

BEAUTIFUL HARDSHIP

Islamic Mentoring & Educational Guidance

DAILY ADHKAR • MORNING, EVENING & BEFORE SLEEP

Assalamu alaykum wa rahmatullahi wa barakatuh.

"Remember Me, and I will remember you." (Qur'an 2:152) Adhkar are a steady, gentle way to begin and end the day in remembrance of Allah. Do what you are able to: even one dhikr said with presence of heart is better than a long list said while distracted. Consistency matters more than quantity.

When to say them: Morning adhkar are said after Fajr, through the early part of the day. Evening adhkar are said after 'Asr, into the early evening. Before-sleep adhkar are said when you lie down for the night.

How this guide is organized: Part 1 lists the adhkar said both morning and evening. Part 2 adds those said only in the morning, Part 3 those said only in the evening, and Part 4 covers bedtime.

PART 1

Morning & Evening

Said once in the morning and once in the evening, unless a different count is given.

1. Ayat al-Kursi **Once**

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ، لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ، لَهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ، مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ، يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ، وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ، وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ، وَلَا يَئُودُهُ حِفْظُهُمَا، وَهُوَ الْعَلِيُّ الْعَظِيمُ

Allahu la ilaha illa huwal-Hayyul-Qayyum, la ta'khuduhu sinatun wa la nawm, lahu ma fis-samawati wa ma fil-ard, man dhal-ladhi yashfa'u 'indahu illa bi-idhnihi, ya'lamu ma bayna aydihim wa ma khalfahum, wa la yuhituna bishay'in min 'ilmihi illa bima sha', wasi'a kursiyyuhus-samawati wal-ard, wa la ya'uduhu hifzuhuma, wa huwal-'Aliyyul-'Azim.

Allah: there is no god but Him, the Ever-Living, the Sustainer of all existence. Neither drowsiness nor sleep overtakes Him. To Him belongs whatever is in the heavens and whatever is on the earth. Who can intercede with Him except by His permission? He knows what is before them and what is behind them, and they encompass nothing of His knowledge except what He wills. His Kursi extends over the heavens and the earth, and preserving them does not weary Him. He is the Most High, the Most Great.

Source: Qur'an 2:255 (an-Nasa'i, al-Hakim)

2. Surat al-Ikhlās 3 times

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ هُوَ اللَّهُ أَحَدٌ

اللَّهُ الصَّمَدُ

لَمْ يَلِدْ وَلَمْ يُولَدْ

وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

Bismillahir-Rahmanir-Rahim. Qul huwallahu ahad. Allahus-samad. Lam yalid wa lam yulad. Wa lam yakun lahu kufuwan ahad.

Say: He is Allah, One. Allah, the Eternal Refuge. He neither begets nor was He begotten, and there is none comparable to Him.

Source: Qur'an 112 (Abu Dawud, at-Tirmidhi)

3. Surat al-Falaq 3 times

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ

مِنْ شَرِّ مَا خَلَقَ

وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ

وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ

وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ

Bismillahir-Rahmanir-Rahim. Qul a'udhu birabbil-falaq. Min sharri ma khalaq. Wa min sharri ghasiqin idha waqab. Wa min sharrin-naffathati fil-'uqad. Wa min sharri hasidin idha hasad.

Say: I seek refuge in the Lord of daybreak, from the evil of what He has created, from the evil of darkness when it settles, from the evil of those who blow on knots, and from the evil of an envier when he envies.

Source: Qur'an 113 (Abu Dawud, at-Tirmidhi)

4. Surat an-Nas 3 times

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
 قُلْ أَعُوذُ بِرَبِّ النَّاسِ
 مَلِكِ النَّاسِ
 إِلَهِ النَّاسِ
 مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ
 الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ
 مِنَ الْجِنَّةِ وَالنَّاسِ

Bismillahir-Rahmanir-Rahim. Qul a'udhu birabbinn-nas. Malikin-nas. Ilahin-nas. Min sharril-waswasil-khannas. Alladhi yuwaswisu fi suduriin-nas. Minal-jinnati wan-nas.

Say: I seek refuge in the Lord of mankind, the Sovereign of mankind, the God of mankind, from the evil of the whisperer who slinks away, who whispers into the hearts of mankind, from among jinn and mankind.

