

# Exploring Duas of the Prophets and Believers from the Qur'an

## Course Overview

The impulse to pray is among the most universal and innate of human behaviours – asking God to relieve, pardon, give, soothe, protect, guide, forgive, support, save and bless. Whether said in silence or uttered aloud, with others or alone, prayer has always been at the core of spiritual wellness-the lasting answer to an uncompromising condition of life.

This Course entitled *Quranic Dua* (29<sup>th</sup>-30<sup>th</sup> August 2009) presents a lucid, bold and moving account of the Qur'an's "heroes of prayer" especially the prophets (including Adam, Noah, Abraham, Moses, Jesus and Muhammad may Allah bless them and grant them peace), as well as believing men and women, and angels. These duas and adhkar are presented in the context of their missions and circumstances and bear extraordinary relevance to our world and lives today.

The following Quranic Dua Notes have been prepared by Dr Riza Mohammed for the *Quranic Dua* Course organised by the British Academy of Qur'anic Studies (BAQS) in Manchester, United Kingdom.

## Introducing Dua

Dua, supplicating to Allah, is 'the spirit of ibadah.' (Tirmidhi.) Indeed, it is a demand of Islam. The Prophet has exhorted us: 'Allah is angry with him who does not ask [anything] from Him.' (Tirmidhi)

Each of your duas must capture the spirit of your goals and ambitions. You must offer them with humility and sincerity. The Prophet Muhammad has taught us some of the most beautiful supplications - said in beautiful words, encapsulating beautiful ideas, through beautiful ways of asking. Reflect upon the following dua as an example:

I am Your servant, I am at Your door. I am a poor man, I am at Your door. I am a helpless man, I am at Your door. I am a sinner, I am at Your door. I am Your guest, You invited me to come, I am at Your door. So have mercy on me.

There are many similar duas that move the heart and make tears flow from one's eyes. Additionally, there are duas that were part of the Prophet's daily routine: Prayers said while eating, drinking, sleeping, entering and leaving home. All of these duas must be memorised and utilised, for they remind us of Allah and His Omniscience.

But how exactly can these duas be used by us to remember Allah? Allow me to share with you one method, which can be utilised on a daily basis. The Prophet Muhammad taught us in one hadith:

After performing the dawn [Subh] Prayer, before you utter another word, say: O Allah, save me from Hell-fire [Allahumma ajirni min an-nar], seven times. If you die that day, Allah will decree that you be saved from Hell-fire. After performing the sunset [Maghrib] Prayer, before you utter another word, say: O Allah, save me from Hell-fire, seven times. If you die that night, Allah will decree that you be saved from Hell-fire- (Abu Dawud.)

Whenever I recite this dua, I use a method of recitation and reflection which helps me remember the final meeting with my Lord. For each of the seven times I recite this dua, I reflect on one of the stages from the Quran of the Akhirah: the time of death; the sojourn and questioning by the angel in the grave; the time of rising and standing before Allah; the time of giving an account of all that has been done and seeing our actions displayed before us; and the passage over the Sirat or Bridge, then entering either Paradise or Hell.

All of these are stages of the journey. Each time that I bring to my mind one of those stages, even for the briefest moment, I supplicate to Him: 'O Allah save me from the fire'.

This exercise in supplication takes me about five minutes after both Salat al-Fajr and Salat al-Maghrib. There is, however, no prescribed format to follow. You can select and form your own short course of duas based on the Prophetic traditions and use this as part of the regular way in which you remember Allah.

*(Excerpt from In the Early Hours by Khurram Murad)*

## Etiquette of Dua

It is important for us to observe the etiquette of dua so that we may derive maximum benefit from them. These have been beautifully summarised by Imam al-Nawawi, where he lists ten prime conditions and dispositions that we should observe:

1. Seek out the blessed times of Prayer: The Day of the Standing on the plain of Arafat [during Hajj]; the month of fasting [Ramadan]; Fridays [days of congregational prayers]; and during the night [especially the last third of it].
2. Seek out the blessed moments for Prayer when the heart is receptive and tender: immediately after the five daily prescribed Prayers; between the call to Prayer (adhan) and the final call to Prayer (iqama); when breaking fast; while on the field of battle; when rainfall occurs; and when bowing down [sujud] in Prayer, for the Prophet said, 'The worshipper is closest to his Lord while bowing down. So pray much then.' (Muslim.)
3. Face the direction of Makka and raise the hands [with palms spread upward] to the level of the shoulders.
4. Voice supplications in a moderate tone that is neither too loud nor too soft.
5. Prayers need not be said in a forced rhymed prose [an often natural form in Arabic].
6. Implore God with humility and reverence.
7. Be fervent in Prayer and optimistic of the answer. Sufyan ibn Uyayna stated: What a person knows of himself should never stop him from supplicating to God for He answered the most evil creatures, Iblis [Shaytan], when he said, 'Give me respite until the Day they are resurrected. God said, You are of the respired ones.' [al-Araf 7: 14.]
8. Repeat requests, preferably three times, and don't be impatient or despondent in waiting for an answer.
9. Begin supplication with the mention of God [His Names, praises and attributes] before asking of Him, and entreat God to send His blessings and peace upon the Prophet.
10. Strive for inner purity with repentance and sincere devotion.

## The Opening Dua: Al Fatihah

### 1. Theme: Prayer for Guidance

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ  
الرَّحْمَنِ الرَّحِيمِ  
مَلِكِ يَوْمِ الدِّينِ  
إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ  
أَهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ  
صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ

In the name of Allah, the All-Merciful, the Mercy-Giving  
All Praise is for Allah alone, Lord of All the Worlds,  
the All-Merciful, the Mercy-Giving,  
Master of the Day of Judgement.  
It is you alone we worship, and it is you alone we ask for help.  
Guide us along the straight way -  
The way of those upon whom You have bestowed grace,  
Not of those upon whom there is wrath, nor those astray. (1:1-7)

## Prayers of the Prophets

### Dua of Prophet Adam and Huwwa (Eve)

#### 2. Theme: Seeking forgiveness

قَالَ رَبَّنَا ظَلَمْنَا أَنفُسَنَا وَإِن لَّمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ

الْخَاسِرِينَ ﴿٢٣﴾

They both said: Our Lord! We have wronged ourselves! And if You do not forgive us and have mercy upon us, we shall most surely be among the losers (of an everlasting Paradise). (7:23)

### Duas of Prophet Nuh (Noah)

#### 3. Theme: Seeking God's Aid

قَالَ رَبِّ أَنْصُرْنِي بِمَا كَذَّبُوا ﴿٢٦﴾

He said: My Lord! Support me (against them), for they have irrevocably belied me. (23:26)

#### 4. Theme: Calling for Allah's Help against the disbelievers (1)

قَالَ رَبِّ إِنَّ قَوْمِي كَذَّبُونِ ﴿١١٧﴾

فَأَفْتَحْ بَيْنِي وَبَيْنَهُمْ فَتْحًا وَخِّنِي وَمَنْ مَعِيَ مِنَ الْمُؤْمِنِينَ

He said: My Lord! Indeed my people have belied me. So bring about judgement between me and them- with a clear decisive judgement. And deliver me and all the believers with me. (26:117-118)

#### 5. Theme: Calling for Allah's Help against the disbelievers (2)

فَدَعَا رَبَّهُ أَنِّي مَغْلُوبٌ فَانتَصِرْ ﴿١٠﴾

So he called upon his Lord: I am utterly overpowered. So help me. (54:10)

## 6. Theme: Calling for Allah's Help against the disbelievers (3)

وَقَالَ نُوحٌ رَبِّ لَا تَذَرْنِي عَلَى الْأَرْضِ مِنَ الْكَافِرِينَ دَيَّارًا ﴿٧٦﴾  
إِنَّكَ إِن تَذَرَهُمْ يُضِلُّوا عِبَادَكَ وَلَا يَلِدُوا إِلَّا فَاجِرًا كَفَّارًا ﴿٧٧﴾  
رَبِّ اغْفِرْ لِي وَلِوَالِدَيَّ وَلِمَن دَخَلَ بَيْتِيَ مُؤْمِنًا وَلِلْمُؤْمِنِينَ  
وَالْمُؤْمِنَاتِ وَلَا تَزِدِ الظَّالِمِينَ إِلَّا تَبَارًا ﴿٧٨﴾

For Nuh had said in his prayer: My Lord! Do not leave upon the earth a single dweller from among the disbelievers.

