

Important Reminder

Muslims should get in the habit of remembering Allah in everything we do. In the following pages, readers will find the supplications (du'aas) for many different things. And who better to follow and learn from than our Holy Prophet (SAW). He (SAW) was the perfect role model because his actions and behavior were exemplary. Prophet Muhammad (SAW) always had the remembrance of Allah in thoughts, actions, and sayings. We, too, should try and emulate his (SAW) behavior by learning how to keep remembrance of Allah in our daily lives. Between the time we get up and the time we go to sleep, there is a du'a for almost every act of our lives. During the holy month of Ramadan, let us spend time memorizing these supplications to ensure that we are constantly thanking Allah for our multitude of blessings.



Click on the audio image next to each du'a to listen to the correct pronunciation.

Special Duaa's / Prayers



[Dhikr \(Supplication\)](#)

[Upon Going to Sleep and Waking Up](#)

[Upon Completing Ablution](#)

[Upon Going To The Fajr Prayer](#)

[Upon Entering The Mosque](#)

[Upon Exiting The Mosque](#)

[Upon Hearing The Adhan \(Call to Prayer\) And Iqamah](#)

[Enjoining Dhikr After Prayers](#)

[Supplications After Fajr Prayer](#)

[Upon Leaving The House](#)

[Supplications for Day & Night](#)

[Seeking Forgiveness](#)

[Du'a For Protection From Misfortune \(The Du'a of Abu-Darda\)](#)

[Getting Undressed](#)

[Upon Entering The House](#)

[Before Entering The Restroom](#)

[After Leaving The Restroom](#)

[Upon Going To Sleep](#)

[Waking Up from a Bad Dream](#)

[Supplication In Distress](#)

[Upon Fearing Someone](#)

[Upon Finding Something Difficult](#)

[To Protect Oneself](#)

[Protection For Children](#)

[Supplications and Visiting the Sick](#)

[When Someone Sneezes](#)

[What To Say To The Groom On Marrying](#)

[What To Say Before Marital Relations \(Sexual Intimacy\)](#)

[Upon Leaving Any Gathering](#)

[Upon Getting Angry](#)

[Upon Entering the Marketplace](#)

[Some Supplications](#)

[Upon Traveling \(Taking a Trip\)](#)

[Bidding Farewell to Someone](#)

[Starting A Journey](#)

[Supplication for Riding \(or Driving\)](#)

[Returning from a Journey](#)

[Upon Entering A City](#)

[Upon Eating & Drinking](#)

[Upon Breaking the Fast](#)

[Upon Finishing a Meal](#)

[What The Guest Says To His Host](#)

Dhikr (Supplication)

The Prophet (Salallahu 'alaihi was sallam) said:

The best dhikr is:

لَا إِلَهَ إِلَّا اللَّهُ

'La ilaha illa Allah'

(There is no god but Allah). (T & IM)



"There are two expressions which are light on the tongue but heavy in scale and are dear to the Compassionate One (Allah). These two phrases are:

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

'Subha-nal-lahi-wa-biham-dihi'

(Glorified be Allah and His is the Praise.)



سُبْحَانَ اللَّهِ الْعَظِيمِ

'Subha-nal-lahil Adeem'

(Glorified be Allah, the Most Exalted)." (B)



"The dearest words to Allah are four:

سُبْحَانَ اللَّهِ

'SubhanAllah'

(Glory be to Allah)



الْحَمْدُ لِلَّهِ

'Alhamdulillah'
(Praise be to Allah)



اللَّهُ أَكْبَرُ

'Allahu Akbar'
(God is the Greatest)



لَا إِلَهَ إِلَّا اللَّهُ

'La ilaha illallah'
(There is no god but Allah)



There is no difference in which order you say them (while remembering Allah)." (M)

Once the Prophet (S) left to pray Fajr Salat from (his wife's home) while she was offering prayer. When he (S) returned after Ishraq prayer, she was still sitting on her prayer carpet. On this he (S) said to her: "Have you been continuously sitting in the same place since I left you?" She replied, "Yes." Thereupon he (S) said: "After I left you, I have recited four sentences three times; and if they could be measured against what you have recited since morning they would prove weightier. These four sentences are:

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ عَدَدَ خَلْقِهِ، وَرِضَا نَفْسِهِ، وَوزنة عرشه، ومداد كلماته

"Subhanal lahi wa bi ham-di-hi ada-da Khal-qihi wa rida'a naf-sihi wa zina-ta 'ar-shi-hi wa mida-da Kale-mate-hi."

(Glory be to Allah and praise is due to Him, according to the number of His creation and according to His pleasure and corresponding to the weight of His Throne and as much as the ink [used in recording] His words). (M)



"Whoever says,

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

**'La illaha illallah, wah-dahu la sharika lah, Lahul-mulku
wa lahul hamd, wa huwa 'ala Kul-li shayin Qadeer.'**



(There is no god but Allah, alone, without any partner. The Kingdom and praise belong to Him and He has power over everything.)

