

40 Rabbana

DUAS

رَبَّنَا

Our Lord

فَاغْفِرْ لَنَا ذُنُوبَنَا

forgive us for our sins

فَانصُرْنَا

give us victory

أَفْرِغْ عَلَيْنَا صَبْرًا

pour upon us patience

MY ISLAM

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YouTube
VIDEO

INTRODUCTION

“You were ordered to obey Allah, and you were created to perform good deeds.”

—Imam Ali (ra)

We all want Allah (swt) to hear and accept our du'a but did you know there's a procedure, which if you followed, could increase the power of your du'a? This is a concept in Islam referred to as Tawassul.

By seeking Allah's approval through actions that are beloved to him, you can elevate your position before making du'a.

This is something we learn about first-hand from analyzing the stories of Musa (as) and Zakariya (as). In the Qur'an, it tells us their du'as were fulfilled because of the good they did before asking. So, whenever you do an act of good you should invoke Allah subhanahu wa ta'ala and ask for His forgiveness or whatever else you need from him in those moments.

Another pattern you'll notice of the Prophets (may peace be upon them) is they always used the rightful attributes and names of Allah, “And to Allah belong the best names, so invoke Him by them. And leave [the company of] those who practice deviation concerning His names. They will be recompensed for what they have been doing.” (7:180)

For those interested the My Islam team has created a guide to learning the [99 names of Allah](#) subhanahu wa ta'ala in detail and is available for free on our site.

Below we provided a short checklist of the things you can do to increase the likelihood of your du'a being accepted.

- Do good deeds before making your du'a (for example, an act of kindness, offering 2 rakat of salah, reading the Qur'an, donating to charity).
- Praise Allah using his rightful names and attributes.
- Ask only from Allah.
- Ask with humility and humbleness.
- Be conscious of what you're asking for. Avoid being heedless in your requests, be focused, present, and understand what it is you're reciting when making du'a.
- Be persistent and do not lose hope. One of the beneficial remedies is persisting in your du'a.
- Send blessings upon Prophet Muhammad (ﷺ). If it weren't for him we wouldn't have all the goodness we currently have. It is important for us to acknowledge those who came before us that made it possible for us.
- Before asking for what you want, you should engage in tawbah, meaning repentance. Ask Allah for his forgiveness and purify your record.

DO NOT FORGET THE ROLE YOU PLAY IN YOUR DU'A

You can't ask Allah (swt) for your dream job and then never take any serious action to make it happen. It does not work like that, we all have a role to play. We ask Allah to make something possible, without his decree nothing can happen. But we must take the necessary steps forward and trust that he knows what's best for us.



HOW TO GET THE MOST OUT OF THIS BOOK

There is a du'a for every situation, and as you go through different stages of life, different duas can bring extra comfort and mean more to you than others.

The goal of this book is to provide you with all forty of the Rabbana duas from the Qur'an with translation (to help with understanding), transliteration (for those not strong in reading Arabic script), and with companion video for each du'a (for pronunciation and memorization). We also provide background context below each du'a with a short commentary and recommended use.

This way, you can ask Allah (swt) directly to change whatever it is you may need from Him in your life with the same du'as He has revealed for us in His book.

Why make du'a?

The du'a is one of the believer's best tool for changing what Allah (swt) has already decreed. To accept one's fate and submit to what Allah (swt) has ordained (both the good and the bad) has tremendous merit. This is not to be used as a way to excuse offering supplications as we learn from the hadith of Prophet Muhammad (ﷺ)

“O Allah guide me among those You have guided, pardon me among those You have pardoned, befriend me among those You have befriended, bless me in what You have granted, and save me from the evil that You decreed. *Indeed You decree, and none can pass decree, and none can pass decree upon you, indeed he is not humiliated whom You have befriended, blessed are You our Lord and Exalted.*”¹

Through supplications, we're able to avoid hardship or evil and triumph over the difficult tests Allah (swt) has currently written for us. It is through supplication and good deeds we can alter our destiny.

Now, if you take a second to look through your phone, how many apps steal your time, corrupt the mind, or make you feel miserable but yet we're addicted to them? I encourage you to study and reflect on the cause and effect of how different things impact the way you feel. Some things we spend a lot of time on zap our energy and negatively affect our overall well-being. We need to take inventory of the things we're allowing into our minds and study how they make us feel. Ask what future positive outcomes will be the result of the way we're currently spending our time. Only once we're aware of the problem can we work towards either eliminating it, or trying our best to minimize it.

By making this a free book we hope (Insha-Allah) you read it through and share it with others who can benefit. We recommend downloading it and save it on your phone so whenever you have free time, like in a waiting room, you can view and read it offline.

¹ Hadith Reference - Jami' at-Tirmidhi 464



40 RABBANA DUA VIDEO



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Background info:

We tried to create an engaging karaoke style video where the Arabic text gets filled along with recitation making it easy to follow along. Insha-Allah you will find these animated videos a fun way to learn and remember the forty du'as from the Qur'an.



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40 Rabbana - Dua #1

رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ

Rabbana taqabbal minnaa innaka Antas Samee'ul Aleem

- 2:127 -

“Our Lord, accept [this] from us. Indeed You are the Hearing, the Knowing.”

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Recommended use:

You can recite this du'a whenever you would like for Allah (swt) to accept whatever good you've just done. Du'a Prophet Ibrahim (as) recited after building the kaaba with his son.



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40 Rabbana - Dua #2

رَبَّنَا وَاجْعَلْنَا مُسْلِمِينَ لَكَ وَمِنْ ذُرِّيَّتِنَا أُمَّةً مُّسْلِمَةً لَّكَ وَأَرِنَا
مَنَاسِكَنَا وَتُبْ عَلَيْنَا إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ

Rabbana waj'alnaa muslimaini laka wa min zurriyyatinaaaa ummatam muslimatal
laka wa arinaa manaasikanaa wa tub 'alainaa innaka antat Tawwaabur Raheem

– 2:128 –

“Our Lord, and make us Muslims [in submission] to You and from our descendants a Muslim nation [in submission] to You. And show us our rites [of worship] and accept our repentance. Indeed, You are the Accepting of Repentance, the Merciful.”

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Recommended use:

This du'a should be recited to affirm your faith in Islam. It also a good prayer that asks for the success of the entire Muslim Ummah. Du'a Prophet Ibrahim (as) recited after building the kaaba with his son.



40 Rabbana - Dua #3

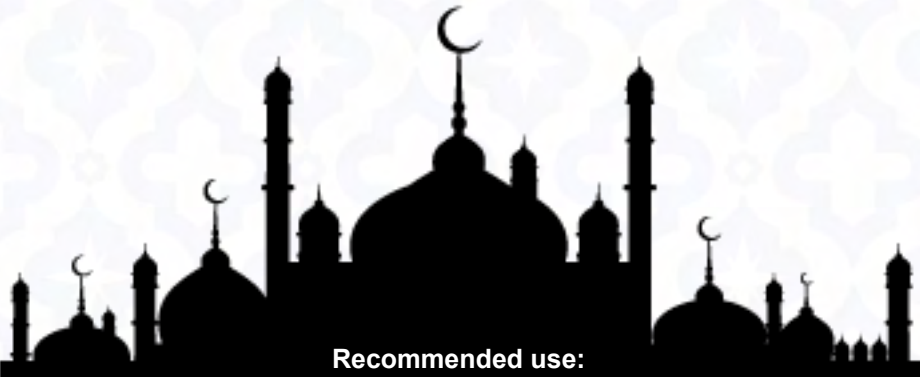
رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Rabbana atina fid dunyaa hasanatanw wa fil aakhirati hasanatanw wa qinaa
azaaban Naar

– 2:201 –

**“Our Lord, give us in this world [that which is] good
and in the Hereafter [that which is] good and
protect us from the punishment of the Fire.”**

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Recommended use:

One of the best duas any believer can recite. It asks for good in this world while not forgetting to ask about good in the akhira (afterlife). “So remember Me; I will remember you. And be grateful to Me and do not deny Me.” (2:152)



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40 Rabbana - Dua #4

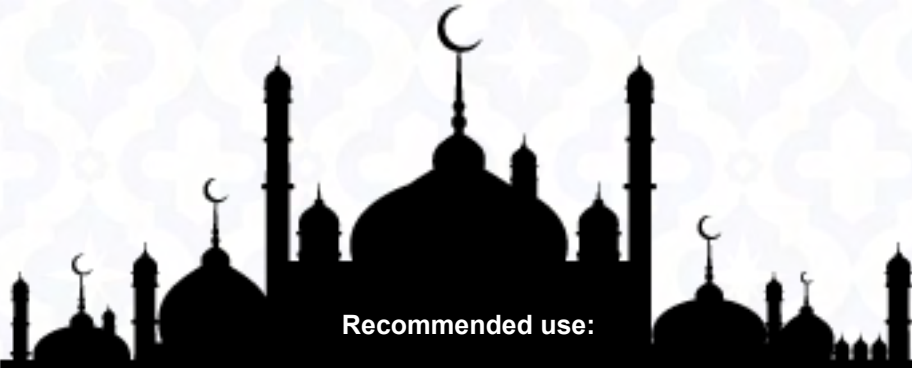
رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَثَبِّتْ أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

Rabbana afrigh 'alainaa sabranw wa sabbit aqdaamanaa wansurnaa 'alal qawmil kaafireen

– 2:250 –

“Our Lord, pour upon us patience and plant firmly our feet and give us victory over the disbelieving people.”

