

# My book of Dhikr and Du'a

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

## Waking up in the morning

﴿الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ﴾

*All praise is for Allah Who revived us to life after giving us death and to Him we shall have to return [1]*

Abu Hurairah (radiAllahu anhu) narrated that the Messenger of Allah (salAllahu alayhi wasalam) said: "Shaitaan ties three knots at the back of the head of any one of you when you go to sleep. On every knot he reads and exhales the following words, "The night is long, so stay asleep." [i.e. Do not wake up in time for Fajr prayer.] When one awakes and remembers Allah, one knot is undone; and when one does wudu, another knot is undone; and when one performs the prayer, the last knot is undone and one gets up energetic with a good heart in the morning; otherwise one gets up lazy and with a mischievous heart." [sahih al-Bukhari]

[1] نقل عليه، مكتوبة (٢٣٤٤) باب ما يقول عند الصبح والمساء والنام

# Entering the Bathroom

﴿ بِسْمِ اللّٰهِ . اَللّٰهُمَّ اِنِّىْ اَعُوْذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ ﴾

*In the name of Allah. Oh Allah! I seek refuge in You from the foul male and female devils. [1]*

A'isha (radiAllahu anha) said: The Messenger of Allah (salAllahu alayhi wasalam) used his right hand for ablution and for eating and used his left hand for washing himself (after going to the bathroom) or for any other disagreeable thing.

A'isha (radiAllahu anha) said: Whoever told you that the Prophet (salAllahu alayhi wasalam) used to go to the bathroom standing up, do not believe him. He did not use to go to the bathroom except sitting down. [Mishkaat]

[1] ترمذى، مختلوة (۳۳۰) باب اواب الخلاء / متفق عليه، مختلوة (۳۰۹) باب اواب الخلاء

## Coming out of the Bathroom

﴿ غُفْرَانَكَ . الْحَمْدُ لِلَّهِ الَّذِي أَذْهَبَ عَنِّي الْأَذَى وَعَافَانِي ﴾

*(Oh Allah, I ask) Your pardon. Praise be to Allah Who relieves me from suffering and gave me health. [1]*

Abu Hurairah (radiAllahu anhu) reported: When Allah's Messenger (salAllahu alayhi wasalam) used to come out of the toilet, I brought water for him in a pot or in a water skin and he used to wash himself. Then he rubbed his hands on the earth. Then I brought him another vessel of water and he performed wudu with it. [Mishkaat]

[1] ترمذي، ابن ماجه، الدراري، سنن أبي داود / ابن ماجه، سنن أبي داود (333) باب ادب اللزوم / ترمذي، ابن ماجه، الدراري، سنن أبي داود (331) باب ادب اللزوم

# Before Wudu

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, Most Gracious, Most Merciful. [1]



[1] ترمذی، ابن ماجہ، ابوداؤد، الدرر، مشکوٰۃ (۳۷۰) باب سنن الوضوء

## After Wudu

﴿أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ﴾

وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ .

اللَّهُمَّ اجْعَلْنِي مِنَ التَّوَّابِينَ وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ ﴿﴾

I testify that there is no god except Allah; He is alone, He has no partner; and I (further) testify that Muhammad is indeed His servant and messenger. Oh Allah! Make me of those who are repentant and make me of those who are purified. [1]

Abu Hurairah (radiAllahu anhu) reported that the Messenger of Allah (salAllahu alayhi wasalam) said: "My followers will be called on the Day of Resurrection with faces shining on account of the effect of *wudu*'. So whoever among you intends to enhance the brightness, let him do so [by doing *wudu*' well]." [Agreed Upon]

[1] مسلم، ترمذی، بخاری، ابن ماجہ (۳۶۸) کتاب الطهارة

## During Adhan

While the mu'adhdhin is calling the Adhan, repeat each sentence as he says it. After "Hayya 'alaṣ-Ṣalah" and "Hayya 'alal-Falah" say:

﴿ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ ﴾

There is no power and no strength except in Allah.

After "Qad qaamatis-Ṣalah" in the Iqamah say:

﴿ أَقَامَهَا اللَّهُ وَ أَدَامَهَا ﴾

May Allah establish it and keep it so forever.

Abdullah bin 'Amr bin al-'Aas reported Allah's Messenger (salAllahu alayhi wasalam) as saying: "When you hear the call of the Mu'adhdhin, say what he says; then invoke a blessing upon me, for he who invokes a blessing upon me, Allah will invoke ten blessings upon him for that. Then beg waseelah from the Lord for me. It is a rank in Paradise which none but a servant amongst the servants of Allah is worthy to have and I hope that I am one such servant. He who begs waseelah for me, intercession will be assured for him. [Mishkaat] (Here, waseelah means the highest rank in Paradise.)

