

伊斯蘭祈禱詞唸讀與應用

*Recitation and Application of Islamic
Supplications*



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1. 祈禱導致有用的事情發生

Useful Things Happen Because of Supplication

بسم الله الرحمن الرحيم

Allah *tabaraka wa taala* says in Chapter 2 Ayat 186:

阿拉在第 2 章第 186 節說：

وَإِذَا سَأَلَكَ عِبَادِي عَنِّي فَإِنِّي قَرِيبٌ أُجِيبُ دَعْوَةَ الدَّاعِ إِذَا دَعَانِ فَلْيَسْتَجِيبُوا لِي وَلْيُؤْمِنُوا بِي لَعَلَّهُمْ يَرْشُدُونَ

If my servants ask you about Me, I am close responding any of them when they make supplication, so they should respond to Me, and should believe in Me that they may be guided.
假使 我的僕人向你問起 我的話，當他們在作祈禱的時候，我靠近他們並且答覆他們，所以他們也要答覆 我，並且要相信 我、相信他們可能獲得指引。

From this Ayat we can know that Allah *tabaraka wa taala* is ready to respond to our supplication right away no matter when, where, how and from who as long as we are asking in the correct way.

由這節經文可知，只要我們是以正確的方式來向 祂祈求，阿拉隨時準備好要立刻回覆我們的祈禱—無論何時、何地、用何種方式抑或是哪一個人在向 祂祈求。

Conditions for the supplication to be accepted by Allah *tabaraka wa taala*:

要讓 阿拉接受我們的祈禱有以下條件：

1. To have full confidence that Allah is watching us
有十足信心相信 阿拉正在看著我們
2. To have full confidence that Allah is listening to us
有十足信心相信 阿拉正在聆聽我們
3. To have full confidence that Allah is able to respond to us
有十足信心相信 阿拉有能力答覆我們
4. To have full confidence that we are qualified to ask Allah
有十足信心相信我們有資格向 阿拉祈求
5. To have full confidence that Allah is arranging the best for us
有十足信心相信 阿拉正在為我們做最好的安排
6. To make sure that we are ready to accept whatever Allah chooses for us
無論 阿拉為我們做什麼樣的選擇，我們都確定好自己已準備好要欣然接受。

We can ask Allah *tabaraka wa taala* for everything we need, no need to think before asking. He knows what we need and what we mean, so we can ask no matter how big or small thing we are asking for.

任何我們需要的東西都可以向 阿拉祈求，不需要事先想過，祂知道我們需要什麼、也知道我們要表達的意思是什麼，因此無論多大或多小的事情都可以盡情向祂祈求。

”ليسأل أحدكم ربه حاجته كلها، حتى يسأله شسع نعله إذا انقطع“ رواه الترمذي و ابن حبان

The prophet Muhammad *salla allahu alayhi wa salam* said, “Each one of you should ask his Lord for whatever he wants including asking Him to repair the band of your shoes.”

先知穆罕默德說(願他得安詳)說：「你們每個人都應該向他的主祈求他想要的任何東西，包括請祂幫你的鞋帶修好。」

Things happened by the supplication:

因為祈禱而發生的事情：

إن العبد ليحرم الرزق بالذنوب يصيبه و لا يرد القدر الا الدعاء ولا يزيد في العمر الا البر" رواه أحمد والترمذي

The prophet Muhammad *salla allahu alayhi wa salam* said, “The servant may become away from his providing because of his sins, and nothing makes the bad destiny away from you more than supplication, and nothing makes you live longer better than righteousness.”

先知穆罕默德說(願他得安詳)說：「一個僕人可能會因為祂的罪愆而讓原本屬於他的給養遠離，要讓你的厄運遠離你的最好方式就是祈禱，要讓你長壽的最佳方式就是做一個正直的人。」

يقول رسول الله عليه الصلاة والسلام: "والدعاء ينفع مما نزل ومما لم ينزل و إن البلاء لينزل فينتلقاه الدعاء فيعتلجان إلى يوم القيامة" رواه الحاكم عن عائشة وحسنه الألباني

And he also said, “Supplication is useful from what is revealed and what is not yet revealed. When the disaster is on the way to the human, the supplication will fight against it between the sky and the earth until the Day of Judgment.”

他也說：「不管是已經彰顯的或是尚未顯現的，祈禱都有用處，當不幸的事情即將降臨人類，祈禱可以在天地之間對抗它，直到審判日為止。」

2. 諮詢的祈禱 Istiḥaraa

عن جَابِرِ بْنِ عَبْدِ اللَّهِ السَّلْمِيِّ رضي الله عنه قَالَ : كَانَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يُعَلِّمُ أَصْحَابَهُ الاسْتِخَارَةَ فِي الْأُمُورِ كُلِّهَا كَمَا يُعَلِّمُهُمُ السُّورَةَ مِنَ الْقُرْآنِ يَقُولُ : " إِذَا هَمَّ أَحَدُكُمْ بِالْأَمْرِ فَلْيَرْكَعْ رَكَعَتَيْنِ مِنْ غَيْرِ الْفَرِيضَةِ ثُمَّ لِيَقُلْ: الدَّعَاءُ

. رواه البخاري .

The prophet Muhammad صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ said:

“If anyone of you wants to do something, pray 2 Rakaat exclusive of the compulsory and then say **the supplication bellow.**”

Narrated by Al Buḥari

先知穆罕默德說：

「如果你們任何人想要做一件事情，在主命拜以外禮兩拜之後再唸以下的祈禱詞。」

布哈里傳述

<p>اللَّهُمَّ إِنِّي أَسْتَخِيرُكَ بِعِلْمِكَ</p> <p>Āllahumma Īnniy Āstahiyruka Biilmika</p>	<p>Oh Allah, I am consulting You based on the knowledge You have</p> <p>阿拉啊！我在諮詢 您以仰賴 您所擁有的大知，</p>
<p>وَأَسْتَقْدِرُكَ بِقُدْرَتِكَ</p> <p>Wa Āstaqdiruka Biqudratika</p>	<p>And seeking You to provide me some of Your power.</p> <p>尋求 您提供我一些 您所擁有力量。</p>
<p>وَأَسْأَلُكَ مِنْ فَضْلِكَ ،</p> <p>Wa Āsāluka Min Faḍlika,</p>	<p>And I am asking You from the great things You have;</p> <p>我也在請求 您以得自 您所擁有的美好事物；</p>
<p>فَإِنَّكَ تَقْدِرُ وَلَا أَقْدِرُ</p> <p>Faīnnaka Taqdiru Walā Āqdiru</p>	<p>As You have power and ability while I don't have</p> <p>因為 您擁有力量與大能而我沒有，</p>
<p>وَتَعْلَمُ وَلَا أَعْلَمُ</p> <p>Wataālmu Walā Āālamu</p>	<p>You know while I don't know,</p> <p>您知道而我不知道，</p>

<p>وَأَنْتَ عَلَّامُ الْغُيُوبِ Wa Ānta Āllāmu Ālguyuwbi</p>	<p>And You are the one who knows all the hidden and unhidden things. 且唯有 您能徹知所有隱匿與彰顯的事物。</p>
<p>اللَّهُمَّ فَإِنْ كُنْتَ تَعْلَمُ (هَذَا الْأَمْرُ ثُمَّ تَسْمِيهِ بِعَيْنِهِ) Āllahumma Faīn Kunta Taālamu (...)</p>	<p>Oh Allah, if Your knowledge about this (mention the thing) 阿拉啊！假使這件事(說出您要諮詢的事情)，依據您的大知，</p>
<p>خَيْرًا لِي فِي عَاجِلِ أَمْرِي وَآجِلِهِ أَوْ فِي دِينِي وَمَعَاشِي وَعَاقِبَةِ أَمْرِي Ĥayran Liy Fiy Āājili Āmriy Wa Ājilihi Āw Fiy Diyniy Wa Maāāshiy Wa Āāqibati Āmriy</p>	<p>is that it is good for me for now and for the future, for my religion and for my life, and for my eternal result, 會為我現在與未來、我的信仰與人生、還有我永世的結局帶來好處，</p>
<p>فَاقْضْهُ لِي وَيَسِّرْهُ لِي ثُمَّ بَارِكْ لِي فِيهِ Faāqdurhu Liy Wayassirhu Liy Thumma Baārik Liy Fiyhi</p>	<p>Oh Allah, make this thing done and make it my destiny and bless it. 阿拉啊！請讓這件事順利完成，讓它成為我的命運，並請 您為它祝福。</p>
<p>اللَّهُمَّ وَإِنْ كُنْتَ تَعْلَمُ أَنَّهُ شَرٌّ لِي فِي دِينِي وَمَعَاشِي وَعَاقِبَةِ أَمْرِي Āllahumma Wa Īn Kunta Taālamu Ānnahu Sharron Liy Fiy Diyniy Wamaāāshiy Wa Āāqibatih Āmriy</p>	<p>And if Your knowledge about this thing is that it is bad for me for my life and eternal life and for my religion, 假使依據 您的大知，這件事會為我的人生、我的永世還有我的信仰帶來壞處，</p>
<p>فَاصْرِفْني عَنْهُ وَاصْرِفْهُ عَنِّي وَاقْضْ لِي الْخَيْرَ حَيْثُ كَانَ ثُمَّ رَضِّنِي بِهِ Faāāfri Fnīy Ānhu Wa Āārifhu Ānny Wa Āqdur Liy Ālĥayra Ĥaythu Kaāna Thumma Raāādinīy Bih</p>	<p>Oh Allah, make it away from me and make me away from it, and make all my destiny in good and give me satisfaction in what You arranged for me. 阿拉啊！請讓它遠離我且讓我遠離它，同時讓我所有的命運善美，且讓我對 您為我安排的一切感到心滿意足。</p>



3. 庫努特祈禱詞（威特爾或晨禮）

The supplication of Al Qunoot (Witr or Fajr)

1. In the last rakâât of witr after rukuwâ (stand-bowing), we recite this supplication if we like.
2. In Fajr prayer (not all Mathhab), in the last rakâât after rukuwâ (stand-bowing), we can recite this supplication occasionally.
1. 當然拜(威特爾)最後一拜鞠躬後可以唸這段祈求文；2. 晨禮(非所有方法學)最後一拜鞠躬後有時可以唸這段祈求文。

<p>اَللّٰهُمَّ اِهْدِنَا فَيْمَنْ هَدَيْتَ</p> <p>Āllahuma Īhdinaā Fiyman Hadayt</p>	<p>Oh, Āllah! Guide us along with those to whom You have given guidance.</p> <p>阿拉啊! 引導我們， 和那些得您引導的人一起得到引導；</p>
<p>وَ عَافِنَا فَيْمَنْ عَافَيْتَ</p> <p>Wa Āāfinaā Fiyman Āāfayt</p>	<p>And make us healthy along with those to whom You have granted health.</p> <p>賜予我們健康， 和那些得 您恩賜健康的人一起得到健康；</p>
<p>وَ تَوَلَّانَا فَيْمَنْ تَوَلَّيْتَ</p> <p>Wa Tawallanaā Fiyman Tawallayt</p>	<p>And sponsor us along with those to whom You have offered sponsorship.</p> <p>襄助我們，和那些得您襄助的人一起得到襄助；</p>
<p>وَ بَارِكْ لَنَا فَيْمَا أُعْطِيتَ</p> <p>Wa Baārik Lanaā Fiymaa Āādayt</p>	<p>And bless whatever You have given to us.</p> <p>且恩准無論 您賜予我們什麼東西， 都能得到 您的祝福；</p>
<p>وَ قِنَا وَصَرِفْ عَنَّا شَرَّ مَا قَدَّرْتَ وَ قَضَيْتَ</p> <p>Wa Qinaā Wašrif Ānnaā Sharra Maā Qaddarta Wa Qaḍayt</p>	<p>And protect us and keep us away from the evil part of our destiny.</p> <p>並保護我們遠離命運中所包含的邪惡部分。</p>

<p>فَإِنَّكَ تَقْضِي بِالْحَقِّ وَ لَا يُفْضَى عَلَيْكَ</p> <p>Faīnnaka Taqḍiy Biālḥaqqi Wa Laā Yuqḍāā Âlayk</p>	<p>You are the judge with fairness and You will never be destroyed.</p> <p>您是公正的審判者，永遠都不會遭受毀滅；</p>
<p>وَإِنَّهُ لَا يَذِلُّ مَنْ وَالَيْتَ</p> <p>Waīnnahu Laā Yathillu Man Waālayt</p>	<p>Anyone sponsored by You will never be disgraced.</p> <p>任何人只要得 您襄助，就永遠不會蒙羞；</p>
<p>وَ لَا يَعْزُّ مَنْ عَادَيْتَ</p> <p>Wa Laā Yaīzzu Man Âadayt</p>	<p>And the one You attack will never be respected.</p> <p>任何人只要受 您攻擊，就永遠得不到別人尊敬。</p>
<p>تَبَارَكْتَ رَبَّنَا وَ تَعَالَيْتَ</p> <p>Tabaārakta Rabbanaā Wa Taāālayt</p>	<p>All respect and highness be to You, our Lord.</p> <p>所有尊敬與一切恩榮悉歸於 您，我們的主；</p>
<p>فَلَاكَ الْحَمْدُ عَلَى مَا قَضَيْتَ</p> <p>Falaka Ālḥamdu Ālaā Maā Qaḍayt</p>	<p>All praise be to You for all You have arranged for us.</p> <p>對於 您所為我們安排的一切，所有讚頌悉歸於 您；</p>
<p>نَسْتَغْفِرُكَ رَبَّنَا وَنَتُوبُ إِلَيْكَ</p> <p>Nastagfiruka Rabbanaā Wanatuwbu Īlayk</p>	<p>We are asking You for forgiveness, and to You shall we repent.</p> <p>我們求 您饒恕，我們向 您懺悔；</p>
<p>وَصَلِّ اللَّهُمَّ عَلَى مُحَمَّدٍ</p> <p>Wa Ṣalli Āllahumma Ālaā Muḥammaden</p>	<p>And send Your blessings and greetings upon Muhammad,</p> <p>求 您將祝福與問候帶給穆罕默德，</p>
<p>وَ عَلَى آلِهِ وَصَحْبِهِ وَ سَلِّم</p> <p>Wa Ālaā Ālihi Wa Ṣaḥbihi Wa Sallim</p>	<p>And upon his family and companions.</p> <p>還有他的家人和友伴。</p>

4. 懺悔的祈禱

Supplication of repenting

先知穆罕默德(願他的安祥)說了以下的祈禱詞，這是一段祈求赦罪的祈禱詞，雖然還有許多其他懺悔的祈禱詞，但先知穆罕默德(願他的安祥)說這一個是懺悔祈禱詞之首。

The prophet Muhammad *salla allahu alayhi wasalam* said the following supplication, and it is a supplication for forgiveness. There are a lot of other supplications for repenting, but this is the one that the prophet Muhammad *salla allahu alayhi wasalam* mentioned as the master of repenting supplication.

