

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

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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 (توسل).

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 the motions of life, different duas will bring comfort and mean more to you than others.

The goal of this book is to provide you with all of the Rabbana duas from the Qur'an with translation (to understand meaning of the dua), transliteration (for those not strong in reading Arabic script), video accompanying each dua (for proper pronunciation and to help with memorization), and we've also added background context for each dua with 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 duas He has revealed for us in His book.

Why 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. But still, this is not to be used as a reason 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 any hardship, evil, or difficult tests Allah (swt) has currently written for us. It is through supplication and good deeds that our destination can be altered.

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? Study and reflect on the cause and effect of how different things can impact the way you feel, your energy and overall well-being. Ask what future positive outcomes will be the result of the way you are currently spending your time?

This is a free book we have made accessible to you and insha-allah you'll consider reading it through, sharing it others, and saving it on your phone so it can be viewed and read offline at any time.

[1] Hadith Reference - Jami` at-Tirmidhi 464

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.



40 Rabbana - Dua #2

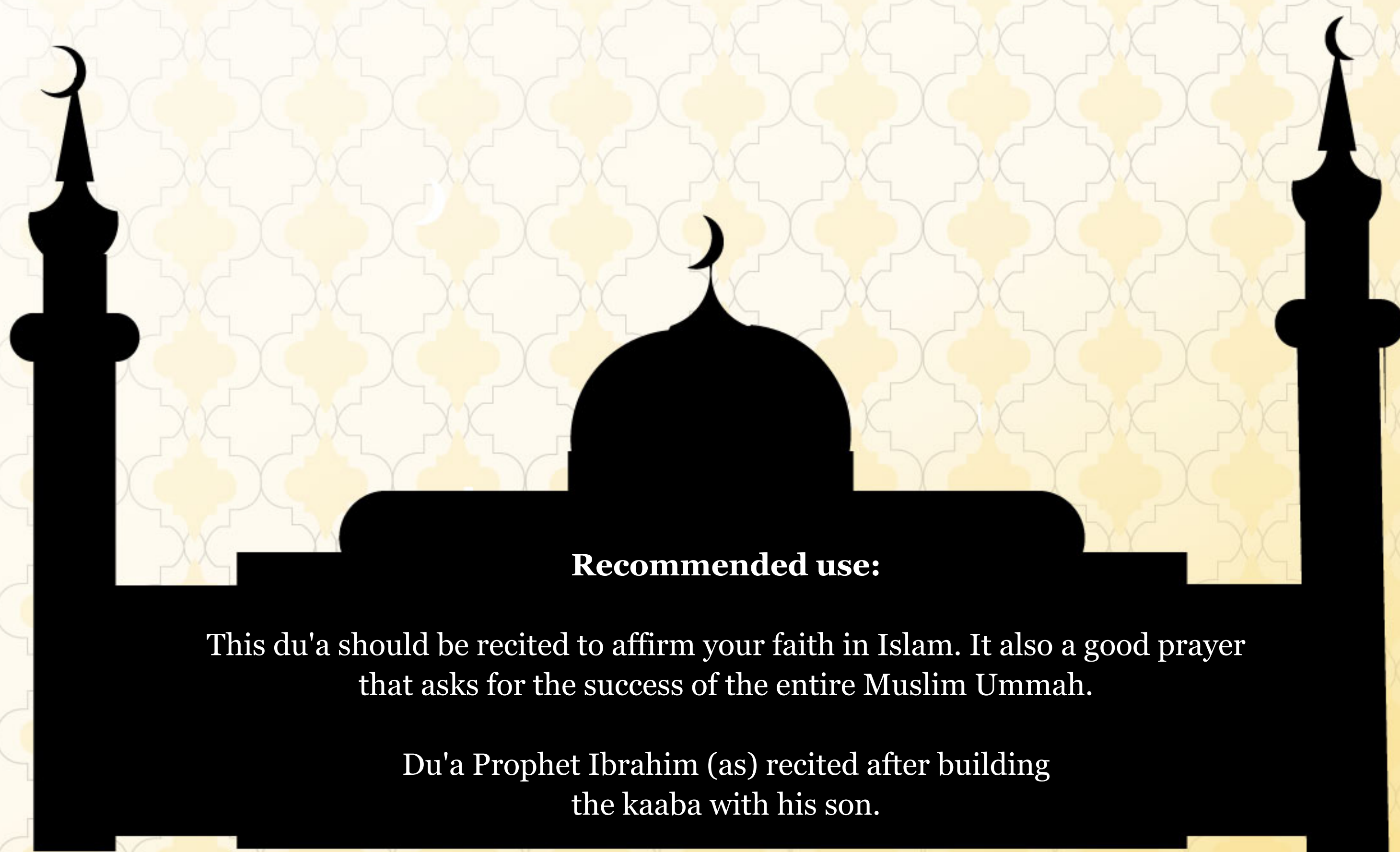
رَبَّنَا وَاجْعَلْنَا مُسْلِمِينَ لَكَ وَمِنْ ذُرِّيَّتِنَا أُمَّةً
مُّسْلِمَةً لَكَ وَأَرِنَا مَنَاسِكَنَا وَتُبْ عَلَيْنَا إِنَّكَ
أَنْتَ التَّوَّابُ الرَّحِيمُ

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 الآخِرَةِ 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." [1]



[1] Quran Passage Reference: 2:152



40 Rabbana - Dua #4

رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَثَبِّتْ أَقْدَامَنَا وَانصُرْنَا
عَلَى الْقَوْمِ الْكَافِرِينَ

Rabbana afrigh 'alainaa sabranw wa sabbitt 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." [1]



LISTEN TO AUDIO

[1] Qur'an Passage for reference: 2:251



40 Rabbana - Dua #5

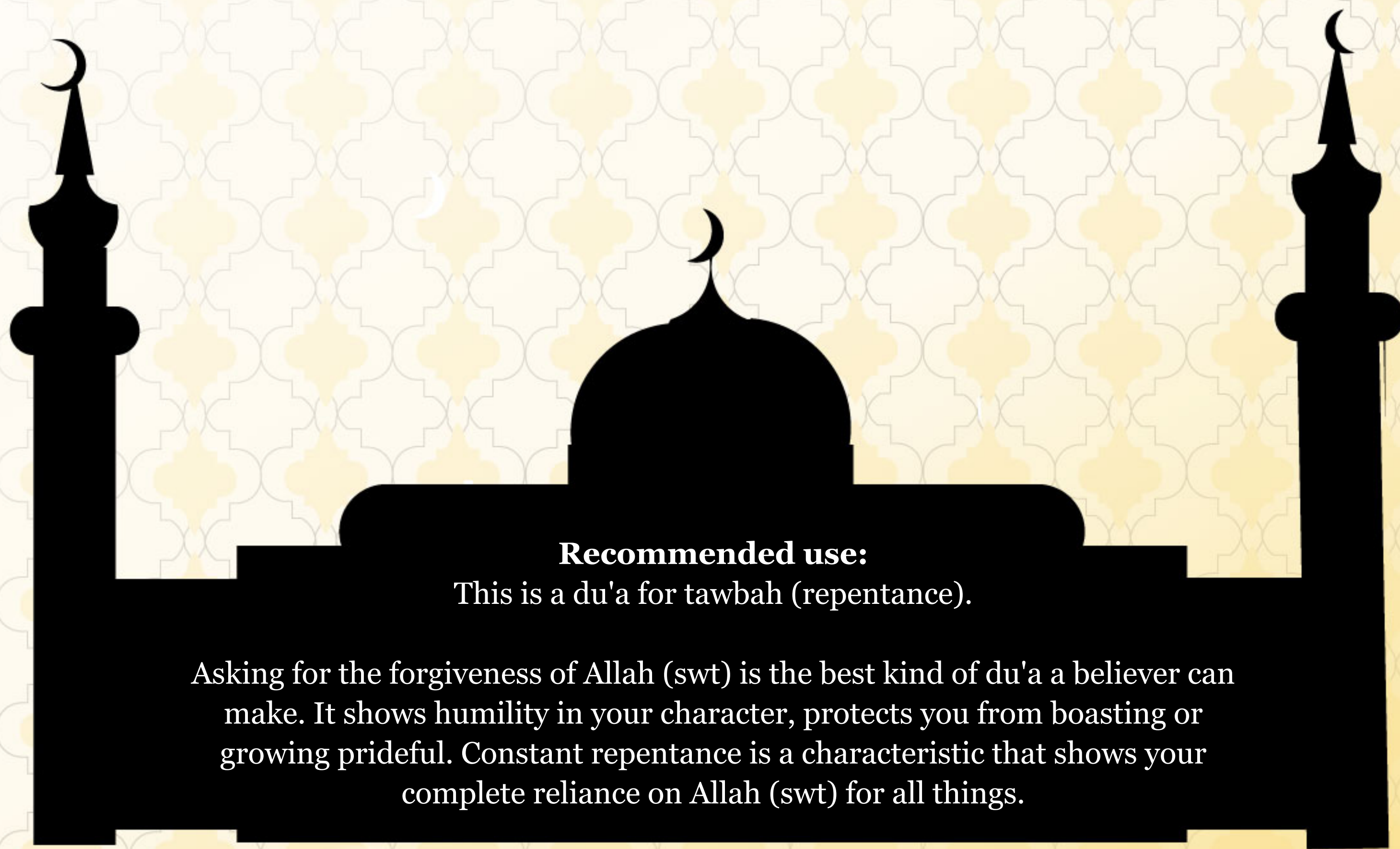
رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا

Rabbana laa tu'aakhiznaaa in naseenaaa aw akhtaanaaa

- 2:286 -

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

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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.



40 Rabbana - Dua #6

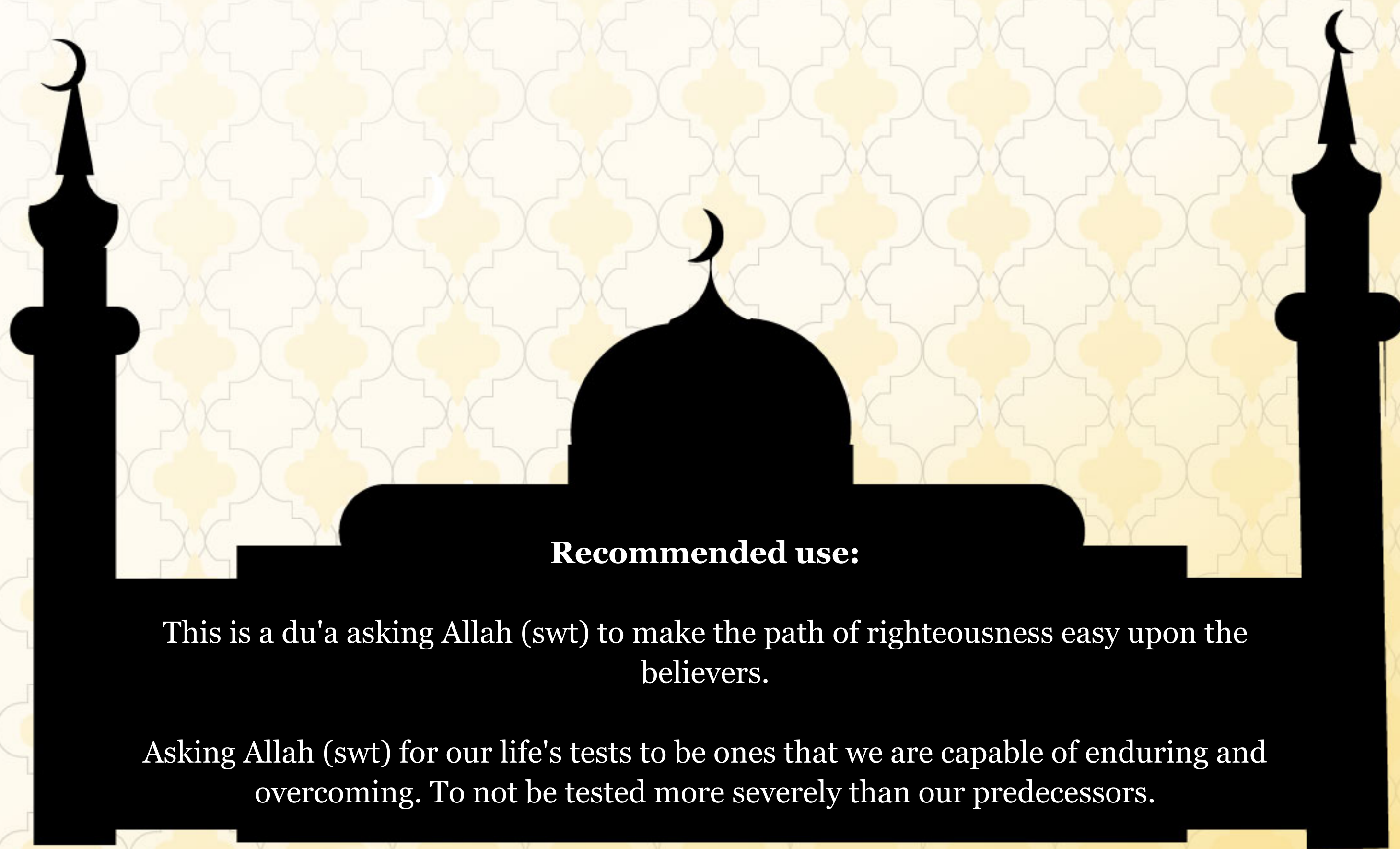
رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إِصْرًا كَمَا حَمَلْتَهُ
عَلَى الَّذِينَ مِن قَبْلِنَا

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.



40 Rabbana - Dua #7

رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا
وَاعْفِرْ لَنَا وَارْحَمْنَا 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."

