



Evening Adhkar Booklet

**With Arabic, Transliteration, Translation
and Virtues**

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AYAT AL-KURSI: THE GREATEST PROTECTION

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ. اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ ، لَا تَأْخُذُهُ
سِنَةٌ وَلَا نَوْمٌ ، لَهُ مَا فِي السَّمَوَاتِ وَمَا فِي الْأَرْضِ ، مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ
إِلَّا بِإِذْنِهِ ، يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ ، وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا
بِمَا شَاءَ ، وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ ، وَلَا يَئُودُهُ حِفْظُهُمَا ، وَهُوَ الْعَلِيُّ
الْعَظِيمُ.

Transliteration: A'udhu bi-llahi mina-shayṭani-rajīm .Allahu laaa ilaaha illaa huwal haiyul qai-yoom laa taakhuzuhoo sinatunw wa laa nawm; lahoo maa fissamaawaati wa maa fil ard man zallazee yashfa'u indahooo illaa be iznih ya'lamu maa baina aideehim wa maa khalfahum wa laa yuheetoona beshai'in min 'ilmihee, illa be maashaaaa wasi'a kursiyyuhus samaa waati wal arda wa la ya'ooduhu hifzuhumaa wa huwal aliyyul 'azeem

Translation: I seek the protection of Allah from the accursed Shaytan. Allah, there is no god worthy of worship but He, the Ever Living, The Sustainer of all. Neither drowsiness overtakes Him nor sleep. To Him Alone belongs whatever is in the heavens and whatever is on the earth. Who is it that can intercede with Him except with His permission? He knows what is before them and what will be after them, and they encompass not a thing of His knowledge except for what He wills. His Kursī extends over the heavens and the earth, and their preservation does not tire Him. And He is the Most High, the Magnificent. (2:255)

AYAT AL-KURSI: THE GREATEST PROTECTION

Virtue:

Ubayy b. Ka‘b رضي الله عنه reported that he had a vessel in which he kept dates. He found that its quantity was decreasing. So he kept guard on it one night and saw a creature that resembled an adolescent boy. Ubayy greeted him and he returned his greeting. Ubayy then asked him, “What are you, a jinni or a human?” He replied, “A jinni.” So, he said to him, “Show me your hand.” So he showed him his hand, and it looked like a dog’s paw with dog’s fur. He said, “This is how the jinn are created. The jinn know that there is no one amongst them who is stronger than me.”

Ubayy asked him, “What caused you to do what you did?” He replied, “We heard that you are a man who loves charity, and we came to take our share from your food.” Ubayy asked him, “What will protect us from you?” He replied, “Reading Ayat-ul- Kursi from Surah al-Baqarah [i.e. the verse above]. If you read it in the morning, you will be protected from us till the evening. And if you read it in the evening, you will be protected from us till the morning.”

Ubayy said: “The following morning, I went to the Messenger of Allah ﷺ and told him about what had happened. The Messenger of Allah ﷺ said, “The evil one spoke the truth.” **[Hakim 2108]**

AYAT AL-KURSI: THE GREATEST PROTECTION

“Whoever reads Ayat-ul- Kursi at the end of (after) each mandatory prayer, nothing prevents him from entering paradise except death.” **[Sunan an-Nasai al-Kubra, no. 9848, and al-Tabarani, no. 7532]**

“Whoever says this when he rises in the morning will be protected from jinns until he retires in the evening, and whoever says it when retiring in the evening will be protected from them until he rises in the morning.” **[Al-Hakim 1 / 562, Al-Albani graded it as authentic in Sahihut-Targhib wat-Tarhib 1/273, and traces it to An-Nasa'i and At-Tabarani]**

3 QULS: BE SUFFICED IN ALL YOUR MATTERS (3X)

SURAH IKHLAS

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ. قُلْ هُوَ اللَّهُ أَحَدٌ، اللَّهُ الصَّمَدُ، لَمْ يَلِدْ وَلَمْ يُولَدْ ،
وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ.

Transliteration: Bismi-Ilāhi-r-Raḥmāni-r-Raḥīm. Qul Huwa-Ilāhu Aḥad. Allāhu-ṣ-Ṣamad. Lam yalid wa lam yūlad. Wa lam yakul-lahū kufuwan aḥad.

Translation: In the name of Allah, the All-Merciful, the Very Merciful. Say, He is Allah, the One, the Self-Sufficient Master, Who has not given birth and was not born, and to Whom no one is equal

Virtue:

Abdullah bin Khubaib رضي الله عنه reported: The Messenger of Allah ﷺ said to me, "Recite Surat Al-Ikhlās and Al-Mu'awwidhatain (Surat Al-Falaq and Surat An-Nas) three times at dawn and dusk. It will suffice you in all respects."

