## THE MORNING AND EVENING ADHKAR PRESCRIBED SUPPLICATIONS OF THE PROPHET MUHAMMAD 01 AYAT AL-KURSI Strongest protection against the evil of the Jinn The Verse of the Footstool (2:255) ( X1 protection LAST TWO VERSES It will suffice him from the evil of everything 02 ( X1 Surah Al Baqarah (2:285-286) Repels magic, evil eye & envy, whispers of the devil, all evil. X3 THE MU'AWWIDHATAYN ion 03 "The need for a slave to seek Allah's protection with these three Surahs is greater than his need for eating, drinking and clothes". protecti SURAT AL- IKHLAS (112) SURAT AL- FALAQ (113) SURAT AN-NAS (114) € X3 SAYYID AL-ISTIGHFAR 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." - X1 \* اللُّهُمُّ أَلْتَ رَبِّي، لَا إِلَّهَ إِلَّا أَلْتَ خَلَقْتَنِي وَأَنَا 04 epentance € X1 عَيْدُكَ، وَأَنَّا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، أَعُوْذُ بِكَ مِنْ شَرٌّ مَا صَنَعْتُ، أَبُوْهُ لُكَ بِيغْمَتِكَ عَلَيَّ، وَأَبْوَهُ بِذَلْنِي فَاغْفِرْ لِيْ فَإِنَّهُ لَا يَغْفِرُ (Sahih Bukhari) الذُّنُوْبَ إِلَّا أَنْتَ. 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 committent 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. from anxiety اللُّهُمُ إِنِّي أَغُودُ بِكَ مِنَ الْهَمُ وَالْحَزَنِ. X1 05 وَأَغُوْذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ. وَأَغُوْذُ بِكَ مِن الْجَيْنِ وَالْيُحُلِ، وَأَعْوُدُ بِكَ مِنْ غَلَيْةِ الدَّيْنِ وَقَهْرِ الرِّجَالِ. (Abu Dawood) protection 1 Allähl I seek refuge in You against amdety andgrief, 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 penedic "There is nothing more beloved to Shaytan than the sadness of a believer.... For this reason be happy, optimistic and think good about Allah..." (Ibn Qayyim) اللُّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ وَالْمُعَافَاةَ well-being The Messenger of Allah (﴿) never failed to say these words in the morning and **X1** الدَّائِمَةُ فِي دِيْنِيْ وَدُنْيَايَ وَأَهْلِيْ وَمَالِيْ. 06 **€** X1 (Abu Dawood) \* ٱللُّهُمُّ اسْتُرْ عَوْرَاتِي وَأَمِنُ رَوْعَاتِيْ. The Messenger of Allah (494) said, "Ask Allah for forgiveness and well-being (Aflyah). Indeed after conviction (Yaqeen) no one has been granted anything bettee than well-being." \* ٱللُّهُمُّ احْفَظْنِيْ مِنْ بَيْنِ يَدَيُّ وَمِنْ خَلْفِيْ، وَعَنْ يَمِيْنِيْ وَعَنْ شِمَالِيْ وَمِنْ فَوْقِيْ، وَأَعُوْذُ وعن يجيبي وتراث بطنيات أن أغنال من تخين O Allähl I ask You safety, security and permanent protection in relation to my religion, worldly affairs, family and property. protection (Timoldisi) O Allāh! Conceal my faults and defects and lay to rest my fears. O Alláh! 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 Protects the person from the whisperings of Shaytan. protection 📜 🌞 « اللُّهُمُّ قاطِرَ السَّنوَاتِ وَالْأَرْضِ، عَالِمُ الْغَيْبِ وَالشَّهَادَةِ، رَبُّ 07 X1 كُلِّ شَيْءٍ وَمَلِيكُهُ، أَشْهَدُ أَنْ لَا إِنَّهَ إِلَّا أَلْتَ، أَعُودُ بِكَ مِنْ شَرَّ The Messenger of Allah SAW added: "Recite these words in the morning and the evening and when you go to bed." نَفْسِي، وَشَرِّ الشَّيْطَانِ وَشِرْكِهِ، وَأَنْ أَلْفَرْفَ عَلَى نَفْسِي شوءًا أَوْ أَجُرُّهُ إِلَى مُسْلِعٍ » (Abu Dawood and At-Tirmidhi) 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 