...100 times a day, will have a recompense equal to that of freeing ten slaves. Also, 100 good actions are written for him, 100 wrong actions are erased from him, and it is a protection from Satan for that day until the night. No one does anything more excellent than someone who does more than that." (B & M)

"Is one amongst you powerless to get one thousand virtues every day?" Amongst those who had been sitting there, one asked, 'How can one amongst us get one thousand virtues every day?' He (S) said, "Say:

سُبْحَانَ اللَّهِ

'Subhan Allah'
(Glory be Allah)



...100 times. For (by reciting them), one thousand virtues are recorded (to your credit) and one thousand vices are blotted out." (M)

"Shall I tell you a sentence which is one of the treasures of Paradise?" I said, 'Yes, Messenger of Allah!' He said, "It is...

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

'La Haula wala Quwwata il-la bil-lah.'

(There is neither strength nor power except with Allah)." (B & M)



"He who says,

رَضِيتُ بِاللَّهِ رَبًّا وَبِالْإِسْلَامِ دِينًا وَبِمُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

رسولا

'Raditu bil-lahi rabban wabil-islami dinan wabi-Muhammadin nabiyyan salalahi aleihe weselem rasulah.'

(I am pleased with Allah as a God, and Islam as a religion, and Muhammad (S) as a messenger.)



...paradise is his." (AD)

"He who says,

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

'Subhan Allah Wa Bihamdih'

(Holy is Allah and to Him belongs all praise)



...a date tree is planted for him in Paradise." (T)



Upon Going to Sleep and Waking Up

When the Prophet (S) went to bed at night, he would put his hand under his cheek and then say,

اللهم بسمك اموت واحيا

'Allahumma bismeka amootu wa ahiya'
(O Allah, with Your Name I die and live).



When he (S) got up, he would say,

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

'Alhamdu lil lahillathi ahyana baada ma amatana wa ilaihin-nushoor.'

(All thanks and praise to Allah Who has given us life after causing us to die (i.e. sleep), and unto Him is the Resurrection). (B)



Upon Completing Ablution

"If anyone amongst you performs the ablution and upon completing it says,

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ
وَرَسُولُهُ

'Ashhadu ana la ilaha ilalah wah dawho la sharika lawho wa ashadu ana, Muhammadan abduwho wa rasulwho.'

(I testify that there is no god but Allah and that Muhammad is the servant of Allah and His Messenger),



...the eight gates of Paradise will be opened for him and he may enter by whichever of them he wishes."



Upon Going To The Fajr Prayer

The Prophet (S) said upon going to Fajr salat,

اللَّهُمَّ اجْعَلْ فِي قَلْبِي نُورًا، وَفِي لِسَانِي نُورًا، وَاجْعَلْ فِي سَمْعِي نُورًا،
وَاجْعَلْ فِي بَصَرِي نُورًا، وَاجْعَلْ مِنْ خَلْفِي نُورًا، وَمِنْ أَمَامِي نُورًا،
وَاجْعَلْ مِنْ فَوْقِي نُورًا، وَمِنْ تَحْتِي نُورًا. اللَّهُمَّ اعْطِنِي نُورًا

**'Alahumma ijal fi qelbee nuran, we fi lisanee nuran,
waj-al fi semh-e nuran, wajh al fi beseri nuran, waj al
min khelfee nuran, wa min ama mee nuran, waj al min
fow qee nuran, wa min tah tea nuran, Alahumma ah'tea
nee nura.'**



(O Allah, place light in my heart, light in my sight, light in my hearing, light on my right hand, light on my left hand, light above me, light below me, light in front of me, light behind me, and enhance light for me). (M)



Upon Entering The Mosque

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

'Allahummaa- aftah li abwaba rahmatik.'

(O Allah! Open for me the gates of Your mercy.) (M)



Upon Exiting The Mosque

اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

'Allahumma-inee ass aluka min fadlik.'

(O Allah! I beg of You of Your Grace.) (M & AD & Ns)





Upon Hearing The Adhan (Call to Prayer) And Iqamah

"When you hear the Mu'adhdhin (the person who calls to prayer), repeat what he says. Then invoke a blessing on me, for everyone who invokes a blessing on me will receive ten blessings from Allah. Then beg from Allah al-Wasilah for me, which is a rank in Paradise fitting for only one of Allah's Servants, and I hope that I may be that one. If anyone asks that I be given the Wasilah, he will be assured of my intercession."

اللَّهُمَّ رَبَّ هَذِهِ الدَّعْوَةِ التَّامَّةِ، وَالصَّلَاةِ الْقَائِمَةِ، آتِ مُحَمَّدًا الْوَسِيلَةَ
وَالْفَضِيلَةَ، وَأَبْعَثْهُ مَقَامًا مَحْمُودًا الَّذِي وَعَدْتُهُ. إِنَّكَ لَا تُخْلِفُ الْمِيعَادِ

**'Allahumma rabba hadihi-d-da wati-t-tammati was
salati-l qa'imati, ati Muhammadani-l wasilata wa-l
fadilata, wa-b-'athu maqamam mahmudani-l-ladi wa
'adtahu. 'Innaka La Tukhlifu Al-Mi'ad.'**



