



Authentic Supplications For Morning And Evening

Compiled and referenced by
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INTRODUCTION

Dhikru-Allah (Remembrance of Allah) is one of the greatest of good deeds and the best of actions by means of which one may draw closer to Him. There are dozens of texts which speak of its virtues and encourage it, such as the words of the Prophet (Peace and blessings of Allah be upon him):

“Shall I not tell you of the best of your deeds, the most pleasing to your Sovereign, those that raise you most in status, and that are better than your giving gold and silver, or meeting your enemy (in battle) and you strike their necks and they strike your necks?” They said: “Yes,” He said: “Remembrance of

Allah (thikr), may He be exalted.”

Narrated by Al-Tirmithi (3377) and Ibn Maajah (3790); classed as saheeh by Al Albani in Saheeh Al-Termidhi.

The most perfect of Thikr is that in which the heart and tongue are both focused, then that which is in the heart only, then that which is on the tongue only. In all cases there is reward, In sha Allah.

Allah says:

**“Those who believed
(in the Oneness of Allah), and whose
hearts find rest in the remembrance of
Allah: Verily, in the remembrance of
Allah do hearts find rest.”**

(Quran 13:28)

By observing these Athkar, one keeps his heart connected to Allah, protects himself from evil eye, envy, Jinn and magic.

It is mandatory for those who are capable to say these Athkar in Arabic, as they are supplications taught to us by our Prophet (Peace and blessings of Allah be upon him).

Those who are unable to say them in Arabic can say their meaning in their mother tongue.

Jazakum Allahu khairan!

Sheikh Assim Alhakeem

الشيخ

ASSIM ALHAKEEM

عاصم الحكيم

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

**'A'uthu billahi
minash-shaitanir-rajeem**

I seek refuge in Allah from Satan the outcast

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillahir-Rahmanir-Raheem

*In the Name of Allah, the Most Gracious, the
Most Merciful*

قُلْ هُوَ اللَّهُ أَحَدٌ (١)

اللَّهُ الصَّمَدُ (٢)

لَمْ يَلِدْ وَلَمْ يُولَدْ (٣)

وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ (٤)

Surat al-Ikhlâs

1. Say: “He is Allah, (The One)
2. Allah-us-Samad

3. He begets not, nor was He begotten.

4. And there is none co-equal or comparable unto Him.”

(3 times)

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ (١)

مِنْ شَرِّ مَا خَلَقَ (٢)

وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ (٣)

وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ (٤)

وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ (٥)

Surat al-Falaq

1. Say: “I seek refuge with (Allah), the Lord of the daybreak

2. From the evil of what He has created,
3. And from the evil of the darkening (night) as it comes with its darkness; (or the moon as it sets or goes away),
4. And from the evil of those who practice witchcraft when they blow in the knots,
5. And from the evil of the envier when he envies.”

(3 times)

قُلْ أَعُوذُ بِرَبِّ النَّاسِ (١) مَلِكِ النَّاسِ (٢)
إِلَهِ النَّاسِ (٣) مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ (٤)
الَّذِي يُوسْوِسُ فِي صُدُورِ النَّاسِ (٥)
مِنَ الْجِنَّةِ وَ النَّاسِ (٦)

Surat an-Nas

1. Say: “I seek refuge with (Allah) the Lord of mankind,
2. The King of mankind
3. The Ilah (God) of mankind,
4. From the evil of the whisperer (devil who whispers evil in the hearts of men) who withdraws (from his whispering in one’s heart after one remembers Allah).
5. Who whispers in the breasts of mankind.
6. Of jinn and men.”

(3 times)

(Abu Dawood 4/322, and At-Tirmidhi 5/567. See Al-Albani's Sahih At-Tirmidhi 3/182)

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَّةٌ 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

Ayat-ul-Kursi

“Allah! La ilaha illa Huwa (none has the right to be worshipped but He), the Ever Living, the One Who sustains and protects all that exists. Neither slumber, nor sleep overtake Him. To Him belongs whatever is in the heavens and whatever is on earth. Who is he that can intercede with Him except with His Permission? He knows what happens to them

(His creatures) in this world, and what will happen to them in the Hereafter. And they will never compass anything of His Knowledge except that which He wills. His Kursi extends over the heavens and the earth, and He feels no fatigue in guarding and preserving them. And He is the Most High, the Most Great.” (*Sahihut-Targhib wat-Tarhib 1/273, Al-Albani graded it sahih.*)

أَصْبَحْنَا وَأَصْبَحَ (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 أَسْأَلُكَ خَيْرَ
مَا فِي هَذَا الْيَوْمِ (الليلة) وَخَيْرَ مَا بَعْدَهُ، وَأَعُوذُ بِكَ
مِنْ شَرِّ هَذَا الْيَوْمِ (الليلة) وَشَرِّ مَا بَعْدَهُ، رَبِّ أَعُوذُ
بِكَ مِنَ الْكَسَلِ وَسَوْءِ الْكِبَرِ، رَبِّ أَعُوذُ بِكَ مِنْ
عَذَابٍ فِي النَّارِ وَعَذَابٍ فِي الْقَبْرِ