<p>اللَّهُمَّ أَنْتَ رَبِّي ، لَا إِلَهَ إِلَّا أَنْتَ</p> <p>Āllahumma Ānta Rabbi, Lā Īlaha Īllā Ānta</p>	<p>Oh Allah, You are my Lord, there is no God but You.</p> <p>阿拉啊！ 您是我的主，除了 您以外沒有其他的神；</p>
<p>خَلَقْتَنِي وَأَنَا عَبْدُكَ</p> <p>Ĥalaqtaniy Wa Ānaā Ābduka</p>	<p>You created me and I am Your servant.</p> <p>您創造了我，而我是 您的僕人；</p>
<p>وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ</p> <p>Wa Ānaā Ālaā Āhdika Wa Waādika Maā Āstaḍaātu</p>	<p>And I am at what I promised and witnessed as much as I can.</p> <p>且我竭盡所能履行自己的承諾與證言；</p>
<p>أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ</p> <p>Āûwṭhu Bika Min Sharri Maā Šanaātu</p>	<p>I seek refuge in You from the evil of what I did.</p> <p>我尋求 您的保護，讓我遠離我以往的惡行；</p>
<p>أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ</p> <p>Ābuwü Laka Biniāmatika Ālayya</p>	<p>I admit all the good things I got from You.</p> <p>我承認我所得一切美好的事物都來自於 您；</p>



<p>وَأَبُوهُ بِذَنْبِي</p> <p>Wa Ābuwū Bithanbiy</p>	<p>And I admit my sin.</p> <p>且我承認自己所犯的罪愆；</p>
<p>اغْفِرْ لِي</p> <p>Īgfir Liy</p>	<p>Forgive me.</p> <p>請求 您饒恕我</p>
<p>فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ</p> <p>Faīnnahu Laā Yagfiru Āththunuwba Īllā</p> <p>Ānta</p>	<p>As You are the only One who has the ability and the right to forgive sins.</p> <p>因為只有 您有這個能力與權柄去赦免罪愆。</p>

5. 需求的祈禱

Supplication of needs

先知穆罕默德(願他得安祥)說：「無論何時，任何人只要遇到問題或阻礙，只要唸這一段祈禱詞，阿拉就會讓他的問題得到解決，並且以幸福取代他的憂傷。」

The prophet Muhammad *salla allahu alayhi wasalam* said, “Whenever anyone has problems or obstacles, if he says this Duaa, Allah will release his problems and will replace his sadness with happiness.”

<p>اللَّهُمَّ إِنِّي عَبْدُكَ وَابْنُ عَبْدِكَ وَابْنُ أُمَّتِكَ</p> <p>Āllahumma Īnniy Ābduka Wa Ābnu Ābdika Wa Ābnu Āmatika</p>	<p>Oh Allah, I am Your servant, and the son of Your servants (father and mother).</p> <p><u>阿拉</u>啊！我是 您的僕人，且是 您僕人(父母)的兒子，</p>
<p>نَاصِيَتِي بِيَدِكَ</p> <p>Naaṣiyatiy Biyadika</p>	<p>My forelock is in Your hands.</p> <p>我的額腦掌握在 您的手裡，</p>
<p>مَا ضَرَّ فِي حُكْمِكَ</p> <p>Maāḍen Fiyya Ĥukmuka</p>	<p>What You ordered to happen to me will happen.</p> <p>您諭令要發生在我身上的事情自會發生，</p>
<p>عَدْلٌ فِي قَضَائِكَ</p> <p>Ādlon Fiyya Qaḍaāwuka</p>	<p>Your judgment is fair.</p> <p>您的判決是公正的。</p>
<p>أَسْأَلُكَ بِكُلِّ اسْمٍ هُوَ لَكَ</p> <p>Āsāluka Bikulli Īsmen Huwa Laka</p>	<p>I am asking you with all the names that belong to You.</p> <p>我謹奉 您所有的尊名向 您請求，</p>
<p>سَمَّيْتَ بِهِ نَفْسَكَ</p> <p>Sammayta Bihi Nafsaka</p>	<p>You chose to name Yourself with it,</p> <p>您選擇以此為 您自己命名，</p>

<p>أَوْ عَلَّمْتَهُ أَحَدًا مِنْ خَلْقِكَ</p> <p>Āw Āllamtahu Āḥadān Min Ḥalqika</p>	<p>or to teach any of Your servants those names,</p> <p>抑或將這些尊名傳授給 您的僕人，</p>
<p>أَوْ أُنْزِلَتْهُ فِي كِتَابِكَ</p> <p>Āw Ānzaltahu Fiy Kitabika</p>	<p>or You mentioned in Your Book(<i>Qurān</i>),</p> <p>抑或在 您的聖書(古蘭經)提及這些名諱，</p>
<p>أَوْ اسْتَأْثَرْتَ بِهِ فِي عِلْمِ الْغَيْبِ عِنْدَكَ</p> <p>Āw Īstaātharta Bihi Fiy Īlmi Lgaybi Īndaka</p>	<p>or You preferred to hide it along with Your hidden things;</p> <p>抑或 您較意欲將其與 您所隱匿的事物一同隱藏；</p>
<p>أَنْ تَجْعَلَ الْقُرْآنَ رَبِيعَ قَلْبِي</p> <p>Ān Tajāla Lqur Āna Rabiya Qalbiy</p>	<p>to make <i>Qurān</i> the spring of my heart</p> <p>讓《古蘭經》成為我心靈的春天，</p>
<p>وَنُورَ صَدْرِي</p> <p>Wa Nuwra Šadriy</p>	<p>and the light of my breast,</p> <p>且成為我胸口的明燈；</p>
<p>وَجَلَاءَ حَزَنِي</p> <p>Wa Jalaaā Ḥazaniy</p>	<p>and the removal of my sadness</p> <p>以除去我負載的憂傷，</p>
<p>وَذَهَابَ هَمِّي</p> <p>Wa Ṭahaaba Hammiy</p>	<p>and the destroyer of my pressure.</p> <p>且滅除我沉重的壓力。</p>



6. 伊斯蘭如其亞（尋求康復） The Islamic Ruqya (seeking recovery)

先知穆罕默德(願他得安祥)探視病人時，都會在他右手的食指吐一下再將食指放在地上(最好是土壤)，再將食指放在病人的患部然後說：

When the prophet Muhammad *salla allahu alayhi wasalam* visited a patient, he used to spit on his right forefinger, and then put it on the floor (better soil) then on the ill part of the patient and say:

<p>بِسْمِ اللَّهِ تُرْبَةُ أَرْضِنَا</p> <p>Bismi llahi Turbatu Ārḍinaā</p>	<p>In the name of Allah, the soil of our earth,</p> <p>謹奉 <u>阿拉</u>尊名，我們大地的土壤，</p>
<p>بِرِيقَةِ بَعْضِنَا</p> <p>Biriyqati Baāḍinaā</p>	<p>With the saliva of each other,</p> <p>滲著彼此的唾液</p>
<p>يُشْفَى سَقِيمُنَا</p> <p>Yushfaā Saqiymunaā</p>	<p>Our patient will be cured,</p> <p>我們的病人將獲得治癒，</p>
<p>بِإِذْنِ رَبِّنَا</p> <p>Biṭhni Rabbinaā</p>	<p>With the permission from Allah.</p> <p>帶著 <u>阿拉</u>的恩准。</p>



先知穆罕默德(願他得安祥)都會對各式各樣的病痛唸以下祈禱詞：

Also the prophet Muhammad *salla allahu alayhi wasalam* used to say the following supplication for all kinds of illness:

اللَّهُمَّ رَبَّ النَّاسِ Āllahumma Rabba Nnaāsi	Oh Allah! The Lord of mankind, <u>阿拉</u> 啊！人類的主，
مُذْهِبَ الْبَاسِ Muthhiba Ālbaāsi	The One who can remove the hard time, 唯有 您能除去艱難痛苦，
إِشْفِ أَنْتَ الشَّافِي Īshfi Ānta Shshaāfi	Heal, You are the healer, 醫治， 您是醫治者，
لَا شَافِيَ إِلَّا أَنْتَ Lā Shaāfiā Īlāā Ānta	No other healers but You. 除了 您，沒有其他人可以醫治，
شِفَاءً لَا يُعَادِرُ سَقَمًا Shifaaān Lā Yugaādiru Saqamān	Heal in a way that the illness will never come again. 您的醫治讓病痛永不再來。

7. 睡前的祈禱

Supplication before Sleeping

عن أبي هريرة ، عن النبي صلى الله عليه وسلم قال: «إذا أوى أحدكم إلى فراشه فلينفضه بداخله إزاره، فإنه لا يدري ما حدث بعده، وإذا وضع جنبه فليقل: باسمك اللهم وضعت جنبي وبك أرفعه، اللهم إن أمسكت نفسي فاغفر لها، وإن أرسلتها فاحفظها بما تحفظ به عبادك الصالحين».

The prophet Muhammad *salla allahu alayhi wasalam* said, “When one is ready to go to bed, he should beat his bed three times, then lie on the right side of his body and say the following supplication:

先知穆罕默德(願他得安祥)說：「當一個人準備要上床睡覺，應該要拍打床三次，再躺在身體的右側說以下的祈禱詞：

<p>بِاسْمِكَ اللَّهُمَّ وَضَعْتُ جَنْبِي</p> <p>Bīsmika Āllahumma Wa Daātu Janbiy</p>	<p>In the name of You (my Lord), I lie to sleep,</p> <p>我奉著 您(我的 主)的尊名而躺下來睡覺，</p>
<p>وَبِكَ أَرْفَعُهُ</p> <p>Wa Bika Ārfaūh</p>	<p>And in Your name I get up.</p> <p>且奉著 您的尊名而起床。</p>
<p>اللَّهُمَّ إِنْ أَمْسَكْتَ نَفْسِي فَاعْفِرْ لَهَا</p> <p>Āllahumma Īn Āmsakta Nafsiy Fagfir Lahāā</p>	<p>Oh Allah! If You take my soul, forgive it;</p> <p>阿拉啊！倘若 您要取走我的靈魂，請饒恕它；</p>
<p>وَ إِنْ أَرْسَلْتَهَا فَاحْفَظْهَا</p> <p>Wa Īn Ārsaltahāā Fahfaṭhhaā</p>	<p>And if You return it back to my body, protect it.</p> <p>倘若 您要讓它回到我的身體，請保護它。</p>
<p>بِمَا تَحْفَظُ بِهِ عِبَادَكَ الصَّالِحِينَ</p> <p>Bimā Tahfaṭhu Bihi Ībaādaka ššaālifihiyn</p>	<p>Same way how You protect Your good servants.</p> <p>就像保護 您良善的僕人一樣。</p>

عن عثمان بن عفان رضي الله عنه قال: سمعت رسول الله يقول: «ما من عبد يقول في صباح كل يوم ومساء كل ليلة بسم الله الذي لا يضر مع اسمه شيء في الأرض ولا في السماء وهو السميع العليم ثلاث مرات فيضره شيء».

The prophet Muhammad *salla allahu alayhi wasalam* said, “Whenever a servant says this supplication in the morning and at night three times, he will never be hurt by anything.”

先知穆罕默德說(願他得安祥)：「無論何時，只要一位僕人在早晨與夜晚說了這段祈禱詞三次，他決不會受到任何事物的傷害。」

بِسْمِ اللَّهِ الَّذِي Bismi llahi llathiy	In the name of Allah, the One when we mention, 謹奉 阿拉尊名，只要我們一提到 祂，
لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ Lā Yaḍurru Maâ smihi Shay Ön	Nothing will hurt us, 再沒有任何東西可以傷得了我們，
فِي الْأَرْضِ Fiyl Ārḍi	Neither on earth, 無論在大地上，
وَلَا فِي السَّمَاءِ Wa Lā Fiy ssamaāi	Nor in the sky, 抑或在蒼穹下
وَهُوَ السَّمِيعُ الْعَلِيمُ Wa Huwa ssamiyû lâliym	And He is the hearing, the knowing. 祂聽聞一切、徹知一切。

8. 禮拜完的祈禱

Supplication after Praying

عَنْ ثَوْبَانَ رَضِيَ اللَّهُ عَنْهُ قَالَ: كَانَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ إِذَا انْصَرَفَ مِنْ صَلَاتِهِ، اسْتَغْفَرَ ثَلَاثًا. وَقَالَ: «اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ» رواه مسلم

唸完這些祈禱詞還可以唸第 2 章第 255 節與最後三章。

After these supplications, we can also recite Suwrah 2 Ayat 255 and the last three Suwrahs as well.

<p>أَسْتَغْفِرُ اللَّهَ</p> <p>Āstagfiru Āllah</p>	<p>I am asking Āllah for forgiveness.</p> <p>請求 阿拉赦免我罪愆。</p> <p>(三次 Three times)</p>
<p>اللَّهُمَّ أَنْتَ السَّلَامُ</p> <p>Āllahumma Āntas Salam</p>	<p>Oh Allah! You are the peace,</p> <p>阿拉啊！您是和平安祥，</p>
<p>وَمِنْكَ السَّلَامُ</p> <p>Wa Minkas Salam</p>	<p>And the peace is from You.</p> <p>且和平安祥來自於 您。</p>
<p>تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ</p> <p>Tabaārakta Yāa Ṭhal Jalali Wa līkram</p>	<p>All blessings are from You; You are the Owner of majesty and generosity.</p> <p>一切恩典祝福來自於 您；您是威嚴與寬容的擁有者。</p>



Then we say 33 times of each one of those supplications.

然後下面每個祈禱詞唸 33 次。

<p>سُبْحَانَ اللَّهِ</p> <p>Subḥāna Āllah</p>	<p>All exalted be to Āllah.</p> <p>一切崇高悉歸 阿拉。</p>
<p>الْحَمْدُ لِلَّهِ</p> <p>Ālḥamdulillah</p>	<p>We appreciate and praise Āllah.</p> <p>我們對 阿拉感懷謝恩且稱頌讚美 祂。</p>
<p>اللَّهُ أَكْبَرُ</p> <p>Āllahu Ākbar</p>	<p>Āllah is greater.</p> <p>阿拉更偉大。</p>

When we finish them, we say the following supplication at the end.

