THE STRIVING

MUSLIM ACADEMY

Islamic and Academic Education

ISLAMIC EDUCATION · FREE TO PRINT

Morning and Evening Adhkar

Arabic, transliteration and meaning, laid out as cards to cut and keep where the family will actually see them.

WHAT IS INSIDE

- Teacher's notes: how to make adhkar a habit, not a chore
- Twelve cards to cut out, grouped by when they are said
- A family wall chart
- A forty day habit tracker

The Striving Muslim Academy

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How to make this stick

Every family starts adhkar in Ramadan and stops by the second week of Shawwal. These are the reasons, and the fixes are small.



1. Too many at once

A family begins with a fifteen-item list, manages four days, feels the weight of it, and quietly drops the whole thing. Nothing remains.

Begin with one. For a month. One short dhikr, said every single morning, will still be happening next year. Fifteen will not survive the fortnight. Add the second only when the first is automatic.

2. No fixed moment to attach it to

"In the morning" is not a time, so it waits for a spare moment, and spare moments do not come.

Attach it to something that already happens without fail. After fajr, before the first mouthful of breakfast, as the shoes go on. The existing habit carries the new one.

3. Said too fast to mean anything

A child who has learned the sounds but not the meaning races through them. The words become something to be got past.

Teach the meaning of one phrase a week, not the whole card. "This bit means nothing on earth or in the sky can harm me." A child who knows what they are asking for says it differently, and you can hear the change.

4. Only the children are doing it

Children read what the adults do, not what the adults say. A chart on the wall that only has children's names on it tells them this is a thing for children.

Put every name on the chart, including yours. Say yours out loud where they can hear. This does more than any amount of reminding.

5. Missing a day ends it

The chain breaks, the chart looks spoiled, and the family concludes they have failed and stops.

Say at the start that days will be missed. Build it into the chart: a missed day is marked and the chart continues. The aim is forty days of effort, not forty perfect ones.

On the Arabic in this pack

The transliteration here is a help for somebody who cannot yet read Arabic. It is not a substitute for it, and it will never give the sounds exactly.

If you can read Arabic, read the Arabic. If you cannot, use the transliteration while you learn, and ask a teacher to hear you say each one at least once.

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Cut along the dashed lines. These four are said twice a day, after Fajr and before Maghrib. Keep them where the family will see them: the fridge, the back of the door, the prayer mat.

CARD 1 · MORNING AND EVENING

Protection from harm

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

Bismillahil-ladhi la yadurru ma'asmihi shay'un fil-ardi wa la fis-sama'i, wa Huwas-Sami'ul-'Alim.

In the name of Allah, with whose name nothing on earth or in the sky can cause harm, and He is the All Hearing, the All Knowing.

SAY THREE TIMES · ABU DAWUD, TIRMIDHI

CARD 2 · MORNING AND EVENING

Being content with Allah

رَضِيتُ بِاللَّهِ رَبًّا، وَبِالْإِسْلَامِ دِينًا، وَبِمُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ نَبِيًّا

Radeetu billahi Rabban, wa bil-Islami deenan, wa bi Muhammadin sallallahu 'alayhi wa sallam nabiyyan.

I am content with Allah as my Lord, with Islam as my religion, and with Muhammad ﷺ as my Prophet.

SAY THREE TIMES · ABU DAWUD, TIRMIDHI

CARD 3 · MORNING AND EVENING

Sayyid al-Istighfar, the best way to ask forgiveness

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ، وَأَبُوءُ بِذَنْبِي فَاغْفِرْ لِي، فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

Allahumma anta Rabbi, la ilaha illa anta, khalaqtani wa ana 'abduka, wa ana 'ala 'ahdika wa wa'dika mastata'tu, a'udhu bika min sharri ma sana'tu, abu'u laka bini'matika 'alayya, wa abu'u bidhanbi faghfir li, fa innahu la yaghfiru adh-dhunuba illa anta.

O Allah, You are my Lord. There is no god but You. You created me and I am Your servant. I keep to my covenant with You as far as I am able. I seek refuge in You from the evil of what I have done. I acknowledge Your favour upon me, and I acknowledge my sin, so forgive me, for none forgives sins but You.

