

Morning Adhkaar

- Prophetic Supplications Recited in the Morning -

The way we start our mornings sets the tone for our entire day! Recite these Prophetic dua'as every morning to reframe your priorities, develop gratitude and improve your mental health daily!



Instructions: Recite Ayatul Kursi

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ "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 مِنْ عِلْمِهِ إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ".

Transliteration: 'A 'oothu billaahi minash-Shaytaanir-rajeem. Allaahu laa 'ilaaha 'illaa Huwal-Hayyul-Qayyoom, laa ta'khuthuhu sinatun wa laa nawm, lahu maa fis-samaawaati wa maa fil-'ardh, man thai-lathee yashfa'u 'indahu 'illaa bi'ithnih, ya'lamu maa bayna 'aydeehim wa maa khalfahum, wa laa yuheetoona bishay'im-min 'ilmihi 'illaa bimaa shaa'a, wasi'a kursiyyuhus samaawaati wal'ardh, wa laa ya'ooduhu hifdhuhumaa, wa Huwal- 'Aliyyul- 'Adheem.

Translation: I seek refuge in Allah from Satan the outcast. - Allah! There is none worthy of worship but He, the Ever Living, the One Who sustains and protects all that exists. Neither slumber nor sleep overtakes Him. To Him belongs whatever is in the heavens and whatever is on the earth. Who is he that can intercede with Him except with His Permission? He knows what happens to them in this world, and what will happen to them in the Hereafter. And they will never encompass anything of His Knowledge except that which He wills. His Throne extends over the heavens and the earth, and He feels no fatigue in guarding and preserving them. And He is the Most High, the Most Great.

Benefit of Reciting: Whoever says this when he rises in the morning will be protected from jinns until he retires in the evening, and whoever says it when retiring in the evening will be protected from them until he rises in the morning.

Reference: Al-Hakim 1 / 562



Instructions: Recite "The 3 Quls" (3 times each)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ "قُلْ هُوَ اللَّهُ أَحَدٌ ۝ اللَّهُ الصَّمَدُ ۝ لَمْ يَلِدْ وَلَمْ يُولَدْ ۝ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ"

Transliteration: Bismillaahir-Rahmaanir-Raheem. Qul Huwallaahu 'Ahad. Allaahus-Samad. Lam yalid wa lam yoolad. Wa lam yakun lahu kufuwan 'ahad.

Translation: With the Name of Allah, the Most Gracious, the Most Merciful. Say: He is Allah (the) One. The Self-Sufficient Master, Whom all creatures need, He begets not nor was He begotten, and there is none equal to Him.

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".

Transliteration: Bismillaahir-Rahmaanir-Raheem. Qul 'a'oothu birabbil-falaq. Min sharri ma khalaq. Wa min sharri ghaasiqin 'ithaa waqab. Wa min sharrin-naffaathaati fil-'uqad. Wa min sharri haasidin 'ithaa hasad.

Translation: With the Name of Allah, the Most Gracious, the Most Merciful. Say: I seek refuge with (Allah) the Lord of the daybreak, from the evil of what He has created, and from the evil of the darkening (night) as it comes with its darkness, and from the evil of those who practice witchcraft when they blow in the knots, and from the evil of the envier when he envies.

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

Transliteration: Bismillaahir-Rahmaanir-Raheem. Qul 'a'oothu birabbil-naas. Malikin-naas. 'Ilaahin-naas. Min sharril-waswaasil-khannaas. Allathee yuwaswisu fee sudoorin-naas. Minal-jinnati wannaas.

Translation: With the Name of Allah, the Most Gracious, the Most Merciful. Say: I seek refuge with (Allah) the Lord of mankind, the King of mankind, the God of mankind, from the evil of the whisperer who withdraws, who whispers in the breasts of mankind, of jinns and men.

Benefit of Reciting: Whoever recites these three times in the morning and in the evening, they will suffice him (as a protection) against everything.

Reference: Abu Dawud 4/322, and At-Tirmithi 5/567.



أَصْبَحْنَا وَأَصْبَحَ الْمَلِكُ 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 مَا فِي هَذَا الْيَوْمِ وَشَرِّ مَا بَعْدَهُ، رَبِّ أَعُوذُ بِكَ مِنَ الْكَسَلِ، وَسُوءِ الْكِبَرِ، رَبِّ أَعُوذُ
 بِكَ مِنْ عَذَابٍ فِي النَّارِ وَعَذَابٍ فِي الْقَبْرِ".

