POCKET COMPANION · 01 OF 09

Daily Companion

أَذْكَارُ الْيَوْمِ

Waking to sleep — the authenticated dhikr of an ordinary day.

2 · Waking & wuḍū
3 · Morning & evening, core
4 · Morning & evening, cont.
5 · Home, food, clothing
6 · Masjid, travel, rain, distress
7 · Bedtime & the night
8 · Seven-day tracker

Bukhārī · Muslim · the four Sunan · gradings per al-Albānī unless stated.

02 Waking & wuḍū

ON WAKING

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

Al-ḥamdu lillāhil-ladhī aḥyānā ba'da mā amātanā wa ilayhin-nushūr

Praise be to Allah, who gave us life after death, and to Him is the resurrection.

Bukhārī · ṣaḥīḥ

AFTER WUḌŪ

أَشْهَدُ أَنْ لَا إِلَٰهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

Ash-hadu an lā ilāha illallāhu waḥdahu lā sharīka lah, wa ash-hadu anna Muḥammadan 'abduhū wa rasūluh

I bear witness that none is worthy of worship but Allah alone, and that Muhammad is His servant and messenger.

Muslim · ṣaḥīḥ — the eight gates of Paradise are opened. Begin wuḍū with *Bismillāh*.

ENTERING · LEAVING THE TOILET

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ — غُفْرَانَكَ

Allāhumma innī a'ūdhu bika minal-khubuthi wal-khabā'ith — on leaving: Ghufrānak

Refuge from male and female devils — Your forgiveness.

Bukhārī; Tirmidhī · ṣaḥīḥ

03 Morning & evening

Same set twice daily — after Fajr, and after 'Aṣr until Maghrib. Where two words are given, the second is the evening form.

أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ ﴿أَمْسَيْنَا وَأَمْسَى﴾ وَالْحَمْدُ لِلَّهِ، لَا إِلَٰهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ

Aṣbaḥnā wa aṣbaḥal-mulku lillāh ‹Amsaynā wa amsā› wal-ḥamdu lillāh, lā ilāha illallāhu waḥdahu lā sharīka lah

We have entered the morning, and with it dominion belongs to Allah; all praise to Allah.

Muslim · ṣaḥīḥ · 1×

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَٰهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَىٰ عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَأَبُوءُ لَكَ بِذَنْبِي فَاغْفِرْ لِي

Allāhumma Anta Rabbī lā ilāha illā Ant, khalaqtanī wa anā 'abduk, wa anā 'alā 'ahdika wa wa'dika mastaṭa't, abū'u laka bi-ni'matika 'alayya wa abū'u laka bi-dhanbī faghfir lī

Sayyid al-Istighfār — the master of seeking forgiveness. O Allah, You are my Lord; I acknowledge Your favour upon me and my own sin, so forgive me.

Bukhārī · ṣaḥīḥ · 1× — whoever says it by day and dies that day enters Paradise.

04 Morning & evening, cont.

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

Bismillāhil-ladhī lā yaḍurru ma'asmihī shay'un fil-arḍi wa lā fis-samā'i wa Huwas-Samī'ul-'Alīm

In the name of Allah, with whose name nothing on earth or in heaven can cause harm.

Tirmidhī, Abū Dāwūd · ṣaḥīḥ · 3× — no harm will befall him.

رَضِيتُ بِاللَّهِ رَبًّا، وَبِالْإِسْلَامِ دِينًا، وَبِمُحَمَّدٍ ﷺ نَبِيًّا

Raḍītu billāhi Rabban, wa bil-Islāmi dīnan, wa bi-Muḥammadin ﷺ nabiyyan

I am content with Allah as Lord, Islam as religion, and Muhammad ﷺ as Prophet.

Abū Dāwūd, Tirmidhī · ṣaḥīḥ · 3×

حَسْبِيَ اللَّهُ لَا إِلَٰهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ

Ḥasbiyallāhu lā ilāha illā Hū, 'alayhi tawakkalt, wa Huwa Rabbul-'Arshil-'Aẓīm

Allah is sufficient for me. In Him I trust, and He is Lord of the Mighty Throne.

Abū Dāwūd · ḥasan · 7×

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

Subḥānallāhi wa biḥamdih

Glory be to Allah, and praise be to Him.

Muslim · ṣaḥīḥ · 100×. Also the three sūrahs 3× and Āyat al-Kursī (card 05).

05 Home, food, clothing

LEAVING HOME

بِسْمِ اللَّهِ، تَوَكَّلْتُ عَلَى اللَّهِ، لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Bismillāh, tawakkaltu 'alallāh, lā ḥawla wa lā quwwata illā billāh

In the name of Allah; I rely upon Allah; there is no power or strength except by Him.

Abū Dāwūd, Tirmidhī · ṣaḥīḥ

ENTERING HOME

بِسْمِ اللَّهِ وَلَجْنَا، وَبِسْمِ اللَّهِ خَرَجْنَا، وَعَلَى اللَّهِ رَبِّنَا تَوَكَّلْنَا

Bismillāhi walajnā, wa bismillāhi kharajnā, wa 'alallāhi Rabbinā tawakkalnā

In Allah's name we enter and leave, and upon Allah, our Lord, we rely.

Abū Dāwūd · ḥasan

BEFORE · AFTER EATING

بِسْمِ اللَّهِ — وَإِنْ نَسِيتَ: بِسْمِ اللَّهِ أَوَّلَهُ وَآخِرَهُ — الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هٰذَا وَرَزَقَنِيهِ

Bismillāh — if forgotten: Bismillāhi awwalahū wa ākhirah — after: Al-ḥamdu lillāhil-ladhī aṭ'amanī hādhā wa razaqanīh

Praise be to Allah, who fed me this and provided it for me.

Bukhārī, Abū Dāwūd, Tirmidhī · ṣaḥīḥ

06 Masjid, travel, rain, distress

MASJID · IN, OUT

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ — اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

Allāhumma iftaḥ lī abwāba raḥmatik — Allāhumma innī as'aluka min faḍlik

Open the gates of Your mercy — I ask of Your bounty. Right foot in, left out.

Muslim · ṣaḥīḥ

TRAVEL · MOUNTING

سُبْحَانَ الَّذِي سَخَّرَ لَنَا هٰذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ وَإِنَّا إِلَىٰ رَبِّنَا لَمُنْقَلِبُونَ

Subḥānal-ladhī sakhkhara lanā hādhā wa mā kunnā lahū muqrinīn, wa innā ilā Rabbinā lamunqalibūn

Glory to Him who subjected this to us; and to our Lord we shall surely return.

Muslim · ṣaḥīḥ · 43:13–14

RAIN · WIND

اللَّهُمَّ صَيِّبًا نَافِعًا — اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَهَا

Allāhumma ṣayyiban nāfi'an — in wind: Allāhumma innī as'aluka khayrahā

A beneficial downpour — I ask You for its good. Du'ā in rain is answered.

Bukhārī; Muslim · ṣaḥīḥ

DISTRESS

The du'ā of distress, in full, is on card 06 — *Lā ilāha illallāhul-'Aẓīmul-Ḥalīm…*

Bukhārī, Muslim · ṣaḥīḥ

07 Bedtime & the night

BEFORE SLEEP · IN ORDER

Wuḍū · Āyat al-Kursī 1× · Ikhlāṣ, Falaq, Nās into cupped palms and wipe over the body 3× · last two verses of al-Baqarah · Sūrah al-Mulk · tasbīḥ 33/33/34 · lie on the right side.

Bukhārī, Muslim, Tirmidhī · ṣaḥīḥ

بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismika Allāhumma amūtu wa aḥyā

In Your name, O Allah, I die and I live.

Bukhārī · ṣaḥīḥ

اللَّهُمَّ أَسْلَمْتُ نَفْسِي إِلَيْكَ، وَوَجَّهْتُ وَجْهِي إِلَيْكَ، وَفَوَّضْتُ أَمْرِي إِلَيْكَ، وَأَلْجَأْتُ ظَهْرِي إِلَيْكَ

Allāhumma aslamtu nafsī ilayk, wa wajjahtu wajhī ilayk, wa fawwaḍtu amrī ilayk, wa alja'tu ẓahrī ilayk

O Allah, I submit myself to You, turn my face to You, entrust my affair to You, and rest my back upon You.

