

**THE MORNING AND EVENING  
ADHKĀR (SUPPLICATIONS)**

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Telephone: +966114454900



ceo@rabwah.sa



P.O.BOX: 29465



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# IN THE NAME OF ALLAH, THE MOST COMPASSIONATE, THE MOST MERCIFUL

﴿الْم ١﴾ ذَلِكَ أَلَكِتَبُ لَا رَيْبَ فِيهِ هُدًى لِّلْمُتَّقِينَ ﴿٢﴾ الَّذِينَ يُؤْمِنُونَ  
بِالْغَيْبِ وَيُقِيمُونَ الصَّلَاةَ وَمِمَّا رَزَقْنَاهُمْ يُنْفِقُونَ ﴿٣﴾ وَالَّذِينَ يُؤْمِنُونَ بِمَا أُنزِلَ  
إِلَيْكَ وَمَا أُنزِلَ مِن قَبْلِكَ وَبِالْآخِرَةِ هُمْ يُوقِنُونَ ﴿٤﴾ أُولَئِكَ عَلَى هُدًى مِّن  
رَّبِّهِمْ وَأُولَئِكَ هُمُ الْمُفْلِحُونَ ﴿٥﴾ [البقرة: 1-5]

{Alif Lām Mīm.

This is the Book about which there is no doubt, guidance for the righteous who believe in the unseen, establish prayer, and spend out of what We have provided for them and those who believe in what has been sent down to you [O Prophet] and in what was sent down before you, and in the Hereafter, they believe with certainty It is they who are upon guidance from their Lord, and it is they who are successful.}[Surat al-Baqarah: 1-5]

﴿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 خَلَقَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ  
السَّمَوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ ﴿٢٥٥﴾ [البقرة: 255]

{Allah: none has the right to be worshiped except Him, the Ever-Living, All-Sustaining. Neither drowsiness overtakes Him nor sleep. To Him belongs all that is in the heavens and all that is on earth. Who is there that can intercede with Him except with His permission? He knows what was before them and what will be after them, while they encompass nothing of His knowledge, except what He wills. His Kursī [footstool] extends over the heavens and earth, and safeguarding of both does not weary Him, for He is the Most High, the Most Great.}

[The Verse of Al-Kursi, Surat al-Baqarah: 255]

﴿عَٰمَنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ كُلٌّ ءَامَنَ بِاللَّهِ  
وَمَلَٰئِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ لَا نُفَرِّقُ بَيْنَ أَحَدٍ مِّنْ رُّسُلِهِ وَقَالُوا سَمِعْنَا  
وَأَطَعْنَا غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ ﴿٢٨٥﴾ لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا  
كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا  
تَحْمِلْ عَلَيْنَا إِصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا

طَاقَةٌ لَنَا بِهِ ۖ وَأَعْفُ عَنَّا وَاعْفِرْ لَنَا وَارْحَمْنَا ۗ أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ  
الْكَافِرِينَ ﴿٢٨٦﴾ [البقرة: 285-286]

{The Messenger believes in what has been sent down to him from his Lord, as do the believers. All of them believe in Allah, His angels, His Books, and His messengers, [saying], “We make no distinction between any of His messengers.” And they say, “We hear and obey. Grant us Your forgiveness, our Lord, and to You is the [final] destination.” Allah does not burden any soul greater than it can bear. For it is what it has earned, and against it is what it has incurred. “Our Lord do not hold us accountable if we forget or fall into error. Our Lord do not place on us such a burden as You have placed on those before us. Our Lord do not burden us with that which we cannot bear. Pardon us, forgive us, and have mercy on us. You are our Protector, so give us victory over the disbelieving people.”}[Surat al-Baqarah: 285-286]

﴿حَمِّ ١﴾ تَنْزِيلُ الْكِتَابِ مِنَ اللَّهِ الْعَزِيزِ الْعَلِيمِ ﴿٢﴾ غَافِرِ الذَّنْبِ وَقَابِلِ  
التَّوْبِ شَدِيدِ الْعِقَابِ ذِي الطَّوْلِ ۗ لَا إِلَهَ إِلَّا هُوَ ۗ إِلَيْهِ الْمَصِيرُ ﴿٣﴾ [غافر: 1-3]

{Hā Mīm.

