ISLAMIC FOUNDATION

MORNING & EVENING

DUAS

An easy-to-read compilation of daily adhkar found within the Sunnah of the Prophet ﷺ



ISLAMIC FOUNDATION

MORNING & EVENING

DUAS

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ISLAMIC FOUNDATION

MORNING

DUAS

أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ وَالْحَمْدُ لِلَّهِ ، لاَ إِلَهَ إِلاَّ اللَّهُ وَحْدَهُ لاَ شَرِيكَ لَهُ ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Asbahnaa wa asbaha al-mulku lillahi wa al-hamdu lillahi, Laa ilaaha illa Allahu wahdahu laa shareeka lahu, Lahu al-mulku wa lahu al-hamdu, Wa huwa ‘ala kulli shay-in Qadeer

1) We have reached the morning, and at this very time, the entire dominion belongs to Allah, and all praise is for Allah. None has the right to be worshipped except for Allah alone, to Him belongs all control and praise, and He is over all things Powerful. **(Sahih Muslim)**

رَبِّ أَسْأَلُكَ خَيْرَ مَا فِي هَذَا اليَومَ وَخَيْرَ مَا بَعْدَهُ ، وَأَعُوذُ بِكَ مِنْ شَرِّ هَذَا اليَومَ وَشَرِّ مَا بَعْدَهُ ، رَبِّ أَعُوذُ بِكَ مِنَ الْكَسَلِ وَسُوءِ الْكِبَرِ ، رَبِّ أَعُوذُ بِكَ مِنْ عَذَابٍ فِي النَّارِ وَعَذَابٍ فِي الْقَبْرِ

Rabbi as-aluka khayra maa fi hatha al-yawma wa khayra maa ba’dahu, Wa a’udhu bika min sharri hatha al-yawma wa sharri maa ba’dah, rabbi a’udhu bika mina al-kasali wa soo-il kibar, Rabbi a’udhu bika min ‘athaabin fi an-naari wa ‘athaabin fi al-qabr

2) My Lord, I ask You for the good of this day, and the good of what comes from it, and I seek refuge in You from the evil of this day, and the evil of what comes from it. My Lord, I see refuge in You from laziness and senility. My Lord, I seek refuge in Your from punishment in the Fire and punishment in the grave. **(Sahih Muslim)**

اللَّهُمَّ إِنِّي أَصْبَحْتُ أُشْهِدُكَ ، وَأُشْهِدُ حَمَلَةَ عَرْشِكَ ، وَمَلَائِكَتَكَ ، وَجَمِيعَ خَلْقِكَ ، أَنَّكَ أَنْتَ اللَّهُ ، لَا إِلَهَ إِلَّا أَنْتَ وَحْدَكَ لاَ شَرِيكَ لَكَ ، وَأَنَّ مُحَمَّدًا عَبْدُكَ وَرَسُولُكَ

Allahumma innee asbahtu ush-hiduka, Wa ush-hidu hamalata 'arshika, Wa malaa-ikataka, Wa jamee'a khalqika, Annaka Anta Allahu, Laa ilaaha illa Anta wahdaka, Laa sharika laka, Wa anna Muhammadan 'abduka wa rasooluk

3) O Allah, I have entered the morning and call onto You to witness, and I call on the bearers of Your Throne, and Your angels, and all of Your creation, that indeed You are Allah, that there is none worthy of worship except You alone, with no partner, and that Muhammad ﷺ is Your slave and Messenger. **(Sunan Abi Dawud)**

Whoever says this in the morning will be forgiven the sins of that day. Whoever says this in the evening will be forgiven the sins of that night.

