



My Du'a Book

Fourteen little du'as from the Qur'an and the Sunnah,
for every part of my day

This book belongs to

I know it!



Before eating

بِسْمِ اللَّهِ

Bismillah

In the name of Allah.

If you forget, say بِسْمِ اللَّهِ أَوَّلُهُ وَآخِرُهُ (Bismillahi awwalahu wa akhirah)

SUNAN ABI DAWUD 3767

I know it!



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 gave it to me, without any power or strength from me.

JAMI' AT-TIRMIDHI 3458

I know it!



Before sleeping

بِسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismika Allahumma amutu wa ahya

In Your name, O Allah, I die and I live.

SAHIH AL-BUKHARI 6324

I know it!



When I wake up

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا، وَإِلَيْهِ النُّشُورُ

Alhamdu lillahir-ladhi ahyana ba'da ma amatana wa ilayhin-nushur

All praise is for Allah who gave us life after He made us sleep, and to Him we will return.

SAHIH AL-BUKHARI 6324

I know it! 



Going into the toilet

Say it before you go in

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ

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

O Allah, I seek Your protection from all bad and harmful things.

SAHIH AL-BUKHARI 142

I know it! 



Coming out of the toilet

غُفْرَانَكَ

Ghufranak

I ask for Your forgiveness.

SUNAN ABI DAWUD 30

I know it!



Leaving home

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Bismillahi tawakkaltu 'alallah, la hawla wa la quwwata illa billah

In the name of Allah, I trust in Allah. There is no power and no strength except with Allah.

SUNAN ABI DAWUD 5095

I know it!



Putting on clothes

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

**Alhamdu lillahil-ladhi kasani hadhath-thawba wa razaqanihi min ghayri hawlin minni
wa la quwwah**

All praise is for Allah who dressed me in this and gave it to me, without any power or strength from me.

SUNAN ABI DAWUD 4023

I know it! 



Going into the masjid

Step in with your right foot

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Allahummaf-tah li abwaba rahmatik

O Allah, open the doors of Your mercy for me.

SAHIH MUSLIM 713

I know it! 



Leaving the masjid

Step out with your left foot

اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

Allahumma inni as'aluka min fadlik

O Allah, I ask You for Your kindness.

SAHIH MUSLIM 713

I know it! ☆



Meeting someone

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

As-salamu 'alaykum wa rahmatullahi wa barakatuh

Peace be upon you, and the mercy and blessings of Allah.

SUNAN ABI DAWUD 5195

I know it! ☆



When I sneeze

الحمد لله

Alhamdulillah

All praise is for Allah. The one who hears says "Yarhamukallah" (may Allah have mercy on you).

SAHIH AL-BUKHARI 6224

I know it!



For my parents

رَبِّ أَرْحَمْهُمَا كَمَا رَبَّيَّانِي صَغِيرًا

Rabbir-hamhuma kama rabbayani saghira

My Lord, have mercy on them as they looked after me when I was small.

QUR'AN, AL-ISRA' 17:24

I know it!



Before I learn

رَبِّ زِدْنِي عِلْمًا

Rabbi zidni 'ilma

My Lord, increase me in knowledge.

QUR'AN, TAHA 20:114

Du'as I know

Colour one star when you can say it with help, two when you can say it alone, three when you say it every day!



Before eating



After eating



Before sleeping



When I wake up



Going into the toilet



Coming out of the toilet



Leaving home



Putting on clothes



Going into the masjid



Leaving the masjid



Meeting someone



When I sneeze



For my parents



Before I learn



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