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 (ﷺ) said:

"If anyone recited two verses from the last of Surah Baqarah at night, they will be sufficient for him." [1]



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[1] Hadith Reference: Sunan Abi Dawud 1397



40 Rabbana - Dua #8

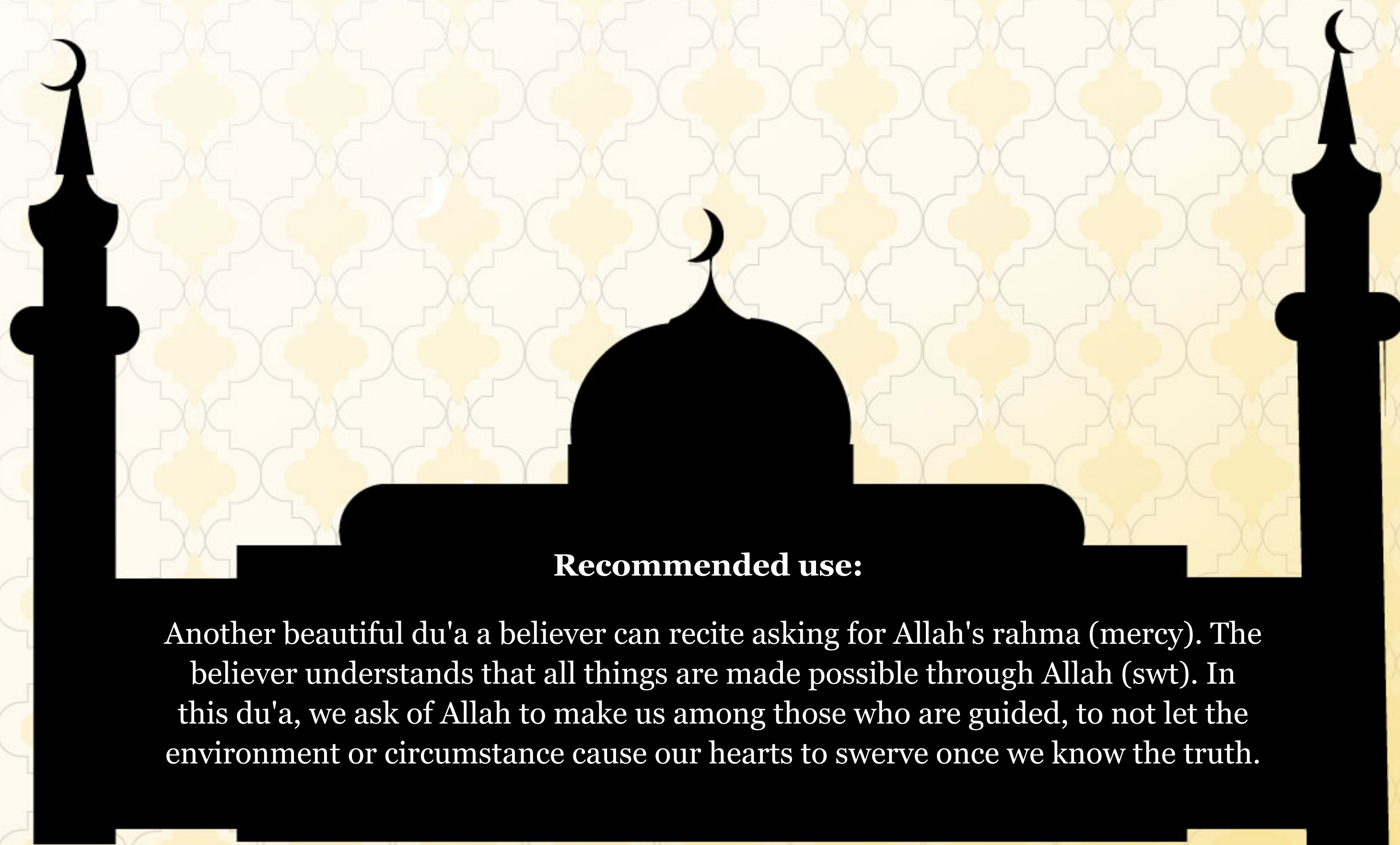
رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ
لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ

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."

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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.



40 Rabbana - Dua #9

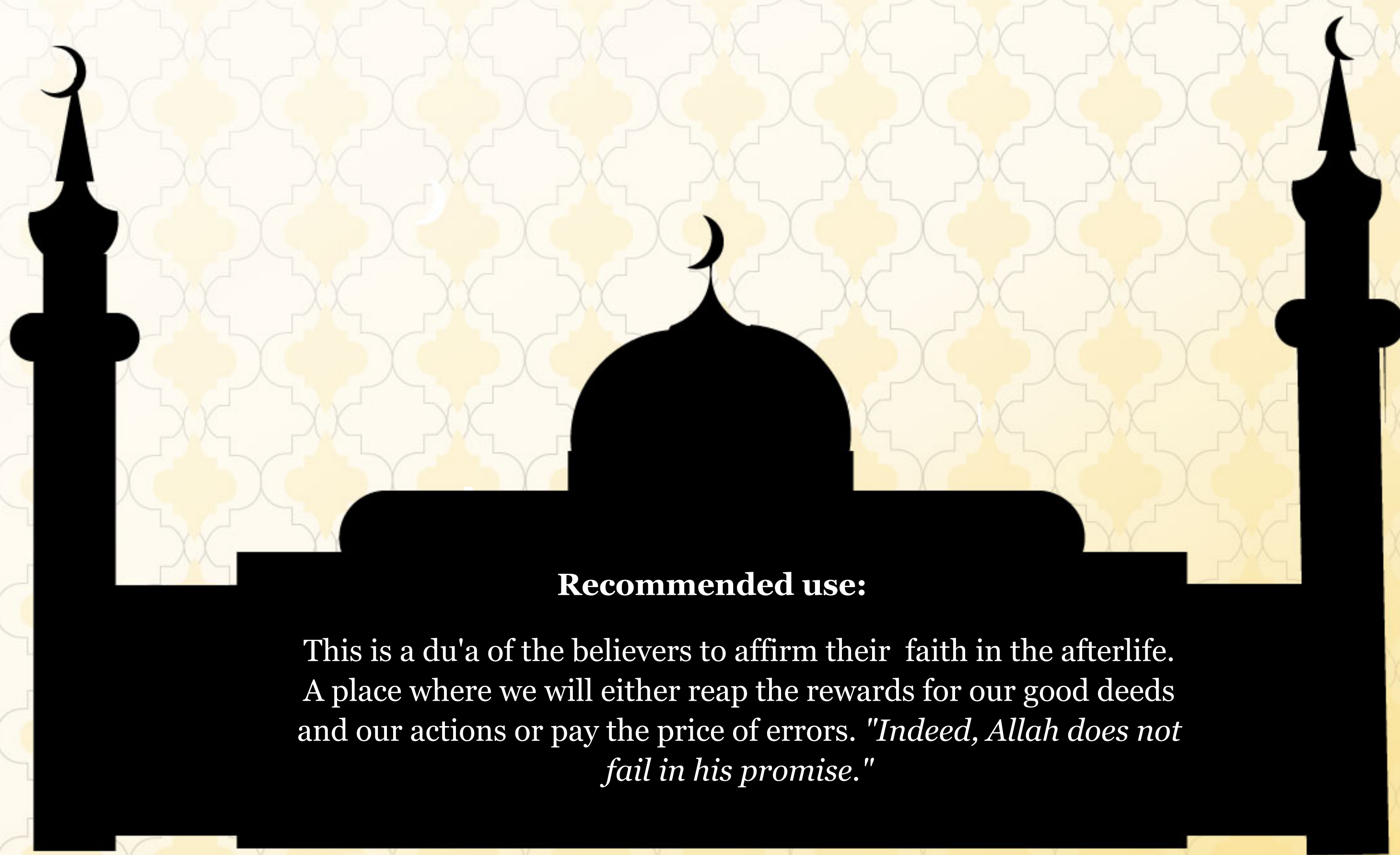
رَبَّنَا إِنَّكَ جَامِعُ النَّاسِ لِيَوْمٍ لَّا رَيْبَ فِيهِ إِنَّ
اللَّهَ لَا يُخْلِفُ الْمِيعَادَ

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."*



40 Rabbana - Dua #10

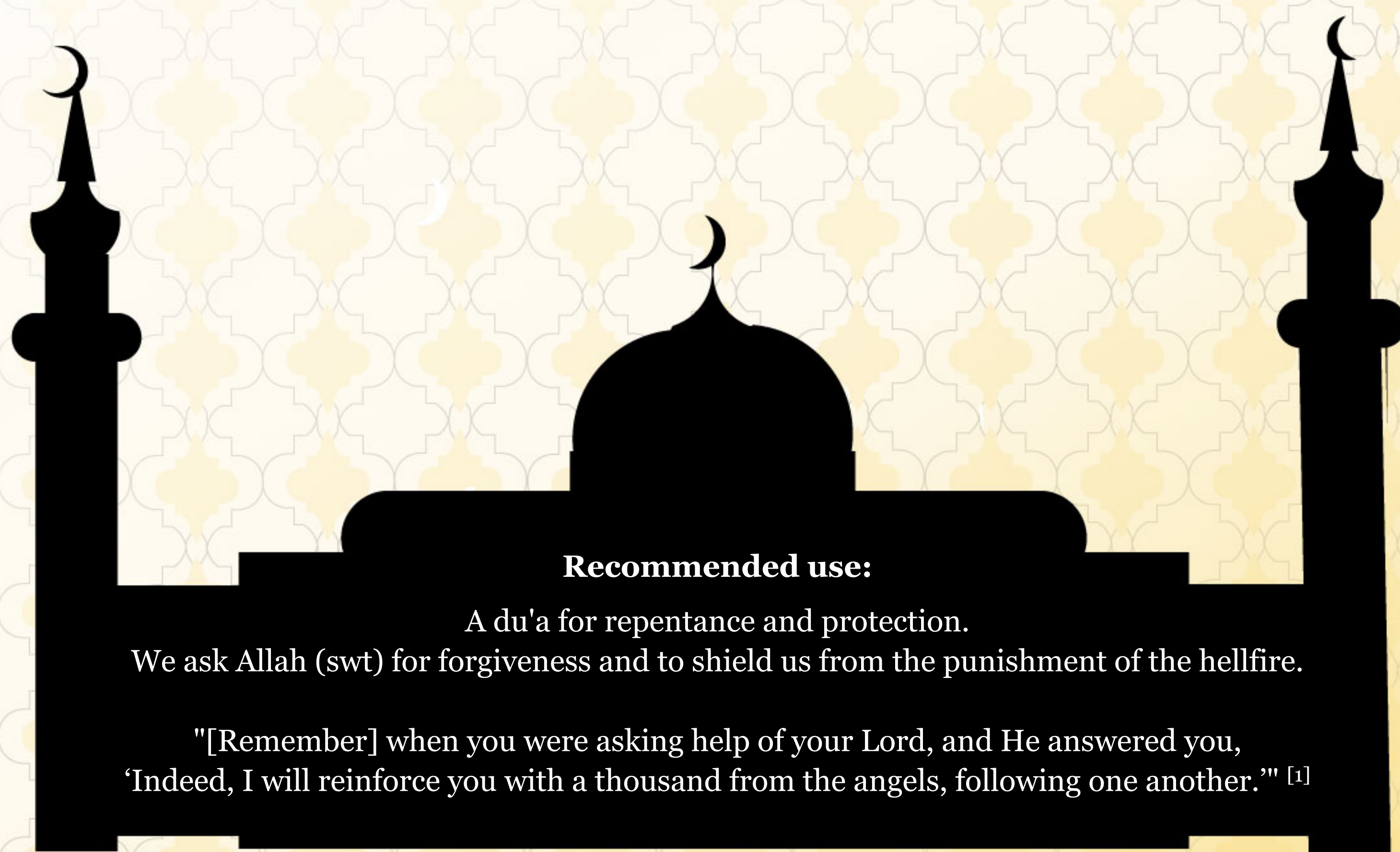
رَبَّنَا إِنَّنَا آمَنَّا فَاغْفِرْ لَنَا ذُنُوبَنَا وَقِنَا عَذَابَ النَّارِ

Rabbanaaaa innanaaaa 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"**

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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.'" [1]



[1] Qur'an Passage Reference: 8:9



40 Rabbana - Dua #11

رَبَّنَا ءَامَنَّا بِمَا أَنزَلْتَ وَاتَّبَعْنَا الرَّسُولَ
فَاكْتُبْنَا مَعَ الشَّاهِدِينَ

Rabbanaaa aamannaa bimaaa anzalta wattaba'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]."

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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" [1]



LISTEN TO AUDIO

[1] Quran Passage Reference: 3:55



40 Rabbana - Dua #12

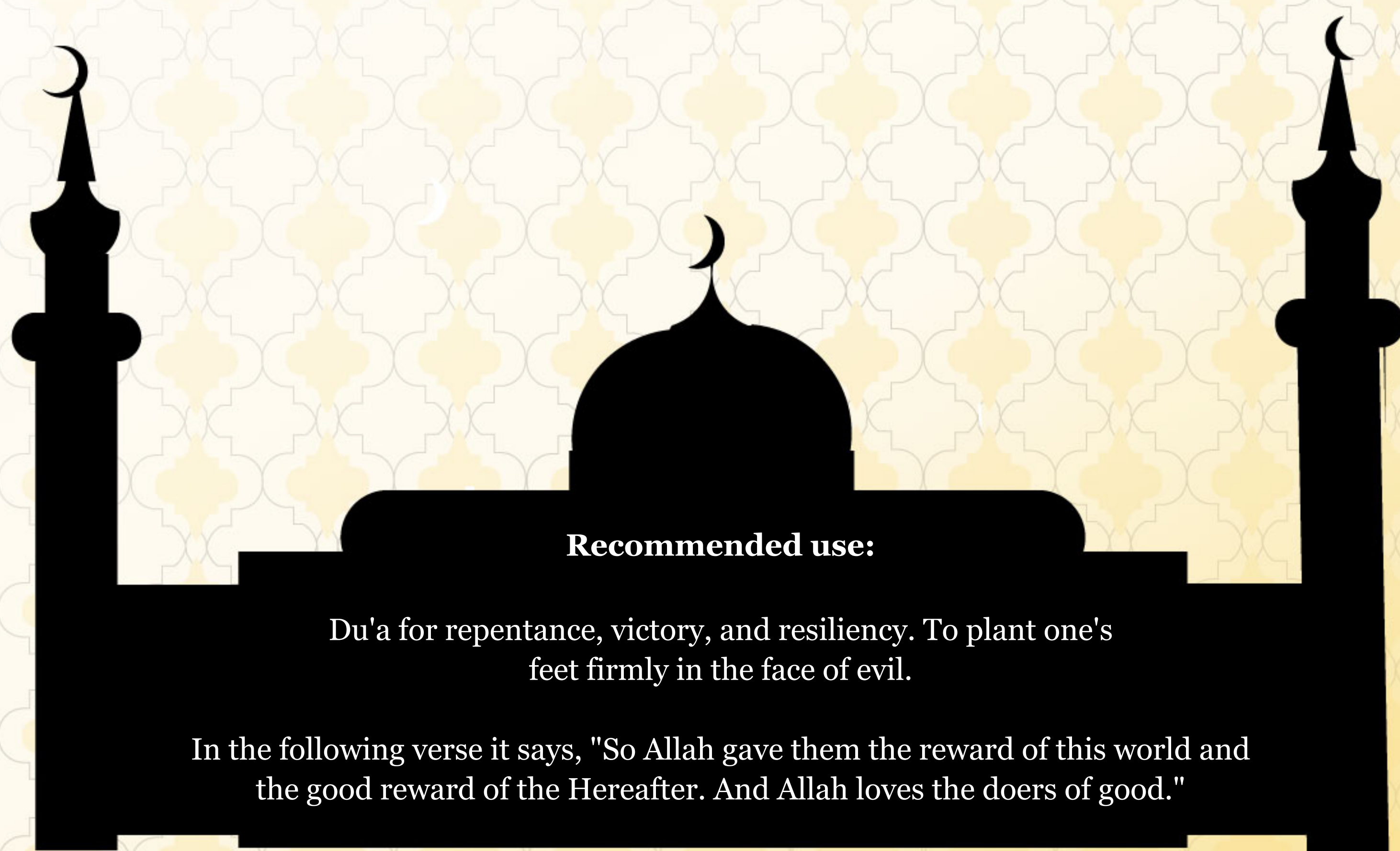
رَبَّنَا اغْفِرْ لَنَا ذُنُوبَنَا وَإِسْرَافَنَا فِي أَمْرِنَا وَثَبِّتْ
أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

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."

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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."