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Recommended use:

Asking Allah (swt) for protection, patience in whatever endeavor, and to be victorious. Prophetic du'a for protection recited by Prophet dawud (as): Dawud (as) was a smaller, younger man and on paper it did not seem like he was favored to win a battle against Jalut (goliath). But we're told, "and Allah granted him dominion and wisdom, and imparted to him the knowledge of whatever He willed." (2:251)



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40 Rabbana - Dua #5

رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا

Rabbana laa tu'aakhiznaaa in naseenaaa aw akhtaanaaa

– 2:286 –

“Our Lord, do not impose blame upon us if we have forgotten or erred.”

SHARE



Recommended use:

This is a du'a for tawbah (repentance). Asking for the forgiveness of Allah (swt) is the best kind of du'a a believer can make. It shows humility in your character, protects you from boasting or growing prideful. Constant repentance is a characteristic that shows your complete reliance on Allah (swt) for all things.



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40 Rabbana - Dua #6

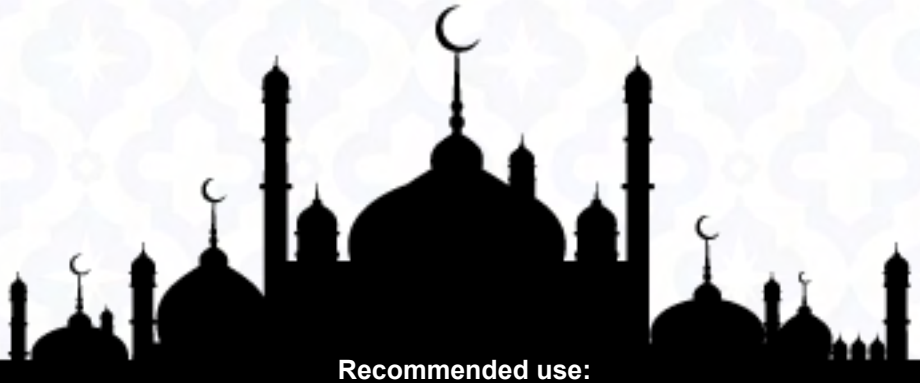
رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إِصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِن قَبْلِنَا

Rabbana wa laa tahmil-'alainaaa isran kamaa hamaltahoo 'alal-lazeena min qablinaa

– 2:286 –

“Our Lord, and lay not upon us a burden like that which You laid upon those before us.”

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Recommended use:

This is a du'a asking Allah (swt) to make the path of righteousness easy upon the believers. Asking Allah (swt) for our life's tests to be ones that we are capable of enduring and overcoming. To not be tested more severely than our predecessors.



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40 Rabbana - Dua #7

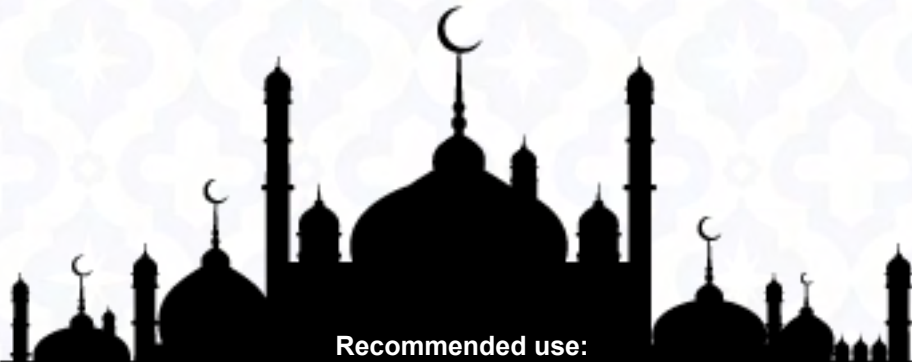
رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ^{صلى} وَأَعْفُ عَنَّا وَاعْفِرْ لَنَا
وَأَرْحَمْنَا^{آج} أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

Rabbana wa laa tuhammilnaa maa laa taaqata lanaa bih; wa'fu 'annaa waghfir lanaa
warhamnaa; Anta mawlaanaa fansurnaa 'alal qawmil kaafireen

– 2:286 –

“Our Lord, and burden us not with that which we have no ability to bear. And pardon us; and forgive us; and have mercy upon us. You are our protector, so give us victory over the disbelieving people.”

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Recommended use:

The last ayat of Surah Baqarah alone contains 3 powerful duas which can be recited together or independently. These last 2 ayat are among the most memorized verses of the Qur'an. The Messenger of Allah (صلى الله عليه وسلم) said: "If anyone recited two verses from the last of Surah Baqarah at night, they will be sufficient for him." (Abu Dawud 1397)



LISTEN TO AUDIO



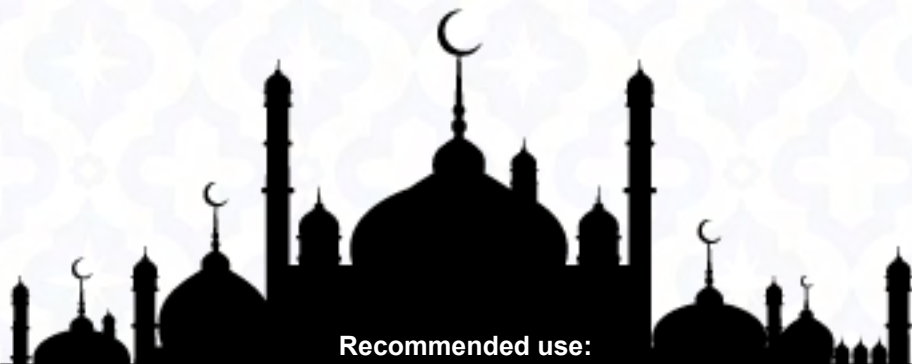
رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ لَدُنْكَ
رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ

Rabbana laa tuzigh quloobanaa ba'da iz hadaitanaa wa hab lanaa mil ladunka
rahmah; innaka antal Wahhaab

– 3:8 –

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

SHARE



Recommended use:

Another beautiful du'a a believer can recite asking for Allah's rahma (mercy). The believer understands that all things are made possible through Allah (swt). In this du'a, we ask of Allah to make us among those who are guided, to not let the environment or circumstance cause our hearts to swerve once we know the truth.



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40 Rabbana - Dua #9

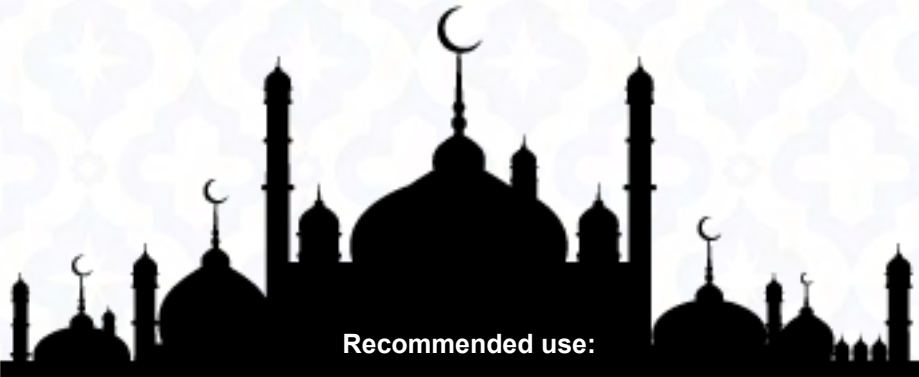
رَبَّنَا إِنَّكَ جَامِعُ النَّاسِ لِيَوْمٍ لَا رَيْبَ فِيهِ إِنَّ اللَّهَ لَا يُخْلِفُ الْمِيعَادَ

Rabbana innaka jami'unnasi li-Yawmil la raiba fi innallaha la yukhliful mi'aad

– 3:9 –

“Our Lord, surely You will gather the people for a Day about which there is no doubt. Indeed, Allah does not fail in His promise.”