أَصْبَحْنا على فِطْرَةِ الإِسْلام ، وَعَلى كَلِمَةِ الإِخْلاص ، وَعلى دينِ نَبِيِّنا مُحَمَّدٍ ﷺ ، وَعَلى مِلَّةِ أبينا إِبْـراهيـمَ حَنيفاً مُسْلِماً ، وَما كانَ مِنَ المُشرِكين

Asbahna 'ala fitrati al-Islam, Wa 'ala kalimati al-ikhlas, Wa 'ala deeni Nabiyyina Muhammadin ﷺ, Wa 'ala millati abeena Ibrahima haneefam muslima, Wa maa kaana mina al-mushrikeen

4) We have reached the morning upon the natural disposition of Islam, and upon the statement of sincerity, and upon the religion of our Prophet Muhammad ﷺ, and upon the way of our father Ibrahim, who was upright and submitted solely to Allah, and he was not among the idolators. **(Musnad Ahmad)**

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا وَرِزْقًا طَيِّبًا وَعَمَلاً مُتَقَبَّلاً

Allahumma innee as-aluka ‘ilma an-naafi’aa, Wa rizqan tayyiba, Wa ‘amalam mutaqaballa

5) O Allah, I ask You for beneficial knowledge, goodly provision, and accepted deeds. **(Musnad Ahmad)**

اللَّهُمَّ اجْعَلْ أَوَّلَ هَذَا النَّهَارِ صَلَاحًا وَأَوْسَطَهُ نَجَاحًا وَآخِرَهُ فَلَاحًا يَا أَرْحَمَ الرَّاحِمِينَ

Allahumma-j’al awwala hatha an-nahaari salaahan, Wa awsatuhu najaahan, Wa aakhirahu falaahan, Yaa arham ar-raahimeen

6) O Allah, I ask You for beneficial knowledge, goodly provision, and accepted deeds. **(Ibn as-Sunni - ‘Amal al-Yawm wa’l Laylah)**



ISLAMIC FOUNDATION

EVENING

DUAS

أَمْسَيْنَا وَأَمْسَى الْمُلْكُ لِلَّهِ وَالْحَمْدُ لِلَّهِ ، لاَ إِلَهَ إِلاَّ اللَّهُ وَحْدَهُ لاَ شَرِيكَ لَهُ ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Amsaynaa wa amsaa al-mulku lillahi wa al-hamdu lillahi, Laa ilaaha illa Allahu wahdahu laa shareeka lahu, Lahu al-mulku wa lahu al-hamdu, Wa huwa 'ala kulli shay-in Qadeer

1) We have reached the evening, and at this very time, the entire dominion belongs to Allah, and all praise is for Allah. None has the right to be worshipped except for Allah alone, to Him belongs all control and praise, and He is over all things Powerful. **(Sahih Muslim)**

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

Rabbi as-aluka khayra maa fi hathihi al-layla wa khayra maa ba'daha, Wa a'udhu bika min sharri hathihi al-layla wa sharri maa ba'daha, Rabbi a'udhu bika mina al-kasali wa soo-il kibar, Rabbi a'udhu bika min 'athaabin fi an-naari wa 'athaabin fi al-qabr

2) My Lord, I ask You for the good of this night, and the good of what comes from it, and I seek refuge in You from the evil of this night, and the evil of what comes from it. My Lord, I see refuge in You from laziness and senility. My Lord, I seek refuge in Your from punishment in the Fire and punishment in the grave. **(Sahih Muslim)**

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3) O Allah, I have entered the evening and call onto You to witness, and I call on the bearers of Your Throne, and Your angels, and all of Your creation, that indeed You are Allah, that there is none worthy of worship except You alone, with no partner, and that Muhammad ﷺ is Your slave and Messenger. **(Sunan Abi Dawud)**

**Whoever says this in the morning will be forgiven the sins of that day. Whoever says this in the evening will be forgiven the sins of that night.*

أَمْسَيْنَا على فِطْرَةِ الإِسْلام ، وَعَلى كَلِمَةِ الإِخْلاص ، وَعلى دينِ نَبِيِّنا مُحَمَّدٍ ﷺ ، وَعَلى مِلَّةِ أبينا إِبْـراهيـمَ حَنيفاً مُسْلِماً ، وَما كانَ مِنَ المُشرِكين

