



Deeper  
into  **Dhikr**  
A companion guide

Dr. Omar Suleiman

## **Contents**

- 3** *Introduction*
- 4** *SubhanAllah*
- 6** *Alhamdulillah*
- 9** *La ilaha illa Allah*
- 12** *Allahu Akbar*
- 14** *Astaghfirullah*
- 16** *La hawla wa la quwwata  
illa billah*
- 18** *Allahumma salli ‘ala Muhammad  
wa ‘ala aali Muhammad*
- 20** *A’oodhu billahi min  
ash-Shaytan ar-rajeem*
- 22** *Bismillah*
- 24** *The Qur’an*
- 27** *About Yaqeen Institute*

## Introduction

In a world filled with wonders and challenges, *dhikr*, the remembrance of Allah, holds immense potential to transform our lives. We invite you on a journey of spiritual enlightenment, exploring the profound impact of 8 sacred phrases and forms of *dhikr*: **subhanAllah**, **alhamdulillah**, **la ilaha illa Allah**, **Allahu Akbar**, **astaghfirullah**, and **bismillah**; as well as Qur'anic prayers and prayers (**salawat**) on the Prophet ﷺ.

Within the pages of this book, you will discover the beauty and significance of each phrase, its rewards, and its benefits in this life and the hereafter. Delve into the depths of gratitude with **alhamdulillah**, find solace in seeking forgiveness with **astaghfirullah**, and witness the magnificence of Allah's existence through **la ilaha illa Allah**. With reflections, guidance, and variations of *dhikr* to learn, we hope to inspire you to embrace these phrases in your daily life and unlock the boundless blessings that await.

We invite you to maximize your benefit from this companion guide by following along with Yaqeen's video series, **Deeper into Dhikr**, hosted by Dr. Omar Suleiman. Through this immersive experience, you'll witness how the regular repetition of *dhikr* unlocks divine blessings in every facet of your life. Recite, memorize, and nurture a habit of *dhikr* through repetition as you incorporate these sacred words into your everyday existence.

## The video series



Click on the image above to watch the video series.

Published by Yaqeen Institute for Islamic Research  
7750 N. MacArthur Blvd Suite 120237, Irving, TX 75063  
E-mail: [info@yaqeeninstitute.org](mailto:info@yaqeeninstitute.org) Website: [www.yaqeeninstitute.org](http://www.yaqeeninstitute.org)

Written by Dr. Omar Suleiman and the Yaqeen Copywriting Team  
Design by Jannah Haque

Copyright © Yaqeen Institute 2023/1444 h. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the copyright owner.



# SubhanAllah

## 1 All glory belongs to Allah

How glorious is God! The Qur’an declares it, the angels sing it, and the universe bears witness to it. To say **subhanAllah** is to join the entirety of creation in echoing the praise of His Perfection. In a hadith from Sahih Muslim, the Prophet ﷺ described this phrase as dearer to him than “all that the sun rises upon.” To be alive, witness the world, and declare Allah’s Glory is the greatest of gifts. Simply by repeating this phrase one hundred times in a day, Allah promises us either the removal of a thousand shortcomings and sins from our roster or an addition of a thousand blessings upon us.

One of the common uses of **subhanAllah** is to marvel at the beauty of creation. When you see a colorful sunset, let it inspire you to His praise. Keep this precious piece of *dhikr* on your tongue as you hike through a forest, fly through the clouds, or simply stop to admire a flower in your path. Signs of His glory and perfection surround you at every time and place you find yourself—so join the chorus of creation in declaring **subhanAllah** in the morning and the evening.

### Highlighted dhikr

*SubhanAllahi wa bihamdihi, ‘adada khalqihi, wa rida nafsihi, wa zinata ‘arshihi wa midada kalimatih*

All glory belongs to Allah, and with His praise, [in accordance with] the number of His creation, that which is pleasing to Him, the weight of His Throne, and the extent of His words.

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ عَدَدَ خَلْقِهِ،  
وَرِضًا نَفْسِهِ، وَزِينَةَ عَرْشِهِ،  
وَمِدَادَ كَلِمَاتِهِ

### Building a habit for subhanAllah

I will say this <i>dhikr</i> during:	When?	How many times?
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Variations of SubhanAllah

سُبْحَانَكَ اللَّهُمَّ رَبِّي بِكَ وَصَعْتُ جَنْبِي وَبِكَ أَرْفَعُهُ إِنْ أَمْسَكَتَ نَفْسِي  
فَاغْفِرْ لَهَا وَإِنْ أَرْسَلْتَهَا فَاحْفَظْهَا بِمَا تَحْفَظُ بِهِ عِبَادَكَ الصَّالِحِينَ

*Subhanaka Allahumma rabbi, bika wada'tu janbi wa bika arfa'uh. In amsakta nafsi  
faghfir laha, wa in arsaltaha fahfadhha bima tahfadhu bihi 'ibadaka as-saliheen*

**All glory belongs to You, O Allah, my Lord. I lay down on  
my side by You and I raise it up by You. If You take my  
soul, then forgive it. If You release it, then guard over it  
as You guard over Your righteous slaves.**

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

*SubhanAllahi wa bihamdihi*

**All glory belongs to Allah,  
and with His praise.**

سُبْحَانَ اللَّهِ الْعَظِيمِ وَبِحَمْدِهِ

*SubhanAllahi al-'Adheemi wa bihamdihi*

**All glory belongs to Allah, the  
Magnificent, and with His praise.**

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ،

سُبْحَانَ اللَّهِ الْعَظِيمِ

*SubhanAllahi wa bihamdihi,  
subhanAllahi al-'Adheem*

**All glory belongs to Allah  
and with His praise,  
all glory belongs to Allah,  
the Magnificent.**

سُبْحَانَكَ اللَّهُمَّ رَبَّنَا وَبِحَمْدِكَ،

اللَّهُمَّ اغْفِرْ لِي

*Subhanaka Allahumma rabbana wa  
bihamdika, Allahumma ighfir lee*

**All glory belongs to You,  
O Allah, our Lord,  
with Your praise.  
O Allah, forgive me.**

سُبْحَانَ رَبِّي الْعَظِيمِ،

سُبْحَانَ رَبِّي الْأَعْلَى

*Subhana rabbi al-'Adheem,  
subhana rabbi al-'Ala*

**All glory belongs to my  
Lord, the Magnificent.  
All glory belongs to my  
Lord, the Most High.**

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ

أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ

*Subhanaka Allahumma wa bihamdika, ashhadu an la ilaha  
illa anta, astaghfiruka wa atoobu ilayk*

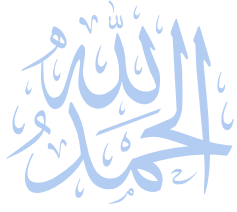
**All glory belongs to You, O Allah, our Lord,  
with Your praise. I testify that there is  
no god except You. I ask for Your forgiveness,  
and I turn to You in repentance.**

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ

وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ

*Subhanaka Allahumma wa bihamdika, wa tabaraka ismuk,  
wa ta'ala jadduk, wa la ilaha ghayruk*

**All glory belongs to You, O Allah,  
with Your praise. Graced is Your Name.  
Sublime is Your Magnificence.  
There is no god but You.**



# Alhamdulillah

## 2 All praise is for Allah

It's in the nature of a human being to always long for more. Fortunately, Allah has promised that there is an avenue of eternal increase for you, and it does not require you to be greedy, to hoard, or to over-consume in the pursuit of more. It requires only one thing: gratitude. He says,

*"If you are grateful, I will surely increase you."*  
[Qur'an, 14:7]

Practicing gratitude and forgoing materialism is as simple as **alhamdulillah**. When you are grateful for a blessing, **alhamdulillah** increases the blessing. When you hear good news, **alhamdulillah** accompanies you in your happiness. When you eat, **alhamdulillah** helps you appreciate the sustenance He has provided. When you experience hardship, **alhamdulillah** keeps life in perspective.

Aim to repeat this phrase of *dhikr* at least 100 times a day, at the start and end of the day, after sneezing, and after eating. Keep gratitude in your heart and on your tongue in every situation, and witness how your blessings begin to multiply.

