THE ONLINE QURAN ACADEMY

Daily Duas & Adhkar Handbook

1. Daily Routine Supplications

1. UPON GOING TO SLEEP

1

بِاسْمِكَ اللّهُمَّ أَمُوتُ وَأَحْيَا

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

Sahih Muslim 4/2083 | Fateh Al Bari 11/113

2. WAKE UP FROM SLEEP

2

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

All praise be to Allah, who gave us life after death (sleep is a form of death) and to Him will we be raised and returned.

Sahih Muslim 4/2083 | Fateh Al Bari 11/113

3. ENTERING THE TOILET

3

بِسْمِ اللَّهِ، اللّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ

In the name of Allah. O Allah I seek refuge in You from the male female evil and Jinn's.

Al Bukhari 1/45 | Sahih Muslim 1/283

4. LEAVING THE TOILET

4

غُفْرَانَكَ، الْحَمْدُ لِلَّهِ الَّذِي أَذْهَبَ عَنِّي الأَذَى وَعَافَانِي

O Allah, I seek forgiveness and pardon from You, All Praise be to Allah, who removed the difficulty from me and gave me ease (relief).

Abu Dawood | Ibn Majah | At-Tirmidhi

5. START OF WUDU

5

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, the Entirely Merciful, the Especially Merciful.

Abu Dawood | Ibn Majah | Imam Ahmed

2. Ablution, Masjid & Meals

6. COMPLETION OF WUDU

6

أَشْهَدُ أَنْ لاَ إِلَهَ إِلاَّ اللَّهُ وَحْدَهُ لاَ شَرِيكَ لَهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

I testify that there is no one worthy of worship besides Allah. He is all by Himself and has no partner and I testify that Muhammad is Allah's messenger (Rasool).

Sahih Muslim 1/209

7. ENTERING THE MASJID

7

بِسْمِ اللَّهِ، وَالصَّلاَةُ وَالسَّلاَمُ عَلَى رَسُولِ اللَّهِ، اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

In the Name of Allah, and peace and blessings be upon the Messenger of Allah, O Allah, open the doors of mercy.

Abu Dawood | Ibn As Sunan 888 | Al Albani

8. LEAVING THE MASJID

8

بِسْمِ اللَّهِ، وَالصَّلاَةُ وَالسَّلاَمُ عَلَى رَسُولِ اللَّهِ، اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

In the Name of Allah, and peace and blessings be upon the Messenger of Allah. O Allah, I ask for Your favour, O Allah, verily I seek from You, Your bounty.

Abu Dawood | Sahee Al Jaami 4591

9 & 10. BEFORE MEALS / FORGETTING BISMILLAH

9-10

بِسْمِ اللَّهِ

In the name of Allah.

بِسْمِ اللَّهِ فِي أَوَّلِهِ وَآخِرِهِ

In the name of Allah in the beginning and end.

Abu Dawood 3/437 | At-Tirmidhi 4/288

3. Meals, Prayer & Home

11. AFTER MEALS

11

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلاَ قُوَّةٍ

Praise is to Allah Who has given me this food, and sustained me with it though I was unable to do it and powerless.

At-Tirmidhi 3/159 | Abu Dawud | Ibn Majah

12. DUA BEFORE SALAM

12

اللّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ، وَمِنْ عَذَابِ جَهَنَّمَ، وَمِنْ فِتْنَةِ الْمَحْيَا وَالْمَمَاتِ، وَمِنْ شَرِّ فِتْنَةِ الْمَسِيحِ الدَّجَّالِ

O Allah, I seek refuge in You from the punishment of the grave, and from the punishment of Hell-fire, and from the trials of life and death, and from the evil of the trial of the False Messiah.

Al-Bukhari 2/102 | Muslim 1/412

13. WHEN LEAVING HOME

13

بِسْمِ اللَّهِ، تَوَكَّلْتُ عَلَى اللَّهِ، وَلاَ حَوْلَ وَلاَ قُوَّةَ إِلاَّ بِاللَّهِ

I depart with Allah's name, relying on Him. It is Allah who saves us from sins with His guidance.

Sahih Muslim 1/209

14. WHEN ENTERING HOME

14

بِسْمِ اللَّهِ وَلَجْنَا، وَبِسْمِ اللَّهِ خَرَجْنَا، وَعَلَى رَبِّنَا تَوَكَّلْنَا

In the Name of Allah we enter, in the Name of Allah we leave and upon our Lord we depend.

At-Tirmidhi 5/490 | Abu Dawood 4/325

4. Journey, Social & Protection

15. ON JOURNEY

15

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

Allah is pure, He has given control and without His power we would not have any control without doubt we are to return to him.

Abu Dawood 3/34 | At-Tirmidhi 5/501

20. ENTERING THE MARKET

20

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

None has the right to be worshipped except Allah, alone, without partner, to Him belongs all sovereignty and praise. He gives life and causes death, and He is living and does not die. In His hand is all good and He is over all things, omnipotent.

At-Tirmidhi 5/291 | Al Hakim 1/538 | Ibn Majah 2/21

29. LEAVING ALL AFFAIR TO ALLAH

29

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

Allah (Alone) is Sufficient for us, and He is the Best Disposer of affairs (for us).

Quran 3:173 | Al Bukhari 5/172

33. DUA FOR PARENTS

33

رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ (٤١) رَبِّ ارْحَمْهُمَا كَمَا رَبَّيَانِي صَغِيرًا (٢٤)

14:41 Our Lord! Forgive me and my parents, and (all) the believers on the Day when the reckoning will be established.
17:24 My Lord! Have mercy on them both as they did care for me when I was young.

Surah Ibrahim 14:41 | Surah Al-Isra 17:24