For indeed, if You leave them, they will lead astray Your servants; and they will beget only wicked, relentlessly unbelieving (progeny)

My Lord! Forgive me and my parents and whoever enters my house as a believer- and all the believing men and all the believing women (until the end of time). But never (give) increase to the godless wrongdoers (in anything) but an utterly shattering (of destruction). (71:26-28)

## 7. Theme: Prayer on entering the Ark

وَقَالَ أَرَاكُمُ فِيهَا بِسْمِ اللَّهِ حَجَّاجًا وَمُرْسِلَهَا إِنِّي لَعَفُورٌ رَّحِيمٌ ﴿٤١﴾  
So he said: "Embark in it, in the name of Allah, wherein shall be its running and its arrival. Indeed my Lord is most surely all-forgiving, mercy-giving (11:41)

## 8. Theme: Prayer for disobedient Son

وَنَادَى نُوحٌ رَبَّهُ فَقَالَ رَبِّ إِنَّ ابْنِي مِنْ أَهْلِي وَإِنَّ وَعْدَكَ الْحَقُّ  
وَأَنْتَ أَحْكَمُ الْحَاكِمِينَ ﴿٤٥﴾

Yet Nuh called to his Lord and said: My Lord! My son is of my family, and your promise is the truth, and you are the most just of judges. (11:45)

## 9. Theme: Seeking refuge from ignorance

قَالَ رَبِّ إِنِّي أَعُوذُ بِكَ أَنْ أَسْأَلَكَ مَا لَيْسَ لِي بِهِ عِلْمٌ وَإِلَّا تَغْفِرْ  
لِي وَتَرْحَمْنِي أَكُن مِّنَ الْخَاسِرِينَ ﴿٤٧﴾

He said: My Lord! I seek refuge in you from ever asking You of that whereof I have no knowledge. And if you do not forgive me and have mercy upon me, I shall be among the losers (of any everlasting Paradise). (11:47)

## 10. Theme: Preparing to disembark from the Ark

وَقُلْ رَبِّ أَنْزِلْنِي مُنْزَلًا مُّبَارَكًا وَأَنْتَ خَيْرُ الْمُنْزِلِينَ ﴿٢٩﴾

And say: My Lord! Cause me to disembark with Your blessing, for You are the best to enable (us) to disembark." (23:29)

### Dua of the Prophet Salih

## 11. Theme: Support against disbelievers

قَالَ رَبِّ انصُرْنِي بِمَا كَذَّبُونِ ﴿٣٩﴾

He said: My Lord! Support me (against them) for they have (irrevocably) belied me. (23:39)

## Duas of Prophet Ibrahim

### 12. Theme: Resolve to worship Allah exclusively

قَدْ كَانَتْ لَكُمْ أُسْوَةٌ حَسَنَةٌ فِي إِبْرَاهِيمَ وَالَّذِينَ مَعَهُ إِذْ قَالُوا لِقَوْمِهِمْ  
إِنَّا بَرَاءٌ لَكُمْ وَمِمَّا تَعْبُدُونَ مِن دُونِ اللَّهِ كَفَرْنَا بِكُمْ وَبَدَا بَيْنَنَا  
وَبَيْنَكُمْ الْعَدَاوَةُ وَالْبَغْضَاءُ أَبَدًا حَتَّى تُؤْمِنُوا بِاللَّهِ وَحَدَهُ إِلَّا قَوْلَ  
إِبْرَاهِيمَ لِأَبِيهِ لَأَسْتَغْفِرَنَّ لَكَ وَمَا أَمْلِكُ لَكَ مِنَ اللَّهِ مِن شَيْءٍ

رَبَّنَا عَلَيْكَ تَوَكَّلْنَا وَإِلَيْكَ أَنَبْنَا وَإِلَيْكَ الْمَصِيرُ ﴿٤٦﴾

رَبَّنَا لَا تَجْعَلْنَا فِتْنَةً لِلَّذِينَ كَفَرُوا وَآغْفِرْ لَنَا رَبَّنَا إِنَّكَ أَنْتَ الْعَزِيزُ

الْحَكِيمُ ﴿٤٧﴾

There is truly an excellent model for you in (the firm stand of) Ibrahim and those with him when they said to their idolatrous people: We are free of (association with) you and with all that you worship, apart from Allah. We have disbelieved in you (for your ungodly ways) Thus open enmity and hostility have commenced between us and you forever, until you believe in God alone- notwithstanding Ibrahim's statement to his father: I shall seek forgiveness for you. Yet I have no control to help you with anything against God.

(They prayed) Our Lord! On you alone do we rely. And to you alone do we turn. For to You alone is the ultimate destiny.

Our Lord! Subject us not to a trial (of defeat) to tempt those who disbelieve (to exult in their unbelief). And forgive us, our Lord. Indeed it is You who are the Overpowering (One), the All-Wise. (60:4-5)

### 13. Theme: Prayer for righteous children

وَقَالَ إِنِّي ذَاهِبٌ إِلَىٰ رَبِّي سَيِّدِينَ ﴿٩٩﴾

رَبِّ هَبْ لِي مِنَ الصَّالِحِينَ ﴿١٠٠﴾

He said: I am leaving (to the path of) my Lord. He shall most certainly guide me.

My Lord, grant me a child (who shall be) of the righteous. (37:99-100)

#### 14. Theme: Prayer on laying foundations of the Ka'bah

وَإِذْ قَالَ إِبْرَاهِيمُ رَبِّ اجْعَلْ هَذَا بَلَدًا ءَامِنًا وَارْزُقْ أَهْلَهُ مِنْ  
الثَّمَرَاتِ مَنْ ءَامَنَ مِنْهُمْ بِاللَّهِ وَالْيَوْمِ الْآخِرِ قَالَ وَمَنْ كَفَرَ فَأُمْتِعْهُ  
قَلِيلًا ثُمَّ أَضْطَرُّهُ إِلَىٰ عَذَابِ النَّارِ وَبِئْسَ الْمَصِيرُ ﴿١٢٦﴾ وَإِذْ يَرْفَعُ  
إِبْرَاهِيمُ الْقَوَاعِدَ مِنَ الْبَيْتِ وَإِسْمَاعِيلُ رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ  
السَّمِيعُ الْعَلِيمُ

رَبَّنَا وَاجْعَلْنَا مُسْلِمَيْنِ لَكَ وَمِنْ ذُرِّيَّتِنَا أُمَّةً مُسْلِمَةً لَكَ وَأَرِنَا  
مَنَاسِكَنَا وَتُبَّ عَلَيْنَا إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ ﴿١٢٨﴾  
رَبَّنَا وَأَبْعَثْ فِيهِمْ رَسُولًا مِنْهُمْ يَتْلُو عَلَيْهِمْ آيَاتِكَ وَيُعَلِّمُهُمُ الْكِتَابَ  
وَالْحِكْمَةَ وَيُزَكِّيهِمْ إِنَّكَ أَنْتَ الْعَزِيزُ الْحَكِيمُ ﴿١٢٩﴾

And behold! Ibrahim said (in supplication): My Lord! Make this land (of Makkah) secure. And provide its people with every kind of fruit – such as them as believe in God and in the coming Judgement of the Last Day.

God said: As for any one (of them) who disbelievers, I shall grant him the (enjoyment of his provision), for a little while, (until the Hereafter) – whereupon I shall compel him into the torment of the Fire (of Hell) –

And a most woeful destination it is!

Thus when Ibrahim and Ishmael raised the foundation of the (Sacred) House, (they prayed): Our Lord! Accept this (deed) from us. Indeed it is you, You (alone) who are the who are the All-Hearing, the All-Knowing.

Our Lord! And make us both muslims, in willing submission to You (alone).

And make of our children community of Muslims, in willing submission to You alone who are the All-relenting, the Mercy-Giving.

Our Lord! And send forth among our descendents a messenger from their own midst who shall recite to them Your verses, and teach them the revealed book and the way of (prophetic) wisdom, and purify them. Indeed it is you, You alone, who are the Overpowering One, the All-Wise (2:126-129)

## 15. Theme: Seeking a Submissive Future Generation

وَإِذْ قَالَ إِبْرَاهِيمُ رَبِّ اجْعَلْ هَذَا الْبَلَدَ آمِنًا وَاجْنُبْنِي وَبَنِيَّ أَنْ نَعْبُدَ

الْأَصْنَامَ ﴿١٥﴾

رَبِّ إِنَّهُمْ أَضَلَّلَنَّا كَثِيرًا مِّنَ النَّاسِ فَمَنْ تَبِعَنِي فَإِنَّهُ مِنِّي وَمَنْ عَصَانِي

فَأِنَّكَ غَفُورٌ رَّحِيمٌ ﴿١٦﴾ رَبَّنَا إِنِّي أَصْكَنْتُ مِنْ ذُرِّيَّتِي بِوَادٍ غَيْرِ ذِي

زَرْعٍ عِنْدَ بَيْتِكَ الْمُحَرَّمِ رَبَّنَا لِيُقِيمُوا الصَّلَاةَ فَاجْعَلْ أَفْئِدَةً مِّنَ

النَّاسِ تَهْوِي إِلَيْهِمْ وَارْزُقْهُمْ مِّنَ الثَّمَرَاتِ لَعَلَّهُمْ يَشْكُرُونَ ﴿١٧﴾

رَبَّنَا إِنَّكَ تَعْلَمُ مَا نُخْفِي وَمَا نُعْلِنُ وَمَا نَخْفَىٰ عَلَى اللَّهِ مِنْ شَيْءٍ فِي

الْأَرْضِ وَلَا فِي السَّمَاءِ ﴿١٨﴾ الْحَمْدُ لِلَّهِ الَّذِي وَهَبَ لِي عَلَى الْكِبَرِ

إِسْمَاعِيلَ وَإِسْحَاقَ إِنَّ رَبِّي لَسَمِيعُ الدُّعَاءِ ﴿١٩﴾

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي رَبَّنَا وَتَقَبَّلْ دُعَاءِ ﴿٢٠﴾

رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ ﴿٢١﴾

And behold Ibrahim said: My Lord! Make this land (of Makkah). And keep me and my children far away from worshipping idols.

My Lord! Indeed, they have led many of the people astray (from Your way). So whoever follows me (in Your worship), then he is truly of me. And whoever disobeys me – indeed, You are all-forgiving, mercy giving.

Our Lord! I have placed some of my offspring to dwell in a valley that is infertile near Your Sacred House, our Lord, (as You commanded), so that they may (duly) establish the Prayer (on earth). So make the hearts of the people incline towards them; and provide for them from the varied fruits (of the earth), so that they may give thanks (to you alone).

Our Lord! Indeed, You know all that we conceal and all that we reveal – for not a (single) thing is ever concealed from God in the earth, nor in the heaven.

All praise is for God (alone) who has granted me, despite (my) old age, Ismail and Ishaq. Indeed, my Lord is the Hearer of prayer.

