

Leaving the home

بِسْمِ اللَّهِ ، تَوَكَّلْتُ عَلَى اللَّهِ وَلَا حَوْلَ
وَلَا قُوَّةَ إِلَّا بِاللَّهِ

*Bismillahi tawakkaltu 'alal lahi wa
la hawla wa la quwwata 'illa billah*

In the name of Allah, I place my trust in Allah, and
there is no might or power except with Allah.

Entering the home

بِسْمِ اللَّهِ وَلَجْنَا، وَبِسْمِ اللَّهِ خَرَجْنَا،
وَعَلَى رَبِّنَا تَوَكَّلْنَا

*Bismillahi walajna wa bismillahi
kharajna wa 'ala rabb-ina tawakkalna*

In the name of Allah we enter, and in the name of Allah
we leave, and in our Lord we place our trust.

Going to sleep

بِسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismika Allahumma amutu wa ahya

In your name O Allah, I live and die.

Waking up

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا
وَإِلَيْهِ النُّشُورُ

*Alhamdullillahi-ladhi ahyaana ba'da
ma amatana wa 'ilayhin-nushoor*

All praise is due to Allah who gave us life after taking it
from us and unto Him is the resurrection.



Before eating

بِسْمِ اللّٰهِ

Bismillah

In the name of Allah

After eating

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا
وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةَ

*Alhamdulillahil-ladhi at 'amani hadha wa razaqaneehee
min ghayri hawlin-minni wa laquwattin*

All praise is due to Allah who fed me this and provided
me with it without any might or power from myself.

Entering the toilet

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبُثِ
وَالْخَبَائِثِ

*Allahumma inni a'udhu bika minal
khubuthi walkhabaa 'ith*

O Allah, I seek refuge in you from all evil and evil-doers.

Leaving the toilet

عُفْرَانَاكَ

Ghufranaka

I ask You (Allah) for forgiveness