

Transliteration Key:

- ❖ The “th” is pronounced like the “th” in the word “the”. If it’s bolded, it’s like the “**th**” in “**Th**ursday”.
- ❖ The “q” is like the sound in the word “qalam”, or pen, (from the throat).
- ❖ When you see an apostrophe before a letter, it’s said from the throat like “Assalamu ‘alaykum.”
- ❖ A bolded “h” is said from the throat like “alhamdulillah.”

Daily Morning & Evening Adhkar

1) Morning

أَصْبَحْنَا عَلَى فِطْرَةِ الْإِسْلَامِ وَكَلِمَةِ الْإِخْلَاصِ وَدِينِ نَبِيِّنَا مُحَمَّدٍ (صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ) وَمِلَّةِ أَبِيْنَا
إِبْرَاهِيمَ حَنِيفًا مُسْلِمًا وَمَا كَانَ مِنَ الْمُشْرِكِينَ.

‘We have entered the morning upon the true Religion of Islam, and upon the testification of purity of worship, and upon the Religion of our Prophet **Muhammad** (صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ), and upon the way of our forefather Ibraaheem-who was upon the true Religion of worshipping Allah alone, and he was not from those who associate others with Allah.’”

Transliteration: Asbahnaa ‘alaa fitratil-islamee, wa kaleematil-ikhlaasee, wa deenee nabeey-yenaa **Muhammad** (Sallal-Allahu ‘alayhee wasallam) wa mil-latee abeenaa Ibraaheema haneefan musliman wamaa kaana meenal-mushrikeen

2) Morning

أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ 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، وَ أَعُوذُ
بِكَ مِنْ شَرِّ مَا فِي هَذَا الْيَوْمِ وَ شَرِّ مَا بَعْدَهُ، رَبِّ أَعُوذُ بِكَ مِنَ الْكَسَلِ وَسُوءِ الْكِبَرِ،
وَأَعُوذُ بِكَ مِنْ عَذَابٍ فِي النَّارِ وَعَذَابٍ فِي الْقَبْرِ.

“We have entered the morning and Sovereignty has entered the morning being for Allah alone, and all praise is to Allah. None has the right to be worshipped but Allaah alone, having no partner. Sovereignty is for Him and all praise is for Him, and He has full power over everything. O Allah! I ask You for the good that lies in this day and for the good of what comes after it, and I seek refuge in You from the evil that lies in this day and from the evil that comes after it. O my Lord, I seek refuge in You from laziness and decrepit old age, and I seek your refuge from the punishment of the fire, and from the punishment in the grave.”

Transliteration: Asbahna wa-asbahal-mulku lillah walhamdu lillah laa eelaha illAllahu, wahdahu laa shareeka lah, lahul-mulku walahul-hamdu, wahuwa ‘alaa kullee shay-in qadeer, rabbi as-aluka khayra maa fee haa-thal-yowm, wakhayra maa ba‘adahoo, wa-‘aoothoo beeka min sharri maa fee haa-thal-yowmee, wa sharri maa

ba‘adah, rabbi ‘aoothoo beeka menal-kasalee, wasoo-il keybaree, wa ‘aoothoo beeka min ‘athaabin fin-naaree, wa ‘athaabin fil-qabr.

3) Morning

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

‘Oh Allah! With Your aid we enter the morning and with Your aid we enter the evening. You cause us to live and You cause us to die, and to You is the Resurrection.’

Transliteration: Allahumma beeka asbahna wabeeka amsayna, wabeeka nahya ,wabeeka namootoo wa-eelaykan-nushoor

4) Morning

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

“Oh Allah! I ask you for beneficial knowledge, for good and pure provision, and for deeds which are accepted (by You).”

Transliteration: Allahumma innee as-alooka ‘ilman nafee‘an, wa rizqan tayyiban, wa ‘amalan mutaqabbalan

5) Morning

أَصْبَحْتُ أَثْنِي عَلَيْكَ حَمْدًا وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ

I have entered the morning praising You, and I bear witness that none has the right to be worshipped but You.

Transliteration: Asbahtoo uthnee ‘alayka hamdaw-wa ash-hadoo allaa eelaha ilAllah

6) 7 times each in a day

اللَّهُمَّ أَجِرْنِي مِنَ النَّارِ

“Oh Allah! Protect me from the Fire!”