唸完最後唸以下祈禱詞。

<p>لَا إِلَهَ إِلَّا اللَّهُ</p> <p>Lā Īlaha Īllā Āllah</p>	<p>No God but Āllah.</p> <p>除 阿拉之外別無他神，</p>
<p>وَحْدَهُ لَا شَرِيكَ لَهُ</p> <p>Waḥdahu Lā Shariyka Lah</p>	<p>He is the only One with no other partners.</p> <p>祂獨一無二、絕無同伴搭檔，</p>
<p>لَهُ الْمُلْكُ وَ لَهُ الْحَمْدُ</p> <p>Lahu Imulku Wa Lahu Lḥamdu</p>	<p>He is the Owner and the Controller of everything; He is the only One who deserves that we appreciate and praise.</p> <p>祂是萬事萬物的擁有者與掌控者，唯有 祂值得 我們感恩與稱頌。</p>
<p>وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ</p> <p>Wa Huwa Ālaā Kulli Shayën Gadiyr</p>	<p>And He is able to do everything.</p> <p>祂的大能可成就每件事情。</p>

9. 醒來時的祈禱

Supplication upon wakeup

The prophet Muhammad *salla allahu alayhi wa sallam* used to say the following supplication when he woke up:

先知穆罕默德(願他得安祥)醒來時都會唸以下祈禱詞：

<p>أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ</p> <p>Āṣbaḥnā Wa Āṣbḥa Lmulku Lillahi</p>	<p>We wake up and all things are still belonging to Allah.</p> <p>我們醒過來，而所有一切仍舊屬於 <u>阿拉</u>。</p>
<p>وَالْحَمْدُ لِلَّهِ</p> <p>Wa Lḥamdulilah</p>	<p>We appreciate and praise Āllah.</p> <p>我們對 <u>阿拉</u>感懷謝恩且稱頌讚美 祂。</p>
<p>وَلَا إِلَهَ إِلَّا اللَّهُ</p> <p>Wa Laā Īlaha Īllā Llah</p>	<p>And no God but Āllah.</p> <p>除 <u>阿拉</u>之外別無他神，</p>
<p>وَحْدَهُ لَا شَرِيكَ لَهُ</p> <p>Waḥdahu Laā Shariyka Lah</p>	<p>He is the only One with no other partners.</p> <p>祂獨一無二、絕無同伴搭檔，</p>
<p>لَهُ الْمُلْكُ وَ لَهُ الْحَمْدُ</p> <p>Lahu Imulku Wa Lahu Lḥamdu</p>	<p>He is the Owner and the Controller of everything; He is the only One who deserves that we appreciate and praise.</p> <p>祂是萬事萬物的擁有者與掌控者，唯有 祂值得我們感恩與稱頌。</p>
<p>وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ</p> <p>Wa Huwa Ālaā Kulli Shayën Gadiyr</p>	<p>And He is able to do everything.</p> <p>祂的大能可成就每一件事情。</p>
<p>رَبِّ أَسْأَلُكَ خَيْرَ مَا فِي هَذَا الْيَوْمِ</p> <p>Rabbi Āsāluka Ḥayra Maā Fiy Haṭhaā Lyawm</p>	<p>Oh Allah! I am asking You from the best of this day,</p> <p><u>阿拉</u>啊！請求 您賜給我今天最美好的東西，</p>

<p>وَحَيْرَ مَا بَعْدَهُ</p> <p>Wa Ḥayra Maā Baādah</p>	<p>And the best of what is after this day;</p> <p>還有今天以後最美好的東西；</p>
<p>وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِي هَذَا الْيَوْمِ</p> <p>Wa Āûwṭhu Bika Min Sharri Maā Fiy</p> <p>Haṭhaā Ālyawm</p>	<p>And asking You to protect me from the evil of what is in this day,</p> <p>且請求 您保佑我遠離今天會出現的邪惡東西，</p>
<p>وَشَرِّ مَا بَعْدَهُ</p> <p>Washarri Maā Baādah</p>	<p>And what is after this day.</p> <p>還有今天過後會出現的邪惡東西。</p>
<p>رَبِّ أَعُوذُ بِكَ مِنَ الْكَسَلِ</p> <p>Rabbi Āûwṭhu Bika Mina Lkasal</p>	<p>Oh my Lord! I am asking You to protect me from laziness,</p> <p>我的 主啊！請求 您保佑我不要懶惰，</p>
<p>وَسُوءِ الْكِبَرِ</p> <p>Wasuwī Lkibar</p>	<p>And from becoming an old incapable person.</p> <p>且不要成為一個老邁無用的人。</p>
<p>رَبِّ أَعُوذُ بِكَ مِنْ عَذَابٍ فِي النَّارِ</p> <p>Rabbi Āûwṭhu Bika Min Āṭhaāben Fiy</p> <p>Nnaār</p>	<p>And I am asking You Allah to protect me from the punishment of the hell fire,</p> <p>且請求 阿拉您保佑我免受火獄的懲罰，</p>
<p>وَعَذَابٍ فِي الْقَبْرِ</p> <p>Wa Āṭhaāben Fiy Lgabr</p>	<p>And from the punishment in the grave.</p> <p>且免受墳墓裡的刑罰。</p>

10. 恐懼時的祈禱

Supplication when feel scared

If we are afraid of something or someone, the prophet Muhammad *salla allahu alayhi wa sallam* told us to recite this supplication three times:

假如某樣東西或某人讓我們感到恐懼的話，先知穆罕默德(願他得安祥)教我們去唸這個祈禱詞三次：

<p>اللَّهُ أَكْبَرُ</p> <p>Āllahu Ākbar</p>	<p>Āllah is greater.</p> <p>阿拉更偉大，</p>
<p>اللَّهُ أَعَزُّ مِنْ خَلْقِهِ جَمِيعًا</p> <p>Āllahu Āâzzu Min Ĥalqihi Jamiyân</p>	<p>Allah is the most exalted in might.</p> <p>阿拉的權柄最崇高，</p>
<p>اللَّهُ أَعَزُّ مِمَّا أَخَافُ وَأَحْذَرُ</p> <p>Āllahu Āâzzu Mimmaa Āĥâafu Wa Āĥtharu</p>	<p>Allah is more exalted in might than what I am afraid of and worried about.</p> <p>阿拉崇高的權柄遠高於我所擔心害怕的東西，</p>
<p>أَعُوذُ بِاللَّهِ الَّذِي لَا إِلَهَ إِلَّا هُوَ</p> <p>Āûwthi Billahi Āllathiy Laa Īlaha Īllāa Huwa</p>	<p>I am seeking the protection from Allah, the only God,</p> <p>我在尋求 阿拉的保護，祂是唯一的 神，</p>
<p>الْمُمْسِكُ السَّمَاوَاتِ السَّبْعِ</p> <p>Ālmumsiku Ssamaāwati Ssabî</p>	<p>The One who is holding the seven skies</p> <p>是 祂維持住七層天</p>
<p>أَنْ يَقَعْنَ عَلَى الْأَرْضِ إِلَّا بِإِذْنِهِ</p> <p>Ān Yaqâana Ālaa Lār Dī Īllāa Bīthnihi</p>	<p>from falling onto the earth unless He permits it to happen;</p> <p>不讓它們墜落地面—除非得 祂允許；</p>

<p>مِنْ شَرِّ عَبْدِكَ (--) وَجُنُودِهِ</p> <p>Min Sharri Âbdika (--) Wa Junuwdihi</p>	<p>From the evil of (name or thing) and his soldiers,</p> <p>保護我遠離(人名或東西名稱)與他打手邪惡的勢力，</p>
<p>وَأَتْبَاعِهِ وَأَشْيَاعِهِ مِنَ الْجِنِّ وَالْإِنْسِ</p> <p>Wa Âtbaâihi Wa Âshyaâihi Mina Ljinni Wa Linsi</p>	<p>and his followers from jinn and human.</p> <p>還有他來自精靈與人類的部屬。</p>
<p>اللَّهُمَّ كُنْ لِي جَارًا مِنْ شَرِّهِمْ</p> <p>Âllahumma Kun Liy Jaaranā Min Sharrihim</p>	<p>Oh Allah! Be my protector from their evils.</p> <p>阿拉啊！請做我的保護者，讓我遠離他們邪惡的勢力，</p>
<p>جَلَّ تَنَافُوكَ</p> <p>Jalla Thanaawuka</p>	<p>You are higher than any praises we do to You.</p> <p>您遠高於我們為 您所做的任何稱頌，</p>
<p>وَعَزَّ جَارُكَ</p> <p>Wa Âzza Jaaruka</p>	<p>The one You protect will never be defeated.</p> <p>受 您保護的人絕不會被打敗，</p>
<p>وَتَبَارَكَ اسْمُكَ</p> <p>Wa Tabaaraka Smuka</p>	<p>Your name is blessed.</p> <p>您的尊名備受榮耀，</p>
<p>وَلَا إِلَهَ غَيْرُكَ</p> <p>Wa Laā Īlaha Gayruka</p>	<p>And no God but You Allah.</p> <p>除了 阿拉 您以外別無其他的神。</p>



11. 特殊場合的祈禱 (婚禮、畢業、朝覲完...)

Supplications in some occasions (wedding, graduation, coming from Hajj...)

Supplication for the groom and bride 給新郎新娘的祈禱詞	
بَارَكَ اللهُ لَكَ Baāraka Llahu Laka	May Allah bless what you have got 願 阿拉祝福你所得到的東西
وَبَارَكَ عَلَيْكَ Wa Baāraka Âlayka	And bless what belongs to you 且祝福屬於你的東西
وَجَمَعَ بَيْنَكُمَا عَلَى خَيْرٍ Wa Jamaâ Baynakumaâ Âlaa Hayr	And keep you both together with good. 且讓你們兩人好好相守。
Supplication for the new Hajji 給新朝覲者的祈禱詞	
تَقَبَّلَ اللهُ سَعْيَكَ Taqabbala Llahu Saâyaka	May Allah accept your effort 願 阿拉接受你的付出
وَأَعْظَمَ أَجْرَكَ Wa Âaṭhama Âjraka	And give you big rewarding 且賜予你龐大的回賜
وَأَخْلَفَ نَفَقَتَكَ Wa Âhlafa Nafaqataka	And return back to you what you have paid. 且讓你所支付出去的東西回到你身上。

Supplication for the new born 給新生兒的祈禱	
<p>بَارَكَ اللهُ لَكَ فِي الْمَوْهُوبِ</p> <p>Baāraka Llahu Laka Fiy Lmaw Huwb</p>	<p>May Allah bless your baby,</p> <p>願 <u>阿拉</u>給你的寶貝祝福，</p>
<p>وَشَكَرْتَ الْوَاهِبَ</p> <p>Wa Shakarta Lwa Āhib</p>	<p>And may you thank the One who gave you,</p> <p>且願你感謝賜給你[這個寶貝]的 主，</p>
<p>وَبَلَغَ أَشُدَّهُ</p> <p>Wa Balaga Āshuddahu</p>	<p>And may your baby grow up well,</p> <p>且願你的寶貝好好長大，</p>
<p>وَرَزَقْتَ بِرَّهُ</p> <p>Waruziqta Birrah</p>	<p>And may he be a good kid.</p> <p>且願他做一個好孩子。</p>
Supplication for new house (Three times) 新居落成的祈禱詞 (三次)	
<p>أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ</p> <p>Āûwṭhu Bikalimaāti Llahi Ttaāmmaāt</p>	<p>I am asking Allah with His holy names and words to protect me</p> <p>我以著 <u>阿拉</u>的尊名與聖言請求 祂保佑我</p>
<p>مِنْ شَرِّ مَا خَلَقَ</p> <p>Min Sharri Maā Ḥalaq</p>	<p>From the evil of all the creatures.</p> <p>讓我遠離所有受造物的邪惡勢力。</p>

12. 殯禮時的祈禱

Supplication during funeral

殯禮的祈禱詞(第三個大讚詞) Supplications in the funeral prayer (third Takbirrah)	
<p>اللَّهُمَّ اغْفِرْ لَهُ وَارْحَمْهُ</p> <p>Āllahumma Āgfir Lahu Wa Ārhamhu</p>	<p>Oh Allah, forgive him and mercy him.</p> <p>阿拉啊！饒恕他且恩待他，</p>
<p>وَعَافِهِ وَاعْفُ عَنْهُ</p> <p>Wa Āafihi Wa Āafu Ānhu</p>	<p>And recover him and delete his sins.</p> <p>且讓他康復並消除他的罪過</p>
<p>وَأَكْرِمْ نُزُلَهُ</p> <p>Wa Ākrim Nuzulahu</p>	<p>And bless his place.</p> <p>且祝福他的居所，</p>
<p>وَوَسِّعْ مُدْخَلَهُ</p> <p>Wa Wa Ssiā Mudhalahu</p>	<p>And make his grave wide.</p> <p>且讓他的墓穴寬敞，</p>
<p>وَاغْسِلْهُ بِالْمَاءِ وَالتَّلْجِ وَالْبَرَدِ</p> <p>Wa Āgsilhu Biālmaāi Wa Ālththalji Wa Ālbaradi</p>	<p>And wash him with water, snow and hail</p> <p>且用水、雪與冰雹為他清洗，</p>
<p>وَنَقِّهِ مِنَ الْخَطَايَا</p> <p>Wa Naqqihi Min Ālḥaḍaāyaa</p>	<p>And clean him from sins,</p> <p>且洗淨他的罪過，</p>
<p>كَمَا يُنَقَّى الثَّوْبُ الْأَبْيَضُ مِنَ الدَّنَسِ</p> <p>Kamaā Yunaqqaā Ālththawbu Ālābyaḍu Min</p>	<p>Same as the white dress is cleaned from the spots.</p> <p>就像把白衣上的汙點洗淨一樣。</p>

<p>وَأَبْدِلْهُ دَارًا خَيْرًا مِنْ دَارِهِ</p> <p>Wa Ābdilhu Daāranā Ĥayranā Min Daārihi</p>	<p>And replace his house with a better one;</p> <p>且用更好的屋宇替換他的屋宇；</p>
<p>وَأَهْلًا خَيْرًا مِنْ أَهْلِهِ</p> <p>Wa Āhlanā Ĥayranā Min Āhlihi</p>	<p>And family better than his family;</p> <p>且用更好的家庭替換他的家庭；</p>
<p>وَزَوْجًا خَيْرًا مِنْ زَوْجِهِ</p> <p>Wa Zawjanā Ĥayranā Min Zawjihi</p>	<p>And wife/husband better than his.</p> <p>且用更好的妻子/丈夫替換他的妻子/丈夫。</p>
<p>وَأَدْخِلْهُ الْجَنَّةَ</p> <p>Wa Ādḥilhu Āljannata</p>	<p>And allow him to get into paradise,</p> <p>且允許他進入天堂，</p>
<p>وَقِهِ فِتْنَةَ الْقَبْرِ وَعَذَابَ النَّارِ</p> <p>Wa Qihi Fitnata Ālqabri Wa Āṭhāba Ālnnaāri</p>	<p>And make him away from the punishment in the grave and the punishment of hell.</p> <p>且讓他遠離墳墓裡的懲罰與地獄裡的刑罰。</p>
<p>最後一個大讚詞之後 After the last Takbirrah</p>	
<p>اللَّهُمَّ لَا تَحْرِمْنَا أَجْرَهُ</p> <p>Āllahumma Lā Taḥrimnā Ājrahu</p>	<p>Oh Allah! Never make us away from getting the rewarding of praying on him.</p> <p>阿拉啊！絕不要讓我們失去為他禮拜的回賜，</p>
<p>وَلَا تَفْتِنَّا بَعْدَهُ</p> <p>Wa Lā Taftinnaā Baādahu</p>	<p>And never make us go astray after him.</p> <p>且絕不要讓我們在他之後走上歧路，</p>
<p>وَاعْفِرْ لَنَا وَ لَهُ</p> <p>Wa Āgfir Lanaā Wa Lahu</p>	<p>And forgive us and forgive him.</p> <p>且饒恕我們並饒恕他。</p>



對家屬所說的話 What to say to the family	
إِنَّ لِلَّهِ مَا أَخَذَ Īnna Lillahi Maā Āḥath	Allah owns what He took, 阿拉擁有 祂所帶走的東西，
وَلَهُ مَا أُعْطِيَ Wa Lahu Maā Āḥdaā	And He owns what He gave. 且擁有 祂所給予的東西，
وَكُلُّ عِنْدَهُ بِأَجَلٍ مُّسَمًّى Wa Kullon Īndahu Biājalen Musammanā	And everything is arranged by Him and will be taken one day. 一切皆由 祂安排且有一天 祂也要將一切取走，
فَلْتَصْبِرْ وَلْتَحْتَسِبْ Faltaṣbir Waltaḥtasib	So be patient and accept all what is from Him. 所以要忍耐且接受來自 祂的一切。

