



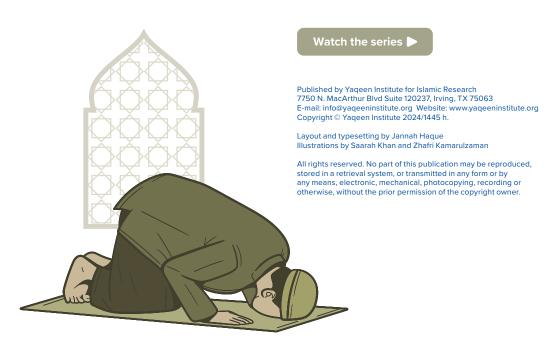
a companion journal

Dr. Omar Suleiman



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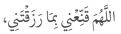
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Preface: Contentment is a *du'a* away



Du'a for contentment



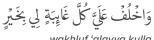
Allahumma qanni'nee bimaa razzaqtanee

O Allah, make me content with the provision You have given me

وَبَارِكُ لِي فِيهِ،

wa baarik lee feehi

and bless me in it



wakhluf ʻalayya kulla ghaa'ibatin lee bikhayr and replace everything I have missed out on with that which is better for me.

[Al-Adab al-Mufrad 681]

Commentary

We often wonder whether it is appropriate to ask Allah for wealth and worldly possessions. There are many narrations that indicate that this is not only permissible, but that the Prophet made du'a for some of his companions to receive a lot of wealth, like Anas ibn Malik . The Prophet nowever, knew who would benefit from a lot of wealth and only made that du'a for a select few. The more general prophetic du'as focus on contentment, having enough to suffice one's needs, and blessings in one's wealth.

The above narration is one such *du'a*. In this *du'a*, we ask Allah for three important bounties that are better than possessing a lot of wealth. The first is contentment with what we have, because contentment is the best type of wealth and calms the soul. The second is for *barakah* which means blessings, because a little bit that is blessed goes a long way. The third is to replace what is outside our destiny with that which is better for us, because Allah knows what is best for us, and He may deny us something we want because He knows that it is not best for us.

Reflections

Gems

Watch the episode

Prophetic du'as revolutionize the way we view Allah, which revolutionizes the way we view ourselves and the world around us.

The best *du'as* are not always about change in circumstance; often, they are about change in perspective.



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

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

اللَّهُمَّ إِنِّي أَسُأَلُكَ مِنْ خَيْرِ مَا سَأَلَكَ عَبْدُكَ وَنَبِيُّكَ وَأَبِيُّكَ وَأَبِيُّكَ وَأَبِيُّكَ

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

اللَّهُمَّ إِنِّي أَسَأَلُكَ اَلَجُنَّةَ 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

وَأَسُأَلُكَ أَنْ تَجْعَلَ كُلَّ قَضَاءٍ قَضَيْتَهُ لِي خَيْرًا

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

Part 1 Everything that Allah knows

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.

Part 2 Everything the Prophet asked for

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.

Part 3 Everything that leads to the hereafter

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.

Part 4 Everything beneficial of Decree in this world

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

[Sunan Ibn Majah 3846]

Commentary

The Prophet # taught his wife A'ishah * 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 * 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 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.







Du'a for protection from bad Decree

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ جَهْدِ الْبَلاءِ،

Allahumma innee a'oodhu bika min jahd il-balaa'i

وَدَرَكِ الشَّقَاءِ،

wa darak ish-shaqaa'i

وَسُوءِ الْقَضَاءِ، وَشَمَاتَةِ الأَّعْدَاءِ

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]

Commentary

This *du'a* seeks protection from four broad categories of trials. The first is severe trials that are unbearable and make life difficult. The second is from being overwhelmed by trials, or when life gets so hard that one loses faith and hope. The third is harmful destiny, which includes when a trial takes us away from obeying Allah. The fourth is when our trials are so severe that they cause our enemies to gloat and find pleasure in our pain. We are taught in this supplication to seek Allah's protection from all of these.



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Du'a for contentment with Decree



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]



Commentary

Life's journey is filled with challenges that test our strength and determination. When we encounter difficulties, it's common to feel overwhelmed. Yet, embracing the belief that Allah knows what's best for us can bring a sense of inner peace that transcends worldly joys. This is the essence of contentment. While we cannot control every aspect of our lives, being pleased with Allah's Decree enables us to navigate the ups and downs of life with tranquility.

Reflections

Gems

Watch the episode

Good Decree doesn't necessarily mean easy Decree. It could mean a hardship that brings you closer to Allah. Being pleased with Allah and His Decree is the paradise of this earth, and the wisest du'as include seeking contentment.



