

# Morning Adhikaar



Words and Phrases  
for Remembrance of God  
on waking up & in the mornings



# UPON WAKING UP



## **Reference**

Hisnul Muslim (Fortress of a Muslim)

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

Recite 1 time

Alhamdu lillahi-ladhee ahyana ba'da maa amaatanaa wa  
ilayhin-nushoor

All praise is for Allah who gave us life after having taken it from  
us and unto Him is the resurrection.



لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ  
عَلَى كُلِّ شَيْءٍ قَدِيرٌ، سُبْحَانَ اللَّهِ، وَالْحَمْدُ لِلَّهِ، وَلَا إِلَهَ إِلَّا اللَّهُ  
وَاللَّهُ أَكْبَرُ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ، رَبِّ اغْفِرْ لِي

Recite 1 time

Lā 'ilāha 'illallāhu waḥdahū la sharīka lahu, laḥul-mulku wa laḥul-  
ḥamdu, wa huwa 'alā kullī shay'in qadīr Subḥānallāhi, walḥamdu  
lillāhi, wa lā 'ilāha 'illallāhu, wallāhu 'akbar, wa lā ḥaula wa lā  
quwwata 'illā billāhil-'aliyyil-'adhīm, rabbighfir lī.

None has the right to be worshipped except Allah, alone, without  
any partner, to Him belong sovereignty and praise and He is  
over all things wholly capable. How perfect Allah is, and all  
praise is for Allah, and none has the right to be worshipped  
except Allah, Allah is the greatest and there is no power nor  
might except with Allah, The Most High, The Supreme, O my  
Lord forgive me.

الْحَمْدُ لِلَّهِ الَّذِي عَافَانِي فِي جَسَدِي وَرَدَّ عَلَيَّ رُوحِي وَأَذِنَ لِي  
بِذِكْرِهِ

Recite 1 time

Al-ḥamdu lillāhīl-ladhī `āfānī fī jasadī, wa radda `alayya rūḥī, wa  
'adhina lī bidhikrihi.

Praise is to Allah Who gave strength to my body and returned my  
soul to me and permitted me to remember Him.



إِنَّ فِي خَلْقِ السَّمَوَاتِ وَالْأَرْضِ وَاخْتِلَافِ اللَّيْلِ وَالنَّهَارِ لَآيَاتٍ  
لِّأُولِي الْأَلْبَابِ \* الَّذِينَ يَذْكُرُونَ اللَّهَ قِيَامًا وَقُعُودًا وَعَلَىٰ جُنُوبِهِمْ  
وَيَتَفَكَّرُونَ فِي خَلْقِ السَّمَوَاتِ وَالْأَرْضِ رَبَّنَا مَا خَلَقْتَ هَذَا  
بَاطِلًا سُبْحَانَكَ فَقِنَا عَذَابَ النَّارِ \* رَبَّنَا إِنَّكَ مَن تُدْخِلِ النَّارَ  
فَقَدْ أَخْزَيْتَهُ وَمَا لِلظَّالِمِينَ مِنْ أَنْصَارٍ \* رَبَّنَا إِنَّا سَمِعْنَا مُنَادِيًا  
يُنَادِي لِلْإِيمَانِ أَنْ آمِنُوا بِرَبِّكُمْ فَآمَنَّا رَبَّنَا فَاغْفِرْ لَنَا ذُنُوبَنَا وَكَفِّرْ  
عَنَّا سَيِّئَاتِنَا وَتَوَفَّنَا مَعَ الْأَبْرَارِ \* رَبَّنَا وَآتِنَا مَا وَعَدْتَنَا عَلَىٰ رُسُلِكَ  
وَلَا تُخْزِنَا يَوْمَ الْقِيَامَةِ إِنَّكَ لَا تُخْلِفُ الْمِيعَادَ \* فَاسْتَجَابَ لَهُمْ  
رَبُّهُمْ أَنِّي لَا أَضِيعُ عَمَلَ عَامِلٍ مِّنْكُمْ مِّمَّنْ ذَكَرَ أَوْ أَتَىٰ بِعِصْمَةٍ مِّنْ  
بَعْضِ الْآلِذِينَ هَاجَرُوا وَأُخْرِجُوا مِنْ دِيَارِهِمْ وَأُودُوا فِي سَبِيلِي  
وَقَاتَلُوا وَقُتِلُوا لَأُكَفِّرَنَّ عَنْهُمْ سَيِّئَاتِهِمْ وَلَأُدْخِلَنَّهُمْ جَنَّاتٍ تَجْرِي مِنْ  
تَحْتِهَا الْأَنْهَارُ ثَوَابًا مِّنْ عِنْدِ اللَّهِ وَاللَّهُ عِنْدَهُ حُسْنُ الثَّوَابِ \*

