

# GENERAL DAILY ADHKĀR

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الأذكار اليومية

## BEFORE REMOVING CLOTHES

بِسْمِ اللَّهِ.

In the Name of Allah.

The Messenger of Allah ﷺ said: “The screen between the jinn and the nakedness of the children of Ādam when they take off their garments is that they say [the above].” (Tabarānī)

## AFTER WEARING CLOTHES

الْحَمْدُ لِلَّهِ الَّذِي كَسَانِي هَذَا الثَّوْبَ ، وَرَزَقَنِيهِ مِنْ غَيْرِ  
حَوْلٍ مِنِّي وَلَا قُوَّةٍ.

All praise is to Allah Who has clothed me with this garment and provided it for me, without any power or might on my part.

The Messenger of Allah ﷺ said: “If anyone puts on a garment and says [the above], his past and future sins will be forgiven.” (Abū Dāwūd)

## BEFORE ENTERING THE LAVATORY

بِسْمِ اللَّهِ ، اَللّٰهُمَّ اِنِّيْ اَعُوْذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ.

In the Name of Allah. (Tirmidhī) O Allah, I seek Your protection from the male and female devils. (Bukhārī)

The Messenger of Allah ﷺ said: “The screen between the jinn and the nakedness of the children of Ādam when they enter the lavatory is to say Bismillah.” (Tirmidhī)

### AFTER COMING OUT OF THE LAVATORY

عُفْرَانِكَ.

I seek Your forgiveness. (Abū Dāwūd)

### BEFORE WUDHŪ

بِسْمِ اللَّهِ.

In the Name of Allah. (Abū Dāwūd)

### AFTER COMPLETING WUDHŪ

1 أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ. اللَّهُمَّ اجْعَلْنِي مِنَ التَّوَّابِينَ، وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ.

I bear witness that there is no god but Allah. He is Alone and He has no partner whatsoever. And I bear witness that Muhammad ﷺ is His slave and His Messenger. O Allah, make me amongst the repentant, and make me amongst those who purify themselves.

The Messenger of Allah ﷺ said: “Whoever perfects his

wudhū and then says [the above], the eight gates of Paradise will be opened for him. He may enter through whichever one he wishes.” (Tirmidhī)

2 سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ ، أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ ،  
أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ.

You are free from imperfection, O Allah, and all praise is to You. I bear witness that there is no god but You. I seek Your forgiveness and turn to You in repentance.

The Messenger of Allah ﷺ said: “Whosoever does wudhū and says [the above], it will be recorded in a parchment and then sealed with a seal which will not be broken till the Day of Judgement.” (Nasāī)

## WHEN LEAVING THE HOUSE

1 بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ.

In the Name of Allah, I have placed my trust in Allah. There is no power (in averting evil) or strength (in attaining good) except through Allah.

The Messenger of Allah ﷺ said: “Whoever says [the above] when leaving his house will be told: ‘You have been guided, you have been sufficed and you have been protected.’ Then one devil says to another devil: ‘How can you get to a man who has been guided, sufficed and protected?’” (Abū Dāwūd)

2 اللَّهُمَّ إِنِّي أَعُوذُ بِكَ أَنْ أَضِلَّ أَوْ أُضَلَّ ، أَوْ أَزِلَّ أَوْ أُزَلَ ،  
أَوْ أَظْلِمَ أَوْ أُظْلَمَ ، أَوْ أَجْهَلَ أَوْ يُجْهَلَ عَلَيَّ .

O Allah, I seek Your protection from misguiding others or being misguided; from erring or others causing me to err; from oppressing others or being oppressed; and from acting ignorantly or others acting ignorantly towards me.

Umm Salamah رضي الله عنها said: “The Messenger of Allah صلى الله عليه وسلم never left my house without raising his eyes to the sky and saying [the above]. (Abū Dāwūd)

### WHEN ENTERING THE HOUSE

اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ الْمَوَاجِزِ ، وَخَيْرَ الْمَخْرَجِ ، بِسْمِ اللَّهِ  
وَلِحَنَّا ، وَبِسْمِ اللَّهِ خَرَجْنَا ، وَعَلَى اللَّهِ رَبِّنَا تَوَكَّلْنَا .

O Allah, I ask You for the best entrance and the best exit. In the Name of Allah we enter, in the Name of Allah we leave, and in Allah our Lord do we trust.

The Messenger of Allah صلى الله عليه وسلم said: “When a person enters his home, he should say [the above]. Then he should greet his family.” (Abū Dāwūd)

The Messenger of Allah صلى الله عليه وسلم said: “When a man enters his house and remembers Allah upon entering and before eating,

Shaytān says (to his fellow shaytān): ‘There is no place for you to spend the night and there is no supper for you.’ When he enters the house and does not remember Allah, Shaytān says: ‘You have found a place to spend the night.’ When he does not remember Allah before eating his food, Shaytān says: ‘You have found a place to stay and some supper.’” (Muslim)

### WHILST GOING TO THE MASJID

اللَّهُمَّ اجْعَلْ فِي قَلْبِي نُورًا ، وَفِي بَصَرِي نُورًا ، وَفِي سَمْعِي نُورًا ، وَعَنْ يَمِينِي نُورًا ، وَعَنْ يَسَارِي نُورًا ، وَفَوْقِي نُورًا ، وَتَحْتِي نُورًا ، وَأَمَامِي نُورًا ، وَخَلْفِي نُورًا ، وَاجْعَلْ لِي نُورًا .

