

THE KEY TO A
SUCCESSFUL DAY
WORDS OF REMEMBRANCE
AND SUPPLICATION FOR
THE MORNING, EVENING
AND AFTER PRAYER



MRDF

MUSLIM RESEARCH AND
DEVELOPMENT FOUNDATION

TRANSLITERATION GUIDE

Consonants in Arabic

ء ' <i>ʾ</i>	د <i>d</i>	ض <i>ḍ</i>	ك <i>k</i>
ب <i>b</i>	ذ <i>dh</i>	ط <i>ṭ</i>	ل <i>l</i>
ت <i>t</i>	ر <i>r</i>	ظ <i>ẓ</i>	م <i>m</i>
ث <i>th</i>	ز <i>z</i>	ع ، <i>ʿ</i>	ن <i>n</i>
ج <i>j</i>	س <i>s</i>	غ <i>gh</i>	ه <i>h</i>
ح <i>ḥ</i>	ش <i>sh</i>	ف <i>f</i>	و <i>w</i>
خ <i>kh</i>	ص <i>ṣ</i>	ق <i>q</i>	ي <i>y</i>

Vowels in Arabic

<i>Short</i>	ـَ <i>a</i>	ـِ <i>i</i>	ـُ <i>u</i>
<i>Long</i>	ـَا <i>ā</i>	ـِي <i>ī</i>	ـُو <i>ū</i>
<i>Diphthongs</i>	ـَوُ <i>aw</i>		
	ـَيُ <i>ay</i>		

The words of remembrance related in this booklet must be recited in Arabic. They should be recited once only unless otherwise stated.

1.

أَسْتَغْفِرُ اللَّهَ.

Astaghfirullāh.

I ask for Allāh's forgiveness.

2.

اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ،
تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ.

*Allāhumma antas-Salāmu wa minkas-salāmu,
tabārakta yā dhal-Jalāli wal-Ikrām.*

O Allāh, You are the Perfect Peace and peace comes from You. Blessed are You, O Owner of majesty and honour.

BENEFIT & NOTE

Remembrance of Allāh is done in order to make up for any deficiency in your prayer

1. Repeat three times

(1. & 2. Related by Muslim)

3.

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ
 الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ
 قَدِيرٌ، اللَّهُمَّ لَا مَانِعَ لِمَا أَعْطَيْتَ، وَلَا
 مُعْطِي لِمَا مَنَعْتَ، وَلَا يَنْفَعُ ذَا الْجَدِّ
 مِنْكَ الْجَدُّ.

*Lā ilāha illallāhu waḥdahū lā sharika lahū,
 lahul-mulku wa lahul-ḥamdu wa Huwa `alā kulli
 shay'in Qadīr. Allāhumma lā māni` limā a'tayta,
 wa lā mu'tiya limā mana'ta, wa lā yanfa'u dhal-jaddi
 minkal-jadd.*

None has the right to be worshipped but Allāh alone who has no partner. His is the dominion and to Him belongs all praise; He has power over all things. O Allāh, none can withhold what You give, and none can give what You have withheld; and no wealth or majesty can benefit anyone, as from You is all wealth and majesty.

BENEFIT

al-Khaṭṭābī said:
 “The essence of supplication is a person displaying his dire need of Allāh whilst realising the basic truth that he has no power or ability to change (anything by himself). This is the mark of true servitude...”

(3. Related by al-Bukhārī and Muslim)

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ
 الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ
 قَدِيرٌ، لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ، لَا إِلَهَ
 إِلَّا اللَّهُ، وَلَا نَعْبُدُ إِلَّا إِيَّاهُ، لَهُ التَّعَمُّةُ وَلَهُ
 الْفَضْلُ وَلَهُ الشَّاءُ الْحَسَنُ، لَا إِلَهَ إِلَّا اللَّهُ
 مُخْلِصِينَ لَهُ الدِّينَ وَلَوْ كَرِهَ الْكَافِرُونَ.

*Lā ilāha illallāhu waḥdahū lā sharīka lahū,
 lahul-mulku wa lahul-ḥamdu wa Huwa `alā kulli
 shay'in Qadīr. Lāḥawla wa lā quwwata illā billāh.*

*Lā ilāha illallāhu, wa lā na`budu illā iyyāhu,
 lahun-ni`matu wa lahul-faḍlu wa lahuth-thanā`ul-
 ḥasanu. Lā ilāha illallāhu mukhliṣīna lahud-dīna wa
 law karihal-kāfirūn.*

None has the right to be worshipped but Allāh alone who has no partner. His is the dominion and to Him belongs all praise; He has power over all things. There is no power or might except by Allāh. None has the right to be worshipped but Allāh, and we do not worship any other besides Him. Grace and beneficence are His and to Him belongs the most excellent praise. None has the right to be worshipped but Allāh. (We are) sincere in making our religious devotion to Him, even though the disbelievers may dislike it.

BENEFIT

It is narrated by al-Bayhaqī that our Prophet ﷺ said: "For everything there is a polish, and the polish for the hearts is the remembrance of Allāh."