Bukhārī · ṣaḥīḥ — the last words before sleep; whoever dies that night dies upon fiṭrah.

A BAD DREAM

Spit lightly to the left three times, seek refuge from Shayṭān and from what you saw, turn onto the other side, and tell no one.

Muslim · ṣaḥīḥ

08 Seven-day tracker

One week per card. Tick as you go.

	M	T	W	T	F	S	S
Fajr on time	☐	☐	☐	☐	☐	☐	☐
Dhuhr on time	☐	☐	☐	☐	☐	☐	☐
'Aṣr on time	☐	☐	☐	☐	☐	☐	☐
Maghrib on time	☐	☐	☐	☐	☐	☐	☐
'Ishā' on time	☐	☐	☐	☐	☐	☐	☐
Morning adhkār	☐	☐	☐	☐	☐	☐	☐
Evening adhkār	☐	☐	☐	☐	☐	☐	☐
Post-prayer adhkār	☐	☐	☐	☐	☐	☐	☐
Qur'ān portion	☐	☐	☐	☐	☐	☐	☐
Bedtime adhkār	☐	☐	☐	☐	☐	☐	☐

Week of _____

Cut around each strip · fold on the dashed lines · glue strip A behind strip B → an eight-panel card, 2⅛ × 3⅜ in. Print at 100% for wallet size, 120% for easier reading.

POCKET COMPANION · 02 OF 09

Hijri Companion

أَشْهُرُ السَّنَةِ

The Islamic year — its sacred months, its fasts, its seasons of mercy.

2 · The twelve months
3 · Fasts of the year
4 · Ramaḍān
5 · Dhul-Ḥijjah & ʻArafah
6 · Muḥarram, Sha‘bān, Shawwāl
7 · The four schools
8 · Twelve-month tracker

Bukhārī · Muslim · the four Sunan. School positions stated where they differ.

02 The twelve months

Four are sacred — fighting is forbidden and sin is graver in them.

1 · Muḥarram	sacred
2 · Ṣafar	
3 · Rabīʻ al-Awwal	
4 · Rabīʻ ath-Thānī	
5 · Jumādā al-Ūlā	
6 · Jumādā al-Ākhirah	
7 · Rajab	sacred
8 · Sha‘bān	
9 · Ramaḍān	fasting
10 · Shawwāl	six days
11 · Dhul-Qa‘dah	sacred
12 · Dhul-Ḥijjah	sacred · ḥajj

Qurʼān 9:36; Bukhārī · ṣaḥīḥ — “the year is twelve months, of which four are sacred.” The month begins at the sighting of the new moon.

03 Fasts of the year

Ramaḍān	Obligatory · the whole month
Mon & Thu	Weekly · deeds are raised
13, 14, 15	Ayyām al-Bīḍ, each month
6 of Shawwāl	With Ramaḍān = a year
9 Dhul-Ḥijjah	ʻArafah · two years expiated
9 & 10 Muḥarram	ʻĀshūrā · one year expiated
Most of Sha‘bān	He ﷺ fasted it most
1–9 Dhul-Ḥijjah	The ten best days

NEVER FAST

The two ʻEids, and 11–13 Dhul-Ḥijjah (ayyām at-tashrīq). Friday alone, and the day of doubt before Ramaḍān, are disliked.

Bukhārī, Muslim · ṣaḥīḥ

04 Ramaḍān

THE MONTH

Fast dawn to sunset · Tarāwīḥ after ʻIshāʼ · seek Laylat al-Qadr in the odd nights of the last ten · i‘tikāf in the last ten · Zakāt al-Fiṭr before the ʻEid prayer.

Bukhārī, Muslim · ṣaḥīḥ

BREAKING THE FAST

ذَهَبَ الظَّمَأُ وَابْتَلَّتِ الْعُرُوقُ وَثَبَتَ الْأَجْرُ إِنْ شَاءَ اللَّهُ

Dhahabaẓ-ẓamaʼu wabtallatil-ʻurūqu wa thabatal-ajru in shāʼallāh

Thirst is gone, the veins are moistened, and the reward is certain, if Allah wills.

Abū Dāwūd · ḥasan — break on dates, or water.

LAYLAT AL-QADR

اللَّهُمَّ إِنَّكَ عَفُوٌّ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Allāhumma innaka ʻafuwwun tuḥibbul-ʻafwa faʻfu ʻannī

O Allah, You are Most Forgiving and love forgiveness, so forgive me.

Tirmidhī, Ibn Mājah · ṣaḥīḥ — taught to ʻĀʼishah for that night.

05 Dhul-Ḥijjah & ʻArafah

THE FIRST TEN

No days are greater for righteous deeds. Fast, give, recite, and multiply takbīr from the 1st to the ʻAṣr of the 13th.

Bukhārī · ṣaḥīḥ

TAKBĪR OF THE DAYS

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، لَا إِلَٰهَ إِلَّا اللَّهُ، وَاللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، وَلِلَّهِ الْحَمْدُ

Allāhu akbar, Allāhu akbar, lā ilāha illallāh, wallāhu akbar, Allāhu akbar, wa lillāhil-ḥamd

Allah is greatest; none is worthy of worship but Allah; and to Allah belongs all praise.

Athar of Ibn Masʻūd · sound — said aloud after each farḍ, 9–13 Dhul-Ḥijjah.

BEST DUʻĀ OF ʻARAFAH

لَا إِلَٰهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ

Lā ilāha illallāhu waḥdahu lā sharīka lah, lahul-mulku wa lahul-ḥamd, wa Huwa ʻalā kulli shayʼin qadīr

None is worthy of worship but Allah alone…

Tirmidhī · ḥasan — “the best duʻā is the duʻā of the Day of ʻArafah.”

06 Muḥarram, Sha‘bān, Shawwāl

MUḤARRAM

The best fasting after Ramaḍān is in Allah’s month, Muḥarram. Fast the 9th and 10th — or the 10th and 11th — not the 10th alone.

Muslim · ṣaḥīḥ

SHA‘BĀN

He ﷺ fasted more of Sha‘bān than any month but Ramaḍān. Settle missed fasts of the previous year before the new Ramaḍān.

Bukhārī, Muslim · ṣaḥīḥ

SHAWWĀL

Six days, consecutive or spread, after ʻEid al-Fiṭr: “whoever fasts Ramaḍān then six of Shawwāl, it is as though he fasted a whole year.” Make up missed Ramaḍān days first.

Muslim · ṣaḥīḥ

RAJAB

A sacred month — but no specific fast, prayer or ʻumrah is established in it. Popular Rajab practices rest on weak reports.

Ibn Ḥajar, Tabyīn al-ʻAjab

07 The four schools

Where practice differs, all positions are within the Sunnah.

Witr	Wājib (Ḥanafī) · sunnah muʼakkadah (others)
Qunūt	3rd rakʻah before rukūʻ (Ḥanafī) · after rukūʻ, last half of Ramaḍān (Shāfiʻī) · in Ṣubḥ (Mālikī) · in Witr (Ḥanbalī)
Tarāwīḥ	20 rakʻahs (Ḥanafī, Shāfiʻī, Ḥanbalī) · 36 (Mālikī custom) · 8 also authentic
Six of Shawwāl	Recommended by all; Imām Mālik was cautious about publicising it
ʻĀshūrā	9+10 preferred; 10+11 sufficient
Travel fast	Fast or break — both authentic; break if it is hard

08 Twelve-month tracker

Mon · Thu · the three white days · extra.

	M	Th	13	14	15	+
Muḥarram	☐	☐	☐	☐	☐	☐
Ṣafar	☐	☐	☐	☐	☐	☐
Rabīʻ I	☐	☐	☐	☐	☐	☐
Rabīʻ II	☐	☐	☐	☐	☐	☐
Jumādā I	☐	☐	☐	☐	☐	☐
Jumādā II	☐	☐	☐	☐	☐	☐
Rajab	☐	☐	☐	☐	☐	☐
Sha‘bān	☐	☐	☐	☐	☐	☐
Ramaḍān	☐	☐	☐	☐	☐	☐
Shawwāl	☐	☐	☐	☐	☐	☐
Dhul-Qa‘dah	☐	☐	☐	☐	☐	☐
Dhul-Ḥijjah	☐	☐	☐	☐	☐	☐

Year _____ AH

POCKET COMPANION · 03 OF 09

Qur’ān Companion

رَفِيقُ الْقُرْآنِ

A khatm you can actually keep — the arithmetic, the daily portions, the grids.

