



**LANTURNA**

**LIVING WITH PRESENCE**  
**The Daily *Du 'ā* ' of the Prophet ﷺ**

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With the Name of Allah, Compassionate in Essence, Compassionate with All...

Allah describes those possessed of discerning hearts as الَّذِينَ يَذْكُرُونَ اللَّهَ قِيَامًا وَقُعُودًا وَعَلَىٰ جُنُوبِهِمْ وَيَتَفَكَّرُونَ فِي خَلْقِ السَّمَاوَاتِ وَالْأَرْضِ رَبَّنَا مَا خَلَقْتَ هَذَا بَاطِلًا سُبْحَانَكَ فَقِنَا عَذَابَ النَّارِ "...those who when standing, sitting, or reclining, bear God in mind, and ponder the creation of the heavens and of the earth, then confess: 'Lord! Nothing of this have You created without purpose, no! Glory be to You! Deliver us, then, from the torment of the fire!'" (*Āl 'Imrān* 3:191). Al-Bistāmī once reflected: "Love entails that you regard your much as little, and your beloved's little as much." This principle is Qur'anic, in point of fact, insofar as Allah describes His much as but one blessing in the verse وَإِنْ تَعُدُّوا نِعْمَةَ اللَّهِ لَا تُحْصُوهَا إِنَّ اللَّهَ لَغَفُورٌ رَحِيمٌ "And if you would reckon the *blessing* of Allah, you could not reckon it—verily, Allah is forgiving, compassionate" (*al-naḥl* 16:18), but describes the scarce and deficient remembrance of those whom He loves as abundant in the verse وَالذَّاكِرِينَ اللَّهَ كَثِيرًا وَالذَّاكِرَاتِ "...those men and women who remember Allah *abundantly*!" (*al-aḥzāb* 33:35). Our acts in life are all mundane except that which we render to God as worship. What, then, can be said about a man who could not rise or sleep or eat or drink or stand or sit but on the thought of God; a man who when asked to define beauty declared his experience thereof as beholding God in every endeavor; a man whose eye by night swept quiescent but whose heart pulsed always present! Lanturna invites you to receive the sacred words of the Prophet ﷺ—whose remembrance of God becomes our nexus to Him and whose divine communion becomes the dialect of our gratitude—that we may render the little we can muster to receive the much He bequeaths!

## PRAYERS OF THE PROPHETS ﷺ

﴿رَبَّنَا ظَلَمْنَا أَنْفُسَنَا وَإِنْ لَمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ﴾ الأعراف ٢٣

Ādam ﷺ Our Lord! We have wronged our own souls! If You forgive us not and bestow not upon us Thy mercy, we shall certainly perish. *al-a'raf* 7: 23  
*rabbanā ḡalamnā a'fusanā wa i' lam taghfir lanā wa tarḡamnā lanakūnanna mina l-khāsirīn*

﴿رَبِّ أَنْزِلْنِي مُنْزَلًا مُبَارَكًا وَأَنْتَ خَيْرُ الْمُنْزِلِينَ﴾ المؤمنون ٢٩

Nūḥ ﷺ Our Lord! Alight me in a blessed alighting place, for You bring to the best alighting. *al-mu'minūn* 23:29  
*rabbi a'nzilnī mu'nzala<sup>m</sup> mubāraka<sup>w</sup> wa a<sup>n</sup>ta khayru l-mu<sup>n</sup>zilīn*

﴿إِنِّي تَوَكَّلْتُ عَلَى اللَّهِ رَبِّي وَرَبِّكُمْ مَا مِنْ دَابَّةٍ إِلَّا هُوَ آخِذٌ بِنَاصِيَتِهَا إِنَّ رَبِّي عَلَى صِرَاطٍ مُسْتَقِيمٍ﴾ هود ٥٦

Hūd ﷺ I trust in Allah, my Lord and your Lord. There is not a creature except that its forelock is in His grasp! My Lord is on a straight path. *hūd* 11:56  
*innī tawakkaltu 'alā l-lāhi rabbi wa rabbikum mā mi<sup>n</sup> dābbatin illā huwa ākhidhu<sup>m</sup> bi nāṣiyatihā inna rabbi 'alā ṣirāṭi<sup>m</sup> mustaqīm*

