

POCKET COMPANION · 01 OF 09

Daily Companion

أَذْكَارُ الْيَوْمِ

Waking to sleep — the authenticated dhikr of an ordinary day.

02 Waking & wuḍū

ON WAKING

أَلْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

Al-ḥamdu lillāhil-ladhī ahyānā ba'da mā amātanā wa ilayhin-nushūr

Praise be to Allah, who gave us life after death, and to Him is the resurrection.

Bukhārī · 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 'abduhu 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 *Bismillāh*.

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.

Bukhārī; Tirmidhī · ṣaḥīḥ

03 Morning & evening

Same set twice daily — after Fajr, and after 'Asr until Maghrib. Where two words are given, the second is the evening form.

أُصْبِحْنَا وَأَصْبَحَ الْمَلِكُ لِلَّهِ ﴿أَمْسَيْنَا وَأَمْسَى﴾ وَالْحَمْدُ لِلَّهِ. لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ

Aṣḥaḥnā wa aṣḥaḥal-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، أَرْبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَأَبُوءُ لَكَ بِذَنْبِي فَاغْفِرْ لِي

Allāhumma Anta Rabbi lā ilāha illā Ant, khalagtani 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.

Bukhārī · ṣaḥīḥ · 1×

whoever says it by day and dies that day enters Paradise.

04 Morning & evening, cont.

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

Bismillāhil-ladhī lā yaḍurru ma'asmihi shay'un fil-arḍi wa lā fis-samā'i wa Huwas-Sami'ul-'Alim

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

Hasbiyallāhu lā ilāha illā Hū, 'alayhi tawakkalt, wa Huwa Rabbul-'Arshil-'Aẓīm

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 رَبَّنَا 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 lillāhil-ladhī aṭ'amani ḥadhā wa razaqanih

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 as'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-ladhī sakhkhara lanā ḥadhā wa mā kunnā lahu 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 صَبِّأْ نَافِعًا — اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَهَا

Allāhumma ṣayyiban nāfi'an — in wind: Allāhumma innī as'aluka khayrahā

A beneficial downpour — I ask You for its good. Du'a in rain is answered.

Bukhārī; Muslim · ṣaḥīḥ

DISTRESS

The du'a of distress, in full, is on card 06 — *Lā ilāha illallāhui-'Azimul-Halim...*

Bukhārī, Muslim · ṣaḥīḥ

07 Bedtime & the night

BEFORE SLEEP · IN ORDER

Wuḍū · Āyat al-Kursī 1×

Ikhlās, 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

بِاسْمِكَ اللَّهُمَّ أَمُوتْ وَأُحْيَا

Bismika Allāhumma amūtu wa ahyā

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

Bukhārī · ṣaḥīḥ

اللَّهُمَّ أَسْلَمْتُ نَفْسِي إِلَيْكَ، وَوَجَّهْتُ وَجْهِي إِلَيْكَ، وَفَوَّضْتُ أَمْرِي إِلَيْكَ، وَالْجَأْتُ ظَهْرِي إِلَيْكَ

Allāhumma aslamtu nafsī 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							
'Asr on time							
Maghrib on time							
'Ishā' on time							
Morning adhkār							
Evening adhkār							
Post-prayer adhkār							
Qur'ān portion							
Bedtime adhkār							

Week of -----

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.

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-Ḥijjah & ‘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

2 · Ṣafar

3 · Rabi‘ al-ʿAwwal

4 · Rabi‘ ath-Thānī

5 · Jumādā al-Ūlā

6 · Jumādā al-Ākhirah

7 · Rajab

8 · Sha‘bān

9 · Ramaḍān

10 · Shawwāl

11 · Dhul-Qa‘dah

12 · Dhul-Ḥijjah

Quṣ‘ān 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

Mon & Thu

13, 14, 15

6 of Shawwāl

9 Dhul-Ḥijjah

9 & 10 Muḥarram

Most of Sha‘bān

1–9 Dhul-Ḥijjah

Obligatory · the whole month

Weekly · deeds are raised

Ayyām al-Biḍ, each month

With Ramaḍān = a year

‘Arafah · two years expiated

‘Āshūrā · one year expiated

He ﷺ fasted it most

The ten best days

NEVER FAST

The two ‘Eids, and 11–13 Dhul-Ḥijjah (ayyām at-tashrīq). 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 وَبَتَّ 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 · hasan – break on dates, or water.

