

# MORNING AND EVENING THIKR

Meaning	Pronunciation	Arabic
In the Name of Allah, Who with His Name nothing can cause harm in the earth nor in the heavens, and He is the All-Hearing, the All-Knowing.	<b>Bismillaahil-lathee laa yadhurru ma'as-mihi shay'un fil-'ardhi wa laa fis-samaa'i wa Huwas-Samee `ul- `Aleem. (Recite 3 times)</b>	بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ.
I seek refuge in the Perfect Words of Allah from the evil of what He created.	<b>A'uzu bi kalimatillah hit-taammati min sharri ma khalaq (Recite 3 times)</b>	أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ
Glory is to Allah and praise is to Him, by the multitude of His creation, by His Pleasure, by the weight of His Throne, and by the extent of His Words. (Recite three times in Arabic upon rising in the morning) [1]	<b>Subhaanallaahi wa bihamdihi: `Adada khalqihi, wa ridhaa nafsihi, wa zinata `arshihi .wa midaada kalimaatihi(Recite 3 times)</b>	سُبْحَانَ اللَّهِ وَبِحَمْدِهِ: عَدَدَ خَلْقِهِ، وَرِضَا نَفْسِهِ، وَزِينَةَ عَرْشِهِ وَمِدَادَ كَلِمَاتِهِ.
O Allah , by You we enter the morning and by You we enter the evening, [1] by You we live and and by You we die, and to You is the Final Return[2] [1] When you say this in the evening, you should say: Allaahumma bika `amsaynaa wa bika `asbahnaa, wa bika nahyaa, wa bika namoot, wa `ilaykal-maseer: "O Allah, You bring us the end of the day as You bring us its beginning, You bring us life and you bring us death, and to You is our fate." [2]Sahih At-Tirmithi 3/142.	<b>In Morning Allaahumma bika `asbahnaa, wa bika` amsaynaa, wa bika nahyaa, wa bika` .namootu wa `ilaykan-nushoor  In Evening Allaahumma bika `amsaynaa wa bika` ,asbahnaa, wa bika nahyaa, wa bika namoot` wa `ilaykal-maseer</b>	اللَّهُمَّ بِكَ أَصْبَحْنَا، وَبِكَ أَمْسَيْنَا، وَبِكَ نَحْيَا، وَبِكَ نَمُوتُ وَإِلَيْكَ النُّشُورُ.

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<p>We have entered a new day [1] and with it all dominion is Allah's. Praise is to Allah. None has the right to be worshipped but Allah alone, Who has no partner. To Allah belongs the dominion, and to Him is the praise and He is Able to do all things. My Lord, I ask You for the goodness of this day and of the days that come after it, and I seek refuge in You from the evil of this day and of the days that come after it. [2] My Lord, I seek refuge in You from laziness and helpless old age. My Lord, I seek refuge in You from the punishment of Hell-fire, and from the punishment of the grave. [3] [1] When you say this in the evening you should say `Amsaynaa wa`amsal-mulku lillaah: "We have ended another day and with it all dominion is Allah's. [2]When you say this in the evening you should say: Rabbi `as'aluka khayra maa fee haathihil-laylati, wa khayra maa ba'dahaa, wa `a'oothu bika min sharri maa fee haathihil-laylati wa sharri maa ba'dahaa: "I ask You for the good things of this night and of the nights that come after it and I seek refuge in You from the evil of this night and of the nights that come after it." [3]Muslim 4/2088.</p>	<p style="text-align: center;"><b>In Morning</b>  <b>Asbahnaa wa `asbahal-mulku lillaahi`          walhamdu lillaahi, laa `ilaaha `illallaahu          wahdahu laa shareeka lahu, laahul-mulku wa          lahul-hamdu wa Huwa `alaa kulli shay'in          Qadeer. Rabbi `as'aluka khayra maa fee          haathal-yawmi wa khayra maa ba'dahu wa          -a'oothu bika min sharri maa fee haathal'          yawmi wa sharri maa ba'dahu, Rabbi          ,a'oothu bika minal-kasali, wa soo'il-kibari`          Rabbi `a'oothu bika min `athaabin fin-naari          .wa `athaabin fil-qabri</b></p> <p style="text-align: center;"><b>In Evening</b>  <b>Amsaynaa wa`amsal-mulku lillaah`          walhamdu lillaahi, laa `ilaaha `illallaahu          wahdahu laa shareeka lahu, laahul-mulku wa          lahul-hamdu wa Huwa `alaa kulli shay'in          Qadeer. Rabbi `as'aluka khayra maa fee          ,haathihil-laylati, wa khayra maa ba'dahaa          wa `a'oothu bika min sharri maa fee          ,haathihil-laylati wa sharri maa ba'dahaa          -Rabbi `a'oothu bika minal-kasali, wa soo'il          -kibari, Rabbi `a'oothu bika min `athaabin fin          .naari wa `athaabin fil-qabri</b></p>	<p style="text-align: center;">"أَصْبَحْنَا وَأَصْبَحَ الْمَلِكُ لِلَّهِ وَالْحَمْدُ لِلَّهِ، لَا إِلَهَ إِلَّا اللَّهُ          وَحَدَهُ 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 عَذَابِ فِي النَّارِ وَعَذَابِ فِي          الْقَبْرِ".</p>