﴿رَبِّ نَجِّنِي وَأَهْلِي مِمَّا يَعْمَلُونَ﴾ الشعراء ١٦٩

Lūṭ ﷺ My Lord! Deliver me and my family from what they wreak. *al-shu'arā'* 26:169  
*rabbi najjinī wa ahlī mi<sup>m</sup> mā ya'malūn*

﴿رَبَّنَا عَلَيْكَ تَوَكَّلْنَا وَإِلَيْكَ أَنْبَنَّا وَإِلَيْكَ الْمَصِيرُ﴾

﴿رَبَّنَا لَا تَجْعَلْنَا فِتْنَةً لِلَّذِينَ كَفَرُوا وَاعْفِرْ لَنَا رَبَّنَا إِنَّكَ أَنْتَ الْعَزِيزُ الْحَكِيمُ﴾ الممتحنة ٤ - ٥

Ibrāhīm ﷺ Our Lord! In You we trust, unto You we turn, and unto You is the return! Our Lord! Make not out of us a tribulation for the faithless, but forgive us, our Lord—for You are possessed of power and wisdom. *al-mumtaḡānah* 60:4-5  
*rabbanā 'alayka tawakkalnā wa ilayka anab<sup>a</sup>nā wa ilayka l-maṣīr · rabbanā lā taj<sup>a</sup>'alnā fitnata<sup>l</sup> li l-ladhīna kafarū wa-ghfir lanā rabbanā innaka a<sup>n</sup>ta l-'azīzu l-ḡakīm*

﴿فَصَبْرٌ جَمِيلٌ ۖ وَاللَّهُ الْمُسْتَعَانُ عَلَىٰ مَا تَصِفُونَ﴾ يوسف ١٨

Ya'qūb ﴿﴾ ...beautiful patience! And Allah is besought against what they describe.

yūsuf 12:18

*fa ṣabru<sup>n</sup> jamīlu<sup>w</sup> wa l-lāhu l-musta'ānu 'alā mā taṣifūn*

﴿فَاطِرَ السَّمَاوَاتِ وَالْأَرْضِ أَنْتَ وَلِيِّ فِي الدُّنْيَا وَالْآخِرَةِ ۖ تَوَفَّنِي مُسْلِمًا وَأَلْحِقْنِي بِالصَّالِحِينَ﴾

يوسف ١٠١

Yūsuf ﴿﴾ Creator of the heavens and the earth! You are my patron in this world and the next; take me unto Thyself resigned, and include me among the righteous.

yūsuf 12:101

*fāṭira s-samāwāti wa l-arḍi a<sup>n</sup>ta waliyyī fī d-dunyā wa l-ākhirati tawaffanī muslima<sup>w</sup> wa alḥiq<sup>n</sup>nī bi ṣ-ṣāliḥīn*

﴿وَسِعَ رَبُّنَا كُلَّ شَيْءٍ عِلْمًا عَلَى اللَّهِ تَوَكَّلْنَا رَبَّنَا أَفْتَخَ بَيْنَنَا وَبَيْنَ قَوْمِنَا بِالْحَقِّ وَأَنْتَ خَيْرُ الْفَاتِحِينَ﴾ الأعراف ٨٩

Shu'ayb ﴿﴾ The knowledge of Our Lord encompasses every thing! In Allah we trust. Our Lord, judge between us and our people with truth, for You are best to judge! *al-a'rāf* 7:89

*wasi'a rabbunā kulla shay'in 'ilman 'alā l-lāhi tawakkalnā rabbanā ftaḥ baynanā wa bayna qawminā bi l-ḥaqqi wa a<sup>n</sup>ta khayru l-fātiḥīn*

﴿أَنِّي مَسْنِي الضُّرِّ وَأَنْتَ أَرْحَمُ الرَّاحِمِينَ﴾ الأنبياء ٨٣

Ayyūb ﴿﴾ I am brushed of affliction, and Your compassion is superlative!

*al-anbiyā'* 21:83

*annī massaniya ḍ-ḍurru wa a<sup>n</sup>ta arḥamu r-rāḥimīn*

﴿لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ﴾ الأنبياء ٨٧

Yūnus ﴿﴾ No god has the right of worship except You, hallowed in transcendence. I have, I confess, wronged myself. *al-anbiyā'* 21:87

*lā ilāha illā a<sup>n</sup>ta subḥānaka innī ku<sup>n</sup>tu mina ṣ-ṣālimīn*

﴿رَبِّ إِنِّي لَمَّا أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ فَقِيرٌ﴾ القصص ٢٤

Mūsā ﴿﴾ My Lord, I am in dire need of the good You have already sent down to me.

