

# SUNRISE TO SUNSET

*Explanation & Memorisation of Daily Duas*



## *Contents*

	<i>Page</i>
<i>Section 1 - Introduction</i>	... 2
<i>Section 2 - Duas and Word-by-Word Translation</i>	... 3
Week 1	... 3
Week 2	... 5
Week 3	... 7
Week 4	... 9
Week 5	... 11
Week 6	... 13
Week 7	... 15
Week 8	... 17
Week 9	... 19
Week 10	... 21
Week 11	... 23
Week 12	... 25
<i>Section 3 - Memorisation Tools and Tips</i>	... 27
<i>Section 4 - Memorisation Progress Charts</i>	... 28

## Introduction

---

يَا أَيُّهَا الَّذِينَ ءَامَنُوا اذْكُرُوا اللَّهَ ذِكْرًا كَثِيرًا ﴿٤١﴾ وَسَبِّحُوهُ بُكْرَةً وَأَصِيلًا ﴿٤٢﴾

O you who have believed, remember Allah with much remembrance. And exalt Him morning and afternoon.<sup>1</sup>

---

☞ Importance of Remembrance of Allah

☞ Benefits of Dhikr

☞ Morning and Evening Supplications

☞ Timing

1 Al Ahzaab 33: 41-42

Dua 1

أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ وَالْحَمْدُ لِلَّهِ ، لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ ، رَبِّ اسْأَلْكَ خَيْرَ مَا فِي هَذَا الْيَوْمِ وَخَيْرَ مَا بَعْدَهُ ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِي هَذَا الْيَوْمِ وَشَرِّ مَا بَعْدَهُ ، رَبِّ أَعُوذُ بِكَ مِنَ الْكَسَلِ ، وَسُوءِ الْكِبَرِ ، رَبِّ أَعُوذُ بِكَ مِنْ عَذَابِ فِي النَّارِ وَعَذَابِ فِي الْقَبْرِ

Morning

أَمْسَيْنَا وَ أَمْسَى الْمُلْكُ لِلَّهِ وَالْحَمْدُ لِلَّهِ ، لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ ، رَبِّ اسْأَلْكَ خَيْرَ مَا فِي هَذِهِ اللَّيْلَةِ وَخَيْرَ مَا بَعْدَهَا ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِي هَذِهِ اللَّيْلَةِ وَشَرِّ مَا بَعْدَهَا ، رَبِّ أَعُوذُ بِكَ مِنَ الْكَسَلِ ، وَسُوءِ الْكِبَرِ ، رَبِّ أَعُوذُ بِكَ مِنْ عَذَابِ فِي النَّارِ وَعَذَابِ فِي الْقَبْرِ

Evening

We have entered the morning [evening] and with it all dominion is Allah's. Praise is to Allah. None has the right to be worshiped but Allah alone, Who has no partner. To Allah belongs the dominion, and to Him is the praise and He is Able to do all things. My Lord, I ask You for the goodness of this day [night] and the goodness that follows it, and I seek refuge in You from the evil of this day [night] and the evil that follows it. My Lord, I seek refuge in You from laziness and helpless old age. My Lord, I seek refuge in You from the punishment of Hell-fire, and from the punishment of the grave.<sup>2</sup>

Notes

2 Fortress of the Muslim, no. 77, pg 96

Word-by-Word Translation

Dua 1

أَصْبَحْنَا	وَ	أَصْبَحَ	الْمَلِكُ	لِلَّهِ	وَ	الْحَمْدُ	لِلَّهِ

لَا	إِلَهَ	إِلَّا	اللَّهُ	وَحْدَهُ	لَا	شَرِيكَ	لَهُ

لَهُ	الْمَلِكُ	وَ	لَهُ	الْحَمْدُ	وَ	هُوَ	عَلَى	كُلِّ	شَيْءٍ	قَدِيرٌ

رَبِّ	أَسْأَلُكَ	خَيْرَ	مَا	فِي	هَذَا	الْيَوْمِ	وَ	خَيْرَ	مَا	بَعْدَهُ

وَ	أَعُوذُ	بِكَ	مِنْ	شَرِّ	مَا	فِي	هَذَا	الْيَوْمِ	وَ	شَرِّ

مَا	بَعْدَهُ	رَبِّ	أَعُوذُ	بِكَ	مِنْ	الْكَسَلِ	وَ	سُوءِ	الْكِبَرِ	رَبِّ

أَعُوذُ	بِكَ	مِنْ	عَذَابِ	فِي	النَّارِ	وَ	عَذَابِ	فِي	الْقَبْرِ

Dua 2

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

Male

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

Female

O Allah, You are my Lord, there is none worthy of worship but You. You created me and I am Your slave [male/female]. I keep Your covenant, and my pledge to You so far as I am able. I seek refuge in You from the evil of what I have done. I admit to Your blessings upon me, and I admit to my misdeeds. Forgive me, for there is none who may forgive sins but You.<sup>3</sup>