13. 地震時的祈禱

Supplication in earthquake

<p>اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ</p> <p>Āllahumma Īnnay Āsāluka Lâfwa Wa Ālâafiyah</p>	<p>Oh Allah! I am asking You to forgive me and to keep me healthy;</p> <p>阿拉啊！請求 您饒恕我且讓我保持健康；</p>
<p>فِي دِينِي وَدُنْيَايَ</p> <p>Fiy Diyniy Wa Dunyaay</p>	<p>In my belief and in my life,</p> <p>在我的信仰與我的人生，</p>
<p>وَأَهْلِي وَمَالِي</p> <p>Wa Āhliy Wa Maaliy</p>	<p>And in my family and in my money.</p> <p>還有我的家庭與我的金錢。</p>
<p>اللَّهُمَّ اسْتُرْ عَوْرَاتِي</p> <p>Āllahumma Stur Āwraatīy</p>	<p>Oh Allah! Keep my exposure hidden,</p> <p>阿拉啊！請讓我的羞體保持隱蔽，</p>
<p>وَأَمِنْ رَوْعَاتِي</p> <p>Wa Āmin Rawâatīy</p>	<p>And keep me away from fear.</p> <p>且讓我遠離恐懼。</p>
<p>اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ يَدَيَّ وَ مِنْ خَلْفِي</p> <p>Āllahumma ĥfaṭhniy Min Bayni Yadayya Wa Min Ĥalfiy</p>	<p>Oh Allah! Protect me in between my hands and from my back,</p> <p>阿拉啊！請在我的雙手之間還有從我的背後保佑我，</p>



<p>وَعَنْ يَمِينِي وَعَنْ شِمَالِي</p> <p>Wa Ân Yamiyniy Wa Ân Shimaaliy</p>	<p>and from my right and left,</p> <p>還有從我的右邊與左邊，</p>
<p>وَمِنْ فَوْقِي</p> <p>Wa Min Fawqiy</p>	<p>And above me.</p> <p>還有從我的上面。</p>
<p>وَأَعُوذُ بِعَظَمَتِكَ</p> <p>Wa Āûwṭhu Biâṭhamatika</p>	<p>I am asking You with Your power,</p> <p>我請求 您以 您的力量</p>
<p>أَنْ أُغْتَالَ مِنْ تَحْتِي</p> <p>Ān Ūgtaala Min Taḥtiy</p>	<p>Not to be killed or attacked from my underneath.</p> <p>不要讓我從下面被殺死或襲擊。</p>

14. 聽完喚拜後的祈禱 Supplication after hearing the Aṭhan

喚拜時，我們要跟著喚拜者複誦喚拜詞，當他唸到 **حَيَّ عَلَى الصَّلَاةِ** 與 **لَا حَوْلَ وَ لَا قُوَّةَ إِلَّا بِاللَّهِ** 時，我們要說 **حَيَّ عَلَى الْفَلَاحِ**

喚拜結束時，我們要唸以下祈禱詞：

During the Aṭhan, we need to repeat the one who is reciting the Aṭhan. When he says,

لَا حَوْلَ وَ لَا قُوَّةَ إِلَّا بِاللَّهِ , we need to say **حَيَّ عَلَى الْفَلَاحِ** and **حَيَّ عَلَى الصَّلَاةِ** .

When the Aṭhan is finished, we recite the following supplication:

<p>اللَّهُمَّ رَبَّ هَذِهِ الدَّعْوَةِ التَّامَّةِ Āllahumma Rabba Haṭhihi Ddaâwati Ttaāmmah</p>	<p>Oh Allah! You are the lord of this perfect invitation, 阿拉啊！ 您主宰這完美的邀約，</p>
<p>وَالصَّلَاةِ الْقَائِمَةِ Wa ššalaāti Lqaāimah</p>	<p>and the assigned prayer. 還有這排定的禮拜，</p>
<p>آتِ مُحَمَّدًا الْوَسِيلَةَ وَالْفَضِيلَةَ Āti Muḥammadaān Ālwasiylata Wa Lfaḍiylata</p>	<p>Oh Allah! Give Muhammad the special degree and level in paradise, 阿拉啊！ 賜予穆罕默德在天堂特殊的位階與層 級，</p>
<p>وَابْعَثْهُ مَقَامًا مَحْمُودًا الَّذِي وَعَدْتَهُ Wa Bāthhu Maqaāmaān Maḥmuwdaān Āllathiy Wa Âdtah</p>	<p>and give him the special prize You promised him. 且賜予他 您承諾給他的獎賞</p>



<p>إِنَّكَ لَا تُخْلِفُ الْمِيعَادَ</p> <p>Īnnaka Lāā Tuḥlifu Lmiyâad</p>	<p>You Allah never break Your promises.</p> <p>阿拉 您絕不會違背 您的承諾。</p>
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在唸完喚拜詞後到唸成班詞之前，我們禮聖行拜，之後可以唸古蘭經或隨自己意唸祈禱詞。

Between the *Aṭhan* (calling for praying) and *Iqamah* (calling for starting the pray), we pray the *Sunnah*, and then we can read *Quran* or make supplication the way we like.

15. 齋月時的祈禱

Supplication during Ramadan

During Ramadan we have different supplications, and here we learn only some of them.

齋月有許多不同的祈禱詞，在這裡我們只學其中一些。

The supplication we say when we see the moon for the first day of Ramadan (the night before the first day of Ramadan):

當我們看見月亮要展開齋月時(齋月前一晚)：

<p>اللَّهُمَّ أَهْلُهُ عَلَيْنَا</p> <p>Āllahumma Āhillahu Ālaynaā</p>	<p>Oh Allah! Make it coming to us,</p> <p>阿拉啊！讓它降臨我們，</p>
<p>بِالْيُمْنِ وَالْإِيمَانِ</p> <p>Biālyumni Wa Līymaāni</p>	<p>With goodness and with belief,</p> <p>帶著福祉與信仰，</p>
<p>وَالسَّلَامَةِ وَالْإِسْلَامِ</p> <p>Wa Ssalaāmati Wa Ālīslam</p>	<p>And with safety and Islam.</p> <p>且帶著平安與伊斯蘭</p>
<p>رَبِّي وَرَبُّكَ اللَّهُ</p> <p>Rabbiy Wa Rabbuka Llah</p>	<p>My lord and your lord is Allah.</p> <p>我的主與你的主都是 阿拉。</p>

When it is time to break the fast we say:

要開齋時說：

<p>اللَّهُمَّ إِنِّي لَكَ صُمْتُ</p> <p>Āllahumma Īnniy Laka Šumt</p>	<p>Oh Allah! I fast for the sake of You,</p> <p>阿拉啊！我為了 您而封齋，</p>
<p>وَبِكَ آمَنْتُ</p> <p>Wa Bika Āmant</p>	<p>And I believe in You,</p> <p>且我信仰著 您，</p>

<p>وَعَلَىٰ رِزْقِكَ أَفْطَرْتُ</p> <p>Wa Âlaa Rizqika Āfḍart</p>	<p>And I am breaking the fast from what You provide.</p> <p>且我以 您所賜予我的給養來開齋，</p>
<p>ذَهَبَ الظَّمَأُ</p> <p>Thahaba ṭhṭhamaū</p>	<p>Thirst has gone,</p> <p>口渴已然消失，</p>
<p>وَ ابْتَلَّتِ الْعُرُوقُ</p> <p>Wa Ābtallati Lûruwq</p>	<p>Veins become wet,</p> <p>血管變得滋潤，</p>
<p>وَتَبَّتَ الْجَزُءُ إِن شَاءَ اللَّهُ</p> <p>Wa Thabata Lājru Īn Shaaä Llah</p>	<p>The rewarding of this fasting is Inshallah confirmed.</p> <p>這個齋戒的回賜如果 <u>阿拉</u>意欲即得到應許。</p>

If we are invited, we say after finish eating:

當我們被請吃飯時，吃飽後要說：

<p>أَفْطَرَ عِنْدَكُمْ الصَّائِمُونَ</p> <p>Āfḍara Īndakum ššaaïmuwn</p>	<p>May all those who fast break the fast here all the time.</p> <p>願所有封齋的人都會一直在這裡開齋，</p>
<p>وَ غَشِيَتْكُمْ الرَّحْمَةُ</p> <p>Wa Gashiyatkum Ārrahmatu</p>	<p>And may the mercy from Allah covers you.</p> <p>且願 <u>阿拉</u>的慈憫罩覆著你，</p>
<p>وَأَكَلَ طَعَامَكُمْ الْأَبْرَارُ</p> <p>Wa Ākala Ḍaâamakum Ālābraār</p>	<p>And may those who eat here are righteous and always only righteous eat here.</p> <p>且願在這裡進食的人都是正直之人，且永遠只有正直之人會在這裡進食，</p>



وَنَزَلَتْ عَلَيْكُمُ الْمَلَائِكَةُ Wa Nazalat Âlaykum Âlmalaâikah	And may the angels come to join you all the time. 且願天使們一直過來加入你們。
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During the night of Al-Qadr

蓋德爾夜裡：

اللَّهُمَّ إِنَّكَ عَفُوٌّ كَرِيمٌ Âllahumma Īnnaka Âfuwwon Kariym	Oh Allah! You are indeed the One who always forgives and You are generous. 阿拉啊！您的確總是在饒恕，且 您慷慨寬容。
تُحِبُّ الْعَفْوَ Tuḥibbu Lâfwa	You indeed love to forgive everyone. 您確實喜愛饒恕每個人，
فَاعْفُ عَنِّي Faâafu Ânniy	Oh Allah, forgive me! 阿拉啊，請饒恕我！



16. 日常生活的祈禱 Supplications in daily life

Muslims should keep making supplications during the day no matter for certain reasons or not. Here are some supplications for daily life.

穆斯林一天當中不管是否有特殊原因，都應該要不斷地做祈禱，以下是一些日常生活中的祈禱詞。

<p>Before we do anything, such as eating, drinking, walking, working, playing, etc. 開始做任何事之前，例如吃、喝、走路、工作、玩樂等。</p>	
<p>بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ Bismi Āllahi Ālrahmani Ālrahiym</p>	<p>In the name of Āllah, whose grace covers everything and everyone in this life for always, the One who is sending His mercy on judgment day to His believers. 謹奉 <u>阿拉</u>尊名，祂恩典澤被萬事萬物而永恆不變，在審判日仁慈以待信仰祂的人。</p>
<p>1. Before going to toilet; 2. Seeking refuge in Āllah from Satan; 3. Recite <i>Qurān</i> from the middle of a Suwrah; 4. When we yawn. 1. 上廁所前； 2. 請求 <u>阿拉</u>保佑對抗撒旦； 3. 從篇章中間開始念《古蘭經》時； 4. 打哈欠時。</p>	
<p>أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ Āûwṭhu Biāllahi Mina Ālshshayḍāni Ālrrajiym</p>	<p>I am asking Āllah to protect me from Satan, the devil who's got stoned. 請求 <u>阿拉</u>保佑我免受撒旦侵擾——那被扔石喊打的惡魔。</p>
<p>1. When we hear good news; 2. When we finish doing something (eating, etc); 3. When we reply "How are you?" 4. When we sneeze 1. 聽到好消息； 2. 做完某樣事情(吃東西等)； 3. 回答別人問候「你好嗎？」 4. 打噴嚏時。</p>	
<p>الْحَمْدُ لِلَّهِ Ālḥamdulilah</p>	<p>We appreciate and praise Āllah. 我們對 <u>阿拉</u>感懷謝恩且稱頌讚美祂。</p>

<p>When we feel stressful or helpless. 壓力很大或感到無助時。</p>	
<p>لَا حَوْلَ وَ لَا قُوَّةَ إِلَّا بِاللّٰهِ Lā Ĥawla Wa Lā Quwwata Īllā Biāllah</p>	<p>Everything is surrounded by Āllah, and there is no power except from Him. 萬事萬物都被 <u>阿拉</u>所環繞，所有力量皆來自於 祂。</p>
<p>1. When we are hurt by others (backbite, gossip, etc.); 2. When we hear bad news. 1. 當別人傷害我們(背後中傷，謠言閒語等)；2. 聽到壞消息。</p>	
<p>حَسْبِيَ اللّٰهُ وَ نِعْمَ الْوَكِيلُ Ĥasbiya Āllahu Wa Niāma Ālwakiyl</p>	<p>Āllah is enough for me in everything and He is the only One I depend on. 只要有 <u>阿拉</u>則一切都已足夠，我只投靠仰賴 祂。</p>
<p>When we talk about the future or something we hope to be done. 談到未來或我們希望成真的事情時。</p>	
<p>إِنْ شَاءَ اللّٰهُ Īn Shaaā Āllah</p>	<p>If Āllah wills. 如果 <u>阿拉</u>意欲。</p>
<p>When we hear or mention the names of the prophets. 當我們聽到或提到先知名諱時。</p>	
<p>صَلَّى اللّٰهُ عَلَيْهِ وَ سَلَّمَ Ŝallaā Āllahu Ālayhi Wa Sallam</p>	<p>Peace be upon him. 願他得安祥。</p>

<p>When we ask Āllah for forgiveness. 當我們請求 <u>阿拉</u> 赦免罪愆。</p>	
<p>أَسْتَغْفِرُ اللَّهَ Āstagfiru Āllah</p>	<p>I am asking Āllah for forgiveness. 請求 <u>阿拉</u> 赦免我罪愆。</p>
<p>When we see something nice or are attracted by something. 當我們看見美好的東西或受某樣東西所吸引。</p>	
<p>مَا شَاءَ اللَّهُ, لَا قُوَّةَ إِلَّا بِاللَّهِ Maā Shaaā Āllah, Laā Quwata Īllā Biāllah</p>	<p>What Āllah wills to happen will definitely happen; there is no power except from Him. 只要是 <u>阿拉</u> 意欲發生的事情都一定會發生， 所有力量皆來自於 祂。</p>
<p>When someone sneezes, after he says Ālḥamdulillah, we should say to him this sentence. 當某人打噴嚏，在他說完 Ālḥamdulillah 之後，我們要說這句話。</p>	
<p>يَرْحَمُكَ اللَّهُ Yar Ḥamkomu Llah</p>	<p>May Allah mercy you 願 <u>阿拉</u> 慈憫你</p>
<p>The reply of the above saying 上面這句的回答</p>	
<p>يَهْدِينَا وَ يَهْدِيكُمْ اللَّهُ Yahdiynaā Wa Yahdiykomu Llah</p>	<p>May Allah lead us and lead you to the right path. 願 <u>阿拉</u> 引導我們也引導你走上正確的道路。</p>

17. 居家時的祈禱 Supplication at home

In some occasions we need to have special supplications according to what we learned from the prophet Muhammad Ṣallā Allahu Ālayhi Wa Sallam.