# During Fajr Adhan

After "As-Salaat Khayrum-minan-Nawm" during the Fajr Adhan say:

﴿صَدَقْتَ وَبَرَّرْتَ﴾

You have spoken true and spoken well.





## After Adhan

﴿اللَّهُمَّ رَبَّ هَذِهِ الدَّعْوَةِ التَّامَّةِ وَالصَّلَاةِ الْقَائِمَةِ  
اتِّ مُحَمَّدَانَ الْوَسِيلَةَ وَالْفَضِيلَةَ وَالدَّرَجَةَ الرَّفِيعَةَ  
وَأَبْعَثْهُ مَقَامًا مَحْمُودًا الَّذِي وَعَدْتَهُ وَارْزُقْنَا شَفَاعَتَهُ  
يَوْمَ الْقِيَامَةِ إِنَّكَ لَا تُخْلِفُ الْمِيعَادَ﴾

Oh Allah! Lord of this perfect call, and of the prayer to be offered presently. Grant to Muhammad the way of approach unto You, and also eminence and high rank, and raise him to the glorious position which You have promised him, and give us his intercession on the Day of Judgment. And You do not go back on Your promise. [1]

Abdullah bin 'Amr (radiAllahu anhu) reported that a person said: O Allah's Messenger (salAllahu alayhi wasalam), verily those who call the Adhan have excelled us in blessings. Thereupon, Allah's Messenger (salAllahu alayhi wasalam) said: "You say those words as they say and when you come to the end, beg (of your Lord) and it will be given to you." [Mishkaat]

[1] حازمي، مشكاة (١٠٨) باب فضل الأذان و الجاهلون و الجاهلوات [Some phrases of this commonly recited du'a are not supported by any hadith, although they are mentioned, for example, by Imam Ghazzali rahmatullahi 'alayhi]

# Entering the Masjid

﴿ بِسْمِ اللَّهِ وَالصَّلَاةِ وَالسَّلَامِ عَلَى رَسُولِ اللَّهِ .  
اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ ﴾

*In the name of Allah. Blessings and peace be upon the Messenger of Allah. Oh Allah! Open unto me the gates of Your Mercy . [1]*

Fatimah (radiAllahu anha) reported that when Allah's Messenger (salAllahu alayhi wasalam) entered the mosque, he invoked blessings and peace upon Muhammad (himself) and then said: "My Lord, forgive my sins and open unto me the gates of Your Mercy." And as he went out of the mosque, he would supplicate for blessings and peace upon Muhammad (himself) and say: "My Lord, forgive my sins and open unto me the doors of Your Bounty."  
[Mishkaat]

[1] مسلم، مکتوبة (۶۵۱) باب السجود وشرح الصلاة

# Leaving the Masjid

﴿ بِسْمِ اللَّهِ وَ الصَّلَاةُ وَ السَّلَامُ عَلَى رَسُولِ اللَّهِ .  
اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ ﴾

In the name of Allah. Blessings and peace be upon the Messenger of Allah. Oh Allah! I beg of You Your Bounty. [1]

Fatimah (radiAllahu anha) reported that when Allah's Messenger (salAllahu alayhi wasalam) entered the mosque, he invoked blessings and peace upon Muhammad (himself) and then said: "My Lord, forgive my sins and open unto me the gates of Your Mercy." And as he went out of the mosque, he would supplicate for blessings and peace upon Muhammad (himself) and say: "My Lord, forgive my sins and open unto me the doors of Your Bounty."  
[Mishkaat]

[1] مسلم، مکتوبة (۶۵۱) باب السجود و توضیح الصلاة

# Entering the House

﴿اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ الْمَوْلِجِ وَخَيْرَ الْمَخْرَجِ﴾

بِسْمِ اللَّهِ وَلَجْنَا وَبِسْمِ اللَّهِ خَرَجْنَا

وَ عَلَى اللَّهِ رَبَّنَا تَوَكَّلْنَا ﴿﴾

Oh Allah! Behold, I beg of You the good of coming in and the good of going out. In the name of Allah we enter and in the name of Allah we go out and in Allah, our Lord, we trust. [1]

Anas bin Malik (radiAllahu anhu) relates that the Messenger of Allah (salAllahu alayhi wasalam) said to him: "When you enter your home, greet your family. It will be a source of blessing for you and for the members of your family." [Riyaad]

[1] إرواه، مكتبة (٢٣٣٤) باب الدعوات في الدخول [1]

# Leaving the House

﴿ بِسْمِ اللّٰهِ تَوَكَّلْتُ عَلَى اللّٰهِ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللّٰهِ ﴾

*In the name of Allah; I trust in Allah; There is no power and no strength except in Allah. [1]*



