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Daily Duas

Supplications for the whole day — from waking up to sleeping — in Arabic, with transliteration and English translation.

وَقَالَ رَبُّكُمُ ادْعُونِي أَسْتَجِبْ لَكُمْ

“Your Lord says: Call upon Me; I will respond to you.” — Quran 40:60



40+ authentic duas | Arabic + transliteration | English translation | Source given for every dua

ONE DAY, COVERED IN DUA

Waking up • Wudu & Salah • Leaving home • Masjid • Eating & drinking • Travel • Morning & evening adhkar • Parents & children • Sleeping

Keep it by your bed. Read a little every day.

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How to use this book

Dua is worship. The Prophet Muhammad (peace be upon him) said: *“Dua is worship.”* (Tirmidhi 3372). A dua said slowly, with the heart present, is worth more than a page rushed through. Use this book a little at a time until the words live in your day on their own.

1 Read the Arabic

Arabic is printed right to left in a large, clear script. Follow it with your finger if you are still learning to read.

2 Say it with the transliteration

The line in italics shows how the Arabic sounds in English letters, so anyone can pronounce the dua from day one.

3 Read the translation

Know what you are asking Allah for. Understanding turns a habit into a conversation with your Lord.

4 Check the source

Every dua carries its source — a verse of the Quran or a hadith collection — so you can trust what you are memorising.

What is inside

Waking up & sleeping	Pages 3–4	Morning & evening adhkar	Pages 15–17
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A note for parents: Children memorise duas fastest at the moment they belong to — the eating dua at the table, the sleeping dua at the pillow. Point to the page, say it together, and tick the tracker on the last page.

MORNING • 1 OF 2

Waking up

Sleep is a small death, and waking is a return of the soul. The first words of the day thank Allah for that return — before the phone, before the news, before anything else.

AS SOON AS YOU WAKE UP

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

Alhamdu lillahil-ladhi ahyana ba‘da ma amatana wa ilayhin-nushur.

“All praise is for Allah, who gave us life after causing us to die, and to Him is the resurrection.”

Source: Sahih al-Bukhari 6324

ALSO ON WAKING

لَا إِلَهَ إِلَّا اللَّهُ الْوَاحِدُ الْقَهَّارُ، رَبُّ السَّمَاوَاتِ وَالْأَرْضِ وَمَا بَيْنَهُمَا الْعَزِيزُ الْغَفَّارُ

La ilaha illallahul-Wahidul-Qahhar, Rabbus-samawati wal-ardi wa ma baynahumal-‘Azizul-Ghaffar.

“There is no god but Allah, the One, the All-Compelling, Lord of the heavens and the earth and whatever is between them, the Almighty, the All-Forgiving.” The Prophet (peace be upon him) would say this when he woke at night; whoever says it and then asks forgiveness is forgiven.

Source: Sahih al-Bukhari 1154

Make it stick: Put this page’s first dua on a small card on your bedside table. Most learners know it by heart within a week of waking.

NIGHT

Before sleeping

The day ends the way it began — with Allah's name. The Prophet (peace be upon him) would place his right hand under his cheek and say this dua as he lay down.

LYING DOWN TO SLEEP

بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismika Allahumma amutu wa ahya.

"In Your name, O Allah, I die and I live." Sleep is handed over to Allah, and so is the morning.

Source: Sahih al-Bukhari 6320

AYAT AL-KURSI — BEFORE SLEEP

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ ۚ لَا تَأْخُذُهُ سِنَةٌ وَلَا نَوْمٌ

Allahu la ilaha illa Huwal-Hayyul-Qayyum, la ta'khudhuhu sinatun wa la nawm… *(Quran 2:255 — recite the full verse)*

"Allah — there is no god but He, the Ever-Living, the Sustainer of all…" Whoever recites Ayat al-Kursi at night is guarded by Allah, and no devil comes near until morning. The full verse is printed on page 15.

Source: Sahih al-Bukhari 2311 • Quran 2:255

Also before sleep: recite Surah Al-Ikhlas, Al-Falaq and An-Nas, blow into your cupped hands and wipe over your body — the nightly practice of the Prophet (peace be upon him). (Bukhari 5017)

HOME

Leaving and entering the home

Every doorway is a small decision: go out with Allah’s name, come back with Allah’s name, and the house stays a place of blessing in between.

