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 (29th-30th 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 Uuyayna 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

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

قَالَانِ رَبَّنَا ظَلمَنَا أَنفُسَانَا وَإِنَّ لَمْ تُغْفِرْ لَنَا وَتَرْحَمْنَا لَنْكُونَ مِنَ الْخَسَرِينَ

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 أَنْصْرِي بِمَا كَتَبْتُ بِهِ

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 قُوَّتِي كَاتَبْتُ بِهِ

فَاقْتَحَ بَيْنِي وَبِنِيَّ بَيْنِهِمْ فَنِصْحَا وَقَلَّتَا وَمُنَى مَعَيْنَ 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)

فَدَعَاهُ رَبَّهُ أَنِّي مَغْلُوبُ فَأَنتَ صَرِّ

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 رَبِّنَا لَا تَدْرَ عَلَى الْأَرْضِ مِن الْكَفِيرِينَ دَبَارًا
إِنَّكَ إِنْ تَذَرَهُمْ يُضِلُّوا عِبَادَتَكَ وَلَا يَلِدُوا إِلَّا فَاجِرًا مَّكَارًا
رَبِّ أَغْفِرْ لِي وَلِذُلْدِي وَلِمَن دَخَلَ بَيِّنَتِي مُؤْمِنًا وَالْمُؤْمِنَينَ
وَالْمُؤْمِنَاتِ وَلَا تَرَدْ أَلْلَهَمْيَ مِنَ الْأَلْلَهِمْيِ إِلَّا تَنْبَأَ

For Nuh had said in is 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 أَرْحَمْبُواْ فِيهَا بِسَمِّ اللَّهِ مَحْيَانِهَا وَمُرْسَلَةَهَا إِنْ رَبِّي لَغَفُورٌ رَحِيمٌ

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 نُوحُ رَبِّهِ فَقَالَ رَبِّي إِنْ أَنْتَ فِي أَهْلِي وَإِنِّي عَدَدُ الْحَقِّ
وَأَنْتَ أَحْكَمُ الْحَقِّ الْمُحِبِّينَ

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 رَبِّي إِنِّي أَعْوَدُ بِكَ أَنْ أَسْتَفَلِكَ مَا لَيْسَ بِيْهِ عِلْمٌ وَلَا تَغْفِرْ
لِي وَتَنْتَجَمَّيْ أَحْكَمُ مِنْ الْحَسَنِينَ

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

وَقُل رَبِّ أَنْذِلِي مُتَزَا مُبارَكًا وَأَنتَ خُلِّي الْمُتَزَّلِينَ

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 أَنصِرْنِي بِمَا كَذَّبُونِ

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

قد كنت لكم أسوة حسنة في إبراهيم والذين معه إذ قالوا لقومهم: إننا برهوأ مبنكم ومما تعبدرون من دون الله كفرنا بكما وبدأ بيننا وبينكم العدوة والبغضاء أبداً حتى نؤمنوا بالله وحده. إنا ل sqr إبراهيم لأبيه لاستغفرنَّ لَكَ وما أملك لك من الله من شيء. رضينا عليك توكلنا وإليك أنتنا وإليك المصبر.

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 إِني ذَا هِبَ إلى رَبِّي سَيِّدِينَ

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

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

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

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

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

18. Theme: Calling for destruction of the disbelievers

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 آلِسْجَنُ أَحْبَبَ إِلَّا مَمَّا يَدْعُو تَقُرّ عَنِّي
كَيْبَدْهُنَّ أَصْبَ عِنْيَنَ وَأَكْنُ مِنِّ أَجْمَهْلِينَ

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

رَبَّ قَدْ أَتِيَتِي مِنْ الْمَلكِ وَعَلَمَتِي مِنْ تَأْوِيلِ الْحَادِثِ فَاغْفِرْ
السَّمَوَاتِ وَالْأَرْضِ أَنِّي وَلِيُّ في الْذِّنْبِيَّا وَالْأَخْرَجِيَّةُ تَوْفِيقِي مُسْلِمًا
وَالْحَقِّي بِالْصَّلَيْحِينَ

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)

وَأَيُوبَ إِذْ نَادَى رَبَّهُ أَنِّي مَسِئٌٰ أَصُرْوًا وَأَرْحَمْ أَرْحَمَ الْحَمِيرَ
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)

وَآذَّنَ عَبْدَنَا آيُوبَ إِذْ نَادَى رَبَّهُ أَنِّي مُسْتَيْنِى آللَّهُ يُصَبِّ

وَعَدَابٌ

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 عَلَىٰ أَللَّهِ كَذِبَتَيْنَا إِنَّ عُدْنَا فِي مَلِيكَتِنَا بَعْدَ إِذْ نَجِينا الَّذِيْنَ مِنْهَا وَمَا يَكُونُ لَنَا أَن نَّعْوَدَ فِيهَا إِلَّا أَن يَشَاءَ أَللَّهُ رُزْنَا وَسَعَ رُزْنَا كُلَّ مَنْ شَاءَ عَلَيْهِمْ إِلَّا أَللَّهَ نَظَرَ لَنَا أَفْتَحَ بِنَبْتَيْنِ نَبْتَيْنَ بَالْحَقِّ وَأَنتُ حَيْرُ أَلْفَيْنِينَ