(O Allah, Lord of this perfect call and established prayer. Grant Muhammad the intercession and favor, and raise him to the honored station You have promised him. You never fail in Your promise.) (M)



Enjoining Dhikr After Prayers

When the Prophet (S) finished his prayer, he begged forgiveness,

أَسْتَغْفِرُ اللَّهَ

'Assthegh-frrlah'

(I seek the forgiveness of Allah)



...three times and said:

اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ، تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

**'Allāhuma inta salam, wa minka asalam tebarekta yathel
jelal wel ekram.'**

(O Allah! You are Peace, and peace comes from You. Blessed You are, O possessor of Glory and Honor). (M)



When the Prophet (S) finished the prayer and pronounced salutation, he (S) uttered (this supplication):

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، اللَّهُمَّ لَا مَانِعَ لِمَا أَعْطَيْتَ، وَلَا مُعْطِي لِمَا مَنَعْتَ، وَلَا يَنْفَعُ ذَا الْجَدِّ مِنْكَ الْجَدُّ

**'La ilaha ilalah wahdawho la sherika lah, la hul mulk wa
la hul hamd, wa hua ala kulee shein qedir.'**

**'Alahumma la maneh li maa aah tait wa la mooh tee li
maa menah-t walla yenfah thel jed minka el jed.'**

(There is no god but Allah. He is alone, Who has no partner. To Him belongs the sovereignty, to Him praise is due, and He is potent over everything. O Allah! No one can withhold what You give, or give what You withhold, and the riches cannot avail a wealthy person with You.) (B & M)



Never quit saying after each prayer:

اللهم اعني على ذكرك وشكرك وحسن عبادتك

**'Alahumma as innee ala thikrika wa shukrika wa husnee
ibadatika.'**

(O Allah, help me in remembering You, in offering thanks to You, and in worshipping You properly.)





Supplications After Fajr Prayer

"Whoever recites three times on Friday morning before the Fajr prayer,

استغفر الله الذي لا اله الا هو الحي القيوم و اتوب اليه

'Asstaghfirulah allathe lailaha ila huwa, al hiyoul qaiyoum wa atubu ilay he.'

(I ask forgiveness from Allah who is the Only God, the Living and Qayuum and repent to Him)



...Allah would forgive his sins even if they were as much as the foam of the sea." (Ibn Alsani)

"Whoever prays the Fajr in Jama'ah (group), then remains sitting remembering Allah (Dhikr) until the sun rises, and then prays two rakhas it is as if he performed Hajj and Umrah; complete, complete, complete." (T)

"When you finish the sunset prayer (Maghrib), say:

اللهم اجرني من النار

'Alahumma ajirnee minannar' seven times.

(O Allah, protect me from Hell.)



If you say that and die that night, protection from it would be recorded for you. And when you finish the dawn prayer (Fajr), say:

اللهم اجرني من النار

'**Alahumma ajirnee minannar.**' seven times.
(O Allah, protect me from Hell.)



If you die that day, you are granted protection from it." (Ad)



Upon Leaving The House

Upon leaving the house the Prophet (S) recited,

بِسْمِ اللَّهِ، تَوَكَّلْتُ عَلَى اللَّهِ، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ أَنْ أُضِلَّ، أَوْ أُضِلَّ، أَوْ
أُزَلَّ، أَوْ أُزَلَّ، أَوْ أُظْلَمَ، أَوْ أُظْلَمَ، أَوْ أَجْهَلَ، أَوْ يُجْهَلَ عَلَيَّ

'**Bismillah tawakaltu 'alallah, Allahumma inni audhu bika
an adilla au udalla au azilla au uzalla au azlima
au-uzlama au aj-hala au yuj-hala 'alayya.**'

(In the name of Allah. I repose my trust in Allah, and there is neither power nor any might except with Allah. O Allah, I seek refuge with You from leading others astray, causing others to slip or being caused to slip by others, doing wrong or being wronged by others, or behaving foolishly or being treated foolishly by others). (Ah & T & Ns)



Supplications for Day & Night

The most superior way of asking for forgiveness from Allah is to recite:

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

**Alahumma anta rebi la ilaha ila ant, khalacktanee, waana
abduk, wa ana ala ahdick wa wahdick mstata-ht, authu
bika min shree ma sana-ht, aboouh laka bi ni'mateeka
aley, wa aboouh bi thenbee faghfirlee fa inawho la
yeghfr uthunooba illa ant.'**



(O Allah, You are my Lord. None has the right to be worshipped but You. You created me and I am Your slave. I am faithful in my covenant and my promise (to You) as much as I can. I seek refuge in You from all the evil I have done. I acknowledge before You all the blessings You have bestowed upon me, and I confess to You all my sins. So I entreat You to forgive my sins, for nobody can forgive sins except You.)

The Prophet (S) added that if somebody recites it during the day with firm faith in it, and dies on the same day before the evening, he will be one of the people of Paradise. And if somebody recites it at night with firm faith in it, and dies before the morning, he will be one of the people of Paradise. (B & Others)

"A person who recites 100 times in the morning and in the evening (these words):

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

'Subhanalah wa beehamdi he.'

