My Book of Du’aa and Sunnah Acts
<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Du’aa when waking up from sleep</td>
<td>1</td>
</tr>
<tr>
<td>Manners and Sunnah acts related to sleep</td>
<td>2</td>
</tr>
<tr>
<td>Du’aa for entering the restroom</td>
<td>3</td>
</tr>
<tr>
<td>Du’aa for leaving the restroom</td>
<td>3</td>
</tr>
<tr>
<td>Manners and Sunnah acts related to Purification</td>
<td>4</td>
</tr>
<tr>
<td>What to say when leaving the home</td>
<td>5</td>
</tr>
<tr>
<td>What to say when entering the home</td>
<td>5</td>
</tr>
<tr>
<td>Manners and Sunnah acts related to our Homes</td>
<td>6</td>
</tr>
<tr>
<td>Du’aa for entering the Masjid</td>
<td>7</td>
</tr>
<tr>
<td>Du’aa for leaving the Masjid</td>
<td>7</td>
</tr>
<tr>
<td>Manners and Sunnah acts related to going to the Masjid</td>
<td>8</td>
</tr>
<tr>
<td>Manners and Sunnah acts related to seeking permission</td>
<td>10</td>
</tr>
<tr>
<td>What to say after replying to the call of the Mu’aththin</td>
<td>11</td>
</tr>
<tr>
<td>Manners and Sunnah acts related to Athaan</td>
<td>12</td>
</tr>
<tr>
<td>Words of remembrance for morning and evening</td>
<td>13</td>
</tr>
<tr>
<td>Du’aa before eating</td>
<td>15</td>
</tr>
<tr>
<td>Du’aa after eating</td>
<td>15</td>
</tr>
<tr>
<td>Manners and Sunnah acts related to eating</td>
<td>16</td>
</tr>
<tr>
<td>Du’aa for entering a town or city</td>
<td>18</td>
</tr>
<tr>
<td>What to say before sleeping</td>
<td>19</td>
</tr>
<tr>
<td>Manners and Sunnah acts related to sleep</td>
<td>20</td>
</tr>
<tr>
<td>Du’aa when getting dressed</td>
<td>21</td>
</tr>
<tr>
<td>What to say when undressing</td>
<td>21</td>
</tr>
<tr>
<td>Manners and Sunnah acts related to clothes</td>
<td>22</td>
</tr>
<tr>
<td>Du’aa for sneezing</td>
<td>23</td>
</tr>
<tr>
<td>Manners and Sunnah acts related to sneezing</td>
<td>24</td>
</tr>
<tr>
<td>Du’aa for sighting the new moon</td>
<td>25</td>
</tr>
<tr>
<td>Du’aa for riding in a vehicle or on an animal</td>
<td>26</td>
</tr>
<tr>
<td>What to say when feeling a pain the body</td>
<td>27</td>
</tr>
<tr>
<td>Du’aa for visiting the sick</td>
<td>28</td>
</tr>
<tr>
<td>Manners and Sunnah acts related to visiting the sick</td>
<td>28</td>
</tr>
<tr>
<td>Du’aa for travelling</td>
<td>29</td>
</tr>
<tr>
<td>Manners and Sunnah acts related to travelling</td>
<td>30</td>
</tr>
<tr>
<td>Merits of Friday</td>
<td>32</td>
</tr>
<tr>
<td>Manners and Sunnah acts related to Friday prayer</td>
<td>32</td>
</tr>
<tr>
<td>Du’aa Istikhbaarah (Seeking Allaah’s Counsel)</td>
<td>33</td>
</tr>
<tr>
<td>Du’aa for rain</td>
<td>35</td>
</tr>
<tr>
<td>Manners and Sunnah acts related to rain</td>
<td>35</td>
</tr>
<tr>
<td>Du’aa upon hearing the cock’s crow or the bray of a donkey</td>
<td>36</td>
</tr>
<tr>
<td>Du’aa upon hearing a dog barking in the night</td>
<td>36</td>
</tr>
</tbody>
</table>
My Book of Du’aa and Sunnah Acts

Prepared by
Enlightenment into Islam Center
Women’s Committee
Revival of Islamic Heritage Society

هذا الكتاب من إعداد
مركز التنوير بالإسلام
جمعية إحياء التراث الإسلامي
اللجنة النسائية - فرع العاصمة
1. To wipe the face with the hands from the effects of sleep.

