

First :Imam al-Şādiq (`a) is reported to have said that Imam `Alī ibn al-Ḥusayn Zayn al-`Ābidīn (`a) used to begin his day with the following statement:

I begin this day of mine before I should forget or hurry with:

abtati'u yawmī hādhā bayna yaday nisyānī wa `ajalatī

اَبْتَدِئُ يَوْمِي هَذَا بَيْنَ يَدَيِّ

نِسْيَانِي وَعَجَلَتِي

'In the Name of Allah'

bismillāhi

بِسْمِ اللَّهِ

and 'Only what Allah wills (shall come to pass).'

wa mā shā'a allāhu

وَمَا شَاءَ اللَّهُ

Second :Imam al-Şādiq (`a) is reported to have said: Whoever repeats the following saying three times in the evening, will be surrounded by one of the wings of Archangel Gabriel up to the next morning:

I entrust with Allah the Most High, the All-high,

astawdi`u allāha al`aliyya al-a`lā

اَسْتَوْدِعُ اللَّهَ الْعَلِيِّ الْأَعْلَى

the All-majestic, and the All-great

aljalīla al`azīma

الْجَلِيلَ الْعَظِيمَ

my self and whatever concerns me.

nafsī wa man ya`nīnī amruhū

نَفْسِي وَمَنْ يَعْنِينِي أَمْرُهُ

I entrust my self with Allah

astawdi`u allāha nafsī

اَسْتَوْدِعُ اللَّهَ نَفْسِي

the feared, the dreaded,

almarhūba almakhūfa

الْمَرْهُوبَ الْمَخُوفَ

and to Whose greatness all things submit.

almutaḍa`ḍi`a li`azamatihī kullu shay'in

الْمُتَضَعِّعَ لِعَظَمَتِهِ كُلِّ شَيْءٍ

Third :Imam al-Şādiq (`a) is also reported to have said: You may receive your evening with the following prayer:

O Allah, I beseech You at the coming of Your night,

allāhumma innī as'aluka `inda iqbāli laylika

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِنْدَ إِقْبَالِ

لَيْلِكَ

the departure of Your daytime,

wa idbāri nahārika

وَإِدْبَارِ نَهَارِكَ

the presence of the prayers to You,

wa ḥuḍūri ṣalawātika

وَحُضُورِ صَلَوَاتِكَ

and the voices of supplications to You

wa aṣwāti du`ā'ika

وَأَصْوَاتِ دُعَائِكَ

to bless Muḥammad and the Household of Muḥammad and to...

an tuṣalliya `alā muḥammadin wa āli muḥammadin...

أَنْ تُصَلِّيَ عَلَيَّ مُحَمَّدٍ وَأَلِي

مُحَمَّدٍ...

You may now submit your requests.

Fourth :Imam al-Şādiq (`a) is also reported to have said: My father (`a) used to begin his morning with the following prayer:

In the Name of Allah (I begin), in Allah (I put my trust),

bismillāhi wa billāhi

بِسْمِ اللَّهِ وَبِاللَّهِ

to Allah (I resort),

wa ilā allāhi

وَأِلَى اللَّهِ

in the way of Allah (I proceed),

wa fī sabīli allāhi

وَفِي سَبِيلِ اللَّهِ

and the principles of Allah's Messenger,	wa `alā millati rasūli allāhi	وَعَلَىٰ مِلَّةِ رَسُولِ اللَّهِ
may Allah bless him and his Household (I follow).	ṣallā allāhu `alayhi wa ālihi	صَلَّىٰ اللَّهُ عَلَيْهِ وَآلِهِ
O Allah, (please) protect me with the protection of faith	allāhumma ihfaznī biḥifzi al-īmāni	اللَّهُمَّ أَحْفَظْنِي بِحِفْظِ الْإِيمَانِ
before me, behind me,	min bayni yadayya wa min khalfi	مِنْ بَيْنِ يَدَيَّ وَمِنْ خَلْفِي
to my right side, to my left side,	wa `an yamīni wa `an shimālī	وَعَنْ يَمِينِي وَعَنْ شِمَالِي
above me, beneath me,	wa min fawqī wa min taḥtī	وَمِنْ فَوْقِي وَمِنْ تَحْتِي
and in front of me.	wa min qibalī	وَمِنْ قِبَلِي
There is no god save You.	lā ilāha illā anta	لَا إِلَهَ إِلَّا أَنْتَ
There is neither might nor power except with Allah.	lā ḥawla walā quwwata illā billāhi	لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ
We beseech You for pardon and wellbeing	nas'aluka al`afwa wal`āfiyata	نَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ
from all wicked matters and all evils	min kulli sū'in wa sharrin	مِنْ كُلِّ سُوءٍ وَشَرٍّ
in this world and the Hereafter.	fī alddunyā wal-ākhirati	فِي الدُّنْيَا وَالْآخِرَةِ
O Allah, I pray for Your protection against the chastisement in the grave,	allāhumma innī a`ūdhu bika min `adhābi alqabri	اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ
the pressure of graves,	wa min ḍagḥṭati alqabri	وَمِنْ ضَغْطَةِ الْقَبْرِ
and the tightness of graves.	wa min ḍīqi alqabri	وَمِنْ ضَيْقِ الْقَبْرِ
I pray Your protection against the calamities in nights and days.	wa a`ūdhu bika min saṭawāti allayli walnnaḥāri	وَأَعُوذُ بِكَ مِنْ سَطَوَاتِ اللَّيْلِ وَالنَّهَارِ
O Allah, Lord of the Sacred Monument,	allāhumma rabba almash`ari alḥarāmi	اللَّهُمَّ رَبَّ الْمَشْعَرِ الْحَرَامِ
the Sacred City,	wa rabba albaladi alḥarāmi	وَرَبَّ الْبَلَدِ الْحَرَامِ
the lawful, and the consecration,	wa rabba alḥilli wal-iḥrāmi	وَرَبَّ الْحِلِّ وَالْإِحْرَامِ
(please) convey peace to Muḥammad and the Household of Muḥammad on behalf of me.	abligh muḥammadan wa āla muḥammadin `annī alssalāma	أَبْلِغْ مُحَمَّدًا وَآلَ مُحَمَّدٍ عَنِّي السَّلَامَ
O Allah, I pray the protection of Your invulnerable armor	allāhumma innī a`ūdhu bidir`ika alḥaṣīnati	اللَّهُمَّ إِنِّي أَعُوذُ بِدِرْعِكَ الْحَصِينَةِ
and I pray the protection of Your Wholeness	wa a`ūdhu bijam`ika	وَأَعُوذُ بِجَمْعِكَ
lest that You might cause me to die drowned, burned,	an tumītanī gharaqān aw ḥaraqān	أَنْ تُمَيِّتَنِي غَرَقًا أَوْ حَرَقًا

choked, beaten,	aw sharaqan aw qawadan	اَوْ شَرَقًا اَوْ قَوَادًا
murdered, poisoned,	aw ṣabran aw musamman	اَوْ صَبْرًا اَوْ مُسَمَّمًا
fallen in a well,	aw taraddiyan fi bi'r'in	اَوْ تَرَدِّيًّا فِي بئرٍ
eaten by a beast,	aw akīla alssabu`i	اَوْ اَكِيلَ السَّبْعِ
sudden death,	aw mawta alfujā'ati	اَوْ مَوْتِ الْفُجَاءَةِ
or any violent death;	aw bishay'in min mītāti alssū'i	اَوْ بِشِيءٍ مِنْ مِيتَاتِ السَّوِّءِ
rather, cause me to die on my bed	wa lākin amitnī `alā firāshī	وَلَكِنْ اِمْتِنِي عَلَيَّ فِرَاشِي
obeying You and Your Messenger,	fi ṭā`atika wa ṭā`ati rasūlika	فِي طَاعَتِكَ وَطَاعَةِ رَسُوْلِكَ
may Allah bless him and his Household,	ṣallā allāhu `alayhi wa ālihi	صَلَّى اللهُ عَلَيْهِ وَآلِهِ
following the truth unfailingly,	muṣīban lilḥaqqi ghayra mukhṭi'in	مُصِيبًا لِلْحَقِّ غَيْرَ مُخْطِئٍ
or to die in the ranks that You have described in Your Book	aw fi alṣṣaffi alladhīna na`attahum fi kitābika	اَوْ فِي الصَّفِّ الَّذِيْنَ نَعَتَهُمْ فِي كِتَابِكَ
as a solid structure.	ka'annahum bunyānun marṣūṣun	كَأَنَّهَمْ بُنْيَانٌ مَرْصُوصٌ
I pray for myself, my children,	u`idhu nafsī wa waladī	اَعِيْذُ نَفْسِيْ وَوَالِدِيْ
and whatever my Lord has provided me	wa mā razaqanī rabbī	وَمَا رَزَقَنِي رَبِّيْ
the protection of "Say: I seek refuge in the Lord of the dawn	biqul a`ūdhu birabbi alfalaqi	بِـ «قُلْ اَعُوْذُ بِرَبِّ الْفَلَقِ.
from the evil of what He has created,	min sharri mā khalaqa	مِنْ شَرِّ مَا خَلَقَ.
from the evil of the utterly dark night when it comes,	wa min sharri ghāsiqin idhā waqaba	وَمِنْ شَرِّ غَاسِقٍ اِذَا وَقَبَ.
from the evil of those who blow on knots,	wa min sharri alnnaffāthāti fi al`uqadi	وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ.
and from the evil of the envious when he envies."	wa min sharri ḥāsīdin idhā ḥasada	وَمِنْ شَرِّ حَاسِدٍ اِذَا حَسَدَ.»
I pray for myself, my children,	wa u`idhu nafsī wa waladī	وَ اَعِيْذُ نَفْسِيْ وَوَالِدِيْ
and whatever my Lord has provided me	wa mā razaqanī rabbī	وَمَا رَزَقَنِي رَبِّيْ
the protection of "Say: I seek refuge in the Lord of men,	biqul a`ūdhu birabbi alnnāsi	بِـ «قُلْ اَعُوْذُ بِرَبِّ النَّاسِ.
the King of men,	maliki alnnāsi	مَلِكِ النَّاسِ.
the god of men,	ilāhi alnnāsi	اِلٰهِ النَّاسِ.