O Allah, place light in my heart, light in my sight and light in my hearing. Place light on my right and place light on my left. Place light above me and place light beneath me. Place light in front of me, place light behind me and grant me light. (Bukhārī)

### WHEN ENTERING THE MASJID

1 بِسْمِ اللَّهِ ، وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ ، اللَّهُمَّ اغْفِرْ لِي ذُنُوبِي ، اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ .

In the Name of Allah. Peace and blessings be upon the Messenger of Allah. O Allah, forgive my sins. O Allah,

open the gates of Your mercy for me.  
(Composite: Abū Dāwūd, Muslim and Ibn al-Sunnī)

2 أَعُوذُ بِاللَّهِ الْعَظِيمِ ، وَبِوَجْهِهِ الْكَرِيمِ ، وَسُلْطَانِهِ  
الْقَدِيمِ ، مِنْ الشَّيْطَانِ الرَّجِيمِ .

I seek protection in Allah, the Supreme, His Noble Countenance, and His Eternal Authority from the accursed Shaytān.

The Messenger of Allah ﷺ said: “Whoever says [the above], Shaytān says: ‘He has gained protection against me for the entire day.’” (Abū Dawūd)

### WHEN LEAVING THE MASJID

1 بِسْمِ اللَّهِ ، وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ ، اللَّهُمَّ  
إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ .

In the Name of Allah. Peace and blessings be upon the Messenger of Allah. O Allah, I ask You from Your bounty. (Muslim)

2 اللَّهُمَّ اغْصِنِي مِنَ الشَّيْطَانِ الرَّجِيمِ .

O Allah, protect me from the rejected Shaytān.  
(Ibn Mājah)

## RESPONDING TO THE ADHĀN

1 The Messenger of Allah ﷺ instructed us to repeat the words of the mu'adhhdhin, (except for) "...when he says *حَيَّ عَلَى الصَّلَاةِ، حَيَّ عَلَى الْفَلَاحِ*, say: *لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ*. If he says it from his heart, he shall enter Paradise." (Muslim)

After the adhān is complete, recite the following (in this order):

2 وَأَنَا أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ، رَضِيتُ بِاللَّهِ رَبًّا، وَبِمُحَمَّدٍ رَسُولًا، وَبِالْإِسْلَامِ دِينًا.

I also bear witness that there is no god but Allah. He is Alone and He has no partner whatsoever, and that Muhammad ﷺ is His servant and His Messenger. I am satisfied with Allah as my Lord, with Muhammad as my Messenger, and with Islam as my religion.

The Messenger of Allah ﷺ said: "If anyone says [the above] on hearing the mu'adhhdhin, his sins will be forgiven." (Muslim)

3 اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ، وَعَلَى آلِ مُحَمَّدٍ...

The Messenger of Allah ﷺ said: "When you hear the mu'adhhdhin calling for the prayer, repeat his words then send



blessings upon me. The one who sends blessings upon me once, Allah will send 10 blessings upon him...” (Muslim)

4 أَللَّهُمَّ رَبَّ هَذِهِ الدَّعْوَةِ التَّامَّةِ وَالصَّلَاةِ الْقَائِمَةِ ، آتِ مُحَمَّدًا الْوَسِيلَةَ وَالْفَضِيلَةَ ، وَابْعَثْهُ مَقَامًا مَحْمُودًا الَّذِي وَعَدْتَهُ.

O Allah, Lord of this perfect call and established prayer, grant Muhammad the status (a unique lofty status in Paradise) and pre-eminence, and resurrect him to the praiseworthy station that You have promised him.

The Messenger of Allah ﷺ said: “Whoever says [the above] after the adhān shall receive my intercession on the Day of Judgement.” (Bukhārī)

5 The Messenger of Allah ﷺ said: “Du‘ā’ is not rejected between the adhān and the iqāmah.” (Tirmidhī)

## 5 FOR 5

1. Glad tidings of Paradise
2. Forgiveness of all sins
3. Ten blessings from Allah
4. Intercession of the Prophet ﷺ
5. Acceptance of du‘ā’



## 1 Sending abundant salāh upon the Messenger ﷺ

"The best of your days is Jumu'ah. On this day Ādam ﷺ was created; on this day he died; on this day the Trumpet will be blown; and on this day the creation will fall down and die. So send abundant blessings upon me, for your blessings will be presented to me." They asked: "O Messenger of Allah, how will our blessings upon you be presented to you when you have turned to dust?" He replied: "Allah has forbidden the earth to consume the bodies of the Prophets." (Abū Dāwūd)

