa-subhaan-al-laah(i), wa-la
ilaaha illal-laah(u), wal-laahu akbar, wa-la
kawla wa-laa quwwata illaa bil-laah(i)/ allaahumma-ighfir lee/

"There is no God but Allah, alone without partners. To Him belongs the dominion, and
to Him all praise is due. He has power over all
things. Praise be to Allah, and glory be to
Allah, and there is no God but Allah. Allah is
the greatest. There is neither power nor might,
except with Allah. O Allah! Forgive me."

لا إلّه إلّا الله وحده لا شريك له، لله الملك، وله
الحمد و هو على كل شيء قدير، لله الحمد لله و سُبْحَان
الله و لا إلّه إلا الله و لله الْحَمْدُ و لَهُ الْفَوْزُ إِلَّا
بِاللَّهِ، اللَّهُمَّ اغْفِر لِي،

This situation is an opportunity for
supplications to be answered, and for salaah
to be accepted\(^{(71)}\). So, one can wash for salaah

\(^{(71)}\) sit; \(\text{sh} \) = tank / ring; \(\text{st} \) = set; \(\text{S} \) = sum; \(\text{sh} \) = she;
\(\text{sth} \) = think; \(T \) = tub; \(\text{u} \) = could; \(\text{u} \) = food; \(\text{w} \) = cow;
\(\text{z} \) = zero; \(\sharp \) = Thus
and pray as much as one likes, then can go back to sleep. This concludes the chapter on selected supplications to be said in one typical day and night. The next chapter is concerned with typical *adhkaar* for mornings and evenings.

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\[a\] = happy; \[aa\] = lamb; \[aa]\ = star; \[ay]\ = find; \[d\] = bad; \\
\[d\] = this; \[D\] = dumb; \[ee\] = meat; \[gh]\ = Paris; \[h]\ = has; \\
\[h]\ = *hume* (Arabic dream);
[1] Recite Ayat Al-Kursi

|Allahhu laa ilaaha illaa huwal-kayyul-qayyuum(u), laa ta'khudhu hu sinatuw-wa-laa
nawm(u), lahu maa fis-samaawaati wa-maa
fil-arD(i), maa al-laadee yashfa'lu qiydahuu
illaa bi-idnihi(i), ya'lamu maa bayna
aydeehim wa-maa khalfahum, wa-laa
yuheetUuna bi-shay-im-min qlimihee illaa bi-
maa shaa'(a), wasiqa kursiyyuhus-
samaawaati wal-arD(a), wa-laa ya-uudhu
kifZuhumaa, wa-huwall-laaliyyul-LaZeem/

"(255) Allah! There is no God save Him, the
Alive, the Eternal. Neither slumber nor sleep
overtakes Him. Unto Him belongs
whatsoever is in the heavens and whatsoever

[i] = sit; [u] = tank / ring; [s] = set; [S] = sum; [sh] = she;
[th] = think; [T] = tub; [u] = could; [uu] = food; [w] = cow;
[z] = zero; [Z] = Thus
is in the earth. Who is he that intercedes with
Him save by His leave? He knows that which
is in front of them and that which is behind
them, while they encompass nothing of His
knowledge save what He will. His throne
includes the heavens and the earth, and He is
never weary of preserving them. He is the
Sublime, the Tremendous.\(^{(73)}\)

Whoever recites Ayat Al-Kursi\(^{(74)}\) will be
protected by Allah, will not be approached by
any devils, and will enter Paradise if he dies as
soon as he recites it; yet, nothing prevents him
from going straight to Paradise except that he
is not dead yet.

\[^{73}\text{سورة البقرة: الآية ۲۵۵.}

\[^{74}\]

One should recite these Surahs three times(75) each as part of the Adhkaar following the Fajr and Asr salaaahs in particular, as part of the morning and the evening Adhkaar and on going to bed. By Allah’s Grace, given purified intentions, doing so qualifies one for protection from evil. It is worth mentioning that recitation of Surat Al-Ikhlaas three times equals the recitation of the whole Qur’an in reward.