LAYLAT AL-QADR

اللَّهُمَّ إِنَّكَ عَفُوٌّ تُجِبُ الْعَفْوَ فَاعْفُ عَنِّي

Allāhumma innaka ‘afuwwun tuhibbul-‘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-Ḥijjah & ‘Arafah

THE FIRST TEN

No days are greater for righteous deeds. Fast, give, recite, and multiply takbir 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 lilāh-il-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-Ḥijjah.

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 waḥdahū lā sharika lah, lahul-mulku wa lahul-ḥamd, wa Huwa ‘alā kullī shay‘in qadīr

None is worthy of worship but Allah alone...

Tirmidhī · hasan – “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 Ḥajar, Tabyīn al-‘Ājab

07 The four schools

Where practice differs, all positions are within the Sunnah.

Witr

Qunūt

Tarāwīḥ

Six of Shawwāl

‘Āshūrā

Travel fast

Wājib (Hanafī) · sunnah mu‘akkadah (others)

3rd rak‘ah before rukū’ (Hanafī) · after rukū’, last half of Ramaḍān (Shāfi‘ī) · in Ṣubḥ (Mālikī) · in Witr (Hanbalī)

20 rak‘ahs (Hanafī, Shāfi‘ī, Hanbalī) · 36 (Mālikī custom) · 8 also authentic

Recommended by all; Imām Mālik was cautious about publicising it

9+10 preferred; 10+11 sufficient

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-Ḥijjah	☐	☐	☐	☐	☐	☐

Year _____ AH

POCKET COMPANION • 03 OF 09

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 muṣḥaf (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 farḍ
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 MANẂẒIL

1. Al-Fātiḥah → an-Nisā' · 2. al-Mā'idah → at-Tawbah · 3. Yūnus → an-Nahl · 4. al-Isrā' → al-Furqān · 5. ash-Shu'arā' → Ya Sīn · 6. as-Saffāt → al-Hujurat · 7. Qāf → an-Nās.

Abū Dawūd · 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 ṣalāh	Āyat al-Kursī · the three sūrahs
Before sleep	The three sūrahs into the palms, wiped over the body 3×

Illness	al-Fātiḥah · the three sūrahs, with ruqyah
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-A'rāf
13:15	ar-Ra'd
16:50	an-Nahl
17:109	al-Isrā'
19:58	Maryam
22:18	al-Hajj
22:77	al-Hajj
25:60	al-Furqān
27:26	an-Naml
32:15	as-Sajdah
38:24	Šād
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:
عُودٌ بِاللّٰهِ مِنَ الشَّيْطَانِ الرَّجِيمِ — *A'udhu billāhi minash-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 • ḥasan

NEVER

Argue over it, recite to compete, or leave it: "this Qur'ān 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 & Prayer

الطَّهَارَةُ وَالصَّلَاةُ

Wuḍū to salām — the mechanics, the invalidators, the concessions.

2 · Wuḍū

3 · What breaks wuḍū · ghusl

4 · Tayammum

5 · The prayer, step by step

6 · When you err

7 · Travel & missed prayers

8 · Prayer-on-time grid

Bukhāri · Muslim · the four Sunan. School differences noted on panel 7.

02 Wuḍū

ORDER

1 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.

NOTES

Do 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 WUḌŪ

Anything leaving the two passages · deep sleep · loss of consciousness. Hanafi 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 AFTER

Sexual 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 ORDER

Intention · 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

WHEN

No 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

HOW

Intend · 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 WHEN

Water becomes available, or anything that breaks wuḍū occurs. One tayammum suffices for what one wuḍū would (Hanafi); the Shāfiʿis require a fresh one for each fard.

