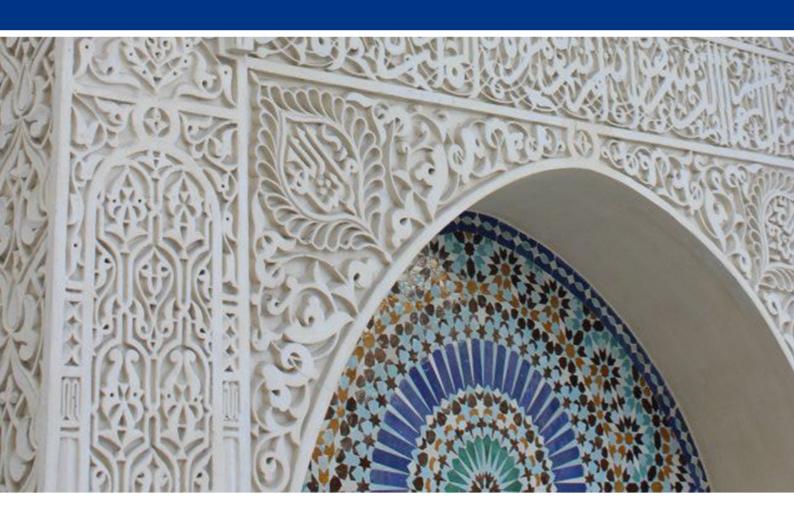


SUNRISE TO SUNSET

Explanation & Memorisation of Daily Duas



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Introduction

يَئَأَيُّا ٱلَّذِينَ ءَامَنُواْ ٱذْكُرُواْ ٱللَّهَ ذِكْرًا كَثِيرًا ﴿ وَسَبِّحُوهُ بُكْرَةً وَأَصِيلاً ﴿

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

Mark Importance of Remembrance of Allah

80 Benefits of Dhikr

Morning and Evening Supplications

mark Timing

أَصْبُحْنَا وَأَصْبُحَ الْمُلْكُ لِلَّهِ وَالْحَمْدُ لِلَّهِ ، لاَ إِلَهَ إِلاَّ اللَّهُ وَحْدَهُ لاَ شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، رَبِّ أَسْأَلُكَ خَيْرَ مَا فِي هَذَا الْيُومِ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، رَبِّ أَسْأَلُكَ خَيْرَ مَا فِي هَذَا الْيُومِ وَشَرِّ مَا بَعْدَهُ ، رَبِّ أَعُوذُ وَخَيْرَ مَا بَعْدَهُ ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِي هَذَا الْيُومِ وَشَرِّ مَا بَعْدَهُ ، رَبِّ أَعُوذُ بِكَ مِنْ عَذَا الْيَومِ وَشَرِّ مَا بَعْدَهُ ، رَبِّ أَعُوذُ بِكَ مِنْ عَذَا اللّهِ وَعَذَابٍ فِي النّارِ وَعَذَابٍ فِي النّارِ وَعَذَابٍ فِي النّارِ وَعَذَابٍ فِي الْقَبْر

Evening

أَمْسَيْنَا وَ أَمْسَى الْمُلْكُ لِلَّهِ وَالْحَمْدُ لِلَّهِ، لاَ إِلَهَ إِلاَّ اللَّهُ وَحْدَهُ لاَ شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، رَبِّ أَسْأَلُكَ خَيْرَ مَا فِي هَذِهِ اللَّيْلَةِ وَشَرِّ مَا فِي هَذِهِ اللَّيْلَةِ وَشَرِّ مَا بَعْدَهَا، رَبِّ أَعُوذُ وَخَيْرَ مَا بَعْدَهَا، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِي هَذِهِ اللَّيْلَةِ وَشَرِّ مَا بَعْدَهَا، رَبِّ أَعُوذُ بِكَ مِنْ الْكَسَلِ، وَسُوءِ الْكِبَرِ، رَبِّ أَعُوذُ بِكَ مِنْ عَذَابٍ فِي النَّارِ وَعَذَابٍ فِي الْقَبْرِ الْقَبْرِ