(Glory be Allah and all praise is due to Him.)



would not bring on the Day of Resurrection anything better than this except one who utters these words more often."

"Any person who recites three times in the beginning of each day and night,

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

**'Bismillahl alethee la yadhuru ma 'ismuhu sha-e' feel
ardh wa fees sama ' wa who was samee'ul aleem.'**

(In the name of Allah, when Whose name is mentioned nothing on Earth or in Heaven can cause harm, and He is the Hearer, the Knower.)



...nothing will harm him." In a narration by AD he will not suffer sudden affliction. (AD & T)



Seeking Forgiveness

"By Allah! I ask for forgiveness from Allah and turn to Him in repentance more than seventy times a day."

استغفر الله

'Astaghfirul lah.'

(I ask for forgiveness.) (B)



A man came to the Prophet (S) and said: 'Oh Messenger of Allah, I suffered from a scorpion sting last night.' He (S) replied, 'If you had said when night fell:

اعوذ بكلمات الله التامات من شر ما خلق

**'A'oothu Bikale-ma-til-lahit-tam-maate min Shar-re ma
Khalaq.'**

(I seek refuge with the complete words of Allah.)



it wouldn't have harmed you.' (M)

Once the Prophet (S) saw a man from the Ansar called Abu Umamah. He (S) said, 'What is the matter? Why are you sitting in the mosque when there is no time of prayer?' Abu Umamah replied, 'I am entangled in cares and debts, Apostle of Allah.' He (S) replied, 'Shall I not teach you words by which, when you say them, Allah will remove your care, and settle your debt?' The man replied, 'Why not, Apostle of Allah?' He (S) told the man to recite both in the morning and evening the following words:

اللهم اني اعوذ بك من الهم والحزن, واعوذ بك من العجز والكسل,
واعوذ بك من الجبن والبخل, واعوذ بك من غلبة الدين وقهر الرجال
**'Allahumma innee A'oothu bika minal hammi wal hazan,
wa a'outhu bika minal ajzi wal kasal, wa a'outhu bika
minal jubni wal bukhl, wa a'outhu bika min ghalabatid
deyni wa gahrir rijal.'**



Listen

(O Allah, I seek refuge in Thee from care and grief. I seek refuge in Thee from incapacity and slackness. I seek refuge in Thee from cowardice and niggardliness. And I seek refuge in Thee from being overcome by debt and being put in subjection by men.)

Abu Umamah said, 'When I did that, Allah removed my care and settled my debt.'

Once we asked the Prophet (S): "We have learned how to invoke peace upon you. Now tell us how we should pray for you. He (S) said to say:

اللهم صل على محمد وعلى آل محمد, كما صليت على آل ابراهيم انك حميد مجيد. اللهم بارك على محمد وعلى آل محمد كما باركت آل ابراهيم إنك حميد مجيد

'Allahumma sallee ala muhammadin wa ala a'li muhammad, kama sallayta ala a'li ibraheem innaka hameedun majeed, allahumma barik ala muhammedin wa ala ali muhammedin kama barakta ala a'li ibraheem, innaka hameedun majeed.'



Listen

(O Allah, bless Muhammad and his (Muhammad's) family as You did bless the family of Abraham. Verily You are Praiseworthy and Glorious. Grant favor to Muhammad and the members of his (Muhammad's) household as You did grant favor to the members of the household of Abraham in the world. Verily You are Praiseworthy and Glorious). (B & M)



Du'a For Protection From Misfortune (The Du'a of Abu-Darda)

A person who repeats certain words in the morning will be safe from all misfortunes until evening. These words are:

اللهم انت ربي لا اله الا انت عليك توكلت وانت رب العرش العظيم, ما شاء الله كان وما لم يشأ لم يكن, ولا حول ولا قوة الا بالله العلي العظيم, اعلم ان الله على كل شيء قدير, وان الله قد احاط بكل شيء علما, اللهم اني اعوذ بك من شر نفسي, ومن شر كل دابة انت آخذ بناصيتها, ان ربي على صراط مستقيم

'Allah-humma, anta rabbi, laa ilaaha illaa Anta, 'alaika tawakkaltu wa anta rabbul 'arshil kareem maashaa Allahu kaana wa maLam yasha' lam yakun-wa laa hawla wa lla quwwata illaa bil-Laahil A'liyyil 'Atheem. A'lamu annallaaha 'alaa kulli shay in qadiyrun-wa annallaaha

qad ahaata bikulli shay in ilmaa. Allah-humma inni a'uthu bika min sharri nafsiy wa min sharri kulli daabbatin ants aakhithum bi naasiyatihaa inna rabiyy 'alaa siraatim mustaqiym.'