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<p>O Allah, You are my Lord, there is none worthy of worship but You. You created me and I am your slave. I keep Your covenant, and my pledge to You so far as I am able. I seek refuge in You from the evil of what I have done. I admit to Your blessings upon me, and I admit to my misdeeds. Forgive me, for there is none who may forgive sins but You. [1]</p>	<p><b>Allaahumma `Anta Rabbee laa `ilaaha `illaa Anta, khalaaqtanee wa `anaa `abduka, wa `anaa `alaa `ahdika wa wa`dika mas-tata`tu` a`oothu bika min sharri maa sana`tu, `aboo`u laka bini`matika `alayya, wa `aboo`u bithanbee faghfir lee fa`innahu laa .yaghfiruth–thunooba `illaa `Anta</b></p>	<p>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."</p>
<p>O Allah, I seek Your forgiveness and Your protection in this world and the next. O Allah, I seek Your forgiveness and Your protection in my religion, in my worldly affairs, in my family and in my wealth. O Allah, conceal my secrets and preserve me from anguish. O Allah , guard me from what is in front of me and behind me , from my left , and from my right , and from above me . I seek refuge in Your Greatness from being struck down from beneath me.[1]</p>	<p><b>Allaahumma `innee `as`alukal-`afwa ,wal`aafiyata fid-dunyaa wal`akhirati Allaahumma `innee `as`alukal-`afwa wal`aafiyata fee deenee wa dunyaaya wa ahlee, wa maalee , Allaahumm-astur` -awraatee, wa `aamin raw`aatee, Allaahumm` ahfadhnee min bayni yadayya, wa min ,khalfee, wa `an yameenee, wa `an shimaalee wa min fawqee, wa `a`oothu bi`adhamatika .an `ughtaala min tahtee`</b></p>	<p>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."</p>
<p>O Allah, Knower of the unseen and the evident, Maker of the heavens and the earth, Lord of everything and its Possessor, I bear witness that there is none worthy of worship but You. I seek refuge in You from the evil of my soul and from the evil of Satan and his helpers. (I seek refuge in You) from bringing evil upon my soul and from harming any Muslim. [1]</p>	<p><b>-Allaahumma `Aalimal-ghaybi wash ,shahaadati faatiras-samaawaati wal`ardhi Rabba kulli shay`in wa maleekahu, `ash-hadu an laa `ilaaha `illaa `Anta, `a`oothu bika min` sharri nafsee, wa min sharrish-shaytaani wa sharikihi, wa `an `aqtarifa `alaa nafsee .soo`an, `aw `ajurrahu `ilaa Muslimin</b></p>	<p>اللَّهُمَّ عَالِمَ الْغَيْبِ وَالشَّهَادَةِ فَاطِرَ السَّمَاوَاتِ وَالْأَرْضِ، رَبِّ كُلِّ شَيْءٍ وَمَلِيكِهِ، أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ، أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي، وَمِنْ شَرِّ الشَّيْطَانِ وَشَرِيكِهِ، وَأَنْ أَقْتَرِفَ عَلَى نَفْسِي سُوءًا، أَوْ أَجْرَهُ إِلَى مُسْلِمٍ."</p>

