

REMIND HEART

Duas for Every Day

أَذْكَارُ الْيَوْمِ وَاللَّيْلَة

Morning and evening adhkar, and the duas the Prophet ﷺ taught for the small moments of every day. Arabic, transliteration and meaning.

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Inside

Ten little chapters for every part of your day.

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How to use this booklet. Keep it by your bed, in your bag or on the fridge. Start with one or two duas and add more as they become a habit. You can hear every dua read aloud at **remindheart.com/duas**.

01



أَذْكَارُ الصَّبَاحِ وَالْمَسَاء

Morning and evening adhkar

Say these after Fajr until sunrise, and after Asr until Maghrib. They wrap your day in Allah's protection.

9 ADHKAR

Ayat al-Kursi

Once

Morning and evening

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ، لَا تَأْخُذُهُ سِنَةٌ وَلَا نَوْمٌ، لَهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ، مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ، يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ، وَلَا يُحِيطُونَ بِشَيْءٍ مِنْ عِلْمِهِ إِلَّا بِمَا شَاءَ، وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ، وَلَا يَئُودُهُ حِفْظُهُمَا، وَهُوَ الْعَلِيُّ الْعَظِيمُ

Allāhu lā ilāha illā huwal-ḥayyul-qayyūm...

Allah: there is no god but Him, the Ever-Living, the Sustainer of all. Neither drowsiness nor sleep overtakes Him. To Him belongs whatever is in the heavens and the earth. Who could intercede with Him except by His permission? He knows what is before them and what is behind them, and they encompass nothing of His knowledge except what He wills. His Kursi extends over the heavens and the earth, and guarding them does not tire Him. He is the Most High, the Most Great.

✦ A protection for the one who recites it until the evening, and in the evening until the morning.

AL-BAQARAH 2:255

The three Quls

3 times

Morning and evening

قُلْ هُوَ اللَّهُ أَحَدٌ
قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ
قُلْ أَعُوذُ بِرَبِّ النَّاسِ

Recite Surat al-Ikhlāṣ, al-Falaq and an-Nās in full.

Say: He is Allah, the One · Say: I seek refuge in the Lord of the daybreak · Say: I seek refuge in the Lord of mankind.

✦ The Prophet ﷺ said reciting them three times morning and evening will suffice you against everything.

SUNAN ABI DAWUD 5082 · JĀMI' AT-TIRMIDHĪ 3575

By You we live

Once

Morning and evening

MORNING

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

Allāhumma bika aṣbaḥnā, wa bika amsaynā, wa bika naḥyā, wa bika namūtu, wa ilaykan-nushūr.

O Allah, by You we enter the morning and by You we enter the evening, by You we live and by You we die, and to You is the resurrection.

EVENING

اللَّهُمَّ بِكَ أَمْسَيْنَا، وَبِكَ أَصْبَحْنَا، وَبِكَ نَحْيَا، وَبِكَ نَمُوتُ، وَإِلَيْكَ الْمَصِيرُ

Allāhumma bika amsaynā, wa bika aṣbaḥnā, wa bika naḥyā, wa bika namūtu, wa ilaykal-maṣīr.

O Allah, by You we enter the evening and by You we enter the morning, by You we live and by You we die, and to You is the final return.

JĀMI' AT-TIRMIDHĪ 3391

Sayyid al-Istighfar

Once

Morning and evening

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ، وَأَبُوءُ لَكَ بِذَنْبِي فَاغْفِرْ لِي، فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

Allāhumma anta Rabbī, lā ilāha illā ant, khalaqtanī wa ana 'abduk, wa ana 'alā 'ahdika wa wa'dika mastaṭa't, a'ūdhu bika min sharri mā ṣana't, abū'u laka bini'matika 'alayy, wa abū'u laka bidhanbī faghfir lī, fa innahu lā yaghfirudh-dhunūba illā ant.

O Allah, You are my Lord; there is no god but You. You created me and I am Your servant, and I keep to Your covenant and promise as much as I can. I seek refuge in You from the evil of what I have done. I acknowledge Your favour upon me, and I acknowledge my sin, so forgive me, for none forgives sins except You.