2. To use “Siwak”: “Whenever the Prophet (Salla-Allaahu ‘alayhi wa sallam) woke up, even at night he used the Siwak to brush his teeth.” [Agreed upon]

Siwak: A stick of the aaraf tree (salvadonapensica) for the cleaning the teeth.
Du’aa when waking up from sleep

اُحْمَدُ للهِ الَّذِي أَحْيَااَنَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

"Alhamdu lillaahil-latheee ahyaanaa ba’da maa amaatanaa wa’ilayhin-nushoor"

"Praise is to Allaah Who gives us life after He has caused us to die and to Him is the return

[Al-Bukhaari and Muslim]
Manners &
related to Purification:

1. To enter the washroom with the left foot and exit with the right foot.

2. It is disliked to take anything into the restroom that has the remembrance of Allah (Azza wa jall) in it.

3. It is disliked to talk while relieving oneself.

4. It is prohibited to face the Qiblah or turn oneself back to it when defecating or urinating.

5. It is prohibited to use the right hand to clean oneself after passing stool or urine.
Du’aa for entering the restroom

Bismillah Allaahumma innee a’oothu bika minal-khubthi wal khabaa’ith

Before entering say: “In the Name of Allaah (Then say) O Allaah, I seek protection in You from the male and female devils.”

[Al-Bukhaari and Muslim]

Du’aa for leaving the restroom

Ghufraanak

“I seek Your forgiveness.”

[Abu Dawoud]
1. To mention the Name of Allaah: The Prophet (Salla-Allaahu ‘alayhi wa sallam) said: “When a man mentions Allaah when entering his house and when he eats, the devil says to his mates: ‘there is no food or shelter this night for you.’” [Muslim]

2. To greet the family saying: Assalaamu Alaikum.

3. To use Siwak: The Prophet (Salla-Allaahu ‘alayhi wa sallam) used Siwak while taking his first step into the home.

4. When one says the Du’aa upon leaving the house a Muslim is guided, sufficed and guarded, and the devils will stay away from him. [At-Tirmithi and Abu-Dawoud]
What to say when leaving the home

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

“Bismillaahi, tawakkaltu ‘alallaahi, wa laa hawla wa laa quwwata illaa billaah”

“In the Name of Allaah, I have placed my trust in Allaah. There is no might and no power except with Allaah.”

[Abu Dawoud]

What to say when entering the home

بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ

“Bismillaah, Assalaamu Alaikum”

“[In the Name of Allaah, Peace be upon those present].”

[Abu Dawoud]
To go to the Masjid early: “Had people known what is in the Nidaa (first call) and the first row, and had they found no way except by casting lots, they would have cast lots, and had people known what is in being early, they would have raced to it.” [Agreed upon]

To supplicate while walking to the Masjid for prayer:

اللهمّ اجعل في قلبي نوراً، وفي ليصلي نوراً، وفي شمعي نوراً، وفي بصرني نوراً، وأجعل في نفسي نوراً، وأجعل في نفسي نوراً، وأجعل في نفسي نوراً، وأجعل في نفسي نوراً، وأجعل في نفسي نوراً، وأجعل في نفسي نوراً، وأجعل في نفسي نوراً، وأجعل في نفسي نوراً.

Allaahumajal fee qalbee noora waffe same’e noora waffe lisaneeq noora wajalfee noora waffe same’e noora waffe basareeq noora wa min tahtee noora wa ain yameeneen noora wa ain shemaalee noora wa min a’mamzee noora wa min khalfee noora wajalfee nafsee noora wa adheem lee wa noora wa adheem lee noora wajal nee noora. Allaahumma atinee noora wajal fee ‘asabi noora wa fee lahmee noora fee dame wafee sha’ree noora wafee bashareeq noora.

“O Allaah, place light in my heart, and on my tongue light, and in my ears light and in my sight light, and above me light, and below me light, and to my right light, and to my left light, and before me light and behind me light. Place in my soul light. Magnify for me light, and amplify for me light. Make for me light and make me a light. O Allaah, grant me light, and place light in my nerves, and in my body light and in my blood light and in my hair light and in my skin light.”
Du’aa for entering the Masjid

"أَعُوذُ بِاللَّهِ الْعَزِيزِ، وَبِيَوْجُهِ الْكَرِيمِ، وَسَلَطَانِ الْقَدِيمِ، مِنَ الشَّيْطَانِ الْرَّجْحِيمِ. إِبِيْسَمِ الْلَّهِ، وَالصَّلَاةَ وَالسَّلَامُ عَلَى رَسُوْلِ الْلَّهِ [اللَّهُمَّ افْتَحْ لِي أَبوابَ رَحمَتِكَ]."


"I seek refuge in Almighty Allaah, by His Noble Face, by His primordial power, from Satan the outcast. [In the Name of Allaah, and blessings.][And peace be upon the Messenger of Allaah.] O Allaah, open before me the doors of Your mercy."