Dua 3

100 times

أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ

I seek the forgiveness of Allah and repent to Him.<sup>4</sup>

Notes

3 Fortress of the Muslim, no. 79, pg 99

4 Fortress of the Muslim, no. 96, pg 116

Word-by-Word Translation

اللَّهُمَّ	أَنْتَ	رَبِّي	لَا	إِلَهَ	إِلَّا	أَنْتَ	خَلَقْتَنِي	وَ

Dua 2

أَنَا	عَبْدُكَ	وَ	أَنَا	عَلَى	عَهْدِكَ	وَ	وَعْدِكَ	مَا	اسْتَطَعْتُ

أَعُوذُ	بِكَ	مِنْ	شَرِّ	مَا	صَنَعْتُ	أَبْوَاءُ	لَكَ

بِنِعْمَتِكَ	عَلَيَّ	وَ	أَبْوَاءُ	بِذَنْبِي	فَاغْفِرْ	لِي

فَأِنَّهُ	لَا	يَغْفِرُ	الذُّنُوبَ	إِلَّا	أَنْتَ

أَسْتَغْفِرُ	اللَّهَ	وَ	أَتُوبُ	إِلَيْهِ

Dua 3

Dua 4

4 times

اللَّهُمَّ إِنِّي أَصْبَحْتُ أُشْهِدُكَ وَأُشْهِدُ حَمَلَةَ عَرْشِكَ، وَمَلَائِكَتَكَ وَجَمِيعَ خَلْقِكَ،  
أَنَّكَ أَنْتَ اللَّهُ لَا إِلَهَ إِلَّا أَنْتَ وَحْدَكَ لَا شَرِيكَ لَكَ، وَأَنَّ مُحَمَّدًا عَبْدُكَ  
وَرَسُولُكَ

Morning

اللَّهُمَّ إِنِّي أَمْسَيْتُ أُشْهِدُكَ وَأُشْهِدُ حَمَلَةَ عَرْشِكَ، وَمَلَائِكَتَكَ وَجَمِيعَ خَلْقِكَ،  
أَنَّكَ أَنْتَ اللَّهُ لَا إِلَهَ إِلَّا أَنْتَ وَحْدَكَ لَا شَرِيكَ لَكَ، وَأَنَّ مُحَمَّدًا عَبْدُكَ  
وَرَسُولُكَ

Evening

O Allah, I have entered the morning [evening] and call upon You and upon the bearers of Your Throne, upon Your angels and all creation to bear witness that surely You are Allah, there is none worthy of worship but You alone, You have no partners, and that Muhammad ﷺ is Your slave and Your Messenger.<sup>5</sup>

Notes

5 Fortress of the Muslim, no. 80, pg 100



Word-by-Word Translation

Dua 4

اللَّهُمَّ	إِنِّي	أَصْبَحْتُ	أَشْهَدُكَ	وَ	أَشْهَدُ	حَمَلَةَ

عَرَشِكَ	وَ	مَلَائِكَتِكَ	وَ	جَمِيعَ	خَلْقِكَ

أَنَّكَ	أَنْتَ	اللَّهُ	لَا	إِلَهَ	إِلَّا	أَنْتَ

وَحَدِّكَ	لَا	شَرِيكَ	لَكَ	وَ	أَنَّ	مُحَمَّدًا

عَبْدُكَ	وَ	رَسُولُكَ

Dua 5

اللَّهُمَّ مَا أَصْبَحَ بِي مِنْ نِعْمَةٍ أَوْ بِأَحَدٍ مِنْ خَلْقِكَ فَمِنْكَ وَحْدَكَ لَا شَرِيكَ لَكَ،  
فَلَكَ الْحَمْدُ وَلَكَ الشُّكْرُ