(4. Related by Muslim)

سُبْحَانَ اللَّهِ، وَالْحَمْدُ لِلَّهِ، وَاللَّهُ أَكْبَرُ.

Subhānallāhi, walḥamdu lillāhi wallāhu akbar.

How perfect Allāh is, all praise be to Allāh, and Allāh is the Greatest

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

*Lā ilāha illallāhu waḥdahū lā sharīka lah,
lahul-mulku wa lahul-ḥamdu wa Huwa `alā kulli
shay'in Qadīr.*

None has the right to be worshipped but Allāh alone who has no partner. His is the dominion and to Him belongs all praise; He has power over all things.

BENEFIT

Imām Muslim adds that our Prophet ﷺ said: “Whoever says this after every prayer will be forgiven his sins though they be like the foam of the sea.”

NOTE

Repeat the first phrase 33 times, the total of the individual words of praise become 99, after which recite the second phrase once thereby completing 100.

(5. Related by Muslim)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
 قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ﴿١﴾
 مِنْ شَرِّ مَا خَلَقَ ﴿٢﴾
 وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ﴿٣﴾
 وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ﴿٤﴾
 وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ﴿٥﴾

Bismillāh-ir-Rahmānir-Rahīm.

“Qul a`ūdhu birabbil-falaq.

Min sharri mā khalaq.

Wa min sharri ghāsiqin idhā waqab.

Wa min sharrin-naffāthāti fil-`ūqad.

Wa min sharri ḥāsīdin idhā ḥasad.”

With the Name of Allāh, the All Merciful,
the Most Merciful.

“Say: I take refuge with the Lord of daybreak,
from the evil of what He created,
from the evil of darkness as it envelops,
from the evil of those who blow on knots,
and from the evil of an envier when he envies.”

(al-Falaq 113:1-5)

Continued...

BENEFIT

Ibn al-Qayyim said:
“Remembrance endows a person with love which is the very spirit of Islām, the pivotal point of religion and the axis of eternal happiness and deliverance. Allāh has opened a way of access to everything, and the way to love is constancy in remembrance...”

BENEFIT

The Prophet ﷺ said: “If your hearts were always in the state that they are in during dhikr, the angels would come to see you to the point that they would greet you in the middle of the road.” Muslim narrated it.

NOTE

These two sūrahs should be recited once after each Zuhr, ‘Aṣr and ‘Ishā’ prayer. After Fajr and Maghrib they should be recited three times each.

(6. Related by Abū Dāwūd, al-Tirmidhī & al-Nasā’i)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
 قُلْ أَعُوذُ بِرَبِّ النَّاسِ ﴿١﴾
 مَلِكِ النَّاسِ ﴿٢﴾ إِلَهِ النَّاسِ ﴿٣﴾
 مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ﴿٤﴾
 الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ﴿٥﴾
 مِنَ الْجِنَّةِ وَالنَّاسِ ﴿٦﴾

Bismillāhir-Raḥmānir-Raḥīm.

“Qul a’ūdḥū birabbīn-nās.

Malikin-nās. Ilāhin-nās.

Min sharril-waswāsil-khannās.

Alladhī yuwaswisu fī ṣudūrin-nās.

Minal-jinnati wannās.”

With the Name of Allāh, the All Merciful,
the Most Merciful.

“Say: I take refuge with the Lord of mankind,
the King of mankind, the God of mankind,
from the evil of the Stealthy Whisperer,
who whispers in people’s breasts,
(coming) from the jinn and man.”
(al-Nās 114:1-6)

BENEFIT

This is the greatest āyah in the Noble Qur'an known as the Verse of the Footstool – Āyatul-Kursī (al-Baqarah 2:255)

The narration of al-Nasā'ī adds, "Nothing stops a person who recites this verse from entering paradise except death."

(7. Related by al-Nasā'ī)

7. اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ
سِنَّةٌ وَلَا نَوْمٌ لَّهُ 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 السَّمَوَاتِ وَالْأَرْضَ وَلَا
يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ

"Allāhu lā ilāha illā Huwal-Ḥayyul-Qayyūm, lā ta'khudhuhū sinatun wa lā nawm, lahū māfis-samāwāti wa mā fil-arḍ, man dhal-ladhī yashfa'ū 'indahū illā bi idhnihi, ya'lamu mābayna aydihim wa mā khalfahum, wa lā yuḥiṭūna bishay'im-min 'ilmihī illā bi mā shā'a, wasī`a kursiyyuhus-samāwāti wal arḍ, wa lā ya'ūduhu hifzuhumā, wa Huwal-'Aliyyul-'Azīm."

Allāh, there is none worthy of worship save Him, the Living, the Self-Sustaining. He is not subject to drowsiness or sleep. Everything in the heavens and the earth belongs to Him. Who can intercede with Him except by His permission?

He knows what is before them and what is behind them but they cannot grasp any of His knowledge save what He wills. His Footstool encompasses the heavens and the earth and their preservation

does not tire Him. He is the Most High, the Magnificent.

