Sukon

Daily Duas from the Quran and Sunnah

Short duas for every part of the day, with meaning

Free eBook from Sukon — www.sukonapp.in

Contents

1. Morning and night

2. Food and drink

3. Home, toilet and masjid

4. Travel

5. Illness, sneezing and hard times

6. Duas from the Quran

1. Morning and night

On waking up

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

Alhamdu lillahil-ladhi ahyana ba'da ma amatana wa ilaihin-nushur

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

Sahih al-Bukhari 6312

Before sleeping

بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismika Allahumma amutu wa ahya

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

Sahih al-Bukhari 6324

Before sleep, also recite Ayat al-Kursi (Surah Al-Baqarah 2:255) and the last three surahs: Al-Ikhlas, Al-Falaq and An-Nas.

2. Food and drink

Before eating

بِسْمِ اللَّهِ

Bismillah

In the name of Allah.

Sahih al-Bukhari 5376

If you forgot at the start

بِسْمِ اللَّهِ أَوَّلَهُ وَآخِرَهُ

Bismillahi awwalahu wa akhirah

In the name of Allah, at its beginning and its end.

Sunan Abu Dawud 3767; Jami at-Tirmidhi 1858

After eating

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ

Alhamdu lillahil-ladhi at'amani hadha wa razaqanihi min ghairi hawlin minni wa la quwwah

All praise is for Allah who fed me this and provided it for me without any power or strength from me.

Sunan Abu Dawud 4023; Jami at-Tirmidhi 3458

3. Home, toilet and masjid

Leaving home

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Bismillah, tawakkaltu alallah, wa la hawla wa la quwwata illa billah

In the name of Allah, I trust in Allah; there is no power and no strength except with Allah.

Sunan Abu Dawud 5095; Jami at-Tirmidhi 3426

Entering the toilet

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ

Allahumma inni a'udhu bika minal-khubuthi wal-khaba'ith

O Allah, I seek refuge in You from evil and evil beings.

Sahih al-Bukhari 142

Leaving the toilet

غُفْرَانَكَ

Ghufranak

I ask for Your forgiveness.

Sunan Abu Dawud 30; Jami at-Tirmidhi 7

Entering the masjid

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Allahummaftah li abwaba rahmatik

O Allah, open for me the doors of Your mercy.

Sahih Muslim 713

Leaving the masjid

اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

Allahumma inni as'aluka min fadlik

O Allah, I ask You of Your bounty.

Sahih Muslim 713

4. Travel

Riding a vehicle

سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ وَإِنَّا إِلَى رَبِّنَا لَمُنْقَلِبُونَ

Subhanal-ladhi sakhkhara lana hadha wa ma kunna lahu muqrinin, wa inna ila Rabbina lamunqalibun

Glory be to the One who has placed this at our service, for we could never have done it ourselves, and to our Lord we will surely return.

Quran, Surah Az-Zukhruf 43:13–14; Sahih Muslim 1342

5. Illness, sneezing and hard times

Visiting the sick

لَا بَأْسَ طَهُورٌ إِنْ شَاءَ اللَّهُ

La ba'sa, tahurun in sha Allah

No harm — it is a purification, if Allah wills.

Sahih al-Bukhari 3616

After sneezing

الْحَمْدُ لِلَّهِ

Alhamdu lillah

All praise is for Allah. (The listener replies “Yarhamukallah” — may Allah have mercy on you — and the one who sneezed answers “Yahdikumullahu wa yuslihu balakum” — may Allah guide you and set your affairs right.)

Sahih al-Bukhari 6224

In distress

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

La ilaha illa anta, subhanaka inni kuntu minaz-zalimin

There is no god but You; glory be to You; I have been among the wrongdoers. (The dua of Prophet Yunus)

Quran, Surah Al-Anbiya 21:87

On hearing of a death or loss

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

Inna lillahi wa inna ilaihi raji’un

Indeed we belong to Allah, and to Him we will return.

Quran, Surah Al-Baqarah 2:156

6. Duas from the Quran

For good in both worlds

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Rabbana atina fid-dunya hasanatan wa fil-akhirati hasanatan wa qina adhaban-nar

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

Quran, Surah Al-Baqarah 2:201

For parents

رَبِّ ارْحَمْهُمَا كَمَا رَبَّيَانِي صَغِيرًا

Rabbir-hamhuma kama rabbayani saghira

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

Quran, Surah Al-Isra 17:24

For knowledge

رَبِّ زِدْنِي عِلْمًا

Rabbi zidni ilma

My Lord, increase me in knowledge.

Quran, Surah Ta-Ha 20:114

For spouses and children

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

Rabbana hab lana min azwajina wa dhurriyyatina qurrata a'yunin waj'alna lil-muttaqina imama

Our Lord, grant us from our spouses and children the comfort of our eyes, and make us leaders of the God-fearing.

Quran, Surah Al-Furqan 25:74

A note on this book

This guide is general guidance written to be accepted by the major schools, with differences noted where they matter. For a question about your own situation, ask a verified scholar on Sukon — always free.

© INDO CHATS PRIVATE LIMITED. Written for Sukon. Free to read, print and share unchanged for non-commercial use, with credit to Sukon (sukonapp.in).