[Abu Dawud and At-Tirmidhi]. 'It will suffice you in all respects' means it will protect you from all evil.

Abu Hurairah رضي الله عنه reported: The Messenger of Allah ﷺ said, "Surat Ikhlas is equivalent to one-third of the Qur'an." **[Muslim]**

3 QULS: BE SUFFICED IN ALL YOUR MATTERS (3X)

Abu Hurairah رضي الله عنه reported: The Messenger of Allah ﷺ, "Whoever recites ten times, 'Say: He is Allah, the One,' a palace will be built for him in Paradise. Whoever recites it twenty times, two palaces will be built for him. Whoever recites it thirty times, three palaces will be built for him." **[Sahih according to Al-Albani, al-Mu'jam al-Awsat lil-Tabarani 281]**

Anas رضي الله عنه reported :A man said: "O Messenger of Allah! I love Surat-Al-Ikhlās." He ﷺ said, "Your love for it will admit you to Jannah." **[At-Tirmidhi]**

SURAH FALAQ

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ . قُلْ اَعُوْذُ بِرَبِّ الْفَلَقِ ، مِنْ شَرِّ مَا خَلَقَ ، وَمِنْ شَرِّ غَاسِقِ اِذَا وَقَبَ ، وَمِنْ شَرِّ النَّفَّٰثَاتِ فِي الْعُقَدِ ، وَمِنْ شَرِّ حَاسِدٍ اِذَا حَسَدَ .

Transliteration: Bismi-llāhi-r-Raḥmāni-r-Raḥīm. Qul a'ūdhu bi-Rabbi-l-falaq. Min sharri mā khalaq. Wa min sharri ghāsiqin idhā waqab. Wa min sharri-n-naffāthāti fi-l-'uqad. Wa min sharri ḥāsidi idhā ḥasad.

Abu Hurairah رضي الله عنه reported: The Messenger of Allah ﷺ said, "Surat Ikhlās is equivalent to one-third of the Qur'an." **[Muslim]**

3 QULS: BE SUFFICED IN ALL YOUR MATTERS (3X)

Abu Hurairah رضي الله عنه reported: The Messenger of Allah ﷺ, "Whoever recites ten times, 'Say: He is Allah, the One,' a palace will be built for him in Paradise. Whoever recites it twenty times, two palaces will be built for him. Whoever recites it thirty times, three palaces will be built for him." **[Sahih according to Al-Albani, al-Mu'jam al-Awsat lil-Tabarani 281]**

Anas رضي الله عنه reported :A man said: "O Messenger of Allah! I love Surat-Al-Ikhlās." He ﷺ said, "Your love for it will admit you to Jannah." **[At-Tirmidhi]**

SURAH NAAS

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ. قُلْ اِغْوِذْ بِرَبِّ النَّاسِ ، مَلِكِ النَّاسِ ، إِلَهِ النَّاسِ ،
مِن شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ، الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ، مِنَ الْجِنَّةِ
وَالنَّاسِ .

Transliteration: Bismi-llāhi-r-Raḥmāni-r-Raḥīm. Qul a‘ūdhu bi-Rabbi-n-nās. Maliki-n-nās. Ilāh-hin-nās. Min sharri-l-waswāsi-l-khannās. Al-ladhī yuwaswisu fī ṣudūri-n-nās. Mina-l-jinnati wa-n-nās.

3 QULS: BE SUFFICED IN ALL YOUR MATTERS (3X)

Translation: In the name of Allah, the All-Merciful, the Very Merciful. Say, I seek protection of the Lord of mankind, the King of mankind, the God of mankind, from the evil of the whisperer who withdraws, who whispers in the hearts of mankind, whether they be Jinn or people

Virtue:

Ibn Kathir رَحِمَهُ اللهُ writes, 'The most beneficial cure for magic is what Allah ﷻ revealed to His Messenger ﷺ as a cure: Surah al-Falaq and al-Nas. The Messenger of Allah ﷺ said, "No seeker has sought protection with anything like them"' **[Abu Dawud]**

Anas رضي الله عنه said "The Messenger of Allah ﷺ used to seek refuge in Allah from the jinn and the human evil eye until the Mu'awwidhatayn (Surah al-Falaq and al-Nas) were revealed. When they were revealed, he adopted them and abandoned everything else" **[Tirmidhi]**

He ﷺ also said, "Shall I inform you of the best words with which you can seek Allah's protection?" I said: "Yes." He ﷺ said, "Surah al-Falaq and al-Nas" **[Ahmad]**

SAYYID AL-ISTIGHFAR: THE BEST WAY OF SEEKING FORGIVENESS

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ ، خَلَقْتَنِي وَأَنَا عَبْدُكَ ، وَأَنَا عَلَىٰ (سَيِّدِ الْإِسْتِغْفَارِ) عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ ، أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ ، أُبُوؤُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَأَبُوؤُ لَكَ بِذُنُوبِي ، فَاعْفِرْ لِي فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ .

