

Morning & evening *adhkar* cards

Ten cards to cut out and keep, with Arabic, transliteration and meaning

✂ CUT ALONG THE DASHED LINES

The three Quls

3 TIMES

قُلْ هُوَ اللَّهُ أَحَدٌ ﴿١﴾ اللَّهُ الصَّمَدُ ﴿٢﴾ لَمْ يَلِدْ وَلَمْ يُولَدْ ﴿٣﴾ وَلَمْ يَكُنْ لَهُ
كُفُوًا أَحَدٌ ﴿٤﴾
قُلْ أَعُوذُ بِرَبِّ الْقَلْقَلِي ﴿١﴾ مِنْ شَرِّ مَا خَلَقَ ﴿٢﴾ وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ
﴿٣﴾ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ﴿٤﴾ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ﴿٥﴾
قُلْ أَعُوذُ بِرَبِّ النَّاسِ ﴿١﴾ مَلِكِ النَّاسِ ﴿٢﴾ إِلَهِ النَّاسِ ﴿٣﴾ مِنْ شَرِّ
الْوَسْوَاسِ الْخَنَّاسِ ﴿٤﴾ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ﴿٥﴾ مِنَ الْخَبْثَةِ
وَالنَّاسِ ﴿٦﴾

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

MORNING & EVENING

SUNAN ABI DAWUD 5082

The best way to seek forgiveness

ONCE

اللَّهُمَّ أَنْتَ رَبِّي، لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَى عَهْدِكَ
وَوَعْدِكَ مَا اسْتَطَعْتُ، أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أُبُوءُ لَكَ بِنِعْمَتِكَ
عَلَيَّ وَأُبُوءُ لَكَ بِذُنُوبِي، فَاعْفِرْ 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.

MORNING & EVENING

SAHIH AL-BUKHARI 6306

Protection from all harm

3 TIMES

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

Bismillahir-ladhi la yadurru ma'tas-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.

MORNING & EVENING

SUNAN ABI DAWUD 5088

Pleased with Allah

ONCE

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.

MORNING & EVENING

SUNAN IBN MAJAH 3870

By You we live

ONCE

اللَّهُمَّ بِكَ أَصْبَحْنَا وَبِكَ أَمْسَيْنَا وَبِكَ نَحْيَا وَبِكَ
نَمُوتُ وَإِلَيْكَ الْمَصِيرُ

Morning · 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

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

MORNING & EVENING

JAMI' AT-TIRMIDHI 3391

Refuge from my own self

ONCE

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

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 shirkih

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.

MORNING & EVENING

JAMI' AT-TIRMIDHI 3392



Well-being

3 TIMES

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.

MORNING & EVENING

SUNAN ABI DAWUD 5090

Safe through the night

3 TIMES

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.

EVENING

JAMI' AT-TIRMIDHI 3604

Sins wiped away

100 TIMES

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

SubhanAllahi wa bihamdih

Glory be to Allah, and all praise is His.

MORNING & EVENING

SAHIH MUSLIM 2692

A hundred good deeds

100 TIMES

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.

DURING THE DAY

SAHIH AL-BUKHARI 6403

How to use these cards

Keep the deck by your prayer mat or in your bag. After Fajr, go through the cards marked morning; after Asr, the ones marked evening.

Where a card says 3 times or 100 times, count on your fingers or a tasbih.

Learn one new card a week until you know them all by heart.

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