



# 30 Things to Pray For



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## TIPS TO HELP YOU

Set aside 15- 30 minutes.

Find a quiet corner,  
and pour your heart out to Allah.

Talk to Him about all your worries, struggles,  
ambitions and fears

and Ask Him whatever your heart desires.

Use these 30 duas inspired by verses from  
the Quran to guide you.



# 1. PRAISE ALLAH FOR WHO HE IS

وَلِلَّهِ أَلْأَسْمَاءُ الْحُسْنَى فَادْعُوهُ بِهَا

Allah has the Most Beautiful Names. So call  
upon Him by them  
Quran, 7:180



## 2. SEND SALUTATIONS ON OUR BELOVED MESSENGER

إِنَّ اللَّهَ وَمَلَائِكَتَهُ وَيُصَلِّونَ عَلَى النَّبِيِّ يَأَيُّهَا  
الَّذِينَ ءَامَنُوا صَلَوْا عَلَيْهِ وَسَلَّمُوا تَسْلِيمًا

Indeed, Allah showers His blessings upon the Prophet, and His angels pray for him. O believers! Invoke Allah's blessings upon him, and salute him with worthy greetings of peace.

Quran, 33:56



### 3. PRAY FOR FORGIVENESS

قَالَ رَبَّنَا ظَلَمْنَا أَنفُسَنَا وَإِن لَّمْ تَغْفِرْ لَنَا  
وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَسِيرِينَ

They replied, “Our Lord! We have wronged ourselves. If You do not forgive us and have mercy on us, we will certainly be losers.”

Quran, 7:23



## 4. PRAY TO BE GRATEFUL

قَالَ رَبِّي أَوْزِغْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي  
أَنْعَمْتَ عَلَيَّ وَعَلَى وَلَدِي وَأَنْ أَعْمَلَ صَلِحًا  
تَرْضَهُ وَأَصْلِحُ لِي فِي ذُرِّيَّتِي إِنِّي تُبَتُّ إِلَيْكَ  
وَإِنِّي مِنَ الْمُسْلِمِينَ

...they pray, "My Lord! Inspire me to 'always' be thankful for Your favours which You blessed me and my parents with, and to do good deeds that please You. And instil righteousness in my offspring. I truly repent to You, and I truly submit 'to Your Will'."

Quran, 46:15



## 5. PRAY FOR GUIDANCE

أَهْدِنَا الْصِّرَاطَ الْمُسْتَقِيمَ

Guide us along the Straight Path

Quran, 1:6



## 6. PRAY FOR HEALING FROM YOUR SADNESS AND PAIN

قَالَ إِنَّمَا أَشْكُوا بَشِّي وَحُزْنِي إِلَى اللَّهِ

وَيَشْفِي صُدُورَ قَوْمٍ مُّؤْمِنِينَ

He (Jacob) replied, “I complain of my anguish and sorrow only to Allah

Quran, 12:86

and (Allah) soothes the hearts of the believers

Quran, 9:14



## 7. PRAY FOR THE BEST IN THIS WORLD AND THE NEXT

وَمِنْهُمْ مَنْ يَقُولُ رَبَّنَا إِاتِنَا فِي الدُّنْيَا حَسَنَةً  
وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Yet there are others who say, “Our Lord! Grant us the good of this world and the Hereafter, and protect us from the torment of the Fire.”

Quran, 2:201



## 8. PRAY FOR PROTECTION AGAINST CALAMITY

وَذَا الْنُّونِ إِذْ ذَهَبَ مُغْرِضًا فَظَنَّ أَنَّ لَنْ نَقْدِرَ عَلَيْهِ فَنَادَى فِي الظُّلْمَةِ أَنَّ لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

And 'remember' when the Man of the Whale stormed off 'from his city' in a rage, thinking We would not restrain him. Then in the 'veils of' darkness he cried out, "There is no god 'worthy of worship' except You. Glory be to You! I have certainly done wrong."

Quran, 21:87



## 9. PRAY FOR A CLEAN HEART

وَلَا تُخْزِنِي يَوْمَ يُبَعْثُونَ  
يَوْمَ لَا يَنْفَعُ مَالٌ وَلَا بَنُونَ  
إِلَّا مَنْ أَتَى اللَّهَ بِقَلْبٍ سَلِيمٍ

And do not disgrace me on the Day all will be resurrected— the Day when neither wealth nor children will be of any benefit.

Only those who come before Allah with a pure heart 'will be saved'.

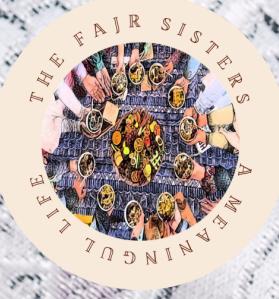
Quran, 26:87-89



## 10. PRAY FOR EASE IN YOUR AFFAIRS

قَالَ رَبِّي أُشْرِحْ لِي صَدْرِي  
وَيَسِّرْ لِي أَمْرِي

Moses prayed, “My Lord! Uplift my heart for me,  
and make my task easy  
Quran, 20:25-26



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With duaa,  
dreams  
come true





## 11. PRAY FOR STEADFASTNESS

وَلَمَّا بَرَزُوا لِجَالُوتَ وَجُنُودِهِ قَالُوا رَبَّنَا أَفْرِغْ  
عَلَيْنَا صَبْرًا وَثِبْتَ أَقْدَامَنَا وَأَنْصُرْنَا عَلَى الْقَوْمِ  
الْكَفِرِينَ

When they advanced to face Goliath and his warriors, they prayed, “Our Lord! Shower us with perseverance, make our steps firm, and give us victory over the disbelieving people.”

Quran, 2:250



## 12. PRAY TO NOT BE OVERBURDENED

رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إِفْرَادًا كَمَا حَمَلْتَهُ وَعَلَى أَلَّذِينَ  
مِنْ قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ<sup>صَلَّى</sup>

Our Lord! Do not punish us if we forget or make a mistake. Our Lord! Do not place a burden on us like the one you placed on those before us. Our Lord! Do not burden us with what we cannot bear.

Quran, 2:286



## 13. PRAY FOR AN OPENING

وَسِعَ رَبُّنَا كُلَّ شَيْءٍ عِلْمًا عَلَى الْلَّهِ تَوَكَّلْنَا  
رَبَّنَا أَفْتَحْ بَيْنَنَا وَبَيْنَ قَوْمِنَا بِالْحَقِّ وَأَنْتَ  
خَيْرُ الْفَاتِحِينَ

Our Lord has encompassed everything in 'His' knowledge. In Allah we trust. Our Lord! Judge between us and our people with truth. You are the best of those who judge."

Quran, 7:89



## 14. PRAY TO HAVE WISDOM

رَبِّ هَبْ لِي حُكْمًا وَأَلْحِقْنِي بِالصَّلِحِينَ

يُؤْتِي الْحِكْمَةَ مَنْ يَشَاءُ وَمَنْ يُؤْتَ الْحِكْمَةَ  
فَقَدْ أُوتِيَ خَيْرًا كَثِيرًا

“My Lord! Grant me wisdom, and join me with  
the righteous.

Quran, 26:83

Allah grants wisdom to whoever He wills. And  
whoever is granted wisdom is certainly  
blessed with a great privilege.

Quran, 2:269



## 15. PRAY FOR SAFETY

وَإِذْ قَالَ إِبْرَاهِيمَ رَبِّي أَجْعَلْ هَذَا بَلَدًا إِيمَانًا  
وَأَرْزُقْ أَهْلَهُو مِنَ الْثَمَرَاتِ مَنِ إِيمَانَ مِنْهُمْ  
بِاللَّهِ وَالْيَوْمِ الْآخِرِ

And 'remember' when Abraham said, "My Lord, make this city 'of Mecca' secure and provide fruits to its people—those among them who believe in Allah and the Last Day."

Quran, 2:126



## 16. PRAY FOR TAQWA

وَمَن يَتَّقِ اللَّهَ يَجْعَل لَّهُ وَمَخْرَجًا  
وَيَرْزُقُهُ مِنْ حَيْثُ لَا يَخْتَسِبُ وَمَن يَتَوَكَّل عَلَى اللَّهِ  
فَهُوَ حَسْبُهُ وَ

And whoever is mindful of Allah, He will make a way out for them, and provide for them from sources they could never imagine. And whoever puts their trust in Allah, then He 'alone' is sufficient for them.