### Highlighted *dhikr*

*Alhamdulillah* hamdan katheeran tayyiban mubarakan feeh

All praise is due to Allah, plentiful, pure, with blessings in it.

الْحَمْدُ لِلَّهِ حَمْدًا كَثِيرًا  
طَيِّبًا مُبَارَكًا فِيهِ

### Building a habit for *alhamdulillah*

I will say this *dhikr* during:

🕒 When?

How many times?

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Variations of Alhamdulillah

الْحَمْدُ لِلَّهِ الَّذِي هَدَانَا لِهَذَا وَمَا كُنَّا  
لِنَهْتَدِيَ لَوْلَا أَنْ هَدَانَا اللَّهُ

*Alhamdulillah alladhee hadana lihada wa ma  
kunna linahtadee lawla an hadana Allah*

**All praise is for Allah,  
Who guided us to this  
[rewardable faith and action].  
We wouldn't have been  
guided if not for Allah.**

الْحَمْدُ لِلَّهِ وَحْدَهُ، وَالصَّلَاةُ وَالسَّلَامُ  
عَلَى مَنْ لَا نَبِيَّ بَعْدَهُ

*Alhamdulillah wahdahu was-salatu  
was-salamu 'ala man la nabiyya ba'dah*

**All praise is for Allah  
exclusively. Blessings and  
salutations be upon the  
one after whom there is  
no prophet.**

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ

*Alhamdulillah rabbi al-'alameen*

**All praise is for Allah,  
Lord of the worlds.**

الْحَمْدُ لِلَّهِ عَلَى كُلِّ حَالٍ

*Alhamdulillah 'ala kulli haal*

**All praise is for Allah  
in every state.**

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ  
مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

*Alhamdulillah alladhee ahyana ba'da  
ma ama'atana wa ilayhi an-nushoor*

**All praise is for Allah, Who gives  
us life after He has caused us to  
die, and to Him is the return.**

اللَّهُمَّ مَا أَصْبَحَ بِي مِنْ نِعْمَةٍ أَوْ بِأَحَدٍ مِنْ خَلْقِكَ، فَمِنْكَ وَحْدَكَ  
لَا شَرِيكَ لَكَ، فَلكَ الْحَمْدُ وَلَكَ الشُّكْرُ

*Allahumma ma asbaha bee min ni'matin aw bi-ahadin min khalqika faminka  
wahdaka la shareeka lak, fa-laka al-hamdu wa laka ash-shukr*

**O Allah, every blessing that is received by me or any of Your  
creation this morning is from You exclusively, so all praise  
and thanks are for You exclusively.**

يَا رَبِّ لَكَ الْحَمْدُ كَمَا يَنْبَغِي لِجَلَالِ وَجْهِكَ وَلِعَظِيمِ سُلْطَانِكَ

*Ya rabbi laka al-hamdu kama yanbaghee li-jalali wajhika  
wa li-'adheemi sultanik*

**O my Lord, to You belongs all praise, befitting  
the majesty of Your countenance and the  
greatness of Your sovereignty.**

الْحَمْدُ لِلَّهِ عَدَدَ مَا خَلَقَ، الْحَمْدُ لِلَّهِ مِثْلَ مَا خَلَقَ،  
الْحَمْدُ لِلَّهِ عَدَدَ مَا فِي السَّمَوَاتِ وَمَا فِي الْأَرْضِ، الْحَمْدُ لِلَّهِ  
عَدَدَ مَا أَحْصَى كِتَابُهُ، وَالْحَمْدُ لِلَّهِ عَلَى مَا أَحْصَى كِتَابُهُ،  
وَالْحَمْدُ لِلَّهِ عَدَدَ كُلِّ شَيْءٍ، وَالْحَمْدُ لِلَّهِ مِثْلَ كُلِّ شَيْءٍ

*Alhamdulillah 'adada ma khalaq, alhamdulillah mil'a ma khalaq,  
alhamdulillah 'adada ma fee as-samawat wa ma fee al-ard,  
alhamdulillah 'adada ma ahsa kitabuh, alhamdulillah 'ala ma ahsa  
kitabuh, alhamdulillah 'adada kulli shay', alhamdulillah mil'a kulli shay'*

**All praise is for Allah, equivalent to the  
number of His creation. All praise is for Allah,  
equivalent to the fill of His creation. All praise  
is for Allah, equivalent to the number of what  
is in the heavens and the earth. All praise is  
for Allah, equivalent to the number of what is  
kept count of in His book. All praise is for Allah,  
equivalent to what is kept count of in His book.  
All praise is for Allah, equivalent to the  
number of everything. All praise is for Allah,  
equivalent to the fill of everything.**

الْحَمْدُ لِلَّهِ حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ،  
غَيْرَ مَكْفُوفٍ وَلَا مُودَّعٍ وَلَا مُسْتَعْنَى عَنْهُ رَبَّنَا

*Alhamdulillah hamdan katheeran tayyiban mubarakan feeh,  
ghayra makfiyyin wa la muwadda'in wa la mustaghnan 'anhu rabbana*

**All praises are for Allah—abundant,  
pure and blessed praise, a praise that is  
never-ending, never abandoned,  
and indispensable, our Lord.**

## Variations of Alhamdulillah

اللَّهُمَّ لَكَ الْحَمْدُ أَنْتَ قِيمُ السَّمَوَاتِ وَالْأَرْضِ وَمَنْ فِيهِنَّ، وَلَكَ الْحَمْدُ لَكَ مُلْكُ  
السَّمَوَاتِ وَالْأَرْضِ وَمَنْ فِيهِنَّ، وَلَكَ الْحَمْدُ أَنْتَ نُورُ السَّمَوَاتِ وَالْأَرْضِ وَمَنْ  
فِيهِنَّ، وَلَكَ الْحَمْدُ أَنْتَ مَلِكُ السَّمَوَاتِ وَالْأَرْضِ، وَلَكَ الْحَمْدُ أَنْتَ الْحَقُّ وَوَعْدُكَ  
الْحَقُّ، وَلِقَاؤُكَ حَقٌّ، وَقَوْلُكَ حَقٌّ، وَالْجَنَّةُ حَقٌّ، وَالنَّارُ حَقٌّ، وَالنَّبِيُّونَ حَقٌّ، وَمُحَمَّدٌ  
صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ حَقٌّ، وَالسَّاعَةُ حَقٌّ، اللَّهُمَّ لَكَ أَسْلَمْتُ، وَبِكَ آمَنْتُ، وَعَلَيْكَ  
تَوَكَّلْتُ، وَإِلَيْكَ أُنَبْتُ، وَبِكَ خَاصَمْتُ، وَإِلَيْكَ حَاكَمْتُ، فَأَغْفِرْ لِي مَا قَدَّمْتُ وَمَا  
أَخَّرْتُ، وَمَا أَسْرَرْتُ وَمَا أَعْلَنْتُ، أَنْتَ الْمُقَدِّمُ، وَأَنْتَ الْمُؤَخِّرُ، لَا إِلَهَ إِلَّا أَنْتَ

*Allahumma laka alhamdu anta qayyimu as-samawati wal-ardi wa man feehin. Wa laka alhamdu mulku as-samawati wal-ardi wa man feehin. Wa laka alhamdu anta noor as-samawati wal-ardi wa man feehin. Wa laka alhamdu anta malik as-samawati wal-ardi wa man feehin. Wa laka alhamdu anta al-Haqqu wa wa'duk al-haqq, wa liqa'uka haqq, wa qawluha haqq, wal-jannatu haqq, wa an-naru haqq, wan-nabiyyoona haqq, wa Muhammadun salla Allahu 'alayhi wa sallama haqq, was-sa'atu haqq. Allahumma laka aslamtu, wa bika aamantu, wa 'alayka tawakaltu, wa ilayka anabtu, wa bika khasamtu, wa ilayka hakamtu, faghfir lee ma qaddamtu wa ma akhkhartu, wa ma asarrartu wa ma a'lanntu. Anta al-Muqaddimu wa anta al-Mu'akhkhiru, la ilaha illa ant.*

