

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Morning & Evening Adhkar

The daily remembrances - Arabic, transliteration,
meaning and source

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For parents

Attach them to a prayer you already pray.

Say the morning set on the mat after Fajr, the evening set after Asr. Fixing them to something that already happens is what makes them stick.

You do not have to say all of them.

Ayat al-Kursi and the three Quls, morning and evening, is already a complete and sound practice. Add more when those are automatic.

Say it out loud.

Children learn adhkar by hearing a parent say them, in the same place, at the same time. Saying them silently teaches nothing.

Give the meaning once, in plain words.

A child who knows they are asking Allah for protection says it differently from one repeating sounds.

About the sources

Each entry names the collection it is narrated in - Sahih al-Bukhari, Sahih Muslim, Abu Dawud, Tirmidhi, Ibn Majah - or, for the Quran, the exact surah and verse. We give collections rather than hadith numbers because numbering differs between printings. This is a learning aid for families, not a substitute for a teacher or a scholar.

The morning and evening adhkar

Ayat al-Kursi

Once, morning and evening

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ

Allahu la ilaha illa huwal-Hayyul-Qayyum...

Allah - there is no god but He, the Ever-Living, the Sustainer of all. (Recite the full verse.)

Source: Quran 2:255

Al-Ikhlās, Al-Falaq, An-Nas

Three times each

قُلْ هُوَ اللَّهُ أَحَدٌ ... قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ... قُلْ أَعُوذُ بِرَبِّ النَّاسِ

Qul huwa Allahu ahad... Qul a'udhu bi-Rabbil-falaq... Qul a'udhu bi-Rabbil-nas

The three short surahs of protection, recited together.

Source: Quran 112, 113, 114 · Abu Dawud, Tirmidhi

Sayyid al-Istighfar - the finest way to seek forgiveness

Once, morning and evening

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ خَلَقْتَنِي وَأَنَا عَبْدُكَ

Allahumma anta Rabbi la ilaha illa anta, khalaqtani wa ana 'abduk...

O Allah, You are my Lord. There is no god but You. You created me and I am Your servant.

Source: Sahih al-Bukhari

Entering the morning / the evening

Once

أَصْبَحْنَا وَأَصْبَحَ الْمَلِكُ لِلَّهِ وَالْحَمْدُ لِلَّهِ

Asbahna wa asbahal-mulku lillah, wal-hamdu lillah

We have entered the morning and the dominion belongs to Allah, and all praise is for Allah. (In the evening: Amsayna wa amsal-mulku lillah.)

Source: Sahih Muslim

Protection from harm

Three times

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

Bismillahil-ladhi la yadurru ma'asmihi shay'un fil-ardi wa la fis-sama', wa huwas-Sami'ul-'Alim

In the name of Allah, with whose name nothing on earth or in heaven can cause harm - and He is the All-Hearing, the All-Knowing.

Source: Abu Dawud, Tirmidhi

Contentment with Allah, Islam and His Messenger

Three times

رَضِيتُ بِاللَّهِ رَبًّا وَبِالْإِسْلَامِ دِينًا وَبِمُحَمَّدٍ نَبِيًّا

Radhitu billahi Rabban, wa bil-Islami dinan, wa bi-Muhammadin nabiyya

I am content with Allah as my Lord, with Islam as my religion, and with Muhammad as my Prophet.

Source: Abu Dawud, Tirmidhi

Glorifying Allah

One hundred times

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

Subhanallahi wa bihamdih

Glory be to Allah, and praise be to Him.

Source: Sahih al-Bukhari, Sahih Muslim

Asking for well-being

Once

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ

Allahumma inni as'alukal-'afiyata fid-dunya wal-akhirah

O Allah, I ask You for well-being in this world and the next.

Source: Abu Dawud, Ibn Majah

Seeking Allah's help

Once

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ

Ya Hayyu ya Qayyumu bi-rahmatika astaghith

O Ever-Living, O Sustainer, by Your mercy I seek help.

Source: Tirmidhi

Evening protection

Three times in the evening

أَعُوْذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

A'udhu bikalimatillahit-tammati min sharri ma khalaq

I seek refuge in the perfect words of Allah from the evil of what He has created.

Source: Sahih Muslim