Twelve supplications for ordinary days

Print these cards, cut along the lines, and keep them where you will see them: by the bed, in a wallet, on a desk. Each card gives the meaning in English, a transliteration for pronunciation, and its source so you can verify it.

On waking

Praise be to Allah who gave us life after death, and to Him is the return.

Transliteration: Al-hamdu lillahi lladhi ahyana ba'da ma amatana wa ilayhi n-nushur

Source: al-Bukhari 6312

Before eating

In the name of Allah.

Transliteration: Bismillah

Source: Abu Dawud 3767

After eating

Praise be to Allah who fed us, gave us drink, and made us Muslims.

Transliteration: Al-hamdu lillahi lladhi at'amana wa saqana wa ja'alana muslimin

Source: at-Tirmidhi 3457

Leaving the house

In Allah's name I place my trust in Allah; there is no power except with Allah.

Transliteration: Bismillahi tawakkaltu 'ala llah, wa la hawla wa la quwwata illa billah

Source: at-Tirmidhi 3426

When anxious

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

Transliteration: hasbuna llahu wa ni'ma l-wakil

Source: Qur'an 3:173

When grief comes

O Allah, I seek refuge in You from anxiety and sorrow.

Transliteration: Allahumma inni a'udhu bika mina l-hammi wa l-hazan

Source: al-Bukhari 6369

For guidance

O Allah, guide me and set me right.

Transliteration: Allahumma ihdini wa saddidni

Source: Muslim 2725

For knowledge

My Lord, increase me in knowledge.

Transliteration: Rabbi zidni 'ilma

Source: Qur'an 20:114

For parents

My Lord, have mercy on them as they raised me when I was small.

Transliteration: Rabbi rhamhuma kama rabbayani saghira

Source: Qur'an 17:24

For the community

Our Lord, forgive us and our brothers and sisters who preceded us in faith.

Transliteration: Rabbana ghfir lana wa li-ikhwanina lladhina sabaquna bi-l-iman

Source: Qur'an 59:10

Before sleep

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

Transliteration: Bismika llahumma amutu wa ahya

Source: al-Bukhari 6324

For steadiness

O Turner of hearts, make my heart firm upon Your religion.

Transliteration: Ya muqalliba l-qulub, thabbit qalbi 'ala dinik

Source: at-Tirmidhi 3522

Arabic script for each supplication is printed on the website, where diacritics render correctly.
Translations here convey meaning and are not a substitute for learning the Arabic with a teacher.