[Abu Dawoud and al-Albaani]

Du’aa for leaving the Masjid

"بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ. إِبِيْسَمِ اللَّهِ، وَالصَّلَاةَ وَالسَّلَامُ عَلَى رَسُوْلِ اللَّهِ إِنِّي آتَكَ"

"Bismillaahi wassalaatu wassalaamu ‘alaa Rasoolillaahi, Allaahumma innee as’aluka min fadlika, Allaahumma’simnee minash-Shaytaanir-rajeem."

"In the Name of Allaah, and peace and blessings be upon the Messenger of Allaah. O Allaah, I ask for Your favor, O Allaah, protect me from Satan the outcast."

[Ibn As-Sunni]
Manners & Acts
related to seeking Permission:

1. **To Say:** Assalaamu Alaikum, can I come in?
The Sunnah is to greet first and then ask for permission to enter.

2. The person who is seeking permission should stand to the right or to the left of the door, but not directly in front of it.

3. It is forbidden for one to look into someone’s home without his permission.

4. One should seek permission to enter three times only.

5. The one who is asking permission should not answer with, “me,” or, “it is me,” when someone inside asks “who is it?”

6. If the owner of the house says to the one seeking permission, “return,” then he should return.

7. One should seek permission before entering his parent’s room on three occasions: before Fajr, at Dhuhur, and after Isha'a.
To walk with calmness and serenity: “When you come to prayer, proceed with calmness and quietness.” [Agreed upon]

To go to the Masjid on foot: “Do you know what can erase your sins and increase your faith?” They replied: ‘no.’ Then he mentioned some points in addition to “walking to the Masjid” [Muslim]

After reciting the Du’aa upon entering the Masjid, one should give salutations for the Prophet (Salla-Allaahu ‘alayhi wa sallam) and then say: “O Allaah, open Your gates of mercy for me”
اللهُمَّ افتح لي أبواب رحمتِك
[an-Nasaa’i, Ibn-Maajah]

To enter the Masjid with the right foot, and to leave with the left foot.

To perform Tahiyyatul-Masjid after entering the Masjid: “When one of you enters the Masjid, then let him perform two Rak’ahs before he sits down.” [Agreed upon]

It is prohibited to leave the Masjid after the call to prayer is made.

Women must not wear perfume or adorn themselves in such a way as to cause temptation.

Menstruating women and women experiencing post-natal bleeding must not stay in the Masjid.

It is prohibited to go to the Masjid after eating raw garlic, onion, or anything else that emits a foul smell.
Manners &
related to
Athaan:

1. Whoever hears the Athaan should repeat all words after the Mu’aththin in except when he says: “Haya’ala as-Sallaah” – i.e. hasten to the prayer and “Haya’ala al-fallaah” – i.e. hasten to the success. The responder should say: “La hawla wala quwwata illa billah” – i.e. there is no might and no power except with Allaah. [Agreed upon]

2. After the Mu’aththin finishes the Athaan, one should ask for Allaah’s blessings upon the Prophet (Salla-Allaahu ‘alayhi wa sallam), and the best supplication which can be said in this regard is the “As-salawaat al Ibraheemiyyah.”

3. After that you should say: “Allaahumma Rabba- haathihid-dawatit-tammati wassalatil-qamaati, aa timuhammadanil waseelata walfadheela ta, wab’ath-hu maqaaman-mahmoodanil-latheee wa’adtahu.”

4. Finally, one can ask Allaah the Almighty for anything for oneself and ask for the grace of Allaah because the supplication will be answered at this time. The Prophet (Salla-Allaahu ‘alayhi wa sallam) said: “Repeat the words of the Mu’aththin and when you finish, ask Allaah for what you want and you will get it.” [Abu-Dawoud]
After replying to the call of the Mu‘aththin (Athaan), Allaah’s blessings on the Prophet should be recited

 اللَّهُمَّ رَبِّ هَذِهِ الدَّعْوَةِ التَّامَةِ،
والصَّلاةِ القَامِيَةِ،
آتِ مُحَمَّدًا الوَسِيلَةَ
والفَضْيَةِ، وابْعثْ
مَقَامًا مُحْمُودًا الَّذِي
وَعَدْتُهُ


“O Allaah, Lord of this perfect call and established prayer, grant Muhammad the intercession and favor, and raise him to the honored station You have promised him.”

