

Muslimaat

Daily Duas & Dhikr

A Beautiful Guide to
Remembering Allah Every Day

سَبْحَانَ
اللَّهِ

الْحَمْدُ
لِلَّهِ

اللَّهُ
أَكْبَرُ

أَسْتَغْفِرُ
اللَّهِ



BEGINNER
FRIENDLY



STRENGTHEN
YOUR FAITH



DAILY REMEMBRANCE
& REFLECTION



PEACE, CONTENTMENT
& SPIRITUAL GROWTH

A Beautiful Guide to Remembering Allah Every Day

Beginner friendly - authentic sources - daily reflection

This booklet gathers daily duas and adhkar from the Qur'an and authentic hadith collections. It is designed for beginners, new Muslims and anyone who wants a simple routine for remembering Allah with confidence.

What is inside

1. The importance of dhikr
2. Morning and evening remembrance
3. Dhikr after salah
4. Daily tasbih and beloved phrases
5. Forgiveness and repentance
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Authenticity note: wording has been checked against Qur'anic verses and well-known hadith references. Readers should learn pronunciation with a qualified teacher where possible.

The Importance of Dhikr

Remembering Allah brings life to the heart

فَاذْكُرُونِي أَذْكَرْكُمْ

Transliteration: Fadhkuroonee adhkurkum

Meaning: So remember Me; I will remember you.

Source: Qur'an 2:152

مَثَلُ الَّذِي يَذْكُرُ رَبَّهُ وَالَّذِي لَا يَذْكُرُ رَبَّهُ مَثَلُ الْحَيِّ وَالْمَيِّتِ

Transliteration: Mathalu alladhee yadhkuru rabbahu walladhee la yadhkuru rabbahu mathalu al-hayyi wal-mayyit

Meaning: The example of the one who remembers his Lord and the one who does not remember Him is like the living and the dead.

Source: Sahih al-Bukhari 6407

Begin with sincerity

Dhikr is not only words on the tongue. It is also gratitude, reflection, humility and love for Allah. Start with a small amount daily and protect consistency.

Morning & Evening Dhikr

Sayyidul Istighfar - the master supplication for forgiveness

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، أَعُوذُ بِكَ مِنْ شَرِّ مَا
صَنَعْتُ، أُبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ، وَأُبُوءُ لَكَ بِذُنُوبِي، فَاعْفُرْ لِي، فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

Transliteration: Allahumma anta Rabbi, la ilaha illa anta, khalaqtani wa ana abduka, wa ana ala ahdika wa wadika ma istatatu. Audhu bika min sharri ma sanatu. Abu-u laka binimatika alayya, wa abu-u laka bidhanbi, faghfir li fa innahu la yaghfirudh-dhunuba illa anta.

Meaning: O Allah, You are my Lord. None has the right to be worshipped except You. You created me and I am Your servant. I keep Your covenant and promise as much as I can. I seek refuge in You from the evil of what I have done. I acknowledge Your blessings upon me and I acknowledge my sin, so forgive me, for none forgives sins except You.

Source: Sahih al-Bukhari 6306. Recited with certainty in the morning or evening, with the virtue mentioned in the hadith.

When to read it

Read once in the morning and once in the evening. Learn it slowly line by line until it becomes familiar.

Dhikr After Salah

Simple authentic reminders after every prayer

أَسْتَغْفِرُ اللَّهَ

Transliteration: Astaghfirullah

Meaning: I seek Allah's forgiveness. Recite three times after salah.

Source: Sahih Muslim 591

اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ، تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

Transliteration: Allahumma antas-salam wa minkas-salam, tabarakta ya dhal-jalali wal-ikram

Meaning: O Allah, You are Peace and from You is peace. Blessed are You, Possessor of Majesty and Honour.

Source: Sahih Muslim 591

سُبْحَانَ اللَّهِ ۳۳، الْحَمْدُ لِلَّهِ ۳۳، اللَّهُ أَكْبَرُ ۳۳

Transliteration: SubhanAllah 33, Alhamdulillah 33, Allahu Akbar 33

Meaning: Glory be to Allah, praise be to Allah, Allah is the Greatest. Complete with: La ilaha illa Allah wahdahu la sharika lah...

Source: Sahih Muslim 597a

4. Daily Tasbih and Beloved Phrases

Simple words that are easy to say, loved by Allah and full of reward.

سُبْحَانَ اللَّهِ

SubhanAllah

Glory be to Allah

Source: Sahih al-Bukhari 6407

الْحَمْدُ لِلَّهِ

Alhamdulillah

All praise is for Allah

Source: Sahih Muslim 591

لَا إِلَهَ إِلَّا اللَّهُ

La ilaha illa Allah

None has the right to be worshipped except Allah

Source: Sahih Muslim 597

اللَّهُ أَكْبَرُ

Allahu Akbar

Allah is the Greatest

Source: Sahih al-Bukhari 6384



Tip: Repeat these throughout the day – at home, while travelling, after Salah and before sleep.