Surat Al-Ikhlaas

/(1) qul huw-allaahu a’had, (2) allaahuS-Samad, (3) lam yalid wa-lam yuulad, (4) wa-lam yakul-lahu kufuwan a’had/

"(1) Say: He is Allah, the One! (2) Allah, the eternally besought of all! (3) He begets not, nor was begotten. (4) And there is none comparable unto Him."
Surat Al-Falaq

 jal al-áwwá bi-rabbil-falaq(i), (2) miy sharri maa khalaq(a), (3) wa-mi
 ghaasiqin idaa waqab(a), (4) wa-mi
 sharrin-naaffathaati fil-`uqad(i), (5) wa-mi
 sharri haasidin idaa hasad/

"(1) Say: I seek refuge in the Lord of Daybreak (2) From the evil of that which He created, (3) From the evil of the darkness when it is intense, (4) And from the evil of malignant witchcraft, (5) And from the evil of the envier when he envies."
Surat An-Naas

/ (1) qul aṣuudu bi-rabbin-naas(i), (2) malikin-naas(i), (3) ilaahin-naas(i), (4) miγ sharril-waswaasil-khannaas(i), (5) allađee yuwawisini fee Suddurin-naas(i), (6) minal-jinnati wan-naas/


[3] Say 10-100 times a day (76):

/laa ilaaha illal-laah(u) wa:k'dahu laa shareeka lah(u), lahul-mulk(u) wa-lahul-hamid(u), wa-
huwa γalaa kulli shayin' qadeer/

|t| = sit; |d| = tank / ring; |s| = set; |S| = sum; |sh| = she;
|th| = think; |T| = tub; |u| = could; |uu| = food; |w| = cow;
|z| = zero; |Z| = Thus
"There is no God but Allah, alone without partners. To Him belongs the dominion, and to Him all praise is due. He has power over all things."

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

If one says the above-mentioned supplication ten times, one gets a reward equal to freeing one person from the offspring of Isma‘eel - may Allah’s blessings be upon him. If one repeats it a hundred times, one is given a hundred rewards, a hundred of one’s sins are atoned, and one is protected from Satan all day till nightfall.

[4] Say these prayers three times:

$subhanal-laahi wa-bi-kamdihi(i), zadada
khalqih(i) wa-riDaal nafsih(i), wa-zinata
zarshih(i), wa-midada kalimaatih(i)/

$latex|\text{a}| = \text{happy}; |\text{aa}| = \text{lamb}; |\text{ar}| = \text{star}; |\text{ay}| = \text{find}; |\text{ad}| = \text{bad};$

$latex|\text{d}| = \text{this}; |\text{D}| = \text{dumb}; |\text{e}| = \text{meat}; |gh| = \text{Paris}; |\text{h}| = \text{has};$

$latex|\text{k}| = \text{helm} \text{ (Arabic dream)};$
"Glory and praise be to Allah as many times as the number of His creatures, as much as He pleases, as heavy as His Throne and as lasting as the ink ever used to record His words."

«سُبْحَانَ اللَّهِ وَبِحْمَدِهِ، عَدْدُ خَلْقِهِ، وَرَضْنَا نَفْسِهِ، وَزَنَّة
عَرْشِهِ، وَمِدَادُ كُلِمَائِهِ».

The above prayer is considered to be worth more than all the supplications said by Om Al-Mu’mineen (the mother of the faithful) Jwairiyah from dawn to Duha (the time starting from the brightening of the sun light and ending a little before noon).

[5] One should say:

/subhaanal-laah(i) wa-bihamdih/  "Glory be to Allah, and all praise be to Him."  «سُبْحَانَ اللَّهِ وَبِحْمَدِهِ».

If one says the above prayer a hundred
times\(^{78}\) in one day, Allah will bless him by atoning all his sins, however great they might be. Only the one who says more will have done better.

[6] One should pray for the Prophet and his family by saying

\[\text{/'allaahumma Sall}$\text{i} \text{zala}$\text{a m}$\text{u}$\text{h}$\text{m}$\text{ad(iw), w}$\text{a}$\text{-}$\text{zala}$\text{a a}$\text{l}$\text{i}$\text{ m}$\text{u}$\text{h}$\text{m}$\text{ad(iy), kamaa Sallaita zala}$\text{a}$\text{a}$\text{i}$\text{bra}$\text{a}$\text{heem(a), w}$\text{a}$\text{-}$\text{zala}$\text{a}$\text{ a}$\text{l}$\text{i}$\text{bra}$\text{a}$\text{heem(a), w}$\text{a}$\text{-}$\text{baarik}$\text{a}$\text{i}$\text{l}$\text{i}$\text{bra}$\text{a}$\text{heem(a), w}$\text{a}$\text{-}$\text{zala}$\text{a}$\text{ a}$\text{l}$\text{i}$\text{bra}$\text{a}$\text{heem(a), kamaa baarakta zala}$\text{a}$\text{i}$\text{bra}$\text{a}$\text{heem(a), w}$\text{a}$\text{-}$\text{zala}$\text{a}$\text{ a}$\text{l}$\text{i}$\text{bra}$\text{a}$\text{heem(a), f}$\text{il}$\text{-}$\text{zala}$\text{a}$\text{al}$\text{ameen(a), innaka}$\text{ h}$\text{ameedum-majeed/}