My Lord! Make me steadfast in (observing) the Prayer – and also my children, our Lord. And do accept my supplication.

Our Lord! Forgive me and my parents – and all the believers – on the Day the Reckoning arises. (14:35-41)

## 16. Theme: Comprehensive Prayer

رَبِّ هَبْ لِي حُكْمًا وَالْحَقْنَ بِالصَّالِحِينَ ﴿٨٣﴾  
وَأَجْعَلْ لِي لِسَانَ صِدْقٍ فِي الْآخِرِينَ ﴿٨٤﴾  
وَأَجْعَلْنِي مِنْ وَرَثَةِ جَنَّةِ النَّعِيمِ ﴿٨٥﴾  
وَأَغْفِرْ لِأَبِي إِنَّهُ كَانَ مِنَ الضَّالِّينَ ﴿٨٦﴾  
وَلَا تُخْزِنِي يَوْمَ يُبْعَثُونَ ﴿٨٧﴾  
يَوْمَ لَا يَنْفَعُ مَالٌ وَلَا بَنُونَ ﴿٨٨﴾  
إِلَّا مَنْ أَتَى اللَّهَ بِقَلْبٍ سَلِيمٍ ﴿٨٩﴾

My Lord! Grant me wise judgement, and reunite me with the righteous (in Paradise).

Moreover, make for me reverent mention among the later generations (till the end of time).

And make me of the inheritors of the Garden of delight.

And do forgive my father.

Indeed, he has become of those (who are) astray.

Thus do not disgrace me on the day all are raised up (for Judgement),

A Day when 'mere' wealth and children shall not benefit (anyone) in any way;

but only those who come to God with a pure heart (will be saved). (26:83-89)

### Duas of Prophet Lut (Lot)

## 17. Theme: Calling for Allah's Help against the disbelievers

قَالَ رَبِّ انصُرْنِي عَلَى الْقَوْمِ الْمُفْسِدِينَ ﴿٢٩﴾

He said: My Lord! Support me against (these) people who are sowers of corruption. (29:30)

## 18. Theme: Calling for destruction of the disbelievers

رَبِّ نَجِّنِي وَأَهْلِي مِمَّا يَعْمَلُونَ ﴿١٦٩﴾

My Lord! Deliver me and my family from all that they do. (26:169)

## Duas of Prophet Joseph

### 19. Theme: Help from Temptations

قَالَ رَبِّ السِّجْنُ أَحَبُّ إِلَيَّ مِمَّا يَدْعُونَنِي إِلَيْهِ ۖ وَإِلَّا تَصْرِفْ عَنِّي  
كَيْدَهُنَّ أَصْبُ إِلَيْهِنَّ وَأَكُن مِّنَ الْجَاهِلِينَ ﴿١٢٣﴾

He said: My Lord! Prison would be dearer to me than that to which they call me. For if You do not turn their cunning away from me, I might incline toward them and so become one of the (wayward and) ignorant. (12:33)

### 20. Theme: Seeking salvation

رَبِّ قَدْ ءَاتَيْتَنِي مِنَ الْمُلْكِ وَعَلَّمْتَنِي مِمَّا تَأْوِيلُ الْأَحَادِيثِ ۚ فَاطِرَ  
السَّمَوَاتِ وَالْأَرْضِ أَنْتَ وَلِيِّ ۖ فِي الدُّنْيَا وَالْآخِرَةِ ۖ تَوَفَّنِي مُسْلِمًا  
وَأَلْحِقْنِي بِالصَّالِحِينَ ﴿١٠١﴾

My Lord! Truly, You have given me a share of the kingdom. And You have taught me the interpretation (of the events) dreams foretell, Thou hast indeed bestowed on me some power, and taught me something of the interpretation of (dreams and events), O Sole Originator of the heavens and the earth! You (alone) are my Patron in this world and in the Hereafter. Take my soul, (when I die), as a muslim, in willing submission to You (alone). And unite me (in the Hereafter) with the righteous. (12:101)

## Duas of Prophet Ayoub

### 21. Theme: Seeking Allah's help against calamity (1)

﴿ وَأَيُّوبَ إِذْ نَادَىٰ رَبَّهُ ۗ أَنِّي مَسَّنِيَ الضُّرُّ وَأَنْتَ أَرْحَمُ الرَّاحِمِينَ ﴾

And mention, as well, the tiding of Job. Behold! He cried out to his Lord: Indeed, (unbearable) ailment has touched me, and You are the most merciful of the merciful! (21:83)

## 22. Theme: Seeking Allah’s help against calamity (2)

وَأذْكُرُّ عَبْدَنَا أَيُّوبَ إِذْ نَادَى رَبَّهُ أَنِّي مَسَّنِيَ الشَّيْطَانُ بِنُصْبٍ

وَعَذَابٍ

Recall, as well, Our servant Job. Behold! He cried out to his Lord: Indeed, Satan has touched me with weariness and torment! (38:41)

### Prayers of the Prophets: Shu’ayb

## 23. Theme: Seeking Allah’s help against a disbelieving Nation

قَدْ أَفْتَرَيْنَا عَلَى اللَّهِ كَذِبًا إِنْ عُدْنَا فِي مِلَّتِكُمْ بَعْدَ إِذْ نَجَّيْنَا اللَّهُ مِنْهَا  
وَمَا يَكُونُ لَنَا أَنْ نَعُودَ فِيهَا إِلَّا أَنْ يَشَاءَ اللَّهُ رَبُّنَا وَسِعَ رَبُّنَا كُلَّ شَيْءٍ  
عِلْمًا عَلَى اللَّهِ تَوَكَّلْنَا رَبَّنَا أَفْتَحْ بَيْنَنَا وَبَيْنَ قَوْمِنَا بِالْحَقِّ وَأَنْتَ خَيْرُ

الْفَاتِحِينَ

Truly, we would forge a lie against God if we returned to your way (of worship) after God has delivered us from it. It is not for us to return to it, unless God, our Lord, so wills. Our Lord encompasses all things in knowledge. On God (alone) do we rely. Our Lord! Judge between us and our people with the truth – for you are the best of those who judge. (7:89)

### Dua of Prophet Yunus

## 24. Theme: Repentance

وَإِذْ أُلْتُنَا بِذُنُوبٍ إِذْ نَادَى عَلَيْهِ فَنَادَى فِي الظُّلُمَاتِ أَنْ لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

And mention, also, the tidings of Jonah, the Man of the Whale. Behold! He went away from his people out of anger, (without Our leave). For he thought that We would never constrain him. Then he called out (in repentance) from (within the (veils of) darkness: There is no God but You! Highly exalted are You! (21:87)

## Prayers of the Prophets: Musa

### 25. Theme: Seeking forgiveness (from accidentally killing Israelite)

قَالَ رَبِّ إِنِّي ظَلَمْتُ نَفْسِي فَاغْفِرْ لِي فَغَفَرَ لَهُ إِنَّهُ هُوَ الْغَفُورُ  
الرَّحِيمُ ﴿١٦﴾

قَالَ رَبِّ بِمَا أَنْعَمْتَ عَلَيَّ فَلَنْ أَكُونَ ظَهِيرًا لِلْمُجْرِمِينَ ﴿١٧﴾

He said: My Lord! I have wronged myself, so forgive me; so He forgave him. Indeed, He is the All-Forgiving, the Mercy-Giving.

He said: My Lord! Because of all that you have graced me; I shall never be an upholder of the defiant unbelievers. (28:16-17)

### 26. Theme: Seeking deliverance from persecution on departing Egypt

فَخَرَجَ مِنْهَا خَائِفًا يَتَرَقَّبُ قَالَ رَبِّ نَجِّنِي مِنَ الْقَوْمِ الظَّالِمِينَ ﴿٢١﴾

وَلَمَّا تَوَجَّهَ تَلْقَاءَ مَدْيَنَ قَالَ عَسَىٰ رَبِّي أَن يَهْدِيَنِي سَوَاءَ السَّبِيلِ

So (at once) he departed from it, fearful and wary. He said: My Lord! Deliver me from the wrongdoing people. And when he turned his face toward (the land of Midian), he said: It may be that my Lord will guide me upon the most even way. (28:21-22)

### 27. Theme: Calling for help at the wells of Midian

فَسَقَىٰ لَهُمَا ثُمَّ تَوَلَّىٰ إِلَى الظِّلِّ فَقَالَ رَبِّ إِنِّي لِمَا أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ  
فَقِيرٌ ﴿٢٤﴾

So he watered (the flock) for them. Then he turned aside to the shade (of a tree) and said: My Lord! Of whatever good You may send down to me, most surely, I am most needful. (28:24)

## 28. Theme: Seeking Aid to meet Pharaoh in a Court

قَالَ رَبِّ اشْرَحْ لِي صَدْرِي ﴿٢٥﴾

وَيَسِّرْ لِي أَمْرِي ﴿٢٦﴾

وَاحْلُلْ عُقْدَةً مِّن لِّسَانِي ﴿٢٧﴾

يَفْقَهُوا قَوْلِي ﴿٢٨﴾

وَاجْعَلْ لِّي وِزِيرًا مِّنْ أَهْلِي ﴿٢٩﴾

هَارُونَ أَخِي ﴿٣٠﴾

أَشَدُّ بِهٖ أَرْزِي ﴿٣١﴾

وَأَشْرِكْهُ فِي أَمْرِي ﴿٣٢﴾

كَيْ نُسَبِّحَكَ كَثِيرًا ﴿٣٣﴾

وَنَذْكُرَكَ كَثِيرًا ﴿٣٤﴾

إِنَّكَ كُنتَ بِنَا بَصِيرًا ﴿٣٥﴾

He said: My Lord! Open for me my heart.  
And make easy for me my mission.  
And release the knot from my tongue,  
So they may understand my words.  
And appoint for me a minister from my family:  
Aaron, my brother.  
Affirm, by him, my strength.  
And make him a partner in my mission,  
Such that together, we may exalt You much;  
And together, we may remember You much.  
Ever, indeed, have You seen all (that is) within us. (20:25-35)

