

Remembrance in the morning and evening

In the evening:

أَمْسَيْنَا وَأَمْسَى الْمَلِكُ 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
الَّيْلَةِ وَخَيْرَ مَا بَعْدَهَا ، وَأَعُوذُ بِكَ مِنْ
شَرِّ هَذِهِ اللَّيْلَةِ وَشَرِّ مَا بَعْدَهَا ، رَبِّ
أَعُوذُ بِكَ مِنَ الْكَسَلِ وَسَوْءِ الْكِبَرِ ، رَبِّ
أَعُوذُ بِكَ مِنْ عَذَابٍ فِي النَّارِ وَعَذَابٍ
فِي الْقَبْرِ

Remembrance in the morning and evening

In the evening:

**Amsayna wa-amsal-mulku lillah
walhamdu lillah la ilaha illal-lah,
wahdahu la shareeka lah, lahul-mulku
walahul-hamd, wahuwa ala kulli
shayin qadeer, rabbi as-aluka khayra
ma fee hathihil-laylah, wakhayra ma
ba-daha, wa-aoothu bika min sharri
hathihil-laylah, washarri ma ba-daha,
rabbi aoothu bika minal-kasal, wasoo-
il kibar, rabbi aoothu bika min athabin
fin-nar, wa-athabin fil-qabr**

Remembrance in the morning and evening

In the evening:

‘We have reached the evening and at this very time unto Allah belongs all sovereignty, and all praise is for Allah.

None has the right to be worshipped except Allah, alone, without partner, to Him belongs all sovereignty and praise and He is over all things omnipotent. My Lord, I ask You for the good of this night and the good of what follows it and I take refuge in You from the evil of this night and the evil of what follows it. My Lord, I take refuge in You from laziness and senility. My Lord, I take refuge in You from torment in the Fire and punishment in the grave.’

Remembrance in the morning and evening

...likewise, one says in the morning:

أُصْبِحْنَا وَأُصْبِحَ 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
وَأَخَيْرَ مَا بَعْدَهَا ، وَأَعُوذُ بِكَ مِنْ شَرِّ هَذِهِ
اللَّيْلَةِ وَشَرِّ مَا بَعْدَهَا ، رَبِّ أَعُوذُ بِكَ مِنْ
الْكَسَلِ وَسَوْءِ الْكِبَرِ ، رَبِّ أَعُوذُ بِكَ مِنْ
عَذَابِ فِي النَّارِ وَعَذَابِ فِي الْقَبْرِ

Remembrance in the morning and evening

...likewise, one says in the morning:

**Asbahna wa-asbahal- mulku lillah
walhamdu lillah la ilaha illal-lah,
wahdahu la shareeka lah, lahul-
mulku walahul-hamd, wahuwa ala
kulli shayin qadeer, rabbi as-aluka
khayra ma fee hathihil-laylah,
wakhayra ma ba-daha, wa-aoothu
bika min sharri hathihil-laylah,
washarri ma ba-daha, rabbi aoothu
bika minal-kasal, wasoo-il kibar,
rabbi aoothu bika min athabin fin-
nar, wa-athabin fil-qabr**

Remembrance in the morning and evening

in the evening:

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

Allahumma bika amsayna, wabika
asbahna, wabika nahya wabika
namootu wa-ilaykal-maseer.

‘O Allah, by Your leave we have reached
the evening and by Your leave we have
reached the morning, by Your leave we
live and die and unto You is our return.’

Remembrance in the morning and evening

...likewise in the morning:

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

Allahumma bika asbahna wabika
amsayna, wabika nahya ,wabika
namootu wa-ilaykan-nushoor.

‘O Allah, by your leave we have reached
the morning and by Your leave we have
reached the evening, by Your leave we
live and die and unto You is our
resurrection.’