(Oh Allah, You are my Lord. There is nothing worthy of worship except You. I place all of my trust and reliance in You and You are the Lord of the Noble Throne. Whatever Allah wishes takes place, and whatever He does not desire, does not occur, and there is no power and no strength except in Allah, The Exalted, The Mighty. I know that Allah is Powerful over all things and that Allah has knowledge of all things. Oh Allah, I seek refuge in You from the evil of my nafs (self) and from the evil of every crawling creature. You are master over them. Verily, You are Lord of the Straight Path.) (Ibn Alsani)



Getting Undressed

Allah's Messenger (S) said: "The screen between the eyes of Jinn and the private parts of the sons of Adam as one takes off his clothes is saying,

بِسْمِ اللَّهِ

'Bismillah.'

(In the name of Allah)." (T)



Upon Entering The House

Upon entering the house, the Prophet (S) recited:

اللَّهُمَّ اني اسألك خير المولج وخير المخرج بِسْمِ اللَّهِ وَلَجْنَا، وَبِسْمِ اللَّهِ
خَرَجْنَا، وَعَلَى رَبِّنَا تَوَكَّلْنَا

**'Alahumma inni assaluka kheryil mawlij wakheryil
makh'ridge, Bismillah walijna, wa Bismillah kharajna, wa
alalah rabana tawakalna.'**



(O Allah! I ask you for good both when entering and when going out. In the name of Allah we have entered, and in the name of Allah we have gone out, and in our Lord we count.)
(Abu Dawood)

He should then greet his family:

السلام عليكم

'Asalamu Aleikum.'
(Peace be with you.)



Before Entering The Restroom

When Allah's Messenger (S) entered the restroom, he used to say:

[بِسْمِ اللَّهِ] اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخُبَائِثِ

**'[Bismillah] Allahuma innee a'oothu bika minal khubthi
wal Khabaa'ith.'**



(O Allah, I seek refuge in You from unclean spirits, (male and female devils). (B & M)



After Leaving The Restroom

When the Prophet (S) came out of the bathroom (toilet), he used to

say:

غُفْرَانَكَ

"Ghufraanak."

(Grant me forgiveness.) (T & IM)



Upon Going To Sleep

"When anyone of you goes to bed, he should shake out his covers, for he does not know what has come onto it after him. Then he should say:

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

**'Bismika rabbi wada'tu janbi wabika arfa uhu, 'in
amsakta nafsi farhamha, wa'in arsaltaha fahfath ha bima
tahfathu bihi ibadaka salihin.'**



(In Your Name I lay on my side on this bed and with Your Name I will rise therefrom. If You take my soul, bestow mercy on it, and if You release it, protect it as You protect Your righteous slaves.) (B & M)

The Prophet (S) said to Ali (R) and Fatimah (R), "When you go to bed recite:

سُبْحَانَ اللَّهِ

'SubhanAllah'

(Glory is to Allah) 33 times,



الْحَمْدُ لِلَّهِ

'Alhamdulillah'

(Praise is to Allah) 33 times, and



اللَّهُ أَكْبَرُ

'AllahuAkbar'

(Allah is Great) 34 times."



Ali (R) said, 'I never stopped doing that since I heard it.' (B & M)

"Whenever you go to bed, perform ablution as you do for the prayer. Then lie down on your right side and say,

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

**'Allahumma aslamtu nafsee ilayka, wa'fawwadtu amri
ilayka, wa wajjahtu wajhee ilayka, wa alja'tu dhahree
ilayka, ragbatan wa rahbatan ilayka, la malja'a wala
manja minka illa ilayka, amantu bikitabika-l-ladhi
anzalta wabinabiyyika-l-ladi arsalta.'**



(O Allah! I submit myself to You, entrust my affairs to You, turn my face to You, and lay myself down depending upon You, hoping in You and fearing You. There is no refuge, and no escape, except to You. I believe in Your Book (the Quran) that You revealed, and the Prophet whom You sent.)

Then if you die on that very night, you will die with faith (i.e. in the religion of Islam). Let the aforesaid words be your last utterance (before sleep)."



Waking Up from a Bad Dream

"If any of you saw a dream which he liked, then that was from Allah, and he should thank Allah for it and tell it to others. But if he saw something else, i.e. a dream that he did not like, then that is from Satan and he should seek refuge with Allah from it and should not tell it to anybody for it will not harm him." (B)

"A good dream is from Allah and a bad dream is from Satan. So whoever has seen (in a dream) something he disliked, then he should spit without saliva thrice on his left side and seek refuge with Allah from Satan by saying:

اعوذ بالله من الشيطان الرجيم

'A'oothu bilahe minashaitan arajeem.'

(I seek refuge with Allah from the accursed devil.)



Then it will not harm him, and Satan cannot appear in my shape.' (B & M)



Supplication In Distress

لا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ السَّمَوَاتِ وَالْأَرْضِ وَالرَّبُّ الْعَرْشِ الْكَرِيمِ

'La ilaha illa-Ilahul Atheem-ul Halim, La ila-ha il-la-la-hu Rabbul 'arshil them, La ila-ha il-lalla-hu Rabbu Samawate wa rab-bul ardhe wa rab-bul arshil Karim.'