✦ Whoever says it with certainty in the morning and dies before evening is among the people of Paradise, and the same at night.

SAHIH AL-BUKHARI 6306

In the name of Allah

3 times

Morning and evening

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

Bismillāhil-ladhī lā yaḍurru ma'asmihi shay'un fil-arḍi wa lā fis-samā', wa huwas-samī'ul-'alīm.

In the name of Allah, with whose name nothing on earth or in the heavens can cause harm, and He is the All-Hearing, the All-Knowing.

✦ Nothing will harm the one who says it three times.

SUNAN ABI DAWUD 5088 · JĀMI' AT-TIRMIDHĪ 3388

Pleased with Allah

3 times

Morning and evening

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

Raḍītu billāhi Rabbā, wa bil-Islāmi dīnā, wa bi-Muḥammadin ṣallallāhu 'alayhi wa sallama nabiyyā.

I am pleased with Allah as my Lord, with Islam as my religion and with Muhammad ﷺ as my Prophet.

SUNAN ABI DAWUD 5072

Allah is enough for me

7 times

Morning and evening

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

Ḥasbiyallāhu lā ilāha illā huwa 'alayhi tawakkaltu wa huwa Rabbul-'arshil-'aẓīm.

Allah is enough for me. There is no god but Him. In Him I put my trust, and He is the Lord of the Mighty Throne.

AT-TAWBAH 9:129 · SUNAN ABI DAWUD 5081

Protection from harm

3 times

Evening only

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

A'ūdhu bikalimātillāhit-tāmmāti min sharri mā khalaq.

I seek refuge in the perfect words of Allah from the evil of what He has created.

✦ Evening only.

SAHIH MUSLIM 2709

Glory and praise

100 times

Morning and evening

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

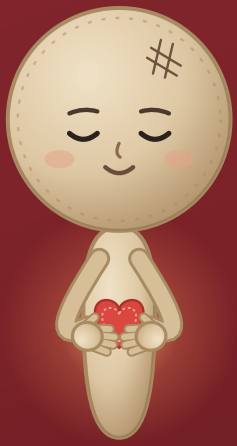
SubḥānAllāhi wa biḥamdih.

Glory be to Allah and praise be to Him.

✦ No one brings anything better on the Day of Judgement, except someone who said the same or more.

SAHIH MUSLIM 2692

02



النَّوْمُ وَالِاسْتِيقَاظ

Waking and sleeping

Begin and end each day with Allah's name.

2 DUAS

Waking up

When you wake up

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

Alḥamdu lillāhil-ladhī aḥyānā ba'da mā amātanā wa ilayhin-nushūr

All praise is for Allah, who gave us life after causing us to die, and to Him is the return.

SAHIH AL-BUKHARI 6312

Going to sleep

Before you sleep

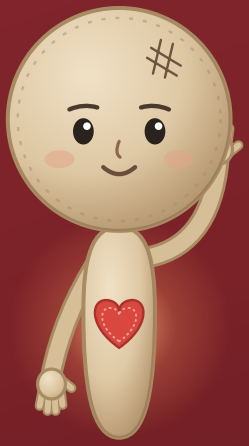
بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismika Allāhumma amūtu wa aḥyā

In Your name, O Allah, I die and I live.

SAHIH AL-BUKHARI 6324

03



الْبَيْتُ وَاللِّبَاس

Home and clothes

Small words for the doors you walk through every day.

5 DUAS

Leaving the home

As you step out of the door

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

Bismillāh, tawakkaltu 'alallāh, wa lā ḥawla wa lā quwwata illā billāh

In the name of Allah, I trust in Allah, and there is no power and no strength except with Allah.

