

Daily life dua pack

Six source cards for everyday moments, with a personal learning sheet.

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HOW TO USE THIS PACK

Choose a card to understand and practise. The worksheet is optional and sets no religious repetition count. This is a selected everyday collection, not a complete adhkar manual.

Arabic, transliteration and English meaning are separate. Transliteration is a reading aid; use the Arabic and a teacher for pronunciation. Read the linked HTML pages for the full explanations and FAQs.

Print and source notes

A4 portrait. Print at actual size on A4, or fit to page on US Letter. Grayscale printing is supported. Keep source credits with any permitted copy.

English meanings prepared with AI assistance for Dua Library; not a published translator's version.

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Corrections: support@dualibrary.com. Include version and page number.

SOURCE CARD 1 OF 6

After waking from sleep

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا، وَإِلَيْهِ النُّشُورُ

TRANSLITERATION

Al-hamdu lillahir-ladhi ahyana ba'da ma amatana, wa ilayhin-nushur.

ENGLISH MEANING

Praise belongs to Allah, who restored us to life after causing us to die; to Him is the resurrection.

SOURCE CONTEXT

The reported occasion is waking from sleep. This card is separate from a complete morning adhkar collection.

Sahih al-Bukhari 6324 (supplication excerpt)

Recorded in Sahih al-Bukhari; collection attribution, not an independent grading by this site.

<https://sunnah.com/bukhari:6324>

English meanings prepared with AI assistance for Dua Library; not a published translator's version.

Full explanation and FAQs: <https://innalillahiwnailahirajiun.com/duas/waking-up/>

MY LEARNING NOTE

SOURCE CARD 2 OF 6

Before sleeping

بِسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

TRANSLITERATION

Bismika Allahumma amutu wa ahya.

ENGLISH MEANING

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

SOURCE CONTEXT

The reported occasion is going to sleep. This short card is one part of the wider bedtime reading; see the HTML page for other sources.

Sahih al-Bukhari 6324 (supplication excerpt)

Recorded in Sahih al-Bukhari; collection attribution, not an independent grading by this site.

<https://sunnah.com/bukhari:6324>

English meanings prepared with AI assistance for Dua Library; not a published translator's version.

Full explanation and FAQs: <https://innalillahiwainnailahirajun.com/duas/sleep/>

MY LEARNING NOTE

SOURCE CARD 3 OF 6

When leaving home

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

TRANSLITERATION

Bismillahi, tawakkaltu 'alallahi, la hawla wa la quwwata illa billah.

ENGLISH MEANING

In Allah's name. I place my trust in Allah. Strength and power come only through Allah.

SOURCE CONTEXT

The report concerns leaving home. Learn its meaning alongside sensible planning and care.

Sunan Abi Dawud 5095 (supplication excerpt)

Sahih - Al-Albani, as displayed on Sunnah.com.

<https://sunnah.com/abudawud:5095>

English meanings prepared with AI assistance for Dua Library; not a published translator's version.

Full explanation and FAQs: <https://innalillahiwainnailahirajiun.com/duas/leaving-home/>

MY LEARNING NOTE

SOURCE CARD 4 OF 6

Mentioning Allah's name: Bismillah

بِسْمِ اللَّهِ

TRANSLITERATION

Bismillah.

ENGLISH MEANING

In Allah's name.

SOURCE CONTEXT

Bismillah is a general naming expression. Sahih al-Bukhari 5376 supports naming Allah before food; it does not quote a long pre-meal script.

General expression; naming Allah is supported at home by Sahih Muslim 2018a and before food by Sahih al-Bukhari 5376

Not independently graded - general expression; supporting reports are in Sahih Muslim and Sahih al-Bukhari.

<https://sunnah.com/muslim:2018a>

Meal context: <https://sunnah.com/bukhari:5376>

English meanings prepared with AI assistance for Dua Library; not a published translator's version.

Full explanation and FAQs: <https://innalillahiwaainnailaihirajun.com/duas/eating/>

MY LEARNING NOTE

SOURCE CARD 5 OF 6

When Allah's name was forgotten at the start of a meal

بِسْمِ اللَّهِ أَوَّلُهُ وَآخِرُهُ

TRANSLITERATION

Bismillahi awwalahu wa akhirah.

ENGLISH MEANING

In Allah's name, at its beginning and its end.

SOURCE CONTEXT

The longer naming expression is reported for remembering after beginning a meal, rather than as the default opening wording.

Sunan Abi Dawud 3767 (supplication excerpt)

Sahih - Al-Albani, as displayed on Sunnah.com.

<https://sunnah.com/abudawud:3767>

English meanings prepared with AI assistance for Dua Library; not a published translator's version.

Full explanation and FAQs: <https://innalillahiwaainnailahirajjun.com/duas/eating/>

MY LEARNING NOTE

SOURCE CARD 6 OF 6

For gratitude and righteous deeds

رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ وَعَلَى وَالِدَيَّ وَأَنْ
أَعْمَلَ صَالِحًا تَرْضَاهُ وَأَدْخِلْنِي بِرَحْمَتِكَ فِي عِبَادِكَ الصَّالِحِينَ

TRANSLITERATION

*Rabbi awzi'ni an ashkura ni'matal-lati an'amta 'alayya wa 'ala walidayya wa an a'mala salihan
tardahu wa adkhilni birahmatika fi 'ibadikas-salihin.*

ENGLISH MEANING

My Lord, enable me to thank You for the favour You gave me and my parents, and to do good deeds that please You. Through Your mercy, include me among Your righteous servants.

SOURCE CONTEXT

Quran 27:19 records Sulayman asking for gratitude and righteous deeds. Its verse context is retained; this is not a prescribed meal formula.

Quran 27:19 (verbatim supplication excerpt); Arabic: Tanzil Quran Text (Simple, Version 1.1), Copyright (C) 2007-2026 Tanzil Project, CC BY 3.0

Not applicable - Quran

<https://tanzil.net/#27:19>

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Full explanation and FAQs: <https://innalillahiwainnailahirajjun.com/duas/gratitude/>

MY LEARNING NOTE

OPTIONAL WORKSHEET

My everyday learning sheet

Choose your own learning pace. These boxes record learning, not religious obligations or prescribed recitation counts.

Week beginning: _____

Source card	Meaning understood	Pronunciation checked	Next learning note
After waking from sleep	☐	☐	
Before sleeping	☐	☐	
When leaving home	☐	☐	
Mentioning Allah's name: Bismillah	☐	☐	
When Allah's name was forgotten at the start of a meal	☐	☐	
For gratitude and righteous deeds	☐	☐	

A meaning I want to remember

One everyday blessing I noticed

A source or pronunciation question for my teacher