### 29. Theme: Dua at Mount Tur, imploring to see Allah

وَلَمَّا جَاءَ مُوسَىٰ لِمِيقَاتِنَا وَكَلَّمَهُ رَبُّهُ قَالَ رَبِّ أَرِنِي إِلَيْكَ  
قَالَ لَنْ تَرَنِي وَلَٰكِنِ أَنْظُرْ إِلَى الْجَبَلِ فَإِنِ اسْتَقَرَّ مَكَانَهُ فَسَوْفَ  
تَرَنِي فَلَمَّا تَجَلَّىٰ رَبُّهُ لِلْجَبَلِ جَعَلَهُ دَكًّا وَخَرَّ مُوسَىٰ صَعِقًا فَلَمَّا  
أَفَاقَ قَالَ سُبْحٰنَكَ تُبَّتْ إِلَيْكَ وَأَنَا أَوَّلُ الْمُؤْمِنِينَ ﴿١٤٣﴾

So when Musa came at Our appointed time and his Lord spoke to him, he said: My Lord, show me (Yourself), that I may look upon You. He said: You cannot withstand this, as to see Me. But look upon the mountain. If it holds firm in its place, then shall you see Me. Yet when his Lord manifested Himself to the mountain, He caused it to crumble, and Moses fell down (faint, utterly) stunned. Then when he recovered (his senses), he said: Highly exalted are You (far above all)! I repent to You! And I am the foremost of the believers (in you among my people). (7:143)

### 30. Theme: Dua on returning with revelation and finding Bani Israel has worshipped the Calf

قَالَ رَبِّ اغْفِرْ لِي وَلِإِخْوَتِي وَأَدْخِلْنَا فِي رَحْمَتِكَ ۗ وَأَنْتَ أَرْحَمُ  
الرَّحِيمِينَ ﴿١٥١﴾

He said: My Lord! Forgive me and my brother! And admit us into Your mercy, for it is You (alone) who are the most merciful of all who are merciful. (7:151)

### 31. Theme: Prayer for deliverance from Pharaoh's Persecution

وَقَالَ مُوسَىٰ رَبَّنَا إِنَّكَ آتَيْتَ فِرْعَوْنَ وَمَلَئَهُ زِينَةً وَأَمْوَالًا فِي  
الْحَيَاةِ الدُّنْيَا رَبَّنَا لِيُضِلُّوا عَن سَبِيلِكَ رَبَّنَا اطْمِسْ عَلَيَّ أَمْوَالَهُمْ  
وَأَشَدِّدْ عَلَيَّ قُلُوبَهُمْ فَلَا يُؤْمِنُوا حَتَّىٰ يَرَوْا الْعَذَابَ الْأَلِيمَ ﴿٨٨﴾

And, Moses said (in prayer): Our Lord! You have given Pharaoh and his (assembly of) nobles adornment and wealth in the life of this world, our Lord! Thus they lead (people) astray from Your way. Our Lord! Blot out their wealth and harden their hearts, so that they will not believe until they see the painful torment (that awaits them). (10:88)

### 32. Theme: Seeking forgiveness for 70 members of Bani Israel

وَاخْتَارَ مُوسَىٰ قَوْمَهُ سَبْعِينَ رَجُلًا لِّمِيقَاتِنَا فَلَمَّا أَخَذَتْهُمُ الرَّجْفَةُ قَالَ رَبِّ لَوْ شِئْتَ أَهْلَكْتَهُم مِّن قَبْلُ وَإِنِّي أَهْلِكُنَا بِمَا فَعَلَ السُّفَهَاءُ مِنَّا إِنَّ هِيَ إِلَّا فِتْنَتُكَ تُضِلُّ بِهَا مَن تَشَاءُ وَتَهْدِي مَن تَشَاءُ أَنْتَ وَلِيُّنَا فَاغْفِرْ لَنَا وَارْحَمْنَا وَأَنْتَ خَيْرُ الْغَافِرِينَ ﴿١٥٥﴾

﴿١٥٥﴾ وَأَكْتُبْ لَنَا فِي هَذِهِ الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ إِنَّا هُدْنَا إِلَيْكَ قَالَ عَذَابِي أُصِيبُ بِهِ مَن أَشَاءُ وَرَحْمَتِي وَسِعَتْ كُلَّ شَيْءٍ فَسَأَلْتُمُونَهَا لِلَّذِينَ يَتَّقُونَ وَيُؤْتُونَ الزَّكَاةَ وَالَّذِينَ هُم بِآيَاتِنَا يُؤْمِنُونَ ﴿١٥٦﴾

Moreover, Moses chose from his people seventy (elect) men for Our appointed time (to meet at mount Tur, to offer repentance). Then when (they demanded to see God, and) the convulsion (of the earth) overtook them, he said: My Lord! Had You so willed, You would have destroyed all of them before – and myself (as well – for the Golden Calf). Will you destroy us for what the fools from among us have done? It is only your trial by which You leave to stray whomever You will and You guide whomever You will. You are our (only) Patron. So forgive us and have mercy upon us. For You are the best of those who forgive.

Moreover, decree for us good in this world and the Hereafter. Indeed, we have turned to You (in repentance). God said: I afflict with My torment whosoever I so will. Yet My mercy encompasses all things. Thus shall I decree it for those who are God-fearing and who give the Zakah-Charity, and those, moreover, and who believe in all of Our revealed signs. (7:155-156)

### 33. Theme: Dua on being rebuked by Bani Israel for asking them to slaughter a cow

وَإِذْ قَالَ مُوسَىٰ لِقَوْمِهِ إِنَّ اللَّهَ يَأْمُرُكُمْ أَنْ تَذْبَحُوا بَقْرَةً قَالُوا أَتَتَّخِذُنَا هُزُؤًا قَالَ أَعُوذُ بِاللَّهِ أَنْ أَكُونَ مِنَ الْجَاهِلِينَ ﴿٢٦٧﴾

Moreover, behold! Musa said to his people: Indeed, God commands you to slaughter a cow (in charitable sacrifice). They said: Do you mean to make a mockery of us? He said: I take refuge in God from ever being of the ignorant (who mock God's commands)! (2:67)

### 34. Theme: Dua after refusal of Bani Israel to enter the Holy Land

قَالَ رَبِّ إِنِّي لَا أَمْلِكُ إِلَّا نَفْسِي وَأَخِي ۖ فَافْرِقْ بَيْنَنَا وَبَيْنَ الْقَوْمِ  
الْفَاسِقِينَ ﴿٢٥﴾

He said: My Lord! Indeed, I control none but myself and my brother. So give judgement between us and the ungodly people. (5:25)

### Duas of the followers of Prophet Musa

### 35. Theme: Seeking protection against tyranny

فَقَالُوا عَلَى اللَّهِ تَوَكَّلْنَا رَبَّنَا لَا تَجْعَلْنَا فِتْنَةً لِّلْقَوْمِ الظَّالِمِينَ ﴿٨٥﴾  
وَجِنَّا بِرَحْمَتِكَ مِنَ الْقَوْمِ الكَافِرِينَ ﴿٨٦﴾

So they said: Upon God alone do we rely. Our Lord! Subject us not to a trial (of defeat) to (tempt) the wrongdoing people (to exult in their unbelief). Rather, deliver us by Your mercy from the disbelieving people. (10:85-86)

### 36. Theme: Dua of the Magicians on accepting Islam in the Pharaoh's Court

وَمَا تَنْقِمُ مِنَّا إِلَّا أَنْ ءَامَنَّا بِءَايَاتِ رَبِّنَا لَمَّا جَاءَتْنَا رَبَّنَا أَفْرِغْ  
عَلَيْنَا صَبْرًا وَتَوَفَّنَا مُسْلِمِينَ

Moreover, you are only taking revenge on us because we have believed in the sure signs of our Lord when they came to us. Thus they prayed: Our Lord! Pour forth upon us patience, and take our souls as Muslims, in willing submission to You (alone). (7:126)

## Dua of Prophet Dad

### 37. Theme: Seeking Allah's help before battle with Goliath

وَلَمَّا بَرَزُوا لِجَالُوتَ وَجُنُودِهِ قَالُوا رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَثَبِّتْ  
أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ ﴿٢٥٠﴾

So when they came forth to (engage) Goliath and his hosts, they said: Our Lord! Pour forth upon us patience. And set firm our feet. And grant us victory over the disbelieving people. (2:250)

## Duas of Prophet Sulaiman

### 38. Theme: Dua responding to the Ant

فَتَبَسَّمَ ضَاحِكًا مِّن قَوْلِهَا وَقَالَ رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي  
أَنْعَمْتَ عَلَيَّ وَعَلَىٰ وَالِدَيَّ وَأَنْ أَعْمَلَ صَالِحًا تَرْضَاهُ وَأُدْخِلْنِي  
بِرَحْمَتِكَ فِي عِبَادِكَ الصَّالِحِينَ ﴿١٩﴾

So he smiled, laughing at her statement, and said (in gratitude): My Lord! Dispose me always to give thanks for Your grace, with which You have graced me and my parents, and that I do righteous deeds with which You are pleased. And admit me, by Your mercy, into the company of Your righteous servants. (27:19)