Transliteration: Allahumma ajirnee minan-naar

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْجَنَّةَ

“Oh Allah! I ask You for Paradise!”

Transliteration: Allahumma innee as-alookal jannah

7) Morning & Evening

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ،
أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أُبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَأُبُوءُ بِذُنُوبِي، فَاعْفِرْ لِي، إِنَّهُ لَا يَغْفِرُ
الذُّنُوبَ إِلَّا أَنْتَ

‘O Allah! You are my Lord; none has the right to be worshipped but you. You created me and I am your slave, and I am faithful to my covenant and my promise as far as I am able. I seek your refuge from the evil of what I have done. I acknowledge before you all the favors that you have bestowed upon me, and I confess all my sins to you. So forgive me, since none can forgive sins except you.’

Transliteration: Allahumma anta rabbee laa eelaha illa ant, khalaqtanee wa-anaa ‘abduk, wa-anaa ‘alaa ‘ahdeeka wawa‘adeeka mas-tata‘at, ‘aoothoo beeka min sharri maa sana‘at, aboo-oo laka beni‘imateeka ‘alayya, wa-aboo-oo beethanee, faghfir lee innahoo laa yaghfiruth-thunooba illaa ant.

8) Morning and Evening (3 times)

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ عَدَدَ خَلْقِهِ وَرِضَا نَفْسِهِ وَزِنَةَ عَرْشِهِ وَمِدَادَ كَلِمَاتِهِ

‘I declare Allah free of all imperfections, and all praise is for Him- as much as the number of His creation, and as He himself is pleased with and as much as the weight of His Throne, and as plentiful as His words.’

Transliteration: Subhanallahee wa beehamdihi, ‘adada khalqeehee wareeda nafseehee, wazeenata ‘aarsheehee, wameedaada kaleemaateehee.

9) Morning & Evening (100 times)

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

‘I declare Allah free of all imperfections, and all praise is for Him.

Transliteration: SubhanAllahee wa behamdeeh

10) Morning & Evening (3 times each)



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
قُلْ هُوَ اللَّهُ أَحَدٌ ① اللَّهُ الصَّمَدُ ② لَمْ يَلِدْ
وَلَمْ يُولَدْ ③ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ④

Surat Al-'Ikhlaṣ – 112

(1) Qul huwa Allahu aḥad (2) Allahus-samad (3) Lam yalid walam yoolad (4) Walam yaku-llahoo kufwan aḥad



Surat Al-Falaq – 113

(1) Qul ‘aoothoo berabbil-falaq (2) Min sharri maa khalaq (3) Wamin sharri ghaasiqin eethaa waqab (4) Wamin sharren-naf-faathaaṭi fil ‘ooqad (5) Wamin sharri ḥaaseedin eethaa ḥasad



Surat An-Nās – 114

(1) Qul ‘aoothoo berabbin-naas (2) Malikin-naas (3) Eelaahin-naas (4) Min sharril-waswaasil khannaas (5) Allathee yoo-was-weesoo fee sudoorin-naas (6) Minal-jinnatee wannaas

11) Morning & Evening (3 times)

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

“With the name of Allah, He Whose name is such that when it is mentioned nothing in the earth or the heavens can cause harm, and He is the All-Hearing, the All-Knowing”

Transliteration: Bismillahil-lathee laa yadurru ma ‘as-meehee shay-oon fil-ardee walaa fis-samaa-ee wahuwas-samee ‘ul-‘aleem

12) Morning & Evening

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ، اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي دِينِي وَدُنْيَايَ
وَأَهْلِي وَمَالِي، اللَّهُمَّ اسْتُرْ عَوْرَاتِي وَآمِنْ رَوْعَاتِي، اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ يَدَيَّْ وَ مِنْ خَلْفِي،
وَعَنْ يَمِينِي وَعَنْ شِمَالِي، وَ مِنْ فَوْقِي، وَ أَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي.