The revelation of this Book is from Allah, the All-Mighty, the All-Knowing the Forgiver of sin and Acceptor of repentance, the Severe in punishment and Infinite in bounty. None has the right to be worshiped except Him. To Him is the final return.}[Surat Ghāfir: 1-3]

﴿هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ عَالِمُ الْغَيْبِ وَالشَّهَادَةِ هُوَ الرَّحْمَنُ الرَّحِيمُ﴾ ﴿٢٢﴾ هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْمَلِكُ الْقُدُّوسُ السَّلَامُ الْمُؤْمِنُ الْمُهَيَّمِنُ الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ سُبْحَانَ اللَّهِ عَمَّا يُشْرِكُونَ ﴿٢٣﴾ هُوَ اللَّهُ الْخَلِيقُ الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَىٰ يُسَبِّحُ لَهُ فِي السَّمَوَاتِ وَالْأَرْضِ وَهُوَ الْعَزِيزُ الْحَكِيمُ ﴿٢٤﴾ [الحشر: 22-24]

{He is Allah; none has the right to be worshiped except Him, Knower of the unseen and the seen; He is the Most Compassionate, the Most Merciful.

He is Allah; none has the right to be worshiped except Him, the Sovereign, the Most Holy, the Most Perfect, the Granter of Security, the Watcher over all, the All-Mighty, the Compeller, the Supreme. Glory be to Allah far above what they associate with Him. He is Allah, the Creator, the Maker, the Fashioner. He has the most beautiful names. All that is in the heavens and earth

glorifies Him, for He is the All-Mighty, the All-Wise.}[Surat al-Hashr: 22-24]

﴿قُلْ هُوَ اللَّهُ أَحَدٌ﴾ [الإخلاص: 1]

{Say: He is Allah, the One.}

﴿قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ﴾ [الفلق: 1]

{Say, "I seek refuge with the Lord of the daybreak.}

﴿قُلْ أَعُوذُ بِرَبِّ النَّاسِ﴾ [الناس: 1]

{Say, "I seek refuge with the Lord of mankind.}

The whole Surah is to be recited three times.

«أعوذ بكلمات الله التامات من شر ما خلق»

"A'ūdhu bikalimātillāh at-tāmmāt min sharri mā khalaq" (I seek refuge with the perfect words of Allah from the evil of what He created).

(Three times).

«بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ

السَّمِيعُ الْعَلِيمُ»

"Bismillāhi alladhi la yadurru ma'a ismihi shay'un fi al-ardi wala fi as-samā'i wa huwa as-samī'u al-

'alīm" (In the name of Allah, with Whose name nothing can cause harm on the earth or in heaven and He is the All-Hearing, the All-Knowing).

(Three times).

«رضيت بالله ربًا وبالإسلام دينًا وبمحمد صلى الله عليه وسلم نبيًا»

"Radītu billāhi rabban wa bil-Islāmi dīnan wa bi-Muhammadin sallallāhu 'alayhi wa sallama nabiyyan" (I am pleased with Allah as my Lord, Islam as my religion, and Muhammad (may Allah's peace and blessings be upon him) as my prophet).

(Three times).

«أصبحنا وأصبح الملك لله والحمد لله لا إله إلا الله وحدة لا شريك له. له الملك وله الحمد وهو على كل شيء قدير. رب أسألك خير ما في هذا اليوم وخير ما بعده. وأعوذ بك من شر ما في هذا اليوم ومن شر ما بعده. رب أعوذ بك من الكسل والهرم وسوء الكبر. وأعوذ بك من عذاب النار وعذاب القبر»

"Asbahna wa asbaha al-mulku lillāh walhamdu lillāh la ilāha illallāh, wahdahu la sharīka lahu, lahu al-mulku walahu al-hamd, wa huwa 'ala kulli shay'in qadīr, rabbi as'aluka khayra ma fi hādha



al-yawmi, wa khayra ma ba'dahu, wa-a'ūdhu bika min sharri ma fi hādha al-yawmi, wa min sharri ma ba'dahu, rabbi a'ūdhu bika min al-kasali wa al-haram wasū' al-kibar, wa a'ūdhu bika min 'adhābin fi an-nāri, wa 'adhābin fi al-qabr" (We have reached the morning when all sovereignty belongs to Allah, and all praise is due to Allah. None has the right to be worshiped except Allah, alone, without a partner, to Him belongs all sovereignty and praise and He is over all things Omnipotent. My Lord, I ask You for the good that this day contains and the good that follows it and I seek refuge in You from the evil that this day contains and the evil that follows it. My Lord, I seek refuge in You from laziness, old age, and senility. My Lord, I seek refuge in You from punishment in Hellfire and punishment in the grave).