40 Rabbana - Dua #13

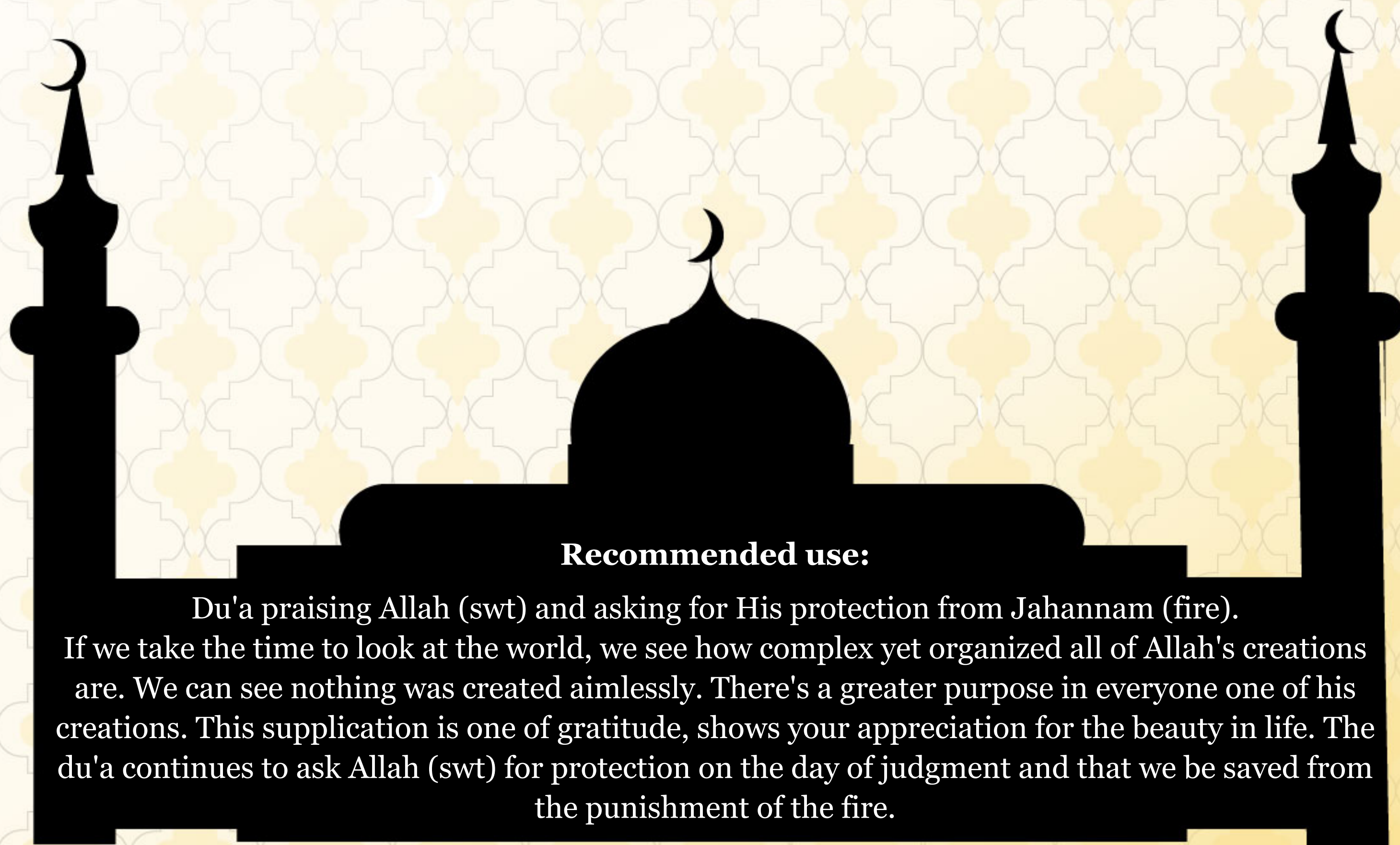
رَبَّنَا مَا خَلَقْتَ هَذَا بَاطِلًا سُبْحَانَكَ فَقِنَا
عَذَابَ النَّارِ

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."

Share



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's 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.



40 Rabbana - Dua #14

رَبَّنَا إِنَّكَ مَنْ تُدْخِلِ النَّارَ فَقَدْ أَخْزَيْتَهُ وَمَا
لِلظَّالِمِينَ مِنْ أَنْصَارٍ

Rabbana 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 consequence of our actions. It's an important study - the relationship between cause and effect. This supplication can be used as motivation to remind yourself to be just because you know the fate of the wrongdoers.



40 Rabbana - Dua #15

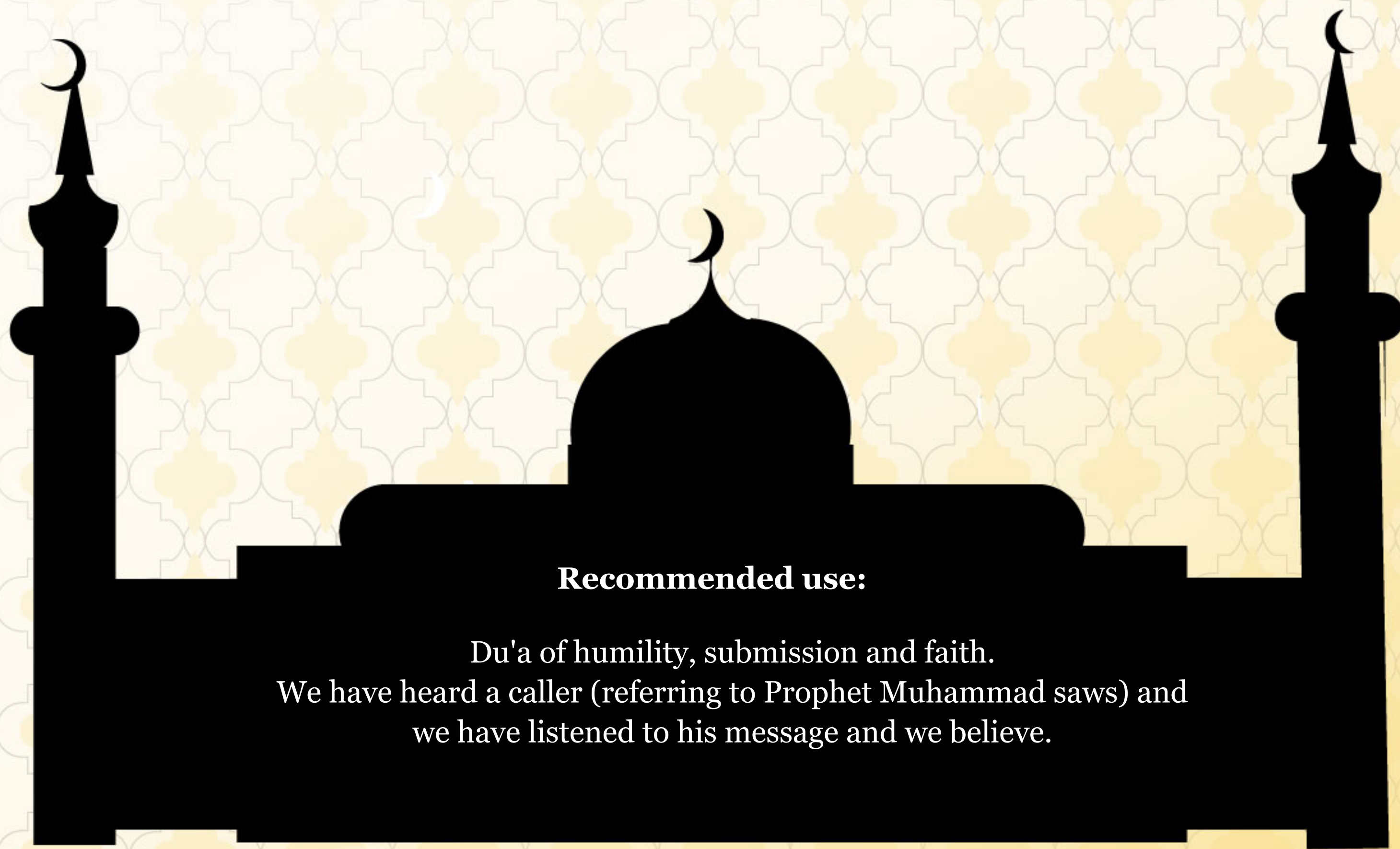
رَبَّنَا إِنَّا سَمِعْنَا مُنَادِيًا يُنَادِي لِلْإِيمَانِ أَنْ آمِنُوا
بِرَبِّكُمْ فَآمَنَّا

Rabbanaaa innanaa 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."

Share



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.



40 Rabbana - Dua #16

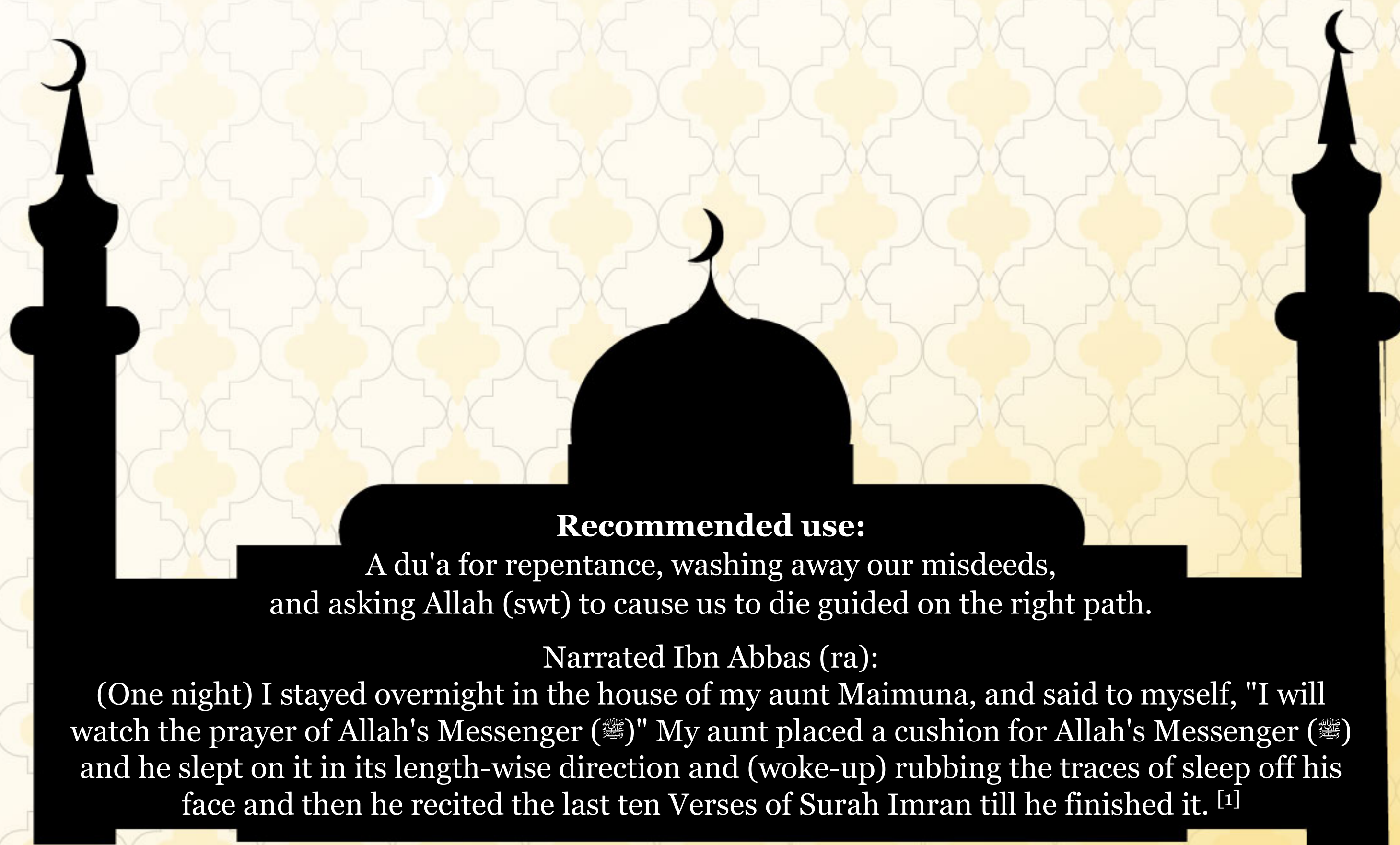
رَبَّنَا فَاعْفِرْ لَنَا ذُنُوبَنَا وَكَفِّرْ عَنَّا سَيِّئَاتِنَا وَتَوَفَّنَا
مَعَ الْأَبْرَارِ

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 Allah (swt) to cause us to die guided on the right path.

Narrated Ibn Abbas (ra):

(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. ^[1]



[1] Hadith Reference: Sahih al-Bukhari 4570



40 Rabbana - Dua #17

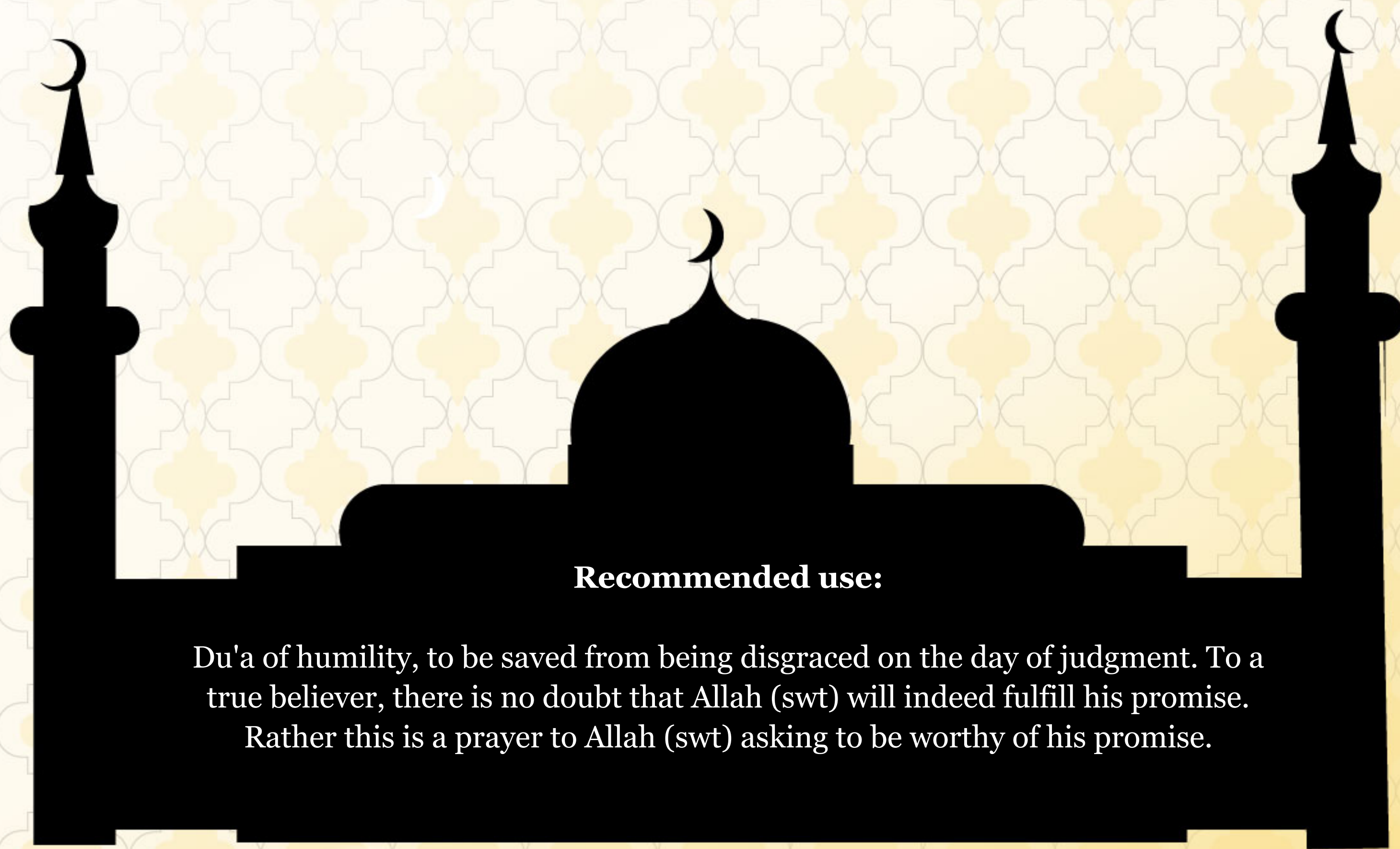
رَبَّنَا وَآتِنَا مَا وَعَدْتَنَا عَلَى رُسُلِكَ وَلَا تُخْزِنَا يَوْمَ
الْقِيَامَةِ إِنَّكَ لَا تُخْلِفُ الْمِيعَادَ

Rabbana wa 'atina ma wa'adtana 'ala rusulika wa la tukhzina yawmal-
Qiyamah innaka la tukhliful mi'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



Recommended use:

Du'a of humility, to be saved from being disgraced on the day of judgment. To a true believer, there is no doubt that Allah (swt) will indeed fulfill his promise. Rather this is a prayer to Allah (swt) asking to be worthy of his promise.