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4) We have reached the evening upon the natural disposition of Islam, and upon the statement of sincerity, and upon the religion of our Prophet Muhammad ﷺ, and upon the way of our father Ibrahim, who was upright and submitted solely to Allah, and he was not among the idolators. **(Musnad Ahmad)**

الْحَمْدُ لِلَّهِ الَّذِي كَفَانِي وَآوَانِي وَأَطْعَمَنِي وَسَقَانِي وَالَّذِي مَنَّ عَلَيَّ فَأَفْضَلَ

Al-hamdulillahi-illathi kafaani, Wa aawaani, Wa at'amani, Wa saqaani, Wallathi manna 'alayya fa-afdala

5) Praise be to God who has given me sufficiency, has guarded me, given me food and drink, been most gracious to me. **(Sunan Abi Dawud)**



ISLAMIC FOUNDATION

AFFIRMATIONS

حَسْبِيَ اللّهُ لا إلهَ إلاّ هُوَ عَلَيهِ تَوَكَّلتُ وَهُوَ رَبُّ العَرْشِ العَظـيم (7x)

Hasbiya Allahu, Laa ilaha illa huwa, 'Alayi tawakkaltu, Wa huwa Rabbu al-'Arshi al-'Adheem (7x)

1) Allah is sufficient for me. There is none worthy of worship besides Him, upon Him I place my trust, and He is the Lord of the Mighty Throne. (Repeat seven times) **(Sunan Abi Dawud)**

Whoever recites this seven times in the morning and evening, Allah will suffice him of his worries.

بِسمِ اللهِ الذي لا يَضُرُّ مَعَ اسمِهِ شَيءٌ في الأرْضِ وَلا في السّماءِ وَهوَ السّميعُ العَليم (3x)

Bismillahi allathee laa yadurru ma'a ismihi shay-un fi al-ardi wa laa fi as-samaa-i wa huwa as-Samee'u al-'Aleem (3x)

2) In the name of Allah, with Whose Name nothing is harmed in the heavens nor the earth, and He is the All-Hearing, All-Knowing. (Repeat three times) **(Sunan Tirmidhi)**

Whoever says this three times in the morning and evening will not be harmed by anything.

أَعوذُ بِكَلِماتِ اللّهِ التّامّاتِ مِنْ شَرِّ ما خَلَق

A'udhu bi kalimaatillahi at-taamm̃aati min sharri ma khalaq

3) I seek refuge in the perfect words of Allah from the evil of whatever He has created. **(Sahih Muslim)**

Whoever says this upon settling down somewhere will not be harmed by anything as long as he is there.

رَضيـتُ بِاللهِ رَبّـاً وَبِالإِسْلامِ ديـناً وَبِمُحَـمَّدٍ ﷺ نَبيّـاً (3x)

Radhitu billahi Rabba, Wa bil-Islami Deena, Wa bi Muhammadin ﷺ Nabiyya

4) I am pleased with Allah as my Lord, Islam as my religion, and Muhammad ﷺ as my Prophet. (Repeat three times) **(Sunan Tirmidhi)**

Allah will take it upon Himself to please anyone who says this three times in the morning and evening.

سُبْحانَ اللهِ وَبِحَمْدِهِ ، عَدَدَ خَلْقِه ، وَرِضا نَفْسِه ، وَزِنَةَ عَرْشِه ، وَمِدادَ كَلِماتِه (3x)

Subhan Allahi wa bihamdihi, ‘Adada khalqihi, Wa ridaa nafsihi, Wazinata ‘arshihi, Wa midaada kalimaatih (3x)

5) Glory be to Allah with His praise, I praise Him by the number of His creation, by what pleases Him, by the weight of His Throne, and by the endless ink of His words. (Repeat three times) **(Sahih Muslim)**

Saying the above three times is greater than spending the entire morning in ibadah.