The four schools

WOUNDS

Wipe over a bandage rather than removing it. If neither washing nor wiping is possible, pray as you are — the prayer is never abandoned.

05 The prayer, step by step

SEQUENCE

Face the qiblah · intend · *Allāhu akbar*, hands raised · thanāʾ · taʾawwudh · al-Fātiḥah · a sūrah · rukūʾ with *subḥāna Rabbiyal-ʿAzīm* ×3 · rise with *samiʿallāhu liman ḥamidah* · two prostrations with *subḥāna Rabbiyal-ʿAlā* ×3, sitting between them with *Rabbighfir li*.

Bukhāri, Muslim, Abū Dāwūd · ṣaḥīḥ

THE SITTINGS

First sitting: at-Tahiyyāt. Final sitting: at-Tahiyyāt · Ṣalawāt Ibrāhīmiyyah · the four refuges · the duʿā 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. Duʿa 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. Hanafi: after the salām on the right, then tashahhud and salām again. Shāfiʿi & 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 ʿawrah · an extra rakʿah knowingly · laughing aloud.

Bukhāri, Muslim · ṣaḥīḥ

DOES NOT BREAK IT

An unintended word (Hanafi: 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, ʿAsr and ʿIshāʾ become two rakʿahs. Hanafi: a journey of about 48 miles / 78 km; the others: roughly two *marḥalah*, about 80 km. Hanafi: shortening is required; the others: it is a concession.

Qurʾān 4:101; Bukhāri, Muslim

JAMʾ — COMBINING

Dhuhr with ʿAsr, Maghrib with ʿIshāʾ, permitted in travel, illness, or hardship by the Shāfiʿi, Mālikī and Hanbalī schools. The Hanafi school permits it only at ʿArafah and Muzdalifah.

Muslim · ṣaḥīḥ

SUNNAH IN TRAVEL

Drop the regular Sunnah rakʿahs of Dhuhr, Maghrib and ʿIshāʾ; 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 ʿAṣr · M Maghrib · I ʿIshāʾ

POCKET COMPANION · 05 OF 09

Pocket Adhkār

أَذْكَارُ الصَّلَاةِ

The full post-prayer sequence, folded down to what fits in a pocket.

02 Before the salām

In the final sitting, after at-Tahiyāt 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 innī aʿūdhu bika min ʿadhābi jahannam, wa min ʿadhābil-qabr, wa min fitnatil-mahyā wal-mamāt, wa min sharri fitnatil-Masihid-Dajjal

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.

DUʿĀ OF ABŪ BAKR

اللَّهُمَّ إِنِّي ظَلَمْتُ نَفْسِي ظُلْمًا كَثِيرًا، وَلَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ، فَاعْفُزْ لِي مَغْفِرَةً مِنْ عِنْدِكَ وَارْحَمْنِي

Allāhumma innī zalamtu nafsi zulman kathīran, wa lā yaghfiruḍ-ḍhunūba illā Anta, faḡhfir 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

Allāhumma Antas-Salām, wa minkas-salām, tabārakta yā Dhal-Jalāl wal-Ikrām
You are Peace, and from You comes peace. Blessed are You, Possessor of Majesty and Honour.
Muslim · ṣaḥīḥ

3 · TAHLĪL & DUʿĀ

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

اللَّهُمَّ لَا مَانِعَ لِمَا أَعْطَيْتَ، وَلَا مُعْطِي لِمَا مَنَعْتَ

Lā ilāha illallāhu waḥdahu lā sharīka lah... Allāhumma lā māniʿa limā aʿṭayt, wa lā muʿṭiya limā manat

...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 SAʿD

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبُخْلِ، وَمِنَ الْجُبْنِ، وَأَنْ أُرَدَّ إِلَى أَرْذَلِ الْعُمَرِ، وَمِنْ فِتْنَةِ الدُّنْيَا، وَمِنْ عَذَابِ الْقَبْرِ

Allāhumma innī aʿūdhu bika minal-bukhl, wa minal-jubn, wa an uradda ilā ardhallil-ʿumur, wa min fitnatid-dunyā, wa min ʿadhābil-qabr

Refuge from miserliness, cowardice, feeble old age, the trial of this world, and the punishment of the grave.

