

إِذَا أَفَاقَ مِنْ نَوْمِهِ قَالَ : الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ .

When he wakes up he says : Alhamdulillah the one who gavé us life after we were dead. and to him is the return .

إِذَا قَامَ مِنْ فِرَاشِهِ قَالَ : رَبِّ اغْفِرْ وَارْحَمْ وَأَهْدِ لِسَبِيلِ الْاَقْوَمِ .

When he leaves his bed . he says : Oh Lord forgive me and have mércy on me and guid me to the best way .

إِذَا رَأَى نُورَ الْفَجْرِ قَالَ : أَصْبَحْنَا وَأَصْبَحَ الْمَلِكُ لِلَّهِ وَالْحَمْدُ لِلَّهِ وَالْخَلْقُ وَالْأَمْرُ وَاللَّيْلُ وَالنَّهَارُ لِلَّهِ .

When he sees the light of dawn. he says : We witness the morning and the entire kingdom. all praise. command , creation , night, and day all belong to allah .

إِذَا نَظَرَ فِي الْمِرْآةِ قَالَ : الْحَمْدُ لِلَّهِ اللَّهُمَّ كَمَا حَسَنْتَ خَلْقِي فَحَسِّنْ خُلُقِي .

When he looks at the mirror, he says : Alhamdulillah the one who creted me in perfect shape . Oh Alláh perfect my manners as you perfeted my shape .

إِذَا لَبَسَ ثَوْبًا قَالَ : الْحَمْدُ لِلَّهِ الَّذِي كَسَانِي مَا أُوَارِي بِهِ عَوْرَتِي وَآتَجَمَّلُ بِهِ فِي حَيَاتِي .

When he dresses . he says : Alhamdulillah who clothed me so I cover my private , and beautify myself in this life .

إِذَا خَرَجَ مِنَ الْبَيْتِ قَالَ : بِسْمِ اللَّهِ ، تَوَكَّلْتُ عَلَى اللَّهِ ، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ أَنْ أَضِلُّ أَوْ أَضِلَّ .

When he leaves his house , he says : Bismillah, I rely on Alláh , Oh Allah! seek refuge in you from going astray or misleading others .

إِذَا دَخَلَ الْمَسْجِدَ قَالَ : اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ وَانْشُرْ عَلَيَّ خَزَائِنَ عِلْمِكَ .

When he enters the Masjid, he says : Oh Allah open for me the gates of mercy , and encompass me with your knowledge .

إِذَا دَخَلَ الْبَيْتَ قَالَ : بِسْمِ اللَّهِ دَخَلْنَا وَبِسْمِ اللَّهِ خَرَجْنَا وَعَلَى اللَّهِ تَوَكَّلْنَا .

When he enters the house , he says : Bisimillah we enter , Bisimillah we exit, and on Alláh we depend .

إِذَا أَكَلَ طَعَامًا قَالَ : الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا فَأَشْبَعَنَا وَسَقَانَا فَأَرَوَانَا وَجَعَلَنَا مُسْلِمِينَ .

When he finishes eating , he says : Alhamdulillah the one who fed us , gavé us drink sufficiently, and made us Muslims .

إِذَا شَرِبَ مَاءً قَالَ : الْحَمْدُ لِلَّهِ الَّذِي جَعَلَ الْمَاءَ فُرَاتًا بِرَحْمَتِهِ وَلَمْ يَجْعَلْهُ مَلْحًا أَحَاجًا بِذُنُوبِنَا .

When he drinks water , he says : Alhamulillah , the one who made the water sweet with his mercy not bitter , salty by our sins .

إِذَا دَخَلَ الْخَلَاءَ قَالَ : أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ ، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخُبَائِثِ .

When he enters the restroom, he says : I seek refuge in Alláh from the stoned satan , impurity , and male and female devils .

إِذَا خَرَجَ مِنَ الْخَلَاءِ قَالَ : غُفْرَانِكَ ... الْحَمْدُ لِلَّهِ الَّذِي أَذْهَبَ عَنِّي الْأَذَى وَعَافَانِي .

When he exits the restroom , he says : Your forgiveness, Alhamdulillah who has removed the harm and healed me... .