Morning

اللَّهُمَّ مَا أَمْسَى بِي مِنْ نِعْمَةٍ أَوْ بِأَحَدٍ مِنْ خَلْقِكَ فَمِنْكَ وَحْدَكَ لَا شَرِيكَ لَكَ،  
فَلَكَ الْحَمْدُ وَلَكَ الشُّكْرُ

Evening

O Allah, whatever blessing has been received this morning [evening] by me or anyone of Your creation is from You alone, You have no partner. All praise is for You and thanks is to You.<sup>6</sup>

---

Dua 6

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

Morning

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

Evening

O Allah, by You we enter the morning [evening] and by You we enter the evening [morning], by You we live and by You we die, and to You is the Final Return [Fate].<sup>7</sup>

---

Notes

6 Fortress of the Muslim, no. 81, pg 101

7 Fortress of the Muslim, no. 78, pg 98

Word-by-Word Translation

اللَّهُمَّ	مَا	أَصْبَحَ	بِي	مِنْ	نِعْمَةٍ	أَوْ	بِأَحَدٍ

Dua 5

مِنْ	خَلْقِكَ	فَمِنْكَ	وَحَدِّكَ	لَا	شَرِيكَ	لَكَ

فَلَكَ	الْحَمْدُ	وَ	لَكَ	الشُّكْرُ

اللَّهُمَّ	بِكَ	أَصْبَحْنَا	وَ	بِكَ	أَمْسَيْنَا

Dua 6

وَ	بِكَ	نَحْيَا	وَ	بِكَ	نَمُوتُ

وَ	إِلَيْكَ	النُّشُورُ

Dua 7

3 times

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

O Allah, make me healthy in my body. O Allah, preserve for me my hearing. O Allah, preserve for me my sight. There is none worthy of worship but You.

O Allah, I seek refuge in You from disbelief and poverty and I seek refuge in You from the punishment of the grave. There is none worthy of worship but You.<sup>8</sup>

Dua 8

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا، وَرِزْقًا طَيِّبًا، وَعَمَلًا مُتَقَبَّلًا

O Allah, I ask You for knowledge that is of benefit, a good provision, and deeds that will be accepted.<sup>9</sup>

Notes

8 Fortress of the Muslim, no. 82, pg 103

9 Fortress of the Muslim, no. 95, pg 115

Word-by-Word Translation

Dua 7

اللَّهُمَّ	عَافِنِي	فِي	بَدَنِي	اللَّهُمَّ	عَافِنِي	فِي	سَمْعِي

اللَّهُمَّ	عَافِنِي	فِي	بَصْرِي	لَا	إِلَهَ	إِلَّا	أَنْتَ

اللَّهُمَّ	إِنِّي	أَعُوذُ	بِكَ	مِنَ	الْكُفْرِ	وَ	الْفَقْرِ

وَ	أَعُوذُ	بِكَ	مِنَ	عَذَابِ	الْقَبْرِ

لَا	إِلَهَ	إِلَّا	أَنْتَ

Dua 8

اللَّهُمَّ	إِنِّي	أَسْأَلُكَ	عِلْمًا	نَافِعًا

وَ	رِزْقًا	طَيِّبًا	وَ	عَمَلًا	مُتَقَبَّلًا

Dua 9

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

O Allah, I ask You for forgiveness and protection in this world and the next. O Allah, I ask You for forgiveness and protection in my religion, in my worldly affairs, in my family and in my wealth. O Allah, conceal my secrets and preserve me from anguish. O Allah, guard me from what is in front of me and behind me, from my left, and from my right, and from above me. I seek refuge in Your Greatness from being struck down from beneath me.<sup>10</sup>

