

POCKET COMPANION · 01 OF 09		02 Waking & wuḍū		03 Morning & evening		04 Morning & evening, cont.	
Daily Companion أَذْكَارُ الْيَوْمِ Waking to sleep — the authenticated dhikr of an ordinary day.		ON WAKING الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ Al-ḥamdu lillāhil-ladhi aḥyānā ba'da mā amātanā wa ilayhin-nushūr Praise be to Allah, who gave us life after death, and to Him is the resurrection. Bukhāri · ṣaḥīḥ AFTER WUḌŪ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ Ash-hadu an lā ilāha illallāhu waḥdahu lā sharika lah, wa ash-hadu anna Muḥammadan 'abduḥu wa rasūluh I bear witness that none is worthy of worship but Allah alone, and that Muhammad is His servant and messenger. Muslim · ṣaḥīḥ — the eight gates of Paradise are opened. Begin wuḍū with <i>Bismillāh</i>. ENTERING · LEAVING THE TOILET اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ — غُفْرَانِكَ Allāhumma inni a'ūdhu bika minal-khubuthi wal-khabā'ith — on leaving: Ghufrānak Refuge from male and female devils — Your forgiveness. Bukhāri; Tirmidhī · ṣaḥīḥ		Same set twice daily — after Fajr, and after 'Aṣr until Maghrib. Where two words are given, the second is the evening form. أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ ﴿أَمْسَيْنَا وَآمَسَ﴾ وَالْحَمْدُ لِلَّهِ، لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ Aṣbaḥnā wa aṣbaḥal-mulku lillāh (Amsaynā wa amsā) wal-ḥamdu lillāh, lā ilāha illallāhu waḥdahu lā sharika lah We have entered the morning, and with it dominion belongs to Allah; all praise to Allah. Muslim · ṣaḥīḥ · 1× اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، أُوْبُؤْ لَكَ بِنِعْمَتِكَ عَلَيَّ وَأُبُؤْ لَكَ بِذُنُوبِي فَاعْفُرْ لِي Allāhumma Anta Rabbi lā ilāha illā Ant, khalaqtanī wa anā 'abduk, wa anā 'alā 'ahdika wa wa'dika mastata't, abū'u laka bi-ni'matika 'alayya wa abū'u laka bi-dhanbi faghfir li Sayyid al-Istighfār — the master of seeking forgiveness. O Allah, You are my Lord; I acknowledge Your favour upon me and my own sin, so forgive me. Bukhāri · ṣaḥīḥ · 1× — whoever says it by day and dies that day enters Paradise.		Bismillāhil-ladhi lā yaḍurru ma'asmihi shay'un fil-arḍi wa lā fis-samā'i wa Huwas-Samī'ul-'Alīm In the name of Allah, with whose name nothing on earth or in heaven can cause harm. Tirmidhī, Abū Dāwūd · ṣaḥīḥ · 3× — no harm will befall him. رَضِيتُ بِاللَّهِ رَبًّا، وَبِالْإِسْلَامِ دِينًا، وَبِمُحَمَّدٍ ﷺ نَبِيًّا Raḍitu billāhi Rabban, wa bil-Islāmi dinan, wa bi-Muḥammadin ﷺ nabiyyan I am content with Allah as Lord, Islam as religion, and Muhammad ﷺ as Prophet. Abū Dāwūd, Tirmidhī · ṣaḥīḥ · 3× حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ، عَلَيْهِ تَوَكَّلْتُ، وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ Ḥasbiyallāhu lā ilāha illā Hū, 'alayhi tawakkalt, wa Huwa Rabbul-'Arshil-'Azīm Allah is sufficient for me. In Him I trust, and He is Lord of the Mighty Throne. Abū Dāwūd · ḥasan · 7× سُبْحَانَ اللَّهِ وَبِحَمْدِهِ Subḥānallāhi wa biḥamdih Glory be to Allah, and praise be to Him. Muslim · ṣaḥīḥ · 100×. Also the three sūrahs 3× and Āyat al-Kursī (card 05).	

05 Home, food, clothing

LEAVING HOME

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

Bismillāh, tawakkaltu ‘alallāh, lā ḥawla wa lā quwwata illā billāh
In the name of Allah; I rely upon Allah; there is no power or strength except by Him.
Abū Dāwūd, Tirmidhī · ṣaḥīḥ

ENTERING HOME

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

Bismillāhi walajnā, wa bismillāhi kharajnā, wa ‘alallāhi Rabbinā tawakkalnā
In Allah’s name we enter and leave, and upon Allah, our Lord, we rely.
Abū Dāwūd · ḥasan

BEFORE · AFTER EATING

بِسْمِ اللَّهِ — وَإِنْ نَسِيتَ: بِسْمِ اللَّهِ أَوَّلُهُ
وَأَخِرُهُ — الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا
وَرَزَقَنِيهِ

Bismillāh — if forgotten: Bismillāhi awwalahū wa ākhirah — after: Al-ḥamdu lilāhīl-ladhi aṭ‘amani ḥādhā wa razaqaniḥ
Praise be to Allah, who fed me this and provided it for me.
Bukhārī, Abū Dāwūd, Tirmidhī · ṣaḥīḥ

06 Masjid, travel, rain, distress

MASJID · IN, OUT

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ — اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

Allāhumma iftaḥ li abwāba raḥmatik — Allāhumma innī aṣ‘aluka min faḍlik
Open the gates of Your mercy — I ask of Your bounty.
Right foot in, left out.
Muslim · ṣaḥīḥ

TRAVEL · MOUNTING

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

Subḥānal-ladhi sakhkhara lanā ḥādhā wa mā kunnā lahū muqrinin, wa innā ilā Rabbinā lamunqalibūn
Glory to Him who subjected this to us; and to our Lord we shall surely return.
Muslim · ṣaḥīḥ · 43:13-14

RAIN · WIND

اللَّهُمَّ صَيِّبًا نَافِعًا — اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَهَا

Allāhumma ṣayyiban nāfi‘an — in wind: Allāhumma innī aṣ‘aluka khayrahā
A beneficial downpour — I ask You for its good. Du‘ā in rain is answered.
Bukhārī; Muslim · ṣaḥīḥ

DISTRESS

The du‘ā of distress, in full, is on card 06 — *Lā ilāha illallāhul-‘Azīmul-Ḥalīm...*
Bukhārī, Muslim · ṣaḥīḥ

07 Bedtime & the night

BEFORE SLEEP · IN ORDER

Wuḍū · Āyat al-Kursī 1× · Iklās, Falaq, Nās into cupped palms and wipe over the body 3× · last two verses of al-Baqarah · Sūrah al-Mulk · tasbīḥ 33/33/34 · lie on the right side.
Bukhārī, Muslim, Tirmidhī · ṣaḥīḥ

بِسْمِكَ اللَّهُمَّ أَمُوتْ وَأَحْيَا

Bismika Allāhumma amūtu wa ahyā
In Your name, O Allah, I die and I live.
Bukhārī · ṣaḥīḥ

اللَّهُمَّ أَشْلَمْتُ نَفْسِي إِلَيْكَ، وَوَجَّهْتُ وَجْهِي إِلَيْكَ، وَقَوَّضْتُ أَمْرِي إِلَيْكَ،
وَأَلْجَأْتُ ظَهْرِي إِلَيْكَ

Allāhumma aslamtu nafsi ilayk, wa wajjahtu wajhi ilayk, wa fawwadtu amri ilayk, wa alja‘tu zahri ilayk
O Allah, I submit myself to You, turn my face to You, entrust my affair to You, and rest my back upon You.
Bukhārī · ṣaḥīḥ — the last words before sleep; whoever dies that night dies upon fiṭrah.

A BAD DREAM

Spit lightly to the left three times, seek refuge from Shayṭān and from what you saw, turn onto the other side, and tell no one.
Muslim · ṣaḥīḥ

08 Seven-day tracker

One week per card. Tick as you go.

