DU‘Ā · 01 OF 16

Supplication

الدُّعَاءُ مُخُّ الْعِبَادَةِ

INDEXED BY NEED

Not by occasion — so you can find the words when you cannot think of any.

EVERY ITEM GRADED

Qur’ānic references in full; ḥadīth graded where the scholars differ.

CARRY IT

Cut on the solid lines, fold on the dashed — a wallet of cards.

Tirmidhī · the wording above is weak in chain; the sound narration reads *ad-du‘ā’u huwal-’ibādah* — supplication is worship itself. Abū Dāwūd, Tirmidhī · ṣaḥīḥ.

02 · Rabbanā · I

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

rabbanā ātinā fid-dunyā ḥasanatan wa fil-ākhirati ḥasanatan wa qinā ‘adhāban-nār

Our Lord, give us good in this world and good in the Hereafter, and protect us from the punishment of the Fire.

Q 2:201 — the du‘ā he ﷺ made most often.

رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا

rabbanā lā tu’ākhidhnā in nasīnā aw akhṭa’nā

Our Lord, do not take us to task if we forget or fall into error.

Q 2:286 — the closing words of Sūrat al-Baqarah.

03 · Rabbanā · II

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

rabbanā lā tuzigh qulūbanā ba‘da idh hadaytanā wa hab lanā mil-ladunka raḥmah

Our Lord, let not our hearts deviate after You have guided us, and grant us mercy from Yourself.

Q 3:8

رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَثَبِّتْ أَقْدَامَنَا

rabbanā afrigh ‘alaynā ṣabran wa thabbit aqdāmanā

Our Lord, pour patience upon us and make our feet firm.

Q 2:250 — said by Ṭālūt’s few before a battle they were expected to lose.

04 · Rabbanā · III

رَبَّنَا ظَلَمْنَا أَنْفُسَنَا وَإِنْ لَمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ

rabbanā ẓalamnā anfusanā wa il lam taghfir lanā wa tarḥamnā lanakūnanna minal-khāsirīn

Our Lord, we have wronged ourselves; if You do not forgive us and have mercy on us, we shall be among the lost.

Q 7:23 — the words of Ādam.

رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي وَاحْلُلْ عُقْدَةً مِنْ لِسَانِي يَفْقَهُوا قَوْلِي

rabbi-shraḥ lī ṣadrī wa yassir lī amrī waḥlul ‘uqdatan min lisānī yafqahū qawlī

My Lord, expand my breast, ease my task, and loosen the knot in my tongue that they may understand me.

Q 20:25–28 — Mūsā, before speaking to Pharaoh. For any hard conversation.

05 · The comprehensive · I

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْهُدَىٰ وَالتُّقَىٰ وَالْعَفَافَ وَالْغِنَىٰ

allāhumma innī as’alukal-hudā wat-tuqā wal-‘afāfa wal-ghinā

O Allah, I ask You for guidance, piety, chastity and sufficiency.

Muslim · ṣaḥīḥ — four words that cover the whole of a life.

رَبِّ زِدْنِي عِلْمًا

rabbi zidnī ‘ilmā

My Lord, increase me in knowledge.

Q 20:114 — the only thing Allah commanded His Messenger to ask for more of.

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

ḥasbunallāhu wa ni‘mal-wakīl

Allah is sufficient for us, and He is the best Disposer of affairs.

Q 3:173 — said by Ibrāhīm in the fire, and by the believers when armies gathered.

06 · The comprehensive · II

اللَّهُمَّ أَصْلِحْ لِي دِينِي الَّذِي هُوَ عِصْمَةُ أَمْرِي، وَأَصْلِحْ لِي دُنْيَايَ الَّتِي فِيهَا مَعَاشِي، وَأَصْلِحْ لِي آخِرَتِي الَّتِي فِيهَا مَعَادِي

allāhumma aṣliḥ lī dīniyalladhī huwa ‘iṣmatu amrī, wa aṣliḥ lī dunyāyallatī fīhā ma‘āshī, wa aṣliḥ lī ākhiratiyallatī fīhā ma‘ādī

O Allah, set right my religion, which is the safeguard of my affairs; set right my worldly life, in which is my living; and set right my Hereafter, to which is my return. Make life an increase in every good, and death a rest from every evil.

Muslim · ṣaḥīḥ

اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنَ الْخَيْرِ كُلِّهِ عَاجِلِهِ وَآجِلِهِ، مَا عَلِمْتُ مِنْهُ وَمَا لَمْ أَعْلَمْ

allāhumma innī as’aluka minal-khayri kullihi ‘ājilihi wa ājilihi, mā ‘alimtu minhu wa mā lam a‘lam

O Allah, I ask You for all good, soon and late, what I know of it and what I do not — and I seek refuge in You from all evil, the same.

Ibn Mājah · ṣaḥīḥ — taught to ‘Ā’ishah as a du‘ā that leaves nothing out.

07 · Distress & grief · I

لَا إِلَٰهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

lā ilāha illā anta subḥānaka innī kuntu minaẓ-ẓālimīn

There is no god but You; glory be to You; I was among the wrongdoers.

Q 21:87 — the call of Yūnus from the darkness. “No Muslim supplicates with it for anything but that Allah answers him.” Tirmidhī · ṣaḥīḥ

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

allāhumma innī a‘ūdhu bika minal-hammi wal-ḥazan, wal-‘ajzi wal-kasal, wal-jubni wal-bukhl, wa ḍala‘id-dayni wa ghalabatir-rijāl

O Allah, I seek refuge in You from anxiety and sorrow, from incapacity and idleness, from cowardice and miserliness, from the burden of debt and from being overpowered by men.