**O Allah, to You belongs all praise, You are the Sustainer of the heavens, the earth, and whatever is in them. To You belongs all praise, Yours are the dominion of the heavens, the earth, and whatever is in them. To You belongs all praise, You are the Light of the heavens, the earth, and whatever is in them. To You belongs all praise, You are the King of the heavens, the earth, and whatever is in them. To You belongs all praise. You are the Real. Your promise is true. Your meeting is true. Your saying is true. Paradise is true. Hellfire is true. Prophets are true. Muhammad, Allah's blessing and salutations be upon him, is true. The Hour [i.e., Judgment Day] is true. O Allah, to You I submit, in You I believe, on You I rely, to You I turn back, for Your sake I oppose, through You I dispute, it is You I take as a judge. So forgive me for what I did, will do, what I did in secret, and in public. You are The Expediter. You are The Deferrer. There is no god but You.**

الْحَمْدُ لِلَّهِ الَّذِي بِنِعْمَتِهِ  
تَتِمُّ الصَّالِحَاتُ

*Alhamdulillah alladhee bini'matihi  
tatimmu as-salihah*

**All praise is for Allah,  
by Whose blessings good  
things come to fruition.**

الْحَمْدُ لِلَّهِ حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ

مُبَارَكًا عَلَيْهِ كَمَا يُحِبُّ رَبُّنَا وَيَرْضَى

*Alhamdulillah hamdan katheeran tayyiban  
mubarakan feeh, mubarakan 'alayhi, kama  
yuhibbu Rabbuna wa yarda*

**All praise is due to Allah,  
plentiful, with blessings in it,  
with blessings over it, as our  
Lord loves and is pleased with.**

الْحَمْدُ لِلَّهِ الَّذِي كَفَّأَنَا وَأَرْوَأَنَا،

غَيْرَ مَكْفُوفٍ وَلَا مَكْفُورٍ

*Alhamdulillah alladhee kafaana wa awraana,  
ghayra makfuyyin wa la makfur*

**All praise is due to Allah, Who  
satisfied us and has quenched  
our thirst, a blessing neither  
compensated nor denied.**





# La ilaha illa Allah

## 3 **There is no god except Allah**

The utterance of **la ilaha illa Allah** in this life unlocks a flurry of positive actions in the next. When you say this simple phrase, it ascends immediately to the Throne of Allah. On Judgment Day, it will be so heavy that the sins that weigh down your scales will be removed. All eight gates of Heaven will open themselves to you, and you'll have the freedom to enter into bliss from any direction you choose. And if you die with the oneness of God on your lips, then you'll have fulfilled your ultimate purpose in life.

But as with every form of *dhikr*, **la ilaha illa Allah** also brings about benefits in this *dunya*. Repeating one version of the phrase 100 times throughout the day offers protection from the Devil. Repeating it at the end of your post-prayer *dhikr* ensures the forgiveness of many sins.

And yet, despite the magnificent blessings granted to the one who says **la ilaha illa Allah**, perhaps none is greater than this: to know that Allah is unique and that nothing deserves your unconditional devotion besides Him.

### Highlighted *dhikr*

*La ilaha illa Allahu, wahdahu la shareeka lah, lahu al-mulk wa lahu al-hamd, wa huwa 'ala kulli shay'in qadeer*

**There is no god but Allah, alone, without partners. His is the dominion. His is the praise. He has power over everything.**

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ  
لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ  
وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

### Building a habit for **la ilaha illa Allah**

I will say this *dhikr* during:

🕒 When?

How many times?

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Variations of La ilaha illa Allah

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

*Ashhadu an la ilaha illa Allah, wa ashhadu anna Muhammadan 'abduhu wa rasooluhu*

**I bear witness that there is no god except Allah, and that Muhammad is His servant and Messenger.**

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ أَعَزَّ جُنْدُهُ

وَنَصَرَ عَبْدَهُ وَغَلَبَ الْأَحْزَابَ

وَحْدَهُ فَلَا شَيْءَ بَعْدَهُ

*La ilaha illa Allahu, wahdah. A'aza jundah, wa nasara 'abdah, wa ghalaba al-ahzab wahdah, fa la shay'a ba'dah*

**There is no god but Allah, alone. He granted His soldiers glory and His servant victory, and He alone triumphed over the factions; there is nothing after Him.**

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

*La ilaha illa anta, subhanaka innee kuntu min adh-dhalimeen*

**There is no god except You; all glory belongs to You. I have indeed been among the wrongdoers.**

لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ،  
لَا إِلَهَ إِلَّا اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ،  
لَا إِلَهَ إِلَّا اللَّهُ رَبُّ السَّمَوَاتِ وَرَبُّ  
الْأَرْضِ وَرَبُّ الْعَرْشِ الْكَرِيمِ

*La ilaha illa Allahu, al-'Adheemu al-Haleem.  
La ilaha illa Allahu rabb al-'arshi al-'adheem.  
La ilaha illa Allahu rabb as-samawati, wa  
rabb al-ardi, wa rabb al-'arshi al-kareem*

**There is no god except Allah, the Magnificent, the Most Forbearing. There is no god except Allah, the Lord of the magnificent Throne. There is no god except Allah, the Lord of the heavens, the earth, and the venerated Throne.**

لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ لَا إِلَهَ إِلَّا اللَّهُ رَبُّ السَّمَوَاتِ وَالْأَرْضِ وَرَبُّ الْعَرْشِ الْعَظِيمِ

*La ilaha illa Allahu, al-'Adheemu al-Haleem. La ilaha illa Allahu rabbu as-samawati wal-ardi wa rabb al-'arshi al-'adheem*

**There is no god except Allah, the Magnificent, the Most Forbearing. There is no god except Allah, the Lord of the heavens, the earth, and the magnificent Throne.**

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ يُحْيِي وَيُمِيتُ وَهُوَ حَيٌّ لَا يَمُوتُ  
بِيَدِهِ الْخَيْرُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

*La ilaha illa Allahu, wahdahu la shareeka lah, lahu al-mulk wa lahu al-hamd, yuhyee wa yumeet, wa huwa hayyun la yamoot, bi-yadihi al-khayru kulluhu, wa huwa 'ala kulli shay'in qadeer*

**There is no god but Allah, alone, without partners. His is the dominion. His is the praise. He brings to life and causes death, while He is Ever-Living, never to die. In His Hand is all goodness. He has power over everything.**

## Variations of La ilaha illa Allah

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ، وَلَهُ الْحَمْدُ،  
وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، اللَّهُمَّ لَا مَانِعَ لِمَا أَعْطَيْتَ،  
وَلَا مُعْطِيٍّ لِمَا مَنَعْتَ، وَلَا يَنْفَعُ ذَا الْجَدِّ مِنْكَ الْجَدُّ

*La ilaha illa Allahu, wahdahu la shareeka lah, lahu al-mulk wa lahu al-hamd, wa huwa 'ala kulli shay'in qadeer. Allahumma la mani'a lima a'tayt, wa la mu'tiya lima mana't, wa la yanfa'u dhal-jaddi minka al-jadd*

**There is no god but Allah, alone, without partners. His is the dominion. His is the praise. He has power over everything. O Allah, there is no preventer of what You bestow. There is no bestower of what You prevent. Nor does the striving of a striver give them benefit from You.**

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ، وَلَهُ الْحَمْدُ  
وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ لَا إِلَهَ إِلَّا اللَّهُ مُخْلِصِينَ لَهُ الدِّينَ  
وَلَوْ كَرِهَ الْكَافِرُونَ أَهْلَ النَّعْمَةِ وَالْفُضْلِ وَالشَّانِءِ الْحَسَنِ  
لَا إِلَهَ إِلَّا اللَّهُ مُخْلِصِينَ لَهُ الدِّينَ وَلَوْ كَرِهَ الْكَافِرُونَ

*La ilaha illa Allahu, wahdahu la shareeka lah, lahu al-mulk wa lahu al-hamd, wa huwa 'ala kulli shay'in qadeer. La ilaha illa Allahu, mukhliseena lahu ad-deena wa law kariha al-kafiroon. Ahlu al-ni'mati wal-fadli wath-thana' al-hasan. La ilaha illa Allahu, mukhliseena lahu ad-deen wa law kariha al-kafiroon*