(There is no god but Allah, the Great, the Tolerant. There is no god but Allah, the Lord of the Magnificent Throne. There is no god but Allah, the Lord of the Heaven and the Earth, the Lord of the Edifying Throne). (B & M)



يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ، أَصْلِحْ لِيْ شَأْنِيْ كُلَّهُ، وَلَا تَكُنْ لِيْ إِلَى نَفْسِيْ طَرْفَةَ عَيْنٍ

'Ya Hayu Ya Qayoum Birahmetika Astegheeth. Aslih Li Sha'ni Kullahu Wa La Takilni 'Ila Nafsi Tarfata 'Ayn.'

(O Ever Living, O Self-Subsisting and Supporter of all, by Your mercy I seek assistance, rectify for me all of my affairs and do not leave me to myself, even for the blink of an eye). (T)



Upon Fearing Someone

اللهم انا نجعلك في نحورهم ونعوذ بك من شرورهم

'Allahumma inna naj'aluka fee nuhoorihim wa na'udhu bika min shuroorihim.'

(Oh Allah, we ask You to restrain them by their necks and we seek refuge in You from their evil.) (AD & Ns)



Upon Finding Something Difficult

اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهُ سَهْلًا، وَأَنْتَ تَجْعَلُ الْحَزْنَ إِذَا شِئْتَ سَهْلًا

'Allaahuma lasahla illa maja'altawho sahla wa anta tej'aloo alhazna 'idha shi'ta sahla.'

(O Allah, there is no ease except in that which You have made easy, and You make the difficulty, if You wish, easy.) (Ibn Alsanni)



To Protect Oneself

"If Allah bestows favors over his slave, whether on his family, children, or property and he says,

مَا شَاءَ اللَّهُ، لَا قُوَّةَ إِلَّا بِاللَّهِ

'Masha Allah la qwata ila billah.'

(What Allah has willed there is no might except with Allah.)



nothing should overcome him." (Ibn Alsanni)



Protection For Children

أَعِيذُكُمْ بِكَلِمَاتِ اللَّهِ التَّامَّةِ، مِنْ كُلِّ شَيْطَانٍ وَهَامَّةٍ، وَمِنْ كُلِّ عَيْنٍ لَامَّةٍ

'Audhukuma bi kalamatillahi tamah min kulli shaitaneen wa hamatin wa min kulli ainin lamatin.'

(I seek protection for you with Allah's perfect words from every Satan and crawling creature and from every evil, harmful, and envious evil eye.)



He (S) also added: 'Your forefather (i.e. Ibrahim) used to seek protection with Allah for Isma'il and Isaac with these same words.' (B)



Supplications and Visiting the Sick

He (S) used to treat some of his family members by passing his right hand over the place of ailment and saying,

اللهم رب الناس اذهب البأس, واشف انت الشافي. لا شفاء الا شفاؤك
شفاء لا يغادر سقما

'Allahumma Rabbin nas adhabal ba'sa, ashfi wa anta shafee, la shifa' illa shifa'uka shifa' la yughadiru saqma.'

(O Allah, the Sustainer of mankind! Remove the illness and heal the patient, for You are the healer. No healing is of any avail but Yours; healing that will leave behind no illness.) (B & M)



When Someone Sneezes

"If anyone of you sneezes, he should say:

الْحَمْدُ لِلَّهِ

'Alhamdulillah'

(Praise be to Allah.)



And his (Muslim) brother or companion should say to him:

يَرْحَمُكَ اللَّهُ

'Yarhamukallah'

(May Allah bestow his Mercy on you.)



When the latter says 'Yarhamukallah', the former should say,

يَهْدِيكُمْ اللَّهُ وَيُصْلِحْ بِالْكُم

'Yahdikumullah wa yuslih balakum.'

(May Allah give you guidance and improve your condition.)" (B)



What To Say To The Groom On Marrying

بَارَكَ اللهُ لَكَ، وَبَارَكَ عَلَيْكَ، وَجَمَعَ بَيْنَكُمَا فِي خَيْرٍ

'Barak allaho laka wa baraka alaika wa jamaa ainakuma fee khair.'

(May Allah bless you and shower His blessing upon you and keep you in a happy union.)



What To Say Before Marital Relations (Sexual Intimacy)

"If any one of you, before having sexual intercourse with his wife, says:

بِسْمِ اللهِ اللَّهُمَّ جَنِّبْنَا الشَّيْطَانَ، وَجَنِّبِ الشَّيْطَانَ مَا رَزَقْتَنَا

'Bismillah. Allahumma jannibnash shaitaana, wa jannibish shaitaana ma razaqtana.'

(In the Name of Allah. O Allah, protect me from Satan, and protect what you bestow on us [i.e. offspring] from Satan.)



And if it is destined that they should have a child, then Satan will never be able to harm that child." (B & M)



Upon Leaving Any Gathering

"If anyone sits in an assembly in which fruitless talking takes places and if that person before leaving says:

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ، أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ

'Subhana kalla-humma wa bi hamdika ash-hadu al-la ilaha illa anta astaghfiroka wa-atubu ilaika.'

