

Morning & evening adhkar

Ten short remembrances from the Sunnah, after Fajr and after Asr

3 times

MORNING &
EVENING

The three Quls

SUNAN ABI DAWUD 5082

الإخلاص

الفلق

الناس

Surah al-Ikhlās, Surah al-Falaq and Surah an-Nas

Read the three surahs in full, morning and evening.

Once

MORNING &
EVENING

The best way to seek forgiveness

SAHIH AL-BUKHARI 6306

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 بِذُنُوبِي، فَاعْفُرْ لِي، فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

Allahumma anta rabbi, la ilaha illa ant, khalaqtani wa ana 'abduk, wa ana 'ala 'ahdika wa wa'dika mastata't, a'udhu bika min sharri ma sana't, abu'u laka bi ni'matika 'alayya, wa abu'u laka bi dhanbi, faghfir li, fa innahu la yaghfirudh-dhunuba illa 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 well as I can. I seek refuge in You from the evil I have done. I admit Your blessings upon me and I admit my sin, so forgive me, for none forgives sins but You.

3 times

MORNING &
EVENING

Protection from all harm

SUNAN ABI DAWUD 5088

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّهُ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

Bismillahil-ladhi la yadurru ma'as-mihi shay'un fil-ardi wa la fis-sama', wa huwas-sami'ul-'alim

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

Once

MORNING &
EVENING

Pleased with Allah

SUNAN IBN MAJAH 3870

رَضِيتُ بِاللَّهِ رَبًّا وَبِالْإِسْلَامِ دِينًا وَبِمُحَمَّدٍ نَبِيًّا

Raditu billahi rabba, wa bil-islami dina, wa bi Muhammadin nabiyya

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

Once

MORNING &
EVENING

By You we live

JAMI' AT-TIRMIDHI 3391

اللَّهُمَّ بِكَ أَصْبَحْنَا وَبِكَ أَمْسَيْنَا وَبِكَ نَحْيَا وَبِكَ نَمُوتُ وَإِلَيْكَ الْمَصِيرُ

Allahumma bika asbahna, wa bika amsayna, wa bika nahya, wa bika namutu, wa ilaykal-masir

اللَّهُمَّ بِكَ أَمْسَيْنَا وَبِكَ أَصْبَحْنَا وَبِكَ نَحْيَا وَبِكَ نَمُوتُ وَإِلَيْكَ النُّشُورُ

Allahumma bika amsayna, wa bika asbahna, wa bika nahya, wa bika namutu, wa ilaykan-nushur

O Allah, by You we reach the morning and by You we reach the evening, by You we live and by You we die, and to You is the return. (In the evening the order is swapped and it ends "to You is the rising".)



Once

MORNING &
EVENING

Refuge from my own self

JAMI' AT-TIRMIDHI 3392

اللَّهُمَّ عَالِمُ الْغَيْبِ وَالشَّهَادَةِ فَاطِرَ السَّمَوَاتِ وَالْأَرْضِ رَبَّ كُلِّ شَيْءٍ وَمَلِكَهُ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي وَمِنْ شَرِّ الشَّيْطَانِ وَشَرِّ كَلَامِهِ

Allahumma 'alimal-ghaybi wash-shahadah, fatiras-samawati wal-ard, rabba kulli shay'in wa malikah, ash-hadu an la ilaha illa ant, a'udhu bika min sharri nafsi wa min sharrish-shaytani wa shirkah

O Allah, Knower of the unseen and the seen, Creator of the heavens and the earth, Lord and Owner of everything: I bear witness that there is no god but You. I seek refuge in You from the evil of my own self and from the evil of Shaytan and his call to associate partners with You.

3 times

MORNING &
EVENING

Well-being

SUNAN ABI DAWUD 5090

اللَّهُمَّ عَافِنِي فِي بَدَنِي اللَّهُمَّ عَافِنِي فِي سَمْعِي اللَّهُمَّ عَافِنِي فِي بَصَرِي لَا إِلَهَ إِلَّا أَنْتَ

Allahumma 'afini fi badani, Allahumma 'afini fi sam'i, Allahumma 'afini fi basari, la ilaha illa ant

O Allah, grant me well-being in my body. O Allah, grant me well-being in my hearing. O Allah, grant me well-being in my sight. There is no god but You.

3 times

EVENING
ONLY

Safe through the night

JAMI' AT-TIRMIDHI 3604

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

A'udhu bi kalimatillahit-tammati min sharri ma khalaq

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

100 times

MORNING &
EVENING

Sins wiped away

SAHIH MUSLIM 2692

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

SubhanAllahi wa bihamdih

Glory be to Allah, and all praise is His.

100 times

DURING THE
DAY

A hundred good deeds

SAHIH AL-BUKHARI 6403

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

La ilaha illallahu wahdahu la sharika lah, lahul-mulku wa lahul-hamdu wa huwa 'ala kulli shay'in qadir

There is no god but Allah alone, with no partner. His is the dominion and His is the praise, and He has power over all things.

When to say them: the morning adhkar from Fajr until the sun is well up, and the evening adhkar from Asr until Maghrib. If you miss the time, say them when you remember.