40 Rabbana - Dua #18

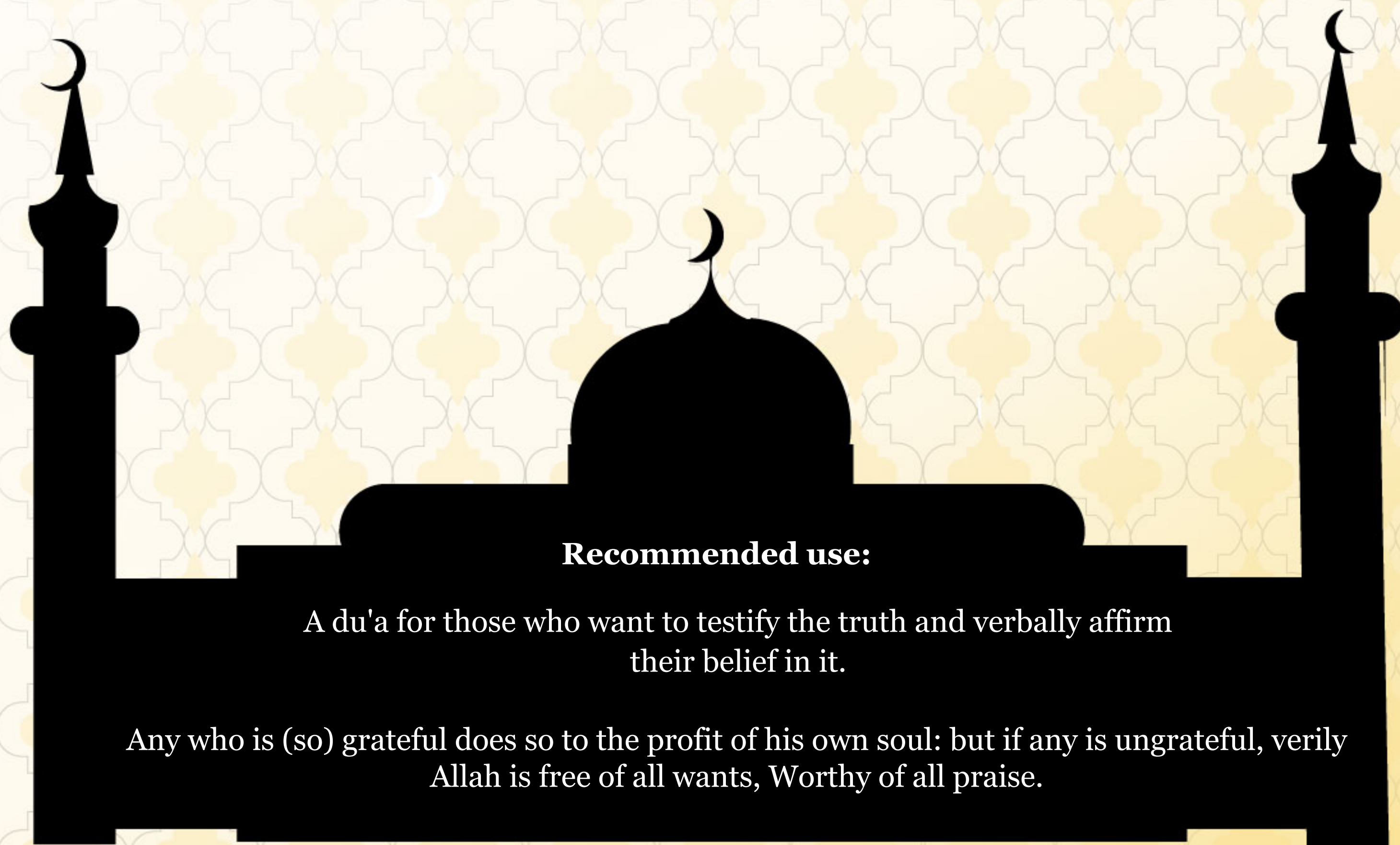
رَبَّنَا آمَنَّا فَاكْتُبْنَا مَعَ الشَّاهِدِينَ

Rabbana aamana faktubna ma' ash-shahideen

- 5:83 -

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

Share



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.



40 Rabbana - Dua #19

رَبَّنَا أَنْزِلْ عَلَيْنَا مَائِدَةً مِنَ السَّمَاءِ تَكُونُ لَنَا عِيداً
لِأَوَّلِنَا وَآخِرِنَا وَآيَةً مِنْكَ وَارْزُقْنَا وَأَنْتَ خَيْرُ
الرَّازِقِينَ

Rabbana anzil 'alaina ma'idatam minas-Samai takunu lana 'idal li-awwa-lina
wa aakhirna wa ayatam-minka war-zuqna wa anta Khayrul-Raziqeen

- 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."

Share



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."



40 Rabbana - Dua #20

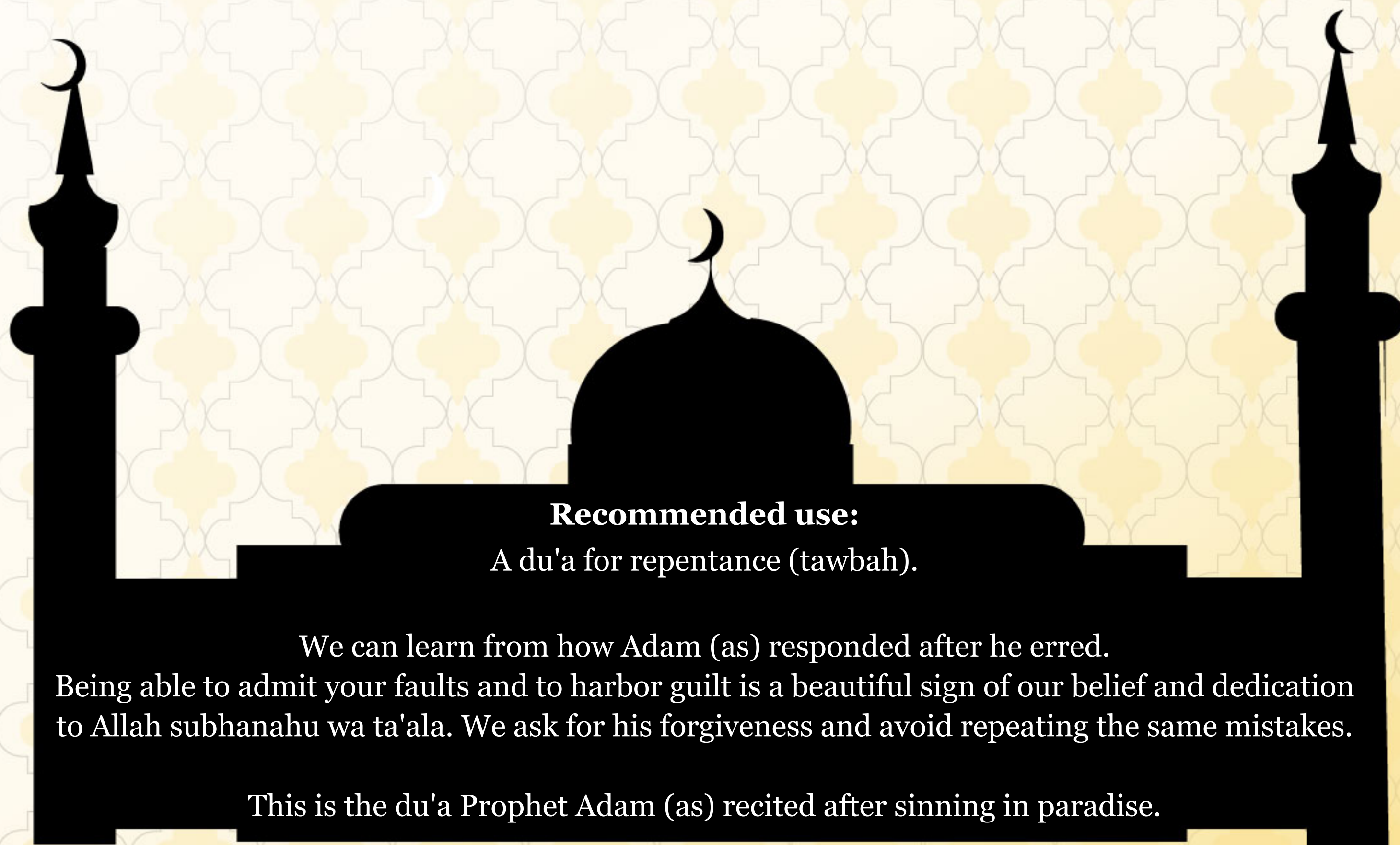
رَبَّنَا ظَلَمْنَا أَنفُسَنَا وَإِن لَّمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا
لَنَكُونَنَّ مِنَ الْخَاسِرِينَ

Rabbana zalamna anfusina wa il lam taghfir lana wa tarhamna
lanakoonanna minal khaasireen

- 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."

Share



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 our 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.



40 Rabbana - Dua #21

رَبَّنَا لَا تَجْعَلْنَا مَعَ الْقَوْمِ الظَّالِمِينَ

Rabbana la taj'alna ma'al qawwmi-dhalimeen

- 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.



40 Rabbana - Dua #22

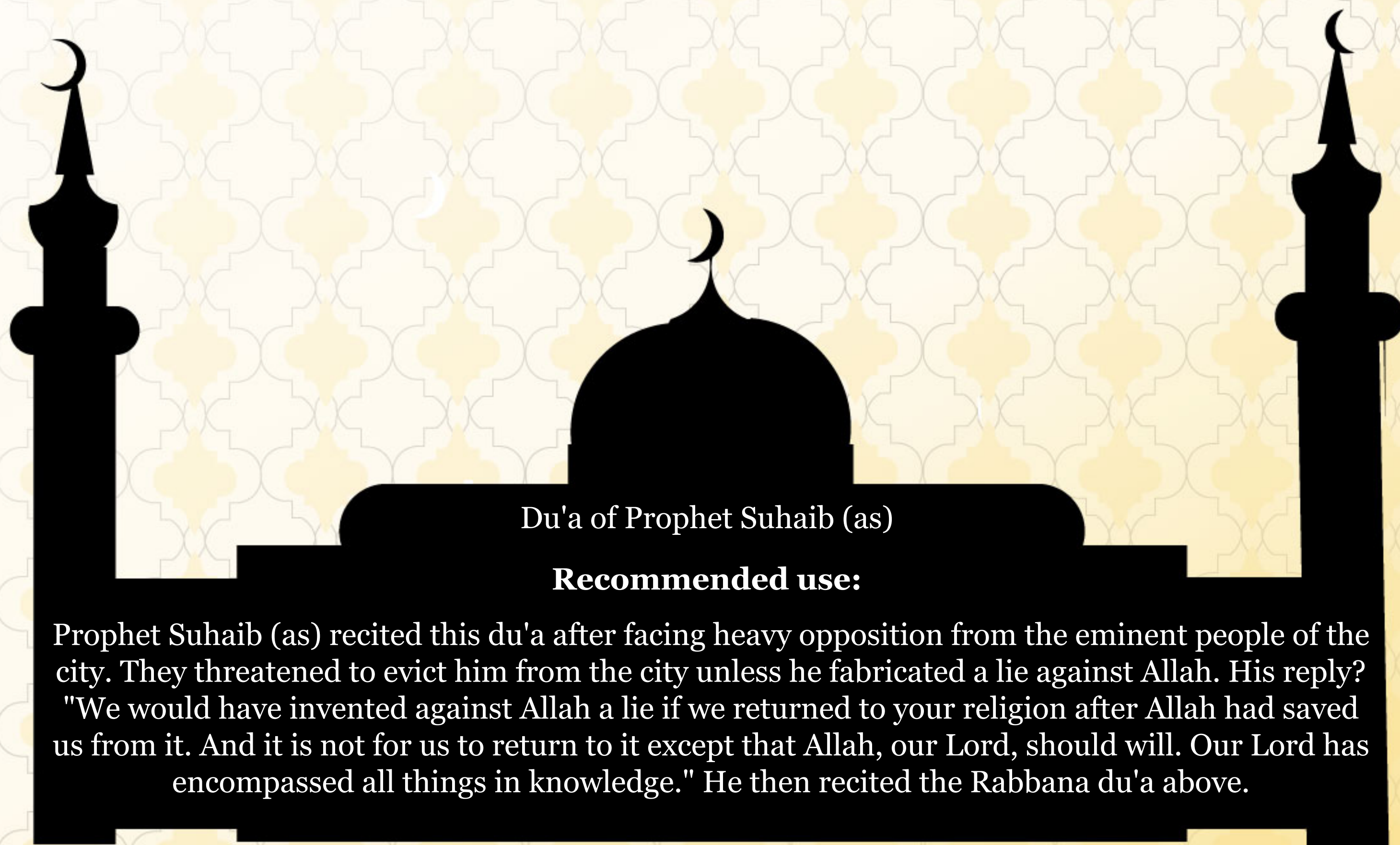
رَبَّنَا افْتَحْ بَيْنَنَا وَبَيْنَ قَوْمِنَا بِالْحَقِّ وَأَنْتَ خَيْرُ
الْفَاتِحِينَ

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."**

Share



Du'a of Prophet Suhaib (as)

Recommended use:

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.