LEAVING THE HOME

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Bismillahi tawakkaltu ‘alallah, wa la hawla wa la quwwata illa billah.

“In the name of Allah, I place my trust in Allah, and there is no power and no strength except with Allah.” Whoever says this is told: you are guided, protected and taken care of — and Shaytan steps away from him.

Source: Abu Dawud 5095 • Tirmidhi 3426

ENTERING THE HOME

بِسْمِ اللَّهِ وَلَجْنَا، وَبِسْمِ اللَّهِ خَرَجْنَا، وَعَلَى رَبِّنَا تَوَكَّلْنَا

Bismillahi walajna, wa bismillahi kharajna, wa ‘ala Rabbina tawakkalna.

“In the name of Allah we enter, in the name of Allah we leave, and upon our Lord we place our trust.” Then greet your family with *as-salamu ‘alaykum* — the greeting itself is part of the dua.

Source: Abu Dawud 5096

Remember: Mentioning Allah’s name on entering keeps Shaytan from spending the night and sharing the food of the house. (Muslim 2018)

MASJID

Entering and leaving the masjid

Step in with the right foot and a heart asking for mercy; step out with the left foot and a heart asking for provision. Two short duas frame every visit to the house of Allah.

ENTERING — RIGHT FOOT FIRST

أَعُوذُ بِاللَّهِ الْعَظِيمِ وَبِوَجْهِهِ الْكَرِيمِ وَسُلْطَانِهِ الْقَدِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ، بِسْمِ اللَّهِ، وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ، اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

A‘udhu billahil-‘Azim wa bi-wajhihil-karim wa sultanihil-qadim minash-shaytanir-rajim. Bismillah, was-salatu was-salamu ‘ala Rasulillah. Allahumma-ftah li abwaba rahmatik.

“I seek refuge in Allah the Almighty, in His noble Face and His eternal authority, from the accursed Shaytan. In the name of Allah. Blessings and peace be upon the Messenger of Allah. O Allah, open for me the doors of Your mercy.”

Source: Muslim 713 • Abu Dawud 465

LEAVING — LEFT FOOT FIRST

بِسْمِ اللَّهِ، وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ، اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

Bismillah, was-salatu was-salamu ‘ala Rasulillah. Allahumma inni as’aluka min fadlik.

“In the name of Allah. Blessings and peace be upon the Messenger of Allah. O Allah, I ask You from Your bounty.” Mercy is asked for on the way in; bounty — work, provision, good — on the way out into the world.

Source: Muslim 713

FOOD • 1 OF 2

Before and after eating

Food is provision, not just fuel. Two short duas turn every meal — a family dinner or a quick sandwich — into an act of gratitude.

BEFORE EATING

بِسْمِ اللَّهِ وَعَلَى بَرَكَةِ اللَّهِ

Bismillahi wa ‘ala barakatillah.

“In the name of Allah, and with the blessing of Allah.” Saying *Bismillah* alone is enough; if you forget at the start, say when you remember: *Bismillahi fi awwalihi wa akhirih* — “In the name of Allah, at its beginning and its end.” (Tirmidhi 1858)

Source: Abu Dawud 3767 • Tirmidhi 1858

AFTER EATING

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ

Alhamdu lillahil-ladhi at‘amani hadha wa razaqanihi min ghayri hawlin minni wa la quwwah.

“All praise is for Allah, who fed me this and provided it for me, without any power or strength from me.” Whoever says this after eating is forgiven his past sins.

Source: Abu Dawud 4023 • Tirmidhi 3458

Table manners that are also Sunnah: eat with the right hand, eat from what is in front of you, and do not leave the meal without praising Allah. (Bukhari 5376, Muslim 2022)

Drinking and getting dressed

WHEN DRINKING MILK

اللَّهُمَّ بَارِكْ لَنَا فِيهِ وَزِدْنَا مِنْهُ

Allahumma barik lana fihi wa zidna minh.