ISLAMIC FOUNDATION

SUPPLICATIONS

اللّهُمَّ عالِمَ الغَيْبِ وَالشّهادَةِ ، فاطِرَ السّماواتِ وَالأرْضِ ، رَبَّ كلِّ شَيءٍ وَمَليكَه ، أَشْهَدُ أَنْ لا إِلهَ إِلاّ أَنْت ، أَعوذُ بِكَ مِن شَرِّ نَفْسي ، وَمِن شَرِّ الشَّيْطانِ وَشِرْكِه ، وَأَنْ أَقْتَـرِفَ عَلى نَفْسي سوءاً أَوْ أَجُـرَّهُ إِلى مُسْـلِم

Allahumma ‘Aalima al-Ghaybi wash-shahaadati, Faatira as-samaawaati wal-ardi, Rabba kulli shay-in wa maleekahu, Ashadu al-laa ilaha illa Anta, A’udhu bika min sharri nafsee, Wa min sharri ash-Shaytaani wa sharakihi, Wa an aqtarifa ‘ala nafsee soo-an aw ajurrahu ilaa muslim

1) O Allah, Knower of the Unseen and the Seen, Originator of the heavens and the earth, Lord of all things and their Sovereign, I testify that there is none worthy of worship besides You. I seek refuge in You from the evil of my own self, and from the evil of Shaytaan and the polytheism to which he calls, and from committing any evil against myself, or afflicting any evil upon any Muslim. **(Sunan Tirmidhi)**

The Prophet ﷺ taught this to his closest companion, Sayyiduna Abu Bakr, when he specifically requested a supplication to read in the morning, evening, and before sleep.

يا حَيُّ يا قَيّومُ بِرَحْمَتِكِ أَسْتَغيث ، أَصْلِحْ لي شَأْني كُلَّه ، وَلا تَكِلني إِلى نَفْسي طَرْفَةَ عَين

Yaa Hayyu yaa Qayyum, Bi rahmatika astagheeth, Aslih lee sha-nee kullahu, Wa laa takilnee ila nafsee tarfata ‘ayn

2) O the Ever-Living, O the All-Sustaining, I seek assistance through Your mercy. Rectify all of my affairs for me, and do not leave me to my own self for even the blink of an eye. **(Ibn as-Sunni - ‘Amal al-Yawm wa’l Laylah)**

اللّهُمَّ إِنِّي أَسْأَلُكَ العَفْوَ وَالعافِيَةَ في الدُّنْيا وَالآخِرَة ، اللّهُمَّ إِنِّي أَسْأَلُكَ العَفْوَ وَالعافِيَةَ في ديني وَدُنْيايَ وَأَهْلي وَمالي

Allahumma innee as-aluka al-'afwa wal-'aafiyata fi ad-dunya wal-aakhirati, Allahumma innee as-aluka al-'afwa wal-'aafiyata fee deenee wa dunyaaya wa ahlee wa maalee

3) O Allah, I ask You for pardon and well-being in this world and in the Hereafter. O Allah, I ask You for pardon and well-being in my religion, my worldly affairs, my family, and my wealth. **(Sunan Abi Dawud)**

اللّهُمَّ اسْتُرْ عوْراتي ، وَآمِنْ رَوْعاتي ، اللّهُمَّ احْفَظْني مِن بَينِ يَدَيَّ وَمِن خَلْفي ، وَعَن يَميني ، وَعَن شِمالي ، وَمِن فَوْقي ، وَأَعوذُ بِعَظَمَـتِكَ أَن أُغْتالَ مِن تَحْتي

Allahumma-stur 'awraatee, Wa aamin raw'aatee, Allahumma-hfadhnee mim bayni yadayya wa min khalfi, Wa 'an yameeni, Wa 'an shimaalee, Wa min fawqee, Wa a'uthu bi 'adhamatika an ughtaala min tahtee

O Allah, conceal my faults, and calm my worries. O Allah, protect me in front of me and behind me, and on my right and on my left, and from above me, and I seek refuge in You that I be taken unaware by a calamity beneath me. **(Sunan Abi Dawud)**

The close companion, Abdullah bin Umar, reported that never a morning or evening would go by without the Prophet ﷺ making the above supplication.

