



HHUGS

30 DUAS FOR

RAMADHAN

01

اللَّهُ أَكْبَرُ، اللَّهُمَّ أَهْلُهُ عَلَيْنَا بِالْأَمْنِ وَالْإِيمَانِ،
وَالسَّلَامَةِ وَالْإِسْلَامِ، وَالتَّوْفِيقِ لِمَا تُحِبُّ
وَتَرْضَى، رَبَّنَا وَرَبِّكَ اللَّهُ

*Allāhu Akbar, Allāhumma ahillahu ‘alaynā bil-amni wal-īmān
was-salāmati wal-islām, wat-tawfīqi limā tuhibbu wa tardhā,
Rabbunā wa rabbukaAllāh.*

Allah is the Greatest. O Allah, make the new moon rise on us with blessings and faith, with safety and in the belief of Islam, and grant us the ability to do that which You love and that which Pleases You. My Lord and Your Lord is Allah. (At-Tirmidhī)

02

ذَهَبَ الظَّمَأُ، وَابْتَلَّتِ الْعُرُوقُ، وَتَبَّتِ الْأَجْرُ إِنَّ
شَاءَ اللَّهُ

*Dhahaba al-dhama’u, wabtallat al-urūq wa thabata al-ajru
in shā Allāh.*

The thirst has gone, the veins are moist, and the reward is assured, if Allah wills. (Abu Dawud)

03

يَا مُقَلِّبَ الْقُلُوبِ ثَبِّتْ قَلْبِي عَلَى دِينِكَ

Ya Muqallib al-Qulūb thabbit qalbī ‘alā dīnik.

O Turner of the Hearts, keep our hearts firm on your religion. (At-Tirmidhī)

04

رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَتَوَفَّنَا مُسْلِمِينَ

Rabbānā afrigh ‘alaynā sabra wa tawaffanā muslimīn.

Our Lord, pour upon us patience and let us die as Muslims [in submission to You]. (7:126)

05

لَلّهُمَّ طَهِّرْنِي مِنَ الذُّنُوبِ وَالْخَطَايَا اللَّهُمَّ تَقْنِي
مِنْهَا كَمَا يُتَقَّى التُّوبُ الْأَبْيَضُ مِنَ الدَّنَسِ اللَّهُمَّ
طَهِّرْنِي بِالثَّلْجِ وَالْبَرَدِ وَالْمَاءِ الْبَارِدِ

*Allāhumma tahhirnī min adh-dhunūbi wal-khatāyā.
Allāhumma naqqinī minhā kamā yunaqqā ath-thawbul-abyadhu
min ad-danas, Allāhumma tahhirnī bith-thalji wal-baradi
wal-mā'il-bārid.*

O Allah, purify me from sins and errors, O Allah cleanse me of them as a white garment is cleansed of dirt, O Allah purify me with snow, hail and cold water. (An-Nasā'ī)

06

اللَّهُمَّ اَلِّفْ بَيْنَ قُلُوبِنَا، وَأَصْلِحْ ذَاتَ بَيْنِنَا، وَاهْدِنَا
سُبُلَ السَّلَامِ، وَتَجَنَّبْنَا مِنَ الظُّلُمَاتِ إِلَى النُّورِ

*Allāhumma allif bayna qulūbinā wa aslih dhāta bayninā wahdinā
subul as-salām wa najjinā min adh-dhulumāti ilan-nūr.*

O Allah, bring our hearts together, reconcile between us, guide us to ways of peace, and deliver us from darkness into light. (Abu Dawud)

07

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

La ilāha illā Anta, subhānaka innī kuntu min adh-dhālimīn.

There is no one deserving of worship but You, glory to You, verily I was one of the wrongdoers. (21:87) The Prophet (saw) said: "A Muslim never calls upon his Lord with these words concerning any matter, but his prayer is answered." (At-Tirmidhī)

08

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا
لِلْمُتَّقِينَ إِمَامًا

*Rabbanā hab lanā min azwājinā wa dhurriyyātinā qurrata
a'yuni-waja'lnā lil-muttaqina imāmā.*

Our Lord! Bestow on us from our wives and our offspring who will be the comfort of our eyes, and make us leaders for the pious. (25:74)

09

اللَّهُمَّ اهْدِنِي لَأَحْسَنِ الْأَعْمَالِ وَأَحْسَنِ الْأَخْلَاقِ لِي
يَهْدِيَ لَأَحْسَنِهَا إِلَّا أَنْتَ وَقِنِي سَيِّئِ الْأَعْمَالِ
وَسَيِّئِ الْأَخْلَاقِ لِتَقِي سَيِّئَهَا إِلَّا أَنْتَ

