

Prayers at Bedtime and upon waking-Mafatih Bageyatus salehat - Pg1

We can convert our many sleeping hours into time spent in HIS 'Obedience & Worship', by being attentive to these few matters....

-Perform **Wudhoo** before going to sleep. -Lie down on the right side.- Recite the **Tasbeeh** e Zehra .-Take Account of all deeds of the past day. -Do **Istighfaar**

-4 Recitations 1) Recite 'Sura Ikhlass' 3 times = Reciting full Quran 2) Recite 'Salwaat' - gets intercession 3) Seek Forgiveness for all believers "*Allahuma maghfir le momineen wal moninaat*" = Make all believers happy & 4) Recite *Subhaanallaahi wa'l hamdu lillaahi wa laa ilaaha illallaahu wallaahu Akbar*. Glory be to God, and praise be to God; there is no god but Allah, and Allah is Greater = doing Haj & Umra

-Recite 3 times "*Yafalollaho Mashao be qudrati wa yahkomo ma yurido be izzate*"

-Recite 3 times foll:-

All praise be to Allah Who has exalted, thus dominated.	alḥamdu lillāhi alladhī `alā faqahara	الْحَمْدُ لِلَّهِ الَّذِي عَلَا فَقَهَرَ
All praise be to Allah Who has been immanent, thus known all things.	walḥamdu lillāhi alladhī baṭana fakhabara	وَالْحَمْدُ لِلَّهِ الَّذِي بَطَّنَ فَخَبَرَ
All praise be to Allah Who has owned all things, thus had power over them all.	walḥamdu lillāhi alladhī malaka faqadara	وَالْحَمْدُ لِلَّهِ الَّذِي مَلَكَ فَقَدَرَ
All praise be to Allah Who gives life to the dead, causes the living to die, and He has power over all things.	walḥamdu lillāhi alladhī yuḥyī almawtā wa yumītu al-ahyā'a wa huwa `alā kulli shay'in qadīrun	وَالْحَمْدُ لِلَّهِ الَّذِي يُحْيِي الْمَوْتَى وَيُيْتِ الْأَحْيَاءَ وَهُوَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ

-Recite **Āyah al-Kursī** and then say the following statement:

In the Name of Allah. I believe in Allah and disavow the false deity. O Allah, (please) safeguard me in my sleep and in my waking.	bismillāhi āmantu billāhi wa kafartu bilṭṭāghūti allāhumma ihfaznī fī manāmī wa fī yaqazatī	بِسْمِ اللَّهِ آمَنْتُ بِاللَّهِ وَكَفَرْتُ بِالْطَّاغُوتِ اللَّهُمَّ أَحْفَظْنِي فِي مَنَامِي وَفِي يَقَظَّتِي
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-Lie down on his right side and place right hand under right cheek, then say:

اللَّهُمَّ قِنِي عَذَابَكَ يَوْمَ تَبْعَثُ عِبَادَكَ.

O "Allah" ! Keep me safe from Your Wrath on the day when You resurrect Your servants.

-Recite *اللَّهُمَّ بِاسْمِكَ أُمُوتُ وَ أَحْيَا.* "*Allahumma bismika amuutu wa ahyaa*". O Allah ! With your name I die and I live.

-Recite – *Bismillaahi Innee Aslamtu Nafsee Ilayka Wa Wajjahtu Wajhiya Ilayka Wa Fawwadhtu Amri Ilayka Wa Al'ja'atu Dhwahri Ilayka Wa Tawaqqaltu Ilayka Rahabatan Minka Wa Raghbatan Ilayka Laa Manjaa Walaa Malja'a Minka Illaa Ilayka Aamantu Bi Kitaabikal-ladhee Anzalta Wa Bi Rasoolikal-Ladhee Arsalat.*

Contd..

When about to sleep say:

بِسْمِ اللَّهِ أَمُوتُ وَأُحْيَا وَإِلَى اللَّهِ الْمَصِيرُ. اللَّهُمَّ آمِنْ رَوْعَتِي وَاسْتُرْ عَوْرَتِي وَأَدِّعْنِي أَمَانَتِي.