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Recommended use:

This is a du'a of the believers to affirm their faith in the afterlife. A place where we will either reap the rewards for our good deeds and our actions or pay the price of errors. “Indeed, Allah does not fail in his promise.”



LISTEN TO AUDIO



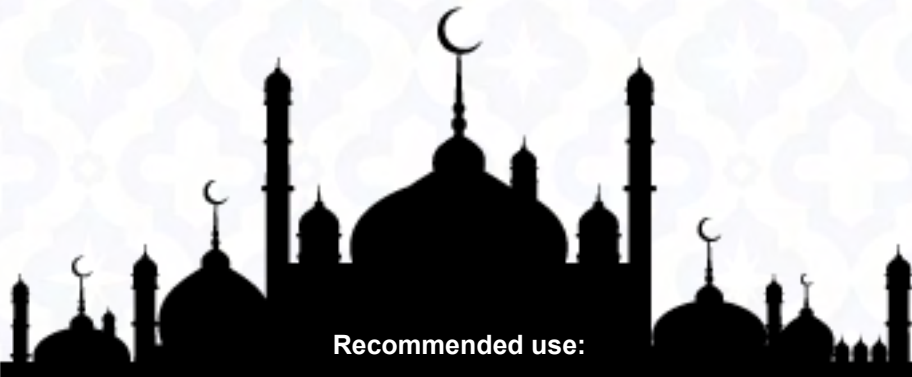
رَبَّنَا إِنَّنَا ءَامَنَّا فَأَغْفِرْ لَنَا ذُنُوبَنَا وَقِنَا عَذَابَ النَّارِ

Rabbanaaa innanaaa aamannaa faghfir lanaa zunoobanaa wa qinaa
'azaaban Naar

- 3:16 -

“Our Lord, indeed we have believed, so forgive us our sins and protect us from the punishment of the Fire”

SHARE



Recommended use:

A du'a for repentance and protection. We ask Allah (swt) for forgiveness and to shield us from the punishment of the hellfire. “[Remember] when you were asking help of your Lord, and He answered you, ‘Indeed, I will reinforce you with a thousand from the angels, following one another.’” (8:9)



LISTEN TO AUDIO



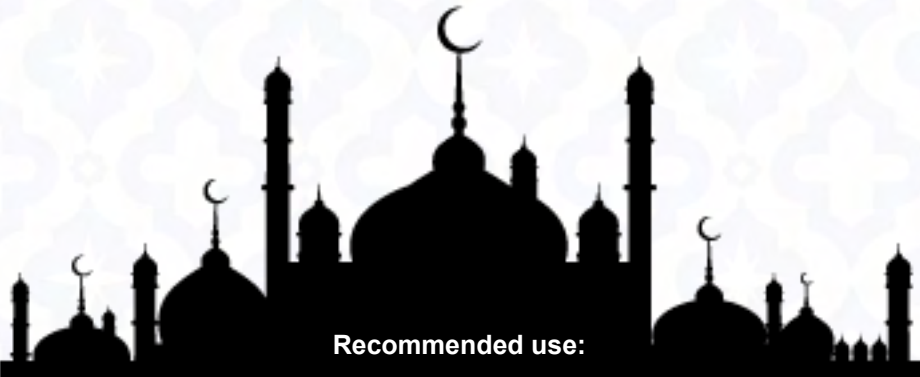
رَبَّنَا ءَامَنَّا بِمَا أَنْزَلْتَ وَاتَّبَعْنَا الرَّسُولَ فَاكْتُبْنَا مَعَ الشَّاهِدِينَ

Rabbanaaaa aamannaa bimaaa anzalta wataba'nar Rasoola faktubnaa ma'ash shaahideen

– 3:53 –

“Our Lord, we have believed in what You revealed and have followed the messenger [i.e., Jesus], so register us among the witnesses [to truth].”

SHARE



Recommended use:

Du'a of faith & worship, i.e. to register us among the witnesses to the truth. In the Qur'an we're told of how Allah (swt) saved Isa (as) from the children of Israel who plotted against him: “[Mention] when Allah said, “O Jesus, indeed I will take you and raise you to Myself and purify [i.e., free] you from those who disbelieve” (3:55)



LISTEN TO AUDIO



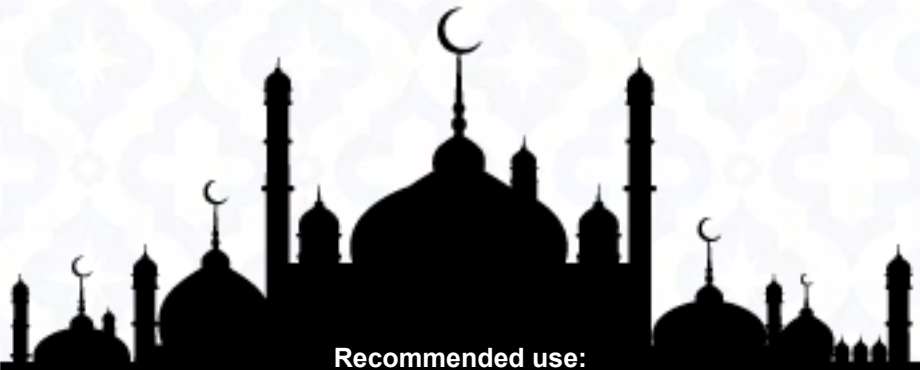
رَبَّنَا اغْفِرْ لَنَا ذُنُوبَنَا وَإِسْرَافَنَا فِي أَمْرِنَا وَثَبِّتْ أَقْدَامَنَا
وَأَنْصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

Rabbanagh fir lanaa zunoobanaa wa israafanaa fee amirnaa wa sabbit
aqdaamanaa wansurnaa 'alal qawmil kaafireen

– 3:147 –

“Our Lord, forgive us our sins and the excess [committed] in our affairs and plant firmly our feet and give us victory over the disbelieving people.”

SHARE



Recommended use:

Du'a for repentance, victory, and resiliency. To plant one's feet firmly in the face of evil. In the following verse it says, "So Allah gave them the reward of this world and the good reward of the Hereafter. And Allah loves the doers of good."



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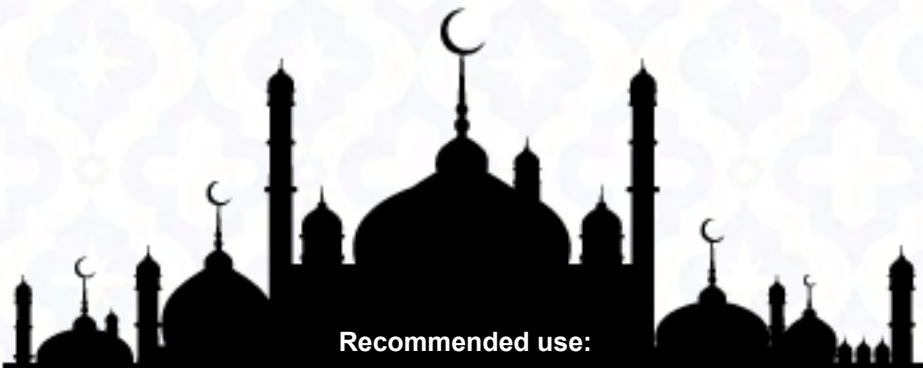
رَبَّنَا مَا خَلَقْتَ هَذَا بَطْلًا سُبْحَانَكَ فَقِنَا عَذَابَ النَّارِ

Rabbanaa maa khalaqta haaza baatilan Subhaanaka faqinaa 'azaaban Naar

– 3:191 –

“Our Lord, You did not create this aimlessly; exalted are You [above such a thing]; then protect us from the punishment of the Fire.”

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Recommended use:

Du'a praising Allah (swt) and asking for His protection from Jahannam (fire). If we take the time to look at the world, we see how complex yet organized all of Allah's creations are. We can see nothing was created aimlessly. There is a greater purpose in everyone one of his creations. This supplication is one of gratitude, shows your appreciation for the beauty in life. The du'a continues to ask Allah (swt) for protection on the day of judgment and that we be saved from the punishment of the fire.



