



Morning and Evening Remembrance As found in *Fortification of the Muslim*

الْحَمْدُ لِلَّهِ وَحْدَهُ ، وَالصَّلَاةُ وَالسَّلَامُ عَلَى مَنْ لَا نَبِيَّ بَعْدَهُ

All praise is for Allah, alone, and prayers and peace be upon the last and final Prophet.

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

I seek refuge in Allah from Shaytan, the accursed.

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

Allah: there is no god but Him, the Ever Living, the him Watchful. Neither slumber nor sleep overtakes Him. All that is in the heavens and in the earth belongs to Him. Who is there that can intercede with Him except by His leave? He knows what is before them and what is behind them, but they do not comprehend any of His knowledge except what He wills. His throne extends over the heavens and the earth; it does not weary Him to preserve them both. He is the Most High, the Tremendous.
(2:225)

قُلْ هُوَ اللَّهُ أَحَدٌ. اللَّهُ الصَّمَدُ. لَمْ يَلِدْ ، وَ لَمْ يُولَدْ. وَ لَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ.

Say, 'He is God the One, God the eternal. He be got no one nor was he begotten. No one is comparable to Him.
(112)

(three times)

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ. مِنْ شَرِّ مَا خَلَقَ. وَ مِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ. وَ مِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ. وَ مِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ.

Say [Prophet], 'I seek refuge with the Lord of daybreak against the harm of what He has created, the harm of the night when darkness gathers, the harm of witches when they blow on knots, the harm of the envies when he envies.
(113)

(three times)



قُلْ أَعُوذُ بِرَبِّ النَّاسِ. مَلِكِ النَّاسِ. إِلَهِ النَّاسِ. مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ. الَّذِي يُوَسْوِسُ
فِي صُدُورِ النَّاسِ. مِنَ الْجِنَّةِ وَالنَّاسِ.

Say, 'I seek refuge with the Lord of people, the Controller of people, the God of people, against the harm of the slinking whisperer - who whispers into the hearts of people - whether they be jinn or people.

(114)

(three times)

In the morning



أَصْبَحْنَا وَ أَصْبَحَ الْمَلِكُ لِلَّهِ، وَ الْحَمْدُ 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 ، وَ خَيْرَ مَا بَعْدَهُ ، وَ
أَعُوذُ بِكَ مِنْ شَرِّ هَذَا الْيَوْمِ وَ شَرِّ مَا بَعْدَهُ ، رَبِّ أَعُوذُ بِكَ مِنَ الْكَسَلِ وَ سُوءِ الْكِبَرِ ، رَبِّ
أَعُوذُ بِكَ مِنْ عَذَابِ فِي النَّارِ وَ عَذَابِ فِي الْقَبْرِ.

We have reached the morning and at this very time unto Allah belongs all sovereignty and all praise is for Allah. None has the right to be worshipped except Allah, alone, without any partner, to Him belongs all sovereignty and praise and everything is in His control. My Lord, I ask You for the good of this day and the good of what follows it and I take refuge in You from the evil of this day and the evil of what follows it. My Lord, I take refuge in You from laziness and senility. My Lord, I take refuge in You from torment in the Fire and punishment in the grave.

اللَّهُمَّ بِكَ أَصْبَحْنَا وَ بِكَ أَمْسَيْنَا ، وَ بِكَ نَحْيَا وَ بِكَ نَمُوتُ ، وَ إِلَيْكَ النُّشُورُ

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.

اللَّهُمَّ إِنِّي أَصْبَحْتُ أُشْهِدُكَ ، وَ أُشْهِدُ حَمَلَةَ عَرْشِكَ ، وَ مَلَائِكَتَكَ ، وَ جَمِيعَ خَلْقِكَ ، أَنْتَ
أَنْتَ اللَّهُ لَا إِلَهَ إِلَّا أَنْتَ ، وَحْدَكَ لَا شَرِيكَ لَكَ ، وَ أَنْ مُحَمَّدًا عَبْدُكَ وَ رَسُولُكَ.

O Allah, verily I have reached the morning and I call on You, the bearers of Your throne, Your angels, and all of Your Creation to witness that You are Allah, none has the right to be worshipped except You, alone, without any partner and that Muhammad is Your servant and messenger.

(four times)



اللَّهُمَّ مَا أَصْبَحَ بِي مِنْ نِعْمَةٍ ، أَوْ بِأَحَدٍ مِنْ خَلْقِكَ ، فَمِنْكَ وَحْدَكَ لَا شَرِيكَ لَكَ ، فَالْحَمْدُ
وَ لَكَ الشُّكْرُ.

O Allah, whatever blessing I or any of Your creation have risen upon is from You alone, without any partner, so for You is all praise and unto You all thanks.