In the name of "Allah" do I die and live and to Allah is the return. O Allah! Dispel my fears and hide my faults and (help me to) return what has been entrusted to me.

-Pray for protection of the following eleven items.

I pray the protection of Allah's almightiness,

a`ūdhu bi`izzati allāhi

protection of Allah's omnipotence

wa a`ūdhu biqudrati allāhi

protection of Allah's majesty,

wa a`ūdhu bijalāli allāhi

protection of Allah's authority,

wa a`ūdhu bisultāni allāhi

protection of Allah's beauty

wa a`ūdhu bijamāli allāhi

the protection of Allah's defense,

wa a`ūdhu bidaf`i allāhi

the protection of Allah's guard,

the protection of Allah's

wholeness,

wa a`ūdhu biman`i allāhi

the protection of Allah's control,

wa a`ūdhu bijam`i allāhi

the protection of Allah's face,

wa a`ūdhu bimulki allāhi

the protection of Allah's

wa a`ūdhu biwajhi allāhi

Messenger,

wa a`ūdhu birasūli allāhi

may Allah bless him and his

ṣallā allāhu `alayhi wa ālihī

Household,

min sharri mā khalaqa wa

against the evil of whatever He

bara'a wa dhara'a

has created, originated, &made.

أَعُوذُ بِعِزَّةِ اللَّهِ وَأَعُوذُ بِقُدْرَةِ اللَّهِ

وَأَعُوذُ بِجَلَالِ اللَّهِ وَأَعُوذُ بِسُلْطَانِ اللَّهِ وَأَعُوذُ

بِجَبَالِ اللَّهِ وَأَعُوذُ بِدَفْعِ اللَّهِ

وَأَعُوذُ بِمَنْعِ اللَّهِ وَأَعُوذُ بِجَبْتِ اللَّهِ

وَأَعُوذُ بِبُلْكَ اللَّهِ وَأَعُوذُ بِوَجْهِ اللَّهِ

وَأَعُوذُ بِرَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ

مِنْ شَرِّ مَا خَلَقَ وَبَرَأَ وَذَرَأَ

<<When you wake up>> :-

All glory be to Allah the Lord of the prophets,

subḥāna allāhi rabbi alnabiyyīna

سُبْحَانَ اللَّهِ رَبِّ النَّبِيِّينَ

the God of the messengers,

wa ilāhi almursalīna

وَإِلَهُ الْمُرْسَلِينَ

and the Lord of the enfeebled ones.

wa rabbi almustaḍ`afīna

وَرَبِّ الْمُسْتَضْعَفِينَ

All praise be to Allah Who gives life to the dead

walḥamdu lillāhi alladhī yuḥyī almatwā

وَالْحَمْدُ لِلَّهِ الَّذِي يُحْيِي الْمَوْتَى

and He has power over all things.

wa huwa `alā kulli shay'in qadīr

وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Recite- "Hasbiyar-Rabbu Minal Ibaadi, Hasbiyalladhee Huwa Hasbee, Hasbee Mudh Kuntu Hasbee, Hasbiyallaahu Wa Ni'amal Wakeel."

Say -Alhamdulillahillazi ahyanaa ba'da maa amaata-naa wa ilaihinnushuur".

All praise to Allah(Swt),Who revived us to life after giving us death & to him we shall return.

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَ إِلَيْهِ

التَّشْوُرُ-

-Recite this supplication before you sleep **to wake up at the time you want:** Allāhumma lā tu'minnī makraka wa lā tunsinī dhikraka wa lā taj`alnī min alghāfilīna aqūmu sā`ata... "O my Lord, do not make me forget Your mention, do not make me feel safe from Your affliction, and do not make me one of the indifferent! wake up at ..(time)

اللَّهُمَّ لَا تُؤْمِنِي مَكْرَكَ وَلَا تُنْسِنِي ذِكْرَكَ وَلَا تَجْعَلْنِي مِنَ الْغَافِلِينَ اقْوَمُ سَاعَةَ ك