



ISLAMIC SCHOOL OF DARWIN

Daily Essential Du'as

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Note to the reader

This handbook aims to provide a uniform set of du'as to teach students. For many situations there will be more than one acceptable du'a and the teacher will need to bear this in mind. It is recommended that students must memorise a du'a completely and be tested by the teacher before moving onto the next. Students must be explained the meaning and significance of the du'as and should be encouraged to memorise the meanings as well. Finally students must be urged to use these du'as everyday. Only then will the du'as benefit them. All of the du'as are sourced from either *Hisnul Muslim: Fortress of the Muslim* by Said bin Ali bin Wahf Al-Qahtani or from the Glorious Qur'an.

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1. Du'a after waking up

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

Alhamdu lillaahil-lathee 'ahyaanaa ba'da maa 'amaatanaa wa'ilayhin-nushoor.
Praise is to Allah Who gives us life after He has caused us to die and to Him is the return.

2. Du'a before sleeping

بِسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismika Allaahumma 'amootu wa 'ahyaa.
In Your Name, O Allah, I die and I live.

After this recite Surah Al-Ikhlās, Surah Al-Falaq and Surah An-Nas, blow into your cupped hands and wipe over your body. Repeat this 3 times. Then recite *Subhanallah*, *Alhamdulillah* and *Allahuakbar*, 33, 33 and 34 times respectively. Then recite Ayat-ul-Kursi (see Advanced Du'as book).

3. Du'a before eating

بِسْمِ اللَّهِ

Bismillaah.
In the Name of Allah.

4. Du'a after eating

الْحَمْدُ لِلَّهِ

Alhamdu lillaah
All praise is to Allah

5. Du'a when one forgets to sat Bismillah before eating

بِسْمِ اللَّهِ فِي أَوَّلِهِ وَآخِرِهِ

Bismi l-lâhi fî awwalihi wa âkhirihî

In the name of Allah in it's beginning and end.

6. Du'as when one sneezes

a. When you sneeze, then say

الْحَمْدُ لِلَّهِ

Alhamdu lillaah

All praises and thanks are to Allah.

b. Then Your companion should say

يَرْحَمُكَ اللَّهُ

Yarhamukallaah

May Allah have mercy upon you.

c. When someone says Yarhamukallaah to you then you should say

يَهْدِيكُمُ اللَّهُ وَيُصْلِحُ بِالْكُم

Yahdeekumul-laahu wa yuslihu baalakum.

May Allah guide you and set your affairs in order.

7. Du'a while entering the toilet

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخُبَائِثِ

Allaahumma 'innee 'a'oothu bika minal-khubthi walkhabaa'ith.

Allah, I seek protection in You from the male and female unclean spirits.

8. Du'a while exiting toilet

غُفْرَانَكَ

Ghufraanaka.

I seek Your forgiveness.

9. Du'a while entering home

بِسْمِ اللَّهِ وَجِئْنَا، وَ بِسْمِ اللَّهِ خَرَجْنَا، وَعَلَى رَبِّنَا
تَوَكَّلْنَا

Bismillaahi walajnaa, wa bismillaahi kharajnaa, wa 'alaaRabblnaa tawakkalnaa
In the Name of Allah we enter, in the Name of Allah we leave, and upon our Lord
we depend.

10. Du'a while exiting home

بِسْمِ اللَّهِ، تَوَكَّلْتُ عَلَى اللَّهِ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا
بِاللَّهِ

Bismillaahi, tawakkaltu 'alallaahi, wa laa hawla wa laa quwwata ' illaa billaah.
In the Name of Allah, I have placed my trust in Allah, there is no might and no
power except by Allah.

11. Before making Wudu

بِسْمِ اللَّهِ

Bismillaah.

In the Name of Allah.

12. After making Wudu

Recite the Shahadah and then recite this du'a:

اللَّهُمَّ اجْعَلْنِي مِنَ التَّوَّابِينَ وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ

Allâhumma j'alnî mina t-tawwâbîna wa j'alnî mina-l-mutaṭahhirîn.

O Allah, make me of those who return to You often in repentance and make me of those who remain clean and pure."

13. Du'a while entering masjid

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Allaahum-maftah lee 'abwaaba rahmatika.