	M	T	W	T	F	S	S
Fajr on time	☐	☐	☐	☐	☐	☐	☐
Dhuhr on time	☐	☐	☐	☐	☐	☐	☐
‘Aṣr on time	☐	☐	☐	☐	☐	☐	☐
Maghrib on time	☐	☐	☐	☐	☐	☐	☐
‘Ishā’ on time	☐	☐	☐	☐	☐	☐	☐
Morning adhkār	☐	☐	☐	☐	☐	☐	☐
Evening adhkār	☐	☐	☐	☐	☐	☐	☐
Post-prayer adhkār	☐	☐	☐	☐	☐	☐	☐
Qur’ān portion	☐	☐	☐	☐	☐	☐	☐
Bedtime adhkār	☐	☐	☐	☐	☐	☐	☐

Week of _____

POCKET COMPANION • 02 OF 09

Hijri Companion

أَشْهُرُ السَّنَةِ

The Islamic year — its sacred months, its fasts, its seasons of mercy.

2 • The twelve months

3 • Fasts of the year

4 • Ramaḍān

5 • Dhul-Hijjah & 'Arafah

6 • Muḥarram, Sha'bān, Shawwāl

7 • The four schools

8 • Twelve-month tracker

Bukhārī • Muslim • the four Sunan. School positions stated where they differ.

02 The twelve months

Four are sacred — fighting is forbidden and sin is graver in them.

1 • Muḥarram	sacred
2 • Šafar	
3 • Rabi' al-Awwal	
4 • Rabi' ath-Thāni	
5 • Jumādā al-Ūlā	
6 • Jumādā al-Ākhirah	
7 • Rajab	sacred
8 • Sha'bān	
9 • Ramaḍān	fasting
10 • Shawwāl	six days
11 • Dhul-Qa'dah	sacred
12 • Dhul-Hijjah	sacred • ḥajj

Qur'an 9:36; Bukhārī • ṣaḥīḥ — “the year is twelve months, of which four are sacred.” The month begins at the sighting of the new moon.

03 Fasts of the year

Ramaḍān	Obligatory • the whole month
Mon & Thu	Weekly • deeds are raised
13, 14, 15	Ayyām al-Biḍ, each month
6 of Shawwāl	With Ramaḍān = a year
9 Dhul-Hijjah	'Arafah • two years expiated
9 & 10 Muḥarram	Āshūrā • one year expiated
Most of Sha'bān	He ﷺ fasted it most
1-9 Dhul-Hijjah	The ten best days

NEVER FAST
The two 'Eids, and 11-13 Dhul-Hijjah (ayyām at-tashriq). Friday alone, and the day of doubt before Ramaḍān, are disliked.
Bukhārī, Muslim • ṣaḥīḥ

04 Ramaḍān

THE MONTH
Fast dawn to sunset • Tarāwīḥ after 'Ishā' • seek Laylat al-Qadr in the odd nights of the last ten • i'tikāf in the last ten • Zakāt al-Fiṭr before the 'Eid prayer.
Bukhārī, Muslim • ṣaḥīḥ

BREAKING THE FAST
ذَهَبَ الظَّمَأُ وَابْتَلَّتِ الْعُرُوقُ وَثَبَتَ الْأَجْرُ
إِنْ شَاءَ اللَّهُ
Dhahabaz-ẓama'u wabtallatil-'urūqu wa thabatal-ajru in shā'allāh
Thirst is gone, the veins are moistened, and the reward is certain, if Allah wills.
Abū Dāwūd • ḥasan — break on dates, or water.

LAYLAT AL-QADR
اللَّهُمَّ إِنَّكَ عَفُوٌّ نَجِيبُ الْعَفْوِ فَاعْفُ عَنِّي
Allāhumma innaka 'afuwwun tuḥibbul-'afwa fa'fu 'annī
O Allah, You are Most Forgiving and love forgiveness, so forgive me.
Tirmidhī, Ibn Mājah • ṣaḥīḥ — taught to 'Ā'ishah for that night.

05 Dhul-Hijjah & 'Arafah

THE FIRST TEN

No days are greater for righteous deeds. Fast, give, recite, and multiply takbīr from the 1st to the 'Aṣr of the 13th.

Bukhārī · ṣaḥīḥ

TAKBĪR OF THE DAYS

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، لَا إِلَهَ إِلَّا اللَّهُ، وَاللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، وَلِلَّهِ الْحَمْدُ

Allāhu akbar, Allāhu akbar, lā ilāha illallāh, wallāhu akbar, Allāhu akbar, wa lillāhil-ḥamd

Allah is greatest; none is worthy of worship but Allah; and to Allah belongs all praise.

Athar of Ibn Mas'ūd · sound – said aloud after each fard, 9–13 Dhul-Hijjah.

BEST DU'Ā OF 'ARAFAH

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Lā ilāha illallāhu waḥdahu lā sharīka lah, lahul-mulku wa lahul-ḥamd, wa Huwa 'alā kullī shay'in qadīr

None is worthy of worship but Allah alone...

Tirmidhi · ḥasan – “the best du'ā is the du'ā of the Day of 'Arafah.”

06 Muḥarram, Sha'bān, Shawwāl

MUHARRAM

The best fasting after Ramaḍān is in Allah's month, Muḥarram. Fast the 9th and 10th — or the 10th and 11th — not the 10th alone.

Muslim · ṣaḥīḥ

SHA'BĀN

He ﷺ fasted more of Sha'bān than any month but Ramaḍān. Settle missed fasts of the previous year before the new Ramaḍān.

Bukhārī, Muslim · ṣaḥīḥ

SHAWWĀL

Six days, consecutive or spread, after 'Eid al-Fiṭr: “whoever fasts Ramaḍān then six of Shawwāl, it is as though he fasted a whole year.” Make up missed Ramaḍān days first.

Muslim · ṣaḥīḥ

RAJAB

A sacred month — but no specific fast, prayer or 'umrah is established in it. Popular Rajab practices rest on weak reports.

Ibn Hajar, Tabayn al-'Ajab

07 The four schools

Where practice differs, all positions are within the Sunnah.

Witr	Wājib (Hanafi) · sunnah mu'akkadah (others)
Qunūt	3rd rak'ah before rukū' (Hanafi) · after rukū', last half of Ramaḍān (Shāfi'i) · in Ṣubḥ (Mālikī) · in Witr (Hanbali)
Tarāwīḥ	20 rak'ahs (Hanafi, Shāfi'i, Hanbali) · 36 (Mālikī custom) · 8 also authentic
Six of Shawwāl	Recommended by all; Imām Mālik was cautious about publicising it
'Ashūrā	9+10 preferred; 10+11 sufficient
Travel fast	Fast or break — both authentic; break if it is hard

08 Twelve-month tracker

Mon · Thu · the three white days · extra.

	M	Th	13	14	15	+
Muḥarram	☐	☐	☐	☐	☐	☐
Ṣafar	☐	☐	☐	☐	☐	☐
Rabi' I	☐	☐	☐	☐	☐	☐
Rabi' II	☐	☐	☐	☐	☐	☐
Jumādā I	☐	☐	☐	☐	☐	☐
Jumādā II	☐	☐	☐	☐	☐	☐
Rajab	☐	☐	☐	☐	☐	☐
Sha'bān	☐	☐	☐	☐	☐	☐
Ramaḍān	☐	☐	☐	☐	☐	☐
Shawwāl	☐	☐	☐	☐	☐	☐
Dhul-Qa'dah	☐	☐	☐	☐	☐	☐
Dhul-Hijjah	☐	☐	☐	☐	☐	☐

Year _____ AH

**Qur'ān
Companion**

رَفِيقُ الْقُرْآنِ

A khatm you can actually keep — the arithmetic, the daily portions, the grids.

- 2 · The arithmetic of a khatm
- 3 · What to read, and when
- 4 · The fifteen sajdahs
- 5 · Adab of recitation
- 6 · Juz grid · khatm I
- 7 · Juz grid · khatm II
- 8 · Memorisation tracker

Page counts follow the Madīnah muṣṣaf (604 pp).
Manzil divisions per Abū Dāwūd.