*al-qasas* 28:24

*rabbī innī limā a<sup>n</sup>zalta ilayya min khayri<sup>n</sup> faqīr*

﴿رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَثَبِّتْ أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ﴾ البقرة ٢٥٠

Dāwūd ﴿ Our Lord! Pour out perseverance upon us; make firm our foothold, and grant us victory against the faithless folk. *al-baqarah* 2:250  
*rabbānā afrigh ‘alaynā ṣabra<sup>w</sup> wa thabbit aqdāmanā wa<sup>n</sup>ṣurnā ‘ala l-qawmi l-kāfirīn*

﴿قَالَ رَبِّ اغْفِرْ لِي وَهَبْ لِي مُلْكًا لَا يَنْبَغِي لِأَحَدٍ مِّنْ بَعْدِي إِنَّكَ أَنْتَ الْوَهَّابُ﴾ ص ٣٥

Sulaymān ﴿ My Lord! Inspire me with gratitude for Your blessing with which You have favoured me and my parents, that I may work a righteousness pleasing unto You, and usher me into Your compassion among Your righteous servants. *al-naml* 27:19  
*rabbī awzi<sup>nī</sup> an ashkura ni<sup>‘</sup>mataka l-latī an<sup>‘</sup>amta ‘alayya wa ‘alā wālidayya wa an a<sup>‘</sup>mala ṣāliḥa<sup>n</sup> tarḍāhu wa ad<sup>a</sup>khilnī bi raḥmatika fī ‘ibādika ṣ-ṣāliḥīn*

﴿إِنِّي وَهَنَ الْعَظْمُ مِنِّي وَاشْتَعَلَ الرَّأْسُ شَيْبًا وَلَمْ أَكُنْ بِدُعَائِكَ رَبِّ شَقِيًّا﴾ مريم ٤

Zakariyyā ﴿ My bones wax feeble, my hair glistens grey, and I have never been unblest, my Lord, in beseeching You. *maryam* 19:4  
*innī wahana l-‘aẓmu minnī wa-shṭa‘ala<sup>r</sup> ra’su shayba<sup>w</sup> wa lam aku<sup>m</sup> bi du‘ā’ika rabbi shaqiyyā*

﴿إِنْ تُعَذِّبْهُمْ فَإِنَّهُمْ عِبَادُكَ وَإِن تَغْفِرْ لَهُمْ فَإِنَّكَ أَنْتَ الْعَزِيزُ الْحَكِيمُ﴾ المائدة ١١٨

‘Īsā ﴿ Should You chastise them, they are Your slaves. And should You forgive them, indeed, You are powerful, wise. *al-mā’idah* 5:118  
*īn tu‘adh-dhib<sup>a</sup>hum fī innahum ‘ibāduka wa īn taghfir lahum fa innaka a<sup>n</sup>ta l-‘azīzu l-ḥakīm*

## DAILY PRAYERS OF THE PROPHET MUHAMMAD ﷺ

### I. Upon awakening

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ رواه البخاري عن حذيفة ؓ

Allah be praised, Who has drawn us into life after dwindling us into death, and unto Him is the Resurrection.

*al-ḥamdu li l-lāhi l-ladhsī aḥyānā ba‘damā amātanā wa ilayhi n-nushūr*

### II. Before answering the call of nature

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ متفق عليه عن أنس ؓ

Allah! I seek sanctum with You from filth and from every trace of filth.

*allāhumma innī a‘ūdhu bika mina l-khubthi wa l-ḥabā’ith*

### III. After answering the call of nature

الْحَمْدُ لِلَّهِ الَّذِي أَذْهَبَ عَنِّي الْأَذَى وَعَافَانِي رواه ابن ماجه عن أنس ؓ

Allah be praised, Who has rid me of harm, and restored me to health.

*al-ḥamdu li l-lāhi l-ladhī adh·haba ‘anni l-adhā wa ‘āfānī*

### IV. Before lustration

بِسْمِ اللَّهِ رواه مسلم عن جابر ؓ

With the name of Allah...