### 39. Theme: Acknowledging Allah's Favours

قَالَ رَبِّ اغْفِرْ لِي وَهَبْ لِي مُلْكًا لَا يَنْبَغِي لِأَحَدٍ مِّنْ بَعْدِي إِنَّكَ أَنْتَ  
الْوَهَّابُ ﴿٣٥﴾

He said: My Lord! Forgive me. And grant me an unrivalled kingdom such as never shall be possible for anyone after me (to have). Indeed, it is You alone who are the All-Granting. (38:35)

## Dua of Prophet Zachariah

### 40. Theme: Seeking wholesome children (1)

هُنَالِكَ دَعَا زَكَرِيَّا رَبَّهُ <sup>ط</sup> قَالَ رَبِّ هَبْ لِي مِنْ لَدُنْكَ ذُرِّيَّةً طَيِّبَةً <sup>ط</sup>  
إِنَّكَ سَمِيعُ الدُّعَاءِ

Then and there, Zachariah called upon his Lord. He said: My Lord! Grant me from Your bounty wholesome children. Indeed, You are the Hearer of Prayer. (3:38)

### 41. Theme: Seeking wholesome children (2)

وَزَكَرِيَّا إِذْ نَادَى رَبَّهُ رَبِّ لَا تَذَرْنِي فَرْدًا وَأَنْتَ خَيْرُ الْوَارِثِينَ



And mention the tiding of Zachariah. Behold! He called upon his Lord: My Lord! Leave me not alone, (childless), when You are the best of inheritors. (21:89)

### 42. Theme: Seeking wholesome children (3)

قَالَ رَبِّ إِنِّي وَهَنَ الْعَظْمُ مِنِّي وَأَشْتَعَلَ الرَّأْسُ شَيْبًا وَلَمْ أَكُنْ  
بِدُعَاؤِكَ رَبِّ شَقِيًّا

وَإِنِّي خِفْتُ الْمَوَالِيَ مِنْ وَرَائِي وَكَانَتِ امْرَأَتِي عَاقِرًا فَهَبْ لِي مِنْ

لَدُنْكَ وَلِيًّا

يَرِثُنِي وَيَرِثُ مِنْ عَالِ يَعْقُوبَ <sup>ط</sup> وَأَجْعَلْهُ رَبِّ رَضِيًّا

He said: My Lord! Indeed, enfeebled (with age) are the bones within me, and my hair is lit with gray. Yet never in calling upon You, my Lord, have I been unhappy.

Indeed, I fear for the right guidance of my kinsfolk to come after me; for my wife is barren.

So grant me, from your own (plenteous) bounty, a successor to inherit (prophethood) from me and to inherit it from the Family of Jacob. And make him, my Lord, well-pleasing to You and to your servants. (19:4-6)

## Dua of Prophet Jesus

### 43. Theme: Sign of Prophethood - Dinner from Heaven

قَالَ عِيسَى ابْنُ مَرْيَمَ اللَّهُمَّ رَبَّنَا أَنْزِلْ عَلَيْنَا مَائِدَةً مِنَ السَّمَاءِ تَكُونُ  
لَنَا عِيدًا لِأَوَّلِنَا وَآخِرِنَا وَآيَةً مِنْكَ وَأَرْزُقْنَا وَأَنْتَ خَيْرُ الرَّازِقِينَ ﴿١١٤﴾

Jesus, son of Mary, said: "O Allah! Our Lord! Send down to us a table-spread from Heaven to be a feast for us – for the first of us and the last of us – and to be (a sure sign from You of my prophethood). And provide for us always, for you are the best of providers. (5:114)

### Prayers of the Prophets: Muhammad

### 44. Theme: Knowledge

فَتَعَلَى اللَّهِ الْمَلِكُ الْحَقُّ وَلَا تَعْجَلْ بِالْقُرْآنِ مِنْ قَبْلِ أَنْ يُقْضَىٰ  
إِلَيْكَ وَحْيُهُ وَقُلْ رَبِّ زِدْنِي عِلْمًا ﴿١١٤﴾

For most high (above all) is God, the King, the Truth! Thus make no haste with the Qur'an, (O Prophet), before the revelation to you is completed. But say (only): My Lord! Increase Me In knowledge. (20:114)

### 45. Theme: Deliverance from any impending doom

قُلْ رَبِّ إِمَّا تُرِيدُ مَا يُوعَدُونَ ﴿٩٣﴾  
رَبِّ فَلَا تَجْعَلْنِي فِي الْقَوْمِ الظَّالِمِينَ ﴿٩٤﴾

Say (in entreaty, O Prophet): My Lord! If it is to be that You will show me the fulfilment of whatever (judgement) they are promised – then my Lord, let me not be among the wrongdoing people (when it befalls). (23:93-94)

#### 46. Theme: Protection from Shaitan

وَقُلْ رَبِّ أَعُوذُ بِكَ مِنْ هَمَزَاتِ الشَّيَاطِينِ ﴿٩٧﴾ وَأَعُوذُ بِكَ رَبِّ أَنْ

يَحْضُرُونِ ﴿٩٨﴾

Moreover say (in entreaty): My Lord! I seek refuge in You from the promptings of the satans (to do otherwise). And I seek refuge in You, my Lord from their presence. (23:97-98)

#### 47. Theme: Seeking Salvation (1)

إِنَّهُ كَانَ فَرِيقٌ مِّنْ عِبَادِي يَقُولُونَ رَبَّنَا ءَامَنَّا فَأَغْفِرْ لَنَا وَارْحَمْنَا

وَأَنْتَ خَيْرُ الرَّاحِمِينَ ﴿١٠٩﴾

Indeed, there are a party of My servants who said: Our Lord! We have believed (in You). So forgive us and have mercy upon us, for it is You (alone) who are supreme, (far) above all who are merciful. (23:109)

#### 48. Theme: Seeking Salvation (2)

وَقُلْ رَبِّ أَغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِينَ ﴿١١٨﴾

Thus say: My Lord! Forgive and have mercy, for it is You (alone) who are supreme, (far) above all who are merciful. (23:118)

#### 49. Theme: Migration to Madinah – A proof of Submission

وَقُلْ رَبِّ ادْخُلْنِي مَدْخَلَ صِدْقٍ وَأَخْرِجْنِي مَخْرَجَ صِدْقٍ وَأَجْعَلْ لِي

مِّنْ لَّدُنكَ سُلْطٰنًا نَّصِيرًا

And say (in prayer, O Prophet): My Lord! Lead me into (all good) with a most perfect entry. And lead me out (of all harm) with a most perfect exit. And grant me, from Your own (grace), an ever-prevailing authority. (17:80)

## 50. Theme: Glorification of Allah

قُلِ اللَّهُمَّ مَلِكُ الْمُلْكِ تُؤْتِي الْمُلْكَ مَنْ تَشَاءُ وَتَنْزِعُ الْمُلْكَ مِمَّنْ  
تَشَاءُ وَتُعْزِزُ مَنْ تَشَاءُ وَتُذِلُّ مَنْ تَشَاءُ بِيَدِكَ الْخَيْرُ إِنَّكَ عَلَىٰ كُلِّ شَيْءٍ  
قَدِيرٌ ﴿٣٦﴾

تُولِجُ اللَّيْلَ فِي النَّهَارِ وَتُولِجُ النَّهَارَ فِي اللَّيْلِ وَتُخْرِجُ الْحَيَّ مِنَ  
الْمَيِّتِ وَتُخْرِجُ الْمَيِّتَ مِنَ الْحَيِّ وَتَرْزُقُ مَنْ تَشَاءُ بِغَيْرِ حِسَابٍ ﴿٣٧﴾

Rather, say (in all humility): O God! Master of all dominion from whomever You will. And You strip dominion from whoever You will. You exalt whomever You will. And you abase whomever You will. In Your (mighty) Hand is all good. Truly, You have power over all things.

You make the night penetrate the daylight. And You make the daylight penetrate the night. And You bring forth the Living from the dead. And you bring forth the dead from the living. And you give provision to whoever you will, without measure. (3:26-27)

## 51. Theme: Dua of the Oppressed

وَمَا لَكُمْ لَا تُقَاتِلُونَ فِي سَبِيلِ اللَّهِ وَالْمُسْتَضْعَفِينَ مِنَ الرِّجَالِ  
وَالنِّسَاءِ وَالْوِلْدَانِ الَّذِينَ يَقُولُونَ رَبَّنَا أَخْرِجْنَا مِنْ هَذِهِ الْقَرْيَةِ الظَّالِمِ  
أَهْلُهَا وَاجْعَلْ لَنَا مِنْ لَدُنْكَ وَلِيًّا وَاجْعَلْ لَنَا مِنْ لَدُنْكَ نَصِيرًا ﴿٧٥﴾

Then what is with you that you do not fight in the path of God, and for the (utterly) helpless among the men and the women and the children who say: Our Lord! Bring us out of this city whose people are (oppressive) wrongdoers, (godless in heart). And appoint for us, from Yourself, an (invincible) ally. And appoint us, from Yourself, a (mighty) supporter. (4:75)

## 52. Theme: Complete submission and dedication

قُلْ إِنِّي هَدَنِي رَبِّي إِلَى صِرَاطٍ مُسْتَقِيمٍ دِينًا قِيمًا مِلَّةَ إِبْرَاهِيمَ حَنِيفًا  
وَمَا كَانَ مِنَ الْمُشْرِكِينَ ﴿١٦٢﴾ قُلْ إِنَّ صَلَاتِي وَنُسُكِي وَمَحْيَايَ وَمَمَاتِي  
لِلَّهِ رَبِّ الْعَالَمِينَ ﴿١٦٣﴾

لَا شَرِيكَ لَهُ ۗ وَبِذَلِكَ أُمِرْتُ وَأَنَا أَوَّلُ الْمُسْلِمِينَ ﴿١٦٣﴾

Say (to them): Indeed, my Prayer and my rites (of worship) and my life and death are for God (alone), Lord of (All) the Worlds.

