

# Essential Duas in the life of a Muslim

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<b>Contents</b>	<b>Page</b>	<b>Tick</b>
<b>Grade One</b>	<b>1</b>	
1. 1st Kalima	2	
2. 2nd Kalima	2	
3. 3rd Kalima	3	
4. 4th Kalima	3	
5. 5th Kalima	4	
6. Imaani Mujmal	6	
7. Imaani Mufassal	6	
8. Before eating	7	
9. Forgetting to recite the dua	7	
10. After eating	8	
11. Before Sleeping (1)	8	
12. When awakening	9	
13. Before toilet	9	
14. After toilet	9	
15. When thanking someone	10	
16. Sneezing Duas	10	
17. For increase in knowledge	11	
<b>Grade Two</b>	<b>12</b>	
18. Before wudhu	13	
19. Whilst making wudhu	13	
20. After wudhu	14	
21. When entering the masjid	14	
22. When leaving the masjid	15	

<b>Contents</b>	<b>Page</b>	<b>Tick</b>
23. After drinking water	15	
24. After drinking milk	16	
25. When wearing clothes	16	
26. When looking into the mirror	16	
27. When entering the home	17	
28. When leaving home	17	
29. When bidding farewell	18	
30. When it rains	18	
31. On hearing good news	19	
32. When a loss occurs	19	
33. When in bodily pain	19	
34. When in difficulty	20	
<b>Grade Three</b>	<b>21</b>	
35. Takbeer	22	
36. Thanaa	22	
37. Ta' awwuz	22	
38. Tasmiiyya	23	
39. Tasbeeh in ruku	23	
40. Tasmee'	23	
41. Dua in Qaumah (1)	24	
42. Tasbeeh in sajda	24	
43. Dua in jalsa	24	
44. Tashah 'hud	25	
45. Durood-e-Ibraheem	26	

Contents	Page	Tick
46. Dua after Durood-e-Ibraheem	27	
47. Adhaan	28	
48. Iqaamah	29	
49. Dua after adhaan	30	
<b>Grade Four</b>	<b>31</b>	
50. Getting into a vehicle	32	
51. When the vehicle moves	32	
52. Returning from journey	33	
53. Entering a city or town	33	
54. Dua-e-Qunoot	34	
55. Dua after witr	35	
56. On seeing the new moon	35	
57. Dua for fasting	36	
58. When breaking fast	36	
59. When eating elsewhere	37	
60. When eating 1st fruit season	37	
<b>Grade Five</b>	<b>38</b>	
61. When in financial difficulty	39	
62. When seeing slo. in distress	39	
63. Dua for fever	40	
64. Visiting the sick	40	
65. At the time of death	41	
66. Thanah of janaza	41	

Contents	Page	Tick
67. Dua in janaaza salah (adult)	42	
68. Dua in janaaza salah (boy)	43	
69. Dua in janaaza salah (girl)	43	
70. When entering the graveyard	44	
71. Laying the dead into the qabaḥ	44	
72. Filling the qabar with soil	45	
73. Dua for parents	45	
<b>Grade Six</b>	<b>46</b>	
74. At the time of sunset	47	
75. When seeing the moon	47	
76. At the time of drought	47	
77. Excessive rain	48	
78. Leaving a gathering	48	
79. Entering a shopping centre	49	
80. Ninety-nine Names of Allah	50	
<b>Grade Seven</b>	<b>52</b>	
81. When laying the animal down	53	
82. When slaughtering	54	
83. Sayyidul Istighfaar	55	
84. Istikhara dua	56	
85. Most comprehensive dua	58	





**GRADE**

**1**









7.

Before eating

بِسْمِ اللَّهِ وَعَلِي بَرَكَاتِهِ اللَّهُ

In the name of Allah ﷻ and upon the blessings of Allah ﷻ.

(*Al-Hisnul Haseen Pg. 141*)

Virtue

One who reads this dua will receive blessing in one's meals

8. When forgetting to recite the dua before eating

بِسْمِ اللَّهِ أَوَّلُهُ وَآخِرُهُ

In the name of Allah ﷻ in the beginning and the end.

(*Abu Dawood, Vol. 2, Pg. 173*)



11.

When awakening

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ  
النُّشُورُ

All praise is due to Allah ﷻ who has given us life after death  
and to Him is the return after death.

(Bukhaari Vol. 2, Pg. 934)

12.

Before entering toilet with left foot

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ

O Allah ﷻ, I seek Your protection from the male and female Devil.

(Tirmidhi, Vol. 1, Pg. 3)

13.