"O Allah, pray for Muhammad and the family of Muhammad, as You have prayed for Ibraheem and the family of Ibraheem, and bless Muhammad and the family of Muhammad, as You have blessed Ibraheem and the family of Ibraheem, in all the worlds. You are Praiseworthy and Gloryworthy."\(^{79}\)
«اللّهُمَّ صِلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلِّيْتَ عَلَى إِبْرَاهِيمٍ وَعَلَى آلِ إِبْرَاهِيمِ، إِنَّكَ حَمِيدٌ مَجِيدٌ، اللّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمٍ وَعَلَى آلِ إِبْرَاهِيمِ، فِي الْعَالَمِينَ إِنَّكَ حَمِيدٌ مَجِيدٌ.»

It is recommended that one should say the above prayer ten times\(^{(80)}\) or as many times as he likes. The Prophet said, “If one invokes Allah’s blessings on me once, Allah blesses him ten times.”\(^{(81)}\)

One should also invoke Allah’s prayers and blessings on the Prophet on Friday in particular, for he said, “One of your best days is Friday, so invoke Allah’s peace and blessings on me that day....”\(^{(82)}\)

[7] This supplication is considered the best for seeking Allah’s forgiveness

/ALLAHUMMA ANTAAAA RABBE, LAAL ILLAAH ILLAA ANT(A), KHALAQTanEE WAA-anaa ZabdUK(A), Waa-anaa Zaalaah Zadikaa Wa-waadikaa ma-

\[^{108}\] = sit; \[^{115}\] = tank / ring; \[^{145}\] = set; \[^{165}\] = sum; \[^{185}\] = she;
\[^{195}\] = think; \[^{215}\] = tub; \[^{225}\] = could; \[^{235}\] = food; \[^{255}\] = cow;
\[^{265}\] = zero; \[^{275}\] = Thus
staTa'čt(u), açuđu bika miŋ sharri maa Sana'čt(u), abuu-u laka bi-ničmatika żalayy(a), wa-abuu-u laka biďambi, fa-ghfir
lee, innahu laa yaghfiruđ-đunuuba illaa anf|

"O Allah, You are my Lord, there is no God but You. You created me, and I am Your slave. I try my best to keep my covenant (faith) with You and to live in the hope of Your promise. I seek refuge in You from the evil I have done. I acknowledge Your favors upon me, and I admit my sins. Please, forgive me, for none forgives sins but You."(83)

اللّهُمَّ أَنتَ رَبِّي لا إِلَهَ إِلَّا أَنتَ، خَلْقِي وَأَنَا عِبَادُكَ،
وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا استطعتُ، أَعُوذُ بِكَ مِنْ شَرِّ
مَا صَنَعْتُ أَبُوَّكَ لَكَ بِغَمْتِكَ عَلَيْي، وأَبُوَّهُ لَكَ بِذَنْي
قَاغَفْرِ لي، فَإِنَّهُ لا يُغْفِرُ الذُّنُوبِ إِلَّا أَنتِهَا.

If one dies after saying the above supplication with firm faith, one qualifies for Paradise, by Allah’s Grace.

|/a/| = happy; |/aa/| = lamb; |/au/| = star; |/ay/| = find; |/â/| = bad;
|/d/| = this; |/D/| = dumb; |/e/| = meat; |/gh/| = Paris; |/h/| = has;
|/h/| = hilm (Arabic dream);
[8] One can ask Allah's forgiveness by saying:

/astaghfirul-laahawa-atuubuilayh/

"I seek Allah's forgiveness, and to Him I relent."

أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ.

This can be said 70-100 times\(^{(84)}\). It brings comfort into one's heart.

[9] In the morning, one should pray:

/allahumma bika aSbahnaa, wa-bika amsaynaa, wa-bika nakyaa, wa-bika namuut(u), wa-ilaykan-nushuur/

"O Allah! In Your name we have reached the morning, as in Your name we reached the nightfall. By Your permission we live, and by It we die, and unto You is the Resurrection."

