








































THE MORNING AND EVENING ADHKAR

PRESCRIBED SUPPLICATIONS OF THE PROPHET MUHAMMAD ﷺ

| | | | | |
|----|-------------------------|--|--|---|
| 01 | protection | <p>AYAT AL-KURSI The Verse of the Footstool (2:255)</p> |  X1  X1 | <p>Strongest protection against the evil of the Jinn</p> |
| 02 | protection | <p>LAST TWO VERSES Surah Al Baqarah (2:285-286)</p> |  X1 | <p>It will suffice him from the evil of everything</p> |
| 03 | protection | <p>THE MU'AWWIDHATAYN SURAT AL- IKHLAS (112) SURAT AL- FALAQ (113) SURAT AN-NAS (114)</p> |  X3  X3 | <p>Repels magic, evil eye & envy, whispers of the devil, all evil.</p> <p>"The need for a slave to seek Allah's protection with these three Surahs is greater than his need for eating, drinking and clothes".</p> <p>(Ibn Al Qayyim)</p> |
| 04 | repentance | <p>SAYYID AL-ISTIGHFAR</p> <p>« اللَّهُمَّ أَنْتَ رَبِّي، لَا إِلَهَ إِلَّا أَنْتَ خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، اللَّهُمَّ أَنْتَ يَوْمَ تَعْلَمُ مَا فِي نَفْسِي وَأَنْتَ الْغَنِيُّ وَأَنْتَ الْغَنِيُّ يَا أَرْحَمَ الرَّاحِمِينَ »</p> <p>O Allah! You are my Lord. There is none worthy of worship besides You. You have created me, and I am Your servant, and I am true to my promise and commitment to You, to the best of my ability. I seek refuge in You from the evil of what I have committed. I acknowledge Your favour upon me, and confess to my sins; forgive me, for none but You can forgive sins.</p> |  X1  X1 | <p>The Messenger of Allah SAW has stated that "Whoever who says this as evening enters upon him and then dies that night , will enter Paradise; and if one says this as the morning enters upon him and then dies that day will enter Paradise."</p> <p>(Sahih Bukhari)</p> |
| 05 | protection from anxiety | <p>« اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَأَعُوذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ، وَأَعُوذُ بِكَ مِنَ الْبُخْلِ وَالْبَخْلِ، وَأَعُوذُ بِكَ مِنَ غَلَةِ الدُّنْيِ وَفَقْرِ الرِّجَالِ. »</p> <p>Allah! I seek refuge in You against anxiety and grief, and I seek refuge in You from weakness and laziness, and I seek refuge in You from cowardice and greed, and from unbearable debt and from the oppression of people.</p> |  X1  X1 | <p>The Messenger of Allah SAW taught the prayer to Abu Umamah: "Shall I not teach you words by which, when you say them, Allah will remove your worries and debts?.....Say in the morning and evening."</p> <p>(Abu Dawood)</p> <p>"There is nothing more beloved to Shaytan than the sadness of a believer.... For this reason be happy, optimistic and think good about Allah..."</p> <p>(Ibn Qayyim)</p> |
| 06 | protection well-being | <p>« اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ وَالْمَعَادَةَ الدَّائِمَةَ فِي دِينِي وَدُنْيَايَ وَأَهْلِي وَعَالِي. »</p> <p>« اللَّهُمَّ اسْتُرْ عَوْرَاتِي وَامْنِ رُؤْعَاتِي. »</p> <p>« اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ يَدَيْ وَمِنْ خَلْفِي، وَعَنْ يَمِينِي وَعَنْ شِمَائِي وَمِنْ فَوْقِي، وَأَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي. »</p> <p>O Allah! I ask You safety, security and permanent protection in relation to my religion, worldly affairs, family and property.</p> <p>O Allah! Conceal my faults and defects and lay to rest my fears.</p> <p>O Allah! Protect me (from the evil that comes) from the front, the rear, the right, the left and from above; I seek refuge in Your Magnificence, in the event that I may suddenly be destroyed</p> |  X1  X1 | <p>The Messenger of Allah (ﷺ) never failed to say these words in the morning and evening.</p> <p>(Abu Dawood)</p> <p>The Messenger of Allah (ﷺ) said, "Ask Allah for forgiveness and well-being (Afiyah). Indeed after conviction (I'ateen), no one has been granted anything better than well-being."</p> <p>(Tirmidhi)</p> |