02 The arithmetic of a khatm

30 days	1 juz a day · 20 pages · 4 pages after each fard
60 days	½ juz a day · 10 pages
7 days	1 manzil a day — the Companions' division
3 days	10 juz a day — the shortest he ﷺ approved
1 year	2 pages a day

THE SEVEN MANĀZIL

1 · al-Fātiḥah → an-Nisā' · 2 · al-Mā'idah → at-Tawbah ·
3 · Yūnus → an-Nahl · 4 · al-Isrā' → al-Furqān · 5 · ash-
Shu'arā' → Yā Sīn · 6 · aş-Şaffāt → al-Hujurāt · 7 · Qāf
→ an-Nās.

Abū Dāwūd · the division of the Companions

PRACTICAL

Four pages after each of the five prayers completes a juz a day without a single extra sitting.

03 What to read, and when

Every night	Āyat al-Kursī · al-Mulk · the last two verses of al-Baqarah
Every morning & evening	al-Ikhlāṣ, al-Falaq, an-Nās — 3× each
Every Friday	Sūrah al-Kahf
After every farḍ	Āyat al-Kursī · the three sūrahs
Before sleep	The three sūrahs into the palms, wiped over the body 3×

Illness

Illness	al-Fātiḥah · the three sūrahs, with ruqyah
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Bukhārī, Muslim, Tirmidhī, an-Nasā'ī · ṣaḥīḥ.
Sūrah al-Wāqī'ah against poverty is not
established.

04 The fifteen sajdahs

On reciting or hearing one, prostrate once.

7:206	al-'Arāf
13:15	ar-Ra'd
16:50	an-Nahl
17:109	al-Isrā'
19:58	Maryam
22:18	al-Ḥajj
22:77	al-Ḥajj
25:60	al-Furqān
27:26	an-Naml
32:15	as-Sajdah
38:24	Şād
41:38	Fuṣṣilat
53:62	an-Najm
84:21	al-Inshiqāq
96:19	al-'Alaq

Counted as 14 by the Ḥanafīs and Shāfi'īs (who treat 38:24 as a sajdah of thanks) and 11 by the Mālikīs. Say *subhāna Rabbiyal-A'lā* in it.

05 Adab of recitation

BEFORE

Be clean, face the qiblah if you can, and say:

A'ūdhu billāhi — A'ūdzu billāhi min ash-shayṭānir-rajīm — then Bismillāh at the start of a sūrah.

Qur'ān 16:98

WHILE RECITING

Slowly, in order, with tajwīd — “recite it in measured recitation” (73:4). Pause at the verses of mercy to ask, and at the verses of punishment to seek refuge.

Muslim • ṣaḥīḥ

ON FINISHING

No specific du'ā on completing a khatm is narrated from the Prophet ﷺ. Praise Allah, make du'ā freely, and begin again — "the best deed is to complete and begin anew."

Tirmidhī · hasan

NEVER

Argue over it, recite to compete, or leave it: "this Qur'an is a rope — one end in Allah's hand, the other in yours."

06 Juz grid · khatm I

Tick each juz. Date the last box.

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

Begun _____ • Completed _____

07 Juz grid · khatm II

A second run — or a slower year-long one.

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

Begun _____ · Completed _____

08 Memorisation tracker

Sūrah · verses · date secured · revised.

[illegible]

Revise what you hold before taking more (Bukhārī).

POCKET COMPANION · 04 OF 09 Purification & Prayerالطَّهَارَةُ وَالصَّلَاةُ Wuḍū to salām — the mechanics, the invalidators, the concessions. 2 · Wuḍū3 · What breaks wuḍū · ghusl4 · Tayammum5 · The prayer, step by step6 · When you err7 · Travel & missed prayers8 · Prayer-on-time grid Bukhāri · Muslim · the four Sunan. School differences noted on panel 7.	02 Wuḍū ORDER1 Bismillāh · 2 hands to the wrists ×3 · 3 rinse the mouth ×3 · 4 the nose ×3 · 5 the face ×3 · 6 arms to the elbows, right then left, ×3 · 7 wipe the head once · 8 the ears once · 9 feet to the ankles, right then left, ×3. Bukhāri, Muslim · ṣaḥīḥ OBLIGATORY (FARD)Face, arms to the elbows, wiping the head, feet to the ankles — Qurʾān 5:6. The rest is sunnah, and the reward is in it. NOTESDo not waste water — he ﷺ used about a mudd (a double handful). Use siwāk. Unbroken wuḍū may be renewed before each prayer. Over socks: wipe khuffayn for one day, three when travelling. Muslim; Tirmidhī · ṣaḥīḥ	03 What breaks wuḍū · ghusl BREAKS WUḌŪAnything leaving the two passages · deep sleep · loss of consciousness. Ḥanafī adds: flowing blood, and a mouthful of vomit. Shāfiʿi adds: skin contact with the opposite sex, and touching the private parts. The four schools GHUSL IS OBLIGATORY AFTERSexual discharge or intercourse · the end of menstruation or post-natal bleeding · death (washed by others). Recommended before Jumuʿah, the two ʿEids, and ihrām. Bukhāri, Muslim · ṣaḥīḥ GHUSL, IN ORDERIntention · wash the hands · wash the private parts · full wuḍū · pour water over the head three times, working it to the roots · then over the whole body, right side first. Nothing is left dry. Bukhāri, Muslim · ṣaḥīḥ	04 Tayammum WHENNo water, not enough water, or water would cause harm — illness, injury, extreme cold, or a genuine shortage on a journey. Qurʾān 4:43, 5:6 HOWIntend · strike both palms once on clean earth, sand, or dust-bearing stone · wipe the whole face · strike again and wipe each arm to the elbows or wrists. Bukhāri, Muslim · ṣaḥīḥ — “the earth has been made for me a place of prayer and a means of purification.” ENDS WHENWater becomes available, or anything that breaks wuḍū occurs. One tayammum suffices for what one wuḍū would (Ḥanafī); the Shāfiʿis require a fresh one for each fard. The four schools WOUNDSWipe over a bandage rather than removing it. If neither washing nor wiping is possible, pray as you are — the prayer is never abandoned.
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05 The prayer, step by step

SEQUENCE
Face the qiblah · intend · *Allāhu akbar*, hands raised · thanā' · ta'awwudh · al-Fātiḥah · a sūrah · rukū' with *subḥāna Rabbiyal-'Azīm* ×3 · rise with *sami'allāhu liman ḥamidah* · two prostrations with *subḥāna Rabbiyal-A'lā* ×3, sitting between them with *Rabbighfir li*.
Bukhāri, Muslim, Abū Dāwūd · ṣaḥīḥ

THE SITTINGS
First sitting: at-Taḥiyyāt. Final sitting: at-Taḥiyyāt · Ṣalawāt Ibrāhimiyyah · the four refuges · the du'ā of Abū Bakr · then salām right, then left.
Card 05 carries these in full.

IN SUJŪD
The seven bones touch the ground: forehead with nose, two palms, two knees, the toes of both feet. Du'ā here is most likely to be answered.
Bukhāri; Muslim · ṣaḥīḥ

06 When you err

SUJŪD AS-SAHW
For an omitted wājib, an addition, or genuine doubt: two extra prostrations. Ḥanafī: after the salām on the right, then tashahhud and salām again. Shāfi'i & Mālikī: before the salām for an omission, after for an addition.
The four schools

BREAKS THE PRAYER
Speaking deliberately · eating or drinking · leaving the qiblah · losing wuḍū · uncovering the 'awrah · an extra rak'ah knowingly · laughing aloud.
Bukhāri, Muslim · ṣaḥīḥ

DOES NOT BREAK IT
An unintended word (Ḥanafī: it does) · a light cough · killing a harmful animal · a child passing · correcting the imām · tears.

