

a *Du'a* Away

دُعَا

a companion
journal

Dr. Omar Suleiman



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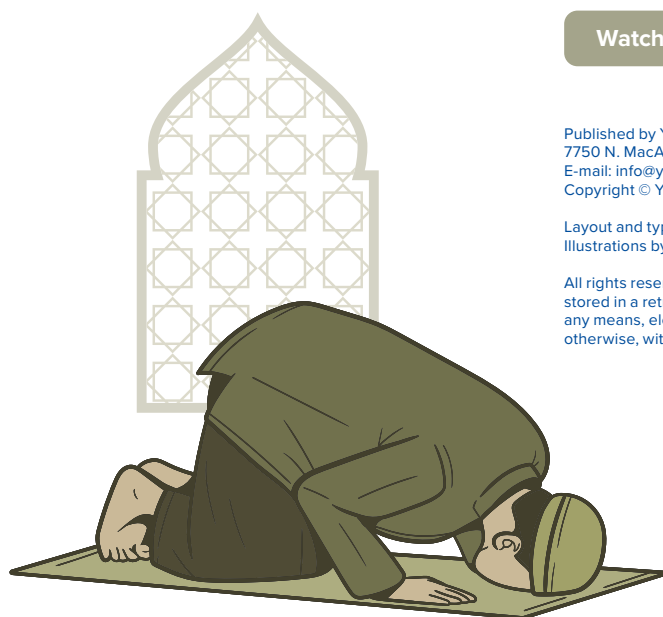
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Watch the series ▶

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a *Du'a*
Away

Chapter 1

Change in *Qadar* is a *du'a* away



The most comprehensive du'a

Part 1

Everything that Allah knows

اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنَ الْخَيْرِ كُلِّهِ عَاجِلِهِ وَآجِلِهِ
مَا عَلِمْتُ مِنْهُ وَمَا لَمْ أَعْلَمْ وَأَعُوذُ بِكَ مِنَ الشَّرِّ
كُلِّهِ عَاجِلِهِ وَآجِلِهِ مَا عَلِمْتُ مِنْهُ وَمَا لَمْ أَعْلَمْ

Allahumma innee as'aluka min al-khayri
kullihi 'aajilihi wa-aaajilihi maa 'alimtu minhu
wa-maa lam a'lam. Wa a'oodhu bika min
ash-sharri kullihi 'aajilihi wa-aaajilihi maa
'alimtu minhu wa-maa lam a'lam

Part 2

Everything the Prophet ﷺ asked for

اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ خَيْرِ مَا سَأَلَكَ عَبْدُكَ وَنَبِيُّكَ
وَأَعُوذُ بِكَ مِنْ شَرِّ مَا عَادَ بِهِ عَبْدُكَ وَنَبِيُّكَ

Allahumma innee as'aluka min khayri
maa sa'alaka 'abduka wa-nabeeyuka
wa a'oodhu bika min sharri maa 'aadha
bihi 'abduka wa-nabeeyuk

Part 3

Everything that leads to the hereafter

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْجَنَّةَ وَمَا قَرَّبَ إِلَيْهَا
مِنْ قَوْلٍ أَوْ عَمَلٍ وَأَعُوذُ بِكَ مِنَ النَّارِ
وَمَا قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ عَمَلٍ

Allahumma innee as'aluka al-jannata wa maa
qarraba ilayha min qawlin aw 'amalin wa
a'oodhu bika min an-naari wa maa qarraba
ilayha min qawlin aw 'amalin

Part 4

Everything beneficial of Decree in this world

وَأَسْأَلُكَ أَنْ تَجْعَلَ كُلَّ قَضَاءٍ
قَضَيْتَهُ لِي خَيْرًا

wa as'aluka an taj'ala kulla
qadaa'in qadaytahu lee khayra

And I ask You to make every Decree
that You decree concerning me good.

[Sunan Ibn Majah 3846]

Commentary

The Prophet ﷺ taught his wife A'ishah رضي الله عنها what many scholars refer to as the most comprehensive *du'a*. This *du'a* covers every type of goodness, which can be broken down into four groups: what Allah knows is best for us, what the Prophet ﷺ asked for, everything that leads to Paradise, and anything good to be destined for us. The first part of this *du'a* covers everything that we want to ask Allah for, while deferring to His Perfect Knowledge as only Allah knows what is truly beneficial for us.

The second part of the *du'a* covers every narrated *du'a* because we are asking for everything the Prophet ﷺ asked for, and seeking protection from everything he sought protection from. The third part of the *du'a* is thorough regarding our afterlife. It is a *du'a* for Paradise and protection from Hellfire, specifically asking Allah for deeds and words that lead to Paradise, and for protection from deeds and words that lead to Hellfire, as it has been narrated that people's speech often subjects them to punishment in the hereafter. The final part of the *du'a* includes everything decreed for us, which is all good for us as long as we are patient with the trials and grateful for the blessings.

Reflections

This image shows a full page of dot grid paper. The dots are arranged in a precise, repeating square pattern across the entire surface. There are no margins, text, or other markings present. The dots are small, dark gray, and evenly spaced both horizontally and vertically.



Chapter 2

Your decision is a *du'a* away



Du'a of Istikharah

اللَّهُمَّ إِنِّي أَسْتَخِيرُكَ بِعِلْمِكَ وَأَسْتَقْدِرُكَ بِقُدْرَتِكَ،
وَأَسْأَلُكَ مِنْ فَضْلِكَ الْعَظِيمِ، فَإِنَّكَ تَقْدِرُ
وَلَا أَقْدِرُ وَتَعْلَمُ وَلَا أَعْلَمُ وَأَنْتَ عَلَّامُ الْغُيُوبِ

Allahumma innee astakheeruka bi 'ilmika wa
astaqdiruka bi qudratika wa as'aluka min fadlika
al-'adheem fa innaka taqdiru wa la aqdiru wa
ta'lamu wa la a'lamu wa anta 'allaam ul-ghuyoob

O Allah, I seek Your guidance (in making a choice) by virtue of Your knowledge, and I seek ability by virtue of Your power, and I ask You of Your great bounty. You have power, and I do not. You know, and I know not, and You are the Knower of the Unseen.

اللَّهُمَّ إِنْ كُنْتَ تَعْلَمُ أَنَّ هَذَا الْأَمْرَ خَيْرٌ لِي فِي دِينِي
وَمَعَاشِي وَعَاقِبَةِ أَمْرِي فَاقْدُرْهُ لِي وَيَسِّرْهُ لِي ثُمَّ بَارِكْ لِي فِيهِ

Allahumma in kunta ta'lamu anna haadha al-amra
khayrun lee fee deenee wa ma'aashee wa 'aaqibati amree
faqdurhu lee wa yassirhu lee thumma baarik lee feehi

O Allah, if You know that this matter [mention the thing to be decided] is good for me in my religion, my livelihood, my worldly affairs, and in the hereafter then decree it for me, make it easy for me, and bless it for me.