## 2 Praying Fajr in congregation

"The best prayer in the sight of Allah is the Fajr prayer in congregation on the day of Jumu'ah." (Bayhaqī)

# THE SUNNAH DEEDS OF JUMU'AH

## 3 Reading Sūrah al-Kahf

"Whoever reads Sūrah al-Kahf on Jumu'ah will have a light that shines for him between the two Jumu'ahs." (Hākim)

## 4 Bathing & wearing one's best clothes

"Whoever bathes on the day of Jumu'ah and does it well, purifies himself and does it well, puts on his best clothes, and puts on whatever Allah decrees for him of the perfume of his family, then comes to the maṣjid and does not engage in idle talk or separate two people; he will be forgiven for (his sins) between that day and the previous Jumu'ah." (Ibn Mājah)

5

### Miswāk & perfume

“Bathing and using miswāk on Jumu’ah is obligatory upon everyone who has reached the age of puberty. One should apply whatever perfume he can find.”  
(Nasā’ī)

7

### Walking to the masjid

“Whoever bathes on Jumu’ah, bathes completely, goes early, is present for the beginning of the sermon, sits close (to the imām), listens and is silent; there will be for him in every step he takes the reward of a year of fasting and standing in prayer.” (Tirmidhī)

6

### Going early to the masjid

“When Jumu’ah comes, at each door of the masjid there are angels who write down the first ones to come to the masjid. Then when the imām sits down, they close their books and come to listen to the sermon. The one who comes early (for Salāh al-Jumu’ah) is like the one who sacrificed a camel, then those who come after him (in order of their coming) are like one who sacrificed a cow, then one who sacrificed a horned ram, then one who sacrificed a chicken, then like one who offered an egg.” (Bukhārī)

8

### Making du’ā’

“Jumu’ah is comprised of twelve portions of time. There is one in which a Muslim who asks Allah for something will have it granted to him. Seek it in the last period after ‘Asr.”  
(Abū Dāwūd)

## ISTIKHĀRAH

### (SEEKING ALLAH'S HELP IN MAKING A DECISION)

اللَّهُمَّ إِنِّي أَسْتَخِيرُكَ بِعِلْمِكَ ، وَأَسْتَقْدِرُكَ بِقُدْرَتِكَ ،  
وَأَسْأَلُكَ مِنْ فَضْلِكَ الْعَظِيمِ ، فَإِنَّكَ تَقْدِرُ وَلَا أَقْدِرُ ،  
وَتَعْلَمُ وَلَا أَعْلَمُ ، وَأَنْتَ عَلَّامُ الْغُيُوبِ . اللَّهُمَّ إِنْ كُنْتَ  
تَعْلَمُ أَنَّ هَذَا الْأَمْرَ (وَيْسِي حَاجَتَهُ) خَيْرٌ لِي فِي دِينِي وَمَعَاشِي  
وَعَاقِبَةِ أَمْرِي ، فَاقْدُرْهُ لِي وَيَسِّرْهُ لِي ثُمَّ بَارِكْ لِي فِيهِ ، وَإِنْ  
كُنْتَ تَعْلَمُ أَنَّ هَذَا الْأَمْرَ شَرٌّ لِي فِي دِينِي وَمَعَاشِي وَعَاقِبَةِ  
أَمْرِي ، فَاصْرِفْهُ عَنِّي وَاصْرِفْنِي عَنْهُ وَاقْدِرْ لِي الْخَيْرَ حَيْثُ  
كَانَ ثُمَّ أَرْضِنِي بِهِ .

O Allah, I ask you for the best through Your knowledge, I seek strength through Your power, and I ask You from Your majestic benevolence. For You are fully able whilst I am not, You know everything whilst I do not know anything, and You are the Knower of the unseen. O Allah, if in Your knowledge, this matter (specify the matter) is good for me in my religion, my livelihood and my ultimate destiny, then decree it for me and make it easy it for me, then bless it for me. But if in your knowledge, this matter is bad for me in my religion, my livelihood and my ultimate destiny, then

turn it away from me, and turn me away from it and decree good for me wherever it may be, then make me pleased with it.

Jābir رضي الله عنه narrated: “The Messenger of Allah صلى الله عليه وسلم used to teach us *istikhārah* (when one seeks Allah’s help in making a decision) for all matters, the same way he taught us *Sūrah*s from the Qur’ān. He صلى الله عليه وسلم said: “When one of you intends to do something, he should offer two rakāhs of voluntary *Salāh*, and then say [the above].” (Bukhārī)

Ibn Abī Jamrah رضي الله عنه said: “The wisdom of preceding *Salāh* before the *du‘ā* is that the purpose of *istikhārah* is to combine the good of this world and the Hereafter. A person needs to knock at the door of the King (Allah), and there is nothing more effective for this than *salāh*, because it combines the glorification and praise of Allah, and expresses one’s need for Him at all times. (Fath al-Bārī)

## DURING & AT THE END OF A GATHERING

1 رَبِّ اغْفِرْ لِي وَتُبْ عَلَيَّ ، إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ .

My Lord, forgive me and pardon me. Indeed, You are the Most Relenting and Ever Merciful.

‘Abdullāh ibn ‘Umar رضي الله عنه said: “We counted the Messenger of Allah صلى الله عليه وسلم saying [the above] a hundred times during one single sitting.” (Tirmidhī)

2 اللَّهُمَّ اِفْسِمْ لَنَا مِنْ خَشْيَتِكَ مَا تَحُولُ بِهِ بَيْنَنَا وَبَيْنَ مَعَاصِيكَ ، وَمِنْ طَاعَتِكَ مَا تُبَلِّغُنَا بِهِ جَنَّتَكَ ، وَمِنْ الْيَقِينِ مَا تُهَوِّنُ بِهِ عَلَيْنَا مَصَائِبَ الدُّنْيَا ، اللَّهُمَّ مَتِّعْنَا بِأَسْمَاعِنَا ، وَأَبْصَارِنَا ، وَقُوَّتِنَا مَا أَحْيَيْتَنَا ، وَاجْعَلْهُ الْوَارِثَ مِنَّا ، وَاجْعَلْ ثَأْرَنَا عَلَى مَنْ ظَلَمَنَا ، وَانصُرْنَا عَلَى مَنْ عَادَانَا ، وَلَا تَجْعَلْ مُصِيبَتَنَا فِي دِينِنَا ، وَلَا تَجْعَلِ الدُّنْيَا أَكْبَرَ هَمِّمِنَا ، وَلَا مَبْلَغَ عِلْمِنَا ، وَلَا تُسَلِّطْ عَلَيْنَا مَنْ لَا يَرْحَمُنَا .

O Allah, apportion for us enough fear and awe of You to prevent us from sinning against You, and enough obedience to You to make us reach Your Paradise, and enough certainty to make the difficulties of this world easy for us. O Allah, let us enjoy our hearing and sight and strength as long as You allow us to live, and make it an inheritance for us. Let our vengeance be upon those who have wronged us, and help us against those who harbour enmity towards us. Let not our afflictions be in our religion, and make not the world our biggest concern, or the full extent of our knowledge, and do not give power over us to anyone who will not have mercy on us.

'Abdullāh ibn 'Umar رضي الله عنه said: "Rarely would the Messenger of Allah ﷺ rise from a gathering without supplicating for his companions with [the above]." (Tirmidhī)

3 سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ ، أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ ،  
أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ.

You are free from imperfection, O Allah, and all praise is to You. I bear witness that there is no god but You. I seek Your forgiveness and turn to You in repentance.

The Messenger of Allah ﷺ said: “Whoever sits in a gathering in which there is much meaningless chatter and says [the above] before he gets up to leave that gathering, he will be forgiven for all that took place in that gathering.” (Tirmidhī)

### CONCLUDING THE RECITATION OF THE QUR’ĀN

سُبْحَانَكَ وَبِحَمْدِكَ ، لَا إِلَهَ إِلَّا أَنْتَ ، أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ.

You are free from imperfection, and all praise is to You. There is no god but You. I seek Your forgiveness and turn to You in repentance.

‘Ā’ishah رضي الله عنها said: “The Messenger of Allah ﷺ never sat in a gathering, or recited Qur’ān, or performed a prayer except that he would conclude that act with these words.” She says: “So I asked him: ‘O Messenger of Allah, I see that you do not sit in a gathering, recite Qur’ān or perform prayer except that you conclude with these words?’ He replied: ‘Yes. Whoever uttered good words, then these words [the above] will be a seal for them, and whoever uttered something evil, then these words will be its expiation.’” (Nasāī)

## BEFORE EATING

بِسْمِ اللَّهِ.

In the Name of Allah. (Tirmidhī)

### If one forgets at the beginning:

بِسْمِ اللَّهِ أَوَّلَهُ وَآخِرَهُ.

In the Name of Allah at the beginning and at the end of it.

Umayyah رضي الله عنه said: “The Messenger of Allah صلى الله عليه وسلم was sitting whilst a man was eating food. That man did not mention the Name of Allah until only a morsel of food was left. When he raised it to his mouth, he said [the above]. The Messenger of Allah صلى الله عليه وسلم smiled at this and said: “Shaytān had been eating with him but when he mentioned the Name of Allah, Shaytān vomited all that was in his stomach.” (Abū Dāwūd)

## AFTER EATING

1 الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا ، وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ.

Praise be to Allah who has fed me this and provided me with it without any power and might from me.



The Messenger of Allah ﷺ said: “Whosoever eats food and says [the above] at the end, all his past sins will be forgiven.” (Tirmidhi)

2 الْحَمْدُ لِلَّهِ حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ ، غَيْرَ مَكْفِيٍّ وَلَا مُودَعٍ ، وَلَا مُسْتَغْنَى عَنْهُ رَبَّنَا.