اللَّهُمَّ بِكَ أُصْبِحْنا وَبِكَ أُمَسِيتَا، وَبِكَ نَحْيَا وَبِكَ نَمُوتَ، وَإِلَيْكَ النُّشُورُ.

\(^{(84)}\) For pronunciation, see note: /

|a| = at; /æ/ = tank / ring; /s/ = set; /S/ = sum; /ʃ/ = she;
/th/ = think; /T/ = tub; /u/ = could; /uu/ = food; /w/ = cow;
/z/ = zero; /ʔ/ = Thus
Similarly, in the evening, one should pray:

/allaahumma bika amsaynaa, wa-bika aSbahnaa, wa-bika nakhyaa, wa-bika namuut(u), wa-ilaykal-maSeer/

"O Allah! In Your name we have reached the nightfall, as in Your name we reached the morning. By Your permission we live, and by It we die, and unto You is the return."(85)

اللَّهُمَّ بِكَ أَضْبَخْنا وَبِكَ أَمْسِيَتَا، وَبِكَ نَحْيَا وَبِكَ نَمُوتُ، وَإِلَيْكَ النُّشُورُ. وَإِذَا أَمْسَى فَلَيْيَلْلَهُمْ بِكَ أَمْسِيَتَا وَبِكَ أَضْبَخْنا، وَبِكَ نَحْيَا وَبِكَ نَمُوتُ، وَإِلَيْكَ المُصِيرُ.

[10] One should say the following prayers in the morning and on going to bed:

/allaahumma faatiras-samaawaati wawl-arD(i), ẓaalimal-ghaybi wash-shahaada(ti), laa ilaaha illaa aŋt(a), rabba kulli shai-iw-wamaleekah(u), aŋuuthu bika miŋ sharri

/a/ = happy; /aa/ = lamb; /aaw/ = star; /ay/ = find; /d/ = bad;
/d/ = this; /D/ = dumb; /ee/ = meat; /gh/ = Paris; /h/ = has;
/h/ = hulm (Arabic dream);
nafsee, wa-miṣr sharrish-shaytaani wa-shirkih(i), wa-an aqtarifa ḥalaa nafsee suw-a(n) aw ajurrahul ilaah muslim/

"O Allah, Creator of the heavens and the earth, knower of the unseen and the seen! There is no God but You, Lord and Owner of everything. I seek refuge in You from the evil of myself, from the evil of Satan and his Shirk, and from causing evil unto myself or unto other Muslims."(86)

[11] The Prophet always said these prayers in the evening and in the morning:

/al-aahumma innee as-aluk-al-ʾaafiya(ta) fid-dunya walaakhira(ti), alaahumma innee as-aluk-al-ʾaafwa wal-ʾaafiya(ta), fee deenee wa-

\[|t| = \text{at}; |s| = \text{tak}; |r| = \text{ring}; |s| = \text{set}; |S| = \text{sum}; |sh| = \text{she}; \\
|th| = \text{think}; |T| = \text{tub}; |u| = \text{could}; |uu| = \text{food}; |w| = \text{cow}; \\
|z| = \text{zero}; |Z| = \text{Thus} \]
"O Allah, I ask You for security in this world and the Hereafter. O Allah! I ask You for forgiveness and for security of my faith, my worldly affairs, my family and my wealth. O Allah! Let my private affairs remain secret, and remove my fears. O Allah! Guard me in front and behind, on my right and left, and from above. In Your Magnificence I seek refuge from being unexpectedly harmed from beneath."
Chapter 2

The above prayers are meant to invoke Allah to protect the supplicant, particularly from being swallowed by the earth.

[12] In the morning one can pray:

\[\text{aSba\text{"a}naa, wa-aSba\text{"a}l-mulku-lillaah(i), wal-kamdulil-laah(i), laa ilaaha illal-laah(u) wa\text{"a}dah(u), laa shareeka lah(u), laahul-mulku, wa-lahul-kamd(u), wa-huwa \text{\text{"a}lalaa kulli shai-}\text{\text{"i}r qadeer/}}\]

"We have reached morning time, while the dominion remains Allah's, and to Him all praise is due. There is no God but Allah, alone without partners. To Him belongs the dominion, and to Him all Praise is due. He has power over all things."

\[\text{أضْبَحَنَا وَأضْبَحَ المُلُكُ لِللهِ وَالْحَمَدَ لِللهِ، لا إِلَهَ إِلَّا اللهُ وَحْدَهْ لَا شَرِيكَ لَهُ، لَهُ الْمُلُكُ وَلَهُ الْحَمَدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرً.}\]

\[\text{[|i| = sit; |t| = tank / ring; |s| = set; |S| = sum; |sh| = she;}
|th| = think; |T| = tub; |u| = could; |uu| = food; |w| = cow;}
|z| = zero; |\text{\text{"Z| = Thus}}\]
Similarly, at night one can pray:

