



## **ATHKAAR FOR THE MORNING & EVENING**

"اللَّهُمَّ بِكَ أَصْبَحْنَا، وَبِكَ أَمْسَيْنَا، وَبِكَ نَحْيَا، وَبِكَ نَمُوتُ وَإِلَيْكَ النُّشُورُ".

**Allaahumma bika 'asbahnaa, wa bika 'amsaynaa, wa bika nahyaa, wa bika namootu wa 'ilaykan-nushoor.**

O Allah , by You we enter the morning and by You we enter the evening, <sup>1</sup> by You we live and and by You we die, and to You is the Final Return.<sup>2</sup>

<sup>1</sup> When you say this in the evening you should say: **Allaahumma bika 'amsaynaa wa bika 'asbahnaa, wa bika nahyaa, wa bika namoot, wa 'ilaykal-maseer** : "O Allah, You bring us the end of the day as You bring us its beginning, You bring us life and you bring us death, and to You is our fate." <sup>2</sup>Sahih At-Tirmithi 3/142.'

«أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ رَبِّ الْعَالَمِينَ، اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ  
هَذَا الْيَوْمِ: فَتْحَهُ، وَنَصْرَهُ وَنُورَهُ، وَبَرَكَتَهُ، وَهُدَاهُ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا  
فِيهِ وَشَرِّ مَا بَعْدَهُ».

**'Asbahnaa wa 'asbahal-mulku lillaahi Rabbil-'aalameen, Allaahumma 'innee 'as'aluka khayra haathal-yawmi: Fathahu wa nasrahu wa noorahu, wa barakatahu, wa hudaahu, wa'a'oothu bika min sharri maafeehi wa sharri maa ba'dahu.**

We have entered a new day and with it all the dominion which belongs to Allah, Lord of all that exists. O Allah, I ask You for the goodness of this day,<sup>2</sup> its victory, its help, its light, its blessings, and its guidance. I seek refuge in You from the evil that is in it and from the evil that follows it.

Reference:

<sup>1</sup> **For evening recitation, say here: Allaahumma 'innee 'as'aluka khayra haathihil-laylati:** "My Lord, I ask You for the good things of this night."

<sup>2</sup> Abu Dawud 4/322. Its transmission chain is good (Hasan). See also Ibn Al-Qayyim, Zadul- Ma'ad 2/273.