MORNING AND EVENING · SAHIH AL-BUKHARI 6306

CARD 4 · MORNING AND EVENING

Declaring Allah's oneness

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

La ilaha illallahu wahdahu la sharika lah, lahul-mulku wa lahul-hamd, wa Huwa 'ala kulli shay'in Qadeer.

There is no god but Allah alone, with no partner. His is the dominion and His is the praise, and He is able to do all things.

SAY TEN TIMES, OR ONE HUNDRED · BUKHARI, MUSLIM

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These four belong to the end of the day. The three surahs are said morning and evening as well, which is why they open this sheet rather than close the last one.

CARD 5 · MORNING, EVENING, AND BEFORE SLEEP

The three surahs

الْإِخْلَاص · الْفَلَق · النَّاس

Recite Surah Al-Ikhlas, Surah Al-Falaq and Surah An-Nas, three times each, morning and evening.

If your child is memorising Juz 'Amma they already know all three. This card costs them nothing new and it is the strongest thing on the page.

ABU DAWUD, TIRMIDHI, NASA'I

CARD 6 · AFTER SALAH, AND BEFORE SLEEP

Ayat al-Kursi

اللَّهُ لَا إِلَٰهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ ۚ لَا تَأْخُذُهُ سِنَةٌ وَلَا نَوْمٌ ۚ لَّهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ ۗ مَن ذَا الَّذِي يَشْفَعُ عِندَهُ 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

The greatest verse in the Qur'an, and the one the Prophet ﷺ named when he was asked which verse was greatest.

If it is said on going to bed, a guardian from Allah stays with you, and no devil comes near you until morning. Older children can carry this one; it is long, so give it weeks, not days.

AL-BAQARAH 255 · SAHIH AL-BUKHARI, SAHIH MUSLIM

CARD 7 · BEFORE SLEEP

The last two verses of al-Baqarah

"Whoever recites the last two verses of al-Baqarah at night, they will be enough for him."

No Arabic is printed here on purpose. These two verses are long, and a child who has to open the mushaf and find al-Baqarah 285 is learning something this card could not teach them. Read them together from the mushaf.

AL-BAQARAH 285 TO 286 · SAHIH AL-BUKHARI, SAHIH MUSLIM

CARD 8 · THE LAST THING YOU SAY

The last words of the day

بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismika Allahumma amutu wa ahya.

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

Pair this with card 9. One ends the day, one begins it, and together they bracket the whole of it. Children take to the pair far more readily than to either alone.

BUKHARI

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The first opens the day and pairs with card 8, which closes it. The last two are tied to no hour at all and can be said while walking, cooking or waiting.

CARD 9 · THE MOMENT YOU WAKE

When you open your eyes

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

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

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

BUKHARI

CARD 10 · AFTER EVERY OBLIGATORY PRAYER

The tasbih after salah

سُبْحَانَ اللَّهِ · الْحَمْدُ لِلَّهِ · اللَّهُ أَكْبَرُ

Subhanallah · Alhamdulillah · Allahu akbar.

How perfect Allah is · all praise is His · Allah is the greatest. Thirty-three of each, then complete the hundred with:

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

SAHIH MUSLIM · OTHER COUNTS ARE ALSO NARRATED

CARD 11 · ANY TIME AT ALL

Praise, and the easiest of all

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

Subhanallahi wa bihamdihi.

How perfect Allah is, and all praise is His.

Start a young child here. It is three words, and they will have it by the end of the first day.

SAY ONE HUNDRED TIMES · BUKHARI, MUSLIM

CARD 12 · ANY TIME, AND MOST OF ALL ON FRIDAY

Sending salah upon the Prophet ﷺ

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ

Allahumma salli 'ala Muhammadin wa 'ala ali Muhammad.

O Allah, send blessings upon Muhammad and upon the family of Muhammad.

"Whoever sends one blessing upon me, Allah sends ten upon him." This is the shortest card in the pack and the one a small child learns fastest.