وَإِنْ كُنْتَ تَعْلَمُ أَنَّ هَذَا الْأَمْرَ شَرٌّ لِي فِي دِينِي
وَمَعَاشِي وَعَاقِبَةِ أَمْرِي فَاصْرِفْهُ عَنِّي وَاصْرِفْنِي عَنْهُ،
وَاقْدُرْ لِي الْخَيْرَ حَيْثُ كَانَ ثُمَّ أَرْضِنِي بِهِ

wa in kunta ta'lamu anna haadha al-amara
sharrun lee fee deenee wa ma'aashee wa 'aaqibati
amree fasrifhu 'annee wasrifnee 'anhu waqdur
lil-khayra haythu kaana thumma ardinee bih

And if You know that this matter is bad for me in my religion, my livelihood, my worldly affairs, and in the hereafter then turn it away from me and turn me away from it, and decree for me the good wherever it may be and make me content with it.

[Sahih al-Bukhari 6382]

Commentary



The *du'a* of *Istikharah* is one of the most important *du'as* to memorize and utilize often. A common misconception is that this *du'a* is only for key decisions like marriage or starting a business. The early generations would seek Allah's guidance for many matters, including things that we may consider light. The key is to avoid rushing into decisions and to consult Allah at every stage of our lives.

There are some misconceptions about *Istikharah* that need to be clarified. It is not a magic *du'a* that gives you what you want. It is also not necessarily linked to dreams. It is simply a means of consulting Allah, trusting Him, and handing over your affair to Him. We should not expect any signs or dreams after *Istikharah*. It is a *du'a* for guidance.

The proper method is to do our research, consult experts and those who care about our well-being, and then ask Allah to guide us to make the right decision. *Istikharah* is performed by making the intention, praying two optional *rak'ah*, and then making this *du'a* after the *salah*. It can even be prayed daily, for multiple reasons especially when making decisions with unclear consequences.



Life without praying *Salat al-Istikharah* is like *salah* without reciting Qur'an.

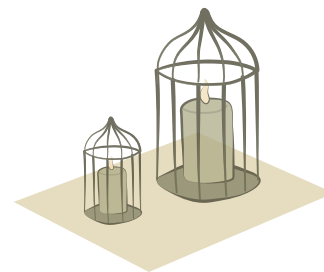
Chapter 3

Allah is a *du'a* away



عَنْ أَنَسٍ قَالَ قَالَ رَسُولُ اللَّهِ ﷺ إِذَا دَعَا أَحَدُكُمْ فَلْيَعِزِّمْ فِي الدُّعَاءِ وَلَا يَقُلِ اللَّهُمَّ إِنْ شِئْتَ فَأَعْطِنِي فَإِنَّ اللَّهَ لَا مُسْتَكْرَهَ لَهُ

[*Sahih al-Bukhari* 6338; *Sahih Muslim* 2678]



A common mistake is to say “insha’Allah” (if Allah wills) at the end of a *du’a*. The Prophet ﷺ taught us to avoid such phrasing as it lessens the impact and potency of the *du’a*. We must ask Allah with full certainty, especially when we know what we are asking for is good for us. Saying insha’Allah in a *du’a* is like saying “O Allah, give it to me if you want to” or “Forgive me if you want to.” When translated, it becomes clearer that this wording is inappropriate, suggesting a lack of genuine need for the thing you are requesting.

Furthermore, nobody can force Allah to do anything; He only does what He wills. Therefore, the phrase “if You will” is unnecessary when addressing Allah because He is not subject to coercion or compulsion. We must ask Allah with full conviction and hope that He will grant our requests. It is important to remember that while saying insha’Allah is appropriate when talking about the future, it is generally considered bad etiquette when making *du’a*. Have firm faith that the Most Merciful will answer your *du’a*, and ask with confidence and certainty.

A 10x10 grid of dots, consisting of 10 rows and 10 columns, totaling 100 dots. The dots are arranged in a regular, square pattern.

Watch the episode ▶

Allah answered the *du'a* of the worst creation, Iblis, when he asked for respite until Judgment Day. Don't let your shortcomings keep you from asking Allah.

Chapter 4

Companionship is a *du'a* away



اللَّهُمَّ ارْزُقْنِي جَلِيسًا صَالِحًا

[*Jami' at-Tirmidhi* 413]

The people in our lives are also a part of our sustenance (*rizq*). Allah destined for us to meet people in this world that bring value and goodness to our lives. Our *du'as* can also lead us to meet people who become dear to us and change our lives. It is narrated that one of the early Muslims made this *du'a* before going to the masjid where he met Abu ad-Darda رضي الله عنه, one of the great companions. This was the beginning of a beautiful friendship, a response to his *du'a*.

A grid of 20 columns and 20 rows of small black dots on a white background. The dots are arranged in a regular, repeating pattern, forming a square grid. There are 20 dots in each row and 20 dots in each column, totaling 400 dots.



Du'a for rizq

رَبِّ إِنِّي لِمَا أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ فَقِيرٌ

Rabbi innee lima anzalta ilayya
min khayrin faqeer

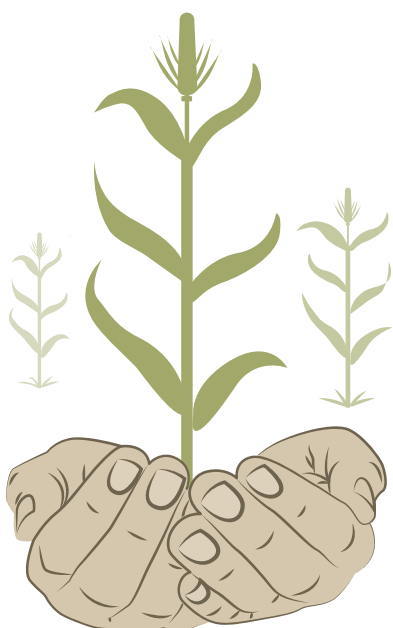
**My Lord! I am truly in need of
whatever provision You may
have in store for me.**

[Qur'an, 28:24]

Commentary

Most of the *du'as* for companionship are not detailed. We ask Allah for what is best for us, trusting that He knows what is best for us. Prophet Musa عليه السلام made this *du'a* during one of the most difficult moments of his life. He had fled Egypt to escape the Pharaoh and was alone in a new land without any shelter or income. He asked Allah for any goodness. In response to his *du'a*, Allah gave him a new home, a wife, a family, and a job. This is one of the best *du'as* to make to Allah when seeking a spouse or anything that you need in life. The *du'a* is generic because only Allah knows what is ultimately good for us.

Reflections



Reflections area with a grid of dots for writing.

[Qur'an, 25:74]

A 10x10 grid of dots on a white background. The dots are arranged in 10 rows and 10 columns, forming a square pattern. Each dot is a small black circle. The grid is centered on the page.

