

First: It has been narrated, through authenticated chain of authority (*sanad*), that Imam Ja`far al-Şādiq (`a) said: repeat the following prayer **ten times** before sunrise and ten times before sunset:

There is no god save Allah,	lā ilāha illā allāhu	لَا إِلَهَ إِلَّا اللَّهُ
alone without having any partner.	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 and causes to die and gives life while He is ever-living and never dies.	yuḥyī wa yumītu wa yumītu wa yuḥyī	يُحْيِي وَيُمِيتُ وَيُمِيتُ وَيُحْيِي
In His hand is the good	biyadihī alkhayru	وَهُوَ حَيٌّ لَا يَمُوتُ
and He has power over all things.	wa huwa `alā kulli shay'in qadīrun	بِيَدِهِ الْخَيْرُ
		وَهُوَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ

According to some narrations, this supplication should be made up if it is missed because it is like obligatory.

Second: Imam al-Şādiq (`a) is reported to have said: Before sunrise/ repeat ten times the following prayer:

I seek the protection of Allah, the All-hearing and All-knowing,	a`ūdhu billāhi alssamī`i al`alīmi	أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ
against the evil suggestions of the devils	min hamazāti alshshayāṭini	مِنْ هَمَزَاتِ الشَّيَاطِينِ
and I seek Allah's protection lest they be present with me.	wa a`ūdhu billāhi an yaḥḍurūni	وَأَعُوذُ بِاللَّهِ أَنْ يَحْضُرُونِ
Verily, Allah is the All-hearing, the All-knowing.	inna allāha huwa alssamī`u al`alīmu	إِنَّ اللَّهَ هُوَ السَّمِيعُ الْعَلِيمُ

Third: Imam al-Şādiq (`a) recommended the following prayer **three times** each morning and evening:

O Allah Who causes the changes of hearts and sights,	allāhumma muqallIba alqulūbi wal-abşāri	اللَّهُمَّ مَقْلَبَ الْقُلُوبِ وَلَا بَصَارِ
(please) make firm my heart on the course of Your religion,	thabbit qalbī `alā dīnika	ثَبِّتْ قَلْبِي عَلَىٰ دِينِكَ
cause not my heart to stray off after You have guided me,	wa lā tuzigh qalbī ba`da idh hadaytanī	وَلَا تُزِغْ قَلْبِي بَعْدَ إِذْ هَدَيْتَنِي
and bestow upon me mercy from Your Presence.	wa hab lī min ladunka raḥmatan	وَهَبْ لِي مِنْ لَدُنْكَ رَحْمَةً
Surely, You are the All-bestower.	innaka anta alwahhābu	إِنَّكَ أَنْتَ الْوَهَّابُ
And save me from Hellfire out of Your mercy.	wa ajirnī mina alnnāri biraḥmatika	وَأَجِرْنِي مِنَ النَّارِ بِرَحْمَتِكَ
O Allah, (please) extend my lifetime,	allāhumma imdud lī fī `umuri	اللَّهُمَّ أَمْدُدْ لِي فِي عُمْرِي
expand my sustenance,	wa awsi` `alayya fī rizqī	وَأَوْسِعْ عَلَيَّ فِي رِزْقِي
cover me with Your mercy,	wanshur `alayya raḥmatika	وَأَنْشُرْ عَلَيَّ رَحْمَتَكَ
and if I am listed in the Mother of the Book with the unhappy ones,	wa in kuntu `indaka fī ummi alkitābi shaqiyyan	وَإِنْ كُنْتُ عِنْدَكَ فِي أُمَّ الْكِتَابِ شَقِيًّا
please include me with the happy ones,	faj`alnī sa`īdan	فَاجْعَلْنِي سَعِيدًا
for, surely, You efface what You will, and establish what You will,	fa'innaka tamḥū mā tashā'u wa tuthbitu	فَإِنَّكَ تَمْحُو مَا تَشَاءُ وَتُثَبِّتُ

and with You is the Mother of the Book.