In the evening



أَمْسَيْنَا وَ أَمْسَى الْمَلِكُ لِلَّهِ ، وَ الْحَمْدُ 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 ، وَ خَيْرَ مَا بَعْدَهَا ، وَ أَعُوذُ
بِكَ مِنْ شَرِّ هَذِهِ اللَّيْلَةِ وَ شَرِّ مَا بَعْدَهَا ، رَبِّ أَعُوذُ بِكَ مِنَ الْكَسَلِ وَ سُوءِ الْكِبَرِ ، رَبِّ أَعُوذُ بِكَ
مِنْ عَذَابٍ فِي النَّارِ وَ عَذَابٍ فِي الْقَبْرِ.

We have reached the night and at this very time unto Allah belongs all sovereignty and all praise is for Allah. None has the right to be worshipped except Allah, alone, without any partner, to Him belongs all sovereignty and praise and everything is in His control. My Lord, I ask You for the good of this night and the good of what follows it and I take refuge in You from the evil of this night and the evil of what follows it. My Lord, I take refuge in You from laziness and senility. My Lord, I take refuge in You from torment in the Fire and punishment in the grave.

اللَّهُمَّ بِكَ أَمْسَيْنَا ، وَ بِكَ أَصْبَحْنَا ، وَ بِكَ نَحْيَا وَ بِكَ نَمُوتُ ، وَ إِلَيْكَ الْمَصِيرُ.

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.

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ خَلَقْتَنِي وَ أَنَا عَبْدُكَ ، وَ أَنَا عَلَى عَهْدِكَ وَ وَعْدِكَ مَا اسْتَطَعْتُ
أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ ، أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ ، وَ أَبُوءُ بِذَنْبِي ، فَاعْفُرْ لِي فَإِنَّهُ لَا يَغْفِرُ
الذُّنُوبَ إِلَّا أَنْتَ.

O Allah, You are my Lord, none has the right to be worshipped except You, You created me and I am Your servant and I abide to Your covenant and promise as best as I can, I take refuge in You from the evil of which I have committed. I acknowledge Your favor upon me and I acknowledge my sin, so forgive me, for verily none can forgive sin except You.



اللَّهُمَّ إِنِّي أَمْسَيْتُ أَشْهَدُكَ ، وَ أَشْهَدُ حَمَلَةَ عَرْشِكَ ، وَ مَلَائِكَتَكَ ، وَ جَمِيعَ خَلْقِكَ ، أَنْتَ اللَّهُ لَا إِلَهَ إِلَّا أَنْتَ ، وَحَدَّكَ لَا شَرِيكَ لَكَ ، وَ أَنْ مُحَمَّدًا عَبْدُكَ وَ رَسُولُكَ.

O Allah, verily I have reached the evening and I call on You, the bearers of Your throne, Your angels, and all of Your Creation, to witness that You are Allah, none has the right to be worshipped except You, alone, without any partner and that Muhammad is Your servant and messenger.

(four times)

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

O Allah, whatever blessing I or any of Your creation have reached the evening upon is from You alone, without any partner, so for You is all praise and unto You all thanks.

اللَّهُمَّ عَافِنِي فِي بَدَنِي ، اللَّهُمَّ عَافِنِي فِي سَمْعِي ، اللَّهُمَّ عَافِنِي فِي بَصَرِي ، لَا إِلَهَ إِلَّا أَنْتَ. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ ، وَالْفَقْرِ ، وَ أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ ، لَا إِلَهَ إِلَّا أَنْتَ.

O Allah, grant my body health, o Allah, grant my hearing health, o Allah, grant my sight health. None has the right to be worshipped except You. O Allah, I take refuge with You from disbelief and poverty, and I take refuge with You from the punishment of the grave. None has the right to be worshipped except You.

(Three times)

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

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.

(Seven times)



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

O Allah, I ask You for pardon and well-being in this life and the next. o Allah, I ask You for pardon and well-being in my religious and worldly affairs, and my family and my wealth. O Allah, veil my weaknesses and set at ease my dismay. O Allah, preserve me from the front and from behind and on my right and on my left and from above, and I take refuge with You lest I be swallowed up by the earth.

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

O Allah, Knower of the unseen and the seen, Creator of the Heavens and the Earth, Lord and Sovereign of all things, I bear witness that none has the right to be worshipped except You. I take refuge in You from the evil of my soul and from the evil and shirk of Shaylah and from committing wrong against my soul and bringing such upon another Muslim.

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

In the name of Allah with those name nothing is harmed on earth nor in the heavens and He is the All-Seeing, the All-Knowing.
(three times)

رَضِيتُ بِاللَّهِ رَبًّا وَبِالْإِسْلَامِ دِينًا وَبِمُحَمَّدٍ نَبِيًّا .