---

Notes

10 Fortress of the Muslim, no. 84, pg 104

Word-by-Word Translation

Dua 9

اللَّهُمَّ	إِنِّي	أَسْأَلُكَ	الْعَفْوَ	وَ	الْعَافِيَةَ	فِي	الدُّنْيَا

وَ	الْآخِرَةَ	اللَّهُمَّ	إِنِّي	أَسْأَلُكَ	الْعَفْوَ	وَ	

الْعَافِيَةَ	فِي	دِينِي	وَ	دُنْيَايَ	وَ	أَهْلِي	وَ	مَالِي

اللَّهُمَّ	اسْتُرْ	عَوْرَاتِي	وَ	آمِنْ	رَوْعَاتِي	اللَّهُمَّ	احْفَظْنِي

مِنْ	بَيْنِ	يَدَيَّ	وَ	مِنْ	خَلْفِي	وَ	عَنْ	يَمِينِي

وَ	عَنْ	شِمَالِي	وَ	مِنْ	فَوْقِي	وَ	أَعُوذُ

بِعَظَمَتِكَ	أَنْ	أُغْتَالَ	مِنْ	تَحْتِي

*Dua 10*

اللَّهُمَّ عَالِمَ الْغَيْبِ وَالشَّهَادَةِ فَاطِرَ السَّمَاوَاتِ وَالْأَرْضِ، رَبَّ كُلِّ شَيْءٍ وَمَلِيكَهُ،  
أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ، أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي، وَمِنْ شَرِّ الشَّيْطَانِ وَشِرْكِهِ،  
وَأَنْ أَقْتَرِفَ عَلَى نَفْسِي سُوءًا، أَوْ أَجْرَهُ إِلَى مُسْلِمٍ

O Allah, Knower of the unseen and the evident, Maker of the heavens and the earth, Lord of everything and its Possessor, I bear witness that there is none worthy of worship but You. I seek refuge in You from the evil of my soul and from the evil of Satan and his helpers, and from bringing evil upon my soul and from harming any Muslim.<sup>11</sup>

---

*Notes*

<sup>11</sup> Fortress of the Muslim, no. 85, pg 106



Word-by-Word Translation

Dua 10

اللَّهُمَّ	عَالِمَ	الْعَيْبِ	وَ	الشَّهَادَةِ	فَاطِرَ	السَّمَاوَاتِ	وَ

الأَرْضِ	رَبِّ	كُلِّ	شَيْءٍ	وَ	مَلِيكِهِ	أَشْهَدُ

أَنَّ	لَا	إِلَهَ	إِلَّا	أَنْتَ	أَعُوذُ	بِكَ	مِنْ

شَرِّ	نَفْسِي	وَ	مِنْ	شَرِّ	الشَّيْطَانِ	وَ	شَرِّهِ

وَ	أَنَّ	أَقْتَرِفَ	عَلَى	نَفْسِي	سُوءًا	أَوْ

أَجْرَهُ	إِلَى	مُسْلِمٍ

*Dua 11*

3 times

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

In the Name of Allah, Who with His Name nothing can cause harm in the earth or in the heavens, and He is the All-Hearing, the All-Knowing.<sup>12</sup>

---

*Dua 12*

3 times

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

I seek refuge in the Perfect Words of Allah from the evil of what He has created.<sup>13</sup>

---

*Notes*

12 Fortress of the Muslim, no. 86, pg 107

13 Fortress of the Muslim, no. 97, pg 116

Word-by-Word Translation

بِسْمِ	اللَّهِ	الَّذِي	لَا	يَضُرُّهُ	مَعَ	اسْمِهِ

Dua 11

شَيْءٍ	فِي	الْأَرْضِ	وَ	لَا	فِي	السَّمَاءِ

وَ	هُوَ	السَّمِيعُ	الْعَلِيمُ

أَعُوذُ	بِكَلِمَاتِ	اللَّهِ	التَّامَّاتِ	مِنْ	شَرِّ

Dua 12

مَا	خَلَقَ

*Dua 13*

3 times

رَضِيتُ بِاللَّهِ رَبًّا، وَبِالإِسْلَامِ دِينًا، وَبِمُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ نَبِيًّا

I am pleased with Allah as my Lord, with Islam as my religion and with Muhammad (peace and blessings of Allah be upon him) as my Prophet.<sup>14</sup>

---

*Dua 14*

10 times

اللَّهُمَّ صَلِّ وَسَلِّمْ عَلَى نَبِيِّنَا مُحَمَّدٍ

O Allah, send peace and blessings upon our Prophet Muhammad.<sup>15</sup>

---

*Notes*

14 Fortress of the Muslim, no. 87, pg 108

15 Fortress of the Muslim, no. 98, pg 117

*Word-by-Word Translation*

وَ	دِينًا	بِالإِسْلَامِ	وَ	رَبًّا	بِاللَّهِ	رَضِيْتُ

*Dua 13*

بِمُحَمَّدٍ	صَلَّى	اللَّهُ	عَلَيْهِ	وَ	سَلَّمَ	نَبِيًّا

اللَّهُمَّ	صَلِّ	وَ	سَلِّمْ	عَلَى	نَبِيِّنَا

*Dua 14*

مُحَمَّدٍ

Dua 15

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ أَصْلِحْ لِيْ شَأْنِيْ كُلَّهُ وَلَا تَكِلْنِيْ إِلَى نَفْسِيْ  
طَرْفَةَ عَيْنٍ

