

بِسْمِ اللَّهِ وَعَلَى بَرَكَاتِهِ

"In the name of Allah, and with the blessings of Allah."

WHEN YOU SAY THE DUA BEFORE EATING



I said the prayer
before eating



Allah blesses the food
The food becomes more
nutritious and beneficial.



Shaytan stays away
You are protected from
the whispers of Shaytan.



Good health
Your body becomes
strong and healthy.



Barakah in life
You get blessings in your
time, money and life.



Reward from Allah
You get reward for following
the Sunnah.

VS

WHEN YOU DON'T SAY THE DUA BEFORE EATING



I didn't say
the prayer
before eating



No blessings in food
The food may not be
as beneficial.



Shaytan joins in
Shaytan eats with you.



Weak body & sickness
May cause illness and
weakness.



No barakah in life
You may face problems in
life and get less in everything.



Missing out on reward
You miss the reward of
following Sunnah.



PROPHET MUHAMMAD ﷺ SAID:

"When any one of you eats, let him mention the name of Allah. If he forgets to mention it at the beginning, then let him say: Bismillahi awwalahu wa akhirahu (In the name of Allah, at its beginning and end)."

(Sahih Abu Dawud: 3767)



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LET'S MAKE IT A HABIT! SAY THE DUA BEFORE EVERY MEAL

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THE DUA AFTER EATING

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مِنَ الْمُسْلِمِينَ

"All praise is for Allah who has fed us and given us drink and made us Muslims."

WHEN YOU SAY THE DUA AFTER EATING



I said the
prayer after
eating



I THANK ALLAH
I thank Allah for His
blessings.



ALLAH IS PLEASED
Allah is pleased with me
for being grateful.



MORE BLESSINGS
Allah gives me more
blessings in my life.



GOOD DIGESTION
My food is digested well
and I stay healthy.



REWARD IN THE HEREAFTER
I will get reward for thanking
Allah after eating.

VS

WHEN YOU DON'T SAY THE DUA AFTER EATING



I didn't say
the prayer
after eating



UNGRATEFUL
I was not grateful to Allah
for His blessings.



ALLAH IS DISPLEASED
Allah is not pleased with
my ingratitude.



LESS BLESSINGS
I may not get more blessings
and can even lose them.



POOR DIGESTION
I may face stomach problems
and stay unhealthy.



NO REWARD
I will miss the reward for
thanking Allah.



ALLAH SAYS IN THE QURAN:

"And if you count the favor of Allah, you could not enumerate them. Indeed, Allah is Forgiving and Merciful."

(Surah An-Nahl: 18)



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BE THANKFUL TO ALLAH! ALWAYS SAY THE DUA AFTER EVERY MEAL



THE DUA BEFORE SLEEPING

اللَّهُمَّ بِاسْمِكَ أَمُوتُ وَأَحْيَا

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

WHEN YOU SAY THE DUA

I said the Dua before sleeping



BENEFITS



ALLAH PROTECTS YOU
Allah's angels protect you throughout the night.



PEACEFUL & RESTFUL SLEEP
You get a calm mind and deep, peaceful sleep.



GOOD DREAMS
Allah blesses you with good and pleasant dreams.



WAKE UP REFRESHED
You wake up fresh, active and ready for a new day.



REWARD FROM ALLAH
You follow the Sunnah and earn reward from Allah.

VS

WHEN YOU DON'T SAY THE DUA

I didn't say the Dua before sleeping



DISADVANTAGES



NO PROTECTION
You may not be protected by Allah's angels at night.



DISTURBED SLEEP
You may have trouble sleeping or wake up many times.



BAD DREAMS
You may have bad or scary dreams.



WAKE UP TIRED
You wake up tired, lazy and unmotivated.



MISS OUT ON REWARD
You miss the reward of following the Sunnah.



THE PROPHET ﷺ SAID:

"When any one of you goes to bed, let him put his hand under his cheek and then say: Bismika Allāhumma ahyā wa amūt."

(Sahih Bukhari: 6312)



THE DUA AFTER WAKING UP

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

"All praise is for Allah who gave us life after causing us to die, and to Him is the return."

WHEN YOU SAY THE DUA AFTER WAKING UP

I said the dua after waking up



SHUKR TO ALLAH
You thank Allah for giving you life again.