IF YOU DOUBT
Act on certainty — the lesser number — then make sujūd as-sahw. If you are led in prayer and the imām errs, say *subḥānallāh*; women clap.
Muslim · ṣaḥīḥ

07 Travel & missed prayers

QASR
Dhuhr, 'Aṣr and 'Ishā' become two rak'ahs. Ḥanafī: a journey of about 48 miles / 78 km; the others: roughly two *marḥalah*, about 80 km. Ḥanafī: shortening is required; the others: it is a concession.
Qur'ān 4:101; Bukhāri, Muslim

JAM' — COMBINING
Dhuhr with 'Aṣr, Maghrib with 'Ishā', permitted in travel, illness, or hardship by the Shāfi'i, Mālikī and Ḥanbalī schools. The Ḥanafī school permits it only at 'Arafah and Muzdalifah.
Muslim · ṣaḥīḥ

SUNNAH IN TRAVEL
Drop the regular Sunnah rak'ahs of Dhuhr, Maghrib and 'Ishā'; keep the two of Fajr and the Witr.
Bukhāri, Muslim · ṣaḥīḥ

MISSED PRAYERS
Pray it as soon as you remember — "there is no expiation for it but that." Make them up in order where you can, alongside the current prayers.
Bukhāri, Muslim · ṣaḥīḥ

08 Prayer-on-time grid

One month. Tick each prayer prayed in its time.

	F	D	A	M	I		F	D	A	M	I
1	☐	☐	☐	☐	☐	17	☐	☐	☐	☐	☐
2	☐	☐	☐	☐	☐	18	☐	☐	☐	☐	☐
3	☐	☐	☐	☐	☐	19	☐	☐	☐	☐	☐
4	☐	☐	☐	☐	☐	20	☐	☐	☐	☐	☐
5	☐	☐	☐	☐	☐	21	☐	☐	☐	☐	☐
6	☐	☐	☐	☐	☐	22	☐	☐	☐	☐	☐
7	☐	☐	☐	☐	☐	23	☐	☐	☐	☐	☐
8	☐	☐	☐	☐	☐	24	☐	☐	☐	☐	☐
9	☐	☐	☐	☐	☐	25	☐	☐	☐	☐	☐
10	☐	☐	☐	☐	☐	26	☐	☐	☐	☐	☐
11	☐	☐	☐	☐	☐	27	☐	☐	☐	☐	☐
12	☐	☐	☐	☐	☐	28	☐	☐	☐	☐	☐
13	☐	☐	☐	☐	☐	29	☐	☐	☐	☐	☐
14	☐	☐	☐	☐	☐	30	☐	☐	☐	☐	☐
15	☐	☐	☐	☐	☐	31	☐	☐	☐	☐	☐
16	☐	☐	☐	☐	☐						

Month _____ · F Fajr · D Dhuhr · A 'Aṣr · M Maghrib · I 'Ishā'