 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

وَوَذَ أَلْهَنِ اَلْتَوَادَّ إِذْ ذَهَبَ مُغَٰضِبًا فَظَنَّ أَنَّ لَنْ تُقَدِّرَ عَلَيْهِ فَتَأَدَّى فِي أعْلَمَتَهُ أَنَّ لَا إِلَهَ إِلَّا أَلَّهُ إِلَّا أَلَّهُ مُبَحَتَنَّ إِلَى صَحِبَتِ مِنْ أَلْطَالِمِيرَ.

And mention, also, the tiding 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)
25. Theme: Seeking forgiveness (from accidentally killing Israelite)

قَالَ رَبِّ إِنِّي ظَلَمْتُ نَفْسِي فَاغفِرْ لِيْ فَغَفَرَ لَهُ ﴿٢٤﴾ إِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ ﴿٣٤﴾

قَالَ رَبِّ يَا مَا أَنْعَمْتَ عَلَيْنَآ أُكُورَ ظَهِيرًا لِلمُجَرِّمِينَ ﴿٣٥﴾

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 حَايْفًا يَتَرَفَّعُ قَالَ رَبِّ ٱنْحَاجْيٌ مِنَ ٱلْقُوَّةِ ٱلْقَلِيمِ ﴿٣٤﴾

وَلَمَّا تَوَجَّهَ بَيْنَ ٱلْقَوْمِ ﴿٣٥﴾ قَالَ ٱصْنَعَ رَبِّي أَنْ يَهِدْيَنِي سَوَاءَ ٱلسَّبِيلِ

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 ٱلْطَّلِبِ فَقَالَ رَبِّ إِنِّي لِمَا أَنْزَلْتُ إِلَىٰ مِنْ حَبٍِّ فَقَبِلِ ۖ ﴿٣٤﴾

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

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

ولمَّا جاء موسى لمَيْقَنَّتنا وَكَلَّمَهُ رَبِّهِ قَالَ رَبِّ أَنْظِرْ إِلَيْكَ قَالَ لِنَ تَرَنِي وَلَبِّيْكَ أَنْظِرْ إِلَى الْجَبَلِ فَإِنَّ أَنْتَ مَهِيِّنَ مَسَاكِنَهُ قَسَوْفَ تَرَنِي فَلَمَّا تَحَلَّ رَبِّي لِلْجَبَلِ جَعَلَهُ دَسَاءً وَخَرَّ مُوسَى صَعِقًا فَلَمَّا أَفَاقَ قَالَ سُبْحَنَكَ تُبْتُ إِلَيْكَ وَأَنَا أَوْلُ الْمُؤْمِنِينَ

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 أُغْفِرِ لِي وَأَنْحَلَنَا فِي رَحْمَتِكَ وَأَنْتَ أُرْحَمُ الْرَّحْمَيْنِ

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 مُوسَى رَبِّي رَبِّي أُنْتَ إِلَى إنْتَ إِتْبَعْتُ فَرَعْوَرْتُ وَمَلَأَهُ زِينَةً وَأَمْوَلَا فِي الْحَيَاةِ الدُّنْيَا رَبِّي رَبِّي لَيْبَضَّلَا وَسَبِيلَكَ رَبِّي أَطْمَسَ عَلَى أَمْوَلِهِمْ وَأَشْدَدْ عَلَى قُلُوبِهِمَا فَلَا يُؤْمِنُوا حَتَّى يَرَوا عَلَدَائِنَ الْأَلَّسَم

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

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

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 رَبُّي إِنِّي لَا أَمْلِكَ إِلَّا نَفْسِي وَأَجْنِي فَأَفْرَقَ بَيْنَنَا وَبَيْنَ الْقُوُمِ ٱلْفَسِيقِينَ

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 عَلَىۢ اللَّهِ نَوَكَلْنَا رَبَّنَا لَا نَجْعَلْنَا فَتْحَةً لِّلْقُوَّمِ ٱلْطُّلِّبِمِرَبِّنَۢ