“O Allah, bless it for us and give us more of it.” For other food the Prophet (peace be upon him) would ask instead to be given something better; milk alone he asked to be increased, because nothing satisfies hunger and thirst together like it.

Source: Tirmidhi 3455 • Abu Dawud 3730

WHEN WEARING CLOTHES

الْحَمْدُ لِلَّهِ الَّذِي كَسَانِي هَذَا وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ

Alhamdu lillahil-ladhi kasani hadha wa razaqanihi min ghayri hawlin minni wa la quwwah.

“All praise is for Allah, who clothed me with this and provided it for me, without any power or strength from me.” Whoever says this when dressing is forgiven his past sins.

Source: Abu Dawud 4023 • Tirmidhi 3458

WHEN WEARING NEW CLOTHES

اللَّهُمَّ لَكَ الْحَمْدُ أَنْتَ كَسَوْتَنِيهِ، أَسْأَلُكَ خَيْرَهُ وَخَيْرَ مَا صُنِعَ لَهُ، وَأَعُوذُ بِكَ مِنْ شَرِّهِ وَشَرِّ مَا صُنِعَ لَهُ

Allahumma lakal-hamdu Anta kasawtanih, as’aluka khayrahu wa khayra ma suni‘a lah, wa a‘udhu bika min sharrihi wa sharri ma suni‘a lah.

“O Allah, all praise is Yours — You clothed me with it. I ask You for its good and the good of what it was made for, and I seek refuge in You from its evil and the evil of what it was made for.”

Source: Abu Dawud 4020 • Tirmidhi 1767

PURIFICATION • 1 OF 2

Entering and leaving the bathroom

Even the most private moments of the day are covered by a dua. Step in with the left foot, seeking Allah's protection; step out with the right foot, asking His forgiveness.

ENTERING — LEFT FOOT FIRST

بِسْمِ اللَّهِ، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ

Bismillah. Allahumma inni a'udhu bika minal-khubuthi wal-khaba'ith.

"In the name of Allah. O Allah, I seek refuge in You from the male and female devils." This was the dua of the Prophet (peace be upon him) every time he entered.

Source: Sahih al-Bukhari 142 • Sahih Muslim 375

LEAVING — RIGHT FOOT FIRST

غُفْرَانَكَ

Ghufranak.

"(I seek) Your forgiveness." One word. The Prophet (peace be upon him) would say it on leaving — a reminder that relief itself is a blessing, and that we fall short in thanking Allah for it.

Source: Abu Dawud 30 • Tirmidhi 7

Teaching children: These two are among the easiest first duas — one short line going in, one single word coming out. Practise them at the door until they become automatic.

TRAVEL

Travelling — Dua al-Safar

Whether it is a flight across the world or a drive to the next town, the traveller’s dua asks Allah to make the journey easy, shorten its distance, and guard the family left behind.

WHEN YOUR VEHICLE SETS OFF

سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ، وَإِنَّا إِلَى رَبِّنَا لَمُنْقَلِبُونَ، اللَّهُمَّ إِنَّا نَسْأَلُكَ فِي سَفَرِنَا هَذَا الْبِرَّ وَالتَّقْوَى، وَمِنَ الْعَمَلِ مَا تَرْضَى، اللَّهُمَّ هَوِّنْ عَلَيْنَا سَفَرَنَا هَذَا وَاطْوِ عَنَّا بُعْدَهُ، اللَّهُمَّ أَنْتَ الصَّاحِبُ فِي السَّفَرِ وَالْخَلِيفَةُ فِي الْأَهْلِ

Subhanal-ladhi sakhkhara lana hadha wa ma kunna lahu muqrinin, wa inna ila Rabbina lamunqalibun. Allahumma inna nas’aluka fi safarina hadhal-birra wat-taqwa, wa minal-‘amali ma tarda. Allahumma hawwin ‘alayna safarana hadha watwi ‘anna bu‘dah. Allahumma Antas-sahibu fis-safari wal-khalifatu fil-ahl.

