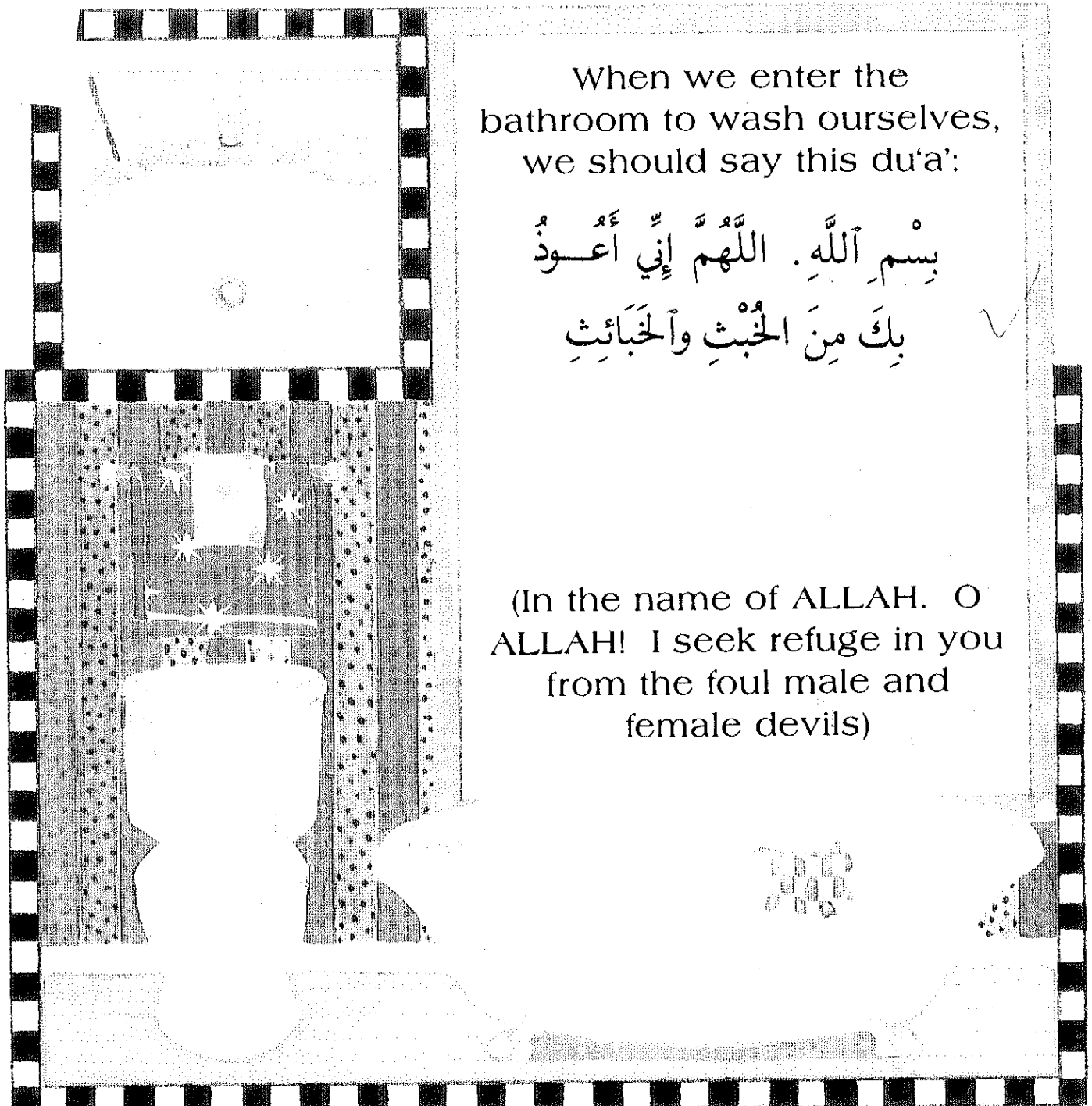


When we wake up in the morning, we should thank ALLAH (SWT) and say:

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَمَا
أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

(Praise be to ALLAH, He Who revived us to life after giving us death, and unto Him we shall return)



When we enter the
bathroom to wash ourselves,
we should say this du'a':