Chapter 2

Your decision is a du'a away







Du'a of Istikharah

اللَّهُمَّ إِنِّي أَسْتَغِيرُكَ بِعِلْمِكَ وَأَسْتَقْدِرُكَ بِقُدُرَتِكَ، وَأَسْتَقْدِرُكَ بِقُدُرَتِكَ، وَأَسْأَلُكَ مِنْ فَضْلِكَ الْعَظِيمِ، فَإِنَّكَ تَقْدِرُ 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 الأَّمْرَ خَيْرٌ لِي فِي دِيني وَمَعَاشِي وَعَاقِبَةِ أَمْرِي فَاقَدُرُهُ لِي وَيَسِّرُهُ لِي ثُمَّ بَارِكُ لِي فِيهِ

Allahumma in kunta ta'lamu anna haadha al-amra khayrun lee fee deenee wa ma'aashee wa ʻaaqibati 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.

وَإِنُّ كُنْتَ تَعْلَمُ أَنَّ هَذَا الأَّمْرَ شَرُّ لِي فِي دِينِي وَمَعَاشِي وَعَاقِبَةِ أَمْرِي فَاصْرِفَهُ عَنِي وَاصْرِفْنِي عَنْهُ، وَاقْدُرُ لِي الْخَيْرَ حَيْثُ كَانَ ثُمَّ أُرْضِنِي بِهِ

wa in kunta ta'lamu anna haadha al-amara sharrun lee fee deenee wa ma'aashee wa ʻaaqibati amree fasrifhu ʻannee wasrifnee ʻanhu 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.

Reflections



Gems

Watch the episode

Trusting in Allah doesn't just mean trusting in His Power. It also means trusting in His Wisdom.

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



Chapter 3 Allah is a du'a away







Don't say "insha'Allah" in *du'a*

عَنُ أَنَسٍ قَالَ قَالَ رَسُولُ اللَّهِ ﴿ إِذَا دَعَا أَكُدُكُمْ فَلْيَغُرِمُ فِي الدُّعَاءِ وَلَا يَقُلِ اللَّهُمَّ إِنْ شِئْتَ فَأَعْطِنِي فَإِنَّ اللَّهَ لَا مُسْتَكُرِهَ لَه

It is reported by Anas that the Messenger of Allah 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]



Commentary

A common mistake is to say "insha'Allah" (if Allah wills) at the end of a *du'a*. The Prophet ## 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.

Reflections

Gems

Watch the episode

Call out to Allah desperately, but confidently. Allah does not tire of answering you until you tire of asking Him. 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

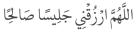
Companionship is a du'a away







Du'a for companionship



Allahumma urzuqnee jaleesan saalihan O Allah, grant me righteous company.

[Jami' at-Tirmidhi 413]

Commentary

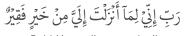
The people in our lives are also a part of our sustenance (*rizq*). Allah destined for us to meet people in this world that bring value and goodness to our lives. Our *du'as* can also lead us to meet people who become dear to us and change our lives. It is narrated that one of the early Muslims made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







Du'a for rizq



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 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



16





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 أَجُرُنِي فِي مُصِيبَتِي، وَأَجُرُنِي فِي مُصِيبَتِي، وَأَخُلِفُ لِي خَيْراً مِنْهَا

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

[Sahih Muslim 918]

Allahumma ajurnee fee museebati wa akhlif lee khayran minha

Commentary

This is the famous *du'a* Umm Salama made when her beloved husband Abu Salama passed away. She could not imagine any man being better than Abu Salama put she made this *du'a* frequently. Umm Salama would eventually marry the Prophet put, which is the best possible answer to her beautiful *du'a*.

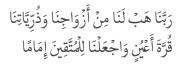






The most comprehensive du'a for marriage

and family



Rabbana hab lana min azwaajinaa 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]



Commentary

This is the most comprehensive *du'a* for a spouse, mentioned in the Qur'an as a *du'a* that the righteous make often. This *du'a* teaches us to become righteous people, so that we attract a righteous spouse and are able to raise righteous children. We should make *du'a* at every stage of life, both before and during marriage. Before marriage, it is a *du'a* for a righteous spouse. During marriage, it is a *du'a* for oneself and one's spouse to grow in righteousness, as well as a *du'a* for one's children or future children's righteousness too.

Reflections

Gems

Watch the episode

Sometimes, simply presenting your situation to Allah is even more powerful than directly asking Allah.