LISTEN TO AUDIO



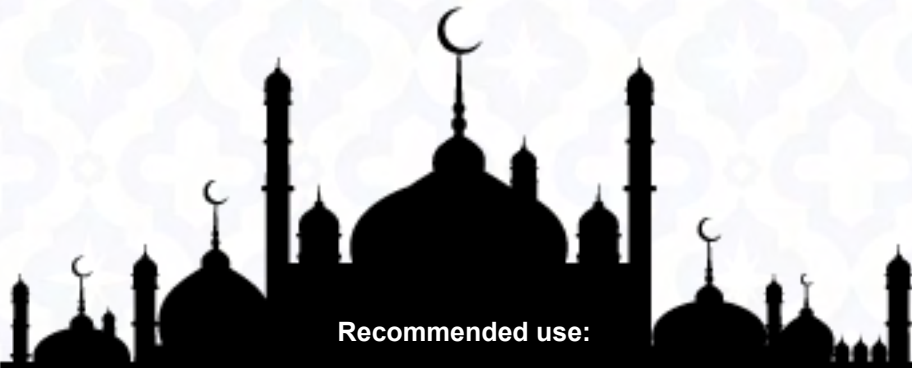
رَبَّنَا إِنَّكَ مَنْ تَدْخِلِ النَّارَ فَقَدْ أَخْزَيْتَهُ^{صلى} وَمَا لِلظَّالِمِينَ مِنْ أَنْصَارٍ

Rabbanaaaa innaka man tudkhilin Naara faqad akhzai tahoo wa maa lizzaalimeena min ansaar

– 3:192 –

**“Our Lord, indeed whoever You admit to the Fire
– You have disgraced him, and for the
wrongdoers there are no helpers.”**

SHARE



Recommended use:

We may not think a whole lot about where we originally came from but, at some point, we'll begin to think about where we are headed. We'll start to ponder the consequences of our actions. It's an important study – the relationship between cause and effect. This supplication can be used as motivation to remind yourself of where you're going because you know the fate of the wrongdoers.



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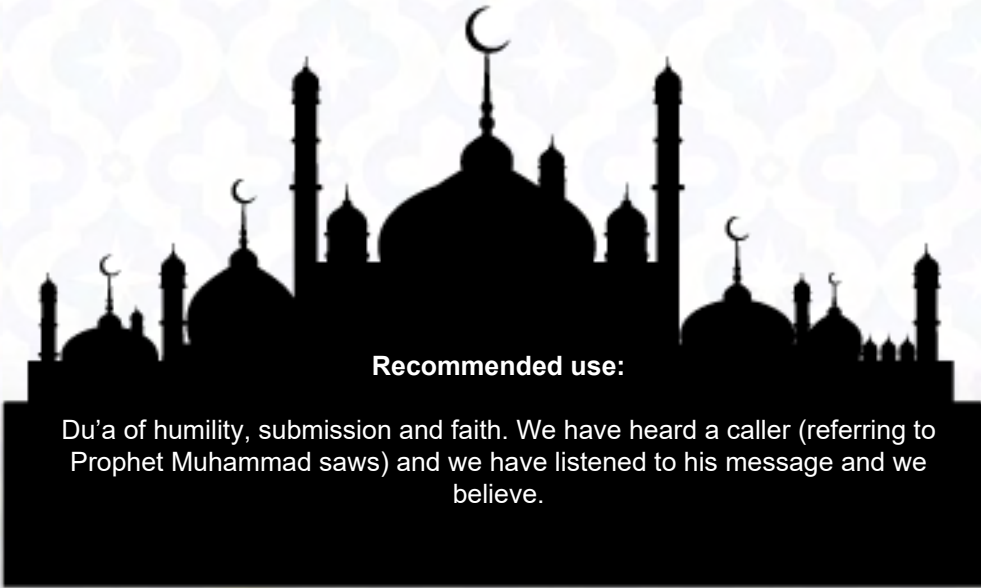


رَبَّنَا إِنَّا سَمِعْنَا مُنَادِيًا يُنَادِي لِلْإِيمَانِ أَنْ ءَامِنُوا بِرَبِّكُمْ فَآمَنَّا

Rabbanaaaa innanaaa sami'naa munaadiyai yunaadee lil eemaani an
aaminoo bi Rabbikum fa aamannaa

– 3:193 –

“Our Lord, indeed we have heard a caller, calling to faith, [saying], ‘Believe in your Lord,’ and we have believed.”



Recommended use:

Du'a of humility, submission and faith. We have heard a caller (referring to Prophet Muhammad saws) and we have listened to his message and we believe.



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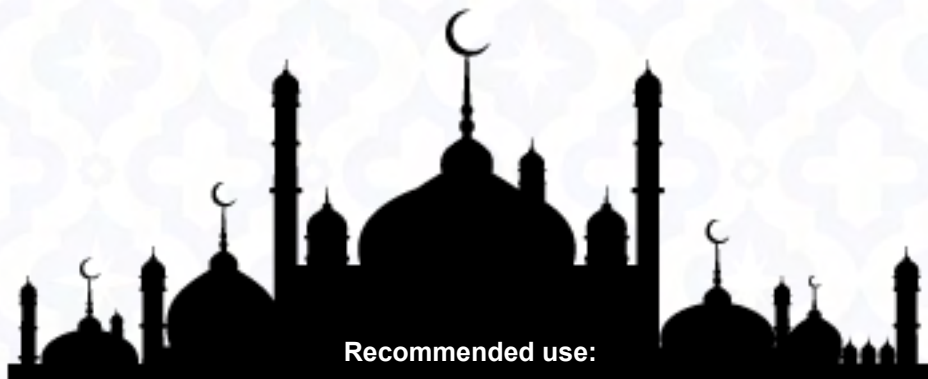
رَبَّنَا فَاعْفِرْ لَنَا ذُنُوبَنَا وَكَفِّرْ عَنَّا سَيِّئَاتِنَا وَتَوَفَّنَا مَعَ الْأَبْرَارِ

Rabbanaa faghfir lanaa zunoobanaa wa kaffir 'annaa saiyyi aatina wa tawaffanaa ma'al abraar

– 3:193 –

“Our Lord, so forgive us our sins and remove from us our misdeeds and cause us to die among the righteous.”

SHARE



Recommended use:

A du'a for repentance, washing away our misdeeds, and asking Alla (swt) to cause us to die guided on the right path. (One night) I stayed overnight in the house of my aunt Maimuna, and said to myself, "I will watch the prayer of Allah's Messenger (ﷺ)" My aunt placed a cushion for Allah's Messenger (ﷺ) and he slept on it in its length-wise direction and (woke-up) rubbing the traces of sleep off his face and then he recited the last ten Verses of Surah Imran till he finished it. (Bukhari 4570)



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رَبَّنَا وَعَاثِنَا مَا وَعَدْتَنَا عَلَىٰ رُسُلِكَ وَلَا تُخْزِنَا يَوْمَ الْقِيَامَةِ ۗ إِنَّكَ لَا تُخْلِفُ الْمِيعَادَ

Rabbanaa wa aatinaa maa wa'attanaa 'alaa Rusulika wa laa tukhzinaa
Yawmal Qiyaamah; innaka laa tukhliful mee'aad

- 3:194 -

“Our Lord, and grant us what You promised us through Your messengers and do not disgrace us on the Day of Resurrection. Indeed, You do not fail in [Your] promise.”



SHARE



رَبَّنَا ءَامَنَّا فَاكْتُبْنَا مَعَ الشَّاهِدِينَ

Rabbanaaaa aamannaa faktubnaa ma'ash shaahideen

– 5:83 –

"Our Lord, we have believed, so register us among the witnesses."

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Recommended use:

A du'a for those who want to testify the truth and verbally affirm their belief in it. Any who is (so) grateful does so to the profit of his own soul: but if any is ungrateful, verily Allah is free of all wants, Worthy of all praise. (31:12)

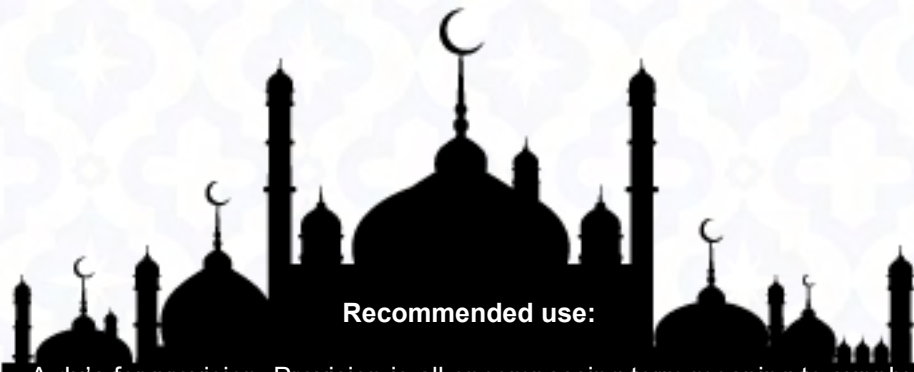


رَبَّنَا أَنْزِلْ عَلَيْنَا مَائِدَةً مِّنَ السَّمَاءِ تَكُونُ لَنَا عِيدًا لِأَوَّلِنَا
وَعَآخِرِنَا وَءَايَةً مِّنكَ ^{صلى} وَأَرْزُقْنَا وَأَنْتَ خَيْرُ الرَّزُقِينَ

Rabbanaaaa anzil 'alainaa maaa'idatam minas samaaa'i takoonu lanaa 'eedal li
awwalinaa wa aakhirinaa wa Aayatam minka warzuqnaa wa Anta khairur
raaziqeen

– 5:114 –

“O Allah, our Lord, send down to us a table [spread with food] from the heaven to be for us a festival for the first of us and the last of us and a sign from You. And provide for us, and You are the best of providers.”