SUNAN ABI DAWUD 5095

Entering the home

As you come in, then say salam to your family

بِسْمِ اللَّهِ وَلَجْنَا، وَبِسْمِ اللَّهِ خَرَجْنَا، وَعَلَى رَبِّنَا تَوَكَّلْنَا

Bismillāhi walajnā, wa bismillāhi kharajnā, wa 'alā rabbinā tawakkalnā

In the name of Allah we enter, in the name of Allah we leave, and upon our Lord we rely.

SUNAN ABI DAWUD 5096

Entering the toilet

Before you go in

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ

Allāhumma innī a'ūdhu bika minal-khubuthi wal-khabā'ith

O Allah, I seek Your protection from evil and from evil beings.

SAHIH AL-BUKHARI 142

Leaving the toilet

When you come out

غُفْرَانَكَ

Ghufrānak

I ask for Your forgiveness.

JAMI' AT-TIRMIDHI 7

Getting dressed

When you put on clothes

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

Alḥamdu lillāhil-ladhī kasānī hādhā wa razaqanīhi min ghayri ḥawlin minnī wa lā quwwah

All praise is for Allah who clothed me with this and gave it to me, without any power or strength from me.

SUNAN ABI DAWUD 4023

04



الطَّعَامُ وَالشَّرَاب

Food and drink

Every meal is a gift. Begin with Bismillah and end with Alhamdulillah.

5 DUAS

Before eating

Before the first bite

بِسْمِ اللَّهِ

Bismillāh

In the name of Allah.

JAMI' AT-TIRMIDHI 1858

If you forgot to say Bismillah

When you remember during the meal

بِسْمِ اللَّهِ أَوَّلَهُ وَآخِرَهُ

Bismillāhi awwalahu wa ākhirah

In the name of Allah, at its beginning and at its end.

JAMI' AT-TIRMIDHI 1858

After eating

When you finish

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

Alḥamdu lillāhil-ladhī aṭ'amanī hādhā wa razaqanīhi min ghayri ḥawlin minnī wa lā quwwah

All praise is for Allah who fed me this and provided it for me, without any power or strength from me.

JAMI' AT-TIRMIDHI 3458

For your host

When someone has fed you

اللَّهُمَّ بَارِكْ لَهُمْ فِيمَا رَزَقْتَهُمْ، وَاغْفِرْ لَهُمْ وَارْحَمْهُمْ

Allāhumma bārik lahum fīmā razaqtahum, waghfir lahum warḥamhum

O Allah, bless them in what You have provided for them, forgive them and have mercy on them.

SAHIH MUSLIM 2042

Breaking the fast

After you break your fast

ذَهَبَ الظَّمَأُ، وَابْتَلَّتِ الْعُرُوقُ، وَثَبَتَ الْأَجْرُ إِنْ شَاءَ اللَّهُ

Dhahabaẓ-ẓama', wabtallatil-'urūq, wa thabatal-ajru in shā' Allāh

The thirst has gone, the veins are moist, and the reward is certain, if Allah wills.

SUNAN ABI DAWUD 2357

05



الْوُضُوءُ وَالصَّلَاةُ وَالْمَسْجِد

Wudhu, salah and the masjid

The duas around your five meetings with Allah.

6 DUAS

Before wudhu

As you begin

بِسْمِ اللَّهِ

Bismillāh

In the name of Allah.

SUNAN ABI DAWUD 101

After wudhu

When you finish

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

Ash-hadu an lā ilāha illallāhu waḥdahu lā sharīka lah, wa ash-hadu anna Muḥammadan 'abduhu wa rasūluh

I bear witness that there is no god but Allah alone, with no partner, and that Muhammad is His servant and Messenger.

SAHIH MUSLIM 234

After the adhan

When the call to prayer finishes

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

Allāhumma rabba hādhihid-da'watit-tāmmah, waṣ-ṣalātil-qā'imah, āti Muḥammadanil-wasīlata wal-faḍīlah, wab'ath-hu maqāman maḥmūdanil-ladhī wa'adtah

O Allah, Lord of this perfect call and the prayer about to begin, give Muhammad the place of nearness and excellence, and raise him to the praised station You promised him.