لَا يَغُرَّنَّكَ تَقَلُّبُ الَّذِينَ كَفَرُوا فِي الْبِلَادِ ❀ مَتَاعٌ قَلِيلٌ ثُمَّ مَاؤُهُمْ  
 جَهَنَّمَ وَبُسُّ الْمِهَادُ ❀ لَكِنَّ الَّذِينَ اتَّقَوْا رَبَّهُمْ لَهُمْ جَنَّاتٌ تَجْرِي  
 مِنْ تَحْتِهَا الْأَنْهَارُ خَالِدِينَ فِيهَا نُزُلًا مِّنْ عِنْدِ اللَّهِ وَمَا عِنْدَ اللَّهِ خَيْرٌ  
 لِلْأَبْرَارِ ❀ وَإِنَّ مِنْ أَهْلِ الْكِتَابِ لَمَن يُؤْمِنُ بِاللَّهِ وَمَا أُنْزِلَ إِلَيْكُمْ  
 وَمَا أُنْزِلَ إِلَيْهِمْ خَاشِعِينَ لِلَّهِ لَا يَشْتَرُونَ بِآيَاتِ اللَّهِ ثَمَنًا قَلِيلًا  
 أُولَئِكَ لَهُمْ أَجْرُهُمْ عِنْدَ رَبِّهِمْ إِنَّ اللَّهَ سَرِيعُ الْحِسَابِ ❀  
 يَا أَيُّهَا الَّذِينَ ءَامَنُوا اصْبِرُوا وَصَابِرُوا وَرَابِطُوا وَاتَّقُوا اللَّهَ لَعَلَّكُمْ  
 تُفْلِحُونَ ❀

## Recite 1 time

'Inna fī khalqī-ssamāwāti wal-'ardī wakhtilāfi-līlayli wan-nahāri  
 la'āyātin li'uī-l-'albāb. Al-ladhīna yadhkurūna-Allaha qiyāman wa  
 qu'ūdan wa `alā junūbihim wa yatafakkarūna fī Khalqī-ssamāwāti  
 wal-'ardī Rabbanā mā khalaqta hādha bātilāan subhānaka faqīnā  
 `adhāban-nār. Rabbanā 'innaka man tudkhili-nnāra faqad  
 'akhzaytahu wa mā li-dhdhālimīna min 'anṣārīn. Rabbanā 'innanā  
 samī'nā munādīan yunādī lil'īmāni 'an 'āminū birabbikum fa  
 'āmannā. Rabbanā fāghfirlanā dhunūbanā wa kaffir `annā  
 sayyi'ātinā wa tawaffanā ma'a al-'abrārī. Rabbanā wa 'ātinā mā  
 wa'adtanā `alā rusulika wa lā tukhzinā yawmal-qiyāmati 'innaka  
 lā tukhliful-mī'ād. Fāstajāba lahum rabbuhum 'annī lā 'udū  
 `amala `āmilin minkum min dhakarīn 'aw 'unthā ba'dukum min  
 ba'dīn fa-lldhīna hājarū wa 'ukhrijū min diyārihim wa 'udhū fī  
 sabīlī wa qātālū wa qutīlū la'ukaffiranna `anhum sayyi'ātihi wa  
 la'udkhillannahum jannātin tajrī min tahtihāl-'anhāru thawāban  
 min `indil-lahī wal-lāhu `indahū ḥusnuth-thawāb.