Transliteration: Allāhumma Anta Rabbī, lā ilāha illā Ant, khalaqtanī wa ana ‘abduk, wa ana ‘alā ‘ahdika wa wa‘dika mā’sata‘t, a‘ūdhu bika min sharri mā ṣana‘t, abū’u laka bi ni‘matika ‘alayya wa abū’u laka bi-dhambī fa-ghfir lī fa-innahū lā yaghfiru-dh-dhunūba illā Ant.

Translation: O Allah, You are my Lord. There is no god worthy of worship except You. You have created me, and I am Your slave, and I am under Your covenant and pledge (to fulfil it) to the best of my ability. I seek Your protection from the evil that I have done. I acknowledge the favours that You have bestowed upon me, and I admit my sins. Forgive me, for none forgives sins but You.

Virtue:

Shaddad b. Aws رضي الله عنه narrates that “The Messenger of Allah ﷺ said: “The most superior manner of seeking forgiveness is that you say [the above]. Whoever says it during the day with firm belief in it and dies on the same day before the evening, he will be from the people of Paradise. And whoever says it during the night with firm belief in it and dies before the morning, he will be from the people of Paradise.” [Bukharī 6306]

PROTECT YOURSELF FROM ANXIETY, LAZINESS, DEBT ETC

اَللّٰهُمَّ اِنِّىْ اَعُوْذُ بِكَ مِنْ اَلْحِزْنِ ، وَاَعُوْذُ بِكَ مِنْ اَلْعَجْزِ وَاَلْكَسَلِ ، وَاَعُوْذُ بِكَ مِنْ اَلْجُبْنِ وَاَلْبُخْلِ ، وَاَعُوْذُ بِكَ مِنْ غَلَبَةِ الدَّيْنِ وَاَقْهَرِ الرَّجَالَ .

Transliteration: Allāhumma innī a‘ūdhu bika min-l-hammi wa-l-ḥazan, wa a‘ūdhu bika min-l-‘ajzi wa-l-kasal, wa a‘ūdhu bika min-l-jubni wa-l-bukhl, wa a‘ūdhu bika min ghalabati-dayni wa qahri-r-rijāl.

Translation: O Allah, I seek Your protection from anxiety and grief. I seek Your protection from inability and laziness. I seek Your protection from cowardice and miserliness, and I seek Your protection from being overcome by debt and being overpowered by men.

Virtue:

Abu Sa‘id al-Khudri رضي الله عنه narrates that one day “The Messenger of Allah ﷺ entered the masjid. He saw a man from the Anṣar called Abu Umamah رضي الله عنه. He ﷺ asked, “What is the matter? Why are you sitting in the mosque when it is not the time for prayer?” He replied, “Never-ending worries and debts, O Messenger of Allah.” The Messenger of Allah ﷺ then asked, “Shall I not teach you words by which, when you say them, Allah will remove your worries, and settle your debts?” He replied, “Yes of course, O Messenger of Allah.” He ﷺ said, “Say in the morning and evening [the above].” Abu Umamah رضي الله عنه said, “Then I did that, and Allah removed my worries and settled my debts.” [Abu Dawud 1555]

WELL-BEING IN THIS WORLD AND THE HEREAFTER

اللَّهُمَّ إِنِّي أَسْأَلُكَ لِإِعْفَائِي فِي الدُّنْيَا وَالْآخِرَةِ، اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِيمَنْ بَيْنِي وَبَيْنَ أَهْلِي وَمَالِي، اللَّهُمَّ اسْتُرْ عَوْرَاتِي وَآمِنْ رُؤُوسَاتِي، اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ يَدَيْ، وَمِنْ خَلْفِي، وَعَنْ يَمِينِي، وَعَنْ شِمَالِي، وَمِنْ فَوْقِي، وَأَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي

Transliteration: : Allāhumma innī as'aluka-l-'āfiyata fi-d-dunyā wa-l-ākhirah. Allāhumma innī as'aluka-l-'afwa wa-l-'āfiyata fī dīnī wa duniyāya wa ahlī wa māli, Allāhumma-stur 'awrātī wa āmin raw'ātī. Allāhumma-ḥfaznī mim bayni yadayya wa min khalfī, wa 'ay-n yamīnī wa 'an shimālī wa min fawqī, wa a'ūdhu bi-'āzamatika an ughtāla min taḥtī.