POCKET COMPANION · 05 OF 09 Pocket Adhkārأَذْكَارُ الصَّلَاةِ The full post-prayer sequence, folded down to what fits in a pocket. 2 · Before the salām 3 · After the salām · 1–4 4 · 5–7 · the tasbīḥ 5 · Āyat al-Kursī 6 · The three sūrahs 7 · Fajr, Maghrib, Witr 8 · Quick count Every item ṣaḥīḥ. The long sheet carries the full texts and gradings.	02 Before the salām In the final sitting, after at-Tahiyyāt and the ṣalawāt — inside the prayer, not after it. THE FOUR REFUGES اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ جَهَنَّمَ، وَمِنْ عَذَابِ الْقَبْرِ، وَمِنْ فِتْنَةِ الْمَحْيَا وَالْمَمَاتِ، وَمِنْ شَرِّ فِتْنَةِ الْمَسِيحِ الدَّجَالِ Allāhumma inni a'ūdhu bika min 'adhābi jahannam, wa min 'adhābil-qabr, wa min fitnatil-mahyā wal-mamāt, wa min sharri fitnatil-Masihid-Dajālī Refuge from the punishment of Hell, the punishment of the grave, the trials of life and death, and the evil of the trial of the False Messiah. Muslim · ṣaḥīḥ — commanded. DU'Ā OF ABŪ BAKR اللَّهُمَّ إِنِّي ظَلَمْتُ نَفْسِي ظُلْمًا كَثِيرًا، وَلَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ، فَاعْفُرْ لِي مَغْفِرَةً مِنْ عِنْدِكَ وَارْحَمْنِي Allāhumma inni zalamtu nafsī zulman kathīran, wa lā yaghfirudh-dhunūba illā Anta, faḡḡfir li maghfīratan min 'indika warḥamni I have wronged myself greatly, and none forgives sins but You — forgive me and have mercy on me. Bukhārī & Muslim · ṣaḥīḥ	03 After the salām · 1–4 1 · ISTIGHFĀR 3× Astaghfirullāh I seek Allah's forgiveness. Muslim · ṣaḥīḥ 2 · AS-SALĀM اللَّهُمَّ أَنْتَ السَّلَامُ، وَمِنْكَ السَّلَامُ، تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ Allāhumma Antas-Salām, wa minkas-salām, tabārakta yā Dhal-Jalālī wal-Ikrām You are Peace, and from You comes peace. Blessed are You, Possessor of Majesty and Honour. Muslim · ṣaḥīḥ 3 · TAHLĪL & DU'Ā لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ. Lā ilāha illallāhu waḥdahu lā sharīka lah... Allāhumma lā mānī'a limā a'tayt, wa lā mu'tiya limā mana't ...none can withhold what You give, none can give what You withhold. Bukhārī & Muslim · ṣaḥīḥ 4 · The tahlil of Ibn az-Zubayr — long; see the sheet.	04 5–7 · the tasbīḥ 5 · FIVE REFUGES OF SA'D اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبُخْلِ، وَمِنَ الْجُبْنِ، وَأَنْ أَرُدَّ إِلَى أَرْدَلِ الْعُمُرِ، وَمِنْ فِتْنَةِ الدُّنْيَا، وَمِنْ عَذَابِ الْقَبْرِ Allāhumma inni a'ūdhu bika minal-bukhl, wa minal-jubn, wa an uradda ilā ardhalil-'umur, wa min fitnatid-dunyā, wa min 'adhābil-qabr Refuge from miserliness, cowardice, feeble old age, the trial of this world, and the punishment of the grave. Bukhārī · ṣaḥīḥ 6 · DU'Ā OF MU'ĀDH اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ Allāhumma a'inni 'alā dhikrika wa shukrika wa ḥusni 'ibādatik Help me to remember You, thank You, and worship You well. Abū Dāwūd, an-Nasā'i · ṣaḥīḥ — never leave it. 7 · TASBĪḤ سُبْحَانَ اللَّهِ · الْحَمْدُ لِلَّهِ · اللَّهُ أَكْبَرُ Subḥānallāh 33× · Al-ḥamdu lillāh 33× · Allāhu Akbar 33× — then the tahlīl of no. 3 once, completing 100 Glory be to Allah · All praise belongs to Allah · Allah is the Greatest. Muslim · ṣaḥīḥ — counted on the fingers of the right hand.
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05 Āyat al-Kursī QUR'ĀN 2:255 · ONCE AFTER EVERY FARD اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ لَهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ مِنْ عِلْمِهِ إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ an-Nasā'ī, at-Tabarānī · ṣaḥīḥ – nothing stands between the reciter and Paradise except death. Also before sleep.	06 The three sūrahs Once after every fard; three times each after Fajr and Maghrib. 112 · AL-İKHLÂŞ Qul Huwallāhu Aḥad... 113 · AL-FALAQ قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ مِنْ شَرِّ مَا خَلَقَ وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ Qul a'ūdhu bi-Rabbil-falaq... 114 · AN-NĀS قُلْ أَعُوذُ بِرَبِّ النَّاسِ مَلِكِ النَّاسِ إِلِهِ النَّاسِ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ مِنَ الْجِنَّةِ وَالنَّاسِ Qul a'ūdhu bi-Rabbil-nās... Abū Dāwūd, Tirmidhī, an-Nasā'ī · ṣaḥīḥ – full translations on the long sheet.	07 Fajr, Maghrib, Witr FAJR & MAGHRIB · 10× لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، يُحْيِي وَيُمِيتُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ ...yuhyī wa yumīt, wa Huwa 'alā kullī shay'in qadīr ...He gives life and causes death, and is able to do all things. Tirmidhī, Ahmad · ṣaḥīḥ FAJR & MAGHRIB · 7× اللَّهُمَّ اجْزِنِي مِنَ النَّارِ Allāhumma ajirni minan-nār O Allah, save me from the Fire. Abū Dāwūd · ṣaḥīḥ – before speaking to anyone. AFTER FAJR ONLY اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا، وَرِزْقًا طَيِّبًا، وَعَمَلًا مُتَقَبِّلًا Allāhumma innī as'aluka 'ilman nāfi'an, wa rizqan ṭayyiban, wa 'amalan mutaqqabbalan Beneficial knowledge, good provision, accepted deeds. Ibn Mājah · ṣaḥīḥ AFTER WITR · 3× سُبْحَانَ الْمَلِكِ الْقُدُّوسِ Subḥānal-Malikil-Quddūs — lengthening the voice on the third, then: Rabbil-malā'ikati war-rūḥ Glory be to the King, the Most Holy — Lord of the angels and the Spirit. an-Nasā'ī, Abū Dāwūd · ṣaḥīḥ	08 Quick count Inside: at-Tahīyyāt · ṣalawāt · four refuges · Abū Bakr's du'ā · salām. After every fard: 1–11 in order. Tasbīḥ: 33 + 33 + 33, then the tahlīl once — 100. Three sūrahs: 1× · 3× after Fajr & Maghrib. Fajr & Maghrib add: 10× tahlīl · 7× ajirni minan-nār. 'Ishā': sequence · Witr with qunūt · 3× Subḥānal-Malikil-Quddūs · bedtime adhkār. Authentic narrations permit variation – this is one established order.
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POCKET COMPANION · 06 OF 09 2 · Distress & anxiety 3 · Illness & the sick 4 · Grief & death 5 · Debt & provision 6 · Marriage & children 7 · Travel & protection 8 · Anger, fear, decision What to say when it matters — illness, grief, debt, fear, joy. All ṣaḥīḥ or ḥasan. Ask in your own words too – that is also Sunnah.	02 Distress & anxiety AT AN¹ CALAMITY لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ السَّمَاوَاتِ وَرَبُّ الْأَرْضِ وَرَبُّ الْعَرْشِ الْكَرِيمِ Lā ilāha illallāhu l-'Azīmul-Ḥalīm, lā ilāha illallāhu Rabbul-'Arshil-'Azīm, lā ilāha illallāhu Rabbus-samāwāti wa Rabbul-ardi wa Rabbul-'Arshil-Karīm None is worthy of worship but Allah, the Mighty, the Forbearing; Lord of the Mighty Throne; Lord of the heavens, the earth, and the Noble Throne. Bukhāri, Muslim · ṣaḥīḥ – the du'ā of distress. IN GRIEF OR WORRY اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَالْعَجْزِ وَالْكَسَلِ، وَالْبُخْلِ وَالْجُبْنِ، وَضَلَعِ الدَّيْنِ وَغَلَبَةِ الرِّجَالِ Allāhumma innī a'ūdhu bika minal-hammi wal-ḥazan, wal-'ajzi wal-kasal, wal-bukhli wal-jubn, wa ḍala'id-dayni wa ghalabatir-rijāl Refuge from anxiety, sorrow, weakness, laziness, miserliness, cowardice, debt and oppression. Bukhāri · ṣaḥīḥ THE DU'Ā OF YŪNUS. لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ Lā ilāha illā Anta subḥānaka innī kuntu minaz-zālimīn None is worthy of worship but You; glory be to You — I was among the wrongdoers. Tirmidhī · ṣaḥīḥ · Qur'ān 21:87 – no Muslim says it in distress but is answered.	03 Illness & the sick VISITING THE SICK : 7× أَسْأَلُ اللَّهَ الْعَظِيمَ رَبَّ الْعَرْشِ الْعَظِيمِ أَنْ يَشْفِيَكَ As'alullāhal-'Azīma Rabbal-'Arshil-'Azīmi an yashfiyak I ask Allah the Mighty, Lord of the Mighty Throne, to cure you. Abū Dāwūd, Tirmidhī · ṣaḥīḥ – if his time has not come, he is healed. RUQYAH OVER THE ILL اللَّهُمَّ رَبَّ النَّاسِ، مُذْهِبَ الْبَاسِ، اشْفِ أَنْتَ الشَّافِي، لَا شَافِيَ إِلَّا أَنْتَ Allāhumma Rabban-nās, mudhhibal-bās, ishfi Antash-Shāfi, lā shāfiya illā Ant O Allah, Lord of mankind, Remover of harm, cure — You are the Healer; there is no healer but You. Bukhāri · ṣaḥīḥ – with al-Fātiḥah and the three sūrah's. FOR ONE'S OWN PAIN بِسْمِ اللَّهِ — أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاطِرُ Bismillāh (3×) — A'ūdhu billāhi wa qudratihī min sharri mā ajidu wa uḥāḍhir (7×) I seek refuge in Allah and His power from the evil of what I feel and fear. Muslim · ṣaḥīḥ – hand on the place of pain.	04 Grief & death ON HEARING OF A DEATH إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ. اللَّهُمَّ أَجْرِي فِي مُصِيبَتِي وَأَخْلِفْ لِي خَيْرًا مِنْهَا Innā lillāhi wa innā ilayhi rāji'ūn. Allāhumma'jurnī fī muṣibatī wa akhlif lī khayran minhā To Allah we belong and to Him we return. Reward me in this affliction and replace it with better. Muslim · ṣaḥīḥ FOR THE DECEASED اللَّهُمَّ اغْفِرْ لَهُ وَارْحَمْهُ، وَعَافِهِ وَاعْفُ عَنْهُ، وَأَكْرِمْ نُزُلَهُ، وَوَسِّعْ مَدْخَلَهُ Allāhummaghfir lahu warḥamh, wa 'āfihi wa'fu 'anh, wa akrim nuzuliah, wa wassi' mudkhalah Forgive him, have mercy on him, pardon him, and honour his resting place. Muslim · ṣaḥīḥ – after the third takbir of the Janāzah. CONSOLING THE BEREAVED “To Allah belongs what He took, and to Him what He gave; everything has an appointed term.” Bukhāri · ṣaḥīḥ AT A GRAVE السَّلَامُ عَلَيْكُمْ أَهْلَ الدِّيَارِ مِنَ الْمُؤْمِنِينَ وَالْمُسْلِمِينَ، وَإِنَّا إِنْ شَاءَ اللَّهُ لِلْجَقُونَ As-salāmu 'alaykum ahlad-diyāri minal-mu'minina wal-muslimīn, wa innā in shā'allāhu lalāḥiqūn Peace be upon you, people of these abodes, believers and Muslims — and we shall, if Allah wills, follow. Muslim · ṣaḥīḥ
