

My Du'aa Journal

30 Supplications from the Quran

This belongs to:

About this Journal

"Call upon Me; I will respond to you." [Al-Ghafir 40:60]

The aim of this journal is to create a personal relationship with Allah (swt) through 30 beautiful du'as that can be found in the Quran.

The journal has been designed to raise your child's perception over the importance of making du'aa and subsequently develop their reliance upon Allah (swt).

Each supplication in this journal is accompanied with three objectives. The first, to memorise the du'aa in order to strengthen the bond with the Book of Allah (swt). The second, to memorise the translation of the du'aa for greater understanding and meaning. The third, to consciously reflect upon the du'aa in order to nurture humility and dependence upon the Almighty.

You will notice the booklet has been divided into three parts: bronze, silver and gold. The purpose of each part is to raise the level of optimism, by encouraging the child to reflect upon their life, knowing that Allah (swt) is the One who truly responds to the sincere caller. The idea is to identify how each du'aa can be relevant to your child's personal situations and circumstances. As your child progresses through the journal, every stage (bronze, silver and gold) requires deeper thought and contemplation.

The exercises need to be carried out consecutively, over a period of 30 days – a du'aa-a-day – to have a positive and lasting effect on your child's attitude and mindset, inshaaAllah.

Important note: For young children who are unable to write, parents will need to discuss the exercises with them and fill in the 'Time to reflect' parts of the journal on their behalf.

Additional exercises

- 1 Encourage the child to make their own meaningful supplications in different contexts.
- 2 Encourage your child to make du'aa for others (e.g. parents, grandparents, siblings, relatives, the orphans, the needy, the oppressed, the Muslim Ummah as a whole etc.)
- 3 Encourage the child to be grateful to Allah (swt) for all of His blessings

The **benefits** of these exercises:

- Nurture a conscious awareness of Allah (swt);
- Develop sincere intentions and actions;
- To think about one's context and the continuous need for Allah (swt);
- Acknowledge the feelings of others and develop empathy;
- Be grateful for Allah (swt's) blessings.

We hope this journal will be the beginning of a journey to develop a mindful and sound relationship with Allah (swt) through the Noble Quran and knowing that He (swt) alone takes care of all our needs.

Indeed, all praise is due for Allah, the Bestower of knowledge.

Date Started: _____

Day: _____



رَبِّ زِدْنِي عِلْمًا

My Lord, increase me in knowledge.

[Taha 20:114]

I can use this Du'aa when _____

I have memorised this Du'aa in Arabic

I have memorised the translation in English

Day:



رَبِّ اغْفِرْ وَارْحَمْ
وَ أَنْتَ خَيْرُ الرَّاحِمِينَ

**My Lord, forgive and have mercy,
and You are the best of the merciful.**

[Al-Mu minun 23:118]

I can use this Du'aa when _____

I have memorised this Du'aa in Arabic

I have memorised the translation in English

Day:



رَبِّ إِنِّي ظَلَمْتُ
نَفْسِي فَاعْفِرْ لِي

**My Lord, indeed I have
wronged myself, so forgive me.**
[Al-Qasas 28:16]

I can use this Du'aa when _____

I have memorised this Du'aa in Arabic

I have memorised the translation in English

Day:



رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ
أَنْتَ السَّمِيعُ الْعَلِيمُ

**Our Lord, accept [this] from us.
Indeed You are The Hearing, The Knowing.
[Al-Baqarah 2:127]**

I can use this Du'aa when _____

I have memorised this Du'aa in Arabic

I have memorised the translation in English

Day:



رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً
وَفِي الْآخِرَةِ حَسَنَةً
وَقِنَا عَذَابَ النَّارِ

Our Lord, give us in this world [that which is] good and in the Hereafter [that which is] good and protect us from the punishment of the Fire.