Remembrance in the morning and evening

in the morning:

أُصَبِّحُنا وَأُصَبِّحُ الْمُلْكَ لِلهِ رَبِّ
الْعَالَمِينَ ، اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ
هَذَا الْيَوْمِ ، فَتَحَهُ ، وَنَصْرَهُ ، وَنُورَهُ
وَبَرَكَاتِهِ ، وَهُدَاهُ ، وَأَعُوذُ بِكَ مِنْ
شَرِّ مَا فِيهِ وَشَرِّ مَا بَعْدَهُ

Remembrance in the morning and evening

in the morning:

**Asbahna wa-asbahal-mulku lillahi
rabbil-alameen, allahumma innee as-
aluka khayra hathal-yawm, fat-hahu,
wanasrahu, wanoorahu, wabarakatahu,
wahudahu, wa-aoothu bika min sharri
ma feehi, washarri ma ba-dah.**

**‘We have reached the morning and at this
very time all sovereignty belongs to Allah,
Lord of the worlds. O Allah, I ask You for
the good of this day, its triumphs and its
victories, its light and its blessings and its
guidance, and I take refuge in You from the
evil of this day and the evil that follows it.’**

Remembrance in the morning and evening

in the evening :

أَمْسَيْنَا وَأَمْسَى الْمُلْكُ لِلَّهِ رَبِّ
الْعَالَمِينَ ، اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ
هَذِهِ اللَّيْلَةِ ، فَتَحَهَا ، وَنَصَرَهَا ،
وَنَوْرَهَا وَبَرَكَتَهَا ، وَهُدَاهَا ، وَأَعُوذُ
بِكَ مِنْ شَرِّ مَا فِيهَا وَشَرِّ مَا بَعْدَهَا

Remembrance in the morning and evening

in the evening :

**Amsayna wa-amsal-mulku lillahi
rabbil-aalameen, allahumma innnee as-
aluka khayra hathihil-laylah, fat-haha,
wanasraha, wanooraha, wabarakataha,
wahudaha, wa-aoothu bika min sharri
ma feeha washarri ma ba-daha.**

**‘We have reached the evening and at this
very time all sovereignty belongs to Allah,
Lord of the worlds. O Allah, I ask You for
the good of tonight, its triumphs and its
victories, its light and its blessings and its
guidance, and I take refuge in You from the
evil of tonight and the evil that follows it.’**

Remembrance in the morning and evening

in the morning :

أُصْبِحْنَا عَلَى فِطْرَةِ الْإِسْلَامِ ، وَعَلَى
كَلِمَةِ الْإِخْلَاصِ ، وَعَلَى دِينِ نَبِيِّنَا
مُحَمَّدٍ وَعَلَى مِلَّةِ أَبِينَا إِبْرَاهِيمَ
حَنِيفاً مُسْلِماً وَمَا كَانَ مِنَ
الْمُشْرِكِينَ

Remembrance in the morning and evening

in the morning :

**Asbahna AAala fitratil-islam, wa-ala
kalimatil-ikhlas, wa-ala deeni
nabiyyina Muhammad wa-ala millati
abeena Ibraheem, haneefan musliman
wama kana minal-mushrikeen**

**‘We rise upon the fitrah of Islam, and the
word of pure faith, and upon the religion
of our Prophet Muhammad ﷺ and the
religion of our forefather Ibraheem, who
was a Muslim and of true faith and was not
of those who associate others with Allah.**

Remembrance in the morning and evening

morning and evening :

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

Remembrance in the morning and evening

morning and evening :

**Allahumma anta rabbee la ilaha illa
ant, khalaqtanee wa-ana abduk, wa-ana
ala ahdika wawa-dika mas-tatat, aoothu
bika min sharri ma sanat, aboo-o laka
bini matika alay, wa-aboo-o bithanbee,
faghfir lee fa-innahu la yaghfiruth-
thunooba illa ant.**

**‘O Allah, You are my Lord, none has the right to be
worshipped except You, You created me and I am
Your servant and I abide to Your covenant and
promise as best I can, I take refuge in You from the
evil of which I have committed. I acknowledge
Your favour upon me and I acknowledge my sin, so
forgive me, for verily none can forgive sin except
You.’**

