

When waking up

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ
مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ.

***Alhamdu lillahil-lathee
ahyana baada ma amatana
wa-ilayhin-nushoor.***

***‘All praise is for Allah who gave
us life after having taken it
from us and unto Him is the
resurrection.’***

When waking up

لا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ
وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ،
سُبْحَانَ اللَّهِ، وَالْحَمْدُ لِلَّهِ، وَلَا إِلَهَ إِلَّا اللَّهُ
وَاللَّهُ أَكْبَرُ، وَلَا حَوْلَ وَلَا قُوَّةَ
إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ رَبِّ اغْفِرْ لِي

*La ilaha illal-lahu wahdahu la shareeka
lah, lahul-mulku walahul-hamd, wahuwa
AAala kulli shay-in qadeer, subhanal-lah,
walhamdu lillah, wala ilaha illal-lah
wallahu akbar, wala hawla wala quwwata
illa billahil-AAaliyyil AAatheem.
Rabbigh-fir lee*

When waking up

‘None has the right to be worshipped except Allah, alone without associate, to Him belongs sovereignty and praise and He is over all things wholly capable. How perfect Allah is, and all praise is for Allah, and none has the right to be worshipped except Allah, Allah is the greatest and there is no power nor might except with Allah, The Most High, The Supreme. ‘O my Lord forgive me.’

When waking up

الْحَمْدُ لِلّٰهِ الَّذِي عَافَانِي فِي
جَسَدِي وَرَدَّ عَلَيَّ رَوْحِي وَأَذِنَ لِي
بِذِكْرِهِ

***Alhamdu lillahil-lathee Aafanee
fee jasadee waradda Aalayya
roohee wa-athina lee bithikrih.***

***‘All praise is for Allah who restored to
me my health and returned my soul
and has allowed me to remember Him.’***

When waking up

إِنَّ فِي خَلْقِ السَّمَوَاتِ وَالْأَرْضِ
وَإِخْتِلَافِ اللَّيْلِ وَالنَّهَارِ لآيَاتٍ
لِّأُولِي الْأَبْصَارِ.....

(سورة آل عمران 190-200)

***Inna fee khalqi alssamawati
waal-ardi wa-ikhtilafi allayli
wa-alnnahari la-ayatin li-olee
al-albab...***

***(From Verse 3:190 till the end of
the chapter Ali AAimran)***