*bi·smi l-lāh*

### V. After lustration

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ اللَّهُمَّ اجْعَلْنِي مِنَ

التَّوَّابِينَ وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ رواه الترمذي عن عمر بن الخطاب ؓ

I declare that no god has the right of worship except God, without compeer, and I declare that Muhammad is His servant and messenger. Allah! Count me among the penitent, count me among the pure.

*ash·hadu an lā ilāha illa l-lāhu waḥdahu lā sharīka lahu wa ash·hadu anna muḥammadan ‘abduhu wa rasūluh. allāhumma j‘alnī mina t-tawābīna wa j‘alnī mina l-mutaṭahhirīn*

### VI. Before disrobing

بِسْمِ اللَّهِ رواه الترمذي عن أنس ؓ

With the name of Allah...

*bi·smi l-lāh*

## VII. Before dressing

اَللّٰهُمَّ لَكَ الْحَمْدُ اَنْتَ كَسَوْتَنِيْهِ اَسْأَلُكَ مِنْ خَيْرِهِ وَخَيْرِ مَا صُنِعَ لَهُ وَاَعُوْذُ بِكَ مِنْ شَرِّهِ وَشَرِّ مَا  
صُنِعَ لَهُ رواه أبو داود عن أبي سعيد الخدري ؓ

Allah! Hallowed are You Who has donned me this raiment. I ask its goodness and the good behind its fabrication and I seek sanctum with You from its evil and any evil behind its fabrication.

*allāhumma laka l-ḥamdu anta kasawtanīhi as'aluka min khayrihi wa khayri mā ṣunī'a lahu wa a'ūdhu bika min sharrihi wa sharri mā ṣunī'a lahu*

## VIII. Upon leaving home

بِسْمِ اللّٰهِ تَوَكَّلْتُ عَلَى اللّٰهِ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللّٰهِ رواه أبو داود عن أنس ؓ

With the name of Allah..., I rest my trust in Allah, for there are no means or measure of strength except by Allah!

*bi-smi l-lāhi tawakkaltu 'alā l-lāh wa lā ḥawla wa lā quwwata illā bi l-lāh*

## IX. Upon riding

بِسْمِ اللّٰهِ رواه الترمذي عن أنس ؓ

With the name of Allah...

*bi-smi l-lāh*

## X. Upon entering the masjid (after invoking blessings upon the Prophet ﷺ)

اَللّٰهُمَّ افْتَحْ لِيْ اَبْوَابَ رَحْمَتِكَ رواه مسلم عن أبي حميد ؓ

Allah! Open for me the doors of Your compassion.

*allāhumma ftaḥ lī abwāba raḥmatik*

## XI. After the prayer call

اَللّٰهُمَّ رَبِّ هَذِهِ الدَّعْوَةُ التَّامَّةُ وَالصَّلَاةُ الْقَائِمَةُ اَتِ مُحَمَّدًا الْوَسِيْلَةَ وَالْفَضِيْلَةَ وَالذَّرَجَةَ الرَّفِيْعَةَ  
وَابْعَثْهُ مَقَامًا مَّحْمُودًا الَّذِي وَعَدْتَهُ اِنَّكَ لَا تُخْلِفُ الْمِيْعَادَ رواه البخاري عن جابر ؓ

Allah! Lord of this perfect call, and of the prayer at hand: grant Muhammad intercession, a degree apart, and the supernal rank. Raise him to that glorified station, the which You covenanted him, for never do You fail the solemn vow!

*allāhumma rabba hādhihi d-da'wati t-tāmmati wa ṣ-ṣalāti l-qā'imati āti muḥammadani l-wasīlata wa l-faḍīlata wa b'ath-hu maqāman maḥmūdani l-ladhī wa'adtuhu innaka lā tukhlifu l-mī'ād*