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.²

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

لِلَّهِ	حُمْلُ	ال	j e	لِلَّهِ	لُكُ ُ	المُا	حُ	أُصْبَ	وَ	حْنَا	أُصْبَ
عُلْ	رِيكَ	شَرِ	Ŋ	حُدَهُ	<i>e</i> .	åÜ۱		»		إِلَّهُ	Ý
قَدِيرُ	شيء	کُلِّ کُ	عَلَى	هُو	وَ	عُمْدُ اللهِ	خُا	مُلْ	وَ	الْمُلْكُ	عُلْ
بُعْدَهُ	مَا	نخير	مِ وَ	ا الْيَو	هَذَ	فِي	مَا	خَيْرَ	(5	أَسْأَلُل	رُبِّ
شر	رم و	اً الْيَو	<u>ا</u>	ا فِي	مُا	نثئر	ن	ي مر	بك	أُعُوذُ	j
رُب	الْكِبَرِ	سُو ءِ	و و	الْكَسَلِ	مِنَ	بِكُ			رُبِّ	ه که	مَا بَ
الْقَبْرِ	ِ فِي	عَذَابٍ	<u>و</u> َ	النَّارِ	ي	<u>ف</u>	<u> </u> خَذَاب	ین څ	A	بك	أَعُوذُ

Dua 1

اللَّهُمَّ أَنْتَ رَبِّي لاَ إِلَهَ إِلاَّ أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اللَّهُمَّ أَنْتَ، خَلَقْتَنِي وَأَبُوءُ لِكَ بِنِعْمَتِكَ عَلَيَّ، وَأَبُوءُ بِذَنْبِي اللَّا عَنْ فَوْدُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ، وَأَبُوءُ بِذَنْبِي فَاغْفِرْ لِي فَإِنَّهُ لاَ يَغْفِرُ الذُّنُوبَ إِلاَّ أَنْتَ

Male

اللَّهُمَّ أَنْتَ رَبِّي لاَ إِلَهَ إِلاَّ أَنْتَ، خَلَقْتَنِي وَأَنَا أَمَتُكَ، وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اللَّهُمَّ أَنْتَ رَبِّي لاَ إِلَهَ إِلاَّ أَنْتَ، خَلَقْتَنِي وَأَنَا أَمُتُكَ، وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اللَّهُمُ اللَّهُ عَلَى اللّهُ عَلَى اللّ

Female

فَاغْفِرْ لِي فَإِنَّهُ لاَ يَغْفِرُ الذُّنُوبَ إِلاَّ أَنْتَ 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.³

Dua 3

100 times

أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ

I seek the forgiveness of Allah and repent to Him.⁴

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

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

<u>'è</u>	نُني	خَلَقَة	ْتَ َ	أز	N e	لَهُ	, , ,	\(\sqrt{\sqrt{\sqrt{\gamma}}}		ِ بي	ĺ		أنت	ىن م	اللَّهُ	Dua 2
ىتَطُعْتُ	اساً	مَا	فإ	وَعْ	و	لدك	عَه	عَلَى	>	أَنَا	3)	<u>څ</u> اگ	عَبْ	أَنَا	
لَكَ		أَبُو ءُ	ي ع	صنَعْ	1	مَا		شکر		مِن		ئ	بك	۶ :	أُعُوذُ	
لِي		فَاغْفِرْ		ېي	بِذُنْ		ر بوء	1É	-	وَ	لَيَّ	É	1	مَتِكَ	بنعه	
أنت	É	ِ لاَّ	<u> </u>	ć	لذُنُوبَ	1		فِرُ	يع		Ź			ار ئۇ	فُ	

إِلَيْهِ	أَتُو بُ	وَ	اللَّهَ	أَسْتَغْفِرُ

Диа 3

4 times

اللَّهُمَّ إِنِّي أَصْبَحْتُ أُشْهِدُكَ وَأُشْهِدُ حَمَلَةَ عَرْشِكَ، وَمَلاَئِكَتَكَ وَجَمِيعَ خَلْقِكَ، وَاللَّهُمَّ إِنِّي أَصْبَحْتُ أُشْهِدُكَ وَأُنْ عَرْشِكَ لَكَ، وَأَنَّ مُحَمَّدًا عَبْدُكَ وَأَنَّكَ أَنْتَ اللَّهُ لاَ إِلَهَ إِلاَّ أَنْتَ وَحْدَكَ لاَ شَرِيكَ لَكَ، وَأَنَّ مُحَمَّدًا عَبْدُكَ وَرَسُولُكَ

