SAID AFTER FAJR & AFTER ʻAṢR

Morning & Evening

أَذْكَارُ الصَّبَاحِ وَالْمَسَاء

Āyat al-Kursī

ONCE

اللَّهُ لَا إِلَٰهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَةٌ وَلَا نَوْمٌ لَهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ

Q 2:255, to its end. Whoever says it in the morning is guarded until evening.

Ḥākim · ṣaḥīḥ

The three suwar

THREE TIMES

الْإِخْلَاص · الْفَلَق · النَّاس

Al-Ikhlāṣ, al-Falaq, an-Nās — three times each. They suffice you against everything.
Said again before sleep, blowing into the palms and wiping what can be reached of the body.

Abū Dāwūd, Tirmidhī · ḥasan ṣaḥīḥ

Sayyid al-istighfār

ONCE

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَٰهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَىٰ عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَأَبُوءُ لَكَ بِذَنْبِي فَاغْفِرْ لِي فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

Whoever says it in the day with certainty and dies before evening is of the people of Paradise.
The master of seeking forgiveness — once in the morning, once in the evening.

Bukhārī · ṣaḥīḥ

On entering the day

ONCE

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

In the evening: *wa ilayka-l-maṣīr* in place of *wa ilayka-n-nushūr*.

Tirmidhī · ḥasan

Upon the fiṭrah

ONCE

أَصْبَحْنَا عَلَىٰ فِطْرَةِ الْإِسْلَامِ، وَعَلَىٰ كَلِمَةِ الْإِخْلَاصِ، وَعَلَىٰ دِينِ نَبِيِّنَا مُحَمَّدٍ ﷺ، وَعَلَىٰ مِلَّةِ أَبِينَا إِبْرَاهِيمَ حَنِيفًا مُسْلِمًا

In the evening: *amsaynā* in place of *aṣbaḥnā*.

Aḥmad · ṣaḥīḥ

The kingdom is Allah’s

ONCE

أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ، وَالْحَمْدُ لِلَّهِ، لَا إِلَٰهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ

Continue: *rabbi as’aluka khayra mā fī hādhā-l-yawm* — I ask You for the good of this day.

Muslim · ṣaḥīḥ

Contentment

THREE TIMES

رَضِيتُ بِاللَّهِ رَبًّا، وَبِالْإِسْلَامِ دِينًا، وَبِمُحَمَّدٍ ﷺ نَبِيًّا

It is a right upon Allah to please whoever says it.

Abū Dāwūd, Tirmidhī · ḥasan

Against all harm

THREE TIMES

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

Nothing will harm whoever says it three times morning and evening.
Taught to ʻUthmān ibn ʻAffān, who never left it.

Abū Dāwūd, Tirmidhī · ṣaḥīḥ

Sufficiency

SEVEN TIMES

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

Allah suffices him in whatever concerns him of this world and the next.
Seven times in the morning and seven in the evening.

Abū Dāwūd · ḥasan

Well-being

THREE TIMES

اللَّهُمَّ عَافِنِي فِي بَدَنِي، اللَّهُمَّ عَافِنِي فِي سَمْعِي، اللَّهُمَّ عَافِنِي فِي بَصَرِي، لَا إِلَٰهَ إِلَّا أَنْتَ

O Allah, grant me well-being in my body, my hearing, and my sight.

Abū Dāwūd · ḥasan

The word of tawḥīd

TEN TIMES

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

Ten times, or a hundred — a hundred is the freeing of ten slaves.

Bukhārī, Muslim · ṣaḥīḥ

Seeking forgiveness

HUNDRED TIMES

أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ

He ﷺ sought forgiveness a hundred times in a day, and no sin was upon him.

Bukhārī, Muslim · ṣaḥīḥ

Entrusting the affair

ONCE

يَا حَيُّ يَا قَيُّومُ بِرَحْمَتِكَ أَسْتَغِيثُ، أَصْلِحْ لِي شَأْنِي كُلَّهُ، وَلَا تَكِلْنِي إِلَىٰ نَفْسِي طَرْفَةَ عَيْنٍ

Do not leave me to myself for the blink of an eye.
Said once, at the start of the day and at its close.

Nasā’ī, Ḥākim · ḥasan

Refuge in the words

THREE · EVENING

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

Nothing will harm him that night.

Muslim · ṣaḥīḥ

Glorification

HUNDRED TIMES

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

His sins are put down from him though they were like the foam of the sea.
Said in any state — walking, sitting, or at work.

Bukhārī, Muslim · ṣaḥīḥ

THE MORNING

Its time is from Fajr until sunrise — and it is not lost if said until midday.

THE EVENING

Its time is from ʻAṣr until sunset — and it is not lost if said until midnight.

IF YOU SAY NOTHING ELSE

Say بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ three times, and the three suwar three times. A small amount kept to daily outweighs a great amount abandoned.

Bukhārī, Muslim · ṣaḥīḥ. Prints A2; scale to 141% for A1.

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