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05Debt & provision CRUSHING DEBT اللَّهُمَّ اكْفِنِي بِحَلَالِكَ عَنْ حَرَامِكَ، وَأَغْنِنِي بِفَضْلِكَ عَمَّنْ سِوَاكَ Allāhummaḵfinī bi-halālika ‘an ḥarāmik, wa aghninī bi-fadlika ‘amman siwāk O Allah, suffice me with what You have made lawful against what You have forbidden, and enrich me by Your bounty so I need none besides You. Tirmidhī · ḥasan – “even if your debt were like a mountain.” FOR PROVISION اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا، وَرِزْقًا طَيِّبًا، وَعَمَلًا مُتَقَبِّلًا Allāhumma innī as’aluka ‘ilman nāfi‘an, wa rizqan ṭayyīban, wa ‘amalan mutaḡabbalan Beneficial knowledge, good lawful provision, accepted deeds. Ibn Mājah · ṣaḥīḥ – after Fajr. REPAYING A LENDER بَارَكَ اللَّهُ لَكَ فِي أَهْلِكَ وَمَالِكَ Bārakallāhu laka fī ahlīka wa mālik May Allah bless you in your family and your wealth. Ibn Mājah · ṣaḥīḥ SEEKING SUFFICIENCY حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ Ḥasbunallāhu wa ni‘mal-wakīl Allah is sufficient for us, and the best of guardians. Bukhārī · ṣaḥīḥ · Quz’ān 3:173	06Marriage & children TO THE NEWLY MARRIED بَارَكَ اللَّهُ لَكَ، وَبَارَكَ عَلَيْكَ، وَجَمَعَ بَيْنَكُمَا فِي خَيْرٍ Bārakallāhu lak, wa bāraka ‘alayk, wa jama‘a baynakumā fī khayr May Allah bless you, send blessings upon you, and unite you both in goodness. Abū Dāwūd, Tirmidhī · ṣaḥīḥ PROTECTING CHILDREN أُعِيذُكُمَا بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ كُلِّ شَيْطَانٍ وَهَامَّةٍ، وَمِنْ كُلِّ عَيْنٍ لَامَةٍ U‘īdhukumā bi-kalimāti llāhi t-tāmmati min kulli shayṭānin wa ḥāmmaḥ, wa min kulli ‘aynin lāmmaḥ I place you both in the protection of Allah's perfect words from every devil and vermin, and from every harmful eye. Bukhārī · ṣaḥīḥ – he ﷺ said it over al-Ḥasan and al-Ḥusayn. FOR OFFSPRING رَبِّ هَبْ لِي مِنَ الصَّالِحِينَ — رَبِّ لَا تَذَرْنِي فَرْدًا وَأَنْتَ خَيْرُ الْوَارِثِينَ Rabbi ḥab lī minas-ṣāliḥīn — Rabbi lā tadharṇī fardan wa Anta khayrul-wārithīn My Lord, grant me righteous offspring — my Lord, leave me not alone, and You are the best of inheritors. Quz’ān 37:100; 21:89	07Travel & protection SETTING OUT سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا... اللَّهُمَّ إِنَّا نَسْأَلُكَ فِي سَفَرِنَا هَذَا الْبِرَّ وَالتَّقْوَى، وَمِنْ الْعَمَلِ مَا تَرْضَى Subḥānal-ladhī sakhkhara lanā ḥadhā... Allāhumma innā nas'aluka fī safarinā ḥadhal-birra wat-taḡwā, wa minal-'amali mā tarḍā ...O Allah, we ask You on this journey for righteousness, piety, and deeds that please You. Muslim · ṣaḥīḥ STOPPING ANYWHERE أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ A‘ūdhu bi-kalimāti llāhi t-tāmmati min sharri mā khalaq I seek refuge in Allah's perfect words from the evil of what He created. Muslim · ṣaḥīḥ – nothing will harm him until he departs. RETURNING آيَتُونَ تَائِبُونَ عَابِدُونَ لِرَبِّنَا حَامِدُونَ Ā‘ībūna tā‘ībūna ‘ābidūna li-Rabbīnā ḥāmidūn Returning, repenting, worshipping, and praising our Lord. Muslim · ṣaḥīḥ ENTERING A TOWN اللَّهُمَّ بَارِكْ لَنَا فِيهَا Allāhumma bārik lanā fīhā O Allah, bless it for us. Ibn Ḥibbān · ṣaḥīḥ	08Anger, fear, decision IN ANGER أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ A‘ūdhu billāhi minash-Shayṭānir-rajīm I seek refuge in Allah from the accursed Shayṭān. Bukhārī, Muslim · ṣaḥīḥ – and sit if standing, lie down if sitting, and make wuḍū. IN FEAR اللَّهُ أَكْبَرُ. اللَّهُ أَعَزُّ مِنْ خَلْقِهِ جَمِيعًا، اللَّهُ أَعَزُّ مِمَّا أَخَافُ وَأَخَذَرُ Allāhu akbar, Allāhu a‘azzu min khalqihī jamī‘an, Allāhu a‘azzu mimmā akhāfu wa aḡdar Allah is greatest — mightier than all His creation, mightier than what I fear and guard against. an-Nasā‘ī · ṣaḥīḥ BEFORE A DECISION Two rak’ahs, then the du’ā of Istikhārah — the full text is on card 04 of the long sheet. Then act, and be content. Bukhārī · ṣaḥīḥ SEEKING THE BEST END اللَّهُمَّ أَحْسِنْ عَاقِبَتَنَا فِي الْأُمُورِ كُلِّهَا، وَأَجِرْنَا مِنْ خَيْرِ الدُّنْيَا وَعَذَابِ الْآخِرَةِ Allāhumma aḥsin ‘āqibatānā fī-umūrī kullihā, wa ajirṇā min khizyid-dunyā wa ‘adhābīl-ākhirah O Allah, make good our end in all affairs, and save us from disgrace in this world and the punishment of the next. Ibn Ḥibbān · ṣaḥīḥ
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POCKET COMPANION • 07 OF 09 The Ninety-Nine Names اَسْمَاءُ اللَّهِ الْحُسْنَى "To Allah belong the most beautiful names — so call upon Him by them." 2 • Names 1–14 3 • 15–28 4 • 29–42 5 • 43–56 6 • 57–70 7 • 71–85 8 • 86–99 The enumeration narrated by at-Tirmidhi. The names themselves are in the Qur'ān and Sunnah; scholars differ on the list, not on the names.	02 Names 1–14 1 الرَّحْمَنُ <i>Ar-Rahmān</i> • The Most Compassionate 2 الرَّحِيمُ <i>Ar-Rahīm</i> • The Most Merciful 3 الْمَلِكُ <i>Al-Malik</i> • The Sovereign 4 الْقُدُّوسُ <i>Al-Quddūs</i> • The Most Holy 5 السَّلَامُ <i>As-Salām</i> • The Source of Peace 6 الْمُؤْمِنُ <i>Al-Mu'min</i> • The Giver of Faith 7 الْمُحَيِّمُ <i>Al-Muḥaymin</i> • The Guardian 8 الْعَزِيزُ <i>Al-'Azīz</i> • The Almighty 9 الْجَبَّارُ <i>Al-Jabbār</i> • The Compeller 10 الْمُتَكَبِّرُ <i>Al-Mutakabbir</i> • The Supreme 11 الْخَالِقُ <i>Al-Khāliq</i> • The Creator 12 الْبَارِئُ <i>Al-Bārī</i> • The Originator 13 الْمُصَوِّرُ <i>Al-Muṣawwir</i> • The Fashioner 14 الْعَفَّارُ <i>Al-Ghaffār</i> • The Ever-Forgiving	03 15–28 15 الْقَهَّارُ <i>Al-Qahhār</i> • The Subduer 16 الْوَهَّابُ <i>Al-Wahhāb</i> • The Bestower 17 الرَّزَّاقُ <i>Ar-Razzāq</i> • The Provider 18 الْفَتَّاحُ <i>Al-Fattāḥ</i> • The Opener 19 الْعَلِيمُ <i>Al-'Alīm</i> • The All-Knowing 20 الْقَابِضُ <i>Al-Qābiḍ</i> • The Withholder 21 الْبَاسِطُ <i>Al-Bāsīt</i> • The Extender 22 الْخَافِضُ <i>Al-Khāfiḍ</i> • The Abaser 23 الرَّافِعُ <i>Ar-Rāfi'</i> • The Exalter 24 الْمُؤِزُّ <i>Al-Mu'izz</i> • The Giver of Honour 25 الْمُدِلُّ <i>Al-Mudhill</i> • The Humiliator 26 السَّمِيعُ <i>As-Samī'</i> • The All-Hearing 27 الْبَصِيرُ <i>Al-Baṣīr</i> • The All-Seeing 28 الْحَكَمُ <i>Al-Ḥakam</i> • The Judge	04 29–42 29 الْعَدْلُ <i>Al-'Adl</i> • The Utterly Just 30 اللَّطِيفُ <i>Al-Laṭīf</i> • The Subtly Kind 31 الْخَبِيرُ <i>Al-Khabīr</i> • The All-Aware 32 الْحَلِيمُ <i>Al-Ḥalīm</i> • The Forbearing 33 الْعَظِيمُ <i>Al-'Aẓīm</i> • The Magnificent 34 الْغَفُورُ <i>Al-Ghafūr</i> • The Oft-Forgiving 35 الشَّكُورُ <i>Ash-Shakūr</i> • The Appreciative 36 الْعَلِيُّ <i>Al-'Alī</i> • The Most High 37 الْكَبِيرُ <i>Al-Kabīr</i> • The Most Great 38 الْحَفِيزُ <i>Al-Ḥafīz</i> • The Preserver 39 الْمُقِيتُ <i>Al-Muqīt</i> • The Sustainer 40 الْحَسِيبُ <i>Al-Ḥasīb</i> • The Reckoner 41 الْجَلِيلُ <i>Al-Jalīl</i> • The Majestic 42 الْكَرِيمُ <i>Al-Karīm</i> • The Most Generous
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05 43–56	06 57–70	07 71–85	08 86–99
43 الرَّقِيبُ <i>Ar-Raqīb</i> · The Watchful	57 الْمُخْصِي <i>Al-Muḥṣī</i> · The Accounter	71 الْمُقَدِّمُ <i>Al-Muqaddim</i> · The Expediter	86 الْمُقْسِيطُ <i>Al-Muṣīṭ</i> · The Equitable
44 الْمُجِيبُ <i>Al-Mujīb</i> · The Responsive	58 الْمُبْدِئُ <i>Al-Mubdiʿ</i> · The Initiator	72 الْمُؤَخِّرُ <i>Al-Muʿakhkhir</i> · The Delayer	87 الْجَامِعُ <i>Al-Jāmiʿ</i> · The Gatherer
45 الْوَاسِعُ <i>Al-Wāsiʿ</i> · The All-Encompassing	59 الْمُعِيدُ <i>Al-Muʿīd</i> · The Restorer	73 الْأَوَّلُ <i>Al-Awwal</i> · The First	88 الْغَنِيُّ <i>Al-Ghanī</i> · The Self-Sufficient
46 الْحَكِيمُ <i>Al-Hakīm</i> · The All-Wise	60 الْمُحْيِي <i>Al-Muhyī</i> · The Giver of Life	74 الْآخِرُ <i>Al-Ākhir</i> · The Last	89 الْمُغْنِي <i>Al-Mughnī</i> · The Enricher
47 الْوَدُودُ <i>Al-Wadūd</i> · The Most Loving	61 الْمُمِيتُ <i>Al-Mumīt</i> · The Bringer of Death	75 الظَّاهِرُ <i>Aẓ-Zāhir</i> · The Manifest	90 الْمَانِعُ <i>Al-Mānīʿ</i> · The Withholder
48 الْمَجِيدُ <i>Al-Majīd</i> · The Glorious	62 الْحَيُّ <i>Al-Ḥayy</i> · The Ever-Living	76 الْبَاطِنُ <i>Al-Bāṭin</i> · The Hidden	91 الضَّارُّ <i>Aḍ-Ḍarr</i> · The Bringer of Adversity
49 الْبَاعِثُ <i>Al-Bāʿith</i> · The Resurrector	63 الْقَيُّومُ <i>Al-Qayyūm</i> · The Self-Subsisting	77 الْوَالِي <i>Al-Wālī</i> · The Governor	92 النَّافِعُ <i>An-Nāfiʿ</i> · The Bringer of Benefit
50 الشَّهِيدُ <i>Ash-Shahīd</i> · The Witness	64 الْوَاجِدُ <i>Al-Wājid</i> · The Finder	78 الْمُتَعَالِي <i>Al-Mutaʿālī</i> · The Most Exalted	93 النُّورُ <i>An-Nūr</i> · The Light
51 الْحَقُّ <i>Al-Ḥaqq</i> · The Absolute Truth	65 الْمَاجِدُ <i>Al-Mājīd</i> · The Noble	79 الْبَرُّ <i>Al-Barr</i> · The Source of Good	94 الْهَادِي <i>Al-Hādī</i> · The Guide
52 الْوَكِيلُ <i>Al-Wakīl</i> · The Trustee	66 الْوَاحِدُ <i>Al-Wāḥid</i> · The One	80 التَّوَّابُ <i>At-Tawwāb</i> · The Acceptor of Repentance	95 الْبَدِيعُ <i>Al-Badiʿ</i> · The Incomparable Originator
53 الْقَوِيُّ <i>Al-Qawī</i> · The All-Strong	67 الْأَحَدُ <i>Al-Aḥad</i> · The Unique	81 الْمُنتَقِمُ <i>Al-Muntaqim</i> · The Avenger	96 الْبَاقِي <i>Al-Bāqī</i> · The Everlasting
54 الْمَتِينُ <i>Al-Matīn</i> · The Firm	68 الصَّمَدُ <i>Aṣ-Ṣamad</i> · The Eternal Refuge	82 الْعَفُوُّ <i>Al-ʿAfū</i> · The Pardoner	97 الْوَارِثُ <i>Al-Wārith</i> · The Inheritor
55 الْوَلِيُّ <i>Al-Walī</i> · The Protecting Friend	69 الْقَادِرُ <i>Al-Qādir</i> · The Able	83 الرَّءُوفُ <i>Ar-Raʿūf</i> · The Most Kind	98 الرَّشِيدُ <i>Ar-Rashīd</i> · The Guide to the Right Path
56 الْخَمِيدُ <i>Al-Ḥamid</i> · The Praiseworthy	70 الْمُقْتَدِرُ <i>Al-Muqtadir</i> · The Omnipotent	84 مَالِكِ الْمُلْكِ <i>Mālik al-Mulk</i> · Owner of all Sovereignty	99 الصَّبُورُ <i>Aṣ-Ṣabūr</i> · The Most Patient
		85 ذُو الْجَلَالِ وَالْإِكْرَامِ <i>Dhul-Jalāl wal-Ikrām</i> · Possessor of Majesty and Honour	
			Bukhārī, Muslim · ṣaḥīḥ – “Allah has ninety-nine names; whoever retains them enters Paradise.” Qurʿān 7:180.