(al-Baqarah 2:255)

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

*Lā ilāha illallāhu waḥdahū lā sharika lahū, laḥul-
mulku wa laḥul-ḥamdu yuḥyī wa yumītu wa Huwa
‘alā kulli shay’in Qadīr.*

None has the right to be worshipped but Allāh alone who has no partner. His is the dominion and to Him belongs all praise. He gives life and He causes death; He has power over all things.

BENEFIT

Mu‘adh ibn Jabal said that the Prophet ﷺ said: “The People of Paradise will not regret except one thing alone: the hour that passed them by and in which they made no remembrance of Allāh.” Narrated by al-Bayhaqī and al-Ṭabarānī.

NOTE

Recite ten times after Fajr and Maghrib prayers.

(8. Related in al-Tirmidhī and Aḥmad)

Anas (رضي الله عنه) said that he heard the Prophet (ﷺ) say: "Sitting with people remembering Allāh, Most High, from the morning (Fajr) prayer until sunrise is more beloved to me than freeing four slaves from the Children of Ismā'īl. Sitting with people remembering Allāh from the afternoon ('Asr) prayer until the sun sets is more beloved to me than freeing four slaves from the Children of Ismā'īl."
(Related by AbūDāwūd)

In this section the words of remembrance and supplication are for both the morning and evening and should be recited in Arabic and once only unless otherwise stated. Where variations in wordings do exist depending on morning or evening, this has been clarified.

BENEFIT

The Prophet ﷺ said: "Whoever says this when he rises in the morning will be protected from the jinn 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."

1. اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ
 سِنَّةٌ 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 السَّمَوَاتِ وَالْأَرْضَ وَلَا
 يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ

*"Allāhu lā ilāha illā Huwal-Ḥayyul-Qayyūm,
 lā ta'khudhuhū sinatun wa lā nawm, lahū māfis-
 samāwāti wa mā fil-arḍ, man dhal-ladhī yashfa'ū
 'indahū illā bi idhnihi, ya'lamu mābayna aydihim
 wa mā khalfahum, wa lā yuḥīṭūna bishay'im-min
 'ilmihī illā bi mā shā'a, wasī'a kursiyuhus-samāwāti
 wal arḍ, wa lā ya'ūduhu hifzuhumā,
 wa Huwal-'Alīyyul-'Azīm."*

Allāh, there is none worthy of worship save Him, the Living, the Self-Sustaining. He is not subject to drowsiness or sleep. Everything in the heavens and the earth belongs to Him. Who can intercede with Him except by His permission? He knows what is before them and what is behind them but they cannot grasp any of His knowledge save what He wills. His Footstool encompasses the heavens and the earth and their preservation does not tire Him. He is the Most High, the Magnificent.
 (al-Baqarah 2:255)

(1. Related by
 al-Ḥākim)

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

Bismillāhir-Raḥmānir-Raḥīm.

“Qul Huwallāhu Aḥad.

Allāhus-Ṣamad.

Lam yalid wa lam yūlad.

Wa lam yakun lahū kufuwan aḥad”

With the Name of Allāh, the All Merciful, the Most Merciful. “Say: He is Allāh, the One and only. Allāh, the Everlasting Sustainer of all. He fathered none, nor was He born. And no one is comparable to Him.”
(al-Ikhlāṣ 112:1-4)

Continued...

BENEFIT

The Prophet ﷺ said: “One cannot seek refuge with the like of these (three chapters).”

Surah al-Ikhlāṣ equates to $\frac{1}{3}$ rd of the Qur’ān.

(2. Related by Abū Dāwūd and Aḥmad)

BENEFIT

Reciting these verses every day in the morning and evening upon ourselves and our children is one of the best means protecting us from the evils surrounding us.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
 قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ﴿١﴾
 مِنْ شَرِّ مَا خَلَقَ ﴿٢﴾
 وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ﴿٣﴾
 وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ﴿٤﴾
 وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ﴿٥﴾

Bismillāhir-Raḥmānir-Raḥīm.

“Qul a’ūdhu birabbil-falaq.

Min sharri mā khalaq.

Wa min sharri ghāsiqin idhā waqab.

Wa min sharrin-naffāthāti fil-‘uqad.

Wa min sharri ḥāsīdin idhā ḥasad.”

With the Name of Allāh, the All Merciful,
the Most Merciful.

“Say: I take refuge with the Lord of daybreak,
from the evil of what He created,
from the evil of darkness as it envelops,
from the evil of those who blow on knots,
and from the evil of an envier when he envies.”

(al-Falaq 113:1-5)

Continued...

BENEFIT

Ibn al-Qayyim said: "These two chapters are of immense benefit and every single servant is in need of them, and this need is essential and indispensable. They have a potent effect in repressing magic, the evil eye and indeed every form of evil. The need that a servant has of these two chapters is greater than the need he has of rest, food, drink and clothes."

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
 قُلْ أَعُوذُ بِرَبِّ النَّاسِ ﴿١﴾
 مَلِكِ النَّاسِ ﴿٢﴾ إِلَهِ النَّاسِ ﴿٣﴾
 مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ﴿٤﴾
 الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ﴿٥﴾
 مِنَ الْجِنَّةِ وَالنَّاسِ ﴿٦﴾

Bismillāh-Raḥmān-Raḥīm.