No partner is there for Him. And to this I have been commanded. Moreover, I am the foremost of those who are Muslims, in willing submission to God (alone). (6:162-163)

## 53. Theme: Reliance on Allah

وَلَوْ أَنَّهُمْ رَضُوا مَا آتَاهُمُ اللَّهُ وَرَسُولُهُ وَقَالُوا حَسْبُنَا اللَّهُ سَيُؤْتِينَا  
اللَّهُ مِنْ فَضْلِهِ ۗ وَرَسُولُهُ إِنَّا إِلَى اللَّهِ رَاغِبُونَ ﴿٥٩﴾

(It would have been best) if they had been well-pleased with whatever God and His Messenger gave them, and then said: Sufficient for us is God. God shall give us from His bounty, as shall His Messenger. Indeed, in God we are hopeful! (9:59)

## 54. Theme: Prayer for Parents

وَأَخْفِضْ لَهُمَا جَنَاحَ الذُّلِّ مِنَ الرَّحْمَةِ وَقُلْ رَبِّ ارْحَمْهُمَا كَمَا  
رَبَّيْتَنِي صَغِيرًا ﴿٢٤﴾

Moreover, lower for them the wing of humility, out of mercy, and say (in supplication for them): My Lord! Have mercy upon them both – even as they have raised me up as a little one. (17:24)

## 55. Theme: Seeking Allah's Help (1)

قُلْ رَبِّ أَحْكُم بِالْحَقِّ ۗ وَرَبُّنَا الرَّحْمَنُ الْمُسْتَعَانُ عَلَىٰ مَا تَصِفُونَ ﴿١١٢﴾

(Thus the Prophet has) said: My Lord! Judge (between us and the deniers of Your message) with the truth. Indeed, our Lord is the All-Merciful – the One who alone is sought for help against all that you ascribe (to Him). (21:112)

## 56. Theme: Seeking Allah's Help (2)

قُلِ اللَّهُمَّ فَاطِرَ السَّمَوَاتِ وَالْأَرْضِ عَلِيمَ الْغَيْبِ وَالشَّهَادَةِ أَنْتَ تَحْكُمُ

بَيْنَ عِبَادِكَ فِي مَا كَانُوا فِيهِ يَخْتَلِفُونَ ﴿٤٦﴾

Say (before one and all): O Allah! (Sole) Originator of the heavens and the earth, (Sole) Knower of the (realms of all the) unseen and the seen, You (alone) shall judge between Your servants about that wherein they have been disputing. (39:46)

## 57. Theme: Renewal of Faith at forty years of age

وَوَصَّيْنَا الْإِنْسَانَ بِوَالِدَيْهِ إِحْسَانًا حَمَلَتْهُ أُمُّهُ كُرْهًا وَوَضَعَتْهُ كُرْهًا ۖ

وَحَمَلُهُ وَفِصْلُهُ ثَلَاثُونَ شَهْرًا ۚ حَتَّىٰ إِذَا بَلَغَ أَشُدَّهُ وَبَلَغَ أَرْبَعِينَ سَنَةً

قَالَ رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ وَعَلَىٰ وَالِدَيَّ وَأَنْ

أَعْمَلَ صَالِحًا تَرْضَاهُ وَأَصْلِحْ لِي فِي ذُرِّيَّتِي ۗ إِنِّي تُبْتُ إِلَيْكَ وَإِنِّي مِنَ

الْمُسْلِمِينَ ﴿٤٦﴾

Thus have We enjoined on every human being (goodness and) loving-kindness toward one's parents. One's mother bore one in pain and delivered one in pain. And the term of one's bearing and weaning is thirty months in all – until (at last) when one reaches full maturity- reaching forty years of age – one shall say: My Lord! Dispose me always to give thanks for Your grace, with which You graced me and my parents, and that I do righteous deeds with which you are pleased. And make righteous for me my children. Indeed, I have repented to you. And, most surely, I am of those who are muslims, in willing submission to God (alone). (46:15)

## Prayers of the Believers

### 58. Theme: The Servants of the All-Merciful (Salvation)

وَالَّذِينَ يَقُولُونَ رَبَّنَا أَصْرِفْ عَنَّا عَذَابَ جَهَنَّمَ إِنَّ عَذَابَهَا كَانَ  
غَرَامًا ﴿٦٥﴾

إِنَّهَا سَاءَتْ مُسْتَقَرًّا وَمُقَامًا ﴿٦٦﴾

And they are the ones who say: Our Lord! Turn aside from us the torment of Hell.

Indeed, its torment is unrelenting. (25:65-66)

### 59. Theme: The Servants of the All-Merciful (Joyous family life)

وَالَّذِينَ يَقُولُونَ رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ  
وَأَجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

And they are the ones who say: Our Lord! Grant us in our spouses and our children the joy of our eyes. Moreover, make us an exemplar (of goodness) for the God-fearing. (25:74)

### 60. Theme: A Prayer of Goodness

وَمِنْهُمْ مَن يَقُولُ رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا  
عَذَابَ النَّارِ ﴿٢٠١﴾

But among them are those who say: Our Lord! Give us good in this world and good in the Hereafter, and save us from the torment of the Fire (of Hell). (2:201)

### 61. Theme: A Prayer of Illumination (1)

ءَامَنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ ۚ وَالْمُؤْمِنُونَ كُلٌّ ءَامَنَ بِاللَّهِ  
وَمَلَائِكَتِهِ ۚ وَكُتُبِهِ ۚ وَرُسُلِهِ ۚ لَا نُفَرِّقُ بَيْنَ أَحَدٍ مِّن رُّسُلِهِ ۚ وَقَالُوا  
سَمِعْنَا وَأَطَعْنَا ۗ غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ ﴿٢٨٥﴾

The Messenger believes in what has been sent down to Him from His Lord, as do the believers. All believe in God and His angels and His revealed books, and His messengers. (They say): We do not differentiate (in faith) between any of His messengers. Moreover, they say: We hear and we obey. Your forgiveness, our Lord. For to You (alone) is the ultimate destiny. (2:285)

### 62. Theme: A Prayer of Illumination (2)

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا ۚ لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ ۗ رَبَّنَا  
لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا ۗ رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إِيصْرًا كَمَا  
حَمَلْتَهُ عَلَى الَّذِينَ مِن قَبْلِنَا ۗ رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ ۗ  
وَأَعْفُ عَنَّا وَارْحَمْنَا ۗ أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ  
الْكَافِرِينَ ﴿٢٨٦﴾

God does not task a soul beyond its capacity. For it (in the Hereafter) is all (the good) that it has earned. And against it is (the evil) it has reaped. (Thus pray, O you who believe:) Our Lord! Hold us not accountable if ever we forget or we have erred. Our Lord! Neither lay upon us a burden like that which You have laid upon those before us. Our Lord! Nor lay upon us that which we do not have the strength to bear. Rather, pardon us. And forgive us. And have mercy upon us. You (alone) are our Patron. So give us victory over the disbelieving people. (2:286)

### 63. Theme: A Prayer of Restoration

رَبَّنَا لَا تُرِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ لَدُنْكَ رَحْمَةً إِنَّكَ

أَنْتَ الْوَهَّابُ ﴿٨﴾

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

Our Lord! Let not our hearts swerve after You have guided us. And grant us mercy from Your own (providence). Indeed, it is You, You (alone), who are the All-Granting.

Our Lord! You shall certainly gather all people for a Day (in the hereafter), about which there is no doubt. Indeed, God does not fail (to fulfil) the promise (he makes). (3:8-9)

### 64. Theme: A Prayer of Salvation

الَّذِينَ يَقُولُونَ رَبَّنَا إِنَّنَا ءَامَنَّا فَأَغْفِرْ لَنَا ذُنُوبَنَا وَفَنَا عَذَابَ النَّارِ

It is they who say (penitently): Our Lord, we have, indeed, believed. So forgive us our sins. And save us from the torment of the Fire (of Hell). (3:16)

### 65. Theme: the Kinship of Faith

وَالَّذِينَ جَاءُوا مِنْ بَعْدِهِمْ يَقُولُونَ رَبَّنَا اغْفِرْ لَنَا وَلِإِخْوَانِنَا

الَّذِينَ سَبَقُونَا بِالْإِيمَانِ وَلَا تَجْعَلْ فِي قُلُوبِنَا غِلًّا لِلَّذِينَ ءَامَنُوا رَبَّنَا

إِنَّكَ رءُوفٌ رَحِيمٌ ﴿١٠﴾

As to all those (believers) who come after them, they (shall) say: Our Lord! Forgive us and our brethren who have preceded us in faith. And let ho into our hearts any malice toward those who believe. Our Lord! Indeed, You are all-kind, mercy-giving. (59:10)

## 66. Theme: The Believers at the Battle of Uhud

وَمَا كَانَ قَوْلُهُمْ إِلَّا أَنْ قَالُوا رَبَّنَا اغْفِرْ لَنَا ذُنُوبَنَا وَإِسْرَافَنَا فِي أَمْرِنَا

وَوَثِّبْتَ أقدامَنَا وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ ﴿١٤٧﴾

Rather, their only utterance (then) was to say: Our Lord! Forgive us our sins and our excesses in our affairs. And set firm our feet. And grant us victory over the disbelieving people. (3:147)

## 67. Theme: Dialogue in the Afterlife

إِنَّهُ كَانَ فَرِيقٌ مِّنْ عِبَادِي يَقُولُونَ رَبَّنَا ءَامَنَّا فَأَغْفِرْ لَنَا وَارْحَمْنَا