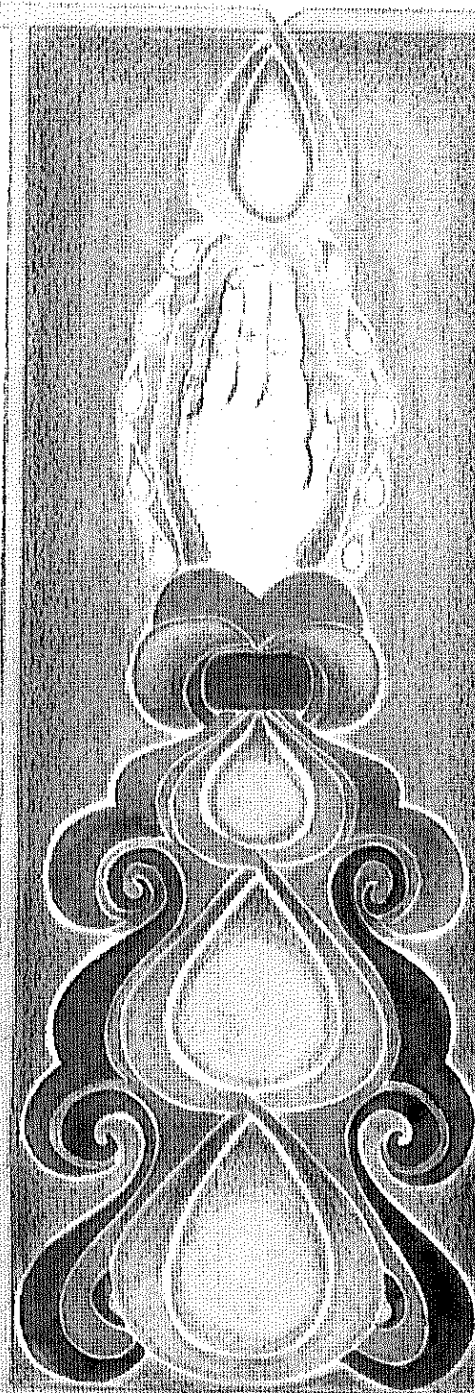
بِسْمِ اللَّهِ. اللَّهُمَّ إِنِّي أَعُوذُ
بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ ✓

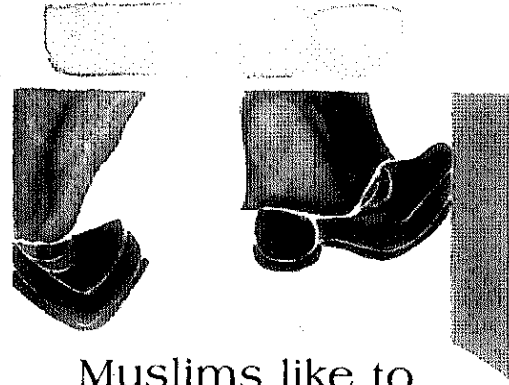
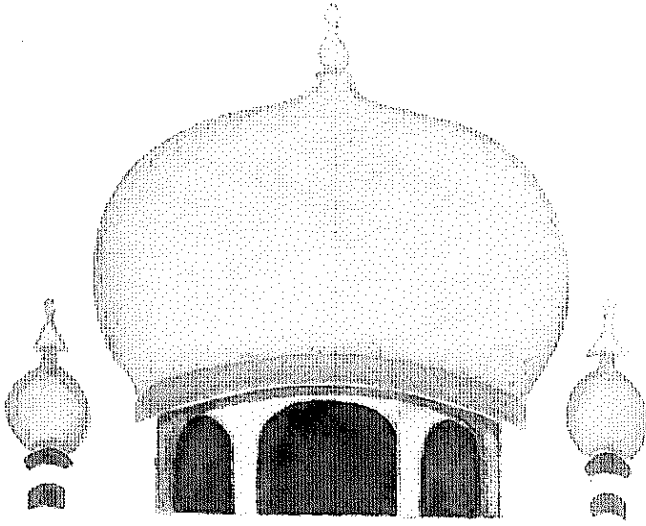
(In the name of ALLAH. O
ALLAH! I seek refuge in you
from the foul male and
female devils)

When we leave the bathroom
after washing, we say:

غُفْرَانَكَ، الْحَمْدُ لِلَّهِ الَّذِي
أَذْهَبَ عَنِّي الْأَذَى وَعَافَانِي

(Your pardon O Allah! Praise be
to Allah who caused harm to go
away and gave me relief)