[Al-Bukhaari]
Words of remembrance for morning and evening

اللَّهُمَّ أَنتُ رَبِّي لَا إِلَهَ إِلَّا أَنتُ، خَلِفْتِي وَأَنَا عَبَدُكَ، وَأَنَا عَلَى عَهْدِكَ وَعَهْدِكَ مَا أَسْتَطَعْتُ، أَعُودُ بِكَ مِنْ شَرٍّ مَا صَنَعْتُ، أَبُوُّ لَكَ بِنِعْمَتِكَ عَلَيْي، وَأَبُوُّ بِذَنْبِي فَاغْفِر لِي قَالَهُ لَا يَغْفِرُ الْذَّنْبُ عَلَيْهِ إِلَّا أَنتُ

“Allaahumma Anta Rabbee laa ilaa illaa Anta, khalaqtanee wa anaa ‘abduka, wa anaa ‘alaa ‘ahdika wa wa’dika mas-tata tu, a’oothu bi ka min sharri maa sana’tu, aboo’u laka bini’matika ‘alayya, wa aboo’u bithanbee faghfir lee fa’innahu laa yaghfiruth-thunooba illaa ‘Anta.”

“O Allaah, You are my Lord, there is none worthy of worship but You. You created me and I am Your slave. I keep Your covenant, and my pledge to You so far as I am able. I seek refuge in You from the evil of what I have done. I admit to Your blessings upon me, and I admit to my misdeeds. Forgive me, for there is none who forgives sins but You.”

[Al-Bukhaari]
Words of remembrance for morning and evening

In the evening you must say:

اللّهُمَّ بِكَ أَمْسِيَتَنَا وَبِكَ أَصْبَحَتَنَا وَبِكَ نَحْيَا وَبِكَ مَوْتُ وَإِلَيْكَ الْنُّشُورُ

“Allaahumma bika amsaynaa wa bika asbahnaa, wa bika nahiya, wa bika namootu wa ilaykan-nushoor.”

“O Allaah, You bring us the end of the day as you bring us its beginning, by You we live and by You we die, and to You is the Final Return.”

[Saheeh At-Tirmithi]

In the morning you must say:

اللّهُمَّ بِكَ أَصْبَحَتَنَا وَبِكَ أَمْسِيَتَنَا وَبِكَ نَحْيَا وَبِكَ مَوْتُ وَإِلَيْكَ الْنُّشُورُ

“Allaahumma bika asbahnaa, wa bika amsaynaa, wa bika nahiya, wa bika namootu wa ilaykan-nushoor.”

“O Allaah, by You we enter the morning and by You we enter the evening, by You we live and by You we die, and to You is the Final Return.”

[Saheeh At-Tirmithi]
1. To mention Allaah’s Name. Say: “Bismillaah” before eating or drinking.

2. To eat and drink with the right hand. It is prohibited to eat with the left hand.

3. To eat from what is next or nearest to one

4. To eat with three fingers and lick one’s fingers after eating

5. It is recommended to eat from the sides of a dish, and not from its middle or upper part.

6. When a morsel of food falls down, it is recommended to pick it up, to wipe off anything that attached itself to it, and then eat it.

7. It is prohibited to find fault in food or scorn it.

8. When sitting to eat, one should kneel on one’s knees and the upper face of his feet, or extend the right leg and sit on the left one.

9. It is disliked to breathe or blow into a drinking container.
Du’aa before eating

When anyone of you begins eating, say:

پْسَمْ اللَّهِ

“Bismillaah”

“In the Name of Allaah.”

And if you forget then, when you remember, say:

پْسَمْ اللَّهِ فِي أَوْلِه وَأَخْرِهِ

“Bismillaahi fee awwalihi wa aakhirih.”

“In the Name of Allaah, in the beginning and in the end.” [Abu Dawoud]

Du’aa after eating

الْحَمْدُ اللَّهِ الَّذِي أَطْعَمَني هَذَا، وَرَزَقْنِيهِ، مِنْ غَيرِ حَوْلِ مَنِي وَلَا قَوْمِي

“Alhamdu lillaahil-lathee at‘amanee haathaa wa razaqa-neehi, min ghayri hawlin minnee wa laa quwwatin.”