**There is no god but Allah, alone, without partners. His is the dominion. His is the praise. He has power over everything. There is no god but Allah, we are sincere in our faith [in Him], even if unbelievers hate that. He is the possessor of blessings, virtue, and goodly praise. There is no god but Allah; we are sincere in our faith [in Him], even if unbelievers hate that.**

لَا إِلَهَ إِلَّا اللَّهُ الْوَاحِدُ الْقَهَّارُ رَبُّ السَّمَوَاتِ وَالْأَرْضِ  
وَمَا بَيْنَهُمَا الْعَزِيزُ الْغَفَّارُ

*La ilaha illa Allahu, al-Wahidu al-Qahhar, rabb as-samawat wal-ardi wa ma baynahuma al-Azeezu al-Ghaffar*

**There is no god but Allah, the One, the All Compelling. The Lord of the heavens, earth, and what is between them, the Almighty, the All Forgiving.**

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ،  
وَأَنَّ عِيسَى عَبْدُ اللَّهِ، وَابْنُ أُمِّتِهِ، وَكَلِمَتُهُ أَلْقَاهَا إِلَى مَرْيَمَ وَرُوحٌ مِنْهُ،  
وَأَنَّ الْجَنَّةَ حَقٌّ، وَأَنَّ النَّارَ حَقٌّ

*Ashhadu an la ilaha illa Allahu, wahdahu la shareeka lah, wa anna Muhammadan 'abduhu wa rasooluh, wa anna 'Isa 'abd Allahi wa ibnu amatih, wa kalimatuhu alqaha ila Maryama wa roohun minh, wa anna al-jannata haqqun, wa anna an-nara haqqun*

**I bear witness that there is no god but Allah, alone, without partners, and that Muhammad is His servant and Messenger, and that 'Isa is the servant of Allah, the son of His female servant, His word which He cast to Mary and a spirit from Him, and that Paradise is true, and that Hellfire is true.**

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ،  
رَضِيتُ بِاللَّهِ رَبًّا وَمُحَمَّدٍ رَسُولًا، وَبِالْإِسْلَامِ دِينًا

*Ashhadu an la ilaha illa Allahu wahdahu la shareeka lah, wa anna Muhammadan 'abduhu wa rasooluh, radeetu bi-Allahi rabban, wa bi-Muhammadin rasoolan, wa bil-Islami deenan*

**I bear witness that there is no god but Allah, alone without any partners, and I bear witness that Muhammad is His servant and messenger. I am content with Allah as my Lord, Muhammad as my messenger, and Islam as my religion.**



# Allahu Akbar

## 4 Allah is the Greatest

God is greater than—than what? Everything. Greater than your work, your worries, your distractions. Greater than all that exists in your life, in the world, and in the universe.

That is the reminder every time the *adhan* beckons you to prayer.

**Allahu Akbar.**

Every time you change positions in *salah*.

**Allahu Akbar.**

Every time you sit for *dhikr* after prayer.

**Allahu Akbar.**

But the remembrance of Allah’s Greatness extends far outside of prayer time. Imam Ibn Taymiyyah said that *takbeer* is used to humble yourself before Allah’s Might, to summon strength from Him in a difficult situation, and to celebrate victory with the knowledge that success comes only through His Power. Can you think of moments in your life when you can declare **Allahu Akbar** as a form of *dhikr*? There are endless options. You can repeat it when you receive good news, on the day of Eid, or when you witness a natural wonder like an eclipse. The Prophet ﷺ even recited the *takbeer* while climbing hills.

**Allahu Akbar** will never diminish from your accomplishments and victories; instead, it amplifies them with divine greatness.

### Highlighted dhikr

*Allahu akbaru kabeera, wal-hamdu  
lillahi katheera, wa subhanAllahi  
bukratan wa aseela, Allahu Akbar*

Allah is the Greatest, and much praise  
be to Allah, and glorified be Allah at  
the beginning and end of the day.  
Allah is the Greatest.

اللَّهُ أَكْبَرُ كَبِيرًا وَالْحَمْدُ لِلَّهِ كَثِيرًا  
وَسُبْحَانَ اللَّهِ بُكْرَةً وَأَصِيلًا  
اللَّهُ أَكْبَرُ

### Building a habit for Allahu Akbar

I will say this *dhikr* during:

🕒 When?

How many  
times?

---

---

---

---

---

---

---

---

---

## Variations of Allahu Akbar

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، ﴿سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ. وَإِنَّا إِلَى رَبِّنَا لَمُنْقَلِبُونَ﴾ اللَّهُمَّ إِنَّا نَسْأَلُكَ فِي سَفَرِنَا هَذَا الْبِرَّ وَالْتِقَاكَ، وَمِنَ الْعَمَلِ مَا تَرْضَى، اللَّهُمَّ هَوِّنْ عَلَيْنَا سَفَرَنَا هَذَا وَاطْوِ عَنَّا بُعْدَهُ، اللَّهُمَّ أَنْتَ الصَّاحِبُ فِي السَّفَرِ، وَالْخَلِيفَةُ فِي الْأَهْلِ، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ وَعَثَاءِ السَّفَرِ، وَكَآبَةِ الْمَنْظَرِ، وَسُوءِ الْمُنْقَلَبِ فِي الْمَالِ وَالْأَهْلِ

*Allahu Akbar, Allahu Akbar, Allahu Akbar. (Subhana alladhee sakhkhara lana hadha wa ma kunna lahu maqrineen wa inna ila rabina la munqaliboon). Allahumma inna nas'aluka fee safarina hadha al-birra wat-taqwa, wa min al-'amali ma tarda. Allahumma hawwin 'alayna safarana hadha watwi 'anna bu'dah. Allahumma anta as-sahibu fis-safari wal-khalifatu fee al-ahl. Allahumma innee a'oodhu bika min wa'tha' as-safar, wa ka'abat al-mandhar, wa soo'a al-munqalabi fee al-mali wal-ahl.*

**Allah is the Greatest, Allah is the Greatest, Allah is the Greatest. Glory be to the One Who has subjected these for us, for we could have never done so on our own. Surely, unto our Lord we are returning. O Allah, we ask You for righteousness and piety in this journey, and for deeds that are pleasing to You. O Allah, make our journey easy for us and shorten its distance. O Allah, You are our companion during travel and the Caretaker of our family. O Allah, I seek refuge in You from the hardships of travel, from witnessing distressful scenes, and from any misfortune affecting our wealth and family.**

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ، لَا إِلَهَ إِلَّا اللَّهُ، وَاللَّهُ أَكْبَرُ  
اللَّهُ أَكْبَرُ، وَلِلَّهِ الْحَمْدُ

*Allahu Akbar, Allahu Akbar, la ilaha illa Allah, Allahu Akbar  
Allahu Akbar wa lillahi al-hamd*

**Allah is the Greatest, Allah is the Greatest, there is no god but Allah. Allah is the Greatest, Allah is the Greatest, and to Allah belongs all praise.**

اللَّهُ أَكْبَرُ كَبِيرًا، وَالْحَمْدُ لِلَّهِ كَثِيرًا، وَسُبْحَانَ اللَّهِ بُكْرَةً وَأَصِيلًا،  
اللَّهُ أَكْبَرُ، وَلَا نَعْبُدُ إِلَّا اللَّهَ، مُخْلِصِينَ لَهُ الدِّينَ وَلَوْ كَرِهَ  
الْكَافِرُونَ. لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ، صَدَقَ وَعْدُهُ، وَنَصَرَ عَبْدَهُ،  
وَهَزَمَ الْأَحْزَابَ وَحْدَهُ، لَا إِلَهَ إِلَّا اللَّهُ، وَاللَّهُ أَكْبَرُ

*Allahu akbaru kabeera, wal-hamdu lillahi katheera, wa subhanAllahi bukratan wa aseela, Allahu Akbar, wa la na'budu illa Allah, mukhliseena lahu ad-deena wa law kariha al-kafiroon. La ilaha illa Allahu wahdah, sadaqa wa'dah, wa nasara 'abdah, wa hazama al-ahzaba wahdah. La ilaha illa Allahu, wa Allahu Akbar*

**Allah is the Greatest, and much praise be to Allah, and glorified be Allah at the beginning and end of the day. Allah is the Greatest, and we worship none but Allah, sincerely devoted to Him in our religion, even if the unbelievers hate it. There is no god but Allah alone, who fulfilled His promise, aided His servant, and who alone defeated the factions. There is no god but Allah, and Allah is the Greatest.**



# Astaghfirullah

## 5 I seek Allah's forgiveness

*"It is a heavy thing for my heart if I do not seek God's forgiveness a hundred times a day."*

These words of the Messenger ﷺ are both a guide and a reminder. If he, despite every positive trait he had and every adulation he deserves, sought forgiveness so frequently, then what of us? If the need to make *istighfar* weighed on his heart, then how heavy should our hearts be in each moment? How much forgiveness should we seek every day?

