



DAILY MUSLIM

*A collection of hadiths and verses from the Quran to help you live life
as a Muslim in your day-to-day life.*

In the Name of God, The Compassionate, The Merciful

INTRODUCTION

Islam is a way of life. You'll hear that a lot, and it's true. This small collection of hadiths and Quran verses will hopefully help you in realizing that Islam can be a part of every action you do in your daily life—even waking up or going to the washroom. This collection is heavily indebted to Ahmed Von Denfer's excellent book, "A Day with The Prophet", which should be on every Muslim's bookshelf. Selections have also been taken from other sources, which are listed at the end of the book.

Though there are many supplications in this book, don't rush into trying to memorize or do them all at once. Stick with a few, then work on building them into your daily routine, then add more as you feel more comfortable. Moderation, as you'll see later, is essential in religion. Hopefully, too, you'll learn more about Prophet Muhammad (peace be upon him) and see him not only as a Prophet and historical figure, but also from the perspective of man who spent every moment of his daily life remembering God.

May Allah accept all our daily actions, and forgive us for the mistakes and sins we commit.



Before starting any action

“In the Name of God, the Compassionate, the Merciful”

Arabic: Bismillahir Rahmanir Raheem

One of the best duas (supplications)

“Our Lord, give us good in this life and good in the hereafter, and save us from the torment of Hell.”

Arabic: Rabbana aatina fid-dunya hasanatan, wafil-aakhirati hasanatan, wa qina ‘athaban-nar.

When waking up

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

Arabic: Alhumdu lillaahil-lathee ‘ahyaanaa ba’da maa ‘amaatanaa wa’ilayhin-nushoor.

Using the washroom

**Before entering the washroom:
In the name of Allah, O Allah, I seek protection in You
from the male and female devils.**

Arabic: Bismillahi Allaahumma 'innee 'a'oothu bika
minal-khubthi walkhabaa'ith

When leaving the washroom:

I seek Your forgiveness

Arabic: Ghufraanaka

Aisha said that Allah's Messenger said: "There are ten things related to man's nature: trimming the moustache, letting the beard (grow), brushing the teeth, using water to clean the nose, cutting the nails, washing clean the finger-joints, removing hair from under the armpits, shaving the pubes and using water (for cleansing after the call of nature)." The narrator said: "I forgot the tenth, unless it was rinsing the mouth." [Muslim]

Wudhu (ablution)

Uthman ibn Affan said that Allah's Messenger said: "He who makes wudhu (ablution) and makes it in the best way, his sins leave his bod, even from beneath his nails." [Muslim]

Prayers

Abu Huraira heard Allah's Messenger say: "If there was a river at the door of (the house of) one of you, and he bathed in it every day five times, would you say that any dirt would be left on him?" They said: "No dirt at all would be left on him." He said: "That is the example of the five prayers by which Allah washes away sins." [Bukhari]

From Abdullah ibn Umar: Allah's Messenger said: "Prayer in congregation is twenty-seven times better than the prayer performed alone." [Bukhari]

Fajr (morning) prayer

Abu Hurairah said that God's Messenger said: "When one of you sleeps, Satan ties three knots at the back of his neck, and closes each knot with (the words): 'You have a long night, so sleep'. When one wakes up and remembers Allah, the first knot is untied; when one performs wudhu (ablution), the second is untied; and when one prays, the third is untied; and one starts the day energetically and in good spirits. Otherwise, one will begin the morning in bad humour, and full of sloth." [Bukhari, Muslim]

Jundub bin Sufyan reported: The Messenger of Allah said, "He who offers the dawn (Fajr) prayers will come under the Protection of Allah. O son of Adam! Beware, lest Allah should call you to account in any respect from (for withdrawing) His Protection."