Allah be praised with an abundant beautiful blessed praise, a never-ending praise, a praise which we will never bid farewell to and an indispensable praise, our Lord. (Bukhārī)

The Messenger of Allah ﷺ said: “Indeed Allah is pleased with the servant who praises Him when he eats and praises Him when he drinks.” (Muslim)

3 الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مُسْلِمِينَ.

All praise is for Allah, who has fed us and given us drink and made us Muslims. (Tirmidhi)

### AFTER DRINKING MILK

اللَّهُمَّ بَارِكْ لَنَا فِيهِ وَزِدْنَا مِنْهُ.

O Allah, bless us in it and give us more of it. (Tirmidhi)

## DU'Ā' FOR THE HOST

1 أَفْطَرَ عِنْدَكُمْ الصَّائِمُونَ ، وَأَكَلَ طَعَامَكُمْ الْأَبْرَارُ ،  
وَصَلَّتْ عَلَيْكُمْ الْمَلَائِكَةُ.

May the fasting open their fasts with you, the pious eat your food, and the angels pray for blessings on you. (Abū Dāwūd)

2 اللَّهُمَّ بَارِكْ لَهُمْ فِي مَا رَزَقْتَهُمْ ، وَاعْفِرْ لَهُمْ وَارْحَمْهُمْ.

O Allah, bless them in what You have provided them, forgive them and have mercy upon them. (Muslim)

## AFTER OPENING A FAST

ذَهَبَ الظَّمَأُ ، وَابْتَلَّتِ الْعُرُوقُ ، وَثَبَتَ الْأَجْرُ إِنْ شَاءَ اللَّهُ.

The thirst has gone, the veins have been moistened, and the reward has been secured, if Allah wills. (Abū Dāwūd)

The Messenger of Allah ﷺ said: “The deeds of the people are presented (to Allah) on Mondays and Thursdays. So I like that my actions be presented whilst I am fasting.” (Tirmidhī)

And He ﷺ said: “Fasting three days of each month is equivalent to fasting for a lifetime. The days of al-Bīdh are: the thirteenth, fourteenth and fifteenth.” (Nasāī)

## WHEN TRAVELLING

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، سُبْحَانَ الَّذِي سَخَّرَ لَنَا  
هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ، وَإِنَّا إِلَى رَبِّنَا لَمُنْقَلِبُونَ، اللَّهُمَّ إِنَّا  
نَسْأَلُكَ فِي سَفَرِنَا هَذَا الْبِرَّ وَالتَّقْوَى، وَمِنَ الْعَمَلِ مَا تَرْضَى  
اللَّهُمَّ هَوِّنْ عَلَيْنَا سَفَرَنَا هَذَا وَاطْوِ عَنَّا بُعْدَهُ، اللَّهُمَّ أَنْتَ  
الصَّاحِبُ فِي السَّفَرِ، وَالْخَلِيفَةُ فِي الْأَهْلِ، اللَّهُمَّ إِنِّي أَعُوذُ  
بِكَ مِنْ وَعْثَاءِ السَّفَرِ، وَكَآبَةِ الْمَنْظَرِ، وَسُوءِ الْمُنْقَلَبِ فِي  
الْمَالِ وَالْأَهْلِ.

Allah is the Greatest. Allah is the Greatest. Allah is the Greatest. How perfect is the One Who has given us control over this; we could not have done it by ourselves. Truly it is to our Lord that we are returning. O Allah, we ask You for piety, taqwā and deeds which You will be pleased with on this journey of ours. O Allah, make this journey easy for us and let us cover its distance swiftly. O Allah, You are our Companion on the journey and the One in Whose care we leave our family. O Allah, I seek Your protection from the difficulties of the journey, from distressing scenes, and from an ill-fated outcome with my wealth and family. (Muslim)

**Upon returning, add the following:**

أَيْبُونَ ، تَائِبُونَ ، عَابِدُونَ ، لِرَبِّنَا حَامِدُونَ.

Returning, repenting, worshipping and praising our Lord. (Muslim)

**The traveller's invocation for the one he leaves behind:**

أَسْتَوِدُّعُكُمْ اللَّهُ الَّذِي لَا تَضِيعُ وَدَائِعُهُ.

I leave you in the care of Allah, who does not allow anything entrusted to Him to be lost. (Ibn Mājah)

**The resident's invocation for the traveller:**

أَسْتَوِدُّعُ اللَّهَ دِينَكَ ، وَأَمَانَتَكَ ، وَخَوَاتِيمَ عَمَلِكَ.

I leave your religion, your trust and the last of your deeds in the care of Allah. (Tirmidhī)

The Messenger of Allah ﷺ said: "Indeed when something is entrusted in the care of Allah, He protects it." (Ahmad)

### WHEN ENTERING A SHOP/MARKET

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ ،

يُحْيِي وَيُمِيتُ ، وَهُوَ حَيٌّ لَا يَمُوتُ ، بِيَدِهِ الْخَيْرُ ، وَهُوَ عَلَى  
كُلِّ شَيْءٍ قَدِيرٌ.

