

My everyday du'as

Twelve little du'as for every part of my day

Before eating



Bismillah

In the name of Allah.

بِسْمِ اللَّهِ

After eating



الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةَ

Alhamdu lillahlil-ladhi at'amani hadha wa razaqanihi min ghayri hawlin minni wa la quwwah

All praise is for Allah who fed me this and gave it to me, without any power or strength from me.

Before sleeping



Bismika Allahumma amutu wa ahya
In Your name, O Allah, I die and I live.

بِسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

When I wake up



الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا، وَإِلَيْهِ النُّشُورُ

Alhamdu lillahlil-ladhi ah yana ba'da ma amatana wa ilayhin-nushur

All praise is for Allah who gave us life after He made us sleep, and to Him we will return.

Going into the toilet



اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ

Allahumma inni a'udhu bika minal-khubuthi wal-khaba'ith
O Allah, I seek Your protection from all bad and harmful things.

Coming out of the toilet



غُفْرَانَكَ

Ghufranak

I ask for Your forgiveness.

Leaving home



بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Bismillahi tawakkaltu 'alallah, la hawla wa la quwwata illa billah

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

Putting on clothes



الْحَمْدُ لِلَّهِ الَّذِي كَسَانِي هَذَا الثَّوبَ وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةَ

Alhamdu lillahlil-ladhi kasani hadhath-thawba wa razaqanihi min ghayri hawlin minni wa la quwwah

All praise is for Allah who dressed me in this and gave it to me, without any power or strength from me.

Going into the masjid



اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Allahummaf-tah li abwaba rahmatik
O Allah, open the doors of Your mercy for me.

Leaving the masjid



اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

Allahumma inni as'aluka min fadlik
O Allah, I ask You for Your kindness.

Meeting someone



السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

As-salamu 'alaykum wa rahmatullahi wa barakatuh
Peace be upon you, and the mercy and blessings of Allah.

When I sneeze



الْحَمْدُ لِلَّهِ

Alhamdulillah

All praise is for Allah. The one who hears says "Yarhamukallah" (may Allah have mercy on you).