*Allāhumma'ahdinī li ahsan-il-a'māli wa ahsan-il-akhlāqi, lā yahdī
li ahsanihā illā anta, wa qini sayyi'-al-a'māli wa sayyi'-al-akhlāqi,
lā yaqāi sayyi'ahā illā anta.*

O Allah, guide me to the best deeds and the best character, for no one guides to the best of them but You. Protect me from evil deeds and evil character, for no one protects from the evil of them but You. (An-Nasa'i)

10

اللَّهُمَّ إِنِّي أَسْأَلُكَ حُبَّكَ وَحُبَّ مَنْ يُحِبُّكَ وَالْعَمَلَ الَّذِي
يُبَلِّغُنِي حُبَّكَ، اللَّهُمَّ اجْعَلْ حُبَّكَ أَحَبَّ إِلَيَّ مِنْ نَفْسِي
وَأَهْلِي وَمِنَ الْمَاءِ الْبَارِدِ

*Allāhumma innī as'aluka hubbak, wa hubba may-yuhibbuk,
wal-'amala-alladhī yubalighunī hubbak. Allāhumma-aj'al
hubbaka 'ahabba 'ilayya min nafsī, wa ahli, wa min-al-mā-
'il bārid.*

O Allah! I ask You for Your love and the love of those who love You, and for the love of every action which will bring me closer to Your love. O Allah, Make Your Love dearer to me than myself, my family and cold water. (At-Tirmidhi)

11

اللَّهُمَّ اجْعَلْ الْقُرْآنَ رِبْعَ قَلْبِي، وَنورَ صَدْرِي وَجَلَاءَ
حُزْنِي وَذَهَابَ هَمِّي

Allāhumma aj'al al-Qur'āna rabī'a qalbī, wa nūra sadrī, wa jalā'a huznī wa dhahāba hammī.

O Allah make the Qur'an the spring of my heart, the light of my chest, the remover of my grief and the pacifier of my anxiety. (Ahmad)

12

اللَّهُمَّ عَافِنِي فِي بَدَنِي اللَّهُمَّ عَافِنِي فِي
سَمْعِي اللَّهُمَّ عَافِنِي فِي بَصَرِي لَا إِلَهَ إِلَّا أَنْتَ

Allāhumma 'āfinī fī badanī, Allāhumma 'āfinī fī sam'ī, Allāhumma 'āfinī fī basarī, lā illāha illā Anta.

O Allah! Make my body healthy, Make my hearing healthy. Make my eyesight healthy. There is no God but You. (Abu Dawud)

13

رَبِّ إِنِّي لِمَا أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ فَقِيرٌ

Rabbi innī limā anzalta ilayya min khayrin faqīr.

My Lord! Surely I stand in need of whatever good You may send down to me. (28:24)

14

رَبَّنَا آتِنَا مِنْ لَدُنْكَ رَحْمَةً وَهَيِّئْ لَنَا مِنْ أَمْرِنَا رَشَدًا

Rabbanā ātinā mil-ladunka rahmataw-wa hayyi' lanā min amrinā rashadā.

Our Lord, grant us from Yourself mercy and prepare for us from our affair right guidance. (18:10)

لِلّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا
وَالْآخِرَةِ اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي
دِينِي وَدُنْيَايَ وَأَهْلِي وَمَالِي، اللَّهُمَّ اسْتُرْ
عَوْرَاتِي وَأَمِّنْ رَوْعَاتِي، اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ
يَدَيَّ وَمِنْ خَلْفِي وَعَنْ يَمِينِي وَعَنْ شِمَالِي، وَمِنْ
قَوْفِي، وَأَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي

*Allāhumma innī as'aluka al-'afwa wal-'āfiyata fī dīnī wa dunyāya
wa ahli wa māli. Allāhumma astur 'awrātī wa āmin rawātī.
Allāhumma ahfadhnī min bayni yadayya, wa min khalfī, wa 'an
yamīni, wa 'an shimālī, wa min fawqī, wa a'ūdhu bi 'adhamatika
an ughtāla min tahtī.*

O Allah, I ask You for pardon and well-being in this life and the next. O Allah, I ask You for pardon and well-being in my religious and worldly affairs, and my family and my wealth. O Allah, veil my weaknesses and set at ease my dismay. O Allah, preserve me from the front and from behind and on my right and on my left and from above, and I take refuge with You lest I be swallowed up by the earth. (Abu Dawud)

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ زَوَالِ نِعْمَتِكَ،
وَتَحَوُّلِ عَافِيَتِكَ، وَفُجَاءَةِ نِقْمَتِكَ، وَجَمِيعِ سَخَطِكَ

*Allāhumma innī a'ūdhu bika min zawāli ni'matik, wa tahawwuli
āfiyatik, wa fuj'āti niqmatik, wa jamī'i sakhatik.*

O Allah I seek refuge in You against the declining of Your Favours, the removal of your safety, and the sudden onset of Your punishment. (Muslim)

17

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي، رَبَّنَا وَتَقَبَّلْ
دُعَاءَ رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ
الْحِسَابُ

Rabb ij'alnī muqīma as-salāti wa min dhurriyyatī, Rabbanā wa taqabbal du'ā, Rabbana-ghfir li wa li wālidayya wa lil-mu'minīna yawma yaqūmul-hisāb.