And yet, **astaghfirullah** is not a burden but a resounding reminder of divine mercy. To turn back to God in sincere repentance grants boundless forgiveness—and with it, many other favors bestowed by the grace of Allah.

**Astaghfirullah** is an avenue towards growing your blessings. In Surah Nuh, God directly links forgiveness with sustenance:

*"Ask forgiveness of your Lord. Indeed...He will send [rain from] the sky upon you in showers and give you increase in wealth and children and provide for you gardens and provide for you rivers."* [Qur'an 71:10–12]

So turn back to Him at every moment. Seek His endless forgiveness and you'll find reward for it waiting for you in the *dunya* and *akhirah*.

### Highlighted dhikr

*Astaghfirullah al-'Adheema alladhee la ilaha illa huwa al-Hayyu al-Qayyoomu wa atoobu ilayh*

I seek forgiveness from Allah, the Magnificent, whom there is no god but Him, the Ever-Living, the Sustainer, and I repent to Him.

أَسْتَغْفِرُ اللَّهَ الْعَظِيمَ الَّذِي  
لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ  
وَأَتُوبُ إِلَيْهِ

### Building a habit for astaghfirullah

I will say this dhikr during:

🕒 When?

How many times?

---

---

---

---

---

---

---

---

---

---

---

---

## Variations of Astaghfirullah

اللَّهُمَّ اغْفِرْ لِي، وَارْحَمْنِي، وَاهْدِنِي، وَعَافِنِي وَارْزُقْنِي

Allahumma ighfir lee, warhamnee, wahdinee wa'afinee, warzuqnee

**O Allah forgive me, have mercy on me, guide me, grant me well-being, and provide for me.**

رَبِّ اغْفِرْ لِي، رَبِّ اغْفِرْ لِي

Rabbi ighfir lee, rabbi ighfir lee

**My Lord forgive me, my Lord forgive me.**

أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ

Astaghfirullah a wa atoobu ilayh

**I seek Allah's forgiveness and repent to Him.**

اللَّهُمَّ إِنِّي ظَلَمْتُ نَفْسِي ظُلْمًا كَثِيرًا وَلَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ،  
فَاغْفِرْ لِي مَغْفِرَةً مِنْ عِنْدِكَ وَارْحَمْنِي، إِنَّكَ أَنْتَ الْغَفُورُ الرَّحِيمُ

Allahumma innee dhalamtu nafsee dhulman katheeran wa la yaghfiru adh-dhunooba illa anta, faghfir lee maghfiratan min 'indika warhamnee, innaka anta al-Ghafooru ar-Raheem

**O Allah, I have wronged myself greatly, and none forgives sins except You. So grant me forgiveness from You and have mercy upon me. Verily, You are the Most Forgiving, the Most Merciful.**

أَسْتَغْفِرُ اللَّهَ الْعَظِيمَ الَّذِي لَا إِلَهَ إِلَّا هُوَ  
الْحَيُّ الْقَيُّومُ وَأَتُوبُ إِلَيْهِ

Astaghfirullah al-'Adheema alladhee la ilaha illa huwa al-Hayyu al-Qayyoomu wa atoobu ilayh

**I seek forgiveness from Allah, the Magnificent, whom there is no god but Him, the Ever-Living, the Sustainer, and I repent to Him.**

اللَّهُمَّ اغْفِرْ لِي ذَنْبِي، وَوَسِّعْ لِي فِي دَارِي، وَبَارِكْ لِي فِيمَا رَزَقْتَنِي

Allahumma ighfir lee dhanbee wa wassi' lee fee daree, wa barik lee feema razaqtanee

**O Allah forgive my sins, expand for me my abode, and bless for me what You have provided me.**

اللَّهُمَّ اغْفِرْ لِي خَطِيئَتِي، وَجَهْلِي، وَإِسْرَافِي فِي أَمْرِي،  
وَمَا أَنْتَ أَعْلَمُ بِهِ مِنِّي، اللَّهُمَّ اغْفِرْ لِي جِدِّي، وَهَزْلِي،  
وَخَطِيئِي، وَتَمَدِّي، وَكُلُّ ذَلِكَ عِنْدِي، اللَّهُمَّ اغْفِرْ لِي  
مَا قَدَّمْتُ، وَمَا أَخَّرْتُ، وَمَا أَسْرَرْتُ، وَمَا أَعْلَنْتُ،  
وَمَا أَنْتَ أَعْلَمُ بِهِ مِنِّي، أَنْتَ الْمَقْدِمُ وَالْمُؤَخِّرُ،  
وَأَنْتَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ.

Allahumma ighfir lee khati'atee, wa jahlee, wa israfee fee amree, wa ma anta a'lamu bihi minnee. Allahumma ighfir lee jiddee, wa hazlee, wa khata'ee wa 'amdee, wa kullu dhalika 'indee. Allahumma ighfir lee ma qaddamtu wa ma akhartu, wa ma asrartu, wa ma a'lantu, wa ma anta a'lamu bihi minnee. Anta al-Muqaddimu wal-Mu'akhkhiru, wa anta 'ala kulli shay'in qadeer.

**O Allah, forgive my sins, my ignorance, and my extravagance in my affairs, and all that You are more aware of than me. O Allah, forgive my sins that I have committed in seriousness or in jest, deliberately or inadvertently, all of which I have done. O Allah, forgive me for my past and future sins, those which I committed in secret or in public, and all the sins of which You are better aware than me. You are the Advancer and the Delayer and You have the power to do all things.**

رَبِّ اغْفِرْ لِي وَتُبْ عَلَيَّ إِنَّكَ أَنْتَ التَّوَّابُ الْغَفُورُ

Rabbi ighfir lee wa tub 'alayya innaka anta at-Tawwabu al-Ghafoor

**My Lord forgive me and accept my repentance. Surely You are the Ever-Returning, the All-Forgiving.**

اللَّهُمَّ اغْفِرْ لَنَا، وَارْحَمْنَا، وَأَتِنَا فِي الدُّنْيَا حَسَنَةً،  
وَفِي الْآخِرَةِ حَسَنَةً، وَقِنَا عَذَابَ النَّارِ

Allahumma ighfir lana, warhmna, wa aatina feed-dunya hasanatan wa feel-akhirati hasanatan, waqina 'adhab an-nar

**O Allah forgive us, have mercy on us, and give us in this world good and in the hereafter good and protect us from the punishment of the Fire.**



# La hawla wa la quwwata illa billah

## 6 **There is no might nor power except with Allah**

Inevitably, you will find yourself in situations that seem impossible to overcome or in circumstances that make you feel powerless and hopeless. And sometimes it's true—you will not always have the ability to fix everything that goes wrong in life. You cannot heal a sick parent, or end a widespread injustice, or bring back a beloved relative who has passed away. But instead of giving in to despair, turning to this phrase of *dhikr* offers a refuge from grief and perspective in the moments you feel overwhelmed.

### **La hawla wa la quwwata illa billah**

There is no might or power except with Allah.

Let these words resonate within you. In God's Hands rests all power. No harm can come to you if it wasn't written for you, and if it was destined for you then there is benefit for you within it. Perhaps your parent's illness will be a means of forgiveness for them and a trial of patience for you. Maybe the car accident on your way to work prevented a greater harm. Whatever happens to you, seek to find the lesson in it, and remember that only Allah has ultimate power.