There is no god but Allah. He is Alone and He has no partner. To Him Alone belong all sovereignty and all praise. He gives life and He gives death. He is Ever-Living and does not die. In His Hand is all good and He is over all things All-Powerful.

The Messenger of Allah ﷺ said: “Whoever enters the marketplace and says [the above], Allah shall record a million good deeds for him, wipe a million evil deeds away from him, and raise a million ranks for him.” (Tirmidhi)

### WHEN VISITING A GRAVEYARD

السَّلَامُ عَلَيْكُمْ أَهْلَ الدِّيَارِ مِنَ الْمُؤْمِنِينَ وَالْمُسْلِمِينَ ،  
وَأَنَا إِنْ شَاءَ اللَّهُ بِكُمْ لِلْآحْقُونَ ، أَسْأَلُ اللَّهَ لَنَا وَلَكُمْ  
الْعَافِيَةَ.

Peace be upon you, O believing and Muslim dwellers of this place. Certainly, Allah willing, we will join you. I ask Allah to grant us and you well-being. (Muslim)

The Messenger of Allah ﷺ said: “Visit the graveyard, for it reminds you of the Hereafter.” (Muslim)

## WHEN ENTERING A TOWN OR CITY

اللَّهُمَّ رَبَّ السَّمَوَاتِ السَّبْعِ وَمَا أَظْلَلْنَ ، وَرَبَّ الْأَرْضِينَ  
السَّبْعِ وَمَا أَقْلَلْنَ ، وَرَبَّ الشَّيَاطِينِ وَمَا أَضَلَلْنَ ، وَرَبَّ  
الرِّيَاحِ وَمَا ذَرَيْنَ ، أَسْأَلُكَ خَيْرَ هَذِهِ الْقَرْيَةِ وَخَيْرَ أَهْلِهَا  
وَخَيْرَ مَا فِيهَا ، وَأَعُوذُ بِكَ مِنْ شَرِّهَا وَشَرِّ أَهْلِهَا وَشَرِّ مَا  
فِيهَا.

O Allah, Lord of the seven heavens and all that they shade, Lord of the seven earths and all that they carry, Lord of the devils and all that they lead astray, Lord of the winds and all that they scatter, I ask You for the good of this town, the good of its people, and whatever good is in it; and I seek Your protection from the evil of this town, the evil of its people, and whatever evil is in it. (Nasā'ī)

## WHEN IT RAINS

اللَّهُمَّ صَيِّبًا نَافِعًا.

O Allah, make it a beneficial rain. (Bukhārī)

## UPON HEARING THUNDER

سُبْحَانَ الَّذِي يُسَبِّحُ الرَّعْدُ بِحَمْدِهِ وَالْمَلَائِكَةُ مِنْ خِيفَتِهِ.

How Perfect is the One Whom the thunder exalts with praise of Him, as do the angels in awe of Him. (Muwatta')

### WHEN THE WIND BLOWS

اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَهَا وَخَيْرَ مَا فِيهَا وَخَيْرَ مَا أُرْسِلَتْ بِهِ ، وَأَعُوذُ بِكَ مِنْ شَرِّهَا وَشَرِّ مَا فِيهَا وَشَرِّ مَا أُرْسِلَتْ بِهِ.

O Allah, indeed I ask You for its good, the good of what is in it, and the good of that it was sent with. And I seek Your protection from its evil, the evil of what is in it, and the evil that it was sent with. (Muslim)

### WHEN DOGS BARK

The Messenger of Allah ﷺ said: "When you hear the barking of dogs and the braying of donkeys at night, seek Allah's protection from them, for they see what you do not see." (Abū Dāwūd)

### WHEN THANKING SOMEONE

جَزَاكَ اللَّهُ خَيْرًا.

May Allah give you a good reward.

The Messenger of Allah ﷺ said: "He who is favoured by another and says [the above] to his benefactor, has fully expressed his appreciation." (Tirmidhi)

## WHEN GREETING SOMEONE

The Messenger of Allah ﷺ said: “O people, spread salām amongst yourselves, feed people, strengthen the ties of kinship, and pray at night when others are sleeping; you will enter Paradise in peace.” (Tirmidhi) He ﷺ also said: “Two Muslims will not meet and shake hands except that their sins will be forgiven before they part.” (Abū Dāwūd)

اللَّهُمَّ آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ.

O Allah, give us good in this world and in the Hereafter, and protect us from the torment of the Fire.

The Messenger of Allah ﷺ would not let go of a person's hand until he had said [the above]. (Ibn al-Sunni)

## FOR ONE YOU HAVE INSULTED

اللَّهُمَّ فَأَيُّمَا عَبْدٍ مُؤْمِنٍ سَبَبْتُهُ فَاجْعَلْ لَهُ قُرْبَةً إِلَيْكَ يَوْمَ الْقِيَامَةِ.