## XII. After prayer

أَسْتَغْفِرُ اللَّهَ أَسْتَغْفِرُ اللَّهَ أَسْتَغْفِرُ اللَّهَ اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ وَإِلَيْكَ يَعُودُ السَّلَامُ  
فَحَيِّنَا رَبَّنَا بِالسَّلَامِ وَأَدْخِلْنَا دَارَكَ دَارَ السَّلَامِ تَبَارَكْتَ وَتَعَالَيْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ اللَّهُمَّ  
لَا مَانِعَ لِمَا أَعْطَيْتَ وَلَا مُعْطِيَ لِمَا مَنَعْتَ وَلَا رَادَّ لِمَا قَضَيْتَ وَلَا يَنْفَعُ ذَا الْجَدِّ مِنْكَ الْجَدُّ اللَّهُمَّ  
أَعِنَّا عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ وَتُبْ عَلَيْنَا  
إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ لَهُ مَا فِي السَّمُوتِ  
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 السَّمُوتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ  
يَا عَلِيُّ يَا عَظِيمُ جَلَّ أَلْبَاقِي سُبْحَانَكَ سُبْحَانَ اللَّهِ (33) دَائِمًا وَالْحَمْدُ لِلَّهِ (33) جَلَّ ثَنَاؤُهُ اللَّهُ أَكْبَرُ  
(33) اللَّهُ أَكْبَرُ كَبِيرًا وَالْحَمْدُ لِلَّهِ كَثِيرًا وَسُبْحَانَ اللَّهِ بُكْرَةً وَأَصِيلًا لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ  
لَهُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ يُحْيِي وَيُمِيتُ بِيَدِهِ الْخَيْرُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Your mercy, Allah! Your mercy, Allah! Your mercy, Allah! Allah! You are perfection, You emanate perfection, and unto You does perfection refer. Revive us, our Lord, into perfection, and usher us unto Your abode, the abode of perfection, for You are hallowed, transcendent, possessed of majesty and beneficence. Allah! No one can withhold what You bestow; no one can bestow what You withhold; no one can resist what You decree; no portion shall avail before You the one who receives it from You. Allah! Hearten our consciousness of You, our gratitude to You, and our beautiful worship of You. Our Lord! Accept of us—You hear and know all—and relent to us, for You are relenting, compassionate. “Allah! No god has the right of worship except Him, the Living, the Subsisting. No slumber or sleep takes Him. Unto Him belongs all that is celestial and terrestrial. Who could possibly intercede with Him except by His leave! He knows whatsoever they committed, whatsoever they omitted, and they fathom naught of His knowledge except as He so wills. His pedestal comprises the heavens and the earth, and neither weary Him, for He is exalted, supernal.” O Lord, exalted, supernal, majestic, eternal, transcendent be You, *hallowed in transcendence* (33 times); eternally, *Allah be praised* (33 times); majestic of praise, *Allah is magnificent* (33 times). Allah is magnificent; Allah be praised abundantly; hallowed be Allah in transcendence by morn’ and eve; no god has the right of worship except Allah, exclusively, without compeers; dominion is His, praise is His; He sustains life and decrees death; in His hand is all good; He has power over all things.



*astaghfiru l-lāha·s taghfirū l-lāha·s taghfirū l-lāh · allāhumma anta s-salāmu wa minka s-salāmu wa ilayka ya‘ūdu s-salāmu fa ḥayyinā rabbanā bi s-salāmi wa adkhilnā dāraka dāra s-salāmi tabārakta wa ta‘ālayta yā dha l-jalāli wa l-ikrām · allāhumma lā māni‘a limā a‘ṭayta wa lā mu‘ṭiya li mā mana‘ta wa lā rādda li mā qaḍayta wa lā yanfa‘u dha l-jaddi minka l-jadd · allāhumma a‘innā ‘alā dhikrika wa shukrika wa ḥusni ‘ibādatik · rabbanā taqabbal minnā innaka anta l-‘alīmu l-ḥakīmu wa tubba ‘alaynā innaka anta t-tawwābu r-raḥīm · allāhu lā ilāha illā huwa l-ḥayyu l-qayyūmu lā ta’khudhuhu sinnatu<sup>w</sup> wa lā nawm · lahu mā fi s-samāwāti wa mā fi l-arḍ · ma<sup>n</sup> dha l-ladhī yashfa‘u ‘indahu illā bi idhnihi · ya‘lamu mā bayna aydīhim wa mā khalfahum · wa lā yuḥīṭūna bi shay’im min ‘ilmihī illā bi mā shā’ · wasi‘a kursiyyuhu s-samāwāti wa l-arḍ · wa lā ya‘ūduhu ḥifẓuhumā · wa huwa l-‘aliyyu l-‘azīm · yā ‘aliyyu yā ‘azīmu jalla l-bāqī subḥānaka subḥāna l-lāh (33) dā’iman wa l-ḥamdu li l-lāh (33) tabāraka smuhu l-lāhu akbar (33) allāhu akbaru kabīran wa l-ḥamdu li l-lāhi kathīran wa subḥāna l-lāhi bukratan wa aṣīlā · lā ilāha illa l-lāhu waḥdahu lā sharīka lahu · lahu l-mulku wa lahu l-ḥamdu yuḥyī wa yumītu wa huwa ‘alā kulli shay’in qadīr*