[Al-Baqarah 2:201]

I can use this Du'aa when _____

I have memorised this Du'aa in Arabic

I have memorised the translation in English

Day:



رَبَّنَا إِنَّا أَمْنَا فَاغْفِرْ لَنَا
ذُنُوبَنَا وَ قِنَا عَذَابَ النَّارِ

**Our Lord, indeed we have believed, so forgive
us our sins and protect us from the
punishment of the Fire.**

[Ali Imran 3:16]

I can use this Du'aa when _____

I have memorised this Du'aa in Arabic

I have memorised the translation in English

Day:



رَبَّنَا آمَنَّا فَاكْتُبْنَا
مَعَ الشَّاهِدِينَ

**Our Lord, we have believed, so
register us among the witnesses.**

[Al-Ma idah 5:83]

I can use this Du'aa when _____

I have memorised this Du'aa in Arabic

I have memorised the translation in English

Day:



رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا
وَ تَوَفَّنَا مُسْلِمِينَ

Our Lord, pour upon us patience and let us die as Muslims [in submission to You].

[Al-A'raf 7:126]

I can use this Du'aa when _____

I have memorised this Du'aa in Arabic

I have memorised the translation in English

Day:



رَبَّنَا آتِنَا مِنْ لَدُنْكَ رَحْمَةً
وَهَيِّئْ لَنَا مِنْ أَمْرِنَا رَشَدًا

**Our Lord, grant us from Yourself mercy and
prepare for us from our affair right guidance.**

[Al-Kahf 18:10]

I can use this Du'aa when _____

I have memorised this Du'aa in Arabic

I have memorised the translation in English

Day:



رَبِّ هَبْ لِي
مِنَ الصَّالِحِينَ

**My Lord, grant me [a child]
from among the righteous.
[As-Saffat 37:100]**

I can use this Du'aa when _____

I have memorised this Du'aa in Arabic

I have memorised the translation in English



حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ
عَلَيْهِ تَوَكَّلْتُ وَهُوَ
رَبُّ الْعَرْشِ الْعَظِيمِ

Sufficient for me is Allah: there is no deity except Him. On Him I have relied, and He is the Lord of the Great Throne.

[At-Tawbah 9:129]

I can use this Du'aa when _____

I have memorised this Du'aa in Arabic

I have memorised the translation in English

Day: _____



رَبَّنَا آهِنَا فَاغْفِرْ لَنَا وَارْحَمْنَا
وَ أَنْتَ خَيْرُ الرَّاحِمِينَ

**Our Lord, we have believed,
so forgive us and have mercy upon us,
and You are the best of the merciful.**

[Al-Mu'minun 23:109]

I can use this Du'aa when _____

I have memorised this Du'aa in Arabic

I have memorised the translation in English

Day: _____



رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ
وَمِنْ ذُرِّيَّتِي رَبَّنَا وَتَقَبَّلْ دُعَاءِ

**My Lord, make me an establiher of prayer,
and [many] from my descendants. Our Lord,
and accept my supplication.**

[Ibrahim 14:40]

I can use this Du'aa when _____

I have memorised this Du'aa in Arabic

I have memorised the translation in English

Day: _____



رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ
وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ

**Our Lord, forgive me and my parents
and the believers the Day the
account is established.**

[Ibrahim 14:41]

I can use this Du'aa when _____

I have memorised this Du'aa in Arabic

I have memorised the translation in English

Day:



رَبَّنَا عَلَيْكَ تَوَكَّلْنَا وَإِلَيْكَ
أُنَبَّأْنَا وَ إِلَيْكَ الْمَصِيرُ

**Our Lord, upon You we have relied, and to
You we have returned, and to
You is the destination.**

[Al-Mumtahanah 60:4]

I can use this Du'aa when _____

I have memorised this Du'aa in Arabic

I have memorised the translation in English

Day: _____



رَبَّنَا أَتْمِمْ لَنَا نُورَنَا وَ اغْفِرْ لَنَا
إِنَّكَ عَلَيَّ كُلِّ شَيْءٍ قَدِيرٌ

**Our Lord, perfect for us our light
and forgive us. Indeed, You are over
all things competent.**

[At-Tahrim 66:8]

I can use this Du'aa when _____

I have memorised this Du'aa in Arabic

I have memorised the translation in English

Day: _____



رَبَّنَا ظَلَمْنَا أَنفُسَنَا وَ إِن
لَّمْ تَغْفِرْ لَنَا وَ تَرْحَمْنَا
لَنَكُونَنَّ مِنَ الْخَاسِرِينَ

**Our Lord, we have wronged ourselves,
and if You do not forgive us and have mercy
upon us, we will surely be among the losers.**