Source: Qur'an 114 (Abu Dawud, at-Tirmidhi)

5. Sayyid al-Istighfar (the master supplication for forgiveness) Once

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 بِذَنْبِي فَاغْفِرْ لِي، فَإِنَّهُ لَا يَغْفِرُ
 الذُّنُوبَ إِلَّا أَنْتَ

Allahumma anta rabbi la ilaha illa anta, khalaqtani wa ana 'abduka, wa ana 'ala 'ahdika wa wa'dika mastata'tu, a'udhu bika min sharri ma sana'tu, abu'u laka bini'matika 'alayya, wa abu'u bidhanbi faghfir li, fa innahu la yaghfirudh-dhunuba illa anta.

O Allah, You are my Lord; there is no god but You. You created me and I am Your servant, and I keep Your covenant and promise as best I can. I seek refuge in You from the evil of what I have done. I acknowledge Your favor upon me, and I acknowledge my sin, so forgive me, for none forgives sins but You.

Source: al-Bukhari

6. Protection from the self and from Shaytan Once

اللَّهُمَّ فَاطِرَ السَّمَاوَاتِ وَالْأَرْضِ، عَالِمَ الْغَيْبِ وَالشَّهَادَةِ، رَبِّ كُلِّ شَيْءٍ وَمَلِيكَهُ، أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ، أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي، وَمِنْ شَرِّ الشَّيْطَانِ وَشَرِّكَه، وَأَنْ أَفْتَرِفَ عَلَى نَفْسِي سُوءًا أَوْ أَجْرَهُ إِلَى مُسْلِمٍ

Allahumma fatiras-samawati wal-ard, 'alimal-ghaybi wash-shahadah, rabba kulli shay'in wa malikah, ashhadu an la ilaha illa anta, a'udhu bika min sharri nafs, wa min sharrish-shaytani wa shirkah, wa an aqtarifa 'ala nafs su'an aw ajurrahu ila muslim.

O Allah, Originator of the heavens and the earth, Knower of the unseen and the seen, 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, from the evil of Shaytan and his call to shirk, and from doing wrong against myself or bringing it upon another Muslim.

Source: Abu Dawud, at-Tirmidhi

7. Well-being and protection Once

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ، اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي دِينِي وَدُنْيَايَ وَأَهْلِي وَمَالِي، اللَّهُمَّ اسْتُرْ عَوْرَاتِي وَآمِنْ رَوْعَاتِي، اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ يَدَيَّ وَمِنْ خَلْفِي وَعَنْ يَمِينِي وَعَنْ شِمَالِي وَمِنْ فَوْقِي، وَأَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي

Allahumma inni as'alukal-'afiyata fid-dunya wal-akhirah. Allahumma inni as'alukal-'afwa wal-'afiyata fi dini wa dunyaya wa ahli wa mali. Allahummastur 'awratu wa amin raw'ati. Allahummahfazni min bayni yadayya wa min khalfi wa 'an yamini wa 'an shimali wa min fawqi, wa a'udhu bi'azamatika an ughtala min tahti.

O Allah, I ask You for well-being in this world and the next. O Allah, I ask You for pardon and well-being in my religion, my worldly life, my family, and my wealth. O Allah, cover my faults and calm my fears. O Allah, protect me from in front of me and behind me, from my right and my left, and from above me, and I seek refuge in Your greatness from being struck down from beneath me.

Source: Abu Dawud, Ibn Majah, Ahmad

8. Nothing can harm with His name 3 times

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

Bismillahir-ladhi la yadurru ma'asmihi shay'un fil-ardi wa la fis-sama'i wa huwas-Sami'ul-'Alim.

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

Source: Abu Dawud, at-Tirmidhi

9. Being pleased with Allah, Islam, and the Prophet 3 times

رَضِيتُ بِاللَّهِ رَبًّا، وَبِالْإِسْلَامِ دِينًا، وَبِمُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ نَبِيًّا

Radeetu billahi rabba, wa bil-Islami dina, wa bi Muhammadin sallallahu 'alayhi wa sallama nabiyya.

I am pleased with Allah as my Lord, with Islam as my religion, and with Muhammad (peace and blessings be upon him) as my Prophet.

