For More Resources

SUPPLICATIONS

دُعَاء

SUPPLICATIONS FOR RETIRING TO BED

1

قُلْ هُوَ اللهُ أَحَدٌ... X 3

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ... X 3

قُلْ أَعُوذُ بِرَبِّ النَّاس... X 3

'Aishah narrates: "Whenever Allah's Messenger ﷺ retired to bed, he would blow (without spittle) into his hands, recite Surah Ikhlaas (112), Surah al-Falaq (113), and Surah an-Naas (114) into them, and then wipe his hands over his whole body, starting from his head and going down as far as he could. He would repeat this three times."

(Sahih al-Bukhari, hadeeth number 5017)

2

اَللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّوْمُ...

Abu Hurairah (RA) was guarding the charity when a man tried to steal food for three consecutive nights. Each time he pleaded poverty and Abu Hurairah (RA) let him go, though the Prophet ﷺ warned every night that he would return. On the third night, when Abu Hurairah (RA) caught him again and insisted on taking him to the Prophet ﷺ. Upon hearing this warning, the person told Abu Hurairah (RA) that if you let me free, then I will teach you such words that if you read them daily when retiring to the bed, then Almighty Allah will benefit you and Almighty Allah will appoint a guardian for you and the devil will not be able to come close to you. . He then taught him Ayat al-Kursi. The next morning, the Prophet ﷺ confirmed the benefit of Ayat al-Kursi and revealed that the man was actually the devil in human form.

(Saheeh al-Bukhari, hadeeth number 2311)

3

آمَنَ الرَّسُوْلُ بِمَا أُنْزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُوْنَ...

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا...

Abu Mas'ud al-Badri narrated that the Allah's Messenger ﷺ said: "Whoever recites the last two verses of Surah al-Baqarah at night, they will suffice him (and protect him from all harm)."

(Saheeh al-Bukhari, hadeeth number 4008)

4

سُبْحَانَ اللّه [Recite 33 Times]

اَلْحَمْدُ لِلّهِ [Recite 33 Times]

اَللّهُ أَكْبَرُ [Recite 34 Times]

Abu Hurairah (RA) reported that Fatima (RA) came to the Messenger of Allah ﷺ and asked for a servant because household work was difficult for her. The Prophet ﷺ said, "I cannot give you a servant, but shall I tell you something better than a servant? When you go to bed, say Subhanallah thirty-three times, Alhamdulillah thirty-three times, and Allahu Akbar thirty-four times."

(Saheeh Muslim, hadeeth number 7094)

5

اَللَّهُمَّ بِاسْمِكَ أَمُوْتُ وَأَحْيَا

"O Allah, in Your Name I die and I live."

It is reported that Prophet Muhammad ﷺ would place his hand beneath his cheek while reciting this duʿa.

(Saheeh al-Bukhari, hadeeth number 6314)

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6

اللَّهُمَّ قِنِيْ عَذَابَكَ يَوْمَ تَبْعَثُ عِبَادَكَ

"O Allah, guard me from your punishment on the day when you resurrect your servants (on the day of judgement)" It is reported that Prophet Muhammad ﷺ would place his hand beneath his right cheek while reciting this du'a.

(Sunan Abu Dawud, hadeeth number 5045)

7

اَللَّهُمَّ أَسْلَمْتُ نَفْسِيْ إِلَيْكَ وَفَوَّضْتُ أَمْرِيْ إِلَيْكَ وَأَلْجَأْتُ ظَهْرِيْ إِلَيْكَ رَهْبَةً وَرَغْبَةً إِلَيْكَ لَا مَلْجَأَ وَلَا مَنْجَا مِنْكَ إِلَّا إِلَيْكَ آمَنْتُ بِكِتَابِكَ الَّذِيْ أَنْزَلْتَ وَبِنَبِيِّكَ الَّذِيْ أَرْسَلْتَ

O Allah, I have submitted myself to You, entrusted my affair to You, and turned my back to You for refuge, out of fear and hope in You. There is no refuge and no escape from You except with You. I believe in Your Book which You have revealed, and in Your Prophet whom You have sent.

(Saheeh al-Bukhari, hadeeth number 5952)

8

بِسْمِ اللَّهِ وَضَعْتُ جَنْبِيْ
اللَّهُمَّ اغْفِرْ لِيْ ذَنْبِيْ وَأَخْسِئْ شَيْطَانِيْ وَفُكَّ رِهَانِيْ وَاجْعَلْنِيْ فِيْ النَّدِيِّ الْأَعْلَى

In the name of Allah, I lay down my side. O Allah, forgive my sins, drive away my devil, free my neck (from those responsibilities which are of no benefit), and place me among the highest gathering

(Sunan Abu Dawood, hadeeth number 5554)

9

اَللَّهُمَّ خَلَقْتَ نَفْسِيْ وَأَنْتَ تَوَفَّاهَا لَكَ مَمَاتُهَا وَمَحْيَاهَا، إِنْ أَحْيَيْتَهَا فَاحْفَظْهَا وَإِنْ أَمَتَّهَا فَاغْفِرْ لَهَا، اَللَّهُمَّ إِنِّيْ أَسْأَلُكَ الْعَافِيَةَ

O Allah, You created my soul and You will grant it death. To You belongs its life and its death. If You keep it alive, then protect it, and if You cause it to die, then forgive it. O Allah, I ask You for well-being.

(Saheeh Muslim, hadeeth number 7063)

10

اَلْحَمْدُ لِلَّهِ الَّذِيْ كَفَانِيْ وَآوَانِيْ وَأَطْعَمَنِيْ وَسَقَانِيْ وَالَّذِيْ مَنَّ عَلَيَّ فَأَفْضَلَ وَالَّذِيْ أَعْطَانِيْ فَأَجْزَلَ، اَلْحَمْدُ لِلَّهِ عَلَى كُلِّ حَالٍ، اَللَّهُمَّ رَبَّ كُلِّ شَيْءٍ وَمَلِيْكَهُ وَإِلَهَ كُلِّ شَيْءٍ أَعُوْذُ بِكَ مِنَ النَّارِ

All praise is for Allah, Who has sufficed me, given me shelter, fed me, and given me drink; Who has bestowed favour upon me and done so generously; and Who has given me abundantly.
All praise is for Allah in every circumstance.
O Allah, Lord of everything, Owner of everything and God of everything, I seek refuge in You from the Fire.

(Sunan Abu Dawud, hadeeth number 5058)