



*Duas*

for

**RAMADAN  
2023**



*Duas*

**FOR THE LAST  
10 NIGHTS OF  
RAMADAN**



# Dua 1

“Rabbanaa laa tuzigh  
quloobanaa ba’da idh  
hadaytanaa wahab lanaa  
min ladunka rahmah  
innaka antal wahhaab”



## Translation:

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

## Explanation:

This Dua seeks Allah’s protection from straying from the right path after having been guided towards it. It also asks for mercy and blessings from Allah, recognizing that all good things come from Him.

## Practical Tips:

Recite this Dua daily during moments of reflection and contemplation, such as after Fajr or Isha prayers.

Reflect on the meaning of the Dua and strive to live a life guided by the teachings of Islam.

# Dua 2

“Allahumma inni a’oodhu  
bika minal-hammi  
walhuzni wal’ajzi  
walkasli walbukhli  
waljubni wa dal’id-dayni  
wa ghalabatir-rijal”



## Translation:

(O Allah, I seek refuge in You from anxiety, grief, weakness, laziness, miserliness, cowardice, and overwhelming debt and from the oppression of men).

## Explanation:

This Dua seeks Allah’s protection and refuge from various forms of hardship, including anxiety, grief, and financial difficulties. It recognizes that all good things come from Allah and seeks His help and guidance in overcoming challenges.

## Practical Tips:

Recite this Dua daily during moments of stress or anxiety.

When reciting this Dua, reflect on the specific challenges you are facing and ask Allah for the strength and guidance to overcome them

Reflect on the meaning of the Dua and strive to live a life guided by the teachings of Islam.



# Dua 3

“Allahumma innaka  
‘afuwwun tuhibbul  
‘afwa fa’fu ‘annee”



## **Translation:**

(O Allah, You are the Forgiver and You love forgiveness, so forgive me).

## **Explanation:**

This Dua seeks Allah’s forgiveness and mercy, recognizing that all humans make mistakes and are in need of forgiveness. It also acknowledges Allah’s love for forgiveness and the importance of forgiving others.

## **Practical Tips:**

Recite this Dua daily during moments of reflection and contemplation.

Reflect on the meaning of forgiveness and strive to forgive others in your daily life.

# Dua 4

“Hasbi Allahu la ilaha  
illa huwa ‘alayhi  
tawakkaltu wa huwa  
Rabbul ‘arshil ‘atheem”



## **Translation:**

(Allah is sufficient for me, there is no god but Him; in Him I put my trust and He is the Lord of the mighty throne.)

## **Explanation:**

This Dua expresses complete trust and reliance on Allah during times of difficulty and uncertainty. It recognizes that Allah alone is sufficient to meet our needs and overcome challenges.

## **Practical Tips:**

Recite this Dua daily during moments of stress or uncertainty.

When reciting this Dua, remind yourself of Allah’s power and might and trust in His plan for your life.

# Dua 5

“Rabbi inni  
maghloobun fantasir”



## **Translation:**

(O my Lord! Truly, I am overwhelmed,  
so help me.)

## **Explanation:**

This Dua seeks Allah’s help and guidance during times of difficulty and hardship. It acknowledges the limitations of human beings and the need for divine intervention to overcome challenges.

## **Practical Tips:**

Recite this Dua daily during moments of stress or difficulty

When reciting this Dua, reflect on the specific challenges you are facing and ask Allah for His help



# Dua for Patience

“Allahumma inni  
as'aluka sabr”



## **Translation:**

(O Allah, I ask You for patience). This Dua can be recited during times of stress, anxiety or hardship to seek strength and patience to overcome the difficulty.



# Dua for Peace



“Allahumma antas  
salam wa minkas  
salam tabarakta ya  
dhaljalali wal ikram”

## **Translation:**

(O Allah, You are the source of peace, and from You comes all peace. Blessed are You, O Possessor of glory and honor). This Dua can be recited when seeking inner peace or to calm a situation of conflict or turmoil.

# Dua for Forgiveness

“Rabbana zalamna  
anfusina wa in  
lam taghfir lana  
wa tarhamna lana  
kunan minal-  
khasirin”



## **Translation:**

(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). This Dua can be recited when seeking forgiveness for one's sins, mistakes, or wrongdoings.

# Dua for Protection



“Allahumma inni  
a’udhu bika min  
sharri nafsi wa  
sharrish-shaytani  
wa shirkihi”

## **Translation:**

(O Allah, I seek refuge in You from the evil of my soul, the evil of Shaytan and his association).

## **Explanation:**

This Dua can be recited for protection against negative influences, temptation, or harm.

# Dua for Strength



“Allahumma la  
sahla illa ma  
ja’altahu sahl, wa  
anta taj’alul-hazna  
idha shi’ta sahl”

## **Translation:**

(O Allah, there is no ease except in what You have made easy, and You make the difficult easy if it be Your Will).