You don't have to know *exactly* what to ask of Allah. You just need to know that delegating your affairs to the Most Wise will garner the best response.

Chapter 5

Long life is a *du'a* away



اللَّهُمَّ أَحْيِنِي مَا كَانَتْ الْحَيَاةُ خَيْرًا لِي
وَتَوَفَّنِي إِذَا كَانَتْ الْوَفَاةُ خَيْرًا لِي

**O Allah, keep me alive as long as
You know that life is better for me,
and cause me to die when death
is better for me.**

Allah alone knows best whether a long life or a short life is good for us. This *du'a* teaches us to put our trust in Allah's Perfect Knowledge. We wish to live as long as life is pleasing to Allah and a means of drawing closer to Him. However, if life becomes a trial that takes us away from Allah, we pray that Allah takes us to Him before such a trial can affect us. The Prophet ﷺ taught us to make this *du'a* when life gets hard instead of wishing for death. This way we leave the matter to Allah's Perfect Knowledge and Decree.

Believers love and are grateful to the One Who determines the perfect moment for their arrival on Earth and their departure from it.

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Chapter 6

Protection is a *du'a* away



بِسْمِ اللَّهِ
Bismillahi

الَّذِي لَا يَضُرُّهُ مَعَ اسْمِهِ شَيْءٌ
فِي الْأَرْضِ وَلَا فِي السَّمَاءِ

وَهُوَ السَّمِيعُ الْعَلِيمُ

x3 in the morning
x3 in the evening

A 10x10 grid of dots on a black background. The dots are arranged in a regular pattern, with 10 dots per row and 10 dots per column, totaling 100 dots. The dots are small, black, and evenly spaced.



اللَّهُمَّ عَافِنِي فِي بَدَنِي، اللَّهُمَّ عَافِنِي فِي سَمْعِي،
اللَّهُمَّ عَافِنِي فِي بَصَرِي، لَا إِلَهَ إِلَّا أَنْتَ

O Allah, make me healthy in my body.
 O Allah, make me healthy in my hearing.
 O Allah, make me healthy in my sight.
 There is no god but You.

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ وَالْفَقْرِ، اللَّهُمَّ
إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ، لَا إِلَهَ إِلَّا أَنْتَ

O Allah, I seek refuge with You from disbelief and poverty. O Allah, I seek refuge with You from the punishment of the grave. There is no god but You.

x3 in the morning
x3 in the evening

This is a comprehensive *du'a* that should be made every morning and evening, three times each. The first half of the *du'a* focuses on worldly trials affecting our health. Over time, many people lose their eyesight and hearing, and their health deteriorates. While this *du'a* is a preventative measure against these trials, we still need to live a healthy life and do what is needed to preserve these blessings. The second half of the *du'a* focuses on some of the most difficult trials in our religion: losing faith and poverty. The *du'a* ends with protection from the punishment of the grave.

A grid of 100 small black dots arranged in 10 rows and 10 columns. The dots are evenly spaced and form a rectangular pattern.

A stylized illustration of a blue whale swimming towards the left. The whale is light blue with a darker blue outline and has a large, textured blue patch on its side. It has a long, curved tail and a small, rounded head. Several small, grey fish are swimming around the whale, and there are small blue bubbles in the water.

[Qur'an, 21:87]

A 10x10 grid of dots on a white background. The dots are arranged in a regular pattern, with 10 dots per row and 10 dots per column, totaling 100 dots.

Watch the episode ▶

Chapter 7

Relief is a *du'a* away



Du'a to replace anxiety with peace

اللَّهُمَّ إِنِّي عَبْدُكَ ابْنُ عَبْدِكَ ابْنُ أَمَتِكَ

Allahumma innee 'abduka ibnu 'abdika ibnu amatika

O Allah, I am Your slave, and the son of Your male slave, and the son of Your female slave.

نَاصِيَتِي بِيَدِكَ مَاضٍ فِي حُكْمِكَ عَدْلٌ فِي قَضَائِكَ

naasiyatee biyadika maadin fiyya hukmuka
'adlun fiyya qadaa'uka

My forehead is in Your Hand [i.e., You have control over me]. Your Judgment upon me is assured, and Your Decree concerning me is just.

أَسْأَلُكَ بِكُلِّ اسْمٍ هُوَ لَكَ سَمَّيْتَ بِهِ نَفْسَكَ
أَوْ أَنْزَلْتَهُ فِي كِتَابِكَ أَوْ عَلَّمْتَهُ أَحَدًا مِنْ خَلْقِكَ
أَوْ اسْتَأْثَرْتَ بِهِ فِي عِلْمِ الْغَيْبِ عِنْدَكَ

as'aluka bi kulli ismin huwa laka sammayta bihi nafsaka
aw anzaltahu fee kitaabika aw 'allamtahu ahadan min
khalqika aw ista'tharta bihi fee 'ilm al-ghaybi 'indaka

I ask You by every Name with which You have named Yourself, whether you revealed in Your Scripture, taught any one of Your creation, or kept unto Yourself in the knowledge of the Unseen that is with You,

أَنْ تَجْعَلَ الْقُرْآنَ رَبِيعَ قَلْبِي وَنُورَ صَدْرِي
وَجَلَاءَ حُزْنِي وَذَهَابَ هَمِّي

an taj'ala al-Qur'ana rabee'a qalbee wa noora
sadree wa jalaa'a huznee wa dhahaaba hamme

to make the Qur'an the spring of my heart, and the light of my chest, the lifting of my sadness, and the departure of my anxiety.

[Musnad Ahmad 1:391]

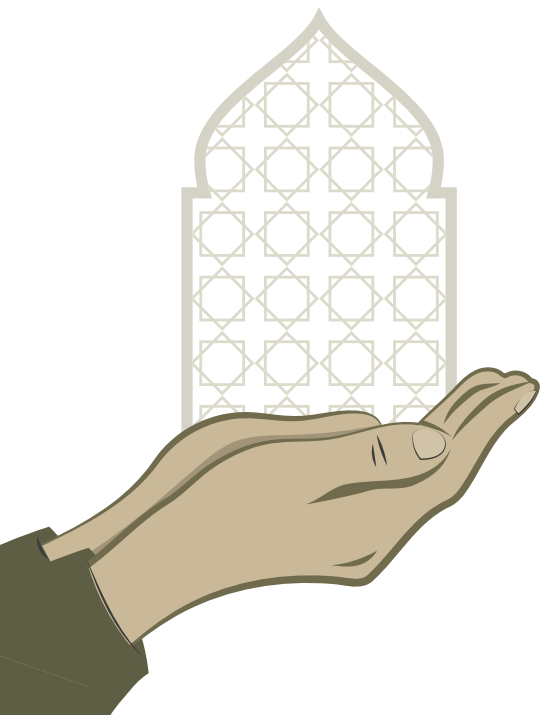
Commentary



The Prophet ﷺ said that whoever experiences anxiety should make this *du'a* and Allah will replace his anxiety with inner peace and contentment. This *du'a* starts with a reminder that we are the slaves of Allah, as are our parents, so we submit to Allah and accept that He is our Lord, and only Allah can help us. This is followed by an admission that Allah knows and decrees what is best and for us. The *du'a* includes a call to Allah by all of His Perfect Names, including names that we do not know.