/amsayna, wa-amsal-mulku-lillaah(i), laa ilaaha illa-llaah(u), wakdah(u), laa shareeka lah(u), lahul-mulk(u), wa-lahul-hamd(u) wa-huwa ’alaa kulli shai-in qadeer/

"We have reached evening time, while the dominion remains Allah's, and to Him all praise is due. There is no God but Allah, alone without partners. To Him belongs the dominion, and to Him all Praise is due. He has power over all things."

«أَمْسَيْتَنا وَأَمْسَى الْمُلِكُ لِلَّهِ، وَالْحَمْدُ لِلَّهِ، لَا إِلَإِّا اللَّهُ وَخَذَّةُ لَا شَرِيكَ لَهُ، لَهُ الْمُلِكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَبِيلُهُ."

In addition, one can pray:

/rabbee, as-aluka khayra maa fee haa’ahil-layla(ti), wa-khayra maa ba’daahaa, wa-a'lu'du bika min sharri maa fee haa’ahil-layla(ti), wa-sharri maa b'adahaa/

/a/ = happy; /aa/ = lamb; /au/ = star; /ay/ = find; /d/ = bad;
/d/ = this; /D/ = dumb; /ee/ = meat; /gh/ = Paris; /h/ = has;
/h/ = hulm (Arabic dream);
"O my Lord! I ask You the good of tonight and the good of what follows it, and I seek refuge in You from the evil of tonight and the evil of what follows it."(88)

«ربّ أَسَأَلْكَ خَيْرَ مَا فِي هَذِهِ اللَّيْلَةِ، وَخَيْرَ مَا بَعْدَهَا،
وَأَعْوَدُ بِكَ مِنْ شَرٍّ مَا فِي هَذِهِ اللَّيْلَةِ، وَشَرٍّ مَا بَعْدَهَا».

[13] In the morning, one can pray:

/aSbahnaa rumaas fiTratil-issaam, wa-rumaas kalimatil-ikhlaas, wa-rumaas deeni nabiyyina muhammad(iw), wa-rumaas millati abeen ibbraheema haneefam-muslima(w), wa-maa kaana minal-mushrikeen/

"We have reached morning time, while still adhering to Islam, the instinctive religion, to the word of pure faith, and to the religion of our Prophet Muhammad, and in the footsteps of our father Ibraheem, who was a pure Muslim, but not a polytheist."(89)

أَصِبْحَنَا عَلَى فَطْرَةِ الإِسْلَامِ، وَعَلَى كُلِّ مِثْلِ الإِخْلاصِ،
The above prayer can be said in the evening, by using /amsaynāa/ (We have reached evening time) instead of /aSbāhnaa/ (We have reached morning time):

//amsaynāa ẓalaā fīTratil-islām, wa-ẓalaā kalimatil-ikhlaaS, wa-ẓala deeni nabiyyina muḥammad(iw), wa-ẓala millati abeena ibraaheema kānnēf-muslima(w), wa-maa kaana minal-mushrikeen/

"We have reached evening time, while still adhering to Islam, the instinctive religion, to the word of pure faith, and to the religion of our Prophet Muhammad, and in the footsteps of our father Ibraheem, who was a pure Muslim, but not a polytheist."

\[
\text{\text{أَمِسِيتْا عَلَى فَظْرَةِ الإِسْلَامِ، وَعَلَى كِلِمَةِ الإِخْلاَصُ،}}
\]
[14] If one says the following prayer on arriving at a place to stay, no harm will happen to him in that place during his stay, by the Grace of Allah:

/αζωδυ bi-kalimaatil-laahit-taamaat(i), mir sharri maa khalaq/

"I seek refuge in Allah’s perfect Words from the evil of what He has created."(90)

[15] If one says the following supplication three times, one will not be harmed and will not encounter any sudden affliction during the day:

/bismil-laahil-lađee laa yaDurru mača-smihi shayun fil-arD(i), wa-laa fis-samaa’(i), wa-huwas-sameezul-ţaleem/