40 Rabbana - Dua #23

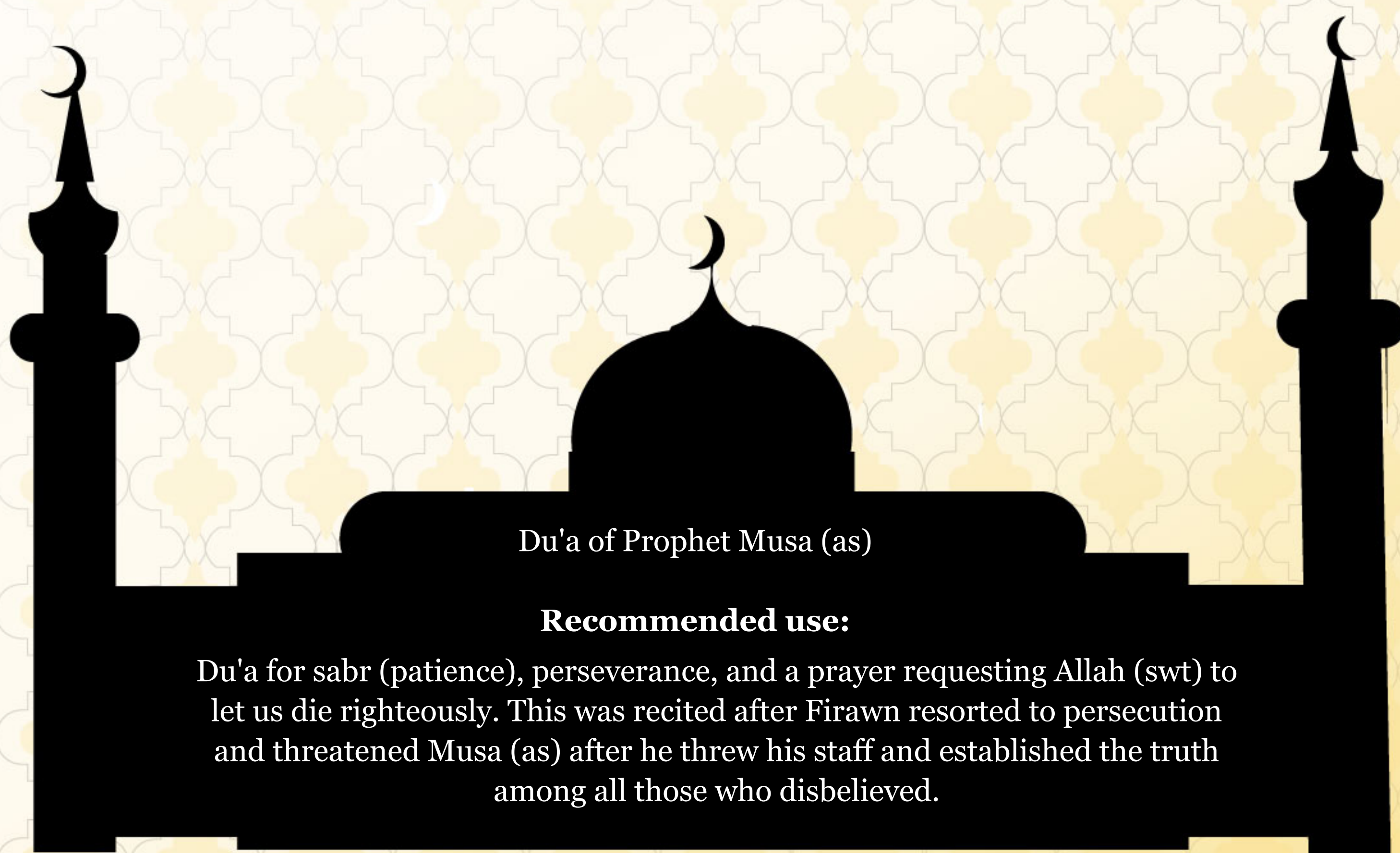
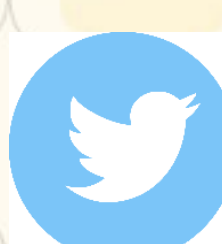
رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَتَوَفَّنَا مُسْلِمِينَ

Rabbana afrigh 'alaina sabraw wa tawaffana Muslimeen

- 7:126 -

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

Share



Du'a of Prophet Musa (as)

Recommended use:

Du'a for sabr (patience), perseverance, and a prayer requesting Allah (swt) 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.



40 Rabbana - Dua #24

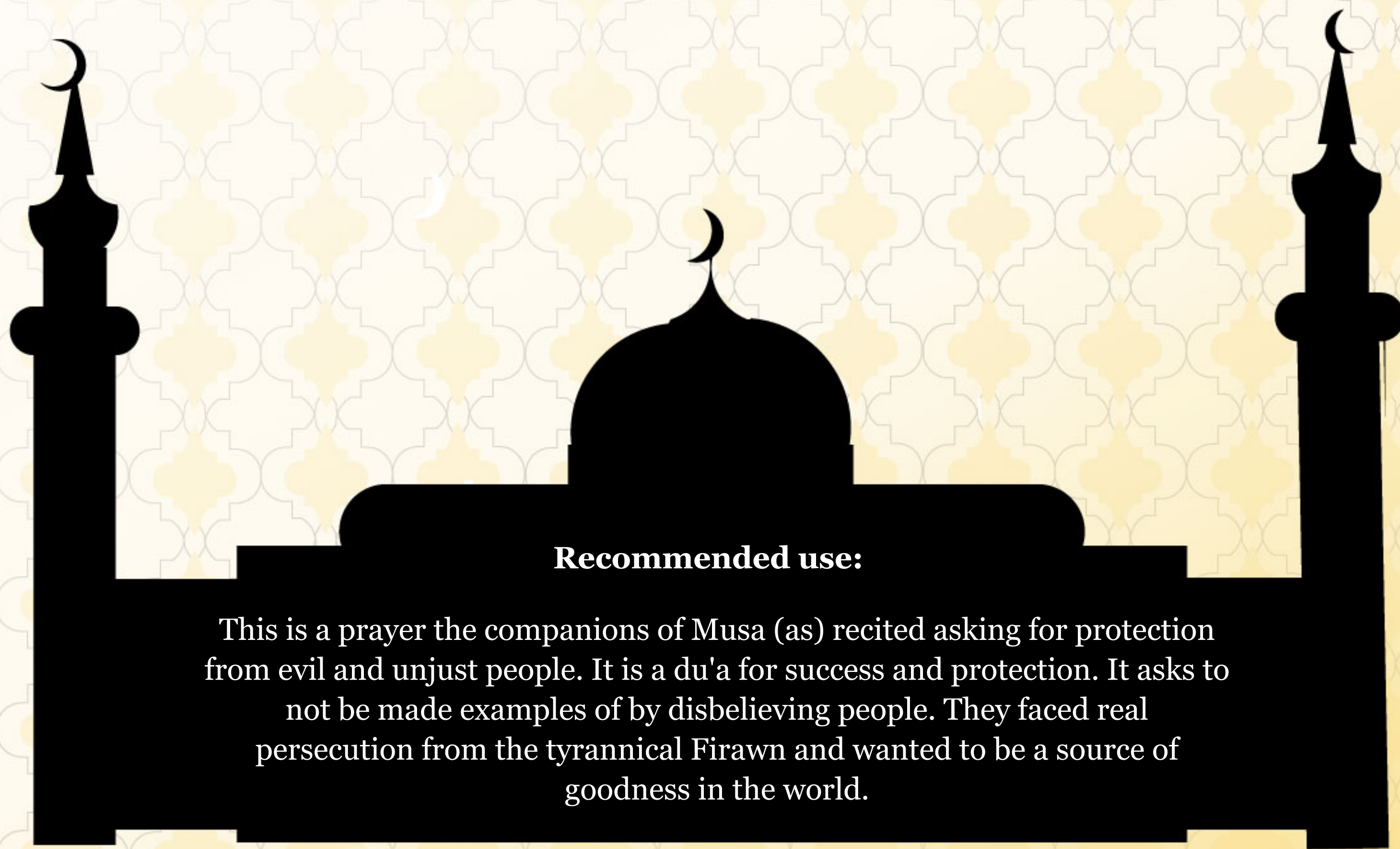
رَبَّنَا لَا تَجْعَلْنَا فِتْنَةً لِّلْقَوْمِ الظَّالِمِينَ ; وَنَجِّنَا
بِرَحْمَتِكَ مِنَ الْقَوْمِ الْكَافِرِينَ

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.



40 Rabbana - Dua #25

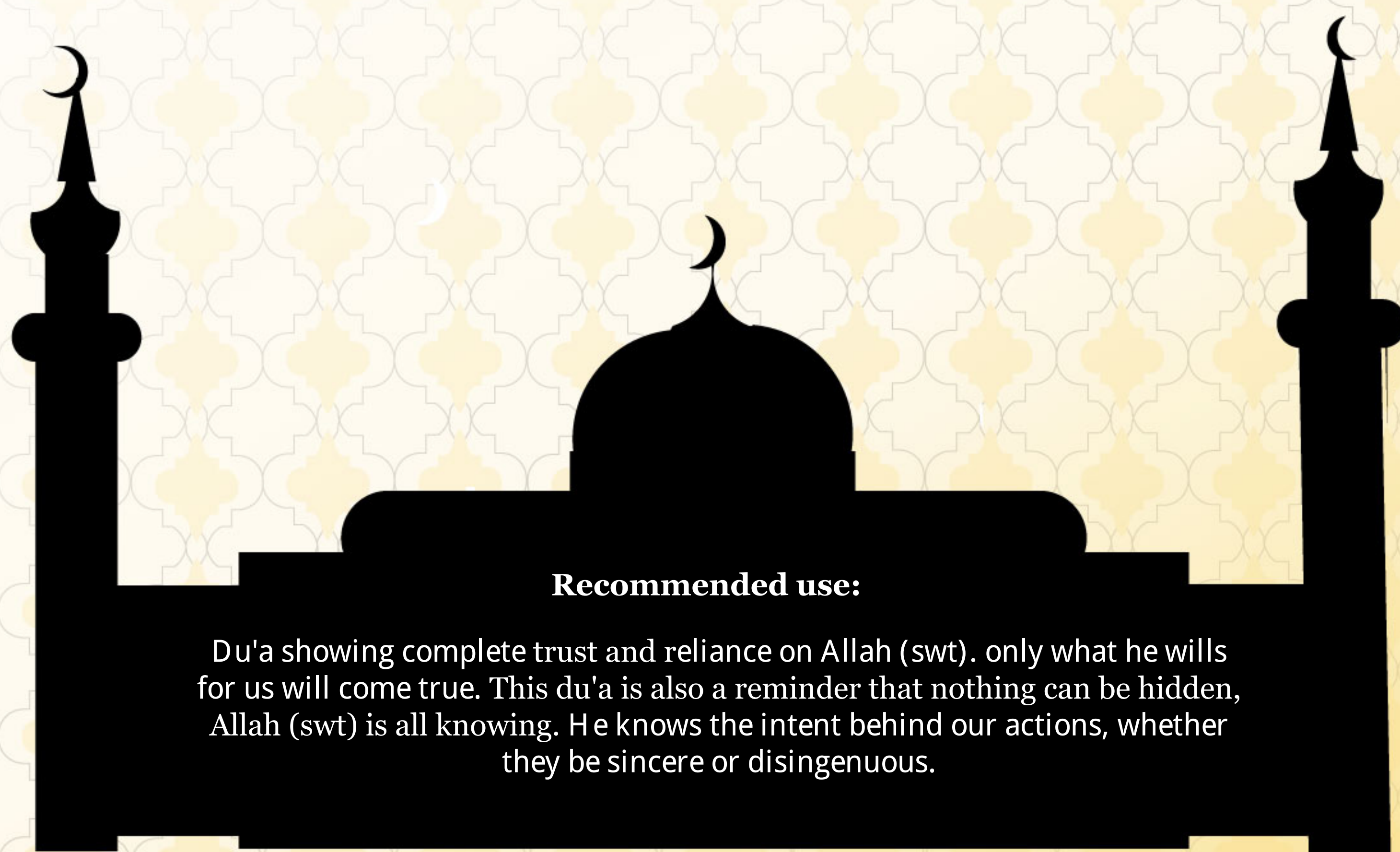
رَبَّنَا إِنَّكَ تَعْلَمُ مَا نُخْفِي وَمَا نُعْلِنُ وَمَا يَخْفَى عَلَى
اللَّهِ مِنْ شَيْءٍ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ

Rabbanaa 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."

Share



Recommended use:

Du'a showing complete trust and reliance on Allah (swt). only what he wills for us will come true. This du'a is also a reminder that nothing can be hidden, Allah (swt) is all knowing. He knows the intent behind our actions, whether they be sincere or disingenuous.



40 Rabbana - Dua #26

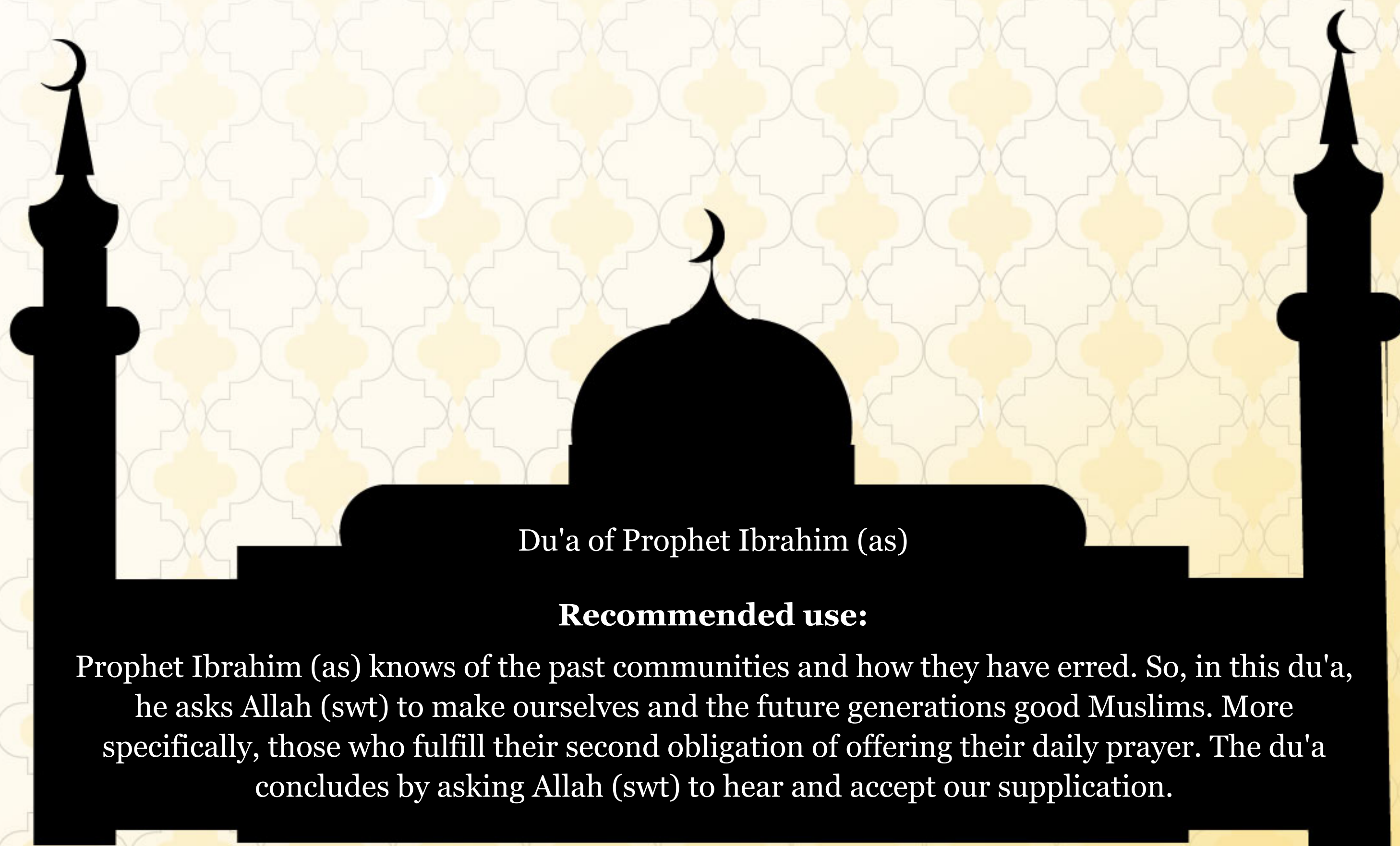
رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي رَبَّنَا
وَتَقَبَّلْ دُعَاءِ

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



Du'a of Prophet Ibrahim (as)

Recommended use:

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.