Bukhārī · ṣaḥīḥ

6 · DUʿĀ OF MUʿĀDH

اللَّهُمَّ ائْتِنِي عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ

Allāhumma aʿinni ʿalā dhikrika wa shukrika wa ḥusni ʿibadatik

Help me to remember You, thank You, and worship You well.

Abū Dāwūd, an-Nasāʿī · 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.

05 Āyat al-Kursī

QURʿĀN 2:255 · ONCE AFTER EVERY FARḌ

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-Nasāʿī, at-Ṭabarānī · ṣaḥīḥ — nothing stands between the reciter and Paradise except death. Also before sleep.

06 The three sūrahs

Once after every farḍ; three times each after Fajr and Maghrib.

112 · AL-İKHLĀŞ

Qul Huwallāhu Ahad...

113 · AL-FALĀQ

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ مِنْ شَرِّ مَا خَلَقَ وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ

Qul aʿūdhu 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 aʿūdhu bi-Rabbil-nās...

Abū Dāwūd, Tirmidhī, an-Nasāʿī · 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 ʿalā kullī shayʿin qadīr

...He gives life and causes death, and is able to do all things.

Tirmidhī, Ahmad · ṣaḥīḥ

FAJR & MAGHRIB · 7×

اللَّهُمَّ اجِرْنِي 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 مَتَّقِيًّا

Allāhumma innī asʿaluka ʿilman nāfiʿan, wa rizqan ṭayyiban, wa ʿamalan 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-malāʾikati war-rūḥ

Glory be to the King, the Most Holy — Lord of the angels and the Spirit.

an-Nasāʿī, Abū Dāwūd · ṣaḥīḥ

08 Quick count

Inside: at-Tahiyāt · ṣalawāt · four refuges · Abū Bakr's duʿā · salām.

After every farḍ: 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.

ʿIshāʾ: sequence · Witr with qunūt · 3× Subḥānal-Malikil-Quddūs · bedtime adhkār.

Authentic narrations permit variation — this is one established order.

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.