\*ij = sit; |nj| = tank / ring; |s| = set; |S| = sum; |sh| = she; |th| = think; |T| = tub; |u| = could; |uu| = food; |w| = cow; |z| = zero; |Ζ| = Thus
"In the name of Allah, without Whose permission nothing on earth or in the heavens can harm, and He is All-Hearing, All-Knowing!"\(^{(91)}\)

\[
بَسْمَ اللَّهِ الَّذِي لا يَضَرُّ مَعَ اسْمِهِ شَيْءٌ فِي الأرْضِ وَلا
في السَّمَاوَاتِ وَهُوَ السَّمِيعُ الْعَلِيمُ.
\]

[16] If one says these prayers three times, Allah will please him:

/\textit{raDeetu bil-laahi rabba}(w), wa-bil-islaami
deena(w), wa-bi-mu\textit{\textasciitilde}hammadin\ Sallal-laahu
\textit{\textasciitilde}alayhi wa-sallama nabiyyaa/

"I am pleased to accept Allah as my Lord, Islam as my religion and Muhammad ﷺ as His Prophet."\(^{(92)}\)

\[
وَأَرْضَيْتُ بَيْنَ اللَّهِ وَبِالإِسْلَامِ دِينًا، وَبِمُحَمَّدٍ صَلَّى اللَّهُ
عليه وَسَلَّمَ نَبِيًا.
\]

In conclusion of these selected daily and
nightly supplications, I pray to Allah, the most High, to enable me and you, dear reader, to learn and say them, as His Messenger Muhammad ᴬᵉᵍᵉ used to. Praise be to Allah, by Whose Grace good deeds are accomplished.

***

|ṣ| = sit; |ṣ| = task / ring; |s| = set; |S| = sum; |ʃ| = she; |t̥ḥ| = think; |T̥| = tub; |u| = could; |u̥| = food; |w̥| = cow; |z̥| = zero; |Z̥| = Thus
Endnotes

(1) *Sahih Muslim*, Hadith No. 118.
(2) *Sahih Muslim*, Hadith No. 1893.
(3) *Sahih Al-Bukhari*, Hadith No. 6325.
(4) *Sunan Attermidhiy*, Hadith No. 3401.
(5) *Sahih Al-Bukhari*, Hadiths No. 142 and No. 6322. & *Sahih Muslim*, Hadith No. 375.
(7) This is similar to a long Hadith in *Sahih Muslim*, Hadith No. 763.
(9) *Sahih Muslim*, Hadith No. 770.
(11) This is the case with those who consider *qunun* to be done in the Fajr salaah. According to the Shafi‘iyy school of thought, *qunun* is done aloud after straightening up from *rukku* in the second rak‘ah, but silently before bending for *rukku* in the
second rak‘ah according to the Maliki school of thought. There is agreement on the legality of 
gunan in afflictions and in all salaahs. Wallaahu a‘lam (The whole truth is with Allah alone).


(13) Sunan Annassaaey, Hadith No. 1700.

(14) Sunan Annassaaey, Hadith No. 1733.

(15) Sahih AL-Bukhari, Hadith No. 611. & Sahih Muslim, Hadith No. 385.

(16) Sahih Muslim, Hadiths No. 384 and No. 386.

(17) Sahih AL-Bukhari, Hadith No. 614.

(18) Sunan Abu-Daawwud, Hadith No. 4023.


(20) Sunan Abu-Daawwud, Hadith No. 5095.

(21) Ibid., Hadith No. 5094.

(22) Apparently, the Hadith is about going to the mosque for the Fajr salaah. However, it can apply to the rest. Wallaahu a‘lam (The whole truth is with Allah alone).

(23) Sahih AL-Bukhari, Hadith No. 6316, & Sahih Muslim, Hadith No. 763.

(24) Sunan Abu-Daawwud, Hadith No. 2602. & Sunan Attermidhiy, Hadith No. 3446.
(25) *Sahih Muslim*, Hadith No. 2595.


(28) *Sahih Muslim*, Hadith No. 771.


(30) *Sahih AL-Bukhari*, Hadith No. 794. & *Sahih Muslim*, Hadith No. 484.

(31) *Sahih Muslim*, Hadith No. 487.

(32) Annawawi’s *Al-Adhkaar, Kitaab Adhkaar Arrukuu’* (Book of What to Say during Ruku’).

(33) *Sahih Muslim*, Hadith No. 480.

(34) *Sahih AL-Bukhari*, Hadiths No. 732. & *Sahih Muslim*, Hadith No. 476.

(35) *Sahih AL-Bukhari*, Hadiths No. 799.

