

Selected Supplications – Dua’s

Upon entering toilet

Bismillahi, Allahumma inni a’udhubika minal khubuthi wal khaba’ith

(In the Name of Allah, O Allah, I seek refuge in You from all offensive and wicked things (evil deeds and evil spirits – male and female unclean spirits.)

When leaving the toilet

Ghufraanaka

(I seek Your forgiveness.)

Before sleeping

Bismika Rabbi wadha’tu janbee, wabika arfa’uhu, fa’in amsakta nafsee farhamhaa, wa in arsaltahaa fahfadhhaa, bimaah tafadhu bihi ibaa-dakas-saaliheen.

(With Your Name my Lord, I lay myself down; and with Your Name I rise. And if my soul You take, have mercy on it, and if You send it back then preserve it as You preserve Your righteous slaves.)

When you wake up

Alhamdu lillahi-lathee ahyanaa ba’da maa amaanaa wa ilaihin-nushoor

(Praise be to Allah Who gives us life after He has caused us to die and unto Him is the return.)

When leaving the house

Bismillahi, tawakkaltu alallahi walaa hawla walaa quwwata illaa billaah

(In the Name of Allah, I have placed my trust in Allah, there is no might and power except by Allah.)

Surah al-Nas

Bismillahir-Rahmanir-Raheem. Kul a’uthu birabbil-naas. Malikin-naas. Ilaahin-naas. Min sharri-lwas-waaasil khannaas. Allathee yuwaswisu fee suduurin-naas. Minal-jinnati wan-naas.

(In the Name of Allah, the Most Gracious, the Most Merciful. Say: "I seek refuge in (Allah) the Lord of mankind, the King of mankind, the God of mankind, from evil of the whisperer who withdraws, who whispers in the breasts of mankind, of jinns and men.)

Surah al-Falaq

Bismillahir-Rahmanir-Raheem. Kul a’uthu birabbil-falaq. Min sharri maa khalaq. Wa min sharri ghaasikin ithaa waqab. Wa min sharrin naffaathaati fil-uqad. Wa min sharri haasidin ithaa hasad.

(In the Name of Allah, the Most Gracious, the Most Merciful. Say: "I seek refuge in (Allah) the Lord of the daybreak, from the evil of what He has created, and from the evil of the darkening (night) as it comes with its darkness, and from the evil of those who practice witchcraft when they blow in the knots, and from the evil of the envier when he envies.)

Asking Allah’s protection for children

U’eethukumaa bikalimaatil-laahit-taam-mati min kulli shaitaanin wa ham-matin, wa min kulli ainin laammatin.

(I seek protection for you in the Perfect Words of Allah from every devil and every beast, and from every envious blameworthy eye.)