“Glory to Him who has put this at our service, though we could never have controlled it ourselves — and to our Lord we will surely return. O Allah, we ask You on this journey for goodness and piety, and for deeds that please You. O Allah, make this journey easy for us and shorten its distance. O Allah, You are the Companion on the journey and the Guardian of the family.”

Source: Sahih Muslim 1342 • Quran 43:13–14

On returning home, add: *Ayibun, ta’ibun, ‘abidun, li-Rabbina hamidun* — “We return, we repent, we worship, and to our Lord we give praise.” (Muslim 1342)

PURIFICATION • 2 OF 2

Before and after wudu

Wudu washes more than hands and face. It begins with Allah’s name and ends with a declaration of faith that opens the eight gates of Paradise.

BEFORE STARTING WUDU

بِسْمِ اللَّهِ

Bismillah.

“In the name of Allah.” The Prophet (peace be upon him) said there is no wudu for the one who does not mention Allah’s name over it — so begin every wudu with these words.

Source: Tirmidhi 25 • Abu Dawud 101

AFTER FINISHING WUDU

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ، اللَّهُمَّ اجْعَلْنِي مِنَ التَّوَّابِينَ وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ

Ashhadu an la ilaha illallahu wahdahu la sharika lah, wa ashhadu anna Muhammadan ‘abduhu wa rasuluh. Allahumma-j‘alni minat-tawwabina waj‘alni minal-mutatahhirin.

“I bear witness that there is no god but Allah alone, with no partner, and I bear witness that Muhammad is His servant and Messenger. O Allah, make me among those who repent often and those who purify themselves.” Whoever says the testimony after wudu — all eight gates of Paradise are opened for him.

Source: Sahih Muslim 234 • Tirmidhi 55

The Adhan — listening and answering

When the call to prayer sounds, the listener repeats the words of the mu’adhdhin — except at *Hayya ‘alas-Salah* and *Hayya ‘alal-Falah*, where we answer with the words of reliance below.

ANSWERING “HAYYA ‘ALAS-SALAH / HAYYA ‘ALAL-FALAH”

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

La hawla wa la quwwata illa billah.

“There is no power and no strength except with Allah.” We cannot come to prayer by our own strength — we say so, and Allah brings us.

Source: Sahih al-Bukhari 611 • Sahih Muslim 385

AFTER THE ADHAN ENDS

اللَّهُمَّ رَبَّ هَذِهِ الدَّعْوَةِ التَّامَّةِ وَالصَّلَاةِ الْقَائِمَةِ، آتِ مُحَمَّدًا الْوَسِيلَةَ وَالْفَضِيلَةَ، وَابْعَثْهُ مَقَامًا مَحْمُودًا الَّذِي وَعَدْتَهُ

Allahumma Rabba hadhihid-da‘watit-tammah was-salatil-qa’imah, ati Muhammadanil-wasilata wal-fadilah, wab‘athhu maqaman mahmudanil-ladhi wa‘adtah.

“O Allah, Lord of this perfect call and of the prayer to be offered, grant Muhammad the Wasilah (the highest place in Paradise) and excellence, and raise him to the praised station You have promised him.” Whoever says this after the Adhan earns the intercession of the Prophet (peace be upon him) on the Day of Resurrection.

Source: Sahih al-Bukhari 614

Do not miss the gap: Dua between the Adhan and the Iqamah is not rejected. (Tirmidhi 212) Ask Allah for what you need in those few minutes.

SALAH • 2 OF 3

Inside the prayer

The prayer itself is full of dua — it opens with praise and closes, before the salam, with a moment when you may ask Allah for anything.

OPENING DUA — AFTER THE FIRST TAKBIR

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ، وَتَبَارَكَ اسْمُكَ، وَتَعَالَى جَدُّكَ، وَلَا إِلَهَ غَيْرُكَ

Subhanaka Allahumma wa bihamdik, wa tabarakas-muk, wa ta‘ala jadduk, wa la ilaha ghayruk.

“Glory and praise be to You, O Allah. Blessed is Your name, exalted is Your majesty, and there is no god besides You.”