SAHIH AL-BUKHARI 614

Entering the masjid

Step in with your right foot

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Allāhummaftaḥ lī abwāba raḥmatik

O Allah, open for me the doors of Your mercy.

SAHIH MUSLIM 713

Leaving the masjid

Step out with your left foot

اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

Allāhumma innī as'aluka min faḍlik

O Allah, I ask You from Your bounty.

SAHIH MUSLIM 713

After salah

Say Astaghfirullah three times, then this

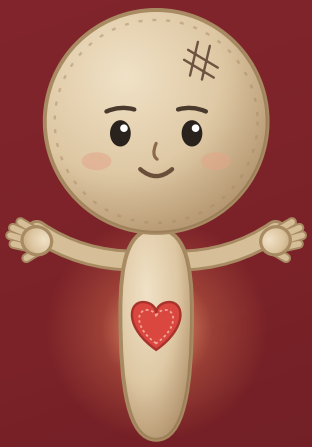
أَسْتَغْفِرُ اللَّهَ، أَسْتَغْفِرُ اللَّهَ، أَسْتَغْفِرُ اللَّهَ، اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ، تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

Astaghfirullāh (3 times). Allāhumma antas-salām wa minkas-salām, tabārakta yā dhal-jalāli wal-ikrām

I seek Allah's forgiveness (3 times). O Allah, You are Peace and from You is peace. Blessed are You, Owner of majesty and honour.

SAHIH MUSLIM 591

06



السَّفَرُ وَالْمَطَر

Travel and weather

On the road, in the rain or the wind, Allah is with you.

5 DUAS

Travelling

When you set off in a car, plane or any ride

سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ، وَإِنَّا إِلَى رَبِّنَا لَمُنْقَلِبُونَ

Subḥānal-ladhī sakhkhara lanā hādhā wa mā kunnā lahu muqrinīn, wa innā ilā rabbinā lamunqalibūn

Glory be to the One who made this of service to us, when we could never have done it ourselves, and to our Lord we will return.

AZ-ZUKHRUF 43:13-14 · SAHIH MUSLIM 1342

When it rains

When the rain starts

اللَّهُمَّ صَيِّبًا نَافِعًا

Allāhumma ṣayyiban nāfi'ā

O Allah, make it a beneficial rain.

SAHIH AL-BUKHARI 1032

After the rain

When the rain has fallen

مُطِرْنَا بِفَضْلِ اللَّهِ وَرَحْمَتِهِ

Muṭirnā bi faḍlillāhi wa raḥmatih

We have been given rain by the bounty and mercy of Allah.

SAHIH AL-BUKHARI 846

When the wind is strong

In a storm or strong wind

اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَهَا، وَأَعُوذُ بِكَ مِنْ شَرِّهَا

Allāhumma innī as'aluka khayrahā, wa a'ūdhu bika min sharrihā

O Allah, I ask You for its good, and I seek Your protection from its harm.

SUNAN ABI DAWUD 5097

Seeing the new moon

At the start of each Islamic month

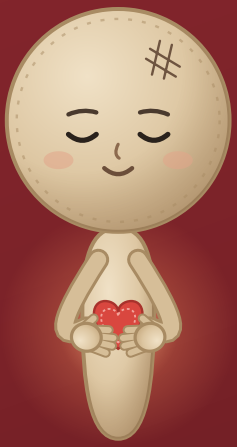
اللَّهُمَّ أَهِلَّهُ عَلَيْنَا بِالْيُمْنِ وَالْإِيمَانِ، وَالسَّلَامَةِ وَالْإِسْلَامِ، رَبِّي وَرَبُّكَ اللَّهُ

Allāhumma ahillahu 'alaynā bil-yumni wal-īmān, was-salāmati wal-islām, rabbī wa rabbukallāh

O Allah, let this moon rise over us with blessing and faith, safety and Islam. My Lord and your Lord is Allah.

JAMI' AT-TIRMIDHI 3451

07



أَحْوَالُ الْقَلْب

Feelings

For the worried, heavy and happy days. Tell Allah how you feel.