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







Du'a for a fulfilling life

اللَّهُمَّ إِنِّي أَسُأَلُكَ فِعْلَ الْخَيْرَاتِ وَتَرْكَ الْمُنْكَرَاتِ وَحُبَّ الْمَسَاكِينِ

Allahumma innee as'aluka fi'l al-khayraat wa tark al-munkaraat wa hubb al-masaakeen

وَإِذَا أَرَدْتَ فِي النَّاسِ فِتُنَةً فَا لَنَّاسِ فِتُنَةً فَا فَيْرَ مَفْتُونٍ

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]

Commentary

The life and death of a believer is for Allah. We live for Allah, and work towards a good ending and eternal Paradise. One of the signs of the Day of Judgment is that a person walks by a grave and wishes he was in it, not out of a desire to meet Allah but to escape life. Others cling to this world due to their love for it, forgetting to prepare for the afterlife. The Prophet aught us many du'as that focus on the afterlife and deeds that lead to a good ending and eternal bliss.

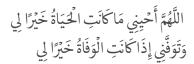
In this *du'a*, we are taught the importance of righteous deeds and avoiding sin. Righteous deeds lead to Paradise, while sins can lead to divine punishment. The *du'a* includes love of the poor because many of the greatest deeds involve taking care of the poor. Interestingly, the last part of the *du'a* is a request for Allah to take one's life if a significant trial is about to befall one's people. This refers to trials that threaten one's faith because it is better to die upon righteousness than to lose faith through a difficult trial. Trials that bring us closer to Allah, however, are actually beneficial for us.







Du'a for the best time of death



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]



Commentary

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 ## 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.

Reflections

Gems

Watch the episode

Believers do not seek death to avoid hardships. They see life as a chance to please Allah, and a longer life means more opportunities to perform good deeds. Believers love and are grateful to the One Who determines the perfect moment for their arrival on Earth and their departure from it.



Chapter 6

Protection is a du'a away



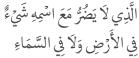




Du'a for protection from every single harm



In the Name of Allah.



alladhee la yadurru ma'a ismihi shay'un fee al-ardi wa la fee as-samaa'i

وَهُوَ السَّمِيعُ العَلِيمُ

wa huwa as-samee'u al-'aleem

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

Commentary

The first two *du'as* in this chapter are from the recommended morning and evening *du'as*. It is recommended to recite these *du'as* every morning after Fajr and every evening after Asr or Maghrib to ward off potential harms and trials from our future that only Allah knows. With this *du'a*, we preemptively seek Allah's protection from any harm in our future that we cannot see and know about.

If we make this du'a regularly but still face harm, we should accept it as Allah's Decree, which is ultimately good for us. Allah protects us as He sees fit, and whatever happens is ultimately good, even if we don't understand why. Nonetheless, this du'a is effective in keeping us safe from harm, often protecting us without us even realizing.



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Du'a for health and protection from trials

اللَّهُمَّ عَافِنِي فِي بَدَنِي، اللَّهُمَّ عَافِنِي فِي سَمُعِي، اللَّهُمَّ عَافِنِي فِي سَمُعِي، اللَّهُمَّ عَافِنِي فِي بَصَرِي، لاَ إِلَهَ إِلَّا أَنْتَ

Allahumma 'aafinee fee badanee, Allahumma 'aafinee fee sam'ee, Allahumma 'aafinee fee basaree, Ia 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.

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

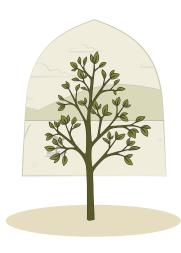
Allahumma innee a'oodhu bika min al-kufri wal-faqri, Allahumma innee a'oodhu bika min 'adhaab il-qabri la ilaha illa anta O Allah, I seek refuge with You from disbelief and poverty. O Allah, I seek refuge with You from the punishment of the grave. There is no god but You.

[Sunan Abi Dawud 5090]

x3 in the morning x3 in the evening

Commentary

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.



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Du'a for relief from hardship



لَا إِلَهَ إِلَّا أَنْتَ سُبُحَانَكَ إِلَهَ إِلَّا أَنْتَ سُبُحَانَكَ إِنِي 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]

Commentary

This is the *du'a* of Prophet Yunus when he was in the belly of the whale. It is recommended to make this *du'a* when a trial occurs and you do not know how to get out of it. Just like Allah helped Prophet Yunus escape the belly of the whale, He can help us out of any trial. This *du'a* is a humble acknowledgement of our own sins and faults, while recognizing the perfection of Allah. This dual recognition unlocks divine assistance in unimaginable ways.