Source: Abu Dawud, at-Tirmidhi, Ahmad

10. Glorifying Allah 3 times

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ: عَدَدَ خَلْقِهِ، وَرِضَا نَفْسِهِ، وَزِينَةَ عَرْشِهِ، وَمَدَادَ كَلِمَاتِهِ

Subhanallahi wa bihamdihi: 'adada khalqihi, wa rida nafsih, wa zinata 'arshihi, wa midada kalimatih.

Glory be to Allah and praise to Him: as many as the number of His creation, as much as pleases Him, as heavy as the weight of His Throne, and as vast as the ink of His words.

Source: Muslim

11. Well-being in body, hearing, and sight 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 anta.

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.

Source: Abu Dawud, Ahmad

12. Refuge from disbelief, poverty, and the punishment of the grave 3 times

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ وَالْفَقْرِ، وَأَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ، لَا إِلَهَ إِلَّا أَنْتَ

Allahumma inni a'udhu bika minal-kufri wal-faqr, wa a'udhu bika min 'adhabil-qabr, la ilaha illa anta.

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 no god but You.

Source: Abu Dawud, Ahmad

13. Asking Allah to set our affairs right Once

يَا حَيُّ يَا قَيُّوْمُ، بِرَحْمَتِكَ أَسْتَغِيْثُ، أَصْلِحْ لِيْ شَأْنِيْ كُلَّهُ، وَلَا تَكِلْنِيْ إِلَى نَفْسِي طَرْفَةَ عَيْنٍ

Ya Hayyu ya Qayyum, birahmatika astaghith, aslih li sha'ni kullah, wa la takilni ila nafsi tarfata 'ayn.

O Ever-Living, O Sustainer of all, I call on Your mercy for help. Set right all my affairs, and do not leave me to myself, even for the blink of an eye.

Source: an-Nasa'i (al-Kubra), al-Hakim

14. Calling Allah and His creation to witness (morning wording) 4 times

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

Allahumma inni asbahtu ushhiduka, wa ushhidu hamalata 'arshika, wa mala'ikataka, wa jami'a khalqika, annaka antallahu la ilaha illa anta wahdaka la sharika laka, wa anna Muhammadan 'abduka wa rasuluk.

O Allah, this morning I call You to witness, and I call to witness the bearers of Your Throne, Your angels, and all of Your creation, that You are Allah, there is no god but You alone, without partner, and that Muhammad is Your servant and Messenger.

Source: Abu Dawud, an-Nasa'i (al-Kubra)

15. Tahlil 10 times (or up to 100 times during the day)

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-hamd, 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.

Source: at-Tirmidhi, Ahmad; al-Bukhari and Muslim (100 times in a day)

16. Tasbih and tahmid 100 times

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

Subhanallahi wa bihamdih.

Glory be to Allah, and praise to Him.

Source: Muslim, at-Tirmidhi

17. Seeking forgiveness Up to 100 times during the day

أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ

Astaghfirullah wa atubu ilayh.

I seek Allah's forgiveness and turn to Him in repentance.

Source: al-Bukhari, Muslim

PART 2

Morning Only

Add these to Part 1 in the morning.

1. By You we enter the morning Once

اللَّهُمَّ بِكَ أَصْبَحْنَا، وَبِكَ أَمْسَيْنَا، وَبِكَ نَحْيَا، وَبِكَ نَمُوتُ، وَإِلَيْكَ النُّشُورُ

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

O Allah, by You we enter the morning and by You we enter the evening; by You we live and by You we die, and to You is the resurrection.

Source: Abu Dawud, at-Tirmidhi

2. The morning of Allah's dominion Once

أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ، وَالْحَمْدُ لِلَّهِ، لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ
الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ. رَبِّ أَسْأَلُكَ خَيْرَ مَا فِي هَذَا الْيَوْمِ وَخَيْرَ مَا بَعْدَهُ، وَأَعُوذُ
بِكَ مِنْ شَرِّ هَذَا الْيَوْمِ وَشَرِّ مَا بَعْدَهُ. رَبِّ أَعُوذُ بِكَ مِنَ الْكَسَلِ وَسُوءِ الْكِبَرِ، رَبِّ أَعُوذُ بِكَ
مِنْ عَذَابٍ فِي النَّارِ وَعَذَابٍ فِي الْقَبْرِ

Asbahna wa asbahal-mulku lillah, walhamdu lillah, la ilaha illallahu wahdahu la sharika lah, lahu-lmulku wa lahu-lhamdu wa huwa 'ala kulli shay'in qadir. Rabbi as'aluka khayra ma fi hadhal-yawmi wa khayra ma ba'dah, wa a'udhu bika min sharri hadhal-yawmi wa sharri ma ba'dah. Rabbi a'udhu bika minal-kasali wa su'il-kibar. Rabbi a'udhu bika min 'adhabin fin-nar wa 'adhabin fil-qabr.