| 07 | protection | <p>« اللَّهُمَّ فَاطِرَ السَّمَوَاتِ وَالْأَرْضِ، عَالِمَ الْغُيُوبِ وَالشَّهَادَةِ، رَبِّ كُلِّ شَيْءٍ وَعَلَيْكَ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ، أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي، وَشَرِّ السُّجَّانِ وَبَرِيئِهِ، وَأَنْ أَلْقَى عَلَى نَفْسِي شَيْئًا أَوْ أُجْرَى إِلَى مُشْرِكٍ »</p> <p>O Allah! Creator of the heavens and the earth! Knower of the hidden and the exposed! Rubb of everything and every one. I bear witness that none has the right to be worshipped but You. I seek Your Protection from the evil of my own self from the evil of Satan and from the evil of Shirk to which he calls.</p> |  X1  X1 | <p>Protects the person from the whisperings of Shaytan.</p> <p>The Messenger of Allah SAW added: "Recite these words in the morning and the evening and when you go to bed."</p> <p>(Abu Dawood and At-Tirmidhi)</p> |
| 08 | protection well-being | <p>« يَا عَزِيزُ يَا قَيُّوْمُ، بِرَحْمَتِكَ أَسْتَغِيثُ، وَمَنْ عَذَابِكَ أَسْتَجِيرُ، أَسْأَلُكَ لِي شَأْنِي كُلَّهُ، وَلَا تَكُنْ لِي إِلَى نَفْسِي وَلَا إِلَى أَحَدٍ مِنْ خَلْقِكَ طَرْفَةَ عَيْنٍ. »</p> <p>The Ever-Living, the Self-Subsisting (by Whom all subsist). I seek help through Your Mercy and protection from Your Punishment. Set right all my affairs, and do not leave me to myself or to anyone from Your creation, even for the blink of an eye.</p> |  X1  X1 | <p>The Messenger of Allah SAW advised Fatima R.A , his daughter, to say this.</p> |
| 09 | glorification gratitude | <p>« اللَّهُمَّ مَا أَصْنَعُ [أَمْسِي] بَيْنَ مِنْ بَعْمَةٍ أَوْ بِأَخِيذٍ مِنْ خَلْقِكَ فَبِمَنْكَ وَوَدَّكَ لَا شَرِيكَ لَكَ فَذَكَرَ الْحَمْدَ وَكَرَّمَ الشُّكْرَ عَلَى ذَلِكَ. »</p> <p>Allah! Whatever bounty has come my way, or the way of any of Your creation this morning (evening), has indeed come from You. You have no partner, and to You belong all Praises and all Thanks.</p> |  X1  X1 | <p>The Messenger of Allah SAW said: "Whoever says this in the morning has fulfilled his obligation to thank Allah for that day. And whoever says it in the evening has fulfilled his obligation for that night."</p> <p>(Abu Dawood)</p> |
| 10 | glorification gratitude | <p>« أَصْبَحْنَا [أَمْسَيْنَا] عَلَى فِطْرَةِ الْإِسْلَامِ، وَ عَلَى كَلِمَةِ الْإِخْلَاصِ، وَعَلَى دِينِ نَبِيِّنَا مُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ، وَعَلَى مِلَّةِ آبَائِنَا إِبْرَاهِيمَ حَنِيفًا مُسْلِمًا، وَمَا كَانَ مِنَ الْمُشْرِكِينَ. »</p> <p>We enter this morning (evening) with the natural purity of Islam, with the Words of Sincerity, with the religion of our Prophet Muhammad (Blessings and Peace be upon him and his family) and in accordance with the faith of our father Ibrahīm alaihi salaam, who was by nature an upright Muslim; and he was not from the idolaters.</p> |  X1  X1 | <p>Abdurrahman ibn Abri Rahimahullah said that the Messenger of Allah SAW used to recite this when he rose in the morning.</p> <p>(Nasai)</p> |

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PRESCRIBED SUPPLICATIONS OF THE PROPHET MUHAMMAD ﷺ

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|----|--|---|--|--|