"Qul a'ūdhu birabbin-nās.

Malikin-nās. Ilāhin-nās.

Min sharril-waswās-khannās.

Alladhī yuwaswisu fī ṣudūrin-nās.

Minal-jinnati wannās."

With the Name of Allāh, the All Merciful,
the Most Merciful.

"Say: I take refuge with the Lord of mankind,
the King of mankind, the God of mankind,
from the evil of the Stealthy Whisperer,
who whispers in people's breasts,
(coming) from the jinn and man."
(al-Nās 114:1-6)

3a.

أَصْبَحْنَا وَأَصْبَحَ الْمَلِكُ 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 هَذَا الْيَوْمِ
 وَخَيْرَ مَا بَعْدَهُ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِي
 هَذَا الْيَوْمِ وَشَرِّ مَا بَعْدَهُ، رَبِّ أَعُوذُ بِكَ
 مِنَ الْكَسَلِ، وَسُوءِ الْكِبَرِ، رَبِّ أَعُوذُ بِكَ
 مِنْ عَذَابٍ فِي النَّارِ وَعَذَابٍ فِي الْقَبْرِ.

*Aṣḥānā wa aṣḥāḥaḥ-mulku lillāhi wal-ḥamdu lillāhi,
 lā ilāha illallāhu waḥdahū lā sharika lahū, laḥul-
 mulku wa laḥul-ḥamdu wa Huwa 'alā kulli shay'in
 Qadīr. Rabbi as'aluka khayra mā fī hādhal-yawmi wa
 khayra mā ba'dahū wa a'ūdhu bika min sharri mā fī
 hādhal-yawmi wa sharri mā ba'dahū, Rabbi a'ūdhu
 bika minal-kasali, wa sū'il-kibari, Rabbi a'ūdhu bika
 min 'adhābin fin-nāri wa 'adhābin fil-qabri.*

We have started a new day and with it all dominion is Allāh's. Praise be to Allāh, none has the right to be worshipped but Allāh alone who has no partner. To Allāh belongs the dominion, and to Him belongs all praise; He has power over all things. My Lord, I ask You for the good in this day and the days that come after it, and I take refuge in You from the evil in this day and the days that come after it. My Lord, I take refuge in You from laziness and helpless old age. My Lord, I take refuge in You from the punishment of the Fire, and from the punishment of the grave.

BENEFIT

Ibn al-Qayyim said:
 "Remembrance strengthens both heart and body. Remembrance brings provision."

NOTE

This wording is for **mornings**

3b.

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، وَسُوءِ الْكِبَرِ، رَبِّ أَعُوذُ بِكَ
 مِنْ عَذَابِ فِي النَّارِ وَعَذَابِ فِي الْقَبْرِ.

Amsaynā wa amsal-mulku lillāh wal-ḥamdu lillāhi, lā ilāha illallāhu waḥdahū lā sharīka lahū, laḥul-mulku wa laḥul-ḥamdu wa Huwa `alā kulli shay'in Qadīr.

Rabbi as'aluka khayra mā fi hādhihil-laylati, wa khayra mā ba'dahā, wa a'ūdhu bika min sharri mā fi hādhihil-laylati wa sharri mā ba'dahā, Rabbi a'ūdhu bika minal-kasali, wa sū'il-kibari, Rabbi a'ūdhu bika min `adhābin fin-nāri wa `adhābin fil-qabri.

We have entered the evening and with it all dominion is Allāh's. Praise be to Allāh, none has the right to be worshipped but Allāh alone who has no partner. To Allāh belongs the dominion, and to Him belongs all praise; He has power over all things. My Lord, I ask you for the good in this night and the nights that come after it and I take refuge in you from the evil in this night and the nights that come after it. My Lord, I take refuge in You from laziness and helpless old age. My Lord, I take refuge in You from the punishment of the Fire, and from the punishment of the grave.

BENEFIT

It is recorded in al-Tirmidhī that our Prophet ﷺ said: "There is nothing nobler than supplication in Allāh's sight."

NOTE

This wording is for **evenings**

(3. Related by Muslim)

4a.

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

Allāhumma bika aṣbaḥnā, wa bika amsaynā, wa bika naḥyā, wa bika namūtu wa ilaykan-nushūr.

O Allāh, 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.

NOTE

This wording is for **mornings**

4b.

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

Allāhumma bika amsaynā, wa bika aṣbaḥnā, wa bika naḥyā, wa bika namūtu wa ilaykal-maṣīr.

O Allāh, by You we enter the evening and by You we enter the morning, by You we live and by You we die, and to You is the Final Return.

NOTE

This wording is for **evenings**

(4. Related by Ibn Mājah and Aḥmad)

5.