2 · The arithmetic of a khatm
3 · What to read, and when
4 · The fifteen sajdahs
5 · Adab of recitation
6 · Juz grid · khatm I
7 · Juz grid · khatm II
8 · Memorisation tracker

Page counts follow the Madīnah muṣḥaf (604 pp). Manzil divisions per Abū Dāwūd.

02 The arithmetic of a khatm

30 days	1 juz a day · 20 pages · 4 pages after each farḍ
60 days	½ juz a day · 10 pages
7 days	1 manzil a day — the Companions’ division
3 days	10 juz a day — the shortest he ﷺ approved
1 year	2 pages a day

THE SEVEN MANĀZIL

1 · al-Fātiḥah → an-Nisāʼ · 2 · al-Māʼidah → at-Tawbah · 3 · Yūnus → an-Naḥl · 4 · al-Isrāʼ → al-Furqān · 5 · ash-Shuʻarāʼ → Yā Sīn · 6 · aṣ-Ṣāffāt → al-Ḥujurāt · 7 · Qāf → an-Nās.

Abū Dāwūd · the division of the Companions

PRACTICAL

Four pages after each of the five prayers completes a juz a day without a single extra sitting.

03 What to read, and when

Every night	Āyat al-Kursī · al-Mulk · the last two verses of al-Baqarah
Every morning & evening	al-Ikhlāṣ, al-Falaq, an-Nās — 3× each
Every Friday	Sūrah al-Kahf
After every farḍ	Āyat al-Kursī · the three sūrahs
Before sleep	The three sūrahs into the palms, wiped over the body 3×
Illness	al-Fātiḥah · the three sūrahs, with ruqyah

Bukhārī, Muslim, Tirmidhī, an-Nasāʼī · ṣaḥīḥ. Sūrah al-Wāqiʻah against poverty is not established.

04 The fifteen sajdahs

On reciting or hearing one, prostrate once.

7:206	al-Aʻrāf
13:15	ar-Raʻd
16:50	an-Naḥl
17:109	al-Isrāʼ
19:58	Maryam
22:18	al-Ḥajj
22:77	al-Ḥajj
25:60	al-Furqān
27:26	an-Naml
32:15	as-Sajdah
38:24	Ṣād
41:38	Fuṣṣilat
53:62	an-Najm
84:21	al-Inshiqāq
96:19	al-ʻAlaq

Counted as 14 by the Ḥanafīs and Shāfiʻīs (who treat 38:24 as a sajdah of thanks) and 11 by the Mālikīs. Say *subḥāna Rabbiyal-Aʻlā* in it.

05 Adab of recitation

BEFORE

Be clean, face the qiblah if you can, and say: أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ — *Aʻūdhu billāhi minash-Shayṭānir-rajīm* — then *Bismillāh* at the start of a sūrah.

Qur’ān 16:98

WHILE RECITING

Slowly, in order, with tajwīd — “recite it in measured recitation” (73:4). Pause at the verses of mercy to ask, and at the verses of punishment to seek refuge.

Muslim · ṣaḥīḥ

ON FINISHING

No specific duʻā on completing a khatm is narrated from the Prophet ﷺ. Praise Allah, make duʻā freely, and begin again — “the best deed is to complete and begin anew.”

Tirmidhī · ḥasan

NEVER

Argue over it, recite to compete, or leave it: “this Qur’ān is a rope — one end in Allah’s hand, the other in yours.”

06 Juz grid · khatm I

Tick each juz. Date the last box.

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

Begun _____ · Completed _____

07 Juz grid · khatm II

A second run — or a slower year-long one.

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

Begun _____ · Completed _____

08 Memorisation tracker

Sūrah · verses · date secured · revised.

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Revise what you hold before taking more (Bukhārī).

Cut around each strip · fold on the dashed lines · glue strip A behind strip B → an eight-panel card, 2⅛ × 3⅜ in. Print at 100% for wallet size, 120% for easier reading.

POCKET COMPANION · 04 OF 09

Purification & Prayer

الطَّهَارَةُ وَالصَّلَاةُ

Wuḍū to salām — the mechanics, the invalidators, the concessions.

2 · Wuḍū
3 · What breaks wuḍū · ghusl
4 · Tayammum
5 · The prayer, step by step
6 · When you err
7 · Travel & missed prayers
8 · Prayer-on-time grid

Bukhārī · Muslim · the four Sunan. School differences noted on panel 7.

02 Wuḍū

ORDER
1 Bismillāh · 2 hands to the wrists ×3 · 3 rinse the mouth ×3 · 4 the nose ×3 · 5 the face ×3 · 6 arms to the elbows, right then left, ×3 · 7 wipe the head once · 8 the ears once · 9 feet to the ankles, right then left, ×3.
Bukhārī, Muslim · ṣaḥīḥ

OBLIGATORY (FARḌ)
Face, arms to the elbows, wiping the head, feet to the ankles — Qur'ān 5:6. The rest is sunnah, and the reward is in it.

NOTES
Do not waste water — he ﷺ used about a *mudd* (a double handful). Use siwāk. Unbroken wuḍū may be renewed before each prayer. Over socks: wipe khuffayn for one day, three when travelling.
Muslim; Tirmidhī · ṣaḥīḥ

03 What breaks wuḍū · ghusl

BREAKS WUḌŪ
Anything leaving the two passages · deep sleep · loss of consciousness. Ḥanafī adds: flowing blood, and a mouthful of vomit. Shāfi'ī adds: skin contact with the opposite sex, and touching the private parts.
The four schools

GHUSL IS OBLIGATORY AFTER
Sexual discharge or intercourse · the end of menstruation or post-natal bleeding · death (washed by others). Recommended before Jumu'ah, the two 'Eids, and iḥrām.
Bukhārī, Muslim · ṣaḥīḥ

GHUSL, IN ORDER
Intention · wash the hands · wash the private parts · full wuḍū · pour water over the head three times, working it to the roots · then over the whole body, right side first. Nothing is left dry.
Bukhārī, Muslim · ṣaḥīḥ

04 Tayammum

WHEN
No water, not enough water, or water would cause harm — illness, injury, extreme cold, or a genuine shortage on a journey.
Qur'ān 4:43, 5:6

HOW
Intend · strike both palms once on clean earth, sand, or dust-bearing stone · wipe the whole face · strike again and wipe each arm to the elbows or wrists.
Bukhārī, Muslim · ṣaḥīḥ — "the earth has been made for me a place of prayer and a means of purification."

ENDS WHEN
Water becomes available, or anything that breaks wuḍū occurs. One tayammum suffices for what one wuḍū would (Ḥanafī); the Shāfi'īs require a fresh one for each farḍ.
The four schools

WOUNDS
Wipe over a bandage rather than removing it. If neither washing nor wiping is possible, pray as you are — the prayer is never abandoned.

05 The prayer, step by step

SEQUENCE
Face the qiblah · intend · *Allāhu akbar*, hands raised · thanā' · ta'awwudh · al-Fātiḥah · a sūrah · rukū' with *subḥāna Rabbiyal-'Aẓīm* ×3 · rise with *sami'allāhu liman ḥamidah* · two prostrations with *subḥāna Rabbiyal-A'lā* ×3, sitting between them with *Rabbighfir lī*.
Bukhārī, Muslim, Abū Dāwūd · ṣaḥīḥ

THE SITTINGS
First sitting: at-Taḥiyyāt. Final sitting: at-Taḥiyyāt · Ṣalawāt Ibrāhīmiyyah · the four refuges · the du'ā of Abū Bakr · then salām right, then left.
Card 05 carries these in full.

IN SUJŪD
The seven bones touch the ground: forehead with nose, two palms, two knees, the toes of both feet. Du'ā here is most likely to be answered.
Bukhārī; Muslim · ṣaḥīḥ

06 When you err

SUJŪD AS-SAHW
For an omitted wājib, an addition, or genuine doubt: two extra prostrations. Ḥanafī: after the salām on the right, then tashahhud and salām again. Shāfi'ī & Mālikī: before the salām for an omission, after for an addition.
The four schools

BREAKS THE PRAYER
Speaking deliberately · eating or drinking · leaving the qiblah · losing wuḍū · uncovering the 'awrah · an extra rak'ah knowingly · laughing aloud.
Bukhārī, Muslim · ṣaḥīḥ

DOES NOT BREAK IT
An unintended word (Ḥanafī: it does) · a light cough · killing a harmful animal · a child passing · correcting the imām · tears.