O Allah, any believing servant whom I have cursed, make that a source of nearness to You on the Day of Judgement. (Muslim)

## WHAT TO SAY WHEN ANGRY

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ.



I seek the protection of Allah from the accursed Shaytān. (Muslim)

### BEFORE INTIMACY

بِسْمِ اللَّهِ، اللَّهُمَّ جَنِّبْنَا الشَّيْطَانَ وَجَنِّبِ الشَّيْطَانَ مَا رَزَقْتَنَا.

In the name of Allah. O Allah, protect us from Shaytān and keep Shaytān away from what You provide us with.

The Messenger of Allah ﷺ said: “If any one of you goes to his wife and says [the above], if a child is decreed for them, Shaytān will never be able to harm him.” (Bukhārī)

### AFTER SNEEZING

الْحَمْدُ لِلَّهِ.

Praise be to Allah.

**Your companion should reply:**

يَرْحَمُكَ اللَّهُ.

May Allah have mercy on you.

**Then you should say:**

يَهْدِيكُمْ اللَّهُ وَيُصْلِحُ بِأَلْسِنَتِكُمْ.

May Allah guide you and put your affairs in order. (Bukhārī)

## FOR FIRMNESS OF THE HEART

يَا مُقَلِّبَ الْقُلُوبِ ثَبِّتْ قَلْبِي عَلَى دِينِكَ.

O Changer of the hearts, make my heart firm upon  
Your religion.

Anas رضي الله عنه said: “The Messenger of Allah صلى الله عليه وسلم would often say [the above]. So I asked: ‘O Messenger of Allah, we believe in you and what you have come with, but do you fear for us?’ He replied: ‘Yes. Indeed the hearts are in between the two Fingers of Allah’s Fingers. He changes them as He wills.’” (Tirmidhi)

## WHEN ONE EXPERIENCES DOUBT IN FAITH

1 آمَنْتُ بِاللَّهِ وَرُسُلِهِ.

I believe in Allah and His Messengers.

The Messenger of Allah صلى الله عليه وسلم said: “Shaytān comes to one of you and says: ‘Who created you?’ He replies: ‘Allah.’ Then Shaytān says: ‘Who created Allah?’ If that happens to any one of you, let him say [the above]. Indeed it will go away from him.” (Ahmad)

2 هُوَ الْأَوَّلُ وَالْآخِرُ وَالظَّاهِرُ وَالْبَاطِنُ ، وَهُوَ بِكُلِّ شَيْءٍ عَلِيمٌ.

He is the First and the Last, the Most High and the Most Near. And He is All-Knowing about everything. (Abū Dāwūd)

### WHEN ONE FEARS SHIRK & RIYĀ'

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ أَنْ أَشْرِكَ بِكَ وَأَنَا أَعْلَمُ ، وَأَسْتَغْفِرُكَ  
لِمَا لَا أَعْلَمُ.

O Allah, I seek Your protection from knowingly committing shirk and seek Your forgiveness for unknowingly (committing it). (Ahmad)

The Messenger of Allah ﷺ said: “O people, beware of this shirk, for it is more subtle than the footsteps of an ant.” The one whom Allah willed should speak asked him: “How can we beware of it when it is more subtle than the footsteps of an ant, O Messenger of Allah?” He replied: “Say [the above].” (Ahmad)

### PROTECTION FROM DAJJĀL, TRIALS & TRIBULATIONS

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ جَهَنَّمَ ، وَمِنْ عَذَابِ الْقَبْرِ ،  
وَمِنْ فِتْنَةِ الْمَحْيَا وَالْمَمَاتِ ، وَمِنْ شَرِّ فِتْنَةِ الْمَسِيحِ الدَّجَالِ.

O Allah, I seek Your protection from the punishment of the Hell-fire, and from the punishment of the grave, and from the trials of life and death, and from the evil

of the tribulation of Dajjāl, the false Messiah.

The Messenger of Allah ﷺ said: “After the tashahhud (in Salāh), one should seek Allah’s protection from four things by saying [the above].” He ﷺ also said: “If anyone learns the first ten verses of Sūrah al-Kahf by heart, he will be protected from Dajjāl.” (Muslim)

### WHEN SOMETHING PLEASES YOU

أَلْحَمْدُ لِلَّهِ الَّذِي بِنِعْمَتِهِ تَتِمُّ الصَّالِحَاتُ.

All praise is for Allah through whose blessing righteous actions are accomplished.

When the Messenger of Allah ﷺ saw anything which pleased him, he used to say [the above]. (Ibn Mājah)

### WHEN SOMETHING YOU DISLIKE HAPPENS

1 أَلْحَمْدُ لِلَّهِ عَلَى كُلِّ حَالٍ.

All praise is for Allah in every situation.