SAHIH MUSLIM

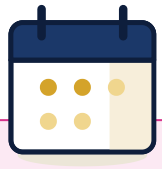
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Please check these before you teach from them

The wordings here follow the well-known collections of adhkar. Even so, **have a teacher or a printed copy check every line before you use this in a class**. Small differences in wording exist between narrations, and a printed sheet carries more authority than it deserves.

Forty days

One dhikr. Forty days. Put every name in the family on it, adults included. Tick for done, cross for missed, and carry straight on either way.



Which dhikr are we doing?

Write the card number or the words. One only. Choose it together, so it belongs to everybody.

NAME	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20

NAME	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40

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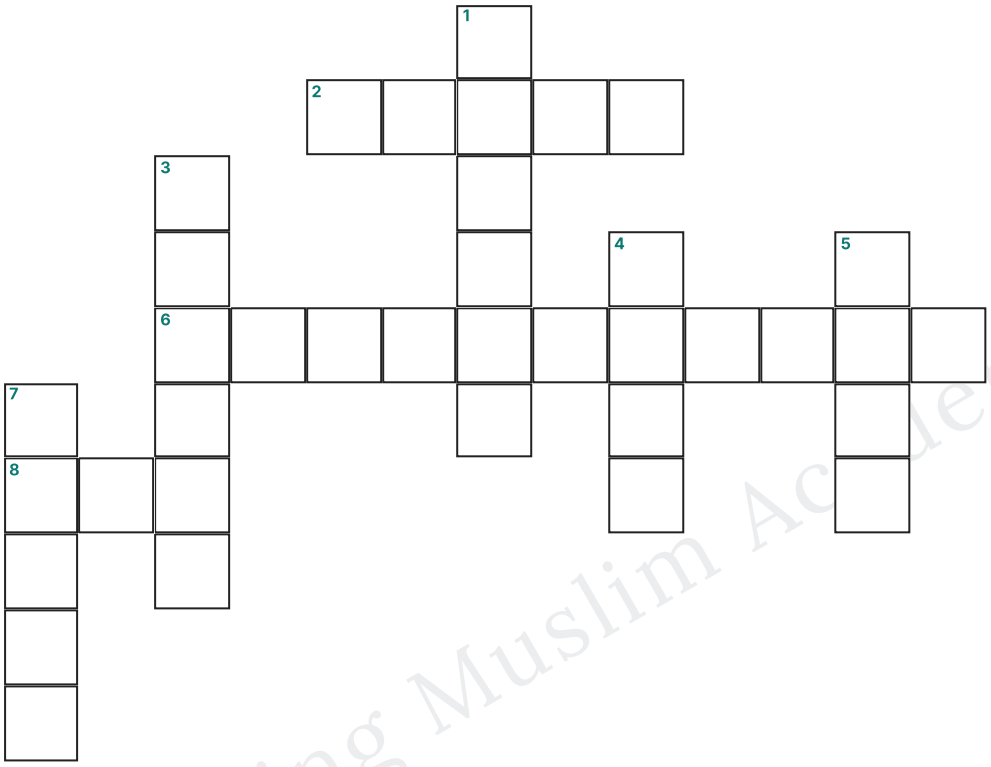
On day forty-one

Do not add a second dhikr if the first still takes effort to remember. Wait until the day you notice you have already said it without deciding to. **That** is when it has become a habit, and only then is there room for another.

Word Whizz

Crossword

Everything you need is on the pages of this pack. Read each clue and write the word in the boxes, one letter in each box. The number in brackets tells you how many letters the word has.



