



BLOSSOMING BELIEVERS

A table format that
is child-friendly
and easy to
remember!

Are you ready for the
ultimate 10-week
challenge?

10 MUST-HAVE SHORT DUAS

Arabic, English
translation with the
right moments to
unleash your du'a!



NEXT ➡



- Making du'a is like having a heart-to-heart chat with Allah!
- Keep that du'a on repeat until you've got it locked in your memory vault.
- Don't hesitate to sprinkle in your own words when making du'a for yourself and your loved ones!
- Put your heart into your dua.
- Concentrate fully and direct your complete attention to Allah
- Truly believe, from the depths of your heart, that Allah will fulfil your requests.






There is an hour on Friday during which no Muslim asks Allah for anything but He will give it to him."
Sahih al-Bukhari



**"Your Lord has said, 'Call upon Me, and I will respond to you.'"
(Surah Ghafir 40:60)**

Allah Himself promises to answer the supplications of those who call upon Him sincerely, encouraging Muslims to make Dua frequently and with faith.

FEEL AT PEACE!

NEXT ➡

ENGLISH		ARABIC	WHEN	BENEFIT	TICK WHEN MEMORISED
Surah Taha (20:114)	My Lord, increase me in knowledge.	 رَبِّ زِدْنِي عِلْمًا	For every type of knowledge: Islam and other subjects.	<p>This Dua was frequently recited by the Prophet (ﷺ), showing its importance. Seeking knowledge is highly regarded in Islam, as knowledge guides a believer to act righteously and draw closer to Allah.</p> <p>Reference: <i>"When Allah desires good for someone, He gives him understanding of the religion."</i> (Sahih al-Bukhari)</p>	
Sahih al-Bukhari	All praise is due to Allah, Who has given us life after He caused us to die, and to Him is the resurrection.	 الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ	Rise and shine with a splash of gratitude to kickstart my day!	<p>The Prophet (ﷺ) encouraged gratitude upon waking as it helps to start the day with remembrance of Allah, acknowledging His mercy in granting life. Expressing gratitude at the beginning of the day invites blessings and protection.</p> <p>The Prophet said, <i>"Whoever says this upon waking has completed his duty of thanks to Allah for that day."</i> Sahih al-Bukhari</p>	
Sahih Muslim	In the Name of Allah	 بِسْمِ اللَّهِ	Pre- meal Moments!	<p>Saying Bismillah brings blessings to the food, and starting with Allah's name fosters gratitude and mindfulness. The Prophet (ﷺ) advised this to guard against Shaytan's influence over one's meals.</p> <p><i>"When any of you eats, he should mention the name of Allah."</i> Sahih Muslim</p>	

	ENGLISH	ARABIC	WHEN	BENEFIT	TICK WHEN MEMORISED
					NEXT ➡
Surah Al-Isra (17:24)	My Lord, have mercy upon them (my parents) as they brought me up when I was small.	رَبِّ اَرْحَمُهُمَا كَمَا رَبَّيَانِي صَغِيرًا	Du'a for parents 	<p>This Dua reflects a beautiful intention for parents, showing gratitude and love. Allah rewards this Dua with His mercy and blessings on the parents.</p> <p>The Prophet (ﷺ) emphasised honouring and praying for parents, which brings immense reward. <i>(Surah Al-Isra 17:24)</i></p>	
Sunan Abu Dawud	Praise be to Allah Who fed us, provided drink, and made us Muslims.	اَلْحَمْدُ لِلّٰهِ الَّذِي اَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مُسْلِمِينَ	 Post-meal!	<p>This Dua emphasises gratitude after eating and acknowledges Allah as the Provider, increasing blessings in future provisions and fulfilling one's duty of thanks to Allah.</p> <p>Reference: <i>The Prophet (ﷺ) said that expressing gratitude after eating ensures blessings and satisfaction from what was consumed. Abu Dawud</i></p>	
Sahih Al Bukhari	In Your name, O Allah, I die and live.	بِسْمِكَ اَللّٰهُمَّ اَمُوتُ وَاَحْيَا	 Right du'a before hitting snooze!	<p>This Dua reminds the believer of their dependence on Allah for life and death, bringing tranquility before sleep and trust in Allah's protection.</p> <p>Reference: <i>The Prophet (ﷺ) recited this as a way of entrusting oneself to Allah before sleep. (Sahih al-Bukhari)</i></p>	
Sunan Ibn Majah	My Lord, forgive me and accept my repentance. Indeed, You are the Accepting of repentance, the Merciful.	رَبِّ اَغْفِرْ لِي وَتُبْ عَلَيَّ اِنَّكَ اَنْتَ اَلتَّوَّابُ الرَّحِيْمُ	Calling on Allah for a little forgiveness wipe the slate clean and fix those mistakes!	<p>Regularly seeking forgiveness (Istighfar) removes sins, relieves burdens, and brings ease to one's affairs. It draws the believer closer to Allah's mercy and grants tranquility.</p> <p>Reference: <i>The Prophet (ﷺ) said, "Whoever frequently seeks forgiveness, Allah will make for him a way out of every hardship." (Abu Dawud)</i></p>	

ENGLISH	ARABIC	WHEN	BENEFIT	TICK WHEN MEMORISED
Surah Al-Anbiya (21:87)	There is no god except You; exalted are You. Indeed, I have been of the wrongdoers."	<p>لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ</p>	<p>This Dua, known as the supplication of Prophet Yunus(ﷺ) brings relief from hardships and is especially powerful when a person is in severe distress, as Allah promises to answer it.</p> <p>Reference: The Prophet (ﷺ) said, "No Muslim supplicates with it but Allah will answer him." (Tirmidhi)</p>	<div>BACK</div>
Sahih Al Bukhari	O Allah, let this be beneficial rain.	<p>اَللّٰهُمَّ صَيِّبًا نَافِعًا</p>	<p>This Dua for beneficial rain reflects reliance on Allah as the Provider and can bring blessings to the environment and community, turning rain into a source of mercy.</p> <p>Reference: Rain was seen as a mercy, and the Prophet (ﷺ) encouraged Dua during rain as it is a time when supplications are more readily accepted. (Sahih al-Bukhari)</p>	
Sunan Abu Dawud	In the name of Allah we enter, in the name of Allah we leave, and upon our Lord we place our trust.	<p>بِسْمِ اللّٰهِ وَلَجْنَا وَبِسْمِ اللّٰهِ خَرَجْنَا وَعَلَى اللّٰهِ رَبِّنَا تَوَكَّلْنَا</p>	<p>This Dua, said when leaving home, grants protection and Allah's assistance, shielding the believer from harm and guiding them in their endeavours.</p> <p>Reference: The Prophet (ﷺ) said, "Whoever recites this Dua will be protected and guided" Ibn Majah)</p>	

May Allah reward you



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