Source: Abu Dawud 775 • Tirmidhi 243

AFTER TASHAHHUD — BEFORE THE SALAM

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ جَهَنَّمَ، وَمِنْ عَذَابِ الْقَبْرِ، وَمِنْ فِتْنَةِ الْمَحْيَا وَالْمَمَاتِ، وَمِنْ شَرِّ فِتْنَةِ الْمَسِيحِ الدَّجَّالِ

Allahumma inni a‘udhu bika min ‘adhabi Jahannam, wa min ‘adhabil-qabr, wa min fitnatil-mahya wal-mamat, wa min sharri fitnatil-Masihid-Dajjal.

“O Allah, I seek refuge in You from the punishment of Hell, from the punishment of the grave, from the trials of life and death, and from the evil trial of the false Messiah.” The Prophet (peace be upon him) taught his companions to seek protection from these four in every prayer.

Source: Sahih al-Bukhari 1377 • Sahih Muslim 588

Then ask freely: After this dua and before the salam, ask Allah for the good of this world and the next in your own words — it is one of the moments when dua is answered.

SALAH • 3 OF 3

After the prayer — adhkar

Do not rush away from the prayer mat. These words, said while still seated after the salam, were the regular practice of the Prophet (peace be upon him) after every obligatory prayer.

IMMEDIATELY AFTER THE SALAM — SAY THREE TIMES, THEN ONCE

أَسْتَغْفِرُ اللَّهَ (٣) اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ، تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

Astaghfirullah *(three times).* **Allahumma Antas-Salam wa minkas-salam, tabarakta ya Dhal-Jalali wal-Ikram.**

“I seek Allah’s forgiveness. O Allah, You are Peace and from You comes all peace; blessed are You, Owner of majesty and honour.”

Source: Sahih Muslim 591

THEN — THE TASBIH OF FATIMAH

سُبْحَانَ اللَّهِ (٣٣) الْحَمْدُ لِلَّهِ (٣٣) اللَّهُ أَكْبَرُ (٣٣)

Subhanallah *(33 times),* **Alhamdulillah** *(33 times),* **Allahu Akbar** *(33 times) — then complete one hundred with:* **La ilaha illallahu wahdahu la sharika lah, lahul-mulku wa lahul-hamd, wa Huwa ‘ala kulli shay’in Qadir.**

“Glory be to Allah… All praise is for Allah… Allah is the Greatest… There is no god but Allah alone, with no partner; His is the kingdom and His is the praise, and He has power over all things.” Whoever says this after every prayer — his sins are forgiven, even if they are like the foam of the sea.

Source: Sahih Muslim 597

Finish with Ayat al-Kursi (page 15). Whoever recites it after every obligatory prayer — nothing stands between him and Paradise except death. (An-Nasa’i 9848)

Morning adhkar — protection for the day

Say these after Fajr, and again after Asr (or Maghrib) for the evening. They are a shield the Prophet (peace be upon him) never left.

AYAT AL-KURSI — ONCE, MORNING AND EVENING

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ ۚ لَا تَأْخُذُهُ سِنَةٌ وَلَا نَوْمٌ ۚ لَهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ ۗ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ ۚ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ ۖ وَلَا يُحِيطُونَ بِشَيْءٍ مِنْ عِلْمِهِ إِلَّا بِمَا شَاءَ ۚ وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ ۖ وَلَا يَئُودُهُ حِفْظُهُمَا ۚ وَهُوَ الْعَلِيُّ الْعَظِيمُ

Allahu la ilaha illa Huwal-Hayyul-Qayyum… *(recite in full)*

“Allah — there is no god but He, the Ever-Living, the Sustainer of all. Neither drowsiness nor sleep overtakes Him. To Him belongs whatever is in the heavens and the earth…” The greatest verse in the Quran.

Source: Quran 2:255

THE THREE QULS — THREE TIMES EACH

قُلْ هُوَ اللَّهُ أَحَدٌ • قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ • قُلْ أَعُوذُ بِرَبِّ النَّاسِ

Qul Huwallahu Ahad *(Al-Ikhlas)* • **Qul a‘udhu bi-Rabbil-Falaq** *(Al-Falaq)* • **Qul a‘udhu bi-Rabbin-Nas** *(An-Nas) — each three times.*

“Say: He is Allah, the One…” • “Say: I seek refuge in the Lord of the daybreak…” • “Say: I seek refuge in the Lord of mankind…” Whoever says them three times in the morning and evening — they will suffice him against everything.

