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Before Sleeping

Allāhumma bismika ahyā wa amūt.

اللَّهُمَّ بِاسْمِكَ أَحْيَا وَأَمُوتُ

O Allah, in Your name I live and die.



When Waking up

Alḥamdu lillāhilladhī ahyānā ba'da mā amātanā wailayhin nushūr.

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا
أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

Praise be to Allah who has brought us back to life after causing us to die, and to Him is the resurrection.



Before Entering Toilet

Allāhumma innī a'ūdhu bika minal khubthi wal khabā ith.

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ
وَالْخَبَائِثِ

O Allah, I seek refuge with You from male and female devils.



After leaving Toilet

Ghufrānaka.

غُفْرَانَكَ

I ask You (Allah) for forgiveness.



Before Eating

Bismillāh.

بِسْمِ اللَّهِ

In the name of Allah.

If forget to Say Bismillah

Bismillāhi fī awwalihi wa ākhirihī.

بِسْمِ اللَّهِ فِي أَوَّلِهِ وَآخِرِهِ

In the name of Allah in it's beginning and end.



After Eating

Alḥamdulillāhilladhī at'amanī hadhā-ta'āma wa razaqanī min ghayri ḥawlin minnī wa lā quwwatin.

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

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





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