اللَّهُمَّ إِنِّي أَسْأَلُكَ الهُدَىٰ والتُّقَىٰ والعَفَافَ والغِنَىٰ

Allahumma innee as-aluka al-hudaa, wa at-tuqaa, wal-'afaafa, wal-ghinaa

4) O Allah! I ask You for guidance, piety, chastity and self- sufficiency. **(Muslim)**

اللّهُمَّ عافِني في بَدَني ، اللّهُمَّ عافِني في سَمْعي ، اللّهُمَّ عافِني في بَصَري ، لا إلهَ إلاّ اللّه أَنْتَ ، اللّهُمَّ إِنّي أَعوذُ بِكَ مِنَ الْكُفر ، وَالفَقْر ، وَأَعوذُ بِكَ مِنْ عَذابِ القَبْر ، لا إلهَ إلاّ أَنْتَ (3x)

Allahumma ‘aafinee fee badanee, Allahumma ‘aafinee fee sam’ee, Allahumma ‘aafinee fee basaree, Laa ilaha illa Anta, Allahumma innee a’udhu bika mina al-kufri wal-faqri, Wa a’udhu bika min ‘athaabi al-qabri, Laa ilaaha illa Anta (3x)

5) 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 none worthy of worship besides You. O Allah, I seek refuge in You from disbelief and poverty, and I seek refuge in You from the punishment of the grave. There is none worthy of worship besides You. (Repeat three times) **(Sunan Abi Dawud)**

اللَّهُمَّ إِنِّي أَسْأَلُكَ الصِّحَّةَ وَالْعِفَّةَ والأمانةَ وحُسنَ الْخلق والرضى بِالْقدرِ

Allahumma innee as-aluka as-sihhata, wal-’iffata, wal-amaanata, wa husna al-khuluqa, war-ridaa bil-qadr

6) O Allah, I ask you for health, continence, integrity, a good character, and acceptance of what is decreed. **(al-Adab al-Mufrad of Imam Bukhari)**

This prayer would be frequently recited by the Prophet ﷺ

اللَّهُمَّ اجْعَلْ سَرِيرَتِي خَيْرًا مِنْ عَلَانِيَتِي وَاجْعَلْ عَلَانِيَتِي صَالِحَةً

Allahumma-j'al sareeratee khayram min 'alaaniyatee, waj'al 'alaaniyatee saalihatan

7) O Allah, make my inner nature better than my outer, and make my outer nature good. **(Sunan Tirmidhi)**



ISLAMIC FOUNDATION

FORGIVENESS

اللّهمَّ أَنْتَ رَبِّي لا إلهَ إلاّ أَنْتَ ، خَلَقْتَني وَأَنا عَبْدُك ، وَأَنا عَلى عَهْدِكَ وَوَعْدِكَ ما اسْتَطَعْت ، أَعوذُ بِكَ مِنْ شَرِّ ما صَنَعْت ، أَبوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ ، وَأَبوءُ لَكَ بِذَنْبي ، فَاغْفِرْ لي فَإِنَّهُ لا يَغْفِرُ الذُّنوبَ إِلاّ أَنْتَ

Allahumma Anta Rabbi, Laa ilaaha illa Anta, Khalaqtanee wa ana 'abduka, Wa ana 'ala 'ahdika wa wa'dika mastata'tu, A'udhu bika min sharri maa sana'tu, Aboo-u laka bi ni'matika 'alayya, Wa aboo-u laka bi dhambi, Faghfir lee, Fa innahu laa yaghfiru ath-dhunooba illa Anta

1) O Allah, You are my Lord, there is none worthy of worship besides You. You created me, and I am Your slave, and I am trying to fulfill my promise and covenant to You to my best ability. I seek refuge in You from the evil of what I have committed. I acknowledge Your favors upon me, and I admit to You my sins. So forgive me, for there is none who forgives sins except for You. **(Sahih al-Bukhari)**

Whoever says this in the morning with full conviction and passes away that day will be in Jannah. Similarly, whoever says it in the evening with full conviction and passes away at night will be in Jannah.