owns aff from the evil of Satian and from the evil of Shirk. to which he calls. \* يَاحَقُ يَاقَيُّومُ، بِرَحْمَتِكَ أَسْتَغِيْثُ، وَمِنْ well-being The Messenger of Allah SAW advise Fatima R.A., his daughter, to say thi X1 عَذَائِكَ أَمْنَتِهِيْرُ، أَصْلِحْ لِيُ شَأْنِيُ كُلَّهُ، وَلَا 08 € X1 تُكِلِّنِيُّ إِلَى نَفْسِيُّ وَلَا إِلَى أَحْدِ مِنْ خَلْقِكَ 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. protection gratitude The Messenger of Allah SAW said: "Who-ه اَللُّهُمُّ مَا أَصْبَحَ [أَمْسٰى] بِيْ مِنْ نِعْمَةٍ أَوْ X1 ever 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." 09 بِأَحَدِ مِّنْ خُلْقِكَ فَمِنْكَ وَحُدَكَ لَا شُرِيْكَ لَكَ فَلَكَ الْحَمْدُ وَلَكَ الشُّكُّرُ عَلَى ذَٰلِكَ. Alläh! 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. (Abu Dawood) Abdurrahmän ibn Abri Rahimahullah said that the Messenger of Allah SAW used to recite this when he rose in the morning. \* أَصْبَحْنَا [أَمْسَيْنَا] عَلَى فِطْرَةِ الْإِسْلَامِ، وَ 10 عَلَى كَلِمَةِ الْإِخْلَاصِ، وَعَلَى دِيْنِ نَبِيَّنَا مُحَمَّدٍ (C) X1 صَلَّى اللَّهُ عَلَيْهِ وَالِهِ وَسَلَّمَ، وَعَلَى مِلَّةِ أَبِيْنَا إِبْرَاهِيْمَ حَنِيْقًا مُسْلِمًا، وَمَاكَانَ مِنَ الْمُشْرِكِيْنَ. <u>.</u> We enter this morning (evening) with the natural purity of Islâm, with the Words of Sincerity, with the religion of our Prophet Muhammad (Blessings and Peace be upor and his family) and in accordance with the faith of our father Ibrâhim alaihi salaam, w glorificat was by nature an upright Muslim; and he was not from the idolaters.

| THE MORNING AND EVENING ADHKAR PRESCRIBED SUPPLICATIONS OF THE PROPHET MUHAMMAD |   |  |                     |   |
|---|---|--|---------------------|---|
| 11  | glorification gratitude                     | ن اَلْهُمْ بِكَ اَصْبَحْنَا وَلِكَ اَمْمَنِيّا، وَلِكَ اَلْمُعْمِّلُ وَإِلَيْكَ لَـ وَلِّلِكَ لَـ وَلِّلِكَ لَـ وَلِّلِكَ الْمُعْمِدُرُ الْمُصَيِّرُ الْمُصِيرُ الْمُعَلِيْرُ الْمُصِيرُ اللّهِ وَاللّهُ وَاللّهُ وَاللّهُ وَاللّهُ وَاللّهُ وَاللّهُ وَاللّمُ وَاللّهُ وَلِيلًا وَاللّهُ وَالّهُ وَاللّهُ وَلَّا لِلللّهُ وَاللّهُ وَ  | *XI                 | The Messenger of Allah recited every morning, and he recited every evening, narrated Abu Hurayrah.  (Tirmidhi, Abu Dawood, Ibn Majah)   |
| 12  | protection                                  | اللَّيْلَةِ النَّحَةُ إِلَى النَّالَكَ حَيْرَ هَذَا الْوَوْرَةُ [هَا] وَنُورَهُ [هَا] وَنُورَهُ [هَا] وَنُورَهُ [هَا] وَمُعَدَّهُ [هَا] وَمُعَدَّهُ [هَا] وَمُعَدَّهُ [هَا] وَمُعَدَّهُ [هَالُكُ حَيْرَ هَلَا الَّذِيهِ [هَا وَحَيْرَ مَا فَيْلُهُ [هَا] اللِّيلَةِ وَحَيْرَ مَا فَيْلُهُ [هَا] اللَّيْلَةِ وَحَيْرَ مَا فِيْلُهُ [هَا] وَحَيْرَ مَا فَيْلُهُ [هَا] وَحَيْرَ مَا فَيْلُهُ [هَا] اللَّيْلَةِ وَخَيْرَ مَا فِيْلُهُ [هَا] وَحَيْرَ مَا فِيْلُهُ [هَا] وَحَيْرَ مَا فَيْلُهُ [هَا] وَحَيْرَ مَا فِيْلُهُ إِلَيْهِ وَمِيْرًا فَيْلُهُ إِلَيْهِ وَمُعْرَمُ مَا فَيْلُهُ وَهَا وَحَيْرَ مَا فِيلُهُ وَمَا مِنْ فَيْفُولُهُ إِلَيْهُ وَمِيْرًا مِنْ مَا فَيْلُهُ وَهَا إِلَيْهُ وَمِيْرَا مِنْ فَيْفُولُهُ وَمِيْرًا فَيْكُولُهُ مِيْرًا فَيْكُولُهُ وَمِيْرًا مِنْ فَيْكُولُولُولُولُولُولُولُولُولُولُولُولُولُ   | * x1<br>C x1        | 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.  (Abu MAlik, Abu-Dawood)  |