Finally, the *du'a* ends with asking Allah to make the Qur'an our source of relief. The Qur'an is the word of Allah and a cure for every spiritual illness. We are directed in this part of the *du'a* to turn to the Qur'an for guidance and relief. To be effective, we must recite the Qur'an and engage with it. The message of the Qur'an puts worldly trials into perspective and grants us relief and calmness even during the toughest of trials.

Reflections



Chapter 8

Changing your heart is a *du'a* away



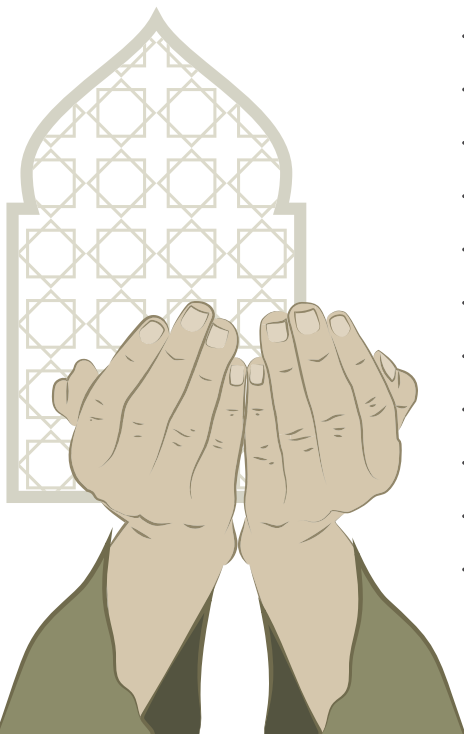
رسول اللہ ﷺ

*Ya muqallib al-quloob thabbit
qalbee 'ala deenik*

[*Jami' at-Tirmidhi* 3522]

This is the most frequent *du'a* that the Prophet ﷺ used to make. He taught us to make this *du'a* regularly because the state of the heart is constantly changing, and only Allah has control over our hearts. We must seek His divine aid in keeping our hearts steadfast in obeying Him and staying guided.

Reflections

A grid of 20 columns and 20 rows of small black dots, resembling a dot grid paper. The dots are evenly spaced and form a rectangular pattern.

اللَّهُمَّ مُصَرِّفَ الْقُلُوبِ
صَرِّفْ قُلُوبَنَا عَلَى طَاعَتِكَ

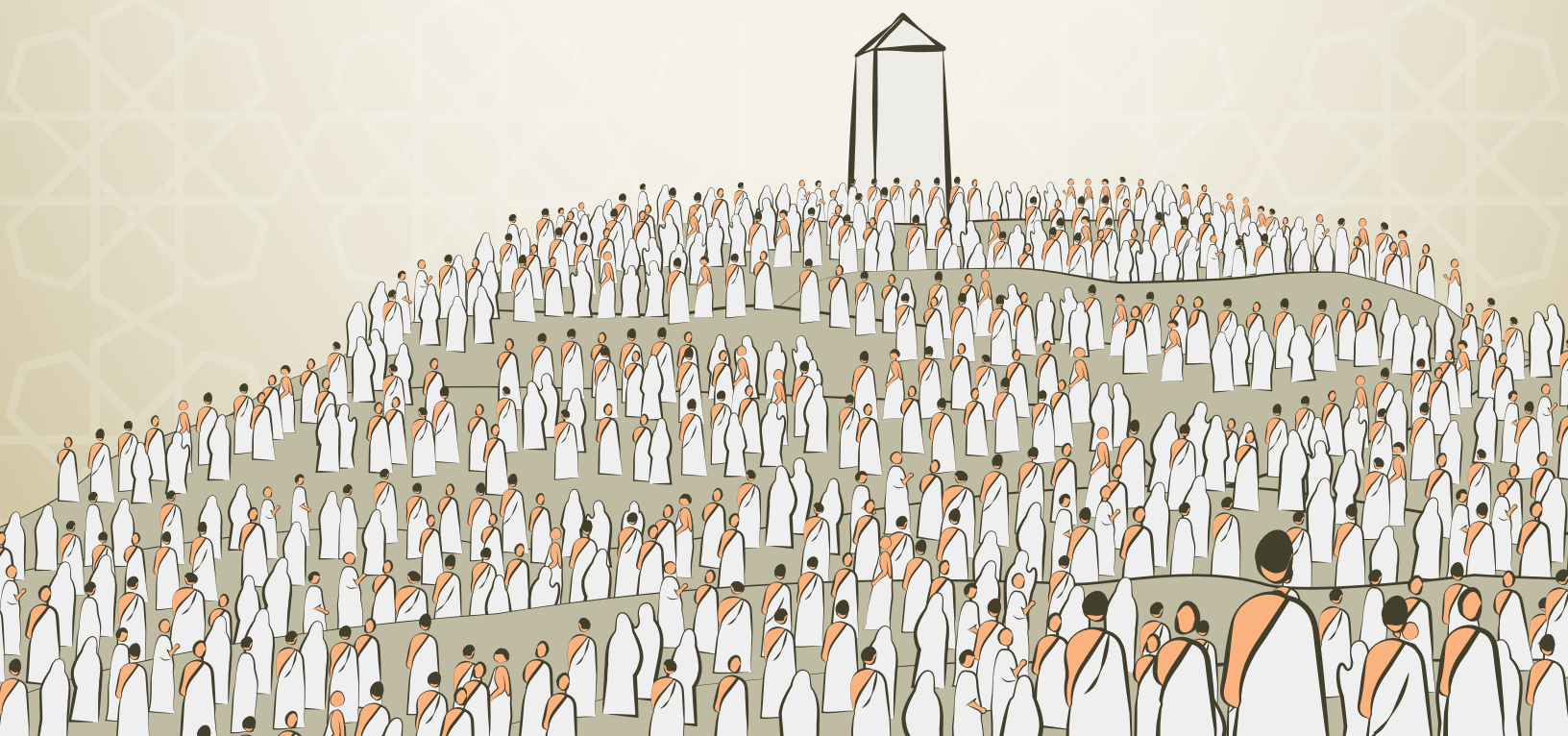
**O Turner of hearts,
turn our hearts towards
your obedience.**

A 10x10 grid of dots, consisting of 10 rows and 10 columns, intended for a dot plot.