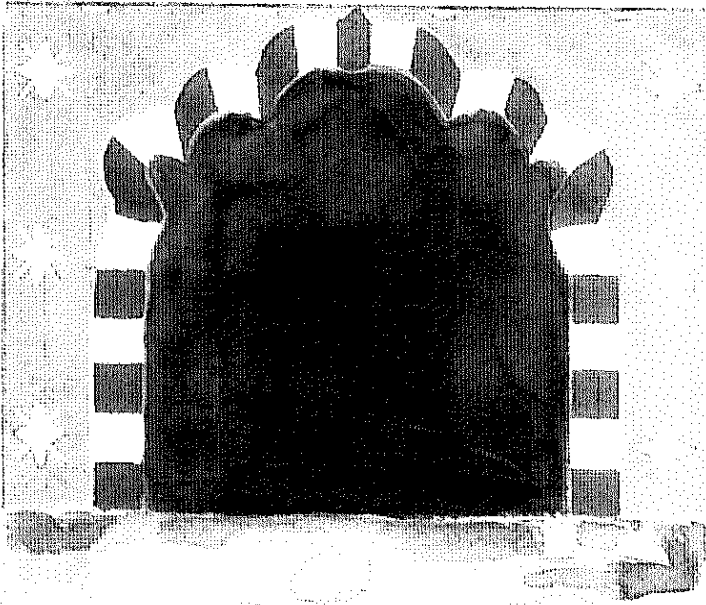


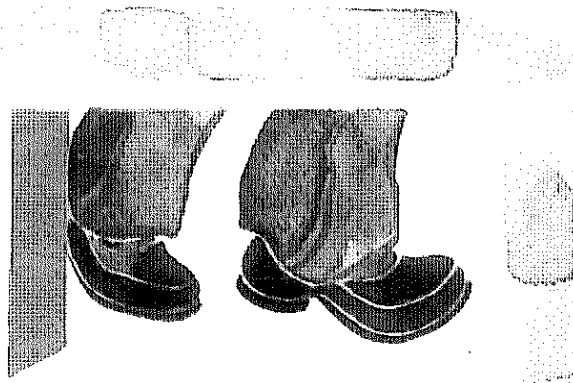
Muslims like to pray together in the Masjid. When we enter the Masjid, we enter with the right foot first, and say:

اللَّهُمَّ افْتَحْ لِي

أَبْوَابَ رَحْمَتِكَ

(O ALLAH! Open for me the doors of Your Mercy)

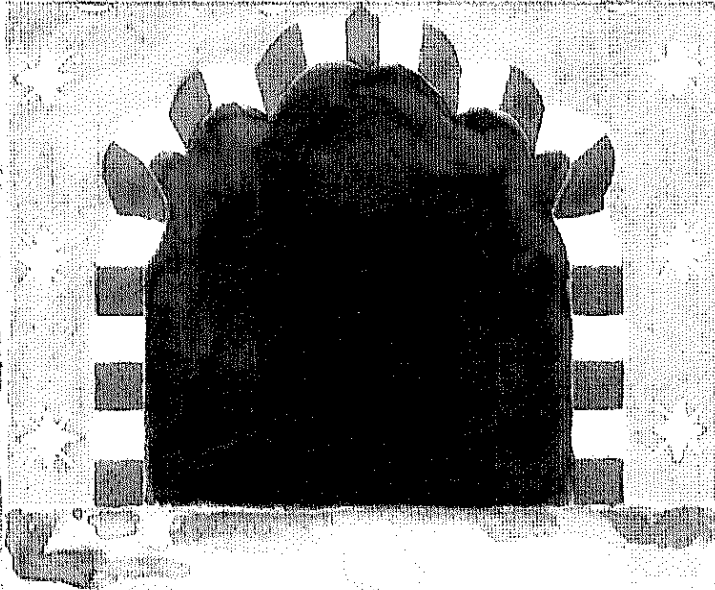
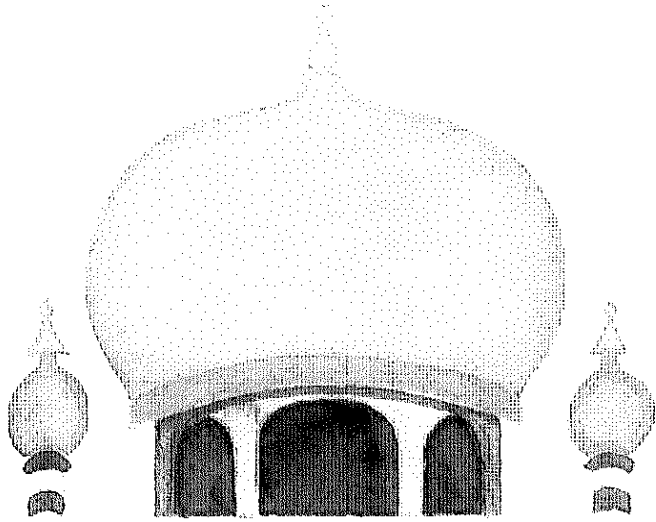