Lā yaghurrannaka taqallubu 'l-ladhīna kafarū fī l-bilādi. Matā`un qalīlun thumma ma`wāhum jahannamu wa bi'sa 'l-mihād. Lakini 'l-ladhīna 'ttaqaw rabbahum lahum jannātun tajrī min taḥtiḥā 'l-anhāru khālidīna fihā nuzulan min `indi 'l-lahi wa mā `inda 'llahi khayrun li 'l-abrār. Wa 'inna min 'ahli 'l-kitābi laman yu'minu bil-lahi wa mā 'unzila `ilaykum wa mā 'unzila `ilayhim khāshī`īna lillahi lā yashtarūna bi'āyāti 'l-lahi thamanan qalīlāan 'ulā'ika lahum 'ajruhum `inda rabbiḥim 'inna 'l-laha sarī`u al-ḥisāb. Yā 'ayyuhā 'l-ladhīna 'āmanū-ṣbirū wa ṣābirū wa rābiṭū wa 'ttaqu 'l-laha la'allakum tufliḥūn.

Verily! In the creation of the heavens and the earth, and in the alternation of night and day, there are indeed Signs for men of understanding. Those who remember Allah standing, sitting and lying down on their sides, and think deeply about the creation of the heavens and the earth, (saying:) 'Our Lord, You have not created this without purpose, glory is to You! Give us salvation from the torment of the Fire. Our Lord! Verily, whom You admit to the Fire, indeed, You have disgraced him, and never will the oppressors find any helpers. Our Lord! Verily, we have heard the call of one calling to Faith (saying:) 'Believe in your Lord,' and we have believed. Our Lord! Forgive us our sins and expiate from us our evil deeds and make us die in the state of righteousness together with the pious and righteous slaves. Our Lord! Grant us what You promised us through Your Messengers, and disgrace us not on the Day of Resurrection, for You never break (Your) promise.'

So, their Lord answered them (saying): 'Never will I allow to be lost the work of any of you, be he male or female. You issue forth one from another, so those who emigrated and were driven out from their homes, and suffered harm in My Cause and who fought, and were killed in My Cause, verily, I will expiate from them their evil deeds and admit them into Gardens under which rivers flow ; a reward from Allah , and with Allah is the best of rewards .' Let not the free disposal of the disbelievers throughout the land deceive you. A brief enjoyment; then, their ultimate abode is Hell; and worst indeed is that place for rest. But, for those who fear their Lord, are Gardens under which rivers flow; therein are they to dwell forever, and entertainment from Allah; and that which is with Allah is the best for the pious and righteous slaves. And there are, certainly, among the people of the Scripture, those who believe in Allah and in that which has been revealed to you, and in that which has been revealed to them, humbling themselves before Allah. They do not sell the Verses of Allah for a little price, for them is a reward with their Lord. Surely, Allah is Swift in account. O you who believe! Have patience and content in patience, be vigilant and informed, and fear Allah, so that you may be successful.







# IN THE MORNING

After the Fajr prayer and until the sun rises



## Reference

Hisnul Muslim (Fortress of a Muslim)



الْحَمْدُ لِلَّهِ وَحْدَهُ ، وَالصَّلَاةُ وَالسَّلَامُ عَلَى مَنْ لَا نَبِيَّ بَعْدَهُ

Recite **1** time

Alḥamdulillahi waḥdah waṣ-ṣalatu was-salam `alā man lā nabiyya ba`dah.

All praise is for Allah, alone, and prayers and peace be upon the last and final Prophet.



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

Recite **1** time

(A`ūdhu billāhi min ash-shaytāni 'r-rajīm)

Allāhu lā ilāha illā huwa 'l-Ḥayyul-Qayyūm, lā ta'khudhuhu sinatun wa lā nawm, lahu mā fis-samāwāti wa māfil-arḍ, man dhal-ladhī yashfa`u `indahū illā bi'idhnihi, ya`lamu mā bayna aydīhim wa mā khalfahum, wa lā yuḥīṭūna bishay'im-min `ilmihi illā bimā shā', wasi`a kursiyyuhus-samāwāti wal-arḍ, wa lā ya`ūduhu hifdhuhumā, wa huwal-`Aliyyu'l-`Adhīm.

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

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

Recite 3 times

Bismillāhir-Raḥmānir-Raḥīm.

Qul huwallāhu aḥad. Allāhuṣ-ṣamad. Lam yalid wa lam yūlad. Wa lam yakun lahu kufuwan aḥad.