Recommended use:

A du'a for provision. Provision is all encompassing term meaning to supply with food, money, or way to make a living. All good provisions come from Allah (swt), we turn to him and ask him to provide for us. This is a du'a Isa (Jesus) alayhis salaam recited asking for sufficient food for him and his followers. Allah (swt) replies in the following verse, “I am going to send it down to you; but whoever from you disbelieves after that, I shall give him a punishment I shall not give to anyone in the worlds.”



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رَبَّنَا ظَلَمْنَا أَنْفُسَنَا وَإِن لَّمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخُسِرِينَ

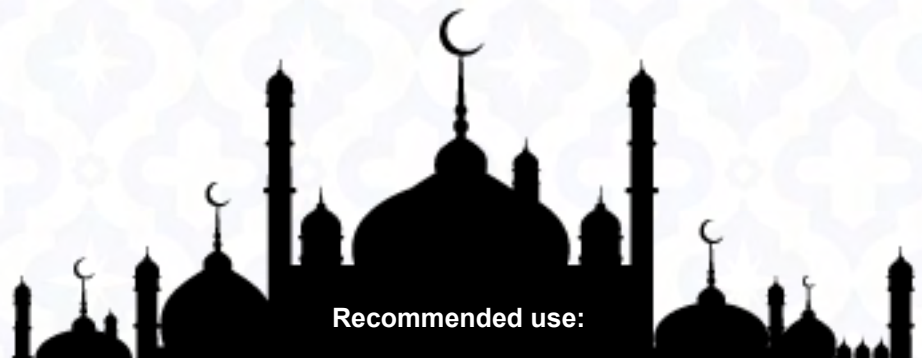
Rabbanaa zalamnaaa anfusanaa wa illam taghfir lanaa wa tarhamnaa lanakoonanna minal khaasireen

SHARE



- 7:23 -

“Our Lord, we have wronged ourselves, and if You do not forgive us and have mercy upon us, we will surely be among the losers.”



Recommended use:

A du'a for repentance (tawbah).

We can learn from how Adam (as) responded after he erred. Being able to admit your faults and to harbor guilt is a beautiful sign of your belief and dedication to Allah subhanahu wa ta'ala. We ask for his forgiveness and avoid repeating the same mistakes. This is the du'a Prophet Adam (as) recited after sinning in paradise.



LISTEN TO AUDIO



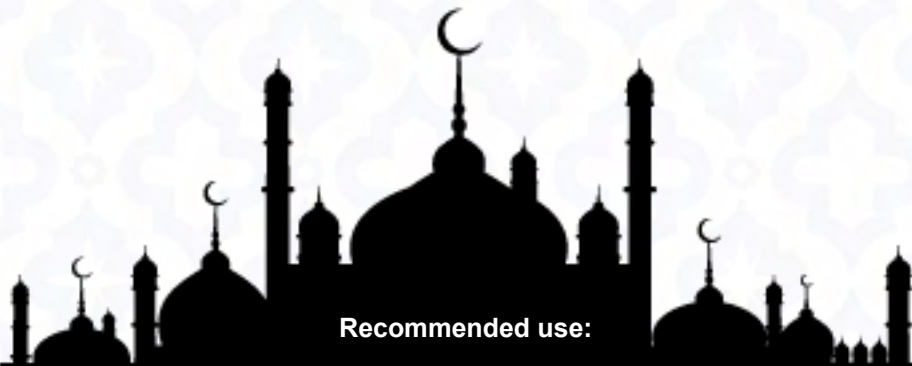
رَبَّنَا لَا تَجْعَلْنَا مَعَ الْقَوْمِ الظَّالِمِينَ

Rabbanaa laa taj'alnaa ma'al qawmiz zaalimeen

-7:47-

"Our Lord, do not place us with the wrongdoing people."

SHARE



Recommended use:

We should know that we are the sum total of the people we associate with. Intellectually we may know that the fate of the wrongdoing people will not be pleasant one but, in our day-to-day life, we may be blind to this reality because it takes place inch by inch. Only when the end is shown do we realize the mistake in our judgment. Unfortunately, it's too late by then. This du'a asks Allah to protect us from being a victim to that fate.



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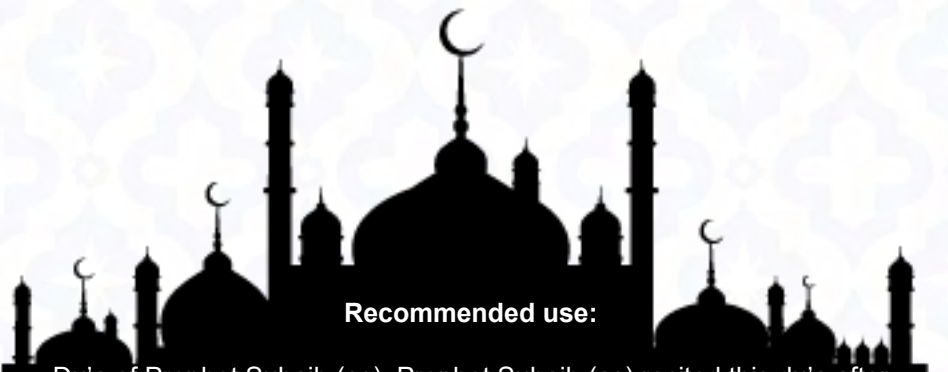


رَبَّنَا افْتَحْ بَيْنَنَا وَبَيْنَ قَوْمِنَا بِالْحَقِّ وَأَنْتَ خَيْرُ الْفَاتِحِينَ

Rabbanaf-tah bainana wa baina qawmina bil haqqi wa anta
Khairul Fatiheen

-7:89-

“Our Lord, decide between us and our people in truth, and You are the best of those who give decision.”



Recommended use:

Du'a of Prophet Suhaib (as). Prophet Suhaib (as) recited this du'a after facing heavy opposition from the eminent people of the city. They threatened to evict him from the city unless he fabricated a lie against Allah. His reply? "We would have invented against Allah a lie if we returned to your religion after Allah had saved us from it. And it is not for us to return to it except that Allah, our Lord, should will. Our Lord has encompassed all things in knowledge." He then recited the Rabbana du'a above.



LISTEN TO AUDIO

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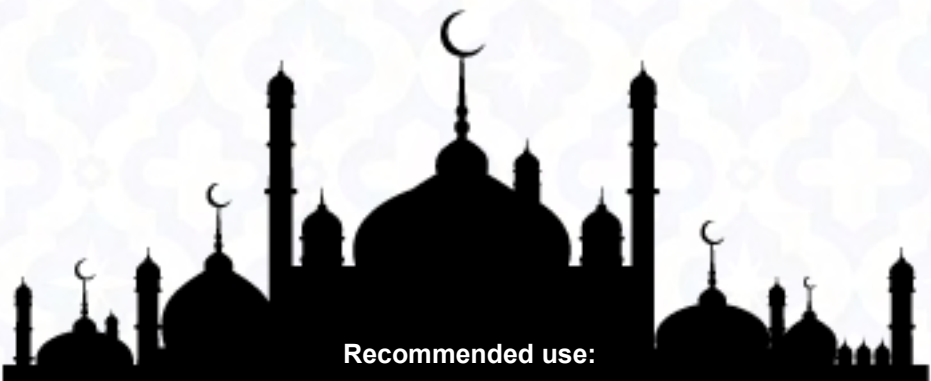
رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَتَوَفَّنَا مُسْلِمِينَ

Rabbanaaaa afrigh 'alainaa sabranw wa tawaffanaa
muslimeen

– 7:126 –

**"Our Lord, pour upon us patience and
let us die as Muslims [in submission
to You]."**

SHARE



Recommended use:

Du'a of Prophet Musa (as).

Du'a for sabr (patience), perseverance, and a prayer requesting Allah to let us die righteously. This was recited after Firawn resorted to persecution and threatened Musa (as) after he threw his staff and established the truth among all those who disbelieved.



