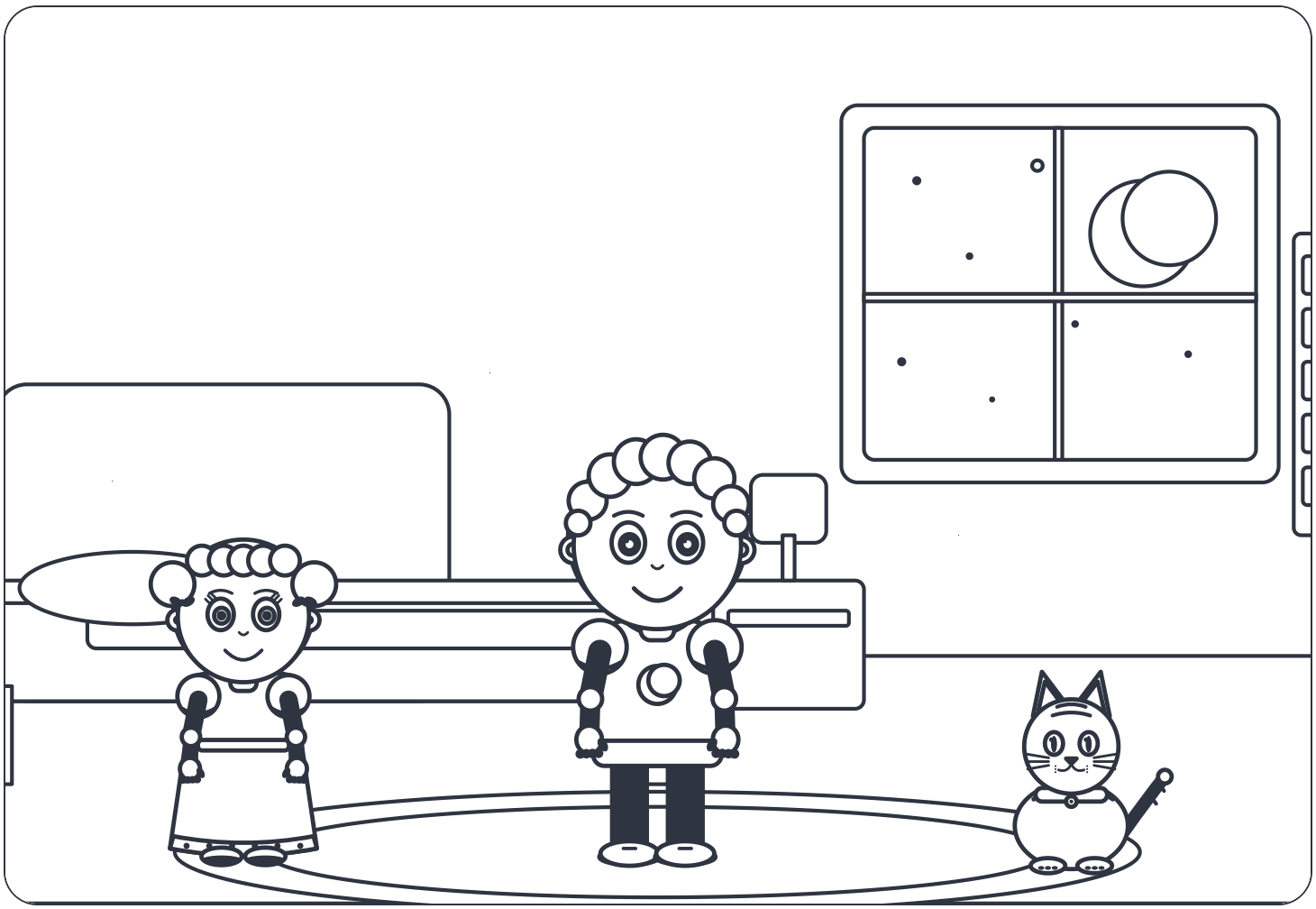
Episode 5: The dua before sleeping

Colour the scene from the episode



بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismika Allahumma amutu wa ahya

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

This week. Before we sleep we say Bismika Allahumma amutu wa ahya and lie on our right side, and when we wake we say Alhamdulillah for a new day.

Fridge cards

Cut along the dashed lines and stick them where the family will see them: the fridge, the bathroom mirror, by the bed.

بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismika Allahumma amutu wa ahya

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

اَلْحَمْدُ لِلّٰهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

Alhamdulillahil-ladhi ahyana ba'da ma amatana wa ilayhin-nushur

All praise is for Allah, who gave us life again after sleep, and to Him we will all be raised

Where it comes from.

1. The dua before sleeping and on waking: Sahih al-Bukhari 6312 · https://sunnah.com/bukhari:6312
2. The same duas: Sahih al-Bukhari 6324 · https://sunnah.com/bukhari:6324
3. Sleeping on the right side: Bukhari 247 · https://sunnah.com/bukhari:247

Raiha's sticker chart

I said my bedtime dua

Colour a star, or stick a sticker, each day it happened. Seven stars is a week on the lane.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
☆	☆	☆	☆	☆	☆	☆



Stickers to cut out