إِذَا غَضِبَ قَالَ : اللَّهُمَّ اغْفِرْ لِي ذَنْبِي وَأَذْهِبْ غَيْظَ قَلْبِي وَأَحْرِجْنِي مِنَ الشَّيْطَانِ .

When he gets angry, he says : Oh Allah forgive me, eliminate my anger , and protect me from satan .

إِذَا رَكِبَ مَرْكُوبًا قَالَ : الْحَمْدُ لِلَّهِ ... سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ .

When he rides, he says : Alhamdulillah , glorify the one who enabled us to subject this while we have no control of it .

إِذَا قَصَدَ فِعْلًا شَيْءًا قَالَ : اللَّهُمَّ خِرْ لِي .. وَاخْتَرْ لِي ... وَلَا تَكْلِبْنِي إِلَى نَفْسِي طَرْفَةَ عَيْنٍ .

When he intends something, he says : Oh Allah , direct me to the good , choose it for me and leave me not alone to myself for a second .

إِذَا أَرَادَ سَفَرًا قَالَ : اللَّهُمَّ أَنْتَ الصَّاحِبُ فِي السَّفَرِ وَالْخَلِيفَةُ فِي الْمَالِ وَالْأَهْلِ وَالْوَالِدِ .

When he travels, he says : Oh Allah you are the companion in the journey , the protector of my wealth and family .

إِذَا أَصَابَهُ مَرَضٌ قَالَ : اللَّهُمَّ رَبَّ النَّاسِ إِذْهَبِ الْبِأْسَ إِشْفُفْ أَنْتَ الشَّافِي لَا شِفَاءَ إِلَّا شِفَاؤُكَ .

When he gets sick, he says : Lord of man ! remove the harm , heal me for you are the healer , no remedy except by you .

إِذَا آتَتْهُ مُصِيبَةٌ قَالَ : إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ .

When he faces adversity . he says : We belong to Allah, and to him we return. Allah is sufficient for us and excellent is his protection .

إِذَا صَعَبَ عَلَيْهِ أَمْرٌ قَالَ : اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهُ سَهْلًا وَأَنْتَ تَجْعَلُ الْحَزْنَ إِذَا شِئْتَ سَهْلًا .

When he faces difficulty , he says : Oh Allah nothing is easy except which you make easy . You make the sadness easy if you will .

إِذَا أَدْنَى الْغُرْبُ قَالَ : اللَّهُمَّ هَذَا إِقْبَالُ لَيْلِكَ وَإِدْبَارُ نَهَارِكَ وَأَصْوَاتُ دُعَائِكَ فَاعْفِرْ لِي .

When he hears Maghrib , he says : Oh Allah your night is approaching and your day is gone and this is the sound of your slaves supplication , forgive me .

إِذَا أَمْسَى لَيْلًا قَالَ : أَمْسَيْنَا وَأَمْسَى الْمَلِكُ لِلَّهِ وَالْحَمْدُ لِلَّهِ وَحْدَهُ لَا شَرِيكَ لَهُ .

When night falls, he says : Oh Allah , we are approaching the night and yours is the kingdom . Alhamdulillah alone, he has no partner .

إِذَا أَتَى أَهْلَهُ قَالَ : اللَّهُمَّ جَنِّبْنَا الشَّيْطَانَ وَجَنِّبِ الشَّيْطَانَ مَا رَزَقْتَنَا .

When he approaches his wife, he says : Oh Allah , keep off satan from us , and keep satan off what you have bestowed on us .

إِذَا أَرَادَ النَّوْمَ قَالَ : بِاسْمِكَ رَبِّي وَضَعْتَ حَنْبِي وَبِكَ أَرْفَعُهُ إِنْ أَمْسَكَتَ نَفْسِي فَأَرْحَمَهَا وَإِنْ أُرْسَلْتَهَا فَاحْفَظْهَا بِمَا تَحْفَظُ بِهِ عِبَادَكَ الصَّالِحِينَ .

When he goes to sleep , he says : By your name my Lord, I lay down my side, and by your power I will rise . If you keep my soul, have mercy on it . If you release it, protect it like you would protect your righteous ones .