With the Name of Allah, the Most Gracious, the Most Merciful.  
Say: He is Allah - One and Indivisible. Allah - The Sustainer  
'needed by all'. He has never had offspring, nor was He born.  
And there is none comparable to Him.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ❀ قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ❀ مِنْ شَرِّ مَا  
خَلَقَ ❀ وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ❀ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ  
❀ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ❀

Recite 3 times

Bismillāhir-Raḥmānir-Raḥīm. Qul a`ūdhu birabbil-falaq. Min sharri mā khalaq. Wa min sharri ghāsiqin idhā waqab. Wa min sharrin-naffāthāti fil-`uqad. Wa min sharri ḥāsīdin idhā ḥasad.

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



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ. قُلْ أَعُوذُ بِرَبِّ النَّاسِ ❀ مَلِكِ النَّاسِ  
❀ إِلَهِ النَّاسِ ❀ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ❀ الَّذِي يُوَسْوِسُ فِي  
صُدُورِ النَّاسِ ❀ مِنَ الْجِنَّةِ وَالنَّاسِ

Recite 3 times

Bismillāhir-Raḥmānir-Raḥīm. Qul a`ūdhu birabbīn-nās. Malikin-nās. 'Ilāhin-nās. Min sharri 'l-waswāsīl-khannās. Alladhī yuwaswisu fī ṣudūrin-nās. Minal-jinnati wannās.

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

أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ وَالْحَمْدُ لِلَّهِ، لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، رَبِّ أَسْأَلُكَ خَيْرَ مَا فِي هَذَا الْيَوْمِ وَخَيْرَ مَا بَعْدَهُ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِي هَذَا الْيَوْمِ وَشَرِّ مَا بَعْدَهُ، رَبِّ أَعُوذُ بِكَ مِنَ الْكُسَلِ، وَسُوءِ الْكِبَرِ، رَبِّ أَعُوذُ بِكَ مِنْ عَذَابٍ فِي النَّارِ وَعَذَابٍ فِي الْقَبْرِ

Aṣḥaḥnā wa aṣḥaḥal-mulku lillāh, walḥamdu lillāh, lā ilāha illallāhu waḥḍahu lā sharīka lah, laḥul-mulku wa laḥul-ḥamd, wa huwa `alā kullī shay'in Qadīr. Rabbi as'aluka khayra mā fī hādha 'l-yawmi wa khayra mā ba'dahu wa a'ūdhu bika min sharri mā fī hātha 'l-yawmi wa sharri mā ba'dahu, Rabbi a'ūdhu bika minal-kasali, wa sū'il-kibar, Rabbi a'ūdhu bika min `adhābin fin-nāri wa `adhābin fil-qabr.

We have reached the morning and at this very time unto Allah, belongs all sovereignty , and all praise is for Allah. None has the right to be worshipped except Allah, alone, without any partner, to Him belong all sovereignty and praise and He is over all things omnipotent. My Lord, I ask You for the good of this day and the good of what follows it and I take refuge in You from the evil of this day and the evil of what follows it . My Lord, I take refuge in You from laziness and senility. My Lord, I take refuge in You from torment in the Fire and punishment in the grave.

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

Recite **1** time

Allāhumma bika aṣḥaḥnā, wa bika amsaynā, wa bika naḥyā, wa  
bika namūt, wa ilaykan-nushūr.

O Allah, by your leave we have reached the morning and by Your  
leave we have reached the evening, by Your leave we live and  
die and unto You is our resurrection.



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

Recite **1** time

Allāhumma anta Rabbī lā ilāha illā ant, khalaqtanī wa anā `abduk,  
wa anā `alā `ahdika wa wa`dika mastafa`t, a`ūdhu bika min sharri  
mā ṣana`t, abū'u laka bi ni`matika `alay, wa abū'u bidhanbī faghfir  
lī fa'innahu lā yaghfirudh-dhunūba illā ant.

O Allah, You are my Lord, none has the right to be worshipped  
except You, You created me and I am Your servant and I abide  
to Your covenant and promise as best I can, I take refuge in You  
from the evil of which I have committed. I acknowledge Your  
favour upon me and I acknowledge my sin, so forgive me, for  
verily none can forgive sin except You.