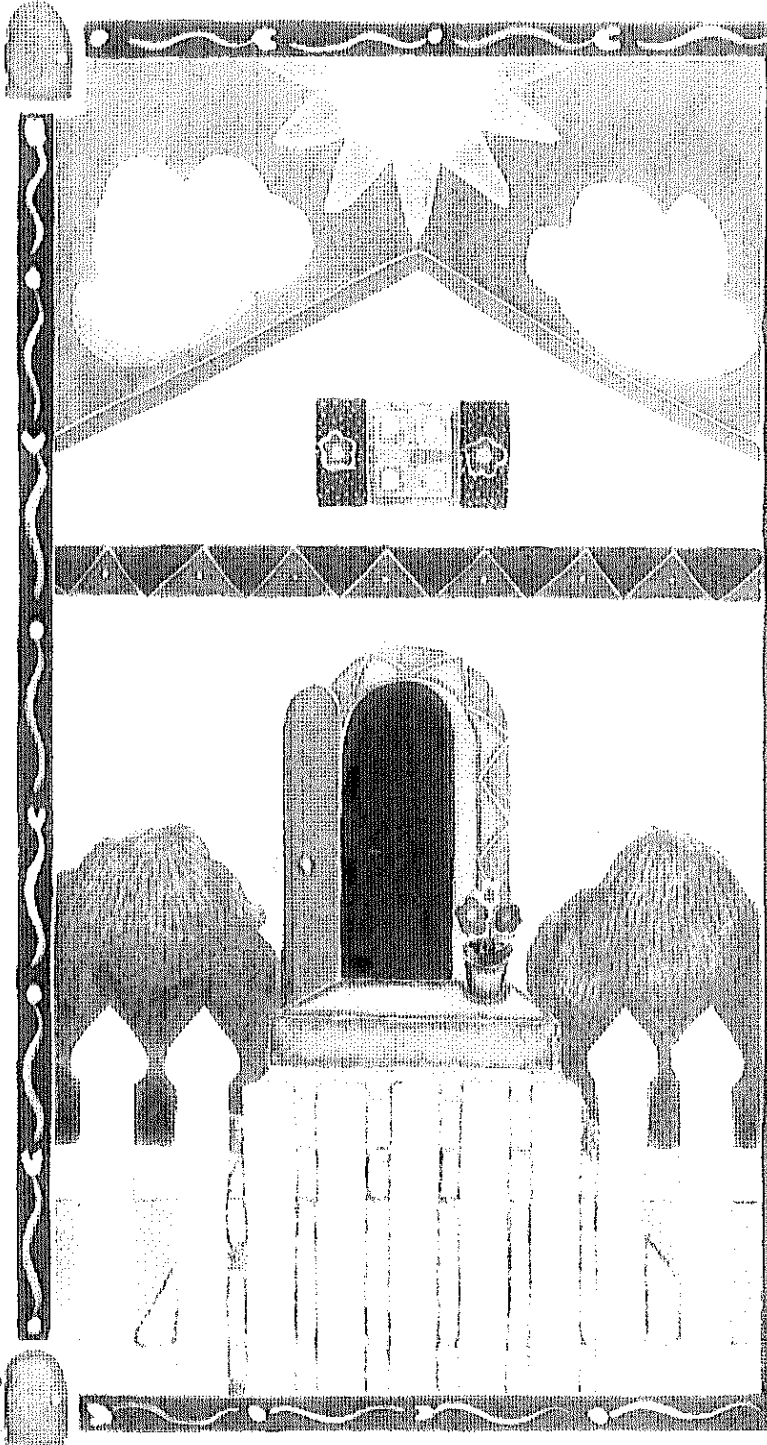


When we leave
the Masjid after
prayers, we say:

اللَّهُمَّ إِنِّي أَسْأَلُكَ
مِنْ فَضْلِكَ

(O ALLAH! I ask
you to give me
your bounty)





When we are ready
to go outdoors,
we say:

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

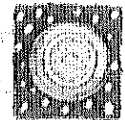
(In the Name of
ALLAH, I rely on
ALLAH, and there is
no might or power
except that (allowed)
by ALLAH)

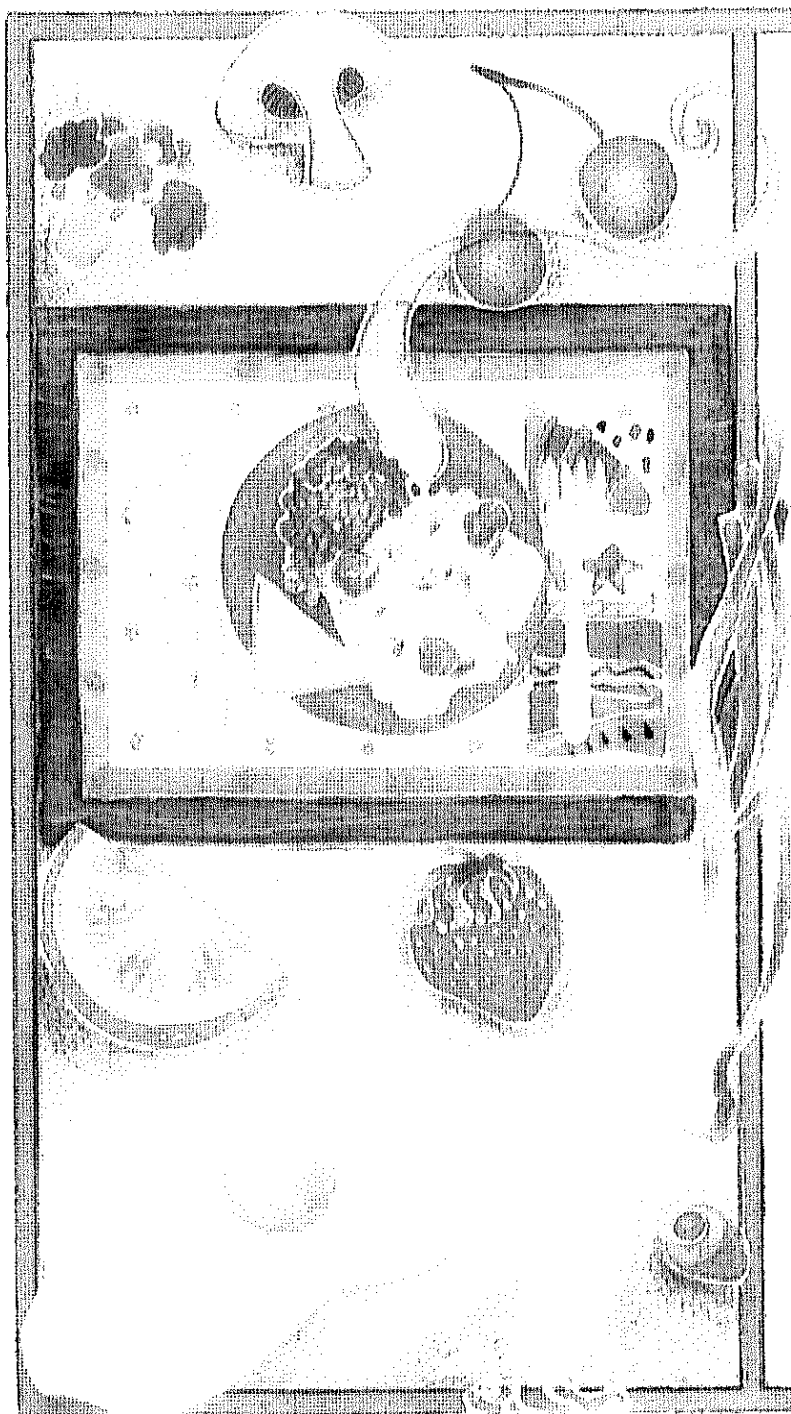


When we travel in a car, in a train, or in a plane, we should say this du'a':