35

Chapter 9

Salvation on Arafah is *a du'a away*



The best *du'a* on the day of Arafah

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ

*La ilaha illa Allahu wahdahu
la shareeka lahu*

لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ

lahul-mulku wa lahum-hamdu

وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

wa huwa ‘ala kulli shay’in qadeer

**There is no true deity but God
alone who has no partner;**

to Him belongs the dominion,
to Him praise is due,

and He is able to do all things.

[*Sunan at-Tirmidhi* 3585]



Commentary

The Prophet ﷺ said, "The best supplication is that on the day of Arafah, and the best thing which I and the prophets before me have said is, 'There is no true deity but God alone who has no partner; to Him belongs the dominion, to Him praise is due, and He is able to do all things.'" [Sunan al-Tirmidhi 3585]

This is a day in which all *du'as* are answered. Every Muslim anywhere in the world should make time on this day to call on Allah. The worst state to be in on this day is to think that Allah will not answer your *du'as*, so you do not make *du'a* and deprive yourself of these blessings. Always maintain good assumptions about Allah, and be confident that He will answer your *du'as* regardless of your shortcomings and weaknesses.

Reflections

A 10x10 grid of dots, consisting of 10 rows and 10 columns, totaling 100 dots. The dots are arranged in a regular pattern, with one dot in each cell of the grid.

Gems

Watch the episode ▶

There should be no greater desire on the day of Arafah than to be amongst those freed from the Fire.

The best *du'as* combine presenting your own weakness to Allah with acknowledgment of His greatness.

Chapter 10

The best of everything is a *du'a* away



Du'a that covers all needs

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ

*Allahumma innee as'aluka al-'afiyah
fid-dunyaa wal-aakhirah*

**O Allah, I ask you for ‘afiyah
in this life and the next.**

[*Sunan Ibn Majah* 3871]

Commentary

The Prophet's ﷺ uncle Abbas (رضي الله عنه) asked him which *du'a* to make through which all his needs would be taken care of. The Prophet ﷺ advised him to make *du'a* for '*afiyah* in this world and the next. '*Afiyah*, which means to be free of illnesses and afflictions, is much more than physical health. It includes spiritual, emotional, and social dimensions of well-being. However, if we are tested with hardships, we should remain patient and steadfast and continue to ask Allah for '*afiyah*.

Reflections

This image shows a full page of dot grid paper. The dots are arranged in a precise, repeating square pattern across the entire surface. There are no margins, text, or other markings present. The dots are small, dark gray, and evenly spaced both horizontally and vertically.

Du'a for the best of both worlds

اللَّهُمَّ اغْفِرْ لَنَا، وَارْحَمْنَا،

Allahumma ighfir lana warhamnaa

**O Allah, forgive us,
have mercy on us,**

وَأَتَيْنَا فِي الدُّنْيَا حَسَنَةً، وَفِي الْآخِرَةِ حَسَنَةً،

wa 'aatinaa fid-dunyaa hasanatan wa
fil-aakhirati hasanatan

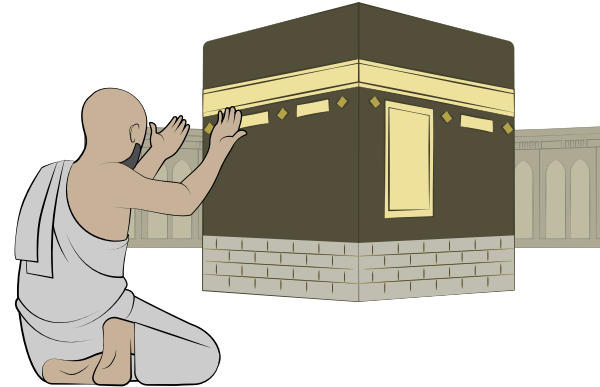
and grant us the best of this life,
and the best of the afterlife,

وَقِنَا عَذَابَ النَّارِ

wa qinaa 'adhaab an-naar

and protect us from the fire.

[*Al-Adab al-Mufrad* 633]



Commentary

The best *du'as* include this world and the next. This *du'a* is similar to the famous *du'a* from the Qur'an and covers the same three categories: goodness in this world, goodness in the hereafter (i.e., Paradise), and protection from Hellfire. This short *du'a* holistically covers everything we need in this world and the next.

Two thirds of this *du'a* focuses on the afterlife, and one third on this world. This teaches us to prioritize the afterlife in our actions and *du'a* and work towards Paradise. At the same time, we should not neglect the permissible enjoyment of this world in a manner that does not harm our faith.

Reflections

[illegible]

**O Allah, forgive me,
show mercy to me,**

**guide me, and
provide for me.**

[Sahih Muslim 2697]

This short comprehensive *du'a* covers the four blessings we all need the most: Allah's forgiveness, His Mercy, guidance to that which is pleasing to Allah, and provisions in this world. Like the above *du'a*, most of this *du'a* focuses on the afterlife. Forgiveness protects us from Hellfire, while guidance leads to Paradise. The final portion of this *du'a* focuses on this world by asking for good sustenance that is sufficient and blessed, once again showing us the importance of prioritizing the afterlife without neglecting our portion of this world.

A 10x10 grid of dots on a white background. The dots are arranged in a regular pattern, with 10 dots per row and 10 dots per column, totaling 100 dots.

Watch the episode ▶

These short *du'as* can change your entire world and hereafter, so long as you are sincere.

Du'as recap



Du'as recap



Preface: Contentment is a *du'a* away

Du'a for contentment

اللَّهُمَّ قَنِّعْنِي بِمَا رَزَقْتَنِي، وَبَارِكْ لِي فِيهِ،
وَاخْلُفْ عَلَيَّ كُلَّ غَائِبَةٍ لِي بِخَيْرٍ

Allahumma qanni'nee bima razzaqtanee
baarik lee feehee wakhluf 'alayya kulla
ghaa'ibatin lee bikhayr

O Allah, make me content with the provision
You have given me and bless me in it and
replace everything I have missed out on
with that which is better for me.

[Al-Adab al-Mufrad 681]

Chapter 1

Change in Qadar is a *du'a* away

The most comprehensive *du'a*

اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنَ الْخَيْرِ كُلِّهِ عَاجِلِهِ وَآجِلِهِ مَا عَلِمْتُ مِنْهُ وَمَا لَمْ
أَعْلَمْ وَأَعُوذُ بِكَ مِنَ الشَّرِّ كُلِّهِ عَاجِلِهِ وَآجِلِهِ مَا عَلِمْتُ مِنْهُ وَمَا لَمْ
أَعْلَمْ اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ خَيْرٍ مَا سَأَلَكَ عَبْدُكَ وَنَبِيُّكَ وَأَعُوذُ بِكَ
مِنْ شَرِّ مَا عَاذَ بِهِ عَبْدُكَ وَنَبِيُّكَ اللَّهُمَّ إِنِّي أَسْأَلُكَ الْجَنَّةَ وَمَا قَرَّبَ
إِلَيْهَا مِنْ قَوْلٍ أَوْ عَمَلٍ وَأَعُوذُ بِكَ مِنَ النَّارِ وَمَا قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ
أَوْ عَمَلٍ وَأَسْأَلُكَ أَنْ تَجْعَلَ كُلَّ قَضَاءٍ قَضَيْتَهُ لِي خَيْرًا