Reflections

Gems

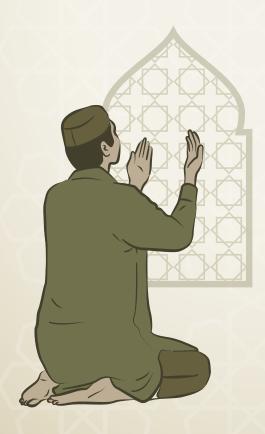
Oftentimes, you may trust Allah to relieve you of hardships that you know are in your life. But your preventative du'as work in your favor every day, blocking hardships you didn't even know were coming your way.

When you acknowledge your vulnerability to Allah, especially in a moment of hardship, Allah will not just remove that hardship—He'll give you things that you didn't even know you needed.

Watch the episode



Chapter 7 Relief is a du'a away







Du'a to replace anxiety with peace

اللَّهُمَّ إِنِّي عَبُدُكَ 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 بِيدِكَ مَاضٍ فِيَّ حُكُمُكَ عَدُلُّ فِيَّ قَضَاؤُكَ

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 أَوِ اسْتَأْثَرُتَ بِهِ فِي عِلْمِ الغَيْبِ 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 تَجُعَلَ القُرُآنَ رَبِيعَ قَلْبِي وَنُورَ صَدْرِي وَجَلاءَ حُزْنِي وِذَهَابَ هَمِّي

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

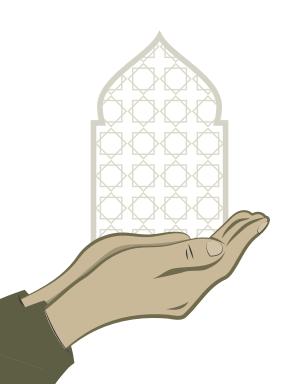
Commentary



The Prophet \$\mathrepsilon\$ 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



28





Du'a for relief from worries and debt

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ الْهَمِّ وَالْحَزَنِ،

Allahumma innee a'oodhu bika min al-hammi wal-hazani

وَأَعُوذُ بِكَ مِنْ الْعَجْزِ وَالْكَسَلِ، wa a'oodhu bika min al-'ajzi wal-kasali

وَأَعُوذُ بِكَ مِنْ الْجُبْنِ وَالْبُخُلِ، wa a'oodhu bika min al-jubni wal-bukhli

وَأَعُوذُ بِكَ مِنْ غَلَبَةِ الدَّيْنِ، وَقَهْرِ الرِّجَالِ 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]



Commentary

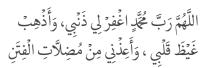
The Prophet # taught this du'a to a Companion who was overwhelmed with worry and debt. This du'a covers protection from eight categories of worldly trials. The first four are emotional trials: anxiety, grief, inability and laziness. The next two are negative characteristics: cowardice and miserliness. The last two trials are from other people, which is debt and tyranny. We seek Allah's protection daily from all these trials.

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Du'a to remove anger



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]



Commentary

The Prophet # taught this du'a to his wife A'ishah # as a means of protection from being overwhelmed by one's emotions, specifically anger. Anger is a natural human emotion that must be regulated. If we allow it to overwhelm us and control us, it can lead to a lot of regrets. So we are encouraged to regularly seek Allah's protection from anger and the trials it can lead to.

Reflections

Gems

Watch the episode

One of the most effective ways to have your du'a answered is to call upon Allah by His Names. Imagine how comprehensively effective it is to include "I ask You by every Name" in a du'a!

Even when Allah has removed your hardship, you may still feel its emotional impact for a long time. But the Prophet's comprehensive du'as teach us that even how we feel can be changed.



Chapter 8

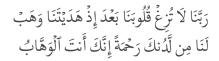
Changing your heart is a du'a away







Du'a to protect the heart



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

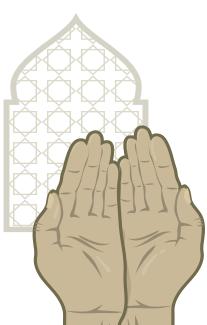
Our Lord! Do not let our hearts deviate after You have guided us, and grant us from Yourself mercy. Indeed You. You are the Bestower.

[Qur'an, 3:8]

Commentary

The heart is literally the center of our being and must be safeguarded from evil influences. If we allow the whisperings of Satan or the whims of the ego to overcome it, it could very well ruin our entire being. This du'a protects our hearts from misguidance. Our hearts are in Allah's Hands, and the most important part of us. If it strays, everything else strays with it. So we seek Allah's protection regularly from our hearts deviating.