Transliteration: 'Asbahnaa wa 'asbahal-mulku lillaahi walhamdu lillaahi, laa 'ilaaha 'illallaahu
 wahdahu laa shareeka lahu, lahul-mulku wa lahul-hamdu wa Huwa 'alaa kulli shay'in Qadeer. Rabbi
 'as'aluka khayra maa fee haathal-yawmi wa khayra maa ba'dahu wa 'a'oothu bika min sharri maa fee
 haathal-yawmi wa sharri maa ba'dahu, Rabbi 'a'oothu bika minal-kasali, wa soo'il-kibari, Rabbi
 'a'oothu bika min 'athaabin fin-naari wa 'athaabin fil-qabri.

Translation: We have entered a new day and with it all dominion belongs to Allah. Praise is to Allah. None has the right to be worshipped but Allah alone, Who has no partner. To Allah belongs the dominion, and to Him is the praise and He is Able to do all things. My Lord, I ask You for the goodness of this day and of the days that come after it, and I seek refuge in You from the evil of this day and of the days that come after it. ² My Lord, I seek refuge in You from laziness and helpless old age. My Lord, I seek refuge in You from the punishment of Hell-fire, and from the punishment of the grave.

Reference: Muslim 4/2088.



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

Transliteration: Allaahumma bika 'asbahnaa, wa bika 'amsaynaa, wa bika nahyaa, wa bika
 namootu wa 'ilaykan-nushoor.

Translation: O Allah, by You we enter the morning and by You we enter the evening, ¹ by You we live and and by You we die, and to You is the Final Return.

Reference: Sahih At-Tirmithi 3/142.'



"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".

Transliteration: Allaahumma 'Anta Rabbee laa 'ilaaha 'illaa 'Anta, khalaqtanee wa 'anaa 'abduka, wa 'anaa 'alaa 'ahdika wa wa'dika mas-tata'tu, 'a'oothu bika min sharri maa sana'tu, 'aboo'u laka bini'matika 'alayya, wa 'aboo'u bithanbee faghfir lee fa'innahu laa yaghfiruth-thunooba 'illaa 'Anta.

Translation: O Allah, You are my Lord, there is none worthy of worship but You. You created me and I am your slave. I keep Your covenant, and my pledge to You so far as I am able. I seek refuge in You from the evil of what I have done. I admit to Your blessings upon me, and I admit to my misdeeds. Forgive me, for there is none who may forgive sins but You.

Benefit of Reciting: Whoever recites this with conviction in the evening and dies during that night shall enter Paradise, and whoever recites it with conviction in the morning and dies during that day shall enter Paradise.

Reference: Al-Bukhari 7/150, An-Nasa'i and At-Tirmithi.



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

Instructions: Recite this dua'a four times in Arabic in the morning.

Transliteration: Allaahumma 'innee 'asbahtu 'ush-hiduka wa 'ush-hidu hamalata 'arshika, wa malaa'ikataka wajamee'a khalqika, 'annaka 'Antallaahu laa 'ilaaha 'illaa 'Anta wahdaka laa shareeka laka, wa 'anna Muhammadan 'abduka wa Rasooluka.

Translation: O Allah, I have entered a new morning and call upon You and upon the bearers of Your Throne, upon Your angels and all creation to bear witness that surely You are Allah, there is none worthy of worship but You alone, You have no partners, and that Muhammad is Your slave and Your Messenger .

Benefit of Reciting: Allah will spare whoever says this four times in the morning or evening from the fire of Hell.

Reference: Abu Dawud 4/317, Al-Bukhari in Al-'Adab Al-Mufrad, An-Nasa'i and Ibn As-Sunni.



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

Transliteration: Allaahumma maa 'asbaha bee min ni'matin 'aw bi'ahadin min khalqika faminka wahdaka laa shareeka laka, falakal-hamdu wa lakash-shukru.

Translation: O Allah, whatever blessing has been received by me or anyone of Your creation is from You alone, You have no partner. All praise is for you and thanks is to You.

Benefit of Reciting: Whoever recites this in the morning, has completed his obligation to thank Allah for that day; and whoever says it in the evening, has completed his obligation for that night.