“Praise be to Allaah Who has given me this food and sustained me with it as I am unable and powerless to do it.” [At-Tirmithi]
Du’aa for entering a town or city

أَلْلَهُمَّ رَبِّ السَّمَوَاتِ السَّبْعِ وَمَا أَفْلَتْلَنَّ، وَرَبِّ الْأَرَاضِ السَّبْعِ وَمَا أَفْلَتْلَنَّ، وَرَبِّ الشَّيَاطِينِ وَمَا أَفْلَتْلَنَّ، وَرَبِّ الْرَّيْاحِ وَمَا ذَرَّيْنَ، اسْأَلْكَ خَيْرَ هَذِهِ الْقُرْوَةِ وَخَيْرَ أَهْلِهَا، وَخَيْرَ مَا فِيهَا، وَأَعُوذُ يَكَ مِنْ شَرَّهَا وَشَرٍّ أَهْلِهَا، وَشَرٍّ مَا فِيهَا

“Allaahumma Rabbas-samaawaatis-sab’i wa maa ‘adhlalna, wa Rabbal-aradheenas-sab’i wa maa ‘aqlalna, wa Rabbash-shayaateeni wa maa ‘adlalna, wa Rabbar-riyaahi wa maa tharay-na. ‘As’aluka khayra haathihil-qaryati wa khayra ‘ahlihaa, wa khayra maa feeheaa, wa ‘a’oothu bika min sharrihaa, wa sharri ‘ahl-ihaa, wa shari maa feeheaa..”

“O Allaah, Lord of the seven heavens and all they overshadow, Lord of the seven worlds and all they uphold, Lord of the devils and all they lead astray, Lord of the winds and all they scatter. I ask You for the good of this town and for the good of its people, and for the good it contains. I seek refuge in You from its evil, from the evil of its people and from the evil it contains.”
[An-Nasaa’i]
10. When drinking, one should pause three times in order to breathe.

11. It is prohibited to drink from the mouth of a bottle or container.

12. The person who is serving drinks to others should be the last of them to drink.

13. It is prohibited to drink or eat while standing.

14. It is prohibited to eat in a reclining position or when lying prone on one’s stomach.

15. It is recommended to eat together as a group.

16. It is forbidden to eat or drink from a dish made from gold or silver.

17. To avoid over eating

18. To end the meal with praise to Allaah
1. To perform ablution before going to sleep

2. To dust off the bed before lying down on it

3. To sleep on one’s right side and place one’s cheek on one’s right hand

4. One should gather his hands together, then, blow into them and then recite: (Surat al-Ikhlaas), (Surat al-Falaq) and (Surat an-Naas). Then he should wipe them over as much as he can of his body, starting with his head, his face and the front part of his body. He should do this three times. [Al-Bukhaari]

5. To recite the verse of the Throne (Ayat-ul-Kursee): "Whoever recites it, will have protection from Allaah, and no Shaytaan will come near him until the morning."

6. It is disliked to sleep one’s stomach, “Allaah hates this position of lying down.” [Al-Bukhaari]
اللَّهُمَّ أَسْلَمُتْ نَفْسِي إِلَيْكَ، وَفَوْضُتُ أَمْرِي إِلَيْكَ، وَوَجَّهْتُ وَجْهِي إِلَيْكَ، وَأَلْجَاتُ ظَهْرِي إِلَيْكَ، رَغْبَةً وَرَهْبَةً إِلَيْكَ. لَا مُجِّا وَلَا مُنْجَا مِنْكَ إِلَّا إِلَيْكَ. آمَنْتُ بِكِتَابِكَ الَّذِي أَنْزَلْتَ وِيْلِيْكَ الَّذِي أَرَسْلَتْ

“Allaahumma ‘aslamtu nafsee ilayka, wa fawwadtu amree ilayka, wa wajjahtu wajhee ilayka, wa alja’tu dhahree ilayka, raghbatan wa rahbatan ilayka, laa malja’ wa laa manja minka illaa ilayka, aamantu bikitaabikallathee anzalta wa bi-nabiyyikal-lathee arsalta.”

“O Allaah, I submit myself to You, entrust my affairs to You, turn my face to You, and lay myself down depending upon You, hoping in You and fearing You. There is no refuge, and no escape except to You. I believe in Your Book (the Qur’an) that You revealed, and the Prophet whom You sent.”

[Al-Bukhaari and Muslim]
1. To say: “Bismillaah” i.e. in the Name of Allaah, when wearing or taking off one’s clothes.

2. When wearing clothes for the first time say:

اللهُمَّ أَتَّقِيَ اللَّهَ وَاتَّقُوهُ وَأَشْعَرُ وَأَنْعَمُ مِنْ خَيْرٍ وَأَعْفَ عَنِّيُّ وَأَفْضِلْ عَنِّيُّ

Allaahumma lakalhamdu kamaa kasawtnee hi Asaluka Khayri wa khayri maa suniaa lahu wa aouthu min sharri wa sharri maa Suniaa lahu.

“O Allaah, all praise is to You, just as You have dressed me, I seek Your blessings in it and the blessings of what it is made of and I seek protection and Your refuge from all evil and the evil of that which it is made of.” [Abu-Dawood]

3. To start with the right side when putting clothes on and start with the left side when taking off clothes.

4. It is compulsory to cover the private areas of the body from others while undressing. (The thigh is a part of the ‘Aurah that must be kept hidden).