We have entered a new morning and the dominion belongs to Allah, and all praise is for Allah. 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. My Lord, I ask You for the good of this day and the good of what follows it, and I seek refuge in You from the evil of this day and the evil of what follows it. My Lord, I seek refuge in You from laziness and the helplessness of old age. My Lord, I seek refuge in You from punishment in the Fire and punishment in the grave.

Source: Muslim

3. Gratitude for every blessing Once

اللَّهُمَّ مَا أَصْبَحَ بِي مِنْ نِعْمَةٍ أَوْ بِأَحَدٍ مِنْ خَلْقِكَ فَمِنْكَ وَحْدَكَ لَا شَرِيكَ لَكَ، فَلَكَ
الْحَمْدُ وَلَكَ الشُّكْرُ

Allahumma ma asbaha bi min ni'matin aw bi-ahadin min khalqika faminka wahdaka la sharika lak, falakal-hamdu wa lakash-shukr.

O Allah, whatever blessing has come to me this morning, or to any of Your creation, is from You alone, with no partner. So all praise and all thanks are Yours.

Source: Abu Dawud, an-Nasa'i (al-Kubra)

4. Upon the fitrah of Islam **Once**

أَصْبَحْنَا عَلَى فِطْرَةِ الْإِسْلَامِ، وَعَلَى كَلِمَةِ الْإِخْلَاصِ، وَعَلَى دِينِ نَبِيِّنَا مُحَمَّدٍ صَلَّى
اللَّهُ عَلَيْهِ وَسَلَّمَ، وَعَلَى مِلَّةِ أَبِيْنَا إِبْرَاهِيمَ حَنِيفًا مُسْلِمًا وَمَا كَانَ مِنَ الْمُشْرِكِينَ

Asbahna 'ala fitratil-Islam, wa 'ala kalimatil-ikhlas, wa 'ala dini nabiyyina Muhammadin sallallahu 'alayhi wa sallam, wa 'ala millati abina Ibrahima hanifan musliman wa ma kana minal-mushrikin.

We have entered the morning upon the natural way of Islam, upon the word of sincere devotion, upon the religion of our Prophet Muhammad (peace and blessings be upon him), and upon the way of our father Ibrahim, upright and submitting to Allah; he was not among those who associate others with Him.

Source: Ahmad, ad-Darimi

5. Beneficial knowledge, good provision, accepted deeds **Once**

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا، وَرِزْقًا طَيِّبًا، وَعَمَلًا مُتَقَبَّلًا

Allahumma inni as'aluka 'ilman nafi'an, wa rizqan tayyiban, wa 'amalan mutaqabbalan.

O Allah, I ask You for beneficial knowledge, good provision, and deeds that are accepted.

Source: Ibn Majah (said after the Fajr prayer)

PART 3

Evening Only

Add these to Part 1 in the evening. In the evening, say the "ushhiduka" supplication (Part 1, number 14) with the evening wording below.

1. By You we enter the evening Once

اللَّهُمَّ بِكَ أَمْسَيْنَا، وَبِكَ أَصْبَحْنَا، وَبِكَ نَحْيَا، وَبِكَ نَمُوتُ، وَإِلَيْكَ الْمَصِيرُ

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

O Allah, by You we enter the evening and by You we enter the morning; by You we live and by You we die, and to You is the final return.