Reference: Abu Dawud 4/318, An-Nasa'i.



اللَّهُمَّ عَافِنِي فِي بَدَنِي ، اللَّهُمَّ عَافِنِي فِي سَمْعِي ، اللَّهُمَّ عَافِنِي فِي بَصَرِي ، لَا إِلَهَ إِلَّا أَنْتَ . (ثلاثاً)

اللَّهُمَّ إِنِّي أَعُوذُكَ مِنَ الْكُفْرِ ، وَالْفَقْرِ ، وَأَعُوذُكَ مِنْ عَذَابِ الْقَبْرِ ، لَا إِلَهَ إِلَّا أَنْتَ . (ثلاثاً)

Instructions: Recite this dua'a three times in Arabic in the morning.

Transliteration: Allaahumma 'aafinee fee badanee, Allaahumma 'aafinee fee sam'ee, Allaahumma 'aafinee fee basaree, laa 'ilaaha 'illaa 'Anta (three times).

Allaahumma 'innee 'a'oothu bika minal-kufri, walfaqri, wa 'a'oothu bika min 'athaabil-qabri, laa 'ilaaha 'illaa 'Anta. (three times)

Translation: O Allah, make me healthy in my body. O Allah, preserve for me my hearing. O Allah, preserve for me my sight. There is none worthy of worship but You . (Recite three times in Arabic.)

O Allah , I seek refuge in You from disbelief and poverty and I seek refuge in You from the punishment of the grave . There is none worthy of worship but You. (Recite three times in Arabic.)

Reference: Abu Dawud 4/324, Ahmad 5/42, Al-Bukhari Al-'Adab Al-Mufrad.



"حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ".

Instructions: Recite this dua'a seven times in Arabic in the morning.

Transliteration: Hasbiyallaahu laa 'ilaaha 'illaa Huwa 'alayhi tawakkaltu wa Huwa Rabbul-'Arshil-'Adheem .

Translation: Allah is sufficient for me. There is none worthy of worship but Him. I have placed my trust in Him, He is Lord of the Majestic Throne.

Benefit of Reciting: Allah will grant whoever recites this seven times in the morning or evening whatever he desires from this world or the next.

Reference: Ibn As-Sunni (no. 71), Abu Dawud 4/321.



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

Transliteration: Allaahumma 'innee 'as'alukal-'afwa wal'aafiyata fid-dunyaa wal'aakhirati, Allaahumma 'innee 'as'alukal-'afwa wal'aafiyata fee deenee wa dunyaaya wa 'ahlee, wa maalee , Allaahum-mastur 'awraatee, wa 'aamin raw'aatee, Allaahum-mahfadh^hnee min bayni yadayya, wa min khalfee, wa 'an yameenee, wa 'an shimaalee, wa min fawqee, wa 'a'oothu bi'ad^hamatika 'an 'ughtaala min tahtee.

Translation: O Allah, I seek Your forgiveness and Your protection in this world and the next. O Allah, I seek Your forgiveness and Your protection in my religion, in my worldly affairs, in my family and in my wealth. O Allah, conceal my secrets and preserve me from anguish . O Allah , guard me from what is in front of me and behind me , from my left , and from my right , and from above me . I seek refuge in Your Greatness from being struck down from beneath me.

Reference: Sahih Ibn Majah 2/332 and Abu Dawud.



"اللَّهُمَّ عَالِمُ الْغَيْبِ وَالشَّهَادَةِ فَاطِرَ السَّمَاوَاتِ وَالْأَرْضِ، رَبَّ كُلِّ شَيْءٍ وَمَلِيكَهُ، أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ، أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي،
وَمِنْ شَرِّ الشَّيْطَانِ وَشِرْكِهِ، وَأَنْ أَقْتَرِفَ عَلَى نَفْسِي سُوءًا، أَوْ أَجْرَهُ إِلَى مُسْلِمٍ"

Transliteration: Allaahumma 'Aalimal-ghaybi wash-shahaadati faatiras-samaawaati wal'ardhi, Rabba kulli shay'in wa maleekahu, 'ash-hadu 'an laa 'ilaaha 'illaa 'Anta, 'a'oothu bika min sharri nafsee, wa min sharrish-shaytaani wa shirkihi, wa 'an 'aqtarifa 'alaa nafsee soo'an, 'aw 'ajurrahu 'ilaa Muslimin.