### Highlighted *dhikr*

*La hawla wala quwwata illa billah  
al-'Aliyyi al-'Adheem*

**There is no might nor power except with Allah, the Most High, the Magnificent.**

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ  
الْعَلِيِّ الْعَظِيمِ

### Building a habit for *la hawla wa la quwwata illa billah*

I will say this *dhikr* during:

🕒 When?

How many times?

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



## Variations of La hawla wa la quwwata illa billah

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ،  
وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، سُبْحَانَ اللَّهِ، وَالْحَمْدُ لِلَّهِ،  
وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

*La ilaha illa Allahu, wahdahu la shareeka lahu, lahu al-mulku wa lahu al-hamdu, wa huwa 'ala kulli shay'in qadeer. SubhanAllah, alhamdulillah, wa la ilaha illa Allah, wa Allahu Akbar, wa la hawla wala quwwata illa billah*

**There is no god but Allah, alone, without partners. His is the dominion. His is the praise. He has power over everything. All glory belongs to Allah, all praise belongs to Allah, there is no god but Allah, and Allah is the Greatest. There is no might nor power except with Allah.**

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

*Bismillahi, tawakkaltu 'ala Allahi, la hawla wala quwwata illa billah*

**In the Name of Allah, I place my trust in Allah. There is no might nor power except with Allah.**

مَا شَاءَ اللَّهُ لَا قُوَّةَ إِلَّا بِاللَّهِ

*Masha'Allah la quwwata illa billah*

**It is as Allah wills. There is no power except with Allah.**



# Allahumma salli 'ala Muhammad wa 'ala aali Muhammad

## 7 Oh Allah, bless Muhammad and the family of Muhammad

As you go about your day, you always take the time to greet your friends, family, and colleagues. How often do you pause to send **salawat** on the Messenger ﷺ? Just as we care for friends and family, we care about the Prophet ﷺ. We love him for the message that he gave us, and we honor him for the struggles that he went through to deliver that message.

Let's do it now, and let the angels who roam the earth, listening for **salawat**, carry and convey our greetings to him:

**Allahuma salli 'ala sayyidina Muhammad.**

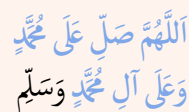
Peace and blessings be upon the final prophet, Muhammad.

And now you're closer to him than you were a moment ago. Now, you'll be nearer to him on the Day of Resurrection. Ten of your sins have been forgiven, ten deeds have been written for you to replace them, and you've risen ten ranks in the sight of God—all for simply taking a moment to greet the Messenger ﷺ. How many more blessings can you gain, and how much closer can you feel to the one who informed you about Islam, by simply sending **salawat** a few times every day?

### Highlighted dhikr

Allahumma salli 'ala Muhammadin wa  
'ala aali Muhammadin wa sallim

O Allah, bless Muhammad and the family  
of Muhammad, and grant them peace.



### Building a habit for saying the salawat

I will say this *dhikr* during:

🕒 When?

How many  
times?

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Variations of**  
**Allahumma sali**  
**'ala Muhammad** wa 'ala aali  
Muhammad

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ عَدَدَ مَا ذَكَرَهُ الذَّاكِرُونَ  
 وَعَفَلَ عَنْ ذِكْرِهِ الْغَافِلُونَ

*Allahumma sali 'ala Muhammadin 'adada ma dhakarahu  
 adh-dhakiroon wa ghafala 'an dhikrihi al-ghafiloon*

**O Allah, bless Muhammad**  
**[in accordance with] the measure**  
**of his remembrance by those who**  
**remember him, and the measure of**  
**the heedlessness of him by those**  
**who are heedless of him.**

اللَّهُمَّ صَلِّ وَسَلِّمْ وَبَارِكْ عَلَى  
 سَيِّدِنَا مُحَمَّدٍ النَّبِيِّ الْأُمِّيِّ

*Allahumma sali wa sallim wa  
 barik 'ala sayyidina Muhammadin  
 an-nabyyi al-ummiyy*

**O Allah, bless,**  
**grant peace to, and**  
**grace our Master**  
**Muhammad, the**  
**unlettered Prophet.**

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ

*Allahumma sali 'ala sayyidina Muhammad*

**O Allah, bless our**  
**Master Muhammad.**

اللَّهُمَّ صَلِّ وَسَلِّمْ عَلَى نَبِيِّنَا مُحَمَّدٍ

*Allahumma sali wa sallim 'ala nabiyyina Muhammad*

**O Allah, bless our prophet**  
**Muhammad, and grant him peace.**

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ عَبْدِكَ وَنَبِيِّكَ  
 وَرَسُولِكَ النَّبِيِّ الْأُمِّيِّ وَعَلَى آلِهِ  
 وَصَحْبِهِ وَسَلِّمْ تَسْلِيمًا

*Allahumma sali 'ala sayyidina Muhammadin 'adbika wa  
 nabiyyika wa rasoolika an-nabiiyyi al-ummiyyi wa 'ala  
 aalihi wa sahbihi wa sallim tasleema*

**O Allah, bless our Master**  
**Muhammad, Your servant, prophet,**  
**and messenger, the unlettered**  
**prophet, and his family and**  
**Companions, and grant them peace.**

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ ، كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ ،  
 إِنَّكَ حَمِيدٌ مَجِيدٌ ، اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ ، كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ  
 وَعَلَى آلِ إِبْرَاهِيمَ ، إِنَّكَ حَمِيدٌ مَجِيدٌ

*Allahumma sali 'ala Muhammadin wa 'ala aali Muhammad, kama sallayta 'ala Ibrahima wa  
 'ala aali Ibrahim, innaka Hameedun Majeed. Allahumma barik 'ala Muhammadin wa 'ala aali  
 Muhammad, kama barakta 'ala Ibrahima wa 'ala aali Ibrahim, innaka Hameedun Majeed*

**O Allah, bless Muhammad and the family of Muhammad,**  
**as You blessed Ibrahim and the family of Ibrahim. And grace**  
**Muhammad and the family of Muhammad, as You graced**  
**Ibrahim and the family of Ibrahim. You are the**  
**Most Praiseworthy and Glorious.**



# A'oodhu billahi min ash-Shaytan ar-rajeem

## 8 I seek refuge in Allah from the cursed Shaytan.

The most common form of *isti'adhah*, seeking refuge in Allah, is **a'oodhu billahi min ash-Shaytan ar-rajeem**—I seek refuge in God from the accursed devil. Although we may not realize it, this is a form of *dhikr*, and one that we should turn to often for the protection it has to offer.

*Shaytan* seeks, always, to veer your steps away from God and onto his crooked path. He pokes at your anger until it's a blazing rage, he whispers your deepest temptations to you until you can't ignore them, he makes you dwell in your pain until it becomes a gaping wound.

But at times, you are your own enemy as well. Your *nafs* can dwell in obsessive thoughts and stoke its own rage, and when it does, turning back to Allah—His words, His power, His grace, His noble Face—is what will protect you from yourself.

So at all times and places, remember to repeat **a'oodhu billah**. Run back to your Lord. Find refuge in Him, and know that He shields you, guards you, and protects you from every insidious influence.

### Highlighted dhikr

*A'oodhu bi-kalimati Allahi at-taamaati min sharri ma khalaq*

I seek refuge in Allah's perfect words from the evil of that which He created.