Source: Abu Dawud 5082 • Tirmidhi 3575

The master dua for forgiveness

SAYYIDUL ISTIGHFAR — ONCE, MORNING AND EVENING

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ، وَأَبُوءُ بِذَنْبِي فَاغْفِرْ لِي، فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

Allahumma Anta Rabbi la ilaha illa Ant, khalaqtani wa ana ‘abduk, wa ana ‘ala ‘ahdika wa wa‘dika mastata‘t, a‘udhu bika min sharri ma sana‘t, abu’u laka bini‘matika ‘alayya, wa abu’u bidhanbi faghfir li, fa-innahu la yaghfirudh-dhunuba illa Ant.

“O Allah, You are my Lord; there is no god but You. You created me and I am Your servant, and I keep my covenant and promise to You as much as I am able. I seek refuge in You from the evil of what I have done. I acknowledge Your favour upon me, and I acknowledge my sin — so forgive me, for no one forgives sins except You.” Whoever says it with certainty in the morning and dies that day enters Paradise; the same in the evening.

Source: Sahih al-Bukhari 6306

NO HARM SHALL TOUCH YOU — THREE TIMES

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

Bismillahil-ladhi la yadurru ma‘as-mihi shay’un fil-ardi wa la fis-sama’i wa Huwas-Sami‘ul-‘Alim.

“In the name of Allah, with whose name nothing on earth or in heaven can cause harm — and He is the All-Hearing, the All-Knowing.” Said three times in the morning, nothing harms the person until evening; said in the evening, nothing harms him until morning.

Source: Abu Dawud 5088 • Tirmidhi 3388

Evening adhkar — words of protection

PERFECT WORDS OF ALLAH — THREE TIMES IN THE EVENING

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

A‘udhu bi-kalimatillahit-tammati min sharri ma khalaq.

“I seek refuge in the perfect words of Allah from the evil of what He has created.” Whoever says this three times in the evening — nothing will harm him that night.

Source: Sahih Muslim 2708 • Tirmidhi 3437

ALLAH IS ENOUGH FOR ME — SEVEN TIMES

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ، عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ

Hasbiyallahu la ilaha illa Huwa, ‘alayhi tawakkaltu wa Huwa Rabbul-‘Arshil-‘Azim.

“Allah is sufficient for me; there is no god but He. In Him I place my trust, and He is the Lord of the Mighty Throne.” Whoever says this seven times in the morning and evening — Allah takes care of whatever worries him, in this world and the next.

Source: Abu Dawud 5081 • Quran 9:129

PLEASED WITH ALLAH — THREE TIMES

رَضِيتُ بِاللَّهِ رَبًّا، وَبِالْإِسْلَامِ دِينًا، وَبِمُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ نَبِيًّا

Raditu billahi Rabba, wa bil-Islami dina, wa bi-Muhammadin (sallallahu ‘alayhi wa sallam) Nabiyya.

“I am pleased with Allah as my Lord, with Islam as my religion, and with Muhammad (peace be upon him) as my Prophet.” Said three times morning and evening, it becomes a right upon Allah to please that person on the Day of Resurrection.

Source: Abu Dawud 5072 • Tirmidhi 3389

FAMILY • 1 OF 2

Duas for parents

After Allah, no one has a greater right over us than our parents. The Quran itself teaches us the words to pray for them — in their life and after their death, this dua remains a continuing charity for them.

MERCY FOR THEM, AS THEY RAISED ME

رَّبِّ ارْحَمْهُمَا كَمَا رَبَّيَانِي صَغِيرًا

Rabbir-hamhuma kama rabbayani saghira.

“My Lord, have mercy on them, just as they raised me when I was small.” Five words that carry a lifetime of gratitude — say them in every prayer.

Source: Quran 17:24

FORGIVENESS FOR ME AND MY PARENTS

رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ

Rabbana-ghfir li wa li-walidayya wa lil-mu’minina yawma yaqumul-hisab.