IF YOU DOUBT
Act on certainty — the lesser number — then make sujūd as-sahw. If you are led in prayer and the imām errs, say *subḥānallāh*; women clap.
Muslim · ṣaḥīḥ

07 Travel & missed prayers

QAṢR
Dhuhr, 'Aṣr and 'Ishā' become two rak'ahs. Ḥanafī: a journey of about 48 miles / 78 km; the others: roughly two *marḥalah*, about 80 km. Ḥanafī: shortening is required; the others: it is a concession.
Qur'ān 4:101; Bukhārī, Muslim

JAM' — COMBINING
Dhuhr with 'Aṣr, Maghrib with 'Ishā', permitted in travel, illness, or hardship by the Shāfi'ī, Mālikī and Ḥanbalī schools. The Ḥanafī school permits it only at 'Arafah and Muzdalifah.
Muslim · ṣaḥīḥ

SUNNAH IN TRAVEL
Drop the regular Sunnah rak'ahs of Dhuhr, Maghrib and 'Ishā'; keep the two of Fajr and the Witr.
Bukhārī, Muslim · ṣaḥīḥ

MISSED PRAYERS
Pray it as soon as you remember — "there is no expiation for it but that." Make them up in order where you can, alongside the current prayers.
Bukhārī, Muslim · ṣaḥīḥ

08 Prayer-on-time grid

One month. Tick each prayer prayed in its time.

	F	D	A	M	I		F	D	A	M	I
1	☐	☐	☐	☐	☐	17	☐	☐	☐	☐	☐
2	☐	☐	☐	☐	☐	18	☐	☐	☐	☐	☐
3	☐	☐	☐	☐	☐	19	☐	☐	☐	☐	☐
4	☐	☐	☐	☐	☐	20	☐	☐	☐	☐	☐
5	☐	☐	☐	☐	☐	21	☐	☐	☐	☐	☐
6	☐	☐	☐	☐	☐	22	☐	☐	☐	☐	☐
7	☐	☐	☐	☐	☐	23	☐	☐	☐	☐	☐
8	☐	☐	☐	☐	☐	24	☐	☐	☐	☐	☐
9	☐	☐	☐	☐	☐	25	☐	☐	☐	☐	☐
10	☐	☐	☐	☐	☐	26	☐	☐	☐	☐	☐
11	☐	☐	☐	☐	☐	27	☐	☐	☐	☐	☐
12	☐	☐	☐	☐	☐	28	☐	☐	☐	☐	☐
13	☐	☐	☐	☐	☐	29	☐	☐	☐	☐	☐
14	☐	☐	☐	☐	☐	30	☐	☐	☐	☐	☐
15	☐	☐	☐	☐	☐	31	☐	☐	☐	☐	☐
16	☐	☐	☐	☐	☐						

Month _____ · F Fajr · D Dhuhr · A 'Aṣr · M Maghrib · I 'Ishā'

POCKET COMPANION · 05 OF 09

Pocket Adhkār

أَذْكَارُ الصَّلَاةِ

The full post-prayer sequence, folded down to what fits in a pocket.

2 · Before the salām
3 · After the salām · 1–4
4 · 5–7 · the tasbīḥ
5 · Āyat al-Kursī
6 · The three sūrahs
7 · Fajr, Maghrib, Witr
8 · Quick count

Every item ṣaḥīḥ. The long sheet carries the full texts and gradings.

02 Before the salām

In the final sitting, after at-Taḥiyyāt and the ṣalawāt — inside the prayer, not after it.

THE FOUR REFUGES

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ جَهَنَّمَ، وَمِنْ عَذَابِ الْقَبْرِ، وَمِنْ فِتْنَةِ الْمَحْيَا وَالْمَمَاتِ، وَمِنْ شَرِّ فِتْنَةِ الْمَسِيحِ الدَّجَّالِ

Allāhumma innī a'ūdhu bika min 'adhābi jahannam, wa min 'adhābil-qabr, wa min fitnatil-maḥyā wal-mamāt, wa min sharri fitnatil-Masīḥid-Dajjāl

Refuge from the punishment of Hell, the punishment of the grave, the trials of life and death, and the evil of the trial of the False Messiah.

Muslim · ṣaḥīḥ — commanded.

DU'Ā OF ABŪ BAKR

اللَّهُمَّ إِنِّي ظَلَمْتُ نَفْسِي ظُلْمًا كَثِيرًا، وَلَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ، فَاغْفِرْ لِي مَغْفِرَةً مِنْ عِنْدِكَ وَارْحَمْنِي

Allāhumma innī ẓalamtu nafsī ẓulman kathīran, wa lā yaghfirudh-dhunūba illā Anta, faghfir lī maghfiratan min 'indika warḥamnī

I have wronged myself greatly, and none forgives sins but You — forgive me and have mercy on me.

Bukhārī & Muslim · ṣaḥīḥ

03 After the salām · 1–4

1 · ISTIGHFĀR 3×

أَسْتَغْفِرُ اللَّهَ

Astaghfirullāh

I seek Allah's forgiveness.

Muslim · ṣaḥīḥ

2 · AS-SALĀM

اللَّهُمَّ أَنْتَ السَّلَامُ، وَمِنْكَ السَّلَامُ، تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

Allāhumma Antas-Salām, wa minkas-salām, tabārakta yā Dhal-Jalāli wal-Ikrām

You are Peace, and from You comes peace. Blessed are You, Possessor of Majesty and Honour.

Muslim · ṣaḥīḥ

3 · TAHLĪL & DU'Ā

لَا إِلَٰهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ. اللَّهُمَّ لَا مَانِعَ لِمَا أَعْطَيْتَ، وَلَا مُعْطِيَ لِمَا مَنَعْتَ

Lā ilāha illallāhu waḥdahu lā sharīka lah… Allāhumma lā māni'a limā a'ṭayt, wa lā mu'ṭiya limā mana't

…none can withhold what You give, none can give what You withheld.

Bukhārī & Muslim · ṣaḥīḥ

4 · The tahlīl of Ibn az-Zubayr — long; see the sheet.

04 5–7 · the tasbīḥ

5 · FIVE REFUGES OF SA'D

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبُخْلِ، وَمِنَ الْجُبْنِ، وَأَنْ أُرَدَّ إِلَىٰ أَرْذَلِ الْعُمُرِ، وَمِنْ فِتْنَةِ الدُّنْيَا، وَمِنْ عَذَابِ الْقَبْرِ

Allāhumma innī a'ūdhu bika minal-bukhl, wa minal-jubn, wa an uradda ilā ardhalil-'umur, wa min fitnatid-dunyā, wa min 'adhābil-qabr

Refuge from miserliness, cowardice, feeble old age, the trial of this world, and the punishment of the grave.

Bukhārī · ṣaḥīḥ

6 · DU'Ā OF MU'ĀDH

اللَّهُمَّ أَعِنِّي عَلَىٰ ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ

Allāhumma a'innī 'alā dhikrika wa shukrika wa ḥusni 'ibādatik

Help me to remember You, thank You, and worship You well.

Abū Dāwūd, an-Nasā'ī · ṣaḥīḥ — never leave it.

7 · TASBĪḤ

سُبْحَانَ اللَّهِ · الْحَمْدُ لِلَّهِ · اللَّهُ أَكْبَرُ

Subḥānallāh 33× · Al-ḥamdu lillāh 33× · Allāhu Akbar 33× — then the tahlīl of no. 3 once, completing 100

Glory be to Allah · All praise belongs to Allah · Allah is the Greatest.

Muslim · ṣaḥīḥ — counted on the fingers of the right hand.

05 Āyat al-Kursī

QUR'ĀN 2:255 · ONCE AFTER EVERY FARḌ

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

an-Nasā'ī, aṭ-Ṭabarānī · ṣaḥīḥ — nothing stands between the reciter and Paradise except death. Also before sleep.

06 The three sūrahs

Once after every farḍ; three times each after Fajr and Maghrib.