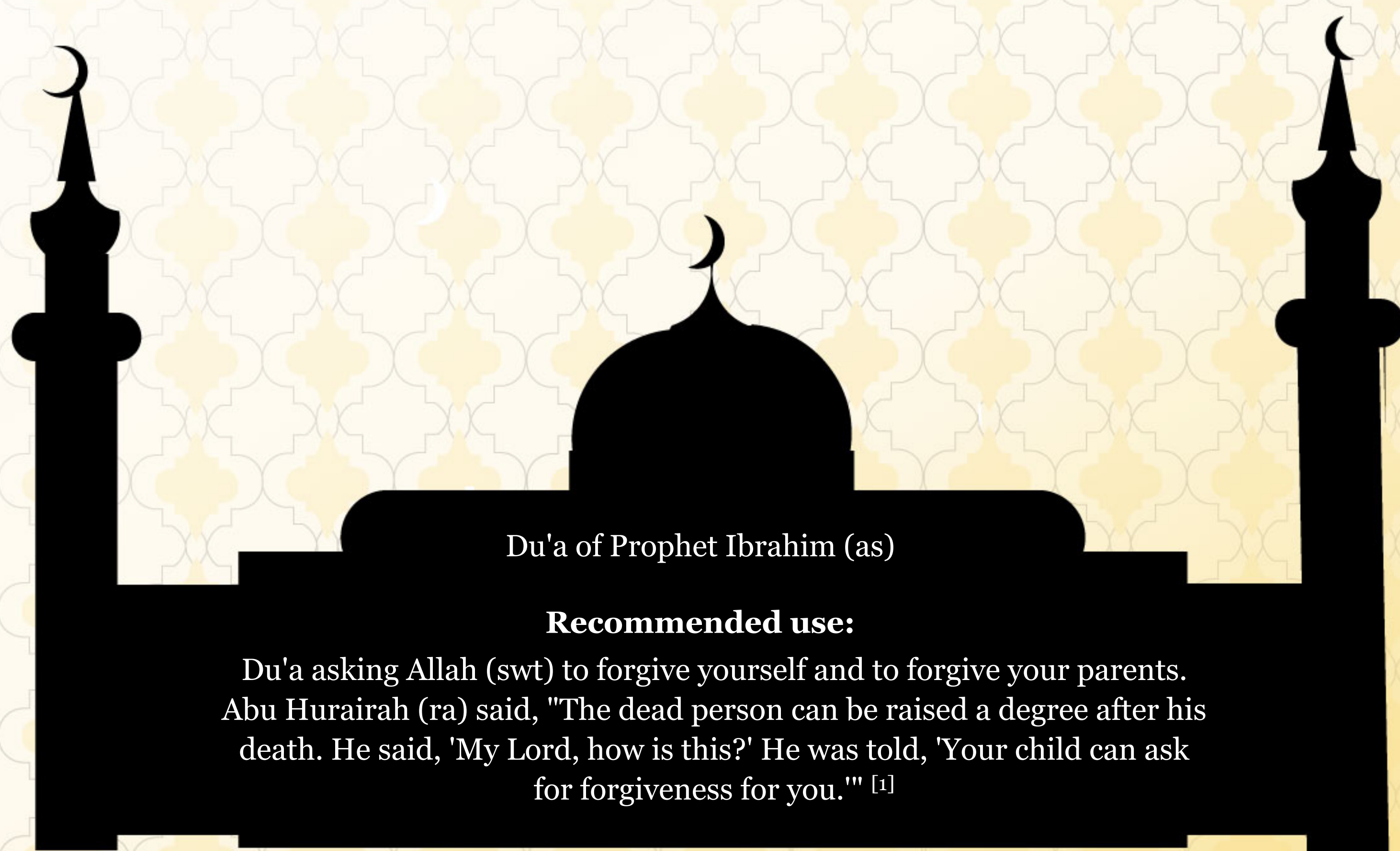
رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ

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



Du'a of Prophet Ibrahim (as)

Recommended use:

Du'a asking Allah (swt) to forgive yourself and to forgive 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.'" [1]



[1] Hadith Reference: Al-Adab Al-Mufrad 36



40 Rabbana - Dua #28

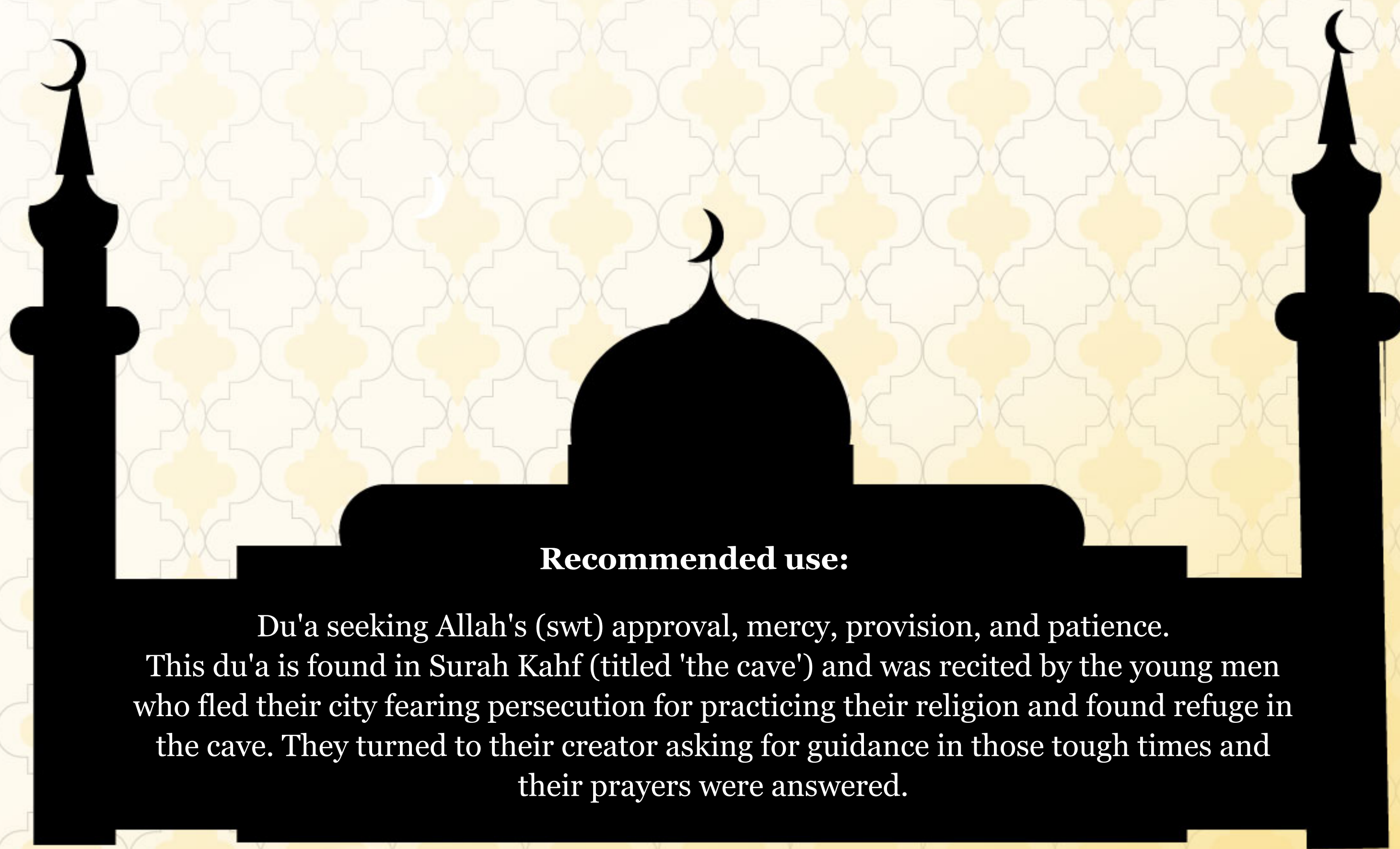
رَبَّنَا آتِنَا مِنْ لَدُنْكَ رَحْمَةً وَهَيِّئْ لَنَا مِنْ أَمْرِنَا
رَشَدًا

Rabbana 'atina mil-ladunka Rahmataw wa haiyi lana min amrina rashada

- 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.



40 Rabbana - Dua #29

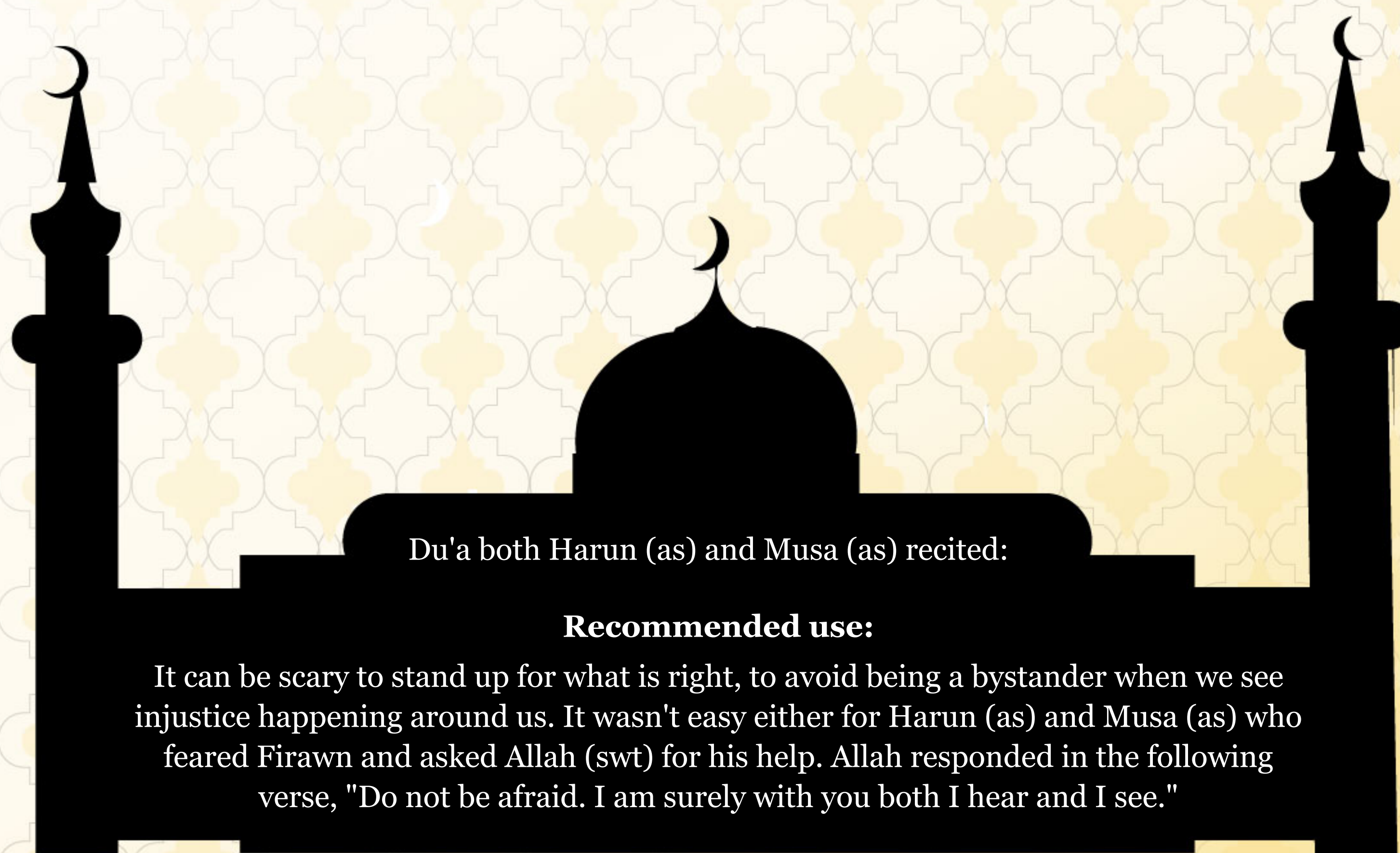
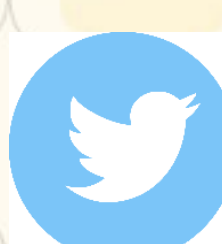
رَبَّنَا إِنَّنَا نَخَافُ أَنْ يَفْرُطَ عَلَيْنَا أَوْ أَنْ يَطْغَى

Rabbana innana nakhafu ai-yafruta 'alaina aw any-yatgha

- 20:45 -

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

Share



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

Recommended use:

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



40 Rabbana - Dua #30

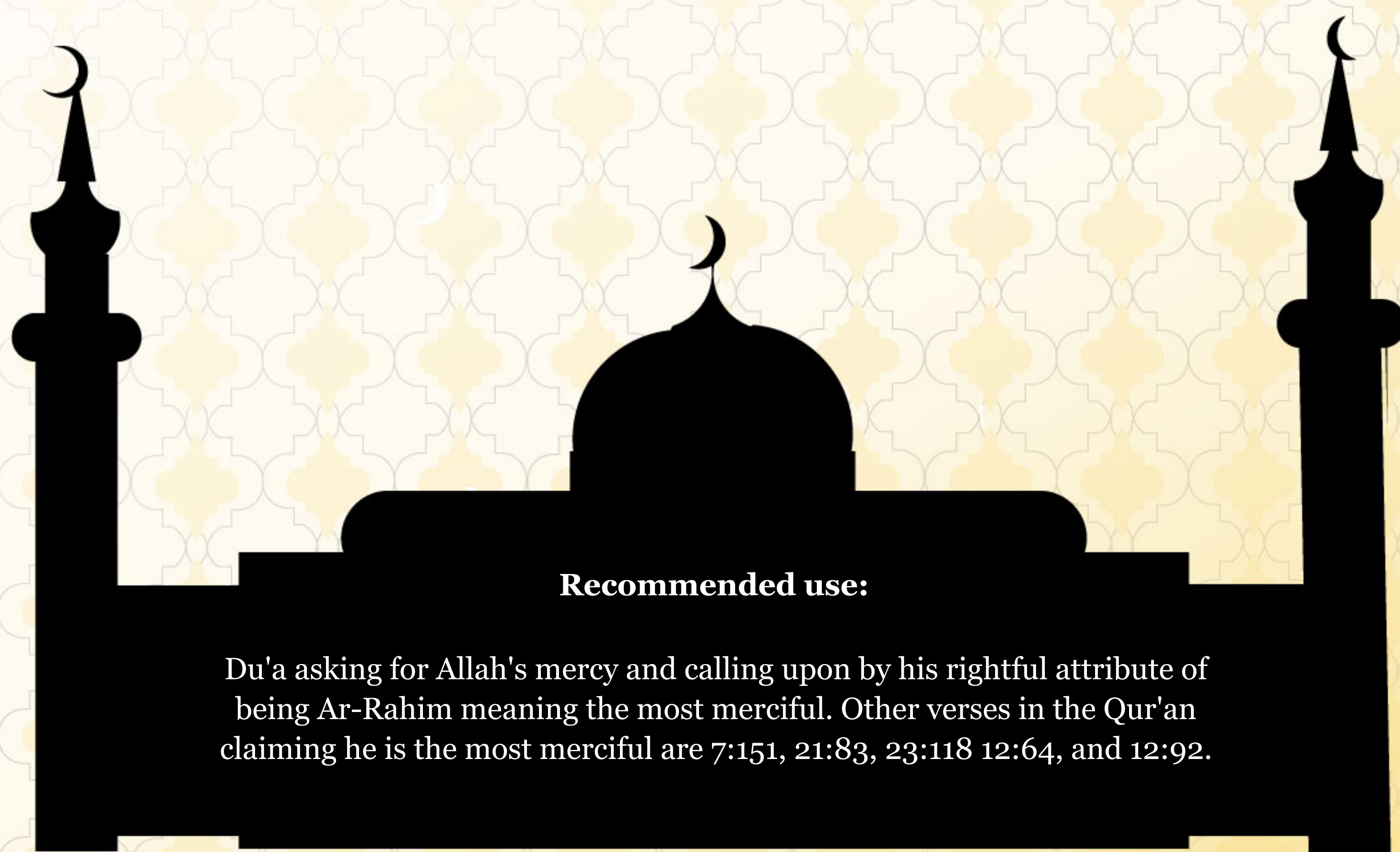
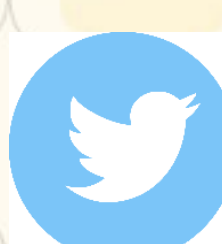
رَبَّنَا آمَنَّا فَاغْفِرْ لَنَا وَارْحَمْنَا وَأَنْتَ خَيْرُ
الرَّاحِمِينَ

Rabbana amanna faghfir lana warhamna wa anta khairur Rahimiin

- 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.