Seeking Forgiveness

Istighfar opens the door to mercy

أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ

Transliteration: Astaghfirullah wa atubu ilayh

Meaning: I seek Allah's forgiveness and repent to Him.

Source: Sahih al-Bukhari 6307

The Prophet ﷺ used to seek Allah's forgiveness frequently. Make istighfar part of your daily routine.

رَبِّ اغْفِرْ لِي وَتُبْ عَلَيَّ، إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ

Transliteration: Rabbi-ghfir li wa tub alayya, innaka antat-tawwabur-rahim

Meaning: My Lord, forgive me and accept my repentance. Indeed, You are the Acceptor of repentance, the Most Merciful.

Source: Sunan Abi Dawud 1516; Jami at-Timidhi 3434 (reported as authentic/hasan-sahih by hadith scholars)

Beginner advice

Do not let guilt push you away from Allah. Let it bring you back to Him. Say istighfar with honesty, leave the sin, and ask Allah for strength.

Anxiety, Stress & Hardship

Words of reliance and strength

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

Transliteration: Hasbunallahu wa ni'mal-wakeel

Meaning: Allah is sufficient for us, and He is the best disposer of affairs.

Source: Qur'an 3:173; mentioned in Sahih al-Bukhari 4563

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Transliteration: La hawla wa la quwwata illa billah

Meaning: There is no power and no strength except with Allah.

Source: Sahih al-Bukhari 6384; Sahih Muslim 2704

The Prophet ﷺ described it as a treasure from the treasures of Paradise.

How to use this page

When overwhelmed, pause, breathe, and repeat these words slowly. Reliance on Allah does not mean ignoring action; it means taking the next right step while trusting Him.

Before Sleeping

End the day with protection and remembrance

آيَةُ الْكُرْسِيِّ

Transliteration: Ayat al-Kursi

Meaning: Recite Qur'an 2:255 before sleeping.

Source: Sahih al-Bukhari 2311

The hadith mentions protection by Allah throughout the night.

قُلْ هُوَ اللَّهُ أَحَدٌ، قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ، قُلْ أَعُوذُ بِرَبِّ النَّاسِ

Transliteration: Qul Huwa Allahu Ahad, Qul Audhu bi Rabbil-Falaq, Qul Audhu bi Rabbin-Nas

Meaning: Recite the last three surahs, blow lightly into the hands and wipe over the body.

Source: Sahih al-Bukhari 5017

بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Transliteration: Bismika Allahumma amutu wa ahya

Meaning: In Your name, O Allah, I die and I live.

Source: Sahih al-Bukhari 6324

Upon Waking

Start the day with gratitude

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

Transliteration: Alhamdulillahil-ladhi ahyana bada ma amatana wa ilayhin-nushur

Meaning: All praise is for Allah who gave us life after causing us to die, and to Him is the resurrection.

Source: Sahih al-Bukhari 6312

الْحَمْدُ لِلَّهِ

Transliteration: Alhamdulillah

Meaning: All praise is for Allah. Begin your day with gratitude before looking at your phone or rushing into tasks.

Source: General Qur'anic and Sunnah meaning; phrase widely established in Qur'an and hadith

Simple morning routine

- Wake and say the waking dua.
- Make wudu and pray on time.
- Read Sayyidul Istighfar.
- Choose one page of Qur'an or one short surah.
- Ask Allah for help before the day begins.

Qur'anic Duas for Daily Life

Short duas to memorise and repeat

رَبِّ زِدْنِي عِلْمًا

Transliteration: Rabbi zidni ilma

Meaning: My Lord, increase me in knowledge.

Source: Qur'an 20:114

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Transliteration: Rabbana atina fid-dunya hasanah wa fil-akhirati hasanah wa qina adhaban-nar

Meaning: Our Lord, give us good in this world and good in the Hereafter, and protect us from the punishment of the Fire.

Source: Qur'an 2:201

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ لَدُنْكَ رَحْمَةً

Transliteration: Rabbana la tuzigh qulubana bada idh hadaytana wa hab lana min ladunka rahmah

Meaning: Our Lord, do not let our hearts deviate after You have guided us, and grant us mercy from Yourself.

Source: Qur'an 3:8

Remember Allah Often

Find peace through dhikr, gratitude and sincere du'a.

Authentic source checklist

- Qur'an 2:152 - Remember Me; I will remember you
- Sahih al-Bukhari 6306 - Sayyidul Istighfar
- Sahih Muslim 591 - Dhikr after salah
- Sahih Muslim 597a - Tasbih after salah
- Sahih Muslim 2137a - Four beloved words
- Sahih al-Bukhari 6384 / Sahih Muslim 2704 - La hawla wa la quwwata illa billah
- Sahih al-Bukhari 2311 and 5017 - Bedtime adhkar
- Sahih al-Bukhari 6312 - Waking dua
- Qur'an 20:114, 2:201, 3:8 - Qur'anic duas

Muslimaats Association

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