

Daily Supplications (FMR)

SERIES ONE

0.1

Upon Awakening from Sleep

أَلْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا، وَإِلَيْهِ النُّشُورُ

Al-Ḥam-du lil-lā-hil-la-dhee Ah-yā-nā Ba'-da-mā A-mā-ta-nā wa i-lay-hin-Nu-shoor.

(All Praise belongs to Allāh, Who gave us life after He caused us to die,
and unto Him is the resurrection [back to life].)¹

0.2

"أَلْحَمْدُ لِلَّهِ الَّذِي عَافَانِي فِي جَسَدِي، وَرَدَّ عَلَيَّ رُوحِي، وَأَذِنَ لِي بِذِكْرِهِ".

Alhamdu lillaahil-lathee 'aafaanee fee jasadee, wa radda 'alayya roohee, wa 'athina lee bithikrihi.

Praise is to Allah Who gave strength to my body and returned my soul to me and permitted me to remember Him.

0.3

Upon Entering the Bathroom

(بِسْمِ اللَّهِ) اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ

[Bis-mil-Lāh]. Allāhum-ma In-nee A'oo-dhu Bi-ka mi-nal khu-bu-thi wal-kha-bā-ith.

([In the Name of Allāh]. O Allāh! I seek refuge in You from the male
and female evil [*unclean*] spirits.)¹

غُفْرَانَكَ

Ghuf-rā nak

I ask You (Allāh) for forgiveness¹

0.4

When Getting Dressed

الْحَمْدُ لِلَّهِ الَّذِي كَسَانِي هَذَا (الثَّوْبَ) وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ...

Al-Ham-du lil-lā-hil-la-dhee Ka-sā-nee hā-dha-(th-thawb) wa Ra-za-qa nee-hi min ghai-ri Haw-
lin min-nee wa lā Qoo-wah.

(All Praise belongs to Allāh, Who has clothed me with this (garment) and provided it for me,
with no power nor might from myself.)¹

0.5

What to say When Performing /After Ablution (Part 1)

«بِسْمِ اللَّهِ» «أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ
لَا شَرِيكَ لَهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ
وَرَسُولُهُ»

Bismillah, 'Ash-hadu 'an laa 'ilaaha 'illallaahu wahdahu laa shareeka lahu wa 'ash-hadu 'anna
Muhammadan 'abduhu wa Rasooluhu.

I bear witness that none has the right to be worshipped but Allah alone, Who has no partner;
and I bear witness that Muhammad is His slave and His Messenger.

0.6

What to say After Ablution (Part 2)

«اللَّهُمَّ اجْعَلْنِي مِنَ التَّوَّابِينَ وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ»
«سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ، أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ، أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ»

Allaahummaj'alnee minat-tawwaabeena waj'alnee minal-mutatahhireen.

O Allah, make me among those who turn to You in repentance, and make me among
those who are purified.

Subhaanaka Allaahumma wa bihamdika, 'ash-hadu 'an laa 'ilaaha 'illaa 'Anta,
'astaghfiruka wa 'atoobu 'ilayk.

Glory is to You, O Allah, and praise; I bear witness that there is none worthy of worship but You. I seek Your forgiveness and turn to You in repentance.

0.7

When Leaving The House

بِسْمِ اللَّهِ، تَوَكَّلْتُ عَلَى اللَّهِ،
وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Bis-mil-lāh, Ta wak-kal tu 'ala-l-lāh

(In the Name of Allāh, I have depended upon Allāh

Wa lā ḥaw-la wa lā qoo-wa-ta il-lā bil-lāh

There is no Might nor Power/Strength except from Allāh)¹

0.8

When Riding In A Vehicle Or On An Animal

بِسْمِ اللَّهِ، وَالْحَمْدُ لِلَّهِ سُبْحَانَ الَّذِي

سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ ﴿١٣﴾

وَإِنَّا إِلَىٰ رَبِّنَا لَمُنْقَلِبُونَ ﴿١٤﴾

أَلْحَمْدُ لِلَّهِ، أَلْحَمْدُ لِلَّهِ، أَلْحَمْدُ لِلَّهِ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، سُبْحَانَكَ اللَّهُمَّ إِنِّي ظَلَمْتُ
نَفْسِي فَاعْفِرْ لِي؛ فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

Bis-mil-lāh, Wal-ḥam-du lil-lāh, Sub-ḥā-nal-la-dhee sakh-kha-ra la-nā hā-dhā wa mā kun-nā la-hoo
muq-ri-neen wa In-nā i-lā Rab-bi-nā la-mun-qa-li-boon.