Translation: O Allah, I ask You for well-being in this world and the next. O Allah, I ask You for forgiveness and well-being in my religion, in my worldly affairs, in my family and in my wealth. O Allah, conceal my faults and calm my fears. O Allah, guard me from in front of me and behind me, from my right, and from my left, and from above me. I seek protection in Your Greatness from being unexpectedly destroyed from beneath me.

Virtue:

Ibn 'Umar said, "The Messenger of Allah ﷺ did not omit saying the following words in the morning and evening: 'O Allah, I ask you for well-being in this world and the Next. O Allah, I ask you for forgiveness and well-being in my deen and in this world and in my family and my property. O Allah, veil my faults and calm my fears. O Allah, give me protection in front of me and behind me, on my right and my left and above me. I seek refuge by Your might from being overwhelmed from under me.'" [Sahih Al Albani, Al Adab Al Mufrad 1200]

PROTECT YOURSELF FROM THE 4 EVILS

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 وَشَرِّكَه ،
وَأَنَا قَتَرْتُ عَلَى نَفْسِي سُوءًا ، أَوْ أَجْرَهَا لِي مُسْلِمٍ .

Transliteration: Allāhumma ‘ālima-l-ghaybi wa-sh-shahādah, fāṭir-as-samāwāti wa-l-arḍi, rabba kulli shay’iw-wa malīkah, ash-hadu al-lā ilāha illā Anta, a’ūdhu bika min sharri nafsī wa min sharri-sh-shayṭāni wa shirkihī wa an aqtarifa ‘alā nafsī sū’an aw ajurrahū ilā muslim.

Translation: O Allah, Knower of the unseen and the seen, Creator of the heavens and the earth, the Lord and Sovereign of everything; I bear witness that there is no god worthy of worship but You. I seek Your protection from the evil of my own self, from the evil of Shaytan and from the evil of polytheism to which he calls, and from inflicting evil on myself, or bringing it upon a Muslim.

Virtue:

Abu Bakr As- Siddiq رضي الله عنه said: “O Messenger of Allah ﷺ, instruct me what to say in morning and in the evening.” He said: “Say [the above].” [Tirmidhī 3392, 3529]

ENTRUST ALL YOUR MATTERS TO ALLAH

يَا حَيُّ يَا قَيُّوْمُ، بِرَحْمَتِكَ أَسْتَغِيْثُ، أَصْلِحْ لِيْشَأْنِيْ كُلَّهُ ، وَلَا تَكِلْنِيْ إِلَى نَفْسِيْ
ظَرْفَةَ عَيْنٍ.

Transliteration: Yā Ḥayyu yā Qayyūm, bi-rahmatika astaghīth, aṣliḥ lī sha'nī kullah, wa lā takilnī ilā nafsī ṭarfata 'ayn.

Translation: O The Ever Living, The Sustainer of all; I seek assistance through Your mercy. Rectify all of my affairs and do not entrust me to myself for the blink of an eye.

Virtue:

Anas b. Malik رضي الله عنه narrates that the Prophet ﷺ said to Faṭimah رضي الله عنه “What is preventing you from (doing) what I am advising you; that you say [the above] in the morning and evening?” **[Nasa’i in ‘Amal al-Yawm wa-l-Laylah 570]**

FULFIL YOUR OBLIGATION TO THANK ALLAH

اَللّٰهُمَّ مَا اَصْبَحَ بِيْمِنْ نِعْمَةٍ اَوْ بِاَحَدٍ مِّنْ خَلْقِكَ ، فَمِنْكَ وَخَدَكَ لَا شَرِيكَ لَكَ ، فَلَكَ
الْحَمْدُ وَلَكَ الشُّكْرُ.

Transliteration: : Allāhumma mā aṣbaḥa bī min ni‘matin aw bi-
aḥadim-min khalqik, fa-minka waḥdaka lā sharīka lak, fa laka-l-
ḥamdu wa laka-sh-shukr.

Translation: O Allah, all the favours that I or anyone from Your
creation has received in the morning, are from You Alone. You
have no partner. To You Alone belong all praise and all thanks.

Virtue:

Abdullah b. Ghannam رضي الله عنه narrates that the Messenger
of Allah ﷺ said: “Whoever says [the above] in the morning has
fulfilled his obligation to thank Allah for that day. And whoever
says it in the evening has fulfilled his obligation for that night.”