Translation: O Allah, Knower of the unseen and the evident , Maker of the heavens and the earth , Lord of everything and its Possessor , I bear witness that there is none worthy of worship but You . I seek refuge in You from the evil of my soul and from the evil of Satan and his helpers . (I seek refuge in You) from bringing evil upon my soul and from harming any Muslim.

Reference: Sahih At-Tirmithi 3/142 and Abu Dawud.



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

Instructions: Recite this dua'a three times in Arabic in the morning.

Transliteration: Bismillaahil-lathee laa yadhurru ma'as-mihi shay'un fil-'ardhi wa laa fis-samaa'i wa Huwas-Samee 'ul- 'Aleem.

Translation: In the Name of Allah, Who with His Name nothing can cause harm in the earth nor in the heavens, and He is the All-Hearing, the All-Knowing. (Recite three times in Arabic).

Benefit of Reciting: "Whoever recites it three times in the morning will not be afflicted by any calamity before evening, and whoever recites it three times in the evening will not be overtaken by any calamity before morning."

Reference: Abu Dawud 4/323, At-Tirmithi 5/465, Ibn Majah 2/332, Ahmad.



"رَضِيتُ بِاللّٰهِ رَبًّا ، وَبِالْإِسْلَامِ دِينًا ، وَبِمُحَمَّدٍ صَلَّى اللّٰهُ عَلَيْهِ وَسَلَّمَ نَبِيًّا".

Instructions: Recite this dua'a three times in Arabic in the morning.

Transliteration: Radheetu billaahi Rabban, wa bil-'Islaami deenan, wa bi-Muhammadin (sallallaahu 'alayhi wa sallama) Nabiyyan.

Translation: I am pleased with Allah as my Lord, with Islam as my religion and with Muhammad (peace and blessings of Allah be upon him) as my Prophet. (Recite three times in Arabic .)

Benefit of Reciting: "Allah has promised that anyone who says this three times every morning or evening will be pleased on the Day of Resurrection."

Reference: Ahmad 4/ 337, An-Nasa'i, Ibn As-Sunni (no. 68), At-Tirmithi 5/465.



"يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ أَصْلِحْ لِيْ شَأْنِيْ كُلَّهُ وَلَا تَكُنْ لِيْ نَفْسِي طَرْفَةَ عَيْنٍ".

Transliteration: Yaa Hayyu yaa Qayyoomu birahmatika 'astagheethu 'aslih lee sha'nee kullahu wa laa takilnee 'ilaa nafsee tarfata 'aynin.

Translation: O Ever Living One, O Eternal One, by Your mercy I call on You to set right all my affairs. Do not place me in charge of my soul even for the blinking of an eye.

Reference: Al-Hakim 1/545, see Albani, Sahihut-Targhib wat-Tarhib, 1/273.



أَصْبَحْنَا وَأَصْبَحَ الْمَلِكُ لِلّٰهِ رَبِّ الْعَالَمِينَ , اللّٰهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هَذَا الْيَوْمِ فَتَحَهُ ، وَنَصْرَهُ ، وَنُورَهُ ، وَبَرَكَتَهُ ، وَهُدَاهُ , وَأَعُوْذُ بِكَ مِنْ

شَرِّ مَا فِيْهِ ، وَشَرِّ مَا بَعْدَهُ

Transliteration: 'Asbahnaa wa 'asbahal-mulku lillaahi Rabbil-'aalameen, Allaahumma 'innee 'as'aluka khayra haathal-yawmi: Fathahu wa nasrahu wa noorahu, wa barakatahu, wa hudaahu, wa'a'oothu bika min sharri maafeehi wa sharri maa ba'dahu.

Translation: We have entered a new day and with it all the dominion which belongs to Allah, Lord of all that exists. O Allah, I ask You for the goodness of this day, its victory, its help, its light, its blessings, and its guidance. I seek refuge in You from the evil (of this day) and from the evil that follows it. **Reference:** Abu Dawud 4/322.