Quran, 65:2-3



## 17. PRAY FOR RIGHTEOUSNESS

فَتَبَسَّمَ صَاحِّلًا مِنْ قَوْلِهَا وَقَالَ رَبِّ أَوْزِغِنِي أَنْ أَشْكُرَ  
نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ وَعَلَى وَلِدَيَّ وَأَنْ أَعْمَلَ  
صَلِحًا تَرْضَهُ وَأَذْخُلِنِي بِرَحْمَتِكَ فِي عِبَادِكَ  
الصَّلِحِينَ

So Solomon smiled in amusement at her words, and prayed, “My Lord! Inspire me to ‘always’ be thankful for Your favours which You have blessed me and my parents with, and to do good deeds that please you. Admit me, by Your mercy, into ‘the company of’ Your righteous servants.”

Quran, 27:19



## 18. PRAY FOR BENEFICIAL KNOWLEDGE

فَتَعَلَّمِي اللَّهُ الْمَلِكُ الْحَقُّ<sup>فَلَهُ</sup> وَلَا تَعْجَلْ  
بِالْقُرْءَانِ مِنْ قَبْلِ أَنْ يُقْضَى إِلَيْكَ وَخَيْرُهُ<sup>صَلَّى</sup>  
وَقُلْ رَبِّ زِدْنِي عِلْمًا

Exalted is Allah, the True King! Do not rush to recite 'a revelation of' the Quran 'O Prophet' before it is 'properly' conveyed to you, and pray, "My Lord! Increase me in knowledge."

Quran, 20:14



## 19. PRAY FOR ALLAH'S MERCY

أَنْتَ وَلِيُّنَا فَاغْفِرْ لَنَا وَأَرْحَمْنَا <sup>صَلَّى</sup> وَأَنْتَ خَيْرُ  
الْغَفِّرِينَ

You are our Guardian. So forgive us and have  
mercy on us. You are the best forgiver.

Quran, 7:155



## 20. PRAY FOR PATIENCE

وَمَا تَنْقِمُ مِنَّا إِلَّا أَنْ ءَامَنَّا بِأَيْتٍ رَبِّنَا لَمَّا  
جَاءَهُنَا رَبَّنَا أَفْرَغَ عَلَيْنَا صَبْرًا وَتَوْفِنَا  
مُسْلِمِينَ

Your rage towards us is only because we believed in the signs of our Lord when they came to us. Our Lord! Shower us with perseverance, and let us die while submitting 'to You'.

Quran, 7:126

Duaa is our  
private  
conversation  
with Allah



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FOR  
PLEASE





## 21. PRAY FOR ALLAH'S REFUGE FROM SHAYTAN

وَقُلْ رَبِّي أَعُوذُ بِكَ مِنْ هَمَزَتِ الشَّيْطَانِ  
وَأَعُوذُ بِكَ رَبِّي أَنْ يَخْضُرُونَ

And say, “My Lord! I seek refuge in You from  
the temptations of the devils.

And I seek refuge in You, my Lord, that they  
'even' come near me.”

Quran, 23:97-98



## 22. PRAY FOR ALLAH'S PROTECTION FROM HELLFIRE

الَّذِينَ يَذْكُرُونَ اللَّهَ قِيمًا وَقُعُودًا وَعَلَى  
جُنُوبِهِمْ وَيَتَفَكَّرُونَ فِي خَلْقِ السَّمَاوَاتِ  
وَالْأَرْضِ رَبَّنَا مَا خَلَقْتَ هَذَا بَطِلًا سُبْحَانَكَ  
فَقِنَا عَذَابَ النَّارِ

'They are' those who remember Allah while standing, sitting, and lying on their sides, and reflect on the creation of the heavens and the earth 'and pray', "Our Lord! You have not created 'all of' this without purpose. Glory be to You! Protect us from the torment of the Fire.

Quran, 3:191



## 23. PRAY FOR A HOUSE NEXT TO ALLAH IN JANNAH

وَصَرَبَ اللَّهُ مَثَلًا لِّلَّذِينَ ءَامَنُوا أُمْرَأَتَ فِرْعَوْنَ  
إِذْ قَالَتْ رَبِّ أُبْنِي لِي عِنْدَكَ بَيْتًا فِي الْجَنَّةِ  
وَنَجِّنِي مِنْ فِرْعَوْنَ وَعَمَلِهِ وَنَجِّنِي مِنْ الْقَوْمِ  
الظَّالِمِينَ

And Allah sets forth an example for the believers: the wife of Pharaoh, who prayed, “My Lord! Build me a house in Paradise near You, deliver me from Pharaoh and his ‘evil’ doing, and save me from the wrongdoing people.”