wa `indaka ummu alkitābi

وَعِنْدَكَ أُمُّ الْكِتَابِ

Fourth: Imam al-Şādiq (`a) recommended the following prayer each morning and evening:

All praise be to Allah Who does whatever He wills

alḥamdu lillāhi alladhī yaf`alu mā yashā'u

الْحَمْدُ لِلَّهِ الَّذِي يَفْعَلُ مَا يَشَاءُ

and none else can ever do whatever one wills.

wa lā yaf`alu mā yashā'u ghayruhū

وَلَا يَفْعَلُ مَا يَشَاءُ غَيْرُهُ

All praise be to Allah as much as Allah desires to be praised.

alḥamdu lillāhi kamā yuḥibbu allāhu an yuḥmada

الْحَمْدُ لِلَّهِ كَمَا يُحِبُّ اللَّهُ أَنْ يُحَمِّدَ

All praise be to Allah as much as He is worthy of praising.

alḥamdu lillāhi kamā huwa ahlukū

الْحَمْدُ لِلَّهِ كَمَا هُوَ أَهْلُهُ

O Allah, include me with each (item of) goodness with which You have included Muḥammad and the Household of Muḥammad,

allāhumma adkhillnī fī kulli khayrin adkhalta fīhi muḥammadan wa āla muḥammadin

اللَّهُمَّ اَدْخِلْنِي فِي كُلِّ خَيْرٍ اَدْخَلْتَ فِيهِ مُحَمَّدًا وَآلَ مُحَمَّدٍ

and take me out of each (item of) evil from which You have taken out Muḥammad and the Household of Muḥammad.

wa akhrijnī min kulli sharrin akhrajta minhu maḥammadan wa āla muḥammadin

وَ اَخْرِجْنِي مِنْ كُلِّ شَرٍّ اَخْرَجْتَ مِنْهُ مُحَمَّدًا وَآلَ مُحَمَّدٍ

May Allah bless Muḥammad and the Household of Muḥammad.

ṣallā allāhu `alā muḥammadin wa āli muḥammadin

صَلَّى اللَّهُ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ

Fifth: Repeat the following litany ten times each morning and evening:

All glory be to Allah, all praise be to Allah,

subḥāna allāhi walḥamdu lillāhi

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ

there is no god save Allah, and Allah is the Greatest

wa lā ilāha illā allāhu wallāhu akbaru

وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ

Prayer at Sunset

And sing the praise of your Lord before the rising of the sun and before the setting.

وَسَبِّحْ بِحَمْدِ رَبِّكَ قَبْلَ طُلُوعِ الشَّمْسِ وَقَبْلَ الْغُرُوبِ

In this evening, my wrongdoing is taking shelter in Your pardon,

amsā ḥulmī mustajīran bi`afwika

أَمْسَى ظُلْمِي مُسْتَجِيرًا بِعَفْوِكَ

my sins are taking shelter in Your forgiveness,

wa amsat dhunūbī mustajīratan bimaghfiratika

وَأَمْسَتْ ذُنُوبِي مُسْتَجِيرَةً بِمَغْفِرَتِكَ

my fear is taking shelter in Your security,

wa amsā khawfī mustajīran bi'amānika

وَأَمْسَى خَوْفِي مُسْتَجِيرًا بِأَمَانِكَ

my humility is taking shelter in Your dignity,

wa amsā dhullī mustajīran bi`izzika

وَأَمْسَى ذُلِّي مُسْتَجِيرًا بِعِزِّكَ

my poverty is taking shelter in Your richness,

wa amsā faqrī mustajīran bighināka

وَأَمْسَى فَقْرِي مُسْتَجِيرًا بِغِنَاكَ

and my mortal face is taking shelter in Your Face, the Undying and Perpetual.