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

*Allāhumma Anta Rabbī lā ilāha illā Anta, khalaqtanī
wa anā `abduka, waanā `alā `ahdika wa wa`dika
mastaṭa`tu, a`ūdhu bika min sharri mā ṣana`tu, abū`u
laka bi ni`matika `alayya, waabū`u bidhanbī faghfir
lī fainnahū lā yaghfirudh-dhunūba illā Anta.*

O Allāh, You are my Lord, there is none worthy of worship but You. You created me and I am your slave. I keep to Your covenant and my pledge to You as much as I can. I take refuge in You from the evil of what I have done. I acknowledge Your blessings upon me and I admit my sins. Forgive me, for there is none who forgives sins besides You.

BENEFIT

The Prophet ﷺ declared these words to be the best with which one could seek forgiveness. He also said in the same ḥadīth: “He who says this during the day with firm belief in it and dies on the same day (before the evening), he will be one of the dwellers of Jannah and if anyone says this during the night with firm belief in it and dies before the morning, he will be one of the dwellers of Jannah.”

(5. Related by al-Bukhārī)

6a.

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

*Allāhumma innī aṣḥabtu ush-hiduka wa ush-hidu
ḥamalata `arshika, wa malā'ikatuka wa jamī'a
khalqika, annaka Antallāhu lā ilāha illā Anta
wahdaka lā sharīka laka, wa anna Muḥammadan
'abduka wa Rasūluka.*

O Allāh, I have entered a new morning and call upon You, upon the bearers of Your Throne, upon Your angels and all creation to bear witness that You are Allāh, there is none worthy of worship but You alone, You have no partners, and that Muḥammad is Your servant and Messenger.

BENEFIT

al-Bukhārī, in his al-Adab al-Mufrad adds, "Allāh will spare whoever says this four times in the morning or evening from the fire of Hell."

NOTES

This wording is for **mornings**

Recite **four** times

6b.

اللَّهُمَّ إِنِّي أَمْسَيْتُ أُشْهِدُكَ وَأُشْهِدُ حَمَلَةَ
عَرْشِكَ، وَمَلَائِكَتَكَ وَجَمِيعَ خَلْقِكَ، أَنْتَ
أَنْتَ اللَّهُ لَا إِلَهَ إِلَّا أَنْتَ وَحْدَكَ لَا شَرِيكَ
لَكَ، وَأَنْ مُحَمَّدًا عَبْدُكَ وَرَسُولُكَ.

*Allāhumma innī aṣḥabtu ush-hiduka wa ush-hidu
ḥamalata `arshika, wa malā'ikataka wa jamī'a
khalqika, annaka Antallāhu lā ilāha illā Anta
waḥdaka lā sharīka laka, wa anna Muḥammadan
'abduka wa Rasūluka.*

O Allāh, I have entered a new evening and call upon You, upon the bearers of Your Throne, upon Your angels and all creation to bear witness that You are Allāh, there is none worthy of worship but You alone, You have no partners, and that Muḥammad is Your servant and Messenger.

BENEFIT

Ibn al-Qayyim reported that it was said: "In this world there is a paradise, whoever does not enter it will not enter the Paradise of the Hereafter."

NOTES

This wording is for **evenings**

Recite **four** times

(6. Related by Abū Dāwūd)

7a.

اللَّهُمَّ مَا أَصْبَحَ بِي مِنْ نِعْمَةٍ أَوْ بِأَحَدٍ مِنْ
خَلْقِكَ فَمِنْكَ وَحَدِّكَ لَا شَرِيكَ لَكَ، فَلَكَ
الْحَمْدُ وَلَكَ الشُّكْرُ.

*Allāhumma mā aṣbaḥa bī min ni`matin aw bi aḥadin
min khalqika faminka waḥdaka lā sharika laka,
falakal-ḥamdu wa lakash-shukru.*

O Allāh, whatever blessing has come to me or any of Your creatures by morning is from You alone, You have no partner. All praise is for You and gratitude is due to You.

BENEFIT

The Prophet ﷺ informed us that whoever says this in the morning has offered gratitude for his day and whoever says this in the evening has offered gratitude for his night.

7b.

اللَّهُمَّ مَا أَمْسَى بِي مِنْ نِعْمَةٍ أَوْ بِأَحَدٍ مِنْ
خَلْقِكَ فَمِنْكَ وَحَدِّكَ لَا شَرِيكَ لَكَ، فَلَكَ
الْحَمْدُ وَلَكَ الشُّكْرُ.

*Allāhumma mā amsā bī min ni`matin aw bi aḥadin
min khalqika faminka waḥdaka lā sharika laka,
falakal-ḥamdu walakash-shukru.*

O Allāh, whatever blessing has come to me or any of Your creatures in this evening is from You alone, You have no partner. All praise is for You and gratitude is due to You.

NOTE

7a. This wording is for **mornings**

7b. This wording is for **evenings**

(7. Related by Abū Dāwūd)

8. 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.

*Allāhumma `āfinī fī badanī, Allāhumma `āfinī fī sam`ī,
Allāhumma `āfinī fī baṣarī, lā ilāha illā Anta.*

*Allāhumma innī a`ūdhu bika minal-kufri, wal-faqrī,
wa a`ūdhu bika min `adhābil-qabri, lā ilāha illā Anta.*

O Allāh, grant my body good health. O Allāh, preserve my hearing for me. O Allāh, preserve my sight for me. There is none worthy of worship but You.