from the evil of the whisperings of the slinking (Satan) who whispers into the hearts of men from among the jinn and the men.”	min sharri alwaswāsi alkhannāsi alladhī yuwaswisu fī ṣudūri alnnāsi min aljinnati wa(a)lnnāsi	مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ. الَّذِي يُوسْوِسُ فِي صُدُورِ النَّاسِ. مِنَ الْجِنَّةِ وَالنَّاسِ.»
Praise be to Allah as many as what Allah has created.	alḥamdu lillāhi `adada mā khalaqa allāhu	الْحَمْدُ لِلَّهِ عَدَدَ مَا خَلَقَ اللَّهُ
Praise be to Allah as same as what He has created.	walḥamdu lillāhi mithla mā khalaqa	وَالْحَمْدُ لِلَّهِ مِثْلَ مَا خَلَقَ
Praise be to Allah as full as what He has created.	walḥamdu lillāhi mil'a mā khalaqa	وَالْحَمْدُ لِلَّهِ مِثْلَ مَا خَلَقَ
Praise be to Allah as much as the ink of His Words.	walḥamdu lillāhi midāda kalimātihī	وَالْحَمْدُ لِلَّهِ مِثْلَ مَا خَلَقَ
Praise be to Allah as weighty as His Throne.	walḥamdu lillāhi zinata `arshihī	وَالْحَمْدُ لِلَّهِ مِثْلَ مَا خَلَقَ
Praise be to Allah as much as it pleases Him.	walḥamdu lillāhi riḍā nafsihī	وَالْحَمْدُ لِلَّهِ مِثْلَ مَا خَلَقَ
There is no god save Allah the Forbearing and All-generous.	wa lā ilāha illā allāhu alḥalīmu alkarīmu	وَالْحَمْدُ لِلَّهِ مِثْلَ مَا خَلَقَ
There is no god save Allah the Most High and All-great.	wa lā ilāha illā allāhu al`aliyu al`aẓīmu	وَالْحَمْدُ لِلَّهِ مِثْلَ مَا خَلَقَ
Glory be to Allah the Lord of the heavens, the layers of the earth, and whatsoever is between them	subḥāna allāhi rabbi alssamawāti wal-araḍīna wa mā baynahumā	وَالْحَمْدُ لِلَّهِ مِثْلَ مَا خَلَقَ
and the Lord of the great Throne.	wa rabbi al`arshi al`aẓīmi	وَالْحَمْدُ لِلَّهِ مِثْلَ مَا خَلَقَ
O Allah, I pray Your protection against encounter of misery	allāhumma innī a`ūdhu bika min daraki alshshqā'i	وَالْحَمْدُ لِلَّهِ مِثْلَ مَا خَلَقَ
and gloating of the enemies.	wa min shamātati al-a`dā'i	وَالْحَمْدُ لِلَّهِ مِثْلَ مَا خَلَقَ
I pray Your protection against poverty and rupture.	wa a`ūdhu bika min alfaqri walwaqri	وَالْحَمْدُ لِلَّهِ مِثْلَ مَا خَلَقَ
I pray Your protection against evil result	wa a`ūdhu bika min sū'i almanẓari	وَالْحَمْدُ لِلَّهِ مِثْلَ مَا خَلَقَ
with regard to the wife, the property, and the children.	fi al-ahli walmāli walwaladi	وَالْحَمْدُ لِلَّهِ مِثْلَ مَا خَلَقَ
It is then recommended to repeat ten times the invocation of Almighty Allah's blessings upon the Holy Prophet :and his Household		وَالْحَمْدُ لِلَّهِ مِثْلَ مَا خَلَقَ
O Allah, (please do) bless Muḥammad and the Household of Muḥammad.	allāhumma ṣalli `alā muḥammadin wa āli muḥammadin	وَالْحَمْدُ لِلَّهِ مِثْلَ مَا خَلَقَ

Fifth :Imam al-Ṣādiq (` a) is also reported to have said: When you perform the Sunset and the Dawn Prayers, you should repeat the following statement seven times:

In the Name of Allah; the All-beneficent, the All-merciful.

bismillāhi alrraḥmān alrraḥīmi

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

There is neither might nor power except with Allah the All-high and All-great.

lā ḥawla wa lā quwwata illā billāhi
al`aliyyi al`azīmi

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ
الْعَظِيمِ

Whoever utters this statement, will be saved from leprosy, mycobacterium, lunacy, and seventy kinds of misfortune.

