



Morning and Bedtime Du'as

Name _____

Page 1 of 2. Learn one du'a at a time with a grown-up, and colour a circle each day you say it.

Date _____



Good morning!

Three du'as to start the day



1. As soon as I wake up

Sahih al-Bukhari 6324

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 made us die, and to Him is the return.

I said it: M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S ☐

2. On my way out to school

Sunan Abi Dawud 5095, Jami' at-Tirmidhi 3426

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, and there is no power and no strength except with Allah.

I said it: M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S ☐

3. Before I start learning

Qur'an, Surah Ta-Ha 20:114

رَبِّ زِدْنِي عِلْمًا

Rabbi zidni 'ilma

My Lord, increase me in knowledge.

I said it: M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S ☐



Morning and Bedtime Du'as

Name _____

Page 2 of 2. Keep this by the dinner table or your bed.
Colour a circle each day you say the du'a.

Date _____



Good evening!

Three du'as for dinner and bedtime



1. Before my dinner

Sunan Abi Dawud 3767

بِسْمِ اللَّهِ

Bismillah

In the name of Allah.

I said it: M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S ☐

2. When I finish my dinner

Sunan Abi Dawud 4023, Jami' at-Tirmidhi 3458

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

Alhamdu lillahir-ladhi at'amani hadha wa razaqanihi min ghayri hawlin minni wa la quwwah

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

I said it: M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S ☐

3. When I lie down in bed

Sahih al-Bukhari 6324

بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismika Allahumma amutu wa ahya

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

I said it: M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S ☐