POCKET COMPANION · 08 OF 09 The Day of Jumu'ah يَوْمُ الْجُمُعَةِ The best day the sun rises upon — how to spend it. 2 · The day, hour by hour 3 · Ghusl, scent, early arrival 4 · The khutbah 5 · Sūrah al-Kahf 6 · Ṣalawāt 7 · The hour of response 8 · Checklist Bukhārī · Muslim · the four Sunan. School notes on panel 7.	02 The day, hour by hour Night before — read al-Kahf, sleep early. Fajr — in congregation; the longest-standing Sunnah of the week. Morning — ghusl, clean clothes, siwāk, perfume; nails and hair. Before zenith — walk early; 4 rak'ahs Sunnah, then nafl until the imām stands. Khutbah — total silence, facing the imām. Fard — 2 rak'ahs behind the imām. After — 4 Sunnah, 2 Sunnah, 2 nafl, then the post-prayer adhkār. Last hour before Maghrib — du'ā; the hour of response. Bukhārī, Muslim, Abū Dāwūd · ṣaḥīḥ	03 Ghusl, scent, early arrival GHUSL "Ghusl on Friday is obligatory upon every adult" — held as a strong Sunnah by the four schools, and obligatory by some. Bukhārī, Muslim · ṣaḥīḥ COMING EARLY Whoever comes at the first hour is as one who offered a camel; then a cow; then a horned ram; then a chicken; then an egg. When the imām emerges, the angels close the register and sit to listen. Bukhārī · ṣaḥīḥ ON ARRIVING Two rak'ahs before sitting, never stepping over people, never moving anyone from their seat. Fill the front rows first. Bukhārī, Muslim · ṣaḥīḥ REWARD Whoever performs ghusl, comes early, walks rather than rides, sits near the imām, listens and stays silent — for every step, the reward of a year of fasting and night prayer. Abū Dāwūd, Tirmidhī · ṣaḥīḥ	04 The khutbah SILENCE "When the imām is delivering the khutbah, be silent." Telling another person to be quiet during it is itself idle speech — and voids the Jumu'ah reward. Bukhārī, Muslim · ṣaḥīḥ DO NOT Speak, fidget with anything, use a phone, or pray nafl once the imām has begun — except two brief rak'ahs if you have only just arrived. Muslim · ṣaḥīḥ TWO KHUTBAHS Delivered standing, with a sitting between them; the second shorter. He ﷺ kept the khutbah short and the prayer long — "a sign of understanding." Muslim · ṣaḥīḥ WHO MUST ATTEND Every free, resident, adult male in health. Excused: the traveller, the ill, the woman, the child, and the one nursing another — they pray Dhuhr instead. All four schools concur, differing only on details. The four schools
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05 Sūrah al-Kahf THE PRACTICE Whoever reads Sūrah al-Kahf on the day of Jumu'ah has a light shining for him between the two Fridays. Read it any time from Maghrib on Thursday to Maghrib on Friday. al-Bayhaqī, al-Hākim · ṣaḥīḥ per al-Albānī FIRST TEN VERSES Whoever memorises the first ten verses of al-Kahf is protected from the Dajjāl. Muslim · ṣaḥīḥ رَبَّنَا آتِنَا مِنْ لَدُنْكَ رَحْمَةً وَهَيِّئْ لَنَا مِنْ أَمْرِنَا رَشَدًا Rabbānā ātinā min ladunka raḥmatan wa hayyi' lanā min amrinā rashadan Our Lord, grant us mercy from Yourself, and shape for us right guidance in our affair. Qur'ān 18:10 – the du'ā of the people of the cave. ALSO ON THIS DAY Adam was created, entered Paradise, and was removed from it; the Hour will come on a Friday. No day is more virtuous. Muslim · ṣaḥīḥ	06 Ṣalawāt INCREASE IT "Increase your ṣalawāt upon me on the day of Jumu'ah — my prayer is presented to me." The fullest form is the Ṣalawāt Ibrāhimiyyah of the prayer. Abū Dāwūd, an-Nasā'ī · ḥasan/ṣaḥīḥ اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ، كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ خَمِيدٌ مَجِيدٌ Allāhumma ṣalli 'alā Muḥammadin wa 'alā āli Muḥammad, kamā ṣallayta 'alā Ibrāhima wa 'alā āli Ibrāhim, innaka Ḥamīdun Majīd O Allah, send blessings upon Muhammad and the family of Muhammad as You did upon Ibrāhim and his family — You are Praiseworthy, Glorious. Bukhārī, Muslim · ṣaḥīḥ THE SHORT FORM Ṣallallāhu 'alayhi wa sallam May Allah send blessings and peace upon him. "Whoever sends one blessing upon me, Allah sends ten upon him." — Muslim · ṣaḥīḥ	07 The hour of response WHEN "There is an hour on Friday in which no servant asks Allah for something but He gives it." The strongest reports place it in the last part of the day, between 'Aṣr and Maghrib; another places it between the imām sitting and the prayer ending. Muslim; Abū Dāwūd, an-Nasā'ī · ṣaḥīḥ HOW TO USE IT Sit facing the qiblah after 'Aṣr. Begin with praise, then ṣalawāt, then ask — for the ākhirah first, then your needs, then for others. Do not stop until Maghrib. Tirmidhī · ḥasan SCHOOL NOTES Jumu'ah requires a congregation: three besides the imām (Hanafī), forty residents (Shāfi'ī), twelve (Māliki), forty (Hanbalī). All require a settled town and a public mosque. The four schools	08 Checklist Tick through the day. ☐ Read al-Kahf ☐ Ghusl ☐ Siwāk · nails · hair ☐ Clean clothes ☐ Perfume ☐ Fajr in congregation ☐ Left early, walked ☐ Two rak'ahs on entering ☐ Front rows ☐ Silent through the khutbah ☐ Fard, then 4 + 2 + 2 ☐ Post-prayer adhkār ☐ Abundant ṣalawāt ☐ Du'ā in the last hour ☐ Gave in charity ☐ Visited or called family "The best day the sun rises upon is Friday." — Muslim · ṣaḥīḥ
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POCKET COMPANION · 09 OF 09