| 13  | glorification<br>protection from hellfire   | اللَّهُمُ إِنِّي أَصَحَتُ [أَمَسَتُ] أَسْهِدُكُ. وَالْمَصْتُ أَاسْهِدُكُ. وَخَبْعُ خَلْقَكُ. وَخَبْعُ خَلْقَكُ وَخَبْعُ خَلْقَكُ. وَخَبْعُ خَلْقُكُ أَلَّكُ أَتَّ اللَّهُ وَأَلْ أَلِكُ أَتَ وَخَدَكُ لا شَرِيْكُ لَكُ أَنِّ اللَّهُ اللَّهُ عَمْدُكُ عَبْدُكُ وَرَسُوْلُكُ لَكُ وَاللَّهُ اللَّهُ اللَّلِمُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللللَّهُ اللَّهُ اللْمُعَالِمُ اللللَّهُ اللَّهُ اللَّهُ اللَّلْمُ اللَّهُ اللَّهُ اللَّلْمُ ال  | ** x4<br>** x4      | 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 haif 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.  (Abu- Dawood)  |
| 14  | protection well-being                       | اللَّهُمَّ عَافِيْ فِي بَدِيْنِ ، اللَّهُمَّ عَافِيْ فِي سَعَيْي ، اللَّهُمَّ عَافِيْ فِي سَعَيْي ، اللَّهُمَّ عَافِيْ فِي سَعَيْي ، اللَّهُمَّ عَلَيْهِ فِي الْمُوْدُ بِكَ مِنَ عَدَابِ القَبْرِ، لَا إِلَّهَ إِلَّا اللَّهَ اللَّهُمَّ اللَّهُمَّ اللَّهُ وَاللَّهُونُ بِكَ مِنْ عَدَابِ القَبْرِ، لَا إِلَّهَ إِلَّا اللَّهِ اللَّهُ وَاللَّهُ مِنْ اللَّهُ اللَّهُ مِنْ اللَّهُ اللَّهُ وَاللَّهُ مِنْ اللَّهُ اللَّهُ مِنْ اللَّهُ اللَّهُ اللَّهُ اللَّهِ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهِ اللَّهُ الْ<br>اللَّهُ الللَّهُ اللَّهُ اللَّهُ الللَّهُ اللَّهُ الللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَ | * X1<br>(_X1        | The Messenger of Allah SAW never failed to say these words in the morning and the evening.  (Ahmad)   |
| 15  | glorification &<br>reliance on<br>Allah SWT | وَحَسَّنِي اللَّهُ أَنَّ لاَ إِلَّهَ اللَّهِ هُوَ طَعَلَيْهِ تَوَكَّلْتُ وَهُوَ<br>زَبُّ الْعَرْضِ الْمُقطِّنِم ﴿ اللَّهِ اللَّهِ اللَّهِ الْمُؤْمِنِينَ الْمُقطِّنِمِ ﴿ اللَّهِ اللَّهُ اللَّهِ اللَّهِ اللَّهِ اللَّهِ اللَّهِ اللَّهُ اللَّ   | <u>*</u> хт<br>С хт | Abu Darda R.A narrates that the<br>Prophet SAW said that whoever<br>recites this seven times in the<br>morning and in the evening. Allah<br>will suffice him in everything that<br>concerns him (both) worldly and in<br>the Hereafter.  (Abu Dawood)   |
| 16  | SALAWAAT<br>protection from hellfire        | ه اَللَّهُمْ صَالَ عَلَى سَيِّدِنَا مُحَمَّدٍ وَالْهِ وَصَحْبِهِ<br>وَسَلَّمْ<br>O Allahl Send Blessings upon our master<br>Mußammad, his family and Companions, and<br>bestow Peace upon them.  | ** X10<br>© X10     | Invoking blessings and prayers upon the<br>Prophet SAW said."He who invokes<br>blessings and prayers upon me in the<br>morning and evening ten times, my<br>intercession for him will be incumbent on<br>me. He also said. "Whosoever involves<br>blessing and prayers upon me once, Allah<br>will bless him ten times."  (Abu Dawood)  |
| 17  | tection protection from hellfire            | ه رَضِيْتُ بِاللهِ رَبُّا، وَبِالْاِسْلَامِ وَيَثَا، وَبِهُحَمَّدٍ<br>صَلَّى اللهُ عَلَيْهِ وَالْهِ وَسَلَّمَ نَبَاً وَرَسُولًا<br>I accept Allah as my Lord, Islam as my religion,<br>and Muhammad, Peace and Blessings be<br>upon him and his family, as a Prophet and<br>Messenger.   | — хэ<br>— хэ        | Allah is obliged to please the person who says this.  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."  (Tabarani)  The Messenger of Allah SAW said: "The one who is pleased with Allah as his Lord, with blam as his religion and with Muhammad SAW as his Messenger, has tasted the sweetness of faith."  (Muslim)   |