In mornings and evenings, you may repeat the following doxology twice:

All praise be to the Lord of morning.

alḥamdu lirabbi alṣṣabāḥi

الْحَمْدُ لِرَبِّ الصَّبَاحِ

All praise be to the Cleaver of daybreak.

alḥamdu lifāliqi al-iṣbāḥi

الْحَمْدُ لِفَالِقِ الْإِصْبَاحِ

:You may then say the following doxology

All praise be to Allah Who has taken away the night by His power

alḥamdu lillāhi alladhī adh-haba
allayla biqudratihī

الْحَمْدُ لِلَّهِ الَّذِي أَذْهَبَ اللَّيْلَ
بِقُدْرَتِهِ

and brought the day through His mercy.

wa jā'a bilnnaḥāri biraḥmatihī

وَجَاءَ بِالنَّهَارِ بِرَحْمَتِهِ

You may then recite Āyah al-Kursī (2:255), the last (four) verses of Sūrah al-Ḥashr (59:21-24), ten verses of Sūrah al-Ṣāffāt (No. 37), and the following holy verses and doxological statements following them:

“Glory be to your Lord, the Lord of Honor, above what they describe.

subḥāna rabbika rabbi al-`izzati
`ammā yaṣifūna

«سُبْحَانَ رَبِّكَ رَبِّ الْعِزَّةِ عَمَّا
يَصِفُونَ.

And Peace be upon the messengers.

wa salāmun `alā almursalīna

وَسَلَامٌ عَلَى الْمُرْسَلِينَ.

And all praise is due to Allah the Lord of the worlds.”

walḥamdu lillāhi rabbi al`ālamīna

وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ.»

“Therefore, glory be to Allah when you enter upon the time of the evening and when you enter upon the time of the morning;

fasubḥāna allāhi ḥīna tumsūna wa
ḥīna tuṣbiḥūna

«فَسُبْحَانَ اللَّهِ حِينَ تُمْسُونَ
وَحِينَ تُصْبِحُونَ.

and to Him belongs praise in the heavens and the earth,

wa lahū alḥamdu fī alssamāwāti
wal-arḍi

وَلَهُ الْحَمْدُ فِي السَّمَاوَاتِ
وَالْأَرْضِ

and at nightfall and when you are at midday.

wa `ashiyyan wa ḥīna tuḥirūna

وَعَشِيًّا وَحِينَ تُظْهِرُونَ.

He brings forth the living from the dead

yukhriju alḥayya min almayyiti

يُخْرِجُ الْحَيَّ مِنَ الْمَيِّتِ

and brings forth the dead from the living,

wa yukhriju almayyita min alḥayyi

وَيُخْرِجُ الْمَيِّتَ مِنَ الْحَيِّ

and gives life to the earth after its death,

wa yuḥyī al-arḍa ba`da mawtiḥā

وَيُحْيِي الْأَرْضَ بَعْدَ مَوْتِهَا

and thus shall you be brought forth.”

wa kadhālika tukhrajūna

وَكَذَلِكَ تُخْرَجُونَ.»

Glorified and Sacred be You;

subbūḥun quddūsun

سُبُّوحٌ قُدُّوسٌ

our Lord and the Lord of the angels and the Holy Spirit.

rabbunā wa rabbu almalā'ikati
walrrūḥi

رَبُّنَا وَرَبُّ الْمَلَائِكَةِ وَالرُّوحِ

Your mercy has preceded Your wrath.

sabaqat raḥmatuka ghaḍabaka

سَبَقَتْ رَحْمَتُكَ غَضَبَكَ

There is no god save You.

lā ilāha illā anta

لَا إِلَهَ إِلَّا أَنْتَ

Glory be to You. I have wronged myself; so, forgive me,

subhānaka innī ḡalamtu nafsī faghfir lī

سُبْحَانَكَ إِنِّي ظَلَمْتُ نَفْسِي فَاغْفِرْ لِي

have mercy upon me, and accept my repentance, for You are the Oft-Returning, the All-merciful.

warḡamnī wa tub `alayya innaka anta alttawwābu alrraḡīmu

وَأَرْحَمَنِي وَتُبْ عَلَيَّ إِنَّكَ أَنْتَ الرَّحِيمُ

Sixth :Imam al-Sādiq (`a) is also reported to have advised the following prayer to be said in mornings:

O Allah, all praise be to You.

allāhumma laka alḡamdu

اللَّهُمَّ لَكَ الْحَمْدُ

I praise You and seek Your help.

aḡmaduka wa asta`īnuka

أَحْمَدُكَ وَاسْتَعِينُكَ

You are my Lord

wa anta rabbī

وَأَنْتَ رَبِّي

and I am Your servant.

wa anā `abduka

وَأَنَا عَبْدُكَ

I begin this morning committing myself to my pledge and promise to You,

aṡbaḡtu `alā `ahdika wa wa`dika

أَصْبَحْتُ عَلَىٰ عَهْدِكَ وَوَعْدِكَ

having faith in Your promise,

wa u`minu biwa`dika

وَأُؤْمِنُ بِوَعْدِكَ

and fulfilling my covenant to You as much as I can.

wa ūfi bi`ahdika mā istaṡa`tu

وَأُوفِي بِعَهْدِكَ مَا اسْتَطَعْتُ

There is neither might nor power except with Allah,

wa lā ḡawla wa lā quwwata illā billāhi

وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

One and Only and having no associate with Him.

waḡdahū lā sharīka lahū

وَاحِدَهُ لَا شَرِيكَ لَهُ

I bear witness that Muḡammad is His servant and messenger.

wa ashḡadu anna muḡammadan `abduhū wa rasūluhū

وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

I am in this morning following the nature of Islam,

aṡbaḡtu `alā fiṡrati al-islāmi

أَصْبَحْتُ عَلَىٰ فِطْرَةِ الْإِسْلَامِ

the creed of sincerity,

wa kalimati al-ikhlaṡi

وَكَلِمَةِ الْإِخْلَاصِ

the principles of Abraham,

wa millati ibrahīma

وَمِلَّةِ إِبْرَاهِيمَ

and the faith of Muḡammad,

wa dīni muḡammadin

وَدِينِ مُحَمَّدٍ

blessings of Allah be upon them and upon their households.

ṡalawātu allāhi `alayhimā wa ālihimā

صَلَوَاتُ اللَّهِ عَلَيْهِمَا وَآلِهِمَا

Carrying this faith, I will live and die,

`alā dhālika aḡyā wa amūtu

عَلَىٰ ذَلِكَ أَحْيَىٰ وَأَمُوتُ

if Allah wills.

in ṡā'a allāhu

إِنْ شَاءَ اللَّهُ

O Allah, (please) make me live as long as You determine me to live

allāhumma aḡyinī mā aḡiyaytanī

اللَّهُمَّ أَحْيِنِي مَا أَحْيَيْتَنِي

and cause me to die when You will decide to make me die following this faith,

wa amitnī idhā amattanī
`alā dhālika

وَإِذَا مَتَّنِي عَلَىٰ ذَٰلِكَ

and resurrect me, when You will resurrect me following this faith.

wab`athnī idhā ba`athtanī
`alā dhālika

وَأَبْعَثْنِي إِذَا بَعَثْتَنِي عَلَىٰ ذَٰلِكَ

By so, I only desire for Your pleasure and for following Your path.

abtaghī bidhālika riḍwānaka
wattibā`a sabīlika

أَبْتَغِي بِذَٰلِكَ رِضْوَانَكَ وَأَتَّبَعَ
سَبِيلَكَ

To You do I resort

ilayka alja'tu zahrī

إِلَيْكَ أَلْجَأْتُ ظَهْرِي

and with You do I entrust my affairs.

wa ilayka fawwaḍtu amrī

وَأِلَيْكَ فَوَّضْتُ أَمْرِي

The Family of Muḥammad are my leaders;

ālu muḥammadin a'immatī

أَلٌ مُّحَمَّدٍ أَيْمَتِي

I have no other leaders than they are.

laysa lī a'immatun ghayruhum

لَيْسَ لِي أَيْمَةٌ غَيْرُهُمْ

I follow them,

bihim a'tammu

بِهِمْ أَنْتُمْ

accede to them,

wa iyyāhum atawallā

وَإِيَّاهُمْ أَتَوَلَّىٰ

and pattern after their examples.

wa bihim aqtadī

وَبِهِمْ أَقْتَدِي

O Allah, (please) make them my leaders

allāhumma ij`alhum awliyā'ī

اللَّهُمَّ اجْعَلْهُمْ أَوْلِيَّائِي

in this world and in the Hereafter,

fī alddunyā wal-ākhirati

فِي الدُّنْيَا وَالْآخِرَةِ

keep me loyalist to their loyalists

waj`alnī uwālī awliyā'ahum

وَاجْعَلْنِي أَوْلِيَّ أَوْلِيَّائِهِمْ

and enemy of their enemies

wa u`ādī a`dā'ahum

وَأَعَادِي أَعْدَاءَهُمْ

in this world and in the Hereafter,

fī alddunyā wal-ākhirati

فِي الدُّنْيَا وَالْآخِرَةِ

and include me with the righteous ones,

wa alḥiqnī bilṣṣāliḥīna

وَاحِقِّنِي بِالصَّالِحِينَ

along with my ancestors.

