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Morning and night

Before sleep, on waking, and the words of the morning.

4 duas | Bahishti Zewar

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When lying down to sleep

1

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

Upon waking from sleep

2

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

Morning and evening, 3 times each

3

بِسْمِ اللهِ الَّذِيْ لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيْعُ الْعَلِيْمُ

Bismillâhil-ladhi lâ ya-durru ma'asmihi shay'un fil ardi walâ fissamâi wa huwas sami'ul aleem

(I begin the day/night) in the name of Allah (SWT) by whose name nothing on earth and heaven can cause harm. He is All Hearing, All Knowing.

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

In the morning

4

رَضِيْنَا بِاللهِ رَبًّا وَبِالْإِسْلَامِ دِيْنًا وَبِمُحَمَّدٍ رَسُوْلًا

Radina billâhi rabban wa bil-Islâmi dinan wa bi muhammadin rasûlân.

We are pleased with Allah as the Lord, with Islam as the Religion and with Muhammad as the Messenger.

Behesti Zewar (Part 6, p. 267), citing Abu Dawud