

#### 4. Du`aa before Eating:

بِسْمِ اللَّهِ وَعَلَى بَرَكَاتِهِ ۝

(Bismillaahi wa'alaa barakatillaah)

In the name of Allaah and upon the blessings of Allaah.( Hadith-Abu Daud,Tirmiji, Ibnul Mazah.)

#### 5. Du`aa after Eating :

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مِنَ الْمُسْلِمِينَ ۝

(Al-hamdu-lillaahil-lajee atta`amanaa wasa-qaa-naa waza'a-lanaa minal Muslimeen.)

All praises are due to Allaah, who has given us food and drink, and has made us Muslim.

#### 6. Du`aa before Sleeping:

اللَّهُمَّ بِسْمِكَ أَمُوتُ وَأَحْيَا ۝

(Allaahumma bismika amuutu waahyaa)

O Allaah! With your name I die and I come to life.