MORE BLESSINGS
You get more blessings in your day.



GOOD START
You start your day with Allah's remembrance.



ALLAH'S HELP
Allah helps you in your day and tasks.



FOLLOW THE SUNNAH
You get reward for following the Prophet ﷺ.

VS

WHEN YOU DON'T SAY THE DUA AFTER WAKING UP

I didn't say the Dua after waking up



NOT THANKFUL
You are not thankful to Allah for giving you life.



LESS BLESSINGS
You may not get blessings in your day.



LAZY START
You may start your day with laziness.



LESS HELP FROM ALLAH
You may not get Allah's help in tasks.



MISS OUT ON REWARD
You miss the reward of thanking Allah.



THE PROPHET ﷺ SAID:

"Whoever wakes up in the morning and says this dua, has fulfilled his duty of thanking Allah."

(Sunan Abu Dawud: 4/323)



REMEMBER!

Start your day with this beautiful dua and make it a habit. Small acts bring big rewards! ❤️

THE DUA BEFORE ENTERING THE BATHROOM

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ

"O Allah! I seek Your protection from all evil and evil-doers (male and female)."



WHEN YOU SAY THE DUA BEFORE ENTERING

I said the dua before entering

BENEFITS OF SAYING THE DUA

- ALLAH'S PROTECTION**
Allah protects you from all evil and evil-doers (jinns and shayateen).
- SAFE FROM HARM**
You are safe from any hidden harm or bad influences.
- PEACE OF MIND**
Your heart feels calm because you took Allah's protection.
- OBEDIENCE & REWARD**
You follow the Sunnah of the Prophet ﷺ and earn reward.
- BLESSINGS IN LIFE**
You and your family get more blessings in your life.

VS

WHEN YOU DON'T SAY THE DUA BEFORE ENTERING

I didn't say the Dua before entering

DISADVANTAGES OF NOT SAYING THE DUA

- NO PROTECTION**
You may not be protected from jinns and evil forces.
- RISK OF HARM**
You may face harm, fear or waswas (evil thoughts).
- SHAYATEEN'S INFLUENCE**
Shayateen may disturb you or give you bad thoughts.
- NOT FOLLOWING SUNNAH**
You are missing the Sunnah of the Prophet ﷺ.
- LESS REWARD**
You miss out on the reward of this simple good deed.

THE PROPHET ﷺ SAID:
"When any one of you enters the toilet, he should say:
اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ"
(Sahih Bukhari: 142)

REMEMBER!

- Always say the prayer before entering the bathroom.
- It takes only a few seconds but brings great protection.
- Make it a habit for a safe and blessed life. ❤️

THE DUA AFTER LEAVING THE BATHROOM

الْحَمْدُ لِلَّهِ الَّذِي أَذْهَبَ عَنِّي الْأَذَى وَعَافَانِي

"I seek Your forgiveness. All praise is for Allah who removed harm from me and granted me wellness."



WHEN YOU SAY THE DUA AFTER LEAVING

I said the dua after leaving

BENEFITS OF SAYING THE DUA

- ALLAH'S FORGIVENESS**
You seek Allah's forgiveness for complete purity.
- ALLAH'S THANKS**
You thank Allah who removed harm and gave you wellness.
- GOOD HEALTH**
You are blessed with health and protection from diseases.
- PEACE OF MIND**
Your heart feels light and you are content.
- REWARD IN HEREAFTER**
Small good deeds bring great reward from Allah in this world and hereafter.

VS

WHEN YOU DON'T SAY THE DUA AFTER LEAVING

I didn't say the Dua after leaving

DISADVANTAGES OF NOT SAYING THE DUA

- MISSING FORGIVENESS**
You may miss seeking Allah's forgiveness.
- INGRATITUDE**
You forget to thank Allah for removing harm and giving wellness.
- RISK OF HARM**
You may be more prone to illness and discomfort.
- UNEASY FEELING**
Your heart may feel heavy and restless.
- LESS REWARD**
You miss out on the reward of this simple but important deed.

THE PROPHET ﷺ SAID:

"Verily, Allah is Clean and loves cleanliness."

إِنَّ اللَّهَ طَيِّبٌ يُحِبُّ الطَّيِّبِينَ

(Sahih Muslim: 223)

REMEMBER!