Quran, 66:11



## 24. PRAY FOR A HAPPY FAMILY LIFE

وَالَّذِينَ يَقُولُونَ رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا  
وَذُرِّيَّتِنَا قُرَّةً أَغْيُنْ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

and those who say, “Our Lord, Give us, from our spouses and our children, comfort of eyes, and make us heads of the God-fearing.”

Quran, 25:74



## 25. PRAY FOR SUSTENANCE

وَأَرْزُقْنَا وَأَنْتَ خَيْرُ الْرَّزِّقِينَ

And provide for us! You are indeed the Best Provider.”

Quran, 5:114



## 26. PRAY TO BE JUST

وَإِذَا صُرِفْتُ أَبْصَرُهُمْ تِلْقَاءَ أَصْحَابِ الْنَّارِ  
قَالُوا رَبَّنَا لَا تَجْعَلْنَا مَعَ الظَّالِمِينَ

When their eyes will turn towards the residents of Hell, they will pray, “Our Lord! Do not join us with the unjust people.”

Quran, 7:47



## 27. PRAY FOR ALLAH TO SHOWER YOU WITH HIS LIGHT

نُورٌ عَلَى نُورٍ يَهْدِي اللَّهُ لِنُورِهِ مَن يَشَاءُ  
وَيَضْرِبُ اللَّهُ أَلَّا مِثْلَ لِلَّهِ وَاللَّهُ بِكُلِّ  
شَيْءٍ عَلِيمٌ

Light upon light! Allah guides whoever He wills to His light. And Allah sets forth parables for humanity. For Allah has 'perfect' knowledge of all things.

Quran, 24:35



## 28. PRAY THAT YOU TRUST ALLAH WITH ALL YOUR HEART

رَبَّنَا عَلَيْكَ تَوَكّلْنَا وَإِلَيْكَ أَنْبَلْنَا وَإِلَيْكَ الْمَصِيرُ

'The believers prayed,<sup>١</sup> "Our Lord! In You we trust. And to You we 'always' turn. And to You is the final return.

Quran, 60:4



## 29. PRAY TO DIE A MUSLIM

فَاطَّرَ السَّمَاوَاتِ وَالْأَرْضَ أَنْتَ وَلِيٌ فِي  
الْأَرْضِ وَالْأَنْهَارِ تَوْفِينِي مُسْلِمًا وَالْحَقْنِي  
بِالصَّلَاحِينَ

‘O’ Originator of the heavens and the earth!  
You are my Guardian in this world and the  
Hereafter. Allow me to die as one who  
submits<sup>1</sup> and join me with the righteous.”

# Quran, 12:101



## 30. PRAY FOR ALLAH'S ACCEPTANCE

وَإِذْ يَرْفَعُ إِبْرَاهِيمُ الْقَوَاعِدَ مِنَ الْبَيْتِ  
وَإِسْمَاعِيلُ رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ أَلْسَمِيعُ  
الْعَلِيمُ

And 'remember' when Abraham raised the foundation of the House with Ishmael, 'both praying, ' "Our Lord! Accept 'this' from us. You are indeed the All-Hearing, All-Knowing.

Quran, 2:127



# A NOTE FROM YOUR SISTERS

May Allah accept all your duaas and shower you with His love, mercy and light.

Please share this booklet with all your loved ones!

With the best wishes for your success in both worlds,

Your Fajr Sisters

April 2021, Ramadan 1442 AH



# FOLLOW US @THEFAJRSISTERS

إِنَّمَا الْمُؤْمِنُونَ إِخْوَةٌ فَأَصْلِحُوا بَيْنَ أَخْوَيْكُمْ  
وَاتَّقُوا اللَّهَ لَعَلَّكُمْ تُرَحَّمُونَ

The believers are but one brotherhood, so make peace between your brothers. And be mindful of Allah so you may be shown mercy.

Quran, 49:10