اللَّهُمَّ إِنِّي أَصْبَحْتُ أُشْهَدُكَ وَأُشْهَدُ حَمَلَةَ عَرْشِكَ، وَمَلَائِكَتَكَ  
وَجَمِيعَ خَلْقِكَ، أَنَّكَ أَنْتَ اللَّهُ لَا إِلَهَ إِلَّا أَنْتَ وَحْدَكَ لَا شَرِيكَ  
لَكَ، وَأَنَّ مُحَمَّدًا عَبْدُكَ وَرَسُولُكَ

Recite  times

Allāhumma innī aşbahtu ush-hiduka wa ush-hidu ḥamalata  
`arshik, wa malā'ikataka wajamī'a khalqik, annaka antallāhu lā  
ilāha illā ant, waḥdaka lā sharīka lak, wa anna Muḥammadan  
`abduka wa rasūluk.

O Allah, verily I have reached the morning and call on You, the  
bearers of Your throne, Your angels, and all of Your creation to  
witness that You are Allah, none has the right to be worshipped  
except You, alone, without any partner and that Muhammad is  
Your Servant and Messenger.



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

Recite  time

Allāhumma mā aşbaha bī min ni`matin aw bi aḥadin min khalqik,  
fa minka waḥdaka lā sharīka lak, falaka 'l-ḥamdu wa lakash-shukr.

O Allah, what blessing I or any of Your creation have risen upon,  
is from You alone, without any partner, so for You is all praise  
and unto You all thanks.



اللَّهُمَّ عَافِنِي فِي بَدَنِي، اللَّهُمَّ عَافِنِي فِي سَمْعِي، اللَّهُمَّ عَافِنِي فِي  
بَصَرِي، لَا إِلَهَ إِلَّا أَنْتَ. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ، وَالْفَقْرِ،  
وَأَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ، لَا إِلَهَ إِلَّا أَنْتَ

Recite **3** times

Allāhumma `āfinī fī badanī, Allāhumma `āfinī fī sam`ī, Allāhumma  
`āfinī fī baṣarī, lā ilāha illā ant. Allāhumma innī a`ūdhu bika minā  
'l-kufri, wa 'l-faqr, wa a`ūdhu bika min `adhābi 'l-qabr,  
lā ilāha illā ant.

O Allah, grant my body health, O Allah, grant my hearing health,  
O Allah, grant my sight health. None has the right to be  
worshipped except You. O Allah, I take refuge with You from  
disbelief and poverty, and I take refuge with You from the  
punishment of the grave. None has the right to be worshipped  
except You.



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

Recite **7** times

Ḥasbiyallāhu lā ilāha illā huwa `alayhi tawakkalt,  
wa huwa Rabbu 'l-'Arshi 'l-'Adhīm.

Allah is Sufficient for me, none has the right to be worshipped  
except Him, upon Him I rely and He is Lord of the exalted  
throne.

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

Recite **1** time

Allāhumma innī as'aluka 'l-'afwa wal-'āfiyah fid-dunyā wal-  
 ākhirah, Allāhumma innī as'aluka 'l-'afwa wal-'āfiyah fī dīnī wa  
 dunyāya, wa ahlī, wa mālī, Allāhummastur `awrātī, wa āmin  
 raw'ātī, Allāhummaḥfadhnī min bayni yadayya, wa min khalfī, wa  
 `an yamīnī, wa `an shimālī, wa min fawqī, wa a`ūdhu  
 bi`adhamatika an 'ughtāla min taḥtī.

O Allah, I ask You for pardon and well-being in this life and the next. O Allah, I ask You for pardon and well-being in my religious and worldly affairs, and my family and my wealth. O Allah, veil my weaknesses and set at ease my dismay. O Allah, preserve me from the front and from behind and on my right and on my left and from above, and I take refuge with You lest I be swallowed up by the earth.

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

Recite **1** time

Allāhumma `ālima 'l-ghaybi wash-shahādah fātir as-samāwāti wa 'l-arḍ, Rabba kulli shay'in wa malīkah, ash-hadu an lā ilāha illā ant, a'ūdhu bika min sharri nafsī, wa min sharrish-shayṭāni wa shirkih, wa an aqtarifa `alā nafsī sū'an, aw ajurrahu ilā Muslim.

O Allah, Knower of the unseen and the seen, Creator of the heavens and the Earth, Lord and Sovereign of all things, I bear witness that none has the right to be worshipped except You. I take refuge in You from the evil of my soul and from the evil and shirk of the devil, and from committing wrong against my soul or bringing such upon another Muslim.

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

Recite **3** times

Bismillāhi 'l-ladhī lā yaḍurru ma`a-smihī shay'un fil-'arḍi wa lā fis-samā' wa huwas-Samī `ul-'Alīm.