Morning

اللَّهُمَّ إِنِّي أَمْسَيْتُ أُشْهِدُكَ وَأُشْهِدُ حَمَلَةَ عَرْشِكَ، وَمَلاَئِكَتَكَ وَجَمِيعَ خَلْقِكَ، اللَّهُمَّ إِنِّي أَشْهِدُكَ وَأُشْهِدُ حَمَلَةَ عَرْشِكَ، وَمَلاَئِكَتَكَ وَجَمِيعَ خَلْقِكَ، أَنْتَ وَحْدَكَ لاَ شَرِيكَ لَكَ، وَأَنَّ مُحَمَّدًا عَبْدُكَ وَرَسُولُكَ 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 is Your slave and Your Messenger.⁵

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

حَمَلَةَ	ئ	أُشْعِ	وَ	<u></u> <u> </u>	شهِدُا	R E	مبحت	اً اُ	إنع	اللَّهُمَّ
لْقِكَ	, ,	بيعَ	جَو		وَ	Ć	مَلاَئِكَتَكُ	و	ĺ	عَرْشِكَ
أنْت	ِي ا		إِلَهُ		Ź	1	مْلَّاا	أنت		أَنَّكَ
مُحَمَّدًا	أَنَّ		وَ	ک	Ú		شَرِيكَ	Ź		وَحْدَكَ
						لُكَ	رَ سُو	ۅۘٛ		عَبْدُكَ

Dua 4

اللَّهُمَّ مَا أَصْبَحَ بِي مِنْ نَعْمَةٍ أَوْ بِأَحَدٍ مِنْ خَلْقِكَ فَمِنْكَ وَحْدَكَ لاَ شَرِيكَ لَك، Morning فَلَكَ الْحَمْدُ وَلَكَ الشُّكْرُ

Evening

اللَّهُمَّ مَا أَمْسَى بِي مِنْ نَعْمَةٍ أَوْ بِأَحَدٍ مِنْ خَلْقِكَ فَمِنْكَ وَحْدَكَ لاَ شَرِيكَ لَك، فَلَكَ الْحَمْدُ وَلَكَ الشُّكْرُ

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.

Dua 6

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

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].

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

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

ا ا	0	É	· • •	0		/ /0	ء (مَا	اللَّهُ مَّ	Dua .
بِأُحَدٍ	9)1 4	نعم	مِنْ	بي	مبک ہبکے	01	م	اللهم	- Yua
لَكَ	شَرِيكَ	Ý	<u></u>	وَحْدَا	(ئ	فَمِنْ	بك	خَلْقِ	مِن	
		اً گُکر ُ	الث	لَكَ		وَ	حُمْدُ ا	ĴI	فَلَكَ	
أمْسنينا	É	بك	و	L	أصبحن		بك		اللَّهُمْ	Фиа
ئو تُ	مُنْ	بِكَ		وَ	حْيَا	نَ	ئ	بِل	وَ ا	
				رُ ہ مور	النُّنث		لَيْكَ	ا ا	وَ	

3 times

اللَّهُمَّ عَافِنِي فِي بَدَنِي ، اللَّهُمَّ عَافِنِي فِي سَمْعِي ، اللَّهُمَّ عَافِنِي فِي بَصَرِي ، لاَ إِلَهَ إِلاَّ أَنْتَ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ ، لاَ إِلَهَ إِلاَّ أَنْتَ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ ، لاَ إِلَهَ إِلاَّ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ ، لاَ إِلَهَ إِلاَّ أَنْتَ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ ، لاَ إِلَهَ إِلاَّ أَنْتَ اللَّهُمَّ أَنْتَ اللَّهُ أَنْتَ اللَّهُ اللَّهُ اللَّهُ اللَّهُ إِلاَّ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ إِلاَّ اللَّهُ الللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ الللَّهُ اللَّهُ اللَّهُ الللَّهُ اللَّهُ الللَّهُ اللَّهُ الللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ الللْمُ اللَّهُ اللَّهُ الل