Remembrance in the morning and evening

اللَّهُمَّ عَافِنِي فِي بَدَنِي ، اللَّهُمَّ
عَافِنِي فِي سَمْعِي ، اللَّهُمَّ عَافِنِي
فِي بَصَرِي ، لَا إِلَهَ إِلَّا اللَّهُ أَنْتَ
اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ ،
وَالْفَقْرِ ، وَأَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ
لَا إِلَهَ إِلَّا أَنْتَ
(ثلاثاً)

Remembrance in the morning and evening

**Allahumma aafinee fee badanee,
allahumma aafinee fee samee,
allahumma aafinee fee basaree, la
ilaha illa ant.**

**Allahumma innnee aoothu bika
minal-kufr, walfaqr, wa-aoothu
bika min athabil-qabr, la ilaha illa
ant
(three times).**

Remembrance in the morning and evening

**‘O Allah, grant my body health, O
Allah, grant my hearing health, O
Allah, grant my sight health. None
has the right to be worshipped
except You.’**

**‘O Allah, I take refuge with You from
disbelief and poverty, and I take
refuge with You from the
punishment of the grave. None has
the right to be worshipped except
You.
(three times).**

Remembrance in the morning and evening

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي
الدُّنْيَا وَالْآخِرَةِ ، اللَّهُمَّ إِنِّي أَسْأَلُكَ
الْعَفْوَ وَالْعَافِيَةَ فِي دِينِي وَدُنْيَايَ
وَأَهْلِي وَمَالِي ، اللَّهُمَّ اسْتُرْ عَوْرَاتِي
وَأَمِنْ رَوْعَاتِي ، اللَّهُمَّ احْفَظْنِي مِنْ
بَيْنِ يَدَيْي وَمِنْ خَلْفِي وَعَنْ يَمِينِي وَعَنْ
شِمَالِي ، وَمِنْ فَوْقِي ، وَأَعُوذُ
بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي

Remembrance in the morning and evening

**Allahumma innnee as-alukal-afwa
wal-aafiyah, fid-dunya wal-akhirah,
allahumma innnee as-alukal-afwa
wal-aafiyah fee deenee, wadunyaya
wa-ahlee, wamalee, allahummas-tur
awratee, wa-amin rawatee,
allahummah-fathnee min bayni
yaday, wamin khalfee, wa-an
yameenee, wa-an shimalee, wamin
fawqee, wa-aoothu bi athamatika
an oghtala min tahtee.**

Remembrance in the morning and evening

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

O Allah, I ask You for pardon and well-being in my religious and worldly affairs, and my family and my wealth. O Allah, veil my weaknesses and set at ease my dismay. O Allah, preserve me from the front and from behind and on my right and on my left and from above, and I take refuge with You lest I be swallowed up by the earth.’

Remembrance in the morning and evening

اللَّهُمَّ عَالِمَ الْغَيْبِ وَالشَّهَادَةِ فَاطِرَ
السَّمَاوَاتِ وَالْأَرْضِ رَبِّ كُلِّ شَيْءٍ
وَمَلِيكَه ، أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ ،
أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي وَمِنْ شَرِّ
الشَّيْطَانِ وَشَرِّكَه ، وَأَنْ أَقْتَرِفَ عَلَى
نَفْسِي سُوءاً أَوْ أَجُرَّهُ إِلَى مُسْلِمٍ

Remembrance in the morning and evening

**Allahumma aalimal-ghaybi
washshahadah, fatiras-samawati wal-
ard, rabba kulli shayin wamaleekah,
ashhadu an la ilaha illa ant, aoothu
bika min sharri nafsee wamin
sharrish-shaytani washirkih, waan
aqtarifa aala nafsee soo-an aw
ajurrahu ila muslim.**

**‘O Allah, Knower of the unseen and the seen,
Creator of the heavens and the Earth, Lord and
Sovereign of all things, I bear witness that none
has the right to be worshipped except You. I take
refuge in You from the evil of my soul and from
the evil and shirk of the devil, and from
committing wrong against my soul or bringing
such upon another Muslim.’**