"أَصْبَحْنَا عَلَى فِطْرَةِ الْإِسْلَامِ وَعَلَى كَلِمَةِ الْإِحْلَاصِ، وَعَلَى دِينِ نَبِيِّنَا مُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ، وَعَلَى مِلَّةِ آبَيْنَا إِبْرَاهِيمَ، حَنِيفًا مُسْلِمًا وَمَا كَانَ مِنَ الْمُشْرِكِينَ".

Transliteration: 'Asbahnaa 'alaa fitratil-'Islaami wa 'alaa kalimatil-'ikhlaasi, wa 'alaa deeni Nabiyyinaa Muhammadin (sallallaahu 'alayhi wa sallama), wa 'alaa millati 'abeenaa 'Ibraaheema, haneefan Musliman wa maa kaana minal-mushrikeen.

Translation: We have entered a new day upon the natural religion of Islam, the word of sincere devotion, the religion of our Prophet Muhammad (peace and blessings of Allah be upon him), and the faith of our father Ibrahim. He was upright (in worshipping Allah), and a Muslim. He was not of those who worship others besides Allah. **Reference:** Ahmad 3/406-7, 5/123, At-Tirmithi 4/209.



"سُبْحَانَ اللَّهِ وَبِحَمْدِهِ".

Instructions: Recite 100 times throughout the morning.

Translation: Subhaanallaahi wa bihamdihi. (Glory is to Allah and praise is to Him.)

Benefit of Reciting: "Whoever recites this one hundred times in the morning and in the evening will not be surpassed on the Day of Resurrection by anyone having done better than this except for someone who had recited it more." **Reference:** Al-Bukhari 4/2071.



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

Instructions: Recite ten times in Arabic or one time to ward off laziness.

Transliteration: Laa 'ilaaha 'illallaahu wahdahu laa shareeka lahu, lahul-mulku wa lahul-hamdu, wa Huwa 'alaa kulli shay'in Qadeer.

Translation: None has the right to be worshipped but Allah alone, Who has no partner. His is the dominion and His is the praise and He is Able to do all things.

Benefit of Reciting: Allah will write ten Hasanaat (rewards) for whoever recites this ten times in the morning, and forgive him ten misdeeds and give him the reward of freeing ten slaves and protect him from Satan. Whoever recites this ten times in the evening will get this same reward. **Reference:** An-Nasa'i, 'Amalul-Yawm wal-Laylah (no. 24), Albani 1/272.

"سُبْحَانَ اللَّهِ وَبِحَمْدِهِ: عَدَدَ خَلْقِهِ، وَرِضَا نَفْسِهِ، وَزِنَةَ عَرْشِهِ وَمِدَادَ كَلِمَاتِهِ".

Instructions: Recite three times in Arabic upon rising in the morning.

Transliteration: Subhaanallaahi wa bihamdihi: 'Adada khalqihi, wa ridhaa nafsihi, wa zinata 'arshihi wa midaada kalimaatihi.

Translation: Glory is to Allah and praise is to Him, by the multitude of His creation, by His Pleasure, by the weight of His Throne, and by the extent of His Words. **Reference:** Muslim 4/2090.



"اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا، وَرِزْقًا طَيِّبًا، وَعَمَلًا مُتَقَبَّلًا".

Transliteration: Allaahumma 'innee 'as'aluka 'ilman naafi'an, wa rizqan tayyiban, wa 'amalan mutaqabbalan.

Translation: O Allah, I ask You for knowledge that is of benefit , a good provision , and deeds that will be accepted. **Reference:** Ibn As-Sunni, no. 54, Ibn Majah no. 925.



"أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ".

(Recite 100 times in Arabic during the day.) **Transliteration:** 'Astaghfirullaaha wa 'atoobu 'ilayhi.

Translation: I seek the forgiveness of Allah and repent to Him. **Reference:** Al-Bukhari.



"اللَّهُمَّ صَلِّ وَسَلِّمْ عَلَى نَبِيِّنَا مُحَمَّدٍ".

(Recite 10 times.) **Transliteration:** Allahumma salli wa sallim 'alaa nabiyyinaa Muhammad.

Translation: Oh Allah, we ask you for peace and blessings upon our prophet Muhammad.

Benefit of Reciting: The Prophet ﷺ said: "Who recites blessings upon me 10 times in the morning and 10 times in the evening will obtain my intercession on the Day of Resurrection." [At-Tabrani]