O Ever Living One, O Eternal One, by Your mercy I call on You to set right all my affairs. Do not place me in charge of my soul even for the blinking of an eye (i.e. a moment).<sup>16</sup>

Dua 16

أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ رَبِّ الْعَالَمِينَ ، اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هَذَا الْيَوْمِ ،  
فَتْحَهُ ، وَنَصْرَهُ ، وَنُورَهُ وَبَرَكَتَهُ ، وَهُدَاهُ ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِيهِ وَشَرِّ مَا  
بَعْدَهُ

Morning

أَمْسَيْنَا وَ أَمْسَى الْمُلْكُ لِلَّهِ رَبِّ الْعَالَمِينَ ، اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هَذِهِ اللَّيْلَةِ ،  
فَتْحَهَا ، وَنَصْرَهَا ، وَنُورَهَا وَبَرَكَتَهَا ، وَهُدَاهَا ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِيهَا  
وَشَرِّ مَا بَعْدَهَا

Evening

We have entered the morning [evening] and with it all dominion belongs to Allah, Lord of all that exists. O Allah, I ask You for the goodness of this day [night], its victory, its help, its light, its blessings, and its guidance. I seek refuge in You from the evil that is in it and the evil that follows it.<sup>17</sup>

Notes

16 Fortress of the Muslim, no. 88, pg 109

17 Fortress of the Muslim, no. 89, pg 109

Word-by-Word Translation

يَا	حَيُّ	يَا	قِيَوْمُ	بِرَحْمَتِكَ	أَسْتَعِيْثُ	أَصْلِحْ

Dua 15

لِي	شَأْنِي	كَلَّةٌ	وَ	لَا	تَكْلِنِي	إِلَى

نَفْسِي	طَرْفَةَ	عَيْنِي

أَصْبَحْنَا	وَ	أَصْبَحَ	الْمَلِكُ	لِلَّهِ	رَبِّ	الْعَالَمِينَ

Dua 16

اللَّهُمَّ	إِنِّي	أَسْأَلُكَ	خَيْرَ	هَذَا	الْيَوْمِ

فَتْحَهُ	وَ	نَصْرَهُ	وَ	نُورَهُ	وَ	بَرَكَتَهُ	وَ	هُدَاهُ

وَ	أَعُوذُ	بِكَ	مِنْ	شَرِّ	مَا	فِيهِ	وَ	شَرِّ	مَا	بَعْدَهُ

Dua 17

7 times

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ ﴿١٢٦﴾

Allah is sufficient for me. There is none worthy of worship but Him. I have placed my trust in Him, He is the Lord of the Mighty Throne.<sup>18</sup>

Dua 18

أَصْبَحْنَا عَلَى فِطْرَةِ الْإِسْلَامِ وَعَلَى كَلِمَةِ الْإِخْلَاصِ، وَعَلَى دِينِ نَبِيِّنَا مُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ، وَعَلَى مِلَّةِ أَبِينَا إِبْرَاهِيمَ، حَنِيفًا مُسْلِمًا وَمَا كَانَ مِنَ الْمُشْرِكِينَ

Morning

أَمْسَيْنَا عَلَى فِطْرَةِ الْإِسْلَامِ وَعَلَى كَلِمَةِ الْإِخْلَاصِ، وَعَلَى دِينِ نَبِيِّنَا مُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ، وَعَلَى مِلَّةِ أَبِينَا إِبْرَاهِيمَ، حَنِيفًا مُسْلِمًا وَمَا كَانَ مِنَ الْمُشْرِكِينَ

Evening

We have entered the morning [evening] upon the natural religion of Islam, the word of sincere devotion, the religion of our Prophet Muhammad (peace and blessings of Allah be upon him), and the faith of our father Ibrahim. He was upright (in worshipping Allah), and a Muslim. He was not of those who worship others besides Allah.<sup>19</sup>