(O Allah! Holy are You and all praise is for You. I testify that there is no god but You. I ask for Your forgiveness and turn to You in repentance.)



such person will be forgiven for his participation in such a company."
(T)



Upon Getting Angry

Once two persons abused each other in the presence of the Prophet (S) and the eyes of one of them became red and the veins in his neck were swollen. Thereupon the Prophet (S) said: "I know of a wording that if he were to utter, his fit of rage would subside. If he says,

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

'Aootho bilahee mina shaytaan irajeem.'

(I seek refuge with Allah from Satan, the accursed.)



...his anger would subside."

"Anger comes from the devil, the devil was created of fire, and fire is extinguished only with water; so when one of you becomes angry, he should perform ablution." (AD)



Upon Entering the Marketplace

"If anyone says on entering the marketplace,

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، يُحْيِي وَيُمِيتُ
وَهُوَ حَيٌّ لَا يَمُوتُ، بِيَدِهِ الْخَيْرُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

**'Laa 'ilaaha 'illa-llaahu wahdahu laa shareeka lahu
lahul-mulku wa lahul-hamdu yuhyee wa yumeetu wa
huwa hayyun laa yamootu biyadihi-l-khairu wa huwa 'ala
kulli shai 'in qadeer.'**



(There is none worthy of worship except Allah, alone, Who has no partner. For Him is the Dominion and to Him is the praise. He gives life and He brings about death. He is living and does not die. In His hand is all good and He has power over all things.)

...Allah will record for him a million good deeds, obliterate from him a million evil deeds, and raise him a million degrees." (T)



Some Supplications

Aishah (R) says that the Prophet (S) loved the short but comprehensive, meaningful supplications more than others. Following are some of these supplications, which are a must for every believer.

اللهم آتنا في الدنيا حسنه وفي الاخرة حسنه وقنا عذاب النار

**'Allahumma Rabbana Atina fid-dunya hasanatan wafil-
Aakhirati hasanatan waqina athaban nar.'**

(O Allah, our Lord, give us all the good of this world, and the good of the life hereafter, and save us from the punishment of the hell-fire.) (Muslim)



He (S) said:

اللهم اعيني على ذكرك وشكرك وحسن عبادتك

'Alahumma a'innee ala thikrika wa shukrika wa hus nee ibadatika.'

(O Allah, assist me in remembering You and being grateful to You and performing Your worship in an excellent manner.) (M)



Abu Bakr (R) said: "I once asked the Prophet (S) to teach me a supplication which I should recite in my Prayer. Thereupon the Prophet (S) said to recite:

اللهم اني ظلمت نفسي ظلما كثيرا ولا يغفر الذنوب الا انت فاغفر لي
مغفرة من عندك, وارحمني انك انت الغفور الرحيم

'Alla-humma innee thalamtu nafsee thulman kathee-ra wala yaghfiru thunouba ila anta, faghfirlee maghfiratan min 'indika, warr hamnee innaka antal Ghafoor-ur Raheem.'

(O Allah! I have wronged myself very much, and none can forgive sins, except You only. Grant me forgiveness, and have mercy upon me; indeed You are the Most Forgiving, Ever Merciful.)" (B & M)



The Prophet (S) used to supplicate:

اللهم اصلح لي ديني الذي هو عصمة امري, واصلح لي دنياي التي فيها معاشي, واصلح لي اخرتي التي فيها معادي, واجعل الحياة زيادة لي في كل خير, واجعل الموت راحة لي من كل شر

'Allahumma ashlelee deeni al lathee huwa 'ismato amree wa asleh lee dunya ya allati feeha ma'ashi wa asleh lee aakhiratee allati feeha ma'adi waj al hayata zeeya-datal-li fee kullee khairan Waj-al mawta ra hatan lee min kullee sharree.'

(O Allah! Correct for me my faith, which is the guard of my affairs, make better my world where I have my livelihood, set right my hereafter where I have to return ultimately, make my life long, in every type of virtue, and make my death a comfort against all evils.) (M)



Upon Traveling (Taking a Trip)

"Whoever wants to travel should say to those whom he leaves behind,

أَسْتَوْدِعُكُمْ اللَّهَ الَّذِي لَا تَضِيعُ وَدَائِعُهُ

'Astawdi'ukumu-l-llaha l-ladi la tadi'u wada'i'uh.'

(I entrust you to Allah, to Whom anything entrusted shall never be lost.)" (Ibn Alsanni)



Bidding Farewell to Someone

When bidding someone farewell. the Prophet (S) would say,

أَسْتَوْدِعُ اللَّهَ دِينَكَ وَأَمَانَتَكَ، وَخَوَاتِيمَ عَمَلِكَ

'Astawdi' laha deenaka wa'amanataka wa khatima amaleek.'

(I entrust to Allah your belief, what you are responsible for, and your final deeds.) (T)



Starting A Journey

Before starting a journey, the Prophet (S) would say:

اللَّهُمَّ هَوِّنْ عَلَيْنَا سَفَرَنَا هَذَا وَاطْوِ عَنَّا بُعْدَهُ، اللَّهُمَّ أَنْتَ الصَّاحِبُ فِي السَّفَرِ، وَالْخَلِيفَةُ فِي الْأَهْلِ، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ وَعَثَاءِ السَّفَرِ، وَكَآبَةِ الْمَنْظَرِ، وَسُوءِ الْمُنْقَلَبِ فِي الْمَالِ وَالْأَهْلِ

'Allahumma haw-win alaina safar rana hatha watwee anna bodahu, Allahumma anntas sahibu fis safari wal khalifatu fil ahli, Allahumma inni aoothubika min-wa-sa-issafari wa kabatil manzari wa su-il munqalabi fil mali wal ahli wa-walud.'