O Allāh, I take refuge in You from disbelief and poverty, and I take refuge in You from the punishment of the grave. There is none worthy of worship but You.

BENEFIT

Abu Bakrah, may Allah be pleased with him, said: "I heard the Prophet ﷺ supplicate with these words and I love to adopt his sunnah as something to emulate."

NOTE

Repeat each paragraph three times

(8. Related by Abū Dāwūd and Aḥmad)

9.

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

*Ḥasbiyallāhu lā ilāha illā Huwa `alayhi tawakkaltu
wa Huwa Rabbul-`Arshil-`Aẓīm.*

Allāh is sufficient for me. There is none worthy of
worship but Him. I have placed my trust in Him,
He is Lord of the Majestic Throne.

BENEFIT

The Companion Abū al-Dardā', may Allah be please with him, said: "Whoever says this seven times in the morning and evening, Allah will suffice him all his needs."

NOTE

Repeat **seven times**

(9. Related by
Abū Dāwūd)

BENEFIT

The Prophet ﷺ said: “The earth and everything in it is cursed, except for dhikr and what attends dhikr, and a teacher (of dhikr) and a student (of dhikr).”

The dhikr mentioned here is general covering words of remembrance; supplication; reading Qur’ān; speaking the truth; enjoining the good and forbidding evil; learning and teaching the affairs of the religion etc. Narrated by al-Tirmidhī.

(10. Related by Abū Dāwūd and Ibn Mājah)

10.

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا
وَالْآخِرَةِ، اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ
فِي دِينِي وَدُنْيَايَ وَأَهْلِي وَمَالِي، اللَّهُمَّ اسْتُرْ
عَوْرَاتِي، وَأَمِنْ رَوْعَاتِي،
اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ يَدَيْ، وَمِنْ خَلْفِي،
وَعَنْ يَمِينِي، وَعَنْ شِمَالِي، وَمِنْ فَوْقِي،
وَأَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي.

Allāhumma innī as'alukal-'afwa wal 'āfiyata fid-dunyā wal ākhirati, Allāhumma innī as'alukal-'afwa wal 'āfiyata fī dīnī wa dunyāya wa ahlī wa māli. Allāhum-mastur 'awrātī, wa āmin raw'ātī. Allāhum-mahfaznī min bayni yadayya, wa min khalfī, wa 'an yamīnī, wa 'an shimālī, wa min fawqī, wa a'ūdhu bi 'aẓamatika an ughtāla min tahtī.

O Allāh, I ask for Your pardon and good health in this world and the next. O Allāh, I ask for Your pardon and soundness in my religion, my worldly affairs, my family and my wealth.

O Allāh, conceal my secrets and protect me from anguish. O Allāh, guard me from what is before me, behind me, my left, my right and above me.

I take refuge in Your greatness against being struck down from beneath me.

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
 وَشَرِّكِهِ، وَأَنْ أَقْتَرِفَ عَلَى نَفْسِي سُوءًا،
 أَوْ أَجْرَهُ إِلَى مُسْلِمٍ.

*Allāhumma 'Alimal-ghaybi wash-shahādati fāṭiras-
 samāwāti wal arḍi, Rabba kulli shay'in wa malikahu,
 ash-hadu an lā ilāha illā Anta, a'ūdhu bika min sharri
 nafsi, wa min sharrish-shayṭāni wa shirkihi, wa an
 aqtarifa 'alā nafsi sū'an, aw ajurrahu ilā Muslimin.*

O Allāh, Knower of the unseen and the seen,
 Originator of the heavens and the earth, Lord
 of everything and its owner; I bear witness that
 there is none worthy of worship but You. I take
 refuge in You from the evil of my soul and from
 the evil of Satan and his (inciting towards) shirk.
 (I take refuge in You) from bringing evil upon my
 soul or harming any Muslim.

BENEFIT

Ibn al-Qayyim said:
 “Remembrance
 adorns the one
 who practices
 it with dignity,
 sweetness and
 radiance.”

(11. Related by
 Abū Dāwūd and
 al-Tirmidhi)

12. بِسْمِ اللّٰهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي
الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ.

*Bismillāhil-ladhī lā yaḍurru ma'as-mihī shay'un
fil-arḍi wa lā fis-samā'i wa Huwas-Samī'ul - 'Alīm.*

In the Name of Allāh with whose Name nothing can cause harm, neither in the earth nor in the heavens. He is the All-Hearing, the All-Knowing.

13. رَضِيتُ بِاللّٰهِ رَبًّا، وَبِالْإِسْلَامِ دِينًا،
وَبِمُحَمَّدٍ صَلَّى اللّٰهُ عَلَيْهِ وَسَلَّمَ نَبِيًّا.

*Raḍītu billāhi Rabban, wa bil-Islāmi dīnan, wa bi
Muḥammadin ṣallallāhu `alayhi wa sallam Nabiyyan.*

I am pleased with Allāh as my Lord, with Islām as my religion and with Muḥammad (ﷺ) as my Prophet.