40 Rabbana - Dua #31

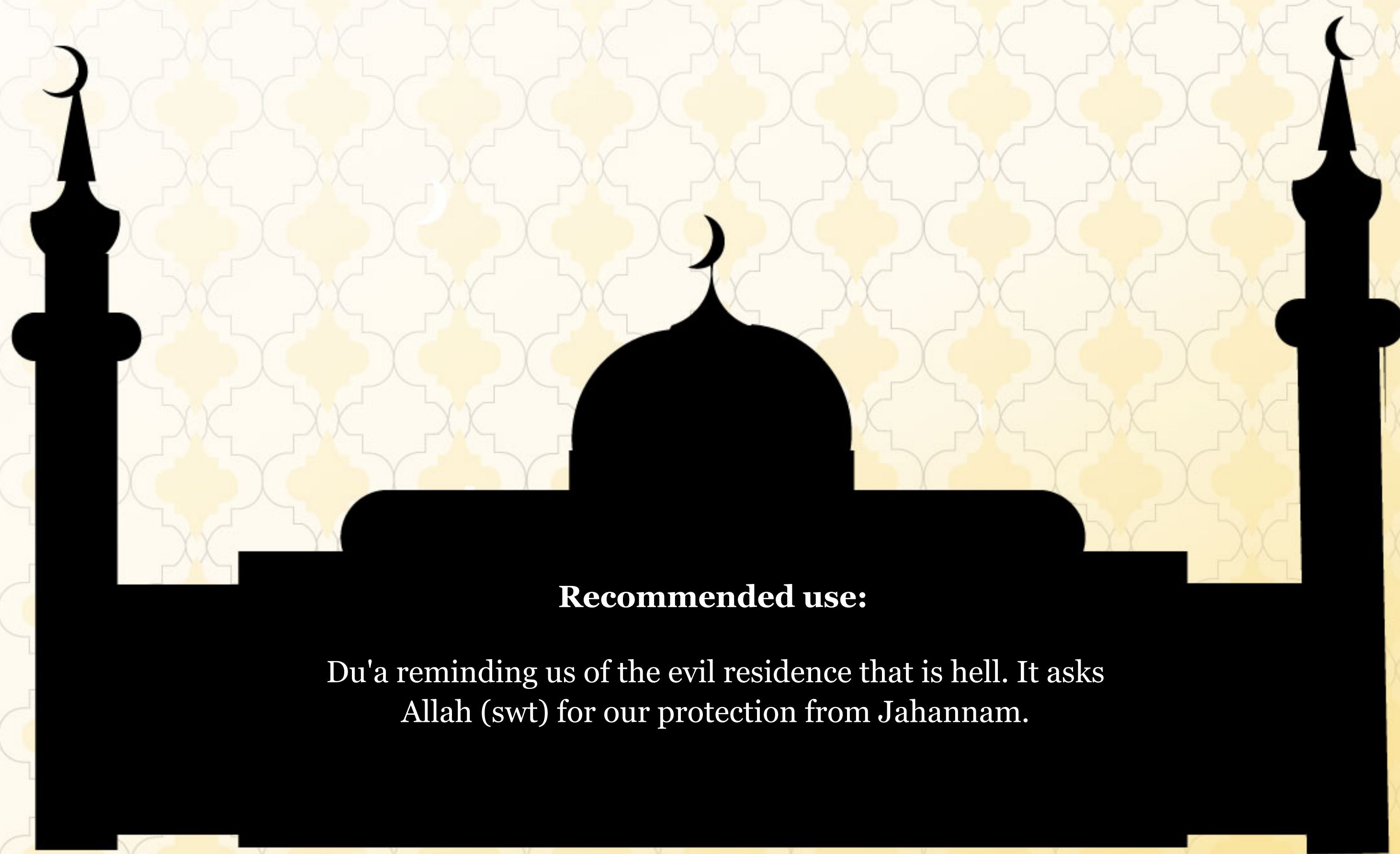
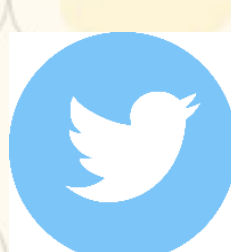
رَبَّنَا اصْرِفْ عَنَّا عَذَابَ جَهَنَّمَ إِنَّ عَذَابَهَا كَانَ
غَرَامًا إِنَّهَا سَاءَتْ مُسْتَقَرًّا وَمُقَامًا

65. Rabbanas-rif 'anna 'adhaba jahannama inna 'adhabaha kana
gharama 66. innaha sa'at musta-qarranw wa muqama

- 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



Recommended use:

Du'a reminding us of the evil residence that is hell. It asks Allah (swt) for our protection from Jahannam.



40 Rabbana - Dua #32

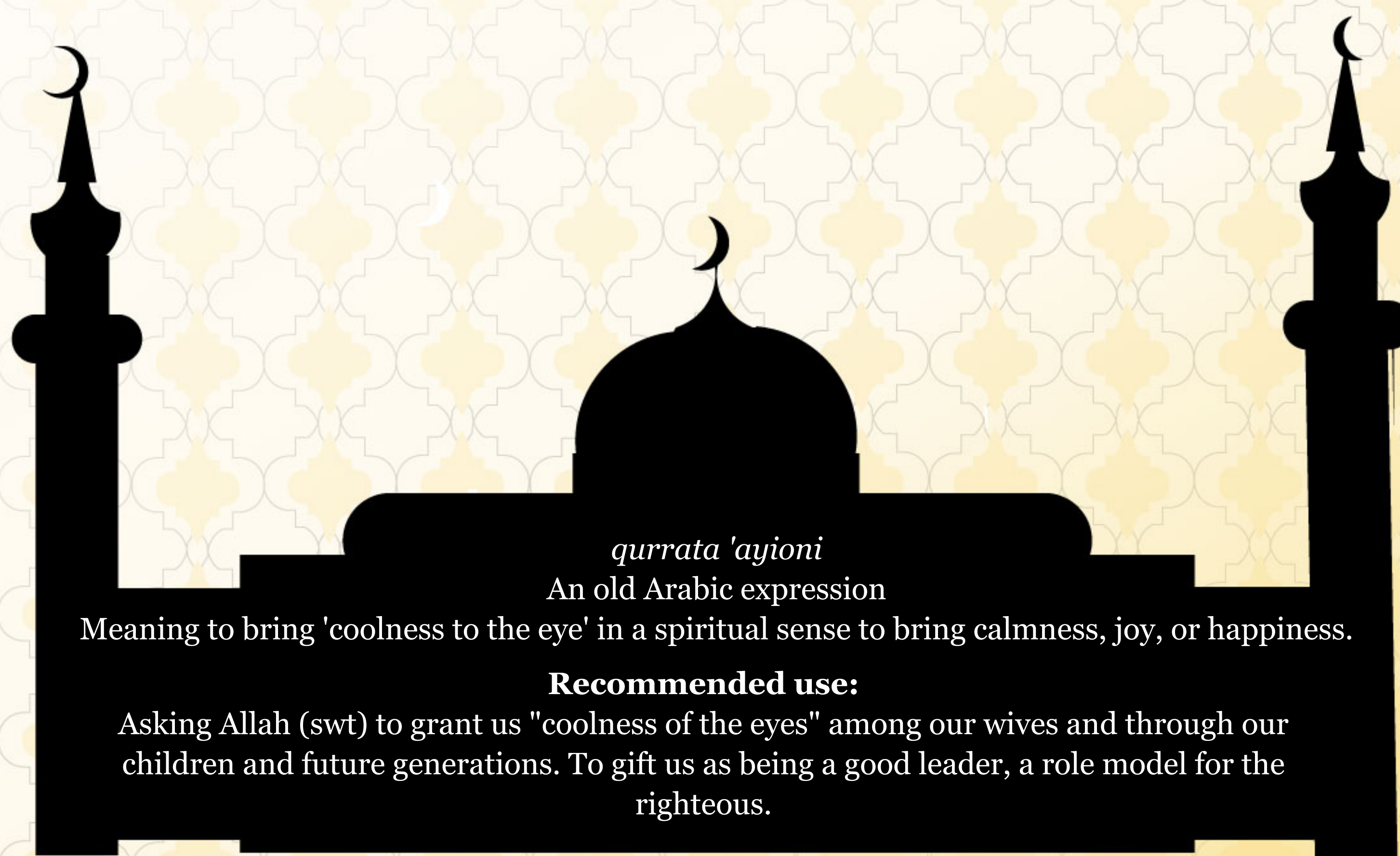
رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ
وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

Rabbana Hablana min azwaajina wadhurriy-yatina, qurrata 'ayioni wa-jalna lil-muttaqeena Imaama

- 25:74 -

"Our Lord, grant us from among our wives and offspring comfort to our eyes and make us a leader [i.e., example] for the righteous."

Share



qurrata 'ayioni

An old Arabic expression

Meaning to bring 'coolness to the eye' in a spiritual sense to bring calmness, joy, or happiness.

Recommended use:

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.



40 Rabbana - Dua #33

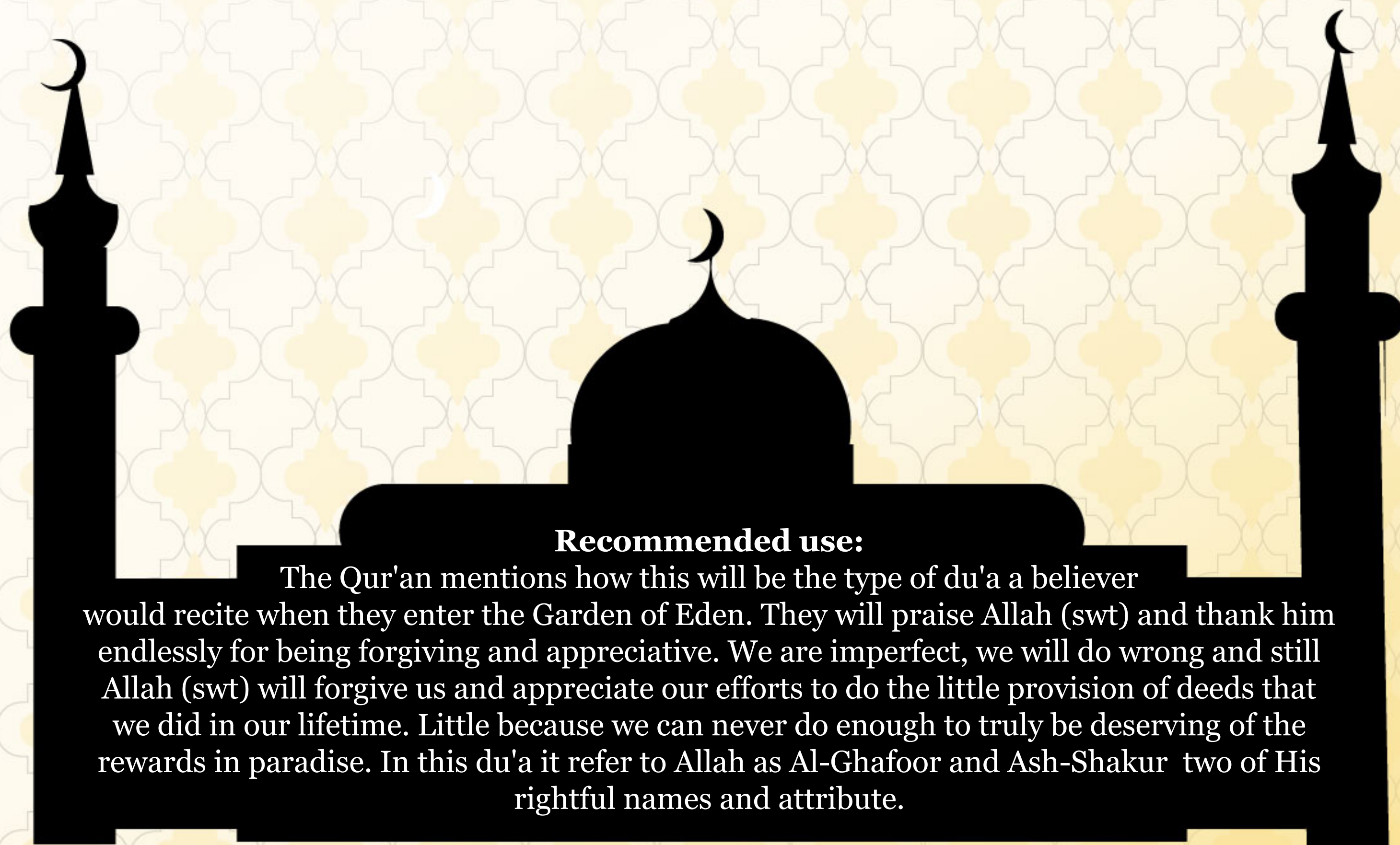
رَبَّنَا لَعَفُورٌ شَكُورٌ

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.



40 Rabbana - Dua #34

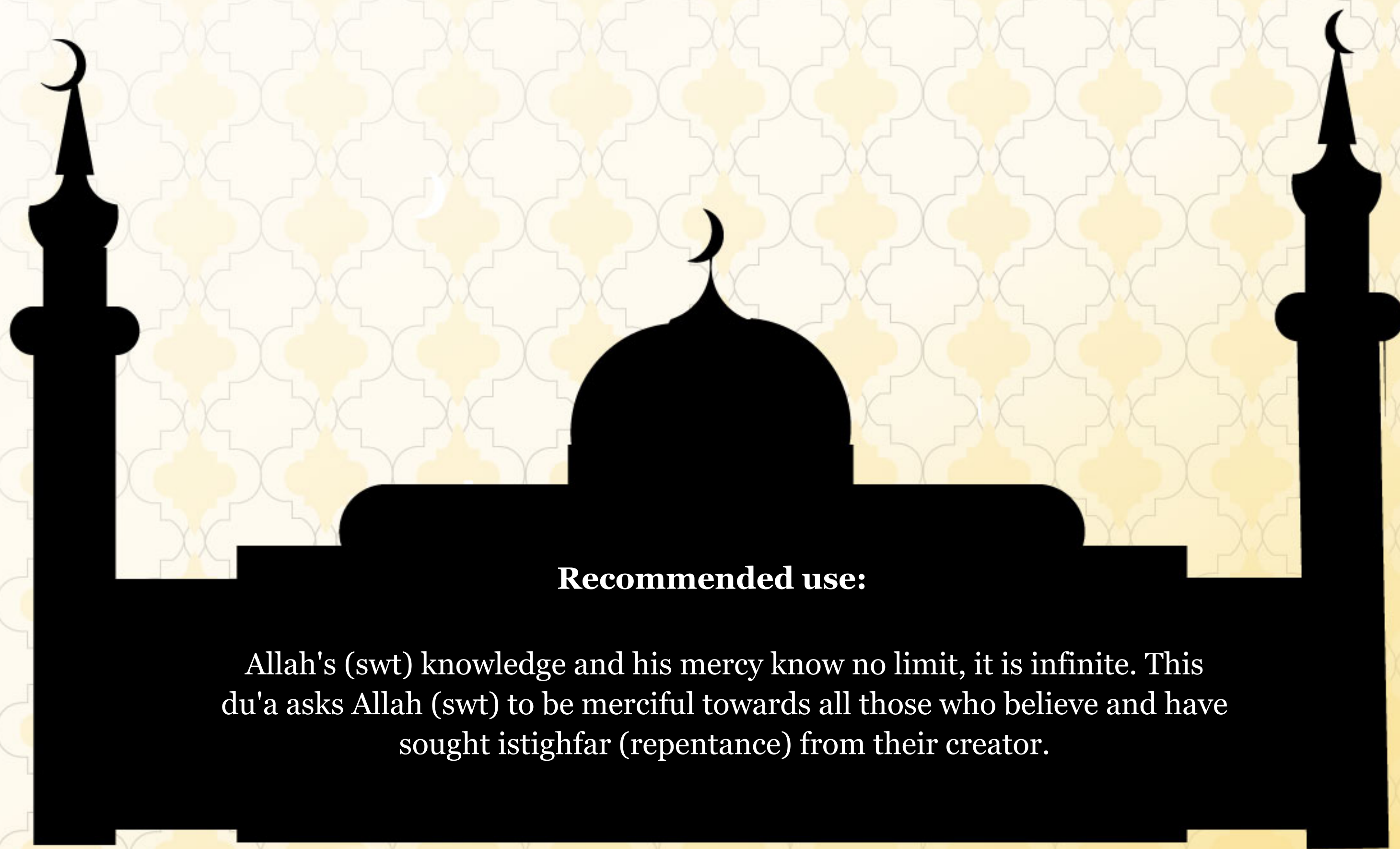
رَبَّنَا وَسِعْتَ كُلَّ شَيْءٍ رَّحْمَةً وَعِلْمًا فَاغْفِرْ
لِلَّذِينَ تَابُوا وَاتَّبَعُوا سَبِيلَكَ وَقِهِمْ عَذَابَ الْجَحِيمِ

Rabbana wasi'ta kulla sha'ir Rahmatanw wa 'ilman faghfir lilladhina tabu
wattaba'u sabilaka waqihim 'adhabal-Jahiim

- 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."

