THE KEY TO A SUCCESSFUL DAY
Duas for the morning, evening & after Prayer

I WILL REMEMBER YOU
Quran (2:152)
## Transliteration Table

### Consonants in Arabic

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### Vowels in Arabic

#### Short

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#### Dipthongs

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What to say after...
Your obligatory prayers

أَسْتَغْفِرُ اللَّهَ (قَلَانِ)

1. Astaghfirullāh (Say it three times)
I ask for Allāh’s forgiveness (Say it three times)

اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ
تَبَارَكَتْ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

2. Allāhumma antas-Salāmu wa minkas-salāmu, tabārkata yā ḍhal-Jalāli wal-Ikrām
Allāh, You are the Perfect Peace and peace comes from You. Blessed are You, O Owner of majesty and honour.¹

Benefits

Remembrance of Allāh is done in order to make up for any deficiency in your prayer

The Angels seek forgiveness for the person who recites these supplications after the prayer till he rises from his position...

¹ Muslim
None has the right to be worshipped but Allāh alone who has no partner. His is the dominion and to Him belongs all praise; He has power over all things. O Allāh, none can withhold what You give, and none can give what You have withheld; and the might of the mighty person cannot benefit him against You. 

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1 Bukhārī and Muslim
None has the right to be worshipped but Allāh alone who has no partner. His is the dominion and to Him belongs all praise; He has power over all things. There is no
benefits

Imām Muslim adds (point 5) that our Prophet ﷺ said: “Whoever says this after every prayer will be forgiven his sins though they be like the foam of the sea.”

power or might except by Allāh. None has the right to be worshipped but Allāh, and we do not worship any other besides Him. Grace and beneficence are His and to Him belongs the most excellent praise. None has the right to be worshipped but Allāh. (We are) sincere in making our religious devotion to Him, even though the disbelievers may dislike it. ¹

سُبِحَانَ اللَّهِ، وَالْحَمْدُ للَّهِ، وَاللَّهُ أَكْبَرُ

(قَلَاتَانِ وَتَلَاثَيْنَ)

5. Subḥānallāhi, walḥamdū lillāhi wallāhu akbar,

Repeat it 33 times, the total is 99 after which the 100 th phrase is:

لَا إِلَآَّ اللَّهُ وَحِيدَهُ لَا شَرِيبُكَ لَهُ، لَهُ

المُلُكُ وَلَهُ الحَمْدُ وَهُوَ عَلَيْ كُلِّ شَيْءٍ

قَدِيرٌ.

Lā ilāha illallāhu waḥdahū lā sharīka lah, lahul-mulku wa lahul-ḥamdu wa Huwa `alā kulli shay’in Qadīr.

Transcendent is Allāh, all praise be to Allāh, Allāh is the Greatest − Repeat it 33 times, then

¹ Muslim
After your Prayers

Benefits

Ibn al-Qayyım said:
“Remembrance endows a person with love which is the very spirit of Islām, the pivotal point of religion and the axis of eternal happiness and deliverance.
Allāh has opened a way of access to everything, and the way to love is constancy in remembrance...”

With the Name of Allāh, the All Merciful, the Most Merciful. “Say: I take refuge with the Lord of daybreak, from the evil of what He created, from the evil of darkness as it envelops, from the evil of those who blow on knots, and from the evil of an envier when he envies.” (al-Falaq 113:1-5).

say the following phrase - None has the right to be worshipped but Allāh alone who has no partner. His is the dominion and to Him belongs all praise; He has power over all things.

بَسْمُ اللَّهِ الرَّحْمَنِ الرَّحِيمِ "قُل أَعُوذُ
بِرَبِّ الْفَلَقِ مِنْ شَرِّ مَا
خَلَقَ ﷺ وَمِنْ شَرِّ عَاصِيٍّ إِذَا
وَقَبَ ﷺ وَمِنْ شَرِّ الْتَفَافٍاتِ فِي
الْعُقْدِ ﷺ وَمِنْ شَرِّ حَاسِدٍ إِذَا
حَسَدَ”.

Benefits

These two sūrahs should be recited in Arabic after each prayer.

After Fajr and Maghrib they should be recited three times each.