اللَّهُمَّ طَهِّرْ قَلْبِي مِنَ النِّفَاقِ وَعَمَلِي مِنَ الرِّيَاءِ وَلِسَانِي مِنَ الْكَذِبِ وَعَيْنِي مِنَ الْخِيَانَةِ فَإِنَّكَ تَعْلَمُ خَائِنَةَ الْأَعْيُنِ وَمَا تُخْفِي الصُّدُورُ

Allahumma tahhir qalbi mina an-nifaaq, Wa 'amali mina ar-riyaa, Wa lisaani mina al-kathib, Wa 'ayni mina al-khiyanah, Fa innaka ta'lamu khaa-inata al-a'yuni wa maa tukhfi as-sudoor

2) O Allah, purify my heart from hypocrisy, my action from vain show, my tongue from falsehood and my eyes from wrongful glances, for indeed You know the treachery of the eyes and what is concealed in the hearts. **(Bayhaqi)**

اللَّهُمَّ اغْفِرِ لِي مَا قَدَّمْتُ وَمَا أَخَّرْتُ وَمَا أَسْرَرْتُ وَمَا أَعْلَنْتُ وَمَا أَنْتَ أَعْلَمُ بِهِ مِنِّي أَنْتَ الْمُقَدِّمُ وَأَنْتَ الْمُؤَخِّرُ وَأَنْتَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ

Allahumma-ghfir li ma qaddamtu, Wa ma akhkhartu, Wa ma asrartu, wa ma a'lantu, Wa ma Anta a'lamu bihi minni, Antal-Muqaddimu, Wa Antal-Mu'akhkhiru, Wa Anta 'ala kulli shay-in Qadir

3) O Allah, forgive me for those sins which I committed in the past and I may commit in future, which I committed in privacy or in public and all those sins of which You are better aware than me. You Alone can send whomever You will (to Jannah), and You Alone can send whomever You will (to Jahannam) and You are Omnipotent. **[Bukhari & Muslim]**



ISLAMIC FOUNDATION

ADKHAR

In the mornings and evenings, recite 100 times:

سُبْحانَ اللهِ وَبِحَمْدِهِ

Subhan Allahi wa bi hamdihi

1) Glory be to Allah with His praise. **(Muslim)**

One who says this 100x in the morning and evening, - no will be able to bring anything on the Day of Judgment that surpasses this (Muslim), and his sins will be forgiven, even if they are as much as the foam of the sea (Tirmidhi).

In the mornings and evenings, recite 100 times:

أَسْتَغْفِرُ اللهَ

Astaghfir Allah

2) I seek forgiveness from Allah. **(Sahih Muslim)**

The Prophet ﷺ would seek forgiveness 100 times every day.

In the mornings and evenings, recite 1, 10, or 100 times:

لاَ إِلَهَ إِلاَّ اللَّهُ وَحْدَهُ لاَ شَرِيكَ لَهُ، لَهُ الْمُلْكُ، وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَىْءٍ قَدِيرٌ

Laa ilaaha illa Allahu wahdahu laa shareeka lahu, Lahu al-mulku, Wa lahu al-Hamdu, Wa huwa 'ala kulli shay-in Qadeer

3) There is none worthy of worship except Allah alone, with no partner. To Him belongs all control and praise, and He is over all things Powerful.
(Bukhari and Muslim)

Whoever says this 100x in the morning and evening will receive the reward 100 good deeds and have 100 sins erased. He will receive the reward of freeing 10 slaves and be protected from shaytan for that day. Moreover, no one will be able surpass him except someone who did more.

ISLAMIC FOUNDATION

MORNING & EVENING

DUAS

An easy-to-read compilation of daily adhkar found within the Sunnah of the Prophet ﷺ

The du'as found within this compilation are authenically transmitted from the Messenger of Allah ﷺ.

Approved by Imam Hisham al Qaisi, Shaykh Nasser Hussein, and Mawlana Yousuf Ghouse