Al-ḥam-du-lil-lāh, Al-ḥam-du-lil-lāh, Al-ḥam-du-lil-lāh Allāhu Ak-bar, Allāhu Ak-bar, Allāhu Ak-
bar. Sub-ḥā-na-kal-lāhum-ma, In-nee ḍḥa-lam-tu naf-see, fa-gh-fir lee, fa-in-na-hu lā yagh-fi-rudh-
dhu-noo-ba il-lā An-ta.

In the Name of Allāh; All Praise belongs to Allāh. O How Perfect is He Who has subdued this (vehicle) to
us, and we were not able to do it (on our own). Indeed, unto our Lord we are returning.

Praise be to Allāh, Praise be to Allāh, Praise be to Allāh. Allāh is the Greatest, Allāh is the Greatest, Allāh
is the Greatest. O How Perfect You are, O Allāh! Indeed, I have wronged myself. So, forgive me. Indeed,
no one forgives sins but You!¹

Supplication Before Sunrise

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

*Allāhumma bika 'ašbahnā, wa bika 'amsaynā, wa bika nahyā,
wa bika namuto, wa 'ilayka 'an-nushooru*

O' my Allah, by You we entered upon morning, by You we entered upon evening., by You we live, by You we die, and to You is the resurrection.

When Entering The Masjid

بِسْمِ اللَّهِ، وَالصَّلَاةِ وَالسَّلَامِ عَلَى رَسُولِ اللَّهِ، اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

(a) Bis-mil-lāh Waṣ-ṣa-lā-tu was-sa-lā-mu 'a-lā ra-soo-lil-lāh

(In the Name of Allāh

And may *Ṣalāt* (praise) and *Salām* (peace, safety and security) be upon the Messenger of Allāh

(b) "Allāhum-ma-f taḥ lee ab-wā-ba raḥ-ma-tik"

(O Allāh! Open for me the doors of Your Mercy!)

أَعُوذُ بِاللَّهِ الْعَظِيمِ، وَبِوَجْهِهِ الْكَرِيمِ، وَسُلْطَانِهِ الْقَدِيمِ، مِنَ الشَّيْطَانِ الرَّجِيمِ

(c) "A-'oo-dhu bil-lā-hil-'A-dheem, Wa bi-Waj-hi-hil Ka-reem,

Wa Sul-ṭā-ni-hil qa-deem, Mi-nash-shay-ṭā-nir ra-jeem"

(I seek refuge in Allāh, the Supreme; And in His noble face;

And in His eternal authority; From the accursed Satan!)

When Exiting The Masjid

بِسْمِ اللَّهِ وَالصَّلَاةِ وَالسَّلَامِ عَلَى رَسُولِ اللَّهِ

(a) Bis-mil-lāh,

Waṣ-ṣa-lā-tu was-sa-lā-mu 'a-lā ra-soo-lil-lāh

In the Name of Allāh

And may *Ṣalāt* (praise) and *Salām* (peace, safety, security) be upon the Messenger of Allāh

اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

(b) Allāhum-ma in-nee as-a-lu-ka min faḍ-li-k

O Allāh! I ask of You Your Bounty!

اللَّهُمَّ اعْصِمْنِي مِنَ الشَّيْطَانِ الرَّجِيمِ

(c) Allāhum-ma'-ṣim-nee mi-nash-shay-ṭā-nir-rajeem.

O Allāh! Protect me from the accursed Satan.