Recorded (point 6) in Abū Dāwūd, Tirmidhī, Nasā’ī


With the Name of Allāh, the All Merciful, the Most Merciful. “Say: I take refuge with the Lord of mankind, the King of mankind, the God of mankind, from the evil of the Stealthy Whisperer, who whispers in people’s breasts, (coming) from the jinn and man.” (al-Nās 114:1-6)
After your Prayers

Benefits

This is the greatest āyah in the Noble Qur’ān known as the Verse of the Throne – Āyatul-Kursī (al-Baqarah 2:255)

The narration (point 7) of Nasā’ī adds, “Nothing stops a person who recites this verse except death”

It should be recited in arabic after every prayer.
Allāh, there is none worthy of worship save Him, the Living, the Self-Sustaining. He is not subject to drowsiness or sleep. Everything in the heavens and the earth belongs to Him. Who can intercede with Him except by His permission? He knows what is before them and what is behind them but they cannot grasp any of His knowledge save what He wills. His Footstool encompasses the heavens and the earth and their preservation does not tire Him. He is the Most High, the Magnificent. (Recite in Arabic after each prayer.)

لَا إِلَٰهَ إِلَّا اللَّهُ وَحِدَّهُ لَا شَرِيكَ لَهُ،
لَهُ الْمُلْكُ وَلَهُ الْحَمُدُ يُحْبِي وَيُمِينُ،
وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ.

8. Lā ilāha illallāhu waḥdahū lā sharīka lahū, lahaul-mulku wa lahaul-ḥamdu yuḥyī wa yumītu wa Huwa `alā kulli shay’in Qādir.

None has the right to be worshipped but Allāh alone who has no partner. His is the dominion and to Him belongs all praise. He gives life and He causes death; He has power over all things.
In this section the supplications are in general for both the morning and evening, although where highlighted, there are slight changes in the wording which should be followed when reciting for the evening.

Anas said that he heard the Prophet say: “Sitting with people remembering Allāh, Most High, from the morning (Fajr) prayer until sunrise is more beloved to me than freeing four slaves from the Children of Ismā‘il. Sitting with people remembering Allāh from the afternoon (‘Aṣr) prayer until the sun sets is more beloved to me than freeing four slaves from the Children of Ismā‘il.”¹

¹ Abū Dāwūd
Benefits

Hākim whose narration adds (point 1), “Whoever says this when he rises in the morning will be protected from the jinn 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.”

1. “Allāhu lā ilāha illā Huwal-Ḥayyul-Qayyūm, lā ta’khudhuhū sinatun wa lā nawm, laḥū mā fis-samāwātī wa mā fil-arḍ, man dhal-ladhī yashfa’ū `indahū illā bi idhnihī, ya’lamu mā bayna aydīhim wa mā-khalfahum, wa lā yuḥiṭūna bishay’im-min `ilmihī illā bi mā shā’a, wasi`a kursiyiyuhus samāwātī wal arḍ, wa lā ya’ūduhu hifẓuhumā, wa Huwal-`Aliyyul-`Azīm.”
Allāh, there is none worthy of worship save Him, the Living, the Self-Sustaining. He is not subject to drowsiness or sleep. Everything in the heavens and the earth belongs to Him. Who can intercede with Him except by His permission? He knows what is before them and what is behind them but they cannot grasp any of His knowledge save what He wills. His Footstool encompasses the heavens and the earth and their preservation does not tire Him. He is the Most High, the Magnificent.

بَسِّمَ اللَّهِ الْرَّحْمَنِ الرَّجِيمِ "قُلْ هُوَ اللَّهُ َأَحَدُ اللَّهُ َصَمَدُ لَمْ يَلِدْ وَلَمْ يُولِدْ لَمْ يَكْنِ لَهُ كُفُورًا َأَحَدًّا"


With the Name of Allāh, the All Merciful, the Most Merciful. “Say: He is Allāh, the One and only. Allāh, the Everlasting Sustainer of all. He fathered none, nor was He born. And no one is comparable to Him.” (al-İkhlāș)

With the Name of Allāh, the All Merciful, the Most Merciful. “Say: I take refuge with the Lord of daybreak, from the evil of what He created, from the evil of darkness as it envelops, from the evil of those who blow on knots, and from the evil of an envier when he envies.” (al-Falaq 113:1-5).
Benefits

Ibn al-Qayyim said: “These two chapters are of immense benefit and every single servant is in need of them, and this need is essential and indispensable. They have a potent effect in repressing magic, the evil eye and indeed every form of evil. The need that a servant has of these two chapters is greater than the need he has of rest, food, drink and clothes.”

With the Name of Allāh, the All Merciful, the Most Merciful. “Say: I take refuge with the Lord of mankind, the King of mankind, the God of mankind, from the evil of the Stealthy Whisperer, who whispers in people’s breasts, (coming) from the jinn and man.”