Allahumma innee as'aluka min al-khayri kullihi 'aajilihi wa-aajilihi
maa 'alimtu minhu wa-maa lam a'lam. Wa a'oodhu bika min
ash-sharri kullihi 'aajilihi wa-aajilihi maa 'alimtu minhu wa-maa
lam a'lam. Allahumma innee as'aluka min khayri maa sa'alaka
'abduka wa-nabeeyuka wa a'oodhu bika min sharri maa 'aadha
bihi 'abduka wa-nabeeyuk. Allahumma innee as'aluka al-jannata
wa maa qarraba ilayha min qawlin aw 'amalin wa a'oodhu bika
min an-naari wa maa qarraba ilayha min qawlin aw 'amalin wa
as'aluka an taj'ala kulla qadaa'in qadaytahu lee khayra

O Allah, I ask You from all that is good,
in this world and in the hereafter, of what
I know and what I do not know. O Allah,
I seek refuge with You from all evil, in this
world and in the hereafter, of what I know
and what I do not know. O Allah, I ask You
for the good that Your slave and Prophet
has asked You for, and I seek refuge with
You from the evil from which Your slave
and Prophet sought refuge. O Allah, I ask
You for Paradise and for that which brings
one closer to it, in word and deed. And I
seek refuge in You from Hell and from that
which brings one closer to it, in word and
deed. And I ask You to make every Decree
that You decree concerning me good.

[Sunan Ibn Majah 3846]

Du'a for protection from bad Decree

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ جَهْدِ الْبَلَاءِ، وَدَرَكِ
الشَّقَاءِ، وَسُوءِ الْقَضَاءِ، وَشَمَاتَةِ الْأَعْدَاءِ

Allahumma innee a'oodhu bika min jahd
il-balaa'i wa darak ish-shaqaa'i wa soo'
il-qadaa'i wa shamaatat il-a'daa'i

I seek refuge in Allah from severe
calamity, being overtaken by
misery, harmful destiny, and the
gloating of enemies.

[Sahih al-Bukhari 6616]

Du'a for contentment with Decree

اللَّهُمَّ إِنِّي أَسْأَلُكَ الرِّضَا بَعْدَ الْقَضَاءِ

Allahumma innee as'aluka
ar-ridaa ba'd al-qadaa

O Allah, I ask you for
contentment after the Decree.

[Sunan an-Nasa'i 1305]

Chapter 2

Your decision is a du'a away

Du'a of Istikharah

اللَّهُمَّ إِنِّي أَسْتَخِيرُكَ بِعِلْمِكَ وَأَسْتَقْدِرُكَ بِقُدْرَتِكَ، وَأَسْأَلُكَ مِنْ
فَضْلِكَ الْعَظِيمِ، فَإِنَّكَ تَقْدِرُ وَلَا أَقْدِرُ وَتَعْلَمُ وَلَا أَعْلَمُ وَأَنْتَ عَلَّامُ
الْغُيُوبِ اللَّهُمَّ إِنْ كُنْتَ تَعْلَمُ أَنَّ هَذَا الْأَمْرَ خَيْرٌ لِي فِي دِينِي وَمَعَاشِي
وَعَاقِبَةِ أَمْرِي فَاقْدُرْهُ لِي وَيَسِّرْهُ لِي ثُمَّ بَارِكْ لِي فِيهِ وَإِنْ كُنْتَ تَعْلَمُ
أَنَّ هَذَا الْأَمْرَ شَرٌّ لِي فِي دِينِي وَمَعَاشِي وَعَاقِبَةِ أَمْرِي فَاصْرِفْهُ عَنِّي
وَاصْرِفْني عَنْهُ، وَاقْدُرْ لِي الْخَيْرَ حَيْثُ كَانَ ثُمَّ أَرْضِنِي بِهِ

Allahumma innee astakheeruka bi 'ilmika wa astaqdiruka bi
qadratika wa as'aluka min fadlika al-'adheem fa innaka taqdiru
wa la aqdiru wa ta'lamu wa la a'lamu wa anta 'allaam ul-ghuyoob.
Allahumma in kunta ta'lamu anna haadha al-amra khayrun lee
fee deenee wa ma'aashee wa 'aaqibati amree faqdurhu lee wa
yassirhu lee thumma baarik lee feehi wa in kunta ta'lamu anna
haadha al-amara sharrun lee fee deenee wa ma'aashee wa
'aaqibati amree fasrifhu 'annee wasrifnee 'anhu waqdur
lil-khayra haythu kaana thumma ardinee bih

O Allah, I seek Your guidance (in making
a choice) by virtue of Your knowledge, and
I seek ability by virtue of Your power, and
I ask You of Your great bounty. You have
power, and I do not. You know, and I know
not, and You are the Knower of the Unseen.
O Allah, if You know that this matter
[mention the thing to be decided] is good
for me in my religion, my livelihood, my
worldly affairs, and in the hereafter then
decree it for me, make it easy for me, and
bless it for me. And if You know that this
matter is bad for me in my religion, my
livelihood, my worldly affairs, and in the
hereafter then turn it away from me and
turn me away from it, and decree for
me the good wherever it may be and
make me content with it.

[Sahih al-Bukhari 6382]

Chapter 3

Allah is a *du'a* away

Don't say "inshaAllah" in *du'a*

عَنْ أَنَسٍ قَالَ قَالَ رَسُولُ اللَّهِ ﷺ إِذَا دَعَا أَحَدُكُمْ فَلْيَعَزِّمْ فِي الدُّعَاءِ وَلَا يَقُلِ اللَّهُمَّ إِنْ شِئْتَ فَأَعْطِنِي فَإِنَّ اللَّهَ لَا مُسْتَكْرَهَ لَهُ

It is reported by Anas ؓ that the Messenger of Allah ﷺ said, "When one of you calls upon Allah, let him be determined in the supplication and not say, 'O Allah, give me *if You will*,' for there is no one to coerce Allah."

[Sahih al-Bukhari 6338; Sahih Muslim 2678]

Chapter 4

Companionship is a *du'a* away

Du'a for companionship

اللَّهُمَّ ارْزُقْنِي جَلِيلًا صَالِحًا

Allahumma urzuqnee
jaleesan saalihan

O Allah, grant me
righteous company.

[Jami' at-Tirmidhi 413]

Du'a for rizq

رَبِّ إِنِّي لِمَا أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ فَقِيرٌ

Rabbi innee lima anzalta ilayya
min khayrin faqeer

My Lord! I am truly in need of
whatever provision You may
have in store for me.

[Qur'an, 28:24]

Du'a of the divorced and widowed

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

Inna lillahi wa inna ilayhi raji'oon

Verily, to Allah we belong,
and to Him we will return.