After leaving toilet with right foot

غُفْرَانَكَ الْحَمْدُ لِلَّهِ الَّذِي أَذْهَبَ عَنِّي الْأَذَى  
وَعَافَانِي

I seek Your pardon. Praise be to Allah ﷻ who removed from  
me discomfort and gave me relief.

(Ibnu Majah, Pg.26)

14.

When thanking someone

جَزَاكَ اللهُ خَيْرًا

May Allah ﷻ reward you well.

(Tirmidhi Vol. 2, Pg. 24)

16.

When sneezing

الْحَمْدُ لِلَّهِ

All praise be to Allah ﷻ

The listener's reply

يَرْحَمُكَ اللهُ

May Allah ﷻ have mercy on you.

The sneezer's response

يَهْدِيكُمْ اللهُ

May Allah ﷻ guide you.

(Abu Dawood, Vol. 2, Pg. 338)

17.

For increase in knowledge

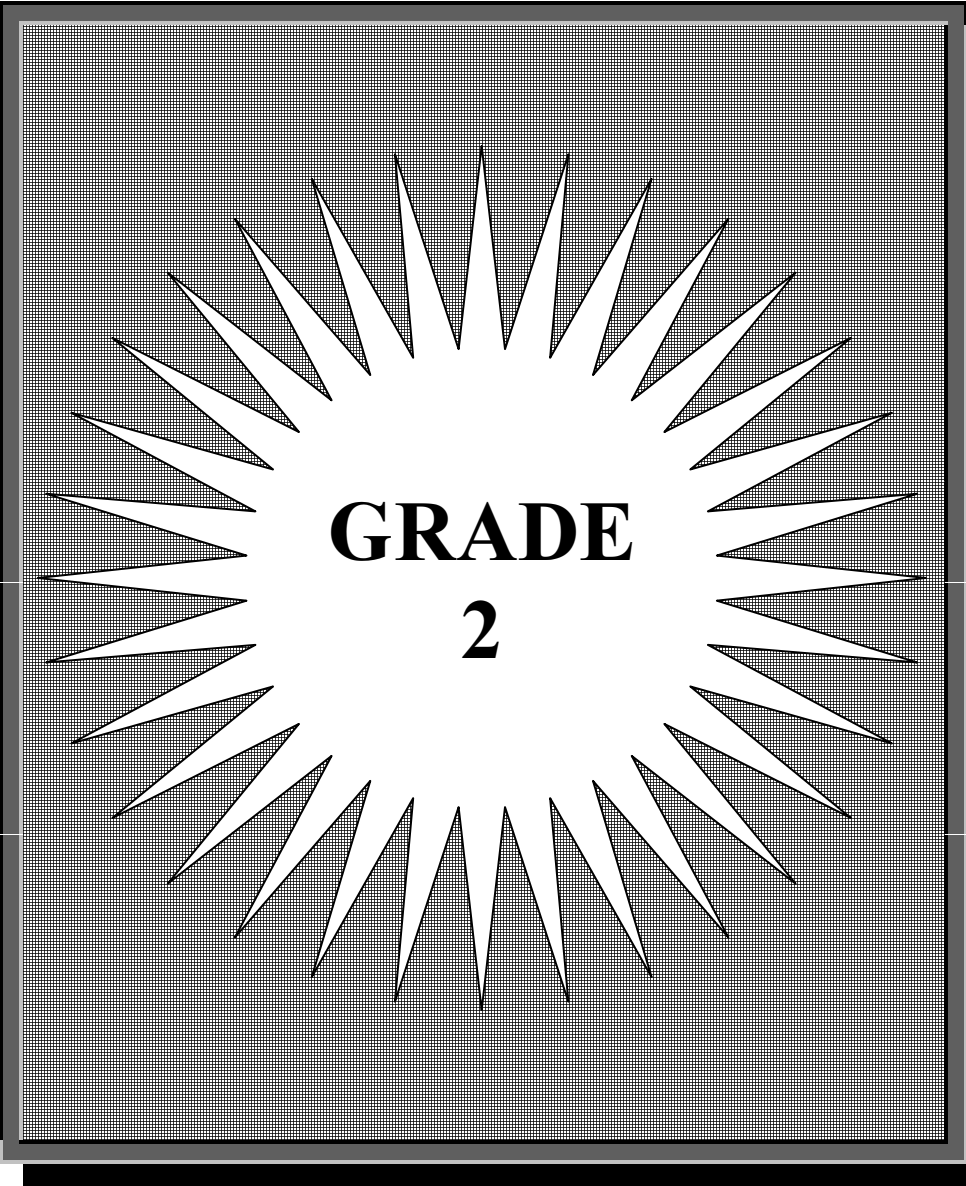
رَبِّ زِدْنِي عِلْمًا

O My Lord, Increase me in knowledge.