我們從先知穆罕默德(願他得安祥)身上學習到，在一些場合需要做一些特殊的祈禱。

Here are some supplications:

以下是一些祈禱詞：

<p>When we start eating we need to say بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ then we say:</p> <p>開始吃飯前要先說 بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ 再來要說：</p>	
<p>نَوَيْتُ التَّقْوَى عَلَى طَاعَةِ اللَّهِ تَعَالَى</p> <p>Nawaytu Ttaqawwiy Ālaā Dāa Āti Llahi Taālaā</p>	<p>I intend to get more energy and power to do more worshipping and obedience to Allah.</p> <p>我舉意要得到更多體力與能量去對 <u>阿拉</u> 做更多的崇拜與服從</p>
<p>If we forgot to say بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ when we remember we say:</p> <p>倘若忘記說 بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ 想起來的時候要說</p>	
<p>بِسْمِ اللَّهِ أَوَّلُهُ وَآخِرُهُ</p> <p>Bismi Llahi Āwwalahu Wa Āhirahu</p>	<p>In the name of Allah at the beginning and at the end.</p> <p>謹奉 <u>阿拉</u> 尊名，在開始的時候與結束的時候。</p>
<p>When we finish eating we say:</p> <p>吃完東西時要說：</p>	
<p>الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَ سَقَّنَا</p> <p>Ālḥamdulilahi Llathiy Ādāmanaā Wa Saqanaā</p>	<p>We appreciate and praise Āllah, the One who feeds and offers drink for us</p> <p>我們對 <u>阿拉</u> 感懷謝恩且稱頌讚美 祂，祂餵養我們且提供我們飲品。</p>
<p>وَجَعَلَنَا مُسْلِمِينَ</p> <p>Wa Jaālanaā Muslimiyn</p>	<p>And made us Muslims.</p> <p>且讓我們成為穆斯林。</p>

<p>When we look at the mirror we say: 看著鏡子時要說：</p>	
<p>اللَّهُمَّ كَمَا أَحْسَنْتَ خَلْقِي فَأَحْسِنْ خُلُقِي</p> <p>خُلُقِي</p> <p>Āllahumma Kamaā Āhsanta Ĥalqiy Faāhsin Ĥuluqiy</p>	<p>Oh Allah! We are asking You to make our ethics as good as You made our creation.</p> <p><u>阿拉</u>啊！我們請求 您讓我們的品性就像您創造我們一樣的美好。</p>
<p>If we want to go to toilet we say: 上廁所前要說：</p>	
<p>اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ</p> <p>Āllahumma Īnniy Āûwṭhu Bika Mina Lhubthi Wa Lhabaāith</p>	<p>Oh Allah! I am asking Āllah to protect me from all the offensiveness and from wicked deeds.</p> <p><u>阿拉</u>啊！我請求 <u>阿拉</u>保佑我遠離所有一切冒犯與惡劣的行為。</p>
<p>When we wear our clothes we say: 穿衣服時要說：</p>	
<p>الْحَمْدُ لِلَّهِ الَّذِي كَسَانِي مِنَ الرِّيشِ</p> <p>Ālḥamdulilahi Llaṭhiy Kasaāniy Mina Rriyaash</p>	<p>I appreciate and praise Āllah, the One who offered me the nice clothes.</p> <p>我對 <u>阿拉</u>感懷謝恩且稱頌讚美 祂， 祂供給美好的衣服，</p>
<p>مَا أُوَارِي بِهِ عَوْرَتِي</p> <p>Maa Ūwaāriy Bihi Āwratiy</p>	<p>Which I can use to cover my exposure,</p> <p>讓我用來遮蔽修體，</p>
<p>وَأَتَجَمَّلُ بِهِ فِي النَّاسِ</p> <p>Wa Ātajammalu Bihi Fiy Nnaās</p>	<p>And to look elegant in the society.</p> <p>且讓我在社會上看起來高雅。</p>

18. 朝覲時的祈禱 Supplication during Hajj

<p>During Hajj, we can make any supplication we like and know, no matter for this life or for the hereafter. Here are some supplications.</p> <p>朝覲時，我們可以做任何我們喜歡且會唸的祈禱，不管為此生或後世都可以。以下是幾段祈禱詞。</p>	
<p>اللَّهُمَّ إِنَّكَ عَفُوٌّ كَرِيمٌ</p> <p>Āllahumma Īnnaka Āfuwwun Kariym</p>	<p>Oh Allah! You are indeed the most forgiving and the most generous.</p> <p>阿拉啊！您的確最赦宥且最寬容，</p>
<p>تُحِبُّ الْعَفْوَ فَاعْفُ عَنَّا</p> <p>Tuḥibbu Lāfwa Faāāfu Ānnā</p>	<p>You like to forgive (always do), so please pardon us.</p> <p>您喜愛寬恕(總是如此)，所以請赦免我們。</p>
<p>During walking between Safaa and Marwa.</p> <p>在撒法與馬瓦之間行走時。</p>	
<p>رَبِّ اغْفِرْ وَارْحَمْ</p> <p>Rabbi Īgfir Wa Rḥam</p>	<p>Oh, my Lord! Forgive and mercy us.</p> <p>我的主啊！請饒恕且慈憫我們，</p>
<p>وَاعْفُ وَتَكَّرَمْ</p> <p>Wa Āāfu Wa Takarram</p>	<p>And pardon us and be generous with us.</p> <p>且赦免我們且寬容我們，</p>
<p>إِنَّكَ أَنْتَ الْأَعَزُّ الْأَكْرَمُ</p> <p>Īnnaka Ānta Lā Āzzu Lākram</p>	<p>You are indeed the most exalted in might and the most generous.</p> <p>您的確有最崇高的威權且 您最寬容。</p>

<p>In Arafat on the day of Arafah 阿拉法日在阿拉法</p>	
<p>لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ</p> <p>Laā Īlaāha Īllā Llah Waḥdahu Laā Shariykalah</p>	<p>There is no God but Allah, He is the only one and He has no partner. 除 <u>阿拉</u>之外別無其他神祇，祂獨一無二、絕無 同伴搭檔；</p>
<p>لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ</p> <p>Lahu lmulku Wa Lahu Lḥamdu</p>	<p>He is the Owner and the Controller of everything; He is the only One who deserves that we appreciate and praise. 祂是萬事萬物的擁有者與掌控者，唯有 祂值得 我們感恩與稱頌。</p>
<p>يُحْيِي وَ يُمِيتُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ</p> <p>Yuḥiyiy Wa Yumiytu Wa Huwa Ālaā Kulli Shayën Qadiyr</p>	<p>He is bringing life and death, and He is able to do everything. 祂帶來生命與死亡，且 祂能成就一切事物。</p>

19. 夜間拜時的祈禱

Supplication in the night prayer

<p>اللَّهُمَّ ارِنَا الْحَقَّ حَقًّا</p> <p>Āllahumma Ārinaā Ālĥaqqā Ĥaqqān</p>	<p>1- Oh Allah! Show us the true as true, 阿拉啊！讓真實的事物在我們面前展現出 真實的面貌，</p>
<p>وَ ارْزُقْنَا إِتِّبَاعَهُ</p> <p>Wa Ārzuqnaā Īttibāā Āh</p>	<p>And provide us following it. 且襄助我們恪守遵循這些真理。</p>
<p>وَ ارِنَا الْبَاطِلَ بَاطِلًا</p> <p>Wa Ārinaā Ālbaāḍila Baāḍilaān</p>	<p>And show us the wrong as wrong, 且讓謬誤的事物在我們面前呈現出謬誤的面貌，</p>
<p>وَ ارْزُقْنَا إِجْتِنَابَهُ</p> <p>Wa Ārzuqnaā Ījtinaābah</p>	<p>And provide us being away from it. 且襄助我們遠離這些謬誤。</p>
<p>اللَّهُمَّ إِغْنِنَا بِحَلَالِكَ</p> <p>Āllahumma Īgninaā Biĥalaālika</p>	<p>2- Oh Allah! Give us enough from the halal, 阿拉啊！讓我們所得那些合教法的東西 都能滿足所需，</p>
<p>عَنْ حَرَامِكَ</p> <p>Ān Ĥaraāmik</p>	<p>So no need for any haram. 所以就不需要任何違反教法的東西。</p>
<p>وَ بِطَاعَتِكَ عَنْ مَعْصِيَتِكَ</p> <p>Wa Biḍaā Ātika Ān Maāṣiyatik</p>	<p>And provide us obedience rather than disobedience, 且襄助我們去服從而不致違背，</p>

<p>و بِفَضْلِكَ عَنْ مَنْ سِوَاكَ</p> <p>Wa Bifaḍlika Ân Man Siwaāk</p>	<p>And from Your giving, rather than the giving from others.</p> <p>且提供我們 您的給養，不需要從其他人那裏獲得。</p>
<p>اَللّٰهُمَّ ارْزُقْنِيْ حُبَّكَ</p> <p>Āllahumma Ārzuqniy Ĥubbaka</p>	<p>3- Oh Allah! Provide me with Your love,</p> <p>阿拉啊！供給我 您的愛，</p>
<p>وَحُبَّ مَنْ يُحِبُّكَ</p> <p>Wa Ĥubba Man Yuḥibbuka</p>	<p>And the love of those who love You,</p> <p>還有那些愛 您的人的愛，</p>
<p>وَحُبَّ عَمَلٍ صَالِحٍ</p> <p>Wa Ĥubba Âmalen Šaāliḥen</p>	<p>And make me in love of doing good deeds,</p> <p>且讓我熱愛行善，</p>
<p>يُقَرِّبُنِيْ اِلَى حُبِّكَ</p> <p>Yuqarribuniy Īlaā Ĥubbika</p>	<p>That makes me loved by You.</p> <p>以使我被 您所愛。</p>

20. 旅行時的祈禱 Supplication in traveling

<p>اللَّهُ أَكْبَرُ, اللَّهُ أَكْبَرُ, اللَّهُ أَكْبَرُ</p> <p>Āllahu Ākbar, Āllahu Ākbar, Āllahu Ākbar</p>	<p>Āllah is greater, Āllah is greater, Āllah is greater.</p> <p>阿拉更偉大，阿拉更偉大，阿拉更偉大。</p>
<p>سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا</p> <p>Subḥāna Āllathiy Saḥḥara Lanaā Haṭhaā</p>	<p>All exalted be to the One who offered this,</p> <p>祂給我們這樣東西，一切崇高悉歸於 祂，</p>
<p>وَمَا كُنَّا لَهُ مُقْرِنِينَ</p> <p>Wamaā Kunnaā Lahu Muqriniyn</p>	<p>and we will never be able to achieve and reach it by ourselves.</p> <p>我們絕對無法憑自己能力得致這種成就並達到目的地，</p>
<p>وَإِنَّا إِلَىٰ رَبِّنَا لَمُنْقَلِبُونَ</p> <p>Wa Īnnaā Īlaā Rabbinaā Lamunqalibuwñ</p>	<p>And to our Lord will we go back.</p> <p>我們也將回到我們的主那裡。</p>
<p>اللَّهُمَّ أَنْتَ الصَّاحِبُ فِي السَّفَرِ</p> <p>Āllahumma Ānta Šṣaḥibu Fiy Ssafir</p>	<p>Oh Allah! You are the real fellow in traveling,</p> <p>阿拉啊！您是旅行時真實的旅伴，</p>
<p>وَالْخَلِيفَةُ فِي الْمَالِ وَالْأَهْلِ وَالْوَلَدِ</p> <p>Wa Lḥalifatu Fiy Lmali Wa Lāhli Wa Lwalad</p>	<p>And You are the one who will take care of the money, family, and kids.</p> <p>且是 您在看顧[我們的]金錢、家庭與子女。</p>
<p>اللَّهُمَّ إِنَّا نَسْأَلُكَ فِي سَفَرِنَا هَذَا</p> <p>Āllahumma Īnnaā Nasāluka Fiy Safarinaā Haṭhaā</p>	<p>Oh Allah! We are asking You to give us during this traveling</p> <p>阿拉啊！請求 您在這趟旅行中賜予我們</p>



<p>الْبِرِّ وَالتَّقْوَى</p> <p>Ābirra Wa Ttaqwaā</p>	<p>The piety and righteousness,</p> <p>虔誠與正直</p>
<p>وَمِنَ الْعَمَلِ مَا تَرْضَى</p> <p>Wa Mina Ālāmali Maā Tarḍā</p>	<p>And from the deeds that You are satisfied with.</p> <p>還有讓 您滿意的作為。</p>
<p>اللَّهُمَّ إِنَّا نَعُوذُ بِكَ مِنْ وَعَثَاءِ السَّفَرِ</p> <p>Āllahumma Īnnā Naûwṭhu Bika Min Wa Āthaāi Ssafar</p>	<p>Oh Allah! We are asking You to protect us from obstacles in this traveling,</p> <p>阿拉啊！請求 您保佑我們在這趟旅行中不要受 到阻礙，</p>
<p>وَكَاَبَةِ الْمَنْظَرِ</p> <p>Wa Kaābati Lmanṭhar</p>	<p>And from the bad look of us and others toward us,</p> <p>不要面露惡相且不要見到惡人，</p>
<p>وَسُوءِ الْمُنْقَلَبِ</p> <p>Wa Suwī Lmunqalab</p>	<p>And from the bad news after going back,</p> <p>且返家時不要接到壞消息，</p>
<p>فِي الْمَالِ وَالْأَهْلِ وَالْوَلَدِ</p> <p>Fiy Lmaāli Wa Lāhli Wa Lwalad</p>	<p>In money, family, and kids.</p> <p>金錢方面、家庭方面與兒女方面。</p>

21. 開拜時的祈禱 Supplication for Opening Praying

漢那菲 Hanafi	
<p>سُبْحَانَكَ اللَّهُمَّ وَ بِحَمْدِكَ</p> <p>Subhānaka Llahumma Wa Biḥamdika</p>	<p>All glory be to Allah and all praises be to Him.</p> <p>一切榮耀悉歸 <u>阿拉</u>且一切稱頌悉歸於 祂，</p>
<p>وَ تَبَارَكَ إِسْمُكَ</p> <p>Wa Tabaāraka Smuka</p>	<p>And Your name is blessed.</p> <p>且 您的尊名帶著恩福，</p>
<p>وَ تَعَالَى جَدُّكَ</p> <p>Wa Taālaā Jadduka</p>	<p>And Your power and majesty are never touched by others.</p> <p>且永遠無人得以碰觸 您的大能與權柄，</p>
<p>وَ لَا إِلَهَ غَيْرُكَ</p> <p>Wa Laā Īlaāha Gayruka</p>	<p>And no real God deserve but You.</p> <p>且除了 您之外沒有真神配受這一切。</p>

其他學派 Other Mathhab	
<p>وَجَّهْتُ وَجْهِيَ لِلَّذِي فَطَرَ السَّمَاوَاتِ وَالْأَرْضَ حَنِيفًا</p> <p>Waj Jah Ttu Waj Hi Ya Lil La Thiy Fa Ḍa Ras Sa MaWa Ti Wal Ār Ḍa Ḥa Niy Faān</p>	<p>I have turned my face with total submission to the Creator of heavens and earth.</p> <p>我帶著全然服從的心面向創造諸天與大地的 主宰，</p>
<p>وَمَا أَنَا مِنَ الْمُشْرِكِينَ</p> <p>Wa Ma Āna Mi Nal Mush Ri Kiyn</p>	<p>And I am not one of those who associate others with Āllah.</p> <p>我不是那些將受造物與 <u>阿拉</u>等稱的人，</p>