# Before Eating

﴿ بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ • بِسْمِ اللّٰهِ وَ عَلٰی بَرَکَةِ اللّٰهِ ﴾

In the name of Allah, Most Gracious, Most Merciful  
In the name of Allah, and with the blessings of Allah. [1]

Umar bin Abu Salamah (radiAllahu anhu) said: I was a boy under the protection of Allah's Messenger (salAllahu alayhi wasalam), and as my hand used to roam in the dish, he said to me: "Mention Allah's name, eat with your right hand, and eat from what is nearest to you." [Agreed Upon]

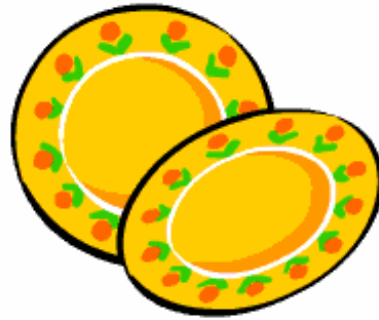


# After Eating

﴿الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مِنَ الْمُسْلِمِينَ﴾

*Praise be to Allah, Who fed us and gave us drink and made us Muslims. [1]*

Anas (radiAllahu anhu) reported that the Messenger of Allah (salAllahu alayhi wasalam) said: "Allah, Most High, is pleased when a man eats something and praises Him for it, or drinks something and praises Him for it." [Muslim]



[1] ترمذی، ابوداؤد، ابن ماجہ، مشکوٰۃ (۳۰۴۰) کتاب الاطعمۃ

# After Eating at Someone's House

﴿اللَّهُمَّ أَطْعِمْ مَنْ أَطْعَمَنِي وَاسْقِ مَنْ سَقَانِي﴾

*Oh Allah! Feed him who fed me and give him drink who gave me to drink. [1]*

Abu Hurairah (radiAllahu anhu) said that the Messenger of Allah (salAllahu alayhi wasalam) never found fault with any food. If he had the inclination, he would eat it, and if he disliked, he would leave it.

Abu Hurairah (radiAllahu anhu) also related that the Messenger of Allah (salAllahu alayhi wasalam) said: "When any one of you is invited [to a meal], he should accept it. And if he is fasting, he should pray for the host; and if he is not fasting, he should eat with the host." [Riyaad us-Saliheen]

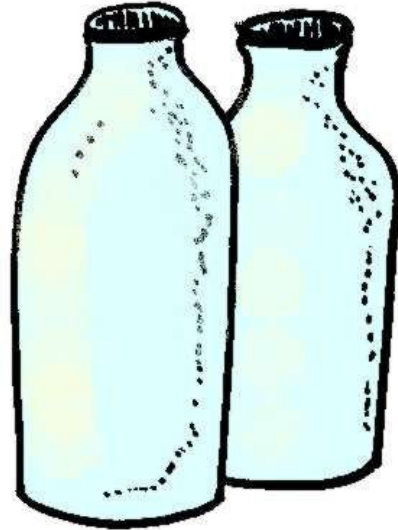
[1] مسلم بن الحجاج، عن المقداد



# After Drinking Milk

﴿اللَّهُمَّ بَارِكْ لَنَا فِيهِ وَزِدْنَا مِنْهُ﴾

Oh Allah! Bless us in it and give us increase of it. [1]



[1] ترمذی، ابو داؤد، مشکوٰۃ (۳۰۵۶) باب الاشریۃ

## Putting on Clothes

﴿اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ خَيْرِهِ وَخَيْرِمَا هُوَ لَهُ﴾

﴿وَأَعُوذُ بِكَ مِنْ شَرِّهِ وَشَرِّمَا هُوَ لَهُ﴾

Oh Allah! I ask of You its good and that which it is good for;  
and I seek refuge with You from its evil and that which it is  
evil for. [1]

Abu Hurairah (radiAllahu anhu) reported that whenever the Messenger of Allah (salAllahu alayhi wasalam) was putting on his shirt, he would start with the right side. [Mishkaat]

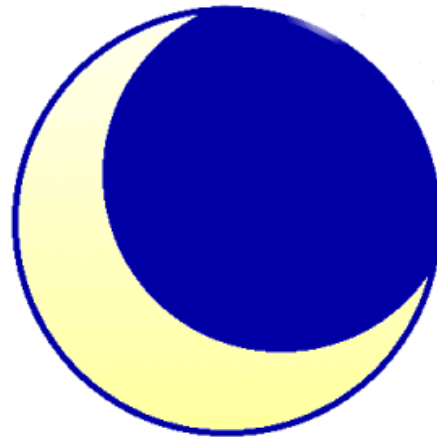


[1] عن أبي سعيد الخدري

# Seeing the New Moon

اللَّهُمَّ أَهْلَهُ عَلَيْنَا بِالْأَمْنِ وَالْإِيمَانِ  
وَالسَّلَامَةِ وَالْإِسْلَامِ . رَبِّي وَرَبُّكَ اللَّهُ