wa amsā wajhiya albālī mustajīran biwajhika alddā'imi albāqī

وَأَمْسَى وَجْهِي الْبَالِي مُسْتَجِيرًا بِوَجْهِكَ الدَّائِمِ الْبَاقِي

O Allah, (please) dress me with Your wellbeing,

allāhumma albisnī `āfiyataka

اللَّهُمَّ الْبِسْنِي عَافِيَتَكَ

cover me with Your mercy,

wa ghashshinī biraḥmatika

وَعَشِّنِي بِرَحْمَتِكَ

overshadow me with Your honoring,

wa jallilnī karāmataka

وَجَلَّلْنِي كَرَامَتِكَ

and protect me against the evils of Your creatures—jinn and men.

wa qinī sharra khalqika min aljinni wal-insi

وَقِنِي شَرَّ خَلْقِكَ مِنَ الْجِنَّ وَالْإِنْسِ

O Allah! O All-beneficent! O All-merciful!

yā allāhu yā raḥmānu yā raḥīmu

يَا اللَّهُ يَا رَحْمَنُ يَا رَحِيمُ

Then say

O He Who has sealed the Prophethood with Muhammad,

yā man khatama alnubuwwata bimuḥammadin

يَا مَنْ خَتَمَ النَّبُوءَةَ بِمُحَمَّدٍ

Allah may bless him and his Household,

ṣallā allāhu `alayhi wa ālihī

صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ

(please) seal with goodness this day of mine,

ikhtim lī fī yawmī hādhā bikhayrin

إِخْتِمَ لِي فِي يَوْمِي هَذَا بِخَيْرٍ

this month of mine,

wa shahrī bikhayrin

وَشَهْرِي بِخَيْرٍ

this year of mine,

wa sanatī bikhayrin

وَسَنَاتِي بِخَيْرٍ

and my entire lifetime.

wa `umrī bikhayrin

وَعُمْرِي بِخَيْرٍ

then put your hand on the head and pass it over your face. then hold your beard and say the

I include myself, my family,

aḥaṭtu `alā nafsī wa ahlī

أَحَطْتُ عَلَى نَفْسِي وَاهْلِي

my property, and my sons,

wa māli wa waladī

وَمَالِي وَوَلَدِي

both the absent and the present

min ghā'ibin wa shāhidin

مِنْ غَائِبٍ وَشَاهِدٍ

with Allah save Whom there is no god,

billāhi alladhī lā ilāha illā huwa

بِاللَّهِ الَّذِي لَا إِلَهَ إِلَّا هُوَ

the Knower of the unseen and the seen,

`ālimu alghaybi walshshahādati

عَالِمُ الْغَيْبِ وَالشَّهَادَةِ

the All-beneficent, the All-merciful,

alrraḥmānu alrraḥīmu

الرَّحْمَنُ الرَّحِيمُ

the Ever-living, the Self-subsisting.

alḥayyu alqayyūmu

الْحَيُّ الْقَيُّومُ

Slumber does not overtake Him nor sleep.

lā ta'khudhuhū sinatun wa lā nawmun

لَا تَأْخُذُهُ سِنَةٌ وَلَا نَوْمٌ

Whatever is in the heavens and whatever is in the earth is His.

lahū mā fī alssamāwāti wa mā fī al-arḍi

لَهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ

Who is he that can intercede with Him but by His permission?

man dhā alladhī yashfa`u `indahū illā bi'idhnihi

مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ

He knows what is before them and what is behind them,

ya`lamu mā bayna aydīhim wa mā khalfahum

يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ

and they cannot comprehend anything out of His knowledge except what He pleases.

wa lā yuḥīṭūna bishay'in min `ilmihī illā bimā shā'a

وَلَا يُحِيطُونَ بِشَيْءٍ مِنْ عِلْمِهِ إِلَّا بِمَا شَاءَ

His knowledge extends over the heavens and the earth,

wasi`a kursiyyuhū alssamāwāti wa al-arḍa

وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ

preservation of them both tires Him not, and He is the Most High,

wa lā ya'ūduhū ḥifẓuhumā wa huwa al`aliyyu al`azīmu

وَلَا يَأْتِيهِمْ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