وَأَنْتَ خَيْرُ الرَّاحِمِينَ ﴿١٠٩﴾

Indeed, there are a party of My servants who said: Our Lord! We have believed (in You). So forgive us and have mercy upon us, for it is You (alone) who are supreme, (far) above all who are merciful. (23:109)

## 68. Theme: The People of “The Heights”

وَإِذَا صُرِفَتْ أَبْصَارُهُمْ تِلْقَاءَ أَصْحَابِ النَّارِ قَالُوا رَبَّنَا لَا تَجْعَلْنَا مَعَ

الْقَوْمِ الظَّالِمِينَ ﴿٤٧﴾

But when their eyes are turned toward the Companions of the Fire (of Hell), they will say: Our Lord! Do not place us among the wrongdoing people! (7:47)

## 69. Theme: The Believers of Reflection

الَّذِينَ يَذْكُرُونَ اللَّهَ قِيَمًا وَقُعُودًا وَعَلَىٰ جُنُوبِهِمْ وَيَتَفَكَّرُونَ فِي خَلْقِ  
السَّمَوَاتِ وَالْأَرْضِ رَبَّنَا مَا خَلَقْتَ هَذَا بَطْلًا سُبْحَانَكَ فَقِنَا عَذَابَ  
النَّارِ ﴿١٩١﴾

رَبَّنَا إِنَّكَ مَن تَدْخِلِ النَّارَ فَقَدْ أَخْزَيْتَهُ ۗ وَمَا لِلظَّالِمِينَ مِن أَنْصَارٍ  
رَبَّنَا إِنَّا سَمِعْنَا مُنَادِيًا يُنَادِي لِلْإِيمَانِ أَنْ ءَامِنُوا بِرَبِّكُمْ فَءَامَنَّا رَبَّنَا  
فَاغْفِرْ لَنَا ذُنُوبَنَا وَكَفِّرْ عَنَّا سَيِّئَاتِنَا وَتَوَفَّنَا مَعَ الْأَبْرَارِ ﴿١٩٢﴾  
رَبَّنَا وَءَاتِنَا مَا وَعَدْتَنَا عَلَىٰ رُسُلِكَ وَلَا تُخْزِنَا يَوْمَ الْقِيَمَةِ ۗ إِنَّكَ لَا  
تُخْلِفُ الْمِيعَادَ ﴿١٩٤﴾

The ones who remember God (with reverence) while standing and while sitting and while lying on their sides; and who reflect on the creation of the heavens and the earth, (saying): Our Lord! You have not created (all) this in vain. Highly exalted are You (far above all)! So save us from the torment of the Fire (of Hell).

Our Lord! Indeed, whoever You commit to the Fire (of Hell), truly You have disgraced him. And for the wrongdoers (who are godless in heart), there shall not be any helpers (to deliver them from it).

Our Lord! We have heard a caller calling to faith, (saying): Believe in your Lord! So we have believed. Our Lord! Forgive us our sins. And absolve us of our misdeeds. And take our souls (while we are) among the virtuous.

Our Lord! And give us what You have promised us through Your messengers. And do not disgrace us on the Day of Resurrection. Indeed You do not fail (to fulfil) the promise (You make). (3:191-194)

## 70. Theme: The Believers of Thanksgiving

وَوَصَّيْنَا الْإِنْسَانَ بِوَالِدَيْهِ إِحْسَانًا حَمَلَتْهُ أُمُّهُ كُرْهًا وَوَضَعَتْهُ كُرْهًا  
وَحَمَلُهُ وَفِصْلُهُ ثَلَاثُونَ شَهْرًا حَتَّىٰ إِذَا بَلَغَ أَشُدَّهُ وَبَلَغَ أَرْبَعِينَ سَنَةً  
قَالَ رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ وَعَلَىٰ وَالِدَيَّ وَأَنْ  
أَعْمَلَ صَالِحًا تَرْضَاهُ وَأَصْلِحْ لِي فِي ذُرِّيَّتِي إِنِّي تُبْتُ إِلَيْكَ وَإِنِّي مِنَ

الْمُسْلِمِينَ ﴿٤٦﴾

Thus have We enjoined on every human being (goodness and) loving-kindness toward one's parents. One's mother bore one in pain and delivered one in pain. And the term of one's bearing and weaning is thirty months in all – until (at last) when one reaches full maturity- reaching forty years of age – one shall say: My Lord! Dispose me always to give thanks for Your grace, with which You graced me and my parents, and that I do righteous deeds with which you are pleased. And make righteous for me my children. Indeed, I have repented to you. And, most surely, I am of those who are muslims, in willing submission to God (alone). (46:15)

## 71. Theme: The Believers' Perfect Light

يَأْتِيهَا الَّذِينَ ءَامَنُوا تُوبُوا إِلَى اللَّهِ تَوْبَةً نَّصُوحًا عَسَىٰ رَبُّكُمْ أَنْ يُكَفِّرَ  
عَنكُمْ سَيِّئَاتِكُمْ وَيُدْخِلَكُم جَنَّاتٍ تَجْرِي مِن تَحْتِهَا الْأَنْهَارُ يَوْمَ لَا  
يُخْزِي اللَّهُ النَّبِيَّ وَالَّذِينَ ءَامَنُوا مَعَهُ نُورُهُمْ يَسْعَىٰ بَيْنَ أَيْدِيهِمْ  
وَبِأَيْمَانِهِمْ يَقُولُونَ رَبَّنَا آتِنَا نُورَنَا وَاعْفِرْ لَنَا إِنَّكَ عَلَىٰ كُلِّ

شَيْءٍ قَدِيرٌ ﴿٨﴾

O you who believe! Repent to God with a most sincere repentance. Perhaps your Lord will absolve you of your misdeeds and admit you into Gardens beneath which rivers flow – on a Day (in the Hereafter), when God will not disgrace the Prophet or those who have believed with him. Their light shall stream forth before them, and to their right. They shall say: Our Lord! Perfect for us our light, and forgive us. Indeed, it is You who are powerful over all things. (66:8)

## 72. Theme: The Universality of Belief

وَإِذَا سَمِعُوا مَا أُنزِلَ إِلَى الرَّسُولِ تَرَى أَعْيُنُهُمْ تَفِيضُ مِنَ الدَّمْعِ  
مِمَّا عَرَفُوا مِنَ الْحَقِّ يَقُولُونَ رَبَّنَا ءَامَنَّا فَاكْتُبْنَا مَعَ الشَّاهِدِينَ ﴿٨٣﴾

And when they hear what has been sent down to the Messenger, you see their eyes overflowing with tears because of the truth, which they recognise. They say: Our Lord! We have believed. So inscribe us among those who bear witness (to the truth). (5:83)

## 73. Theme: Women of Prayer (Aasiya)

وَضَرَبَ اللَّهُ مَثَلًا لِلَّذِينَ ءَامَنُوا امْرَأَتَ فِرْعَوْنَ إِذْ قَالَتْ رَبِّ ابْنِ  
لِي عِنْدَكَ بَيْتًا فِي الْجَنَّةِ وَجِئِنِّي مِنْ فِرْعَوْنَ وَعَمَلِهِ وَجِئِنِّي مِنَ  
الْقَوْمِ الظَّالِمِينَ ﴿١١﴾

Also, God sets forth, as an example forth those who believe, the wife of Pharaoh. Behold, she said: My Lord! Build for me near You a house in the Garden (of Paradise). And deliver me from Pharaoh and his (evil) doing. And deliver me from the wrongdoing people (who are godless in heart). (66:11)

## 74. Theme: Women of Prayer (Balqis, Queen of Sheba)

قِيلَ لَهَا ادْخُلِي الصَّرْحَ فَلَمَّا رَأَتْهُ حَسِبَتْهُ لُجَّةً وَكَشَفَتْ عَنْ سَاقَيْهَا  
قَالَ إِنَّهُ صَرْحٌ مُّمَرَّدٌ مِّن قَوَارِيرَ ۗ قَالَتْ رَبِّ إِنِّي ظَلَمْتُ نَفْسِي  
وَأَسْلَمْتُ مَعَ سُلَيْمَانَ لِلَّهِ رَبِّ الْعَالَمِينَ ﴿٤٤﴾

It was said to her: Enter the palace court. So when she saw it, she thought that it was an expansive, (rippling) pool. So she bared her shins (to cross it). He said: It is but a court of polished glass plates (overlying water. Suddenly, realising the truth,) she turned to God in prayer and said: My Lord! I have, indeed, wronged myself (by worshipping the sun). And I now submit with Solomon to God alone, Lord of All the Worlds. (27:44)

**75. Theme: Women of Prayer (Hanah wife of Imran, mother of the Virgin Mary)**

إِذْ قَالَتِ امْرَأَتُ عِمْرَانَ رَبِّ إِنِّي نَذَرْتُ لَكَ مَا فِي بَطْنِي مُحَرَّرًا  
فَتَقَبَّلْ مِنِّي إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ ﴿٣٥﴾

Behold! The wife of 'Imran said: My Lord, I have, indeed, dedicated to You what is in my belly to be solely devoted (to Your service). So accept this from me. For it is You who are the All-Hearing, the All-Knowing. (3:35)

فَلَمَّا وَضَعَتْهَا قَالَتْ رَبِّ إِنِّي وَضَعْتُهَا أُنْثَىٰ وَاللَّهُ أَعْلَمُ بِمَا وَضَعْتَ وَلَئِن لَّا  
ذَكَرْ كَرَاهِيَةً لِّأُنْثَىٰ ۖ وَإِنِّي سَمَّيْتُهَا مَرْيَمَ وَإِنِّي أُعِيذُهَا بِكَ وَذُرِّيَّتَهَا مِنَ  
الشَّيْطَانِ الرَّجِيمِ ﴿٣٦﴾