[Qur'an, 2:156]

اللَّهُمَّ أَجْرْنِي فِي مُصِيبَتِي،

وَأَخْلِفْ لِي خَيْرًا مِنْهَا

Allahumma ajurnee fee museebati
wa akhlif lee khayran minha

O Allah, reward me for
my affliction and give me
something better than it.

[Sahih Muslim 918]

The most comprehensive *du'a* for marriage and family

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا
قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِمُتَّقِينَ إِمَامًا

*Rabbana hab lana min azwajinaa
wa dhurriyaatinaa qurrata a'yunin
waj'alnaa lil-muttaqeena imaama*

Our Lord, grant us delight in
our spouses and our children,
and make us a good example
for the righteous.

[Qur'an, 25:74]

Chapter 5

Long life is a *du'a* away

Du'a for a fulfilling life

اللَّهُمَّ إِنِّي أَسْأَلُكَ فِعْلَ الْخَيْرَاتِ وَتَرْكَ
الْمُنْكَرَاتِ وَحُبَّ الْمَسَاكِينِ وَإِذَا أَرَدْتَ
فِي النَّاسِ فِتْنَةً فَأَقْبِضْنِي إِلَيْكَ غَيْرَ مَفْتُونٍ

*Allahumma innee as'aluka fi'l al-khayraat wa
tark al-munkaraat wa hubb al-masaakeen
wa idha aradta fi an-naasi fitnatan
faqbidnee ilayka ghayra maftoon*

O Allah! Indeed I ask You for
righteous deeds, and avoiding
evil deeds, and loving the poor.
And if you have willed a trial for
people, then take me to You,
without being put to trial.

[Jami' at-Tirmidhi 3233]

Du'a for the best time of death

اللَّهُمَّ أَحْيِنِي مَا كَانَتْ الْحَيَاةُ خَيْرًا لِي
وَتَوَفَّنِي إِذَا كَانَتْ الْوَفَاةُ خَيْرًا لِي

*Allahumma ahyinee maa kaanat
il-hayaatu khayran lee wa tawaffanee
idha kaanat il-wafaatu khayran lee*

O Allah, keep me alive as long as
You know that life is better for me,
and cause me to die when death
is better for me.

[Sahih al-Bukhari 5671]

Chapter 6

Protection is a du'a away

Du'a for protection from every single harm

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

*Bismillahi alladhee la yadurru ma'a ismihi
shay'un fee al-ardi wa la fee as-samaa'i
wa huwa as-samee'u al-'aleem*

In the Name of Allah, with Whose
Name nothing is harmed on the
earth nor in heaven, and He is the
All-Hearing, the All-Knowing.

[Jami' at-Tirmidhi 3388]

x3 in the morning

x3 in the evening

Du'a for health and protection from trials

اللَّهُمَّ عَافِنِي فِي بَدَنِي، اللَّهُمَّ عَافِنِي فِي سَمْعِي،
اللَّهُمَّ عَافِنِي فِي بَصَرِي، لَا إِلَهَ إِلَّا أَنْتَ، اللَّهُمَّ
إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ وَالْفَقْرِ، اللَّهُمَّ إِنِّي
أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ، لَا إِلَهَ إِلَّا أَنْتَ

*Allahumma 'aafinee fee badanee,
Allahumma 'aafinee fee sam'ee, Allahumma
'aafinee fee basaree la ilaha illa anta.
Allahumma innee a'oodhu bika min al-kufri
wal-faqri, Allahumma innee a'oodhu bika
min 'adhaab il-qabri la ilaha illa anta.*

O Allah, make me healthy in my body.
O Allah, make me healthy in my
hearing. O Allah, make me healthy
in my sight. There is no god but You.
O Allah, I seek refuge with You from
disbelief and poverty. O Allah, I seek
refuge with You from the punishment
of the grave. There is no god but You.

[Sunan Abi Dawud 5090]

x3 in the morning

x3 in the evening

Du'a for relief from hardship

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ
إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

*La ilaha illa anta subhaanaka
innee kuntu min adh-dhalimeen*

There is no god but You,
glorified are You, indeed
I am one of the wrongdoers.

[Qur'an, 21:87]

Chapter 7

Relief is a *du'a* away

Du'a to replace anxiety with peace

اللَّهُمَّ إِنِّي عَبْدُكَ ابْنُ أَمَتِكَ نَاصِيَتِي بِيَدِكَ مَاضٍ فِي حُكْمِكَ عَدْلٌ فِي قَضَائِكَ أَسْأَلُكَ بِكُلِّ اسْمٍ هُوَ لَكَ سَمَّيْتَ بِهِ نَفْسَكَ أَوْ أَنْزَلْتَهُ فِي كِتَابِكَ أَوْ عَلَّمْتَهُ أَحَدًا مِنْ خَلْقِكَ أَوْ اسْتَأْثَرْتَ بِهِ فِي عِلْمِ الْغَيْبِ عِنْدَكَ أَنْ تَجْعَلَ الْقُرْآنَ رَبِيعَ قَلْبِي وَنُورَ صَدْرِي وَجَلَاءَ حُزْنِي وَذَهَابَ هَمِّي

Allahumma innee 'abduka ibnu 'amdika ibnu amatika naasiyatee biyadiha maadin fiyya hukmuka 'adlun fiyya qadaa'uka as'aluka bi kulli ismin huwa laka sammayta bihi nafsaka aw anzaltahu fee kitaabika aw 'allamtahu ahadan min khalqika aw ista'tharta bihi fee 'ilm al-ghaybi 'indaka an taj'ala al-Qur'ana rabee'a qalbee wa noora sadree wa jalaa'a huznee wa dhahaaba hamme

O Allah, I am Your slave, and the son of Your male slave, and the son of Your female slave. My forehead is in Your Hand [i.e., You have control over me]. Your Judgment upon me is assured, and Your Decree concerning me is just. I ask You by every Name with which You have named Yourself, whether you revealed in Your Scripture, taught any one of Your creation, or kept unto Yourself in the knowledge of the Unseen that is with You, to make the Qur'an the spring of my heart, and the light of my chest, the lifting of my sadness, and the departure of my anxiety.

[Musnad Ahmad 1:391]

Du'a for relief from worries and debt

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَأَعُوذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ، وَأَعُوذُ بِكَ مِنَ الْجُبْنِ وَالْبُخْلِ، وَأَعُوذُ بِكَ مِنَ غَلَبَةِ الدَّيْنِ، وَقَهْرِ الرِّجَالِ

Allahumma innee a'oodhu bika min al-hammi wal-hazani wa a'oodhu bika min al-'ajzi wal-kasali wa a'oodhu bika min al-jubni wal-bukhli wa a'oodhu bika min ghalabat id-dayni wa qahr ir-rijaal

O Allah! I seek refuge in You from worry and grief, and I seek refuge in You from incapacity and laziness, and I seek refuge in You from cowardice and miserliness, and I seek refuge in You from the burden of debt and oppression of men.