Asbahna wa asbahal-mulku lillah,
(amsaina wa amsal-mulku lillah) wal-
hamdu lillah. La ilaha illallahu wahdahu la
sharika lahu, lahul-mulku wa lahul-hamd
wa Huwa ‘ala kulli sha’in Qadeer. Rabbi
as’aluka khaira ma fi hathal yawmi
(laylati) wa khairi ma ba’daha wa a’udhu
bika min sharri hathal yawmi (laylati) wa
sharri ma ba’daha. Rabbi awuthu bika
minal kasal wa soo’il kibar Rabbi a’udhu
bika min adhabin fin-nari wa adhabin fil-
qabri.

“We have reached the morning and at this
very time (we have reached the evening)
unto Allah belongs all sovereignty, and all
praise is for Allah. None has the right to be
worshipped except Allah, alone, without
partner, to Him belongs all sovereignty and

praise and He is over all things omnipotent. My Lord, I ask You for the good of this day (night) and the good of what follows it and I take refuge in You from the evil of this day (night) and the evil of what follows it. My Lord, I take refuge in You from laziness and senility. My Lord, I take refuge in You from torment in the Fire and punishment in the grave.”

(*Muslim 4/2088*)

اللَّهُمَّ بِكَ أَصْبَحْنَا (أَمْسَيْنَا) وَبِكَ أَمْسَيْنَا
(أَصْبَحْنَا)، وَبِكَ نَحْيَا وَبِكَ نَمُوتُ وَإِلَيْكَ النُّشُورُ
(المصير)

Allahumma bika asbahna (amsaina) wa bika amsaina, (asbahna) wa bika nahya, wa bika namutu, wa ilaikan-nushoor (masir).

“O Allah, by your leave we have reached the morning (evening) and by Your leave we have reached the evening (morning), by Your leave we live and die and unto You is our resurrection (our ultimate return).” (*Sahih At-Tirmidhi* 3/142)

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

**Allahumma Anta Rabbi la ilaha illa Anta
khalaqtani wa ana ‘abduka wa ana ‘ala
ahdika wa wa’dika mas-tata’tu. ‘A’utho
bika min sharri ma sana’tu. Abu’o laka bi
ni’matika ‘alaiya, wa abu’o bi-thanbi,
faghfir li fa-innahu la yaghfiru athunuba
illa Anta.**

“O Allah, You are my Lord, none has
the right to be worshipped except You,
You created me and I am Your servant
and I abide to Your covenant and
promise as best I can, I take refuge in
You from the evil of which I have
committed. I acknowledge Your favor
and blessing upon me and I acknowledge
my sin, so forgive me, for verily none
can forgive sin except You.”

(Al-Bukhari 7/150)

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

**Allahumma ‘afini fi badani, Allahumma
‘afini fi sam’i, Allahumma ‘afini fi basari,
la ilaha illa Anta.**

“O Allah, grant health in my body, O Allah, grant health in my hearing, O Allah, grant health in my sight. There is no god worthy of being worshipped except You.”

(3 times)

(Reported in Musnad Imam Ahmad and Sunan Abu Dawood and graded as Hasan by Al-Albani)

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ، وَالْفَقْرِ،
وَأَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ، لَا إِلَهَ إِلَّا أَنْتَ

**Allahumma inni a'uthubika minal-kufri
wal-faqry, wa 'a'uthu bika min athabil-
qabri. La ilaha illa Anta.**

“O Allah, I seek refuge in You from disbelief and poverty, and I take refuge with You from the punishment of the grave. There is no god worthy of being worshipped except You.”

(3 times)

(Abu Dawood 4/324, Ahmad 5/42, An-Nasa'i)

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

**Allahumma inni as'alukal- afiyata fid-dunia
wal-akhirati. Allahumma inni as'alukal-
-afwa wal afiyata fi dini wa dunyaya, wa ahli
wa maali. Allahumma-ustur 'awrati wa amin
raw'ati. Allahumma-ihfazni min bayni
yadaiya wa min khalfi, wa 'an yamini wa 'an
shimali, wa min fawqi, wa a'uthu
bi'athamatika an ughtala min tahti.**

“O Allah, I ask You for pardon and well-being in this life and the next. O Allah, I ask You for pardon and well-being in my religious and worldly affairs, and my family and my wealth. O Allah, veil my weaknesses and set at ease my dismay. O Allah, preserve me from the front and from behind and on my right and on my left and from above, and I seek refuge in Your greatness from receiving unexpected harm from below me [being swallowed up by the earth].”