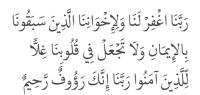
We should not take guidance for granted or feel entitled to it. The state of the heart is always changing, so we should constantly seek steadfastness and guidance.







Du'a to remove grudges

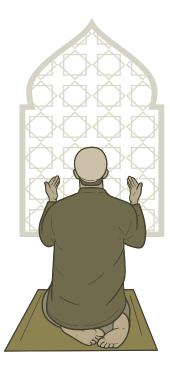


Rabbana ighfir lana wa li-ikhwaaninaa alladheena sabaqoona bil-eemaani wa la taj'al fee quloobinaa ghillan lilladheena aamanoo rabbana innaka ra'oofun raheem Our Lord, forgive us and our brethren who preceded us in faith, and leave no malice in our hearts towards those who believe. Our Lord, You are Clement and Merciful.

[Qur'an, 59:10]

Commentary

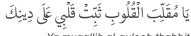
This *du'a* seeks protection from hatred or envy towards fellow Muslims. It is part of life that some people may have gifts and privileges that others do not. We should always look at these gifts as part of Allah's Destiny, and recognize that Allah knows best how to distribute His blessings. Unity between believers is necessary, and breaking ties with a Muslim is a major sin. To avoid this, we should regularly seek Allah's protection from any negative emotions entering our hearts and affecting our relationship with others.







The most frequent du'a of the Prophet



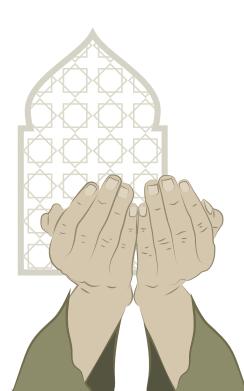
Ya muqallib al-quloob thabbit galbee 'ala deenik O Turner of hearts, make my heart firm on Your path.

[Jami' at-Tirmidhi 3522]

Commentary

This is the most frequent *du'a* that the Prophet 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.

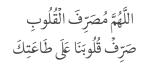
The Prophet \$\mathread{a}\$ said, "The parable of the heart is that of a feather blown about by the wind of the desert." [Sunan Ibn Majah 88]







Du'a for a heart obedient to Allah



Allahumma musarrif al-quloob sarrif quloobanaa 'ala taa'atik O Turner of hearts, turn our hearts towards your obedience.

[Sahih Muslim 2655]



Commentary

This is a variation of the above du'a. The first version is a du'a for steadfastness on the straight path. The second variation is a du'a for quidance to deeds that keep us on the straight path. We must make both du'as regularly while doing righteous deeds. Righteous deeds are the vehicle through which these du'as are answered.

The Prophet said, "Verily, in the body is a piece of flesh which, if sound, the entire body is sound, but if corrupt, the entire body is corrupt. Truly, it is the heart." [Sahih al-Bukhari 52]

Reflections

Gems

The more that your heart is occupied by Allah, the more present it will be in du'a, and the more you'll find yourself guided to what's pleasing to Him.

A pure heart is one that is pious, without sin, injustice, malice, or envy. The Prophet's 🏶 heart was the purest, yet his most frequent du'a was to keep it that way.

The more that you allow your heart to become full of your desires, distractions, or grudges, the less capacity your heart will have for Allah.

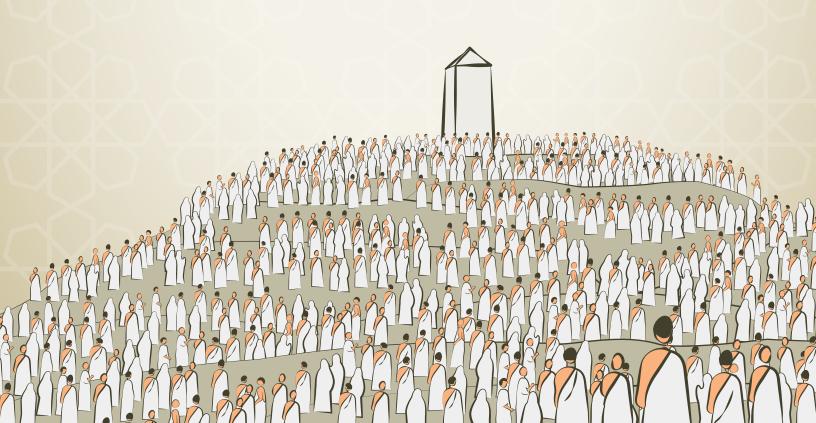
One of the best ways to keep your heart firm upon quidance is to be someone who is concerned about the guidance of others, frequently making du'a for them.