BENEFIT & NOTES

12. "Whoever recites it three times in the morning will not be afflicted by any calamity before evening, and whoever recites it three times in the evening will not be overtaken by any calamity before morning."

13. "Allāh has promised that anyone who says this three times every morning or evening will be pleased on the Day of Rising."

(12. Related by Abū Dāwūd and al-Tirmidhī

13. Related by al-Tirmidhī and Aḥmad)

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ أَصْلِحْ
 لِيْ شَأْنِيْ كُلَّهُ وَلَا تَكِلْنِيْ إِلَى نَفْسِي
 طَرْفَةَ عَيْنٍ.

*Yā Hayyu yā Qayyūmu biraḥmatika astaghīthu aṣliḥ
 lī sha'nī kullahuwa lā takilnī ilā nafsī ṭarfata `aynin.*

O Ever Living One, O Self-Sustaining One,
 by Your mercy do I ask for Your support in
 setting all my affairs right. Do not leave me to
 my soul for so much as the blink of an eye.

BENEFIT

Ibn al-Qayyim said: "Remembrance endows one with vigilance (al-murāqabah), which opens the door of self reform. Entering it, the servant worships Allāh as if he were seeing Him. There is no way for the heedless man to reach the station of excellence (iḥsān), any more than for a seated man to reach his home."

(14. Related by al-Nasā'ī and al-Ḥākim)

15.

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

*Lā ilāha illallāhu waḥdahū lā sharīka lahū,
lahul-mulku wa lahul-ḥamdu, wa Huwa `alā kulli
shay'in Qadīr.*

None has the right to be worshipped but Allāh alone who has no partner. His is the dominion and to Him belongs all praise; He has power over all things.

16.

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ عَدَدَ خَلْقِهِ،
وَرِضَا نَفْسِهِ، وَزِنَةَ عَرْشِهِ وَمِدَادَ
كَلِمَاتِهِ.

*Subḥānallāhi wabiḥamdihi `adada khalqihī, wariḍā
nafsihi, wazinata `arshihi wamidāda kalimātihi.*

How perfect Allāh is and I praise Him by the number of His creation; by His own pleasure; by the weight of His Throne; and by the ink of His words.

BENEFIT & NOTES

15. Allāh will record one hundred good deeds for whoever says this ten times in the morning, and forgive him one hundred sins.

He will have the reward of freeing a slave and will be protected from Satan throughout the day until dusk.

Whoever says it in the evening will have the same reward."

...or do once when feeling lazy

16. Recite three times upon rising in the morning only.

(15. Related by Aḥmad

16. Related by Muslim)

أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ رَبِّ الْعَالَمِينَ
 اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هَذَا الْيَوْمِ فَتَحَهُ
 وَنَصْرَهُ وَتَوْرَهُ وَبَرَكَتَهُ وَهُدَاهُ وَأَعُوذُ بِكَ مِنْ
 شَرِّ مَا فِيهِ وَشَرِّ مَا بَعْدَهُ.

*Aṣḥāhnā wa aṣḥāḥal-mulku lillāhi Rabbil-‘ālamīn.
 Allāhumma innī as’aluka khayra hādhal-yawmi:
 Faṭḥahu wa naṣrahu wa nūrahu, wa barakatahu,
 wa hudāhu, wa a’ūdhu bika min sharri mā fihi wa
 sharri mā ba’dahu.*

We have started a new day and with it all dominion is Allāh’s, Lord of all being. O Allāh, I ask You for the good in this day: its victory, its help, its light, its blessings and its guidance. I take refuge in You from the evil that is in it and from the evil that follows it.

BENEFIT

In this world, we should find in the remembrance of Allāh, praising Him and worshipping Him, a delight that is incomparable to anything else. Allāh says: “Behold in the Remembrance of Allāh do hearts find tranquillity and satisfaction.” (al- Ra’d, 13: 28)

NOTE

This wording is for **mornings**

(17. Related by Abū Dāwūd)

BENEFIT

Abū al-Dardā' narrates: The Prophet ﷺ once asked his companions: "Shall I tell you about the best of your deeds, the best act of piety in the eyes of your Sovereign, which will elevate your status in the Hereafter, and carries more virtue than the spending of gold and silver in the service of Allāh or taking part in jihād and slaying or being slain in the path of Allāh? The remembrance of Allāh." Related by Mālik and Aḥmad.

NOTE

This wording is for **evenings**

17b.

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

*Amsaynā wa amsal-mulku lillāhi Rabbil-'ālamīn.
Allāhumma innī as'aluka khayra hādhihil-laylati:
Fathāhā wanaṣrahā wanūrahā, wabarakatahā,
wahudāhā, wa'ūdhubika min sharri mā fihā
washarri mā ba'dahā.*

We have started a new night and with it all dominion is Allāh's, Lord of all being. O Allāh, I ask You for the good in this night: its victory, its help, its light, its blessings and its guidance. I take refuge in You from the evil that is in it and from the evil that follows it.