[Al-A'raf 7:23]

I can use this Du'aa when _____

I have memorised this Du'aa in Arabic

I have memorised the translation in English



رَبَّنَا وَآتِنَا مَا وَعَدْتَنَا عَلَى
رُسُلِكَ وَ لَا تُخْزِنَا يَوْمَ الْقِيَامَةِ
إِنَّكَ لَا تَخْلِفُ الْوَعْدَ

**Our Lord, and grant us what You promised
us through Your messengers and do
not disgrace us on the Day of Resurrection.
Indeed, You do not fail in [Your] promise.**

[Ali Imran 3:194]

I can use this Du'aa when _____

I have memorised this Du'aa in Arabic

I have memorised the translation in English

Day: _____



رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ
هَدَيْتَنَا وَهَبْ لَنَا مِنْ لَدُنْكَ
رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ

**Our Lord, let not our hearts deviate
after You have guided us and grant us from
Yourself mercy. Indeed, You are The Bestower.**

[Ali Imran 3:8]

I can use this Du'aa when _____

I have memorised this Du'aa in Arabic

I have memorised the translation in English

Day: _____



رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ
الَّتِي أَنْعَمْتَ عَلَيَّ وَعَلَىٰ وَالِدَيَّ
وَأَنْ أَعْمَلَ طَالِحًا تَرْضَاهُ وَأَدْخِلْنِي
بِرَحْمَتِكَ فِي عِبَادِكَ الصَّالِحِينَ

My Lord, enable me to be grateful for Your favor which You have bestowed upon me and upon my parents and to do righteousness of which You approve. And admit me by Your mercy into [the ranks of] Your righteous servants.”

[An-Naml 27:19]

I can use this Du'aa when _____

I have memorised this Du'aa in Arabic

I have memorised the translation in English



رَبَّنَا إِنَّا سَمِعْنَا مُنَادِيًا
يُنَادِي لِلْإِيمَانِ أَنْ آمِنُوا بِرَبِّكُمْ
فَأَمْنَا. رَبَّنَا فَاعْفُ رُ لَنَا ذُنُوبَنَا وَ كَفِّرْ
عَنَّا سَيِّئَاتِنَا وَ تَوَفَّنَا مَعَ الْأَبْرَارِ

Our Lord, indeed we have heard a caller calling to faith. [saying].
'Believe in your Lord,' and we have believed. Our Lord, so forgive
us our sins and remove from us our misdeeds and
cause us to die with the righteous.

[Ali Imran 3:193]

I can use this Du'aa when _____

I have memorised this Du'aa in Arabic

I have memorised the translation in English

Day:



رَبِّ أَعُوذُ بِكَ مِنْ هَمَزَاتِ
الشَّيَاطِينِ وَأَعُوذُ بِكَ
رَبُّ أَنْ يَخَضُّوْنَ

My Lord, I seek refuge in You from the incitements of the devils. And I seek refuge in You, my Lord, lest they be present with me.

[Al-Muminoon 23:97-98]

I can use this Du'aa when _____

I have memorised this Du'aa in Arabic

I have memorised the translation in English

Day:



رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا
وَذُرِّيَاتِنَا قُرَّةَ أَعْيُنٍ
وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

Our Lord, grant us from among our wives
and offspring comfort to our eyes and
make us an example for the righteous.

[Al-Furqan 25:74]

I can use this Du'aa when _____

I have memorised this Du'aa in Arabic

I have memorised the translation in English



رَبِّ هَبْ لِي حُكْمًا وَ أَلْحِقْنِي بِالصَّالِحِينَ
وَ اجْعَلْ لِي لِسَانَ صِدْقٍ فِي الْأَخْرِينِ
وَ اجْعَلْنِي مِنْ وَرَثَةِ جَنَّةِ النَّعِيمِ

My Lord, bestow wisdom on me, and join me with the righteous. And grant me honourable mention on the tongue of truth among the latest (generations). And make me one of the inheritors of the Garden of Bliss.