### XIII. Upon leaving the masjid

اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ رواه مسلم عن أبي حميد

Allah! I ask of Your beneficence.  
*allāhumma innī as’aluka min faḍlik*

### XIV. Upon entering a store or marketplace

بِسْمِ اللَّهِ اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هَذِهِ السُّوقِ وَخَيْرَ مَا فِيهَا وَأَعُوذُ بِكَ مِنْ شَرِّهَا وَشَرِّ مَا فِيهَا اللَّهُمَّ إِنِّي أَعُوذُ بِكَ أَنْ أُصِيبَ بِهَا يَمِينًا فَاجِرَةً أَوْ صَفْقَةً خَاسِرَةً رواه البخاري عن بريدة

With the name of Allah..., I ask of You the good of this marketplace and the goodness in it, and I seek sanctum in You from the evil of it and from the evil in it. Allah! I seek sanctum with You from deceitful oaths and ruinous transactions.

*bi-smi l-lāhi l-lāhumma innī as’aluka khayra hādhihi s-sūqi wa khayra mā fihā wa a‘ūdhu bika min sharrihā wa sharri mā fihā · allāhumma innī a‘ūdhu bika an uṣība bihā yamīnan fājiratan aw ṣafqatan khāsirah*

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ يُحْيِي وَيُمِيتُ وَهُوَ حَيٌّ لَا يَمُوتُ بِيَدِهِ الْخَيْرُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ رواه الترمذي عن أبي ذر الغفاري

No god has the right of worship except Allah, exclusively, without compeers; dominion is His, praise is His; He sustains life and decrees death; in His hand is all good; He has power over all things.

*lā ilāha illa l-lāhu waḥdahu lā sharīka lahu lahu l-mulku wa lahu l-ḥamdu yuḥyī wa yumītu biyadihi l-khayru wa huwa ‘alā kulli shay’in qadīr*

#### XV. Before eating

اللَّهُمَّ بَارِكْ لَنَا فِيْمَا رَزَقْتَنَا وَقِنَا عَذَابَ النَّارِ رواه ابن السني عن عبد الله بن عمرو بن العاص ؓ

Allah! Bless us in what You have provided us, and prevent us the chastisement of Hell.

*allāhumma bārik lanā fīmā razaqtanā wa qinā ‘adhāba n-nār*

#### XVI. Upon remembering and after the first bite

بِاسْمِ اللَّهِ أَوَّلُهُ وَآخِرُهُ رواه الترمذي عن عائشة ؓ

With the name of Allah, from the first bite to the last...!

*bi-smi l-lāhi awwalahu wa āakhirah*

#### XVII. When served

اللَّهُمَّ أَطْعِمْ مَنْ أَطْعَمَنِي وَأَسْقِ مَنْ سَقَانِي رواه مسلم عن المقداد ؓ

Allah! Feed those who fed us, and give drink to those who have given us drink.

*allāhumma aṭ‘im man aṭ‘amanī wa-sqi man saqānī*

#### XVIII. Before traveling

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ وَإِنَّا إِلَى رَبِّنَا لَمُنْقَلِبُونَ اللَّهُمَّ إِنَّا نَسْأَلُكَ فِي سَفَرِنَا هَذَا الْبِرَّ وَالْتَّقْوَى وَمِنَ الْعَمَلِ مَا تَرْضَى اللَّهُمَّ هَوِّنْ عَلَيْنَا سَفَرَنَا هَذَا وَاطْوِ عَنَّا بُعْدَهُ اللَّهُمَّ أَنْتَ الصَّاحِبُ فِي السَّفَرِ وَالْخَلِيفَةُ فِي الْأَهْلِ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ وَعْثَاءِ السَّفَرِ وَكَآبَةِ الْمَنْظَرِ وَسُوءِ الْمُنْقَلَبِ فِي الْمَالِ وَالْأَهْلِ

رواه مسلم عن عبد الله بن عمر ؓ

Allah is magnificent! Allah is magnificent! Allah is magnificent! Transcendent be He Who has subdued this for us insofar as we are incapable—and unto Him shall we be returned. Allah! We ask in this journey of ours righteousness and godliness, deeds with which You are pleased. Allah! Facilitate this journey of ours and shorten for us its length. Allah! You are the travelling companion, the trustee for the family we leave behind. Allah! I seek sanctum with You from the setbacks of travel, from every sorrowful sight, and from returning to find misfortune in our wealth or family.