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Across

2 Card 6 is said after salah and before sleep. Its name is Ayat al-what? (5)

6 Which of the three words in the tasbih after salah means how perfect Allah is? (11)

8 How many short dhikr should a family begin with? (3)

Down

1 Card 12, sending salah upon the Prophet ﷺ, is said any time and most of all on this day. (6)

3 On the chart, a day you did not manage to do the dhikr is called this kind of day. (6)

4 Card 9 is said the moment you do this in the morning. (4)

5 The four morning and evening cards are said after this prayer and before Maghrib. (4)

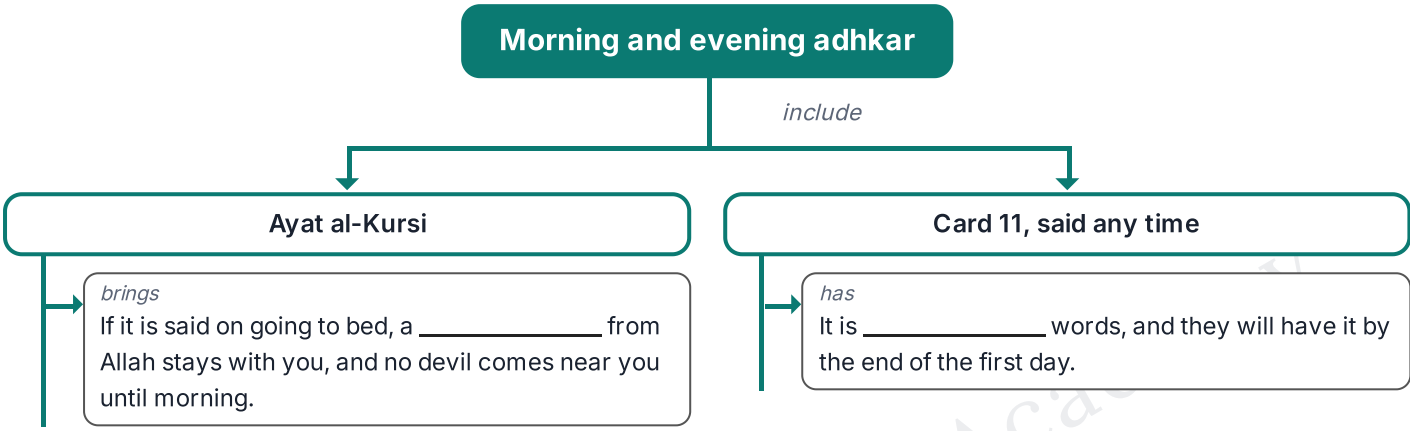
7 How many days does the habit tracker cover? (5)

Let's Map It!

Fill in the blanks on the map with the words in the box. Read along the arrows.

USE THESE WORDS

guardian **three**



Word search

Find each word in the grid. Words read across, down, or slanting down. Tick each one when you find it.

E	V	E	N	I	N	G	E	T
A	D	H	K	A	R	T	T	V
E	A	V	L	U	C	S	S	C
S	H	F	S	C	A	R	D	S
T	P	M	O	R	N	I	N	G
M	S	T	R	A	C	K	E	R
B	E	C	H	A	R	T	C	L
F	A	M	I	L	Y	B	V	S
D	N	F	D	H	I	K	R	O

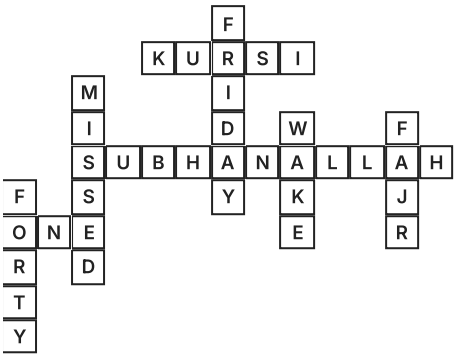
- ☐ Evening
- ☐ Tracker
- ☐ Morning
- ☐ Adhkar
- ☐ Family
- ☐ Dhikr
- ☐ Cards
- ☐ Chart

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Answers

For the grown-up: cover this page while the puzzles are being done.

Crossword



Across: 2 Kursi, 6 Subhanallah, 8 One

Down: 1 Friday, 3 Missed, 4 Wake, 5 Fajr, 7 Forty

Let's Map It

guardian; three

Word search

E	V	E	N	I	N	G	E	T
A	D	H	K	A	R	T	T	V
E	A	V	L	U	C	S	S	C
S	H	F	S	C	A	R	D	S
T	P	M	O	R	N	I	N	G
M	S	T	R	A	C	K	E	R
B	E	C	H	A	R	T	C	L
F	A	M	I	L	Y	B	V	S
D	N	F	D	H	I	K	R	O

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