7 DUAS

Worry and sadness

When you feel anxious or low

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَالْعَجْزِ وَالْكَسَلِ، وَالْبُخْلِ وَالْجُبْنِ، وَضَلَعِ الدَّيْنِ، وَغَلَبَةِ الرِّجَالِ

Allāhumma innī a'ūdhu bika minal-hammi wal-ḥazan, wal-'ajzi wal-kasal, wal-bukhli wal-jubn, wa ḍala'id-dayni wa ghalabatir-rijāl

O Allah, I seek Your protection from worry and grief, weakness and laziness, stinginess and cowardice, the weight of debt and being overpowered by others.

SAHIH AL-BUKHARI 6369

Distress

When everything feels too much

لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ السَّمَاوَاتِ وَرَبُّ الْأَرْضِ وَرَبُّ الْعَرْشِ الْكَرِيمِ

Lā ilāha illallāhul-'Aẓīmul-Ḥalīm, lā ilāha illallāhu rabbul-'arshil-'aẓīm, lā ilāha illallāhu rabbus-samāwāti wa rabbul-arḍi wa rabbul-'arshil-karīm

There is no god but Allah, the Magnificent, the Forbearing. There is no god but Allah, Lord of the mighty Throne. There is no god but Allah, Lord of the heavens, Lord of the earth and Lord of the noble Throne.

SAHIH AL-BUKHARI 6346

When something is hard

Facing a task or exam

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

Allāhumma lā sahla illā mā ja'altahu sahlā, wa anta taj'alul-ḥazna idhā shi'ta sahlā

O Allah, nothing is easy except what You make easy, and You make the difficult easy if You will.

SAHIH IBN HIBBAN 974

Before speaking or a big task

The dua of Musa

رَبِّ اشْرَحْ لِي صَدْرِي، وَيَسِّرْ لِي أَمْرِي

Rabbish-raḥ lī ṣadrī, wa yassir lī amrī

My Lord, open my heart for me, and make my task easy for me.

TA-HA 20:25-26

When you feel angry

Seek refuge, and sit down if you are standing

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

A'ūdhu billāhi minash-shayṭānir-rajīm

I seek refuge in Allah from Satan, the outcast.

SAHIH AL-BUKHARI 3282

When something good happens

When something pleases you

الْحَمْدُ لِلَّهِ الَّذِي بِنِعْمَتِهِ تَتِمُّ الصَّالِحَاتُ

Alḥamdu lillāhil-ladhī bi ni'matihi tatimmuṣ-ṣāliḥāt

All praise is for Allah, by whose blessing good things are completed.

SUNAN IBN MAJAH 3803

Keeping your heart firm

When your faith feels weak

يَا مُقَلِّبَ الْقُلُوبِ، ثَبِّتْ قَلْبِي عَلَى دِينِكَ

Yā muqallibal-qulūb, thabbit qalbī 'alā dīnik

O Turner of hearts, keep my heart firm on Your religion.

JAMI' AT-TIRMIDHI 2140

08



الْأَهْلُ وَالنَّاس

People and family

Duas that bring hearts closer together.

5 DUAS

Thanking someone

When someone does something good for you

جَزَاكَ اللَّهُ خَيْرًا

Jazākallāhu khayrā

May Allah reward you with good.

JAMI' AT-TIRMIDHI 2035

Sneezing

You say Alhamdulillah, they reply, and you answer

الْحَمْدُ لِلَّهِ

يَرْحَمُكَ اللَّهُ

يَهْدِيكُمُ اللَّهُ وَيُصْلِحُ بَالَكُمْ

Alḥamdulillāh · Yarḥamukallāh · Yahdīkumullāhu wa yuṣliḥu bālakum

All praise is for Allah. · May Allah have mercy on you. · May Allah guide you and set your affairs right.