## **Explanation:**

This Dua can be recited when seeking strength and courage to face a challenging situation.



# Dua for Guidance



“Rabbana la tuzigh  
quloobana ba’da idh  
hadaytana wa hab  
lana milladunka  
rahmah innaka  
antal-wahhab”

## **Translation:**

(Our Lord, do not let our hearts deviate after You have guided us, and grant us mercy from Your presence. Indeed, You are the Bestower).

## **Explanation:**

This Dua can be recited when seeking guidance and direction in one’s life or decision making.

# Dua for Contentment



“Allahumma inni  
as'aluka al-ridhaa  
ba'dal-qadaa wa  
al-baraka fi al-  
khitaam”

## **Translation:**

(O Allah, I ask You for contentment after fate and blessing in the end).

## **Explanation:**

This Dua can be recited when seeking inner peace and contentment with one's life situation or circumstances.

# Dua for Hope



“Allahumma ajirni  
min al-nar”

## **Translation:**

(O Allah, protect me from the fire).

## **Explanation:**

This Dua can be recited when feeling hopeless or despairing, seeking hope and protection from the difficulties of life.

# Dua for Gratitude



“Alhamdulillahil-  
ladhi hadana li-  
hatha wa ma kunna  
li-nahtadiya laula  
an hadana Allah”

## **Translation:**

(All praise is due to Allah who guided us to this, and we would not have been guided if it were not for Allah).

## **Explanation:**

This Dua can be recited to express gratitude and thanks to Allah for His blessings and guidance.



# Dua for Strength and Courage



“Allahumma inni  
as'aluka al-'azima  
fi'l-musibati wa'l-  
shajaa'ata fi'l-  
ghaybah.”

## **Translation:**

O Allah, I ask You for strength during  
times of hardship and courage during  
times of fear.

# Dua for Guidance



“Rabbana la tuzigh  
quloobana ba’da idh  
hadaytana wa hab  
lana min ladunka  
rahmah innaka  
anta’l-wahhab.”

## Translation:

Our Lord, do not let our hearts deviate after You have guided us, and grant us mercy from Your own presence; You are the Grantor of bounties without measure.

# *Dua for Patience*



“Ya Allah, grant me  
patience and make  
me steadfast.”

## **Translation:**

Ya Allah, bestow patience upon  
me and make me steadfast.

# *Dua for Forgiveness*



**“Astaghfirullah  
Rabbi min kulli  
dambin wa  
atoobu ilayh.”**

## **Translation:**

I seek forgiveness from Allah, my Lord, for every sin I committed, and I turn to Him.



# *Dua for Peace*



“Allahumma anta  
al-salam wa minka  
al-salam tabarakta  
ya dhal-jalali wa'l-  
ikram.”

## **Translation:**

O Allah, You are the source of peace and from You comes all peace, Blessed are You, O Possessor of majesty and honor.

# Dua for Protection



“Allahumma inni  
a’oodhu bika min  
sharri nafsi wa min  
sharri kulli da’abatin  
anta akhidhun bi  
na’siyatiha inna  
Rabbî ‘alâ siraṭin  
mustaqîm.”

## Translation:

O Allah, I seek refuge in You from the evil of my soul and from the evil of every creature. Verily, my Lord is on the straight path.

# *Dua for Guidance and Protection*



“Allahumma ya  
muqallibal-qulub,  
thabbit qalbi ‘ala  
dinik.”

## **Translation:**

O Allah, the Turner of hearts, keep  
my heart steadfast on Your religion.

# Dua for Contentment



“Allahumma inni  
as’aluka al-qana’ata  
wa’l-ridha.”

## Translation:

O Allah, I ask You for contentment  
and satisfaction.



# Dua for Gratitude



“Alhamdulillah  
ala kulli hal.”

## **Translation:**

All praise is due to Allah in every  
situation.

# Dua for Mercy



“Allahumma arhamni  
rahmatan taghnî  
bihâ ‘an rahmati  
man siwâka.”

## Translation:

O Allah, have mercy on me with a  
mercy that will save me from the mercy  
of anyone but You.

# *Dua for goodness*



Allahumma inni  
as'alukal-'afwa wal-  
'afiyah fid-dunya  
wal-akhirah

## **Translation:**

O Allah, I ask You for forgiveness  
and well-being in this world and  
in the Hereafter.

*Dua to help you overcome  
any difficulties in life:*



**Hasbunallahu wa  
ni'mal wakeel**

**Translation:**

'Allah alone is sufficient as an aid for  
us and He is the best Protector.'



# *Dua to ease your sorrow and pain*

“Rabbi ishrah lee  
sadree Wayassir  
lee amree.”