بِسْمِ اللَّهِ وَالْحَمْدُ لِلَّهِ . سُبْحَانَ
الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ .
وَإِنَّا إِلَىٰ رَبِّنَا لَمُنْقَلِبُونَ

(In the Name of ALLAH, and praise be to
ALLAH. Glory unto Him
Who has created this transportation
for us, though we were unable to
create it (on our own); and unto our Lord
we shall return)





When we sit down
to eat our
meal together, we
should begin
by saying:

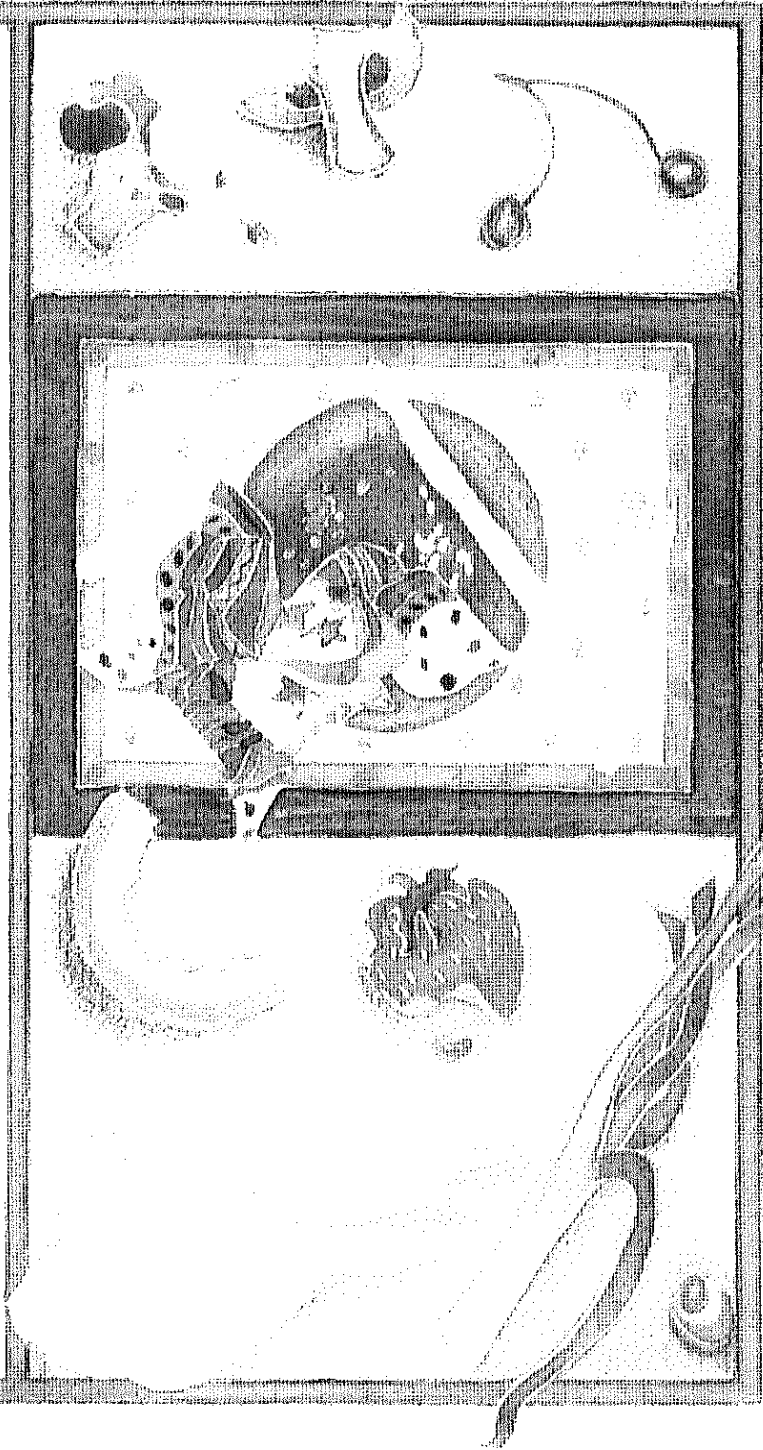
اللَّهُمَّ بَارِكْ لَنَا فِيهَا
رَزَقْتَنَا وَقِنَا عَذَابَ
النَّارِ، بِسْمِ اللَّهِ