In the evening, one should say:

«أَمْسَيْنَا وَأَمْسَى الْمَلِكُ لِلَّهِ»

"Amsayna wa amsa al-mulku lillāh" (We have reached the evening when all sovereignty belongs to Allah). One should also say: "Rabbi as'aluka khayra ma fi hādhihi al-laylah..." (My Lord, I ask

You for the good that this night contains),...to its end, instead of saying: (We have reached the morning) and (of this day).

«اللهم بك أصبحنا وبك أمسينا وبك نحيا وبك نموت وإليك النشور»

"Allāhumma bika asbahna, wa bika amsayna, wa bika nahya, wa bika namūt, wa ilayka an-nushūr" (O Allah, with Your power we have reached the morning, with Your power we have reached the evening, with Your power we live and we die, and to You will be the resurrection).

In the evening, one should say:

«اللهم بك أمسينا وبك أصبحنا وبك نموت وبك نحيا وإليك المصير»

"Allāhumma bika amsayna, wa bika asbahna, wa bika nahya, wa ilayka al-masīr" (O Allah, with Your power we have reached the evening, with Your power we have reached the morning, with Your power we die and we live, and to You will be the final destination).

«اللهم ما أصبح بي من نعمة أو بأحد من خلقك فمنك وحدك لا

شريك لك فلك الحمد ولك الشكر»

"Allāhumma ma asbaha bi min ni'matin, aw bi ahadin min khalqik, faminka wahdaka la sharīka lak, falaka al-hamdu walaka ash-shukr" (O Allah, whatever blessing I or any of Your creation have in this morning, it is from You alone, without any partner; so, for You is all praise and unto You is all thanks).

In the evening, one should say:

«مأَمسى بى»

"Ma amsa bi" (have enjoyed in the evening).

«اللهم إني أصبحت في نعمة وعافية وستر. فأتم نعمتك على وعافيتك

وسترك في الدنيا والآخرة»

"Allāhumma inni asbahtu fi ni'matin wa 'āfiyatin wa sitr, fa atimma ni'matika 'alayya wa 'āfiyatak wa sitrak fi ad-dunya wa al-ākhirah" (O Allah, I have reached the morning enjoying blessings, wellbeing, and concealment. So, complete Your blessings, wellbeing, and concealment upon me in this world and in the Hereafter).

(Three times). In the evening, one should say:

«اللهم إني أمسيت...»

"Allāhumma inni amsaytu..." (O Allah, I have reached the evening)...etc.

«اللهم إني أعوذ بك من الهم والحزن. وأعوذ بك من العجز والكسل.

وأعوذ بك من الجبن والبخل. وأعوذ بك من غلبة الدين ومن قهر الرجال»

"Allāhumma inni a'ūdhu bika min al-hammi wa al-hazan wa a'ūdhu bika min al-'ajzi wa al-kasal wa a'ūdhu bika min al-jubni wa al-bukhl wa a'ūdhu bika min ghalabat ad-dayn wa min qahri ar-rijāl" (O Allah, I seek refuge with You from anxiety and grief, I seek refuge with You from incapacity and slackness, I seek refuge with You from cowardice and niggardliness, and I seek refuge with You from being overwhelmed by debt and subjected by men).

«اللهم إني أسألك العافية في الدنيا والآخرة. اللهم إني أسألك العفو

والعافية في ديني ودنياي وأهلي ومالي. اللهم استر عوراتي وآمن روعاتي. اللهم

احفظني من بين يدي ومن خلفي وعن يميني وعن شمالي ومن فوقي. وأعوذ

بعظمتك أن أُغتال من تحتي»

"Allāhumma inni as'aluka al-'āfiyah fid-dunya wa al-ākhirah, Allāhumma inni as'aluka al-'afw wa al-'āfiyah fi dīni wa dunyāy wa ahli wa māli. Allāhumma ustur 'awrāti wa āmin raw'āti,

Allāhumma ihfazhni min bayni yadayya wa min khalfi wa ‘an yamīni wa ‘an shimāli wa min fawqi wa a‘ūdhu bi‘azhamatika an ughtāla min tahti" (O Allah, I ask You for wellbeing in this life and the Hereafter. O Allah, I ask You for pardon and wellbeing in my religious and worldly affairs, and my family and my wealth. O Allah, conceal my faults and remove my fears. O Allah, protect me from the front and from behind, and from my right and from my left and from above, and I seek refuge with Your greatness from being destroyed from beneath me).