wa ābā'ī ma`ahum

وَأَبَائِي مَعَهُمْ

Seventh :Imam al-Ṣādiq (`a) is also reported to have said: You may neglect to do anything, but never neglect saying the following prayer in mornings and evenings:

O Allah, I implore for You forgiveness

allāhumma innī aṣbaḥtu
astaghfiruka

اللَّهُمَّ إِنِّي أَصْبَحْتُ أَسْتَغْفِرُكَ

in this morning

fī hādhā alṣṣabāḥi

فِي هَٰذَا الصَّبَاحِ

and on this day

wa fī hādhā alyawmi

وَفِي هَٰذَا الْيَوْمِ

for purpose of winning Your mercy.

li'ajli raḥmatika

لِاجْلِ رَحْمَتِكَ

I disavow in Your presence the people cursed by You.

wa abra'u ilayka min ahli la`natika

وَأَبْرَأُ إِلَيْكَ مِنْ أَهْلِ لَعْنَتِكَ

O Allah, I disavow in Your presence	allāhumma innī aṣḥabtu abra'u ilayka	اللَّهُمَّ إِنِّي أَصْبَحْتُ أْبْرَأُ إِلَيْكَ
on this day	fī hādhā alyawmi	فِي هَذَا الْيَوْمِ
and in this morning	wa fī hādhā alṣṣabāhi	وَفِي هَذَا الصَّبَاحِ
the polytheists we live among them	mimman naḥnu bayna zahrānīhim min almushrikīna	مِمَّنْ نَحْنُ بَيْنَ ظَهْرَانِيهِمْ مِنَ الْمُشْرِكِينَ
and (disavow) what they are worshipping.	wa mimkā kānū ya`budūna	وَمِمَّا كَانُوا يَعْبُدُونَ
Truly, they were a people given to evil, a rebellious people.	innahum kānū qawma saw'in fāsiqīna	إِنَّهُمْ كَانُوا قَوْمَ سَوْءٍ فَاسِقِينَ
O Allah, (please) cause what You have brought down from the heavens to the earth	allāhumma ij`al mā anzalta min alssamā'i ilā al-arḍi	اللَّهُمَّ اجْعَلْ مَا أَنْزَلْتَ مِنَ السَّمَاءِ
in this morning	fī hādhā alṣṣabāhi	إِلَى الْأَرْضِ فِي هَذَا الصَّبَاحِ
and on this day	wa fī hādhā alyawmi	وَفِي هَذَا الْيَوْمِ
to be blessing for Your saints	barakatan `alā awliyā'ika	بَرَكَةً عَلَىٰ أَوْلِيَائِكَ
and punishment poured on Your enemies.	wa `iqāban `alā a`dā'ika	وَعِقَابًا عَلَىٰ أَعْدَائِكَ
O Allah, (please) accede to those who are loyal to You	allāhumma wāli man wālāka	اللَّهُمَّ وَالِ مَنْ وَالَاكَ
and feud with those who act hostilely towards You.	wa `ādi man `ādāka	وَعَادِ مَنْ عَادَاكَ
O Allah, (please) seal my affairs with security and faith	allāhumma ikhtim lī bil-amni wal-īmāni	اللَّهُمَّ اخْتِمْ لِي بِالْأَمْنِ وَالْإِيمَانِ
whenever the sun rises or sets.	kullamā ṭala`at shamsun aw gharabat	كُلَّمَا طَلَعَتْ شَمْسٌ أَوْ غَرَبَتْ
O Allah, (please) forgive me and my parents	allāhumma ighfir lī wa liwālidayya	اللَّهُمَّ اغْفِرْ لِي وَلِوَالِدَيَّ
and have mercy upon them as they have cherished me in my childhood.	warḥamhumā kamā rabbayāni ṣaghīran	وَأَرْحَمَهُمَا كَمَا رَبَّيَانِي صَغِيرًا
O Allah, (please) forgive the believing men and women	allāhumma ighfir lilmu'minīna walmu'mināti	اللَّهُمَّ اغْفِرْ لِلْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ
and the Muslim men and women,	walmuslimīna walmuslimāti	وَالْمُسْلِمِينَ وَالْمُسْلِمَاتِ
both the alive and the dead.	al-aḥyā'i minhum wal-amwāti	أَلَا حَيَاءٍ مِنْهُمْ وَأَلَا مَوَاتٍ
O Allah, You do know their place of returning and their place of rest.	allāhumma innaka ta`lamu munqalabahum wa mathwāhum	اللَّهُمَّ إِنَّكَ تَعْلَمُ مُنْقَلَبَهُمْ وَمَثْوَاهُمْ
O Allah, (please) safeguard the leader of Muslims	allāhumma ihfaz imāma almuslimīna	اللَّهُمَّ أَحْفَظْ إِمَامَ الْمُسْلِمِينَ
with the protection of faith,	biḥifzi al-īmāni	بِحِفْظِ الْإِيمَانِ