POCKET COMPANION · 06 OF 09 Du'ā for life events أَدْعِيَةُ الْحَاجَاتِ What to say when it matters — illness, grief, debt, fear, joy. 2 · Distress & anxiety 3 · Illness & the sick 4 · Grief & death 5 · Debt & provision 6 · Marriage & children 7 · Travel & protection 8 · Anger, fear, decision All ṣaḥīḥ or ḥasan. Ask in your own words too — that is also Sunnah.	02 Distress & anxiety AT ANY CALAMITY لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْخَبِيمُ. لَا إِلَهَ إِلَّا اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ. لَا إِلَهَ إِلَّا اللَّهُ رَبُّ السَّمَاوَاتِ وَرَبُّ الْأَرْضِ وَرَبُّ الْعَرْشِ الْكَرِيمِ Lā ilāha illallāhu-ʿAzīmul-Ḥalīm, lā ilāha illallāhu Rabbul-ʿArshil-ʿAzīm, lā ilāha illallāhu Rabbus-samāwāti wa Rabbul-ardī wa Rabbul-ʿArshil-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. Bukhārī, Muslim · ṣaḥīḥ — the duʿā of distress. IN GRIEF OR WORRY اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَالْعَجْزِ وَالْكَسَلِ، وَالْبُخْلِ وَالْجُبْنِ، وَضَلَعِ الدَّيْنِ وَغَلَبَةِ الرِّجَالِ Allāhumma innī aʿūdhu bika minal-ḥammi wal-ḥazan, wal-ʿajzi wal-kasal, wal-bukhli wal-jubn, wa ḍalaʿid- dayni wa ghalabatir-rjāl Refuge from anxiety, sorrow, weakness, laziness, miserliness, cowardice, debt and oppression. Bukhārī · ṣaḥīḥ THE DUʿĀ OF YŪNUS لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ Lā ilāha illā Anta subḥānaka innī kuntu minaz-ẓālimīn None is worthy of worship but You; glory be to You — I was among the wrongdoers. Tirmidhī · ṣaḥīḥ · Quzʿān 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 يَشْفِيكَ Asʿalullāhul-ʿAzīma Rabbal-ʿArshil-ʿAzīmī 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، مُذهِبَ النَّاسِ، أَشْفِ 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. Bukhārī · ṣaḥīḥ — with al-Fātiḥah and the three sūrah. FOR ONE'S OWN PAIN بِسْمِ اللَّهِ — أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأَحَاطِرُ Bismillāh (3×) — Aʿūdhu 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 أَجْزِي فِي مُصِيبَتِي وَأَخْلِفْ لِي خَيْرًا مِنْهَا Innā lillāhi wa innā ilayhi rājiʿūn. Allāhummaʿjzī fī muṣībati 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 وَارْحَمَهُ، وَغَافِرُهُ وَأَعْفُ عَنْهُ، وَأَكْرَمُ نَزْلِهِ، وَوَسَّعُ مَدْخَلِهِ Allāhummaghfir lahu warḥamh, wa ʿafihī waʿfu ʿanh, wa akrim nuzulah, wa wassiʿ 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.” Bukhārī · ṣaḥīḥ AT A GRAVE السَّلَامُ عَلَيْكُمْ أَهْلَ الدِّيَارِ مِنَ الْمُؤْمِنِينَ وَالْمُسْلِمِينَ، وَإِنَّا إِنْ شَاءَ اللَّهُ لِلْآجِفُونَ As-salāmu ʿalaykum aḥlād-diyāri mināl-muʾminīna wal- muslimīn, wa innā in shāʾallāhu lalājihūn Peace be upon you, people of these abodes, believers and Muslims — and we shall, if Allah wills, follow. Muslim · ṣaḥīḥ
05 Debt & provision CRUSHING DEBT اللَّهُمَّ اكْفِنِي بِخَلَاكَ عَنْ حَرَامِكَ، وَأَغْنِنِي بِفَضْلِكَ عَمَّنْ سِوَاكَ Allāhummakfinī bi-ḫalālika ʿan ḥarāmik, wa aghninī bi- fadlika ʿamman 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 مُتَقَبَّلًا Allāhumma innī asʾaluka ʿilman nāfiʿan, wa rizqan ṭayyiban, wa ʿamalan mutaqqabbalan Beneficial knowledge, good lawful provision, accepted deeds. Ibn Mājah · ṣaḥīḥ — after Fajr. REPAYING A LENDER بَارَكَ اللَّهُ لَكَ فِي أَهْلِكَ وَمَالِكَ Bārakallāhu laka fī aḥlika wa mālik May Allah bless you in your family and your wealth. Ibn Mājah · ṣaḥīḥ SEEKING SUFFICIENCY حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ Ḥasbunallāhu wa niʿmal-wakīl Allah is sufficient for us, and the best of guardians. Bukhārī · ṣaḥīḥ · Quzʿān 3:173	06 Marriage & children TO THE NEWLY MARRIED بَارَكَ اللَّهُ لَكَ، وَبَارَكَ عَلَيْكَ، وَجَمَعَ بَيْنَكُمَا فِي خَيْرٍ Bārakallāhu lak, wa bāraka ʿalayk, wa jamaʿa baynakumā fī khayr May Allah bless you, send blessings upon you, and unite you both in goodness. Abū Dāwūd, Tirmidhī · ṣaḥīḥ PROTECTING CHILDREN أَعِزُّكُمْ بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ كُلِّ شَيْطَانٍ وَهَامَّةٍ، وَمِنْ كُلِّ غَبْنٍ لَامَةٍ ʿUḍhukumā bi-kalimātillāhiṭ-tāmmati min kulli shayṭānin wa ḥāmāh, wa min kulli ʿaynin lāmāh 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 tadharnī fardān wa Anta khayrul-wārithīn My Lord, grant me righteous offspring — my Lord, leave me not alone, and You are the best of inheritors. Quzʿān 37:100; 21:89	07 Travel & protection SETTING OUT سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا... اللَّهُمَّ إِنَّا نَسْأَلُكَ فِي سَفَرِنَا هَذَا الْبِرَّ وَالتَّقْوَى، وَمِنْ الْعَمَلِ مَا تَرْضَى Subḥānād-dhī sakhkhara lanā ḥadhā... Allāhumma innā nasʾaluka fī safarinā ḥadhāal-birra wat-taqwā, wa mināl-ʿamali 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 Aʿūdhu bi-kalimātillāhiṭ-tāmmāti 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 خَامِدُونَ Āʾibūna tāʾibūna ʿābidūna li-Rabbīnā ḥāmidūn Returning, repenting, worshipping, and praising our Lord. Muslim · ṣaḥīḥ ENTERING A TOWN اللَّهُمَّ بَارِكْ لَنَا فِيهَا Allāhumma bārik lanā fihā O Allah, bless it for us. Ibn Hibbān · ṣaḥīḥ	08 Anger, fear, decision IN ANGER أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ Aʿūdhu 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 وَأَحْذَرُ Allāhu akbar, Allāhu aʿazzu min khalqihī jamīʿan, Allāhu aʿazzu mimmā akhāfu wa aḥḍar Allah is greatest — mightier than all His creation, mightier than what I fear and guard against. an-Nasāʿī · ṣaḥīḥ BEFORE A DECISION Two rakʿahs, then the duʿā 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 ʿāqibatānā fī-umūrī kullihā, wa ajirnā min khayrid-dunyā wa ʿadhābil-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 Hibbān · ṣaḥīḥ