112 · AL-IKHLĀṢ

قُلْ هُوَ اللَّهُ أَحَدٌ اللَّهُ الصَّمَدُ لَمْ يَلِدْ وَلَمْ يُولَدْ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

Qul Huwallāhu Aḥad…

113 · AL-FALAQ

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ مِنْ شَرِّ مَا خَلَقَ وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ

Qul a'ūdhu bi-Rabbil-falaq…

114 · AN-NĀS

قُلْ أَعُوذُ بِرَبِّ النَّاسِ مَلِكِ النَّاسِ إِلَٰهِ النَّاسِ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ مِنَ الْجِنَّةِ وَالنَّاسِ

Qul a'ūdhu bi-Rabbin-nās…

Abū Dāwūd, Tirmidhī, an-Nasā'ī · ṣaḥīḥ — full translations on the long sheet.

07 Fajr, Maghrib, Witr

FAJR & MAGHRIB · 10×

لَا إِلَٰهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، يُحْيِي وَيُمِيتُ، وَهُوَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ

…yuḥyī wa yumīt, wa Huwa 'alā kulli shay'in qadīr

…He gives life and causes death, and is able to do all things.

Tirmidhī, Aḥmad · ṣaḥīḥ

FAJR & MAGHRIB · 7×

اللَّهُمَّ أَجِرْنِي مِنَ النَّارِ

Allāhumma ajirnī minan-nār

O Allah, save me from the Fire.

Abū Dāwūd · ṣaḥīḥ — before speaking to anyone.

AFTER FAJR ONLY

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا، وَرِزْقًا طَيِّبًا، وَعَمَلًا مُتَقَبَّلًا

Allāhumma innī as'aluka 'ilman nāfi'an, wa rizqan ṭayyiban, wa 'amalan mutaqabbalan

Beneficial knowledge, good provision, accepted deeds.

Ibn Mājah · ṣaḥīḥ

AFTER WITR · 3×

سُبْحَانَ الْمَلِكِ الْقُدُّوسِ

Subḥānal-Malikil-Quddūs — lengthening the voice on the third, then: Rabbil-malā'ikati war-rūḥ

Glory be to the King, the Most Holy — Lord of the angels and the Spirit.

an-Nasā'ī, Abū Dāwūd · ṣaḥīḥ

08 Quick count

Inside: at-Taḥiyyāt · ṣalawāt · four refuges · Abū Bakr's du'ā · salām.

After every farḍ: 1–11 in order.

Tasbīḥ: 33 + 33 + 33, then the tahlīl once — 100.

Three sūrahs: 1× · 3× after Fajr & Maghrib.

Fajr & Maghrib add: 10× tahlīl · 7× *ajirnī minan-nār*.

'Ishā': sequence · Witr with qunūt · 3× *Subḥānal-Malikil-Quddūs* · bedtime adhkār.

Authentic narrations permit variation — this is one established order.

POCKET COMPANION · 06 OF 09

Du‘ā for life events

أَدْعِيَةُ الْحَاجَاتِ

What to say when it matters — illness, grief, debt, fear, joy.

2 · Distress & anxiety
3 · Illness & the sick
4 · Grief & death
5 · Debt & provision
6 · Marriage & children
7 · Travel & protection
8 · Anger, fear, decision

All ṣaḥīḥ or ḥasan. Ask in your own words too — that is also Sunnah.

02 Distress & anxiety

AT ANY CALAMITY

لَا إِلٰهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ، لَا إِلٰهَ إِلَّا اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ، لَا إِلٰهَ إِلَّا اللَّهُ رَبُّ السَّمَاوَاتِ وَرَبُّ الْأَرْضِ وَرَبُّ الْعَرْشِ الْكَرِيمِ

Lā ilāha illallāhul-‘Aẓīmul-Ḥalīm, lā ilāha illallāhu Rabbul-‘Arshil-‘Aẓīm, lā ilāha illallāhu Rabbus-samāwāti wa Rabbul-arḍi wa Rabbul-‘Arshil-Karīm

None is worthy of worship but Allah, the Mighty, the Forbearing; Lord of the Mighty Throne; Lord of the heavens, the earth, and the Noble Throne.

Bukhārī, Muslim · ṣaḥīḥ — the du‘ā of distress.

IN GRIEF OR WORRY

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَالْعَجْزِ وَالْكَسَلِ، وَالْبُخْلِ وَالْجُبْنِ، وَضَلَعِ الدَّيْنِ وَغَلَبَةِ الرِّجَالِ

Allāhumma innī a‘ūdhu bika minal-hammi wal-ḥazan, wal-‘ajzi wal-kasal, wal-bukhli wal-jubn, wa ḍala‘id-dayni wa ghalabatir-rijāl

Refuge from anxiety, sorrow, weakness, laziness, miserliness, cowardice, debt and oppression.

Bukhārī · ṣaḥīḥ

THE DU‘Ā OF YŪNUS

لَا إِلٰهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

Lā ilāha illā Anta subḥānaka innī kuntu minaẓ-ẓālimīn

None is worthy of worship but You; glory be to You — I was among the wrongdoers.

Tirmidhī · ṣaḥīḥ · Qur’ān 21:87 — no Muslim says it in distress but is answered.

03 Illness & the sick

VISITING THE SICK · 7×

أَسْأَلُ اللَّهَ الْعَظِيمَ رَبَّ الْعَرْشِ الْعَظِيمِ أَنْ يَشْفِيَكَ

As’alullāhal-‘Aẓīma Rabbal-‘Arshil-‘Aẓīmi an yashfiyak

I ask Allah the Mighty, Lord of the Mighty Throne, to cure you.

Abū Dāwūd, Tirmidhī · ṣaḥīḥ — if his time has not come, he is healed.

RUQYAH OVER THE ILL

اللَّهُمَّ رَبَّ النَّاسِ، مُذْهِبَ الْبَاسِ، اشْفِ أَنْتَ الشَّافِي، لَا شَافِيَ إِلَّا أَنْتَ

Allāhumma Rabban-nās, mudhhibal-bās, ishfi Antash-Shāfī, lā shāfiya illā Ant

O Allah, Lord of mankind, Remover of harm, cure — You are the Healer; there is no healer but You.

Bukhārī · ṣaḥīḥ — with al-Fātiḥah and the three sūrahs.

FOR ONE’S OWN PAIN

بِسْمِ اللَّهِ — أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاذِرُ

Bismillāh (3×) — A‘ūdhu billāhi wa qudratihī min sharri mā ajidu wa uḥādhir (7×)

I seek refuge in Allah and His power from the evil of what I feel and fear.

Muslim · ṣaḥīḥ — hand on the place of pain.

04 Grief & death

ON HEARING OF A DEATH

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ. اللَّهُمَّ أْجُرْنِي فِي مُصِيبَتِي وَأَخْلِفْ لِي خَيْرًا مِنْهَا

Innā lillāhi wa innā ilayhi rāji‘ūn. Allāhumma‘jurnī fī muṣībatī wa akhlif lī khayran minhā

To Allah we belong and to Him we return. Reward me in this affliction and replace it with better.

Muslim · ṣaḥīḥ

FOR THE DECEASED

اللَّهُمَّ اغْفِرْ لَهُ وَارْحَمْهُ، وَعَافِهِ وَاعْفُ عَنْهُ، وَأَكْرِمْ نُزُلَهُ، وَوَسِّعْ مُدْخَلَهُ

Allāhummaghfir lahu warḥamh, wa ‘āfihi wa‘fu ‘anh, wa akrim nuzulah, wa wassi‘ mudkhalah

Forgive him, have mercy on him, pardon him, and honour his resting place.

Muslim · ṣaḥīḥ — after the third takbīr of the Janāzah.

CONSOLING THE BEREAVED

“To Allah belongs what He took, and to Him what He gave; everything has an appointed term.”

Bukhārī · ṣaḥīḥ

AT A GRAVE

السَّلَامُ عَلَيْكُمْ أَهْلَ الدِّيَارِ مِنَ الْمُؤْمِنِينَ وَالْمُسْلِمِينَ، وَإِنَّا إِنْ شَاءَ اللَّهُ لَلَاحِقُونَ

As-salāmu ‘alaykum ahlad-diyāri minal-mu’minīna wal-muslimīn, wa innā in shā’allāhu lalāḥiqūn

Peace be upon you, people of these abodes, believers and Muslims — and we shall, if Allah wills, follow.