I am pleased with Allah as a Lord, and Islam as a religion and Muhammad as a Prophet.
(three times)

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ أَصْلِحْ لِي شَأْنِي كُلَّهُ وَ لَا تَكِلْنِي إِلَى نَفْسِي طَرْفَةَ عَيْنٍ .

O Ever Living, O Self-Subsisting and Supporter of All, by Your mercy, I seek assistance, rectify for me all of my affairs and do not leave me to myself even for the blink of an eye.



In the morning



أَصْبَحْنَا وَاصْبَحَ الْمَلِكُ لِلَّهِ رَبِّ الْعَالَمِينَ ، اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هَذَا الْيَوْمِ ، فَتَحَهُ ، وَ
نَصْرَهُ ، وَنُورَهُ ، وَبَرَكَتَهُ ، وَهُدَاهُ ، وَاعْوِذُ بِكَ مِنْ شَرِّ مَا فِيهِ وَشَرِّ مَا بَعْدَهُ .

We have reached the morning and at this very time all sovereignty belongs to Allah, Lord of the Worlds. O Allah, I ask You for the good of this day, its triumphs and its victories, its light and its blessings, and its guidance. And I take refuge in You from the evil of this day and the evil that follows it.

أَصْبَحْنَا عَلَى فِطْرَةِ الْإِسْلَامِ ، وَ عَلَى كَلِمَةِ الْأَخْلَاصِ ، وَ عَلَى دِينِ نَبِيِّنَا مُحَمَّدٍ وَ عَلَى
مِلَّةِ أَبِينَا إِبْرَاهِيمَ حَنِيفًا مُسْلِمًا وَ مَا كَانَ مِنَ الْمُشْرِكِينَ .

We rise upon the fitrah (religion) of Islam, and the word of pure faith, and upon the religion of our Prophet Muhammad and the religion of our forefather Ibrahim, who was a Muslim and of true faith and was not one of those who associate others with Allah.

In the evening



أَمْسَيْنَا وَ أَمْسَى الْمَلِكُ لِلَّهِ رَبِّ الْعَالَمِينَ ، اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هَذِهِ اللَّيْلَةِ ، فَتَحَهَا ، وَ
نَصْرَهَا ، وَنُورَهَا وَبَرَكَتَهَا ، وَهُدَاهَا ، وَاعْوِذُ بِكَ مِنْ شَرِّ مَا فِيهَا وَشَرِّ مَا بَعْدَهَا .

We have reached the evening and at this very time all sovereignty belongs to Allah, Lord of the Worlds. O Allah, I ask You for the good of this night, its triumphs and its victories, its light and its blessings, and its guidance. And I take refuge in You from the evil of this night and the evil that follows it.

أَمْسَيْنَا عَلَى فِطْرَةِ الْإِسْلَامِ ، وَ عَلَى كَلِمَةِ الْأَخْلَاصِ ، وَ عَلَى دِينِ نَبِيِّنَا مُحَمَّدٍ وَ عَلَى مِلَّةِ
أَبِينَا إِبْرَاهِيمَ حَنِيفًا مُسْلِمًا وَ مَا كَانَ مِنَ الْمُشْرِكِينَ .

We rest upon the fitrah (religion) of Islam, and the word of pure faith, and upon the religion of our Prophet Muhammad and the religion of our forefather Ibrahim, who was a Muslim and of true faith and was not one of those who associate others with Allah.

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ .

How perfect is Allah and I praise Him.
(One hundred times)



لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ ، لَهُ الْمُلْكُ وَ لَهُ الْحَمْدُ وَ هُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ .

None has the right to be worshipped except Allah, alone, without any partner, to Him belong all sovereignty and praise and everything is in His control.

(Once, ten times or one hundred times)

In the morning



سُبْحَانَ اللَّهِ وَ بِحَمْدِهِ عَدَدَ خَلْقِهِ وَ رِضَا نَفْسِهِ وَ زِنَةَ عَرْشِهِ وَ مِدَادَ كَلِمَاتِهِ .

How perfect is Allah and I praise Him by the number of His Creation and His pleasure and by the weight of His throne and the ink of His words.

(Three times)

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا وَ رِزْقًا طَيِّبًا ، وَ عَمَلًا مُتَقَبَّلًا .

O Allah, I ask You for knowledge which is beneficial, and sustenance which is good, and deeds which are acceptable.

أَسْتَغْفِرُ اللَّهَ وَ أَتُوبُ إِلَيْهِ .

I seek Allah's forgiveness and I turn to Him in repentance.

(One hundred times in a day)

In the evening



أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ .

I take refuge in Allah's perfect words from the evil He has created.

(Three times)

اللَّهُمَّ صَلِّ وَسَلِّمْ عَلَى نَبِيِّنَا مُحَمَّدٍ .

O Allah, send peace and blessing upon our Prophet Muhammad.

(Ten times)