## **Translation:**

“My Lord, expand for me my breast  
[with assurance], ease for me my task,  
and untie the knot from my tongue  
that they may understand my speech.”  
(Quran, 20:25-28)

# *Dua of Yunis (as) to solve hardship*



Allahumma inni  
as'alukal-'afwa wal-  
'afiyah fid-dunya  
wal-akhirah

## **Translation:**

O Allah, I ask You for forgiveness  
and well-being in this world and in  
the Hereafter.

# Dua for depression and heartbreak



Allaahumma inni 'abduka wa  
ibnu 'abdika wa ibn ammatika  
naasiyati bi yadika maadin fiyya  
hukmuka 'adlun fiyya qadaa'uka  
as'aluka bi kulli ismin huwa  
laka sammayta bihi nafsaka aw  
'allamtahu ahadan min khalqika  
aw anzaltahu fi kitaabika aw  
asta'tharta bihi fi 'ilm il-ghaybi  
'indaka an taj'al al-Qur'aana  
rabee'a qalbi wa nooar sadri wa  
jalaa'a huzni wa dhahaaba hammi.

## Translation:

"O Allaah, I am Your slave, son of Your slave, son of Your female slave, my forelock is in Your hand, Your command over me is forever executed and Your decree over me is just.

I ask You by every name belonging to You with which You have named Yourself, or, or You have taught to any of Your creation, or You have revealed in Your Book, or You have preserved in the knowledge of the Unseen with You, that You make the Qur'aan the life of my heart and the light of my breast, and a departure for my sorrow and a release for my anxiety."



# Third Dua From Surah Kahf Seeking Allah's Mercy



Rabbana atina mil-  
ladunka Rahma  
wa hayyi lana min  
amrina rashada

## **Translation:**

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



# Dua to recite for your loved ones



Allaahum-maghfir  
lihayyinaa, wa mayyitinaa, wa  
shaahidinaa, wa ghaa'ibinaa,  
wa sagheerinaa wa kabeerinaa,  
wa thakarinaa wa 'unthaanaa.  
Allaahumma man 'ahyaytahu  
minnaa fa'ahyihi 'alal-'Islaami,  
wa man tawaffaytahu minnaa  
fatawaffahu 'alal-'eemaani,  
Allaahumma laa tahrimnaa  
'ajrahu wa laa tudhillanaa  
ba'dahu

## Translation:

O Allah forgive our living and our dead, those who are with us and those who are absent, our young and our old, our menfolk and our womenfolk. O Allah, whomever you give life from among us give him life in Islam, and whomever you take away from us take him away in Faith. O Allah, do not forbid us their reward and do not send us astray after them.

# Dua for mercy and better in the hereafter



Allaahum-maghfir lahu warhamhu,  
wa 'aafihi, wa'fu 'anhu, wa 'akrim  
nuzulahu, wa wassi' mudkhalahu,  
waghsilhu bilmaa'i wathalaji  
walbarad, wa naqqihi minal-  
khataayaa kamaa naqqaytath-  
thawbal-'abyadha minad-danasi,  
wa 'abdilhu daaran khayran min  
daarihi, wa 'ahlan khayran min  
'ahlihi, wa zawjan khayran min  
zawjihi, wa 'adkhilhul-jannata, wa  
najihi. min 'athaabil-qabri [wa  
'athaabin-naar]

## Translation:

O Allah, forgive them and have mercy on them and give them strength and pardon them. Be generous to them and cause their entrance to be wide and wash them with water and snow and hail. Cleanse them of their transgressions as white cloth is cleansed of stains. Give them an abode better than their home, and a family better than their family and a spouse better than their spouse. Take them into Paradise and protect them from the punishment of the grave [and from the punishment of Hell-fire].

# *Duas for good manners*



Allahumma inni  
a'udu-bika min  
munkaratil-akhlaq,  
wal-a'mal, wal-  
ahwa'

## **Translation:**

“O Allah! I seek refuge in You from undesirable manners, deeds, and aspirations” (Sunan At-Tirmizi)



# *Dua for patience and a good end*

Rabbana afrigh  
'alaina sabran  
wa tawaffana  
Muslimin



## **Translation:**

“Our Lord! Pour out on us patience,  
and allow us to die as Muslims.”  
(Surah Al-A'raf , 7:126)



# *Dua for triumph against adversity*



Ya Hayyu Ya  
Qayyum,  
birahmatika  
astaghithu, aslih li  
shāni kullahu, wa  
la takilni ila nafsi  
tarfata ‘ain

## **Translation:**

“O The Ever-Living, O The Self-Subsisting, I seek help through Your Mercy. Set right all my affairs and do not leave me to myself even for the blinking of an eye (i.e. a moment).”  
(Sunan An-Nasai’)

# *Dua for a righteous spouse*



Rabbana hablana  
min azwajina wa  
durriyatana qurrota  
'ayunina waj'alna lil  
muttaqina imama.

## **Translation:**

“Our Lord! Bless us with spouses and offspring who will be the joy of our hearts, and make us models for the righteous” (Surah Al Furqan, 25:74)



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