أَصْبَحْنَا عَلَى فِطْرَةِ الْإِسْلَامِ وَعَلَى كَلِمَةِ
الْإِخْلَاصِ، وَعَلَى دِينِ نَبِيِّنَا مُحَمَّدٍ صَلَّى
اللَّهُ عَلَيْهِ وَسَلَّمَ، وَعَلَى مِلَّةِ أَبِيْنَا إِبْرَاهِيمَ،
حَنِيفًا مُسْلِمًا وَمَا كَانَ مِنَ الْمُشْرِكِينَ.

*Aṣḥabnā `alā fiṭratil-İslāmi wa `alā kalimatil-ikhḷāṣi,
wa `alā dīni Nabīyyinā Muḥammadīn (ṣallallāhu
`alayhi wa sallama), wa `alā millati abīnā İbrāhīma,
ḥanīfan Musliman wa mā kāna minal-mushrikīn.*

We have started a new day upon the natural religion of Islām, the statement of sincerity, the religion of our Prophet, Muḥammad (ﷺ), and the faith of our father, İbrāhīm. He was upright and devout, and a Muslim. He was not one of the polytheists.

BENEFIT

The Prophet ﷺ said: “The example of one who remembers Allāh and someone who does not, is like the example between the living and the dead.”
al-Bukhārī and Muslim.

NOTE

This wording is for **mornings**

(18. Related by al-Tirmidhī and Aḥmad)

NOTE

This wording is
for **evenings**

18b. *أَمْسَيْنَا عَلَى فِطْرَةِ الْإِسْلَامِ وَعَلَى كَلِمَةِ
الْإِخْلَاصِ، وَعَلَى دِينِ نَبِيِّنَا مُحَمَّدٍ صَلَّى
اللَّهُ عَلَيْهِ وَسَلَّمَ، وَعَلَى مِلَّةِ أَبِيْنَا إِبْرَاهِيمَ،
حَنِيفًا مُسْلِمًا وَمَا كَانَ مِنَ الْمُشْرِكِينَ.*

*Amsaynā `alā fiṭratil-Islāmi wa `alā kalimatil-ikhhlāṣi,
wa `alā dīni Nabīyyinā Muḥammadin (ṣallallāhu
`alayhi wa sallama), wa `alā millati abinā Ibrāhīma,
ḥanīfan Musliman wa mā kāna minal-mushrikīn.*

We start this evening upon the natural religion of Islām, the statement of sincerity, the religion of our Prophet, Muḥammad (ﷺ) and the faith of our father, Ibrāhīm. He was upright and devout, and a Muslim. He was not one of the polytheists.

BENEFIT &
NOTE

19. “Whoever recites this one hundred times in the morning and in the evening will not be surpassed on the Day of Rising by anyone having done better than this except for someone who had recited it more.”

(19. Related by
al-Bukhārī)

19. *سُبْحَانَ اللَّهِ وَبِحَمْدِهِ.*

Subḥānallāhi wa biḥamdihī.

How perfect Allāh is and I praise Him.

20.

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا، وَرِزْقًا
طَيِّبًا، وَعَمَلًا مُتَقَبَّلًا.

*Allāhumma innī as'aluka 'ilman nāfi'an,
wa rizqan ṭayyiban, wa 'amalan mutaqqabalan.*

O Allāh, I ask You for beneficial knowledge,
wholesome provision and deeds that will be
accepted.

21.

أَسْتَغْفِرُ اللَّهَ.

Astaghfirullāha.

I ask Allāh's forgiveness.

22.

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ
شَرِّ مَا خَلَقَ.

*A'ūdhu bikalimātilāhit-tāmmāti min
sharri mā khalaqa.*

I take refuge in Allāh's Perfect Words from the evil
of what He has created.

BENEFIT & NOTES

20. Recited in the morning only

21. Recite it one hundred times in the morning only

22. "Whoever recites this three times in the evening will be protected from insect stings."

(20. Related by Aḥmad

21. Related by al-'Uqaylī

22. Related by Aḥmad and al-Tirmidhī)

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In a hadith qudsi:

ALLĀH SAYS: "I AM WITH MY SERVANT AS LONG AS HE REMEMBERS ME."

(Related by al-Bukhārī and Muslim)

The Prophet Muḥammad ﷺ related that Allāh ordered Yaḥyā Ibn Zakariyyah with five commandments; to act upon them and convey them to the Children of Isra'īl...(the fifth one being):

"...AND I ORDER YOU TO MAKE MENTION OF ALLĀH OFTEN, AS THIS IS LIKE A MAN BEING PURSUED AT SPEED BY THE ENEMY UNTIL HE REACHES A PROTECTED FORTRESS AND SO PROTECTS HIMSELF INSIDE IT, LIKEWISE IS THE SERVANT, HE CAN ONLY PROTECT HIMSELF FROM SHAYTĀN THROUGH REMEMBRANCE OF ALLĀH, THE MIGHTY AND MAJESTIC."

(Related by al-Tirmidhī, al-Nasā'ī and Aḥmad)