help him with powerful help,	wanşurhu naşran `azīzan	وَأَنْصُرُهُ نَصْرًا عَزِيزًا
grant him easy victory,	waftaḥ lahū fathān yasīran	وَأَفْتَحْ لَهُ فَتْحًا يَسِيرًا
and grant him and us from Your presence a sustaining power.	waj` al lahū wa lanā min ladunka sulṭānan naşīran	وَأَجْعَلْ لَهُ وَلَنَا مِنْ لَدُنْكَ سُلْطَانًا نَصِيرًا
O Allah, (please) curse <i>so-and-so</i> and <i>so-and-so</i>	allāhumma il`an fulānan wa fulānan	اللَّهُمَّ اَلْعَنْ فُلَانًا وَفُلَانًا
as well as the factions that have dissented from Your Messenger, from the men of authority after Your Messenger,	walfiraqa al mukhtalifata `alā rasūlika	وَأَلْفِرَقَ الْمُخْتَلِفَةَ عَلَى رَسُولِكَ
from the leaders who came after him, and from their partisans.	wa wulāti al-amri ba`da rasūlika	وَوُلَاةِ أَلَا مَرٍ بَعْدَ رَسُولِكَ
I also beseech You from more favor,	wal-a`immati min ba`dihī wa shī`atihim	وَأَلَا يَمَّةٍ مِنْ بَعْدِهِ وَشِيعَتِهِمْ
acknowledgement of what has come from You,	wa as'aluka al zziyādata min faḍlika	وَأَسْأَلُكَ الزِّيَادَةَ مِنْ فَضْلِكَ
submission to Your decree,	wal-iqrāra bimā jā'a bihī min `indika	وَالْإِقْرَارَ بِمَا جَاءَ بِهِ مِنْ عِنْدِكَ
and steadfastness in what You have ordered of.	wal ttaṣlīma li'amrika	وَالْتَّسْلِيمَ لِامْرِكِ
I neither intend to find another alternative than it	wal muḥāfazata `alā mā amarta bihī	وَالْمُحَافَظَةَ عَلَى مَا أَمَرْتَهُ بِهِ
nor do I take a mean price in exchange for it.	lā abtaghī bihī badalan	لَا أَبْتَغِي بِهِ بَدَلًا
O Allah, (please) guide me among those whom You guide	wa lā ashtarī bihī thamanan qalīlan	وَلَا أَشْتَرِي بِهِ ثَمَنًا قَلِيلًا
and save me from the evil of what You have decided,	allāhumma ihdinī fīman hadayta	اللَّهُمَّ اهْدِنِي فِيمَنْ هَدَيْتَ
for You decree and no one can decree against Your decree	wa qinī sharra mā qaḍayta	وَقِنِي شَرَّ مَا قَضَيْتَ
and no humiliation will ever afflict one whom You support.	innaka taqḍī wa lā yuqḍā `alayka	إِنَّكَ تَقْضِي وَلَا يُقْضَى عَلَيْكَ
Blessed by You and exalted by You.	wa lā yudhallu man wālayta	وَلَا يُذَلُّ مَنْ وَآلَيْتَ
Glory be to You, O Lord of the House.	tabārakta wa ta`ālayta	تَبَارَكْتَ وَتَعَالَيْتَ
Accept my prayer.	subḥānaka rabba albayti	سُبْحَانَكَ رَبَّ الْبَيْتِ
As for whatever virtuous item through which I have sought nearness to You,	taqabbal minnī du`ā'i	تَقَبَّلْ مِنِّي دُعَائِي
(please) double it for me many folds.	wa mā taqarrabtu bihī ilayka min khayrin	وَمَا تَقَرَّبْتُ بِهِ إِلَيْكَ مِنْ خَيْرٍ
Grant us from Your Presence a great reward.	faḍā` ifhu lī aḍ`āfan kathīratan	فَضَاعِفْهُ لِي أَضْعَافًا كَثِيرَةً
O my Lord, how excellent Your favors to me are!	wa ātinā min ladunka ajran `aẓīman	وَآتِنَا مِنْ لَدُنْكَ أَجْرًا عَظِيمًا
	rabbi mā aḥsana mā ablaytani	رَبِّ مَا أَحْسَنَ مَا أَبْلَيْتَنِي