(Sura Ta'ha, S.20/V.114)

Virtue

By reciting this Dua one's memory will strengthen  
Insha Allah.















31.

On hearing good news

الْحَمْدُ لِلَّهِ مَا شَاءَ اللَّهُ

All praise be to Allah ﷻ. Just as Allah ﷻ willed.

32.

When a loss occurs

أَنَا لِلَّهِ وَ إِنَّا إِلَيْهِ رَاجِعُونَ

Surely we belong to Allah ﷻ and to Him is our return.

(Muslim, Vol. 1 Pg. 300)

33.

When in bodily pain

Place your hand on the affected area and say:

بِسْمِ اللَّهِ

(Three Times)

أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاذِرُ

(Seven times)

I seek protection in Allah ﷻ and His might against the evil of what I feel and fear.

(Muslim, Vol. 2, Pg. 224)

حَسْبُنَا اللهُ وَنِعْمَ الْوَكِيلُ وَعَلَى اللهِ تَوَكَّلْنَا

Allah ﷻ is sufficient for us and He is the Best Helper. And upon Allah ﷻ do we rely.

*(Tirmidhi, Vol. 2, Pg. 65)*



**GRADE**

**3**

## Salaah Duas

35.

Takbeer

اللَّهُ أَكْبَرُ

Allah ﷻ is the greatest.

36.

Thanaa

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ  
وَتَبَارَكَ اسْمُكَ  
وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ

Glory be to You O Allah ﷻ, praise be to You, and blessed is Your name, very lofty is Your greatness, and there is no Deity besides You.

(Tirmidhi, Vol. 1, Pg. 33)

37.

Ta'awwuz

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

I seek protection in Allah ﷻ from shaytaan, the rejected.









اللَّهُمَّ أَنِّي ظَلَمْتُ نَفْسِي ظُلْمًا كَثِيرًا  
 وَلَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ فَاعْفُرْ لِي مَغْفِرَةً مِّنْ  
 عِنْدِكَ وَارْحَمْنِي إِنَّكَ أَنْتَ الْغَفُورُ الرَّحِيمُ

O Allah ﷻ! I have wronged myself greatly and nobody forgives sins except You. Grant me forgiveness and have mercy on me. Surely, You are The Forgiver and The Merciful.

(Tirmidhi, Vol. 2, Pg. 191)















































الْمُحْيِ	الْمُعِيدُ	الْمُبْدِيُّ	الْمُحْصِي	الْحَمِيدُ	الْوَلِيُّ
الْوَاحِدُ	الْمَاجِدُ	الْوَاجِدُ	الْقَيُّومُ	الْحَيُّ	الْمَمِيتُ
الْمُؤَخِّرُ	الْمُقَدِّمُ	الْمُقْتَدِرُ	الْقَادِرُ	الصَّمَدُ	الْأَحَدُ
الْمُتَعَالِي	الْوَالِي	الْبَاطِنُ	الظَّاهِرُ	الْآخِرُ	الْأَوَّلُ
الرَّءُوفُ	الْعَفُوُّ	الْمُنْتَقِمُ	الْمُنْعَمُ	التَّوَّابُ	الْبَرُّ
الْغَنِيُّ	الْجَامِعُ	الْمُقْسِطُ	ذُو الْجَلَالِ وَالْإِكْرَامِ	مَالِكُ الْمَلِكِ	
النُّورُ	النَّافِعُ	الصَّارُّ	الْمَانِعُ	الْمُعْطِي	الْمُعْنِي
الصَّبُورُ	الرَّشِيدُ	الْوَارِثُ	الْبَاقِي	الْبَدِيعُ	الْهَادِي

Virtue: Rasulullah j said: Verily Allah ﷻ has 99 names. Whosoever memorises them will enter Jannah







































## Virtue

Whosoever recites these words three times in the morning will be protected from **sudden calamities** until the night and whosoever recites these words three times in the evening will be protected from **sudden calamities** until the morning.

### 107.Dua for protection on the day of Qiyaamah

(Recite three times after Fajar and Maghrib salaah)

رَضِيتُ بِاللَّهِ رَبًّا وَبِالْإِسْلَامِ دِينًا وَبِمُحَمَّدٍ  
(صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ) نَبِيًّا

I am happy with Allah ﷻ as my lord, with Islam as my religion and Muhammad j as my prophet.

*(Tirmidhi, Vol. 2, Pg. 174)*

## Virtue

Whosoever recites these words in the evening Allâh ﷻ takes it upon Himself to please that person.