Muslim · ṣaḥīḥ

05 Debt & provision

CRUSHING DEBT

اللَّهُمَّ اكْفِنِي بِحَلَالِكَ عَنْ حَرَامِكَ، وَأَغْنِنِي بِفَضْلِكَ عَمَّنْ سِوَاكَ

Allāhummakfinī bi-ḥalālika ‘an ḥarāmik, wa aghninī bi-faḍlika ‘amman siwāk

O Allah, suffice me with what You have made lawful against what You have forbidden, and enrich me by Your bounty so I need none besides You.

Tirmidhī · ḥasan — “even if your debt were like a mountain.”

FOR PROVISION

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا، وَرِزْقًا طَيِّبًا، وَعَمَلًا مُتَقَبَّلًا

Allāhumma innī as’aluka ‘ilman nāfi‘an, wa rizqan ṭayyiban, wa ‘amalan mutaqabbalan

Beneficial knowledge, good lawful provision, accepted deeds.

Ibn Mājah · ṣaḥīḥ — after Fajr.

REPAYING A LENDER

بَارَكَ اللَّهُ لَكَ فِي أَهْلِكَ وَمَالِكَ

Bārakallāhu laka fī ahlika wa mālik

May Allah bless you in your family and your wealth.

Ibn Mājah · ṣaḥīḥ

SEEKING SUFFICIENCY

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

Ḥasbunallāhu wa ni‘mal-wakīl

Allah is sufficient for us, and the best of guardians.

Bukhārī · ṣaḥīḥ · Qur’ān 3:173

06 Marriage & children

TO THE NEWLY MARRIED

بَارَكَ اللَّهُ لَكَ، وَبَارَكَ عَلَيْكَ، وَجَمَعَ بَيْنَكُمَا فِي خَيْرٍ

Bārakallāhu lak, wa bāraka ‘alayk, wa jama‘a baynakumā fī khayr

May Allah bless you, send blessings upon you, and unite you both in goodness.

Abū Dāwūd, Tirmidhī · ṣaḥīḥ

PROTECTING CHILDREN

أُعِيذُكُمَا بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ كُلِّ شَيْطَانٍ وَهَامَّةٍ، وَمِنْ كُلِّ عَيْنٍ لَامَّةٍ

U‘īdhukumā bi-kalimātillāhit-tāmmati min kulli shayṭānin wa hāmmah, wa min kulli ‘aynin lāmmah

I place you both in the protection of Allah’s perfect words from every devil and vermin, and from every harmful eye.

Bukhārī · ṣaḥīḥ — he ﷺ said it over al-Ḥasan and al-Ḥusayn.

FOR OFFSPRING

رَبِّ هَبْ لِي مِنَ الصَّالِحِينَ — رَبِّ لَا تَذَرْنِي فَرْدًا وَأَنْتَ خَيْرُ الْوَارِثِينَ

Rabbi hab lī minaṣ-ṣāliḥīn — Rabbi lā tadharnī fardan wa Anta khayrul-wārithīn

My Lord, grant me righteous offspring — my Lord, leave me not alone, and You are the best of inheritors.

Qur’ān 37:100; 21:89

07 Travel & protection

SETTING OUT

سُبْحَانَ الَّذِي سَخَّرَ لَنَا هٰذَا... اللَّهُمَّ إِنَّا نَسْأَلُكَ فِي سَفَرِنَا هٰذَا الْبِرَّ وَالتَّقْوَىٰ، وَمِنَ الْعَمَلِ مَا تَرْضَىٰ

Subḥānal-ladhī sakhkhara lanā hādhā... Allāhumma innā nas‘aluka fī safarinā hādhal-birra wat-taqwā, wa minal-‘amali mā tarḍā

...O Allah, we ask You on this journey for righteousness, piety, and deeds that please You.

Muslim · ṣaḥīḥ

STOPPING ANYWHERE

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

A‘ūdhu bi-kalimātillāhit-tāmmāti min sharri mā khalaq

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

Muslim · ṣaḥīḥ — nothing will harm him until he departs.

RETURNING

آيِبُونَ تَائِبُونَ عَابِدُونَ لِرَبِّنَا حَامِدُونَ

Ā’ibūna tā’ibūna ‘ābidūna li-Rabbinā ḥāmidūn

Returning, repenting, worshipping, and praising our Lord.

Muslim · ṣaḥīḥ

ENTERING A TOWN

اللَّهُمَّ بَارِكْ لَنَا فِيهَا

Allāhumma bārik lanā fīhā

O Allah, bless it for us.

Ibn Ḥibbān · ṣaḥīḥ

08 Anger, fear, decision

IN ANGER

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

A‘ūdhu billāhi minash-Shayṭānir-rajīm

I seek refuge in Allah from the accursed Shayṭān.

Bukhārī, Muslim · ṣaḥīḥ — and sit if standing, lie down if sitting, and make wuḍū.

IN FEAR

اللَّهُ أَكْبَرُ، اللَّهُ أَعَزُّ مِنْ خَلْقِهِ جَمِيعًا، اللَّهُ أَعَزُّ مِمَّا أَخَافُ وَأَحْذَرُ

Allāhu akbar, Allāhu a‘azzu min khalqihī jamī‘an, Allāhu a‘azzu mimmā akhāfu wa aḥdhar

Allah is greatest — mightier than all His creation, mightier than what I fear and guard against.

an-Nasā’ī · ṣaḥīḥ

BEFORE A DECISION

Two rak‘ahs, then the du‘ā of Istikhārah — the full text is on card 04 of the long sheet. Then act, and be content.

Bukhārī · ṣaḥīḥ

SEEKING THE BEST END

اللَّهُمَّ أَحْسِنْ عَاقِبَتَنَا فِي الْأُمُورِ كُلِّهَا، وَأَجِرْنَا مِنْ خِزْيِ الدُّنْيَا وَعَذَابِ الْآخِرَةِ

Allāhumma aḥsin ‘āqibatanā fil-umūri kullihā, wa ajirnā min khizyid-dunyā wa ‘adhābil-ākhirah

O Allah, make good our end in all affairs, and save us from disgrace in this world and the punishment of the next.

Ibn Ḥibbān · ṣaḥīḥ

POCKET COMPANION · 07 OF 09

The Ninety-Nine Names

أَسْمَاءُ اللَّهِ الْحُسْنَىٰ

"To Allah belong the most beautiful names — so call upon Him by them."

2 · Names 1–14
3 · 15–28
4 · 29–42
5 · 43–56
6 · 57–70
7 · 71–85
8 · 86–99

The enumeration narrated by at-Tirmidhī. The names themselves are in the Qur'ān and Sunnah; scholars differ on the list, not on the names.

02 Names 1–14

1	الرَّحْمَٰنُ	*Ar-Raḥmān* · The Most Compassionate
2	الرَّحِيمُ	*Ar-Raḥīm* · The Most Merciful
3	الْمَلِكُ	*Al-Malik* · The Sovereign
4	الْقُدُّوسُ	*Al-Quddūs* · The Most Holy
5	السَّلَامُ	*As-Salām* · The Source of Peace
6	الْمُؤْمِنُ	*Al-Mu'min* · The Giver of Faith
7	الْمُهَيْمِنُ	*Al-Muhaymin* · The Guardian
8	الْعَزِيزُ	*Al-'Azīz* · The Almighty
9	الْجَبَّارُ	*Al-Jabbār* · The Compeller
10	الْمُتَكَبِّرُ	*Al-Mutakabbir* · The Supreme
11	الْخَالِقُ	*Al-Khāliq* · The Creator
12	الْبَارِئُ	*Al-Bāri'* · The Originator
13	الْمُصَوِّرُ	*Al-Muṣawwir* · The Fashioner
14	الْغَفَّارُ	*Al-Ghaffār* · The Ever-Forgiving

