

Remembrance in the morning and evening

Surah Al Ikhlaas (3 times)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ①

قُلْ هُوَ اللَّهُ أَحَدٌ ① اللَّهُ الصَّمَدُ ② لَمْ يَلِدْ وَلَمْ يُولَدْ ③

وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ④

Surah Al Falaq (3 times)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ①

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ① مِنْ شَرِّ مَا خَلَقَ ② وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ③

وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ④ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ⑤

Surah An-Naas (3 times)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ①

قُلْ أَعُوذُ بِرَبِّ النَّاسِ ① مَلِكِ النَّاسِ ② إِلَهِ النَّاسِ ③

مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ④ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ⑤ مِنَ الْجِنَّةِ وَالنَّاسِ ⑥

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

Hasbi-yallaahu laa ilaaha il-laa huwa alayhi tawak-kaltu wahuwa rab-bul arshil adheem.

Allah is Sufficient for me, none has the right to be worshipped except Him, upon Him I rely, and He is Lord of the Exalted Throne. (Read 7 times).

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

Laa ilaaha il-lallaahu wahdahu laa shareeka lahu, lahul mulku wa lahul hamdu wahuwa alaa kul-li shayin qadeer.

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

Morning

اللَّهُمَّ بِكَ أَصْبَحْنَا، وَبِكَ أَمْسَيْنَا، وَبِكَ نَحْيَا وَبِكَ نَمُوتُ،
وَإِلَيْكَ النُّشُورُ

Allaahum-ma bika asbahnaa wa bika amsaynaa, wa bika nahyaa wa bika namootu, wa ilaykan-nushoor.

O Allah, by Your leave we have reached the morning and by Your leave we have reached the evening, by Your leave we live and die and unto You is our resurrection.

Evening

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

Allaahum-ma bika amsaynaa, wa bika asbahnaa, wa bika nahyaa wa bika namootu, wa ilaykal maser.

O Allah, by Your leave we have reached the evening and by Your leave we have reached the morning, by Your leave we live and die and unto You is our return.