(36) *Sahih Muslim*, Hadith No. 477. The Arabic word /mil-a/ (the fill of) is also pronounced /mil-u/. In his *Sharh Sahih Muslim*, p. 4/193 and p. 6/59, Annawawi argues for /mil-a/, as the most widely used.

(37) *Sunan Abu-Daawuud*, Hadith No. 850 & *Sunan Attermidhiy*, Hadith No. 284. & *Sunan Ibn-
Maajah, Assalaah, Hadith No. 898.
(39) Sahih AL-Bukhari, Hadith No. 831. & Sahih Muslim, Hadith No. 402.
(40) Sahih AL-Bukhari, Hadith No. 3370. & Sahih Muslim, Hadith No. 405.
(41) Sahih AL-Bukhari, Hadith No. 835. & Sahih Muslim, Hadith No. 402.
(42) Sahih AL-Bukhari, Hadith No. 1377. & Sahih Muslim, Hadith No. 588.
(43) Sahih Muslim, Hadith No. 771.
(44) Sahih Al-Bukhari, Hadith No. 834. & Sahih Muslim, Hadith No. 2704.
(45) Sunan Abu-Daawuud, Hadith No. 886. & Sunan Attermidhiy, Hadith No. 261.
(46) Sahih Muslim, Hadith No. 771. & Sunan Attermidhiy, Hadith No. 580.
(47) Sunan Attermidhiy, Hadith No. 579.
(48) See Ibn Baaz’z Tuhfat Al-Akhyaar (The Gem of the Good). After the imam finishes salaah, he should say, "Astaghfiru Allah!" 3 times, then "O Allah, You are peace and peace is from You. Blessed be He, the owner of Majesty and
Splendour”. Then he should face the congregation and say the usual post-salaah adhkaar. These adhkaar are not obligatory. They are voluntary Sunnah.

(49) *Sahih Muslim*, Hadith No 591.

(50) Ibid, Hadith 594.

(51) *Sahih Al-Bukhari*, Hadith No. 844. & *Sahih Muslim*, Hadith No 593.

(52) See Ibn Baaz’z *Tuhaft Al-Akhyaar* (The Gem of the Good), p. 23. He argues for doing so as commendable. See also *Sunan Attermidhiy*, Hadith No. 3474 and Hadith No 3534. Hadith No. 3474 affirms doing it after finishing the Fajr salaah, while Hadith No 3534 affirms doing it after finishing the Maghrib salaah.

(53) *Sahih Muslim*, Hadith No. 597.

(54) *Sunan Annasaaey Al-Kubra*, Hadith No. 9928. & *Amal Alyoum wal laylah*, Hadith No. 100, and Ibn Assunni, Hadith 121.

(55) *Sunan Abu-Daawuud*, Hadith No. 1523 & *Sunan Attermidhiy*, Hadith No. 2903.

(56) See Endnote No. 27.

(57) *Sunan Abu-Daawuud*, Hadith No. 5096.


(60) *Sahih Al-Bukhari*, Hadith No. 5458.

(61) *Sahih Al-Bukhari*, Hadith No. 3275.


(63) *Sunan Abu-Daawwud*, Hadith No. 5055, and *Sunan Attermidhiy*, Hadith No. 3403.

(64) *Sahih Al-Bukhari*, Hadith No. 6319.

(65) *Sahih Al-Bukhari*, Hadith No. 313. & *Sahih Muslim*, Hadith No. 2727.

(66) *Sahih Al-Bukhari*, Hadith No. 6312. & *Sahih Muslim*, Hadith No. 2711.

(67) *Sahih Muslim*, Hadith No. 2713.

(68) *Sahih Al-Bukhari*, Hadith No. 6320. & *Sahih Muslim*, Hadith No. 2714.

(69) *Sahih Al-Bukhari*, Hadith No. 247. & *Sahih Muslim*, Hadith No. 2710.

(70) *Sahih Al-Bukhari*, Hadith No. 1154.

(71) The recommended time for morning remembrance is from a little after the Fajr (dawn) prayer to a little before sunrise, and for the evening remembrance is from a little after the Asr (afternoon) prayer to a little before sunset.
However, if, for some reason, one does not say his morning remembrance - or part of it - at the recommended time, he can say it after sunrise. Similarly, he can say his evening remembrance after sunset. The Prophet said, “If one misses his Hizb (the portion of the Qur'an which he has normally allocated for himself to read every night) because of sleep, he can read it between dawn and noon, and it will count as read during the night.”