5. It is forbidden for men to wear gold or silk.

6. It is forbidden for men to imitate women and for women to imitate men in clothes.

7. It is Sunnah for men to wear short clothing (does not fall below the ankle).

“Whatever is lower than the ankles of the lower garment is in the Hellfire.” [Al-Bukhaari]

8. It is prohibited to wear clothing that has a picture of a cross or a being that has a soul.
Du’a when getting dressed

أَحْمَدُ لِلَّهِ الَّذِي كَسَانِي هَذَا
(الثَّوب) وَرَزْقَنِيهِ مِنْ غَيْرِ حَوْلٍ
مِنِي وَلَا قُوَّةٍ

“Alhamdu lillaahil-latheee kasaanee haathaa (aththawba) wa razaqaneehi min ghayri hawlim- minnee wa laa quwwatin”

“Praise be to Allaah Who has clothed me with this (garment) and provided it for me, as I am powerless and incapable.”

[Al-Bukhaari]

What to say when undressing

بِسْمِ اللَّهِ

“Bismillaah”

“In the Name of Allaah.”

[At-Tirmithi]
1. Allah loves sneezing and detests yawning. If someone sneezes then its a right on every Muslim hears him to say to him: “Yarhamuk Allah.”

2. One should say: “May Allah have mercy on you” only after the sneezer praises Allah.

3. If someone does not praise Allah, then do not say to him: “Yarhamuk Allah.”

4. If the sneezer hears someone saying to him: “May Allah have mercy on you.” after he praises Allah, then he should say: “May Allah guide you and rectify your situation.”

5. The sneezer should cover his mouth with his hand or handkerchief.

6. One should say: “May Allah have mercy on you,” for up to three sneezes. If the person sneezes more than that, then he has a cold.

7. Yawning is from Shaytaan, if one yawns then he should hold it back as much as he can by making an effort not to allow his mouth to open; by putting pressure on his lips with his teeth. If one cannot, he should put his hand over his mouth.
Du’aa for sneezing

When you sneeze, then say:

الْحَمْدُ لِلله

“Alhamdu lillah.”

“All praises and thanks are to Allaah.”

Your companion should say:

يَرَحْمُكَ الله

“Yarhamuk Allaah.”

“May Allaah have mercy upon you.”

When someone says Yarhamuk Allaah to you then you should say:

يَهْدِيكُمْ الله وَيُصْلِحُ بَالْكُمْ

“Yahdeekum Allaahu wa yuslihu baalakum.”

“May Allaah guide you and set your affairs in order.”

[Al-Bukhaari]
Invocation for riding in a vehicle or on an animal


“With the Name of Allaah. Praise is to Allaah. Glory is to Him Who has provided this for us though we could never have had it by our efforts. Surely, unto our Lord we are returning. Praise is to Allaah. Praise is to Allaah. Praise is to Allaah. Allaah is the Most Great. Allaah is the Most Great. Allaah is the Most Great. O Allaah, I have wronged my own soul. Forgive me, for surely none forgives sins but You.”

[Abu Dawoud]
Invocation for sighting the new moon

اللهُ أَكْبَرُ، اللَّهُمَّ أَهْلَهُ عَلَيْنَا بالْأَمْنِ وَالْإِيمَانِ، وَالسَّلَامَةِ والإِسْلَامِ، وَالتوَفِيقِ لِمَا تَجْبُبُ وَتَرْضَى، رَبِّنَا وَرَبِّيّكَ اللهُ

“Allaahu Akbar, Allaahumma ahillahu ‘alayna bil’amni wal’eemaani, wassalaamati wal-Islaami, wattawfeeqi lima tuhibbu wa tardaa, Rabbunaal wa Rabbukallaahu.”

“Allaah is the Most Great. O Allaah, bring us the new moon with security and Faith, with peace and Islam, and guid to what You love and what pleases You. Our Lord and your Lord is Allaah.”

[At-Tirmithi]
Du’aa for visiting the sick

لا بأس طهوّر إِن شاء اللّه

“Laa ba’sa tahoorun in Shaa’ Allaah..”

“Do not worry, it will be a purification (for you), if Allaah wills.”

[Al-Bukhaari]

Manners & Sunnah Acts related to visiting the sick:

1. Make the visit short.

2. Sit beside the head of the patient.

3. Ask the patient about his situation and say comforting words to him. “If you go to a sick person or to the dead, then speak well, for the angels say Ameen to what you say.” [Muslim]

4. Place one’s hand over the sick person and supplicate for him.

5. It is recommended to read Ruqyah on the patient.
What to say when feeling a pain the body

Put your hand on the place you feel pain and says:

بِسْمِ اللهِ

“Bismillaah”

“In the Name of Allaah (three times).”