اللَّهُمَّ تَقَبَّلْهُ مِنِّي كَمَا تَقَبَّلْتَ مِنْ حَبِيبِكَ  
 مُحَمَّدٍ وَخَلِيلِكَ إِبْرَاهِيمَ عَلَيْهِمَا الصَّلَاةُ  
 وَالسَّلَامُ

O Allah ﷻ, accept it (this sacrifice) from me just as You have accepted from Your Beloved Muhammad j and Your Close

Friend Ibraheem ﷺ

(Baheshti Zewar Pg.231)



	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	
Grade 1	LL 1. 1st Kāfima	2. 2nd Kāfima 3. 3rd Kāfima	4. 4th Kāfima	5. 5th Kāfima	6. 6th Mūjmal 7. 7th Mūjmal Mūfassal	Revision	8. Before meals 9. Forgetting to repeat the dua no. 8	10. After meals 11. Before Sleeping (T) 12. When awakening	13. Before toilet 14. After toilet	15. When thanking s.o. 16. Sneezing duas 17. For increase in knowledge	Revision	17
Adv:	86. At the time of anger   87. When a dog barks   88. When a monkey brays   89. When welcoming someone   90. When intending to do something.											
Grade 2	Revision	18. Before wudhū 19. Whilst making wudhū	20. After wudhū 21. When entering the mosjid	22. When leaving the mosjid 23. After drinking water 24. After drinking milk	25. When wearing clothes 26. When looking into the mirror	Revision	Revision	27. When entering the home 28. When leaving home	29. When bidding farewell 30. When it rains 31. On hearing good news	32. When a loss occurs 33. When in bodily pain 34. When in difficulty	Revision	17
Adv:	91. Morning and evening dua   92. When going to bed (T)   93. When seeing a Muslim laugh   94. Dua when eating with a person who has a disease											
Grade 3	Revision	35. Takbeer 36. Tānāp 37. Tāwūz 38. Tāsmiya 39. Tāsheeh in pukū 40. Tāsimē	41. Dūā Quamāl (T) 42. Tāsheeh in sujū 43. Dūā in jalsā	44. Tāshah' hūd	45. Dūā for Ibraheem	Revision	Revision	46. Dūā after Dūā for Ibraheem	47. Adhān 48. Iqaamah	49. Dūā after adhān	Revision	17
Adv:	95. When things are in ones favour   96. When an evil thought comes to mind   97. Dua when afflicted with a calamity 98. Death of iman   99. Dua in qatma (2)   100. Dua when the sun rises											
Grade 4	Revision	50. When getting into a vehicle 51. When the vehicle moves	52. Returning from a journey 53. When entering a town or city	54. Dūā- qunoo	55. Dūā after whā 56. On seeing the new moon	Revision	Revision	57. Dūā for fasting 58. When breaking fast	59. When eating elsewhere	60. When eating the 1st fruit of the season	Revision	17
Adv:	101. Dūā after iflaah   102. When wearing new clothes   103. When eating elsewhere (2)   104. When beginning a journey											
Grade 5	Revision of all duas from grade 1-4	61. When in financial difficulty 62. When seeing s.o. in distress 63. Dūā for fever	64. Visiting the sick 65. At the time of death	66. Thāp of janāzā 67. Dūā in janāzā salah (adult)	Revision	Revision	68. Dūā in janāzā salah (boy) 69. Dūā in janāzā salah (girl)	70. Entering the graveyard 71. Laying the dead into the qabrā	72. Filling the qabr with soil 73. Dūā for parents	Revision	17	
Adv:	105. Dūā for protection from calamities   106. Dūā for protection from harm and injury   107. Dūā for protection on the day of Qiyaamah   108. Dūā for relief from worries and debts.											
Grade 6	Revision of all duas from grade 1-5	74. At the time of sunset 75. When seeing the moon	76. At the time of drought 77. Excessive rain	78. Leaving a gathering 79. Entering a shopping centre	Revision	Revision	80. Ninety-nine names of Allah ﷻ	Revision	17			
Adv:	109. Before sleeping (3)   110. Dūā at the time of a thunderclap   111. When one sees or experiences something evil   112. When a fire breaks out											
Grade 7	Revision of all duas from grade 1-6	81. When laying the qurbāni animal down for slaughtering 82. When slaughtering	83. Sayiqul Istighfaar	Revision	Revision	84. Dūā for Iskikharāf	85. Most comprehensive dua	Revision	17			
Adv:	113. Dūā of Hazrat Abū Darda' r   114. After slaughtering the qurbāni animal 115. Dūā on completing the Quran											