Watch the episode



Chapter 9

Salvation on Arafah is a du'a away







Du'a to be freed from the Fire

اللَّهُمَّ أَعْتِقُ رَقَبَتِي مِنَ النَّارِ ، Allahumma a'tiq raqabatee min an-naari

وَأُوْسِعُ لِي مِنَ الرِّزُقِ الْحَلَالِ، wa-awsi' lee min ar-rizq il-halaal

وَاصْرِفْ عَنِّي فَسَقَةَ الْجِنِّ وَالْإِنْسِ awasrif '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]



Commentary

This du'a has three parts. The first is a prayer for freedom from the fire which includes forgiveness for our sins, as well as guidance to righteous deeds. The second part is a du'a for halal sustenance, and the third is asking for protection from all worldly evil. This comprehensive du'a covers everything we need in this world and the next.

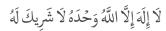
Reflections







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



La ilaha illa Allahu wahdahu la shareeka lahu

لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ

lahul-mulku wa lahul-hamdu

وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِير

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 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

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.



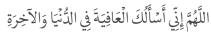
The best of everything is a du'a away







Du'a that covers all needs



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]

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The Prophet's was uncle Abbas asked him which du'a to make through which all his needs would be taken care of. The Prophet 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.

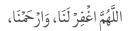
Reflections







Du'a for the best of both worlds



Allahumma ighfir lana warhamnaa

O Allah, forgive us, have mercy on us,

وَآتِنَا فِي الدُّنْيَا حَسَنَةً، وَفِي الْآخِرَةِ حَسَنَةً،

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

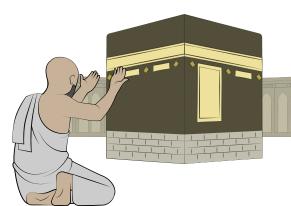
وَقِنَا عَذَابَ النَّارِ

wa qinaa 'adhaab an-naar

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]



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

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A comprehensive du'a to recite in salah

اللَّهُمَّ اغْفِرْ لِي، وَارْحَمْنِي،

Allahumma ighfir lee warhamnee

O Allah, forgive me, show mercy to me,

وَاهْدِنِي، وَارْزُقْنِي wahdinee warzugnee

guide me, and provide for me.

[Sahih Muslim 2697]



Commentary

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.

Reflections

Gems

Watch the episode

It's not about the increase of words. It's about knowing the One you're calling upon.

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



Du'as recap

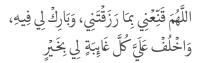


Du'as recap



Preface: Contentment is a du'a away

Du'a for contentment



Allahumma qanni'nee bimaa razzaqtanee baarik lee feehi 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 إِنِيَ أَسُأَلُكَ مِنَ الْخَيْرِ كُلِّهِ عَاجِلِهِ وَآجِلِهِ مَا عَلِمْتُ مِنْهُ وَمَا لَمُ أَعْمَ وَأَعُودُ بِكَ مِنَ الشَّرِّ كُلِّهِ عَاجِلِهِ وَآجِلِهِ مَا عَلِمْتُ مِنْهُ وَمَا لَمُ أَعْمَ وَأَعُودُ بِكَ مِنَ الشَّرِ كُلِّهِ عَاجِلِهِ مَا عَلِمْتُ مِنْهُ وَمَا لَمُ أَعْمَ اللَّهُمَّ إِنِي أَسْأَلُكَ وَنَبِيُّكَ وَأَعُودُ بِكَ مِنْ شَرِّ مَا عَاذَ بِهِ عَبْدُكَ وَنَبِيُّكَ اللَّهُمَّ إِنِي أَسْأَلُكَ الجُّنَّةَ وَمَا قَرَّبَ مِنْ شَرِّ مَا عَاذَ بِهِ عَبْدُكَ وَنَبِيُّكَ اللَّهُمَّ إِنِي أَسْأَلُكَ الجُنَّةَ وَمَا قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ إِلَيْهَا مِنْ قَوْلٍ إِلَيْهَا مِنْ قَوْلٍ أَوْ عَمَلٍ وَأَعُودُ بِكَ مِنَ النَّارِ وَمَا قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ عَمَلٍ وَأَعُودُ بِكَ مِنَ النَّارِ وَمَا قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ عَمَلٍ وَأَعُودُ بِكَ مِنَ النَّارِ وَمَا قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ عَمَلٍ وَأَعُودُ بِكَ مِنَ النَّارِ وَمَا قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ عَمَلٍ وَأَعْودُ بِكَ مِنَ النَّارِ وَمَا قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ عَمَلُ وَأَسُأَلُكَ أَنْ تَجْعَلَ كُلَّ قَضَاءٍ قَصَيْتَهُ فِي 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 الأَعْدَاءِ