Notes

18 Fortress of the Muslim, no. 83, pg 104, At-Taubah 9:129

19 Fortress of the Muslim, no. 90, pg 111



Word-by-Word Translation

حَسْبِيَ	اللَّهُ	لَا	إِلَهَ	إِلَّا	هُوَ

Dua 17

عَلَيْهِ	تَوَكَّلْتُ	وَ	هُوَ	رَبُّ	الْعَرْشِ	الْعَظِيمِ

أَصْبَحْنَا	عَلَى	فِطْرَةِ	الْإِسْلَامِ	وَ	عَلَى	كَلِمَةِ

Dua 18

الإِخْلَاصِ	وَ	عَلَى	دِينِ	نَبِيِّنَا	مُحَمَّدٍ

صَلَّى	اللَّهُ	عَلَيْهِ	وَ	سَلَّمَ	وَ	عَلَى	مِلَّةِ	أَبِينَا

إِبْرَاهِيمَ	حَنِيفاً	مُسْلِماً	وَ	مَا	كَانَ	مِنَ	الْمُشْرِكِينَ

*Dua 19*

10 or 100  
times

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

None has the right to be worshipped but Allah alone, Who has no partner. His is the dominion and His is the praise and He is Able to do all things.<sup>20</sup>

---

*Dua 20*

100 times

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

Glory is to Allah and praise is to Him.<sup>21</sup>

---

*Dua 21*

3 times

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

Glory is to Allah and praise is to Him, by the multitude of His creation, by His Pleasure, by the weight of His Throne, and by the extent of His Words.<sup>22</sup>

---

*Notes*

20 Fortress of the Muslim, no. 92, pg 112, no. 93, pg 114

21 Fortress of the Muslim, no. 91, pg 112

22 Fortress of the Muslim, no. 94, pg 115

*Word-by-Word Translation*

لَا	إِلَهَ	إِلَّا	اللَّهُ	وَحْدَهُ	لَا	شَرِيكَ	لَهُ

*Dua 19*

لَهُ	الْمَلِكُ	وَ	لَهُ	الْحَمْدُ	وَ	هُوَ	عَلَى	كُلِّ	شَيْءٍ	قَدِيرٌ

سُبْحَانَ	اللَّهِ	وَ	بِحَمْدِهِ

*Dua 20*

سُبْحَانَ	اللَّهِ	وَ	بِحَمْدِهِ	عَدَدَ	خَلْقِهِ	وَ

*Dua 21*

رِضًا	نَفْسِهِ	وَ	زِينَةَ	عَرْشِهِ	وَ	وَمِدَادَ	كَلِمَاتِهِ

## *Memorisation Tools and Tips*

Memorisation buddy's name: \_\_\_\_\_

Contact details: \_\_\_\_\_

Useful Websites: \_\_\_\_\_

Useful Mobile Apps: \_\_\_\_\_

- ☞ **Make Dua**      The secret to the success of your memorisation is how much you make dua to Allah, because our ability to memorise is only from Allah.
  
- ☞ **Fixed Time**      Try and keep a fixed time during the day to memorise the duas, e.g. 5-10 mins after every salah.
  
- ☞ **Listen**      Listen to the audio recording of the duas daily, this will help to reinforce the memorisation.
  
- ☞ **Family**      Encourage other people in your family to learn the duas with you. Check each other's progress weekly.
  
- ☞ **Tajweed**      Pay special attention to correcting any pronunciation mistakes, as you may be changing the meaning.
  
- ☞ **Intention**      Keep renewing your intention, that you are doing this only for Allah.

## Memorisation Progress Charts

### Week 1

	DAY	Fri	Sat	Sun	Mon	Tue	Wed	Thu
TICK where applicable	Memorised Dua 1							
	Learnt translation							
	Revised with buddy							
	Listened to audio							
	Read all morning duas							
	Read all evening duas							

Checked by: \_\_\_\_\_

Date: \_\_\_\_\_

Teacher's comments: \_\_\_\_\_

Memorisation:       Excellent                       Good                       Need to revise

### Week 2

	DAY	Fri	Sat	Sun	Mon	Tue	Wed	Thu
TICK where applicable	Memorised Duas 2 and 3							
	Learnt translation							
	Revised with buddy							
	Listened to audio							
	Read all morning duas							
	Read all evening duas							

Checked by: \_\_\_\_\_

Date: \_\_\_\_\_

Teacher's comments: \_\_\_\_\_

Memorisation:       Excellent                       Good                       Need to revise

### Week 3

	DAY	Fri	Sat	Sun	Mon	Tue	Wed	Thu
TICK where applicable	Memorised Dua 4							
	Learnt translation							
	Revised with buddy							
	Listened to audio							
	Read all morning duas							
	Read all evening duas							

