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Morning and Evening Adhkar

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1 Morning · once

اللَّهُمَّ بِكَ أَصْبَحْنَا وَبِكَ أَمْسَيْنَا وَبِكَ نَحْيَا وَبِكَ نَمُوتُ وَإِلَيْكَ النُّشُورُ

"O Allah, by You we enter the morning, and by You we enter the evening, by You we live and by You we die, and to You is the resurrection."

Sunan Abi Dawud 5068 · Sahih (al-Albani)

2 Evening · once

أَمْسَيْنَا وَأَمْسَى الْمُلْكُ لِلَّهِ وَالْحَمْدُ لِلَّهِ لاَ إِلَهَ إِلاَّ اللَّهُ وَحْدَهُ لاَ شَرِيكَ لَهُ اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ خَيْرِ هَذِهِ اللَّيْلَةِ وَخَيْرِ مَا فِيهَا وَأَعُوذُ بِكَ مِنْ شَرِّهَا وَشَرِّ مَا فِيهَا اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكَسَلِ وَالْهَرَمِ وَسُوءِ الْكِبَرِ وَفِتْنَةِ الدُّنْيَا وَعَذَابِ الْقَبْرِ

"We have entered the evening, and the whole kingdom of Allah has entered the evening. Praise is due to Allah. There is no god but Allah alone, with no partner. O Allah, I ask You for the good of this night and the good of what is in it, and I seek refuge in You from its evil and the evil of what is in it. O Allah, I seek refuge in You from laziness, old age, the evil of pride, the trial of the world and the punishment of the grave."

In the morning, the Prophet ﷺ said "asbahna wa asbaha" (we have entered the morning) in its place.

Sahih Muslim 2723

3 **Sayyidul Istighfar** — Morning and evening · once

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

"O Allah, You are my Lord, there is no god but You. You created me and I am Your servant, and I am keeping Your covenant and promise as much as I can. I seek refuge in You from the evil of what I have done. I acknowledge Your favor upon me, and I acknowledge my sin, so forgive me, for none forgives sins except You."

Sahih al-Bukhari 6306

4 **The three Quls** — Morning and evening · 3 times

Recite Surah al-Ikhlas (112), Surah al-Falaq (113) and Surah an-Nas (114), three times each. The Prophet ﷺ said they "will suffice you against everything."

Sunan Abi Dawud 5082 · Hasan (al-Albani)

5 Morning and evening · 3 times

بِسْمِ اللَّهِ الَّذِي لاَ يَضُرُّ مَعَ اسْمِهِ شَىْءٌ فِي الأَرْضِ وَلاَ فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

"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."

Sunan Abi Dawud 5088 · Sahih (al-Albani)

6 Morning and evening · once

اللَّهُمَّ فَاطِرَ السَّمَوَاتِ وَالأَرْضِ عَالِمَ الْغَيْبِ وَالشَّهَادَةِ رَبَّ كُلِّ شَىْءٍ وَمَلِيكَهُ أَشْهَدُ أَنْ لاَ إِلَهَ إِلاَّ أَنْتَ أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي وَشَرِّ الشَّيْطَانِ وَشِرْكِهِ

"O Allah, Creator of the heavens and the earth, Knower of the unseen and the seen, Lord and Owner of everything, I bear witness that there is no god but You. I seek refuge in You from the evil of my own self, and from the evil of Shaytan and his call to shirk."

Sunan Abi Dawud 5067 · Sahih (al-Albani)

7 Morning and evening · 100 times

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

"Glory be to Allah and praise be to Him."

Sahih Muslim 2692