03 15–28

15	الْقَهَّارُ	*Al-Qahhār* · The Subduer
16	الْوَهَّابُ	*Al-Wahhāb* · The Bestower
17	الرَّزَّاقُ	*Ar-Razzāq* · The Provider
18	الْفَتَّاحُ	*Al-Fattāḥ* · The Opener
19	الْعَلِيمُ	*Al-'Alīm* · The All-Knowing
20	الْقَابِضُ	*Al-Qābiḍ* · The Withholder
21	الْبَاسِطُ	*Al-Bāsiṭ* · The Extender
22	الْخَافِضُ	*Al-Khāfiḍ* · The Abaser
23	الرَّافِعُ	*Ar-Rāfi'* · The Exalter
24	الْمُعِزُّ	*Al-Mu'izz* · The Giver of Honour
25	الْمُذِلُّ	*Al-Mudhill* · The Humiliator
26	السَّمِيعُ	*As-Samī'* · The All-Hearing
27	الْبَصِيرُ	*Al-Baṣīr* · The All-Seeing
28	الْحَكَمُ	*Al-Ḥakam* · The Judge

04 29–42

29	الْعَدْلُ	*Al-'Adl* · The Utterly Just
30	اللَّطِيفُ	*Al-Laṭīf* · The Subtly Kind
31	الْخَبِيرُ	*Al-Khabīr* · The All-Aware
32	الْحَلِيمُ	*Al-Ḥalīm* · The Forbearing
33	الْعَظِيمُ	*Al-'Aẓīm* · The Magnificent
34	الْغَفُورُ	*Al-Ghafūr* · The Oft-Forgiving
35	الشَّكُورُ	*Ash-Shakūr* · The Appreciative
36	الْعَلِيُّ	*Al-'Alī* · The Most High
37	الْكَبِيرُ	*Al-Kabīr* · The Most Great
38	الْحَفِيظُ	*Al-Ḥafīẓ* · The Preserver
39	الْمُقِيتُ	*Al-Muqīt* · The Sustainer
40	الْحَسِيبُ	*Al-Ḥasīb* · The Reckoner
41	الْجَلِيلُ	*Al-Jalīl* · The Majestic
42	الْكَرِيمُ	*Al-Karīm* · The Most Generous

05 43–56

43	الرَّقِيبُ	*Ar-Raqīb* · The Watchful
44	الْمُجِيبُ	*Al-Mujīb* · The Responsive
45	الْوَاسِعُ	*Al-Wāsi'* · The All-Encompassing
46	الْحَكِيمُ	*Al-Ḥakīm* · The All-Wise
47	الْوَدُودُ	*Al-Wadūd* · The Most Loving
48	الْمَجِيدُ	*Al-Majīd* · The Glorious
49	الْبَاعِثُ	*Al-Bā'ith* · The Resurrector
50	الشَّهِيدُ	*Ash-Shahīd* · The Witness
51	الْحَقُّ	*Al-Ḥaqq* · The Absolute Truth
52	الْوَكِيلُ	*Al-Wakīl* · The Trustee
53	الْقَوِيُّ	*Al-Qawī* · The All-Strong
54	الْمَتِينُ	*Al-Matīn* · The Firm
55	الْوَلِيُّ	*Al-Walī* · The Protecting Friend
56	الْحَمِيدُ	*Al-Ḥamīd* · The Praiseworthy

06 57–70

57	الْمُحْصِي	*Al-Muḥṣī* · The Accounter
58	الْمُبْدِئُ	*Al-Mubdi'* · The Initiator
59	الْمُعِيدُ	*Al-Mu'īd* · The Restorer
60	الْمُحْيِي	*Al-Muḥyī* · The Giver of Life
61	الْمُمِيتُ	*Al-Mumīt* · The Bringer of Death
62	الْحَيُّ	*Al-Ḥayy* · The Ever-Living
63	الْقَيُّومُ	*Al-Qayyūm* · The Self-Subsisting
64	الْوَاجِدُ	*Al-Wājid* · The Finder
65	الْمَاجِدُ	*Al-Mājid* · The Noble
66	الْوَاحِدُ	*Al-Wāḥid* · The One
67	الْأَحَدُ	*Al-Aḥad* · The Unique
68	الصَّمَدُ	*Aṣ-Ṣamad* · The Eternal Refuge
69	الْقَادِرُ	*Al-Qādir* · The Able
70	الْمُقْتَدِرُ	*Al-Muqtadir* · The Omnipotent

07 71–85

71	الْمُقَدِّمُ	*Al-Muqaddim* · The Expediter
72	الْمُؤَخِّرُ	*Al-Mu'akhkhir* · The Delayer
73	الْأَوَّلُ	*Al-Awwal* · The First
74	الْآخِرُ	*Al-Ākhir* · The Last
75	الظَّاهِرُ	*Aẓ-Ẓāhir* · The Manifest
76	الْبَاطِنُ	*Al-Bāṭin* · The Hidden
77	الْوَالِي	*Al-Wālī* · The Governor
78	الْمُتَعَالِي	*Al-Muta'ālī* · The Most Exalted
79	الْبَرُّ	*Al-Barr* · The Source of Good
80	التَّوَّابُ	*At-Tawwāb* · The Acceptor of Repentance
81	الْمُنْتَقِمُ	*Al-Muntaqim* · The Avenger
82	الْعَفُوُّ	*Al-'Afū* · The Pardoner
83	الرَّءُوفُ	*Ar-Ra'ūf* · The Most Kind
84	مَالِكُ الْمُلْكِ	*Mālik al-Mulk* · Owner of all Sovereignty
85	ذُو الْجَلَالِ وَالْإِكْرَامِ	*Dhul-Jalāli wal-Ikrām* · Possessor of Majesty and Honour

08 86–99

86	الْمُقْسِطُ	*Al-Muqsiṭ* · The Equitable
87	الْجَامِعُ	*Al-Jāmi'* · The Gatherer
88	الْغَنِيُّ	*Al-Ghanī* · The Self-Sufficient
89	الْمُغْنِي	*Al-Mughnī* · The Enricher
90	الْمَانِعُ	*Al-Māni'* · The Withholder
91	الضَّارَّ	*Aḍ-Ḍārr* · The Bringer of Adversity
92	النَّافِعُ	*An-Nāfi'* · The Bringer of Benefit
93	النُّورُ	*An-Nūr* · The Light
94	الْهَادِي	*Al-Hādī* · The Guide
95	الْبَدِيعُ	*Al-Badī'* · The Incomparable Originator
96	الْبَاقِي	*Al-Bāqī* · The Everlasting
97	الْوَارِثُ	*Al-Wārith* · The Inheritor
98	الرَّشِيدُ	*Ar-Rashīd* · The Guide to the Right Path
99	الصَّبُورُ	*Aṣ-Ṣabūr* · The Most Patient

Bukhārī, Muslim · ṣaḥīḥ — "Allah has ninety-nine names; whoever retains them enters Paradise." Qur'ān 7:180.

POCKET COMPANION · 08 OF 09

The Day of Jumu‘ah

يَوْمُ الْجُمُعَةِ

The best day the sun rises upon — how to spend it.

2 · The day, hour by hour
3 · Ghusl, scent, early arrival
4 · The khuṭbah
5 · Sūrah al-Kahf
6 · Ṣalawāt
7 · The hour of response
8 · Checklist

Bukhārī · Muslim · the four Sunan. School notes on panel 7.

02 The day, hour by hour

Night before — read al-Kahf, sleep early.
Fajr — in congregation; the longest-standing Sunnah of the week.
Morning — ghusl, clean clothes, siwāk, perfume; nails and hair.
Before zenith — walk early; 4 rak‘ahs Sunnah, then nafl until the imām stands.
Khuṭbah — total silence, facing the imām.
Farḍ — 2 rak‘ahs behind the imām.
After — 4 Sunnah, 2 Sunnah, 2 nafl, then the post-prayer adhkār.
Last hour before Maghrib — du‘ā; the hour of response.
Bukhārī, Muslim, Abū Dāwūd · ṣaḥīḥ

03 Ghusl, scent, early arrival

GHUSL
“Ghusl on Friday is obligatory upon every adult” — held as a strong Sunnah by the four schools, and obligatory by some.
Bukhārī, Muslim · ṣaḥīḥ

COMING EARLY
Whoever comes at the first hour is as one who offered a camel; then a cow; then a horned ram; then a chicken; then an egg. When the imām emerges, the angels close the register and sit to listen.
Bukhārī · ṣaḥīḥ

ON ARRIVING
Two rak‘ahs before sitting, never stepping over people, never moving anyone from their seat. Fill the front rows first.
Bukhārī, Muslim · ṣaḥīḥ