وَجِنَّةٌ يُجِبْنَ أَنْ يَحْلِلَنَّ مِنَ الْقُوُّمِ ٱلْكَفَرِينَ

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 تَنفَّذُ مِنَّا إِلَّا أَبَتْ ۥ ۢ مَنَا بِفَاعِلٍ وَيَتَّأَتْ رَبُّنَا لَمَّا جَآءَ تَنَاثَرَ أَفْرَغُ عَلَٰٰٰٰۢنَا 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 بَرَزَّوْا لِجَالُولٍ وَجُنُودِهِ قَالُوا رَبِّ افْغِرْ عَلَيْنَا صِبْرًا وَثِبَتًا أَقدَامِنَا وَأَنْصُرْنَا عَلَى الْقُوْمَ الْكَفُّارِينَ

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 صَاحِبُكَ مِن قَوْلِهَا وَقَالَ رَبِّ أَوزَعْنِيٓ أَنْ أَشْكُرُ بِعُمَتْكَ أَليِّى أَعْمَتْ عَلَىٰ وَعْلَىٰ وَلَدَدَكَ وَأَنْ أَعْمَلْ صَلِحًا تَرَضَأْهُ وَأَذْلِكَ بِرَحْمَتِكَ فِي عَبَادَكَ الْصَّالِحِينَ

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 افْغِرْ لِي وَهَبْ لِي مَلَكًا لَا يَبْدِي لَهُ مِن بَعْدِي إِنَّكَ أَنتَ الْوَهَابُ

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)

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)

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)

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

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

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

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 هَمَّتِي السَّيِّئِينَ ﷺ وَأُعُوذُ بِلَكَ رَبِّ أَنْ ﷺ ﷺ

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 فَرِيقًا مِنْ عِبَادِي يُقُولُونَ رَبِّنَا، أَمَنَّا فَأَعْفَرْنَا وَأَرْحَمْنَا ﷺ وَأَنتَ حَبِيرٌ الرَّحْمَٰنِ

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 أَعْفِرْ وَأَرْحَمْ وَأَنتَ حَبِيرٌ الرَّحْمَٰنِ

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 أَدْخِلْي مُدْخِلًا صَدِيقٍ وَأَخْرِجْي مَخْرُوجًا صِدِيقٍ وَأَجْعَلْنِي مِنْ أَحَدَكَ سَلَطُنًا نَصِيرًا ﷺ ﷺ ﷺ ﷺ ﷺ ﷺ ﷺ ﷺ 

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

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

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

قَلْ إِنِّي هَدْنِي رَبِّي إِلَى صِرَاطٍ مَّسْتَقِيمٍ١١٢... 
وَمَا كَانَ مِنْ آلِمُهُ الْزَّاهِيَةِ وَمُحْيَيَهُ وَمُمَاتِي

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 أَنْ تَوَاضَعْنا نَفْسَكُمْ مَّا أُنزِلَ عَلَیْنَا إِلَّا رَبُّكَ... 
اللَّهُ مِنْ فَضْلِهِ وَرَسُولُهُ إِنَّا إِلَیْهِ رَابِعُونَ

(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 جَناحَ الَّذِی مِنْ الْرَّحْمَةِ وَقَلْ رَبِّ ارْحَمْهُمَا كَمَّا 
رَبِّي قَلْبَنِی صَغِیرًا

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)

قَلْ رَبِّ أَحْكِمْ بِالْحَقِّ وَرَبِّنَا الْرَّحْمَنُ الْمُسْتَعِنُّ عَلَیْهِ مَا تَصِفُّونَ

(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 قَاطِرُ الْشَّمَّانِّ وَالْأَرْضِ عَلَيْمَ الْقِيَامِ وَالشَّهَادَةِ أَنتَ حَكَّرُ

بَينَ عِيَادَكِ مَا كَانَ أَفَّهَ تَحْتَلَّفُونِ

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

وَوَصِيْنَا الْإِدْنَانَ بِوَلِيْدِهِ إِحْسَنَ حَمَلْتُهُ أَمْهُ، كَرِهَا وَوَضَعْتُهُ كَرِهَا

وَحَمَلْتُهُ، وَفَضِلْتُهُ، تَلْنُونَ سَهْراً حَتَّىٍ إِذَا بَلَغَ أَشْدَهُ وَبَلَعَ أَرْبَعِينَ سَنَةً

قَالَ رَبِّ أَوْزِعْنِي أَنْ أَشْكُرُ بُعْثَتِكَ أَنْتَ أعْمِنَتْ عَلَى١ وَعَلَى١ وَلِدَيِّ وَأَنْ

أَعْمَلَ صَلِيحَا تَرْضِيهِ وأَصْلِحُ لِي فِي ذُرِّيِّي إِبْنِي بُصِيبَتُ إِلَيْكَ وَإِلَى١ مِنَ

آَلِ السَّمَائِينَ

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 اشْتَرِفْ عَنَّا عَذَابَ جَهَنَّمَ إِنَّ عَذَابَهَا كَانَ غَرَامًا

إِنَّهَا سَاءَتْ مُسْتَقِرًا وَمَقَامًا

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 مِنَ الْزَّوْجَةِ وَذُرِّيَّتِنَا قُرْةً أَعْيُنٍ