[Muslim]

Dua (supplication)

Abu Hurairah said Allah's Messenger said: "Allah is angry with him who does not ask (anything) from Him." [Tirmidhi]

Umm Darda said that Allah's Messenger said: "... the dua of a Muslim for his brother (in Islam) in his absence is readily accepted, and an angel is appointed to his side, whenever he makes a beneficial dua for his brother the appointed angel says "Ameen and may you also be blessed with the same." [Muslim]

Abu Hurairah said that Allah's Messenger said: "The supplication of a slave continues to be granted as long as he does not supplicate for a sinful thing or for something that would cut off the ties of kinship and he does not grow impatient." It was said: "O Messenger of Allah! What does growing impatient mean?" He said, "It is one's saying: 'I supplicated again and again but I do not think that my prayer will be answered.' Then he becomes frustrated (in such circumstances) and gives up supplication altogether."

[Muslim]

Clothing

Abu Huraira said that Allah's Messenger said: "When one of you puts on shoes, he should begin with the right one, and when he takes (his) shoes off, he should begin with the left one, so that the right one be the first of them to be put on and the last of them to be taken off." [Bukhari, Muslim]

From Muadh ibn Anas: Allah's Messenger said: "He who puts on clothes and says: 'Praise be to Allah, who clothed me with this, and Who provided me with it, without any power or might of mine', his past and future sins are forgiven to him."

Arabic: Alhamduu lilahi ladhi kasani hadha wa razaqnihi min ghairi haulin minni wa la quwwat.

Leaving the house

Anas said that Allah's Messenger said: "When a man leaves his house, saying, 'In the name of Allah, I have placed my trust in Allah, there is no might and no power except by Allah,' it is said to him at that time: 'You are guided, you are taken care of, you are protected.' Then Shaytan turns away from him, and another Shaytan says: 'How can a man be for you, who is already guided, cared for and protected?'" [Abu Dawud]

Arabic:

Bismillaahi, tawakkaltu 'alallahi, wa laa hawla wa laa quwwata 'illah billaah.

"O Allah, I seek refuge in You lest I misguide others , or I am misguided by others , lest I cause others to err or I am caused to err , lest I abuse others or be abused, and lest I behave foolishly or meet with the foolishness of others."

Arabic:

Allaahumma 'innee 'a'oothu bika 'an 'adhilla, 'aw 'udhalla, 'aw 'azilla, 'aw 'uzalla, 'aw 'adhlima, 'aw 'udhlama, 'aw 'ajhala 'aw yujhala 'alayya.

General conduct

This section is taken from Surah 17 of the Qur'an, verses 22 to 38, and gives us many insights into how to live a righteous life. Headings have been included to increase readability.

1) Worship God Alone

“Do not set up any other god with God, or you will end up condemned, abandoned. Your Lord has decreed that you worship none but Him.”

2) Honour Your Parents

“And honour your parents. If one or both of them reach old age in your care, never say to them even ‘ugh,’ nor yell at them. Rather, address them respectfully. And be humble with them out of mercy, and pray, “My Lord! Be merciful to them as they raised me when I was young.” Your Lord knows best what is within yourselves. If you are righteous, He is certainly All-Forgiving to those who constantly turn to Him.”

3) Give and 4) Do Not Waste

“Give to close relatives their due, as well as the poor and needy travellers. And do not spend wastefully. Surely the wasteful are like brothers to the devils. And the Devil is ever ungrateful to his Lord. But if you must turn them down because you lack the means to give—while hoping to receive your Lord’s bounty—then at least give them a kind word.”

5) Spend Moderately

“Do not be so tight-fisted, for you will be blameworthy; nor so open-handed, for you will end up in poverty. Surely your Lord gives abundant or limited provisions to whoever He wills. He is certainly All-Aware, All-Seeing of His servants.”

6) Treasure Your Children

“Do not kill your children for fear of poverty. We provide for them and for you. Surely killing them is a heinous sin.”

7) Do Not Commit Adultery

“Do not go near adultery. It is truly a shameful deed and an evil way.”

8) Do Not Kill

“Do not take a human life—made sacred by God—except with legal right. If anyone is killed unjustly, We have given their heirs the authority, but do not let them exceed limits in retaliation, for they are already supported by law.”

9) Protect Orphan’s Wealth

“Do not come near the wealth of the orphan—unless intending to enhance it—until they attain maturity.”