LISTEN TO AUDIO



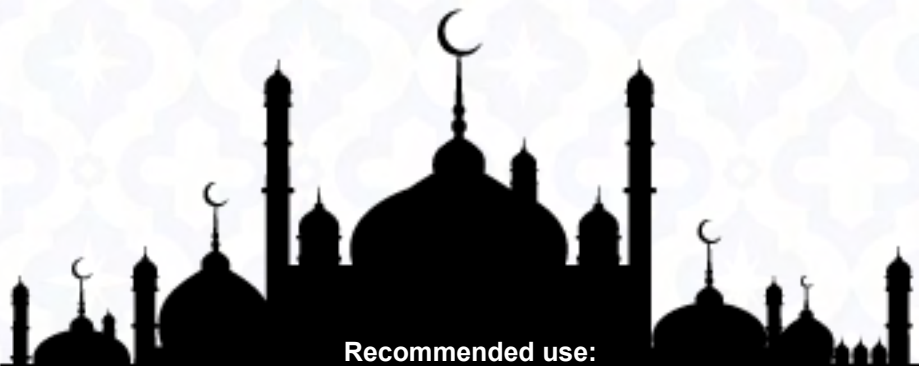
رَبَّنَا لَا تَجْعَلْنَا فِتْنَةً لِّلْقَوْمِ الظَّالِمِينَ ; وَنَجِّنَا بِرَحْمَتِكَ
مِنَ الْقَوْمِ الْكَافِرِينَ

85. Rabbana la taj'alna fitnatal lil-qawmidh-Dhalimeen ; 86. wa najjina
bi- Rahmatika minal qawmil kafireen

– 10:85-86 –

**“Our Lord, make us not [objects of] trial for
the wrongdoing people. And save us by Your
mercy from the disbelieving people.”**

SHARE



Recommended use:

This is a prayer the companions of Musa (as) recited asking for protection from evil and unjust people. It is a du'a for success and protection. It asks to not be made examples of by disbelieving people. They faced real persecution from the tyrannical Firawn and wanted to be a source of goodness in the world.



LISTEN TO AUDIO



رَبَّنَا إِنَّكَ تَعْلَمُ مَا نُخْفِي وَمَا نُعْلِنُ قُلْ وَمَا يَخْفَىٰ عَلَىٰ
اللَّهِ مِنْ شَيْءٍ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ

Rabbanaaa innaka ta'lamu maa nukhfee wa maa nu'lin; wa maa
yakhfaa 'alal laahi min shai'in fil ardi wa laa fis samaaa'

- 14:38 -

***“Our Lord, indeed You know what we
conceal and what we declare, and nothing is
hidden from Allah on the earth or in the
heaven.”***



رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي رَبَّنَا وَتَقَبَّلْ دُعَاءِ

Rabbij 'alnee muqeemas Salaati wa min zurriyyatee Rabbanaa wa taqabbal du'aaa

- 14:40 -

"My Lord, make me an establisher of prayer, and [many] from my descendants. Our Lord, and accept my supplication."

SHARE



Recommended use:

Du'a of Prophet Ibrahim (as).

Prophet Ibrahim (as) knows of the past communities and how they have erred. So, in this du'a, he asks Allah (swt) to make ourselves and the future generations good Muslims. More specifically, those who fulfill their second obligation of offering their daily prayer. The du'a concludes by asking Allah (swt) to hear and accept our supplication.



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رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ

Rabbanagh fir lee wa liwaalidaiya wa lilmu'mineena Yawma yaqoomul
hisaab

- 14:41 -

“Our Lord, forgive me and my parents and the believers the Day the account is established.”

SHARE



Recommended use:

Du'a of Prophet Ibrahim (as) Recommended use: Du'a asking Allah (swt) to forgive you and your parents. Abu Hurairah (ra) said, "The dead person can be raised a degree after his death. He said, 'My Lord, how is this?' He was told, 'Your child can ask for forgiveness for you.'" (Al-Adab Al-Mufrad 36)



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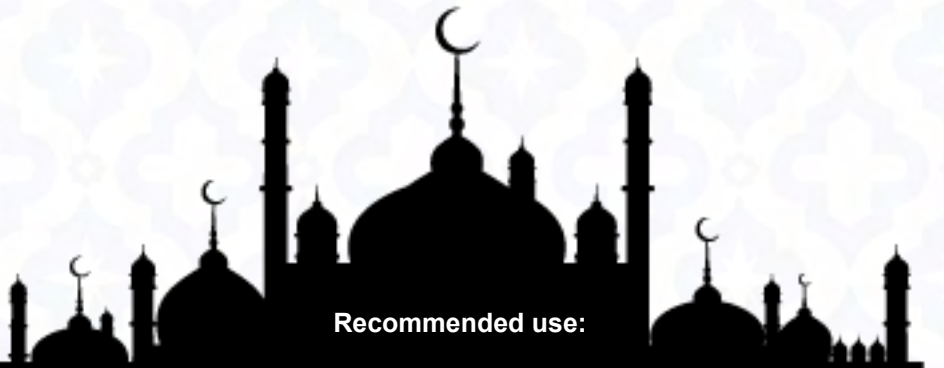
رَبَّنَا آتِنَا مِنْ لَدُنْكَ رَحْمَةً وَهَيِّئْ لَنَا مِنْ أَمْرِنَا رَشَدًا

Rabbanaaaa aatinaa mil ladunka rahmatanw wa haiyi' lanaa min amrinaa rashadaa

- 18:10 -

“Our Lord, grant us from Yourself mercy and prepare for us from our affair right guidance.”

SHARE



Recommended use:

Du'a seeking Allah's (swt) approval, mercy, provision, and patience. This du'a is found in Surah Kahf (titled 'the cave') and was recited by the young men who fled their city fearing persecution for practicing their religion and found refuge in the cave. They turned to their creator asking for guidance in those tough times and their prayers were answered.



LISTEN TO AUDIO



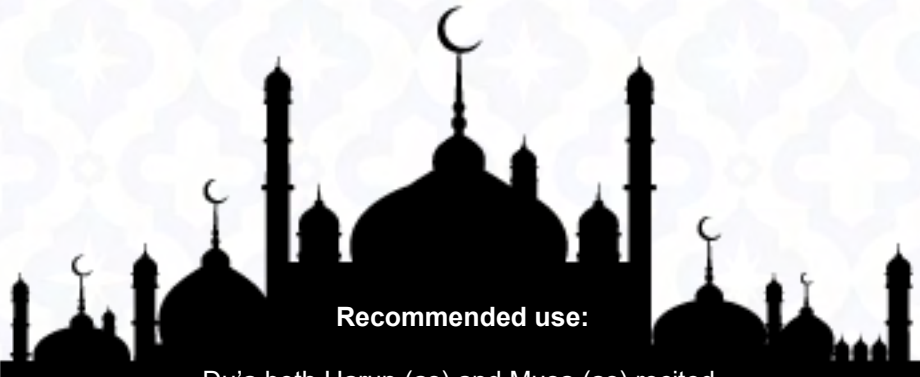
رَبَّنَا إِنَّنَا نَخَافُ أَنْ يَفْرُطَ عَلَيْنَا أَوْ أَنْ يَطْغَى

Rabbanaaaa innanaaa nakhaafu ai yafruta 'alainaaa aw ai yatghaa

– 20:45 –

“Our Lord, indeed we are afraid that he will hasten [punishment] against us or that he will transgress.”

SHARE



Recommended use:

Du'a both Harun (as) and Musa (as) recited.

It can be scary to stand up for what is right, to avoid being a bystander when we see injustice happening around us. This wasn't easy for Harun (as) and Musa (as) either, they feared the tyrannical Firawn when they had to confront him and asked for Allah's help. Allah responded in the following verse, "Do not be afraid. I am surely with you both I hear and I see."



LISTEN TO AUDIO



رَبَّنَا ءَمَنَّا فَاغْفِرْ لَنَا وَارْحَمْنَا وَأَنْتَ خَيْرُ الرَّاحِمِينَ

Rabbanaaaa aamannaa faghfir lanaa warhamnaa wa Anta khairur
raahimeen

– 23:109 –

**“Our Lord, we have believed, so forgive us and
have mercy upon us, and You are the best of
the merciful.”**

SHARE



Recommended use:

Du'a asking for Allah's mercy and calling upon by his rightful attribute of being Ar-Rahim meaning the most merciful. Other verses in the Qur'an claiming he is the most merciful are 7:151, 21:83, 23:118 12:64, and 12:92.