Checked by: \_\_\_\_\_

Date: \_\_\_\_\_

Teacher's comments: \_\_\_\_\_

Memorisation:       Excellent                       Good                       Need to revise

*Week 4*

		DAY	Fri	Sat	Sun	Mon	Tue	Wed	Thu
TICK where applicable	Memorised Duas 5 and 6								
	Learnt translation								
	Revised with buddy								
	Listened to audio								
	Read all morning duas								
	Read all evening duas								

Checked by: \_\_\_\_\_

Date: \_\_\_\_\_

Teacher's comments: \_\_\_\_\_

Memorisation:       Excellent                       Good                       Need to revise

*Week 5*

		DAY	Fri	Sat	Sun	Mon	Tue	Wed	Thu
TICK where applicable	Memorised Duas 7 and 8								
	Learnt translation								
	Revised with buddy								
	Listened to audio								
	Read all morning duas								
	Read all evening duas								

Checked by: \_\_\_\_\_

Date: \_\_\_\_\_

Teacher's comments: \_\_\_\_\_

Memorisation:       Excellent                       Good                       Need to revise

*Week 6*

		DAY	Fri	Sat	Sun	Mon	Tue	Wed	Thu
TICK where applicable	Memorised Dua 9								
	Learnt translation								
	Revised with buddy								
	Listened to audio								
	Read all morning duas								
	Read all evening duas								

Checked by: \_\_\_\_\_

Date: \_\_\_\_\_

Teacher's comments: \_\_\_\_\_

Memorisation:       Excellent                       Good                       Need to revise

*Week 7*

	DAY	Fri	Sat	Sun	Mon	Tue	Wed	Thu
TICK where applicable	Memorised Dua 10							
	Learnt translation							
	Revised with buddy							
	Listened to audio							
	Read all morning duas							
	Read all evening duas							

Checked by: \_\_\_\_\_

Date: \_\_\_\_\_

Teacher's comments: \_\_\_\_\_

Memorisation:       Excellent                       Good                       Need to revise

*Week 8*

	DAY	Fri	Sat	Sun	Mon	Tue	Wed	Thu
TICK where applicable	Memorised Duas 11 and 12							
	Learnt translation							
	Revised with buddy							
	Listened to audio							
	Read all morning duas							
	Read all evening duas							

Checked by: \_\_\_\_\_

Date: \_\_\_\_\_

Teacher's comments: \_\_\_\_\_

Memorisation:       Excellent                       Good                       Need to revise

*Week 9*

	DAY	Fri	Sat	Sun	Mon	Tue	Wed	Thu
TICK where applicable	Memorised Duas 13 and 14							
	Learnt translation							
	Revised with buddy							
	Listened to audio							
	Read all morning duas							
	Read all evening duas							

Checked by: \_\_\_\_\_

Date: \_\_\_\_\_

Teacher's comments: \_\_\_\_\_

Memorisation:       Excellent                       Good                       Need to revise

*Week 10*

		DAY	Fri	Sat	Sun	Mon	Tue	Wed	Thu
TICK where applicable	Memorised Duas 15 and 16								
	Learnt translation								
	Revised with buddy								
	Listened to audio								
	Read all morning duas								
	Read all evening duas								

Checked by: \_\_\_\_\_

Date: \_\_\_\_\_

Teacher's comments: \_\_\_\_\_

Memorisation:       Excellent                       Good                       Need to revise

*Week 11*

		DAY	Fri	Sat	Sun	Mon	Tue	Wed	Thu
TICK where applicable	Memorised Duas 17 and 18								
	Learnt translation								
	Revised with buddy								
	Listened to audio								
	Read all morning duas								
	Read all evening duas								

Checked by: \_\_\_\_\_

Date: \_\_\_\_\_

Teacher's comments: \_\_\_\_\_

Memorisation:       Excellent                       Good                       Need to revise

*Week 12*

		DAY	Fri	Sat	Sun	Mon	Tue	Wed	Thu
TICK where applicable	Memorised Duas 19, 20 and 21								
	Learnt translation								
	Revised with buddy								
	Listened to audio								
	Read all morning duas								
	Read all evening duas								

Checked by: \_\_\_\_\_

Date: \_\_\_\_\_

Teacher's comments: \_\_\_\_\_

Memorisation:       Excellent                       Good                       Need to revise