[Abu Dawud 5073]

START YOUR EVENING BY RENEWING TAWHID

أَصِيحْنَا عَلَىٰ فِطْرَةِ الْإِسْلَامِ ، وَعَلَىٰ كَلِمَةِ الْإِخْلَاصِ ، وَعَلَىٰ دِينِ نَبِيِّنَا مُحَمَّدٍ ،
وَعَلَىٰ مِلَّةِ أَبِينَا إِبْرَاهِيمَ حَنِيفًا مُّسْلِمًا وَمَا كَانَ مِنَ الْمُشْرِكِينَ

Transliteration: Aṣḥaḥnā ‘alā fiṭrati-l-islām. wa ‘alā kalimati-l-ikhlāṣ, wa ‘alā dīni Nabīyyinā Muḥammadin ṣallallāhu ‘alayhi wa sallam, wa ‘alā millati abīnā Ibrāhīma ḥanīfam-muslima, wa mā kāna min-l-mushrikīn.

Translation: We have entered the morning upon the natural religion of Islam, the statement of pure faith (i.e. Shahadah), the religion of our Prophet Muhammad ﷺ and upon the way of our father Ibrahim, who turned away from all that is false, having surrendered to Allah, and he was not of the polytheists.

Virtue:

Abd al-Raḥman b. Abza رضي الله عنه narrates that the Prophet ﷺ said [the above]. **[Ahmad 15360]**

START THE EVENING BY PRAISING ALLAH (3X)

أَمْسَيْتُ أُثْنِي عَلَيْكَ حَمْدًا ، وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ

Transliteration: Amsaytu uthnī ‘alayka ḥamdā, wa ash-hadu al-lā ilāha illā-llāh.

Translation: I have entered the evening praising You, and I bear witness that there is no god worthy of worship but Allah.

Virtue:

Abu Hurayrah رضي الله عنه narrated that the Messenger of Allah ﷺ said: “When one of you enters the morning, they should say [the above] three times. And when they enter the evening, they should say the same.” **[Nasa’i in Sunan al-Kubra 10406]**

“And (remember) when your Lord proclaimed, ‘If you are grateful, I will certainly give you more’ **[Surah Ibrahim, 14:7]**

ASK ALLAH FOR A GOOD EVENING

أَمْسَيْنَا وَأَمْسَى 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 هَذِهِ اللَّيْلَةِ وَخَيْرَ مَا بَعْدَهَا ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِي هَذِهِ اللَّيْلَةِ وَشَرِّ مَا بَعْدَهَا ، رَبِّ أَعُوذُ بِكَ مِنَ الْكَسَلِ وَسَوْءِ الْكِبَرِ ، رَبِّ أَعُوذُ بِكَ مِنْ عَذَابٍ فِي النَّارِ وَعَذَابٍ فِي الْقَبْرِ .

Transliteration: Amsaynā wa amsa-l-mulku li-llāh, wa-l-ḥamdu li-llāh, lā ilāha illa-llāhu waḥdahū lā sharīka lah, lahu-l-mulku wa lahu-l-ḥamd, wa huwa ‘alā kulli shay’in Qadīr, Rabbi as’aluka khayra mā fī hādhīhi-l-laylati wa khayra mā ba’dah, wa a’ūdhu bika min sharri mā fī hādhīhi-l-laylati wa sharri mā ba’dah. Rabbi a’ūdhu bika mina-l-kasali wa sū’i-l-kibar, Rabbi a’ūdhu bika min ‘adhābin fi-n-nāri wa ‘adhābin fi-l-qabr.

Translation: We have entered the evening and at this very time the whole kingdom belongs to Allah. All praise is due to Allah. There is no god worthy of worship except Allah, the One; He has no partner with Him. The entire kingdom belongs solely to Him, to Him is all praise due, and He is All-Powerful over everything. My Lord, I ask You for the good that is in this night and the good that follows it, and I seek Your protection from the evil that is in this night and from the evil that follows it. My Lord, I seek Your protection from laziness and the misery of old age. My Lord, I seek Your protection from the torment of the Hell-fire and the punishment of the grave.

Virtue:

Abdullah b. Mas‘ud رضي الله عنه narrates that when the Messenger of Allah ﷺ used to enter the morning, he would say [the above]. **[Muslim 2723]**

ASK ALLAH TO BLESS YOUR EVENING

أَمْسَيْنَا وَأَمْسَى الْمُلْكُ لِلَّهِ رَبِّ الْعَالَمِينَ ، اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هَذِهِ
الَّيْلَةِ ، فَتَحَهَا وَنَصْرَهَا وَنُورَهَا وَبَرَكَتَهَا وَهُدَاهَا ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا
فِيهَا وَشَرِّ مَا بَعْدَهَا.