10) Honour Pledges

“Honour your pledges, for you will surely be accountable for them.”

11) Maintain Fairness

“ Give in full when you measure, and weigh with an even balance. That is fairest and best in the end.”

12) Be Sure

Do not follow what you have no sure knowledge of. Indeed, for hearing, sight, and intellect you will all be called to account.

13) Be Humble

“And do not walk on the earth arrogantly. Surely you can neither crack the earth nor stretch to the height of the mountains.

The violation of any of these commandments is detestable to your Lord.”

[17:22–38]

Aisha said that Allah's Messenger said: "The deeds most loved by Allah (are those) done regularly, even if they are small."
[Bukhari, Muslim]

Abu Huraira said that the Prophet said: "Beware of envy, for envy devours good (deeds) like fire devours firewood." [Abu Dawud]

Abu Huraira said that Allah's Messenger said: "Beware of suspicion, for suspicion is the greatest falsehood. Do not try to find fault with each other, do not spy on one another, do not vie with one another, do not envy one another, do not be angry with one another, do not turn away from one another, and be servants of Allah, brothers to one another, as you have been enjoined. A Muslim is the brother of a Muslim—he does him no wrong, nor does he let him down; nor does he despise him. Fear of God is here, fear of God is here," –and he pointed to his chest. "It is evil enough that a Muslim should look down on his brother. For every Muslim is sacred to another—his blood, his honour and his property. Allah does not look at your bodies or your forms, or your deeds, but he looks at your hearts."
[Bukhari, Muslim]

Abu Dharr said that Allah's Messenger said to him: "Fear God wherever you are; let an evil deed (be) followed by a good deed so that you blot it out; and be well-behaved towards people." [Ahmad, Tirmidhi]

Speech

“Whether you speak secretly or openly—He surely knows best what is hidden in the heart.” [67:13]

Abu Huraira said that Allah’s Messenger said: “He who truly believes in Allah and the Last Day should speak good or keep silent.” [Bukhari, Muslim]

Abdullah ibn Amr ibn al-As said that Allah’s Messenger never used obscene talk nor did he listen to it. [Bukhari, Muslim]

From Sufyan ibn Asad al-Hadrami: I heard Allah’s Messenger say: “It is great treachery that you tell your brother something he accepts as truth from you, but you are lying.” [Abu Dawud]

Eating and Drinking

From Salman: Allah’s Messenger said: “The blessing of food is (received by) washing (the hands) before and washing (the hands) after (taking) it.” [Tirmidhi]

Aisha said that Allah’s Messenger said: “When any one of you eats, he should invoke the name of Allah the Exalted. If he forgets to invoke the name of Allah the exalted at the beginning, he should say: ‘In the name of Allah, in its beginning and its end.’”

Arabic: “Bismillahi awwalahu wa akhirahu.”

One invokes the name of Allah when you say “Bismillah”, meaning “In the name of Allah”.

Abu Said al-Khudri said that Allah’s Messenger, when he used to finish his meal, used to say: “Praise be to Allah, who gave us to eat and to drink and made us Muslims.”

Arabic: “Al-hamdu lillahi ladhi at amana wa saqana wa ja’alna muslimin.”

Moderation in worship

“Allah intends for you ease, and He does not want to make things difficult for you.” [2:185]

From Abu Dharr: Allah’s Messenger said: “Do not look down on anything good, even if it is meeting your brother with a cheerful face.” [Muslim]

Ibn Masud reported: The Prophet said, “Ruined are those who insist on hardship in matters of faith.” He repeated this three times. [Muslim]

Abu Hurairah reported: The Prophet said, “This religion is easy. No one becomes harsh and strict in the religion without it overwhelming him. So fulfill your duties as best you can and rejoice. Rely upon the efforts of the morning and the evening and a little at night and you will reach your goal.” [Bukhari]

Patience and hardship

“O believers! Seek comfort in patience and prayer. God is certainly with those who are patient.” [2:153]

“So, surely with hardship comes ease. Surely with that hardship comes more ease.” [94:5-6]