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 بَعُدَ القَضَاءِ

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 أَسْتَغِيرُكَ بِعِلْمِكَ وَأَسْتَقْدِرُكَ بِقُدُرَتِكَ، وَأَسْأَلُكَ مِنْ فَضْلِكَ الْعَظِمِ، فَإِنَّكَ تَقْدِرُ وَلاَ أَقْدِرُ وَتَعْلَمُ وَلاَ أَعْلَمُ وَأَنْتَ عَلَّامُ الْغُيُوبِ اللَّهُمَّ إِنْ كُنْتَ تَعْلَمُ أَنَّ هَذَا الأَمْرَ خَيْرُ لِي فِي دِينِي وَمَعَاشِي وَعَاقِبَةِ أَمْرِي فَاقُدُرُهُ لِي وَيَسِّرُهُ لِي ثُمَّ بَارِكُ لِي فِيهِ وَإِنْ كُنْتَ تَعْلَمُ وَعَاقِبَةِ أَمْرِي فَاصُرِفُهُ عَنِي وَمَعَاشِي وَعَاقِبَةِ أَمْرِي فَاصُرِفُهُ عَنِي وَمَعَاشِي وَعَاقِبَةِ أَمْرِي فَاصُرِفُهُ عَنِي وَاصْرِفُهُ عَنِي وَاصْرِفُهُ عَنِي وَاصْرِفُهُ عَنِي وَاصْرِفُهُ عَنِي وَاصْرِفُهُ عَنِي وَاصْرِفُهُ عَنِي وَاصْرِفْهُ عَنِي وَاصْرِفْهُ عَنِي وَاصْرِفْنِي بِهِ

Allahumma innee astakheeruka bi ʻilmika 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 ʻallaam ul-ghuyoob. Allahumma in kunta ta'lamu anna haadha al-amra khayrun lee fee deenee wa ma'aashee wa ʻaaqibati 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 ʻaaqibati amree fasrifhu ʻannee wasrifnee ʻanhu waqdur

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]



Allah is a du'a away

Don't say "inshaAllah" in du'a

عَنْ أَنَسٍ قَالَ قَالَ رَسُولُ اللَّهِ ﴿ إِذَا دَعَا أَحَدُكُمْ فَلْيَعُزِمْ فِي الدُّعَاءِ وَلَا يَقُلِ اللَّهُمَّ إِنْ شِئْتَ فَأَعُطِنِي فَإِنَّ اللَّهَ لَا مُسْتَكُرِهَ لَه

It is reported by Anas that the Messenger of Allah 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 جَلِيسًا صَالِحًا

Allahumma urzuqnee jaleesan saalihan O Allah, grant me righteous company.

[Jami' at-Tirmidhi 413]

Du'a for rizq

رَبِّ إِنِّيُ لِمَآ أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ فَقِيْرُ

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

اللَّهُمَّ أَجُرُنِي فِي مُصِيبَتي، وأَخُلِفُ لِي خَيْراً مِنْهَا

Allahumma ajurnee fee museebati wa akhlif lee khayran minha Verily, to Allah we belong, and to Him we will return.

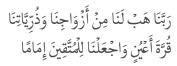
[Qur'an, 2:156]

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



Rabbana hab lana min azwaajinaa 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 أَسَأَلُكَ فِعُلَ الْخَيْرَاتِ وَتَرَكَ الْهُمَّ إِنِّي أَسَأَلُكَ فِعُلَ الْخَيْرَاتِ وَتَرَكَ الْمُنكَرَاتِ وَحُبَّ الْمَسَاكِينِ وَإِذَا أَرَدُتَ فِي النَّاسِ فِتُنَةً فَاقْبِضْنِي إِلَيْكَ غَيْرُ 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 مَاكَانَتِ الْحَيَاةُ خَيْرًا لِي وَتَوَفَّنِي إِذَاكَانَتِ الْوَفَاةُ خَيْرًا لِي

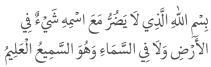
Allahumma ahyinee maa kaanat il-hayaatu khayran lee wa tawaffanee idha kaanat il-wafaatu khayran lee O Allah, keep me alive as long as You know that life is better for me, and cause me to die when death is better for me.