How great Your donations to me are!	wa a`zama mā a`taytanī	وَأَعْظَمَ مَا أَعْطَيْتَنِي
How lasting the wellbeing with which You have endued me is!	wa aṭwala mā `āfaytanī	وَأَطْوَلَ مَا عَافَيْتَنِي
Too many times have You covered my faults!	wa akthara mā satarta `alayya	وَأَكْثَرَ مَا سَتَرْتَ عَلَيَّ
So, all praise be to You, O my God;	falaka alḥamdu yā ilāhī	فَلَكَ الْحَمْدُ يَا إِلَهِي
such praise that is pleasant, blessed,	kathīran ṭayyiban mubārakan `alayhi	كَثِيرًا طَيِّبًا مُبَارَكًا عَلَيْهِ
as full as the heavens,	mil'a alssamawāti	مِثْلُ السَّمَوَاتِ
as full as the earth,	wa mil'a al-arḍi	وَمِثْلُ الْأَرْضِ
as full as what my Lord wills and pleases,	wa mil'a mā shā'a rabbī wa raḍiya	وَمِثْلُ مَا شَاءَ رَبِّي وَرَضِيَ
and as it fits the Face of my Lord,	wa kamā yanbaghī liwajhi rabbī	وَكَمَا يَنْبَغِي لَوَجْهِ رَبِّي
the Lord of majesty and honoring.	dhī aljalālī wal-ikrāmī	ذِي الْجَلَالِ وَالْإِكْرَامِ

Eighth :Imam al-Bāqir (` a) is reported to have advised of the following Repeat the following litany ten times at dawn:

There is no god save Allah;	lā ilāha illā allāhu	لَا إِلَهَ إِلَّا اللَّهُ
One and Only Lord and having no associate with Him.	waḥdahū lā sharīka lahū	وَحْدَهُ لَا شَرِيكَ لَهُ
To him is the kingdom and to Him is all praise.	lahū almulku wa lahū alḥamdu	لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ
He gives life and causes to die	yuḥyī wa yumītu	يُحْيِي وَيُمِيتُ
while He is Ever-living and He never dies.	wa huwa ḥayyun lā yamūtu	وَهُوَ حَيٌّ لَا يَمُوتُ
In His hand is the good	biyadihī alkhayru	بِيَدِهِ الْخَيْرُ
and He has power over all things.	wa huwa `alā kulli shay'in qadīrun	وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

:Then, repeat the invocation of blessings upon the Holy Prophet and his Household ten times

O Allah, (please do) bless Muḥammad and the Household of Muḥammad.	allāhumma ṣalli `alā muḥammadin wa āli muḥammadin	اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ
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Then, repeat the glorification statement) *tasīh* **thirty-five** times:

All glory be to Allah.	subḥāna allāhi	سُبْحَانَ اللَّهِ
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Then, repeat the statement of professing Almighty Allah being the one and only God) *tahlīl* (thirty-five times:

There is no god save Allah.	lā ilāha illā allāhu	لَا إِلَهَ إِلَّا اللَّهُ
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:Then, repeat the statement of praising Almighty Allah thirty-five times

All praise be to Allah.	alḥamdu lillāhi	الْحَمْدُ لِلَّهِ
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Whoever says all that at dawn, will not be included with the inadvertent ones on that day. Similarly, whoever says the same at night, will not be included with the inadvertent ones at that night.

Ninth: Muḥammad ibn Fuḍayl has reported that he wrote a letter to Imam Muḥammad al-Taḳī (al-Jawād) (` a) asking him to teach him a prayer. The Imam's answer came: In mornings and evening, you may say the following statement:

Allah, Allah, Allah is my lord,

allāhu allāhu allāhu rabbī

اللَّهُ اللَّهُ اللَّهُ رَبِّيَ

the All-beneficent and All-merciful.

alrraḥmānu alrraḥīmu

الرَّحْمَنُ الرَّحِيمُ

I do not admit any one as partner of Him.

lā ushriku bihī shay'an

لَا شَرِكُ بِهِ شَيْئًا

You may then submit your requests.

The previous statement is thus an introductory to the beseeching for any request by the permission of Allah the All-exalted.

Tenth: Imam al-Ṣādiq (` a) is reported to have said to Dāwūd al-Raqqī: Do not miss repeating the following prayer three times in mornings and three times in evenings:

O Allah, (please) include me with Your invulnerable shield

allāhumma ij`alnī fī dir`ika
alḥaṣīnati

اللَّهُمَّ اجْعَلْنِي فِي دُرْعِكَ الْحَصِينَةِ

with which You include whomever You want.

allatī taj`alu fīhā man turīdu

الَّتِي تَجْعَلُ فِيهَا مَنْ تُرِيدُ