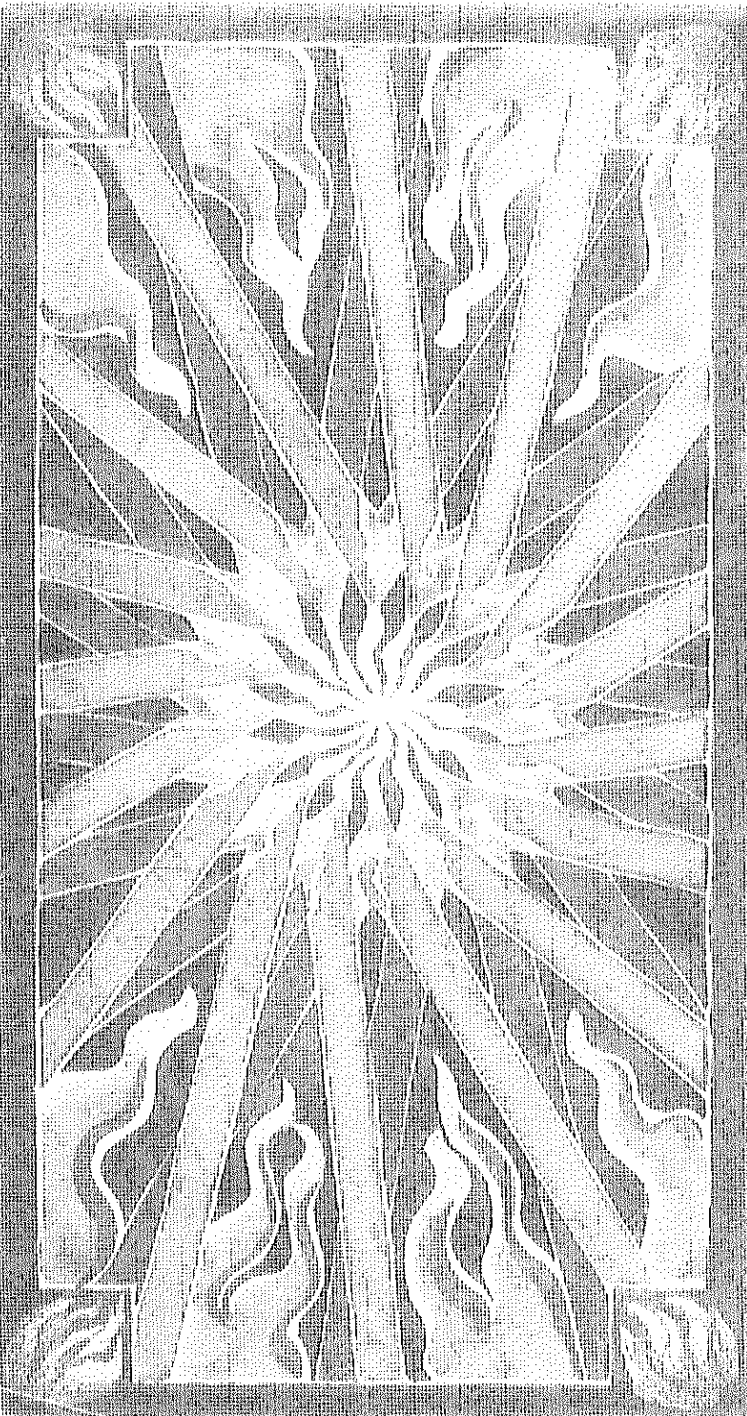
(O ALLAH! Bless
the provision that
You have given us,
and protect us from
the punishment
of the Hell-Fire,
in the Name of
ALLAH)

After we finish
eating and drinking,
we should be thank-
ful for the food and
drink Allah has
provided for us,
and say:

الْحَمْدُ لِلَّهِ الَّذِي
أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا
مِنَ الْمُسْلِمِينَ

(Praise be to
ALLAH, who has
fed us and gave us
drink and made us
Muslims)





If we become angry,
we should try to
control ourselves by
saying these words:

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ
أَمَّنْتُ بِاللَّهِ وَرَسُولِهِ

(I seek refuge in
ALLAH from Satan.
I repose
my faith in ALLAH
and His Messengers)

We should end our
day by saying this
du'a' when we
go to bed:

بِأَسْمِكَ اللَّهُمَّ

أَمُوتُ وَأَحْيَا

(In Your Name, O
ALLAH,
I die and I live)