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.⁸

Dua 8

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

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

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

- Фиа 7 -	اللَّهُمَّ	عَافِنِي	<u>.</u>	ي	<i>د</i> َنِي	اللَّهُمَّ	>	عَافِنِي	فِي	سمعي
	اللَّهُمَّ	عَافِنِي	ف ا	ي	صرِي	Ź		إِلَّهُ	3/5	أُنْتَ
	اللَّهُمَّ	اني	أُعُو	ۮؙ	بك	مِنَ	ان	كُفْرِ	وَ ا	الْفَقْرِ
	وَ	أَعُوذُ		S 1.		٥		عَذَابِ		ار ت
	9	اعو د		بِكَ	,	ث		عداب		الْقَبْرِ
	Ž	إِلَهُ		»		أُنْتَ				
Dua 8	اللَّهُمَّ	س از	ي	<u> </u>	سْأَلُكَ		عِلْه	ماً		نَافِعاً
	<u> </u>	رزْقاً		طيباً		<u> </u>	É	مَلاً		نَتَقَبَّلاً
				·* /						

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا وَالآخِرَةِ، اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي دِينِي وَدُنْيَايَ وَأَهْلِي، وَمَالِي، اللَّهُمَّ اسْتُرْ عَوْرَاتِي، وَآمِنْ رَوْعَاتِي، وَالْعَافِيَةَ فِي دِينِي وَدُنْيَايَ وَأَهْلِي، وَمَالِي، اللَّهُمَّ اسْتُرْ عَوْرَاتِي، وَعَنْ شِمَالِي، وَمِنْ اللَّهُمَّ احْفَظٰنِي مِنْ بَيْنِ يَدَيَّ، 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.¹⁰

الدُّنيَا	فِي		الْعَافِيَة	وَ ا	فُو َ	الْعَ	ْأَلُكَ	أُس	ٳڹۑ	اللَّهُمُّ
وُ	ه ٔ	الْعَف	لُكَ	أَسْأَ	إني		اللَّهُ مَّ	ő	الآخِرَ	<u> </u>
مَالِي	وَ	لِي	ِ َ اُهْرِ	•	ۮؙڹٛؽٵؽؘ	وَ	ينِي	د د	فِي	الْعَافِيَة
حْفَظْنِي	1	اللَّهُ	عَاتِي	ر َوْ	آمِنْ	وَ	و راتِي	É	استر	اللَّهُمَّ
يَمِينِي	ن	عَر	ي وَ	خَلْفِ	مِن	وَ	<i>ۮ</i> ؘؾۜ	ي	بين	مِن
أُعُوذُ		و	^ە قىي	فَ	مِن	وَ	لِي	شِمَا	عَن	<u> </u>
نِي	تُحْتِ		مِنْ		أُغْتَالَ	2	أُنْ		لَمَتِكَ	بغض

Dua 9

اللَّهُمَّ عَالِمَ الْغَيْبِ وَالشَّهَادَةِ فَاطِرَ السَّمَاوَاتِ وَالأَرْضِ، رَبَّ كُلِّ شَيْءٍ وَمَلِيكَهُ، أَلْهُمُّ عَالِمَ الْغَيْبِ وَالشَّيْطَانِ وَشِرْكِهِ، أَشْهَدُ أَنْ لاَ إِلَهَ إِلاَّ أَنْتَ ، أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي، وَمِنْ شَرِّ الشَّيْطَانِ وَشِرْكِهِ، وَأَنْ أَقْتَرِفَ عَلَى نَفْسِي سُوءًا، أَوْ أَجُرَّهُ 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.¹¹