[Sahih al-Bukhari 5671]



Protection is a du'a away

Du'a for protection from every single harm



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

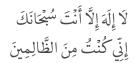
Du'a for health and protection from trials

اللَّهُمَّ عَافِنِي فِي بَدَنِي، اللَّهُمَّ عَافِنِي فِي سَمْعِي، اللَّهُمَّ عَافِنِي فِي سَمْعِي، اللَّهُمَّ اللَّهُمَّ عَافِنِي فِي بَصَرِي، لا إِلَهَ إِلَّا أَنْتَ، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكُفُرِ 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



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]



Relief is a du'a away

Du'a to replace anxiety with peace

اللَّهُمَّ إِنِّي عَبُدُكَ ابُنُ عَبُدِكَ ابُنُ أَمَتِكَ نَاصِيَتِي بِيدِكَ مَاضٍ فِيَّ حُكُمُكَ عَدُلُّ فِيَّ قَضَاؤكَ أَسْأَلُكَ بِكُلِّ اسْمٍ هُوَ لَكَ سَمَّيْتَ فِيَّ حُكُمُكَ عَدُلُّ فِيَّ قَضَاؤكَ أَسْأَلُكَ بِكُلِّ اسْمٍ هُوَ لَكَ سَمَّيْتَ بِهِ نَفْسَكَ أُو أَنْزَلْتَهُ فِي كِتَابِكَ أَوْ عَلَّمْتَهُ أَحَداً مِنْ خَلْقِكَ أَوِ السَّتَأْثَرُتَ بِهِ فِي عِلْمِ الغَيْبِ عِنْدَكَ أَنْ تَجْعَلَ القُرْآنَ رَبِيعَ السَّتَأْثَرُتَ بِهِ فِي عِلْمِ الغَيْبِ عِنْدَكَ أَنْ تَجْعَلَ القُرْآنَ رَبِيعَ قَلْبِي وَنُورَ صَدري وَجَلاءً حُرْنِي وذَهَابَ هَمِّي

Allahumma innee 'abduka ibnu 'abdika ibnu amatika naasiyatee biyadika 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 hammee 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]

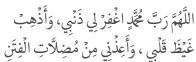
Du'a for relief from worries and debt

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ الْهَمِّ وَالْحَرَٰنِ، وَأَعُوذُ بِكَ مِنْ الْعَجْزِ وَالْكَسَلِ، وَأَعُوذُ بِكَ مِنْ الجُّبْنِ وَالْبُخْلِ، وَأَعُوذُ بِكَ مِنْ غَلَبَةِ الدَّيْن، وَقَهْر الرّجَالِ

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



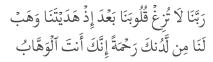
Allahumma rabba Muhammadin ighfir lee dhanbee wa adhhib ghaydha qalbee wa a'idhnee min mudillaat il-fitan O Allah, Lord of Muhammad! Forgive my sins, remove the anger of my heart, and protect me from misleading trials.

[Musnad Ahmad 26576]



Changing your heart is a du'a away

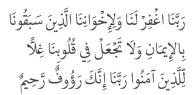
Du'a to protect the heart



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]

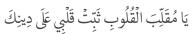
Du'a to remove grudges



Rabbana ighfir lana wa li-ikhwaaninaa alladheena sabaqoona 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 ®

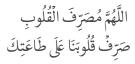


Ya muqallib al-quloob thabbit galbee 'ala deenik

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

[Jami' at-Tirmidhi 3522]

Du'a for a heart obedient to Allah



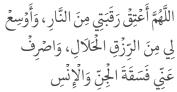
Allahumma musarrif al-quloob sarrif quloobanaa 'ala taa'atik O Turner of hearts, turn our hearts towards your obedience.

[Sahih Muslim 2655]



Salvation on Arafah is a du'a away

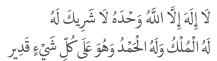
Du'a to be freed from the Fire



Allahumma a'tiq raqabatee min an-naari wa-awsi' lee min ar-rizq il-halaal wasrif ʻannee 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



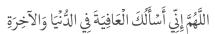
La ilaha illa Allahu wahdahu la shareeka lahu lahul-mulku wa lahul-hamdu wa huwa 'ala kulli shay'in qadeer There is no true deity but God alone who has no partner; to Him belongs the dominion, to Him praise is due, and He is able to do all things.

[Sunan at-Tirmidhi 3585]

Chapter 10

The best of everything is a du'a away

Du'a that covers all needs



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 اغْفِرُ 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 warzugnee

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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