



Morning & Evening Adhkar

JOURNEY INTO ISLAM

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Sayyid al-Istighfar

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا
اسْتَطَعْتُ، أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أَعُوذُ لَكَ بِنِعْمَتِكَ عَلَيَّ، وَأَعُوذُ بِذَنْبِي فَاغْفِرْ
لِي، فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

O Allah, You are my Lord; there is no god but You. You created me and I am Your servant, and I keep Your covenant and promise as best I can. I seek refuge in You from the evil I have done. I acknowledge Your favour upon me and my sin, so forgive me — none forgives sins but You.

Once, said with certainty of heart.

Entering the morning

أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ، وَالْحَمْدُ لِلَّهِ، لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ

Aṣbaḥnā wa-aṣbaḥa-l-mulku lillāh, wa-l-ḥamdu lillāh, lā ilāha illa-llāhu waḥdahu lā sharīka lah

We have entered the morning and the whole kingdom belongs to Allah; all praise is for Allah. There is no god but Allah alone, who has no partner.

In the evening, begin with Amsaynā wa-amsa-l-mulku lillāh ('We have entered the evening...').

MORNING · EVENING

The three Quls

قُلْ هُوَ اللَّهُ أَحَدٌ ... قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ... قُلْ أَعُوذُ بِرَبِّ النَّاسِ

Qul huwa-llāhu aḥad ... Qul a'ūdhu bi-Rabbi-l-falaq ... Qul a'ūdhu bi-Rabbi-n-nās

Recite Surat al-Ikhlās, al-Falaq, and an-Nas — three times each, morning and evening.

They suffice you against all things.

Three times each.

PROTECTION · ONCE

Ayat al-Kursi

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ ...

Allāhu lā ilāha illā huwa-l-Ḥayyu-l-Qayyūm ...

Recite the Verse of the Throne (Qur'an 2:255) once. Whoever recites it in the morning is guarded until evening, and in the evening until morning.

Read from the Mushaf for the full verse.

PROTECTION · THREE TIMES

In the name of Allah

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّهُ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ، وَهُوَ السَّمِيعُ الْعَلِيمُ

Bismi-llāhi-lladhī lā yaḍurru ma'a-smihi shay'un fī-l-arḍi wa-lā fī-s-samā', wa-huwa-s-Samī'u-l-'Alīm

In the name of Allah, with whose name nothing on earth or in the heaven can cause harm — and He is the All-Hearing, the All-Knowing.

Three times. Whoever says it is not harmed until he reaches the next morning or evening.

CONTENTMENT · THREE TIMES

I am pleased with Allah

رَضِيتُ بِاللَّهِ رَبًّا، وَبِالْإِسْلَامِ دِينًا، وَبِمُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ نَبِيًّا

*Radītu billāhi Rabban, wa-bi-l-islāmi dīnan, wa-bi-Muḥammadin ṣalla-llāhu
‘alayhi wa-sallama nabiyyā*

I am pleased with Allah as Lord, with Islam as religion, and with Muhammad (peace be upon him) as Prophet.

Three times. A promise that Allah will please the one who says it.

Allah is sufficient for me

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

Hasbiya-llāhu lā ilāha illā huw, 'alayhi tawakkalt, wa-huwa Rabbu-l-'arshi-l-'azīm
Allah is sufficient for me; there is no god but Him. Upon Him I rely, and He is the Lord of the Mighty Throne.

Seven times, morning and evening. Allah will suffice him in whatever worries him.

Pardon and well-being

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ

Allāhumma innī as'aluka-l-'afwa wa-l-'āfiyata fī-d-dunyā wa-l-ākhirah

O Allah, I ask You for pardon and well-being in this world and the next.

Said morning and evening.

PRAISE · ONE HUNDRED TIMES

Glory and praise to Allah

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

Subḥāna-llāhi wa bi-ḥamdih

Glory be to Allah, and all praise is His.

One hundred times in the morning. His sins are wiped away though they be as the foam of the sea.

There is no god but Allah alone

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

Lā ilāha illa-llāhu waḥdahu lā sharīka lah, lahu-l-mulku wa-lahu-l-ḥamd, wa-huwa ‘alā kulli shay’in qadīr

There is no god but Allah alone, with no partner. His is the dominion and His is the praise, and He is able to do all things.

Ten times, morning and evening (or a hundred times a day for its full reward).

The perfect words of Allah

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

A'ūdhu bi-kalimāti-llāhi-t-tāmmāti min sharri mā khalaq

I seek refuge in the perfect words of Allah from the evil of what He has created.

Three times, especially in the evening. Whoever says it will not be harmed that night.

Every dua on these cards is cited to the Qur'an or a graded hadith.

Full sources: journeyintoislam.com/pocket-guides/adhkar-cards

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