Transliteration: Amsaynā wa amsa-l-mulku li-llāhi Rabbi-l-
‘ālamīn, Allāhumma innī as’aluka khayra hādhihi-l-laylah,
fathahā wa naṣrahā wa nūrahā wa barakatahā wa hudāhā, wa
a’ūdhu bika min sharri mā fīhā wa sharri mā ba’dahā.

Translation: We have entered the evening and at this very time
the whole kingdom belongs to Allah, Lord of the Worlds. O
Allah, I ask You for the goodness of this day/night: its victory,
its help, its light, and its blessings and guidance. I seek Your
protection from the evil that is in it and from the evil that
follows it.

Virtue:

Abu Malik al-Ash‘ari رضي الله عنه narrates that the Messenger of
Allah ﷺ said: “When one of you enters the morning, they
should say [the above]; and when they reach the evening, they
should say the same.” **[Abu Dawud 5084]**

GET YOURSELF FREED FROM THE HELL-FIRE (4X)

اللَّهُمَّ إِنِّي أَصْبَحْتُ أُشْهِدُكَ ، وَأَشْهَدُ حَمَلَةَ عَرْشِكَ وَمَلَائِكَتَكَ وَجَمِيعَ خَلْقِكَ ، أَنْكَانْتَ اللَّهُ لَا إِلَهَ إِلَّا أَنْتَ وَحْدَكَ لَا شَرِيكَ لَكَ ، وَأَنْ مُحَمَّدًا عَبْدُكَ وَرَسُولُكَ

Transliteration: Allāhumma innī aṣḥaḥtu ush-hiduk, wa ush-hidu ḥamlata ‘arshik, wa malā’ikatika wa jamī’a khalqik, an-naka Anta-llāhu lā ilāha illā Anta waḥdak, lā sharīka lak, wa anna Muḥammadan ‘abduka wa rasūluk.

Translation: O Allah, I have entered the morning, and I call upon You, the bearers of Your Throne, Your angels and all creation, to bear witness that surely You are Allah. There is no god worthy of worship except You Alone. You have no partners, and that Muhammad ﷺ is Your slave and Your Messenger.

Virtue:

Anas b. Malik رضي الله عنه narrates that the Messenger of Allah ﷺ said: “Whosoever reads [the above] in the morning or evening once, Allah frees a quarter of him from the Hell-fire. If he reads it twice, Allah frees half of him from the Hell-fire. If he reads it thrice, Allah frees three-quarters of him from the Hell-fire. And if he reads it four times, Allah (completely) frees him from the Hell-fire.” **[Abu Dawud 5069]**

Anas b. Malik رضي الله عنه narrates that the Messenger of Allah ﷺ said: “Whoever says the above in the morning, Allah will forgive the sins he commits in that day; and whoever says it in the evening, Allah will forgive the sins he commits in that night.” **[Abu Dawud 5078]**

UPON ENTERING THE EVENING

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

Transliteration: Allāhumma bika amsaynā wa bika aṣḥaḥnā wa bika naḥyā wa bika namūtu wa ilayka-l-maṣīr.

Translation: O Allah, by You we have entered the evening and by You we enter upon the morning. By You, we live and we die, and to You is the resurrection/return.

Virtue:

Abu Hurayrah رَضِيَ اللهُ عَنْهُ narrated that the Messenger of Allah ﷺ used to say [the above] when he would enter the morning.”
[Al-Adab al-Mufrad 1199]

ASK ALLAH FOR GOOD HEALTH AND PROTECTION

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.

Transliteration: : Allāhumma ‘āfinī fī badanī, Allāhumma ‘āfinī fī sam‘ī, Allāhumma ‘āfinī fī baṣarī, lā ilāha illā Ant, Allāhumma innī a‘ūdhu bika mina-l-kufri wa-l-faqr, wa a‘ūdhu bika min ‘adhābi-l-qabr, lā ilāha illā Ant.

Translation: O Allah, grant me well-being in my body. O Allah, grant me well-being in my hearing. O Allah, grant me well-being in my sight. There is no god worthy of worship except You. O Allah, I seek Your protection from disbelief and poverty and I seek Your protection from the punishment of the grave. There is no god worthy of worship except You.

Virtue:

Abd al-Raḥman b. Abī Bakrah رضي الله عنه narrates that he said to his father, “O my father! I hear you supplicating with [the above] every morning. You repeat them three times in the morning and three times in the evening.” He said, “Indeed I heard the Messenger of Allah ﷺ supplicating with these (words) and I love to follow his practice.” **[Abu Dawud 5090, Ahmad 20430]**

ALLAH WILL SUFFICE YOU IN EVERYTHING

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ ، عَلَيْهِ تَوَكَّلْتُ ، وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ .

Transliteration: Ḥasbiya-Allāhu lā ilāha illā Huwa, ‘alayhi tawakkaltu, wa Huwa Rabbu-l-‘Arshi-l-‘aẓīm.

Translation: Allah is sufficient for me. There is no god worthy of worship except Him. I have placed my trust in Him only and He is the Lord of the Magnificent Throne.

Virtue:

Abu Darda رضي الله عنه narrates from the Messenger of Allah ﷺ that he said: “Whoever recites [the above] seven times in the morning and in the evening, Allah will suffice him in everything that concerns him in matters of this world and the next.” **[Ibn al-Sunni 71]**

The Prophet ﷺ said, “If you have tawakkul on Allah as you truly should, then He would provide for you like He provides for the birds. Do you not see that they leave in the early morning with an empty stomach, and return full in the afternoon?” **[Tirmidhi 2344]**

There are 70,000 people who will enter Jannah without any punishment or questioning [by Allah]. One of their qualities is that they have true tawakkul on Allah in everything they do **[Bukhari 6472]**

HAVE THE PROPHET SAW HOLD YOUR HAND AND ADMIT YOU TO PARADISE (3X)

رَضِيْتُ بِاللَّهِ رَبًّا ، وَبِالْإِسْلَامِ دِينًا ، وَبِمُحَمَّدٍ نَبِيًّا .

Transliteration: Raḍītu bi-llāhi Rabbā, wa bi-l-islāmi dīnā, wa bi Muḥammadin-Nabiyyā.

Translation: I am pleased with Allah as my Lord, with Islam as my religion and with Muḥammad ﷺ as my Prophet.

Virtue:

Thawban رضي الله عنه narrates that the Messenger of Allah ﷺ said: “Allah has promised that anyone who says [the above] three times every morning and evening will be pleased on the Day of Judgement.” **[Ahmad 18927]**

The Messenger of Allah ﷺ said: “Whoever says [the above] in the morning, I guarantee that I will take hold of his hand until I enter him into Paradise.” **[Tabarani al-Mu‘jam al-Kabir 838]**

PROTECT YOURSELF FROM ALL HARM (3X)

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

Transliteration: Bismi-llāhi-lladhī lā yaḍurru ma‘asmihi shay’un fi-l-arḍi wa lā fi-s-samā’, wa Huwa-s-Samī‘u-l-‘Alīm.

Translation: In the Name of Allah, with whose Name nothing can harm in the earth nor in the sky. He is The All-Hearing and All-Knowing.

Virtue:

The Messenger of Allah ﷺ said: “Whoever says [the above] three times (in the evening), they will not be afflicted by a sudden calamity till the morning. And whoever says it three times in the morning, they will not be afflicted with a sudden calamity until the evening.” **[Abu Dawud 5088]**

Aban bin Uthman said: “I heard Uthman bin Affan رضي الله عنه saying: ‘The Messenger of Allah ﷺ said: “There is no worshiper who says, in the morning of every day, and the evening of every night (the above))’ – three times, (except that) nothing shall harm him.” And Aban had been stricken with a type of semi-paralysis, so a man began to look at him, so Aban said to him, “What are you looking at? Indeed the Hadith is as I reported it to you, but I did not say it one day, so Allah brought about His decree upon me.” **[Tirmidhī 3388]**

RECEIVE THE INTERCESSION OF THE PROPHET SAW

الصلاة على النبي (اللَّهُمَّ صَلِّ عَلَيَّ مُحَمَّدٍ وَعَلَىٰ آلِ مُحَمَّدٍ ، كَمَا صَلَّيْتَ عَلَيَّ
إِبْرَاهِيمَ وَعَلَىٰ آلِ إِبْرَاهِيمَ ، إِنَّكَ حَمِيدٌ مَّجِيدٌ ، اللَّهُمَّ بَارِكْ عَلَيَّ مُحَمَّدٍ وَعَلَىٰ آلِ مُحَمَّدٍ
، كَمَا بَارَكْتَ عَلَيَّ إِبْرَاهِيمَ وَعَلَىٰ آلِ إِبْرَاهِيمَ ، إِنَّكَ حَمِيدٌ مَّجِيدٌ).

Transliteration: Allāhumma ṣalli ‘alā Muḥammad wa ‘alā āli
Muḥammad, kamā ṣallayta ‘alā Ibrāhīma wa ‘alā āli Ibrāhīm,
innaka Ḥamīdu-m-Majīd, Allāhumma bārik ‘alā Muḥammad, wa
‘alā āli Muḥammad, kamā bārakta ‘alā Ibrāhīma wa ‘alā āli
Ibrāhīm, innaka Ḥamīdu-m-Majīd.