أَعُوذُ بِكَلِمَاتِ بِاللَّهِ  
التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

### Building a habit for a'oodhu billah

I will say this <i>dhikr</i> during:	When?	How many times?
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Variations of

# A'oodhu billahi min ash-Shaytan ar-rajeem

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ كُلِّ  
شَيْطَانٍ وَهَامَّةٍ وَمِنْ كُلِّ عَيْنٍ لَأَمَّةٍ

*A'oodhu bi-kalimati Allahi at-taamati min  
kulli shaytanin wa hammatin wa min  
kulli 'aynin laammah*

**I seek refuge in Allah's perfect words from every devil, harmful creature, and evil eye.**

أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ  
مَا أَجِدُ وَأُحَاذِرُ

*A'oodhu billahi wa qudratihi min sharri  
ma ajidu wa uhadhir*

**I seek refuge in Allah and in His power from the evil of what I am experiencing and trying to avert.**

أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ  
مِنَ الشَّيْطَانِ الرَّجِيمِ

*A'oodhu billahi as-Samee'i al-'Aleemi  
min ash-Shaytan ar-rajeem*

**I seek refuge in Allah, the All-Hearing, the All-Knowing, from the cursed *Shaytan*.**

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ الَّتِي لَا يُجَاوِزُهُنَّ بَرٌّ وَلَا فَاجِرٌ مِنْ شَرِّ مَا خَلَقَ،  
وَبَرًّا وَذَرًّا، وَمِنْ شَرِّ مَا يَنْزِلُ مِنَ السَّمَاءِ وَمِنْ شَرِّ مَا يَعْرُجُ فِيهَا، وَمِنْ شَرِّ مَا  
ذَرَأَ فِي الْأَرْضِ وَمِنْ شَرِّ مَا يَخْرُجُ مِنْهَا، وَمِنْ شَرِّ فِتَنِ اللَّيْلِ وَالنَّهَارِ،  
وَمِنْ شَرِّ كُلِّ طَارِقٍ إِلَّا طَارِقًا يَطْرُقُ بِخَيْرٍ يَا رَحْمَنُ

*A'oodhu bi-kalimati Allahi at-taamaati allati la yujawizuhunna barrun wa la fajirun,  
min sharri ma khalaqa, wa bara'a wa dhara'a, wa min sharri ma yanzilu min as-samaa'i,  
wa min sharri ma ya'ruju feeha, wa min sharri ma dhara'a feel-ardi, wa min sharri ma  
yakhruju minha, wa min sharri fitani al-layli wan-nahar, wa min sharri kulli tariqin,  
illa tariqan yatruqu bi-khayrin, ya Rahman*

**I seek refuge in the Perfect Words of Allah—which no righteous or sinful person can surpass—from the evil of what He has created, originated, and made, from the evil of what descends from the sky, and from the evil of what ascends to it, from the evil of that which is on earth, and from the evil of what emerges from it, from the evil trials of night and day, and from the evil of every night visitor, except those who come bringing good. O Most Merciful!**

أَعُوذُ بِاللَّهِ الْعَظِيمِ وَبِوَجْهِهِ الْكَرِيمِ وَسُلْطَانِهِ  
الْقَدِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ، [بِسْمِ اللَّهِ،  
وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ]،  
اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

*A'oodhu billahi al-'Adheemi wa bi-wajhihi al-kareemi  
wa sultanihi al-qadeemi min ash-Shaytani ar-rajeem,  
[bismillah, was-salatu 'ala rasooli Allahi] Allahumma  
iftah lee abwaba rahmatik*

**I seek refuge in Allah, the Almighty, by His Noble Face, by His primordial power, from the cursed *Shaytan*. [In the name of Allah, peace and blessings be upon the Messenger of Allah]. O Allah, open before me the doors of Your mercy.**



# Bismillah

## 9 In the name of Allah

Begin in the name of God. **Bismillah** has been ingrained into many of our daily rituals—reciting Qur’an, enjoying a meal, starting on a trip—but it can truly be applied to every action we take.

Your **bismillah** is your *barakah*; it fills any activity with divine blessings. In a hadith reported by Ibn Majah and others, the Prophet ﷺ said, “Any matter of importance which is not begun with the remembrance of Allah remains defective.” That doesn’t mean that your actions without **bismillah** are wrong; instead, it’s an encouragement to cultivate mindfulness, to set good intentions, and perform every life task with sincerity and a constant awareness of Allah’s presence.

Let the name of Allah be on your lips when you wake up in the morning, when you sleep in the evening, and with each step in between.

### Highlighted dhikr

*Bismillahi tawkkaltu ‘ala Allahi, wa la hawla wala quwwata illa billah*

In the Name of Allah, I place my trust in Allah. There is no might nor power except with Allah.

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

### Building a habit for bismillah

I will say this <i>dhikr</i> during:	🕒 When?	How many times?
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Variations of Bismillah

اللَّهُمَّ بِاسْمِكَ أَمُوتُ وَأَحْيَا

*Allahumma bismika amootu wa ahyā*

**O Allah, in Your name  
I die and I live.**

بِسْمِ اللَّهِ فِي أَوَّلِهِ وَآخِرِهِ

*Bismillahi fee awwalihi wa aakhirihi*

**In the Name of Allah at the  
beginning and at the end.**

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

*Bismillahi al-Rahmani al-Raheem*

**In the Name of Allah, the Most  
Merciful, the Beneficent.**

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ

فِي الْأَرْضِ وَلَا فِي السَّمَاءِ

وَهُوَ السَّمِيعُ الْعَلِيمُ

*Bismillahi alladhee la yadurru ma'a ismihi  
shay'un fee-l-ardi wa la fee as-sama'i wa huwa  
as-Samee'u al-'Aleem*

**In the Name of Allah, with Whose  
Name nothing is harmed on  
Earth nor in the sky, and He is the  
All-Hearing, the All-Knowing.**

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

*Bismillahi tawkkaltu 'ala Allahi, wa la hawla wala quwwata illa billah*

**In the Name of Allah, I place my trust in Allah. There is  
no might nor power except with Allah.**

بِسْمِ اللَّهِ، أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاذِرُ

*Bismillahi, A'oodhu billahi wa qudratihi min sharri ma ajidu wa uhadhir*

**In the name of Allah, I seek refuge in Allah and in His power  
from the evil of what I am experiencing and trying to avert.**



# The Qur'an

## 10 The highest form of dhikr

You already have the highest form of *dhikr* with you, set on a bookshelf in your home or as an app on your phone. The Qur'an itself is *dhikr*, and its recitation is the surest way to remember Allah and follow His guidance.

When you recite even a single verse of the Qur'an, you gain hundreds of rewards, because every single letter on your tongue is written as ten good deeds. The angels descend and surround you when you recite it, bringing peace and tranquility.

And as with all *dhikr*, the Qur'an amplifies your blessings in the *akhirah*, but nothing matches how it will intercede for you. On Judgment Day, Surah Baqarah and Surah Ali 'Imran will come to you as a canopy of clouds and birds, providing shade. The Qur'an will testify on your behalf in proportion to the degree that you recited it in life. And it will be a source of ascension for you; the more Qur'an you can recite, the higher and higher through the ranks of Jannah you will ascend.

Wherever you are, as often as you can, turn back to the Qur'an. With it you will find nothing but tranquility, reward, and the best form of remembrance of your Lord.

### Highlighted dhikr

*Allahumma ij'al al-Qur'ana rabee'a qalbee, wa noora sadree, wa jala'a huznee, wa dhahaba hamme*

O Allah, make the Qur'an the springtime of my heart, and the light of my chest, the lifting of my sorrow, and the departure of my anxiety.

اللَّهُمَّ اجْعَلِ الْقُرْآنَ رِبْعَ قَلْبِي  
وَأَنْوَرِ صَدْرِي وَجَلِّأْ حُزْنِي  
وَذَهَابَ هَمِّي

### Building a habit of dhikr with the Qur'an

I will read this *dhikr* during:

🕒 When?

How many times?

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



The highest  
form of *dhikr*  
The Qur'an

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ۝ مِنْ شَرِّ مَا خَلَقَ ۝ وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ۝  
وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ۝ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ۝

*Bismillahi ar-Rahmani ar-Raheem. Qul a'udhu bi-rabbi al-falaq. Min sharri ma khalaq. Wa min sharri ghasiqin idha waqab. Wa min sharri an-nafathati fee al-'uqad. Wa min sharri hasidin idha hasad.*

In the name of Allah, the Most Merciful, the Most Compassionate.  
Say: 'I take refuge with the Lord of the daybreak, from the evil of what He has created, from the evil of darkness when it gathers, from the evil of the women who blow on knots, from the evil of an envier when he envies.