“Our Lord, forgive me, my parents, and the believers on the Day the reckoning is established.” This is the dua of Prophet Ibrahim (peace be upon him) — prayed for his parents before praying for the rest of the believers.

Source: Quran 14:41

For a parent who has passed away: your dua reaches them. The Prophet (peace be upon him) said that when a person dies his deeds end except three — and one of them is a righteous child who prays for him. (Muslim 1631)

Duas for children and family

The prophets prayed for their children before those children existed. These two Quranic duas belong in every parent’s day — and every grandparent’s too.

DUA OF PROPHET ZAKARIYA — FOR RIGHTEOUS CHILDREN

رَبِّ هَبْ لِي مِنْ لَدُنْكَ ذُرِّيَّةً طَيِّبَةً ۖ إِنَّكَ سَمِيعُ الدُّعَاءِ

Rabbi hab li min ladunka dhurriyyatan tayyibah, innaka Sami‘ud-du‘a.

“My Lord, grant me from Yourself a good offspring. Indeed, You are the Hearer of supplication.” Zakariya (peace be upon him) prayed this in old age — and Allah answered him with Yahya.

Source: Quran 3:38

COMFORT OF OUR EYES — FOR SPOUSE AND CHILDREN

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

Rabbana hab lana min azwajina wa dhurriyyatina qurrata a‘yun, waj‘alna lil-muttaqina imama.

“Our Lord, grant us from among our spouses and offspring comfort to our eyes, and make us leaders for the righteous.” This is how the Quran describes the servants of the Most Merciful — this dua is their signature.

Source: Quran 25:74

Also for your child, every day: place your hand on them and say *U‘idhuka bi-kalimatillahit-tammah min kulli shaytanin wa hammah, wa min kulli ‘aynin lammah* — “I seek protection for you in Allah’s perfect words, from every devil and poisonous creature, and from every harmful eye.” The Prophet (peace be upon him) protected Hasan and Husayn with these words. (Bukhari 3371)

HEART & MIND • 1 OF 2

Knowledge, anxiety and sorrow

FOR INCREASE IN KNOWLEDGE

رَّبِّ زِدْنِي عِلْمًا

Rabbi zidni ‘ilma.

“My Lord, increase me in knowledge.” The only thing Allah commanded His Prophet (peace be upon him) to ask for more of — not wealth, not years — was knowledge. Say it before every class, every book, every lesson.

Source: Quran 20:114

AGAINST WORRY, GRIEF AND HELPLESSNESS

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَالْعَجْزِ وَالْكَسَلِ، وَالْبُخْلِ وَالْجُبْنِ، وَضَلَعِ الدَّيْنِ، وَغَلَبَةِ الرِّجَالِ

Allahumma inni a‘udhu bika minal-hammi wal-hazan, wal-‘ajzi wal-kasal, wal-bukhli wal-jubn, wa dala‘id-dayn, wa ghalabatir-rijal.

“O Allah, I seek refuge in You from anxiety and grief, from weakness and laziness, from miserliness and cowardice, from the burden of debt, and from being overpowered by men.” The Prophet (peace be upon him) said this dua often — and taught it as a remedy for a heavy heart.

Source: Sahih al-Bukhari 6369

When grief feels heavy, add the dua of Yunus: *La ilaha illa Anta, Subhanak, inni kuntu minaz-zalimin* — “There is no god but You; glory be to You; indeed I was among the wrongdoers.” (Quran 21:87) No Muslim asks Allah with it for anything without Allah answering him. (Tirmidhi 3505)

Forgiveness and health

PARDON AND WELL-BEING — IN THIS WORLD AND THE NEXT

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ

Allahumma inni as’alukal-‘afwa wal-‘afiyata fid-dunya wal-akhirah.

“O Allah, I ask You for pardon and well-being in this world and in the Hereafter.” Al-‘Abbas, the uncle of the Prophet (peace be upon him), asked to be taught one dua that gathers everything — and this is the dua he was taught. Ask for it in the morning and the evening.

