



# Evening Adhikaar

Words and Phrases  
for Remembrance of God  
in the evening and at bed time



# ETIQUETTE

Of Retiring For The Night



## **Reference**

Hisnul Muslim (Fortress of a Muslim)

'When night falls [i.e., at al-Maghrib], restrain your children [from going out] because at such time the devils spread about. After a period of time has passed, let them be. Shut your doors and mention Allah's name, for verily the devil does not open a shut door, tie up your water-skins and mention Allah's name, cover your vessels with anything and mention Allah's name and put out your lamps.'

#### Reference

Al-Bukhari with Al-Fath 10/88 and Muslim 3/1595.



# IN THE EVENING

After the Asr prayer and until the sun sets



## 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 الْجَنَّةِ 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.



أَمْسَيْنَا وَأَمْسَى 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 هَذِهِ اللَّيْلَةِ وَخَيْرَ مَا بَعْدَهَا، وَأَعُوذُ بِكَ مِنْ شَرِّ هَذِهِ اللَّيْلَةِ وَشَرِّ مَا بَعْدَهَا، رَبِّ أَعُوذُ بِكَ مِنَ الْكَسَلِ وَسُوءِ الْكِبَرِ، رَبِّ أَعُوذُ بِكَ مِنْ عَذَابٍ فِي النَّارِ وَعَذَابٍ فِي الْقَبْرِ

### Recite 1 time

Amsaynā wa amsa-l-mulku li-llāh, wa-l-ḥamdu li-llāh, lā ilāha illa-llāhu waḥdahū lā sharīka lah, lahu-l-mulku wa lahu-l-ḥamd, wa huwa ‘alā kulli shay’in Qadīr, Rabbi as’aluka khayra mā fī hādhihi-l-laylati wa khayra mā ba’dah, wa a’ūdhu bika min sharri mā fī hādhihi-l-laylati wa sharri mā ba’dah. Rabbi a’ūdhu bika mina-l-kasali wa sū’i-l-kibar, Rabbi a’ūdhu bika min ‘adhābin fi-n-nāri wa ‘adhābin fi-l-qabr.

We have entered the evening and at this very time the whole kingdom belongs to Allah. All praise is due to Allah. There is no god worthy of worship except Allah, the One; He has no partner with Him. The entire kingdom belongs solely to Him, to Him is all praise due, and He is All-Powerful over everything. My Lord, I ask You for the good that is in this night and the good that follows it, and I seek Your protection from the evil that is in this night and from the evil that follows it. My Lord, I seek Your protection from laziness and the misery of old age. My Lord, I seek Your protection from the torment of the Hell-fire and the punishment of the grave.



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

Recite **1** time

Allāhumma bika amsaynā wa bika aṣḥaḥnā, wa bika naḥyā, wa  
bika namūt, wa ilaykal-maṣīr

O Allah, You bring us the end of the day as You bring us its  
beginning, You bring us life and you bring us death, and to You  
is our fate.



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

Recite **1** time

Allāhumma anta Rabbī lā ilāha illā ant, khalaqtanī wa anā `abduk,  
wa anā `alā `ahdika wa wa`dika mastata`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 Allāh, 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 أَمْسَيْتُ أَشْهَدُكَ وَأُشْهَدُ حَمَلَةَ عَرْشِكَ وَمَلَائِكَتَكَ  
وَجَمِيعَ خَلْقِكَ ، أَنْتَ اللَّهُ لَا إِلَهَ إِلَّا أَنْتَ وَحْدَكَ لَا شَرِيكَ  
لَكَ ، وَأَنْ مُحَمَّدًا عَبْدُكَ وَرَسُولُكَ

Recite 4 times

Allāhumma innī amsaytu ush-hiduka, wa ush-hidu ḥamlata  
‘arshika, wa malā’ikatika, wa jamī’a khalqika, annaka Anta-llāhu  
lā ilāha illā Anta waḥdak, lā sharīka lak, wa an-na Muḥammadan  
‘abduka wa rasūluk.

O Allah, I have entered the evening, and I call upon You, the  
bearers of Your Throne, Your angels and all creation, to bear  
witness that surely You are Allah. There is no god worthy of  
worship except You Alone. You have no partners, and that  
Muḥammad (Peace be upon him) is Your slave and Your  
Messenger.