(al-Nās 114:1-6)
Benefits

When reciting this morning supplication for the evening, take note of the two differences in wording which can be found detailed on the next page (the two areas are highlighted by the change of colour in the text).

3. Ḍabāhnā wa ḍabāḥal-mulku lillāhi wa-ḥamdu lillāhi, lā ilāha illsallāhu waḥdahū lā sharīka lahū, lahul-mulku wa lahul-ḥamdu wa Huwa ‘alā kulli shay’īn Qādir. Rabbi as’aluka khayra mā fī hādhal-yawmi wa khayra mā ba`dahū wa a`ūdhu biک mīn al-kūsāl, wosūwāl-kībārī, Rabbi a`ūdhu biک mīn ḍudābī fī al-tārī wa ḍudābī fī al-qabrī.
We have started a new day\(^1\) and with it all dominion is Allāh’s. Praise be to Allāh, none has the right to be worshipped but Allāh alone who has no partner. To Allāh belongs the dominion, and to Him belongs all praise; He has power over all things. My Lord, I ask You for the good in this day and the days that come after it, and I take refuge in You from the evil in this day and the days that come after it.\(^2\) My Lord, I take refuge in You from laziness and helpless old age. My Lord, I take refuge in You from the punishment of the Fire, and from the punishment of the grave.\(^3\)

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1. When you say this **in the evening** you should say: Ṭhāsībīnā wa Ṭmsalî lillah...: “We have ended another day and with it all dominion is Allāh’s...”

2. When you say this **in the evening** you should say: Rabī Ṭsallīk Ṭhirā mā fī Ṭḥālīlā Ṭhirā mā būṭhā, wa Ṭwūdū bīk min šarri mā fī Ṭḥālīlā Ṭṣrī mā būṭhā... Rabbi as’aluka khayra mā fī Ṭhādhīhil-laylati, wa khayra mā ba’dahā, wa a’udhū bīk min šarri mā fī Ṭhādhīhil-laylati wa šarri mā ba’dahā: “I ask You for the good in this night and the nights that come after it, and I take refuge in You from the evil in this night and the nights that come after it.”

3. Bukhārī and Muslim
O Allāh, by You we enter the morning and by You we enter the evening, by You we live and by You we die, and to You is the resurrection.\(^1\)

O Allāh, by You we enter the evening and by You we enter the morning, by You we live and by You we die, and to You is the Final Return.\(^2\)

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1,2 Tirmidhī
O Allāh, You are my Lord, there is none worthy of worship but You. You created me and I am your slave. I keep to Your covenant and my pledge to You as much as I can. I take refuge in You from the evil of what I have done. I acknowledge Your blessings upon me and I admit my sins. Forgive me, for there is none who forgives sins besides You.

6. Allāhumma Anta Rabbī lā ilāha illā Anta, khalaqtanī wa anā `abduka, wa anā `alā `ahdika wa wa`dika masta`ta`tu, a `ūdhu bika min sharri mā `a`tha`tu, abū`u laka bi ni`matika `alayya, wa abū`u bidhanbī faghfir lī fa innahū lā yaghfirudh-dhunūba illā Anta.

Beneﬁts

Ibn al-Qayyim said: “Remembrance strengthens both heart and body. Remembrance brings provision.”
Bukhārī, in his al-Adab al-Mufrad adds (for point 7), “Allāh will spare whoever says this four times in the morning or evening from the fire of Hell.”

7. Allāhumma innī aṣbaḥtu USH-hiduka wa USH-hidu ḥamalata ʿarshika, wa malāʾikatuka wa jamīʿa khalqika, annaka Antallāhu lā ilāha illā Anta wahdaka lā sharīka laka, wa anna Muḥammadan `abduka wa Rasūluka.

O Allāh, I have entered a new morning¹ and call upon You, upon the bearers of Your Throne, upon Your angels and all creation to bear witness that You are Allāh, there is none worthy of worship but You alone, You have no partners, and that Muḥammad is Your servant and Messenger. (Recite four times in Arabic.)

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1 When you say this in the evening you should say, Allāhumma innī amsaytu....: “O Allāh, I have ended another day...”
In the Mornings & Evenings

Benefit

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

Recorded (point 8) by Abū Dāwūd and Nasā’ī

8. Allāhumma mā aṣbaḥa bī min ni`matin aw bi aḥadin min khalqika faminka waḥdaka lā sharīka laka, falakal-ḥamdu wa lakash-shukru.

