

The morning and evening adhkar

A short, fixed set of words said twice a day. The Qur'an sets the two times; the hadith supply the wording — and most of it takes less than five minutes.



Remember Him much

أَذْكُرُوا اللَّهَ ذِكْرًا كَثِيرًا

"O you who have believed, remember Allah with much remembrance." The command that the whole practice rests on.

Qur'an 33:41

Morning and evening

وَسَبِّحْهُ بُكْرَةً وَأَصِيلًا

"And exalt Him morning and evening." The very next verse names the two times — bukrāh and asīl, the start of the day and its end.

Qur'an 33:42

Before sunrise, before sunset

وَسَبِّحْ بِحَمْدِ رَبِّكَ قَبْلَ طُلُوعِ الشَّمْسِ وَقَبْلَ الْغُرُوبِ

"And exalt with praise of your Lord before the rising of the sun and before its setting." Scholars read these verses as the window the adhkar sit in.

Qur'an 50:39

Where it is kept up

يُسَبِّحُ لَهُ فِيهَا بِالْغُدُوِّ وَالْآصَالِ

"...exalting Him within them in the mornings and the evenings." Said of the houses Allah has permitted to be raised and His name mentioned in.

Qur'an 24:36

On waking, on reaching evening

اللَّهُمَّ بِكَ أَصْبَحْنَا وَبِكَ أَمْسَيْنَا وَبِكَ نَحْيَا وَبِكَ نَمُوتُ وَإِلَيْكَ النُّشُورُ

"O Allah, by You we enter the morning and by You we enter the evening, by You we live and by You we die, and to You is the resurrection." In the evening, the second half is said.

Sunan Abu Dawud 5068 • sahih

The three surahs, three times

قُلْ هُوَ اللَّهُ أَحَدٌ وَالْمَعُودَتَيْنِ حِينَ تُمْسِي وَحِينَ تُصْبِحُ ثَلَاثَ مَرَّاتٍ تَكْفِيكَ مِنْ كُلِّ شَيْءٍ

Asked what to say, he ﷺ said: "Qul huwa Allahu ahad and the two surahs of refuge, three times at evening and at morning — they will suffice you against everything."

Sunan Abu Dawud 5082 • hasan

Three times, against sudden harm

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

"In the name of Allah, with whose name nothing on earth or in heaven can cause harm, and He is the Hearing, the Knowing." Three times at either end of the day.

Sunan Abu Dawud 5088 • sahih

Asking for 'afiyah

اللَّهُمَّ عَافِنِي فِي بَدَنِي اللَّهُمَّ عَافِنِي فِي سَمْعِي اللَّهُمَّ عَافِنِي فِي بَصَرِي لَا إِلَهَ إِلَّا أَنْتَ

Three times morning and evening. These are Abu Bakrah's words as his son heard them; asked why, he said: I heard the Messenger of Allah ﷺ supplicating with them.

Sunan Abu Dawud 5090 • hasan

The hundreds

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

Said a hundred times a day: the reward of freeing ten slaves, a hundred good deeds written, a hundred bad ones erased, and a guard against Shaytan until evening.

Sahih al-Bukhari 3293