SAHIH AL-BUKHARI 6224

Congratulating a newly married couple

At a nikah or walima

بَارَكَ اللَّهُ لَكَ، وَبَارَكَ عَلَيْكَ، وَجَمَعَ بَيْنَكُمَا فِي خَيْرٍ

Bārakallāhu laka, wa bāraka 'alayka, wa jama'a baynakumā fī khayr

May Allah bless you, send blessings upon you, and bring you together in goodness.

SUNAN ABI DAWUD 2130

For your parents

Any time

رَبِّ ارْحَمْهُمَا كَمَا رَبَّيَانِي صَغِيرًا

Rabbir-ḥamhumā kamā rabbayānī ṣaghīrā

My Lord, have mercy on them, as they raised me when I was small.

AL-ISRA 17:24

Leaving a gathering

Before you get up

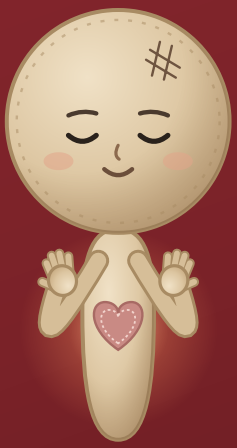
سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ، أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ، أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ

Subḥānaka Allāhumma wa biḥamdik, ash-hadu an lā ilāha illā ant, astaghfiruka wa atūbu ilayk

Glory be to You, O Allah, and praise. I bear witness that there is no god but You. I ask Your forgiveness and turn to You in repentance.

JAMI' AT-TIRMIDHI 3433

09



الْمَرَضُ وَالْمُصِيبَة

Illness and loss

For hard moments, and for those we love and miss.

5 DUAS

When you are in pain

Put your hand on the pain. Say Bismillah 3 times, then this 7 times

أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاذِرُ

A'ūdhu billāhi wa qudratihi min sharri mā ajidu wa uḥādhir

I seek refuge in Allah and His power from the harm of what I feel and what I fear.

SAHIH MUSLIM 2202

Visiting someone who is ill

Say it to them

لَا بَأْسَ، طَهُورٌ إِنْ شَاءَ اللَّهُ

Lā ba's, ṭahūrun in shā' Allāh

No harm. It is a purification, if Allah wills.

SAHIH AL-BUKHARI 5656

When something bad happens

At a loss, big or small

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

Innā lillāhi wa innā ilayhi rāji'ūn, Allāhumma'jurnī fī muṣībatī, wa akhlif lī khayran minhā

We belong to Allah and to Him we return. O Allah, reward me in my loss and replace it with something better.

SAHIH MUSLIM 918

For someone who has died

In the janazah prayer, or any time

اللَّهُمَّ اغْفِرْ لَهُ، وَارْحَمْهُ، وَعَافِهِ، وَاعْفُ عَنْهُ

Allāhummaghfir lahu, warḥamhu, wa 'āfihi, wa'fu 'anh

O Allah, forgive him, have mercy on him, keep him safe and pardon him. (Say "lahā" for a woman.)

SAHIH MUSLIM 963

Visiting the graves

When you enter a graveyard

السَّلَامُ عَلَيْكُمْ أَهْلَ الدِّيَارِ مِنَ الْمُؤْمِنِينَ وَالْمُسْلِمِينَ، وَإِنَّا إِنْ شَاءَ اللَّهُ بِكُمْ لَلَاحِقُونَ، أَسْأَلُ اللَّهَ لَنَا وَلَكُمُ الْعَافِيَةَ

As-salāmu 'alaykum ahlad-diyāri minal-mu'minīna wal-muslimīn, wa innā in shā' Allāhu bikum la-lāḥiqūn, as'alullāha lanā wa lakumul-'āfiyah

Peace be upon you, believers and Muslims of these homes. We will join you, if Allah wills. I ask Allah for wellbeing for us and for you.

SAHIH MUSLIM 975

10



كُلَّ يَوْم

Every day

Protection, forgiveness, istikharah and asking for the best of both worlds.