| 11 | glorification gratitude | <p>اللَّهُمَّ بِكَ أَصْبَحْنَا وَبِكَ أَمْسَيْنَا، وَبِكَ نَحْيَا وَبِكَ نَمُوتُ، وَعَلَيْكَ تَتَوَكَّلُ وَاللَّيْلُ تُسْوَى [المصنّف].</p> <p>O Allah! We enter the day and the night through Your Power and Mercy. We live and die through You, and on You do we depend, and in Your Presence will we be resurrected.</p> |  X1  X1 | <p>The Messenger of Allah recited every morning, and he recited every evening, narrated Abu Hurayrah.</p> <p>(Tirmidhi, Abu Dawood, Ibn Majah)</p> |
| 12 | protection | <p>اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هَذَا الْيَوْمِ (هَذَا الْيَلْمَةِ) فَحَسْبُ [ها] وَتَوْرَهُ [ها] وَتَرْكَنَهُ [ها] وَهَدَاهُ [ها].</p> <p>اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هَذَا الْيَوْمِ (هَذِهِ الْيَلْمَةِ) وَخَيْرَ مَا فِيهِ [ها] وَخَيْرَ مَا قَبْلَهُ [ها] وَخَيْرَ مَا بَعْدَهُ [ها]. وَأَعُوذُ بِكَ مِنْ شَرِّ هَذَا الْيَوْمِ (هَذِهِ الْيَلْمَةِ) وَشَرِّ مَا فِيهِ [ها] وَشَرِّ مَا قَبْلَهُ [ها] وَشَرِّ مَا بَعْدَهُ [ها].</p> <p>O Allah! I ask of You the best of this day (night), its (spiritual) openings, its help, its light, its blessings and its guidance.</p> <p>O Allah! I ask of You the goodness of this day (night), the best of what is in it, and the best of what is before it; and the best of that which is after it; and I seek Your protection against the evil of this day (night), the evil that is in it, and the evil of that which is before it, and the evil of that which is after it.</p> |  X1  X1 | <p>It is reported that The Prophet SAW said that when anyone enters the morning he should make this supplication, and when he enters the evening he should say the same.</p> <p>(Abu Malik, Abu-Dawood)</p> |
| 13 | glorification protection from hellfire | <p>اللَّهُمَّ إِنِّي أَصْبَحْتُ [أَنْسَبْتُ] أَشْهَدُكَ، وَأُشْهَدُ حَمَلَةَ عَرْشِكَ، وَمَلَائِكَتَكَ، وَجَمِيعَ خَلْقِكَ، أَنْكَ أَنْتَ اللَّهُ لَا إِلَهَ إِلَّا أَنْتَ وَخَدَّكَ لَا شَرِيكَ لَكَ، وَأَنْ سَيِّدَنَا مُحَمَّدًا عَبْدَكَ وَرَسُولَكَ.</p> <p>O Allah! This morning (evening) I take You, the carriers of Your Throne, Your Angels and all of creation as witnesses, that truly You are Allah; there is no god, but You, You have no partners, and that truly, Muhammad SAW is Your slave and Messenger.</p> |  X4  X4 | <p>The Messenger of Allah SAW said: "Whosoever reads [the above] in the morning or evening once, Allah frees a quarter of him from the Hell-fire. If he reads it twice, Allah frees half of him from the Hell-fire. If he reads it thrice, Allah frees three-quarters of him from the Hell-fire, And if he reads it four times, Allah (completely) frees him from the Hell-fire."</p> <p>(Abu-Dawood)</p> |
| 14 | protection well-being | <p>اللَّهُمَّ عَافِيٍّ فِي بَدَنِي، اللَّهُمَّ عَافِيٍّ فِي سَمْعِي، اللَّهُمَّ عَافِيٍّ فِي بَصَرِي، لَا إِلَهَ إِلَّا أَنْتَ، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْمُسْكَرِ وَالْقَفْرِ، وَأَعُوذُ بِكَ مِنَ عَذَابِ الْقَبْرِ، لَا إِلَهَ إِلَّا أَنْتَ.</p> <p>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. O Allah, I seek Your protection from disbelief and poverty and I seek Your protection from the punishment of the grave. There is no god but You.</p> |  X1  X1 | <p>The Messenger of Allah SAW never failed to say these words in the morning and the evening.</p> <p>(Ahmad)</p> |
| 15 | glorification & reliance on Allah SWT | <p>﴿حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ﴾</p> <p>Allah is sufficient for me. There is no god, but He. In Him do I put my trust, and He is the Lord of the Mighty Throne!</p> |  X7  X7 | <p>Abu Darda: R.A narrates that the Prophet SAW said that whoever recites this seven times in the morning and in the evening, Allah will suffice him in everything that concerns him (both) worldly and in the Hereafter.</p> <p>(Abu Dawood)</p> |