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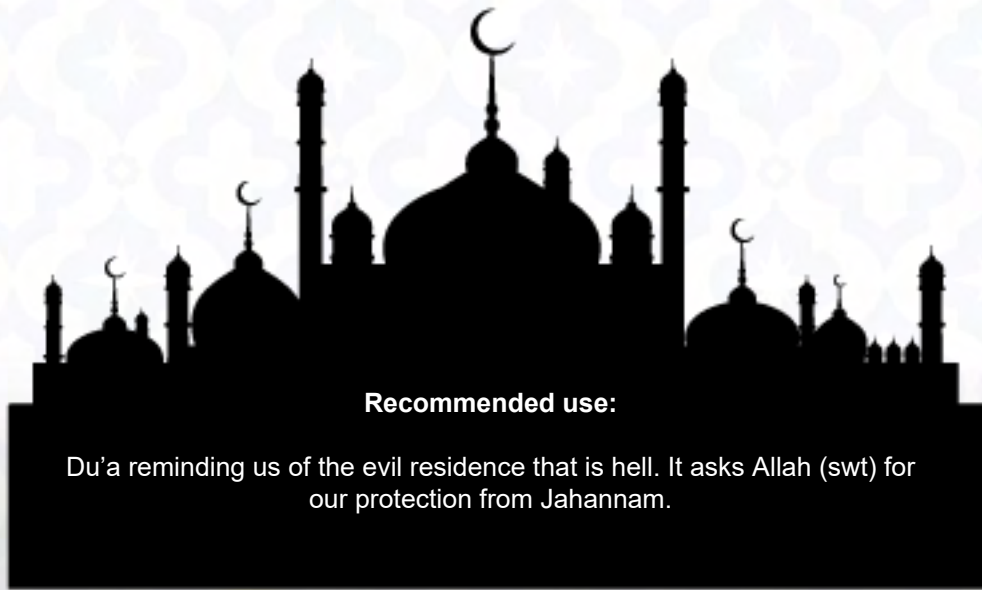


رَبَّنَا اصْرِفْ عَنَّا عَذَابَ جَهَنَّمَ إِنَّ عَذَابَهَا كَانَ غَرَامًا إِنَّهَا
سَاءَتْ مَسْتَقَرًّا وَمُقَامًا

65. Rabbanas rif 'annnaa 'azaaba Jahannama inn 'azaabahaa kaana gharaamaa 66. Innahaa saaa'at mustaqarranw wa muqaamaa

– 25:65-66 –

“Our Lord, avert from us the punishment of Hell. Indeed, its punishment is ever adhering; Indeed, it is evil as a settlement and residence.”



SHARE



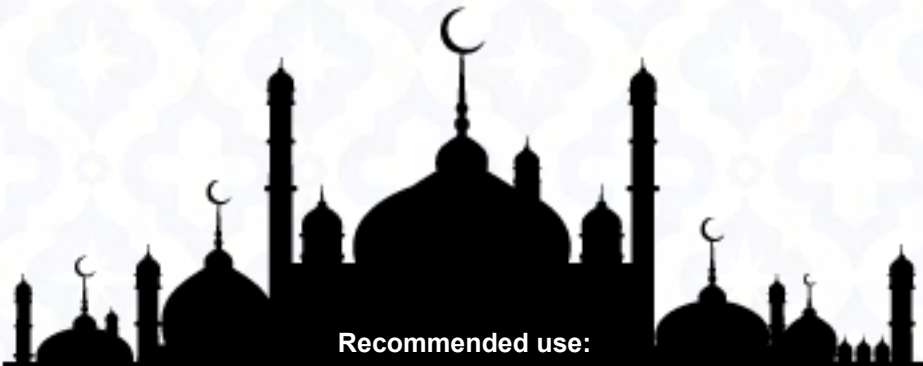
رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا
لِلْمُتَّقِينَ إِمَامًا

Rabbanaa hab lanaa min azwaajinaa wa zurriyaatinaa qurrata
a'yuninw waj 'alnaa lilmuttaqeena Imaamaa

– 25:74 –

**"Our Lord, grant us from among our wives
and offspring comfort to our eyes and make
us an example for the righteous."**

SHARE



Recommended use:

qurrata 'ayioni is an old Arabic expression meaning to bring 'coolness to the eye' particularly from spiritual perspective to bring calmness, joy, or happiness. Asking Allah (swt) to grant us "coolness of the eyes" among our wives and through our children and future generations. To gift us as being a good leader, a role model for the righteous.



LISTEN TO AUDIO



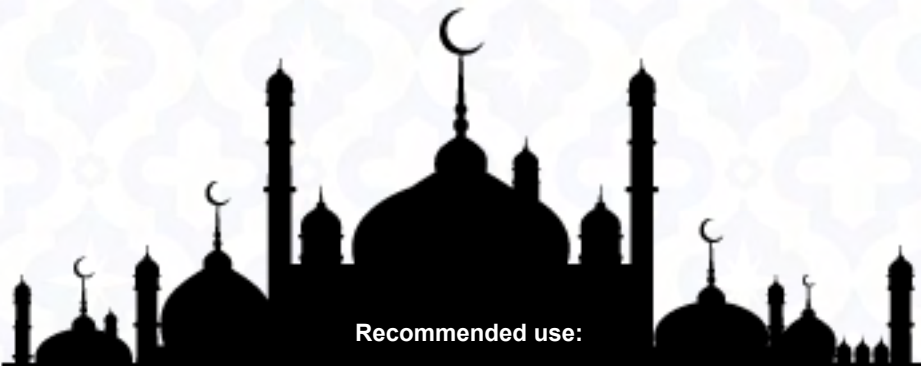
رَبَّنَا لَغَفُورٌ شَكُورٌ

Rabbana la Ghafurun shakur

– 35:34 –

“Our Lord is Forgiving and Appreciative”

SHARE



Recommended use:

The Qur'an mentions how this will be the type of du'a a believer would recite when they enter the Garden of Eden. They will praise Allah (swt) and thank him endlessly for being forgiving and appreciative. We are imperfect, we will do wrong and still Allah (swt) will forgive us and appreciate our efforts to do the little provision of deeds that we did in our lifetime. Little because we can never do enough to truly be deserving of the rewards in paradise. In this du'a it refer to Allah as Al-Ghafoor and Ash-Shakur two of His rightful names and attribute.



LISTEN TO AUDIO



رَبَّنَا وَسِعْتَ كُلَّ شَيْءٍ رَّحْمَةً وَعِلْمًا فَاغْفِرْ لِلَّذِينَ تَابُوا وَاتَّبَعُوا
سَبِيلَكَ وَقِهِمْ عَذَابَ الْجَحِيمِ

Rabbanaa wasi'ta kulla shai'ir rahmatanw wa 'ilman faghfir lillazeena taaboo
wattaba'oo sabeelaka wa qihim 'azaabal Jaheem

- 40:7 -

“Our Lord, You have encompassed all things in mercy and knowledge, so forgive those who have repented and followed Your way and protect them from the punishment of Hellfire.”



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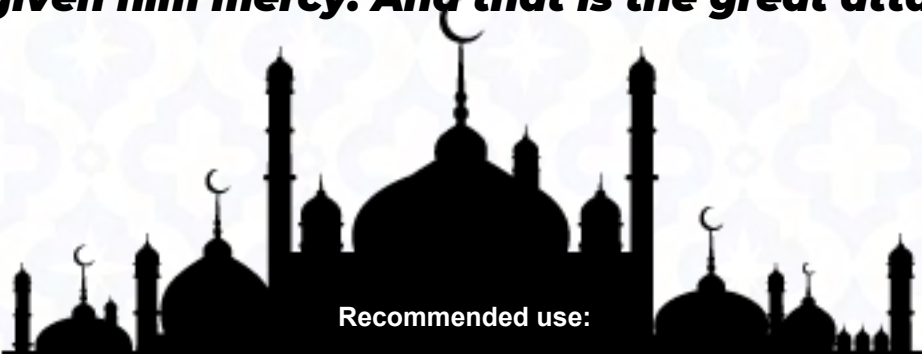


رَبَّنَا وَأَدْخِلْهُمْ جَنَّاتِ عَدْنٍ الَّتِي وَعَدْتَهُمْ وَمَنْ صَلَحَ مِنْ آبَائِهِمْ
وَأَزْوَاجِهِمْ وَذُرِّيَّاتِهِمْ إِنَّكَ أَنْتَ الْعَزِيزُ الْحَكِيمُ وَقِهِمُ السَّيِّئَاتِ وَمَنْ
تَقِ السَّيِّئَاتِ يَوْمَئِذٍ فَقَدْ رَحِمْتَهُ وَذَلِكَ هُوَ الْفَوْزُ الْعَظِيمُ

8. Rabbana wa adhkhillhum Jannati 'adninil-lati wa'attahum wa man salaha min aba'ihim wa azwajihim wa dhuriyyatihim innaka antal 'Azizul-Hakim, 9. waqihimus saiyyi'at wa man taqis-saiyyi'ati yawma'idhin faqad rahimatahu wa dhalika huwal fawzul-'Adheem

– 40:8-9 –

“Our Lord, and admit them to gardens of perpetual residence which You have promised them and whoever was righteous among their forefathers, their spouses and their offspring. Indeed, it is You who is the Exalted in Might, the Wise. And protect them from the evil consequences [of their deeds]. And he whom You protect from evil consequences that Day – You will have given him mercy. And that is the great attainment.”