So when she delivered her, she said: My Lord! I have, indeed, delivered her, a female – and God knows best what she had delivered. And my Lord, she said, the male is not like the female (as to service in the High Temple)! Yet I have named her Mary. And I do, indeed, seek refuge for her in You, and for her children, from Satan, the Accursed. (3:36)

**76. Theme: Prayer of Husband and Wife**

هُوَ الَّذِي خَلَقَكُمْ مِنْ نَفْسٍ وَاحِدَةٍ وَجَعَلَ مِنْهَا زَوْجَهَا لِيَسْكُنَ إِلَيْهَا  
فَلَمَّا تَغَشَّاهَا حَمَلَتْ حَمْلًا خَفِيفًا فَمَرَّتْ بِهِ ۖ فَلَمَّا أَثْقَلتْ دَعَا اللَّهَ  
رَبَّهُمَا لِيْنِ ۖ آتَيْنَا صَلَاحًا لَّنَكُونَنَّ مِنَ الشَّاكِرِينَ ﴿١٨٩﴾

He is the One who created all of you from a single soul. And from it He made its mate, to find repose with her. (And from them both descended all humankind). So when he approaches her in intimacy, and) he covers her, she bears (in her womb what is first) alight burden. Then she goes about with it. Then when she becomes heavy (with child), they call upon God, the Lord of both of them, (praying): If you give us a good (child), we will most surely be of those who are forever thankful. (7:189)

### 77. Theme: The People of the Cave

إِذْ أَوْىءَ الْفِتْيَةُ إِلَى الْكَهْفِ فَقَالُوا رَبَّنَا آتِنَا مِن لَّدُنكَ رَحْمَةً وَهَيِّئْ لَنَا

مِّنْ أَمْرِنَا رَشَدًا ﴿١٨﴾

Behold! There were a group of youths who took shelter in the cave (apart from their people), and they said: Our Lord! Grant us mercy from your own (providence). And furnish us, in our present circumstances, with right guidance. (18:10)

### 78. Theme: Followers of Jesus

رَبَّنَا ءَامَنَّا بِمَا أَنزَلْتَ وَاتَّبَعْنَا الرَّسُولَ فَاكْتُبْنَا مَعَ الشَّاهِدِينَ ﴿٥٣﴾

Our Lord! We have believed in (the revelation) that You have sent down (to Jesus). And we have followed (him as) the Messenger (You sent us). So inscribe us among those who bear witness (to Your Oneness). (3:53)

### 79. Theme: Afflictions and Hardships

الَّذِينَ إِذَا أَصَابَتْهُمُ مُّصِيبَةٌ قَالُوا إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ ﴿١٥٦﴾

Those who when an affliction strikes them, say: Indeed, to God do we belong, and, indeed, to Him are we returning. (2:156)

## Prayers of the Angels

### 80. Theme: Seeking forgiveness and mercy for the Believers

الَّذِينَ تَحْمِلُونَ الْعَرْشَ وَمَنْ حَوْلَهُ يُسَبِّحُونَ بِحَمْدِ رَبِّهِمْ وَيُؤْمِنُونَ بِهِ  
وَيَسْتَغْفِرُونَ لِلَّذِينَ ءَامَنُوا رَبَّنَا وَسِعْتَ كُلَّ شَيْءٍ رَّحْمَةً وَعِلْمًا  
فَاغْفِرْ لِلَّذِينَ تَابُوا وَاتَّبَعُوا سَبِيلَكَ وَقِهِمْ عَذَابَ الْجَحِيمِ ﴿٧٠﴾  
رَبَّنَا وَأَدْخِلْهُمْ جَنَّاتِ عَدْنٍ الَّتِي وَعَدْتَهُمْ وَمَنْ صَلَحَ مِنْ ءَابَائِهِمْ  
وَأَزْوَاجِهِمْ وَذُرِّيَّاتِهِمْ إِنَّكَ أَنْتَ الْعَزِيزُ الْحَكِيمُ ﴿٧١﴾  
وَقِهِمُ السَّيِّئَاتِ وَمَنْ تَقِ السَّيِّئَاتِ يَوْمَئِذٍ فَقَدْ رَحِمْتَهُ ۗ وَذَلِكَ هُوَ  
الْفَوْزُ الْعَظِيمُ ﴿٧٢﴾

Those (of the angels) who bear the Throne (of Allah), and all who are round it, exalt their Lord with (high) praise, and believe in Him, and seek forgiveness for those who believe! (They say): Our Lord! You have embraced all things in (Your) mercy and (Your) knowledge. So forgive those who have turned (to you) in repentance and who have followed Your way. And save them from the torment of Hellfire (on Judgement Day).

Our Lord! Admit them into the Gardens everlasting, which you have promised them – (together) – with whoever is righteous among their fathers, and their spouses, and their children. Indeed, You are the Overpowering (One), the All-Wise.

Thus save them from (the evil of their) misdeeds. For whomever You save, on that Day, from (the evil consequence of his) misdeeds, then, most surely, You have shown him mercy. And it is this that is the magnificent triumph. (40:7-9)

## 81. Theme: Seeking reassurance for the believers

إِنَّ الَّذِينَ قَالُوا رَبُّنَا اللَّهُ ثُمَّ اسْتَقَمُوا تَتَنَزَّلُ عَلَيْهِمُ الْمَلَائِكَةُ أَلَّا  
تُخَافُوا وَلَا تَحْزَنُوا وَأَبْشِرُوا بِالْجَنَّةِ الَّتِي كُنتُمْ تُوعَدُونَ ﴿٣٠﴾ هُنَّ  
أَوْلِيَاؤُكُمْ فِي الْحَيَاةِ الدُّنْيَا وَفِي الْآخِرَةِ ۗ وَلَكُمْ فِيهَا مَا تَشْتَهَى  
أَنْفُسُكُمْ وَلَكُمْ فِيهَا مَا تَدَّعُونَ ﴿٣١﴾

As for those who (in life) say: Our Lord is One (alone)! And continue upon the straightway, the angels descend to them (and say): Have no fear, neither grieve! Rather, receive glad tidings of the Garden (of Paradise), which you were promised (in life).

We are your supporters in the life of this world and in the Hereafter. And for you therein is all that your soul desire. And for you therein is all for which you may ask – an (everlasting) hospitality (extended) from One who is all-forgiving, mercy-giving. (40:30-31)

## **Quranic Dua Index**

### **The Opening Prayer of the Quran: Al Fatihah 1:1-7**

#### **Prayers of the Prophets**

**Prophet Adam and Eve 7:23**

**Prophet Nuh 23:26; 26:117-118; 54:10; 71:26-28; 11:41; 11:45; 11:47; 23:29**

**Prophet Salih 23:39;**

**Prophet Abraham 60:4-5; 37:99-100; 2:126-129; 14: 35-41; 26:83-89**

**Prophet Lut 29:30; 26:169**

**Prophet Joseph 12:33; 12:101**

**Prophet Ayoub 21:83; 38:41**

**Prophet Shu'ayb 7:89**

**Prophet Yunus 21:87**

**Prophet Musa 28:16-17; 28:21; 28:24; 20:25-35; 7:143; 7:155-156; 2:67; 5:25; 7:151; 10:85-86; 7:126**

**Prophet Dawud 2:250**

**Prophet Sulaiman 27:19; 38:35**

**Prophet Zachariah 3:38; 21:89; 19:4-6**

**Prophet Jesus 5:114**

**Prayers of Prophet Muhammad 20:114; 23:93-94; 23:97-98; 23:109; 23:118; 17:80; 3:26-27; 4:75; 6:162-163; 9:59; 17:24; 21:112; 39:46; 46:15**

#### **Prayers of the Believers**

**Servants of the All-Merciful (Salvation) 25:65-66**

**Servants of the All-Merciful (Joyous Family Life) 25:74**

**A Prayer for Goodness 2:201**

**A Prayer of illumination 2:285- 286**

**A Prayer of Restoration 3:8-9**

**A prayer of Salvation 3:16**

**The Kinship of Faith 59:10**

**The Believers in the Battle of Uhud 3:147**

**Dialogue in the Hereafter 23:109**

**The People of the Heights 7:47**

**The Believers of Reflection 3:191-194**

**The Believers of Thanksgiving 46:15**

**The Believers 'Perfect Light' 66:8**

**The Universality of Belief 5:83**

**Women of Prayer: Aasiya the wife of Pharaoh 66:11**

**Women of Prayer: Balqis the Queen of Sheba 27:44**

**Women of Prayer: Hanah wife of Imran, mother of Mary 3:35-36**

**Husband and Wife 7:189**

**People of the Cave 18:10**

**Followers of Prophet Jesus 3:53**

**Afflictions and Hardships 2:156**

#### **Prayers of Angels**

**Seeking Forgiveness for the Believers 40:7-9**

**Seeking Reassurance for the Believers 41:30-31**

### **Further Reading**

In the Early Hours by Khurram Murad

Quran translation: The Glorious Quran by Ahmad Zaki Hammad

Available from <http://www.universalknowledgeinstitute.com>

Al Mathurat by Imam Hassan al Banna

Invocations and Prayer by Imam Al-Ghazali

Burnishing the Heart by AbdulWahid Hamid

Lasting Prayers by Ahmad Zaki Hammad

The Best of Times: Virtues and Significance of Important Days,  
Nights, Months & Festivals in Islam by Abdullah Muhammad

Hisnul Muslim or Fortress of the Muslim

Access to Quranic Arabic by AbdulWahid Hamid