(O Allah, we seek virtue and piety from You on this journey of ours, and the act which pleases You. O Allah, lighten this journey of ours, and roll up for us the distance thereof. O Allah, You are (our) companion during the journey, and guardian of (our) family. O Allah, I seek refuge in You from the hardship of this journey, from beholding a miserable sight and of evil chances in my wealth, household and my children.)



Supplication for Riding (or Driving)

Whenever the Prophet (S) mounted his camel he said,

بِسْمِ اللَّهِ

'Bismillah'

(In the name of Allah.)



And when he (S) got on the back of the animal he said:

الْحَمْدُ لِلَّهِ

'Alhamdulillah'

(Praise be to Allah.)



And then, he (S) said,

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ

'Allahu Akbar' 'Allahu Akbar' 'Allahu Akbar'

(God is Great), (God is Great), (God is Great)



And then he (S) said,

سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ، وَإِنَّا إِلَىٰ رَبِّنَا لَمُنْقَلِبُونَ

'Subhanalathī Sakharaḥna Hatha wa maakuna lahu mughrenin, wa ina ilarabbina lamunqaliboon.'

(Glory is to Him Who subdued for us this [means of travel] as we were not ourselves powerful enough to use it as a mount, and we are going to return to our Lord.) (AD & T)



Returning from a Journey

The Prophet (S) uttered (these words), when returning from a journey:

آيُّونَ تَائِبُونَ عَابِدُونَ لِرَبِّنَا حَامِدُونَ

'Aaebuna ta eebuna abeeduna lee rabbina hamiddoon.'

(We are returning repentant, worshipping our Lord and praising Him.) (M)



Upon Entering A City

Upon entering a city, the Prophet (S) recited the following:

اللهم بارك لنا فيها, اللهم بارك لنا فيها, اللهم بارك لنا فيها, اللهم ارزقنا
جناها, اللهم حببنا الى اهلها وحبب صالح اهلها اليها

**'Allahumma bariklaana feeha, Allahumma bariklaana
feeha, Allahumma bariklaana feeha. Allahuma arzuqna
Janaha, Allahuma habbibna eela ahleeha wa habbib
salihee ahleeha eelaina.'**

(O Allah, bless us in it. O Allah, bless us in it. O Allah, bless us in it. O Allah, grant us sustenance from its fruits, put our love in the hearts of its people, and put the love of the righteous people in our hearts.) (Attabarani)



Upon Eating & Drinking

"Mention the name of Allah (Bismillah) eat with your right hand, and eat from what is near to you." (B & M)

"When one of you eats, he should mention the name of Allah before beginning.

بِسْمِ اللّٰهِ

'Bismillah'

(In the name of Allah.)



And if he forgets, he should say,

بِسْمِ اللّٰهِ فِيْ اَوَّلِهِ وَاٰخِرِهِ

'Bismillah awalū wa akhiru.'

(In the name of Allah in the start and the end.)" (AD & T)



Upon Breaking the Fast

اللهم لك صمت وعلى رزقك افطرت

'Allahuma laka sumtu wa ala rizqeeka aftartu.'

(O Allah! It is for You that I observe fast and it is with Your blessing that I break it.)



Upon Finishing a Meal

الحمد لله الذي اطعمنا وسقانا وجعلنا مسلمين

'Alhamdu lillahil-athi at'amana wasaqana waja Alana Muslimin.'

(Praise be to Allah Who has given us food and drink and made us Muslims.) (AD & T)



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

'Alhamdo lil-lahil lathi at 'amani haatha wa razaqanii-hi min ghair-e-haulimmin-ni wala Quw'wah.'

(Praise be to Allah Who has fed me with this food and provided me without any effort or power on my part.)



...he will be forgiven for his past sins. (T)



What The Guest Says To His Host

افطر عندكم الصائمون, واكل طعامكم الابرار, وصلت عليكم الملائكة

'Aftara endakoom as'sa-imuna wa akala ta amakumul abraru wa sallat alaikomul mala-ikah.'

(May the fasting (men) break their fast with you, the pious eat your food, and the angels pray for blessings on you.) (AD)



Transliteration of the Arabic Alphabet

أ = a	ج = y	ذ = dh	ش = sh	ظ = <u>dh</u>	ق = q	ن = n
ب = b	ح = <u>h</u>	ر = r	ص = <u>s</u>	ع = '	ك = k	ه = h
ت/ة = t	خ = j	ز = <u>z</u>	ض = <u>d</u>	غ = g/gh	ل = l	و = w/u
ث = z	د = d	س = s	ط = <u>t</u>	ف = f	م = m	ي = i



The Islamic Bulletin

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