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

Recite 1 time

Allāhumma mā amsā bī min ni‘matin aw bi-aḥadin min khalqik,  
fa-minka waḥdaka lā sharīka lak, fa laka-l-ḥamdu wa laka-sh-  
shukr.

O Allah, all the favours that I or anyone from Your creation has  
received in the evening, are from You Alone. You have no  
partner. To You Alone belong all praise and 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 mina  
'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-smihi 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 لِيْ شَأْنِيْ كُلَّهُ وَلَا تَكِلْنِي  
إِلَى نَفْسِيْ 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.

أَمْسَيْنَا وَأَمْسَى الْمُلْكُ لِلَّهِ رَبِّ الْعَالَمِينَ ، اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ  
هَذِهِ اللَّيْلَةِ ، فَتَحَهَا وَنَصَرَهَا وَنُورَهَا وَبَرَكَتَهَا وَهُدَاهَا ، وَأَعُوذُ  
بِكَ مِنْ شَرِّ مَا فِيهَا وَشَرِّ مَا بَعْدَهَا

### Recite 1 time

Amsaynā wa amsa-l-mulku li-llāhi Rabbi-l-‘ālamīn, Allāhumma  
innī as’aluka khayra hādhihi-l-laylah, fathāhā wa naṣrahā wa  
nūrahā wa barakatahā wa hudāhā, wa a’ūdhu bika min sharri mā  
fihā wa sharri mā ba’dahā.

We have entered the evening and at this very time the whole  
kingdom belongs to Allah, Lord of the Worlds. O Allah, I ask You  
for the goodness of this day/night: its victory, its help, its light,  
and its blessings and guidance. I seek Your protection from the  
evil that is in it and from the evil that follows it.



أَمْسَيْنَا 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

Amsaynā ‘alā fiṭrati-l-islām, wa ‘alā kalimati-l-ikhhlāṣ, wa ‘alā dīni  
Nabiyyinā Muḥammadin ṣallallāhu ‘alayhi wa sallam, wa ‘alā  
millati abīnā Ibrāhīma ḥanīfam-muslima, wa mā kāna mina-l-  
mushrikīn.

We have entered the evening 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 10 times

Lā ilāha illallāhu waḥdahu 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.



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.





# REMEMBRANCE

Before Sleeping



**Reference**

Hisnul Muslim (Fortress of a Muslim)

Hold the palms together, blow (with a little spit) into them, and recite once. Then pass your hands over as much of your body as you can reach, beginning with the head and the face, then the entire front of your body. Do this **3** times.

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

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 \*

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

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

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 ḥāsidi idhā ḥasad.

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

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.

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.

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.

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 'indahu illā bi'idhnihi, ya'lamu mā bayna aydīhim wa mā  
 khalfahum, wa lā yuḥiṭūna bishay'im-min 'ilmihi illā bimā shā',  
 wasi'a kursiyyuhus-samāwāti wal-arḍ, wa lā ya'ūduhu hifdhuhumā,  
 wa huwal-'Alīyyul-'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.

بِسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Recite **1** time

Bismika Allāhumma amūtu wa ahyā.

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



اللَّهُمَّ أَسْلَمْتُ نَفْسِي إِلَيْكَ، وَفَوَّضْتُ أَمْرِي إِلَيْكَ، وَوَجَّهْتُ  
وَجْهِي إِلَيْكَ، وَأَلْجَأْتُ ظَهْرِي إِلَيْكَ، رَغْبَةً وَرَهْبَةً إِلَيْكَ، لَا  
مَلْجَأَ وَلَا مَنَاجَا مِنْكَ إِلَّا إِلَيْكَ، آمَنْتُ بِكِتَابِكَ الَّذِي أَنْزَلْتَ  
وَبِنَبِيِّكَ الَّذِي أَرْسَلْتَ

Recite **1** time

Allāhumma aslamtu nafsī ilayk, wa fawwaḍtu amrī ilayk, wa  
wajjahtu wajhī ilayk, wa alja'tu ṣaḥrī ilayk, raghbatan wa rahbatan  
ilayk, lā malja'a wa la manjā minka illā ilayk, āmantu bikitābika 'l-  
ladhī anzalt, wa bi-nabiyyika 'l-ladhī arsalt.

O Allah, I submit myself to You, entrust my affairs to You, turn  
my face to You, and lay myself down depending upon You,  
hoping in You and fearing You. There is no refuge, and no  
escape, except to You. I believe in Your Book (the Qur'an) that  
You revealed, and the Prophet whom You sent.

