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The essential fourteen

The duas of an ordinary day, from waking to sleeping: one chart for the wall.

14 duas | Bahishti Zewar

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Upon waking from sleep — 1

اَلْحَمْدُ لِلّٰهِ الَّذِيْ أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُوْرُ

Al-hamdu Lillâhil ladhi ahyana ba'da ma amâtanâ wa ilayhin nushur.

All praise to Allah who gave us life after having given us death, and (our) final return is to Him.

Behesti Zewar (Part 6, p. 267), citing Bukhari

Before entering the bathroom/toilet — 2

بِسْمِ اللهِ، اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ

Bismillâhi allâhumma inni a'udhu bika minal khubuthi wal khabâ'ith.

In the name of Allah: O Allah, I seek Your protection from male and female devils.

Behesti Zewar (Part 6, p. 272), citing Bukhari

Upon exiting the bathroom — 3

غُفْرَانَكَ، اَلْحَمْدُ لِلّٰهِ الَّذِيْ أَذْهَبَ عَنِّي الْأَذٰى وَعَافَانِيْ

Ghufrânaka al-hamdu lillâhil ladhi adh-haba annil adhâ wa âfani.

O Allah, I seek your forgiveness. All praises are due to Allah who has taken away from me the discomfort and granted me comfort.

Behesti Zewar (Part 6, p. 272), citing Bukhari

Before starting wuḍū' — 4

بِسْمِ اللهِ

Bismillah

In the name of Allah.

Behesti Zewar (Part 6, p. 272), citing Abu Dawud

Immediately after completing wuḍū' — 5

أَشْهَدُ أَنْ لَّا إِلٰهَ إِلَّا اللهُ وَحْدَهُ لَا شَرِيْكَ لَهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُوْلُهُ · اَللّٰهُمَّ اجْعَلْنِيْ مِنَ التَّوَّابِيْنَ وَاجْعَلْنِيْ مِنَ الْمُتَطَهِّرِيْنَ

Ash-hadu allâ ilâha illallâhu wahdahû lâ sharika lahû wa ash-hadu anna muhammadan abduhû wa rasûluh. · Allâhummaj-alni minattawwâbina waj-alni minal mutatahhirin.

I bear witness that there is no Lord except Allah (SWT). He is one and has no partner and I bear witness that Muhammad is His Servant and Messenger. · O Allah, make me from amongst the repenters and among those who keep very clean.

Behesti Zewar (Part 6, p. 273), citing Muslim and Tirmidhi

When wearing any article of clothing — 6

اَلْحَمْدُ لِلّٰهِ الَّذِيْ كَسَانِيْ هٰذَا الثَّوْبَ، وَرَزَقَنِيْهِ مِنْ غَيْرِ حَوْلٍ مِّنِّيْ وَلَا قُوَّةٍ

Al-hamdu lillâhilladhi kasâni hâdhath-thawba, wa razaqanihi min ghayri hawlim minni wa la quw-wah.

All praises are for Allah who dressed me with this garment and gave it to me without any strength and ability on my part.

Behesti Zewar (Part 6, p. 270), citing Tirmidhi

Upon leaving your home

7

بِسْمِ اللهِ تَوَكَّلْتُ عَلَى اللهِ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللهِ

Bismillâhi tawakkaltu alallahi walâ hawla walâ quwwata illâ billâh.

In the name of Allah (SWT), I depend on Allah (SWT), and we do not have any power to do good deeds or to avoid evil deeds except with the help of Allah (SWT).

Behesti Zewar (Part 6, p. 271), citing Tirmidhi

Upon entering your home

8

اَللّٰهُمَّ إِنِّيْ أَسْأَلُكَ خَيْرَ الْمَوْلِجِ وَخَيْرَ الْمَخْرَجِ، بِسْمِ اللهِ وَلَجْنَا وَبِسْمِ اللهِ خَرَجْنَا، وَعَلَى اللهِ رَبِّنَا تَوَكَّلْنَا

Allâhumma inni as'aluka khayral mawliji wa khayral makhraji, bismillâh walajnâ wa bismillâhi kharajnâ wa 'alallâhi rabbinâ tawakkalnâ.

O Allah (SWT), I beg of you the blessing of entering and leaving. With Allah's (SWT) name do we enter and with Alláh's (SWT) name do we leave, and upon Allah, our Lord, do we rely.

Behesti Zewar (Part 6, p. 271), citing Abu Dawud

At the start of every meal

9

بِسْمِ اللهِ وَبَرَكَةِ اللهِ

Bismillâhi wabarakatillâh.

(I am eating) In the name of Allah (SWT) and with the blessings of Allah (SWT).

Behesti Zewar (Part 6, p. 268), citing Hakim

When one forgets to say Bismillāh before eating

10

بِسْمِ اللهِ أَوَّلَهُ وَآخِرَهُ

Bismillâhi aw-walahu wa âkhirah.

In the name of Allah, at the beginning of it and at the end of it (meal).

Behesti Zewar (Part 6, p. 269), citing Abu Dawud

Upon finishing a meal

11

اَلْحَمْدُ لِلّٰهِ الَّذِيْ أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مِنَ الْمُسْلِمِيْنَ

Al-hamdu lillâhilladhi at-amana wasaqânâ waja-alana minal muslimin.

All praise is due to Allah (SWT) who gave us food and drink and made us Muslims.

Behesti Zewar (Part 6, p. 268), citing Tirmidhi

Upon entering the mosque with right foot first

12

اَللّٰهُمَّ افْتَحْ لِيْ أَبْوَابَ رَحْمَتِكَ

Allâhummafta li abwâba rahmatik.

O Allah (SWT), open for me the doors of Your mercy.

Behesti Zewar (Part 6, p. 274), citing Muslim

Upon leaving the mosque with left foot first

13

اَللّٰهُمَّ إِنِّيْ أَسْأَلُكَ مِنْ فَضْلِكَ

Allâhumma inni as'aluka min fadlik

O Allah (SWT) I ask You of Your favour.

Behesti Zewar (Part 6, p. 274), citing Muslim

When lying down to sleep

14

اَللّٰهُمَّ بِاسْمِكَ أَمُوْتُ وَأَحْيَا

Allâhumma bismika amûtu wa ahya.

O Allah, with Your name I die and live.

Behesti Zewar (Part 6, p. 266), citing Bukhari