



30 Things to Pray For



@thefairsisters



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 duaas inspired by verses from
the Quran to guide you.



1. PRAISE ALLAH FOR WHO HE IS

وَلِلَّهِ الْأَسْمَاءُ الْحُسْنَىٰ 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 يُصَلُّونَ عَلَى النَّبِيِّ يَا أَيُّهَا
الَّذِينَ آمَنُوا صَلُّوا عَلَيْهِ وَسَلِّمُوا 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

قَالَا رَبَّنَا ظَلَمْنَا أَنْفُسَنَا وَإِنْ لَّمْ تَغْفِرْ لَنَا
وَتَرْحَمْنا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ

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 رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي
أَنْعَمْتَ عَلَيَّ وَعَلَىٰ وُلْدِي وَأَنْ أَعْمَلَ صَالِحًا
تَرْضَاهُ وَأَصْلِحْ لِي فِي ذُرِّيَّتِي إِنِّي تُبْتُ 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 الصِّرَاطَ الْمُسْتَقِيمَ

Guide us along the Straight Path
Quran, 1:6



6. PRAY FOR HEALING FROM YOUR SADNESS AND PAIN

قَالَ إِنَّمَا أَشْكُوا بَثِّي وَحُزْنِي إِلَى اللَّهِ

وَيَشْفِ 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 مَّنْ يَقُولُ رَبَّنَا ءَاتِنَا 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 النُّونِ إِذْ ذَهَبَ مُغْضِبًا فَظَنَّ أَنْ لَنْ نَقْدِرَ
عَلَيْهِ فَنَادَىٰ فِي الظُّلُمَاتِ أَنْ 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 يُبْعَثُونَ
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 رَبِّ اشْرَحْ لِي صَدْرِي
وَيَسِّرْ لِي أَمْرِي

Moses prayed, “My Lord! Uplift my heart for
me,

and make my task easy

Quran, 20:25-26



@thefairsisters

**With duaa,
dreams
come true**





11. PRAY FOR STEADFASTNESS

وَلَمَّا بَرَزُوا لِجَالُوتَ وَجُنُودِهِ قَالُوا رَبَّنَا أَفْرِغْ
عَلَيْنَا صَبْرًا وَثَبِّثْ أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ
الْكَافِرِينَ

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 إِصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ
مِنْ قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ

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 اللَّهِ تَوَكَّلْنَا
رَبَّنَا افْتَحْ 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 بِالصَّالِحِينَ

يُؤْتِي الْحِكْمَةَ مَن يَشَاءُ ۚ وَمَن 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 إِبْرَاهِيمُ رَبِّ اجْعَلْ هَذَا بَلَدًا ءَامِنًا
وَأَرْزُقْ أَهْلَهُ^{صلى} مِنَ الثَّمَرَاتِ مَنْ ءَامَنَ 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

وَمَنْ يَتَّقِ اللَّهَ يَجْعَلْ لَهُ مَخْرَجًا

وَيَرْزُقْهُ مِنْ حَيْثُ لَا يَحْتَسِبُ وَمَنْ يَتَوَكَّلْ عَلَى اللَّهِ فَهُوَ حَسْبُهُ

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 ضَاحِكًا مِّن قَوْلِهَا وَقَالَ رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ
نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ وَعَلَىٰ وُلْدِي وَأَنْ أَعْمَلَ
صَالِحًا تَرْضَاهُ وَأَدْخِلْنِي بِرَحْمَتِكَ فِي عِبَادِكَ
الصَّالِحِينَ

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

فَتَعَلَىٰ اللَّهُ الْمَلِكُ الْحَقُّ ^{قُلْ} وَلَا تَعْجَلْ
بِالْقُرْآنِ مِنْ قَبْلِ أَنْ يُقْضَىٰ إِلَيْكَ وَحْيُهُ ^{صَلِّ}
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, 20:114



19. PRAY FOR ALLAH'S MERCY

أَنْتَ وَلِيُّنَا فَاعْفِرْ لَنَا وَأَرْحَمْنَا وَأَنْتَ خَيْرُ
الْغَافِرِينَ

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 بِآيَاتِ رَبِّنَا لَمَّا
جَاءَنَا رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَتَوَفَّنَا
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



@thefajrsisters





21. PRAY FOR ALLAH'S REFUGE FROM SHAYTAN

وَقُلْ رَبِّ أَعُوذُ بِكَ مِنْ هَمَزَاتِ الشَّيْطَانِ
وَأَعُوذُ بِكَ رَبِّ أَنْ يَحْضُرُونِ

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 قِيَمًا وَقُعُودًا وَعَلَىٰ
جُنُوبِهِمْ وَيَتَفَكَّرُونَ فِي خَلْقِ السَّمَوَاتِ
وَالْأَرْضِ رَبَّنَا مَا خَلَقْتَ هَذَا بَطْلًا 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

وَضَرَبَ اللَّهُ مَثَلًا لِّلَّذِينَ ءَامَنُوا أَمْرَاتَ فِرْعَوْنَ
إِذْ قَالَتْ رَبِّ أَبْنِ لِي عِنْدَكَ بَيْتًا فِي الْجَنَّةِ
وَنَجِّنِي مِّنْ فِرْعَوْنَ وَعَمَلِهِ وَنَجِّنِي مِّنَ 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 قُرَّةَ أَعْيُنٍ 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 الرَّزُقِينَ

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

Quran, 5:114



26. PRAY TO BE JUST

وَإِذَا صُرِفَتْ أَبْصَارُهُمْ تِلْقَاءَ أَصْحَابِ النَّارِ
قَالُوا رَبَّنَا لَا تَجْعَلْنَا مَعَ الْقَوْمِ 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 الْأَمْثَلَ لِلنَّاسِ لِمَا هُمْ 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 تَوَكَّلْنَا وَإِلَيْكَ أَنَبْنَا وَالْإِلَهَ الْمَصِيرُ

‘The believers prayed,’ “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

فَاطِرَ السَّمَوَاتِ وَالْأَرْضِ أَنْتَ وَلِيِّ فِى *
الدُّنْيَا وَالْآخِرَةِ تَوَفَّنِي مُسْلِمًا وَأَلْحِقْنِي
بِالصَّالِحِينَ

‘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
submits¹ 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 السَّمِيعُ
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
@THEFAIRSISTERS**

إِنَّمَا الْمُؤْمِنُونَ إِخْوَةٌ فَأَصْلِحُوا بَيْنَ أَخَوَيْكُمْ
وَاتَّقُوا اللَّهَ لَعَلَّكُمْ تُرْحَمُونَ

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