وَأَجْعَلْنَا لِلْمُتَّقِينِ 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

وَمِنْهُمُّ مِنْ يَقُولُ رَبَّنَا عَفَوْنَا فِي الْذَّنَبِينَا حَسَنَةً وَفِي الْآَخَرَةِ حَسَنَةً وَفِي نَفْنَانِ

عَذَابَ الْجَهَنُّ

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)

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)

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

اللهم إنك جامع الناس ليوم لا ريب فيه إن الله لا يخلف الوعيده

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

الذين يقولون ربي إننا إمننا فأغفر لنا ذنوبنا وقنا عذاب النار

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

والذين جاءوا من بعدهم يقولون ربي إنك أغفر لنا وإن حوننا اللهم سبقونا بالإيمان ولا تجعل في قلوبنا غيلا للذين آمنوا ربيا

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 أنَّهُمْ قَالُوا رَبّنَا أُفِّرِنَّا لَنَا ذُنُوبنا وَإِسْتِغْفَارًا فِي أَمْرِنَا
وَنَسِبِّ أَقْدَامَنَا وَأَنْصَرْنَا عَلَى الْقُوَّمِ الْكَفَّارِينَ

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 مِّنِّي عَبَادِي يُقُولُونَ رَبّنَا إِنَّنَا فَاعْفَرْنَا لَنَا وَأَرْحَمْنَا
وَأَنْتَ خَيْرُ الْرَّحْمَيْنِ

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 سُرِتَ أَبْصَارُهُمْ تَلْقَاءَ أَصْحَبَ الْبَارِيَّةِ قَالُوا رَبّنَا لَا تَجَعَلْنَا مَعَ الْقُوَّمِ الْكَافرِينَ

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

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

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

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

وإِذَا سَمَعُوا مَا آَنَزَ إِلَى الْرَّسُولِ تَرْيَى أَعْيُنَهُمْ نَفْضٌ مِّنَ الْدَّمِّ وَمَا عَرْفُوا مِنْ الْحَقِّ يَقُولُونَ زَيْتًا إِامًا فَأَكْتَبَهَا مَعَ الْشَّهِيدَينَ

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)

وَضَرَّعَ اللَّهُ مَثْلًا لَّلَّدِيرَةِ اِامِنْوَآ أُمَّةً أَمْرَآتَ فَرَعُوْرَ إِذَا قَالَتْ رَبِّ أَنِّي

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)

فَيَلَّ هَلَا أَدْخِلُ الْبَيْتَ حْيَضْ أَنْهُ حَبِيْسَتَهُ لَجَا وَكَفَّتَتْ عَنْ سَاقِهَا قَالَ إِنَّهُ صَرَحَ مَمْرُدٌ مَِّن قَوْارِيرَ قَالَتْ رَبِّ إِنِّي ظَلَمْتُ نفْسِي وَأَسْلَمَتْ مَعَ سَبِيْلِكَ مَلَكَ الْأَمْلِمِينَ

It was said to her: Enter the palace court. So when she saw it, she taught 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 (overlaying 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 أُمَّةُ أَمْرَكَ عُمْرَانُ رَبِّي نَذَّرْتُ لَكَ مَا في بَطْنِي مُحْرَرًا.
فَتَقُبَّلَ مَنِيَ إِنَّكَ أَنتَ الَّذِي أَنْعَمَ عَلَيْنَا
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 قَالَتِ رَبِّي وَضَعْتُهَا أَنْتُنِي وَاللَّهُ أَعْلَمُ رُمَىً وَضَعْتُهَا وَلَسْتُ
وَالذَّكَرُ كَالأُنثَىٰ وَإِنِّي سِمِّيتُهَا مِرْيَمٌ وَإِنِّي أُعْبِدُهَا بَيْلَةً وَذُرِّيتُها مِنَ
الْشَّيْطَانِ الْأَجَرَمِٰ
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 خَلَقَكُم مِّن نَّفْسٍ وَاحِدَةٍ وَجَعَلَ مِنْهَا زَوْجَتَيْنَ لَيْسَ كُلُّهَا إِلَيْهَا
فَلَمَّا تَغَشَّبَتْهَا حَمَّلَتْ حَمْلًا حَفِيفًا فَشَّرَتْهُ بَيْنَ بَاذْغِيَتِهَا وَقُلْتُ لِأَلْهَةِ
رَبِّيْهَا أَيِّنُ إِنِّي سَأَلِيْتُ صَلِيْحًا لِتَنْكُوْنَنَ مَنْ الشَّيْكِيرَبِّ
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

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

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

Those who when an affliction strikes them, say: Indeed, to God do we belong, and, indeed, to Him are we returning. (2:156)
80. Theme: Seeking forgiveness and mercy for the Believers

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)
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)
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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