O my Lord! Make me one who performs prayer, and (also) from my offspring, our Lord! And accept my invocation. Our Lord! Forgive me and my parents, and (all) the believers on the Day when the reckoning will be established). (14:40-41)

18

رَبَّنَا اغْفِرْ لَنَا وَلِإِخْوَانِنَا الَّذِينَ سَبَقُونَا بِالْإِيمَانِ وَلَا
تَجْعَلْ فِي قُلُوبِنَا غِلًا لِلَّذِينَ آمَنُوا رَبَّنَا إِنَّكَ رَءُوفٌ رَحِيمٌ

Rabbana-ghfir lanā wa li ikhwānina alladhīna sabaqūnā bil-īmāni wa lā taj'al fī qulūbinā ghīlall-lil-ladhīna āmanū, Rabbanā innaka Ra'ūfur Rahīm.

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. (59:10)

19

اللَّهُمَّ إِنِّي أَسْأَلُكَ إِيمَانًا لَا يَرْتَدُّ وَلَا نَعِيمًا لَا يَنْفَدُ وَ
مُرَافَقَةً مُحَمَّدٍ فِي أَعْلَى جَنَّةِ الْخُلْدِ

Allāhumma innī as'aluka imānan lā yartad, wa na'īman lā yanfad, wa murāfaqata Muhammadin salla Allāhu 'alayhi wa sallam, fī a'lā Jannatil-Khuld.

O Allah, I ask you for firm faith that does not revert, and bliss that never ends, and the companionship of Muhammad (saw) in the highest (level of) eternal Paradise. (Ahmad)

20

لِلّهُمَّ إِنِّي أَسْأَلُكَ الْجَنَّةَ وَمَا قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ
عَمَلٍ وَأَعُوذُ بِكَ مِنَ النَّارِ وَمَا قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ
عَمَلٍ وَأَسْأَلُكَ أَنْ تَجْعَلَ كُلَّ قَضَاءٍ قَضَيْتَهُ لِي خَيْرًا

Allāhumma innī as'alukal-jannata wa mā qarraba ilayhā min qawlin aw 'amal, wa a'ūdhu bika minan-nāri wa mā qarraba ilayhā min qawlin aw 'amal, wa as'aluka an taj'al kulla qadā'in qadhaytahu lī khayra.

O Allah, I ask You for Paradise and for that which brings one closer to it, in word and deed, and I seek refuge in You from Hell and from that which brings one closer to it, in word and deed. And I ask You to make every decree that You decree concerning me good. (Ibn Majah)

21

لِلّهُمَّ اجْعَلْ خَيْرَ عُمْرِي آخِرَهُ ، وَخَيْرَ عَمَلِي خَوَاتِمَهُ ،
وَخَيْرَ أَيَّامِي يَوْمَ أَلْقَاكَ

Allāhumma aj'al khayra 'umuri ākhirahu, wa khayra 'amali khawātimahu, wa khayra ayyāmī yawma alqāk.

O Allah, make the end of my life the best part of my life, my best deeds my last ones, and make the best of my days the day in which I meet You. (At-Tabarānī)

22

اللّهُمَّ أَكْثِرْ مَالِي، وَوَلَدِي، وَبَارِكْ لِي فِيمَا
أَعْظَيْتَنِي وَأَطَّلَ حَيَاتِي عَلَى طَاعَتِكَ، وَأَحْسِنْ
عَمَلِي وَاغْفِرْ لِي

Allāhumma akthir māli, wa waladī, wa bārik li fīmā a'taytanī wa atil hayātī 'alā tā'atika wa ahsin 'amali waghfir lī.

O Allah! Increase my wealth and offspring and bless me in all that you have given me and direct my life to Your Obedience, rectify my actions and forgive my sins. (Adab al-Mufrad)

23

اللَّهُمَّ انْفَعْنِي بِمَا عَلَّمْتَنِي وَعَلِّمْنِي مَا يَنْفَعُنِي
وَزِدْنِي عِلْمًا

*Allāhumma-anfa'nī bimā 'allamtanī, wa 'allimnī mā yanfa'unī,
wa zidnī 'ilmā.*

O Allah, benefit me by that which You have taught me,
and teach me that which will benefit me, and increase me
in knowledge. (Ibn Majah)

24

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عِلْمٍ لَا يَنْفَعُ وَمِنْ قَلْبٍ
لَا يَخْشَعُ وَمِنْ نَفْسٍ لَا تَشْبَعُ وَمِنْ دَعْوَةٍ لَا
يُسْتَجَابُ لَهَا