Bukhārī · ṣaḥīḥ

08 · Distress & grief · II

يَا حَيُّ يَا قَيُّومُ بِرَحْمَتِكَ أَسْتَغِيثُ، أَصْلِحْ لِي شَأْنِي كُلَّهُ وَلَا تَكِلْنِي إِلَىٰ نَفْسِي طَرْفَةَ عَيْنٍ

yā ḥayyu yā qayyūmu bi-raḥmatika astaghīth, aṣliḥ lī sha’nī kullahu wa lā takilnī ilā nafsī ṭarfata ‘ayn

O Ever-Living, O Sustainer, by Your mercy I seek relief. Set right all my affairs, and do not entrust me to myself for the blink of an eye.

Nasā’ī in ‘Amal al-Yawm wal-Laylah · ḥasan

A NOTE

When grief takes your words away, these become the words. If you have not memorised them, read them — reading is also supplication.

09 · Sayyid al-Istighfār

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

allāhumma anta rabbī lā ilāha illā ant, khalaqtanī wa anā ‘abduk, wa anā ‘alā ‘ahdika wa wa‘dika mastaṭa‘t, a‘ūdhu bika min sharri mā ṣana‘t, abū’u laka bi-ni‘matika ‘alayya wa abū’u laka bi-dhanbī faghfir lī fa-innahu lā yaghfirudh-dhunūba illā ant

O Allah, You are my Lord; there is no god but You. You created me and I am Your servant, and I hold to Your covenant and Your promise as much as I can. I seek refuge in You from the evil I have done. I acknowledge Your favour upon me and I acknowledge my sin — so forgive me, for none forgives sins but You.

Bukhārī · ṣaḥīḥ — said with certainty in the morning, one who dies that day enters Paradise; likewise at night.

10 · Forgiveness, briefly

أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ

astaghfirullāha wa atūbu ilayh

I seek Allah’s forgiveness and turn to Him in repentance.

Bukhārī · ṣaḥīḥ — he ﷺ said it more than seventy times a day, and he was already forgiven.

اللَّهُمَّ اكْفِنِي بِحَلَالِكَ عَنْ حَرَامِكَ، وَأَغْنِنِي بِفَضْلِكَ عَمَّنْ سِوَاكَ

allāhumma-kfinī bi-ḥalālika ‘an ḥarāmik, wa aghninī bi-faḍlika ‘amman siwāk

O Allah, suffice me with what You have made lawful against what You have forbidden, and enrich me by Your grace, free of need of anyone besides You.

Tirmidhī · ḥasan — taught to a man crushed by debt.

11 · Family

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

rabbanā hab lanā min azwājinā wa dhurriyyātinā qurrata a‘yunin wa-j‘alnā lil-muttaqīna imāmā

Our Lord, grant us from our spouses and our offspring the comfort of our eyes, and make us a model for the God-fearing.

Q 25:74

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي رَبَّنَا وَتَقَبَّلْ دُعَاءِ

rabbi-j‘alnī muqīmaṣ-ṣalāti wa min dhurriyyatī, rabbanā wa taqabbal du‘ā’

My Lord, make me one who establishes the prayer, and from my offspring also. Our Lord, and accept my supplication.

Q 14:40 — Ibrāhīm, in old age.

12 · Provision & work

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا، وَرِزْقًا طَيِّبًا، وَعَمَلًا مُتَقَبَّلًا

allāhumma innī as’aluka ‘ilman nāfi‘ā, wa rizqan ṭayyibā, wa ‘amalan mutaqabbalā

O Allah, I ask You for beneficial knowledge, wholesome provision, and deeds that are accepted.

Ibn Mājah · ṣaḥīḥ — said after the Fajr prayer.

A NOTE

Before asking for provision, learn to ask for lawful provision. Not more — wholesome. Whatever the language of the du‘ā, let the intention be clean.

13 · Protection

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

a‘ūdhu bi-kalimātillāhit-tāmmāti min sharri mā khalaq

I seek refuge in the perfect words of Allah from the evil of what He has created.

Muslim · ṣaḥīḥ — three times at nightfall; nothing will harm him.

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

bismillāhilladhī lā yaḍurru ma‘asmihi shay’un fil-arḍi wa lā fis-samā’i wa huwas-samī‘ul-‘alīm

In the name of Allah, with whose name nothing on earth or in heaven can cause harm; He is the All-Hearing, the All-Knowing.

Abū Dāwūd, Tirmidhī · ṣaḥīḥ — three times, morning and evening.

14 · How to ask

Begin with praise, then the ṣalāt upon the Prophet ﷺ, then ask.

Face the qiblah, raise the hands, and wipe the face after if you wish.

Ask with certainty of being answered; do not say “if You will.”

Persist, and do not say “I asked and was not answered.”

Ask in your own language. Arabic is not a condition — Bengali is also du‘ā.

Tirmidhī, Abū Dāwūd · ṣaḥīḥ

15 · When it is likeliest

The last third of the night · in prostration · between the adhān and the iqāmah · the final hour of Friday · while fasting, until breaking · while travelling · when rain falls · one wronged, and one who prays for an absent brother.

Every du‘ā is answered — with the thing itself, with something better, or with harm turned away.

Aḥmad · ṣaḥīḥ

DU‘Ā · 16 OF 16

وَقَالَ رَبُّكُمُ ادْعُونِي أَسْتَجِبْ لَكُمْ

wa qāla rabbukumu-d‘ūnī astajib lakum

And your Lord has said: “Call upon Me; I will answer you.”

Q 40:60

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