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

14. Du'a while exiting masjid

اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

Allaahumma 'innee 'as'aluka min fadhlika

O Allah, I ask for Your favor

15. Du'a seeking knowledge

رَبِّ زِدْنِي عِلْمًا

Rabbi zidna ilma

O my Lord ! increase me in knowledge

16. Du'a to thank someone

جَزَاكَ اللَّهُ خَيْرًا

Jazâka l-lâhu khayran

May Allah reward you with goodness

17. What to say while undressing

بِسْمِ اللَّهِ

Bismillaah.

In the Name of Allah.

18. Du'a while wearing clothes

الْحَمْدُ لِلَّهِ الَّذِي كَسَانِي هَذَا الثَّوْبَ وَرَزَقَنِيهِ مِنْ

غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ

Alhamdu lillaahil-lathee kasaanee haathaa aththawba wa razaqaneehi min ghayri hawlim-minnee wa laa quwwatin.

Praise is to Allah Who has clothed me with this garment and provided it for me, though I was powerless myself and incapable.

19. Du'a when travelling

سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ،

وَإِنَّا إِلَىٰ رَبِّنَا لَمُنْقَلِبُونَ

Subhaanal-lathee sakhkhara lanaa haathaa wa maa kunnaa lahu muqrineen. Wa 'innaa 'ilaa Rabbinaa lamunqaliboon.

Glory is to Him Who has provided this for us though we could never have had it by our efforts. Surely, unto our Lord we are returning.

20. Du'a before drinking milk

اللَّهُمَّ بَارِكْ لَنَا فِيهِ وَزِدْنَا مِنْهُ

Allâhumma bârik lanâ fîhi wa zidnâ minhu.

O Allah, bless it for us and give us more of it.

21. Du'a for parents

رَبِّ اَرْحَمُهُمَا كَمَا رَبَّيَانِي صَغِيرًا

Rabbir hamhuma kama Rabbayani Sagheera

My Lord! bestow on them Thy Mercy even as they cherished me in childhood

22. Azkar after every Fard Salah

Recite *Astaghfirullah* 3 times. Then recite:

اللَّهُمَّ أَنْتَ السَّلَامُ ، وَمِنْكَ السَّلَامُ ، تَبَارَكْتَ يَا

ذَا الْجَلَالِ وَالْإِكْرَامِ

Allâhumma anta s-salâmu wa minka s-salâmu, tabârakta yâ dhâ-l-jalâli wa-l-ikrâm
O Allah, You are As-Salam and from You is all peace, blessed are You, O Possessor of majesty and honour.

Then recite *Subhanallah*, *Alhamdulillah* and *Allahuakbar* 33 times each. Then:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ

وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Lâ ilâha illâ l-lâhu, wahdahu lâ sharîka lahu, lahu-l-mulku wa lahu-l-hamdu wa huwa
alâ kulli shay'in qadîr

None has the right to be worshipped except Allah, alone, without partner, to Him belongs all sovereignty and praise and He is over all things omnipotent.

Then recite Surah Al-Ikhlâs, Surah Al-Falaq and Surah An-Nas once (3 times after Fajr and Maghrib Salah). Then recite Ayat-ul-Kursi (see Advanced Du'as book).

23. Du'a after Azan

اللَّهُمَّ رَبَّ هَذِهِ الدَّعْوَةِ التَّامَّةِ وَالصَّلَاةِ الْقَائِمَةِ آتِ
مُحَمَّدًا الْوَسِيلَةَ وَالْفَضِيلَةَ وَابْعَثْهُ مَقَاماً مَحْمُوداً
الَّذِي وَعَدْتَهُ إِنَّكَ لَا تُخْلِفُ الْمِيعَادَ

*Allâhumma rabba hâdhihi d-da^çwati t-âmmati, wa s-salâti-l-qâ'imati. Âti
Muhammadan al wasîlata wa-l-fadîlata, wa b^çath-hu maqâman mahmûdan al-ladhî
wa^çadtahu. [Innaka lâ tukhlifu-l-mî'âd.*

O Allah, Owner of this perfect call and Owner of this prayer to be performed, bestow upon Muhammad al-waseelah and al-fadeelah and send him upon a praised platform which You have promised him. Verily, You never fail in Your promise.