(Sahih Ibn Majah 2/332 and Abu Dawood)

اللَّهُمَّ عَالِمَ الْغَيْبِ وَالشَّهَادَةِ فَاطِرَ السَّمَاوَاتِ
وَالْأَرْضِ رَبِّ كُلِّ شَيْءٍ وَمَلِيكِهِ، أَشْهَدُ أَنْ لَا
إِلَهَ إِلَّا أَنْتَ، أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي وَمِنْ شَرِّ
الشَّيْطَانِ وَشَرِّكَه، وَأَنْ أَقْتَرِفَ عَلَى نَفْسِي
سَوْءًا أَوْ أَجْرَهُ إِلَى مُسْلِمٍ

Allahumma ‘alimal-ghaybi wash-shahadati fatiras-samawati wal-ard, Rabba kulli shai’in wa malikahu ash hadu an la ilaha illa Anta. ‘A’udhu bika min sharri nafsi wa min sharri shaitani wa shirkihi, wa an aqtarifa ‘ala nafsi su’an aw ajurrahu ila muslim.

“O Allah, Knower of the unseen and the seen, Creator of the heavens and the Earth, Lord and Sovereign of all things, I bear witness that none has the right to be worshipped except You. I take refuge in You from the evil of my soul and from the evil and shirk of the devil, and from committing wrong against my soul or bringing such upon another Muslim.”

(Sahih At-Tirmidhi 3/142 and Abu Dawood)

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

**Bismillah alladhi la yaduru ma'a ismihi
shai'un fil ardi wa la fi sama'i, wa Huwa-
Sami'ul 'Aleem.**

“In the Name of Allah with whose
Name nothing is harmed on earth nor in
the heavens and He is The All-Seeing,
The All-Knowing.”

(3 times)

*(Abu Dawood 4/323, At-Tirmidhi 5/465, Ibn
Majah 2/332, Ahmad)*

رَضِيتُ بِاللّهِ رَبًّا
وَبِالْإِسْلَامِ دِينًا
وَبِمُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
نَبِيًّا

**Raditu billahi Rabban, wa bil islami
dinan, wa bi Muhammadin (salla Allahu
alaihi wa sallam) nabiyan.**

“I am accepted Allah as a Lord, and
Islam as a religion and Muhammad
(Peace and blessings of Allah be upon
him) as a Prophet.”

(3 times, *Only said in the Morning*)

(*Ahmad 4/ 337, An-Nasa'i, At-Tirmidhi 5/465*)

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

**Subhan Allahi wa bi hamdihi ‘adada
khalqihi wa rida nafsihi wa zinata ‘arshihi
wa midada kalimatihi.**

“I Glorify and Praise Allah by the
number of His creation and by what
pleases Him, and by the weight of His
Throne, and the ink of His Words.”

(3 times, ***Only said in the Morning***)

(*Muslim 4/2090*)

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

Subhan Allahi wa bi-hamdihi.

“Glorified and Exalted and Praised Allah is.”

(100 times)

(*Al-Bukhari 4/2071*)

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

**Ya Haiyu ya Qayoom, bi-rahmatika
astagheeth, aslih li sha'ni kollahu wa la
takilni ila nafsi tarfata 'ainin.**

“O Ever Living, O Eternal One, by
Your Mercy I seek assistance, rectify
for me all of my affairs and do not
leave me to myself, even for the blink
of an eye.”

(Sahihut-Targhib wat-Tarhib, 1/273)

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

La ilaha illallahu, wahdahu la sharika lahu, lahul-mulku wa lahul-hamdu wa Huwa ‘ala kulli shai’in Qadeer.

“There is no god worthy of being worshipped except Allah, alone, without partner, to Him belongs all sovereignty and praise, and He is over all things Omnipotent.”

(100 times)

(*Al-Bukhari 4/95, Muslim 4/2071*)

أَصْبَحْنَا (أَمْسَيْنَا) عَلَى فِطْرَةِ الْإِسْلَامِ، وَعَلَى كَلِمَةِ
الْإِخْلَاصِ، وَعَلَى دِينِ نَبِيِّنَا مُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ
وَسَلَّمَ، وَعَلَى مِلَّةِ آبَائِنَا إِبْرَاهِيمَ حَنِيفاً مُسْلِماً وَمَا
كَانَ مِنَ الْمُشْرِكِينَ

Asbahna ‘ala fitratil Islam (Amsaina ‘ala fitratil Islam) wa ‘ala kalimatil-ikhlas, wa ‘ala dini nabiyna Muhammadin salla Allahu alahi wa sallam wa ala millati abinaa Ibrahima hanifan musliman wa ma kana minal mushrikeen.

“We rise (end this day) upon the fitrah (the innate nature) of al-Islam, and with the word of pure faith (Ikhlas), and upon the religion of our Prophet Muhammad (salla Allahu alahi wa sallam) and the religion (way of life) of our father Ibrahim the upright (in truth) who was not of the mushriks (those who associate others with Allah).”

(Ahmad 3/406-7, 5/123, An-Nasa'i), 'Amalul-Yawm wal-Laylah (no. 34), At-Tirmidhi 4/209)