Morning and evening adhkar

Four short adhkar to say every morning and every evening, then tick the box for the day.

Name: _____

Radiance
ISLAMIC ACADEMY

1 The three Quls: read Al-Ikhlas, Al-Falaq and An-Nas in full

3 times

Al-Ikhlas: قُلْ هُوَ ٱللَّهُ أَحَدٌ Al-Falaq: قُلْ أَعُوذُ بِرَبِّ ٱلْفَلَقِ

An-Nas: قُلْ أَعُوذُ بِرَبِّ ٱلنَّاسِ

Source: Sunan Abi Dawud 5082 · Jami' at-Tirmidhi 3575

2

3 times

بِسْمِ اللَّهِ الَّذِي لاَ يَضُرُّ مَعَ اسْمِهِ شَىْءٌ فِي الأَرْضِ وَلاَ فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

Bismillahil-ladhi la yadurru ma'a-smihi shay'un fil-ardi wa la fis-sama'i, wa huwas-sami'ul-'alim

Meaning: In the name of Allah, with whose name nothing on the earth or in the sky can cause harm, and He is the All-Hearing, the All-Knowing.

Source: Sunan Abi Dawud 5088 · Jami' at-Tirmidhi 3388

3

Once

Morning

اللَّهُمَّ بِكَ أَصْبَحْنَا وَبِكَ أَمْسَيْنَا وَبِكَ نَحْيَا وَبِكَ نَمُوتُ وَإِلَيْكَ الْمَصِيرُ

Evening

اللَّهُمَّ بِكَ أَمْسَيْنَا وَبِكَ أَصْبَحْنَا وَبِكَ نَحْيَا وَبِكَ نَمُوتُ وَإِلَيْكَ النُّشُورُ

Meaning: O Allah, by You we reach the morning and by You we reach the evening, by You we live and by You we die, and to You is the return (in the evening: the rising again).

Source: Jami' at-Tirmidhi 3391

4

100 times

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

Subhan-Allahi wa bihamdihi

Meaning: Glory be to Allah, and praise be to Him.

Source: Sahih Muslim 2692

This week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning	☐	☐	☐	☐	☐	☐	☐
Evening	☐	☐	☐	☐	☐	☐	☐

Tick the box after you say your morning or evening adhkar. If you have a question, ask your child's teacher.