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Allah 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. [1]	<b>Hasbiyallaahu laa `ilaaha `illaa Huwa `alayhi -tawakkaltu wa Huwa Rabbul-`Arshil Adheem. (Recite 7 times)`</b>	”حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ”.
None has the right to be worshipped but Allah alone, Who has no partner. His is the dominion and His is the praise and He is Able to do all things. (Recite ten times [1] in Arabic or one time to ward off laziness.)[2]	<b>Laa `ilaaha `illallaahu wahdahu laa shareeka lahu, lahul-mulku wa lahul-hamdu, wa Huwa alaa kulli shay'in Qadeer. (Recite 10 times)`</b>	”لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ”.
Glory is to Allah and praise is to Him.[1]	<b>Subhaanallaahi wa bihamdihi. (Recite 100 (times</b>	”سُبْحَانَ اللَّهِ وَبِحَمْدِهِ”.
Oh Allah, we ask you for peace and blessings upon our prophet Muhammad (Recite ten times in Arabic)	<b>Allahumma salli wa sallim `alaa nabiyyinaa Muhammadin. (Recite 10 times)</b>	”اللَّهُمَّ صَلِّ وَسَلِّمْ عَلَى نَبِيِّنَا مُحَمَّدٍ”.
I seek the forgiveness of Allah and repent to Him. (Recite one hundred times in Arabic during the day)	<b>Astaghfirullaaha wa `atoobu `ilayhi. (Recite` (times 100</b>	”أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ”.

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<p>I seek refuge in Allah from Satan the outcast. – Allah! There is none worthy of worship but He, the Ever Living, the One Who sustains and protects all that exists. Neither slumber nor sleep overtakes Him. To Him belongs whatever is in the heavens and whatever is on the earth. Who is he that can intercede with Him except with His Permission? He knows what happens to them in this world, and what will happen to them in the Hereafter. And they will never encompass anything of His Knowledge except that which He wills. His Throne extends over the heavens and the earth, and He feels no fatigue in guarding and preserving them. And He is the Most High, the Most Great.</p>	<p><b>-A `oothu billaahi minash-Shaytaanir` -rajeem. Allaahu laa `ilaaha `illaa Huwal Hayyul-Qayyoom, laa ta`khuthuhu sinatun wa laa nawm, lahu maa fis-samaawaati wa maa fil-`ardh, man thai-lathee yashfa`u indahu `illaa bi`ithnih, ya`lamu maa bayna` aydehim wa maa khalfahum, wa laa` yuheetoona bishay`im-min `ilmihl `illaa bimaa shaa`a, wasi`a kursiyyuhus samaawaati ,wal`ardh, wa laa ya`ooduhu hifdhuhumaa .wa Huwal- `Aliyyul- `Adheem</b></p>	<p>أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ "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"</p>

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<p>With the Name of Allah, the Most Gracious, the Most Merciful. Say: He is Allah (the) One. The Self-Sufficient Master, Whom all creatures need, He begets not nor was He begotten, and there is none equal to Him.</p>	<p><b>Bismillaahir-Rahmaanir-Raheem. Qul Huwallaahu ‘Ahad. Allaahus-Samad. Lam yalid wa lam yoolad. Wa lam yakun lahu kufuwan ‘ahad. (Recite 3 times)</b></p>	<p>بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ "قُلْ هُوَ اللَّهُ أَحَدٌ ۝ اللَّهُ الصَّمَدُ ۝ لَمْ يَلِدْ وَلَمْ يُولَدْ ۝ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ"</p>
<p>With the Name of Allah, the Most Gracious, the Most Merciful. Say: I seek refuge with (Allah) the Lord of the daybreak, from the evil of what He has created, and from the evil of the darkening (night) as it comes with its darkness, and from the evil of those who practice witchcraft when they blow in the knots, and from the evil of the envier when he envies.</p>	<p><b>Bismillaahir-Rahmaanir-Raheem. Qul ‘a’oothu birabbil-falaq. Min sharri ma khalaq. Wa min sharri ghaasiqin ‘ithaa waqab. Wa min sharrin-naffaathaati fil-‘uqad. Wa min sharri haasidin ‘ithaa hasad. (Recite 3 times)</b></p>	<p>بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ "قُلْ أَعُوذُ بِرَبِّ الْقَلْقِ ۝ مِنْ شَرِّ مَا خَلَقَ ۝ وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ۝ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ۝ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ"</p>
<p>With the Name of Allah , the Most Gracious , the Most Merciful. Say: I seek refuge with (Allah) the Lord of mankind, the King of mankind , the God of mankind , from the evil of the whisperer who withdraws, who whispers in the breasts of mankind, of jinns and men.</p>	<p><b>Bismillaahir-Rahmaanir-Raheem. Qul ‘a’oothu birabbin-naas. Malikin-naas. ‘Ilaahin-naas. Min sharril -waswasil-khannaas. Allathee yuwaswisu fee sudoorin-naas. Minal-jinnati wannaas. (Recite 3 times)</b></p>	<p>بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ "قُلْ أَعُوذُ بِرَبِّ النَّاسِ ۝ مَلِكِ النَّاسِ ۝ إِلَهِ النَّاسِ ۝ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ۝ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ۝ مِنَ الْجِنَّةِ وَالنَّاسِ"</p>