<p>إِنَّ صَلَاتِي وَنُسُكِي وَمَحْيَايَ وَمَمَاتِي</p> <p>Īnna Ša La Tiyy Wa Nu Su Kiy Wa Maḥ Ya Ya Wa Ma Ma Tiyy</p>	<p>My prayers and my practice of worshiping, my life and my death,</p> <p>我的禮拜和我所做的崇拜，我的生和我的 死，</p>
<p>لِلَّهِ رَبِّ الْعَالَمِينَ</p> <p>Lil La Hi Rab Bil Â La Miyn</p>	<p>All be to Āllah, the Lord of everything.</p> <p>所有一切都歸向 <u>阿拉</u>一萬事萬物的主宰。</p>

22. 遇到問題時的祈禱

Supplications when we have problems

摘自《聖訓》 Adopted from <i>Hadith</i>	
لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ Laa Īlaaha Īlāa Āllahu Ālāthiymu Ālhaliym	No God but Allah, the greatest and the forbearing. 除 <u>阿拉</u> 之外別無他神，祂最偉大且最寬容，
لَا إِلَهَ إِلَّا اللَّهُ Laa Īlaaha Īlāa Āllah	No God but Allah, 除 <u>阿拉</u> 之外別無他神，
رَبُّ السَّمَاوَاتِ وَالْأَرْضِ Rabbu Ssamaāwaāti Waālārḍ	The Lord of the skies and the earth, 祂是諸天與大地的 主宰，
رَبُّ الْعَرْشِ الْعَظِيمِ Rabbu Lārshi Lāthiym	The Lord of the great throne. 祂是宏偉寶座的 主。
摘自《聖訓》 Adopted from <i>Hadith</i>	
اللَّهُمَّ رَحْمَتُكَ أَرْجُو ĀLlahumma Raḥmatuka Ārjuw	Oh Allah! We are hoping to get Your mercy. <u>阿拉</u> 啊！我們盼望得到 您的慈憫，
فَلَا تَكِلْنِي إِلَى نَفْسِي طَرْفَةَ عَيْنٍ Falaā Takilniy Īlaa Nafsiy Ḍarfāt Āyn	Please never let us depend on ourselves not even for a wink 請不要讓我們倚賴自己，即使一眨眼的時間也不要，
أَصْلِحْ لِي شَأْنِي كُلَّهُ Āšliḥ Liy Shaāniy Kullah	Make all my things done well. 請讓我所有事情都能得到妥善處理，



<p>لَا إِلَهَ إِلَّا أَنْتَ</p> <p>Laa Īlaaha Īllaā Ānt</p>	<p>Indeed You are the only God.</p> <p>您的確是唯一的 神。</p>
<p>摘自《古蘭經》第 21 章第 87 節 Adopted from <i>Quran</i> Suwrah 21 Ayat 87</p>	
<p>لَا إِلَهَ إِلَّا أَنْتَ</p> <p>Llaā Īlaāha Īllaā Ānta</p>	<p>Indeed You are the only God.</p> <p>您的確是唯一的 神，</p>
<p>سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ</p> <p>Subḥaānaka Īnniy Kuntu Mina ṭhṭhaalimiyn</p>	<p>All glory be to You! Indeed I was a wrongdoer.</p> <p>一切榮耀悉歸於 您！我之前的確做了壞事。</p>



23. 與清真寺有關的祈禱詞 Supplications Related to the Masjid

<p>When we enter the masjid 當我們進入清真寺</p>	
<p>اللَّهُمَّ اغْفِرْ لِي ذُنُوبِي</p> <p>Āllahumma Ġfir Lī Thunuwbiy</p>	<p>Oh Allah! Forgive all my sins,</p> <p>阿拉啊！請饒恕我所有罪愆，</p>
<p>وَافْتَحْ لِي أَبْوَابَ رَحْمَتِكَ</p> <p>Wa Āftaḥ Lī Ābwāba Raḥmatik</p>	<p>And open the gates of Your mercy for me.</p> <p>且為我打開 您慈憫的大門。</p>
<p>When we leave the masjid 當我們離開清真寺</p>	
<p>اللَّهُمَّ اغْفِرْ لِي ذُنُوبِي</p> <p>Āllahumma Ġfir Lī Thunuwbiy</p>	<p>Oh Allah! Forgive all my sins,</p> <p>阿拉啊！請饒恕我所有罪愆，</p>
<p>وَافْتَحْ لِي أَبْوَابَ فَضْلِكَ</p> <p>Wa Āftaḥ Lī Ābwāba Faḍlik</p>	<p>And open the gates of Your provisions for me.</p> <p>且為我打開 您給養的大門。</p>
<p>Some supplications the Prophet used to say in the masjid. 先知以前常在清真寺裡面說的祈禱詞</p>	

<p>اللَّهُمَّ إِنِّي أَسْأَلُكَ الْهُدَى وَالتَّقَى</p> <p>Āllahumma Īnniy Āsāluka Ālhudaā Wa Āttuqaā</p>	<p>Oh Allah! I am asking You to give me guidance, and righteousness,</p> <p><u>阿拉</u>啊！請求 您給我引導且賜予我正直的品 格，</p>
<p>وَالْعَفَافَ وَالْغِنَى</p> <p>Wa Ālāfaāfa Wa Ālginaā</p>	<p>And purity and satisfaction.</p> <p>還有純潔與滿足。</p>
<p>Another supplication in the masjid 另一個在清真寺的祈禱詞</p>	
<p>اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي</p> <p>Āllahumma Īgfir Liy Waārhamniy</p>	<p>Oh Allah! Forgive my sins and mercy me,</p> <p><u>阿拉</u>啊！請饒恕我罪愆且慈憫我，</p>
<p>وَاهْدِنِي ، وَعَافِنِي ، وَارْزُقْنِي</p> <p>Wa Āhdiniy Wa Āāfiniy Wa Ārzuqniy</p>	<p>And guide me and make me healthy in faith and body, and provide me the best.</p> <p>引導我，讓我在信仰與身體上都得到健康，且 賜予我最佳的給養。</p>

24. 出門工作時或為任何理由所做的祈禱詞
Supplications when we go out to work or for any other reasons

<p>اللَّهُمَّ إِنِّي أَعُوذُ بِكَ</p> <p>Āllahumma Īnniy Āûwṭhu Bika</p>	<p>Oh Allah! I am asking You to protect me,</p> <p>阿拉啊！請求 您保佑我</p>
<p>أَنْ أَظْلِمَ أَوْ أُظْلَمَ</p> <p>Ān Āṭhlima Āw Ūṭhlama</p>	<p>from wronging others and being wronged by others;</p> <p>不要誣陷別人也不要被人誣陷；</p>
<p>أَوْ أَزِلَّ أَوْ أُزِلَّ</p> <p>Āw Āzilla Āw Ūzalla</p>	<p>making mistakes and being mistaken;</p> <p>不要犯錯也不要被別人的錯誤傷害；</p>
<p>أَوْ أَجْهَلَ أَوْ يُجْهَلَ عَلَيَّ</p> <p>Āw Ājhala Āw Yujhala Ālayya</p>	<p>fooling others and being fooled by others.</p> <p>不要愚弄別人也不要被人於愚弄。</p>
<p>وَ أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ</p> <p>Wa Āûwṭhu Bika Min Ālhammi Wa Ālhazan</p>	<p>And I am asking You to protect me from stress and sadness;</p> <p>且請求 您保佑我免除壓力與悲傷；</p>
<p>وَمِنَ الْعَجْزِ وَالْكَسَلِ</p> <p>Wa Min Alâjzi Wa Ālkasal</p>	<p>from weakness and laziness;</p> <p>遠離軟弱與懶散；</p>



<p>وَمِنَ الْجُبْنِ وَالْبُخْلِ</p> <p>Wa Mina Āljubni Wa Ālbuhl</p>	<p>from cowardice and stinginess.</p> <p>遠離懦弱與吝嗇。</p>
<p>وَأَعُوذُ بِكَ مِنْ غَلَبَةِ الدَّيْنِ</p> <p>Wa Āwṭhu Bika Min Galabati Ddayni</p>	<p>And I ask You to protect me from having debt that makes my life difficult,</p> <p>且請求 您保佑我免除讓我生活陷入困境的債務，</p>
<p>وَقَهْرِ الرَّجَالِ</p> <p>Wa Qahri Rri Jaāl</p>	<p>And the humiliation of men.</p> <p>還有人們對我的羞辱。</p>

25. 涵蓋所有需求的祈禱詞

The supplication that contains everything we need

<p>اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنَ الْخَيْرِ كُلِّهِ</p> <p>Āllahumma Īnniy Āsāluka Mina Ālḥayri</p> <p>Kullihi</p>	<p>Oh Allah! I am asking You for all the good things,</p> <p>阿拉啊！請求 您賜予我所有美好事物—</p>
<p>عَاجِلُهُ وَآجِلُهُ</p> <p>Āajilahu Wa Ājilahu</p>	<p>The sooner and later one,</p> <p>無論是即將來臨的或是晚點到來的，</p>
<p>مَا عَلِمْتُ مِنْهُ وَمَا لَمْ أَعْلَمْ</p> <p>Maā Ālimtu Minhu Wa Maā Lam Āalam</p>	<p>The one I know and the one I don't know.</p> <p>無論是我知曉的或是我所不知道的。</p>
<p>اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ خَيْرِ مَا سَأَلَكَ</p> <p>Āllahumma Īnniy Āsāluka Min Ḥayri Maā</p> <p>Saālaka</p>	<p>Oh Allah! I am asking You from the best of what</p> <p>阿拉啊！請求 您賜予我那些最美好的東西—</p>
<p>عَبْدُكَ وَنَبِيِّكَ</p> <p>Ābduka Wa Nabiiyuka</p>	<p>Your servant and prophet</p> <p>那些 您的僕人與先知</p>
<p>مُحَمَّدٌ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ</p> <p>Muḥammadon Ṣallaā Āllahu Ālayhi Wa</p> <p>Sallam</p>	<p>Muhammad (peace be upon him) asked of You.</p> <p>穆罕默德(願他得安祥)所向 您請求的東西。</p>

<p>وَأَعُوذُ بِكَ مِنْ شَرِّ مَا عَادَ مِنْهُ</p> <p>Wa Āûwṡhu Bika Min Sharri Mā Āāṡha</p> <p>Minhu</p>	<p>And I am asking You to protect me from the evil that</p> <p>且請求 您保佑我遠離那些邪惡的東西—</p>
<p>عَبْدُكَ وَنَبِيِّكَ</p> <p>Ābduka Wa Nabiyyuka</p>	<p>Your servant and prophet asked You to protect him from.</p> <p>那些 您的僕人與先知所向 您請求讓他遠離的 東西。</p>
<p>اللَّهُمَّ إِنِّي أَسْأَلُكَ الْجَنَّةَ وَمَا قَرَّبَ</p> <p>إِلَيْهَا</p> <p>Āllahumma Īnniy Āsāluka Āljannat Wa</p> <p>Mā Qarraba Īlayhaā</p>	<p>Oh Allah! I am asking You the paradise and all what is making me closer to it,</p> <p><u>阿拉</u>啊！請求 您賜予我天堂以及一切能讓我 更靠近天堂的東西—</p>
<p>مِنْ قَوْلٍ أَوْ عَمَلٍ</p> <p>Min Qawlen Āw Āmalen</p>	<p>Words or deeds.</p> <p>無論是言語或行為。</p>
<p>وَأَسْأَلُكَ أَنْ تَجْعَلَ كُلَّ قَضَاءٍ</p> <p>Wa Āsāluka Ān Tajāla Kulla Qaḍaaēn</p>	<p>And I am asking You to make all my destiny</p> <p>且請求 您讓我所有的命運—</p>
<p>تَقْضِيهِ لِي خَيْرًا</p> <p>Taqḍiyhi Liy Ḥayran</p>	<p>That You decide to come to me, good destiny.</p> <p>那些 您決定要降臨我身上的命運—都是好的 命運。</p>

26. 任何時間與任何場合都可做的祈禱詞 (一)
Supplication in Anytime for any Occasion I

<p>اللَّهُمَّ آتِ نَفْسِي تَقْوَاهَا</p> <p>Āllahumma Āti Nafsiy Taqwaāhaā</p>	<p>Oh Allah! Guide my soul to be righteous;</p> <p>阿拉啊！請引導我的靈魂以使它正直，</p>
<p>وَزَكِّهَا أَنْتَ خَيْرُ مَنْ زَكَّاهَا</p> <p>Wa Zakkihaā Ānta Ḥayru Man Zakkaāhaā</p>	<p>And purify it, You are the best purifier;</p> <p>且淨化它， 您最擅於淨化；</p>
<p>أَنْتَ وَلِيُّهَا وَمَوْلَاهَا</p> <p>Ānta Wa Liyyuhaā Wa Maw Lāhaā</p>	<p>You are the sponsor and owner of it.</p> <p>您贊助它且擁有它，</p>
<p>نِعْمَ الْمَوْلَى وَ نِعْمَ النَّصِيرُ</p> <p>Niāma Ālmawlaā Wa Niāma Ānnaṣiyr</p>	<p>And You are indeed the best sponsor and the best helper.</p> <p>且 您確實是最佳的贊助者與襄助者。</p>
<p>اللَّهُمَّ إِنِّي أَعُوذُ بِكَ</p> <p>Āllahumma Īnniy Āûwṡhu Bika</p>	<p>Oh Allah! I am asking You to protect me</p> <p>阿拉啊！請求 您保佑我</p>
<p>مِنْ عِلْمٍ لَا يَنْفَعُ</p> <p>Min Īlmen Lā Yanfaā</p>	<p>From useless knowledge,</p> <p>讓我遠離無用的知識，</p>



<p>وَمِنْ قَلْبٍ لَا يَخْشَعُ</p> <p>Wa Min Qalben Lā Yahshaâ</p>	<p>And from the heart that does not fear You,</p> <p>且讓我遠離那不畏懼 您的心，</p>
<p>وَمِنْ نَفْسٍ لَا تَشْبَعُ</p> <p>Wa Min Nafsen Lā Tashbaâ</p>	<p>And from the soul that never becomes satisfied,</p> <p>且讓我遠離那永不感到滿足的靈魂，</p>
<p>وَمِنْ دَعْوَةٍ لَا يُسْتَجَابُ لَهَا</p> <p>Wa Min Daâwatan Lā Yustajaabu Lahaâ</p>	<p>And from the supplication that is rejected to be heard.</p> <p>且讓我遠離那被拒絕聽見的祈求。</p>

27. 任何時間與任何場合都可做的祈禱詞（二）
Supplication in Anytime for any Occasion II

<p>لَا إِلَهَ إِلَّا اللَّهُ الْمَلِكُ الْحَقُّ الْمُبِينُ</p> <p>Lā Īlha Īllaā Āllahu Ālmaliku Ālḥaqqu Ālmubiyn</p>	<p>There is no God but Allah, the real and true, the clear King with evidences.</p> <p>除了 <u>阿拉</u>之外再也沒有其他的神— 祂名符其實且真實不虛，且重重的跡象顯示 祂是明確的君王。</p>
<p>اَللّٰهُمَّ اِنَّا نَسْأَلُكَ رِضَاكَ وَ الْجَنَّةَ</p> <p>Āllahumma Īnnā Nasāluka Riḍaaka Wa Āljannah</p>	<p>Oh Allah! We are asking You to be satisfied with us, and we are asking You for paradise;</p> <p><u>阿拉</u>啊！請求 您對我們感到滿意，且請求 您賜予我們天堂。</p>
<p>وَ نَعُوْذُ بِكَ مِنْ سَخَطِكَ وَ مِنَ النَّارِ</p> <p>Wa Naûwṭhu Bika Min Saḥaḍika Wa Mina Ānnaār</p>	<p>And we are asking You to protect us from Your anger and from the hellfire.</p> <p>且請求 您保佑我們遠離 您的怒火與地獄之火。</p>
<p>اَللّٰهُمَّ لَا سَهْلَ اِلَّا مَا جَعَلْتَهُ سَهْلًا</p> <p>Āllahumma Laā Sahla Īllaā Maā Jaāltahu Sahlaān</p>	<p>Oh Allah! Indeed there is no ease unless You make it easy.</p> <p><u>阿拉</u>啊！的確沒有什麼事情是容易的，除非 您讓它變得容易。</p>