“...And whoever is mindful of God, He will make a way out for them, and provide for them from sources they could never imagine. And whoever puts their trust in God, then He is sufficient for them. Certainly God achieves His Will. God has already set a destiny for everything.” [65:2-3]

Umm Salamah said that the Messenger of Allah said: “If any servant (of Allah) who suffers a calamity says: “We belong to Allah and to Him shall we return; O Allah, reward me for my affliction and give me something better than it in exchange for it,” Allah will give him reward for affliction, and would give him something better than it in exchange.” [Muslim]

Anas ibn Malik said that The Prophet said: “The greatest reward comes with the greatest trial. When Allah loves a people He tests them. Whoever accepts that wins His pleasure but whoever is discontent with that earns His wrath.” [Tirmidhi]

Musad ibn Saeed said that The Messenger of Allah said: “The servant will continue to be tried until he is left walking upon the earth without any sin.” [Tirmidhi]

Abu Sa’id and Abu Huraira said that Allah’s Messenger said: “No trouble befalls a Muslim, and no illness, no sorrow, no grief, no harm, no distress, not even a thorn pricks him, without Allah expiating by it (some) of his sins.” [Bukhari, Muslim]

Abu Hurairah said that Allah’s Messenger said: “Allah, may He be glorified and exalted, will forgive my ummah for whatever crosses their minds so long as they do not act upon it or speak of it.” [Bukhari, Muslim]

“Ummah” is a word that usually refers to the Muslim community as a whole.

Abdullah ibn Masud said that the Messenger of Allah said: ““whoever was afflicted with grief and distress and says (see the following dua below), Allah, the Exalted and Ever-Majestic, will remove his grief and will change his sorrow into happiness.” It was said, “O Messenger of Allah! (Do) we have to learn these words?” He said, “Yes, whoever hears them should learn them.”

“O Allah, I am Your slave and the son of your male slave and the son of your female slave. My forehead is in Your Hand. Your Judgment upon me is assured and Your Decree concerning me is just. I ask you by every Name that You have named yourself with, revealed in Your Book, taught to any one of Your creation or kept unto Yourself in the knowledge of the unseen that is with You, to make the Qur’an the spring of my heart, and the light of my chest, the banisher of my sadness and the reliever of my distress.” [Ahmad]

The phrase “My forehead is in Your Hand” can be interpreted as “You have control over me”

Asr prayer

Ibn Umar said that Allah's Messenger said: "He who leaves the Asr prayer is like one who has lost (some of) his family and property."
[Ibn Maja]

Dealing with others

"God does not forbid you from dealing kindly and fairly with those who have neither fought nor driven you out of your homes. Surely God loves those who are fair. God only forbids you from befriending those who have fought you for your faith, driven you out of your homes, or supported others in doing so. And whoever takes them as friends, then it is they who are the true wrongdoers." [60:8-9]

From Ibn Umar: The Prophet said: "The Muslim who meets with people and endures any harm they may do is better than he who does not mix with them and does not endure any harm they may do." [Tirmidhi]

Abdullah ibn Amr said that Allah's Messenger said: "The Merciful One shows mercy to those who are themselves merciful (to others). So show mercy to whatever is on earth, then He who is in heaven will show mercy to you." [Abu Dawud, Tirmidhi]

Jabir ibn Abdullah said that Allah's Messenger said: "Allah is not merciful to him who is not merciful to people." [Bukhari, Muslim]

From Anas: Allah's Messenger said: "By Him in whose hand is my soul, a servant (of Allah) does not believe (truly) until he likes for his brother what he likes for himself." [Bukhari, Muslim]

From Anas: The Prophet said: "Make things easy, do not make them difficult, and give good tidings and do not make people run away."
[Bukhari]

Commerce

“Those who, when they spend, are neither extravagant nor stingy, but take a balanced course between those (extremes).” [Sûrah al-Furqân: 67]

From Jabir ibn Abdullah: Allah’s Messenger said: “May Allah have mercy on a man who is kind when he buys, when he sells and when he makes a demand.” [Bukhari]

Family

Abu Huraira said that Allah’s Messenger said: “The most perfect of believers is the best of you in character; and the best of you are those among you who are best to their wives.” [Tirmidhi]