[Ash-Shuarah 26:83-85]

I can use this Du'aa when _____

I have memorised this Du'aa in Arabic

I have memorised the translation in English

Day:



رَبَّنَا اغْفِرْ لَنَا وَ لِإِخْوَانِنَا الَّذِينَ سَبَقُونَا
بِالْإِيمَانِ وَ لَا تَجْعَلْ فِي قُلُوبِنَا
غِلًّا لِلَّذِينَ آمَنُوا رَبَّنَا إِنَّكَ رَءُوفٌ رَحِيمٌ

Our Lord, forgive us and our brothers who preceded us
in faith and put not in our hearts [any] resentment
toward those who have believed. Our Lord,
indeed You are Kind and Merciful.

[Al-Hashr 59:10]

I can use this Du'aa when _____

I have memorised this Du'aa in Arabic

I have memorised the translation in English

Day:



رَبَّنَا اغْفِرْ لَنَا ذُنُوبَنَا وَ إِسْرَافَنَا فِي
أَمْرِنَا وَ ثَبِّتْ أَقْدَامَنَا وَ انصُرْنَا
عَلَى الْقَوْمِ الْكَافِرِينَ

**Our Lord, forgive us our sins and the excess [committed]
in our affairs and plant firmly our feet and give
us victory over the disbelieving people.**

[Ali Imran 3:147]

I can use this Du'aa when _____

I have memorised this Du'aa in Arabic

I have memorised the translation in English

Day: _____



رَبَّنَا وَ اجْعَلْنَا مُسْلِمِينَ لَكَ وَ مِنْ
ذُرِّيَّتِنَا أُمَّةً مُسْلِمَةً لَكَ وَ أَرِنَا مَنَاسِكَنَا
وَ تَبَّ عَلَيْنَا إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ

Our Lord, and make us Muslims [in submission] to You and from our descendants a Muslim nation [in submission] to You. And show us our rites and accept our repentance. Indeed, You are The Accepting of repentance, The Merciful.

[Al-Baqarah 2:128]

I can use this Du'aa when _____

I have memorised this Du'aa in Arabic

I have memorised the translation in English

Day:



رَبَّنَا اضْرِبْ عَنَّا عَذَابَ جَهَنَّمَ
إِن عَذَابَهَا كَانَ غَرَامًا
إِنَّهَا سَاءَتْ مُسْتَقَرًّا وَمُقَامًا

Our Lord, avert from us the punishment of Hell.
Indeed, its punishment is ever adhering.
Indeed, it is evil as a settlement and residence.

[Al-Furqan 25:65-66]

I can use this Du'aa when _____

I have memorised this Du'aa in Arabic

I have memorised the translation in English



رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا
 رَبَّنَا وَ لَا تَحْمِلْ عَلَيْنَا إِضْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ
 مِنْ قَبْلِنَا رَبَّنَا وَ لَا تُحْمِلْنَا مَا لَا طَاقَةَ لَنَا بِهِ
 وَ اعْفُ عَنَّا وَ اغْفِرْ لَنَا وَارْحَمْنَا أَنْتَ هَوْلَانَا
 فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

Our Lord, do not impose blame upon us if we have forgotten or erred.

Our Lord, and lay not upon us a burden like that which You laid upon those before us. Our Lord, and burden us not with that which we have no ability to bear. And pardon us: and forgive us: and have mercy upon us.

You are our Protector, so give us victory over the disbelieving people

[Al-Baqarah 2:286]

I can use this Du'aa when _____

I have memorised this Du'aa in Arabic

I have memorised the translation in English

Day: _____



رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ
وَ عَلَيَّ وَالِدَيَّ وَ أَنْ أَعْمَلَ صَالِحًا تَرْضَاهُ وَ أَصْلِحْ لِي
فِي ذُرِّيَّتِي إِنِّي تُبْتُ إِلَيْكَ وَ إِنِّي مِنَ الْمُسْلِمِينَ

My Lord, enable me to be grateful for Your favor
which You have bestowed upon me and upon my
parents and to work righteousness of which You will approve,
and make righteous for me my offspring. Indeed, I have
repented to You, and indeed, I am of the Muslims.

[Al-Ahqaf 46:15]

I can use this Du'aa when _____

I have memorised this Du'aa in Arabic

I have memorised the translation in English

رمضان
Ramadan Revolution

Well Done!

May Allah accept it from you!

Date Finished:

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20 Green Lane, Small Heath, Birmingham, B9 5DB | info@greenlanemasjid.org | 0121 713 0080

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