| 18  | protection                                  | پستم الله الذي لا يَضْرُ مَعَ اسْمِه شَيْءٌ في<br>الأَرْضِ وَلا فِي السَمَاءَ وَقُو السَّمِيعُ الْعَلِيمُ.<br>In the Name of Allah, in Whose Name no harm<br>can be done on earth or in Heaven. He is the<br>All Hearing, the All Knowing.   | €X3<br><b>*</b> X3  | The Messenger of Allah SAW said: "He who recites (this) three times every morning and evening, nothing will harm him." (Tirmidhi and Abu Dawood))   |
| 19  | gratitude                                   | اللَّهُمُ الْتَ خَلَقْتِيْ وَأَنتَ تَهْبِيْنِيْ وَأَنتَ تَهْبِيْنِيْ وَأَنتَ تَهْبِيْنِيْ وَأَنتَ تَطْعِيْنِي وَأَنتَ لَطَعْمَيْنِ وَأَنتَ تَطْعِيْنِي وَأَنتَ تَطْعِيْنِي وَكُونِيْرِ.  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 fresurrect me); and You have Power over all things.   | <u>#</u> хт<br>Схт  | Samrah bin Jundub R.A. narrates that the<br>Messenger of Allsh SWT said: "Whosever<br>says in the morning and evening these<br>words seven times, there is nothing that he<br>asks Allah that the would not give<br>lin his Wird al-Kabir Imam al-Haddad<br>mentions that this dua should be recited<br>seven times.  |
| 20  | repentance                                  | Allah is free from imperfection, and all praise is due to Him.  مُنْ حَالَ اللهِ ، ٱلحَنْدُ لِلْهِ ، ٱللهُ ٱكْثِرُ.  Allah is free from imperfection. All praise be to Allah. Allah is the Greatest  | ** X100<br>** X100  | The Messenger of Allah & said: "Whoever says subhandlah" wa bihamdlih. 100 times a day, all of his sins will be forgiven, even if they are as abundant as the foam of the sea."  (Bukhari)  The Messenger of Allah SWT said: "He who says "subhandlah" 100 times before sunrise and 100 times before sunrise. The who says "Allamdullilih" 100 times before sunrise. The who says "Allahu Akbar" 100 times before sunrise and 100 times before sunrise in the who says "Allahu Akbar" 100 times before sunrise and 100 times before sunrise. It will be better than freeing 100 slaves."  (Nasa'i) |

## PRESCRIBED SUPPLICATIONS OF THE PROPHET MUHAMMAD It has been narrated by Hadhrat Ma'gal lon Yasaar that Rassullah SAW said that one who rectes this thrice in the morning, followed by the last three verses of Surah Hashr once, Allah SWTv will appoint over him 70,000 angles who will beg for forgiveness on his behalf until rightfall, and if he happens to die during the course of the day, he will die as a martyr. And whoever recites this at night, he will attain the same reward. أَعُوْدُ بِاللهِ السَّمِيْعِ الْعَلِيْمِ مِنَ الْشَّيْطَانِ 21 الرجيء I seek refuge in Allah, the All-Hearing, the All-Knowing, from the rejected shaytan. €X3 هُوَاللَّهُ الَّذِي لَا إِلَنَّهَ إِلَّا هُوَّ عَنِكُ ٱلْغَيْبِ وَالشَّهَادَةُ <u>₩</u> X1 22 هُوَالرَّحْدُنُ الرَّحِيدُ @ **€** X1 هُوَ اللهُ الَّذِي لَا إِلَهُ إِلَّاهُوَ الْمَيْكُ الْفُذُوسُ السَّلَامُ (Mishkaat, Tirmidhi) التُؤْمِنُ المُهَيِّمِثُ الْمَزِيرُ الْجَثَارُ الْمُتَكِيرُ سُبْحَنَ اللَّهِ عَمَّا يُلْرِكُونَ ۞ هُوَ اللَّهُ الْخَوْلَى الْبَارِئَ الْمُصَوِّرُ لَهُ الأَسْمَالُهُ الْحُسَرَرُ يُسْبَعُ لَهُ مَانِي السَّمَوَتِ وَالدُّرْضِ وَهُوَ الْمَرِيرُ الْمُرْكِدُ He is Allâh; there is no god, but Him. The All Knower of the Unseen and the seen. He is the Most Compassionate, Most Merciful. He is Allâh; there is Compassionate, Most Merciful. He is Allah; there is no god, but Him; the King, the Most Pure, the Source of Peace (Perfection), the Giver of Security, the Protector, the All-Mighty, the Compeller, the Supremely Great; Golory be to Allah. (High is He) above all that they associate as partners with اللُّهُمُّ إِنِّي أَسْأَلُكَ الْعَقْوَ وَالْعَافِيَةَ وَالْمُعَافَاةَ X1 Never would the messenger of Allah omit to recite these words in the morning and in the evening. 23 الدَّائِمَةَ فِيْ دِيْنِيْ وَدُنْيَايَ وَأَهْلِيْ وَمَالِيْ. (CXI ('Abdullah Ibn 'Umar - Abu Dawood) ٱللُّهُمُّ اسْتُرْ عَوْرَاتِيْ وَأَمِنْ رَوْعَاتِيْ. \* ٱللُّهُمُّ احْفَظْنِيْ مِنْ بَيْنِ يَدَيَّ وَمِنْ حَلَّفِيْ، وَعَنْ يَمِيْنِي وَعَنْ شِمَالِيْ وَمِنْ فَوْقِيْ، وَأَغُوْذُ بعَطْمَتِكَ أَنْ أَغْتَالَ مِنْ تَحْتِيْ. O Allâh! I ask You safety, security and permanent protection in relation to my religion, worldly affairs, family and property. O Alläh! Conceal my faults and defects and lay to rest my fears. O Allah! Protect me 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 from beneath. It has been narrated by Juwayriyah Ummil Mu'minhah R.A. that the Prophet SAW left his home one morning after Fajr prayer while Juwayriyah was reciting the dhikr. After completing the Duha prayer, the Prophet SAW returned home and saw Juwayriyah was still reciting her dhikr. He then asked her: "Are you still reciting the dhikr since I left? He then said: "When I left? you I recited four phrases three times. If everything that you have said today was put in the scales, [the phrases] would outwelgh it." He then recited the these phrases. \* سُبْحَانَ اللهِ وَبِحَمْدِهِ عَدَدَ خَلْقِهِ وَرِضَى tection glorification 24 نَفْسِهِ وَزِنَةً عَرْشِهِ وَمِدَادَ كَلِمَاتِهِ Allah is free from imperfection and all praise is due to Him, (in ways) as numerous as all He has created, (as vast) as His pleasure, (as limitless) as the weight of His Throne, and (as endless) as the ink of His words. To be recited in the evening or when one breaks journey and takes rest in a place. This protects the living quarters from anything that can cause harm. \* أَعُوْذُ بِكَلِمَاتِ اللهِ التَّامَّاتِ مِنْ شَرِّ مَاخَلَقَ. 25 I seek refuge in the Perfect Words of Allāh from the evil that He created. The Messenger of Allah SWT said: "Whoever recites (this) three times in the evening will be protected from insect stings." prot (Nasai) protection The Messenger of Allah & said: "He who says the above! 100 times in a day will have a reward equivalent to that of freeing 10 slaves. A 100 good deeds will be recorded to his credit, and a 100 of his sins will be blotted out from his scroll. He will be safeguarded against Shaytan on that day till the evening; and none will surpass him in doing better good deeds except someone who has recited these words more often than him." 26 glorification

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