In the name of Allah with whose name nothing is harmed on earth nor in the heavens and He is The All-Hearing, The All-Knowing.

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

Recite **3** times

Raḍītu billāhi Rabba, wa bil-Islāmi dīna, wa bi-Muḥammadin  
(ṣallallāhu `alayhi wa sallama) nabiyya.

I am pleased with Allah as a Lord, and Islam as a religion and  
Muhammad (Peace be Upon him) as a Prophet.



يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ أَصْلِحْ لِي شَأْنِي كُلَّهُ وَلَا تَكِلْنِي  
إِلَى نَفْسِي طَرْفَةَ عَيْنٍ

Recite **1** time

Yā Ḥayyu yā Qayyūmu biraḥmatika astaghīth aṣlih lī sha'nī kullah  
wa lā takilnī ilā nafsī ṭarfata `ayn.

O Ever Living, O Self-Subsisting and Supporter of all, by Your  
mercy I seek assistance, rectify for me all of my affairs and do  
not leave me to myself, even for the blink of an eye.

أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ رَبِّ الْعَالَمِينَ، اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ  
هَذَا الْيَوْمِ: فَتْحَهُ، وَنَصْرَهُ وَنُورَهُ، وَبَرَكَتَهُ، وَهُدَاهُ، وَأَعُوذُ بِكَ  
مِنْ شَرِّ مَا فِيهِ وَشَرِّ مَا بَعْدَهُ

Recite **1** time

Aṣḥaḥnā wa aṣḥaḥal-mulku lillāhi Rabbi 'l-a`lāmīn, Allāhumma  
innī as'aluka khayra hādha 'l-yawm: Fat'ḥahu wa naṣrahu wa  
nūrahu, wa barakatahu, wa hudāh, wa a`ūdhu bika min sharri mā  
fīhi wa sharri mā ba`dah.

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



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

Recite **1** time

Aṣḥaḥnā `alā fiṭrati 'l-Islām, wa `alā kalimati 'l-ikhhlās, wa `alā dīni  
nabiyyinā Muḥammadin (ṣallallāhu `alayhi wa sallam), wa `alā  
millati abīnā Ibrāhīm, ḥanīfan Musliman  
wa mā kāna mina 'l-mushrikīn.

We rise upon the fitrah of Islam, and the word of pure faith , and  
upon the religion of our Prophet Muhammad (Peace be upon  
him) and the religion of our forefather Ibrahim, who was a  
Muslim and of true faith and was not of those who associate  
others with Allah.

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

Recite 100 times

Subḥānallāhi wa biḥamdih.

How perfect Allah is and I praise Him.



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

Recite 100 times

Lā ilāha illallāhu waḥdahū lā sharīka lah, lahu 'l-mulku walahu 'l-ḥamd, wa huwa `alā kulli shay'in qadīr.

None has the right to be worshipped except Allah, alone, without any partner, to Him belong all sovereignty and praise, and He is over all things omnipotent.



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

Recite 3 times

Subḥānallāhi wa biḥamdih: `adada khalqih, wa riḍā nafsih, wa zinata `arshih, wa midāda kalimātih.

How perfect Allah is and I praise Him by the number of His creation and His pleasure, and by the weight of His throne, and the ink of His words.



اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْماً نَافِعاً، وَرِزْقاً طَيِّباً، وَعَمَلاً مُتَقَبَّلاً

Recite **1** time

Allāhumma innī as'aluka `ilman nāfi`a, wa rizqan ṭayyiba, wa  
`amalan mutaqqabbala.

O Allah, I ask You for knowledge which is beneficial and  
sustenance which is good, and deeds which are acceptable.



أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ

Recite **100** times

Astaghfirullāha wa atūbu ilayh.

I seek Allah's forgiveness and I turn to Him in repentance.



أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

Recite **3** times

A`ūdhu bikalimāti-llāhit-tāmmāti min sharri mā khalaq.

I take refuge in Allah's perfect words from the evil of that which  
He has created.

اللَّهُمَّ صَلِّ وَسَلِّمْ عَلَى نَبِيِّنَا مُحَمَّدٍ

Recite 10 times

Allāhumma ṣalli wa sallim `alā nabiyyinā Muḥammad.

O Allah, send prayers and peace upon our Prophet Muhammad.