When the Messenger of Allah ﷺ saw anything which displeased him, he used to say [the above]. (Ibn Mājah)

2 قَدَّرَ اللَّهُ وَمَا شَاءَ فَعَلَ.

Allah has decreed and He does whatever He wills.

The Messenger of Allah ﷺ said: “A strong believer is better and more beloved to Allah than a weak believer, and there is good in everyone. Be keen on what benefits you and seek help from Allah, and do not give up. If anything afflicts you, do not say: ‘If I had done (something else), such and such would have happened.’ But say [the above], for (the utterance) ‘If I had’ provides an opening for the deeds of the devil.” (Muslim)

### WHEN ONE IS IN A DIFFICULT SITUATION

اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهُ سَهْلًا ، وَأَنْتَ تَجْعَلُ الْحُزْنَ إِذَا شِئْتَ سَهْلًا .

O Allah, there is no ease except in that which You have made easy, and You make the difficulty easy when You wish. (Ibn Hibbān)

### WHEN STRUCK BY A CALAMITY

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ ، اللَّهُمَّ اجْرِنِي فِي مُصِيبَتِي ، وَأَخْلِفْ لِي خَيْرًا مِنْهَا .

To Allah we belong and unto Him is our return. O Allah, recompense me for my affliction and replace it for me with something better. (Muslim)

## GRIEF AND ANXIETY

1 اللَّهُمَّ إِنِّي عَبْدُكَ ، وَابْنُ عَبْدِكَ ، وَابْنُ أَمَتِكَ ، نَاصِيَتِي  
بِيَدِكَ ، مَاضٍ فِي حُكْمِكَ ، عَدْلٌ فِي قَضَائِكَ ، أَسْأَلُكَ بِكُلِّ  
اسْمٍ هُوَ لَكَ ، سَمَّيْتَ بِهِ نَفْسَكَ ، أَوْ عَلَّمْتَهُ أَحَدًا مِنْ  
خَلْقِكَ ، أَوْ أَنْزَلْتَهُ فِي كِتَابِكَ ، أَوْ اسْتَأْتَرْتَ بِهِ فِي عِلْمِ  
الْغَيْبِ عِنْدَكَ ، أَنْ تَجْعَلَ الْقُرْآنَ رَبِيعَ قَلْبِي ، وَنُورَ صَدْرِي  
وَجَلَاءَ حُزْنِي ، وَذَهَابَ هَمِّي .

O Allah, I am Your slave and the son of Your male slave and the son of Your female slave. My forehead is in Your Hand (i.e. you have control over me). I am subject to Your judgement and Your decree concerning me is just. I ask You - by every name that is Yours, by which You have named Yourself, or taught any one of Your creation, or revealed in Your Book, or kept unto Yourself in the knowledge of the unseen that is with You - to make the Qur'an the spring of my heart, the light of my chest, the banisher of my grief and the reliever of my anxiety.

The Messenger of Allah ﷺ said: "There is no one amongst you who, when he is stricken with grief and anxiety, says [the above] except that Allah will remove his grief and anxiety, and will give him joy instead." (Ahmad)

2 لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ  
 الْعَرْشِ الْعَظِيمِ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ السَّمَوَاتِ وَرَبُّ الْأَرْضِ  
 وَرَبُّ الْعَرْشِ الْكَرِيمِ.

There is no god but Allah, the Supreme, The Forbearing.  
 There is no god but Allah, Lord of the Magnificent  
 Throne. There is no god but Allah, Lord of the heavens,  
 Lord of the earth, Lord of the Noble Throne. (Bukhārī)

### WHEN ONE IS AFRAID OF PEOPLE

1 اَللّٰهُمَّ اكْفِنِيْهِمْ بِمَا شِئْتَ.

O Allah, suffice me from them, with what You choose.  
 (Muslim)

2 حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ. (3:173)

Allah is enough for us and He is the Best Protector.  
 (Bukhārī)

### WHEN ONE FEELS FRIGHTENED

لَا إِلَهَ إِلَّا اللَّهُ.

There is no god but Allah. (Bukhārī)

## WHEN DIFFICULTIES MAKE ONE YEAR FOR DEATH

اللَّهُمَّ أَحْيِنِي مَا كَانَتْ الْحَيَاةُ خَيْرًا لِي ، وَتَوَفَّنِي إِذَا كَانَتْ  
الْوَفَاةُ خَيْرًا لِي.

O Allah, let me live as long as life is better for me; and give me death when death is better for me.

The Messenger of Allah ﷺ said: “None of you should wish for death because of a difficulty that befalls him. Rather he should say [the above].” (Bukhārī)

## FOR DIFFICULT TIMES: ALL YOUR PRAYERS ANSWERED

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ ، إِنِّي كُنْتُ مِنَ الظَّالِمِينَ.

There is no god but You. You are free from imperfection. Indeed, I have been of the wrongdoers.

The Messenger of Allah ﷺ said: “No Muslim man ever supplicates with [the above] except that Allah answers his supplication.” (Tirmidhī)