[Sahih Muslim, Hadith No. 747]

(72) See Endnote No. 747.

(73) The value of such remembrance and of what follows it is confirmed by the Prophet’s Sunnah.

(74) Sunan Abu-Daawuud, Hadith No. 5082, and Sunan At-termedhiy, Hadith No. 3575.

(75) Sahih Al-Bukhari, Hadiths No. 6403 and No. 6404. & Sahih Muslim, Hadith No. 2693.

(76) Sahih Muslim, Hadith No. 2726.

(77) Sahih Al-Bukhari, Hadith No. 6405. & Sahih Muslim, Hadith No. 2692.

(78) Sahih Al-Bukhari, Hadith No. 3370, and Sahih Muslim, Hadith No. 405.

(79) According to At-Tabaraani, the Prophet said, "If one prays for me 10 times in the morning, and 10 times at night, one qualifies for my intercession on
the Resurrection Day." See Al-Munziry's *Attargheeb watterheeb (Persuasion vs. Warning)*.

(80) *Sahih Muslim*, Hadith No. 384.


(82) *Sahih Al-Bukhari*, Hadiths No. 6303 and 6323.

(83) *Sahih Al-Bukhari*, Hadith No. 6307. & *Sahih Muslim*, Hadith No. 2702.

(84) *Sunan Abu-Daawuud*, Hadith No. 5068.

(85) *Sunan Attermidhiy*, Hadith No. 3529.

(86) *Sunan Abu-Daawuud*, Hadith No. 5074.

(87) *Sahih Muslim*, Hadith No. 2723.


(89) *Sahih Muslim*, Hadiths No. 2708 and No. 2709.

(90) *Sunan Abu-Daawuud*, Hadith No. 5088. & *Sunan Attermidhiy*, Hadith No. 3388.

(91) *Sunan Abu-Daawuud*, Hadith No. 5072. & *Musnad Ahmad*, Hadith No. 4/337.
By Allah’s Grace, *Daily and Nightly Supplications* (Book Three in *The Believer’s Provision Series*) is completed, but to be followed by *Teaching Qur’anic Recitation*, in Arabic, Book Four in *The Believer’s Provision Series*. 
Publications by the Author

2. *Your Guide to Raghbah* (Arabic - English)
3. *Al-Jeraisy Family* (Arabic - English)
4. *Selected Documents on Saudi-Egyptian Relations during the Reign of King Abdul-Aziz Al-Saud, Volumes 1-3* (Arabic)
5. *Time Management from Islamic and Administrative Perspectives* (Arabic - English)
6. *Administrative Leadership from Islamic and Administrative Perspectives* (Arabic - English)
8. *Tribalism from an Islamic Perspective* (Arabic)
9. *A Critique of the Role of Art* (Arabic)
10. *Virtues of Polygamy.* (Arabic - English)
11. *Muslim Women: Where to?* (Arabic)
12. *Delinquency: Treatment in Light of the Qur’an and the Sunnah* (Arabic)
13. *Protection from Satan’s Temptations* (Arabic)
15. *Legal Ruqya* (Arabic)
16. *Treatment and Ruqya as Practised by the Prophet.* (Arabic)

17. *Ruqya of the Righteous.* (Arabic)

The following booklets in the Believer’s Provision Series:

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Book 9: Fatwas for Women (Arabic)

Book 10: Fatwas on Manners (Arabic)

Book 11: Fatwas on Religious Knowledge, Ijtihad and Daawah (Arabic)

Book 12: Miscellaneous Fatwas (Arabic)

The following Arabic reference books jointly investigated - co-investigator: Dr. Saad Ibn Abdullah Al-Humayyid:

30. Kitaab Al-'Ilal (Book of Defects of Hadith Evaluation) by Ibn Abi Hatim

31. Mu'jam Al-Tabaraani: Part of Vol. 21, in Musnad Al-Nu'man Ibn Basheer

32. Vol. 13, Mu'jam Al-Tabaraani

33. Su’aalaat Assulami Liddaara-Qutniy (Questions put by Assulami to Al-Daara-Qutniy)

34. Ibn Al-Jawzi’s Afat Ashaab Al-Hadeeth (The Problem with Hadith Researchers)
"I have read this booklet, *Daily and Nightly Supplications*, and I have seen how beneficial it is. It is brief, but sufficient. The supplications are selected from the *sahih* Sunnah of Prophet Muhammad—may Allah’s blessings and peace be upon him. May Allah reward the author generously."

Abdullah Ibn Aburrahman AL-Jibreen