وَ	ِاتِ	السَّمَاوَ	فَاطِرَ	ہَادَةِ	الشَّهَ	وَ	ب	الْغَيْد	ŕ	عَالِ	اللَّهُمَّ
نْهَدُ	أَنْ	ؠۣػؙۿ	مَا	g	ه پ ع پ	شَج	ء س کلِ		ب ٛ	ر	الأرْضِ
مِن		بك	ڠُوذُ	É	أنت		Ž!	إِلَّهُ		Ź	أُنْ
ِ کِهِ	شر	وَ	نَّيْطَانِ	النا	شُرِ	مِنْ		,	سي	نَهْ	نثنو
أُو		سُو ءًا	ب	نَفْسِح	ی	عَلَ	(أقْتَرِف		أَنْ	و
				ىْلِمٍ	مد		إِلَى			و سره جره	

Диа 10

3 times

بِسْمِ اللَّهِ الَّذِي لاَ يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الأَرْضِ وَلاَ 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. 12

Dua 12

3 times

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

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

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

اسْمِهِ	مُعَ	يَصْر	Ź	الَّذِي	اللَّهِ	بسم	Dua 11
السَّمَاءِ	فِي	ý	و	الأَرْضِ	فِي	شکي ع	
	الْعَلِيمُ		ءُ	السَّمِي	هُوَ	وُ	

شکر	مِن	التَّامَّاتِ	اللَّهِ	بِكَلِمَاتِ	أُعُوذُ

خَلَقَ	مَا

Диа 12

3 times

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.¹⁴

Dua 14

10 times

O Allah, send peace and blessings upon our Prophet Muhammad.¹⁵

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

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

Dua 13	رَ ضِيتُ	بِاللَّهِ	رَبَّا	وَ	بِالإِسْلاَ	م	دِي	ینًا	و
	بِمُحَمَّدٍ	صَلَّی	اللَّهُ	عَلَيْهِ	<u> </u>	سکاً	(نب أ	بً
1									
Dua 14	اللَّهُمَّ	صَلِّ	وَ		سَلِّمْ	عَا	لَی	نبينًا	U
	مُحَمَّدٍ		,	J		,	,		

يَا حَيُّ يَا قَيُّومُ بِرَحْمَتِكَ أَسْتَغِيثُ أَصْلِحْ لِي شَأْنِي كُلَّهُ وَلاَ تَكِلْنِي إِلَى نَفْسِي 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).¹⁶

Dua 16

أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلّهِ رَبِّ الْعَالَمِينَ ، اللّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هَذَا الْيَومِ ، فَتْحَهُ ، وَنُصْرَهُ ، وَنُورَهُ وَبَرَكَتَهُ ، وَهُدَاهُ ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِيهِ وَشَرِّ مَا عَدُهُ ، وَهُدَاهُ ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِيهِ وَشَرِّ مَا عَدُهُ

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

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.¹⁷

Notes

Morning

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

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

صْلِحْ	ર્ષ	ث	أُسْتَغِيد	5	ىرتك	بِرُحْمَ		قيوم		يَا	۔ حي	-	يَا	Dua 15
إِلَى		كِلْنِي	تُ	Ś	!	ۅٛ		كُلَّهُ	,		شأْنِي		لِي	
					0/			(فَةَ	ĺ			• • • •		
			_		ءَه عينٍ			رقه	ط _ر		ِي	نَفس		
عَالَمِينَ	ĴI	ب آ	,	لِلَّهِ		رگ	الْمُلْ	ەر ئىبخ	أُصَ	وَ	Ú	، ، نجبہ	أُه	Dua 16
	الْيَو		1.	هَا		خي		أسْأُلُكَ	É		ر اني		اللَّهُ	
	<i>)</i>					••					۽ ج	1		
هُدَاهُ		وَ	ِ كَتَهُ ِ	بَرَ	وَ	0	نُورَ	وَ	ر َهُ	نَصْ	ĺ,	8 á á	.` فت <u>ک</u>	
بَعْدَهُ	مَا	شُرُ	وَ ا		فيه	مَا	شکر	مِن	•	بِكَ	كُوذُ	2 É	e e	

7 times

حَسِبِي ٱللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُو رَبُّ ٱلْعَرْشِ ٱلْعَظِيمِ ﴿

