



Muslims are encouraged to remember Allah often in their daily activities. Listed below are a few common remembrances (dhikr) and supplications (dua) for daily use.

(While it is encouraged to learn and use the dua from the Prophet's (saw) tradition for different situations, one can also supplicate in his or her own words and language in most cases)

Different ways to praising Allah

Laa 'ilaaha 'illallaahu wahdahu laa shareeka lahu, laahul-mulku wa laahul-hamdu wa Huwa 'alaa kulli shay'in Qadeer- None has the right to be worshipped but Allah alone, Who has no partner. His is the dominion and His is the praise, and He is Able to do all things.

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ. مائة مرة

Subhaanal-laahi wa bihamdihi, Subhaanal-laahil-'Adheem- Glorified is Allah and praised is He , Glorified is Allah the Most Great.

Subhaanallaahi, walhamdu lillaahi, wa laa 'ilaaha 'illallaahu, wallaahu 'Akbar.- Glory is to Allah, and praise is to Allah, and there is none worthy of worship but Allah, and Allah is the Most Great.

Sources: "Fortification of the Muslim" and "Fortress of the Muslim" (Dar us Salaam Publishers). Please refer to these books for a more extensive list of dua for different occasions. To access these books online visit www.islamawareness.net/Dua/Fortress/ and www.makedua.com

Some Etiquettes of Dua

- Having Wudhu and facing the Qibla if able.
- Seeking Allah's Help Alone
- Glorifying and Praising Allah, acknowledging His blessings and Seeking forgiveness
- Asking Allah by His beautiful names
- Humility, sincerity of intention, and full concentration
- Perseverance in making dua

Times when dua have better chance of acceptance

Certain times are considered particularly good for one's supplication to be accepted. These include:

- Between the call of prayer (adhan) and the prayer
- During the prostration in prayer
- When it rains
- During travel
- During the last third of the night
- On Fridays

Before beginning any action e.g. working, eating, making wudhu, etc

بِسْمِ اللَّهِ

Bismillah - In the name of Allah

After eating

الْحَمْدُ لِلَّهِ،

Alhamdulillah - Praise be to Allah

After Wudhu

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

'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.

When waking up

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

Alhamdu lillaahi llathee 'ahyaanaa ba'da maa 'amaatanaa wa'ilayhin-nushoor. -Praise is to Allah Who gives us life after He has caused us to die and to Him is the return.

When going to sleep

سُبْحَانَ اللَّهِ، وَالْحَمْدُ لِلَّهِ، وَاللَّهُ أَكْبَرُ

SubhanaAllah, Alhamdulillah, Allahu Abkar (each 33 times) – Glory be to Allah, Praise be to Allah, Allah is Great

بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismika Allaahumma 'amootu wa 'ahyaa. - In Your Name , O Allah , I die and I live.

One can also recite the last three chapters of the Quran

After sneezing

الْحَمْدُ لِلَّهِ،

Alhamdulillah – Praise be to Allah

Asking for forgiveness

أَسْتَغْفِرُ اللَّهَ

Astaghfirullah – I seek forgiveness from Allah

رَبِّ اغْفِرْ لِي

Rabighfirly – Oh Lord forgive me

The Prophet (saw) said. "There is not any slave of Allah who commits a sin, then he perfects his ablution and stands to pray two Rak'ahs of prayer, then seeks Allah's forgiveness, except that Allah will forgive him." Reported by Abu Dawud

Seeking Protection from the Devil or when Angry

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ.

Audhu Billahi Min-ash-Shaytanir-Rajeem – I seek refuge in Allah from the accursed Satan

When worried or in grief

Allaahumma 'innee 'a'oothu bika minal-hammi walhazani, wal'ajzi walkasali, walbukhli waljubni, wa dhala'id-dayni wa ghalabatir-rijaal .

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحُزْنِ، وَالْعَجْزِ وَالْكَسَلِ وَالْبُخْلِ وَالْجُبْنِ، وَضَلَعِ الدَّيْنِ وَغَلَبَةِ الرِّجَالِ.

O Allah , I seek refuge in you from grief and sadness, from weakness and from laziness, from miserliness and from cowardice, from being overcome by debt and overpowered by men (i .e . others)

When Frightened

Laa 'ilaaha 'illallaah! - There is none worthy of worship but Allah!

لَا إِلَهَ إِلَّا اللَّهُ.

When things become difficult

Allaahumma laa sahla 'illaa maal ja'altahu sahlan wa 'Anta taj'alul-hazna 'ithaa shi'ta sahlan. - O Allah, there is no ease except in that which You have made easy, and

You make difficulty, if You wish, easy.'

When you have doubts about your faith

أَمَنْتُ بِاللَّهِ وَرُسُلِهِ.

'Aamantu billaahi wa Rusulihi - I believe in Allah and His Messenger.

Dua asking Allah to increase you in knowledge

Rabi zidni ilma – Oh Allah increase my knowledge رَبِّ زِدْنِي عِلْمًا