‘O Allah! I ask you for well-being and security in this world and in the Hereafter. Oh Allah! I ask You for pardon and for security in my Religion, my worldly life, my family, and my wealth. Oh Allah! Conceal my faults and keep me safe from that which I fear. Oh Allah! Guard me from in front of me and from behind me, and from my right and from my left, and from above me, and I seek refuge in Your greatness from being unexpectedly destroyed from beneath me.’

Transliteration: Allahumma innee as-alookal ‘aafeyah fid-dunya wal-aakhirah, Allahumma innee as-alookal ‘afwa wal-‘aafeyata fee deene, wadunyaaya wa-ahlee, wamaalee, Allahummas-tur ‘aawraatee, wa-aamin rao ‘aatee, Allahumma h-fathnee min baynee yadayya, wamin khalfee, wa ‘an yameenee, wa ‘an shimaalee, wamin fawqee, wa ‘aoothoo bee-‘athamateeka an oghaala min tahtee

13) Morning & Evening (1 , 10, or 100 times)

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

‘None has the right to be worshipped except Allah, alone, having no partner. Sovereignty is His, and all praise is for Him, and He has full power over everything.’

then it will be for him like the freeing of a slave from the descendants of Ismaa'eel, and ten good deeds will be written for him, and ten evil deeds will be erased for him, and he will be raised by ten levels, and he will be protected from Satan until the evening; and if he says it in the evening then there will be the like of that for him until the morning.”

Transliteration: Laa eelaha illAllahu, wahdahoo laa shareeka lah, lahul-mulkoo walahul-hamdoo, wahoowa ‘alaa kullee shay-in qadeer.

14) Morning & Evening

اللَّهُمَّ فَاطِرَ السَّمَاوَاتِ وَالْأَرْضِ، عَالِمَ الْغَيْبِ وَالشَّهَادَةِ، لَا إِلَهَ إِلَّا أَنْتَ، رَبَّ كُلِّ شَيْءٍ
وَمَلِيكَهُ، أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي وَمِنْ شَرِّ الشَّيْطَانِ وَشَرِّكَهِ، وَأَنْ أَفْتَرِفَ عَلَى نَفْسِي سُوءًا أَوْ
أَجْرَةً إِلَى مُسْلِمٍ

‘Oh Allah! Creator and Originator of the heavens and the earth! Knower of the hidden and the apparent! None has the right to be worshipped but you. The Lord and Omnipotent Sovereign of everything! I seek Your refuge from the evil of myself, and from the evil of Satan and from the Shirk he calls to; and from committing evil against my soul, or bringing it upon a Muslim.’”

Transliteration: Allahumma faa-teeras-samaawatee wal-ardee, ‘aaleemal-ghaybee wash-shahaadatee laa eelaha illa ant, rabba kullee shay-in wamaleekahu, ‘aoothoo beeka min sharri nafsee wamin sharrish-shaytaanee wa-shirkeehee, wa an aqtareefa ‘alaa nafsee soo-an aw ajurrahoo eela muslim.

15) Morning & Evening

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ، أَصْلِحْ لِيْ شَأْنِيْ كُلَّهُ وَ لَا تَكِلْنِيْ إِلَى نَفْسِيْ طَرْفَةَ عَيْنٍ

“Oh Ever-Living One! Oh Self-Subsisting Sustainer of everything! By Your mercy I beseech: rectify for me all of my affairs, and do not entrust me to my own self for the blink of an eye.”

Transliteration: Yaa hayyoo yaa qayyoom, birahmateeka astagheethu, aslih lee sha’ nee kullahoo, walaa takilnee eela nafsee tarfata ‘ayn.

16) Morning & Evening

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّوْمُ لَا تَأْخُذُهُ سِنَةٌ وَلَا نَوْمٌ لَهُ مَا فِي السَّمَوَاتِ وَمَا فِي الْأَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ

Allah! None has the right to be worshipped except Him; the Ever-Living, the Self-subsisting Sustainer of all that exists. Neither drowsiness nor sleep overtakes Him. To Him belongs whatever is in the heavens and whatever is in the earth. None can intercede with Him except with His permission. He knows whatever lies before them and whatever is behind them, and they cannot encompass anything of His Knowledge except that which He wills. His Footstool extends over the heavens and the earth, and preserving them does not weary Him; and He is the Exalted One, the Tremendous One.