- Say the prayer every time after coming out.
- It takes only a few seconds but brings great blessings.
- Teach your children and make it a habit.
- Cleanliness is from Faith!

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QURAN LEARNING FOR KIDS & ADULTS

TAJWEED | HIFZ | NAZRA | ISLAMIC STUDIES

THE DUA BEFORE LEAVING HOME

A SMALL DU'A FOR GREAT PROTECTION

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى
اللَّهِ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Read this
Du'a before
leaving home.



"In the name of Allah, I place my trust in Allah,
there is no power and no strength except with Allah."



BENEFITS OF READING THIS DU'A



PROTECTION

From all kinds of
evil, harm and danger.



INNER PEACE

Brings confidence,
calm and trust in Allah.



LOSSES OF NOT READING THIS DU'A



EXPOSURE TO HARM

May face accidents,
evil eye and other
dangers.



ANXIETY & FEAR

No inner protection,
mind stays worried
and restless.

WHAT THE CHILD GETS WHO READS THIS DU'A:



Safety
and protection
from Allah



Peace of mind
and happiness



Trust in Allah
in every step



A strong
Islamic habit

WHAT THE CHILD MISSES IF NOT READ:



Falls into more problems



Feels worry and fear



Lacks Allah's protection



Teach your children this beautiful du'a —
so they always stay safe, happy and under Allah's protection. ❤️



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NAZRA



ISLAMIC STUDIES

THE DUA WHEN ENTERING HOME

SAY THIS DUA WHEN YOU ENTER YOUR HOME

اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ الْبُؤْلِجِ
وَخَيْرَ الْمَخْرَجِ بِسْمِ اللَّهِ
وَلَجْنَا وَبِسْمِ اللَّهِ خَرَجْنَا
وَعَلَى اللَّهِ رَبَّنَا تُوَكَّلْنَا

“O Allah! I ask You for the goodness of entering
(this home) and the goodness of leaving.
In the name of Allah we enter,
and in the name of Allah we leave.”



BENEFITS OF SAYING THIS DUA



ALLAH'S PROTECTION

Allah protects you, your family
and your home from every
harm and evil.



BLESSINGS IN HOME

Brings peace, barakah (blessings)
and happiness in your home
and family life.



DISADVANTAGES OF NOT SAYING THIS DUA



NO PROTECTION

You may not be protected from
evil, harm and negative
influences.



LESS BLESSINGS

You may miss out on the
blessings and peace that
come with this dua.



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ISLAMIC STUDIES

DUA FOR STAIRS

وَاذْكُرُوا اللَّهَ كَثِيرًا لَعَلَّكُمْ تُفْلِحُونَ

"And remember Allah much that you may be successful."

(Surah Al-Jumu'ah: 10)



WHEN GOING UP THE STAIRS

اللَّهُ أَكْبَرُ

Allahu Akbar
(Allah is the Greatest)

BENEFITS



We remember
Allah on every
step.



It shows that
we believe Allah
is the Greatest.



It brings blessings
in our actions.



WHEN COMING DOWN THE STAIRS

سُبْحَانَ اللَّهِ

SubhanAllah
(Allah is Perfect
and Glorified)

BENEFITS



We remember
Allah's perfection
and purity.



It keeps us
humble.



It protects us from
pride and mistakes.

TEACH OUR CHILDREN

Small actions with Allah's remembrance bring great rewards.

إِنَّ اللَّهَ يُحِبُّ الَّذِينَ يَذْكُرُونَهُ

Indeed, Allah loves those who remember Him.

(Surah Al-Baqarah: 152)

IMPORTANT REMINDERS



Make it a habit
every day.



Follow the
Sunnah.



Every step can
be an act of
worship.



Teach others
and earn
reward.



Allah rewards
every good
action.

Remember
Allah,
Life is
Beautiful!



ALLAH IS WITH US EVERY STEP





DUA FOR ENTERING THE MARKET



بازار میں جانے کی دعا

Let's remember Allah in every step and earn His blessings ❤️

THE DUA

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ يُحْيِي وَ
يُمِيتُ وَهُوَ حَيٌّ لَا يَمُوتُ أَبَدًا أَبَدًا، ذُو الْجَلَالِ وَالْإِكْرَامِ ط
بِيَدِهِ الْخَيْرُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ ط

TRANSLATION

There is no god but Allah, He is One, has no partner.
To Him belongs the kingdom and to Him belongs all praise.
He gives life and causes death, and He is Ever-Living, never dies.
Goodness is in His Hand, and He is over all things Able.