Recommended use:

A du'a asking to unite the believers with their descendants in Jannah (i.e., to be reunited with your forefathers, spouses, and children.) This du'a also calls upon Allah (swt) using his rightful attributes of being Al-Aziz (the mighty one) and Al-Hakeem (the wise one). The du'a concludes by asking for protection on the day of judgment and asks to receive his mercy which would be the best of all gifts.



SHARE

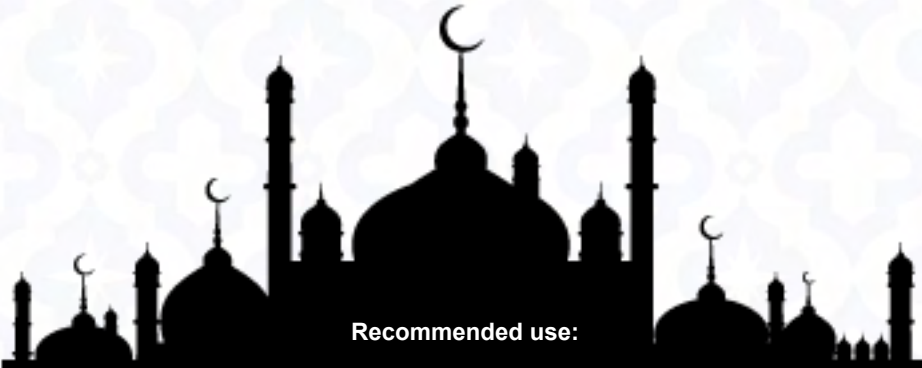


رَبَّنَا اغْفِرْ لَنَا وَلِإِخْوَانِنَا الَّذِينَ سَبَقُونَا بِالْإِيمَانِ وَلَا تَجْعَلْ فِي
قُلُوبِنَا غِلًّا لِلَّذِينَ آمَنُوا

Rabbanagh fir lanaa wa li ikhwaani nal lazeena sabqoonaa bil eemaani wa laa taj'al
fee quloobinaa ghillalil lazeena aamanoo

– 59:10 –

“Our Lord, forgive us and our brothers who preceded us in faith and put not in our hearts [any] resentment toward those who have believed.”



Recommended use:

A du'a which reflects the attitude we should have for our fellow Muslim brothers and sisters. Those who "preceded us in faith" would refer to those who embraced Islam before the emigration from Makkah to Yathrib. Those who came after would be everyone who accepted Islam after the migration. This du'a is a reminder that we are one Ummah and we should not harbor resentment or hate towards one another. We must continue with love in our hearts for our community and to resist being envious towards any good Allah (swt) may have bestowed on another person.



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40 Rabbana - Dua #37

رَبَّنَا إِنَّكَ رَعُوفٌ رَحِيمٌ

Rabbannaaa innaka Ra'oofur Raheem

– 59:10 –

“Our Lord, indeed You are Kind and Merciful.”

SHARE



Recommended use:

A du'a of praise using two of Allah's rightful names and attributes. The first being Ar-Ra'uf meaning the benign one, the one who is extremely kind and compassionate. The second being Ar-Raheem meaning the most merciful, the one who acts with extreme kindness, bestowing mercy upon his creations.



LISTEN TO AUDIO



رَبَّنَا عَلَيْكَ تَوَكَّلْنَا وَإِلَيْكَ أَنَبْنَا وَإِلَيْكَ الْمَصِيرُ

Rabbanaa 'alaika tawakkalnaa wa ilaika anabnaa wa ilaikal maseer

– 60:4 –

“Our Lord, upon You we have relied, and to You we have returned, and to You is the destination.”

SHARE



Recommended use:

We must show complete trust and reliance in Allah (swt) for all matters. This du'a is one that affirms that we have relied on Him alone. Furthermore, it is also a prayer of remembrance that this life is only temporary. The final destination is when we return to Allah (swt).



LISTEN TO AUDIO



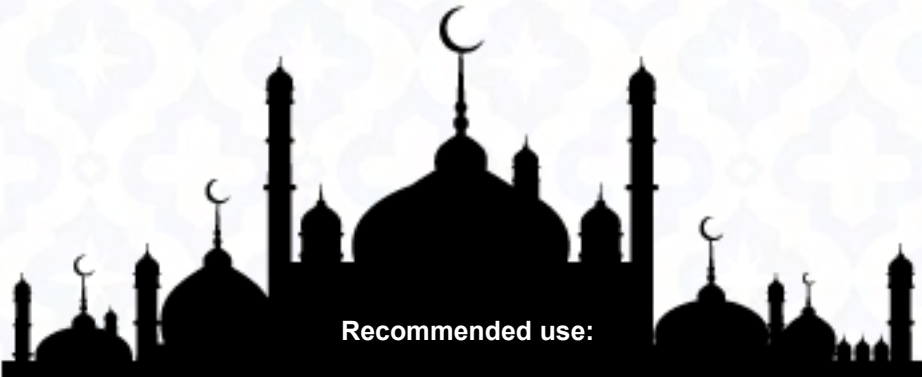
رَبَّنَا لَا تَجْعَلْنَا فِتْنَةً لِلَّذِينَ كَفَرُوا وَاعْفِرْ لَنَا رَبَّنَا إِنَّكَ
أَنْتَ الْعَزِيزُ الْحَكِيمُ

Rabbana laa taj'alnaa fitnatal lillazeena kafaroo waghfir lanaa rabbanaaa
innaka antal azeezul hakeem

– 60:5 –

“Our Lord, make us not [objects of] torment for the disbelievers and forgive us, our Lord. Indeed, it is You who is the Exalted in Might, the Wise.”

SHARE



Recommended use:

Du'a of Prophet Ibrahim (as).

This is a du'a Prophet Ibrahim (as) recited asking to make the believers victorious over the disbelievers. To not make us “objects of torment” meaning if the disbelievers won, they would falsely assume what they followed was correct. They would question how Allah (swt) would allow his believers to lose. The du'a then continues referring to Allah (swt) as azeezul hakeem meaning the most powerful and wise.



LISTEN TO AUDIO



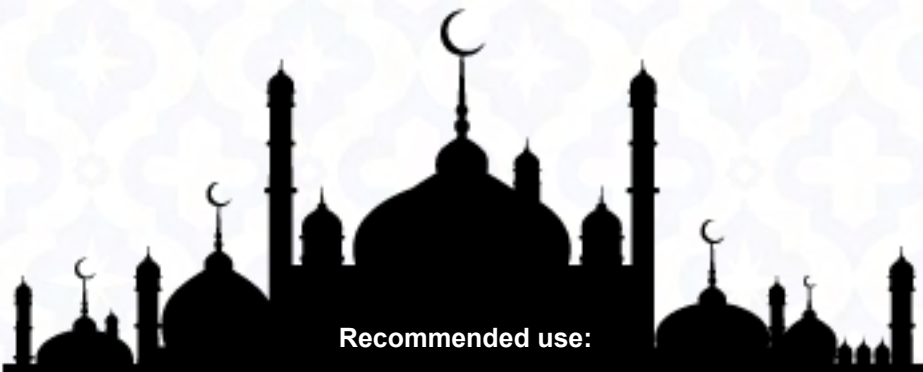
رَبَّنَا أَتَمِّم لَنَا نُورَنَا وَاعْفِرْ لَنَا ۖ إِنَّكَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ

Rabbanaaaa atmim lanaa nooranaa waghfir lana innaka 'alaa kulli shai'in qadeer

– 66:8 –

**“Our Lord, perfect for us our light and forgive us.
Indeed, You are over all things competent.”**

SHARE



Recommended use:

Another beautiful du'a asking for Jannah. We learn in Surah Al-Hadid verse 12 how on the day of judgment the believing men and women will have a light illuminating from their right hands. They will be told "a good tiding for you today." The hypocrites will find themselves stumbling in darkness. This du'a asks Allah (swt) to perfect or to complete our light on that day and to forgive us our sins. Indeed, Allah (swt) is competent and powerful over all things.



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HOW YOU CAN HELP US

If you've read until the end, we want to congratulate you.

This is not a small task - to ignore all the outside distractions pulling us away from religion and to read something to completion that will benefit you. Insha-Allah, with this book, you will have learned a few duas that can positively change your life or remind you of something beneficial that you can carry forth with you outside of this book. We hope to inspire Muslims across the globe to grow both intellectually and spiritually to make real-lasting changes in their lives and hope this short book helped to accomplish that.

You can help us on this mission by sharing this book with friends, colleagues, and family.

May Allah (swt) forgive us all and bless us with whatever good we want in this life. May he make us among the righteous that will be granted entrance into paradise.

Ameen!