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.¹⁸

Dua 18

أَصْبُحْنَا عَلَى فِطْرَةِ الإِسْلاَمِ وَعَلَى كَلِمَةِ الإِخْلاَصِ، وَعَلَى دِينِ نَبِيّنَا مُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ ، وَعَلَى مِلَّةِ أَبِينَا إِبْرَاهِيمَ، حَنيفاً مُسْلِماً وَمَا كَانَ مِنَ الْمُشْرِكِينَ

Morning

أَمْسَيْنَا عَلَى فِطْرَةِ الإِسْلاَمِ وَعَلَى كَلِمَةِ الإِخْلاَصِ، وَعَلَى دِينِ نَبِيِّنَا مُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ ، وَعَلَى مِلَّةِ أَبِينَا إِبْرَاهِيمَ، حَنِيفاً مُسْلِماً وَمَا كَانَ مِنَ الْمُشْرِكِينَ اللَّهُ عَلَيْهِ وَسَلَّمَ ، وَعَلَى مِلَّةِ أَبِينَا إِبْرَاهِيمَ، حَنِيفاً مُسْلِماً 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.¹⁹

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

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

هُوَ		اِی اِ ا		إِلَّهُ	•	Ì	ٱللَّهُ			حَشِ	Dua 17
ٱلْعَظِيمِ		ٱلۡعَرۡشِ	ن	رَبُّ	هُوَ	وَ		ڪُلتُ	تَوَ	عَلَيْهِ	
كَلِمَةِ		عَلَى	وَ	ً سُلاَمِ	VI	فِطرَةِ		عَلَى	1	أُصبحنًا	Dua 18
		على	9	ِ سار مِ	2						2 19
حَمَّدٍ	я Д	15	نبي			ىَلَى	, e	<u> </u>		الإخْلاَص	
			<u> </u>		دِير			<u> </u>	<u>,</u>	*	
أبينًا	مِلَّةِ	ی ۰	ي عَا		سَلَّمَ	وَ ا	ه ميا	عَلَ	هُـّــاً الله	صَلَّی	
,					<u>'</u>						
شْرِ كِينَ	الْمُ	مِنَ	کَانَ	مَا	e	ئلِماً	ه ر	يفاً	خُز	إِبْرَاهِيمَ	

10 or 100 times

لاَ إِلَهَ إِلاَّ اللَّهُ وَحْدَهُ لاَ 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.²⁰

Dua 20

100 times

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

Glory is to Allah and praise is to Him.²¹

Dua 21

3 times

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ، عَدَدَ خَلْقِهِ، وَرِضَا نَفْسِهِ، وَزِنَةً 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.²²

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

Фи	Ŕ		إِلَهُ		7 j		للَّهُ		وَحْدَهُ	k	`	ىڌ	ٺئرِيكَ	لَهُ
	لَهُ	ازْ	كُمُلْكُ عُلْكُ	وَ	مُ	الْحَ	3.	3	هُوَ	عَلَى	کُا	لِ	شيء	قَارِيرْ

بحمده	وَ	اللَّهِ	سُبْحَانَ	Диа 20

وَ	خلقِهِ	عَدَدَ	بِحَمْدِهِ	وَ	اللَّهِ	سُبْحَانَ

كُلِمَاتِهِ	وَمِدَادَ	وَ	عَرْشِهِ	زِنَة	وَ	نَفْسِهِ	رِضًا

Dua 21

Memorisation Tools and Tips

Memorisation buddy's	name:
Contact details:	
Useful Websites:	
Useful Mobile Apps:	
141 D	
ກ 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.
	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.
	Check each other's progress weekly.
∞ Tajweed	Pay special attention to correcting any pronunciation mistakes, as you may be changing the meaning.
Markention Intention	Keep renewing your intention, that you are doing this only for Allah.

Memorisation Progress Charts

	DAY	Fri	Sat	Sun	Mon	Tue	Wed	Thu
9	Memorised Dua 1							
abl	Learnt translation							
K plic	Revised with buddy							
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	Read an evening duas							
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Teacher's	s comments:							
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Teacher's	s comments:							
Memoris	ation: Excellent		Good		□ N	eed to re	vise	

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