Source: Tirmidhi 3514 • Ibn Majah 3871

VISITING SOMEONE WHO IS ILL — SAY SEVEN TIMES

أَسْأَلُ اللَّهَ الْعَظِيمَ رَبَّ الْعَرْشِ الْعَظِيمِ أَنْ يَشْفِيَكَ

As’alullahal-‘Azima Rabbal-‘Arshil-‘Azim an yashfiyak. *(seven times)*

“I ask Allah the Almighty, Lord of the Mighty Throne, to heal you.” No one visits a sick person whose time has not yet come and says this seven times, except that Allah heals him.

Source: Abu Dawud 3106 • Tirmidhi 2083

FOR PAIN IN THE BODY

بِسْمِ اللَّهِ (٣) أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاذِرُ (٧)

Bismillah *(three times), then* **A‘udhu billahi wa qudratihi min sharri ma ajidu wa uhadhir** *(seven times).*

“In the name of Allah. I seek refuge in Allah and His power from the evil of what I feel and what I fear.” Place your hand where the pain is, and say these words — the Prophet (peace be upon him) taught them to a companion who complained of pain.

Source: Sahih Muslim 2202

FROM THE QURAN

Three duas Allah Himself taught us

The best duas are the ones in Allah's own words. These three short verses answer almost every need — provision, a steady heart, and help against difficulty.

GOOD IN BOTH WORLDS

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Rabbana atina fid-dunya hasanah, wa fil-akhirati hasanah, wa qina ‘adhaban-nar.

“Our Lord, give us good in this world and good in the Hereafter, and shield us from the punishment of the Fire.” This was the dua the Prophet (peace be upon him) said most often.

Source: Quran 2:201 • Sahih Muslim 2690

A HEART THAT DOES NOT SWERVE

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

Rabbana la tuzigh qulubana ba‘da idh hadaytana wa hab lana min ladunka rahmah, innaka Antal-Wahhab.

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

Source: Quran 3:8

WHEN FACING DIFFICULTY

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

Hasbunallahu wa ni‘mal-wakil.

“Allah is sufficient for us, and He is the best Disposer of affairs.” Ibrahim (peace be upon him) said it when he was thrown toward the fire, and the companions said it when people threatened them — and it was enough for both.

Source: Quran 3:173 • Sahih al-Bukhari 4563

FOR CHILDREN

Kids — your first 10 duas

Grown-ups: read each line out loud, let your child repeat it, and tick the box when they can say it alone. One dua a week is a perfect pace — in ten weeks, a child owns a duas habit for life.

✓	When	Dua	Page
☐	Before eating	**Bismillah** — In the name of Allah	Page 7
☐	After eating	**Alhamdulillah** — All praise is for Allah	Page 7
☐	Going to sleep	**Bismika Allahumma amutu wa ahya**	Page 4
☐	Waking up	**Alhamdu lillahil-ladhi ahyana…**	Page 3
☐	Entering the bathroom	**Allahumma inni a‘udhu bika minal-khubuthi wal-khaba’ith**	Page 9
☐	Leaving the bathroom	**Ghufranak** — Your forgiveness	Page 9
☐	Leaving the house	**Bismillahi tawakkaltu ‘alallah**	Page 5
☐	For Mum and Dad	**Rabbir-hamhuma kama rabbayani saghira**	Page 18
☐	For knowledge	**Rabbi zidni ‘ilma** — My Lord, increase me in knowledge	Page 20
☐	Good in both worlds	**Rabbana atina fid-dunya hasanah…**	Page 22

Star tip: When all ten boxes are ticked, your child is ready for the morning adhkar on pages 15–17 — and for a Noorani Qaida or Quran Reading class, where a teacher helps them read every dua in this book from the Arabic itself.

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My dua tracker — tick each day you read your morning and evening adhkar

Week	Sat	Sun	Mon	Tue	Wed	Thu	Fri
Week 1	☐	☐	☐	☐	☐	☐	☐
Week 2	☐	☐	☐	☐	☐	☐	☐
Week 3	☐	☐	☐	☐	☐	☐	☐
Week 4	☐	☐	☐	☐	☐	☐	☐

May Allah accept your duas. Share this PDF freely — every person who learns a dua from it is a reward written for you too.