O Allāh, whatever blessing has come to me or any of Your creatures by morning¹ is from You alone, You have no partner. All praise is for You and gratitude is due to You.

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¹ When you say this in the evening you should say, Allāhumma mā amsā:. “O Allāh, whatever... by evening...”
It is recorded in Tirmidhī that our Prophet ﷺ said: “There is nothing nobler than supplication in Allāh’s sight.”

9. Allāhumma ‘āfinī fī badanī, Allāhumma ‘āfinī fī samʿī, Allāhumma ‘āfini fī baṣarī, lā ilāha illā Anta (Say it three times)
Allāhumma innī aʿūdhu bika mīnal-kufri, wal-faqri, wa aʿūdhu bika min `adhābil-qabri, lā ilāha illā Anta. (Say it three times)

O Allāh, grant my body good health. O Allāh, preserve my hearing for me. O Allāh, preserve my sight for me. There is none worthy of worship but You. (Say it three times)
O Allāh, I take refuge in You from disbelief and poverty, and I take refuge in You from the punishment of the grave. There is none worthy of worship but You. (Say it three times)¹

¹ Abū Dāwūd and Aḥmad
In the Mornings & Evenings

Benefit

Reported additionally (point 10) by Abū Dāwūd:
“Allāh will grant whoever recites this seven times in the morning or evening whatever he desires from this world or the next.”

10. Ḥasbiyyallāhu lā ilāha illā Huwa `alayhi tawakkaltu wa Huwa Rabbul-`Arshil-`Azīm.
(Say it seven times in Arabic)

Allāh 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. (Say it seven times in Arabic)
Benefits

In this world, we should find in the remembrance of Allāh, praising Him and worshipping Him, a delight that is incomparable to anything else.

O Allāh, I ask for Your pardon and good health in this world and the next. O Allāh, I ask for Your pardon and soundness in my religion, my worldly affairs, my family and my wealth. O Allāh, conceal my secrets and protect me from anguish. O Allāh, guard me from what is before me, behind me, my left, my right and above me. I take refuge in Your greatness against being struck down from beneath me.¹

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¹ Abū Dāwūd and Ibn Mājah
Benifits

Ibn al-Qayyim said: “Remembrance adorns the one who practices it with dignity, sweetness and radiance.”

O Allah, Knower of the unseen and the seen, Originator of the heavens and the earth, Lord of everything and its owner; I bear witness that there is none worthy of worship but You. I take refuge in You from the evil of my soul and from the evil of Satan and his (inciting towards) shirk. (I take refuge in You) from bringing evil upon my soul or harming any Muslim.

1 Abū Dāwūd and Tirmīdhī
13. Bismillāhil-ladhī lā yaḍurru ma`as-mihī shay`un fil-arḍi wa lā fis-samā`i wa Huwas-Samī`ul- `Alīm. (Say it three times in Arabic)

In the Name of Allāh with whose Name nothing can cause harm, neither in the earth nor in the heavens. He is the All-Hearing, the All-Knowing. (Say it three times in Arabic)

14. Raḍītu billāhi Rabban, wa bil-Islāmi dīnan, wa bi Muḥammadin șallallāhu `alayhi wa sallam Nabiyyan. (Say it three times in Arabic)

I am pleased with Allāh as my Lord, with Islām as my religion and with Muḥammad ﷺ as my Prophet. (Say it three times in Arabic)
Benefits

Ibn al-Qayyim said:
“Remembrance endows one with vigilance (al-murâqaba), which opens the door of self reform. Entering it, the servant worships Allâh as if he were seeing Him. There is no way for the heedless man to reach the station of excellence (iḥsân), any more than for a seated man to reach his home.”

15. Yā Ḥayyu yā Qayyūmu biraḥmatika astaghītuhu ašlih lī sha’ní kullahu wa lā takilnī ilā nafṣī ṭarfata `aynīn.

O Ever Living One, O Self-Sustaining One, by Your mercy do I ask for Your support in setting all my affairs right. Do not leave me to my soul for so much as the blink of an eye.¹

¹ Ḥâkim
16 a. Aṣbāhnā wa aṣbahal-mulku lillāhi Rabbil-ʿālamīn. Allāhumma innī asʿaluka khayra hādhal-yawmi: Fathahu wa nasrahu wa nūruhu, wa barakatahu, wa hudāhu, wa aʿūduh bi kta min sharri mā fīhi wa sharri mā ba`dahu.