6 DUAS

Protection, morning and evening

Say it 3 times

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

Bismillāhil-ladhī lā yaḍurru ma'asmihi shay'un fil-arḍi wa lā fis-samā', wa huwas-samī'ul-'alīm

In the name of Allah, with whose name nothing on earth or in the heavens can cause harm, and He is the All-Hearing, the All-Knowing.

SUNAN ABI DAWUD 5088

The master of seeking forgiveness

Morning and evening

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ، وَأَبُوءُ بِذَنْبِي، فَاغْفِرْ لِي، فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

Allāhumma anta rabbī lā ilāha illā ant, khalaqtanī wa ana 'abduk, wa ana 'alā 'ahdika wa wa'dika mastaṭa't, a'ūdhu bika min sharri mā ṣana't, abū'u laka bi ni'matika 'alayy, wa abū'u bi dhanbī, faghfir lī, fa innahu lā yaghfirudh-dhunūba illā ant

O Allah, You are my Lord, there is no god but You. You created me and I am Your servant. I keep Your covenant and promise as best I can. I seek Your protection from the harm of what I have done. I admit Your blessings on me and I admit my sin, so forgive me, for no one forgives sins except You.

SAHIH AL-BUKHARI 6306

Istikharah: asking Allah to choose

Facing a decision? Pray two extra rak'ahs, then say this. Where it says "this matter", think of or name your 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 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، وَاقْدُرْ لِيَ الْخَيْرَ حَيْثُ كَانَ، ثُمَّ أَرْضِنِي بِهِ

Allāhumma innī astakhīruka bi 'ilmik, wa astaqdiruka bi qudratik, wa as'aluka min faḍlikal-'aẓīm, fa innaka taqdiru wa lā aqdir, wa ta'lamu wa lā a'lam, wa anta 'allāmul-ghuyūb. Allāhumma in kunta ta'lamu anna hādhal-amra khayrun lī fī dīnī wa ma'āshī wa 'āqibati amrī faqdurhu lī wa yassirhu lī thumma bārik lī fīh, wa in kunta ta'lamu anna hādhal-amra sharrun lī fī dīnī wa ma'āshī wa 'āqibati amrī faṣrifhu 'annī waṣrifnī 'anh, waqdur liyal-khayra ḥaythu kāna thumma arḍinī bih

O Allah, I ask You to guide me by Your knowledge, and to give me ability by Your power, and I ask You from Your great bounty. You are able and I am not; You know and I do not; and You know all that is hidden. O Allah, if You know this matter is good for me in my religion, my life and how my affairs end, then decree it for me, make it easy for me and bless me in it. And if You know this matter is bad for me in my religion, my life and how my affairs end, then turn it away from me and turn me away from it, and decree for me what is good wherever it is, and make me pleased with it.

SAHIH AL-BUKHARI 6382

Good in this world and the next

The dua the Prophet ﷺ made most

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً، وَفِي الْآخِرَةِ حَسَنَةً، وَقِنَا عَذَابَ النَّارِ

Rabbanā ātinā fid-dunyā ḥasanah, wa fil-ākhirati ḥasanah, wa qinā 'adhāban-nār

Our Lord, give us good in this world and good in the Hereafter, and protect us from the punishment of the Fire.

AL-BAQARAH 2:201 · SAHIH AL-BUKHARI 6389

For knowledge

Before studying

رَبِّ زِدْنِي عِلْمًا

Rabbi zidnī 'ilmā

My Lord, increase me in knowledge.

TA-HA 20:114

Enough from the halal

When money is tight

اللَّهُمَّ اكْفِنِي بِحَلَالِكَ عَنْ حَرَامِكَ، وَأَغْنِنِي بِفَضْلِكَ عَمَّنْ سِوَاكَ

Allāhummakfinī bi ḥalālika 'an ḥarāmik, wa aghninī bi faḍlika 'amman siwāk

O Allah, make what is halal enough for me instead of what is haram, and by Your bounty make me need no one but You.

JAMI' AT-TIRMIDHI 3563



فَاذْكُرُونِي أَذْكُرْكُمْ

"So remember Me; I will remember you."
Al-Baqarah 2:152

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