

1.

Before eating

بِسْمِ اللَّهِ وَعَلَيْ بَرَكَاتِهِ

In the name of Allah ﷻ and upon the blessings of Allah ﷻ.
(*Al-Hisnul Haseen Pg. 141*)

2.

When forgetting to recite the dua before eating

بِسْمِ اللَّهِ أَوَّلُهُ وَآخِرُهُ

In the name of Allah ﷻ in the beginning and the end.
(*Abu Dawood, Vol. 2, Pg. 173*)

3.

After eating

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مِنَ
الْمُسْلِمِينَ

All praise be to Allah ﷻ who gave us food and drink and
made us Muslims.

(Al-Hisnul Haseen Pg. 144)

4.

Before sleeping (1)

اللَّهُمَّ بِاسْمِكَ أَمُوتُ وَأَحْيَى

O Allah ﷻ, with Your name do I die and live.

(Tirmidhi, Vol. 2, Pg. 178)

5.

When awakening

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ
النُّشُورُ

All praise is due to Allah ﷻ who has given us life after death and to Him is the return after death.

(Bukhaari Vol. 2, Pg. 934)

6.

Before entering toilet with left foot

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ

O Allah ﷻ, I seek Your protection from the male and female Devil.

(Tirmidhi, Vol. 1, Pg. 3)

7.

After leaving toilet with right foot

غُفْرَانَكَ الْحَمْدُ لِلَّهِ الَّذِي أَذْهَبَ عَنِّي الْأَذَى
وَعَافَانِي

I seek Your pardon. Praise be to Allah ﷻ who removed from me discomfort and gave me relief.

(Ibnu Majah, Pg.26)

8.

When thanking someone

جَزَاكَ اللهُ خَيْرًا

May Allah ﷻ reward you well.

(Tirmidhi Vol. 2, Pg. ٢٤)

9.

When sneezing

الْحَمْدُ لِلَّهِ

All praise be to Allah ﷻ

The listener's reply

يَرْحَمُكَ اللهُ

May Allah ﷻ have mercy on you.

The sneezer's response

يَهْدِيكُمْ اللهُ

May Allah ﷻ guide you.

(Abu Dawood, Vol. 2, Pg. ٣٣٨)

10.

For increase in knowledge

رَبِّ زِدْنِي عِلْمًا

O My Lord, Increase me in knowledge.

(Sura Ta'ha, S.20/V.114)