Source: Abu Dawud, at-Tirmidhi

2. The evening of Allah's dominion Once

أَمْسَيْنَا وَأَمْسَى الْمُلْكُ لِلَّهِ، وَالْحَمْدُ لِلَّهِ، لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ. 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

Amsayna wa amsal-mulku lillah, walhamdu lillah, la ilaha illallahu wahdahu la sharika lah, la hul-mulku wa la hul-hamdu wa huwa 'ala kulli shay'in qadir. Rabbi as'aluka khayra ma fi hadhihil-laylati wa khayra ma ba'daha, wa a'udhu bika min sharri hadhihil-laylati wa sharri ma ba'daha. Rabbi a'udhu bika minal-kasali wa su'il-kibar. Rabbi a'udhu bika min 'adhabin fin-nar wa 'adhabin fil-qabr.

We have entered the evening and the dominion belongs to Allah, and all praise is for Allah. 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. My Lord, I ask You for the good of this night and the good of what follows it, and I seek refuge in You from the evil of this night and the evil of what follows it. My Lord, I seek refuge in You from laziness and the helplessness of old age. My Lord, I seek refuge in You from punishment in the Fire and punishment in the grave.

Source: Muslim

3. Gratitude for every blessing Once

اللَّهُمَّ مَا أَمْسَى بِي مِنْ نِعْمَةٍ أَوْ بِأَحَدٍ مِنْ خَلْقِكَ فَمِنْكَ وَحْدَكَ لَا شَرِيكَ لَكَ، فَلَكَ الْحَمْدُ وَلَكَ الشُّكْرُ

Allahumma ma amsa bi min ni'matin aw bi-ahadin min khalqika faminka wahdaka la sharika lak, falakal-hamdu wa lakash-shukr.

O Allah, whatever blessing has come to me this evening, or to any of Your creation, is from You alone, with no partner. So all praise and all thanks are Yours.

Source: Abu Dawud, an-Nasa'i (al-Kubra)

4. Upon the fitrah of Islam **Once**

أَمْسَيْنَا عَلَى فِطْرَةِ الْإِسْلَامِ، وَعَلَى كَلِمَةِ الْإِخْلَاصِ، وَعَلَى دِينِ نَبِيِّنَا مُحَمَّدٍ صَلَّى
اللَّهُ عَلَيْهِ وَسَلَّمَ، وَعَلَى مِلَّةِ أَبِيْنَا إِبْرَاهِيمَ حَنِيفًا مُسْلِمًا وَمَا كَانَ مِنَ الْمُشْرِكِينَ

Amsayna 'ala fitratil-Islam, wa 'ala kalimatil-ikhlas, wa 'ala dini nabiyyina Muhammadin sallallahu 'alayhi wa sallam, wa 'ala millati abina Ibrahima hanifan musliman wa ma kana minal-mushrikin.

We have entered the evening upon the natural way of Islam, upon the word of sincere devotion, upon the religion of our Prophet Muhammad (peace and blessings be upon him), and upon the way of our father Ibrahim, upright and submitting to Allah; he was not among those who associate others with Him.

Source: Ahmad, ad-Darimi

5. Refuge in Allah's perfect words **3 times**

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

A'udhu bikalimatillahit-tammati min sharri ma khalaq.

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

Source: at-Tirmidhi, Ahmad

6. Calling Allah and His creation to witness (evening wording) **4 times**

اللَّهُمَّ إِنِّي أَمْسَيْتُ أَشْهَدُكَ، وَأُشْهَدُ حَمَلَةَ عَرْشِكَ، وَمَلَائِكَتَكَ، وَجَمِيعَ خَلْقِكَ، أَنَّكَ
أَنْتَ اللَّهُ لَا إِلَهَ إِلَّا أَنْتَ وَحْدَكَ لَا شَرِيكَ لَكَ، وَأَنَّ مُحَمَّدًا عَبْدُكَ وَرَسُولُكَ

Allahumma inni amsaytu ushhiduka, wa ushhidu hamalata 'arshika, wa mala'ikataka, wa jami'a khalqika, annaka antallahu la ilaha illa anta wahdaka la sharika laka, wa anna Muhammadan 'abduka wa rasuluk.

O Allah, this evening I call You to witness, and I call to witness the bearers of Your Throne, Your angels, and all of Your creation, that You are Allah, there is no god but You alone, without partner, and that Muhammad is Your servant and Messenger.

Source: Abu Dawud, an-Nasa'i (al-Kubra)

PART 4

Before Sleep

Lie on your right side, with your right hand under your cheek. It is also a Sunnah to make wudu before sleeping.