*Allāhumma innī a'ūdhu bika min 'ilmin lā yanfa'u, wa min
qalbin lā yakshā'u, wa min nafsin lā tashba'u, wa min da'watin
lā yustajābu lahā.*

O Allah, I seek refuge in You from knowledge which does
not benefit, from a heart that does not entertain the fear
(of Allah), from a soul that is not satisfied and a
supplication that is not answered. (Muslim)

25

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَ الْحَزَنِ، وَالْعَجْزِ،
وَالْكَسَلِ، وَالْبُخْلِ، وَالْجُبْنِ، وَضَلَعِ الدِّينِ، وَعَلْبَةِ الرِّجَالِ

*Allāhumma innī a'ūdhu bika min al-hammi wal-hazani,
wal-'ajzi wal-kasali, wal-bukhli wal-jubni, wa dhala'id-dayni,
wa ghalabatir-rijāl.*

O Allah, I seek refuge with You from anxiety and sorrow,
weakness and laziness, miserliness and cowardice, the
burden of debts and from being overpowered by men.
(Bukhārī)

اللَّهُمَّ اغْفِرْ لِي مَا قَدَّمْتُ وَمَا أَخَّرْتُ، وَمَا أَسْرَرْتُ
وَمَا أَعْلَنْتُ، وَمَا أَسْرَفْتُ، وَمَا أَنْتَ أَعْلَمُ بِهِ مِنِّي.
أَنْتَ الْمُقَدِّمُ، وَأَنْتَ الْمُؤَخِّرُ لَا إِلَهَ إِلَّا أَنْتَ

Allāhumma-aghfir li mā qaddamtu, wa mā akhkhartu, wa mā asrartu, wa mā a'lantu, wa mā asraftu, wa mā Anta a'lamu bihi minnī. Anta-al-Muqaddimu wa Anta-al-Mu'akhkhiru lā 'ilāha 'illā Anta.

O Allah, forgive me for those sins which have come to pass as well as those which shall come to pass, and those I have committed in secret as well as those I have made public, and where I have exceeded all bounds as well as those things about which You are more knowledgeable. You are the One who brings forward and the One Who puts back. None has the right to be worshipped except You. (Muslim)

لِلَّهِمَّ أَصْلِحْ لِي دِينِي الَّذِي هُوَ عِصْمَةٌ أَمْرِي، وَأَصْلِحْ
لِي دُنْيَايَ الَّتِي فِيهَا مَعَاشِي، وَأَصْلِحْ لِي آخِرَتِي
الَّتِي فِيهَا مَعَادِي وَأَجْعَلِ الْحَيَاةَ زِيَادَةً لِي فِي كُلِّ خَيْرٍ
وَأَجْعَلِ الْمَوْتَ رَاحَةً لِي مِنْ كُلِّ شَرٍّ

Allāhumma aslih li dīni illadhī huwa 'ismatu amrī, wa aslih li dunyāya allatī fihā ma'āshī, wa aslih li ākhiratīyallatī fihā ma'ādī, waj'alil-hayāta ziyādata-li fī kulli khayr, waj'alil-mawta rāhata-li min kulli sharr.

O Allah, set right for me my religion which is the safeguard of my affairs. And set right for me the affairs of my world wherein is my living. And set right for me my Hereafter on which depends my afterlife. And make life for me (a source) of abundance for every good and make my death a source of comfort for me protecting me against every evil. (Muslim)

28

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Rabbanā ātinā fid-dunyā hasanataw-wa fil-ākhirati hasanataw-wa qinā 'adhāb an-nār.

Our Lord, give us that which is good in this world and that which is good in the Hereafter, and protect us from the torment of the Fire.(2:201)

29

اللَّهُمَّ إِنَّكَ عَفُوٌّ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Allāhumma innaka 'afuwun tuhibbul-'afwa fa'afu 'annī.


O Allah, You are forgiving and You love forgiveness, so forgive me. (At-Tirmidhi)

30

وَقُلْ رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِينَ

Rabbi-ighfir warham wa Anta khayrur-rahimīn.

O My Lord, forgive me and have mercy upon me for You are the Best of the Merciful. (23:118)

 **HHUGS** This du'a booklet was produced by HHUGS, the only UK registered charity embracing and empowering families impacted by national security measures in the UK - homes where life will never be the same again. We provide financial, pastoral and practical assistance to some of the most isolated and marginalised families serving a silent sentence in our midst: vulnerable women, innocent children and the elderly, who have been ostracised and stigmatised by society, branded "guilty by association". We believe that they should not be penalised or discriminated against due to the allegations against their loved ones.



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e info@hhugs.org.uk t 0207 733 2104

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