REWARD
Whoever performs ghusl, comes early, walks rather than rides, sits near the imām, listens and stays silent — for every step, the reward of a year of fasting and night prayer.
Abū Dāwūd, Tirmidhī · ṣaḥīḥ

04 The khuṭbah

SILENCE
“When the imām is delivering the khuṭbah, be silent.” Telling another person to be quiet during it is itself idle speech — and voids the Jumu‘ah reward.
Bukhārī, Muslim · ṣaḥīḥ

DO NOT
Speak, fidget with anything, use a phone, or pray nafl once the imām has begun — except two brief rak‘ahs if you have only just arrived.
Muslim · ṣaḥīḥ

TWO KHUṬBAHS
Delivered standing, with a sitting between them; the second shorter. He ﷺ kept the khuṭbah short and the prayer long — “a sign of understanding.”
Muslim · ṣaḥīḥ

WHO MUST ATTEND
Every free, resident, adult male in health. Excused: the traveller, the ill, the woman, the child, and the one nursing another — they pray Dhuhr instead. All four schools concur, differing only on details.
The four schools

05 Sūrah al-Kahf

THE PRACTICE
Whoever reads Sūrah al-Kahf on the day of Jumu‘ah has a light shining for him between the two Fridays. Read it any time from Maghrib on Thursday to Maghrib on Friday.
al-Bayhaqī, al-Ḥākim · ṣaḥīḥ per al-Albānī

FIRST TEN VERSES
Whoever memorises the first ten verses of al-Kahf is protected from the Dajjāl.
Muslim · ṣaḥīḥ

رَبَّنَا آتِنَا مِنْ لَدُنْكَ رَحْمَةً وَهَيِّئْ لَنَا مِنْ أَمْرِنَا رَشَدًا

Rabbanā ātinā min ladunka raḥmatan wa hayyi’ lanā min amrinā rashadan
Our Lord, grant us mercy from Yourself, and shape for us right guidance in our affair.
Qur’ān 18:10 — the du‘ā of the people of the cave.

ALSO ON THIS DAY
Adam was created, entered Paradise, and was removed from it; the Hour will come on a Friday. No day is more virtuous.
Muslim · ṣaḥīḥ

06 Ṣalawāt

INCREASE IT
“Increase your ṣalawāt upon me on the day of Jumu‘ah — my prayer is presented to me.” The fullest form is the Ṣalawāt Ibrāhīmiyyah of the prayer.
Abū Dāwūd, an-Nasā’ī · ḥasan/ṣaḥīḥ

اللَّهُمَّ صَلِّ عَلَىٰ مُحَمَّدٍ وَعَلَىٰ آلِ مُحَمَّدٍ، كَمَا صَلَّيْتَ عَلَىٰ إِبْرَاهِيمَ وَعَلَىٰ آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ

Allāhumma ṣalli ‘alā Muḥammadin wa ‘alā āli Muḥammad, kamā ṣallayta ‘alā Ibrāhīma wa ‘alā āli Ibrāhīm, innaka Ḥamīdun Majīd
O Allah, send blessings upon Muhammad and the family of Muhammad as You did upon Ibrāhīm and his family — You are Praiseworthy, Glorious.
Bukhārī, Muslim · ṣaḥīḥ

THE SHORT FORM

صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

Ṣallallāhu ‘alayhi wa sallam
May Allah send blessings and peace upon him.
“Whoever sends one blessing upon me, Allah sends ten upon him.” — Muslim · ṣaḥīḥ

07 The hour of response

WHEN
“There is an hour on Friday in which no servant asks Allah for something but He gives it.” The strongest reports place it in the last part of the day, between ‘Aṣr and Maghrib; another places it between the imām sitting and the prayer ending.
Muslim; Abū Dāwūd, an-Nasā’ī · ṣaḥīḥ

HOW TO USE IT
Sit facing the qiblah after ‘Aṣr. Begin with praise, then ṣalawāt, then ask — for the ākhirah first, then your needs, then for others. Do not stop until Maghrib.
Tirmidhī · ḥasan

SCHOOL NOTES
Jumu‘ah requires a congregation: three besides the imām (Ḥanafī), forty residents (Shāfi‘ī), twelve (Mālikī), forty (Ḥanbalī). All require a settled town and a public mosque.
The four schools

08 Checklist

Tick through the day.

- [ ] Read al-Kahf
- [ ] Ghusl
- [ ] Siwāk · nails · hair
- [ ] Clean clothes
- [ ] Perfume
- [ ] Fajr in congregation
- [ ] Left early, walked
- [ ] Two rak‘ahs on entering
- [ ] Front rows
- [ ] Silent through the khuṭbah
- [ ] Farḍ, then 4 + 2 + 2
- [ ] Post-prayer adhkār
- [ ] Abundant ṣalawāt
- [ ] Du‘ā in the last hour
- [ ] Gave in charity
- [ ] Visited or called family

“The best day the sun rises upon is Friday.” — Muslim · ṣaḥīḥ

POCKET COMPANION · 09 OF 09

My Little Companion

رَفِيقِي

Big words, short prayers — for small hands.

2 · Bismillāh
3 · Eating
4 · Sleeping & waking
5 · Washing for prayer
6 · How to pray
7 · Counting on my fingers
8 · My week

Name _____

02 Bismillāh

بِسْمِ اللَّهِ

Bismillāh

In the name of Allah. Say it before you start anything.

الْحَمْدُ لِلَّهِ

Al-ḥamdu lillāh

All praise is for Allah. Say it when something good happens.

إِنْ شَاءَ اللَّهُ

In shā' Allāh

If Allah wills. Say it about tomorrow.

اللَّهُ أَكْبَرُ

Allāhu akbar

Allah is the greatest.

03 Eating

BEFORE

بِسْمِ اللَّهِ

Bismillāh

In the name of Allah — then eat with your right hand.

AFTER

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي

Al-ḥamdu lillāhil-ladhī aṭ'amanī

Praise be to Allah, who fed me.

If you forget, say *Bismillāhi awwalahū wa ākhirah* and keep eating.

04 Sleeping & waking

GOING TO SLEEP

بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismika Allāhumma amūtu wa aḥyā

In Your name, O Allah, I die and I live.

WAKING UP

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا

Al-ḥamdu lillāhil-ladhī aḥyānā

Praise be to Allah, who gave us life again.

Sleep on your right side. Read Āyat al-Kursī with a grown-up.

05 Washing for prayer

1. Say Bismillāh
2. Hands — 3 times
3. Mouth — 3 times
4. Nose — 3 times
5. Face — 3 times
6. Arms to elbows — 3
7. Wipe your head — 1
8. Ears — 1
9. Feet to ankles — 3

Right side first, always. Don't waste water.

06 How to pray

1. Stand and face the qiblah
2. Allāhu akbar — hands up
3. Read al-Fātiḥah
4. Bow: *Subḥāna Rabbiyal-'Aẓīm* ×3
5. Stand up straight
6. Prostrate: *Subḥāna Rabbiyal-A'lā* ×3
7. Sit, then prostrate again
8. At the end: at-Taḥiyyāt
9. *As-salāmu 'alaykum* — right, then left

Ask for anything you want while your forehead is on the ground.

07 Counting on my fingers

After every prayer, count on the fingers of your **right hand**:

سُبْحَانَ اللَّهِ

Subḥānallāh — 33 times

الْحَمْدُ لِلَّهِ

Al-ḥamdu lillāh — 33 times

اللَّهُ أَكْبَرُ

Allāhu akbar — 33 times

Your fingers will speak for you one day — so let them count good things.

08 My week

Colour a box for every prayer you pray.

	F	D	A	M	I
Mon	☐	☐	☐	☐	☐
Tue	☐	☐	☐	☐	☐
Wed	☐	☐	☐	☐	☐
Thu	☐	☐	☐	☐	☐
Fri	☐	☐	☐	☐	☐
Sat	☐	☐	☐	☐	☐
Sun	☐	☐	☐	☐	☐

F Fajr · D Dhuhr · A 'Aṣr · M Maghrib · I 'Ishā'

Cut around each strip · fold on the dashed lines · glue strip A behind strip B → an eight-panel card, 2⅛ × 3⅜ in. Print at 100% for wallet size, 120% for easier reading.