Translation: O Allah, honour and have mercy upon Muhammad
and the family of Muhammad as You have honoured and had
mercy upon Ibrahim and the family of Ibrahim. Indeed, You are
the Most Praiseworthy, the Most Glorious. O Allah, bless
Muhammad and the family of Muhammad as You have blessed
Ibrahim and the family of Ibrahim. Indeed, You are the Most
Praiseworthy, the Most Glorious.

Virtue:

Abu Darda رضي الله عنه narrates that the Messenger of Allah ﷺ
said: “Whoever sends salawat upon me 10 times in the morning
and 10 times in the evening will receive my intercession.”

[Ṭabarani: al-Mu‘jam al-Kabīr 6357]

4 PHRASES THAT OUTWEIGH ALL OTHER DHIKR (3X)

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ ، عَدَدَ خَلْقِهِ ، وَرِضَانُفْسِهِ ، وَزِنَةَ عَرْشِهِ ، وَمِدَادَ كَلِمَاتِهِ .

Transliteration: Subḥāna-llāhi wa bi ḥamdih, ‘adada khalqih, wa riḍā nafsih, wa zinata ‘arshih, wa midāda kalimātih.

Translation: Allah is free from imperfection and all praise is due to Him, (in ways) as numerous as all He has created, (as vast) as His pleasure, (as limitless) as the weight of His Throne, and (as endless) as the ink of His words.

Virtue:

Juwayriyyah b. al-Harith رضي الله عنه عنه reported: “The Prophet ﷺ left (my home) in the morning as I was busy in performing the dawn prayer. He came back in the forenoon and found me sitting there. He ﷺ asked: ‘Are you still in the same position as I left you?’ I replied in the affirmative. Thereupon the Prophet ﷺ said: ‘I recited four phrases three times after I left you. If everything that you have said today was put in the scales, [the above] would outweigh it.’” **[Muslim 2140, Abu Dawud 1503]**

GET YOUR SINS FORGIVEN X100

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ.

Transliteration: Subḥāna-llāhi wa bi ḥamdih.

Translation: Allah is free from imperfection, and all praise is due to Him.

Virtue:

Abu Hurayrah رضي الله عنه عنه narrates that the Messenger of Allah ﷺ said: “He who recites [the above] in the morning and in the evening 100 times, will not be surpassed on the Day of Judgement by anyone with better deeds except the one who says the same words or more.” **[Muslim 2692]**

Abu Hurayrah رضي الله عنه عنه narrates that the Messenger of Allah ﷺ said: “Whoever says [the above] 100 times a day, all of his sins will be forgiven, even if they are as abundant as the foam of the sea.” **[Bukhari 6405]**

AN UNPARALLELED REWARD X100

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

Transliteration: Lā ilāha illā-Allāh, waḥdahū lā sharīka lah, lahu-l-mulk, wa lahu-l-ḥamd, wa Huwa ‘alā kulli shay’in Qadīr.

Translation: There is no god but Allah. He is Alone and He has no partner whatsoever. To Him Alone belong all sovereignty and all praise. He is over all things All-Powerful

Virtue:

The Messenger of Allah ﷺ said: “Whoever says [the above] 100 times in the morning and evening, none will surpass him in doing better good deeds except someone who has recited it more than him.” **[Nasai in Sunan al-Kubra 10410]**

Abu Hurayrah رضي الله عنه narrates that the Messenger of Allah ﷺ said: “He who says [the above] 100 times in a day will have a reward equivalent to that of freeing 10 slaves. A 100 good deeds will be recorded to his credit, and a 100 of his sins will be blotted out from his scroll. He will be safeguarded against Shaytan on that day till the evening; and none will surpass him in doing better good deeds except someone who has recited these words more often than him.” **[Bukhari 3293]**

PROTECTION FROM ALL EVIL X3

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

Transliteration: A‘ūdhu bi kalimāti-l-Ilāhi-t-tāmmāti min sharri mā khalaq.

Translation: I seek protection in Allah’s perfect words from the evil of whatever He has created.

Virtue:

Suhayl (a narrator) said: “So our family used to learn it and they used to say it every night. A girl among them was stung, and she did not feel any pain.” **[Tirmidhi 3604]**

Abu Hurayrah رضي الله عنه عنه narrates that the Messenger of Allah ﷺ said: “Whoever recites [the above] three times in the evening will not be harmed by insect stings in that night.”