QUR'AN, 113:1-5

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
قُلْ أَعُوذُ بِرَبِّ النَّاسِ ۝ مَلِكِ النَّاسِ ۝ إِلَهِ النَّاسِ ۝ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ۝  
الَّذِي يُوسْوِسُ فِي صُدُورِ النَّاسِ ۝ مِنَ الْجِنَّةِ وَالنَّاسِ ۝

*Bismillahi ar-Rahmani ar-Raheem. Qul a'udhu bi-rabbi an-nas. Maliki an-nas. Ilahi an-nas. Min sharri al-waswas al-khannas. Alladhee yuwaswisu fee sudoori an-nas. Mina al-jinatti wa an-nas.*

In the name of Allah, the Most Merciful, the Most Compassionate.  
Say: 'I take refuge with the Lord of humankind, the Master of humankind, the God of humankind, from the evil of the lurking whisperer, who whispers in the hearts of humankind, from among jinn and humankind.

QUR'AN, 114:1-6

أَمَّنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ كُلٌّ آمَنَ بِاللَّهِ  
وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ لَا نَفَرَقَ بَيْنَ أَحَدٍ مِنْ رُسُلِهِ وَقَالُوا سَمِعْنَا  
وَأَطَعْنَا غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ ۝ لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا  
وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ رَبَّنَا لَا تُؤَاخِذْنَا إِنْ  
نَسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ  
مِنْ قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا وَاعْفِرْ لَنَا  
وَارْحَمْنَا أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ ۝

*Aamana ar-rasoolu bima unzila ilayhi min rabbihi wal-mu'minoon, kullun aamana billahi wa mala'ikatihi wa rusulih, la nufarriqu bayna ahadin min rusulih, wa qaloo sami'na wa ata'na ghufranaka rabbana wa ilayka al-maseer. La yakalifu Allahu nafsan illa wus'aha, laha ma kasabat wa 'alayha maktasabat, rabbana la tu'akhidhna bima naseena aw akhta'na rabbana wa la tuhammilna ma la taqata lana bih wa'fa' anna waghfir lana warhamna, anta mawlana fansurna 'ala al-qawm al-kafireen*

The Messenger believes in what was sent down to him from his Lord, and the believers; each one believes in Allah and His angels, and in His Books and His messengers; we make no division between any one of His messengers. They say, 'We hear, and obey. Our Lord, grant us Your forgiveness; and to You is the final return.'

Allah does not require of any soul more than what it can afford. All good will be for its own benefit, and all evil will be to its own loss. (The believers pray) "Our Lord! Do not punish us if we forget or make a mistake. Our Lord! Do not place a burden on us like the one You placed on those before us. Our Lord! Do not burden us with what we cannot bear. Pardon us, forgive us, and have mercy on us. You are our (only) Guardian. So grant us victory over the disbelieving people."

QUR'AN, 2:285-286

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
قُلْ هُوَ اللَّهُ أَحَدٌ ۝  
اللَّهُ الصَّمَدُ ۝  
لَمْ يَلِدْ وَلَمْ يُولَدْ ۝  
وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ۝

*Bismillahi ar-Rahmani ar-Raheem. Qul huwa Allahu ahad. Allahu as-Samad. Lam yalid wa lam yoolad. Wa lam yakun lahu kufwan ahad.*

In the name of Allah, the Most Merciful, the Most Compassionate.  
Say: 'He is God, the One, the Eternal Refuge, He has never had offspring nor was He born, and there is none comparable to Him.

QUR'AN, 112:1-4

The highest  
form of *dhikr*  
The Qur'an

اللَّهُمَّ إِنِّي عَبْدُكَ ابْنُ عَبْدِكَ ابْنُ أَمَتِكَ نَاصِيَتِي بِيَدِكَ مَا ضِ  
فِي حُكْمِكَ عَدْلٌ فِي قَضَائِكَ أَسْأَلُكَ بِكُلِّ اسْمٍ هُوَ لَكَ سَمَّيْت  
بِهِ نَفْسَكَ أَوْ أَنْزَلْتَهُ فِي كِتَابِكَ أَوْ عَلَّمْتَهُ أَحَدًا مِنْ خَلْقِكَ أَوْ  
اسْتَأْذَنْتَ بِهِ فِي عِلْمِ الْغَيْبِ عِنْدَكَ أَنْ تَجْعَلَ الْقُرْآنَ رَبِيعَ  
قَلْبِي وَنُورَ صَدْرِي وَجَلَاءَ حُزْنِي وَذَهَابَ هَمِّي

*Allahumma innnee 'abduka, ibnu 'abdika, ibnu amatika, nasiyati bi-yadika, madin fiyya hukmuka, 'adlun fiyya qada'uka, as'aluka bi-kulli ismin huwa laka, sammayta bihi nafsak, aw anzaltahu fee kitabika aw 'allamtahu ahadan min khalqika, aw ista'tharta bihi fee 'ilm al-ghaybi 'indaka an taj'ala al-Qur'ana rabee'a qalbee, wa noora sadree, wa jala'a huznee, wa dhahaba hamme*

O Allah, I am Your slave, and the son of Your male slave, and the son of Your female slave. My forehead is in Your Hand. Your decision for me is executed, and Your Decree concerning me is just. I ask You by every Name with which You have named Yourself—whether You revealed it in Your scripture, taught it to one of Your creation, or have preserved it in the knowledge of the Unseen with You—to make the Qur'an the springtime of my heart, and the light of my chest, the lifting of my sorrow, and the departure of my anxiety.

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ  
لَهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ  
إِلَّا بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ  
مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ  
وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ

*Allahu la ilaha illa huwa al-Hayyu al-Qayyumu la ta'khuduhu sinatun wala nawm lahu ma fee as-samawati wa ma fil-ardi man dha alladhee yashfa'u 'indahu illa bi-idhnihi ya'lamu ma bayna aydihim wa ma khalfahum wa la yuheetoona bi-shay'in min 'ilmihi illa bima sha'a wasi'a kursiyyuhu as-samawati wal-arda wa la ya'uduhu hifdhuhuma wa huwa al-'Aliyyu al-'Adheem*

Allah, there is no god but He, the Living, the Sustainer. Neither drowsiness nor sleep overtakes Him; to Him belongs all that is in the heavens and the earth. Who could possibly intercede with Him without His permission? He knows what lies before them and what is after them, and they comprehend not anything of His knowledge except what He wills. His Throne comprises the heavens and earth; and the preservation of both does not tire Him for He is the Most High, the All-Glorious.

QUR'AN, 2:255

## **About Yaqeen Institute**

Islam has a centuries-long tradition of inspiring its adherents to contribute to humanity based on conviction in its tenets. Previous generations of Muslims were on the forefront of contributing to medicine, philosophy, architecture, and governance, among other areas. We are an institute aiming to rekindle this tradition.

Constant negative portrayals of Islam have put Muslims in a defensive position in which they constantly have to justify their convictions, while fighting off the natural doubts and insecurities that arise in such a climate. As such, young Muslims should be intellectually equipped and spiritually anchored in a way that empowers them to deal with the onslaught of doubt-inducing claims routinely leveled against Islam.

We aim to actively participate in the current discourse touching on all topics that are related to establishing conviction in the hearts and minds of young Muslims. The institute aims to be the trusted source regarding these topics by generating well-researched Islamic content that is disseminated through various formats including articles, infographics, animations, videos, and cutting-edge technology. This content is also carefully assembled into curricula that can be used by various educators and community leaders to help anchor young Muslims in their faith and produce thoughtful societal contributions.

The Institute is a non-profit research initiative that makes all its content free and accessible. This allows everyone looking for answers, and those tasked with giving answers, to always have a comprehensive resource readily available to them.

We believe that telling our own story is the only way to counter the narrative that has been forced upon our community.

## **About the author**

Dr. Omar Suleiman is the Founder and President of the Yaqeen Institute for Islamic Research, and an Adjunct Professor of Islamic Studies in the Graduate Liberal Studies Program at SMU (Southern Methodist University).

He is the author of Allah Loves, 40 on Justice, Prayers of the Pious, Angels in Your Presence, Meeting Muhammad ﷺ, and other works.