1. Reciting the three Quls over the hands **3 times**

قُلْ هُوَ اللَّهُ أَحَدٌ • قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ • قُلْ أَعُوذُ بِرَبِّ النَّاسِ

Qul huwallahu ahad • Qul a'udhu birabbil-falaq • Qul a'udhu birabbin-nas (full text in Part 1)

Each night the Prophet (peace and blessings be upon him) would cup his palms together, blow lightly into them, and recite Surat al-Ikhlās, al-Falaq, and an-Nas. He would then wipe his hands over as much of his body as he could, beginning with his head and face and the front of his body.

Source: al-Bukhari

2. Ayat al-Kursi **Once**

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ ...

Recite Ayat al-Kursi in full (text and meaning in Part 1).

Whoever recites it when going to bed will have a protector from Allah over him through the night, and Shaytan will not come near him until morning. The Prophet (peace and blessings be upon him) confirmed this to Abu Hurayrah.

Source: al-Bukhari

3. The last two verses of Surat al-Baqarah **Once**

أَمَّنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ، كُلٌّ آمَنَ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ
وَرُسُلِهِ، لَا تُفَرِّقُ بَيْنَ أَحَدٍ مِّن رُّسُلِهِ، وَقَالُوا سَمِعْنَا وَأَطَعْنَا، غُفْرَانِكَ رَبَّنَا وَإِلَيْكَ
الْمَصِيرُ

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا، لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ، رَبَّنَا لَا تُؤَاخِذْنَا إِن نَّسِينَا
أَوْ أَخْطَاْنَا، رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إِمْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِن قَبْلِنَا، رَبَّنَا وَلَا تَحْمِلْنَا
مَا لَا طَاقَةَ لَنَا بِهِ، وَاعْفُ عَنَّا وَاعْفِرْ لَنَا وَارْحَمْنَا، أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ
الْكَافِرِينَ

Amanar-rasulu bima unzila ilayhi min rabbihi wal-mu'minun, kullun amana billahi wa mala'ikatihi wa kutubihi wa rusulih, la nufarriqu bayna ahadin min rusulih, wa qalu sami'na wa ata'na, ghufranaka rabbana wa ilaykal-masir. La yukallifullahu nafsan illa wus'aha, laha ma kasabat wa 'alayha maktasabat, rabbana la tu'akhidhna in nasina aw akhta'na, rabbana wa la tahmil 'alayna isran kama hamaltahu 'alal-ladhina min qablina, rabbana wa la tuhammilna ma la taqata lana bih, wa'fu 'anna waghfir lana warhamna, anta mawlana fansurna 'alal-qawmil-kafirin.

The Messenger believes in what has been sent down to him from his Lord, and so do the believers. Each one believes in Allah, His angels, His Books, and His Messengers: "We make no distinction between any of His messengers." And they say, "We hear and we obey. Your forgiveness, our Lord, and to You is the final return." Allah does not burden any soul beyond its capacity. It will have what it has earned, and bear what it has earned. "Our Lord, do not hold us accountable if we forget or make a mistake. Our Lord, do not place on us a burden like the one You placed on those before us. Our Lord, do not burden us with more than we have the strength to bear. Pardon us, forgive us, and have mercy on us. You are our Protector, so help us against the disbelieving people."

Source: Qur'an 2:285-286 (al-Bukhari, Muslim)

4. Tasbih, Tahmid, and Takbir before sleeping **33 + 33 + 34**

سُبْحَانَ اللَّهِ (٣٣)

الْحَمْدُ لِلَّهِ (٣٣)

اللَّهُ أَكْبَرُ (٣٤)

Subhanallah (33) • Alhamdulillah (33) • Allahu Akbar (34)

Glory be to Allah. All praise is for Allah. Allah is the Greatest. The Prophet (peace and blessings be upon him) taught this to his daughter Fatimah and to 'Ali when they asked for a servant, saying it was better for them than that.

Source: al-Bukhari, Muslim

5. Gratitude for food, drink, and shelter **Once**

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَكَفَانَا وَآوَانَا، فَكَمْ مِمَّنْ لَا كَافِيَ لَهُ وَلَا مُوَيِّ

Alhamdu lillahil-ladhi at'amana wa saqana wa kafana wa awana, fakam mimman la kafiya lahu wa la mu'wi.