My Little
Companion

رَفِيقِي

Big words, short prayers — for small hands.

- 2 · Bismillāh
- 3 · Eating
- 4 · Sleeping & waking
- 5 · Washing for prayer
- 6 · How to pray
- 7 · Counting on my fingers
- 8 · My week

Name _____

02 Bismillāh

بِسْمِ اللَّهِ

Bismillāh

In the name of Allah. Say it before you start anything.

الْحَمْدُ لِلَّهِ

Al-ḥamdu lillāh

All praise is for Allah. Say it when something good happens.

إِنْ شَاءَ اللَّهُ

In shā' Allāh

If Allah wills. Say it about tomorrow.

اللَّهُ أَكْبَرُ

Allāhu akbar

Allah is the greatest.

03 Eating

BEFORE

بِسْمِ اللَّهِ

Bismillāh

In the name of Allah — then eat with your right hand.

AFTER

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي

Al-ḥamdu lillāhīl-ladhī aṭ'amanī

Praise be to Allah, who fed me.

If you forget, say *Bismillāhi awwalahū wa ākhirah* and keep eating.

04 Sleeping & waking

GOING TO SLEEP

بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismika Allāhumma amūtu wa ahyā

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

WAKING UP

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا

Al-ḥamdu lillāhīl-ladhī ahyānā

Praise be to Allah, who gave us life again.

Sleep on your right side. Read Āyat al-Kursī with a grown-up.

05 Washing for prayer	06 How to pray	07 Counting on my fingers	08 My week																																																
1 Say Bismillāh 2 Hands — 3 times 3 Mouth — 3 times 4 Nose — 3 times 5 Face — 3 times 6 Arms to elbows — 3 7 Wipe your head — 1 8 Ears — 1 9 Feet to ankles — 3 Right side first, always. Don't waste water.	1 Stand and face the qiblah 2 Allāhu akbar — hands up 3 Read al-Fātiḥah 4 Bow: <i>Subḥāna Rabbiyal-'Aẓīm</i> ×3 5 Stand up straight 6 Prostrate: <i>Subḥāna Rabbiyal-A'lā</i> ×3 7 Sit, then prostrate again 8 At the end: at-Taḥiyyāt 9 <i>As-salāmu 'alaykum</i> — right, then left Ask for anything you want while your forehead is on the ground.	After every prayer, count on the fingers of your right hand: سُبْحَانَ اللَّهِ Subḥānallāh — 33 times الْحَمْدُ لِلَّهِ Al-ḥamdu lillāh — 33 times اللَّهُ أَكْبَرُ Allāhu akbar — 33 times Your fingers will speak for you one day — so let them count good things.	Colour a box for every prayer you pray. <table border="1"> <thead> <tr> <th></th> <th>F</th> <th>D</th> <th>A</th> <th>M</th> <th>I</th> </tr> </thead> <tbody> <tr> <td>Mon</td> <td>☐</td> <td>☐</td> <td>☐</td> <td>☐</td> <td>☐</td> </tr> <tr> <td>Tue</td> <td>☐</td> <td>☐</td> <td>☐</td> <td>☐</td> <td>☐</td> </tr> <tr> <td>Wed</td> <td>☐</td> <td>☐</td> <td>☐</td> <td>☐</td> <td>☐</td> </tr> <tr> <td>Thu</td> <td>☐</td> <td>☐</td> <td>☐</td> <td>☐</td> <td>☐</td> </tr> <tr> <td>Fri</td> <td>☐</td> <td>☐</td> <td>☐</td> <td>☐</td> <td>☐</td> </tr> <tr> <td>Sat</td> <td>☐</td> <td>☐</td> <td>☐</td> <td>☐</td> <td>☐</td> </tr> <tr> <td>Sun</td> <td>☐</td> <td>☐</td> <td>☐</td> <td>☐</td> <td>☐</td> </tr> </tbody> </table> F Fajr · D Dhuhr · A 'Aṣr · M Maghrib · I 'Ishā'		F	D	A	M	I	Mon	☐	☐	☐	☐	☐	Tue	☐	☐	☐	☐	☐	Wed	☐	☐	☐	☐	☐	Thu	☐	☐	☐	☐	☐	Fri	☐	☐	☐	☐	☐	Sat	☐	☐	☐	☐	☐	Sun	☐	☐	☐	☐	☐
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Cut around each strip · fold on the dashed lines · glue strip A behind strip B → an eight-panel card, 2½ × 3½ in. Print at 100% for wallet size, 120% for easier reading.