| 16 | SALAWAAT protection from hellfire | <p>اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ وَآلِهِ وَصَحْبِهِ وَسَلَّمَ.</p> <p>O Allah! Send Blessings upon our master Muhammad, his family and Companions, and bestow Peace upon them.</p> |  X10  X10 | <p>Invoking blessings and prayers upon the Prophet SAW</p> <p>The Prophet SAW said: "He who invokes blessings and prayers upon me in the morning and evening ten times, my intercession for him will be incumbent on me." He also said: "Whosoever invokes blessing and prayers upon me once, Allah will bless him ten times."</p> <p>(Abu Dawood)</p> |
| 17 | protection from hellfire | <p>رَضِيْتُ بِاللَّهِ رَبًّا، وَبِالْإِسْلَامِ دِينًا، وَبِمُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ نَبِيًّا وَرَسُولًا</p> <p>I accept Allah as my Lord, Islam as my religion, and Muhammad, Peace and Blessings be upon him and his family, as a Prophet and Messenger.</p> |  X3  X3 | <p>Allah is obliged to please the person who says this.</p> <p>The Messenger of Allah SAW said: "Whoever says (this) in the morning, I guarantee that I will take hold of his hand until I enter him into Paradise."</p> <p>(Tabarani)</p> <p>The Messenger of Allah SAW said: "The one who is pleased with Allah as his Lord, with Islam as his religion and with Muhammad SAW as his Messenger, has tasted the sweetness of faith."</p> <p>(Muslim)</p> |
| 18 | protection | <p>بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ.</p> <p>In the Name of Allah, in Whose Name no harm can be done on earth or in Heaven. He is the All Hearing, the All Knowing.</p> |  X3  X3 | <p>The Messenger of Allah SAW said: "He who recites (this) three times every morning and evening, nothing will harm him."</p> <p>(Tirmidhi and Abu Dawood)</p> |
| 19 | gratitude | <p>اللَّهُمَّ أَنْتَ خَلَقْتَنِي وَأَنْتَ تَهْدِينِي، وَأَنْتَ تَطْعُمُنِي وَأَنْتَ تَسْقِيْنِي، وَأَنْتَ تُمَيِّتُنِي وَأَنْتَ تُحْيِينِي، وَأَنْتَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ.</p> <p>O Allah! You created me, and You guide me, and You provide me with food, and You provide me with drink; and You shall cause me to die, and You shall give me life (resurrect me); and You have Power over all things.</p> |  X7  X7 | <p>Samrah bin Jundub R.A narrates that the Messenger of Allah SAW said: "Whosoever says in the morning and evening these words seven times, there is nothing that he asks Allah that He would not give."</p> <p>In his Wird al-Kabir Imam al-Haddad mentions that this dua should be recited seven times.</p> |
| 20 | repentance | <p>سُبْحَانَ اللَّهِ وَبِحَمْدِهِ.</p> <p>Allah is free from imperfection, and all praise is due to Him.</p> <p>سُبْحَانَ اللَّهِ، أَحْسَنُ إِلَهٍ، اللَّهُ أَكْبَرُ.</p> <p>Allah is free from imperfection. All praise be to Allah. Allah is the Greatest.</p> |  X100  X100 | <p>The Messenger of Allah SAW said: "Whoever says <i>Subhanallah</i> or <i>bihamdih</i>, 100 times a day, all of his sins will be forgiven, even if they are as abundant as the foam of the sea."</p> <p>(Bukhari)</p> <p>The Messenger of Allah SAW said: "He who says <i>Subhanallah</i> 700 times before sunrise and 100 times before sunset, it will be better than 100 camels. He who says <i>Alhamdulillah</i> 100 times before sunrise and 100 times before sunset, it will be better than 100 horses on which he sends 100 warriors. He who says <i>Allahu Akbar</i> 100 times before sunrise and 100 times before sunset, it will be better than freeing 100 slaves."</p> <p>(Nasā'i)</p> |