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			Bukhārī, Muslim · ṣaḥīḥ – “Allah has ninety-nine names; whoever retains them enters Paradise.” Qurʾān 7:180.

POCKET COMPANION · 08 OF 09 The Day of Jumu'ah يَوْمُ الْجُمُعَةِ <i>The best day the sun rises upon — how to spend it.</i>	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 khuṭbah 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
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.			

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 <i>Rabbana ātinā min ladunka raḥmatan wa hayyi' lanā min amrinā rashadan</i> 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 حَمِيدٌ مَجِيدٌ <i>Allāhumma ṣalli 'alā Muḥammadin wa 'alā āli Muḥammad, kamā ṣallayta 'alā Ibrāhima wa 'alā āli Ibrāhim, innaka Ḥamīdun Majīd</i> 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 صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ <i>Ṣallallāhu 'alayhi wa sallam</i> 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 (Mālikī), forty (Hanbalī). All require a settled town and a public mosque. The four schools	08 Checklist <i>Tick through the day.</i> ☐ 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 khuṭbah ☐ 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 <i>Big words, short prayers — for small hands.</i> 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 <i>Bismillāh</i> In the name of Allah. Say it before you start anything. الْحَمْدُ لِلَّهِ <i>Al-ḥamdu lillāh</i> All praise is for Allah. Say it when something good happens. إِنْ شَاءَ اللَّهُ <i>In shā' Allāh</i> If Allah wills. Say it about tomorrow. اللَّهُ أَكْبَرُ <i>Allāhu akbar</i> Allah is the greatest.	03 Eating BEFORE بِسْمِ اللَّهِ <i>Bismillāh</i> In the name of Allah — then eat with your right hand. AFTER الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي <i>Al-ḥamdu lillāhīl-ladhī aṭ'amanī</i> Praise be to Allah, who fed me. If you forget, say <i>Bismillāhi awwalahū wa ākhirah</i> and keep eating.	04 Sleeping & waking GOING TO SLEEP بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا <i>Bismika Allāhumma amūtu wa ahyā</i> In Your name, O Allah, I die and I live. WAKING UP الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا <i>Al-ḥamdu lillāhīl-ladhī aḥyānā</i> Praise be to Allah, who gave us life again. Sleep on your right side. Read Āyat al-Kursī with a grown-up.
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05 Washing for prayer 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.	06 How to pray 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.	07 Counting on my fingers 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.	08 My week Colour a box for every prayer you pray. <table><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.