Share



Recommended use:

Allah's (swt) knowledge and his mercy know no limit, it is infinite. This du'a asks Allah (swt) to be merciful towards all those who believe and have sought istighfar (repentance) from their creator.



40 Rabbana - Dua #35

رَبَّنَا وَأَدْخِلْهُمْ جَنَّاتٍ 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 adhkilhum Jannati 'adnini-lati wa'attahum wa man salaha min aba'ihim wa azwajihim wa dhuriyyatihim innaka antal 'Azizul-Hakim, 9. waqihimus saiya'at wa man taqis-saiya'ati yawma'idhin faqad rahimatahu wa dhalika huwal fawzul-'Adheem

Share

- 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.



LISTEN TO AUDIO



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

Rabbana-ghfir lana wa li 'ikhwani nalladhina sabaquna bil imani wa la taj'al
fi qulubina ghillal-lilladhina amanu

- 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."

Share



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.



40 Rabbana - Dua #37

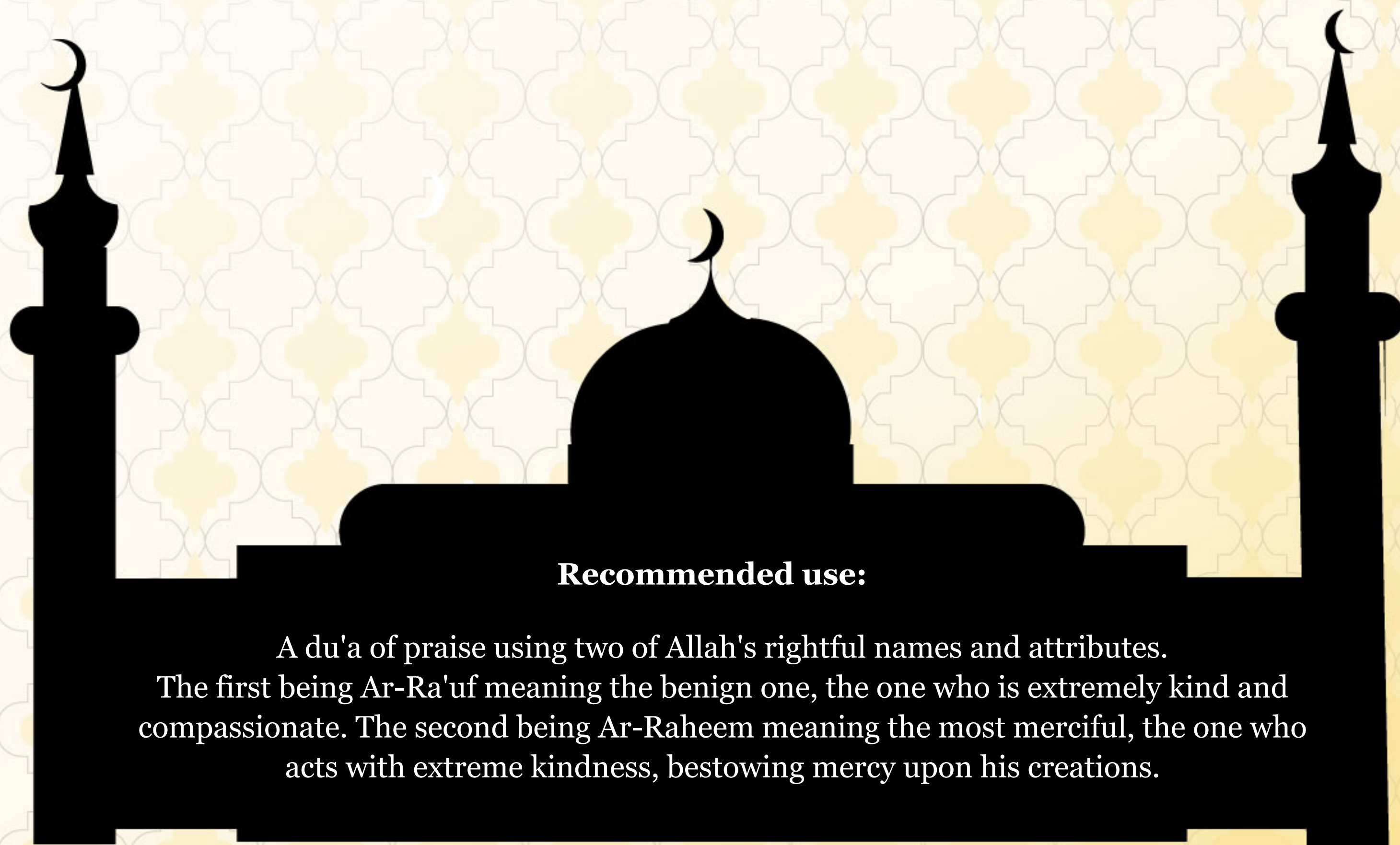
رَبَّنَا إِنَّكَ رَوْؤُفٌ رَّحِيمٌ

Rabbana innaka Ra'ufur Rahim

- 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.



40 Rabbana - Dua #38

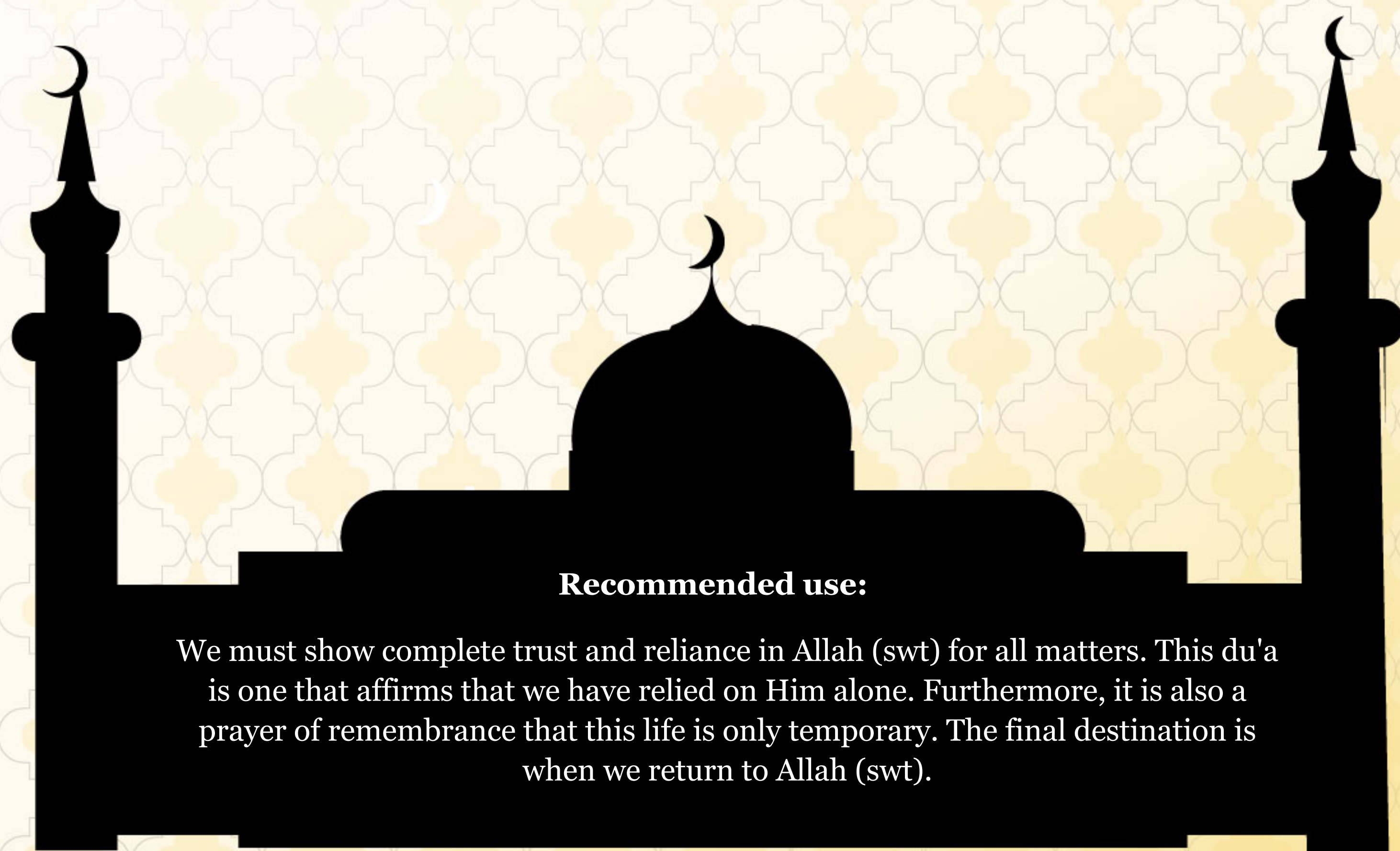
رَبَّنَا عَلَيْكَ تَوَكَّلْنَا وَإِلَيْكَ أَنَبْنَا وَإِلَيْكَ الْمَصِيرُ

Rabbana 'alaika tawakkalna wa-ilaika anabna wa-ilaikal masir

- 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).



40 Rabbana - Dua #39

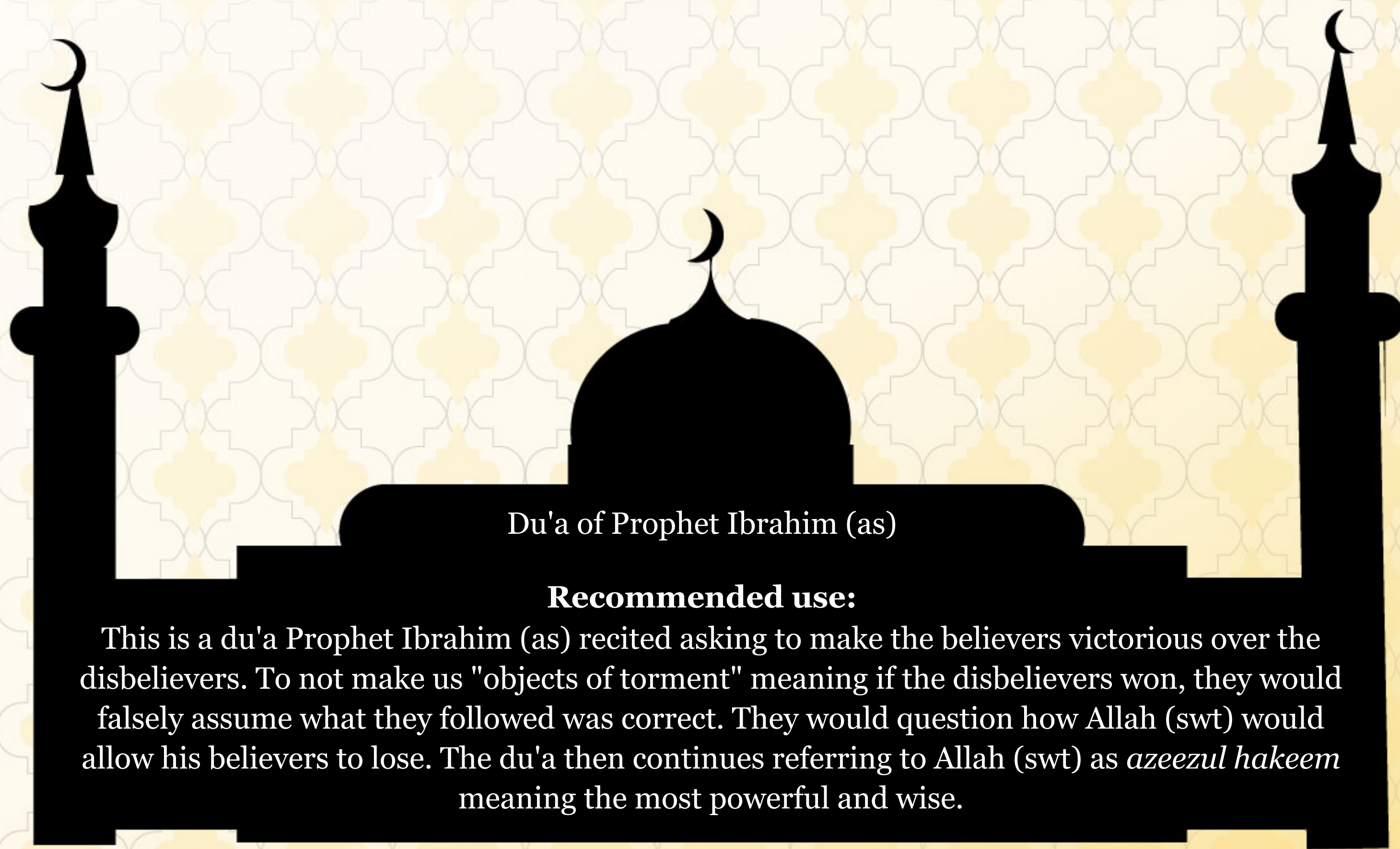
رَبَّنَا لَا تَجْعَلْنَا فِتْنَةً لِلَّذِينَ كَفَرُوا وَارْحَمْنَا إِنَّ رَبَّنَا
إِنَّكَ أَنْتَ الْعَزِيزُ الْحَكِيمُ

Rabbana la taj'alna fitnatal lilladhina kafaru waghfir lana Rabbana 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



Du'a of Prophet Ibrahim (as)

Recommended use:

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.



40 Rabbana - Dua #40

رَبَّنَا أَنْتُمْ لَنَا نُورَنَا وَاعْفِرْ لَنَا إِنَّكَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Rabbana atmim lana nurana waighfir lana innaka 'ala kulli shai-in qadir

- 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.



How you can make a difference

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. The My Islam organization hopes to inspire Muslims across the globe to grow both intellectually and spiritually to make real-lasting changes in their lives.

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, and may He make us among the righteous that will be granted entrance into paradise.

Ameen!