Then say:

أَعُودُ بِعَزْرَةِ اللهِ
وَقُدَرَتِهِ مُنْ شَرِّ مَا
أَحْدَ وَأَحَاذِرُ

“A ‘oothu bi’izzatillaahi wa qudratihi min sharri maa ajidu wa uhaathi-ru”

“I seek refuge in the might of Allaah and in His Power from the evil of what I find and of what I guard against.”

[Muslim]
It is recommended to travel on Thursday, at the beginning of the day.

It is disliked to travel alone.

If a travel party is made up of three or more people, it is recommended for them to appoint one of them to be their leader.

It is prohibited to take a dog or a bell on a journey.

It is prohibited for a woman to travel without a Mahram (women’s male relative whom she cannot marry; father, son, brother, etc.).

To say when ascending up a mountain pass: “Allahu Akbar,” and when descending: “Subhaanallaaah”

To take advantage of one’s time on the journey, by supplicating; for the traveler’s supplications are answered

To say when one stops somewhere for a while:

أعوذ بِكِمَا خَالَقَ أَنتَ اللَّهُ النَّاَمِئَ مَنْ شَرَّ مَا خَلَقَ

“A’oothu bikalimaatillaahittaammaati min sharri maa khalaq.”

“I take refuge in Allaah’s perfect words from the evil that He has created.” Nothing will harm him until he departs from that place.
Du’aa for travelling

اللهُ أكْبَرُ، اللهُ أكْبَرُ، اللهُ أكْبَرُ، سُبْحَانَ الَّذِي سَخَّرَ لَنا هَذَا وَمَا كَتَبَ لَهُ مَقَرِينَ، وَإِنَّا إِلَى رَبِّنَا لَمُتْقِهِبُونَ، اللَّهُمَّ إِنَّا نَسَأَلُكَ فِي سَفَرِنَا هَذَا الْيَتْرَ وَالْمُقْوَى، وَمِنَ العَمْلِ مَا تَرَضَى، اللَّهُمَّ هُوَؤَلَى صَفْرًا هَذَا وَأَطْوَعْ عَنَا بَعْدَهُ، اللَّهُمَّ أَنتُ الصَّابِحُ في السَّفَرِ، وَالخَضِيفُ في الأَمْلِ، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ وَعَظَاءِ السَّفَرِ، وَكَأِيْدِيَ الْمُنْتَظِرِ، وَشَوْءِ الْمُتْقَلِبِ فِي الْمَالِ وَالْأَمْلِ.


“Allah is the Most Great. Allaah is the Most Great. Allaah is the Most Great. Glory is to Him Who has provided this for us as we could never have achieved it alone without You. Surely, unto our Lord we are returning. O Allaah, we ask You on this our journey for goodness and piety, and for works that are pleasing to You. O Allaah, lighten this journey for us and make its distance short for us. O Allaah, You are our Companion on the road and the One in Whose care we leave our family. O Allaah, I seek refuge in You from this journey’s hardships, and from the wicked sights in store and from finding our family and property in misfortune upon returning.”

[Muslim]
Merits of Friday

Abu Hurairah (Radia-Allaahu 'anhu) narrated that Allaah’s Messenger (Salla-Allaahu 'alayhi wa sallam) said while talking about the merits of Friday: “There is a time on Friday in which a Muslim, while he or she is offering Salaat and is supplicating, will be granted whatever he (or she) is supplicating for.” And he (Salla-Allaahu ‘alayhi wa sallam) pointed with his hand to indicate that this period of time is very short. [Al-Bukhaari and Muslim]

Manners related to Friday prayer: &

1. To take a bath: “When anyone of you intends to come for the Friday prayer, he should take a bath.” [Agreed upon]

2. To use hair oil and perfume

3. To wear the best of his clothes

4. To go early so that he does not have to jump over the shoulders of others, nor sit tightly between two people.

5. To walk to the Masjid, as the Prophet (Salla-Allaahu ‘alayhi wa sallam) said: “Whoever takes a bath on Friday, goes early, walks and does not ride (to the Masjid), sits close to the Imaam and listens to him, and does not engage in idle talk; for every step he takes he will have the reward of one year, the reward of a year’s fasting and praying (at night).”

6. To recite Surat al-Kahaf.
It is disliked to arrive home to one’s family during the night suddenly without prior information.