Transliteration: Allahu laa eelaha illa hoowal Hayyul-Qayyoom, laa ta’ khuthoohoo sinatuwwa laa nawm, lahu maa fis-samaawaatee wa maa fil-ard , man thal-lathee yashfa’u ‘indahu illaa be-ithneeh, ya’alamoo maa bayna aydeehim wa maa khalfahum, wa laa yuheetoona bi shay im-min ‘ilmeehiee illaa beemaa shaa-a, wasee-‘a kursee-yuhus-samaawaatee wal ard, wa laa ya ooduhu hifthoohoomaa wa huwal ‘Aliyyul-‘Atheem

17) Morning & Evening (3 times)

رَضِيتُ بِاللّٰهِ رَبًّا، وَبِالْإِسْلَامِ دِيْنًا، وَبِمُحَمَّدٍ نَبِيًّا.

“I am pleased and satisfied with Allah as my Lord, with Islam as my Religion, and with Muḥammad as my Prophet.”

Then I guarantee that I will take hold of his hand until I enter him into Paradise.”

Transliteration: Radeetu billaahee rabban wa-bil-istaamee deenan wabee Muḥammadin (Sallal-Allahu ‘alayhee wasallam) nabeeyya

18) Evening (3 times)

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

‘I seek refuge in the perfect and complete Words of Allah from the evil of whatever He has created’

Transliteration: A‘oothoo be kaleemaatil-Ilaahit-taam-maatee min sharri maa khalaq

19) Evening

أَمْسَيْنَا وَ أَمْسَى الْمُلْكُ 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 هَذِهِ اللَّيْلَةِ وَ خَيْرَ مَا بَعْدَهَا، وَ أَعُوذُ
بِكَ مِنْ شَرِّ مَا فِي هَذِهِ اللَّيْلَةِ وَ شَرِّ مَا بَعْدَهَا، رَبِّ أَعُوذُ بِكَ مِنَ الْكَسَلِ وَسُوءِ الْكِبَرِ، وَ أَعُوذُ
بِكَ مِنْ عَذَابِ فِي النَّارِ وَعَذَابِ فِي الْقَبْرِ.

“We have entered the evening, and Sovereignty has entered the evening being for Allah alone, and all praise is for Allah. None has the right to be worshipped except Allah, alone, having no partner. Sovereignty is for Him, and all praise is for Him, and He has full power over everything. O Allah! I ask you for the good that lies in this night and for the good of what comes after it, and I seek your refuge from the evil that lies in this night and from the evil of what comes after it. O my Lord! I seek your refuge from laziness and decrepit old age; and I seek your refuge from punishment in the fire, and from punishment in the grave.”

Transliteration: Amsayna wa-amsal-mulku lillah walḥamdu lillah laa eelaha illAllahu, waḥdahu la shareeka lah, lahul-mulku walahul-ḥamdu, wahuwa ‘alaa kullee shay-in qadeer, rabbi as-aluka khayra maa fee haa-thee-hil-laylatee wa khayra maa ba‘adahaa, wa-‘aoothoo beeka min sharri maa fee haa-thee-hil-laylatee, wa sharri maa ba‘adah, rabbi ‘aoothoo beeka menal-kasalee, wasoo-il keybaree, wa ‘aoothoo beeka min ‘athaabin fin-naaree, wa ‘athaabin fil-qabr.

20) Evening

اللَّهُمَّ بِكَ أَمْسَيْنَا وَبِكَ أَصْبَحْنَا، وَبِكَ نَحْيَا وَبِكَ نَمُوتُ وَإِلَيْكَ الْمَصِيرُ.

‘Oh Allah! With Your aid we enter the evening and with Your aid we enter the morning. You cause us to live and You cause to die, and to You is the final return.’”

Transliteration: Allahumma beeka amsayna wabeeka asbahna, wabeeka nahya ,wabeeka namootoo wa-eelaykal-maseer.

21) Evening (3 times)

أَمْسَيْتُ أَثْنِي عَلَيْكَ حَمْدًا وَ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ

I have entered the evening praising You, and I bear witness that none has the right to be worshipped but You.

Transliteration: Amsaytoo uthnee ‘alayka hamdaw-wa ash-hadoo allaa eelaha ilAllah