

[1] Restroom

**allaahumma innee a'oodhu bika minal-khubuthi
wal-khabaa'ith**

ghufraanak

[2] Wudu

**ash-hadu an laa ilaha ill-allaah, wa anna
muḥammadan 'abdullahi wa rasooluh**

[3] Adhan

repeat after the mu'adhdhin, but when he says the hayyatayn, say 'la hawla wala quwwata illa billah'

then say salawat after adhan

[4] Masjid

allaahum-maf-taḥ lee abwaaba raḥmatik

allaah-humma innee as'aluka min faḍ-lik

[5] Salah

**subḥaanak-allaahumma wa biḥamdik, wa
tabaarakas-muka wa ta'aalaa jadduka**

wa laa ilaaha ghayruk

[6] Ruku

subḥaana rabbiyal-'adheem

[7] Rising

sami'-allaahu liman ḥamidah

**rabbanaa wa lakal-ḥamdu ḥamdan-katheeran
ṭayyiban mubaarakan feeh**

[8] Sujud

subḥaana rabbiyal a'laa

[9] Tashahhud

**at-taḥiyyaatu lillaah, waṣ-ṣalaawaatu waṭ-ṭayyibaat,
as-salaamu ‘alayka ayyuhan-nabiyyu**

wa raḥmatullaahi wa barakaatuh

**as-salaamu ‘alaynaa wa ‘alaa ‘ibaad-illaahiṣ
ṣaaliḥeen, ash-hadu an laa ilaaha ill-allaah,**

**wa ash-hadu anna muḥammadan ‘abduhu wa
rasooluh**

[10] Salawat

**allaahumma ṣalli ‘alaa muḥammadin wa ‘alaa aali
muḥammad, kamaa ṣallayta ‘alaa ibraaheema**

wa ‘alaa aali ibraaheem, innaka ḥameedun majeed

**allaahumma baarik ‘alaa muḥammadin wa ‘alaa aali
muḥammad, kamaa baarakta ‘alaa ibraaheema**

wa ‘alaa aali ibraaheem, innaka ḥameedun majeed

[11] Before Salam

**allaahumma innee a'oodhu bika min 'adhaabi
jahannam, wa min 'adhaabil-qabr,**

**wa min fitnatil-mahyaa wal-mamaati, wa min sharri
fitnatil maseeh-id-dajjaal**

[12] After Salah

astaghfirullaah, astaghfirullaah, astaghfirullaah

**allaahummah antas-salaamu, wa minkas-salaamu,
tabaarakta yaa dhal-jalaali wal-ikraam**

**subhanallah [33x] alhamdulilah [33x] allahu akbar
[33x]**

**laa ilaaha il-allaahu waḥdahu laa shareeka lahu,
lahul-mulku wa lahul-ḥamdu**

wa huwa 'alaa kulli shay'in qadeer

ayat al-kursi

surah al-falaq & surah al-nas

[13] Treating Pain

**recite surah al-falaq & surah al-nas then blow on
yourself**

[14] Visiting Sick

laa ba's, ṭahoorun in shaa'-allah

[15] Calamity

qaddar-allaahu wa maa shaa'a fa'al

**innaa lillaahi wa innaa ilayhi raaji'oon, allaahumma'
jurnee fee muşeebatee,**

wa'akhlif lee khayran minhaa

[16] Resident

**astawdi'-ullaaha deenaka wa amaanataka, wa
khawaateema 'amalik**

[17] Traveller

allahu akbar, allahu akbar, allahu akbar

**subḥaan-alladhee sakhkhara lanaa haadhaa wa maa
kunnaa lahu muqrineen,**

wa innaa ilaa rabbinaa la munqaliboon

**allaahumma innaa nas'aluka fee safarinaa
haadhal-birra wat-taqwaa,**

wa minal-'amali maa tarḍaaa

**allaahumma hawwin 'alaynaa safaranaa haadhaa
waṭwi 'annaa bu'dah**

**allaahumma antaṣ-ṣaaḥibu fis-safar, wal-khaleefatu
fil-ahl,**

**allaahumma innee a'oodhu bika min
wa'thaa'-is-safar, wa ka'aabat-il-manẓar,**

wa soo'-il-munqalabi fil-maali wal-ahl

[18] Entering Home

make dhikr of Allah

[19] New Clothing

**allaahumma lakal-ḥamdu anta kasawtaneeh,
as'aluka khayrahu wa khayra maa ṣuni'a lah,**

**wa 'a'oodhu bika min sharrihi wa sharri maa ṣuni'a
lah**

[20] Eating

bismillah

bismillahi fee awwalihi wa aakhirih

**al-ḥamdu lillaahi katheeran ṭayyiban mubaarakan
feeh, ghayra makfiyyin wa laa muwadda'in,**

wa laa mustaghnan 'anhu rabbanaa

[21] Host

**allaahumma baarik lahum fee maa razaqtahum,
waghfir lahum war-ḥamhum**

[22] Night

ayat al-kursi

amanar rasul (last two verses of surah al-baqarah)

**gather hands, blow once - then recite surah ikhlas,
falaq and nas - then wipe over body - repeat process
thrice**

allahummah bismika amoo-tu wa aḥyaa

[23] Waking Up

**alḥamdu lillaahil-ladhee aḥyaanaa ba'da maa
amaatanaa wa ilayhin-nushoor**

[24] Morning & Evening

surah ikhlas, falaq and nas [3x]

**a'oodhu bi-kalimaatillaahit-taammaati min sharri
maa khalaq [3x]**

**bismillaahil-ladhee laa yaḍurru ma'as-mihi shayy,
fil-arḍi wa laa fis-samaa, wa huwas-samee'-ul-'aleem
[3x]**

**allaahumma anta rabbiy laa ilaaha illaa ant,
khalaqtanee wa ana 'abduk,**

**wa ana 'alaa 'ahdika wa wa'dika masta-ṭa't,
a'oodhu bika min sharri maa ṣana't,**

**aboo'u laka bi ni'matika 'alayy, wa aboo'u laka bi
dhanbee faghfir lee,**

fa innahu laa yaghfir-udh-dhunooba illaa ant

[25] Rain

- **allaahumma şayyiban naafi'aa**
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[26] Camping

**a'udhu bikalimatillahit taam-maati min sharri
ma-khalaq**

[27] Amazement

subhanallah or allahu akbar

[28] Sneeze

alḥamdu lillaah

yarḥamu-kallah

yahdee-kumullaahu wa yuṣliḥu baalakum

[29] Anger

a'oodhu billaahi minash-shayṭaanir-rajeem

[30] Gathering

**subḥaanak-allaahumma wabi ḥamdika ash-hadu an
laa ilaaha illaa ant, astaghfiruka wa a'toobu ilayk**
