

Daily duas

✂ Cut along the dotted lines



Before eating

بِسْمِ اللَّهِ

Bismillāh.

In the name of Allah.

Bukhari, Muslim



After eating

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا
مُسْلِمِينَ

Al-ḥamdu lillāhil-ladhī aṭ'amanā wa saqānā wa
ja'alanā muslimīn.

All praise is for Allah who fed us, gave us drink and made
us Muslims.

Abu Dawud, Tirmidhi



Before sleeping

اللَّهُمَّ بِاسْمِكَ أَمُوتُ وَأَحْيَا

Allāhumma bismika amūtu wa aḥyā.

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

Bukhari



When waking up

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ
النُّشُورُ

Al-ḥamdu lillāhil-ladhī aḥyānā ba'da mā amātanā wa
ilayhin-nushūr.

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

Bukhari



Entering the toilet

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ
وَالْخَبَائِثِ

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

O Allah, I seek refuge in You from all evil and evil beings.

Bukhari, Muslim



Leaving the toilet

غُفْرَانَكَ

Ghufrānak.

I ask You for forgiveness.

Abu Dawud, Tirmidhi

Daily duas

✂ Cut along the dotted lines



Leaving home

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Bismillāhi tawakkaltu 'alallāhi wa lā ḥawla wa lā quwwata illā billāh.

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

Abu Dawud, Tirmidhi



Entering the masjid

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Allāhummaf-taḥ lī abwāba raḥmatik.

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

Muslim



Leaving the masjid

اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

Allāhumma innī as'aluka min faḍlik.

O Allah, I ask You for Your bounty.

Muslim



After sneezing

الْحَمْدُ لِلَّهِ

Al-ḥamdu lillāh.

All praise is for Allah.

Bukhari



For my parents

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



For knowledge

رَبِّ زِدْنِي عِلْمًا

Rabbi zidnī 'ilmā.

My Lord, increase me in knowledge.

Ta-Ha 20:114