We have started a new day and with it all dominion is Allāh’s, Lord of all being. O Allāh, I ask You for the good in this day: its victory, its help, its light, its blessings and its guidance. I take refuge in You from the evil that is in it and from the evil that follows it.
In the Mornings & Evenings

Benefits

Ibn al-Qayyim reported that it was said: “In this world there is a paradise, whoever does not enter it will not enter the Paradise of the Hereafter.”

We have ended the day and with it all dominion is Allâh’s, Lord of all being. O Allâh, I ask You for the good in this night: its victory, its help, its light, its blessings and its guidance. I take refuge in You from the evil that is in it and from the evil that follows it.

Ibn al-Qayyim reported that it was said: “In this world there is a paradise, whoever does not enter it will not enter the Paradise of the Hereafter.”

We have ended the day and with it all dominion is Allâh’s, Lord of all being. O Allâh, I ask You for the good in this night: its victory, its help, its light, its blessings and its guidance. I take refuge in You from the evil that is in it and from the evil that follows it.

16 b. Amsaynâ wa amsal-mulku lillâh Rabbîl ‘Âlamîn, Allâhumma innî as’aluka khayra ma fî hadhihil Laylatî Fatâhahâ wa naṣrahâ wa nûrahâ, wa barakatahâ, wa hudâhâ, wa a’ûdhu bika min sharri mâ fîhâ wa sharri mâ ba’dahâ

In this world there is a paradise, whoever does not enter it will not enter the Paradise of the Hereafter.
Bukhārī, adds (for 18), “Whoever recites this one hundred times in the morning and in the evening will not be surpassed on the Day of Rising by anyone having done better than this except for someone who had recited it more.”

Muḥammadin (ṣallallāhu `alayhi wa sallama), wa `alā millati abīnā Ibrāhīma, ḥanīfan Musliman wa mā kāna minal-mushrikīn.

We have started a new day \(^1\) upon the natural religion of Islām, the statement of sincerity, the religion of our Prophet, Muḥammad ﷺ, and the faith of our father, Ibrāhīm. He was upright and devout, and a Muslim. He was not one of the polytheists.\(^2\)

سُبْحَانَ اللَّهِ وَجَمَّدِيهِ.

18. Subḥānallāhi wa biḥamdiḥī
(Say it one hundred times in Arabic)

Allāh is Transcendent and all praise is due to Him. (Say it one hundred times in Arabic)

لَا إِلَّهَ إِلَّا اللَّهُ وَحِدَّةُ لَا شَرِيكُ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَي كُلِّ شَيْءٍ قَدِيبٌ

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1 When you say this in the evening you should say, أَمَسِيَّتَا Amsaynā: “We end this day ...”
2 Tirmīdhī and Aḥmad
None has the right to be worshipped but Allāh alone who has no partner. His is the dominion and to Him belongs all praise; He has power over all things. (Say it ten times in Arabic or one time to ward off laziness)

Allāh will record one hundred good deeds for whoever says, ‘(point 19)’ ten times in the morning, and forgive him one hundred sins. He will have the reward of freeing a slave and will be protected from Satan throughout the day until dusk. Whoever says it in the evening will have the same reward.” Recorded by Aḥmad

1 Muslim
21. Allāhumma innī as’aluka `ilman nāfi`an, wa rizqan ṭayyīban, wa `amalan mutaqabbalān. (Say in Arabic upon rising in the morning)

O Allāh, I ask You for beneficial knowledge, wholesome provision and deeds that will be accepted. (Say in Arabic upon rising in the morning)¹

22. Astaghfirullāha wa atūbu ilayhi.

I ask Allāh’s forgiveness and turn to Him in repentance.

(Say it one hundred times in Arabic during the day)²

23. A`ūdu bikalimātillāhit-tāmmāti min sharri mā khalaqa.

I take refuge in Allāh’s Perfect Words from the evil of what He has created. (Recite three times in Arabic in the evening)

¹ Muslim
² Bukhārī and Muslim
This book is part of a series of posters and booklets whose aim is to make each and every day a success for the believer.

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Repetition by the tongue engraves the words in the heart. Understanding and reflection brings life to the spoken words. Together, they help us keep our eyes on our destination through the journey of life. They help us develop and strengthen our relationship with Allah, thereby bringing peace of mind and protecting us from the evil temptations. And we can hope that a person who always remembered that he has to meet with Allah will not be disappointed when that time comes.

The Prophet Muhammad, peace and blessings be upon him said:

"The people of Paradise will not be sorry for anything except for the moments (in this life) that passed by in which they did not remember Allah, Most High"

Recorded in at-Tabarani

Extracts from Khalid Baig's book: First things first