

My Daily Du'as

Du'as the Prophet Muhammad (peace be upon him) taught us. **Say one, then colour its star!**



1  **When I wake up** Al-Bukhari 6312 ★

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

Alḥamdu lillāhil-ladhī aḥyānā ba'da mā amātanā wa ilayhin-nushūr

Meaning: All praise is for Allah, who gave us life again after sleep. To Him we return.

6  **Leaving home** Abu Dawud 5095 ★

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Bismillāh, tawakkaltu 'alallāh, lā ḥawla wa lā quwwata illā billāh

Meaning: In Allah's name. I trust Allah. All power is with Allah.

2  **Bathroom** Al-Bukhari 142 Abu Dawud 30 ★

IN  اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ

Allāhumma innī a'ūdhu bika minal-khubuthi wal-khabā'ith

Meaning: O Allah, keep me safe from all bad things.

OUT  غُفْرَانَكَ *Ghufrānak*

Meaning: O Allah, I ask for Your forgiveness.

7  **Car, bus or plane** Muslim 1342 Qur'an 43:13-14 ★

First say "Allāhu Akbar" 3 times, then:

سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ وَإِنَّا إِلَىٰ رَبِّنَا لَمُنْقَلِبُونَ

Subḥānal-ladhī sakhkhara lanā ḥadhā wa mā kunnā lahu muqrinīn, wa innā ilā rabbinā lamunqalibūn

Meaning: Glory to Allah, who made this ride for us. We could never do it on our own. To our Lord we return.

3  **New clothes** Abu Dawud 4020 ★

اللَّهُمَّ لَكَ الْحَمْدُ أَنْتَ كَسَوْتَنِيهِ أَسْأَلُكَ مِنْ خَيْرِهِ وَخَيْرِ مَا صُنِعَ لَهُ وَأَعُوذُ بِكَ مِنْ شَرِّهِ وَشَرِّ مَا صُنِعَ لَهُ

Allāhumma lakal-ḥamdu anta kasawtanīhi, as'aluka min khayrihi wa khayri mā ṣunī'a lahu, wa a'ūdhu bika min sharrihi wa sharri mā ṣunī'a lahu

Meaning: O Allah, praise is Yours, You dressed me! I ask for its good. Keep me safe from its harm.

8  **When it rains** An-Nasa'i 1523 ★

اللَّهُمَّ اجْعَلْهُ صَيِّبًا نَافِعًا

Allāhummaḥ'alhu ṣayyiban nāfi'ā

Meaning: O Allah, make it helpful rain.

4  **Before I eat** Abu Dawud 3767 ★

بِسْمِ اللَّهِ *Bismillāh*

Meaning: In the name of Allah.

Forgot? Say: Bismillāhi awwalahu wa ākhirahu

9  **Coming home** Abu Dawud 5096 ★

بِسْمِ اللَّهِ وَلَجْنَا وَبِسْمِ اللَّهِ خَرَجْنَا وَعَلَى اللَّهِ رَبِّنَا تَوَكَّلْنَا

Bismillāhi walajnā, wa bismillāhi kharajnā, wa 'alallāhi rabbinā tawakkalnā

Meaning: In Allah's name we come in and go out. We trust Him.

👋 Then say salaam to your family!

5  **After I eat** At-Tirmidhi 3458 ★

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةَ

Alḥamdu lillāhil-ladhī aṭ'amani ḥadhā wa razaqanihi min ghayri ḥawlin minnī wa lā quwwah

Meaning: All praise is for Allah, who fed me this and gave it to me, not by my own power.

10  **Going to sleep** Al-Bukhari 6324 ★

بِسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismika Allāhumma amūtu wa aḥyā

Meaning: In Your name, O Allah, I sleep and I wake up.