*allāhu akbaru l-lāhu akbaru l-lāhu akbaru subḥāna l-ladhī sakh-khara lanā hādhā wa mā kunnā lahu muqrinīna wa innā ilā rabbīnā la munqalibūn • allāhumma innā nas'aluka fī safarinā hādhā l-birra wa t-taqwā wa minā l-‘amali mā tarḍā • allāhumma hawwin ‘alaynā safaranā hādhā wa ṭwi ‘annā bu‘dah • allāhumma anta ṣ-ṣāhibu fī s-safari wa l-khalīfatu fī l-ahl • allāhumma innī a‘ūdhu bika min wa‘athā‘i s-safari wa ka‘ābati l-manẓari wa sū‘i l-munqalabi fī l-māli wa l-ahl*

### XIX. Before returning home

وَإِذَا رَجَعَ قَالَهُنَّ وَزَادَ فِيهِنَّ آيِبُونَ تَائِبُونَ عَابِدُونَ لِرَبِّنَا حَامِدُونَ رواه مسلم عن عبد الله بن عمر ؓ

Repeat no. 18, then add the following: Now do we return, penitent, devoted, and praising our Lord.

*āyibūna tā'ibūna 'ābidūna li rabbīnā ḥāmidūn*

### XX. Upon returning home

اَللّٰهُمَّ اِنِّيْ اَسْأَلُكَ خَيْرَ الْمَوَلِجِ وَخَيْرَ الْمَخْرَجِ بِاسْمِ اَللّٰهِ وَلَجْنَا وَبِاسْمِ اَللّٰهِ خَرَجْنَا وَعَلَى اَللّٰهِ رَبِّنَا تَوَكَّلْنَا ثُمَّ لِيُسَلِّمْ عَلَى اَهْلِهِ رواه أبو داود عن أبي مالك الأشعري ؓ

Allah! I ask of You a graceful entrance, a graceful exit; with the name of Allah do we enter; with the name of Allah do we exit; upon Allah, our Lord, we rest our trust (then one should greet his family).

*allāhumma innī as'aluka khayra l-mawliji wa khayra l-makhraji bi-smi l-lāhi walajnā wa bi-smi l-lāhi kharajnā wa 'alā l-lāhi rabbīnā tawakkalnā*

### XXI. When setting children to sleep

أَعِيْذُكَ بِكَلِمَاتِ اَللّٰهِ التَّامَّةِ مِنْ كُلِّ شَيْطَانٍ وَهَامَّةٍ وَمِنْ كُلِّ عَيْنٍ لَّامَةٍ

رواه البخاري عن عبد الله بن عباس ؓ

I resign you to the protection of the perfect words of Allah from every evil spirit and from every harmful creature and from every envious eye.

*u'īdhuka<sup>1</sup> bi kalimāti l-lāhi t-tāmmati min kulli shayṭānin wa hāmmatin wa min kulli 'aynin lāmmah*

### XXII. Before intimacy

بِاسْمِ اَللّٰهِ اَللّٰهُمَّ جَنِّبْنَا الشَّيْطَانَ وَجَنِّبِ الشَّيْطَانَ مَا رَزَقْتَنَا متفق عليه عن عبد الله بن عباس ؓ

With the name of Allah...! Allah! Distance Lucifer from us; distance Lucifer from what You have given us!

*bi-smi l-lāhi l-lāhumma jannibnā sh-shayṭāna wa jannibi sh-shayṭāna mā razaqtanā*

### XXIII. Before ritual bathing

بِاسْمِ اَللّٰهِ الَّذِي لَا اِلٰهَ اِلَّا هُوَ رواه ابن سني عن أنس ؓ

With the name of Allah, Who has the sole right of worship....

*bi-smi l-lāhi l-ladhī lā ilāha illā hū*

<sup>1</sup> Depending on whom one is addressing, the verb will conjugate according to the following: single masc. (*u'īdhuka*); singular fem. (*-ki*); dual masc. or dual fem. or one of each (*-kumā*); pl. masc. or mixed (*-kum*); pl. fem. (*-kunna*).