Oh Allah! Let this (new moon) appear unto us with peace and faith (I maan), with safety and I slam. (Oh moon!) My Lord and your Lord is Allah. [1]



ترجمہ: مشکوٰۃ (۴۳۱۲) باب الدعوات فی الاحکام [1]

# When Visiting the Sick

﴿اللَّهُمَّ اذْهَبِ الْبَاسَ رَبَّ النَّاسِ . وَاشْفِ أَنْتَ الشَّافِيُ  
لَا شِفَاءَ إِلَّا شِفَاؤُكَ . شِفَاءً لَا يُغَادِرُ سَقَمًا﴾

Remove this harm, O Lord of mankind, and heal- it is You Who are the Healer. There is no healing except Yours. Cause a healing that will leave behind no sickness. [1]



[1] ابن ماجه (3351) كتاب الطب والرجي

# After Sneezing

After sneezing, one should say:

﴿الْحَمْدُ لِلَّهِ﴾

Praise be to Allah.

Reply to the one who sneezes:

﴿يَرْحَمُكَ اللَّهُ﴾

Allah have mercy on you

Reply to that:

﴿يَهْدِيكُمْ اللَّهُ وَيُصْلِحُ بِالْكُمُ﴾

May Allah guide you and improve your state

## At the Finish of a Meeting

﴿سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ .  
أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ . أَسْتَغْفِرُكَ وَ أَتُوبُ إِلَيْكَ﴾

*Glorified are You, Oh Allah, and with Your praise! I bear witness that there is no god except You. I seek Your forgiveness and I repent to You. [1]*

A'isha (radiAllahu anha) said: When the Messenger of Allah (salAllahu alayhi wasalam) sat in a company or offered prayer, he would say certain words. I questioned him regarding these words. He said: "If the words uttered in a company be good, then these (words of prayer) become a seal thereunto until the Day of Resurrection. But if any of the words uttered were bad, then these (words of prayer) become the expiation thereof." The words of prayer were the du'a above. [Prayers of Muhammad salAllahu alayhi wasalam]

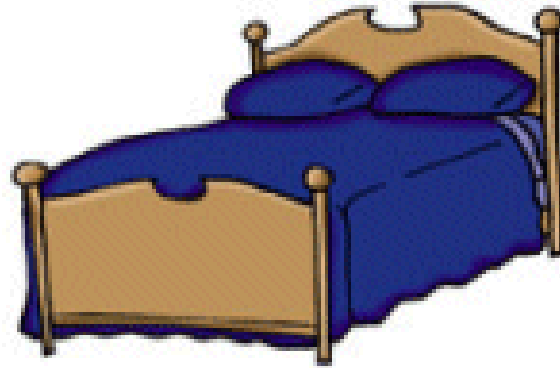
[1] ترمذی، معجم، مکتوبہ (۲۳۲۰) باب الدعوات فی الودعات [1]

# Going to Sleep

﴿اللَّهُمَّ بِاسْمِكَ أَمُوتُ وَ أَحْيِي﴾

*Oh Allah! In Your name do I die and (in Your name) do I live.*

[1]



تفصيل عليه، مكتوبة (٢٣٤٤) باب ما يقول عند الصبح والساء والنام [1]

## Durood Shareef or Salawaat

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى  
إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَّجِيدٌ  
اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى  
إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَّجِيدٌ

*Allah, let Your blessing come upon Muhammad and the family of Muhammad as You blessed Ibrahim and his family. Truly You are the Praiseworthy, the Glorious. O Allah, bless Muhammad and the family of Muhammad as You blessed Ibrahim and his family. Truly You are the Praiseworthy, the Glorious. [1]*

Abu Hurairah (radiAllahu anhu) reported the Messenger of Allah (salAllahu alayhi wasalam) saying: He who invokes one blessing upon me, Allah will shower ten blessings upon him."

[1] تعلق عليه، مكتوبه (٨٥٨) باب السلوٰة على النبي صلى الله عليه وسلم



O Allah! I ask of You all the good that asked of You by Your messenger Muhammad, peace and blessings of Allah be showered upon him. And I seek Your refuge from all the evil that was taken refuge from, by Your messenger Muhammad, peace and blessings of Allah be showered upon him. You alone are the Helper, and all goals are in You, and there is no power nor might, but that of Allah.

Ameen.

[Jawahirul Bukhari]

[www.geocities.com/mutmainaa](http://www.geocities.com/mutmainaa)

This file can be incorporated into children's activities in a number of ways: as posters, as a memory game, as flashcards, as a book and so on.