

A PRINTABLE SET OF ELEVEN

أَدْعِيَةُ الْبَيْتِ

Duas for the Home

*Prophetic supplications for the ordinary moments of a household
— waking, coming and going, eating, and asking for protection.*

ARABIC · TRANSLITERATION · MEANING

LISTEN & LEARN
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01

Print one card per doorway

Each dua is a single A4 landscape page. Print on plain or matte paper; heavier stock holds up better on a wall.

03

Hang at the child's eye level

Print a second copy of the busiest doors and fix one low. Children read what sits at their height.

02

Place it where the moment happens

Beside the bed for waking, at the front door, on both faces of the bathroom door, near the table. The card should be the first thing seen.

04

Read the Arabic, lean on the transliteration

The bold line is a pronunciation aid, not a substitute. Scan the code on any card to hear the words recited.

Dua when you wake up

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 having taken it from us, and to Him is
the return.”*

SAY IT BEFORE YOU RISE

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Dua when entering the house

بِسْمِ اللَّهِ وَلَجْنَا، وَبِسْمِ اللَّهِ خَرَجْنَا، وَعَلَى اللَّهِ رَبِّنَا تَوَكَّلْنَا

**Bismillahi walajna, wa bismillahi kharajna, wa 'alallahi
Rabbina tawakkalna**

*“In the name of Allah we enter, in the name of Allah we leave, and upon Allah our Lord we
place our trust.”*

THEN GIVE SALAM — ENTER WITH THE RIGHT FOOT

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Dua when leaving the house

بِسْمِ اللَّهِ، تَوَكَّلْتُ عَلَى اللَّهِ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

**Bismillah, tawakkaltu 'alallahi, wa la hawla wa la quwwata
illa billah**

*“In the name of Allah, I place my trust in Allah; there is no might and no power except
with Allah.”*

STEP OUT WITH THE LEFT FOOT

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Dua before entering

بِسْمِ اللَّهِ، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ

Bismillah, Allahumma inni a'udhu bika minal-khubthi wal-khaba'ith

“In the name of Allah. O Allah, I seek refuge with You from all filth and evil, and from male and female devils.”

SAY IT BEFORE YOU STEP IN — ENTER WITH THE LEFT FOOT

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Dua on stepping out

غُفْرَانَكَ

Ghufranak

"I ask You for Your forgiveness."

STEP OUT WITH THE RIGHT FOOT

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BEFORE EATING

بِسْمِ اللَّهِ
Bismillah

“In the name of Allah.”

IF YOU FORGET AND HAVE BEGUN

بِسْمِ اللَّهِ أَوَّلُهُ وَآخِرُهُ

Bismillahi awwalahu wa akhirahu

“In the name of Allah, at its beginning and its end.”

AFTER EATING

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

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

*“All praise is for Allah, who fed me this and provided it for
me, without any strength or power on my part.”*



Dua of refuge for the household

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ كُلِّ شَيْطَانٍ وَهَامَّةٍ وَمِنْ كُلِّ عَيْنٍ لَامَّةٍ

**A'udhu bikalimatillahit-tammati min kulli shaytanin wa
hammatin wa min kulli 'aynin lammah**

*“I seek refuge in the perfect words of Allah from every devil, from every poisonous creature, and
from every envious evil eye.”*



Dua when going to bed

بِسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismika Allahumma amutu wa ahya

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

LIE ON THE RIGHT SIDE, HAND BENEATH THE CHEEK

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Dua on completing ablution

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

**Ashhadu an la ilaha illallahu wahdahu la sharika lah, wa ashhadu
anna Muhammadan 'abduhu wa rasuluh**

*“I bear witness that there is no god but Allah alone, with no partner, and I bear witness that
Muhammad is His servant and His Messenger.”*

SAY IT AFTER DRYING — THE EIGHT GATES ARE OPENED

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THE ONE WHO SNEEZES

الْحَمْدُ لِلَّهِ

Alhamdulillah

“All praise is for Allah.”

THOSE WHO HEAR IT REPLY

يَرْحَمُكَ اللَّهُ

Yarhamukallah

“May Allah have mercy on you.”

THEN HE ANSWERS BACK

يَهْدِيكُمْ اللَّهُ وَيُصْلِحُ بَالَكُمْ

**Yahdikumullahu wa
yuslihu balakum**

*“May Allah guide you and set your
affairs right.”*

LOWER THE VOICE AND COVER THE FACE

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Dua when boarding a car or any transport

سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ، وَإِنَّا إِلَى رَبِّنَا لَمُنْقَلِبُونَ

**Subhanalladhi sakhkhara lana hadha wa ma kunna lahu muqrinin,
wa inna ila Rabbina lamunqalibun**

*“Glory to Him who has placed this in our service, though we could never have mastered it ourselves;
and indeed, to our Lord we are returning.”*

PRECEDED BY BISMILLAH, THEN ALHAMDULILLAH AND ALLAHU
AKBAR THREE TIMES

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01 On waking

Alhamdu lillahil-ladhi ahyana... — Bukhari 6312; Muslim 2711.

02 Entering the home

Bismillahi walajna... — Abu Dawud 5096. Naming Allah on entry — Muslim 2018. Greeting the household — Qur'an 24:61.

03 Leaving the home

Bismillah, tawakkaltu 'alallah... — Abu Dawud 5095; Tirmidhi 3426.

04 Entering the toilet

A'udhu bika minal-khubthi wal-khaba'ith — Bukhari 142; Muslim 375. Bismillah prefix — Ibn Majah 297.

05 Leaving the toilet

Ghufranak — Abu Dawud 30; Tirmidhi 7; Ibn Majah 300.

06 At the table

Bismillah — Bukhari 5376; Muslim 2022. Bismillahi awwalahu wa akhirahu — Tirmidhi 1858; Abu Dawud 3767. Alhamdu lillahil-ladhi at'amani hadha... — Tirmidhi 3458; Ibn Majah 3285. Right hand — Muslim 2020.

07 Protection

A'udhu bikalimatillahit-tammati... — Bukhari 3371; Tirmidhi 2060. Said over al-Hasan and al-Husayn.

08 Before sleeping

Bismika Allahumma amutu wa ahyu — Bukhari 6324; Muslim 2711.

09 After wudu

Ashhadu an la ilaha illallah... — Muslim 234.

10 When someone sneezes

Alhamdulillah / Yarhamukallah / Yahdikumullahu wa yuslihu balakum — Bukhari 6224. Covering the face — Tirmidhi 2745.

II Setting out

Subhanalladhi sakhkhara lana hadha... — Muslim 1342; Abu Dawud 2602. Wording from Qur'an 43:13–14.