«اللهم أنت ربي لا إله إلا أنت. خلقتني وأنا عبدك. وأنا على عهدك ووعدك ما استطعت. أعوذ بك من شر ما صنعت. أبوء لك بنعمتك علي. وأبوء بذنبي. فاغفر لي. فإنه لا يغفر الذنوب إلا أنت»

"Allāhumma anta rabbī la ilāha illa anta khalaqtani wa ana ‘abduka wa ana ‘ala ‘ahdika wa wa‘dika mastata‘t, a‘ūdhu bika min sharri ma sana‘t, abū‘u laka bini‘matika ‘alayya wa abū‘u bidhambī faghfir li fa innahu la yaghfiru adhdhunūba illa ant" (O Allah, You are my Lord. There is no god except You. You created me, and I am Your slave, and I will abide by Your covenant and promise as much as I can. I seek refuge in

You from the evil of what I have done. I acknowledge the favors that You have bestowed upon me, and I confess my sins. So, forgive me, for none can forgive sins except You).

«اللهم فاطر السماوات والأرض. عالم الغيب والشهادة. ربّ كل شيء ومليكه. أشهد أن لا إله إلا أنت. أعوذ بك من شر نفسي ومن شر الشيطان وشركه وأن أقترف على نفسي سوءاً أو أجرّه إلى مسلم»

"Allāhumma Fātir as-samāwāti wa al-ard, 'ālim al-ghaybi wa ash-shahādah, Rabba kulli shay'in wa malīkah, ash-hadu alla ilāha illa ant, a'ūdhu bika min sharri nafsi wa min sharri ash-shaytāni wa shirkih, wa an aqtarifa 'ala nafsi sū'an aw ajurrahu ila muslim" (O Allah, the Creator of the heavens and the earth, Knower of the hidden and the apparent, Lord of everything and its Possessor. I bear witness that no one is worthy of worship but You. I seek refuge with You from the evil of my own self and from the evil of the devil and his polytheism to which he calls, and from committing wrong against myself or bringing it upon another Muslim).

«اللهم إني أصبحت أشهدك وأشهد حملة عرشك وملائكتك وأنبياءك

وجميع خلقك بأنك أنت الله لا إله إلا أنت وأن محمدًا عبدك ورسولك»

"Allāhumma inni asbahtu ush-hiduka wa ush-hidu hamalat 'arshik wa malā'ikatak wa anbiyā'ak wa jamī' khalqik bi'annaka anta Allāhu la ilāha illa anta wa anna Muhammadan 'abduka wa rasūluk" (O Allah, I have reached the morning and I ask You, the bearers of Your Throne, Your prophets, and all Your creation to bear witness that You are, indeed, Allah and that none is worthy of worship but You and that Muhammad is Your slave and messenger).

In the evening, one should say:

«اللهم إني أمسيت...»

"Allāhumma inni amsayt..." (O Allah, I have reached the evening),etc.

(Four times).

«لا إله إلا الله وحده لا شريك له. له الملك وله الحمد. وهو على كل شيء

قدير»

"La ilāha illallāh wahdahu la sharīka lah, lahu al-mulku wa lahu al-hamdu wa huwa 'alā kulli shay'in

qadīr" (There is no god but Allah alone, with no partner. To Him belongs the sovereignty and to Him belongs praise, and He is Omnipotent over all things).

(100 times) in the morning or in the evening.

«حسبي الله لا إله إلا هو عليه توكلت وهو رب العرش العظيم»

"Hasbiyallāhu la ilāha illa huwa ‘alayhi tawakkaltu wa huwa rabbu al-‘arshi al-‘azhīm" (Sufficient for me is Allah, there is no deity but Him, upon Him I rely and He is the Lord of the mighty Throne).

(Seven times).

«حسبي الله وكفى. سمع الله لمن دعاء ليس وراء الله مرمى»

"Hasbiyallāhu wa kafa, sami‘allāhu liman da‘a, laysa warā’ Allah marma" (Sufficient for me is Allah, and that is enough, Allah responds to the one who supplicates to Him, there is no goal other than (the pleasure of) Allah).

«سبحان الله وبحمده»

"Subhānallāh wa bihamdih" (Glory be to Allah and His is the praise).



(100 times) in the morning, in the evening, or in both of them.

«أستغفر الله وأتوب إليه»

"Astaghfirullāh wa atūbu ilayh" (I seek Allah's forgiveness and I repent to Him).

(100 times).

Finally, this is what I was able to write about on that topic. I ask Allah Almighty to benefit Muslims with it.

Written by: Muhammad As-Sālih Al-  
‘Uthaymīn on 20/1/1418 AH.