To supplicate at the time of returning home or when one sees one’s home town, with the following:

آيَبَوْنَ كَايِبَوْنَ عَبْدُونَ لَزِيَنَا حَايِدُونَ

“Aa’iboona, ta’aiboona, Li-Rabbina haamidoon.”
“We return repentant to our Lord, worshipping our Lord, and praising our Lord.”
Repeat these words until one enters the city.

It is recommended to perform two units of prayer in the Masjid when a traveler returns to his city.
“Allaahumma’ innee astakheeruka bi’ilmika, wa as-taqdiruka biqadratika, wa’ as’aluka min fadlikal-‘Adheem, fa’ innaka taqdiru wa laa qaadiru, wa ta’lamu, wa laa a’lamu, wa Anta ‘Allaamul-‘Uthayyabi. Allaahumma in kunta ta’lamu anna haathal-‘amra – [then mention the thing to be decided] khayrun lee fee deenee wa ma’asheeqi wa ‘aaqibati amree ‘aaqilihi wa aaqilihi faaqdurhu lee wa yassirhu lee thumma baarik lee feehi, wa in kunta ta’lamu anna haathal-amra sharrun lee fee deenee wa ma’asheeqi wa ‘aaqibati amree – ‘aaqilihi wa ‘aaqilihi fasrifhu ‘annee wasrifnee ‘anhu waqdur liyayl-khayra haythu kaana thumma raddinee bihi.”

O Allaah, I seek the councel of Your Knowledge, and I seek the help of Your Omnipotence, and I beseech You for Your Magnificent Grace. Surely, You are Capable and I am not. You know and I know not, and You are the Knower of the unseen. O Allaah, if You know that this matter [then mention the thing to be decided] is good for me in my religion and in my life and for my welfare in the life to come, then ordain it for me and make it easy for me, then bless me in it. And if You know that this matter is bad for me in my religion and in my life and for my welfare in the life to come, then turn it away from me and turn me away from it, and ordain for me what is good wherever it may be, and help me be content with it.

[Al-Bukhaari]
Jaabir ibn ‘Abdullaah (Radia-Allaahu ‘anhu) said: The Prophet (Salla-Allaahu ‘alayhi wa sallam) used to teach us to seek Allaah’s Counsel in all matters, as he used to teach us a Surah from the Qur’an. He would say: When anyone of you has an important matter to decide, let him pray two Rak’ahs other than the obligatory prayer, and then say:

اللَّهُمَّ إِنِّي أَسْتَخْرِجُ عِلْمَكَ، وَأَسْتَقْدِرُكَ بِقُدْرَتِكَ، وَآَسْأَلُكَ مِنْ فَضْلِكَ الْعَظِيمِ، فَإِنَّكَ تَقْدِرُ وَلَا أَقْدِرُ، وَتَعْلَمُ وَلَا أَعْلَمُ، وَأَنْتَ عَلَّمَ الْعَيْنِينَ، اللَّهُمَّ إِنْ كَنْتَ تَعَلَّمُ أَنْ هَذَا الْأَمْرُ خَيْرٌ لِي فِي دِينِي وَمَعَاشِي وَعَافِيَةٌ أَمْرِي- عَاجِلِهِ وَآَجِلِهِ- فَأَقِدِّرْهُ لِي وَيَسِّرْهُ لِي نَمْ بَارِكَ لِي فِيهِ، وَإِنَّكَ كَنْتَ تَعَلَّمُ أَنْ هَذَا الْأَمْرُ شَرٌّ لِي فِي دِينِي وَمَعَاشِي وَعَافِيَةٌ أَمْرِي- عَاجِلِهِ وَآَجِلِهِ- فَأَقِدِّرْهُ عَيْنِي وَأَسْرِفْنِي عَنْهُ وَأَقِدِّرْ لِيَالْخُبْرَ حَيْثُ كَانَ نَمْ رَضِينِي بِهِ
When you hear the cock’s crow, ask Allaah for His favor upon you, for surely it has seen an angel. When you hear the bray of a donkey seek refuge in Allaah from Satan, for surely it has seen a devil.”

[Al-Bukhaari]

When you hear a dog barking or a donkey braying in the night, then seek refuge in Allaah from them, for surely they have seen what you see not.

[Abu Dawoud]
Du’aa for rain

اللَّهُمَّ صَيِّبًا نَافِعًا

“Allahumma sayyiban naafi’an”

“O Allah, (bring) beneficial rain.”

[Al-Bukhaari]

Manners related to Rain:

1. To say: Mutirnaa bifadillaha Rhmatihi “It has rained by the Bounty of Allah and His mercy.” [Agreed upon].

2. To let some of the rain touch your body.

3. To invoke, supplication is accepted.