

Eight Daily Duas, One for Each Moment

Cut along the dashed lines and put each card where the moment happens. Every dua checked against its source.

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WAKING UP

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ
النُّشُورُ

Alhamdu lillahi alladhi ahyana ba'da ma amatana wa ilayhin-nushur

Praise be to Allah, who gave us life after He caused us to die, and to Him is the return.

Sahih al-Bukhari 6312

GOING INTO THE BATHROOM

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ

Allahumma inni a'udhu bika minal-khubuthi wal-khaba'ith

O Allah, I seek refuge with You from all offensive and wicked things.

Sahih al-Bukhari 142

COMING OUT AGAIN

غُفْرَانَكَ

Ghufranak

I ask You for Your forgiveness.

Sunan Abi Dawud 30 (sahih)

BEFORE EATING

بِسْمِ اللَّهِ

Bismillah

In the name of Allah. If forgotten and remembered halfway:
Bismillahi awwalahu wa akhirah.

Sunan Abi Dawud 3767 (sahih)

AFTER EATING

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

*Alhamdu lillahi alladhi at'amani hadha wa razaqanihi min ghayri
hawlin minni wa la quwwah*

Praise be to Allah, who fed me this and provided it for me, with no power or strength of my own.

Jami' at-Tirmidhi 3458 (hasan)

LEAVING THE HOUSE

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا
بِاللَّهِ

Bismillah, tawakkaltu 'ala Allah, la hawla wa la quwwata illa billah

In the name of Allah, I put my trust in Allah, there is no might and no power except with Allah.

Sunan Abi Dawud 5095 (sahih)

SITTING DOWN TO STUDY

رَبِّ زِدْنِي عِلْمًا

Rabbi zidni 'ilma

My Lord, increase me in knowledge.

Qur'an 20:114

GOING TO SLEEP

اللَّهُمَّ بِاسْمِكَ أَمُوتُ وَأَحْيَا

Allahumma bismika amutu wa ahya

O Allah, in Your name I die and I live.

Sahih al-Bukhari 6314