NABI ﷺ NE FARMAYA:

Jo shakhs bazaar mein dakhil hote waqt yeh dua padhe, Allah Ta'ala us ke liye:



10,00,000 nekiyan likhta hai



10,00,000 gunah maaf karta hai



10,00,000 darajaat buland karta hai

(Jami' at-Tirmidhi: 3428)

STEP BY STEP – WHAT TO DO

1 INTENTION

Make intention to go to the market for halal needs.



2 ENTER THE MARKET

When you enter the market...



3 RECITE THE DUA

Recite the above dua with focus and understanding.



4 WALK & SHOP WITH BARAKAH

Walk, talk and shop honestly and kindly.



5 THANK ALLAH WHEN LEAVING

Be grateful to Allah and leave peacefully.



★ BENEFITS OF RECITING THIS DUA



Allah writes 10 lakh rewards for you.



Allah forgives 10 lakh sins.



Allah raises your 10 lakh ranks.



You get Allah's protection and blessings.



Your rizq (sustenance) becomes halal, pure and blessed.



Your dealings will be full of honesty and trust.

REMEMBER!

Dua + Good Deeds = Allah's Pleasure



IF WE DON'T DO THIS



We may lose Allah's blessings.



Our sins may increase.



We may be troubled or face loss in business.



Shaytan gets stronger and misguides us.



We may deal in haram, lie or cheat others.

IMPORTANT REMINDERS



Speak the truth and be honest.



Do not cheat anyone.



Lower your gaze.



Don't waste time.



Always remember Allah.

NABI ﷺ NE FARMAYA:

"The honest and trustworthy merchant will be with the Prophets, the truthful, and the martyrs."

(Sunan At-Tirmidhi: 1209)



★ REMEMBER ALLAH AND HE WILL REMEMBER YOU ★



DUA FOR TRAVEL (IN CAR)



"Remember Allah while you travel,
He will protect you and make your journey safe and blessed.

STEPS TO FOLLOW WHEN TRAVELLING IN A CAR

1 BEFORE GETTING IN Put your foot in the car and say: بِسْمِ اللَّهِ Bismillah (In the name of Allah) It means: I start this journey with the name of Allah.	2 GET IN THE CAR Sit in the car nicely. Sit with good manners and be calm.	3 AFTER SITTING, SAY: الْحَمْدُ لِلَّهِ Alhamdulillah (All praise is for Allah) Thank Allah for giving us comfort and safety.	4 THEN RECITE THIS DUA: سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ وَإِنَّا إِلَى رَبِّنَا لَمُنْقَلِبُونَ Subhanallahil-ladhi sakhkhara lana hadha wama kunna lahu muqrinin, wa inna ila Rabbina lamunqaliboon. (Glory is to Allah Who has subjected this (vehicle) to us, which we could never have controlled, and indeed, to our Lord we will be returned.)	5 THEN RECITE THIS DUA: سُبْحَانَ الَّذِي وَلَّى نَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ Subhanallahil-ladhi wallaana hadha wama kunna lahu muqrinin. (Glory is to Allah Who has given us control over this (vehicle), which we could never have controlled.)
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TRAVEL DUAS TO RECITE

1

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

"Glory is to Allah Who has subjected this (vehicle) to us, which we could never have controlled, and indeed, to our Lord we will be returned."

(Surah Az-Zukhruf: 13-14)



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BENEFITS OF RECITING TRAVEL DUAS

- Allah's protection will be with you throughout the journey.
- Brings peace, comfort and blessings in travel.
- Helps in a safe journey and avoids accidents.
- It is a means of trust in Allah and shows gratitude.
- Following the Sunnah brings reward and Allah's pleasure.

IF WE DON'T RECITE THESE DUAS

- We may face unexpected problems or dangers.
- We lose the blessings and protection of Allah.
- More chances of accidents and harm.
- Shows ingratitude and we may displease Allah.
- Satan gets stronger and can mislead us.



ALWAYS REMEMBER ALLAH IN EVERY STEP OF YOUR JOURNEY
Start with Bismillah, End with Alhamdulillah



May Allah make all our journeys safe, blessed and acceptable. Ameen