From Amr ibn Shu’aib, from his father, from his grandfather: Allah’s Messenger said: “He is not of us who has no compassion for our little ones and does not honour our old ones.” [Abu Dawud, Tirmidhi]

Abdullah ibn Masud said that Allah’s Messenger said: “Each one of you is a shepherd. And each of you will be asked about your flock. A ruler also is a shepherd and he will be asked about his flock. And every man is a shepherd to his family. And every woman is the custodian of her husband’s house and his children. Thus each one of you is a shepherd and each one will be asked about his flock.” [Bukhari, Muslim]

Intercourse

From Ibn Abbas: The Prophet said: “When one of you goes unto his wife and says: ‘In the name of Allah – O Allah ward off Shaitan from us, and ward off Shaitan from what you bestow on us!’ and if a child is destined to them, Shaitan will not harm it.”

Arabic: Bismillah, Allahumma jannibna Shaitana wa jannibi Shaitana ma razaqtana

Isha prayer

Abu Hurairah said that Allah's Messenger said: "No prayer is more burdensome to the hypocrites than the fajr prayer and the isha prayer, but if they knew what (blessings) lie in them they would certainly come for them, even if they had to crawl." [Bukhari, Muslim]

Forgiveness

Abu Hurairah said Allah's Messenger said: "I swear by Allah that I seek Allah's Pardon and turn to Him in repentance more than seventy times a day." [Bukhari]

Abu Hurairah said Allah's Messenger said: "I swear by Him in whose hand is my soul, if you were a people who did not commit sin, Allah would take you away and replace you with a people who would sin and then seek Allah's forgiveness so He could forgive them." [Muslim]

The Prophet said that Allah declares: "O son of Adam, so long as you call upon Me and ask of Me, I shall forgive you for what you have done, and I shall not mind. O son of Adam, were your sins to reach the clouds of the sky and were you then to ask forgiveness of Me, I would forgive you. O son of Adam, were you to come to Me with sins nearly as great as the earth and were you then to face Me, ascribing no partner to Me, I would bring you forgiveness nearly as great as it." [Tirmidhi]

When going to sleep

Nawfal al-Ashja said: The Messenger of Allah said: ““Recite Qul yaa ayyuha’l-kaafiroon (Surah 109) then go to sleep at the end of it, for it is a disavowal of shirk.”

“Shirk” means associating partners with Allah; in a broad sense, polytheism.

Aishah said that when the Prophet went to bed every night, he would hold his hands together and blow into them, and recite into them Qul Huwa Allaahu Ahad (Surah 112), Qul a’oodhu bi rabb il-falaq (Surah 113) and Qul a’oodhu bi rabb il-naas (Surah 114). Then he would wipe them over whatever he could of his body, starting with his head and face and the front of his body, and he would do that three times.

[Bukhari]

The three Surahs mentioned here are Surah 112, 113 and 114, respectively.

Hudaifa said that the Prophet, when he lay down at night, used to place his hand under his cheek and then say: “O Allah, in your name I die and live.”

Arabic: Allahuma bismika amutu wa ahya.

Bara ibn Azib said: Allah’s Messenger, when going to bed, used to lie down on his right side and then say: “O Allah, I surrender myself to You and turn my face towards You, and entrust myself to You, and seek protection in You, longing for You and fearing You; there is no protection and no escape from You except with You. I believe in Your book, which You sent down, and Your Prophet, whom you sent...”

[Bukhari]

Arabic: Allahuma aslamtu nafsi ilaika wa wajjahtu wajhi ilaika wa fawwadtu amri ilaika wa alja’tu ilaika raghbatan wa rahbata ilaika la malja wala manja minka illa ilaika amantu bi kitabika ladhi anzalta wa nabiyyika ladhi arsalta

Selections taken from:

“A Day with The Prophet”, Ahmad Von Denffer
“Fortress of the Muslim”, Darussalam Publications
“The Weapon Against Despair”, Tamir Abu As-Suood
“Riyad us Saliheen”, Imam An-Nawawi