[Sahih al-Bukhari 6369]

Du'a to remove anger

اللَّهُمَّ رَبِّ مُحَمَّدٍ اغْفِرْ لِي ذَنْبِي، وَأَذْهِبْ غَيْظَ قَلْبِي، وَأَعِزَّنِي مِنْ مُضِلَّاتِ الْفِتَنِ

Allahumma rabba Muhammadin ighfir lee dhanbee wa adhhib ghaydha qalbee wa a'idhnee min mudillaat il-fitan

O Allah, Lord of Muhammad! Forgive my sins, remove the anger of my heart, and protect me from misleading trials.

[Musnad Ahmad 26576]

Chapter 8

Changing your heart is a *du'a* away

Du'a to protect the heart

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ
لَنَا مِنْ لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ

*Rabbana la tuzigh quloobanaa ba'da idh
hadaytanaa wa hab lana min ludnka
rahmatan innaka anta al-wahhaab*

Our Lord! Do not let our hearts
deviate after You have guided us,
and grant us from Yourself mercy.
Indeed You, You are the Bestower.

[Qur'an, 3:8]

Du'a to remove grudges

رَبَّنَا اغْفِرْ لَنَا وَلِإِخْوَانِنَا الَّذِينَ سَبَقُونَا
بِالْإِيمَانِ وَلَا تَجْعَلْ فِي قُلُوبِنَا غِلًّا
لِلَّذِينَ آمَنُوا رَبَّنَا إِنَّكَ رَؤُوفٌ رَحِيمٌ

*Rabbana ighfir lana wa li-ikhwaaninaa
alladheena sabaqoon bil-eemaani wa la
taj'al fee quloobinaa ghillan lilladheena
aamanoo rabbana innaka ra'oofun raheem*

Our Lord, forgive us and our
brethren who preceded us
in faith, and leave no malice
in our hearts towards those
who believe. Our Lord, You
are Clement and Merciful.

[Qur'an, 59:10]

The most frequent *du'a* of the Prophet ﷺ

يَا مُقَلِّبَ الْقُلُوبِ ثَبِّتْ قَلْبِي عَلَى دِينِكَ
Ya muqallib al-quloob thabbit
qalbee 'ala deenik

O Turner of hearts, make
my heart firm on Your path.

[Jami' at-Tirmidhi 3522]

Du'a for a heart obedient to Allah

اللَّهُمَّ مُصَرِّفَ الْقُلُوبِ
صَرِّفْ قُلُوبَنَا عَلَى طَاعَتِكَ

*Allahumma musarrif al-quloob
sarrif quloobanaa 'ala taa'atik*

O Turner of hearts,
turn our hearts towards
your obedience.

[Sahih Muslim 2655]

Chapter 9

Salvation on Arafah is a *du'a* away

Du'a to be freed from the Fire

اللَّهُمَّ أَعْتِقْ رَقَبَتِي مِنَ النَّارِ، وَأَوْسِعْ
لِي مِنَ الرِّزْقِ الْحَلَالِ، وَاصْرِفْ
عَنِّي فَسَقَةَ الْجِنَّ وَالْإِنْسِ

*Allahumma a'tiq raqabatee min
an-naari wa-awsi' lee min
ar-rizq il-halaal wasrif 'annee
fasaqat al-jinni wal-ins*

O Allah, free my neck from
the Fire, bestow on me halal
sustenance, and avert from
me corrupt jinn and men.

[Ibn Abi Dunya]

The best *du'a* on the day of Arafah

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

*La ilaha illa Allahu wahdahu la shareeka
lahu lahul-mulku wa lahul-hamdu wa
huwa 'ala kulli shay'in qadeer*

There is no true deity but
God alone who has no partner;
to Him belongs the dominion,
to Him praise is due, and He
is able to do all things.

[Sunan at-Tirmidhi 3585]

Chapter 10

The best of everything is a *du'a* away

Du'a that covers all needs

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ

*Allahumma innee as'aluka al-'afiyah
fid-dunyaa wal-aakhirah*

O Allah, I ask you for '*afiyah*
in this life and the next.

[Sunan Ibn Majah 3871]

Du'a for the best of both worlds

اللَّهُمَّ اغْفِرْ لَنَا، وَارْحَمْنَا، وَآتِنَا
فِي الدُّنْيَا حَسَنَةً، وَفِي الْآخِرَةِ
حَسَنَةً، وَقِنَا عَذَابَ النَّارِ

*Allahumma ighfir lana warhamnaa
wa 'aatinaa fid-dunyaa hasanatan
wa fil-aakhirati hasanatan wa
qinaa 'adhaab an-naar*

**O Allah, forgive us, have
mercy on us, and grant us
the best of this life, and the
best of the afterlife, and
protect us from the fire.**

[Al-Adab al-Mufrad 633]

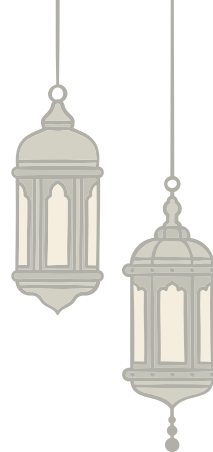
A comprehensive du'a to recite in salah

اللَّهُمَّ اغْفِرْ لِي، وَارْحَمْنِي، وَاهْدِنِي، وَارْزُقْنِي

*Allahumma ighfir lee warhamnee
wahdinee warzuqnee*

**O Allah, forgive me, show mercy to
me, guide me, and provide for me.**

[Sahih Muslim 2697]



About Yaqeen Institute

Islam has a centuries-long tradition of inspiring its adherents to contribute to humanity based on conviction in its tenets. Previous generations of Muslims were on the forefront of contributing to medicine, philosophy, architecture, and governance, among other areas. We are an institute aiming to rekindle this tradition.

Constant negative portrayals of Islam have put Muslims in a defensive position in which they constantly have to justify their convictions, while fighting off the natural doubts and insecurities that arise in such a climate. As such, young Muslims should be intellectually equipped and spiritually anchored in a way that empowers them to deal with the onslaught of doubt-inducing claims routinely leveled against Islam.

We aim to actively participate in the current discourse touching on all topics that are related to establishing conviction in the hearts and minds of young Muslims. The institute aims to be the trusted source regarding these topics by generating well-researched Islamic content that is disseminated through various formats including articles, infographics, animations, videos, and cutting-edge technology. This content is also carefully assembled into curricula that can be used by various educators and community leaders to help anchor young Muslims in their faith and produce thoughtful societal contributions.

The Institute is a non-profit research initiative that makes all its content free and accessible. This allows everyone looking for answers, and those tasked with giving answers, to always have a comprehensive resource readily available to them.

We believe that telling our own story is the only way to counter the narrative that has been forced upon our community.

About the author

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