XXIV. After ritual bathing

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ اللَّهُمَّ اجْعَلْنِي مِنَ  
التَّوَّابِينَ وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ رواه الترمذي عن عمر بن الخطاب ؓ

I declare that no god has the right of worship except God, without compeer,  
and I declare that Muhammad is His servant and messenger. Allah! Count me  
among the penitent; count me among the pure.

*ash·hadu an lā ilāha illa l-lāhu waḥdahu lā sharīka lahu wa ash·hadu anna  
muḥammadan ‘abduhu wa rasūluh . allāhumma-j‘alnī mina t-tawābīna  
wa-j‘alnī mina l-mutaṭahhirīn*

XXV. Before sleeping

بِاسْمِكَ رَبِّي وَضَعْتُ جَنْبِي وَبِكَ أَرْفَعُهُ فَإِنْ أُمْسَكَتْ نَفْسِي فَأَرْحَمْهَا وَإِنْ أَرْسَلْتَهَا فَأَحْفَظْهَا بِمَا  
تَحْفَظُ بِهِ عِبَادَكَ الصَّالِحِينَ متفق عليه عن أبي هريرة ؓ

By Your name, dear Lord, I lay my side, and by You I return it upright. If You  
are to seize my soul, then with clemency, and if You are to send it back, then  
with protection, the protection which You extend to Your righteous servants.

*bismika rabbi waḍa‘tu janbī wa bika arfa‘uhu fa in amsakta naḥsī fa-rḥamhā wa  
in arsaltahā fa-ḥfazhā bi mā taḥfazū bihi ‘ibādaka ṣ-ṣāliḥīn*

## APPENDIX

### Prayers for children

﴿رَبِّ هَبْ لِي مِنْ لَدُنْكَ ذُرِّيَّةً طَيِّبَةً إِنَّكَ سَمِيعُ الدُّعَاءِ﴾ آل عمران ٣٨

My Lord! Vouchsafe me, from Your presence, a progeny pure, for You hear prayers! *Āl 'Imrān 3:38*

*rabbī hab<sup>a</sup> lī mi l-ladu<sup>n</sup>ka dhurriyyata<sup>n</sup> ṭayyibatān innaka samī‘ d-du‘ā’*

﴿رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا﴾ الفرقان ٧٤

Our Lord! Gift us our eyes' delight in our spouses and children, and make us worthy of leading those who heed You. *al-furqān 25:73*

*rabbānā hab<sup>a</sup> lanā min azwājina wa dhurriyyatinā qurrata a‘yuni<sup>w</sup> wa-ja‘alnā li l-muttaqīna imāmā*

### Prayers for parents

﴿وَاخْفِضْ لَهُمَا جَنَاحَ الذُّلِّ مِنَ الرَّحْمَةِ وَقُلْ رَبِّ ارْحَمْهُمَا كَمَا رَبَّيَانِي صَغِيرًا﴾ الإسراء ٢٤

And defer humbly to them out of tenderness; and pray, "My Lord! Have compassion on them both, even as they reared me when I was little.

*al-isrā’ 17:24*

*wa-khfiḍ lahumā junāḥa dh-dhulli mina r-raḥmati wa qu’ rabbī r-ḥamhumā kamā rabbayānī ṣaghīrā*

### Prayer for parents and children

﴿رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ وَعَلَى وَالِدَيَّ﴾

وَأَنْ أَعْمَلَ صَالِحًا تَرْضَاهُ وَأَصْلِحْ لِي فِي ذُرِّيَّتِي إِنِّي تُبْتُ إِلَيْكَ وَإِنِّي مِنَ الْمُسْلِمِينَ﴾ الأحقاف ١٥

My Lord! Inspire me with gratitude for Your blessing with which You have favoured me and my parents, that I may work a righteousness pleasing unto You, and set aright for me my offspring, for I have, indeed, repented unto You, and have resigned myself to You. *al-aḥqāf 46:15*

*rabbī awzi‘nī an ashkura ni‘mataka l-latī an‘amta ‘alayya wa ‘alā wālidayya wa an a‘mala ṣāliḥa<sup>n</sup> tarḍāhu wa aṣliḥ lī fī dhurriyyatī innī tub<sup>tu</sup> ilayka wa innī mina l-muslimīn*