All praise is for Allah, who fed us, gave us drink, took care of us, and gave us shelter. How many there are with no one to take care of them and no place to shelter.

Source: Muslim

6. Asking for protection and well-being **Once**

اللَّهُمَّ خَلَقْتَ نَفْسِي وَأَنْتَ تَوَفَّاهَا، لَكَ مَمَاتُهَا وَمَحْيَاهَا، إِنْ أَحْيَيْتَهَا فَاحْفَظْهَا،
وَإِنْ أَمَتَّهَا فَاعْفِرْ لَهَا، اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَافِيَةَ

Allahumma khalaqta nafsi wa anta tawaffaha, laka mamatuha wa mahyaha, in ahyaytaha fahfazha, wa in amattaha faghfir laha. Allahumma inni as'alukal-'afiyah.

O Allah, You created my soul and You will take it back. To You belong its death and its life. If You give it life, protect it, and if You cause it to die, forgive it. O Allah, I ask You for well-being.

Source: Muslim

7. Entrusting oneself to Allah **Once**

اللَّهُمَّ أَسْلَمْتُ نَفْسِي إِلَيْكَ، وَفَوَّضْتُ أَمْرِي إِلَيْكَ، وَوَجَّهْتُ وَجْهِي إِلَيْكَ، وَأَلْجَأْتُ ظَهْرِي
إِلَيْكَ، رَغْبَةً وَرَهْبَةً إِلَيْكَ، لَا مَلْجَأَ وَلَا مَنَاجَا مِنْكَ إِلَّا إِلَيْكَ، آمَنْتُ بِكِتَابِكَ الَّذِي أَنْزَلْتَ،
وَبِنَبِيِّكَ الَّذِي أَرْسَلْتَ

Allahumma aslamtu nafsi ilayk, wa fawwadtu amri ilayk, wa wajjahtu wajhi ilayk, wa alja'tu zahri ilayk, raghbatan wa rahbatan ilayk, la malja'a wa la manja minka illa ilayk, amantu bikitabikal-ladhi anzalt, wa binabiyyikal-ladhi arsalt.

O Allah, I submit myself to You, I entrust my affairs to You, I turn my face to You, and I rely on You for support, in hope of You and in awe of You. There is no refuge and no escape from You except to You. I believe in Your Book which You revealed, and in Your Prophet whom You sent.

Source: al-Bukhari, Muslim

8. Protection from punishment on the Day of Resurrection **3 times**

اللَّهُمَّ قِنِي عَذَابَكَ يَوْمَ تَبْعَثُ عِبَادَكَ

Allahumma qini 'adhabaka yawma tab'athu 'ibadak.

O Allah, protect me from Your punishment on the Day You raise Your servants. (The Prophet, peace and blessings be upon him, would lie on his right side with his right hand under his cheek and say this.)

Source: Abu Dawud, at-Tirmidhi

9. Placing my side down in Your name Once

بِاسْمِكَ رَبِّي وَضَعْتُ جَنْبِي، وَبِكَ أَرْفَعُهُ، فَإِنْ أُمَسَّكَتَ نَفْسِي فَارْحَمَهَا، وَإِنْ
أَرْسَلْتَهَا فَاحْفَظْهَا بِمَا تَحْفَظُ بِهِ عِبَادَكَ الصَّالِحِينَ

Bismika rabbi wada'tu janbi wa bika arfa'uh, fa in amsakta nafi farhamha, wa in arsaltaha fahfazha bima tahfazu bihi 'ibadakas-salihin.

In Your name, my Lord, I lay down my side, and by You I raise it. If You take my soul, have mercy on it, and if You release it, protect it as You protect Your righteous servants.

Source: al-Bukhari, Muslim

10. The Prophet's closing words for the night Once

بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismikal-lahumma amutu wa ahya.

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

Source: al-Bukhari

Also recommended: the Prophet (peace and blessings be upon him) would not sleep until he had recited Surat as-Sajdah (32) and Surat al-Mulk (67) (at-Tirmidhi, Ahmad).

Note: Meanings are given as translations of the Arabic and are not word-for-word. Hadith sources follow the references commonly cited in Hisn al-Muslim. This guide is for learning and personal reflection and is not a substitute for study with a qualified teacher.