<p>وَ أَنْتَ تَجْعَلُ الْحَزْنَ إِذَا شِئْتَ سَهْلًا</p> <p>Wa Ānta Tajālu Ālḥazana Īṭhaā Shiāta Sahlaān</p>	<p>Indeed, You, Allah, make things easy in what You want to do.</p> <p>的確，是 您， <u>阿拉</u>，讓 您意欲的事情變得容易。</p>
<p>اَللّٰهُمَّ اِرْحَمْنَا فَاِنَّكَ بِنَا رَاحِمٌ</p> <p>Āllahumma Īrḥamnaā Faīnnaka Binaā Raāḥim</p>	<p>Oh Allah! Mercy us, indeed You are mercying us always.</p> <p><u>阿拉</u>啊！請慈憫我們， 您真的總是在慈憫我們，</p>
<p>وَ لَا تُعَذِّبْنَا فَاِنَّكَ عَلَيْنَا قَادِرٌ</p> <p>Wa Lā Tuāṭḥṭhibnaā Faīnnaka Ālaynaā Qāadir</p>	<p>And do not punish us, indeed You are able to do so.</p> <p>且不要懲罰我們， 您真的有能力這麼做。</p>



28. 祈求生育兒女的祈禱詞 Supplications for Having Kids

Chapter 25 Ayat 74 第 25 章第 74 節	
<p>رَبَّنَا هَبْ لَنَا</p> <p>Rabbanaā Hab Lanaā</p>	<p>Oh our Lord! Give us a gift without any reasons,</p> <p>我們的 主啊！請賜給我們一個禮物，不需任何理由，</p>
<p>مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا</p> <p>Min Āzwaājinaā Wa Thurriyyaātinaā</p>	<p>From our partners and our offspring,</p> <p>從我們伴侶與子嗣中，</p>
<p>قُرَّةَ أَعْيُنٍ</p> <p>Qurrata Āāyun</p>	<p>Relaxation, happiness and satisfaction.</p> <p>自在、幸福與滿足。</p>
<p>وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا</p> <p>Wa Ājālnaā Lilmuttaqiyna Īmaama</p>	<p>And make us the best among the righteous people.</p> <p>且讓我們成為正直之人中最佳的代表。</p>
Chapter 37 Ayat 100 第 25 章第 74 節	
<p>رَبِّ هَبْ لِي مِنَ الصَّالِحِينَ</p> <p>Rabbi Hab Liy Mina Āṣṣaalihiyn</p>	<p>Oh my Lord! Give me one of the most righteous as a kid.</p> <p>我的 主啊！請賜給我一個最正直的孩子。</p>

Chapter 21 Ayat 89 第 25 章第 74 節	
<p>رَبِّ لَا تَذَرْنِي فَرْدًا</p> <p>Rabbi Laā Tatharniy Fardan</p>	<p>Oh my Lord! Do not let me remain alone without kids,</p> <p>我的 主啊！請不要讓我一直孤獨無子，</p>
<p>وَأَنْتَ خَيْرُ الْوَارِثِينَ</p> <p>Wa Ānta Ḥayru Ālwaarithiyn</p>	<p>You are indeed the best inheritor.</p> <p>您的確是最佳的繼承者。</p>
Chapter 3 ayat 38 第 25 章第 74 節	
<p>رَبِّ هَبْ لِي</p> <p>Rabbi Hab Liy</p>	<p>Oh Allah! Give me (without reasons)</p> <p>阿拉啊！請賜予我(不需任何理由)</p>
<p>مِنْ لَدُنْكَ ذُرِّيَّةً طَيِّبَةً</p> <p>Mil Ladunka Thurriyyatan Dayyibatan</p>	<p>From You a good offspring.</p> <p>從 您那裡一個好的子嗣，</p>
<p>إِنَّكَ سَمِيعُ الدُّعَاءِ</p> <p>Innaka Samiyû Ddu Āāā</p>	<p>You are indeed the One who hears the supplication.</p> <p>您，的確是 您聽到這個祈禱。</p>

29. 特殊用途的祈禱詞 Supplications for Special Purposes

<p>Supplication Before Sexual Intercourse</p> <p>男女交合前</p>	
<p>أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ</p> <p>Āûwṭhu Biāllahi Mina Ālshshayḍāni Ālrrajiym</p>	<p>I am asking Āllah to protect me from Satan, the devil who's got stoned.</p> <p>請求 <u>阿拉</u> 保佑我免受<u>撒旦</u> 侵擾— 那被扔石喊打的惡魔。</p>
<p>بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ</p> <p>Bismi Āllahi Ālrahmani Ālrahiym</p>	<p>In the name of Āllah, whose grace covers everything and everyone in this life for always, the One who is sending His mercy on judgment day to His believers.</p> <p>謹奉 <u>阿拉</u> 尊名，祂恩典澤被萬事萬物於此生 恆常不變，在審判日仁慈以待信仰祂的人。</p>
<p>اللَّهُمَّ جَنِّبْنَا الشَّيْطَانَ</p> <p>Āllahumma Jannibnaā Ālshshayḍān</p>	<p>Oh, Āllah! Protect us from Satan.</p> <p><u>阿拉</u> 啊！保佑我們遠離<u>撒旦</u>，</p>
<p>وَجَنِّبِ الشَّيْطَانَ مَا رَزَقْتَنَا</p> <p>Wa Jannibi Ālshshayḍāna Maā Razaqtanaā</p>	<p>And keep Satan away from what you have provided for us.</p> <p>並請讓<u>撒旦</u> 遠離 您準備好要給我們的東西。</p>
<p>Supplication after Praying</p> <p>禮拜完的祈禱詞</p>	

<p>اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ وَشُكْرِكَ</p> <p>Āllahumma Āînniy Ālaā Thikrika Wa Shukrika</p>	<p>Oh Allah! Help me to keep on mentioning Your name and keep on thanking You,</p> <p>阿拉啊！請幫助我不斷地唸誦 您的尊名且不斷地感謝 您，</p>
<p>وَحُسْنِ عِبَادَتِكَ</p> <p>Wa Ĥusni Ībaadatika</p>	<p>And keep on worshipping You well.</p> <p>且一直持續好好地崇拜 您。</p>
<p>اللَّهُمَّ! لَا مَانِعَ لِمَا أَعْطَيْتَ</p> <p>Āllahumma Lā Maāniā Limaā Āaḍayta</p>	<p>Oh Allah! No one can stop what You want to give,</p> <p>阿拉啊！只要是 您要給誰什麼東西，就沒有人阻止得了；</p>
<p>وَلَا مُعْطِيَ لِمَا مَنَعْتَ</p> <p>Wa Lā Muāḍiya Limaā Manaāta</p>	<p>And no one can give what You want to stop;</p> <p>且只要是 您一阻止，就沒有人能給誰任何東西。</p>
<p>وَلَا يَنْفَعُ ذَا الْجَدِّ</p> <p>Wa Lā Yanfaū Thaa Āljaddi</p>	<p>And efforts and luck will never help</p> <p>且任何努力和運氣都無濟於事，</p>
<p>مِنْكَ الْجَدُّ</p> <p>Minka Āljaddu</p>	<p>Without Your permission and support.</p> <p>一旦失去 您的恩准與支持。</p>

30. 祈求 阿拉保護 祂所賜予我們的東西
Asking Āllah to Protect What He Has Given Us

<p>اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ زَوَالِ نِعْمَتِكَ</p> <p>Āllahumma Īnniy Āûwṭhu Bika Min Zawaāli Niāmatika</p>	<p>Oh Allah! I am asking You to make me away from losing what You have offered me; 阿拉啊！請求 您不要讓我失去 您所賜予我的 東西；</p>
<p>وَتَحَوُّلِ عَافِيَتِكَ</p> <p>Wa Taḥawwuli Āāfiyatika</p>	<p>And from changing my good health into bad; 且不要讓我健康的身體變壞；</p>
<p>وَفُجَاءَةِ نِقْمَتِكَ</p> <p>Wa Fujaaāti Niqmatika</p>	<p>And from the sudden anger from You; 且不要招惹 您突然降臨的怒火；</p>
<p>وَجَمِيعِ سَخَطِكَ</p> <p>Wa Jamiyî Saḥadika</p>	<p>And from all kinds of Your dissatisfactions. 且不要引起 您任何的不悅。</p>

31. 《古蘭經》裡的祈禱詞之一
Supplications from *Qurān* 1

<p>رَبَّنَا لَا تُؤَاخِذْنَا</p> <p>Rabbanaā Laā Tuwa Āhithnaā</p>	<p>Oh Allah! Do not impose blame upon us</p> <p>阿拉啊！請不要責備我們</p>
<p>إِنْ نَسِينَا أَوْ أَخْطَأْنَا</p> <p>Īn Nnasiynaā Āw Āhḍaānaā</p>	<p>If we forget or make mistakes.</p> <p>如果我們遺忘或犯錯。</p>
<p>رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إِصْرًا</p> <p>Rabbanaā Wa Laā Tahmil Ālaynaā Īsranā</p>	<p>Oh Allah! Do not lay upon us a burden</p> <p>阿拉啊！請不要給我們負擔</p>
<p>كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا</p> <p>Kamaā Ḥamaltahu Ālaā Llaṭhiyna Min Qablinaā</p>	<p>same as how You did to those before us.</p> <p>就像 您在我們之前對那些人所做的一樣。</p>
<p>رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ</p> <p>Rabbanaā Wa Laā Tuḥammilnaā Maā Laā Daaqata Lanaā Bih</p>	<p>Oh Allah! Never load over us what is over our ability,</p> <p>阿拉啊！請不要在我們身上施加超出我們能力的負荷</p>
<p>وَاعْفُ عَنَّا</p> <p>Wa Āafu Ānnaā</p>	<p>And pardon us,</p> <p>且赦免我們，</p>



<p>وَاعْفِرْ لَنَا وَارْحَمْنَا</p> <p>Wa Gfir Lanaā Wa Rḥamnaā</p>	<p>And forgive us and mercy us.</p> <p>且饒恕我們且慈憫我們。</p>
<p>أَنْتَ مَوْلَانَا</p> <p>Ānta Mawlaānaā</p>	<p>You are our protector,</p> <p>您是我們的守護者，</p>
<p>فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ</p> <p>Faānṣur Âlaā Lqawmi Lkaāfiriyn</p>	<p>So bring victory to us over the disbelievers.</p> <p>所以請在不信者之上為我們帶來勝利。</p>

32. 《古蘭經》裡的祈禱詞之二 Supplications from *Qurān* 2

<p>قُلِ اللَّهُمَّ مَالِكَ الْمُلْكِ</p> <p>Quli Llahumma Maalika Lmulk</p>	<p>Say, "Oh, Allah, the Owner of every owned and owner.</p> <p>[您要]說：「阿拉啊！每個被擁有者與擁有者的擁有者，</p>
<p>تُؤْتِي الْمُلْكَ مَنْ تَشَاءُ</p> <p>Tuwätiy Lmulka Man Tashaāā</p>	<p>You give authority and owning to whom You will,</p> <p>您賜予 您所意欲的人權柄與擁有[的東西]，</p>
<p>وَتَنْزِعُ الْمُلْكَ مِمَّنْ تَشَاءُ</p> <p>Wa Tanjiû Lmulka Mimman Tashaāā</p>	<p>And You take the authority and owning from whom You will;</p> <p>且 您從 您所意欲的人身上帶走權柄與擁有[的東西]；</p>
<p>وَتُعِزُّ مَنْ تَشَاءُ</p> <p>Wa Tuîzzu Man Tashaāā</p>	<p>And You honor whom You will,</p> <p>且 您榮耀 您所意欲的人，</p>
<p>وَتُذِلُّ مَنْ تَشَاءُ</p> <p>Wa Tuthillu Man Tashaāā</p>	<p>And You humiliate whom You will.</p> <p>且 您羞辱 您所意欲的人。</p>
<p>بِيَدِكَ الْخَيْرُ</p> <p>Biyadika Lhayr</p>	<p>All good things are in Your hands.</p> <p>一切美好的東西都掌握在 您的手裡，</p>
<p>إِنَّكَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ</p> <p>Īnnaka Âlaā Kulli Shayën Qadiyr</p>	<p>You are indeed able to do everything.</p> <p>您的大能的確能成就每件事情。</p>
<p>تُولِجُ اللَّيْلَ فِي النَّهَارِ</p> <p>Tuwliju Llayla Fiy Nnahaār</p>	<p>You cause darkness of the night after day light,</p> <p>您在白晝之後帶來黑夜，</p>



<p>وَتُولِجُ النَّهَارَ فِي اللَّيْلِ</p> <p>Wa Tuwliju Nnahaāra Fiy Llayl</p>	<p>And You cause day light after the darkness of the night.</p> <p>且 您在黑夜之後帶來白晝；</p>
<p>وَتُخْرِجُ الْحَيَّ مِنَ الْمَيِّتِ</p> <p>Wa Tuḥriju Lḥayya Mina Lmayyit</p>	<p>And You bring life out of death,</p> <p>且 您從死亡裡帶來生命，</p>
<p>وَتُخْرِجُ الْمَيِّتَ مِنَ الْحَيِّ</p> <p>Wa Tuḥriju Lmayyita Mina Lḥay</p>	<p>And You bring death out of life.</p> <p>且 您從生命裡帶來死亡，</p>
<p>وَتَرْزُقُ مَنْ تَشَاءُ بِغَيْرِ حِسَابٍ</p> <p>Wa Tarzuqu Man Tashaāü Bigayri Ĥisaab</p>	<p>And You provide whatever You like to whomever You will without any accounting.”</p> <p>且 您供給 您所意欲的人 您樂意給他的東西~沒有任何計算。」</p>