Remembrance in the morning and evening

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ
شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ
السَّمِيعُ الْعَلِيمُ (ثلاثاً)

**Bismil-lahil-lathee la yadurru ma-as-
mihi shay-on fil-ardi wala fis-sama-i
wahuwas-samee-ul-aleem
(three times).**

**‘In the name of Allah with whose name
nothing is harmed on earth nor in the
heavens and He is The All-Seeing, The
All-Knowing.
(three times).**

Remembrance in the morning and evening

رَضِيتُ بِاللّٰهِ رَبًّا وَبِالْإِسْلَامِ دِينًا
وَبِمُحَمَّدٍ نَبِيًّا (ثلاثاً)

**Radeetu billahi rabban wabil-islami
deenan wabiMuhammadin nabiyya
(three times)**

**‘I am pleased with Allah as a Lord, and
Islam as a religion and Muhammad as a
Prophet.’
(three times)**

Remembrance in the morning and evening

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ عَدَدَ خَلْقِهِ
وَرِضَا نَفْسِهِ ، وَزِنَةَ عَرْشِهِ
وَمِدَادَ كَلِمَاتِهِ (ثلاثاً)

**Subhanal-lahi wabihamdih, adada
khalqihi warida nafsih, wazinata
arshih, wamidada kalimatih
(three times)**

**‘How perfect Allah is and I praise Him by
the number of His creation and His
pleasure, and by the weight of His throne,
and the ink of His words.’
(three times)**

Remembrance in the morning and evening

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ

مَا خَلَقَ (ثلاثاً إذا أمسى) .

**aoothu bikalimatil-lahit-tammati
min sharri ma khalaq
. (three times in the evening).**

**‘I take refuge in Allah’s perfect
words from the evil He has created.’
. (three times in the evening).**

Remembrance in the morning and evening

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ (مائة مرة)

Subhanal-lahi wabihamdih

(one hundred times)

‘How perfect Allah is and I praise Him.’

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

قَدِيرٌ (مائة مرة)

**La ilaha illal-lah, wahdahu la
shareeka lah, lahul-mulku walahul-
hamd, wahuwa AAala kulli shay-in
qadeer**

(one hundred times)

Remembrance in the morning and evening

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ
أَصْلِحْ لِيْ شَأْنِيْ كُلَّهُ ، وَلَا تَكِلْنِي
إِلَى نَفْسِي طَرْفَةَ عَيْنٍ

**Ya hayyu ya qayyoom, birahmatika
astagheeth, aslih lee sha-nee kullah,
wala takilnee ila nafsee tarfata ayn**

**‘O Ever Living, O Self-Subsisting and
Supporter of all, by Your mercy I seek
assistance, rectify for me all of my affairs
and do not leave me to myself, even for
the blink of an eye.’**

Remembrance in the morning and evening

The messenger of Allah (SAW) said:

‘Whoever says in the morning:

**'La ilaha illal-lahu wahdahu la
shareeka lah, lahul-mulk,
walahul-hamd, wahuwa AAala
kulli shayin qadeer'**

**...has indeed gained the reward of freeing a
slave from the children of IsmaAAeel, and
ten of his sins are wiped away and he is
raised ten degrees, and he has found a safe
retreat from the devil until evening.**

**Similarly, if he says it at evening time, he will
be protected until the morning.'**

Remembrance in the morning and evening

**Abdullah Ibn Khubaib said: ‘The
Messenger of Allah (SAW) said to me
‘Recite!’ I replied ‘O Messenger of Allah,
what shall I recite?’ he said ‘Recite**

{Qul huwa Allahu ahad...} [Al-Ikhlās]

{Qul aAAoothu birabbi alfalaq...} [Al-Falaq]

{Qul aAAoothu birabbi alnnas...} [An-Nas]

**...in the evening and the morning three
times for it will suffice you of all else.’**