33. 《古蘭經》裡的祈禱詞之 3 Supplications from *Qurān* 3

<p>رَبَّنَا لَا تُزِغْ قُلُوبَنَا</p> <p>Rabbanaā Lā Tujig Quluwbanaā</p>	<p>Oh Allah! Do not let our hearts go astray</p> <p><u>阿拉</u>啊！請不要讓我們的心走上偏斜之路</p>
<p>بَعْدَ إِذْ هَدَيْتَنَا</p> <p>Baāda Īth Hadaytanaā</p>	<p>After You guided us.</p> <p>在 您引導我們之後；</p>
<p>وَهَبْ لَنَا مِنْ لَدُنْكَ رَحْمَةً</p> <p>Wa Hab Lanaā Mil Ladunka Raḥmatan</p>	<p>And give us a mercy from You (without reasons).</p> <p>且從 您那裡賜予我們恩慈(不需要理由)。</p>
<p>إِنَّكَ أَنْتَ الْوَهَّابُ</p> <p>Īnnaka Ānta Lwa Hhaāb</p>	<p>You are indeed the bestowers</p> <p>您的確是授予者</p>
<p>رَبَّنَا إِنَّكَ جَامِعُ النَّاسِ لِيَوْمٍ لَا رَيْبَ فِيهِ</p> <p>Rabbanaā Īnnaka Jaāmiû Nnaāsi Liyawmen</p> <p>Llaā Rayba Fiyh</p>	<p>Oh Allah! You are going to resurrect all people in a day that exists for sure</p> <p><u>阿拉</u>啊！ 您將在一天之內讓所有人復活，的確有這麼一天，</p>
<p>إِنَّ اللَّهَ لَا يُخْلِفُ الْمِيعَادَ</p> <p>Īnna Llaha Lā Yuhlifu Lmiyâad</p>	<p>As Allah never breaks His promises.</p> <p>因為 <u>阿拉</u>從不違背 祂的諾言。</p>



生育兒女 For having kids	
رَبِّ هَبْ لِي Rabbi Hab Liy	Oh Allah! Give me (without reasons) <u>阿拉</u> 啊！請賜予我(不需任何理由)
مِنْ لَدُنْكَ ذُرِّيَّةً طَيِّبَةً Mil Ladunka Thurriyyatan Dayyibatan	From You a good offspring. 從 您那裡一個好的子嗣，
إِنَّكَ سَمِيعُ الدُّعَاءِ Īnnaka Samiyû Ddu Âä	You are indeed the One who hears the supplication. 您，的確是 您聽到這個祈禱。

34. 《古蘭經》裡的祈禱詞之 4
Supplications from *Qurān* 4

<p>رَبَّنَا مَا خَلَقْتَ هَذَا بَاطِلًا</p> <p>Rabbanaā Maā Ḥalaqta Haḥā Baādilan</p>	<p>Oh Allah! You did not creat all of these for no reason.</p> <p><u>阿拉</u>啊！ 您創造這一切並非毫無理由，</p>
<p>سُبْحَانَكَ فَقِنَا عَذَابَ النَّارِ</p> <p>Subḥāanaka Faqinaā Âthaaba Nnaār</p>	<p>All glory be to You, protect us from the punishment of hellfire.</p> <p>一切榮耀悉歸於 您，請保佑我們免受火獄的刑罰。</p>
<p>رَبَّنَا إِنَّكَ مَن تُدْخِلِ النَّارَ فَقَدْ أَخْزَيْتَهُ</p> <p>Rabbanaā Īnnaka Man Tudḥili Nnaāra Faqad Âḥzaytah</p>	<p>Oh Allah! Indeed the one You sentence to hell is a loser and disgraced.</p> <p><u>阿拉</u>啊！被 您判至地獄的人的確失敗而且蒙羞，</p>
<p>وَمَا لِلظَّالِمِينَ مِنْ أَنْصَارٍ</p> <p>Wa Maā Lilṭḥaālimiyna Min Ānṣaār</p>	<p>The wrongdoers have no supporters.</p> <p>做壞事的人沒有任何支持者。</p>
<p>رَبَّنَا إِنَّا سَمِعْنَا مُنَادِيًا يُنَادِي لِلْإِيمَانِ</p> <p>Rrabbanaā Īnnanaā Samiānaā Munaādiyyan Yunaādiy Lil Īymān</p>	<p>Oh Allah! We heard a caller calling everyone to believe,</p> <p><u>阿拉</u>啊！我們聽到一個聲音呼喚著每個人去信仰，</p>
<p>أَن آمَنُوا بِرَبِّكُمْ فَآمَنَّا</p> <p>Ān Āāminuwā Birabbikum Faāāmannā</p>	<p>Saying, “Belive in your Lord,” and so we did.</p> <p>說道：「信仰你的主。」於是我們就信仰。</p>



<p>رَبَّنَا فَاعْفِرْ لَنَا ذُنُوبَنَا</p> <p>Rabbanaā Faāgfir Lanaā Ṭhunuwbanaā</p>	<p>Oh our Lord! (As we believed,) Forgive our sins.</p> <p>我們的主啊！(既然我們信仰了，)請赦免我們的罪愆，</p>
<p>وَكفِّرْ عَنَّا سَيِّئَاتِنَا</p> <p>Wa Kaffir Ānnaā Sayyiāatinaā</p>	<p>And remove our missdeeds,</p> <p>且除去我們的過錯，</p>
<p>وَتَوَفَّنَا مَعَ الْأَبْرَارِ</p> <p>Wa Tawaffanaā Maā Lābraār</p>	<p>And cause death to us as rightuess people.</p> <p>且讓我們以正直之身死去。</p>
<p>رَبَّنَا وَآتِنَا مَا وَعَدْتَنَا عَلَىٰ رُسُلِكَ</p> <p>Rabbanaā Wa Āatinaā Maā Wa Ādtanaā Ālaā Rusulik</p>	<p>Oh our Lord! And give us what You already promised us through Your messengers,</p> <p>我們的主啊！且賜予我們您已藉由 您的使者向我們所承諾的東西，</p>
<p>وَلَا تُخْزِنَا يَوْمَ الْقِيَامَةِ</p> <p>Wa Lā Tuḥzinaā Yawma Lqiyaāmah</p>	<p>And do not disgrace us on the day of judgment.</p> <p>且不要在審判日羞辱我們，</p>
<p>إِنَّكَ لَا تُخْلِفُ الْمِيعَادَ</p> <p>Īnnaka Lā Tuḥlifu Lmiyâad</p>	<p>Indeed You never break Your promises.</p> <p>您的確從不違背諾言。</p>



35. 《古蘭經》裡的祈禱詞之 5 Supplications from *Qurān* 5

第 14 章第 40-41 節 Chapter 14 Ayat 40-41

<p>رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ</p> <p>Rabbi Ījālني Muqiymaṣ Ṣalāh</p>	<p>Oh Allah! Help me all the time to be able to pray,</p> <p>阿拉啊！請隨時隨地幫助我有能力去禮拜，</p>
<p>وَمِنْ ذُرِّيَّتِي</p> <p>Wa Min Thurriyyatiy</p>	<p>And my family (offspring) as well.</p> <p>且同樣地幫助我的家人(子嗣)。</p>
<p>رَبَّنَا وَتَقَبَّلْ دُعَاءَ</p> <p>Rabbanaā Wa Taqabbal Duāā</p>	<p>Oh our Lord! Accept our supplications.</p> <p>我們的主啊！請接受我們的祈求，</p>
<p>رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ</p> <p>Rabbanaā Gfir Liy Wa Liwa Ālidayya Wa Lilmuwā Miniyna</p>	<p>Oh our Lord! Forgive me and my parents, and forgive all believers</p> <p>我們的主啊！請饒恕我和我的父母以及所有信士</p>
<p>يَوْمَ يَقُومُ الْحِسَابُ</p> <p>Yawma Yaquwmu Lhisaab</p>	<p>On the day of judgment.</p> <p>在審判日這天。</p>



第 20 章第 25-28 節 Chapter 20 Ayat 25-28

<p>رَبِّ إِشْرَحْ لِي صَدْرِي</p> <p>Rabbi Īshraḥ Liy Ṣadriy</p>	<p>Oh my Lord! Expand my breast and give me confidence.</p> <p>我的 主啊！請開闊我的胸襟且賜給我信心，</p>
<p>وَيَسِّرْ لِي أَمْرِي</p> <p>Wa Yassir Liy Āmriy</p>	<p>And make my things easy and smooth.</p> <p>且讓我的事情進行得順利圓滿，</p>
<p>وَاحْلُلْ عُقْدَةً مِّنْ لِّسَانِي</p> <p>Wa Āhlul Ūqdatam Min Lliṣāniy</p>	<p>And untie my tongue so that I can talk fluently,</p> <p>且鬆開我的舌頭讓我口齒流利，</p>
<p>يَفْقَهُوا قَوْلِي</p> <p>Yafqahuw Āqawliy</p>	<p>So they will understand me.</p> <p>以使他們理解我所說的話。</p>



36. 《古蘭經》裡的祈禱詞之 6
Supplications from *Qurān* 6

<p>第 3 章第 147 節 Chapter 3 Ayat 147</p>	
<p>رَبَّنَا اغْفِرْ لَنَا ذُنُوبَنَا</p> <p>Rabbanaā Āgfir Lanaā Thunuwbanaā</p>	<p>Oh our Lord! Forgive our sins, 我們的 主啊！請赦免我們的罪行，</p>
<p>وَإِسْرَافَنَا فِي أَمْرِنَا</p> <p>Wa Īsrafanaā Fiy Āmrinaā</p>	<p>And our exceeding in disobeying You; 且饒恕我們那些違背您的踰矩行為</p>
<p>وَتَثَبِّتْ أَقْدَامَنَا</p> <p>Wa Thabbīt Āqdaāmanaā</p>	<p>And keep our strength big so as not to run away; 且賜給我們大力量才不至臨陣脫逃</p>
<p>وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ</p> <p>Wa Ānṣurnaā Ālaā Lqawmi Lkaāfiriyn</p>	<p>And give us the victory from You against the disbelievers. 且賜予我們勝利以戰勝不信者。</p>
<p>第 7 章第 23 節 Chapter 7 Ayat 23</p>	
<p>رَبَّنَا ظَلَمْنَا أَنْفُسَنَا</p> <p>Rabbanaā Ṭhālamnaā Ānfusanaā</p>	<p>Oh our Lord! Indeed we wronged ourselves. 我們的 主啊！我們的確讓自己身陷謬誤，</p>



<p>وَإِنْ لَمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا</p> <p>Wa Īn Lam Tagfir Lanaā Watarḥamnaā</p>	<p>And if You do not forgive us and mercy us, 且假使 您不饒恕我們、恩待我們的話，</p>
<p>لَنَكُونَنَّ مِنَ الْخَاسِرِينَ</p> <p>Lanakuwnanna Mina Lḥaāsiriyn</p>	<p>We will for sure be the biggest losers. 我們肯定要成為最失敗的人。</p>
<p>第 7 章第 47 節 Chapter 7 Ayat 47</p>	
<p>رَبَّنَا لَا تَجْعَلْنَا مَعَ الْقَوْمِ الظَّالِمِينَ</p> <p>Rabbanaā Lā Tajālnaā Maā Ālqawmi ṭḥṭhaālimiyn</p>	<p>Oh our Lord! Please never make us with those who are wrongdoers. 我們的 主啊！請永遠都不要讓我們與那些做壞事 的人為伍。</p>

37. 《古蘭經》裡的祈禱詞之 7
Supplications from *Qurān* 7

<p>第 9 章第 129 節 Chapter 9 Ayat 129</p> <p>當我們因為某人或其他事情而飽受壓力 When we are under pressure because of someone or others.</p>	
<p>حَسْبِيَ اللَّهُ</p> <p>Ĥasbiya Āllahu</p>	<p>Allah is sufficient for me.</p> <p>只要有 阿拉則一切皆已足夠，</p>
<p>لَا إِلَهَ إِلَّا هُوَ</p> <p>La Īlaāha Īllaā Huwa</p>	<p>There is no God but Him.</p> <p>除 祂之外別無其他神祇，</p>
<p>عَلَيْهِ تَوَكَّلْتُ</p> <p>Ālayhi Tawakkaltu</p>	<p>I totally depend on Him.</p> <p>我全然仰賴 祂，</p>
<p>وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ</p> <p>Wa Huwa Rabbu Ālārshi Ālāṭhiymi</p>	<p>He is indeed the real and great Lord of the throne and everything.</p> <p>祂確實是寶座與一切事物真實與崇高的主宰。</p>



第 17 章第 80 節
Chapter 17 Ayat 80

當我們要進入一間房子、做一件事情、談一筆生意或與人家討論事情。
它的時代背景是當時離開麥加前往麥地那時。

When we are getting into a house, business, deal or discussion.
This was for going out of Macca and getting into Madinah.

رَبِّ أَدْخِلْنِيْ مُدْخَلَ صِدْقٍ

Rabbi Ādhilniy Mudhala Šidqen

Oh Lord! Help me enter it in a good way,

主啊！請幫助我用好的方式進入那裡，

وَأَخْرِجْنِيْ مُخْرَجَ صِدْقٍ

Wa Āhrijniy Muhraya Šidqen

and help me finish it or go out of it in the same way.

且幫助我以同樣方式完成它或離開它，

وَاجْعَلْ لِّيْ مِنْ لَّدُنْكَ سُلْطٰنًا

نَّصِيْرًا

Wa Ājāl Lliy Min Lladunka Sulḍānan
Nnašiyra

and grant me a great support from You which enables me to win.

且恩允我從 您那裡得到強大的支助，讓我能夠得到勝利。



38. 《古蘭經》裡的祈禱詞之 8
Supplications from *Qurān* 8

<p>第 23 章第 97-98 節 Chapter 23 Ayat 97-98</p> <p>當我們對撒旦與精靈感到恐懼或害怕 When we are scared or afraid of Satan and jinn.</p>	
<p>رَبِّ أَعُوذُ بِكَ مِنْ</p> <p>Rabbi Āûwṭhu Bika Min</p>	<p>Oh Lord, I seek refuge in You from</p> <p>主啊！請求 您保佑我免受</p>
<p>هَمَزَاتِ الشَّيَاطِينِ</p> <p>Hamazaāti Shshayaādiyn</p>	<p>the whispering of the devils;</p> <p>惡魔的唆使；</p>
<p>وَأَعُوذُ بِكَ رَبِّ أَنْ يَحْضُرُونِ</p> <p>Wa Āûwṭhu Bika Rabbi Āy Yahḍuruwn</p>	<p>And I seek refuge in You to make them not come or appear here.</p> <p>且請求 您保佑我不要讓他們來到這裡或出現在這裡。</p>

<p>第 7 章第 126 節 Chapter 7 Ayat 126</p> <p>持唸以從 阿拉那裡得到堅忍的能力 Mention to obtain patience from Allah.</p>	
<p>رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا</p> <p>Rabbanaā Āfrig Ālaynaā Šabran</p>	<p>Oh our Lord! Pour patience upon us;</p> <p>我們的 主啊！請為我們注入堅忍的力量，</p>



<p>وَتَوَفَّانَا مُسْلِمِينَ</p> <p>Wa Tawaffanaā Muslimiyn</p>	<p>And end our lives as Muslims.</p> <p>且讓我們以穆斯林之身結束生命。</p>
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<p>第 12 章第 86 節 Chapter 12 Ayat 86</p> <p>當我們感到悲傷 When we are sad.</p>	
<p>إِنَّمَا أَشْكُو بَثِّي وَحُزْنِي إِلَى اللَّهِ</p> <p>Īnnamaā Āshkuw Baththiy Wa Ĥuzniy Īlāā Āllah</p>	<p>I complain about my suffering and my grief only to Allah,</p> <p>我只向 <u>阿拉</u>傾訴我的痛苦與哀傷，</p>
<p>وَأَعْلَمُ مِنَ اللَّهِ مَا لَا تَعْلَمُونَ</p> <p>Wa Āālamu Mina Āllahi Maā Laā Taālamuwn</p>	<p>And I know from Allah what you don't know.</p> <p>且我從 <u>阿拉</u>那裡得知你所不知道的東西。</p>